

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



Like the Cathedral on Facebook @anglicathstj

The AED is mounted by the Sacristy.

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The Cathedral **MESSENGER**

**Welcome to the Anglican Cathedral of
St. John the Baptist
22 February 2026
Lent I**

Coming up this week...

Wednesday	7:30pm	Cathedral Choir	Crypt
Friday	10am	Altar Guild Meeting	Crypt

Calling all parents of children and youth connected with the Anglican Cathedral! We'd like to connect with you to assist with our planning for Sunday School and Nursery from now until the summer. Please speak to Heather Andres or Sam Hoddinott after the service or by emailing sundayschool@ourcathedral.ca. And, if anyone is interested in helping with Sunday School, let us know!

The Tax Receipts for 2025 have been sent out either in the mail or by e-mail. If you do not receive yours, please contact Jill in the office.

Young Adult Group: If you are a young adult (below 30 or self-identifying as young at heart) and you are struggling with how to find your way as a Christian in a time of great uncertainty, Heather Andres will be offering an opportunity to gather with your peers from the Cathedral parish once a week during Lent. We will be meeting on Monday evenings at a home near the university to discuss readings about how Christians have dealt with these issues in the past (e.g. C. S. Lewis) and to hang out. If you're curious and want to know more, or you're interested in participating, please contact Heather: sundayschool@ourcathedral.ca.

Lent 2026

Wednesday Services in Lent

On **Wednesdays from February 25th to March 25th** we will post a service of **Sung Compline** on our Facebook page and YouTube Channel. This service will be on-line only.

Lenten Book Study: This year's Lenten Study will be focused on the book by Paula Gooder, **Women of Holy Week**. Each week will focus on the story of one or two women, following the Gospel Story from Palm Sunday to Ascension. It will not be necessary to purchase the book, but if you would like a copy, the Dean can provide the information. The plan is to meet in the Crypt at 4 p.m. each Sunday in Lent, beginning **February 22nd**. We would share the story and related Bible passage, and then reflect on the questions provided. For those who want to stay on, we could then share supper together. We would hopefully be finished by about 6 or 6:30. Please let the Dean know if you would like to join the Lenten Study and if you would be planning to stay for supper.

Movies for Lent: Faith, Film, and the Lenten Journey

Following a program created by the Diocese of Algoma and Thorneloe University, we will be offering **Movies for Lent** — a seven-week, lectionary-based series that pairs Scripture with thoughtfully chosen films. Curated by the Rev'd Jason Tripp, President Thorneloe University, the series explores themes such as lament, temptation, grace, redemption, and sacrifice through contemporary and classic cinema. There will be a discussion guide to support personal reflection or group conversation for each week. The movies for the series are: **Mass; Conclave; A Hidden Life; Calvary; The Truman Show; Pig;** and **The Iron Giant**. If enough people are interested, we would choose an evening that is convenient and gather to watch the movie, share some snacks, and discuss the questions. You do not need to commit to all seven weeks, we are just trying to explore interest at this point. So, if you are interested in joining the group, please speak to the Dean.

Upcoming Sunday Services:

March 1st: Lent II

– 11 a.m. BCP Choral Eucharist

March 8th: Lent III

– 11 a.m. BCP Choral Eucharist

March 15th: Lent IV Mothering Sunday

– 9 a.m. BCP Holy Eucharist (said)

– 11 a.m. BCP Children's Service (with CLB)

March 22nd: Lent V Passion Sunday

– 11 a.m. Irish Liturgy Choral Eucharist

Weekday Morning Prayer: 9:30 am Tuesday, Wednesday, & Thursday.

Monthly Special Offering Intentions: Our special intention for this month is **Emmaus House Food Bank**. Please write "**Food Bank**" on your envelope or in the memo of your electronic donation.

Welcome to our new Vestry Members: **Don Clarke, Derek Sullivan, and Emmajane Donnan**, who were elected at our Annual Meeting last week. They join our Wardens, Treasurer and Assistant Treasurer, the Clergy, and Eric Sheppard, Mary Tulett, Sharon Stuckey, Kevin McAlesse, Rick Noel, and Jean Dawe, to form the Cathedral Vestry for this year. There is **still one position available** on Vestry! Please speak to the Dean if you are interested.

THE CFUW GREAT BIG BOOK SALE is scheduled for Thursday, March 26th – 1pm to 9pm; Friday, March 27th – 10am to 9pm; & Saturday, March 28th – *Half Price Day* – 10am to 1pm. Books may be dropped off 7 days a week from 11am to 3pm, February 28th to March 15th. Encyclopedias, magazines, textbooks, Reader's Digest books, computer books with publication dates prior to 2020, VHS and cassette tapes are **not acceptable**. LOCATION: 48 Kenmount Road (formerly Globo Shoes). Proceeds fund scholarships and community outreach projects. Thank you for your support!

11:00 a.m. Choral Eucharist (BCP)

Setting: **Merbecke**

The Great Litany in Procession	BCP p. 30
The Collect of the Day	
<u>The Proclamation of the Word</u>	
Genesis 2:15-17, 3:1-7	Hazel Pritchett Harris
Psalm 32	p. 366
Romans 5:12-19	Darlene Steele
Gradual Hymn: CP 170 The Glory of these forty days	<i>Tallis's Canon</i>
The Holy Gospel: Matthew 4:1-11	
The Nicene Creed	p. 71
Sermon	The Very Reverend Roger Whalen
Offertory Sentence	
Offertory Hymn: 110 By the Holy Spirit sent	<i>St. Bees</i>
The Intercessions	
<u>The Holy Communion</u>	
Invitation, Confession, Absolution, & Comfortable Words	p. 76
<i>Sursum corda</i>	
Thanksgiving and Consecration	p. 78
<i>Sanctus & Benedictus</i>	
The Peace, Prayer of Humble Access, <i>Agnus dei</i>	p. 83
THE COMMUNION	
Anthem: Call to Remembrance	<i>Farrant</i>
The Lord's Prayer, Thanksgiving	p. 85
The Blessing	
Closing Hymn: 384 Praise to the holiest in the height	<i>Gerontius</i>

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The Glory of these forty days

We celebrate with songs of praise;
For Christ, through whom all things were made,
Himself has fasted and has prayed.

2. Alone and fasting, Moses saw
The loving God who gave the law;
And to Elijah, fasting, came
The steeds and chariots of flame.

3. So Daniel trained his mystic sight,
Delivered from the lion's might;
and John, the bridegroom's friend, became
the herald of Messiah's name.

4. Then grant us, Lord, like them to be
Full oft in fast and prayer with thee;
Our spirits strengthen with thy grace,
And give us joy to see thy face.

5. O Father, Son, and Spirit blest,
To thee be every prayer addressed,
Who art in three-fold name adored,
From age to age, the only Lord.