

On Sunday Mornings: Holy Health and Wellness Practices with Rev. Megan

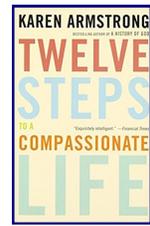
Sundays September 10th through October 1st
10:15am in the Assembly Area

What core practices help you stay connected with God, grounded in your purpose, and loving even in chaotic and uncertain times? While time intensive practices like organized book studies are wonderful, sometimes it seems like there is only enough time in the day to cram in every essential task and appointment. While I enjoy a range of spiritual practices from Bible Study to guided spiritual direction sessions, my core daily practices are tied directly with the physical necessities of life. Specifically, I practice mindfulness, health, prayer and gratitude through the basic human needs of breathing, drinking, eating, moving, and sleeping. Everything we put into our bodies matters, whether it be physical food, mental thoughts, or spiritual beliefs. Each of these inputs can either increase our energy and capacity to love, or they can diminish us. Come explore how mindfulness and gratitude practices can tie to our everyday activities. Discover food for your body and soul, and empowerment in community so that you to continue in your call to be an agent of God's love in this chaotic and hurting world. Please do not hesitate to contact Rev. Megan with questions: megan@trinitycathedral.org



On Tuesday Mornings: Tuesday Morning Group with Susan Hotchkiss

Tuesday, September 12th we will begin our study of Karen Armstrong's *Twelve Steps*



to a *Compassionate Life*. The Cathedral Bookshop has the book and you are encouraged to read it to enhance our discussions. If you have any questions please contact Susan Hotchkiss - email: susan_hotchkiss1@hotmail.com.

A Deep Dive into the Spiritual Practice of Nutrition, Nourishment, and Food Justice with Rev. Megan

An Invitation to a Community Whole30 Program:
September 11th - October 10th

Some of my core spiritual practices are tied to concrete daily wellness practices. I am specifically passionate about how nutrition can be both physical and spiritual nourishment. I am excited to invite a community of people to do this together because it is not only fun, it's also supportive. I plan to have daily and weekly support in community through the internet, phone calls, and in person meetings. Once we get the group together, we can all decide on what might work best in in our schedules. If you are interested in joining this challenge group, or have lots of questions before you commit, please reach out to me: megan@trinitycathedral.org

Also, I highly recommend checking out the Whole30 books:

The Whole30: The 30-Day Guide to Total Health and Food Freedom

<https://whole30.com/whole30book/>

It Starts With Food

<https://whole30.com/itstartswithfood/>

Read Megan's full article in the Fall 2017 issue of the Cathedral Cross on page 18!

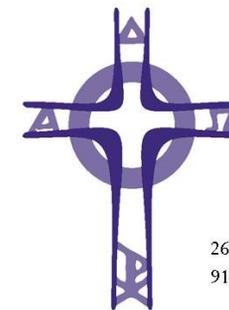
Fall 2017

- Adult
- Spiritual
- Formation

at Trinity

Episcopal

Cathedral



TRINITY
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2620 Capitol Avenue ♦ Sacramento, CA 95816
916/446-2513 ♦ www.trinitycathedral.org



Dean Brian Baker

How to Live as a Christian in This Crazy World

September 14th to October 19th

7pm in the Assembly Area

With the breakdown of civility, chaos in our political systems and an increase of explicit racism, we are entering a frightening time of crisis. Dean Baker will lead a six-week conversation that will explore how our faith can both guide and sustain us as we strive for justice and peace and respect the dignity of every human being.

Morey Lloyd

The Protestants are Revolting!

October 26th to November 16th

7pm in the Conference Room

Protestants are Revolting, or Reforming, or Protesting, or Evolving

Looking back to 1517 and Luther’s dynamic use of the written word and the unsettling influence of conscience to see the power of searching for the truth that sets all free, we reflect on our own struggles to advance the Gospel for a new age.

From “The 95 Theses” to a Diet of Worms we will look at the seeds of contention and the fruit of resistance. From “Here I stand” to where are we standing today? We will write a new Thesis for a better witness to the truth of a New Heaven and a New Earth. All are welcome to celebrate and re-create a New Covenant with all of God’s people.



Thursday Night at the Cathedral



Susan Hotchkiss

12 Steps to a Compassionate Life

September 14th to Nov.16th

7pm in the Bookshop

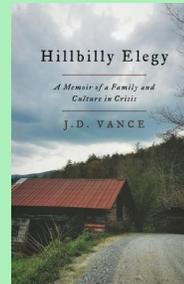
In 2010, Karen Armstrong, a renowned scholar of the world’s religions, wrote Twelve Steps to A Compassionate Life. The Washington Post stated: “Armstrong lays out a pluralistic and, ultimately, secular way to spread compassion that’s easy to believe in.” From learning about compassion to loving your enemies, this book is extremely timely for living in the world today. Attendees are encouraged to purchase the book, available in the Cathedral Bookshop.

Thursday Afternoons

Lunch Bunch

Lunch Bunch conversation begins

Thursday, September 14 at noon in the Conference Room. The group will be reading Hillbilly Elegy, available in the Cathedral Bookshop.



Trinity Writing Group with June Gillam



Whatever your preferred method of self-expression, Trinity Cathedral has a small, but active group of thoughtful people who like to explore the stream of consciousness opportunity of writing whatever comes to mind in a quiet, safe environment. No obvious talent or credentials are required. Anyone can write and everyone is welcome.

The Trinity Writing Group meets Thursday afternoons from 3-4:30 in the Conference Room.



Kelly Mieske and Jerry Paré



Journey with Jesus - Your Journey of Faith

7pm in Room J

Ongoing, drop-ins are welcome!

Have you read The Shack by W. Paul Young? It is the story of a family, especially the father, who suffer a horrendous, tragic experience. The father, Mack Phillips, suffers a “great sadness” for four years. Mack was a man of faith but had profound question about how God could let such a tragedy happen. Much of the story is about how God confronts him and guides him through a conversion that begins to make his life and that of his family whole again. “The shack itself is a metaphor for the places you get stuck, you get hurt, you get damaged...the thing where shame or hurt is centered.” In interviews Paul Young admits that Mack’s story is his story. Writing The Shack was an intentional part of his journey of faith and continuing conversion.

Journey with Jesus is a similar intentional journey. Most of us suffer tragedies in our lives, tragedies that lead us to shout “WHY?” to a god who seems very distant. The tragedy and hard times may lead us to question whether there is a god at all. We suffer; we seek; with the Grace that is God, hopefully we find our way back.

The thing about **Journey with Jesus** is the *intentionality* of that search. Each participant – candidates, sponsors, the leadership – enters this journey with the intention of deepening their faith, of growing closer to God. In the process they grow closer to each other as well. The Holy Spirit has never failed us. With God’s help, we walk the Way described in the Gospels.

Contact Jerry Paré (jpare@trinitycathedral.org; 916-930-8032) for more information