



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 18

12Noon NA Meeting
5:30pm T-ACT
5:45pm Holy Eucharist
7:00pm Stephen Ministry—ALL

TUESDAY 19

12Noon NA Meeting
12:10pm Holy Eucharist
1:00pm Stephen Ministry PSG
6:00pm Centering Prayer
6:30pm Vestry Meeting

WEDNESDAY 20

9:00am Holy Eucharist
10:30am Dementia Caregiver Support Group
12Noon NA Meeting
6:00pm Wednesday Community Dinner
7:00pm Prayer Night at the Cathedral

THURSDAY 21

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 22

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 23

SUNDAY 24

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Summer Sunday School
10:15am Newcomer's Group
10:15am Intro. to the New Testament
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist
4:00pm CROP Walk Rally

CATHEDRAL BOOKSHOP

Our collection of ancient Celtic items are available for Christmas special orders.

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.

Lessons for August 24, 2014

Eleventh Sunday after Pentecost

Exodus 1:8-2:10
Psalm 124
Romans 12:1-8
Matthew 16:13-20

TODAY @ TRINITY—AUGUST 17, 2014

Activities at 10:15am

Newcomers' Group – Room C

Today the group will discuss Worship and Stewardship.

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

Prayer Night at the Cathedral

Wednesday, August 20 at 7pm, Conference Room

Join us for an evening where participants have a chance to experience different approaches to prayer and ask questions.

Voices of Faith—Thursday, August 21

At 7:00pm in the Assembly Area

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.

Next Sunday

CROP Walk Rally

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

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

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.

NEEDED!

People to answer the phones and assist in the office:

We need YOU to help out in the office either for a morning (9 AM - 1PM) or an afternoon (1 PM - 5 PM) answering the phones and responding to those who come to the office window. There are other office projects that you can also get involved in. Contact Jerry Pare' (983-8032 or jpare111452@gmail.com) to volunteer or for more information. Thank you!

Body Mind and Spirit Connection

Do you practice yoga, mediation, music, dance, art, Pilates etc...? Are you interested in exploring the connection and development of the body, mind, and spirit? I am interested in exploring how Trinity can be a hub for community interaction, integrative body mind and spirit work, and expansive practice of a variety of enriching activities. If you are interested in this conversation please contact Rev. Megan: megan@trinitycathedral.org.

Coming Up

What: Potluck Church Dinner

Where: Trinity Cathedral

Who: Families, Friends and Neighbors

Why: Potluck Eucharist

When: Friday, August 29, 7:30pm

Why: Experience worship sharing a meal, a song, a dance, a prayer, a story

RSVP: megan@trinitycathedral.org.

Let us know if you want to contribute a dish and/or liturgical piece.

New Picture Directory

Sign up to get your picture taken at the table in the Great Hall after each service. You will receive one FREE 8x10 picture and a copy of the new directory if you have your picture taken. Pictures are scheduled to be taken in September and early October. If you have questions contact Randie Strike at 916-203-7586 or email: randie.trinity@gmail.com.

Children and Family Ministries

Do you like to sew?

Are you good with craft projects?

Children and Family Ministries is looking for people to help us with some cutting and sewing projects. We need to add to our Christmas pageant costumes. These are simple costumes – we have the patterns and some of the fabric. We will also soon begin work on a felt project. If you can cut out preprinted felt patterns and glue them together, we'd love your help – no sewing needed for these! Please contact Rev. Kathy Hopner at 930-8027 for more information. Thank you!

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 - jgilam@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 Hopner 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**

The Fall schedule of TNAC classes will be coming soon.

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.

Floyd School

Students and teachers are always in need of the following **school supplies**:

- Students: No. 2 pencils, wide-ruled and college ruled paper, and pens
- Teachers: spiral bound notebooks (wide-ruled and college ruled), markers, crayons, and glue sticks

The spiral bound notebooks will be vital for the curriculum this school year.

Our **Back Snack** program needs BORING back packs. Please get plain colors, dark green, blue or black if possible.

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 donation barrels are on the second floor next to the steps.

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# _____