



# 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 13

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 14

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

### WEDNESDAY 15

9:00am Holy Eucharist  
10:00am Moms, Pops and Tots  
12Noon NA Meeting  
3:00pm Dementia Caregiver Support Group  
6:00pm Community Dinner

### THURSDAY 16

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

### FRIDAY 17

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 18

### SUNDAY 19

7:30am Holy Eucharist  
9:00am Holy Eucharist  
10:15am Introduction to the Old Testament  
11:15am Holy Eucharist  
12:45pm Holy Eucharist

## CATHEDRAL BOOKSHOP

**Visit Diana Turner's presentation Today from 12:30—2:00pm**

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

**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 19, 2015

*The Eighth Sunday after Pentecost*

2 Samuel 7:1-14a  
Psalm 89:20-37  
Ephesians 2:11-22  
Mark 6:30-34, 53-56

## TODAY @ TRINITY—JULY 12, 2015

### Lost & Found Items

Please check the table in the Great Hall for your lost or 'left-behind' items. All unclaimed items will be donated.

TREE presents its...

### USE YOUR OWN MUG AT COFFEE HOUR Campaign!

Help us to use less paper and generate less waste by bringing your own coffee mug to use on Sundays.

Show your coffee mug at the TREE table and receive a raffle ticket. You will be eligible to win environmentally-friendly items.

## Activities at 10:15am

### 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.

### Newcomers' Group — Cathedral

**The group will Tour the Cathedral and be received at the 11:15am service.**

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

### Intro to the Old Testament — Room A

This week we will take a quick look at the great, glorious and short history of the Kingdom of Israel. King Saul, King David, King Solomon, and then???? This is an introductory course. No knowledge of the Bible is required but, please, bring your Bible and your questions. Come and find out what happens when taxes are too heavy and all the wealthy want to do is party, party, party! Contact is Jerry Paré—jpare111452@gmail.com

## Later Today

### The Rev. Diana Turner — Bookshop

From 12:30-2:00pm Diana+ will present a line of natural products that will improve your life inside and out.

## Next Sunday

### Una Voce Concert

**Sunday, July 19, 2:00pm at St. Paul's, 15th and J Streets**

The women's ensemble will sing selections by Whitacre, Rachmaninoff, Forbes and Gjeilo. Vaughn Wolff will be featured on violin.

### Newcomers' Group

**The group will not meet on Sunday, July 19..**

A new group will begin with Introductions on Sunday, July 26 at 10:15am in Room C.

If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513.

You are invited to sing with  
our summer choirs!

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

**The Summer Cathedral Choir** practices in the Cathedral Choir Stalls at 10:40am 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!

Do you enjoy Trinity's coffee hours? Ever thought about helping at them but didn't know what to do? Consider serving as a coffee hour co-host this summer and fall to "learn the ropes"! Several slots are available and it's a fun and easy way for you (or your family) to get involved (only takes about 45 minutes every other month).

For more info, please e-mail or call the current Coffee Hour Coordinator, Georgianna Pfost, at [du-gongs@sbcglobal.net](mailto:du-gongs@sbcglobal.net) or (916) 266-1802. Thanks!

**Ongoing**

Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be getting to know one another and swapping stories.

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—[pamela@trinitycathedral.org](mailto:pamela@trinitycathedral.org)

Writing Group – Thursdays, 2:30pm

Writing prompts are offered, we write, then share our writing or not.

Contact: June Gillam - [jgillam@wavecable.com](mailto:jgillam@wavecable.com)

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - [chris@sanft.org](mailto:chris@sanft.org)

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year** at 12:30pm. Contact: Rev. Kathy Hopner at 930-8027

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](mailto:nancy.c.earl@gmail.com)

**Cathedral 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# \_\_\_\_\_

**THURSDAY NIGHT AT THE CATHEDRAL**

**Compline at 6:00pm**

**"Brown Bag dinner" after Compline**

**Feel free to bring your own  
carry out or sack dinner  
to join with fellow parishioners  
between Compline and  
the Voices of Faith presentation.  
Tables and beverages will be  
available in the Great Hall.**

**Voices of Faith**

**Thursdays at 7:00pm**

**in the Assembly Area**

**July 16** -- **Dennis Hock** is a poet who explores matters of the heart and soul in his creative work. Steeped in both Franciscan spirituality and Matthew Fox's approach to creation spirituality, Dennis' lyrical and prayerful poems chronicle life's journey through pain and loss and the evolving understanding that these are key to growth and transformation. As one critic put it, "Dennis Hock converses with grief and meditates on the journey with it in words and images that are profoundly moving in their clarity, honesty, and depth. In this book [*The Secret Cup*], there is no hiding. But there is redemption." For the past 15 years, Dennis has worked in hospitals and retreat centers with grief therapy groups that use expressive writing as a healing process. During that time he has published two collections of poetry: *The Secret Cup: Poems of Grief and Healing* (2007) and *Bringing Birds Through Stone* (2015).

**July 23** -- *The Art of Life* presented by Kiho Cho, D.V.M., Ph.D. Cho brings a unique blend of science and art as he shares a gallery of images discovered as part of his scientific studies.

**July 30** -- Ray Leonardini is the Director of Prison Contemplative Fellowship, an association of current and former prison inmates, chaplains, and volunteers committed to sharing the practice of centering prayer with the prison population.

**August 6** -- Robert L. Litchfield, Jr., is both an author and an advocate for the homeless in Auburn, CA, having written *Until they have faces: 110 interviews with the homeless people of Auburn, California*, which he is selling as a fundraiser for homeless services in his town.

**August 13** -- Facilitated by Loren Weatherly. Sir Michael Tippett was an adventurous composer – some of his symphonies are haunting and some are beautiful and some are obscure and derivative.



**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.

**Giving Blood?**

Blood Source has a Trinity Cathedral account. Please donate to our account.