



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 20

12Noon NA Meeting

5:30pm T-ACT

5:45pm Nadine Welty Memorial Service

7:00pm Stephen Ministry—ALL

TUESDAY 21

12Noon NA Meeting

12:10pm Holy Eucharist

6:00pm Centering Prayer

WEDNESDAY 22

9:00am Holy Eucharist

10:00am Moms, Pops and Tots

12Noon NA Meeting

6:00pm Community Dinner

THURSDAY 23

12Noon NA Meeting

12Noon Lunch Bunch

12Noon Centering Prayer

2:30pm Writing Group

6:00pm Compline

7:00pm Voices of Faith

FRIDAY 24

9:00am Holy Eucharist

12Noon NA Meeting

SATURDAY 25

SUNDAY 26

7:30am Holy Eucharist

9:00am Holy Eucharist

10:15am Newcomers Group

10:15am Introduction to the Old Testament

11:15am Holy Eucharist w/Baptism

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

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 26, 2015

The Ninth Sunday after Pentecost

2 Samuel 11:1-15

Psalm 14

Ephesians 3:14-21

John 6:1-21

TODAY @ TRINITY—JULY 19, 2015

Activities at 10:15am

Newcomers' Group

The group will NOT meet today.

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.

Intro to the Old Testament — Room A

"Come to the waters!...Come, buy wine and milk!..." (Isaiah 55:1) COME TO THE CLASS on the Old Testament. This week we will look at the prophets Isaiah, Jeremiah (oh woe is me) and Ezekiel (far out...I see dry bones). This is an introductory course. No knowledge of the Bible is required; just bring one. Come and see the many faces of Isaiah, the sadness of Jeremiah and the craziness of Ezekiel.

Contact is Jerry Paré—jpare111452@gmail.com

Later Today

Una Voce Concert

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

The women's ensemble **Una Voce & Friends...**

Jan Truesdail - Mary Smith - Chris Miller

Barbara Lazar - Laurel Jensen - Mary Hall

Mary Honsinger - Maria Bueb - Jean Alford

Sheri L. Whitney, Conductor

Barbara Lazar, Accompanist

Vaughn Wolff, Violin

Cris Hancock, Trumpet

...will sing selections by Whitacre, Rachmaninoff, Forbes, Gjeilo and others.

Refreshments to follow

Free will offering to benefit St. Paul's Episcopal Church

This Week

Nadine Welty Memorial Service

Monday, July 20 at 5:45pm

If able, please bring finger food to share at the reception for her family immediately following the service.

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.

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 or (916) 266-1802. Thanks!

Coming Up

Veterans Swapping Stories

Sunday, August 2, 10:15am in the Assembly Area
Attention all Veterans! We meet the first Sunday of the month. We will be getting to know one another, swapping stories and planning upcoming events, so bring your coffee and munchies and join us!

Board Game Night

Friday, August 7, 6:30-8:30pm
Bring yourself, a friend, a game, and snacks and we will provide the hall and hilarity! Join in the fun!
Contact is Wendy at wmustain.trinitycathedral@gmail.com

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

Writing Group – Thursdays, 2:30pm

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

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - 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



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.

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 23 -- *The Art of Life* presented by Kiho Cho, D.V.M., Ph.D.

Kiho Cho brings a unique blend of science and art to audiences as he shares a gallery of images discovered as part of his scientific studies. Determined to find new ways to unveil the healing process through a keener understanding of our genetic makeup, he developed a visualization tool to explore the patterns embedded in the genome. The images that emerged changed his view of life. He shares his stunning images and invites his audience to question their preconceptions of evolution and creation theories and engage in a discussion about what the pictures might tell us about ourselves in his eye-opening lecture, *The Art of Life*.

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.

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# _____