

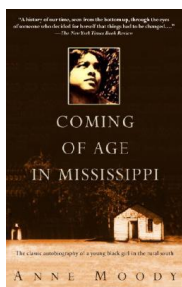
# Thursday Night At the Cathedral

Hello everyone, here is the fall line-up for the Thursday Night at the Cathedral (TNAC) series. It will be 11 week beginning Thursday, September 10<sup>th</sup> and ending Thursday, November 19<sup>th</sup>. Please note that there will be some varying start dates for the classes.

The evening begins at 6pm with Compline (a short prayer time) in the church, followed by dinner in the Great Hall for \$7. The classes begin at 7pm and usually end around 8:30pm. We hope that you will come and join us for the great line-up of fall classes. They are as follows:

## Holy Wholly One, Behold Me, Wholly One

Most of the science of philosophy has taught us that God is omnipotent- all powerful, omniscient- all knowing and omnipresent. Much of the theology of tradition tells us that God is Holy - in the vision of Isaiah: Holy Holy Holy. The Holy One is usually defined with a separate and exclusive nature. We will look at a revelation of the Divine as not exclusive but rather as the All Inclusive One. We will learn how to love, and be loved by, a Whole God with a Whole heart and how to love a Whole neighbor as the Whole self is loved. This class will be facilitated by Morey Lloyd and will be held in Room A. It will run for 11 weeks from **September 10 to November 19**.



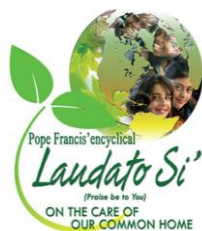
## Coming of Age in Mississippi

On August 6, 1965, President Lyndon Johnson signed the voting rights, making poll taxes and literacy tests as prerequisites to vote unconstitutional. Anne Moody's *Coming of Age in Mississippi* chronicles her journey as a young girl and as a woman in the thick of the Civil Rights movement in the South. Come and discuss her journey on Thursday nights in the Cathedral Bookstore. The book is available for purchase in the bookstore. This will be facilitated by Susan Hotchkiss and will run for 6 weeks from **September 10 to October 15**.

## Mental Health 101

This six-week series, scheduled to begin September 10, will delve into the complex issues related to mental health. We will start with definitions and a brief history of mental health treatment and spend the rest of the time sharing information about the local system of support, the places where glaring gaps exist, and our county's plans to augment services. Presenters will range from advocates for consumers of mental health services and their families to representatives of Sacramento County agencies who deliver services to individuals facing a mental health crisis, including law enforcement and the schools. This series will be valuable for anyone who would like to learn more, whether you are a professional serving this population, a family member of someone with a mental illness, an advocate or would just like to be a participant in this conversation. This class will run from **September 10 to October 15** and will be facilitated by Shireen Miles and team. This class will meet in the Assembly Area.

## Pope Francis and the Environment



Discussion of Pope Francis' Encyclical Letter (*Laudato Si*) TREE (Trinity Respecting Earth and Environment) members will be studying and discussing Pope Francis' Encyclical Letter (*Laudato Si*) for four weeks in September. The Pope touches on every major environmental and economic issue facing humanity today thoughtfully and compassionately. His encyclical Letter deserves to be taken seriously and, more importantly, acted on. Members of TREE will facilitate this study and we invite you to come join the conversation. This is a four week series and will run from **September 10 to October 1**. They will meet in the Conference Room.

### **Poets or Mystics? Where is the line?**

In this class, which follows the TREE class, we'll explore some familiar names such as Mary Oliver and Steven Mitchell as well as some perhaps less well known such as Hafiz and St Catherine of Siena. Group participation will be highly encouraged. Please join us as we explore. [This is structured for 4 weeks, but could extend to 6 weeks if the group wants.] We will meet **October 8 to October 29** (maybe longer) and will be facilitated by Susan Van Dyke. We will meet in the Conference Room.

### **Mental Health from a Spiritual Perspective**

We will look at the "root of bitterness"; and where it finds its way into the good soil and how this gets nourished. Not stopping there, how we (the community) must learn how to help "tend the garden" so that our own voice can grow stronger than the "voice of despair". We will refer to various texts and experiences. Tracing effect backward to primary cause, will help turn our mind to Good away from Evil when we realize we have the power to take charge of circumstance. This will be a follow up discussion from the Mental Health 101 class. This class will run for 5 weeks and meet from **October 22 to November 19**. The facilitator will be Vaughn Wolff. This class will meet in the Cathedral Bookshop.



### **Decorative Paper Cutting**

If you're in the mood to do a little crafting, come see what amazing things you can create with nothing more than scissors, paper and glue. Paper cutting is a traditional folk craft practiced around the world. We will explore a variety of styles including scherenschnitte (German paper cutting) and wycinanki (Polish paper cutting). This class will run for 5 weeks from **October 22 to November 19** and the facilitator will be Karen Olmstead. They will meet in the Assembly Area.

### **TNAC Dinners**

Beginning September 10th, there will be dinner at 6:15pm every Thursday evening that there are Thursday classes. The meals this year will consist of a salad, main course and dessert. Consider helping out in the kitchen, or schedule yourself as a chef if that would appeal to you. Shopping is usually done Thursday morning and the preparation in the afternoon, in order to accommodate the other kitchen ministries. Contact Vaughn Wolff if you are interested in serving this way.