



# 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 24

12Noon NA Meeting  
5:45pm Holy Eucharist

### TUESDAY 25

10:00am Tuesday Morning Group  
12Noon NA Meeting  
12:10pm Holy Eucharist  
6:00pm Centering Prayer  
7:00pm Vestry Meeting

### WEDNESDAY 26

10:00am Moms, Tots and Pops  
12Noon NA Meeting  
12:10pm Holy Eucharist

### THURSDAY 27

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 28

9:00am Holy Eucharist  
12Noon NA Meeting

### SATURDAY 29

10:00am Betty Francis Memorial  
1:00pm Cleo Wipff Memorial

### SUNDAY 30

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

### Cathedral Construction Update

We continue the process of replacing the sewer lines from the kitchen and through the Great Hall.

**No staff or church members should enter the Church grounds from the alley until the construction tape and equipment is gone.**

**Please enter the Church offices, nursery and Cathedral through the double glass doors on Capitol Ave.**

This is an exciting time and we look forward to the work being done and the beautification of our Cathedral space being complete.

### **Pastoral Emergencies:**

Call the office: 446-2513  
Evenings, weekends & holidays: 214-0382

### **Lessons for July 30, 2017**

*Proper 12*

Genesis 29:15-28  
Psalm 105:1-11,45b  
Romans 8:26-39  
Matthew 13:31-33,44-52

## TODAY @ TRINITY – JULY 23, 2017

**The Library is open in the Elevator Alcove.**

### Activities at 10:15am

### Newcomers' Group - Room F

**A new group begins with Introductions.**

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

### Tuesday Morning Group (TMG)

**Meets every Tuesday at 10:00am in the Conference Room**

You are invited to join the TMG in the Conference Room at 10:00 am on Tuesday mornings. Currently we are reading through Proverbs and, as Lynell told us it would be, it's a hoot. We read different translations which help us get different points of view. In September we will read Karen Armstrong's *Twelve Steps to a Compassionate Life*. This will also be a Thursday Night at the Cathedral offering - but if you can't make it then please join us on Tuesday mornings.

If you have any questions contact Susan Hotchkiss at susan\_hotchkiss1@hotmail.com

### Voices of Faith

**Thursday, July 27 at 7:00pm in the Assembly Area**

**July 27** -- Presented by Wanda Arnold: "Long Silence" This is a true story about a part of the author's life that changed everything. This is a story about her early childhood on her grandparents' farm and about all the stolen years that came after. A story about betrayal, sex, fear, anger, hatred, alienation, redemption, and love.

This is a story about the ways in which unthinking acts of sexual abuse and emotional cruelty can change an otherwise eager, loving, and creative child into a terrified, secretive, and silent creature. It is about the burden of secrets and lies and how it can corrupt a life and percolate through the generations. The author takes us on a journey through the years of abuse, through coming of age in the turbulent 1960s, through motherhood and beyond, into uncharted territory.

The story of the author's pilgrimage is meant as a gift to readers who have experienced sexual abuse. It is not a how-to or a recipe for sanity and success. It is a call to action. It is also an affirmation of our lives, of the hard-won ability to move beyond pain and mere survival to lives of meaning and joy.

### 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!

**Prayer Box in the Narthex:** Daughters of the King will hold your request in prayer daily for at least one month.

### 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.

## 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

### Classes Coming Up?

The Cathedral Bookshop can help you have the books you need for the class you have planned. Simply stop by, give us a call or send us an email and let us know the title and author of the book and how many copies you would like. You may pick them up or we can ship them to you. What could be easier? Please allow a two week lead time to complete your order and delivery. We are open Tuesdays, Wednesdays and Thursdays from 11:00 am to 5:00 pm and on Sundays from 8:30 am to 1:00 pm. Check out our extensive selection of books, liturgical supplies and gift items.

### 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 27** -- Presented by Wanda Arnold: "Long Silence" This is a true story about a part of the author's life that changed everything. This is a story about her early childhood on her grandparents' farm and about all the stolen years that came after. A story about betrayal, sex, fear, anger, hatred, alienation, redemption, and love.

**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 clean-up 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#** \_\_\_\_\_