



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 17

12Noon NA Meeting
5:45pm Holy Eucharist
5:30pm Stephen Ministry Leaders
5:30pm T-ACT
7:00pm Stephen Ministry—ALL

TUESDAY 18

12Noon NA Meeting
12:10pm Holy Eucharist
1:00pm Stephen Ministry PSG
6:00pm Centering Prayer
6:30pm Vestry Meeting

WEDNESDAY 19

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
10:30pm Dementia Support Group
12Noon NA Meeting
6:00pm Wednesday Community Dinner
6:30pm TREE
7:00pm Cathedral Choir Rehearsal

THURSDAY 20

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

FRIDAY 21

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 22

6:30pm Transgender Day of Remembrance

SUNDAY 23

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Newcomer's Group
10:15am Introduction to the Church
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:30pm EYF
12:45pm Holy Eucharist
4:00pm Growing in Faith Potluck

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.

Parking on Sundays for those with disabilities is provided behind the Great Hall.

Lessons for November 23, 2014 *The Last Sunday after Pentecost*

Ezekiel 34:11-16, 20-24
Psalm 100
Ephesians 1:15-23
Matthew 25:31-46

TODAY @ TRINITY—NOVEMBER 16, 2014

Healing at all Services

Activities at 10:15am

Newcomers' Group — Room C

The group will view and discuss the video *Welcome to the Episcopal Church*.

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

Introduction to the Episcopal Church — Room A

This week's topic is The Church's Mission (Chapter 7 of *Welcome to the Episcopal Church*). The class meets after the 9am service. Contact Jerry Pare' (930-8032 or jpare111452@gmail.com) for more information.

30/40s and Beyond — Conference Room

We continue watching the movie *The Peaceful Warrior* which is loosely based on the book *The Way of the Peaceful Warrior* by Dan Millman. The book and movie have led to a movement in peaceful warrior thinking and living. Questions? Contact Amy Dierlam - dnrarock@pacbell.net

Parenting Matters — Assembly Area

Please join the Rev. Kathy Hopner on the third Sunday of each month during the Sunday School hour to explore together the issues parents face today.

Floyd School Principal — Great Hall

New Principal, Mr. Eric Chapman will be with us next Sunday to talk about his plans for Floyd School. He would like help in the areas of field trips, building up the collection in the school library and volunteers to help children with their reading. I hope you will come hear about his plans for the school. He is excited to come speak to us and wants to meet the people of Trinity Cathedral.

This Week

Choral Evensong

Thursday, November 20 at 6:00 pm

The Feast of St Edmund of East Anglia will be celebrated with Choral Evensong, sung by the Trinity Cathedral Choir. Included will be music by Gabriel Jackson and Healey Willan. Evensong is a lovely quiet way to finish a busy day with prayers, readings, and music. Please join us!

Transgender Day of Remembrance

Saturday, November 22, 6:30pm in the Cathedral

Trinity Cathedral will host the annual interfaith candlelight vigil in observance of the 16th International Transgender Day of Remembrance. All are welcome.

This event memorializes those killed due to anti-transgender hatred or prejudice. Refreshments will be in the Great Hall after the memorial.

CATHEDRAL BOOKSHOP

Buy or order your books now for Christmas.

We will ship them to any address!

Store hours are: Tu-Th:11:00am - 5:00pm;
Sun: 8:30am - 1:00pm

Contact us at 916-442-9194 or bookshop3@gmail.com

Next Sunday

Growing in Faith -- Small Groups to Explore our Faith Journeys

There is an **informational potluck at 4:00 PM, November 23** to learn more about "Growing in Faith," a small group program that gives us the opportunity to explore our faith with others in the parish. Sign up at the Welcome Center. For more information or to RSVP, contact Jerry Pare' (930-8032 or jpare111452@gmail.com).

Coming Up

Fourth Annual Thanksgiving Blessing Community Meal **Thursday, November 27, meal served noon to 2pm**

This is Trinity's 4th year offering a traditional Thanksgiving meal to all who are within our community and within our church - it is created by donations of food from our Trinity members to feed our guests who attend. In the past 3 years there have been 80+ coming to be in community of our gratitude for all we have.

The sign up sheet is in the Great Hall - outside of the Bookshop. The need is for prepared basic Thanksgiving food to be brought to the church the day prior or on Thanksgiving.

Give. Donate. Serve.
Offer Gratitude - Thanks and Communion.

Contact is Tracy at teambob@att.net or 916.765.8185

Family Promise is Looking for Volunteers!

Our families return to Trinity on **Sunday, December 7** and will be staying overnight with us through Saturday, December 13. For each night, we need volunteers to take on a task.

The sign-up sheet is in the hallway just outside the door to the Great Hall. Add your name, or contact Eleanor Taniguchi at ehtaniguchi@gmail.com or 916-708-4295.

River City Food Bank

Have you outgrown your gently used teddy or stuffed animal? For many small children who are served at River City Food Bank, this may be their only gift. Help us to provide a warm fuzzy for every child. Please contact Alan Lovett. 916-488-0564 or at alan7oak@surewest.net. Thank you!

Ongoing

Lunch Bunch – Thursdays, Noon

We are discussing the book *Strength for the Journey*. Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group –Thursdays, 4:30pm.

Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves. Contact: June Gillam - jgillam@wavecable.com.

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - chris@sanft.org

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopner at 930-8027

Centering Prayer

Tuesdays, 6-7pm in the East Transept
Thursdays, Noon—1:00 in the East Transept

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contacts are Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com.

Thursday Night at the Cathedral

6:00pm—Compline

6:15pm—Dinner (\$7)

7:00pm—Classes

Bible and Book of Common Prayer Challenge

Facilitators: Rhonda Canby and the Rev. Randy Knutson
The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book.

Tool Pouch for Living

Presenter: Vaughn Wolff

"Come explore Lessons in Christian Metaphysics for 12 evenings that will help us understand and adapt our habits of thinking so we can experience life with more joy, greater health and confidence in the ever present Christ. We will be using Dr. Frederick Bailes, *Basic Principles of the Science of Mind, Twelve Lesson Home Study Course*.

Mystics Then and Now

Presenter: Susan Van Dyke

This session will focus on offerings from psalms, poetry and prayer. Individuals highlighted may include Hildegard of Bingen, Rumi, Hafiz, W.B. Yeats. Pierre Teilhard de Chardin, David Whyte and Mary Oliver. This will be an experiential adventure for all. Three books will provide background, but no purchase of any is required. We may spend some time with the book, *Strength for the Journey* by Renee Miller. All are invited to come "taste and see." Questions? Please contact Susan at svandyke59701@gmail.com

Beginning this Thursday, November 20

A Christmas Carol

Facilitator: Susan Hotchkiss

"A Christmas Carol" has been a holiday favorite for over 150 years. Written as a novella by English author Charles Dickens in 1843, it has been produced for stage and screen a multitude of times. During Advent here at Trinity, we will have the opportunity to view the movie, hear about the work's historical significance and discuss how the themes are still important in our spiritual lives today.



Altar 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# _____