



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 30

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

TUESDAY DECEMBER 1

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:15pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 2

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

THURSDAY 3

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

FRIDAY 4

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 5

1:00pm Crafting Retreat

SUNDAY 6 LIBRARY OPEN

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

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.

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 December 6, 2015 *The Second Sunday of Advent*

Baruch 5:1-9
Canticle 4 or 16
Philippians 1:3-11
Luke 3:1-6

TODAY @ TRINITY — NOVEMBER 29, 2015

Trinity's Annual Christmas Fair — Great Hall

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.

Activities at 10:15am

Newcomers' Group will not meet TODAY.

Join us next Sunday as we discuss **Living with Change.**

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

30/40's and Beyond — Conference Room

Today we 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. Join us for this Advent Journey! Questions? contact Amy Dierlam - dnarock@pacbell.net.

Awaiting the Already — Room J

An Advent Journey Through the Gospels

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.

GROWING IN FAITH will not meet TODAY

We Need Ushers!

At the 11:15am services on the Fourth and Fifth Sundays. Please contact Kevin Donohue at 396-9731 or kfdsac@att.net or Randie Strike at 203-7586 or randie.trinity@gmail.com

Assistance need before/after 11:15am service

Call Ada New at 916-443-8024 if you can help her on Sunday mornings come to church at 11:15 AM and return home at about 12:30 PM, when the service is over. Ada lives at the Chateau and needs assistance getting across the street.

Front Desk Volunteer Needed

For Friday mornings in the Office.

Training will be required and can be scheduled for Wednesday mornings.

Contact Randie Strike at the church office - 916-446-2513

Trinity Cathedral 2016 Annual Appeal

For if I do this voluntarily, I have a reward; but if against my will, I have a stewardship entrusted to me.

1 Corinthians 9:17

Again, we would like to thank everyone who has submitted their 2016 gift towards our 2016 Annual Appeal. As of November 22, we are at 44% of our goal of \$1.5 million. If you haven't completed your appeal card, please mail or drop it off at the church office. You may turn your card in during Sunday's offertory. You can also go online at www.trinitycathedral.org to submit your gift too.

With many thanks for our many blessing,

Rod Thomas and Chris Tzimenatos

This Week

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.

Coming Up

A Christmas Carol

Tuesday, December 8, 15 and 15 at 10am

If you are not able to make Thursday Nights at the Cathedral and want to participate in our new Advent tradition-the reading of Charles Dickens' *A Christmas Carol* please join us on three Tuesday mornings. We will read it aloud and then watch the version we all choose to view on the last Tuesday. Hope to see you there.

Centering Prayer

There will be NO 6:00 pm Centering Prayer on Tuesday, December 8.

A Christmas Story Theatre

All proceeds benefit River City Food Bank

Where: St. Michael's Episcopal Church, 2140 Mission Avenue, Carmichael

When: Friday & Saturday, Dec. 11 & 12 @ 7:30 and Sunday, Dec. 13 @ 2 PM

Enjoy a series of short traditional and non-traditional Christmas-themed readings, followed by a group singing of "Silent Night," and a special reception afterwards!

\$20.00 per household, \$10.00 Individual, \$8.00 Student/Seniors

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

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

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

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

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 17th we will gather in the Assembly area to watch one of the many versions of this classic story.

DID YOU BRING YOUR COFFEE MUG?

Help Trinity reduce our environmental footprint by bringing your own mug, but because spills are occurring, TREE is recommending mugs with lids. Sign up at the TREE table for the raffle when you bring a mug with a lid.

Christmas 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 "Christmas Flowers" on the memo line) to:
Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Deadline is December 14 for inclusion in the Christmas programs.

In Thanksgiving for: _____

In Memory of: _____

From: _____ Phone# _____