



# 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 16

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

### TUESDAY 17

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

### WEDNESDAY 18

9:00am Holy Eucharist  
10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
3:00pm Dementia Caregiver Support Group  
7:00pm Cathedral Choir Rehearsal

### THURSDAY 19

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

### FRIDAY 20

9:00am Holy Eucharist  
12Noon NA Meeting  
6:30pm Floyd School Benefit Dinner

### SATURDAY 21

6:30pm Transgender Day of Remembrance

### SUNDAY 22

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Newcomers Group  
10:15am 30/40's and Beyond  
10:15am The Soul of Money  
10:15am Sunday School  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
3:00pm Growing in Faith

### 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 22, 2015

*The Last Sunday after Pentecost  
Christ the King*

2 Samuel 23:1-7  
Psalm 132:1-13  
Revelation 1:4b-8  
John 18:33-37

## TODAY @ TRINITY – NOVEMBER 15, 2015

### Activities at 10:15am

### Newcomers' Group – Room C

#### **A new group begins with Introductions.**

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

### The Soul of Money – Room A

Based on Lynne Twist's book, *The Soul of Money: Reclaiming the Wealth of Our Inner Resources*. This class continues through November 22. The book is available in our bookstore, and is recommended for those who want to gain the most from this enlightening topic. However, reading the book isn't necessary to participate in the class.

### Transforming Questions: 30/40's and Beyond – Conference Room

We will continue discussing *Transforming Questions*, which invites faithful questioning for those new to the Christian faith and longtime members. Questions? contact Amy Dierlam - dnarock@pacbell.net.

### Later Today

### GROWING IN FAITH - STILL IN START UP MODE:

#### **Meets 3 – 5 pm in the Assembly Area**

"Growing in Faith," Trinity's program to prepare adults for **Baptism, Confirmation, and Reception into the Episcopal Church**, meets today in the Assembly Area. This program is also a way for those who want to renew their faith and reflect on the Gospel in small groups. All are welcome. Come and find out what it is about. You'll be glad you did!

### This Week

### Choral Evensong celebrates the Feast of Saint Cecilia

#### **Thursday, November 19 at 6:00pm**

The Trinity Cathedral Choir celebrates the feast of our patron, Saint Cecilia, with Choral Evensong, on Thursday, November 19th at 6:00 pm. Included will be music by Bruce Neswick, Henry Ley, and Charles V. Stanford. The service will conclude with Herbert Howells' anthem "A Hymn for Saint Cecilia," based on a poem by Ursula Vaughan-Williams.

### Floyd School - Trips for Kids

#### **A Benefit Dinner and Auction at Trinity Cathedral Friday, November 20 at 6:30 pm**

Tickets are on sale in the Great Hall, \$25 per person. Auction items are needed including gift certificates, services, art work, food baskets and any other creative items. You can take items for the auction to the church office and designate them for Nancy Tennyson.

### Trinity Cathedral 2016 Annual Appeal

"I place no value on anything I have or may possess, except in relation to the kingdom of God. If anything will advance the interests of the kingdom, it shall be given away or kept, only as by giving or keeping it I shall most promote the glory of Him to whom I owe all my hopes in time or eternity." – David Livingstone

Within two weeks we are at 32% of our goal of \$1.5 million! Thank you to those who have submitted their 2016 gift. We are greatly appreciative to those members who increased their gift from last year by an average of 18%. Please mail or drop off your appeal card at the church office. You may also turn your card in during Sunday's offertory. You can also go online at [www.trinitycathedral.org](http://www.trinitycathedral.org) to submit your gift too.

With many thanks for our many blessing,

*Rod Thomas and Chris Tzimenatos*

## Next Sunday

**Parenting Matters:** For parents & grandparents of children from birth through 5<sup>th</sup>/6<sup>th</sup> grade

**Sunday, November 15, 10:15am in the Assembly Area**  
Please join Rev. Kathy Hopner next Sunday (and the third Sunday of each month) as we discuss a variety of issues concerning the joys and challenges of raising kids!

## Coming Up

### Trinity's Annual Christmas Fair

**Sunday, November 29, 8.30 am to 1.30 pm**

Bring your friends, enjoy a cup of coffee and a snack, as you pick up your Christmas gifts ahead of the rush, avoiding the noise and pressure of those malls. Support local artists and craftspeople and charities. We will be in the Great Hall—see you there.



### Traveling Bible Study and Spirituality Group

**Every Sunday at 5pm** young adults gather at restaurants, coffee shops, and other fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at [megan@trinitycathedral.org](mailto:megan@trinitycathedral.org)

### S.H.A.R.E.S. Cards

If you regularly shop at Save Mart, Smart Foods, Food-Maxx, or Lucky for groceries you can present your S.H.A.R.E.S. card every time you shop and River City Food Bank will receive a few cents on each purchase.

Cards are available at the Welcome Center on Sundays when it is staffed, at the church office during weekdays when the office is open, and from Annette Braddon-Walker at 916-456-2613.

## CATHEDRAL BOOKSHOP

**Come in and see our selection of Advent candles, calendars and books and our assortment of Christmas Cards.**

**Signed copies of "Our Garden" by Andy Domek are available for \$10 with \$2 going to the Trinity Garden fund.**

Store hours are:  
Tu-Th: 11:00am - 5:00pm;  
Sun: 8:30am - 1:00pm  
Contact us at 916-442-9194 or [bookshop3@gmail.com](mailto:bookshop3@gmail.com)

## Ongoing

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

### Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. 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](mailto:chris@sanft.org)

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

### Writing Group – Thursdays, 4:30pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at [jgillam@wavecable.com](mailto: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](mailto:nancy.c.earl@gmail.com)

## THURSDAY NIGHT AT THE CATHEDRAL

**6:00 - Compline; 6:15 - Dinner; 7:00 - Classes**

### TNAC CLASSES

#### **Holy Wholly One, Behold Me, Wholly One**

**Facilitated by Morey Lloyd**

Most of the science of philosophy has taught us that God is omnipotent- all powerful, omniscient- all knowing and omnipresent. Much of the theology of tradition tells us that God is Holy - in the vision of Isaiah: Holy Holy Holy. The Holy One is usually defined with a separate and exclusive nature. We will look at a revelation of the Divine as not exclusive but rather as the All Inclusive One. We will learn how to love, and be loved by, a Whole God with a Whole heart and how to love a Whole neighbor as the Whole self is loved.

#### **Mental Health from a Spiritual Perspective**

**Facilitated by Vaughn Wolff**

We will look at the "root of bitterness"; and where it finds its way into the good soil and how this gets nourished. Not stopping there, how we (the community) must learn how to help "tend the garden" so that our own voice can grow stronger than the "voice of despair". We will refer to various texts and experiences. Tracing effect backward to primary cause, will help turn our mind to Good away from Evil when we realize we have the power to take charge of circumstance. This will be follow up discussion from the Mental Health 101 class.

#### **Decorative Paper Cutting**

**Facilitated by Karen Olmstead**

If you're in the mood to do a little crafting, come see what amazing things you can create with nothing more than scissors, paper and glue. Paper cutting is a traditional folk craft practiced around the world. In this class, we will explore paper cutting techniques from Germany (scherenschnitte) and Poland (wycinanki). The class is free and all supplies will be provided in class. If you are interested in the class please contact Karen at [misty.pumpkin4522@gmail.com](mailto:misty.pumpkin4522@gmail.com).

### **DID YOU BRING YOUR COFFEE MUG TODAY??**

**Help Trinity reduce our environmental footprint. And remember to sign up at the TREE table for the raffle when you bring that mug.**

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