

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. There is also an accessible washroom in the South Transept (to the right of the Chancel).



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



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The AED is mounted by the Sacristy.

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The Cathedral Messenger

**Welcome to the Anglican Cathedral of
St. John the Baptist
29 September 2024
St. Michael & All Angels**

Coming up this week...

Wednesday	6 p.m.	Cathedral Executive	Board Room
Wednesday	7:30 p.m.	The Cathedral Choir	Crypt

Today we welcome Chris Katzenmeyer, Executive Director of the Legacy Labyrinth Project, as she joins us for the dedication of our Labyrinth. We also welcome all those who have gathered in our Cathedral this weekend for a Labyrinth Training workshop. We are delighted to have you all with us!

The Ocean Health Labyrinth – Today we will be dedicating our Labyrinth as the 9th Labyrinth in the worldwide **Legacy Labyrinth Project** (www.legacylabyrinthproject.org), which reaches 3 continents. The Labyrinths are connected through spiritual energy and intention, and each Labyrinth has a focal theme for prayerful intention, the theme of our Labyrinth is “Ocean Health.” That theme has inspired local artist, **Dominique Hurley**, to create “**Into the Sea of Infinity**,” a print of which now hangs near the Labyrinth. This painting honours God’s Creation and reflects the Ocean Health theme connected to our Labyrinth. ***Dominique Hurley is also with us today, and more of her art is displayed in the Cathedral and in the Office Entrance downstairs, please feel free to explore!***

Have you seen the new additions to our Cathedral souvenirs? We are excited to have available for sale two sizes of the beautiful “**Into the Sea of Infinity**” print. We also have a large **tote bag** with the labyrinth on it as well as a **mug with the Cathedral logo**. And there are still **2025 calendars** with pictures of our stained-glass windows, along with stained glass ornaments, pens, magnets and cards. Available in our reception area after the service or weekdays at the office.

Many Thanks to Michael & Anthea Donnan, and all those who helped organize and perform at the 325th Anniversary Parish Dinner last weekend! It was an enjoyable evening for all and a suiting tribute to our Anniversary! **Thanks as well** to Laura Cowan and the team of volunteers who organized the Gower Street Block Party last Sunday! We are delighted to be able to share in that celebration with our neighbourhood churches.

Harvest Thanksgiving: anyone who is willing and able to come and help decorate the Cathedral for Harvest Thanksgiving is welcome to join us Saturday morning, October 12th! Because of the size of the Cathedral and the amount of decoration required, the more helpers we have, the better! Members of the congregation are encouraged to contribute flowers and foliage for the decoration of the Cathedral, and to bring them along by 9:30 a.m. For best results with cut foliage, we suggest that you cut your flowers/foilage on Friday and have it stand in water overnight. Donations of food (fresh vegetables, fruits, and preserves) will be gratefully received as well, and will be displayed as part of our Thanksgiving for God's many blessings. All food received will be distributed to Emmaus House and The Gathering Place.

Confirmation: We will be offering Confirmation Classes this Fall, in preparation for the Confirmation service in the Spring. If you, or someone you know, is interested in attending Confirmation Class, please contact the Office with your information, and we will let you know when Classes are scheduled.

The Cathedral Choir is Recruiting! The Cathedral Choir is looking for new members. We particularly encourage sopranos to come along and sing. The weekly commitment is for a two-hour Wednesday night rehearsal and the 11 am Sunday morning service. There are occasionally other special services for Christmas, Easter, or diocesan events. If you are a high school or postsecondary student, we offer choral scholarships to help defray educational expenses. Please see the link on www.ourcathedral.ca/music for more information. If you are still considering, certainly come along to a rehearsal and try it out! Please speak with the Music Director, Sharon Whalen, or email music@ourcathedral.ca to discuss further.

Upcoming Sunday Services:

October 6th: Pentecost 20

- 11 a.m. BCP Choral Eucharist
- 2 p.m. The Blessing of the Animals

October 13th: Harvest Thanksgiving

- 11 a.m. BCP Choral Eucharist with guest Preacher
The Very Rev'd William Bellamy

October 20th: Pentecost 22

- 9 a.m. BCP Eucharist (said)
- 11 a.m. BCP Choral Mattins
- 3 p.m. CLB Anniversary Service

October 29th: Reformation Sunday

- 11 a.m. Lutheran Choral Eucharist

Weekday Morning Prayer:

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

Coffee Hour Volunteers: Our Coffee Hour after the 11 a.m. service has become very popular, and we thank all those who have worked to make this ministry so successful! Now that we are settled into our new home upstairs, we would like to establish a rota of teams for Coffee Hour, so that all the ministry is shared amongst many – making the load lighter for all! Please speak to Sharon Whalen or Anthea Donnan if you are interested in helping with Coffee Hour!

\$325 for 325 years!

As we celebrate our 325th 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

More options: www.OurCathedral.ca/giving

Or contact the Office: 709-726-5677 or 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!

Come and find the quiet centre

In the crowded life we lead,
Find the room for hope to enter,
Find the frame where we are freed:
Clear the chaos and the clutter,
Clear our eyes, that we can see
All the things that really matter,
Be at peace, and simply be.

2. Silence is a friend who claims us,
Cools the heat and slows the pace;
God it is who speaks and names us,
Knows our being, face to face,
Making space within our thinking,
Lifting shades to show the sun,
Raising courage when we're shrinking,
Finding scope for faith begun.

3. In the Spirit let us travel,
Open to each other's pain,
Let our loves and fears unravel,
Celebrate the space we gain:
There's a place for deepest dreaming,
There's a time for heart to care,
In the Spirit's lively scheming
There is always room to spare!

Text: Shirley Erena Murray

From: Sing a New Creation, Anglican Church of Canada

Lectionary Readings for next Sunday, October 6th:

Job 1:1, 2:1-10; Psalm 26; Hebrews 1:1-4, 2:5-12; Mark 10:2-16.

11:00 a.m. Choral Eucharist (BAS)
Setting: St. Anne's Parish Setting (Cook)

Opening Hymn: **353 Praise, my soul, the King of heaven**

Praise, my soul
p. 185

The Gathering of the Community

The Gloria

The Collect of the Day

The Proclamation of the Word

Genesis 28:10-17

Joseph Ayriss

Psalm 103:19-22

p. 842

Revelation 12:7-12

Rohan Dawkins

Gradual Hymn: **394 Angel voices, ever singing**

Angel Voices

The Holy Gospel: **John 1:47-51**

The Dedication of the Ocean Health Labyrinth

Chris Katzenmeyer, Susan Cummings, Dean Roger Whalen

*You are welcome to gather around the Labyrinth, move to a pew
nearer the Labyrinth, or join us from where you are.*

The Confession and Absolution

p. 191

The Peace

p. 192

The Celebration of the Eucharist

Offertory Hymn: **Come and find a quiet centre**
(printed)

Beach Spring

Prayer over the Gifts

Eucharistic Prayer #4

p. 201

The Lord's Prayer

p. 211

The Breaking of the Bread #3

p. 212

THE COMMUNION

Anthem: ***Above the moon earth rises***

David Illiff

Prayer after Communion

The Blessing

Closing Hymn: **568 Be thou my vision**

Slane

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Monthly Special Offering Intentions: Our special intention for this month is "**The Dean's Discretionary Fund**". Please write "**Dean's Fund**" on your envelope or in the memo of your electronic donation.

Litany at the Dedication of the Labyrinth

Peace be to this place and to all who enter here.

You will show me the path of life;

in your hand there is fullness of joy.

The Lord shall watch over your going out

and your coming in;

from this time forth for evermore.

Almighty God, we thank you for this day and for all the blessings you pour upon us. We thank you for your creation, and we pray for your guidance as we seek to look after this world in your name. Let us be blessed by your presence as we set apart this labyrinth to your glory, for your people who journey here, and for the benefit of all who will find it a source of strength, healing, and peace. **Amen**

Lord, Jesus, on many occasions you withdrew with your friends for quiet and refreshment: Be present with your servants in this place to which we come, and make it, we pray, a place of serenity and peace. **Amen.**

God of love, grace, and power, to all who come to walk this path: **Welcome them to the centre of your Being.**

Grant to those who seek your Presence the grace to find, and be found by, you.

Guide, guard, and sustain them, O Lord.

Give to all who seek deeper meaning the confidence to dwell in the changelessness of your mystery.

Bless them with the knowledge of your will and the wisdom of your Spirit.

Fill those who are plagued by questions and doubt with the faith to trust in your loving embrace.

Help them to persevere with hearts open to your truth.

Comfort and bring to wholeness those who suffer in mind, body, or spirit.

Grant them courage, strength, and hope in their troubles.

Let your children run, sing, dance, and play.

And let them teach us their joy in your creation.

Lead restless souls to find their rest in you, O Lord.

Send your Peace upon them.

O God of peace, who taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God. **Amen.**

Now bless this Labyrinth, O Lord, and sanctify it, in the Name of the Father, and of the Son, and of the Holy Spirit. **Amen.** Drive away dark spirits of anger, resentment, arrogance, fear, distraction, and self-service; let us know here only the spirits of openness, wisdom, courage, wholeness, joy, and peace.

For everything in heaven and on earth is yours.

The peace of the Lord be always with you.

And with thy Spirit.

Let us walk in the peace of our Lord.

Thanks be to God. Amen.