



# Trinity Episcopal Cathedral Announcements



*Welcome! Please accept a welcome gift from the ushers as they are offered during the time of Announcements. It has information, some gifts, and a card for you to fill out if you like. We hope you will fill out the card and put it in the offering plate because it will help us know about your needs. We promise that this will not generate junk mail.*

## THE WEEK AHEAD

### MONDAY 19

- 12Noon NA Meeting
- 5:30pm T-ACT
- 5:45pm Holy Eucharist
- 7:00pm Stephen Ministry—ALL

### TUESDAY 20

- 10:00am Coming of Age in Mississippi
- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 6:00pm Centering Prayer

### 6:30pm Vestry Meeting

### WEDNESDAY 21

- 9:00am Holy Eucharist
- 10:00am Moms, Pops and Tots
- 12Noon NA Meeting
- 3:00pm Dementia Caregiver Support Group
- 7:00pm Cathedral Choir Rehearsal

### THURSDAY 22

- 12Noon NA Meeting
- 12Noon Lunch Bunch
- 12Noon Centering Prayer
- 4:30pm Writing Group
- 6:00pm Compline
- 6:15pm TNAC Dinner
- 7:00pm TNAC Classes
- 7:15pm Celebration Choir Rehearsal

### FRIDAY 23

- 9:00am Holy Eucharist
- 12Noon NA Meeting

### SATURDAY 24

### SUNDAY 25

- 7:30am Holy Eucharist
- 9:00am Holy Eucharist
- 10:15am Spooktacular Breakfast**
- 10:15am Newcomers Group
- 10:15am 30/40's and Beyond
- 10:15am Sunday School
- 11:15am Holy Eucharist
- 12:45pm Holy Eucharist
- 3:30pm Pumpkin Night**

## TODAY @ TRINITY — OCTOBER 18, 2015

### Bake Sale

to benefit the Potluck Dinner Church Ministry

**TODAY during the coffee hours.**

Come and indulge in delicious cookies, candies, cupcakes and whatever else we might be bringing to the table. This event will help us fund the wonderful activities we are planning including the **Day of the Dead service and potluck taking place on Sunday November 1.**

### Activities at 10:15am

### Parenting Matters — Assembly Area

**For parents and grandparents of children from birth through 5<sup>th</sup>/6<sup>th</sup> grade**

Please join Rev. Kathy Hopner this Sunday (and the third Sunday of each month) as we discuss a variety of issues concerning the joys and challenges of raising kids! It's back-to-school time, which will be our focus for this month!

### Newcomers' Group — Room C

**The group will discuss Resources for Next Steps.**

If you have questions contact Randie Strike at email [randie.trinity@gmail.com](mailto:randie.trinity@gmail.com) or 916-446-2513.

### Transforming Questions: 30/40's and Beyond — Conference Room

We will continue discussing *Transforming Questions*, which invites faithful questioning for those new to the Christian faith and longtime members. We will explore, through God's Word, our own faith journey and continue to ask the questions that stir within us. This study is produced by Forward Movement and each participant will have their own guidebook to reference and reflect in. Questions? contact Amy Dierlam - [dnarock@pacbell.net](mailto:dnarock@pacbell.net).

### The Soul of Money — Room A

Based on Lynne Twist's book, *The Soul of Money*. Bud Swank will be leading most sessions, with Vaughn Wolff and Susan Van Dyke tag teaming for certain sessions.

Want to know more about this class? Consider the book's subtitle: *Reclaiming the Wealth of Our Inner Resources*. The book is available in our bookstore, and is recommended for those who want to gain the most from this enlightening topic. However, reading the book isn't necessary to participate in the class.

### Later Today

### 17th Annual Service of Remembrance

**Sunday, October 18, 4:00 pm at Trinity Cathedral**

This service is in memory of our brothers and sisters who have suffered violent deaths by murder or suicide as a result of their sexual orientation, gender identity or gender expression.

Please mark your calendars and plan to attend to stand in solidarity with the LGBT community and its allies.

*"Remember their lives with love. Bear witness to the atrocity of their deaths. Affirm together that violence and hatred must end."*



### Trinity Name Tags

It is helpful for Newcomers and visitors if we all wear our name tag. Order your name tag at the Welcome Center for \$2.00 each.

### CATHEDRAL BOOKSHOP

Store hours are:  
Tu-Th: 11:00am - 5:00pm;  
Sun: 8:30am - 1:00pm  
Contact us at 916-442-9194 or [bookshop3@gmail.com](mailto:bookshop3@gmail.com)

### Pastoral Emergencies:

Call the office: 446-2513  
Evenings, weekends & holidays: 214-0382

**Parking on Sundays for those with disabilities** is provided behind the Great Hall.

**Prayer Box in the Narthex:** Daughters of the King will hold your request in prayer daily for at least one month.

### Lessons for October 25, 2015

*The Twenty-Second Sunday after Pentecost*

Job 42:1-6, 10-17  
Psalm 34:1-8  
Hebrews 7:23-28  
Mark 10:46-52

## Next Sunday

### SPOOKTACULAR BREAKFAST

**October 25 during coffee hour after 9am service**

Featuring pumpkin pancakes, scrambled brains (eggs really), fingers (okay, it's sausage) and other ghostly treats. \$5 per person and \$12 a family.

## Coming Up

### Day of the Dead

Potluck Dinner Church

**Sunday, November 1 at 5:00pm in the Cathedral**

Food and fellowship will be shared during this Day of the Dead themed dinner church service. All are welcome, but not required, to bring a dish to share and photos of lost loved ones to fill the Day of the Dead altar.

### Canon Carey's 90th Birthday Blast!

**Saturday, November 7, 1:00pm to 4:00pm**

Service of Daily Prayer will be held at 1:00pm, followed by a reception in the Great Hall.

Please RSVP to the Trinity office at 916 446-2513 so we know how many people to plan for. Donations are gratefully accepted to fund the event and checks may be made out to Trinity Cathedral, with "Canon Carey's BD Party" on the memo line. If you would like to help with the event, please email me at [candaceMiller@comcast.net](mailto:candaceMiller@comcast.net)

### *Thank you...*

On behalf of the Gaines family, I want to thank everyone for your generosity in giving to the Winnie Gaines Scholarship set up at our regional seminary, Church Divinity School of the Pacific in Berkeley. Gifts from Winnie's memorial service totaled \$2,182.00. If you would like to contribute to this fund you can do it online at: <http://cdsp.edu/giving/gaines-scholarship> or by mailing a gift to Church Divinity School of the Pacific, 2451 Ridge Rd., Berkeley, CA 94709. (There is additional information about the scholarship on the website.) Please put "Gaines Scholarship" in the memo line of your check. The funds will be used to provide scholarship support to seminarians from the Diocese of Northern California as a way of honoring Winnie's remarkable ministry among us. *Canon Walker+*

## Ongoing

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

### Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be planning events and swapping stories.

### Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - [chris@sanft.org](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

### Writing Group – Thursdays, 4:30pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at [jgillam@wavecable.com](mailto:jgillam@wavecable.com)

### Centering Prayer – East Transept

**Tues., 6-7pm; Thurs., Noon—1:00**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact: Nancy Earl at [nancy.c.earl@gmail.com](mailto:nancy.c.earl@gmail.com)

## THURSDAY NIGHT AT THE CATHEDRAL

**6:00 - Compline; 6:15 - Dinner; 7:00 - Classes**

### TNAC CLASSES

#### **Holy Wholly One, Behold Me, Wholly One**

**Facilitated by Morey Lloyd**

Most of the science of philosophy has taught us that God is omnipotent- all powerful, omniscient- all knowing and omnipresent. Much of the theology of tradition tells us that God is Holy - in the vision of Isaiah: Holy Holy Holy. The Holy One is usually defined with a separate and exclusive nature. We will look at a revelation of the Divine as not exclusive but rather as the All Inclusive One. We will learn how to love, and be loved by, a Whole God with a Whole heart and how to love a Whole neighbor as the Whole self is loved.

#### **"Poets or Mystics? Where is the line?"**

**Facilitated by Susan Van Dyke**

In this class, we'll explore some familiar names such as Mary Oliver and Steven Mitchell as well as some perhaps less well known such as Hafiz and St Catherine of Siena. Group participation will be highly encouraged. Please join us as we explore.

#### **Mental Health from a Spiritual Perspective**

**Facilitated by Vaughn Wolff**

We will look at the "root of bitterness"; and where it finds its way into the good soil and how this gets nourished. Not stopping there, how we (the community) must learn how to help "tend the garden" so that our own voice can grow stronger than the "voice of despair". We will refer to various texts and experiences. Tracing effect backward to primary cause, will help turn our mind to Good away from Evil when we realize we have the power to take charge of circumstance. This will be follow up discussion from the Mental Health 101 class.

#### **Decorative Paper Cutting**

**Facilitated by Karen Olmstead**

If you're in the mood to do a little crafting, come see what amazing things you can create with nothing more than scissors, paper and glue. Paper cutting is a traditional folk craft practiced around the world. We will explore a variety of styles including scherenschnitte (German paper cutting) and wycinanki (Polish paper cutting).



### **Cathedral Flower Donation**

***A nice way to give thanks or to remember loved ones.***

**Send your request and contribution (make check payable to "Trinity Cathedral" with 'Flowers' on the memo line) to:**

**Trinity Cathedral Flowers, 2620 Capitol Ave,  
Sacramento, 95816**

Date requested \_\_\_\_\_ (allow 2 weeks for processing).

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_