



The Cathedral MESSENGER

Welcome to the Anglican Cathedral of St. John the Baptist

21 May 2023

The Sunday after the Ascension

Coming up this week...

| | | | |
|-----------|-----------|---------------------|------------|
| Wednesday | 6:00 p.m. | Cathedral Executive | Board Room |
| Wednesday | 7:30 p.m. | Cathedral Choir | Crypt |

A Mental Health Moment

A tip to help you talk to someone about their drug or alcohol use is to listen: The goal is to have a two-way conversation; There may be underlying reasons why they are using drugs or alcohol, such as mental health problems including depression, or to cope with previous or ongoing trauma or violence; Listen for these potential issues and acknowledge their feelings and experiences without probing them; and It may help inform the type of help you encourage your friend or family member to seek. *(Source: Government of Canada)*

After Service Refreshments – Please join us in the Transept after the service for a time of fellowship and refreshment.

Summer Student Tour Guides – we are now accepting applications for Student Tour Guides for this summer. Positions will be available for High School and University students. If you are interested in applying for a position, please send a resume to the Office (office@ourcathedral.ca). For more information, please speak to the Dean.

Annual Congregational Meeting: Unfortunately, we are still not ready to present the Financial Statements for 2022. However, we have decided to move ahead with the other aspects of our Annual Meeting and call another meeting when the financial statements are ready. Therefore, we will have our **Annual Congregational Meeting, Part 1, on Sunday, 4 June immediately following the 11 a.m. service of Mattins**. At that time, we will receive the Reports for 2022, elect 3 new Vestry members, and discuss other business related to the Cathedral Parish. We will have Part 2 of our Annual meeting at a later date, when the financial statements have been fully prepared. The Annual Report (without the Financial Statements) will be available next Sunday.

11:00 a.m. BCP Choral Eucharist

The BCP is on-line: www.anglican.ca/about/liturgicaltexts/

Setting: **Ireland in C**

Opening Hymn: 174 Hail the day that sees him rise

Ascension

Hail the day that sees him rise, Alleluia!
To his throne above the skies; Alleluia!
Christ, the Lamb for sinners given, Alleluia!
Enters now the highest heaven. Alleluia!

4. See! He lifts his hands above, Alleluia!
See! He shows the prints of love; Alleluia!
Hark! The gracious lips bestow, Alleluia!
Blessings on his Church below. Alleluia!

2. There for him high triumph waits; Alleluia!
Lift your heads, eternal gates; Alleluia!
He hath conquered death and sin; Alleluia!
Take the King of glory in. Alleluia!

5. Still for us he intercedes, Alleluia!
His prevailing death he pleads, Alleluia!
Near him self prepares our place, Alleluia!
He the first-fruits of our race. Alleluia!

3. Lo! The heavens its Lord receives, Alleluia!
Yet he loves the earth he leaves; Alleluia!
Though returning to his throne, Alleluia!
Still he calls mankind his own. Alleluia!

6. Lord, though parted from our sight, Alleluia!
Far above the starry height, Alleluia!
Grant our hearts may thither rise, Alleluia!
Seeking thee above the skies. Alleluia!

The Lord's Prayer and the Collect for Purity
The Summary of the Law, *Kyrie eleison*
The Collect of the Day

BCP p. 67

p. 69

The Proclamation of the Word

Acts 1:1-11

Jessica Ozon

Psalm 47

p. 389

Ephesians 1:15-23

Sharon Stuckey

Gradual Hymn: 432 King of love, O Christ, we crown thee

Hermon

King of Love, O Christ, we crown thee
Lord of thought and Lord of will,
Each demand of thy high challenge
Dedicated to fulfil –
We with thee by grace co-workers,
Till, where'er our foot hath trod,
Peoples, kings, dominions, races,
Own the empire of our God.

2. King of Life, who hast created
Wheat in golden harvest spread,
Make thy servants strong to serve thee
By the gift of daily bread;
Feed us with thy Body broken,
With thy Blood outpoured sustain,
That our souls divinely strengthened
May the life eternal gain.

3. King of mercy, thou hast saved us
From the haunting sense of loss,
Nailing in thy vast compassion
Sin's indictment to the Cross;
Them who love, by thy sore anguish,
From the past thou makest free,
Breathing words of absolution
Where thou reignest from the Tree.

4. King triumphant, King victorious,
Take thy throne our hearts within,
Lest the night of fierce temptation
Snare us into mortal sin;
By thy Spirit's rich anointing
Grant us power life's race to run,
Till the lure of sense be vanquished,
Till the prize of God be won.

The Holy Gospel: Luke 24:44-53

The Nicene Creed

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The Sermon

The Very Reverend Roger Whalen

Offertory Hymn: 627 Jerusalem the golden

Ewing

Jerusalem the golden,
With milk and honey blest,
Beneath thy contemplation
Sink heart and voice opprest,
I know not, O I know not,
What joys await us there,
What radiancy of glory,
What bliss beyond compare.

3. There is the throne of David;
And there, from care released,
The shout of them that triumph,
The song of them that feast;
And they, who with their Leader
Have conquered in the fight,
For ever and for ever
Are clad in robes of white.

2. They stand, those halls of Sion,
All jubilant with song,
And bright with many an angel,
And all the martyr throng;
The Prince is ever in them,
The daylight is serene,
The pastures of the blessed
Are decked in glorious sheen.

4. O sweet and blessed country
The home of God's elect!
O sweet and blessed country
That eager hearts expect!
Jesu, in mercy bring us
To that dear land of rest;
Who art, with God the Father
And Spirit, ever blest. Amen.

The Intercessions

The Holy Communion

Invitation, Confession, Absolution, Comfortable Words

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Thanksgiving and Consecration

p. 78

The Peace, Prayer of Humble Access, Agnus dei

p. 83

THE COMMUNION

*For those viewing on-line, we invite you to use this **Prayer for Spiritual Communion**:
Lord Jesus, I believe that you are truly present in the Holy Sacrament. However, since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself with you, and embrace you with all the affections of my soul. Let me never be separated from you. Let me live and die in your love. Amen.*

Agnus Dei

Anthem: **O God, the King of Glory**

Purcell

The Lord's Prayer, Thanksgiving

p. 85

The Gloria

p. 86

The Blessing

Closing Hymn: **397 Alleluia! Sing to Jesus**

Hyfrydol

Alleluia! Sing to Jesus!

His the sceptre, his the throne;

Alleluia! His the triumph,

His the victory alone;

Hark! The songs of peaceful Sion

Thunder like a mighty flood;

Jesus out of every nation

Hath redeemed us by his blood.

3. Alleluia! Bread of heaven,

Thou on earth our Food, our Stay;

Alleluia! Here the sinful

Flee to thee from day to day;

Intercessor, Friend of sinners,

Earth's Redeemer, plead for me,

Where the songs of all the sinless

Sweep across the crystal sea.

2. Alleluia! Not as orphans

Are we left in sorrow now;

Alleluia! He is near us,

Faith believes, nor questions how:

Though the cloud from sight received him,

When the forty days were o'er,

Shall our hearts forget his promise,

'I am with you evermore'?

4. Alleluia! King Eternal,

Thee the Lord or lords we own;

Alleluia! Born of Mary,

Earth thy footstool, Heaven thy throne:

Thou within the veil hast entered,

Robed in flesh, our great High Priest;

Thou on earth both Priest and Victim

In the Eucharistic Feast.

5. Alleluia! Sing to Jesus!

His the sceptre, his the throne;

Alleluia! His the triumph,

His the victory alone;

Hark! The songs of peaceful Sion

Thunder like a mighty flood;

Jesus out of every nation

Hath redeemed us by his blood.

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Our On-line Services are available live or recorded on:

Facebook: www.facebook.com/anglcathstj/

and on our YouTube Channel: www.youtube.com/channel/UCPn0-iS_T0pdmdfY3hJDbJA.

Weekday Morning Prayer is on-line and in-person:

9:30 a.m. Tuesday, Wednesday, & Thursday

Please note:

- The wearing of masks is optional here in the Cathedral. Please be respectful of others who may have a different practice with masks.
- We will continue to receive the Collection with a Collection Plate at the back of the Nave.
- **Please be aware that our services are Live-streamed**, so it is possible, from time to time, that you may be visible on our cameras.

Monthly Offering Intentions: Our special intention for May is **Choral Scholarship Fund**. Please write "Choral Scholarship" on your envelope or in the memo of your electronic donation.

Upcoming Sunday Services:

May 28th: Pentecost Sunday

- 11 a.m. BCP Choral Eucharist
- 2 p.m. Transfiguration Mission Confirmation

June 4th: Trinity Sunday – 9 a.m. BCP Holy Eucharist (said)

- 11 a.m. BCP Choral Mattins
- 2 p.m. St. Michael's Congregation

June 11th: Pentecost 2

- 11 a.m. BAS Baptism & Choral Eucharist
- 2 p.m. St. Michael's Congregation

June 18th: Pentecost 3

- 11 a.m. BAS Choral Eucharist & Baptism
- 2 p.m. St. Michael's Congregation

We gratefully acknowledge donations to:

General Fund –

- ❖ *In memory of Wilfred & Olive Thomas, and Edison & Derek Thomas* from the Thomas Family.
- ❖ In Thanksgiving for the service on Sunday we saw online from St. Luke's Retirement Home and, also grateful to see Sharon Stuckey from our hometown, Kathy & John Sheldon.
- ❖ In Thanksgiving for the ministry of the Rector & Associate.

Altar Guild Flower Fund – Flowers in the Cathedral are *in loving memory of George and Doreen Nightingale* from Jim and Linda Nightingale and Family.

Mental Health First Aid: As part of our ongoing attention to mental health, the Cathedral will be offering Mental Health First Aid training on **June 10 and 11** in the Crypt. **(Please note the new date!)** It is a full 2-day course (8:30 AM – 4:30 PM or so daily) but we'll take a break to facilitate worship on June 11. Please visit <https://www.mhfa.ca/> to learn more about this training. This session will be facilitated by our very own Susan Green. If you are interested in attending this course, please contact the Office (Office@ourcathedral.ca or 709-276-5677). The Cathedral will cover the cost of the course for our Parishioners. **This is a valuable and excellent workshop – sign up today while there is still space available!**

Patronal Festival – The Feast of The Nativity of St. John the Baptist on June 24th is our Patronal Festival. This year we have a few events planned with **Canon Tom Mugford, our Canon for Indigenous Ministry and Advocacy**, which will help us focus our attention on Indigenous ministries and peoples in our Diocese and in our country.

Vestry Presentation: Canon Tom will make a presentation to our Vestry at their meeting on June 15th.

Congregation Workshop: At 9:30 a.m. on Saturday, June 25th, Canon Tom will lead the **“Mapping the Ground We Stand on”** workshop. **Mapping the Ground We Stand On** is an interactive educational resource developed by the Primate’s World Relief & Development Fund/PWRDF in response to the Truth and Reconciliation Commission’s 94 Calls to Action. The workshop offers Indigenous and settler participants an opportunity to explore their historic and current place on the map of Canada and their relationship to one another. This free workshop will take place in the Cathedral. Please register for this workshop by contacting the Office.

Patronal Sunday Preacher: Canon Tom will be our preacher at the Choral Eucharist on Sunday morning, June 25th.

Patronal Dinner: The Cathedral will be returning to its long-standing tradition of a Patronal Dinner on Saturday, June 24 at the Bella Vista (26 Torbay Road in St. John's). We will be having a 3-course sit-down catered meal. Adult tickets are \$50 and will include a garden salad appetizer, choice of entree from stuffed chicken breast, pan fried cod, or eggplant parmesan, and apple strudel for dessert. Child tickets will be \$15 for chicken fingers (4) and fries, with cookies for dessert. A cash bar will also be available. Please contact the office to purchase your tickets and arrange payment. Payment must be received by June 9 so that we can finalize numbers with the caterer.

Park Benches at the Cathedral: We are partnering with the Grand Concourse Authority to place some park benches on the Cathedral grounds! Two benches will be placed in the green space between the two porches on Gower Street, and two benches will be placed in the Church Yard. If you would like to donate one of these benches and dedicate them with a plaque, please contact the Dean to make the arrangements. The cost for each bench will be approximately \$2000.

Set Sail: Charting the Course of Christ’s Church: There will be an Information Session to introduce you to our Diocesan Strategic Plan at **7 p.m. on Wednesday, June 7th, at St. Thomas’ Church**. During this session, Bishop Sam will discuss his vision for the Diocese and the goals of the Set Sail Strategic Plan. Participants will consider how the goals can be interpreted and realized in their own local contexts. Attendees should be able to return to their parishes with a good understanding of what comes next on our journey, together. All are welcome and we encourage as many of you as possible to attend this session.

Concerning the Holy Eucharist: Effective on Pentecost Sunday, May 28th, the Bishop has lifted restrictions on the use of the Common Cup and the distribution of wine at the Eucharist. Please be assured that ***the receiving of wine through the Common Cup will be entirely your choice***. The effectiveness of the Sacrament is not diminished by just receiving the Bread, as we have experienced over these past few years. ***The practice of intinction (dipping the bread in the wine) is not permitted in any form***. If you do not wish to receive the wine, please indicate that to the Eucharistic minister by crossing your arms over your chest. We will still come up to the Altar Rail through the Lady Chapel and return through the organ tunnel. We will also bring the sacrament to you in your pew, if you are unable to come to the Altar Rail – please let one of the ushers know. ***Whether receiving in one kind or both kinds, all are welcome to receive the Sacrament of the Holy Eucharist here in our Cathedral***. If you do not wish to receive the sacrament at all, you may still come forward for a blessing. Please indicate this to the priest by crossing your arms over your chest. If you have any questions concerning any of this, please contact the Dean.

A Note regarding the Emmaus House Food Bank: Thank you all for your support over the years since the Cathedral Parish has been involved in the operations of the joint intercity Roman Catholic/Anglican Food Bank. Since first formed, Emmaus House has assisted tens of thousands of people. During the past year we have seen a marked increase in demand for these services – our statistics for March 2023 show an overall increase in excess of 25% in the number of clients served over March of 2022. The number of children has increased by more than 100%! To help serve all these people, we are reminding parishioners of the demanding need for non-perishable food, personal sanitary items etc., or regular monetary contributions. In addition, the Cathedral team needs new volunteers! If you are available to assist in any capacity please contact one of your board representatives: the Rev'd Derrick Bishop (709-745-1973), Shirley Hearn (709-726-7616) or Gary Sooley (709-986-1953). Thank you!

"Truly I tell you whatever you did for one of the least of these brothers & sisters of mine you did for me."

The Gower Service and Social Club (formerly Gower Men's Club) will be holding a Flipper Dinner Take-out on Saturday, May 27. The cost is \$30, and the pick-up time is between 5 pm and 6 pm. To obtain tickets, please get in touch with the church office by phone (709) 753-7286 or email OFFICE@GOWERUNITED.COM.

Topsail United Church Men's club Take Out Flipper Dinner will be held on Monday May 22, pick up will be available from 4:30 Until 6 P.M. Cost \$25. Tickets available from the church office by calling 834-4567. Tickets must be purchased in advance. Thank You for your support.

Donate Now

Your gift to our Cathedral enables us to continue our ministry to the local community, by supporting our clergy and our outreach programs.



- Scan this code to donate through Canada Helps
- Donate using our TipTapPay machine.
- Sign up for Pre-approved Debit
- Send an e-transfer to Donate@OurCathedral.ca.
- Visit OurCathedral.ca/giving for more details.

Thank you for your support of Our Cathedral!



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