

Welcome to **St. John's Cathedral**

**“Those who find their life will lose it,
and those who lose their life for my sake will find it.”**
- Matthew 10:39



June 25, 2017 - 10:30 a.m.
The Third Sunday after Pentecost

LOVE *at the* CORE.

Welcome to St. John's Cathedral! We are so glad that you are here.

St. John's Cathedral has always stood on this very spot, Billy Goat Hill, the highest geographical point in Jacksonville. When the population began moving out of the downtown area in the 1960's, this congregation felt strongly that God was calling us to stay here in the heart of the city. Since that time, the Cathedral has birthed all kinds of ministries, caring for the homeless, for children and the elderly, and working to promote the arts, education and healthcare. We are now striving to create a vibrant neighborhood around Billy Goat Hill, a place where diverse peoples of many income levels can live and grow together. We believe that by **worshipping and serving God in the urban core, we can catch a glimpse of God's love.**

We welcome all people. Our nursery is open all morning on Sundays. We would love to get to know you better, and you can help us by filling out a visitor card located in your pew and placing it in the offering plate as it comes by, or by handing it to an usher. Please let us know if you need prayers and if you would like us to email you our online newsletter. Listening devices are always available for the hearing impaired and large-print bulletins for those who have trouble with their eyesight. Please ask an usher if you need these items or anything else. We want to help you feel at home here.

We believe that worship should be beautiful and sacred, a moment to hush the hurriedness of our lives and experience the peace of God. I hope that you feel **God's love this morning.**

Faithfully,

The Very Reverend Kate Moorehead,
Dean

CONNECTING WITH GOD THROUGH YOGA

As a child on a camping trip, I had my first experience of church as a sacred space, only we weren't in a church, or a building of any sort - we were in an outdoor chapel, under a canopy of trees on the edge of a lake. It was then I learned the meaning of Paul's words in Acts 17:24-28, that God is not contained by or in what we build, but that we, along with all of creation, have our being through and in God, not separately.



This summer I am grateful to participate in offering Church on the Mat, yoga classes infused with scripture and prayer, in our lovely Cummings Chapel on Sundays during the summer months. The scriptures and prayers are taken from *Let All Creation Praise*, an ecumenical lectionary created to promote love of and care for all of God's creation. During this season of Pentecost, in which we celebrate and reflect upon life in the Holy Spirit, we will gather to breathe, pray and find presence in these bodies that are wonderfully made. You can even participate from a chair - movement of the body is optional, as breathing is all the moving you need to do, but all poses can be adapted if you'd like to explore the energetic qualities of the poses in your body.

A yoga mat is a laboratory on which we see that “everything I do is everything I do,” and come to realize that, as Fr. Richard Rohr recently reflected in a daily meditation, everything God does is everything God does, from the most infinitesimal microcosm to the most unfathomable macrocosm! We are not separate from the rest of creation, and we do not function any differently than anything else in creation. A yoga practice steps us in the mysteries of Presence, Incarnation, and Breath. In yoga we understand the breath as a form of *Prana*, the energy that infuses all of creation with life and being. Many yoga poses are named after animals and sacred shapes - playful reminders of our kinship with the natural world and all peoples.

In a homily from *Let All Creation Praise*, Marcy Wieties of Emmaus Lutheran Church, Racine, WI, speaks of the importance of immersing ourselves in nature, and I see a yoga practice exactly the same way: “It's the chance to refocus on what's really important. It's the relaxation, the chance to draw into yourself and be introspective, the connection to something bigger than yourself. We all need more of all of that in our lives - a place to meet God and God's creation - on God's terms!”

So come - be a tree, a mountain, a cobra, a sacred triangle, a sphinx, a happy baby, a warrior, even a corpse that rises. Pray with us, breathe with us, play with us. Namaste.

Megan Cochran

lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Lector The Word of the Lord.

People Thanks be to God.

A period of silence for reflection follows the reading.

The Psalm is read in unison.

Psalm 69:8-11, 18-20

Surely, for your sake have I suffered reproach, *
and shame has covered my face.

I have become a stranger to my own kindred, *
an alien to my mother's children.

Zeal for your house has eaten me up; *
the scorn of those who scorn you has fallen upon me.

I humbled myself with fasting, *
but that was turned to my reproach.

Answer me, O Lord, for your love is kind; *
in your great compassion, turn to me.

Hide not your face from your servant; *
be swift and answer me, for I am in distress.

Draw near to me and redeem me; *
because of my enemies deliver me.

A period of silence for reflection follows.

The People stand.

Hymn 530

“Spread, o spread, thou mighty word”

Gott sei Dank

The Gospel

Matthew 10:24-39

Gospeler The Holy Gospel of our Lord Jesus Christ according to Matthew.

People Glory to you, Lord Christ.

Jesus said to the twelve disciples, “A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows. Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny

before my Father in heaven. Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

Gospeler

The Gospel of the Lord.

People

Praise to you, Lord Christ.

The People are seated.

The Sermon

The Reverend Canon David Erickson

A period of silence for reflection follows the sermon.

The People stand.

The Nicene Creed

The Celebrant and People say

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Prayers of the People

All remain standing as able. The Leader and People pray responsively.

We bring to you, God, the people who we have met this week, the people who come into our minds today, the people who are hungry, lonely, suffering, or grieving. We pray for all who remain on our hearts.

Lord, in your mercy,
Hear our prayer.

We bring to you, O God, our troubled world. Bring peace to those countries who are at war, fearful under the threat of terrorism, or cut down by hunger and poverty. Bring peace to our own nation and to the streets of Jacksonville.

Lord, in your mercy,
Hear our prayer.

We bring to you, O God, the souls of those who have died. We ask that you would embrace them and give them the gift of eternal life.

Lord, in your mercy,
Hear our prayer.

We bring to you, O God, this beautiful planet. May we learn to honor and preserve its beauty and to give thanks for its resources.

Lord, in your mercy,
Hear our prayer.

We bring to you, O God, the many gifts that you have given us. We thank you for the gifts of friendship, family and for this Cathedral, our church home.

Lord, in your mercy,
Hear our prayer.

The Celebrant concludes the prayers.

The Confession of Sin

The People kneel. The Celebrant says

Let us confess our sins against God and our neighbor.

Celebrant and People

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

The Celebrant continues

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

The Peace

The People stand.

Celebrant The peace of the Lord be always with you.
People And also with you.

The Clergy and People greet each other in the name of the Lord.

Welcome and Announcements

THE HOLY COMMUNION

The Offertory

Greater love hath no man

John Ireland

Many waters cannot quench love, neither can the floods drown it. Love is strong as death. Greater love hath no man than this, that a man lay down his life for his friends. Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness. Ye are washed, ye are sanctified, ye are justified in the name of the Lord Jesus. Ye are a chosen generation, a royal priesthood, a holy nation; that ye should show forth the praises of him who hath call'd you out of darkness into his marvellous light. I beseech you brethren, by the mercies of God, that you present your bodies, a living sacrifice, holy, acceptable unto to God, which is your reasonable service.

Rebecca Andrews, soprano, Paul Fisher, baritone

As the Altar is prepared for Communion, representatives of the congregation collect the offerings of the People. The people stand when the offerings are brought forward and placed on the Altar.

Hymn 487

“Come, my Way, my Truth, my Life”

The Call

The Great Thanksgiving

Eucharist Prayer A, BCP Page 361

Celebrant The Lord be with you.
People And also with you.
Celebrant Lift up your hearts.
People We lift them to the Lord.
Celebrant Let us give thanks to the Lord our God.
People It is right to give him thanks and praise.

The Celebrant continues

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord. In fulfillment of his true promise, the Holy Spirit came down from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

The Celebrant and People sing

Sanctus

Hymnal S-124

David Hurd

Ho - ly, ho - ly, ho - ly Lord. God of pow - er and might. hea - ven and
 earth are full of your glo - ry. Ho - san - na in the high - est.
 Blessed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The People stand or kneel.

The Celebrant continues

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

At the following words concerning the bread, the Celebrant is to hold it or lay a hand upon it; and at the words concerning the cup, to hold or place a hand upon the cup and any other vessel containing wine to be consecrated.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

The Celebrant and People sing



The Celebrant continues.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

And now, as our Savior Christ has taught us, we are bold to say,

The Celebrant and People say together

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

My flesh is food in - deed, and my blood is drink in -
 deed, says the Lord. My Lord. These who eat my
 flesh and drink my blood dwell in me and I in them. My
 flesh is food in - deed, and my blood is drink in - deed, says the Lord.

The Celebrant continues

The gifts of God for the People of God. (Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.)

Please join us at God's table.

All baptized people are welcome to receive communion. Everyone is welcome to come to the altar for a blessing. If you would like a blessing, please fold your arms across your chest. You are also invited to receive prayers and anointing with holy oil in one of our transept chapels (Ascension to the south, and Holy Communion to the north) where anointers wait to pray with you.

Music at Communion

Organ

Sursum Corda

John Ireland

Hymn 329

“Now my tongue, the mystery telling”

Pange lingua

Motet

O taste and see

Thomas Hastings

O taste and see that the Lord is good. Blessed is the man that trusteth in Thee.

The Postcommunion Prayer

After Communion the Celebrant says

Let us pray.

Celebrant and People

Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Blessing

The Celebrant blesses the people.

In Procession, Hymn 567 “Thine arm, O Lord, in days of old”

St. Matthew

The Dismissal

Alleluia, alleluia! Let us go forth in the name of Christ.

People

Thanks be to God. Alleluia, alleluia!

Voluntary

Alla Marcia

John Ireland

+ + +

The flowers in Cummings Chapel and at the High Altar are given to the glory of God and in loving memory of The Very Reverend Gustave Weltsek, Jr., by Gail Weltsek.

SERMON NOTES

THIS SUNDAY AT THE CATHEDRAL

SUNDAY, JUN. 25

▶ **Holy Eucharist**

8 a.m. Cathedral

▶ **Summer Breakfast**

9 a.m. Taliaferro Hall

During summer breakfasts, we encourage you to relax and enjoy getting to know one another. A special table in Taliaferro Hall will be designated for those who simply want to talk with others about faith and theology. There will also be a Craft Corner during the breakfast hour in Taliaferro Hall for children of all ages to enjoy.

▶ **Church on the Mat**

9:15 a.m. Cummings Chapel

Using the principles of yoga, professional teachers will lead a gentle class integrating body, mind and spirit with the reading of Scripture. Bring your yoga mat!

▶ **Care for Creation**

9:15 a.m. Ingram Lounge

Interested in learning about what you can do to care for the environment? This group seeks to promote good environmental practices in a Christian framework, and will begin discussion by reading Pope Francis' encyclical letter, *On Care for Our Common Home*. Copies are available at our bookstore for \$15.

▶ **Holy Eucharist**

10:30 a.m. Cathedral

Children's Chapel will be offered during this service in Cummings Chapel.

NEXT SUNDAY AT THE CATHEDRAL

SUNDAY, JUL. 2

▶ **See Sunday service times and Christian Formation offerings above.**

▶ **Special Independence Day Services**

Each year, the cathedral commemorates our nation's independence on the Sunday closest to July 4 with special services. The Sunday services on July 2 will follow the liturgy from the 1662 Prayer Book and the lessons will be read following the King James Version of the Bible. Join us as we worship how our founding fathers worshiped in 1776. Our offices will be closed on Tuesday, July 4.

▶ **Vergers Meeting**

12 p.m. Ingram Lounge

THIS WEEK AT THE CATHEDRAL

MONDAY, JUN. 26

► **Friends of Bill W.**

5:30 p.m. Ingram Lounge

► **Boy Scouts**

6 p.m. Taliaferro Hall

TUESDAY, JUN. 27

► **Holy Eucharist**

12:10 p.m. Cummings Chapel

► **Yoga**

5:45 p.m. Cummings Chapel

► **Girl Scouts**

7 p.m. Basement “Coffee House”

WEDNESDAY, JUN. 28

► **Holy Eucharist**

7 a.m. Holy Communion Chapel

12:10 p.m. Cummings Chapel

► **Faith and Film series**

6 p.m. Taliaferro Hall

Every Wednesday in June and July, join us as we explore issues of faith in film! Bring your own snacks. Child care will be provided. Discussion after the movie will be led by clergy and lay leaders. This Wednesday’s movie will be *The Matrix*.

THURSDAY, JUN. 29

► **Holy Eucharist**

12:10 p.m. Cummings Chapel

► **Celebration Singers Rehearsal**

5:30 p.m. Choir Room

FRIDAY, JUN. 30

► **Clara’s at the Cathedral**

11 a.m. Taliaferro Hall

► **Contemplative Holy Eucharist**

12:10 p.m. Cummings Chapel

► **Birthday Blessings**

Sunday, June 25

Donna Hulsey, Joan Allen, Christine Vaughn,
Brian Hulsey, Ja’Quan Mixson

Monday, June 26

Anne Jenkins

Tuesday, June 27

Dee Nelson, Patty Donahoo, Louis Towson,
Barry Holloway

Wednesday, June 28

Don Neifert, Betty Petway, Wendy Anderson,
Alexis Andrews, Ben McGraw, Ciara Sanders

Thursday, June 29

Christine Whitney, Jannette Delaney,
Wendy Campbell, Casie McVay,
Kinsleigh Tucker

Friday, June 30

Tommy Thomas, Donna Ernest, Glenn Guiler,
Collin Walker

Saturday, July 1

Doris Hambrecht, Joan Weller, Melanie Bird,
Missy Holcomb

ANNOUNCEMENTS

► **Showcase your ministry by hosting a summer breakfast!**

On Sunday mornings during the summer from 9 a.m. to 10:30 a.m. in Taliaferro Hall, summer breakfasts last through August 20. Gather your ministry group and host a fun themed summer breakfast or coffee hour where you can discuss how your group serves Christ. Hand out information and connect with others looking for ways to serve. What ideas do you have? Contact Carl Worrell (632-9104 x 108 or cworrell@jaxcathedral.org) to sign up or for more information.

► **Calling all brass players!**

Members of our Cathedral community are interested in starting our own volunteer brass group to play at informal events. If you play a brass instrument, and would like to learn more about joining this group, please contact Tim Tuller at ttuller@jaxcathedral.org or Bill McNeiland at w.mcneiland@comcast.net.

► **Sacred Vestments, Sacred Vessels Exhibition**

On Sunday, June 11, St. John's Cathedral debuted an exhibition of liturgical vestments and vessels in Taliaferro Hall. The exhibition will run through Sunday, September 17.

The exhibition includes five chasubles (garments worn by a priest in the liturgy) in the five liturgical colors of white, red, blue, purple and green, as well as the garment worn under the chasuble and the cincture which is worn around the priest's waist. A vestment called a cope is also included. Explanatory texts concerning the history and meaning of the vestments are available at the exhibition. Sacred vessels used in the liturgy are also a focus of the exhibition. Articles include chalices, patens, linens and other objects. In presenting these sacred and beautiful garments and vessels, St. John's wants to help the members of the congregation and the wider public better understand the use and symbolic meaning of these sacred vestments and vessels.

The exhibition is the combined effort of many individuals and groups at St. John's Cathedral. We encourage you to join us for a reception opening during the exhibition's run. We will announce that date later.

UPCOMING EVENTS

MONDAY, JUL. 3

► **Feed the Homeless**

2 p.m. Sulzbacher Center

Dinner preparation begins at 2 p.m. and is served at 6 p.m. Please call Don Wucker at 398-4776 for more information.

► **Men's Grill 'n Chill**

6 p.m. Taliaferro Hall

All men of the cathedral are cordially invited to this fellowship dinner on the first Monday of each month. Bring your own steak (or chicken, or fish or veggie burger) to cook and a drink. A starch, vegetable, salad and bread will be provided. We suggest a donation of \$3. Men, please consider bringing your sons with you, regardless of age. This is a monthly opportunity for all the men of the cathedral to gather, so please join us!

ST. JOHN'S CATHEDRAL

256 East Church Street
Jacksonville, Florida 32202
(904) 356-5507 - www.jaxcathedral.org
Office Hours: Monday-Thursday 8 a.m. - 4 p.m.
and Friday 8 a.m. - 3 p.m.

You can now watch our 10:30 a.m. service live on our website!
Just click the Live Broadcast link on the homepage.

Forgot your checkbook or cash? Text the dollar amount of your gift to
904-584-3116. (Example: \$20)