



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 23

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 24

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

WEDNESDAY 25

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

THURSDAY 26

12Noon NA Meeting
12Noon Lunch Bunch
12Noon Centering Prayer
12Noon Palestinian Speaker Luncheon
2:30pm Writing Group
6:00pm Compline
6:15pm BCP & Bible Challenge

FRIDAY 27

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 28

7:00pm River Cats Game

SUNDAY 29

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Intro. to the New Testament
10:15am 30/40's and Beyond
10:15am Newcomers Class
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist

The Library is open today in the Elevator Alcove

CATHEDRAL BOOKSHOP

Pick up a book of prayer from our selection.

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 June 29, 2014

Third Sunday after Pentecost

Genesis 22:1-14
Psalm 13
Romans 6:12-23
Matthew 10:40-42

TODAY @ TRINITY—JUNE 22, 2014

Activities at 10:15am

Newcomers' Group — Room C

The group will discuss Resources for Next Steps.

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

30/40s and Beyond — **Will not meet today.**

Contact is Amy Dierlam—dnarock@pacbell.net

Introduction to the New Testament — Room A

The class covers the basics of what is in the New Testament and is a good foundation for further New Testament study. Jerry Pare', M.A. in Scripture from Claremont School of Theology, will teach the class. Two books are used in the class: The Bible and *The Bible from Scratch; The New Testament for Beginners* by Donald Griggs. Copies are available in the Bookshop. Contact Jerry (jpore111452@gmail.com) for further information.

Sunday Night Update

Sunday, June 22 at 10:15am in the Assembly Area

First, we want to thank those who came to the Surprise Party on June 1st and hope you enjoyed the delicious food and the "uplifting" movie. We would like to give an update about the Sunday night meetings we have been having since Advent and invite you to participate on Sunday, June 22nd from 1015 to 1100 in the Assembly Area. Hope you can attend.

This Week

Prayer Night at the Cathedral

Wednesday, June 25 at 7pm, Conference Room

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

Palestinian Speakers Luncheon

Thursday, June 26 at noon in the Assembly Area

All are invited to an informative luncheon, with guest speakers Ghasan J. Tarazi and Tarek Abuata. They will speak on *Myths and Realities Through Palestinian Eyes*.

To help defray costs of the luncheon a \$5 donation is requested. This event is open to all, but space is limited so call if you plan to attend: Patricia - 916-456-1420 or Susan - 916-442-6016

Ordinations to the Transitional Diaconate

Saturday, June 28 at 11:00am

Randy Knutson and three others will be ordained as transitional deacons. Please join us for this wonderful occasion. If you are able, please bring refreshments to share at the festive reception following the service.

Take Me Out To the Ballgame

Saturday, June 28th is Trinity Night at the Rivercats. Our Choristers, along with other choirs conducted by Kami Davis, will open the game by singing the National Anthem. Our seats, located behind third base, are \$20. Come to our table in the Great Hall or contact Randy Cheek for your tickets.

HELP WANTED:

Ushers needed for the 11:15 AM Service for the Second and Third Sundays. If you can be part of either of these usher teams please let Kevin Donahue (Phone 265-3806 / email KFDSAC@att.net) or Randie Strike (203-7586 / email randiestrike@gmail.com) know.

Youth Group Mission Trip

This Saturday, June 21st, Trinity Cathedral's Youth Group joined youth from two other Episcopal congregations on our journey to Lapwai, ID to serve in the Nez Perce Indian Reservation. We invite you to join us in our travels by visiting our blog www.trinityEYF.weebly.com. We will be posting regularly as we learn, build, and grow together! Also, check out Trinity Cathedral's Facebook page to see our most recent posts.

Next Sunday

FAMILY PROMISE HELP NEEDED!!

We are still in NEED of volunteers to prepare meals, hostess, and sleep over!! As you know this is a holiday week - June 29-July 6 - so many are out of town. Please consider volunteering - remember that many hands make light work!! It is rewarding to make a contribution and get to know our families. So check your calendars and sign up!! Lyle Gramling- lylegramling@gmail.com

Coming Up

Fourth of July

Trinity will have a special Fourth of July service at 10:00 AM, Friday, July 4th. As is our custom there will be a pie and ice cream reception after the service. All are welcome...bring a pie if you are able!

You are invited to sing with our summer choirs!

Have you wanted to "try out" one of our Cathedral Choirs?? Or are you unable to commit to weeknight rehearsals?? Then the Summer Choirs are for you.

- The Summer Celebration Choir practices in the Assembly Area at 8:20 am and sings for the 9:00 am Eucharist.
- The Summer Cathedral Choir practices in the Cathedral Choir Stalls at 10:40 am and sings for the 11:15 Eucharist

No audition or sign-up required. Just come and join your voice with ours when you can!

Ongoing

Lunch Bunch—Thursdays at Noon

Rev. Pamela Anderson is facilitating the group that meets in the Assembly Area.

Writing Group—Thursdays at 2:30pm.

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 - jgilam@wavecable.com. We meet in the Conference Room

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month, 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. Contact Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com for further information.

Thursday Night at the Cathedral

6:00pm—Compline

Beginning after Compline

in the Conference Room is the...

Bible and Book of Common Prayer Challenge

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. **Rhonda Canby** is the facilitator for this TNAC class.

Voices of Faith begins on July 10th.

Children and Family Ministries

Summer Sunday School - Abundant Life

Please join us for our Summer Sunday School program, Abundant Life Garden Project, beginning Sunday, July 6th - August 24th. This program, designed by Episcopal Relief and Development, engages children with Bible stories focused on water, seeds, soil, animals, and harvest. We'll explore what plants and animals need to grow and flourish, and what we as children of God need to grow and shine as a light to the world! We'll meet upstairs in the Assembly Area from 10:15 - 11:15 on Sunday mornings in July and August. We are looking for junior and senior high school youth to help with this program, as well as some adult leaders. If you are interested, please let Rev. Kathy Hopner know at 930-8027.

Moms, Pops, and Tots

Moms, Pops, and Tots is on summer break! Please join us again in September on Wednesday mornings from 10:00 - 11:30 in the nursery. We welcome children ages birth to four and their parents and grandparents.

We need Legos, Legos, Legos!

Do you have unused Legos that need a new home? We are just the place for them! In September, we will begin a new Sunday School program for our second and third grade class: Building Faith, Brick by Brick. We are very excited about this program which uses Legos to explore our faith stories. We'd love donations of used or new Legos - we're also in need of Lego people

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# _____