



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 7

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

TUESDAY 8 ELECTION DAY

- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 6:00pm Centering Prayer
- 7:00pm Acolyte Practice
- 7:00pm Stewardship Committee

WEDNESDAY 9

- 10:00am Mom's, Tot's and Pop's
- 12Noon NA Meeting
- 12:10pm Holy Eucharist
- 7:00pm Cathedral Choir Rehearsal
- 7:00pm Executive Committee

THURSDAY 10

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

FRIDAY 11 OFFICE CLOSED

SATURDAY 12

- 9:00am Trinity Men's Breakfast
- 1:00pm Peggy Kurtz Memorial Service

SUNDAY 13 STEWARDSHIP BRUNCH

- 7:30am Holy Eucharist
- 9:00am Holy Eucharist
- 10:15am Crochet/Knitting Group
- 10:15am Sunday School
- 10:15am Newcomer's Group
- 10:15am Sunday Morning Journey
- 10:15am Finding Peace and Joy
- 11:15am Holy Eucharist
- 12:45pm Holy Eucharist
- 2:00pm Yoga in the Cathedral
- 3:30pm Journey with Jesus

The Office will be Closed
Friday, November 11
in observance of
Veterans Day

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 November 13, 2016

Twenty-Sixth Sunday after Pentecost

Isaiah 65:17-25
Canticle 9
2 Thessalonians 3:6-13
Luke 21:5-19

TODAY @ TRINITY – NOVEMBER 6, 2016

Christmas Greens

An Episcopal Youth Fellowship Fundraiser

Help support our summer service projects and youth activities.
Last day to place your order! Orders will be taken after all services in the Great Hall. Orders will be delivered to Trinity the week after Thanksgiving. Orders may also be delivered to family and friends across the U.S.

Activities at 10:15am

Newcomers' Group - Room C

A new group will begin with Introductions. Contact is Randie Strike: randie.trinity@gmail.com; 916-446-2513

Sunday Morning Journey

The group will join Brian Baker in his presentation on the monetary status of the church and plans for the future. Contact is Amy Dierlam at dnarock@pacbell.net.

Veterans Meeting - Room F

Attention all Veterans! Bring your coffee and munchies and join us. We begin recording veterans stories today.

Cathedral's 5 year Financial Plan - Cathedral

Join us as Dean Baker presents the monetary status of the Cathedral and plans for the future.

Later Today

Free Yoga In the Cathedral

Today and every Sunday at 2pm through December!

Whether you have never tried yoga, or you practice everyday, come! The classes will be accessible to a variety of levels, ages, and abilities. Nourish your body, mind, and spirit in a beautiful community space. Invite your friends too! Free will cash donations will be accepted to support the wonderful Solefire Yoga Instructors partnering with us to make this offering possible. If you have questions, contact Rev. Megan: Megan@trinitycathedral.org

JOURNEY WITH JESUS

Meetings begin TODAY from 3:30 to 5:30 PM.

Bible Study, preparation for adult baptism and confirmation, fellowship and prayer. Come check it out: November 6, 3:30 - 5:30 in the Assembly Area! Contact Jerry Pare' (jpare@trinitycathedral.org; 916-930-8032) for more information

Day of the Dead Potluck Dinner Church

TODAY at 5pm

We will worship and eat together with art and a special talk on the religious and cultural significance of Day of the Dead by Nicole Fiorella, Day of the Dead specialist.

Please bring photos and tributes to your lost loved ones to adorn this year's altar.

Trinity Cathedral & All Saints Choir Evensong

TODAY at 4:00pm

**at All Saint's Parish, 2076 Sutterville Road,
just east of Freeport Boulevard in Land Park**

We will celebrate All Saints Sunday at All Saint's parish, with a choral evensong service sung by the combined choirs of Trinity Cathedral and All Saints Church. The choirs will be conducted by Canon David Link, and the service accompanied by All Saints organist and choir-master Scott Nelson. Canon Link will play organ works by Josef Rheinberger, before and after the service.

This Week

Cathedral Docent's needed during voting hours **Tuesday, November 8, 7am to 8pm**

We would like to not only be a polling place in our neighborhood, but to be a sacred space where people can pray during the day. To keep the Cathedral doors open, we need "docents" who are willing to sit in the Cathedral and pray, read a book, and assist in keeping it a safe space for all who enter. We are asking for volunteers who can do a 2 hour shift beginning at 7am. The office will be open should any needs arise that day and the docent needs assistance. If you are interested call the Church Office and let the volunteer at the front desk know the hours of your availability.

Refreshments and Greeters need for Election Day

Trinity is the polling place for two precincts. We want to extend hospitality to those who come to vote in the morning and evening. Please help with pastries, cookies and/or orange juice. Bring refreshments to the office.

If you can spend some time at a table greeting people and having our News & Review insert available, please let Jerry Pare' know (916-930-8032) or sign up at the Welcome Center. Thank you!

Next Sunday

The Library will be open in the Elevator Alcove

On Sunday, November 13, 8:30am and 11:30am

SHARING OUR ABUNDANCE

2017 ANNUAL APPEAL - CELEBRATION

Please remember to turn in your 2017 Appeal Card by Sunday, November 13. We will be conducting an In Gathering, or blessing of the cards, on November 6 and 13. Also please join us on **Sunday, November 13, where we will be celebrating our music ministry with special performances by our Cathedral Choirs.**

At the 9:00 service on November 13, the Celebration Choir will sing the exciting "Little Jazz Mass" by English composer, Bob Chilcott. At our 11:15 service, the Cathedral Choir will sing the Renaissance masterwork, "Missa Secunda" by Hans Leo Hassler. You will also hear choir members talk about their experience as members of this dynamic ministry. Please join us as we celebrate a treasure trove of great music at Trinity Cathedral.

Finally, on **November 13, the Stewardship Committee will be hosting a celebration brunch for all services** to recognize and thank the congregation for its support for our annual appeal. So please join us for this exciting Sunday on November 13.

Coming Up

Hiking Group

Saturday November 19

Join us for a local flat hike to catch all the beautiful fall colors. **Meet at Trinity out in front on Capitol Avenue at 1pm.** Questions? Contact Amy Dierlam @dnarock@pacbell.net.

Family Promise Hosting - December 4-11

Put this on your calendar and come sign up to help welcome the families that week!! The sign up poster will be in the Great Hall this Sunday. Also greatly needed are warm blankets!! Bring the blankets to the office with a note attached for Family Promise please. Thank you for your help.

Needed for Floyd School

Healthy snacks for Snack Pack Program and clothing for children.

THURSDAY NIGHT AT THE CATHEDRAL

Compline: 6:00pm
Dinner: 6:15pm (\$7)

Classes: 7:00pm

Wendy Mustain facilitates: Scarred by Struggle, Transformed by Hope by Joan Chittister. In Joan Chittister's words, this book is "an anatomy of struggle and an account of the way hope grows in us, despite our moments of darkness, regardless of our regular bouts of depression. It is an invitation to look again at the struggles of life in order that we might remember how to recognize new life in our souls..." *Scarred by Struggle, Transformed by Hope* will richly reward those readers seeking solace in the empathic, wise, and accessible meditations of a fellow struggler. The book is available in the Cathedral Bookshop.

Led by Al Lammers: Being Mortal by Dr. Atul Gawande. Doctor and author Atul Gawande states that "I never expected that among the most meaningful experiences I'd have as a doctor, and really as a human being--would come from helping others deal with what medicine cannot do as well as what it can do." In Gawande's book *Being Mortal*, he addresses how doctors, in particular, and society, in general, have opportunities to change the way people think about illness and death. As a medical student the author was trained in how to save lives but as a doctor he has come to realize that the job of medicine is to enable well-being.

Led by the Rev. Robert Blumenstock and the Rev. Pamela Anderson: Gratitude in the Scriptures

This class will focus on gratitude and how it shows up in the scriptures, our lives, and in our spiritual journeys. With Thanksgiving at the end of the month, this will be a time to think about what we truly appreciate in our lives and how to be more mindful of everyday gratitude.

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



Ongoing

Traveling Bible Study and Spirituality Group

Trinity young adults (20s-30s) meet twice a month on Sunday afternoons for lunch, fellowship, and bible study around town. The group also has community service opportunities and other social gatherings. If you would like to join the email list, email Rev. Megan at megan@trinitycathedral.org

Veterans Swapping Stories

The first Sunday at 10:15am in Room F. 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

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

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

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