



# 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

### TUESDAY JULY 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 Alzheimers Association  
12Noon NA Meeting  
6:00pm Wednesday Community Dinner  
6:00pm Executive Committee

### THURSDAY 3

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

### FRIDAY 4 OFFICE CLOSED

10:00am Holy Eucharist

### SATURDAY 5

### SUNDAY 6 HEALING SUNDAY

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

The Library open July 6  
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 July 6, 2014 Fourth Sunday after Pentecost

Genesis 24:34-38, 42-49, 58-67  
Psalm 45: 11-18  
Romans 7:15-25a  
Matthew 11:16-19, 25-30

## TODAY @ TRINITY—JUNE 29, 2014

### Activities at 10:15am

### Newcomers' Group – Cathedral

**The group will Tour the Cathedral. ALL ARE WELCOME!**

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 – Conference Room

We will continue watching the movie *-The Bible* from the Discovery Channel. All ages are welcome! 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 (jpare111452@gmail.com) for further information.

### 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

### This Week

### Fourth of July Service and Pie Reception

There will be a special 4th of July service Friday at 10 AM followed by a pie and ice cream reception. Please bring a pie of your choice. Trinity will provide the ice cream.

### Conversations About Dementia

**Wed, July 2, 10-11 a.m., at Trinity**

This workshop will be led by staff of the Alzheimer's Association. It will offer tips on how to have honest and caring conversations with family members about:

- Going to the doctor
- Deciding when to stop driving, and
- Making legal and financial plans.

To register call 1-800-272-3900 or email Paula at ptardio@alz.org.

### Coming Up

### Crochet / Knitting Group

**Sunday, July 13, 10:00-11:00am in the Great Hall**

Please join Dorothy Malcolm and Tina Irby for a crochet/knitting gathering. They will help people who want to learn to crochet and/or knit. Contact either: Tina Irby, (714) 267-5214 or Dorothy Malcolm, (916) 441-5305.

### Walking the Labyrinth Ministry Opportunity

One of the Spiritual Practices that Trinity makes available each month to our parishioners and to the wider community is the opportunity to walk the Labyrinth. Walking the Labyrinth is a way of centering, a way of slowing the pace, a way of entrusting one's journey to God. The Labyrinth Ministry is currently looking for a couple of volunteers who could help set up and take down the canvas in the Great Hall on the third Friday of the month. If you would be willing to take a turn please contact Rhonda Canby and let her know your availability at rcanby@msn.com.

## 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!

## 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.

## 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.

### **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

## 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 - jgillam@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 July 10 at 7:00pm**

**In the Assembly Area**

### **July 10 – Anne Hutchinson**

Presented by Susan Hotchkiss

In 1637 Hutchinson was charged with sedition and heresy by the Massachusetts General Court. Hutchinson was referred to as the instrument of Satan and Jezebel by her Puritan detractors. Nathaniel Hawthorne used her as model for Hester Prynne in *The Scarlet Letter*.

### **July 17 - Peter Hallock**

Presented by Canon David Link

Few musicians have made such a lasting contribution to American church music in the Twentieth Century than Peter Hallock.

### **July 24 – Egeria**

Presented by The Rev. Randy Knutson

Egeria was a 4th century pilgrim to the Holy Land (381-384). She wrote about her travels and this record has become an important witness to early Christian liturgy, architecture and Holy Land studies.

### **July 31 – Bruce Springsteen's Theology**

Presented by Jerry Paré

Springsteen's music is full of biblical references and depictions of our struggle with evil and our search for the Good.

### **August 7 - Sr. Elizabeth Johnson**

Presented by The Rev. Steve Skiffington

Sr. Johnson's 2007 book, "Quest for the Living God: Mapping Frontiers in the Theology of God" has enraged many traditionalists.

### **August 14 – Nelson Mandela**

Presented by The Rev. Dr. Pamela Anderson

Mandela, imprisoned in South Africa for 27 years, rose from prisoner to president, leading his nation from 1994 to 1999. But what about his personal faith? That is our topic of exploration.

### **August 21 - Metlakatla Presbyterian Church Youth Native Dancers from Annette Island Indian Reserve, Alaska**

Several youth from Metlakatla, Alaska, will be performing traditional Native American dances and will close their performance with Native American dances which have a Christian message, expressing their Christian faith through their culture. This will be a unique experience you will not forget.

For more details see the Voices of Faith posters on bulletin boards around the Cathedral.