



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 31

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY AUGUST 1

10:00am Tuesday Morning Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:00pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 2

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

THURSDAY 3

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 4

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 5

SUNDAY 6

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

TODAY @ TRINITY – JULY 30, 2017

Activities at 10:15am

Newcomers' Group - Room F

The group will watch and discuss a video.

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 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

Lunch Bunch

Thursdays at Noon

We are reading *Toxic Charity: How Churches and Charities Hurt Those They Help* by Robert Lupton. Eileen Harvey-Qualset facilitates this discussion through August 10th.

Bring a lunch, bring a friend, and join in! Copies are available in the Cathedral Bookshop.

Voices of Faith

Thursday, August 3 at 7:00pm in the Assembly Area

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. Discussion topics will range from the dynamics of farm labor and the challenges that farmworkers face as immigrant workers, to addressing fears in the migrant community about seeking food assistance and medical care due to current government policies and messages. There will be much more including Mona sharing personal experience about growing up with immigrant parents and how that has shaped her career.

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 August 6, 2017

The Transfiguration

Exodus 34:29-35
2 Peter 1:13-21
Luke 9:28-36
Psalm 99 or 99:5-9

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

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**. Discussion topics will range from the dynamics of farm labor and the challenges that farmworkers face as immigrant workers, to addressing fears in the migrant community about seeking food assistance and medical care due to current government policies and messages. There will be much more including Mona sharing personal experience about growing up with immigrant parents and how that has shaped her career.

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#** _____