



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 6

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

TUESDAY 7

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:00pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 8

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

THURSDAY 9

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 10 **CAMPUS CLOSED** **VETERANS DAY**

SATURDAY 11

9:00am Trinity Men's Breakfast

SUNDAY 12

7:30am Holy Eucharist
9:00am Holy Eucharist
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

**The Office will be closed on
Friday, November 10
in observance of
Veterans Day**

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 12, 2017 *Twenty-Third Sunday after Pentecost*

Joshua 24:1-3a, 14-25
Psalm 78:1-7
1 Thessalonians 4:13-18
Matthew 25:1-13

TODAY @ TRINITY – NOVEMBER 5, 2017

**The Library will be open
in the Elevator Alcove**

TODAY from 8:30 to 11:30am

Activities at 10:15am

Newcomers' Group

WILL NOT MEET TODAY

A new group will begin next Sunday, November 12.
Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

More time with Ana Hernandez

At 10:15 in the Assembly Area

Ana will lead a workshop on singing and chant as spiritual practices that open the heart and create community.

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. Please bring a mat, towel, and journal.

Contact is Rev. Megan at megan@trinitycathedral.org

This Week

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.

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.

Calling for Volunteers!

Trinity Cathedral has been a supporter of the **Family Promise** program for many years. We help by hosting 2-4 families for one week four times a year. We provide dinner, overnight shelter, and breakfast.

Because of the demolition of our Great Hall, we have been unable to host families. Family Promise has had to find alternative churches to take our weeks.

We were scheduled to host families the week starting Nov. 12. St. John's Lutheran has graciously offered their facility. **But we are being asked to support them by providing volunteers.** They need Evening Hosts, Overnight Hosts, and meals.

Please contact Deacon Donna at d_arellano@sbcglobal.net if you are interested.

Floyd School Back Snack Volunteers

Each Friday we provide a bag of food for 15 families to help them through the weekend when their food is limited. We are looking for some volunteers who could help pack the food on a Friday (1.5hours) once a month and distribute it to the children.

Sign-up at the Floyd School table on Sunday or contact Nancy Tennyson at nntennyson@gmail.com.

Back Snack foods are always needed: Please place your donations of the following foods in the barrels upstairs above the office: oatmeal packets, canned tuna, peanut butter 15 oz. jars, Top Ramon soup, boxed macaroni and cheese, granola bars, fruit and pudding cups.

Floyd School Christmas Shop for Families

This year we will have a Christmas Gift Shop at Floyd School on Friday, December 15. The gift shop will give the parents a time to choose gifts for their children instead of the children receiving gifts directly from a Trinity Cathedral parishioner.

We still need your help to provide the toys and gift cards for the families. We are asking that you buy toys or gift cards (\$10 increments) for all ages of children, infant to teenager, both boys and girls.

You may drop off the gifts to Trinity anytime before Tuesday, December 12. DO NOT wrap the gifts.

THANK YOU for your generosity.

PLASTIC SHOPPING BAGS NEEDED

The Clothes Closet at Floyd School is in need of plastic shopping bags. Since grocery stores do not hand them out any more, they are very hard to find. Grocery store size and larger are the best sizes. Please put them in the Floyd School bins at the top of the stairs.

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 - NO MEETINGS IN Nov & DEC 2017

Contact: Susan Bush - pinfeathers22@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.

Journey with Jesus -- Your Journey of Faith

Adult Baptism & Confirmation Preparation
as part of "Journey with Jesus."

Ongoing, drop-ins are welcome! Join us in a reflective Bible Study of next week's Gospel passage. Facilitated by Kelly Mieske and Jerry Paré. 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 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

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 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#** _____