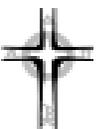




# Trinity Episcopal Cathedral Announcements



*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 23

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

### TUESDAY 24

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

### WEDNESDAY 25

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

### THURSDAY 26 OFFICE CLOSED

### FRIDAY 27 OFFICE CLOSED

### SATURDAY 28

### SUNDAY 29 CHRISTMAS FAIR

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

## TODAY @ TRINITY — NOVEMBER 22, 2015

### Activities at 10:15am

#### Newcomers' Group — Room C

**The group will view and discuss a video.**

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 is the last class.

#### 30/40's and Beyond will not meet TODAY.

**We will resume meeting on Sunday November 29 to begin our Advent Series: *Living Well Through Advent: Practicing Patience With All Your Heart, Soul, Strength and Mind*.** We will be giving out the meditation guide booklets on the 29th. Join us for this Advent Journey! Questions? contact Amy Dierlam - dnarock@pacbell.net.

#### Parenting Matters: for parents and grandparents of teens — Assembly Area

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

### 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!



#### PARKING

We have worked through some parking concerns with Sutter Health.

- **For Sunday services** you may park on the "up ramp" when entering from the 27th Street entrance, i.e. the valet parking spaces are open for Trinity's use only on Sundays. Please do not park in the "Reserved" spaces found when you turn left at the gate.
- **For evening events** please get a Trinity parking card. They are available in the Bookshop for a \$25.00 refundable deposit. Use of this card will get you into and out of the garage after 5:30 PM. Please contact Jerry Paré (jpare@trinitycathedral.org or 916-446-2513) if you have questions regarding this.

The Office will be closed on Thursday, November 26 and Friday, November 27 in observance of Thanksgiving.

### CATHEDRAL BOOKSHOP

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

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

#### **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 29, 2015** *The First Sunday of Advent*

Jeremiah 33:14-16  
Psalm 25:1-9  
1 Thessalonians 3:9-13  
Luke 21:25-36

#### Trinity Cathedral 2016 Annual Appeal

"Each of you must give as you have made up your own mind, not reluctantly or under compulsion, for God loves a cheerful giver." II Corinthians 9:7

We would like to thank the 184 individuals and families that have submitted their 2016 gift towards our 2016 Annual Appeal. As of November 15, we are at 39% of our goal of \$1.5 million. It is important to know that our annual appeal last year came in slightly over \$1 million and this year we are asking for a 50% increase. So please consider increasing your gift, if you are able to do so. Any increase would be greatly appreciated. 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

### 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.

### The Great 'O' Antiphons of Advent

**Sunday, November 29 at 7:30, 9:00 and 11:15**

One of Trinity's great liturgical traditions is the Advent Procession and Eucharist held on the first Sunday of Advent. This is a unique service that has at its center the Great 'O' Antiphons of Advent. These ancient texts reflect some of the names given the Messiah in the Old Testament writings such as O Adonai, O Wisdom and O Emmanuel. These in turn are the basis for the great Advent hymn "O Come, O Come, Emmanuel," which is sung in the course of the service and as each antiphon is sung, a banner representing the antiphon is brought forward in procession.

### Awaiting the Already:

*An Advent Journey Through the Gospels*

Four Sundays at 10:15am beginning November 29

This book by Magrey R. deVega will be our guide for the four Sundays of Advent. Each week we will look at what one Gospel has to say about the season, eventually touching all four Gospels. Some material will be presented each week to get us started, but there will be lots of time for shared thoughts and discussion. Bud Swank is the leader.

## Coming Up

### A Crafting Retreat

**Saturday, December 5 from 1-4 in the Great Hall**

I would love to have this retreat be open to a wide variety of different crafts. Isn't this just the perfect time of year for such a retreat with so much charity and gift giving in the air? This is a call for all Trinity crafters to come together and share our passions. This is also an opportunity for those who want to learn. For sure there will be knitters and crocheters with decades of experience who would be delighted to teach someone how to begin. If you are interested or have any questions, please contact me, Kelly Mieske, at kmieske@gmail.com or (916) 719-8149.

## Ongoing

### 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

### 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

### Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—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

### 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

**THURSDAY NIGHT AT THE CATHEDRAL**  
**Will not meet on Thanksgiving, November 26**

## TNAC Classes beginning December 3

### **A Peaceful Christmas:**

#### **Honest Communication that Connects Facilitated by Alex Leach**

Christmas and the Holidays can be tough. None of us want to be biting our tongues, or tip toeing around certain topics. Come learn and practice concrete communication skills to honestly connect this Christmas season. This two day class will cover the powerful skill of empathizing with difficult messages, and speaking up with compassion, setting boundaries and expressing gratitude. There is a way to talk openly and honestly with the in-laws that won't ruin Christmas morning.

Alex has been teaching communication skills for over three years in the Sacramento/Davis area. He has worked for the Relationship Skills Center, a non-profit in Sacramento working to teach communication skills to low-income families. He has been running a private practice teaching communication skills in Davis for over three years.

### **A Christmas Carol**

#### **Facilitated by Susan Hotchkiss**

Ebenezer Scrooge had a lot to learn about being a compassionate, giving human being. Past life experiences had led him to put more time and effort into making money rather than cultivating relationships and hoarding cash rather than giving to those less fortunate. Ultimately this led to denying himself any quality of life. Was there still time for him to change??? The story is a short one but chock full of 19th century issues we still battle today - poverty, class divisions, prison overcrowding. And the theme of redemption is ongoing and universal. Join us in the Cathedral Bookshop as we read *A Christmas Carol* aloud. Then on December 18th we will gather in the Assembly area to watch one of the many versions of this classic story.

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