

# Welcome!



SAINT JOHN'S  
CATHEDRAL  
EPISCOPAL DIOCESE OF FLORIDA

February 24, 2019 - 11 a.m.  
The Seventh Sunday after the Epiphany

LOVE *at the* CORE.

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

We worship God in the heart of the city. We are surrounded by the poor in an area of town that is often neglected. In his life, Jesus often ministered to the poor and needy, and we believe that by worshipping 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

For the latest news and events at the Cathedral, visit our website ([jaxcathedral.org](http://jaxcathedral.org)) and follow us on Facebook, Instagram and Twitter (@jaxcathedral). On the website, you may subscribe to our weekly e-newsletter, the SJC Eagle. Print copies of the Eagle are available at the back of the Sanctuary and on the credenza outside Cummings Chapel.

# THE HOLY EUCHARIST

Voluntary

Cantabile

César Franck

Introit

Hide me under the shadow of thy wings

John E. West

Hide me under the shadow of Thy wings, O Lord, and give Thine angels charge concerning me: that I may lie down in peace, and take my rest, for it is Thou, Lord only, that makest me to dwell in safety.

In Procession, Hymn 388 “O worship the King, all glorious above”

*Hanover*

## THE LITURGY OF THE WORD

*Celebrant*

Blessed be our God.

*People*

Forever and ever. Amen.

*Celebrant and People*

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

Hymn 427

“When morning gilds the skies” (*Stanzas 1-3*)

*Laudes Domini*

The Collect of the Day

*Celebrant*

The Lord be with you.

*People*

And also with you.

*Celebrant*

Let us pray.

*The Celebrant continues*

O Lord, you have taught us that without love whatever we do is worth nothing: Send your Holy Spirit and pour into our hearts your greatest gift, which is love, the true bond of peace and of all virtue, without which whoever lives is accounted dead before you. Grant this for the sake of your only Son Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

*The People are seated.*

The Lesson

Genesis 45:3-11, 15

*Lector*

A Reading from the Book of Genesis.

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children

and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there--since there are five more years of famine to come--so that you and your household, and all that you have, will not come to poverty.'" And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

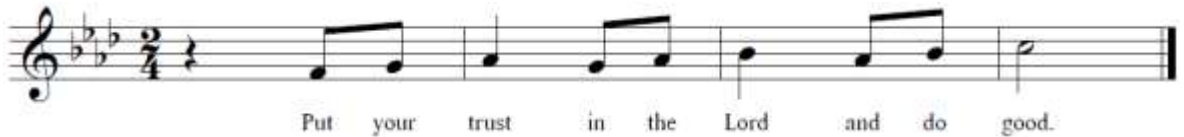
*Lector* The Word of the Lord.

*People* Thanks be to God.

*A period of silence for reflection follows the reading.*

Psalm 37:1-12, 41-42 *choir sings, then all repeat the antiphon below*

Chant: John Goss



Fret not thyself because of the ungodly \*  
neither be thou envious against the evil doers.

For they shall soon be cut down like the grass \*  
and be withered even as the green herb.

Put thou thy trust in the Lord, and be doing good \*  
dwell in the land, and verily thou shalt be fed.

Delight thou in the Lord \*  
and he shall give thee thy heart's desire.

Commit thy way unto the Lord, and put thy trust in him \*  
and he shall bring it to pass.

He shall make thy righteousness as clear as the light \*  
and thy just dealing as the noon-day. [Antiphon]

Hold thee still in the Lord, and abide patiently upon him \*  
but grieve not thyself at him, whose way doth prosper,  
against the man that doeth after evil counsels.

Leave off from wrath, and let go displeasure \*  
fret not thyself, else shalt thou be moved to do evil.

Wicked doers shall be rooted out \*  
and they that patiently abide the Lord, those shall inherit the land.

Yet a little while, and the ungodly shall be clean gone \*  
thou shalt look after his place, and he shall be away.

But the meek-spirited shall possess the earth \*  
and shall be refreshed in the multitude of peace.

But the salvation of the righteous cometh of the Lord \*  
who is also their strength in the time of trouble.

And the Lord shall stand by them, and save them \*  
he shall deliver them from the ungodly, and shall save them,  
because they put their trust in him. [Antiphon]

*A period of silence for reflection follows.*

*The People stand.*

## The Gospel

Luke 6:27-38

*Gospeler* The Holy Gospel of our Lord Jesus Christ according to Luke.  
*People* Glory to you, Lord Christ.

Jesus said, "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you. "If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. "Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

*Gospeler* The Gospel of the Lord.  
*People* Praise to you, Lord Christ.

*The People are seated.*

## The Sermon

The Very Reverend Kate Moorehead

*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.*

*Lector* Almighty God, we gather in this house of prayer to give you thanks, to pray for the sick and suffering, and to ask for your light to enter the world. Let us pray together with all our hearts saying, Christ, be our light.

*Lector* For the world, that all the nations of the earth may come to honor and respect one another. May we all come to know the peace of God. Let us pray together saying:

*People* *Christ, be our light.*

*Lector* For the suffering: the hungry and the sick, the refugee and the prisoner, those who grieve **and those who are alone. I invite you to speak aloud the names of those in need.... Let us pray together saying:**

*People* *Christ, be our light.*

*Lector* For our families, friends, and all those we love, for all those we encounter in our daily life and work, for those estranged from us, for those who hate us, and for those who feel unloved. Let us pray together saying:

*People* *Christ, be our light.*

*Lector* For the earth, that we may use its resources wisely, and be thankful for the gift of all creation. Let us pray together saying:

*People* *Christ, be our light.*

*Lector* For those who have died, both known and unknown to us. May they receive the joys of **heaven. I invite you to speak aloud the names of those who have died.... Let us pray together saying:**

*People* *Christ, be our light.*

*Silence*

*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 one another in the name of the Lord.*

Welcome and Announcements

## THE HOLY COMMUNION

The Offertory

Eternal God

Richard Shephard

Eternal God, the light of the minds that know you;  
Eternal God, the joy of the hearts that love you;  
Eternal God, the strength of the wills that love you.

Grant us so to know you, that we may truly trust you.  
Grant us so to love you, that we may freely serve you.  
To the glory of your holy name. Amen.

*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 126, St. 1 - 2

**“The people who in darkness walked”**

*Dundee*

The Great Thanksgiving

*The People stand.*

*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.

Because in the mystery of the Word made flesh, you have caused a new light to shine in our hearts, to give the knowledge of your glory in the face of your Son Jesus Christ our Lord.

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:

Holy, holy, holy Lord, God of power and might,  
 heaven and earth are full of your glory.  
 Hosanna in the highest.  
 Blessed is he who comes in the name of the Lord.  
 Hosanna in the highest.

*The People stand or kneel. The Celebrant continues*

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

*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 before he died for us, 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, according to his command, O Father,

*The Celebrant and People sing*



*The Celebrant continues*

And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation.



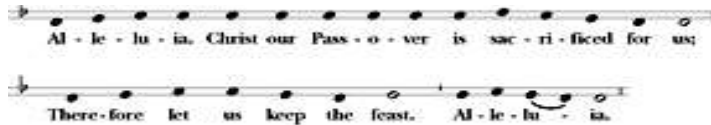
By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. *AMEN.*

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

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.

### The Breaking of the Bread

*The Celebrant breaks the consecrated Bread. A period of silence is kept.*



*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

Vingt-quatre pièces en style libre  
*XIX. Berceuse*

Louis Vierne

Hymn 318

“Here, O my Lord, I see thee face to face”

*Nyack*

Motet

O how sweet, O Lord

Healey Willan

O how sweet, O Lord, is Thy Spirit; for Thou hast shown Thy sweetness unto Thy children: Thou hast given them most wondrous Bread from Heav'n. Thou fillest the hungry with good things, and the rich Thou sendest empty away.

### The Postcommunion Prayer

*The Celebrant says*

Let us pray.

*The Celebrant and People say together*

Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Christ our Lord. Amen.

### The Blessing

*The Celebrant blesses the people.*

In Procession, Hymn 599

“Lift Ev’ry voice and sing”

*Lift Every Voice*

The Dismissal

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

*People*

Thanks be to God. Alleluia, alleluia!

Voluntary

Vingt-quatre pièces en style libre  
*XXI. Carillon*

Louis Vierne

+ + +

*The flowers in Cummings Chapel and at the High Altar are given to the glory of God in loving memory of Beth Avery by David Avery.*

## THIS SUNDAY

### #PLASTICFAST T-Shirts and Water Bottles

Show your support of the #PLASTICFAST this Lent by purchasing the #PLASTICFAST Love at the Core t-shirt! Shirts and aluminum reusable water bottles are available for pre-order at the table by the doors. Shirts are \$15 and water bottles are \$10 (tax included). Purchase is required to pre-order. Cloth grocery bags are also being offered for a special Lenten price of only \$5.

## COMING UP AT THE CATHEDRAL

### Shrove Tuesday Dinner and a Show

Let's have a few laughs together at the youth "FUN" raiser on Shrove Tuesday. The youth and church staff have been working hard to make you LOL with skits inspired by Rowan and Martin's Laugh In. What's more, your ticket buys you dinner - your choice of bratwurst with peppers and onions or fish and chips. Don't hesitate. Get your tickets now for an evening of hilarity and good fellowship. Proceeds from the event will go towards Pilgrimage for our youth group. Tickets are \$20 per person.

March 5 | 5:30 p.m. | Taliaferro Hall | \$20

### Ash Wednesday

March 6 | 7 a.m., 12 p.m., 7 p.m. | Cathedral Sanctuary

### Lenten Evensong

March 10 | 5 p.m. | Cathedral Sanctuary

Dear Friends,

We have two Sundays until Lent begins. It is time for all Christians to ponder how we will join Jesus as he goes out into the desert and fasts for 40 days. How can you join his fasting?

Most all my life, I have fasted from foods, coffee, sugar, etc. This discipline has taught me about my temptations and it has helped me turn to God when I am struggling with doing something that I **don't need to do, but it has been a self-centered process.** Why not fast in a way that impacts the world for the better?



We have many political views in our parish and a wide variety of understandings surrounding issues such as global warming: does the planet go through ages in which it is hotter and cooler, and these ages have little to do with us or has our pollution caused global warming? I will leave these debates to the scientists. But I do know one thing for sure: we are creating too much plastic and there is nowhere to put it. We have huge piles of plastic in our oceans and landfills now. It is killing wildlife.

**The only way to stop creating plastic is for the consumer to stop using it. That's us, folks. We have to stop using plastic.**

So let's fast from plastic this Lent! Here are three ways you can go about it.

1. Just refrain from allowing any store to put your merchandise in a plastic bag. Carry canvas bags and put them in the trunk of your car. Or just carry stuff out without a bag.
2. **Bring a bottle from home and fill your drinks up. Don't buy any new plastic bottles for individual drinks.**
3. **Don't use straws or buy recycled ones on amazon. At the restaurant, refuse the straw.**

There are many more ways we can cut down on plastic, things that are much harder to do like only shopping for stuff in cardboard or other recyclable materials. But these three things are a great start. If you can do more, fantastic.

Let us give thanks for this beautiful earth that God has made and do our best to care for it.  
#PLASTICFAST

Love,

Kate+

# SERMON NOTES

## ST. JOHN'S CATHEDRAL

256 East Church Street  
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Office Hours: Monday-Thursday 8 a.m. - 4 p.m.  
and Friday 8 a.m. - 3 p.m.

**Please remember St. John's Cathedral in your will or trust.**