



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 18

12Noon NA Meeting
5:30pm T-ACT
5:45pm Holy Eucharist
7:00pm Stephen Ministry - ALL

TUESDAY 19

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

WEDNESDAY 20

9:00am Holy Eucharist
10:00am Mom's, Tot's and Pop's
12Noon NA Meeting
3:00pm Dementia Caregiver Support Group

THURSDAY 21

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

FRIDAY 22

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 23

SUNDAY 24

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 24, 2016

The Tenth Sunday after Pentecost

Hosea 1:2-10
Psalm 85
Colossians 2:6-15
Luke 11:1-13

TODAY @ TRINITY – JULY 17, 2016

Activities at 10:15am

Newcomers' Group

No meeting Today.

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.

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

Thursday Night at the Cathedral:

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.

Next Sunday

Newcomers' Group

A new group will begin on Sunday, July 24, Room C, 10:15am

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

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 week-night 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.

More Coming Up

SAVE THE DATE

THE MARRIAGE OF PAT PARK
AND
LYNELL WALKER

Friday, October 7th at 7pm
Trinity Cathedral Church
2620 Capitol Ave
Sacramento, CA 95816

All are welcome!

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

THURSDAY NIGHT AT THE CATHEDRAL

Compline: 6:00pm

Voices of Faith: 7:00pm

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 7th 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

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#** _____