



# 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 5

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 6

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

### WEDNESDAY 7

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

### THURSDAY 8

12Noon NA Meeting  
12Noon Centering Prayer  
12Noon Lunch Bunch  
3:00pm Writing Group  
6:00pm Compline  
6:15pm TNAC Dinner  
7:00pm TNAC Classes  
7:15pm Celebration Choir Rehearsal

### FRIDAY 9

9:00am Holy Eucharist  
12Noon NA Meeting  
7:30pm Vocal Art Ensemble Concert

### SATURDAY 10

9:00am Trinity Men's Breakfast  
4:00pm Chanteuses Concert

### SUNDAY 11

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Sunday School  
10:15am An Advent Adventure  
10:15am Newcomer's Group  
10:15am Sunday Morning Journey  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
2:00pm Yoga in the Cathedral  
3:30pm Journey with Jesus



### 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 December 11, 2016 *The Third Sunday of Advent*

Isaiah 35:1-10  
James 5:7-10  
Matthew 11:2-11  
Psalm 146:4-9

## TODAY @ TRINITY – DECEMBER 4, 2016

### Activities at 10:15am

### An Advent Adventure - Room A

Facilitated by Morey Lloyd

#### **December 4: The INS and the Outs of Advent**

How two competing forces, each demanding pre-eminence, reconciled their differences and brought world peace, a Peace that for 1500 years has blessed the whole world. The history, traditions and the place of Advent, St Stephen, St John, the Holy Innocents & the 12 days of ChristMass.

### Veterans Meeting - Room F

**Attention all Veterans!** Bring your coffee and munchies and join us.

### Newcomers' Group - Room C

**The group will discuss Living with Change.**

Contact is Randie Strike: randie.trinity@gmail.com; 916-446-2513

### Living Well Through Advent - Conference Room

All are welcome to join us! Beginning today and through the rest of Advent we will use a booklet from Living Compass called *Practicing Simplicity With All Your Heart, Soul, Strength and Mind*. Contact is Amy Dierlam at dnarock@pacbell.net

### Later Today

### Free Yoga In the Cathedral

**Today and every Sunday at 2pm through December!**

The classes will be accessible to a variety of levels, ages, and abilities. Free will cash donations accepted to support the wonderful Sole-fire Yoga Instructors partnering with us to make this offering possible. If you have questions, contact Rev. Megan: Megan@trinitycathedral.org

### JOURNEY WITH JESUS - Assembly Area

**TODAY from 3:30 to 5:30 PM.**

Bible Study, preparation for adult baptism and confirmation, fellowship and prayer. Now is the time to join! Contact Jerry Paré for more information (jpare@trinitycathedral.org; 916-930-8032)

### This Week

### A Concert by the Vocal Art Ensemble

**Friday, December 9 at 7:30 pm**

"Missa Virtualis: A Fusion of Faith"

For hundreds of years, the most gifted composers in Medieval and Renaissance Europe strived to create choral music worthy of their devout faith. But today, little of this inspired, sublime art form is ever witnessed live. So The Vocal Art Ensemble will follow a path of musical stepping stones, weaving through time's most historically significant Masses to ultimately create three unique transcendent experiences. Includes collaboration with The Viol Consort.

### Trinity Men's Group Breakfast

**Saturday, December 10, 9:00am in the Great Hall**

All Trinity men are invited for a delicious breakfast and a short business meeting. Contact: Chris Sanft - chris@sanft.org

Chanteuses present:

### Seven Joys of Christmas

**Saturday, December 10 at 4:00pm**

A special 20<sup>th</sup> anniversary Christmas concert featuring alumnae from Chanteuses' many years of terrific music making!

## Next Sunday

### Crochet / Knitting Group

**Sunday, December 11, 10:15am in the Great Hall**  
Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

### An Advent Adventure

**Sunday, December 11, 10:15am in Room A**

#### **An Advent Tribute to Leonard Cohen: Hallelujah**

How a Jewish poet encapsulates the Hopes and Fears of all the years, in our life time and since the beginning of Time. From Creation to tomorrow we have been prepared for this Day and this Time. Facilitated by Morey Lloyd.

## Coming Up

### Prayer Night at the Cathedral

**Wednesday, December 14, 7pm, Conference Room**

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

### A Festival of Nine Lessons and Carols

**Saturday, December 17 at 7:30 pm**

Please join the Cathedral Choir and Choristers as we tell the story of Christmas, from humankind's fall from Grace, to the redemption through his son, Jesus. Included will be music by David Willcocks, John Rutter, Herbert Howells, and others. A freewill offering will benefit the River City Food Bank.

## CATHEDRAL BOOKSHOP

Christmas has arrived in the Bookshop!  
Visit our card and gift selections soon!

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

Trinity young adults (20s-30s) meet twice a month on Sunday afternoons for lunch, fellowship, and bible study around town. To join the email list, email Rev. Megan at megan@trinitycathedral.org

### Veterans Swapping Stories

The first Sunday at 10:15am in Room F. 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, 3pm

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

### Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027

## THURSDAY NIGHT AT THE CATHEDRAL

**6:00 pm - Compline**  
**6:15 pm - Dinner (\$7)**  
**7:00 pm - Class**

**TNAC will meet December 1, 8, and 15.** We will have one large class and that will take place in the Assembly Area during each of these weeks.

- The theme for December 1 is: Rick Steves' European Christmas
- The theme for December 8 is: Christmas Writing Group
- The theme for December 15 is: Sting: A Winter's Night

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:  
The Rev. Dr. Pamela Anderson:  
Pamela@trinitycathedral.org or 916/446-2513

## SUPPORT TRINITY WHILE YOU SHOP!

Amazon has a program through which you can donate to Trinity while shopping on line. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases (almost anything you might purchase from them) to Trinity when you name us as your "charitable organization of choice." Go to smile.amazon.com for more details and register "Trinity Cathedral Church" as your organization of choice to support. Thank you!



## **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 19 for inclusion in the Christmas programs.**

In Thanksgiving for: \_\_\_\_\_

In Memory of: \_\_\_\_\_

From: \_\_\_\_\_ Phone# \_\_\_\_\_