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 27
12Noon NA Meeting
5:30pm T-ACT
5:45pm Holy Eucharist

TUESDAY 28
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer

WEDNESDAY 29
9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting
6:00pm Community Dinner

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

FRIDAY 31
9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 1 August

SUNDAY 2
7:30am Holy Eucharist
9:00am Holy Eucharist
9:00am Family Service
10:15am Newcomers Group
10:15am Introduction to the Old Testament
11:15am Holy Eucharist
12:45pm Holy Eucharist

There will be NO Board Game Night on Friday, August 7

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 August 2, 2015
The Tenth Sunday after Pentecost

2 Samuel 11:26-12:13a
Psalm 51:1-13
Ephesians 4:1-16
John 6:24-35

TODAY @ TRINITY—JULY 26, 2015

Activities at 10:15am

Newcomers' Group — Room C

A new group begins with Introductions.

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

Intro to the Old Testament — Room A

"He has told you, O mortal, what is good; and what does the Lord require of you but to DO JUSTICE, and to LOVE KINDNESS, and to WALK HUMBLY with your God?" (Micah 6:8)

Now what does that mean? Come and find out, today at 10:15 in Room A. We will look at the "Minor Prophets," in Introduction to the Old Testament. This is an introductory course; no knowledge of the Bible is required; just bring one. Contact Jerry Paré: jpare111452@gmail.com or 916-930-8032.

Next Sunday

Veterans Meeting

Sunday, August 2, 10:15am in the Assembly Area

We had a great and productive meeting on July 5! The group discussed our **Veterans Day Celebration set for November 8, 2015 at Trinity Cathedral from 12:30 to 2:30**. The scope of our event is to honor our diocese veterans with a BBQ.

Our guest speaker will be Chaplain (Captain) Andrea Baker, US Army Reserve, and service dog Zac. She will have a slide show about her deployment to Afghanistan. We have also confirmed the Patriot Guard Riders for our flag line to honor our veterans.

We are going to be inviting the entire Diocese, veterans and their families to join our celebration.

What we are working on right now is getting a Color Guard secured and a sponsor for the BBQ. Candace and Doss Miller will be having their display table so if you have any memorabilia please let them know.

Come, join us on August 2 and help plan the celebration!

~~ Rev. Diana Turner, Veteran Ministries

The Library will be open in the Elevator Alcove on Sunday, August 2

Give yourself a present by checking out a book from the Cathedral Library between 8:30 and 11:30.
There are also books for little children.

A Gift for Listening

We all have challenging times in life. Sometimes we need a friend to walk through those times with us. A Stephen Minister is trained to do just that: to come along side another in their journey, to encourage when encouragement is needed, to be a compassionate companion, to listen.

If you can give one hour once a week to meet with someone who's going through a difficult time, then you may be the perfect candidate to be a Stephen Minister.

Training begins October 5th. If you would like to learn more about this dynamic ministry, please see Cherie Chamness in the Bookshop between services on Sundays, call 916-442-9194 or email Susan Wilson at snbwilson@gmail.com.

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 dugongs@sbcglobal.net or (916) 266-1802. Thanks!

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.

Ongoing

Veterans Swapping Stories

The first Sunday at 10:15am in the Assembly Area. We will be planning events 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 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. He is the author of Finding God Within, written especially for the prison population about the practice of centering prayer.

For the last seven years, Ray has led groups with the men at Folsom State Prison teaching about Centering Prayer and the Spiritual Journey. In the last year new centering prayer groups have been started at Folsom Women's Facility; California Health Facility, Stockton; Deuel Vocational Institute, Tracy; as well as many other prisons across the United States.

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#_____