



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 24

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

TUESDAY 25

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

WEDNESDAY 26

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

THURSDAY 27 OFFICE CLOSED

10:00am Thanksgiving Eucharist
12Noon Thanksgiving Dinner

FRIDAY 28 OFFICE CLOSED

SATURDAY 29

SUNDAY 30

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Advent Wreath Making
10:15am Sunday School
10:15am Introduction to the Church
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist

CATHEDRAL BOOKSHOP

**Buy or order your books
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

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 30, 2014 *The First Sunday of Advent*

Isaiah 64:1-9
Psalm 80:1-7, 16-18
1 Corinthians 1:3-9
Mark 13:24-37

TODAY @ TRINITY—NOVEMBER 23, 2014

Activities at 10:15am

Newcomers' Group — Room C

The group will discuss Living With Change.

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 is the last class of this course. We meet after the 9 AM Service. Bring your questions!

30/40s and Beyond — Conference Room

We will wrap up watching the movie *Peaceful Warrior* and be giving out our Advent devotion - *Living Well through Advent* devotional booklet by Living Compass. Join us!

Questions? Contact Amy Dierlam - dnarock@pacbell.net

Later Today

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

There is an informational potluck this afternoon from 4:00 - 6:00 PM. Bring a dish to share and learn more about this exciting program. The program starts December 7. If you can't make the dinner and are still interested, please contact Jerry Paré (930-8032 or jpare111452@gmail.com).

This Week

Thanksgiving Day Service

Thursday, November 27 at 10:00 am

Please join us for this service of Thanksgiving. Canon Walker will be the Celebrant and Deacon Steve Skiffington will preach.

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. All donations of food can be dropped off on Wednesday and on Thursday morning prior to and after the service at 10am

Give. Donate. Serve.

Offer Gratitude - Thanks and Communion.

Contact is Tracy at teambob@att.net or 916.765.8185

Next Sunday

The Great 'O' Antiphons of Advent

Sunday, November 30 at the 7:30, 9:00 and 11:15 services

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.

More Next Sunday

Make an Advent Wreath

Sunday, November 30, 10:15-11:00

Observe the season of Advent with an Advent wreath made by you. Please come and make an Advent wreath for your family and pick up the printed service for observing Advent in your home. Everything will be provided we just need you.

Coming Up

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.

Shirley Sassman

Trinity is saddened to learn of the death of Shirley Sassman on November 15. A Service of Remembrance will be held at Trinity on Tuesday, December 9 as part of the 12:10 service.

Christmas Fair

Sunday, December 14, 8:30 a.m. to 1:30 p.m.

Reject Shopping Mall Madness!
Find gifts LOCAL and GLOBAL which support
Artists ~ Craftspeople ~ Non-profit Groups

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!

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.

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

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.



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.

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# _____