



# 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 30

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

### TUESDAY 31

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

### WEDNESDAY NOVEMBER 1

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

### THURSDAY 2

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

### FRIDAY 3

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 4

### SUNDAY 5 ALL SAINTS SUNDAY

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

## DAYLIGHT SAVINGS ENDS

Set your clocks **BACK**  
one hour before bed on  
Saturday, November 4

### 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 November 5, 2017

*All Saints Sunday*

Revelation 7:9-17  
Psalm 34:1-10, 22  
1 John 3:1-3  
Matthew 5:1-12

## TODAY @ TRINITY – OCTOBER 29, 2017

### Activities at 10:15am

### Newcomers' Group

**Meets at 10:15 in the CATHEDRAL**

The group will Tour the Cathedral. **ALL are welcome!** 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*.

### Later Today

### 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

### 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 Kraynak - jjkinlaca@gmail.com or Jay Elmquist - jayelm@gmail.com

### This Week

### Adult Baptism & Confirmation Preparation

**Meetings start Thursday, November 2**

**as part of "Journey with Jesus."**

**Conference Room; 7:00 PM**

Contact Jerry Pare' (jpare@trinitycathedral.org or 916-930-8032) for more information.

Trinity  
Episcopal Cathedral

**PLEGGED  
YET?**

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

## Next Sunday

The Library will be open in the Elevator Alcove

## Coming Up

### Our Attitude Choices in Later Life

**Monday, November 6, 7:00pm -- Assembly Area**

Last summer I was hiking with my friend Patti Michel-Evleth, a retired Hospice nurse. I mentioned someone elderly I had visited recently who was choosing a very pessimistic route for her current life. Patti explained to me that, in the final stage of life we find ways to integrate our life journey, or we choose to go the journey of despair. At that point, I asked Patti to speak to our Stephen Ministry group about this final stage of life. She will be here Monday, November 6, 2017 AT 7 PM upstairs in the Assembly Area and **all are welcome**.

~~Lucia Hicks

### 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.

## 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!**

Facilitated by Morey Lloyd in the Bookshop

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.

### **How to Live as a Christian in This Crazy World**

Facilitated by TVR Brian Baker in the Assembly Area

With the breakdown of civility, chaos in our political systems and an increase of explicit racism, we are entering a frightening time of crisis. Dean Baker will lead a six-week conversation that will explore how our faith can both guide and sustain us as we strive for justice and peace and respect the dignity of every human being.

### **Journey with Jesus -- Your Journey of Faith**

Adult Baptism & Confirmation Preparation

**Meetings start Thursday, November 2 as part of "Journey with Jesus."**

Ongoing, drop-ins are welcome!

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

## **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#** \_\_\_\_\_