



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 7

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 8

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

WEDNESDAY 9

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

THURSDAY 10

12Noon NA Meeting
12Noon Centering Prayer
12Noon Lunch Bunch
6:00pm Compline
7:00pm Voices of Faith
7:00pm Journey with Jesus

FRIDAY 11

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 12

9:00am Trinity Men's Breakfast
10:00am Trinity Women's Potluck Brunch

SUNDAY 13

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

The work crew has completed installing the line that goes from the kitchen to the grease trap in the alley. Next will be replacing the sewer lines from the Great Hall restrooms and putting in some additional electrical lines to update our technology options in the Great Hall and Classrooms A, B, and C. Soon we will be taking out the stained glass window over the choir and replacing it with clear glass while the window is being repaired. A careful exam disclosed that it has suffered from the sun and needs some TLC before it is compromised. *Canon Walker*

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.

Lessons for August 13, 2017 *Tenth 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 6, 2017

First Sunday Family Service
TODAY at 9:00am in the Assembly Area

Activities at 10:15am

Newcomers' Group - Room F

The group will discuss Living with Change.

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

Movie Discussion Night at the Cathedral

Wednesday, August 9, 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.

Lunch Bunch

Thursdays at Noon in the Conference Room

We are reading *Toxic Charity: How Churches and Charities Hurt Those They Help* by Robert Lupton. This discussion continues through August 10th.

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

Voices of Faith

Thursday, August 10 at 7:00pm in the Assembly Area

August 10 -- Derek Murray and Bruce Roy present *Poems, Prayers and Promises: The Music of Our Lives*

Do you ever get an ear worm? You know, that tune that just keeps playing in your mind that you can't easily ignore. What's your favorite lyric and/or melody, or are there just too many good songs in your memory bank to choose from. Whether you most love gospel or rock, soul or opera, jazz or classical, folk or bluegrass, come share with us your feelings about the songs of your life. Do musical themes ride with you in your car or in your ear buds on a long walk? Come join us for a fun evening of music appreciation of all kinds, including yours. Tell us your story about that special movie soundtrack or musical score that tugs at your heartstrings. Or just sit back and relax and let ex-DJ Derek Murray and music aficionado Bruce Roy spin some tales about the sacred and the profane in the world of music. If you'd like to play "show and tell," bring a favorite LP record or CD to share with the group. Our turntable awaits. Your ears and your soul will love it.

Ushers Needed

If you would like to help with our Ushering Ministry we have places for Ushers on the Fourth Sunday at the 9 AM service and on the Fifth Sunday at the 9 AM service as well. If you can help the Trinity Ushering Ministry please contact Kevin Donohue at 916-440-7735 or email kfdsac@att.net or Randie Strike at 916-203-7586 or email randie.trinity@gmail.com. Thank you for your help.

Box Tops for Education Can Help

Please don't throw away your cereal boxes without tearing off the "Box Tops for Education" coupon and bringing it to Trinity Cathedral for Gladys Hustler. You'll be helping a child. Thank you!

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.

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.

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# _____

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

Voices of Faith

7:00pm in the Assembly Area

August 10 -- Derek Murray and Bruce Roy present *Poems, Prayers and Promises: The Music of Our Lives*

Do you ever get an ear worm? You know, that tune that just keeps playing in your mind that you can't easily ignore. What's your favorite lyric and/or melody, or are there just too many good songs in your memory bank to choose from. Whether you most love gospel or rock, soul or opera, jazz or classical, folk or bluegrass, come share with us your feelings about the songs of your life. Do musical themes ride with you in your car or in your ear buds on a long walk? Come join us for a fun evening of music appreciation of all kinds, including yours. Tell us your story about that special movie soundtrack or musical score that tugs at your heartstrings. Or just sit back and relax and let ex-DJ Derek Murray and music aficionado Bruce Roy spin some tales about the sacred and the profane in the world of music. If you'd like to play "show and tell," bring a favorite LP record or CD to share with the group. Our turntable awaits. Your ears and your soul will love it.

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

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 Breakfast - NOTE: Location change.

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 – On break until September 14

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