

**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](http://OurCathedral.ca)



**Like the Cathedral on Facebook** @anglicathstj

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

## **PARISH DIRECTORY**

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The Rev'd Canon Margaret Hall  
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# *The Cathedral* **MESSENGER**

**Welcome to the Anglican Cathedral of  
St. John the Baptist  
8 March 2026  
Lent III**

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

Wednesday 7:30pm Cathedral Choir Crypt

**Join us at the Cathedral on Sunday, March 15<sup>th</sup>, from 2:00–3:30 p.m. for a Labyrinth Walk**, the first of a monthly opportunity for quiet reflection and prayer that will take place on the third Sunday of each month.

**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](mailto:sundayschool@ourcathedral.ca). And, if anyone is interested in helping with Sunday School, let us know!

### **We gratefully acknowledge donations to:**

**The Harpsichord Fund** † *In memory of Patricia Young* from Stephen Jones; and from Heather McMaster

**The General Fund** † *In memory of my brother, Richard Lamswood Jr.*, from Joyce King.

**The Emmaus Food Bank Fund** † *In loving memory of Bill Abraham* on the occasion of his birthday on March 12<sup>th</sup> from Jessie Abraham.

**The Dean's Discretionary Fund** † *In loving memory of Douglas Cowan and John Cowan* from Laura & family.

### Upcoming Sunday Services:

#### **March 15<sup>th</sup>: Lent IV Mothering Sunday**

- 9 a.m. BCP Holy Eucharist (said)
- 11 a.m. BCP Children's Service

#### **March 22<sup>nd</sup>: Lent V Passion Sunday**

- 11 a.m. Irish Liturgy Choral Eucharist

#### **March 29<sup>th</sup>: Palm Sunday**

- 11 a.m. BCP Choral Eucharist

#### **April 5<sup>th</sup>: Easter Day**

- 9 a.m. BCP Holy Eucharist (said)
- 11 a.m. BCP Choral Eucharist

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

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

### Wednesday Services in Lent

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

**Our Lenten Book Study and Movies for Lent** will continue through Lent. For more information about either program, please speak to the Dean.

**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](mailto:sundayschool@ourcathedral.ca).

**THE CFUW GREAT BIG BOOK SALE** is scheduled for Thursday, March 26<sup>th</sup> – 1pm to 9pm; Friday, March 27<sup>th</sup> – 10am to 9pm; & Saturday, March 28<sup>th</sup> – *Half Price Day* – 10am to 1pm. Books may be dropped off 7 days a week from 11am to 3pm, February 28<sup>th</sup> to March 15<sup>th</sup>. 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!

**Ukrainian Egg Workshop:** Join Jan Buley and Ukrainian friends for an egg-decorating workshop: Saturday, March 21: 9:30-12 am or Sunday, March 22: 1-3:30 pm. The workshop will be suitable for adults and children 12 and up, and will take place at St. Mary-the Virgin Anglican Church, 1 Cornwall Crescent, St. John's. The cost is \$30 per person, and all materials are included. All proceeds will go to outreach projects at St. Mary's. Please use this QR code to reserve your spot.



**The Sex Abuse Crisis and The Church** – Public Lecture and Ecumenical Service. Hans Zollner, SJ, is a renowned German theologian, psychologist, and professor at the Pontifical Gregorian University in Rome. A global expert in safeguarding minors and vulnerable adults from sexual abuse within the Church, he will present a lecture: *Safeguarding and the Mission of the Church: Ethics, Responsibility and Care*, on Monday, March 9, 7–9 p.m., in Room A1046, Memorial University (230 Elizabeth Ave; refreshments; parking in Lots 1A & 15B), and lead an ecumenical service on Tuesday, March 10, 7–8:30 p.m., at Queen's College Chapel (210 Prince Philip Dr; refreshments; parking in and around Lot 19). All are warmly invited. For more information, contact Gemma Hickey 709-690-5244.

**NSO Presents Haydn's Masterpiece "Creation"** Step into the light with *The Dawn of the World: Haydn's Creation* on **Friday, March 20<sup>th</sup> at 8pm** at the **Arts and Culture Centre**. Experience the awe and wonder of God through **Joseph Haydn's** masterwork *The Creation*—a sweeping oratorio that brings the formation of the world as narrated in the Book of Genesis to life with radiant choruses and colourful orchestration. Led by NSO Music Director **Simon Rivard**, this musical celebration features an all-star trio of soloists: soprano **Anna-Sophie Neher**, tenor **Frederic Antoun**, and baritone **Jesse Blumberg**, joined by the powerful voices of the **Philharmonic Choir of the NSO (PCNSO)**. From chaos to light, from sea to sky, from birdsong to humanity — Joseph Haydn's music captures the drama and joy of creation. Don't miss this journey through the origins of the world. Tickets are available online at [www.artsandculturecentre.com](http://www.artsandculturecentre.com), at the ACC Box Office (709-729-3900), and at the door.

**The Canadian Red Cross, Meals on Wheels Program** offers nutritious, balanced meals delivered straight to your door! Meals are \$8.50 (no delivery fee or taxes) and include an entree, to be heated in your microwave, with a side green salad. Delivery days are Monday, Tuesday and Friday and multiple meals can be ordered to cover weekends and holidays. For more information, please contact Angelique at 709-758-8419 or [angelique.bartlett@redcross.ca](mailto:angelique.bartlett@redcross.ca).

**Italian Dinner**: Mark your calendar for Church of the Good Shepherd Italian Dinner Fundraiser **Friday, March 13<sup>th</sup>, 6:30pm**, tickets are \$25 available from the church office or email transfer [cotgs@nf.aibn.com](mailto:cotgs@nf.aibn.com).

**Steve Bell Concert**: Get your tickets now to our Steve Bell concert, **Sunday, March 29<sup>th</sup> at 7pm** at Church of the Good Shepherd. Tickets are \$25 at [stevebell.com/venue/church-of-the-good-shepherd/](http://stevebell.com/venue/church-of-the-good-shepherd/)

### Calling for Volunteers

#### Community Connector – Mobile Ministry Bus A Mobile Place of Welcome and Belonging

Community Connector (Mobile Ministry Bus), an initiative of the Diocese of Eastern Newfoundland & Labrador, will help meet the needs of people from all communities in our province who come to St. John's for basic services. It is our hope that this endeavor will provide a space for those living on the streets to get warm in the winter, cooled in the summer, to provide a simple hot meal, coffee & tea or a cold drink, and provide basic clothing and hygiene & toiletry items.

There will be two information sessions to provide information on the many ways you may be of assistance as a volunteer.

- March 16<sup>th</sup>, 7 pm – Church of the Ascension, 58 Smallwood Drive, Mount Pearl,
- March 19<sup>th</sup>, 7 pm – St. Mark's Anglican Church, 203 Logy Bay Road, St. John's

Some of the volunteer position would include:

- **Coordinator**: Scheduling volunteers, meals, supplies etc.
- **Off-site food preparation** – simple meals (soup, stew, chili, sandwiches etc.)
- **Host / Hostess** – meet & greet clients, serve tea / coffee, serve prepared food items.
- **Driver** – (no special license required) Pickup vehicle, driving to and from locations, greeting clients, helping host / hostess, returning vehicle to overnight parking location.
- **Others to be determined**

While this is an information session, we are equally interested to hear from others who may have experiences with this type of endeavour.

11:00 a.m. Choral Eucharist (BCP)  
Setting: **Short Service** (Batten)

Opening Hymn: **12 Father, we praise thee** *Flemming*  
The Lord's Prayer & Collect for Purity BCP, p. 67  
The Summary of the Law, *Kyrie eleison* p. 69  
The Collect of the Day  
The Proclamation of the Word  
**Exodus 17:1-7** **Sharon Stuckey**  
**Psalm 95** p. 452  
**Romans 5:1-11** **Anthony Donnan**  
Gradual Hymn: **CP 397 Praise the one who breaks the darkness v.1-2**  
*Nettleton*  
The Holy Gospel: **John 4:5-42**  
The Nicene Creed p. 71  
The Sermon **The Very Reverend Roger Whalen**  
Offertory Sentence  
Offertory Hymn: **510 Jesu, lover of my soul** *Aberystwyth*  
The Intercessions  
The Holy Communion  
Invitation, Confession, Absolution, Comfortable Words p. 76  
Thanksgiving and Consecration p. 78  
The Peace, Prayer of Humble Access, *Agnus Dei* p. 83  
THE COMMUNION  
Anthem: **Call to Remembrance** *Farrant*  
The Lord's Prayer, Thanksgiving p. 85  
The Blessing  
Closing Hymn: **503 I heard the voice of Jesus say** *Kingsfold*

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**Praise the one who breaks the darkness**

With a liberating light.

Praise the one who frees the prisoners,

Turning blindness into sight.

Praise the one who preached the gospel,

Healing every dread disease,

Calming storms and feeding thousands

With the very bread of peace.

2. Praise the one who blessed the children

With a strong yet gentle word.

Praise the one who drove out demons

With a piercing two-edged sword.

Praise the one who brings cool water

To the desert's burning sand.

From this well come living water,

Quenching thirst in every land.

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For those of you who are interested, the episode of **Hudson & Rex**, which features scenes from our Cathedral, aired this past week. It is available to view now On-Demand.