



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 25

12Noon NA Meeting
5:45pm Holy Eucharist

TUESDAY 26

12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer

WEDNESDAY 27

9:00am Holy Eucharist
12Noon NA Meeting
6:00pm Wednesday Community Dinner

THURSDAY 28

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

FRIDAY 29

9:00am Holy Eucharist
12Noon NA Meeting
7:30pm Potluck Church Dinner

SATURDAY 30

SUNDAY 31

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Summer Sunday School
10:15am Newcomer's Group
11:15am Holy Eucharist
11:15am Choristers Rehearsal
12:45pm Holy Eucharist

Office Closed for
Labor Day on
Monday, September 1

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 31, 2014 Twelfth Sunday after Pentecost

Exodus 3:1-15
Psalm 105:1-6, 23-26, 45c
Romans 12:9-21
Matthew 16:21-28

TODAY @ TRINITY—AUGUST 24, 2014

Activities at 10:15am

Newcomers' Group – Room C

Today the group will discuss Resources for Next Steps

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

Later Today

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.

This Week

Fellowship On the Walk

Monday, August 25, 6:30pm in the Courtyard

Join us for a family and furry friendly walk with Jesus.

We will start from the church courtyard at 6:30pm. We will walk over and around Sutter's Fort then head back to Cafe Bernardo's. For those interested in keeping the conversation going, feel free to find a table.

So grab those strollers, leashes and walking shoes and let's have some fun.

What: Potluck Church Dinner

Where: Trinity Cathedral

When: **Friday, August 29, 7:30pm**

Who: Families, Friends and Neighbors

Why: Potluck Eucharist—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.

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

New Introduction Class!

"Introduction to the Church" **begins September 7** and goes until November 23. Jerry Paré will teach the Sunday morning course and it will be in Room A between the 9 and 11:15 services.

The text, *Welcome to the Episcopal Church*, is available in the Cathedral Bookshop. Although much of the course will focus on the Episcopal church, it will start with a history of the whole church. The schedule is available at the Welcome Center. Contact Jerry Paré (930-8032 or jpare@trinitycathedral.org) if you are interested.

New Picture Directory

Sign up to get your picture taken at the table in the Great Hall after each service or on-line using the Quick Link on the right side of Trinity's home page (trinitycathedral.org). 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 pre-printed 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

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall.
Contact: Chris Sanft - chris@sanft.org

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 Canby**.

These Fall Classes Begin
September 4 at 7:00pm

Tool Pouch for Living

Presenter: Vaughn Wolff

"Come explore Lessons in Christian Metaphysics for 12 evenings that will help us understand and adapt our habits of thinking so we can experience life with more joy, greater health and confidence in the ever present Christ. We will be using Dr. Frederick Bailes, *Basic Principles of the Science of Mind, Twelve Lesson Home Study Course*.

God In America — A PBS documentary

Presenter: Susan Hotchkiss

We will watch this great history of the relationship between religion and the United States. Then on the alternate weeks we will discuss events and people involved in shaping who we are today as spiritual Americans.

Embracing an Alternative Orthodoxy: Richard Rohr on the Legacy of St. Francis

Presenter: Canon Lynell Walker

Richard Rohr's exploration of what we hold to be the anchors of the Christian faith through the lens of the life and teachings of St. Francis. Rohr is always teaching us to live beyond possibility yet does so by drawing on our rich tradition. All materials will be provided.

Ruth-less Religion

Presenter: Morey Lloyd

This short three act play in the Book of Ruth reveals a reformation within the Scriptures to upset even the staunchest believer by demonstrating the true nature of the Eternal One. Here we find the redeeming inclusiveness of the promise of life lived to its fullness. Drama overshadows the Dogma of what it means to love the neighbor. Life becomes a witness to the Acts of God.

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# _____