



8 AM & 10:30 AM
February 8, 2026
Fifth Sunday after the Epiphany



SAINT JOHN'S
CATHEDRAL
EPISCOPAL DIOCESE OF FLORIDA



TODAY

Fifth Sunday after the Epiphany

Dean's Forum | 9am | Taliaferro Hall

Dean Kate and Rev. Neely Towe will talk about Community and Discipleship Groups.

Lenten Art Exhibition: Crosses

During Lent, Dean Kate invites parishioners to loan a cross for a parish-wide exhibition in Taliaferro Hall. Drop off crosses in Room 301, The Center for Wellbeing, and complete the registration form provided. Each cross will help tell the story of faith we carry and share during the Lenten journey.

ASH WEDNESDAY, FEB. 18

Ash Wednesday, the first of the forty days of Lent, is named for the custom of placing blessed ashes on the foreheads of worshipers. The ashes are a sign of penitence and a reminder of mortality. Join us for one of our three Ash Wednesday services as we begin our Lenten fast. **Ash Wednesday Services will be held at 7 a.m., 12 p.m.**

6 p.m.* PLEASE NOTE: This year, the last service with the Choir will be at 6 p.m. and will be livestreamed.

This year, St. John's Cathedral will take part in **Ashes to Go**, an opportunity to receive ashes outside the walls of the church, in the midst of daily life. Beginning at **9 a.m. in James Weldon Johnson Park**, The Rev. Dr. Linda Privitera and The Rev. Catherine Montgomery will offer the imposition of ashes and a brief prayer to all who pass by. "When we receive ashes in public, we proclaim where we have come from—God—and where we are going—back to God," shares Linda. "The ashes remind us to be the best humans we can be." If you are unable to attend the scheduled Ash Wednesday services at the Cathedral, we invite you to stop by the park, receive ashes, and begin the season of Lent with prayer and intention.

Phone: (904) 356-5507

Email: info@jaxcathedral.org

Address: 256 E. Church Street Jacksonville, FL 32202

2

Website: JAXCATHEDRAL.ORG

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. 15

126th Anniversary of Lift Every Voice and Sing

10:30am | Cathedral Nave

Join the Friends of Brentwood Library for A World Day of Worship in celebration of the 126th anniversary of *Lift Every Voice and Sing* during the 10:30 a.m. service, with the theme of "Acknowledging the Past and Triumph over Struggle." During lunch in Taliaferro Hall, Dean Kate will interview Sharon Coon, founder of the Friends of Brentwood Library. The celebration will continue at 2 p.m. with a dramatic reading from of James Weldon Johnson's "God's Trombones" at the Ritz Theater, read by The Rev. Dr. Linda Privitera.

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 - Finding Joy in Lent: Women's Retreat at Camp Weed

"Take, oh, take me as I am; summon out what I shall be."

- Welcome Party - Silent Reflection - Burning Ceremony to Let Go - Journaling - Holy Eucharist - Creation of Mandala of Hope.
- Arrive between 4-5:30 p.m. on Feb. 20; depart at 4 p.m. on Feb. 21
- Speakers: Rev. Neely Towe & Dean Kate Moorehead Carroll
- Register at <https://www.campweed.org/events> or scan the QR code shown here.
- For more information, contact Linda O'Dell at lodell@jaxcathedral.org.



Wednesdays, Feb. 25-Mar. 25 - "Stand with the Lamb" Prayer Dinners | 5:30pm | Taliaferro Hall

Dean Kate invites you to "Stand with the Lamb" in prayer on Wednesday evenings in Lent. We will learn about prayer and experience praying together, ending with Compline. A simple meal will follow at 6:30pm. Please join us.

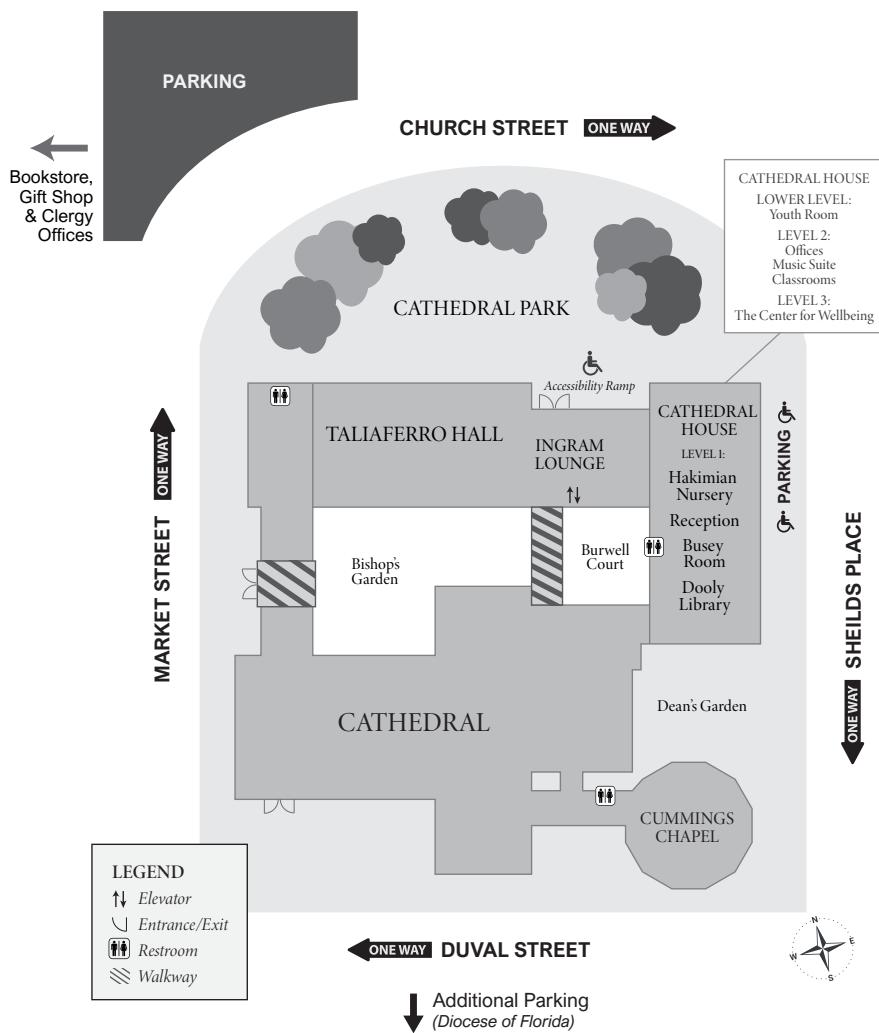
WELCOME

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

Sonata in F minor, Georg Philipp Telemann
II. Allegro
Marc Dickman, euphonium

Introit (10:30 a.m.)

I Sat Down, Edward C. Bairstow

I sat down under His shadow with great delight, and His fruit was sweet to my taste.
He brought me to the banqueting house, and His banner over me was love.

In Procession, Hymn #126 (8 a.m.)

"The people who in darkness walked" Dundee

In Procession, Hymn #518 (10:30 a.m.) "Christ is made the sure foundation" Westminster Abbey

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.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Lesson: 1 Corinthians 2:1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart

conceived, what God has prepared for those who love him"—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

The Words of Holy Scripture.

Thanks be to God.

Psalm 112:1-9

Hallelujah! Happy are they who fear the Lord and have great delight in his commandments!

Their descendants will be mighty in the land; the generation of the upright will be blessed.

Wealth and riches will be in their house, and their righteousness will last for ever.

Light shines in the darkness for the upright; the righteous are merciful and full of compassion.

It is good for them to be generous in lending and to manage their affairs with justice.

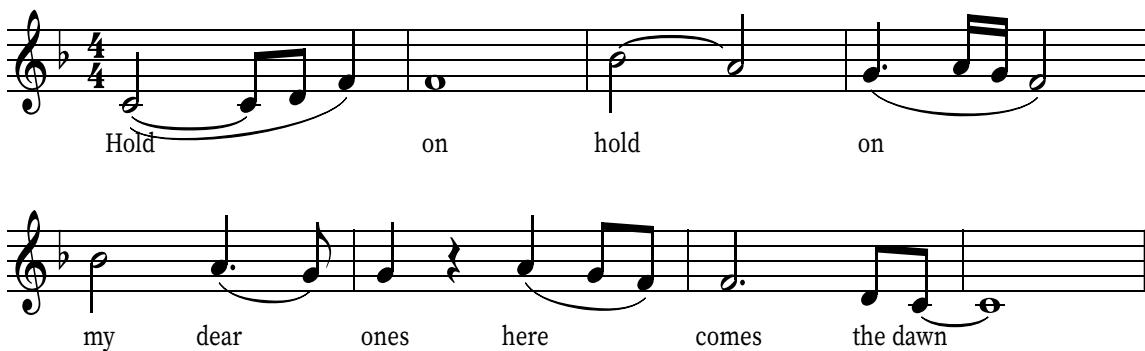
For they will never be shaken; the righteous will be kept in everlasting remembrance.

They will not be afraid of any evil rumors; their heart is right; they put their trust in the Lord.

Their heart is established and will not shrink, until they see their desire upon their enemies.

They have given freely to the poor, and their righteousness stands fast for ever; they will hold up their head with honor.

Gospel Chant: "Hold On," by Heidi Wilson



The Holy Gospel: Matthew 5:13-20

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

Glory to you, O Christ.

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may

The Psalter was the hymnal of the ancient Hebrew people.

All stand.

"This song is for getting through the long nights of winter, and the long nights of healing, and the long dark spells of doubt." - Heidi Wilson

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

see your good works and give glory to your Father in heaven. Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of 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.”

“Hold On”

The Sermon

The Rev. Canon Mark S. Anderson

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

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 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.



All stand. 1982 Hymnal

THE HOLY COMMUNION

The Offertory Anthem (10:30 a.m.)

The spacious firmament, Herbert Sumsion

The Spacious Firmament on high, with all the blue Ethereal Sky, and spangled Heav'ns, a Shining Frame, their great Original proclaim. The unwearied Sun, from day to day, does his Creator's Pow'r display, and publishes to every Land the Work of an Almighty Hand. Soon as the Evening Shades prevail, the Moon takes up the wondrous Tale, and nightly to the list'ning Earth repeats the Story of her Birth. Whilst all the Stars that round her burn, and all the Planets, in their turn, confirm the Tidings as they roll, and spread the Truth from Pole to Pole. What though, in solemn Silence, all move round the dark terrestrial Ball? What tho' nor real Voice nor Sound amid their radiant Orbs be found? In Reason's Ear they all rejoice, and utter forth a glorious Voice, for ever singing, as they shine, the Hand that made us is Divine. *-Joseph Addison*

Hymn #9 (St. 1-4)

"Not here for high and holy things" *Morning Song*

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:

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.

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.

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

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).

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

Anthem

God Be In My Head, Grayson Warren Brown
St. John's Celebration Choir

Solo

The Swan, Camillie Saint-Saëns
Marc Dickman, euphonium

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.

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.**

In Recession, Hymn #544 (8 a.m. St. 1-3) "Jesus shall reign where e'er the sun" *Duke Street*

The Dismissal

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

Voluntary

Sonata No. 2 in C minor, Felix Mendelssohn
IV. Fuga: Allegro moderato



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

Calendar

MON. 2/9

8am - Centering Prayer, *Zoom*

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

6pm - Yoga, *Cummings Chapel*

Free, gentle yoga practice, led by Megan Cochran.

TUES. 2/10

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.

11:15am - Art@Noon, *Cummer Museum*

Quiet Life: A Still Life Art Walk tour and optional lunch. Learn more and register at jaxcathedralbooks.org.

4pm - Cancer Support Group, *Room 303*

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

6:30pm - Documentary Screening:

“Unfiltered,” *Taliaferro Hall*

Join the Green Spirits and St. Johns Riverkeeper for a screening of “Unfiltered: The Truth About Oysters.”

WED. 2/11

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.

1pm - Prayerful Crafts, *Dooly Library*

Whether your gift is knitting, crocheting, painting, or any other craft, come join us! Contact Robin at rcclass@yahoo.com.

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. 2/12

8:15am - Divorce Support Group, *Room 304*

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

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

12pm - Introduction to Wellbeing, *Room 302*

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. 2/13

9am - Reading Between the Lines, *Zoom*

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

5:30-8pm - Parents’ Night Out: A Gift of Time

See page 2 for more information.

SAT. 2/14

No Cathedral Events. **Happy Valentine’s Day!**

SUN. 2/15

10:30am - Lift Every Voice and Sing:

126th Anniversary Celebration

See page 2 for more information.

MON. 2/16

Cathedral Offices, Bookstore, and Center for Wellbeing will be closed in observance of President’s Day.

TUES. 2/17

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.

4pm - Cancer Support Group, *Room 303*

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

5:30pm - Shrove Tuesday Pancake Supper, *Taliaferro Hall*

The Brotherhood of St. Andrews cordially invites you to this fun-filled event. Bring your appetite and be ready to indulge in some tasty pancakes, eggs, and sausages. Register on Realm.

WED. 2/18

Ash Wednesday: See page 2 for information about Ash Wednesday services and Ashes to go.

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.

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. 2/19

8:15am - Divorce Support Group, Room 304

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

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

12:30pm - Introduction to Wellbeing, Room 302

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. 2/20

9am - Reading Between the Lines, *Zoom*

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

SAT. 2/21

No Cathedral Events

SUN. 2/22

9am - Dean's Forum, *Taliaferro Hall*

Join us as we watch and discuss Season 5 of "The Chosen," as Jesus and his disciples experience Holy Week. You can watch "The Chosen" on Prime Video, Apple TV or The Chosen app.

4pm - Lenten Choral Evensong, *Cathedral Nave*

Offered on the First Sunday in Lent, this choral service provides the perfect opportunity to mentally unwind, find peace, and spiritually prepare oneself for the Lenten season. Directed by Timothy Tuller, Canon for Music.

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



Scan the QR code to subscribe to our weekly newsletter, the Eagle.



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.