



# 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 11

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 12

12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
6:30pm Finance Committee  
7:00pm Stewardship Committee  
7:00pm Acolyte Practice

### WEDNESDAY 13

9:00am Holy Eucharist  
10:00am Mom's, Tot's and Pop's  
12Noon NA Meeting  
7:00pm Executive Committee

### THURSDAY 14

12Noon NA Meeting  
12Noon Centering Prayer  
2:30pm Writing Group  
6:00pm Compline  
**7:00pm Voices of Faith**

### FRIDAY 15

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 16

**8:00am Landscape Cleanup**

### SUNDAY 17

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Abrahamic Religions  
10:15am Newcomer's Group  
11:15am Holy Eucharist  
12:45pm Holy Eucharist  
3:00pm Small Group Bible Study

### 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 July 17, 2016 *The Ninth Sunday after Pentecost*

Amos 8:1-12  
Psalm 52  
Colossians 1:15-28  
Luke 10:38-42

## TODAY @ TRINITY – JULY 10, 2016

Trinity Library is open today in the Elevator Alcove

### Activities at 10:15am

#### Newcomers' Group - Cathedral

**The group will Tour the Cathedral. ALL are welcome!**

If you have questions about the Newcomers' Group contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

#### The Abrahamic Religions - Assembly Area

Gather for an exploration of Judaism, Christianity, and Islam with Professor Andre Jensen. Sessions will introduce core tenets and practices of these faiths, and participants will be encouraged to identify areas of comparison and contrast between them, with the aim of understanding and appreciating Christianity's sibling religions.

#### Crochet / Knitting Group – 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.

### Later Today

#### Small Group Bible Study - 3-5pm in Room C

We will focus on one of the Sunday readings, usually the Gospel. Our intention is to let God's Word speak to us through a study method called *Lectio Divina*." Contact Kelly Mieske at 916-719-8149 for more information.

### This Week

#### Trinity Landscape Cleanup!

Please join us on **Saturday, July 16, 8:00-10:00am** to weed and mulch the Trinity garden areas. Bring shovels, gloves and a wheelbarrow if you have one. Coffee and donuts served! Bring a friend! Questions? Contact Eileen Harvey at 916-502-0633

### Coming Up

#### Trinity Night at the Rivercats

Sunday, July 31

Come watch the Cats take on the Salt Lake Bees, and hear Trinity's Youth Choir sing *The National Anthem* and *God Bless America!*

Seating is in the Senators' section behind the Rivercats dugout. Tickets are \$20. Gates open at 4:00pm; game starts at 5:05pm. Sign up at the welcome center or contact rcheek1947@att.net for best seats.

#### Summer Choirs at Trinity

During the summer months the Celebration Choir and Cathedral Choir continue to sing for Sunday services, but there are no weeknight rehearsals. A short rehearsal on Sunday morning prepares us for the service following.

**The Summer Celebration Choir practices at 8:20 am in the Assembly Area, and sings for the 9:00 Eucharist.**

**The Summer Cathedral Choir practices at 10:40 am in the Cathedral, and sings for the 11:15 service.**

No audition is required for either group, and you can participate on Sundays as you are available. And who knows... maybe the experience will encourage you to join one of our choirs full time! So come and join us... you are assured of a "warm" welcome and great music.

**Contact Information:** If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

## CATHEDRAL BOOKSHOP

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

Every Sunday at 5pm young adults gather at fun locations around Sacramento for fellowship and conversation on the Bible and spirituality. If you would like to be added to the email list contact Rev. Megan at megan@trinitycathedral.org

#### Veterans Swapping Stories

The first Sunday at 10:15am in Room A. 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 – Starts again on September 8

Contact is Pastor Pamela—pamela@trinitycathedral.org

#### Writing Group – Thursdays, 2:30pm

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

## Cathedral Flower Donation

*A nice way to give thanks or to remember loved ones.*

Sign up on the Cathedral Flowers Calendar, then submit this form and contribution (make check payable to "Trinity Cathedral" with 'Flowers' on the memo line) to:  
Trinity Cathedral Flowers, 2620 Capitol Ave,  
Sacramento, 95816

Note: The adornment during Advent and Lent do not include flowers.

Date requested \_\_\_\_\_ (allow 3 weeks for processing).

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

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

From: \_\_\_\_\_

Phone# \_\_\_\_\_

## THURSDAY NIGHT AT THE CATHEDRAL

**Compline: 6:00pm**

**Voices of Faith: 7:00pm**

#### **JULY 14 - Tynya Beverly**

*Introduced by Loren Weatherly*

Tynya Beverly has over 25 years experience as a Transformational Speaker/Coach in the areas of personal change and leadership development. You will love meeting Tynya and learning about her work as Spiritual Practitioner, transformational speaker and workshop leader, and how she came to it!

#### **JULY 21 - Vimala Rodgers**

*Introduced by Bruce Roy*

A zealous pioneer in mind/hand research and author of the bestseller, *Your Handwriting Can Change Your Life*, Vimala Rodgers is an educator, handwriting expert, and Master Alphabetician, whose focus is the inherent spirituality of the letters of the alphabet and their effect upon the psyche. Come July 21 and see how changing your handwriting can change your life.

#### **July 28th - Echoes of an Angel**

*Introduced by Phyllis Ehlert*

*Echoes of an Angel* is the true story of a child who seemed destined for a world of darkness when he became blind at the age of two. But due to his mother's encouragement, he went on to master echolocation—the ability to detect the size and shape of objects through the reflection of sound waves by clicking his tongue. Ben could ride his bike and even shoot baskets. *Sacramento Bee* writer Chris Macias and Ben Underwood's mother Aquanetta Gordon tell us about the family's unshakable faith in God and each other.

#### **AUGUST 4 - Theology of Young Adult Fiction**

*Presented by Kelly Mieske*

Imagine yourself when you were in 7<sup>th</sup> grade. What was your favorite reading spot? Did you curl up on your bed in your room, decorated somewhere between childhood and adulthood? When you look down at your hands, what treasure are you holding? Three of my favorite series were: Madeline L'Engle's *Wrinkle in Time* series; C.S. Lewis's *Narnia Chronicles*; Lois Lowry's *The Giver Quartet*. I have revisited these classics as an adult and they are still good reads. They also have pretty interesting theological themes that we can explore together.

#### **AUGUST 11 - Prince**

*Presented by Derek Murray*

"When Doves Cry: A brief look at the music and spiritual journey of Prince."

#### **AUGUST 18, 25, and SEPTEMBER 1 - T.R.E.E. (Trinity Respecting Earth and Environment)**

TREE invites you to a film series on environmental action and progress.

On August 18, we will show *The Last Mountain*.

On August 25, Disc 2 of *Planet in Peril* (1 hr.)

On September 1, *Dirt, The Movie* (1 hr. 20 mins.).

Please come and bring your friends and family. The films are informative and engaging—not all gloom and doom, we promise! Let's have some lively discussion after the showings.

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

### Trinity Name Tags

It is helpful for Newcomers and visitors if we all wear our name tag. Order your name tag at the Welcome Center for \$2.00 each.