



8 AM & 10:30 AM
January 25, 2026
Third Sunday after the Epiphany



SAINT JOHN'S
CATHEDRAL
EPISCOPAL DIOCESE OF FLORIDA



SAINT JOHN'S CATHEDRAL

EPISCOPAL DIOCESE OF FLORIDA

TODAY

Third Sunday after the Epiphany

Dean's Forum

9am | Taliaferro Hall

Today, we will talk about “Reason: The Gift from God that helps us navigate Scripture and Tradition.” Next Sunday, Feb. 1, the Dean’s Forum will not take place as we prepare for our Annual Meeting. On Feb. 8, Dean Kate and Rev. Neely Towe will talk about community at St. John’s Cathedral and Discipleship Groups.

Think Tank: Creation Care Part 2

11:45am | Taliaferro Hall

This session will focus on the JEA coal plant and the broader questions it raises about climate responsibility, public accountability, and the future of energy in our community.

Building on the recent Sierra Club press conference, we will discuss what was learned and explore how citizens can thoughtfully and effectively engage with JEA’s decision-making processes—particularly around transparency, public input, and actions related to the eventual closure of the coal plant. The conversation will center on education, civic engagement, and practical ways to stay informed and involved as these decisions unfold.

Thank you for continually and faithfully bringing bags of groceries for St. Mary’s Food Pantry. You can find their list of their most-needed items at stmarysjax.org/outreach.

NEXT SUNDAY, FEB. 1

11:30am - Annual Parish Meeting, Taliaferro Hall

Immediately following the 10:30am service, we will hear updates on our shared mission, receive the 2026 budget, and elect the incoming Vestry class. Lunch, live music, and fun to follow, including s’mores, games, and face painting for the children! Your presence matters, and we hope you will join us.

LOOKING AHEAD

Feb. 13 - Parents' Night Out: A Gift of Time | 5:30-8pm

Children ages 3 months through 11 years are welcome for a safe, joyful evening of play, stories, and loving care, while parents enjoy time to rest, reconnect, or celebrate Valentine’s weekend. Registration is limited to 25 children, so register on Realm today! Contact **Felicia Bullock** at fbullock@jaxcathedral.org for more information.

Feb. 20-21 - Joy in Lent: A Women's Retreat

Join the Women of St. John’s Cathedral on Retreat at Camp Weed for 24 hours of Friendship, Exploration, and Growth.

Arrival: 4-5:30 p.m. Friday, Feb. 20

Departure: 4 p.m. Saturday, Feb. 21

Speakers: Rev. Neely Towe and Dean Kate

Pricing:

Single - \$160.68 per person

Double - \$117.18 per person

Saturday only - \$26

Learn more and register on Realm. Please contact **Linda O'Dell** upon registering, and reach out if you have any questions: lodell@jaxcathedral.org

JANUARY OUTREACH

Clothing Drive for DESC Jax

From **January 1-31**, St. John’s Cathedral will be holding a clothing drive for DESC (Downtown Ecumenical Services Council) Jax. Clothing, shoes, and coats for men, women, and children will be accepted and gathered to donate on **February 1**. Drop off your donations at the Cathedral Bookstore to receive 10% off a purchase! Thank you for your generosity and continued support of our outreach ministries.

Phone: (904) 356-5507

Email: info@jaxcathedral.org

Address: 256 E. Church Street Jacksonville, FL 32202

Website: JAXCATHEDRAL.ORG



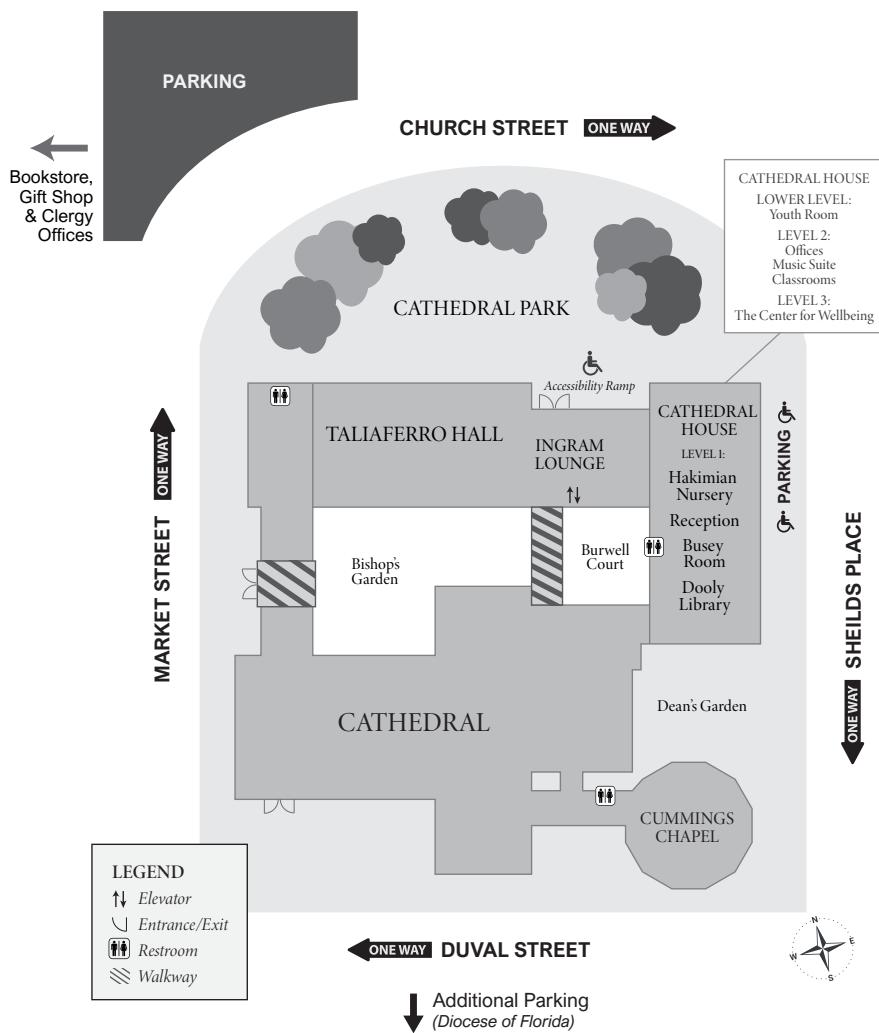
WELCOME

Whether you're visiting for the first time or you've been worshiping here for years, our welcome ministry - Engage@JaxCathedral is here to help you make a home for your faith at St. John's Cathedral.

Fill out the Welcome card in the pew back and place it in the offering plate, or complete the form online at jaxcathedral.org/welcome (or scan the QR code) so we can get to know you.



MAP



HOURS & INFORMATION

SUNDAY SCHEDULE

8am Holy Eucharist, spoken

9am Breakfast
Adult Formation: Dean's Forum,
Taliaferro Hall

For Children & Families: Family Eucharist (First Sundays), *Cummings Chapel*, Family Flex Cafe (activities for children ages 4 - 10), *Ingram Lounge*

10:30am Holy Eucharist, Rite II
with organ and choir

Children gather in the Taliaferro Hall foyer before the 10:30 a.m. service, and return to their families at the Peace. Blessing Bags with quiet activities are available for children who remain in the service.

11:45am Lunch and Fellowship, *Taliaferro Hall*

Hakimian Family Nursery Hours

10am to Noon

St. John's Cathedral Bookstore & Gift Shop Hours

Sun: 9am to 12:30pm
M-Th: 10am to 4pm
F: 10am to 3pm

Vestry

Steve Busey, *Chancellor*; John Sefton, *Subchancellor*; Martha Cox, *Sr. Warden*; Patrick Kimball, *Jr. Warden*; Paul Arrington, *Treasurer*; John Bass, John Erstling, Glenn Guiler, T. R. Hainline, Paige Hakimian, Lewis Hunt, Lisa McKenna, Laura Jane Pittman, Louis Russo, Adam Smith, Shane Williams

Clergy

The Very Rev. Kate Moorehead Carroll, *Dean*; The Rev. Canon Mark S. Anderson, *Vicar*; The Rev. Dr. Linda Privitera, *Associate Priest of Theology and the Arts*; The Rev. Thomas O'Dell, *Associate Priest for Welcome and Engagement*; The Rev. Sandra Kidd, *Deacon for Pastoral Care and Outreach*

Music

Timothy Tuller, *Canon for Music*

Throughout this service, items in **bold** are spoken by the congregation in unison.

At the sound of the bell, all stand. The bell tolls nine times, three times three is a symbol of the Trinity.

1982 Hymnal

We follow a cross to worship as Jesus said, "Take up your cross and follow me."

This prayer is said every Sunday. We ask God to purify our hearts for worship.

Silence.

This prayer changes each Sunday and summarizes a theme from today's Scripture readings.

All sit.

THE HOLY EUCHARIST

Voluntary

Symphonie IV, Charles-Marie Widor
III. Andante cantabile

Introit (10:30 a.m.)

O Sing Joyfully, Adrian Batten

O sing joyfully, o sing joyfully, unto God our strength. Make a cheerful noise unto the God Jacob. Take the song, bring hither the tabret: the merry harp with the lute. Blow up the trumpet in the new moon: ev'n in the time appointed, and upon our solemn feast day. For this was made a statute for Israel: and a law of the God of Jacob.

In Procession, Hymn #653 (8 a.m. St. 1-3)

"Dear Lord and Father of mankind" *Repton*

THE LITURGY OF THE WORD

Blessed be God.

Forever and ever. Amen.

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.

The Collect of the Day

God be with you.

And also with you.

Let us pray.

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lesson: 1 Corinthians 1:10-18

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

The Words of Holy Scripture.

Thanks be to God.

Psalm 27:1, 5-13

The Lord is my light and my salvation; whom then shall I fear? The Lord is the strength of my life; of whom then shall I be afraid?
One thing have I asked of the Lord; one thing I seek; that I may dwell in the house of the Lord all the days of my life;
To behold the fair beauty of the Lord and to seek him in his temple.
For in the day of trouble he shall keep me safe in his shelter; he shall hide me in the secrecy of his dwelling and set me high upon a rock.
Even now he lifts up my head above my enemies round about me.
Therefore I will offer in his dwelling an oblation with sounds of great gladness; I will sing and make music to the Lord.
Hearken to my voice, O Lord, when I call; have mercy on me and answer me.
You speak in my heart and say, "Seek my face." Your face, Lord, will I seek.
Hide not your face from me, nor turn away your servant in displeasure.
You have been my helper; cast me not away; do not forsake me, O God of my salvation.

This was the hymnal of the ancient Hebrew people.

Gospel Chant: "Come and Fill"

D Bm D A
Come and fill our hearts with your peace. You a-lone, O Lord, are ho-ly.

5 Em C Em A D
Come and fill our hearts with your peace, al-le-lu-ia!

All stand.

This chant is written by the Taizé Monastic Community in France. It is used for meditation and centering the mind.

The Holy Gospel: Matthew 4:12-23

The Holy Gospel of our Savior Jesus Christ according to Matthew.

Glory to you, O Christ.

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: "Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near." As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, "Follow me, and I will make you fish for people." Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him. Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

The Gospel is read from a golden book. Gold symbolizes heaven.

The good news of our Savior.
Praise to you, O Christ.

Repeat chant, page 5.

All sit.

A period of silence is kept following the sermon.

All stand.

The Nicene Creed is a statement of trust, and not of certainty. We are saying “We believe in you, God.”

“Come and Fill”

The Sermon

The Very Rev. Kate Moorehead Carroll

The Nicene Creed

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

The Prayers of the People are read by a member of our congregation and reflect the concerns of our day and our community.

As the light of Christ was made known thousands of years ago – drawing seekers, scattering shadows, shining where we least expected – so open our eyes to see that same light among us today. Let us pray to the God whose light no darkness can overcome.
**Light of Christ,
Shine upon us.**

For your Church in every place: where faith is bold, where faith is fragile, where faith is hidden. Make us a people of welcome and witness, of truth and tenderness. And within our community, may our life together be a shining light so that our city is drawn toward deeper love and abiding justice. Light of Christ,
Shine upon us.

For the nations of the earth, and for all in authority: give wisdom without cynicism, courage without cruelty, and strength shaped by mercy. Where violence rages, inspire peace. Where fear rules, kindle hope. Where truth is distorted, set it straight. Light of Christ,
Shine upon us.

For our city and our neighbors – especially those who feel unseen: the poor, the lonely, the immigrants, the unhoused, the incarcerated, and those carrying burdens no one knows. Make us attentive, generous, and brave in love. Light of Christ,
Shine upon us.

For the sick, the weary, and the grieving; for those anxious in the night, and those numb in the day; for those strained by addiction, depression, or despair. Be near to all who suffer, and inspire us to bring healing where it is needed most. Light of Christ,
Shine upon us.

For our own lives: where we are tempted to withdraw, guide us into community; where we are tempted to anger, give us peace; where we are tempted to despair, hold us fast. Teach us to walk as children of light. Light of Christ,
Shine upon us.

For those who have died, and for all who mourn. Gather them into your eternal day, and comfort us with the promise that love is stronger than death, and that nothing can separate us from your life. Light of Christ,

Shine upon us.

We give you thanks: for joys we can name and joys we haven't yet acknowledged; for beauty that steadied us; for grace that found us. Transform our thanksgiving into a way of life and a beacon of your love. Light of Christ,

Shine upon us.

Confession of Sin

Let us confess our sins against God and our neighbor.

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.

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 Peace of the Lord be always with you.
And also with you.

Welcome and Announcements

THE HOLY COMMUNION

The Offertory Anthem (10:30 a.m.) Christ, whose glory fills the skies, T. Frederick H. Candlyn

Christ, whose glory fills the skies, Christ, the true, the only Light, Sun of Righteousness, arise! Triumph over shades of night; Dayspring from on high, be near; Daystar, in my heart appear! Dark and cheerless is the morn unaccompanied by thee; joyless is the day's return till thy mercy's beams I see, as they inward light impart, glad my eyes, and warm my heart. Visit then this soul of mine! Pierce the gloom of sin and grief! Fill me, radiancy divine; scatter all my unbelief; more and more thyself display, shining to the perfect day.

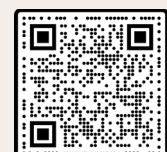
The celebrant concludes the prayers.

All kneel or stand as able. A period of silence invites us to reflect on our own lives and our need for forgiveness.

Confession is a process of letting go, forgiving others, and being forgiven by God.

The Resurrected Christ, when he appeared to the disciples, said these words.

As the altar is prepared for Holy Communion, please place your offering in the collection plate as it is passed. You may also give by texting "jaxcathedral \$(amount)" to 73256, or use the QR code to give online. Thank you for your generosity.



The Great Thanksgiving

Eucharistic Prayer C

The Lord be with you.
And also with you.

Lift up your hearts.
We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

God of all power, Ruler of the Universe, you are worthy of glory and praise.
Glory to you for ever and ever.

At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.
By your will they were created and have their being.

From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.
Have mercy, Lord, for we are sinners in your sight.

Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.
By his blood, he reconciled us. By his wounds, we are healed.

And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

The musical notation consists of two staves of music in common time (indicated by '4'). The top staff uses a soprano C-clef, and the bottom staff uses an alto F-clef. The lyrics are as follows:

Ho - ly, ho - ly, ho - ly, my heart, my heart a - dores you! My
heart pours out my praise to - you; you are ho - ly, Lord.

The Sanctus is sung 3 times.

This ancient song, called the Sanctus, is sung by the angels in the book of Revelation.

All kneel or stand as able.

These words come from Scripture:
Matthew 26:26-29
Mark 14:22-25
Luke 22:14-20
1 Corinthians 11:23-26

And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord.

On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, 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, gave thanks, 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."

Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving:

We celebrate his death and resurrection, as we await the day of his coming.

Lord God of our Ancestors; God of Abraham, Isaac, and Jacob; Sarah, Rebekah, Leah, and Rachel; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

Risen Lord, be known to us in the breaking of the Bread.

Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation.

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.

Alleluia. Christ our Passover is sacrificed for us; therefore let us keep the feast.
Alleluia.

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.

Music at Communion (10:30 a.m.)

Anthem

Where Charity and Love Prevail, Omar Westendorf
St. John's Celebration Choir

Hymn #661

"They cast their nets in Galilee" *Georgetown*

Psalm 27:1-7

Ivor Atkins

Prayer of Sending and Service

Let us pray.

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.

All who long for God are welcome to receive Communion. If you are not baptized, we invite you to speak with a member of the clergy about Baptism, the doorway into the Church's full sacramental life.

Everyone is also welcome to come to the altar for a blessing, indicated by folding your arms across your chest.

Please let clergy know if you would like a gluten-free wafer.

If you would like to receive communion and are unable to come to the altar, please ask an usher for assistance.

If you are in need of confidential prayers, please come to the Baptismal Font.

At 10:30 a.m., a socially-distant communion table is set in the chapel to the left of the altar (the North Transept).

All sing. 1982 Hymnal

Sung by the Cathedral Choir.

The Blessing

May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord. And may the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

*All stand. 1982 Hymnal.
We follow the cross into the
world to be the hands and feet
of Christ.*

In Recession, Hymn #661 (8 a.m.)

“They cast their nets in Galilee” *Georgetown*

In Recession, Hymn #381 (10:30 a.m.) “Thy strong word did cleave the darkness” *Ton-y-Botel*

The Dismissal

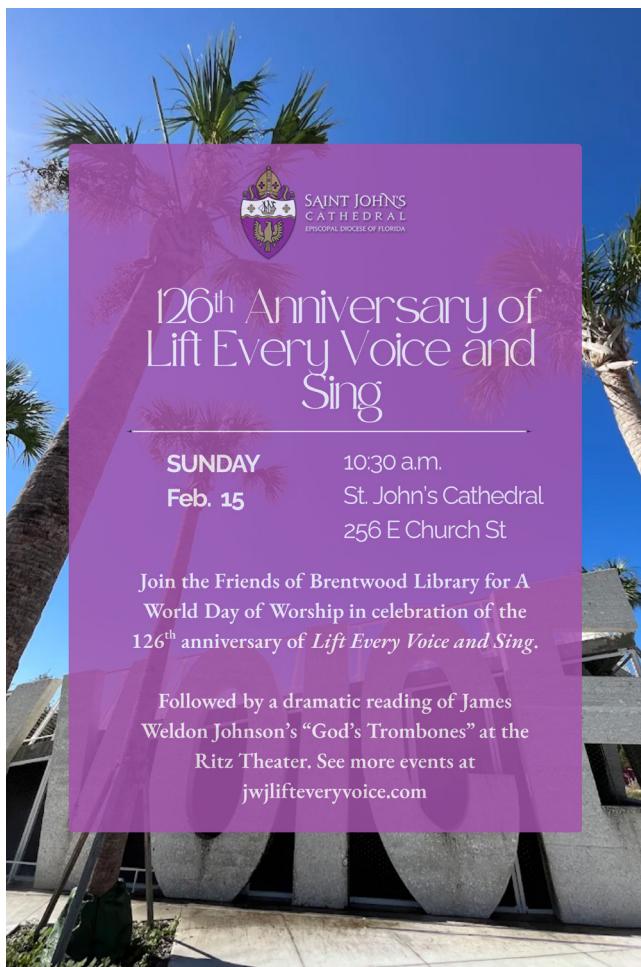
Go in peace to love and serve the Lord. Alleluia, alleluia!

Thanks be to God. Alleluia, Alleluia!

Voluntary

Symphonie IV, Charles-Marie Widor
VI. Final

The flowers at the altar today are given to the Glory of God.



126th Anniversary of Lift Every Voice and Sing



SUNDAY

Feb. 15

10:30 a.m.

St. John's Cathedral
256 E Church St

Join the Friends of Brentwood Library for A World Day of Worship in celebration of the 126th anniversary of *Lift Every Voice and Sing*.

Followed by a dramatic reading of James Weldon Johnson's "God's Trombones" at the Ritz Theater. See more events at jwlifteveryvoice.com



Dean's Forum: The Chosen Returns

SUNDAYS

Feb. 22 -

Mar. 22

9 a.m.

Taliaferro Hall

Last Summer we explored Seasons 1-4 and ended with Jesus riding into Jerusalem. This Lent, we will watch & discuss clips from Season 5, as Jesus and his disciples experience "Holy Week."

Calendar

MON. 1/26

8am - Centering Prayer, *Zoom*

Start your week off with guided centering prayer. Contact Owene at owene_courtney@yahoo.com.

6-7:15pm - Yoga, *Cummings Chapel*

Free, gentle yoga practice, led by Megan Cochran.

TUES. 1/27

7:30am - Early Morning Bible Study: *Philippians, "A Roadmap to Freedom," Ingram Lounge*

Led by Mark Anderson and Tom O'Dell. Come when you can, the coffee's ready!

10am - Art Group, *The Painting Place (under Taliaferro Hall)*

Come paint with us. Contact Kathie at meuselbachkl@yahoo.com.

4-6pm - Cancer Support Group, *Room 303*

All are welcome, regardless of faith tradition or stage in the journey. Contact Lisa at lisamck@bellsouth.net.

WED. 1/28

11am - Growing Through the Word, *Busey Conference Room and Zoom*

An insightful discussion of the upcoming Sunday's lectionary readings. Led by Deacon Saundra Kidd.

11:30am - Beginning Meditation, *Room 303*

This six-week class is designed for those who are new to meditation, as well as those who would welcome a refresher in a supportive, guided setting.

12:10pm - Healing Service, *Cummings Chapel*

A weekly gathering of prayer and the Holy Eucharist.

6pm - Art Group, *The Painting Place (under Taliaferro Hall)*

Gather with fellow artists and paint to your heart's content. Contact Heather at chihuahua7044@att.net.

THURS. 1/29

9:30-10:30am - Centering Prayer, *Dooly Library*

Let go of distractions; open your heart to the divine within.

12-1pm - Art@Noon, *Zoom*

Why Artists Love Fruit: the Secret Life of Still Life. Visit jaxcathedralbooks.org for more information and the Zoom link.

12:30-2pm - Introduction to Wellbeing, *Center for Wellbeing*

A free, six-session group experience designed to help you explore what truly matters to you—and take practical, meaningful steps toward better well-being.

FRI. 1/30

9-10:30am - Reading Between the Lines, *Zoom*

An online Scripture study supplemented by art, literature, poetry. Contact Owene at ocourtney@jaxcathedral.org.

SAT. 1/31

No Cathedral Events

SUN. 2/1

11:30am - Annual Parish Meeting, *Taliaferro Hall*

We will hear updates on our shared mission, receive the 2026 budget, and elect the incoming Vestry class. Lunch, live music, and fun to follow, including s'mores and face painting for children! Your presence matters, and we hope you will join us.

MON. 2/2

8am - Centering Prayer, *Zoom*

Start your week off with guided centering prayer. Contact Owene at owene_courtney@yahoo.com.

12-1pm - First Monday Book Club, *Zoom*

How We Learn To Be Brave: Decisive Moments in Life and Faith, by Marianne Edgar Budde. Visit jaxcathedralbooks.org for more information and the Zoom link.

6-7:15pm - Yoga, *Cummings Chapel*

Free, gentle yoga practice, led by Megan Cochran.

TUES. 2/3

7:30am - Early Morning Bible Study: *Philippians, "A Roadmap to Freedom," Ingram Lounge*

Led by Mark Anderson and Tom O'Dell. Come when you can, the coffee's ready!

10am - Art Group, *The Painting Place (under Taliaferro Hall)*

Come paint with us. Contact Kathie at meuselbachkl@yahoo.com.

4-6pm - Cancer Support Group, *Room 303*

All are welcome, regardless of faith tradition or stage in the journey. Contact Lisa at lisamck@bellsouth.net.

WED. 2/4

11am - Growing Through the Word, Busey Conference Room and Zoom

An insightful discussion of the upcoming Sunday's lectionary readings. Led by Deacon Saundra Kidd.

11:30am - Beginning Meditation, Room 303

This six-week class is designed for those who are new to meditation, as well as those who would welcome a refresher in a supportive, guided setting.

12:10pm - Healing Service, Cummings Chapel

A weekly gathering of prayer and the Holy Eucharist.

6pm - Art Group, The Painting Place (under Taliaferro Hall)

Gather with fellow artists and paint to your heart's content. Contact Heather at chihuahua7044@att.net.

THURS. 2/5

9:30-10:30am - Centering Prayer, Dooly Library

Let go of distractions; open your heart to the divine within.

12:30-2pm - Introduction to Wellbeing,

Center for Wellbeing

A free, six-session group experience designed to help you explore what truly matters to you—and take practical, meaningful steps toward better well-being.

FRI. 2/6

9-10:30am - Reading Between the Lines, Zoom

An online Scripture study supplemented by art, literature, poetry. Contact Owene at ocourtney@jaxcathedral.org.

SAT. 2/7

10am-3pm - Arts of the Spirit Workshop, Room 305

Create your own Lenten Devotional Journal! Led by the Rev. Dr. Linda Privitera. \$20 per person. Learn more and register on Realm.

SUN. 2/8

9am - Dean's Forum, Taliaferro Hall

Join Dean Kate and Rev. Neely Towe to hear about Discipleship Groups.

Visit. Follow. Engage.

Follow St. John's Cathedral, Bookstore, and Center for Wellbeing on social media for updates and announcements!



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Center for Wellbeing at St. John's Cathedral



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Realm is an online church community where we can connect with each other outside our Sunday gatherings. We'd love for you to take part! Connecting on Realm gives you access to register for upcoming events, join ministry groups, and manage your giving. To request an account setup link, contact Linda O'Dell at lodell@jaxcathedral.org

Pastoral Care

If you are in need of pastoral care, visit jaxcathedral.org/pastoral-care to complete the request form, and we will respond quickly and confidentially. If you have an emergency and want to reach a priest, please call **(904) 356-5507 and press 4**. For information on Baptisms, Confirmations, Weddings, and Funerals, please visit jaxcathedral.org/life-events.