



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 3

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 4

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
7:00pm Ministry Team Meetings

WEDNESDAY 5

9:00am Holy Eucharist
10:00am Moms, Pops and Tots
12Noon NA Meeting
6:00pm Community Dinner
7:00pm Movie Night at the Cathedral

THURSDAY 6

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

FRIDAY 7

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 8

9:00am Trinity Men's Breakfast
11:00am Daughters of the King

SUNDAY 9 HEALING SUNDAY

7:30am Holy Eucharist w/healing
9:00am Holy Eucharist w/healing
10:15am Newcomers Group
10:15am Introduction to the Old Testament
10:15am Crochet/Knitting Group
11:15am Holy Eucharist w/healing
12:45pm Holy Eucharist w/healing

CATHEDRAL BOOKSHOP

Visit our new Episcopal/Anglican author section.

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 9, 2015

The Eleventh Sunday after Pentecost

2 Samuel 18:5-9, 15, 31-33
Psalm 130
Ephesians 4:25-5:2
John 6:35, 41-51

TODAY @ TRINITY—AUGUST 2, 2015

The Library is open in the Elevator Alcove

Check out a book from the Cathedral Library between 8:30 and 11:30.

First Sunday Family Service is at 9:00am in the Great Hall, followed by arts and crafts and brunch.

Activities at 10:15am

Newcomers' Group — Room C

The group will watch and discuss a video.

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

Intro to the Old Testament — Room A

"For everything there is a season, and a time for every matter under heaven." (Eccles 3:1-8) and, as I'm sure the writer meant to say... **A time for teaching and a time for learning.**

This week in the Introduction to the Old Testament we will look at the "Writings." These include Ecclesiastes, crazy Daniel and some of those books that are in the Catholic Bible but not in the Protestant Bible. Have you ever wondered about what is the difference and why? Come and get some answers today at 10:15 in Room A.

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.

Veterans Meeting — Assembly Area

Attention all Veterans! We meet the first Sunday of the month. Bring your coffee and munchies and join us to help plan our Veterans Day Celebration on November 8.

Correction to 7.29.15 Sunday Announcements

Chaplain Andrea Baker will be at Trinity on Sunday, November 8th from 12:30 - 2:30pm (not 8/2/15 at 10:15 as announced last Sunday). She will have a slide show about her deployment to Afghanistan. She will also bring Zac, her service dog.

This Week

Ministry Team Meetings

Tuesday, August 4, 2015
Dinner—6:00pm, Meetings—7:00pm

Movie Discussion Night at the Cathedral

Wednesday, August 5 at 7pm, Conference Room

Join us for a provocative discussion based on a 20 minute video that seeks to challenge and strengthen our faith. All are welcome.

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

Trinity Men's Group Breakfast

Saturday, August 8 at 9am in the Great Hall

Contact: Chris Sanft - chris@sanft.org

Next Sunday

Crochet / Knitting Group

Sunday, August 9, 10:15 in the Great Hall

Please join us for a crochet/knitting gathering. There will be help for people who want to learn to crochet and/or knit.

Safe Ground Needs Your Help!

We need "Chefs / Dinner Captains" to meet our commitment to the homeless community through Safe Ground. If you feel called to serve our community through this ministry, we would love to hear from you! The volunteer time commitment for our Captains / Chefs is only once per month - cooking and leading Trinity's kitchen on a Wednesday afternoon from about 2pm - 7pm. We would prefer that Chefs are able to make a commitment to Safe Ground for at least 6 months - which is just 6 dinner services!

If this ministry appeals to you or someone you know, please contact Michael Donnoe, Trinity Cathedral's coordinator for the Safe Ground Pilgrimage ministry, at (916) 992-3196, or email at mdonnoe@gmail.com

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.

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!

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.

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

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

August 6 -- **Robert L. Litchfield, Jr.**, is both an author and an advocate for the homeless in Auburn, California, where he has been making waves because of his most recent book. He describes himself as "a conservative, Republican, business attorney and very spiritual person."

His latest book came about a when friend asked him to write an article to support the maker of a video about homelessness. Litchfield thought this would be easy: interview "three or four of these guys." Instead: "I was amazed at how easy it was to fall in love with these people." He went further, writing *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. This is his seventh book.

Robert has participated in and served in leadership positions with the Boy Scouts, Rotary, Habitat for Humanity, Caring About Kids, Salvation Army, Presbyterian Church, and board of the Truckee River Bank.

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# _____