

**A WARM WELCOME**  
to Visitors and Newcomers!



**Our Children's Ministry**  
Meets downstairs during the 11 a.m. service most weeks. The children will process downstairs during the Gradual Hymn.



**Washroom Facilities** are located through the tunnel on the right side of the chancel and down the stairs.



**Assisted Listening Devices** are available at the entrance.



**New to the Cathedral?**  
Please fill out a welcome card/envelope found in the pews.



**Learn more about the Cathedral** by visiting [OurCathedral.ca](http://OurCathedral.ca)



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**The AED is mounted by the Sacristy.**

## **PARISH DIRECTORY**

### **Parish Office**

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### **The Rev'd Khaliah Kinkead-Dawkins**

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### **Temporary Music Director**

Mr. Stephen Candow

### **Honourary Assistants**

The Rev'd Canon Dr. Frank Cluett  
The Rev'd Canon Margaret Hall  
The Rev'd Canon Dr. David Bell  
The Rev'd Derrick Bishop

### **Church Wardens**

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### **Verger**

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### **Office Administrator**

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**Celebrating 325 years!**

**The Cathedral Parish of  
St. John the Baptist  
1699-2024**

## **The Cathedral Messenger**

**Welcome to the Anglican Cathedral of St. John the Baptist  
3 March 2024  
The Third Sunday in Lent**

### **Coming up this week...**

Tuesday	6:30 p.m.	Dinner with the Dean	Crypt
Wednesday	7 p.m.	Compline	Cathedral
Wednesday	7:30 p.m.	Cathedral Choir	Crypt
Thursday	6 p.m.	Cathedral Executive	Board Room

### **A Mental Health Moment**

Have fun in your life to support healthy aging. Do all those leisure activities that you had no time to do while you were working. Perhaps that is going to a concert or play, or doing some dancing. Creativity positively impacts your health so try creative writing or painting. *(Source: verywellmind.com)*

Many thanks to all those who attended, and assisted with, **Cozy in the Crypt** on Saturday night!

**Our Cathedral at Night** will take place at **7 p.m. each Sunday during Lent**. Come and experience the Cathedral by candle-light, explore prayer stations, and relax in the beauty of stillness.

**Reminder: Clocks spring forward next Sunday, March 10<sup>th</sup>!**

### **Updates from Annual Congregational Meeting**

As previously announced, the Dean will be taking a Sabbatical beginning April 1<sup>st</sup> and will be off until August. During this time, **Angela Morgan** had been appointed temporary **Parish Administrator**, to assist with some of the management of the Cathedral Parish. This will reduce some of the extra demand on the Vicar and Jill in the Office.

**Laura Cowan** has been appointed the new **Dean's Warden** – we welcome her to the Executive Committee and Vestry of the Cathedral! The **New Members of Vestry** are: Cindy Marshall, Eric Sheppard, and Oscar Hanson! The other members of the Cathedral Vestry are: Hugh Donnan (Warden), Rohan Dawkins (Treasurer), Janet Hewson (Assistant Treasurer), Gary Sooley, Heather Andres, Nancy Cook, Don Clarke, Sam Hoddinott (youth), Julia Mathieson, Liam Butler, the Rev'd Khaliah Kinkead Dawkins (clergy), and the Rev'd Derrick Bishop (clergy).

**Pop-up Crypt Tea Room:** As part of our 325<sup>th</sup> Anniversary celebrations, we will be re-opening the Crypt Tea Room for a few special occasions throughout the year. Tickets for these events will be sold in advance, and seatings will be at specific times. The first one will be on **Easter Saturday, April 6<sup>th</sup>**! More details will follow.

**St. John's Day Fair:** We are also looking at developing a Fair for our Patronal Festival Weekend. This would take place outside and inside the Cathedral, and may include vendors from the community, sale tables from the Cathedral, people in costumes reminiscent of 1699, music, and other demonstrations. The planned date for this event is Saturday, June 22<sup>nd</sup>. If you are interested in assisting, please speak to the Dean.

**Labyrinth:** Plans are now in place to have a Labyrinth painted on the floor of the south Transept in early April. The Labyrinth will be dedicated as part of the international **Legacy Labyrinth Project** in late September.

**Monthly Special Offering Intentions:** During Lent our special intention is "**Lenten Self Denial.**" Please write "**Lent**" on your envelope or in the memo of your electronic donation.

### **Upcoming Sunday Services:**

**March 10<sup>th</sup>: Mothering Sunday**

– 9 a.m. BCP Holy Eucharist (said)

– 11 a.m. Children's Service

**March 17<sup>th</sup>: Passion Sunday**

– 11 a.m. Irish Liturgy Choral Eucharist

**March 24<sup>th</sup>: Palm Sunday**

– 11 a.m. BCP Choral Eucharist

**March 31<sup>st</sup>: Easter Day – Sunday of the Resurrection**

– 11 a.m. BCP Choral Eucharist

**Weekday Morning Prayer:**

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

**Lectionary Readings for next Sunday, March 10<sup>th</sup>:** Numbers 21:4-9; Psalm 107:1-3, 17-22; Ephesians 2:1-10; John 3:14-21.

## **\$325 for 325 years!**

As we Celebrate our 325<sup>th</sup> Anniversary as the Oldest Anglican Parish in Canada, we invite your support with a one-time gift of \$325.

Note "325" on your envelope or

**E-transfer: [Donate@OurCathedral.ca](mailto:Donate@OurCathedral.ca)**

**More options: [www.OurCathedral.ca/giving](http://www.OurCathedral.ca/giving)**

**Or contact the Office: 709-726-5677 or [Office@ourcathedral.ca](mailto:Office@ourcathedral.ca).**

Your gift will support the ongoing ministry and outreach of the Cathedral Parish, which has been ministering to the people of St. John's since 1699!

*"Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord." James 5:14*

**Anointing for Healing** is available during our 11 a.m. service. If you wish to receive Anointing, one of our priests or deacons will be available in the South Transept to anoint and pray with you, after you receive communion. If you have any questions about Anointing for Healing, please speak with one of the clergy.

**Good Friday** – As we begin preparations for the Good Friday Family Stations of the Cross interactive service, we are looking for some assistance! We need empty egg cartons – 12 size only (not 18). Please bring them along on a Sunday morning. We also need volunteers to assist at the various Stations, and perhaps even portray a character. Please speak to Sharon Whalen if you are interested or would like more information.

**Tent City For Change:** As you may be aware, Tent City still exists at the Colonial Building. Currently, there are 8 resident protestors living there. Resident Protestors is a term used to describe people who are experiencing homelessness and who, through their circumstances, are advocating for themselves by protesting the need for safe, supportive housing in our city. These 8 individuals are in need of one hot meal per day. If you are able to prepare such a meal, or if you would like to donate money for the church to purchase a meal, it would be most appreciated. Meals could include anything – soup, chili, meatballs and rice, stirfry, etc. Meals will have to be individually packaged (packaging and cutlery will be provided for you) and delivered to Tent City on your scheduled day. If you would like more information, or you would like to contribute to this initiative, please contact Archdeacon Amanda Taylor at [stmarksrector@bellaliant.com](mailto:stmarksrector@bellaliant.com). Please note, financial donations will be used by the church to purchase the meals, and money will not be given to Tent City. Thank you for your support. Together as a faith community let us know the truth of Jesus' words that in serving the least of these among us, we are serving Christ himself.

Beginning this Sunday, March 3<sup>rd</sup> at 4 p.m., St Mary's Anglican Church, presents "**Reflections**" a **multimedia meditation** in the Parish's Lenten series of concerts, Sundays @ Four. Featuring music composed by Louis Vierne, Arvo Pärt, Carole Bestvater, and Nadia Boulanger, and performed by Carole Bestvater (violin) and David Buley (organ and piano). The musical offerings will include interpretations in movement offered by Sanchita Chakraborty. Join us as we explore the idea of reflection as a structure and a spiritual process through these different media. *All Are Welcome. Exquisite Music: Absolutely Free.*

**11:00 a.m. Holy Eucharist (BCP)**

Setting: **Darke in F**

Opening Hymn: <b>618 Glorious things of thee are spoken</b>	<i>Austria</i>
The Lord's Prayer & Collect for Purity	BCP p. 67
The Summary of the Law, <i>Kyrie eleison</i>	p. 69
The Collect of the Day	
<b><u>The Proclamation of the Word</u></b>	
<b>Exodus 20:1-17</b>	<b>Janice Evans</b>
<b>Psalm 19</b>	p. 351
<b>1 Corinthians 1:18-25</b>	<b>Anthony Donnan</b>
Gradual Hymn: <b>401 Immortal, invisible</b>	<i>St. Denio</i>
<b>The Holy Gospel: John 2:13-22</b>	
The Nicene Creed	p. 71
Sermon	<b>The Reverend Khaliah Kinkead Dawkins</b>
Offertory Sentence	
Offertory Hymn: <b>592 When I survey the wondrous Cross</b>	<i>Rockingham</i>
The Intercessions	
<b><u>The Holy Communion</u></b>	
Invitation, Confession, Absolution, & Comfortable Words	p. 76
<i>Sursum corda</i>	
Thanksgiving and Consecration	p. 78
<i>Sanctus &amp; Benedictus</i>	
The Peace, Prayer of Humble Access, <i>Agnus dei</i>	p. 83
THE COMMUNION	
<i>Anointing for Healing is available in the South Transept</i>	
Anthem: <b>Thou knowest Lord, the secrets of our heart</b>	<i>Henry Purcell</i>
The Lord's Prayer, Thanksgiving	p. 85
The Blessing	
Closing Hymn: <b>601 All beautiful the march of days</b>	<i>Kingsfold</i>
Postlude: <b><i>Fantasia in C Minor BWV 562</i></b>	<i>J.S. Bach</i>

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A full list of our services for Lent can be found at  
[www.ourcathedral.ca/lent](http://www.ourcathedral.ca/lent).