



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 17

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministers - ALL

TUESDAY 18

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:30pm Selwyn College Choir Concert

WEDNESDAY 19

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

THURSDAY 20

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
3:00pm Writing Group
6:00pm Compline
7:00pm Voices of Faith
7:00pm Journey with Jesus

FRIDAY 21

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 22

10:00am Timothy Swank Memorial

SUNDAY 23

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Newcomers
10:30am Meditation Experience
11:15am Holy Eucharist
12:45pm Holy Eucharist

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

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 23, 2017

Proper 11

Genesis 28:10-19a
Psalm 139: 1-11, 22-23
Romans 8:12-25
Matthew 13:24-30,36-43

TODAY @ TRINITY – JULY 16, 2017

Activities at 10:15am

Newcomers' Group - No Meeting Today

A new group begins with Introductions next Sunday, July 23, in Room F.

Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

Summer Meditation Experience - Conference Room

TODAY through the end of August

Whether you have never meditated before, or whether you meditate all the time, these gathering are for you! Rev. Megan will guide the group in a different practice each session. There will be time for discussion and questions after each practice. If you have questions please contact Rev. Megan: megan@trinitycathedral.org

This Week

Voices of Faith

Thursday, July 20 at 7:00pm in the Assembly Area

July 20 -- Presented by Susan Hotchkiss

'Called by the Spirit' - Women of the Protestant Reformation: The 500th anniversary of the Protestant Reformation is being celebrated this year. Come and hear about how the event affected women.

JOURNEY WITH JESUS

Thursdays at 7:00pm in the Conference Room

Journey with Jesus continues through the summer on Thursday evenings 7:00 PM in the Conference Room. Journey with Jesus is a small group Bible Study that focuses on the Sunday Gospel passage. ALL ARE WELCOME!

Cambridge University Choir

Tuesday, July 18 at 7:30pm at Trinity Cathedral

The Chapel Choir of the Selwyn College, Cambridge, England, will appear in concert at Trinity Cathedral on Tuesday, July 18th at 7:30 pm. We are very excited to host this fine choir in their first west coast tour. The choir is conducted by Sarah MacDonald, who is the first woman to hold the post of Director of Music at an Oxbridge chapel!

Many of you will remember the last Cambridge chapel choir to sing here (Trinity College), which was perhaps the finest choral singing we've experienced in our Cathedral (which is saying something!). We anticipate this concert to be equally thrilling, so mark the date on your calendar, and plan to join us. Included will be music by Thomas Tallis, Michael Praetorius, Anton Bruckner, Gustav Holst, and many others.

The suggested donation is \$15 general, and \$10 for students and seniors (62+) at the door.

Help Wanted!

The Church Office is in need of a Volunteer to staff the Front Desk on Friday afternoons from 1 PM to 5 PM. The office is sometimes quiet on Friday afternoons but we still need someone to be in the office to answer the phones when someone calls the Cathedral. If you are available on Friday afternoons and would like to give volunteering in the Church Office a try contact Randie Strike at the church or on her cell phone, 916-203-7586.

There are wonderful people who provide training and it doesn't take long to get the hang of it. Please think about joining the Front Desk Volunteer Staff.

Thank you, *Randie Strike.*

**Parishioner Needs Assistance
Coming to Church**

Lou Petrasek is a resident at the Chateau at 2701 Capitol Avenue, just across the street from Trinity. He would like to come to church at the 9 AM service on Sundays. He has been a long time member at Trinity and was baptized here in 2011. The Chateau would like Lou to have an escort to and from church on Sunday mornings. Since I have been unable to locate anyone to escort Lou back and forth across the street he has been unable to come to church for about 2 months now. If you or a group of you would be able to take on the responsibility of escorting Lou back and forth across the street on Sunday mornings both Lou and I would be so appreciative. Lou is deaf and therefore doesn't have a phone so contact me at anytime by e-mail (randie.trinity@gmail.com) or on my cell phone, 916-203-7586.

Thank you! *Randie Strike*
Trinity Cathedral Newcomer Volunteer Coordinator

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.

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.

SUPPORT TRINITY WHILE YOU SHOP!

Amazon has a program through which you can donate to Trinity while shopping on line. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases (almost anything you might purchase from them) to Trinity when you name us as your "charitable organization of choice." Go to smile.amazon.com for more details and register "Trinity Cathedral Church" as your organization of choice to support. Thank you!

Ongoing

Traveling Bible Study and Spirituality Group

Trinity young adults (20s-30s) meet twice a month on Sunday afternoons for lunch, fellowship, and bible study around town. To join the email list, email Rev. Megan at megan@trinitycathedral.org

Trinity Men's Group Breakfast  **NOTE: Location Chg.**

2nd Saturday at 9am at IHOP, 30th & N Sts. Contact: Chris Sanft - chris@sanft.org

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 3pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at jgillam@wavecable.com

Centering Prayer

Tues., 6-7pm and Thurs., Noon—1:00pm (East Transept)

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

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

Voices of Faith

7:00pm in the Assembly Area

July 20 -- Presented by Susan Hotchkiss
'Called by the Spirit' - *Women of the Protestant Reformation*: The 500th anniversary of the Protestant Reformation is being celebrated this year. Come and hear about how the event affected women.

July 27 -- Presented by Wanda Arnold: "Long Silence", a true story about a part of the author's life that changed everything.

August 3 -- Presented by Julie Montgomery-Ott, Mona Tawatao and Sarah Torres: These three speakers will address Immigration concerns in our communities and in our country.

August 10 -- Presented by Derek Murray and Bruce Roy, *Poems, Prayers and Promises: The Music of Our Lives*: Come join us for a fun evening of music appreciation of all kinds, including yours.

August 17, 24, and 31 -- Presented by T.R.E.E. (Trinity Respecting Earth and Environment). Please come and bring your friends and family. Let's have some lively discussion after the showings.

Aug 17: Come listen to Al Gore in his TED talk, entitled "The Case for Optimism on Climate Change," which was given on the 10th Anniversary of his *An Inconvenient Truth*.

Aug 24: Two 15 minute videos showing two of the winners of 2017's Goldman Environmental Prize winners for grass roots activism on behalf of his/her community. Come and learn about the work of Mark! Lopez who worked for lead testing and cleanup of East Los Angeles homes contaminated by a battery smelter and Rodrigo Tot from Guatemala, who kept a nickel mine from expanding into the community.

Aug 31: Water engineer Ethan Casaday will talk and show slides about his work in Guatemala on water projects.

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

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#** _____