



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 23

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry - TC

TUESDAY 24

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Vestry Meeting

WEDNESDAY 25

12Noon NA Meeting
12:10pm Holy Eucharist
7:00pm Cathedral Choir Rehearsal

THURSDAY 26

12Noon NA Meeting
12Noon Lunch Bunch
12:10pm Centering Prayer
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Bag Dinner
6:30pm Bereavement Group
7:00pm TNAC Classes
7:15pm Celebration Choir Rehearsal

FRIDAY 27

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 28

SUNDAY 29 HEALING SUNDAY

7:30am Holy Eucharist w/healing
9:00am Holy Eucharist w/healing
10:15am Newcomers
10:15am America's Original Sin
11:15am Holy Eucharist w/healing
11:15am Cathedral Choristers Rehearsal
12:45pm Holy Eucharist w/healing
2:00pm Yoga/Journaling in the Cathedral

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

Pastoral Emergencies:

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

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

Lessons for October 29, 2017 Twenty-First 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 22, 2017

The Library is open in the Elevator Alcove.

Activities at 10:15am

Newcomers' Group

Meets at 10:15 in the Conference Room

The group will discuss Resources for Next Steps. Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

America's Original Sin

Meets at 10:15 in the Assembly Area

Dean Baker is facilitating a six week series discussing Jim Wallis' book *America's Original Sin: Racism, White Privilege and the Bridge to a New America.*

Pumpkin Carving

Sunday, October 22 at 10:15am

Join us for pumpkin carving on Sunday morning during coffee hour. We'll supply small to medium pumpkins, carving equipment, and snacks – bring your large pumpkins if you'd like, and wear comfortable clothes – come and enjoy!

Later Today

Art of Hosting Leadership Training

Sunday, October 22, 12:30-3:00pm in the Assembly Area.

In this training you will learn and practice deep listening and collaborative facilitation skills. You will also get the opportunity to dive deep into community formation. Ideal for ALL! These skills are great to practice for your self care, in one to one conversations, in work, and in ministry. To learn more, you can visit: artofhosting.org. Light Refreshments will be provided. Please RSVP to Rev. Megan at Megan@trinitycathedral.org

Free Yoga in the Cathedral

Today at 2pm

Come explore the link between the body-mind connection through the practice of yoga, meditation, and journaling. Classes will start with either light journaling and/or meditation and be directly followed by a gentle yoga flow. Please bring a mat, towel, and journal.

If you have questions, contact Rev. Megan at megan@trinitycathedral.org



Trinity
Episcopal Cathedral

**PLEGGED
YET?**

**Find Your Passion,
Feed Your Soul.**

Next Sunday

Service of Remembrance

Sunday, October 29, 4:00pm
St. John's Lutheran Church
1701 L Street, Sacramento

Let us honor the memories of those who died because they were (or were perceived to be) lesbian, gay, bisexual or transgender.

Join us as we remember their lives with love, bear witness to the atrocity of their deaths and affirm together that hatred and violence must end.

Contacts: John Krainak - jjkinlaca@gmail.com or Jay Elmquist - jayelm@gmail.com

Coming Up

Documentary on Thomas Merton

Monday, November 6 at 7:00pm

A free showing of a film on the lasting impact of Thomas Merton's life will be presented at Trinity Cathedral. The filmmaker, Morgan C. Atkinson will be on hand to share thoughts and answer questions after the showing.

The Many Storeys and Last Days of Thomas Merton is the story of Merton in the last year of his life embarking on his greatest journey traveling across America in 1968 and finally to Asia for meetings with the Dalai Lama and other spiritual seekers.

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.

Ongoing

Prayer & Healing Fellowship

1st Saturday, 10am, Conference Room
Contact Elba White at elbawhite@yahoo.com

Trinity Men's Breakfast

2nd Saturday at 10am in the ASSEMBLY AREA.
Contact: Chris Sanft - chris@sanft.org

Women's Fellowship

2nd Saturday 10am ASSEMBLY AREA
Coffee and Continental
Contact: Susan Bush - bush333@gmail.com

Tuesday Morning Group – Tuesdays, 10am

Contact: Susan Hotchkiss-susan_hotchkiss1@hotmail.com

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 3:00pm

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

Journey with Jesus

Thursdays, 7-8:30pm, Conference Room
Join us in a reflective Bible Study of next week's Gospel passage. Contact Jerry Pare' at jpare@trinitycathedral.org or 916-930-8032.

Centering Prayer - East Transept

Tues., 6-7pm and Thurs., 12:10pm—1:00pm
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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline
6:15 pm - Fellowship: "Bring Your Own Dinner"
7:00 pm - Classes

The Protestants are Revolting!

October 26 to November 16 in the Conference Room
Facilitated by Morey Lloyd

Protestants are Revolting, or Reforming, or Protesting, or Evolving. Looking back to 1517 and Luther's dynamic use of the written word and the unsettling influence of conscience to see the power of searching for the truth that sets all free, we reflect on our own struggles to advance the Gospel for a new age.

From "The 95 Theses" to a Diet of Worms we will look at the seeds of contention and the fruit of resistance. From "Here I stand" to where are we standing today? We will write a new Thesis for a better witness to the truth of a New Heaven and a New Earth. All are welcome to celebrate and re-create a New Covenant with all of God's people.

Journey with Jesus -- Your Journey of Faith

Ongoing, drop-ins are welcome! - Room J
Facilitated by Kelly Mieske and Jerry Paré

Join us in a reflective Bible Study of next week's Gospel passage. Contact Jerry Pare' at jpare@trinitycathedral.org or 916-930-8032.

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:
The Rev. Dr. Pamela Anderson:
Pamela@trinitycathedral.org or 916/446-2513

Trinity Cathedral Christian Art Festival

Through October 26
at Beatnik Studios, 723 S Street
Gallery Hours: 11:30am-7:00pm,
Tuesday, Wednesday and Thursday.

Cathedral Flower Donation

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

Sign up on the Cathedral Flowers Calendar,

then submit this form and contribution

(make check payable to "Trinity Cathedral"

with 'Flowers' on the memo line) to:

Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Note: The adornment during Advent and Lent do not include flowers.

Date requested _____ **(allow 3 weeks for processing).**

In Thanksgiving for: _____

In Memory of: _____

From: _____ **Phone#** _____