



# 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 20

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

### TUESDAY 21

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Vestry Meeting

### WEDNESDAY 22

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
7:00pm Cathedral Choir Rehearsal  
7:00pm Prayer Night at the Cathedral

### THURSDAY 23

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

### FRIDAY 24

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 25

9:00am e-Waste Collection

### SUNDAY 26

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am Newcomer's Group  
10:15am Introduction to the Church  
11:15am Holy Eucharist  
11:15am Choristers Rehearsal  
12:30pm EYF  
12:45pm Holy Eucharist  
4:30pm Pumpkin Night

## CATHEDRAL BOOKSHOP

### It's Pumpkin Time in the 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

### 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.

### Lessons for October 26, 2014

*Twentieth Sunday after Pentecost*

Deuteronomy 34:1-12  
Psalm 90:1-6, 13-17  
1 Thessalonians 2:1-8  
Matthew 22:34-46

## TODAY @ TRINITY—OCTOBER 19, 2014

### FREE E-WASTE COLLECTION

FUNDRAISER FOR: Trinity Cathedral Youth Group

**EARLY Collection TODAY— 8am - Noon — in the alley**

See the reverse of this sheet for more information.

### Activities at 10:15am

### Newcomers' Group — Room C

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

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

### Introduction to the Episcopal Church — Room A

This week is a Question & Answer class focusing on Scripture and Worship (Chapters of 2 and 3 of Welcome to the Episcopal Church). Whether or not you have been in the class previously, feel free to join us in Room A after the 9:00 AM Service. Contact Jerry Pare' (930-8032 or jpare111452@gmail.com for more information.

### 30/40s and Beyond — Conference Room

We continue watching the movie *The Peaceful Warrior* which is loosely based on the book *The Way of the Peaceful Warrior* by Dan Millman. The book and movie have led to a movement in peaceful warrior thinking and living. Questions? Contact Amy Dierlam - dnarock@pacbell.net

### Parenting Matters — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents face today.

### Later Today

### Integrity Meeting

**Sunday, October 19, 1 - 2:30 pm**

Integrity's mission: To inspire and equip the Episcopal Church, its dioceses, congregations and members to proclaim and embody God's all-inclusive love for LGBTQ persons and those who love them. ALL ARE WELCOME. The Rev. Dr. Pamela Anderson, Director of Adult Spiritual Formation, will join us at this meeting. The program will include an informal update on Integrity's local and national projects, and the opportunity to plan for the November Diocesan Convention in which there will be a resolution related to marriage, and discuss a possible Thursday Night at the Cathedral series for the spring of 2015.

### PFLAG Annual Service of Remembrance

**Sunday, October 19, 4:00 pm**

Westminster Presbyterian Church, 13th & N Streets

**The Rev. Megan Anderson is the homilist.**

In memory of our brothers and sisters who have suffered violent deaths through murder or suicide because they were (or perceived to be) gay, lesbian, bisexual, transgender, queer or intersex

This service will embrace a variety of spiritual expressions including the Jewish, Christian, Buddhist, Muslim and Hindu traditions and we will honor the names of over 750 people (and the countless others whose names are not known to us) who died at the hands of hatred, ignorance and fear.

### This Week

### Prayer Night at the Cathedral

**Wednesday, October 22 at 7pm, Conference Room**

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

## FREE E-WASTE COLLECTION

FUNDRAISER FOR:  
Trinity Cathedral Youth Group

**EARLY Collection**  
**TODAY— 8am - Noon**  
**In the alley**

MAIN Collection  
Saturday, October 25, 9am-1pm  
In the alley

We have partnered with CEAR a CA State approved Collector and Recycler of Electronic waste. All hard drives are shredded.

We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, CD's, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines, small household appliances such as toasters, mixers and blenders, vacuum cleaners with the dust bag removed

We cannot accept: Large household appliances (i.e. refrigerators, washers, dryers, etc.), furniture, hazardous household waste including batteries, car batteries, paint, pesticides, used oil, cleaning supplies, fluorescent light bulbs, water heaters, tires etc.

Questions regarding this event? Contact, Trinity Cathedral at 916-446-2513



## Next Sunday

### Pumpkin Night

**Sunday, October 26 from 4:30—6:30pm**

Did you know Trinity is absolutely the best place for pumpkin carving? We have the tools, and supper, too! This year we will also have the **best chili!** Come and join us as we celebrate Halloween with pumpkin carving and a wonderful dinner! We'll have pumpkins available; you're also welcome to bring your own, too, and we have lots of carving tools. Cost is \$5.00 per person or \$10.00 per family. We'll eat, and carve, and end with a short blessing as we light the pumpkins in church!

## Ongoing

### Lunch Bunch — Thursdays, Noon

We are discussing the book *Strength for the Journey*. Contact is Pastor Pamela—pamela@trinitycathedral.org

### Writing Group —Thursdays, 4:30pm.

Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves.

Contact: June Gillam - jgillam@wavecable.com.

### Trinity Men's Group Breakfast

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

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

### Centering Prayer

**Tuesdays, 6-7pm in the East Transept**  
**Thursdays, Noon—1:00 in the East Transept**

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contacts are Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com.

## Thursday Night at the Cathedral

**6:00pm—Compline**

**6:15pm—Dinner (\$7)**

**7:00pm—Classes**

### **Bible and Book of Common Prayer Challenge**

Facilitators: Rhonda Canby and the Rev. Randy Knutson  
The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book.

### **Tool Pouch for Living**

Presenter: Vaughn Wolff  
"Come explore Lessons in Christian Metaphysics for 12 evenings that will help us understand and adapt our habits of thinking so we can experience life with more joy, greater health and confidence in the ever present Christ. We will be using Dr. Frederick Bailes, *Basic Principles of the Science of Mind, Twelve Lesson Home Study Course*.

### **God In America — A PBS documentary**

Presenter: Susan Hotchkiss  
We will watch this great history of the relationship between religion and the United States. Then on the alternate weeks we will discuss events and people involved in shaping who we are today as spiritual Americans.

### **Mystics Then and Now**

Presenter: Susan Van Dyke  
This session will focus on offerings from psalms, poetry and prayer. Individuals highlighted may include Hildegard of Bingen, Rumi, Hafiz, W.B. Yeats. Pierre Teilhard de Chardin, David Whyte and Mary Oliver. This will be an experiential adventure for all. Three books will provide background, but no purchase of any is required. We may spend some time with the book, *Strength for the Journey* by Renee Miller. All are invited to come "taste and see." Questions? Please contact Susan at svandyke59701@gmail.com



### Want Wreaths?

Christmas is coming! Support Trinity's EYF and get yourself a beautiful 100% real ever-green wreath at the same time!

Order yours in the Great Hall after each Sunday service between now and November 9 for pick-up at church in early December.

### T-ACT Phone Banking on Tuesday Nights

Please join other members of our congregation in phone banking in Room C at Trinity, starting at 5:30 pm every Tuesday evening between now and the November 4 election. For more information, call Shireen Miles at 203-5595.

## Altar 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# \_\_\_\_\_