



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 4

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 5

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

WEDNESDAY 6

9:00am Holy Eucharist
12Noon NA Meeting
6:00pm Wednesday Community Dinner
6:00pm Executive Committee
7:00pm Movie Night at the Cathedral

THURSDAY 7

12Noon NA Meeting
12Noon Centering Prayer
2:30pm Writing Group
6:00pm Compline
6:15pm BCP & Bible Challenge
7:00pm TNAC Voices of Faith

FRIDAY 8

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 9

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

SUNDAY 10 HEALING SUNDAY

7:30am Holy Eucharist w/Healing
9:00am Holy Eucharist w/Healing
10:15am Summer Sunday School
10:15am Newcomer's Group
10:15am Intro. to the New Testament
11:15am Holy Eucharist w/Healing
11:15am Choristers Rehearsal
12:45pm Holy Eucharist w/Healing

CATHEDRAL BOOKSHOP

**2015 calendars
have arrived.**

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

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

Parking on Sundays for those with disabilities is provided behind the Great Hall.

Lessons for August 10, 2014 Ninth Sunday after Pentecost

Genesis 37:1-4, 12-28
Psalm 105, 1-6, 16-22, 45b
Romans 10:5-15
Matthew 14:22-33

TODAY @ TRINITY—AUGUST 3, 2014

Trinity Library is open today in the
Elevator Alcove

Activities at 10:15am

Newcomers' Group — Room C

Today the group will discuss Living with Change.

Everyone is welcome to be with us, especially Newcomers and visitors. If you have questions contact Randie Strike at email randie.trinity@gmail.com or 916-446-2513 or 916-203-7586

Introduction to the New Testament — Room A

The class covers the basics of what is in the New Testament and is a good foundation for further New Testament study. Two books are used in the class: The Bible and *The Bible from Scratch; The New Testament for Beginners* by Donald Griggs.

Contact Jerry (jpare111452@gmail.com) for further information.

This Week

Ministry Team Meetings

Tuesday, August 5:
Dinner—6:00pm, Meetings—7:00pm

Movie Discussion Night at the Cathedral

Wednesday, August 6 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.

Voices of Faith—Thursday, August 7

At 7:00pm in the Assembly Area

Join us as the Rev. Randy Knutson presents **Egeria**, a 4th century pilgrim to the Holy Land. For more details on this and on future presentations see the reverse side of this Announcement Sheet.

Next Sunday

Crochet / Knitting Group

Sunday, August 10 in the Great Hall at 10:00am

Please join this crochet/knitting gathering. They will help people who want to learn to crochet and/or knit. Contact either: Tina Irby, (714) 267-5214 or Dorothy Malcolm, (916) 441-5305.

Bread Bakers

If you are one of Trinity's bread bakers please call or email Sue Clark. I am trying to schedule for August and September and do not have a list of bakers. Phyllis is not well and unable to schedule. We also need some to be willing to help with the scheduling in the future. e-Mail is grandmasueclark@yahoo.com; phone is 916-201-1977.

Stephen Ministry...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.

If you would like to learn more about this dynamic ministry, please see Cherie or Dana Chamness in the Bookshop between services on Sundays, 916-442-9194. Or call Susan Wilson at 916-835-2799.

Coming Up

CROP Pre-Walk Walker Rally

Sunday, August 24, 4-5 p.m. in the Assembly Area

2013 Trinity Cathedral Walkers will receive a certificate for second place.

Walkers, recruiters and all interested in the ministry are encouraged to attend.

This year's CROP Walk is on Sunday, October 12. More details to follow. Contact Marion Welch at 49steelerway@gmail.com for more information on CROP Walk.

Floyd School

Going back to school is quickly approaching for the children at Floyd School and they will be needing school supplies. Our Back Snack program needs BORING back packs. Please get plain colors, dark green, blue or black if possible. We have a better return rate if they are not so pretty or cool.

Our Clothes Closet needs gently used children's clothing for infants to size children's 16. We especially need pants and shorts for boys size 5 to 8.

Your donations will help a great deal. The barrels for Floyd School donations are on the second floor next to the steps.



Ongoing

Lunch Bunch—Resumes September 11

Writing Group—Thursdays at 2:30pm.

Anyone who would like to write in an informal setting is welcome to drop in. Writing prompts are offered, we write for 20 minutes, then share what emerges or not, as the spirit moves. Contact: June Gillam - jgillam@wavecable.com. We meet in the Conference Room.

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every 2nd & 4th Sunday of the month **during the school year**, 12:30-2:30pm, in the Assembly Area for lunch, program and activities. For more information contact Rev. Kathy Hopper at 930-8027

Centering Prayer

Tuesdays, 6-7pm in the East Transept

Thursdays, Noon—1:00 in the East Transept

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact Nancy Earl nancy.c.earl@gmail.com or Shelley Mydans smydans@gmail.com for further information.

Thursday Night at the Cathedral

6:00pm—Compline

Beginning after Compline

in the Conference Room is the...

Bible and Book of Common Prayer Challenge

The goal is to read one chapter in the New Testament, one Psalm, and one of the prayers in the Book of Common Prayer each day for one year to anchor each day in scripture, and to become familiar with the beauty of the prayers in the Prayer Book. Facilitator: **Rhonda Canby**.

7:00pm—Voices of Faith

In the Assembly Area

August 7 - Egeria

Presented by The Rev. Randy Knutson

Egeria was a 4th century pilgrim to the Holy Land. She wrote about her travels and this record has become an important witness to early Christian liturgy, architecture and Holy Land studies.

August 14 - Sister Elizabeth Johnson

Presented by The Rev. Steve Skiffington

Sr. Johnson's 2007 book, "Quest for the Living God: Mapping Frontiers in the Theology of God" has enraged many traditionalists.

August 21 - Metlakatla Presbyterian Church Youth Native Dancers from Annette Island Indian Reserve, Alaska

Several youth from Metlakatla, Alaska, will be performing traditional Native American dances and will close their performance with Native American dances which have a Christian message, expressing their Christian faith through their culture. This will be a unique experience you will not forget.

For more details see the Voices of Faith posters on bulletin boards around the Cathedral.

Volunteer!

River City Food Bank needs volunteers like YOU to help us distribute healthy and nutritious emergency food to our hungry neighbors Monday-Friday from 11 am to 3 pm. River City Food Bank assists seniors, children, the homeless and the working poor "because no one should be hungry". Contact us for more information:

jrobinson@rivercityfoodbank.org or 916.446.2627



Deanery Summer Retreat

August 22-24

The retreat will be at the Mercy Center in Auburn. The theme is *Come to the Water* using materials from *Living Compass*. Co-Leaders are The Rev. Anne McKeever, Susan Wahlstrom, RN, and The Very Rev. Ray Hess. The cost is \$135 for two nights and six meals. Space for the retreat is limited. Reserve your spot by contacting: Laura Simkins—ldsimkins@comcast.net; 916-944-3426

Altar 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# _____

Hosting an International Student

Call or email Carolyn Conrad for an exceptional experience hosting an International Student. Carolyn would love to share her experience with you, so please contact her for more information at 916-359-3016 or carolynconrad1@yahoo.com.