



8 AM & 10:30 AM

February 22, 2026

*First Sunday in Lent*



SAINT JOHN'S  
CATHEDRAL  
EPISCOPAL DIOCESE OF FLORIDA



**SAINT JOHN'S  
CATHEDRAL**  
EPISCOPAL DIOCESE OF FLORIDA

*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](http://stmarysjax.org/outreach).*

## TODAY

### First Sunday in Lent

#### 9am - Dean's Forum: "The Chosen," Season 5

*Taliaferro Hall*

"**Job Descriptions Change**" as Jesus prepares his disciples for his death and the new roles they will take on. Simon Peter's betrayal is foretold.

Next Sunday, March 1: "**What Makes a Good Disciple?**"

The disciples argue over who is the greatest and Judas' confused feelings are showing.

#### 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.

## Walking Through Lent

### Wednesdays in Lent (Feb. 25- Mar. 25), 5:30pm - Praying with Jesus: Lenten Prayer & Dinner,

*Taliaferro Hall*

Dean Kate and Clergy will teach us a different type of prayer each week. At 6:30pm, a simple meal of soup, salad & bread is served in Taliaferro.

### Friday, March 6, 5:30pm - Stations of the Cross,

*Cathedral Nave*

Join Vince Ferrigno for this guided, prayerful walk through the Cathedral.

## Fasting and Outreach

- This Lent, try a different kind of fast: a Plastic Fast. Our Green Spirits and Creation Keepers will be taking on the practice of eliminating single-use plastics for 40 days, and we invite the whole Cathedral community to join them in this intentional act of care for God's creation, a practice that may be both challenging and meaningful enough to carry forward beyond Lent. Look for tips on our social media channels!
- From **February 22-April 5 (Easter Sunday)**, St. John's Cathedral will be holding a diaper drive for immigrants and refugees, in partnership with Lutheran Social Services. We are requesting diapers from size P to size 7. 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.
- Our next Blood Drive will take place on **Sunday, March 15, from 8am-12pm**. All donors receive 10% off a purchase at the Cathedral Bookstore! Please bring your ID and eat a good breakfast before donating.

## Looking Ahead

### Sunday, March 8, 4pm - First Coast Wind Symphony Benefit Concert, *Cathedral Nave*

Join us for an enjoyable program featuring the FCWS Chamber Winds! This concert will include music by the group's flute, clarinet, and trombone groups, and the brass quintet. The featured chamber work is Kurt Weill's "Little Threepenny Music," a suite for wind ensemble drawn from his 1928 play with music titled *The Threepenny Opera*, a German theater work with a libretto by Bertolt Brecht. Weill's music, based on 1920's jazz and dance music, includes the hit song "Mack The Knife." This is a ticketed event to support the annual FCWS High School Concerto Competition. Tickets are a \$20 donation (\$10 for students with ID) and are available at the door or online at [eventbrite.com](http://eventbrite.com).

Phone: (904) 356-5507

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Website: [JAXCATHEDRAL.ORG](http://JAXCATHEDRAL.ORG)

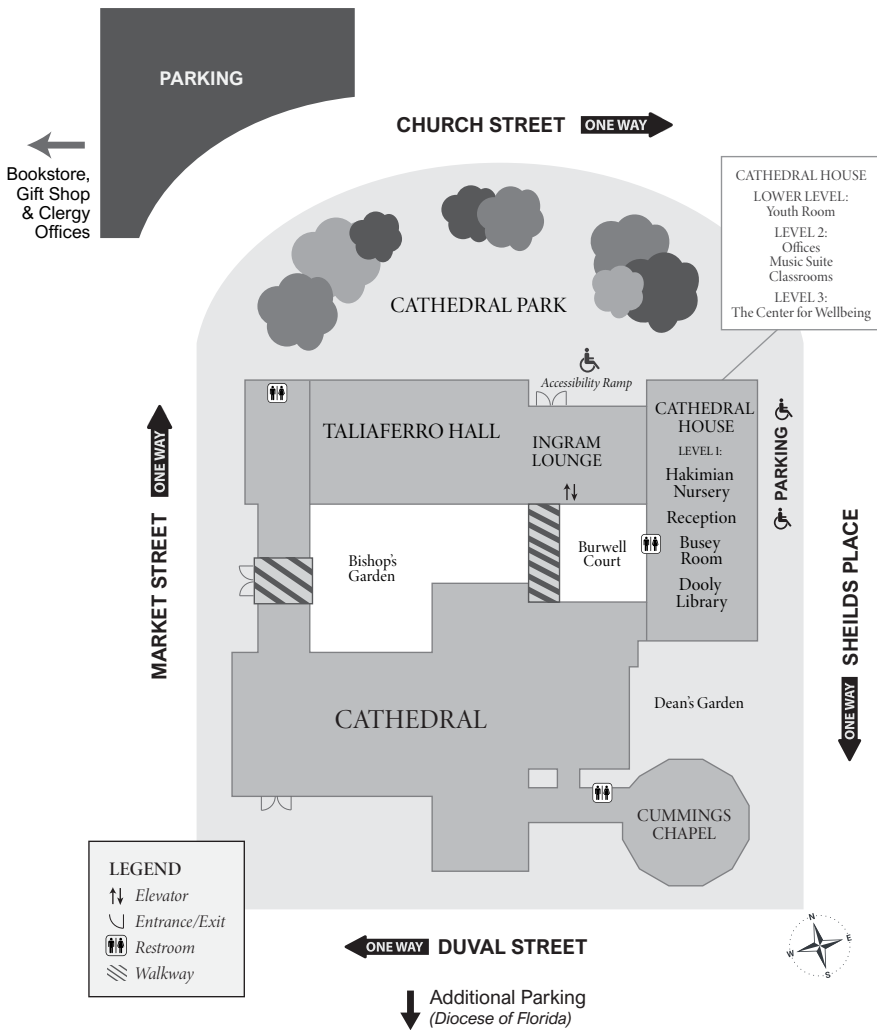
## WELCOME

Whether you're visiting for the first time or you've been worshipping 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](http://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

John Sefton, *Chancellor*; 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.

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

The Great Litany is an ancient series of prayers used to begin the forty day season of Lent. We process around the church to surround the congregation with our prayers.

## THE HOLY EUCHARIST

Voluntary

Prelude on *Herzlich tut mich erfreuen*, Johannes Brahms

Introit (10:30 a.m.)

Thou knowest, Lord, the secrets of our hearts, Henry Purcell

Thou knowest, Lord, the secrets of our hearts; shut not Thy merciful ear unto our prayer; but spare us, Lord most holy, O God most mighty, O holy and most merciful Savior, Thou most worthy Judge eternal, suffer us not at our last hour, for any pains of death to fall from Thee. Amen.

In Procession, The Great Litany (spoken 8 a.m. sung at 10:30 a.m.)

Holy God, Creator of heaven and earth,

**Have mercy on us.**

Holy and Mighty, Redeemer of the world,

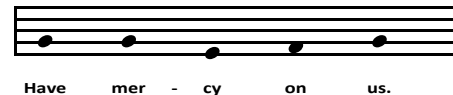
**Have mercy on us.**

Holy Immortal One, Sanctifier of the faithful,

**Have mercy on us.**

Holy, blessed and glorious Trinity, One God,

**Have mercy on us.**



From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,

**Savior deliver us.**

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,

**Savior deliver us.**

From sins of body and mind; from deceits of the world, flesh and the devil,

**Savior deliver us.**

From famine and disaster; from violence, murder, and dying unprepared,

**Savior deliver us.**

In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,

**Savior deliver us.**

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

**Savior deliver us.**

By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,

**Savior deliver us.**

By your agony and trial; by your cross and passion; by your precious death and burial,

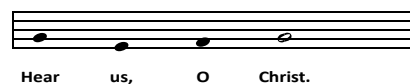
**Savior deliver us.**

By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

**Savior deliver us.**

Hear our prayers, O Christ our God.

**Hear us, O Christ.**



Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.

**Hear us, O Christ.**

Guide the leaders of all nations into the ways of peace and justice.

**Hear us, O Christ.**

Give your wisdom, grace, and strength to the President of the United States, the Governor of this state, and the Mayor of this city that in all things they may do your will, for your glory and the common good.

**Hear us, O Christ.**

Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.

**Hear us, O Christ.**

Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.

**Hear us, O Christ.**

Give us the will to use the resources of the earth to your glory and for the good of all.

**Hear us, O Christ.**

Bless and keep all your people,

**Hear us, O Christ.**

Comfort and liberate the lonely, the bereaved and the oppressed.

**Hear us, O Christ.**

Keep in safety those who travel and all who are in peril.

**Hear us, O Christ.**

Heal the sick in body, mind or spirit and provide for the homeless, the immigrant, the hungry, and the destitute.

**Hear us, O Christ.**

Guard and protect all children who are in danger.

**Hear us, O Christ.**

Show your compassion on prisoners, hostages and refugees, and all who are in trouble.

**Hear us, O Christ.**

Forgive our enemies, persecutors and slanderers, and turn their hearts.

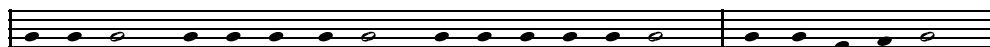
**Hear us, O Christ.**

Hear us as we remember those who have died and grant us with them a share in your eternal glory.

**Hear us, O Christ.**

Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

**Holy God, Holy and Mighty, Holy Immortal One, Have mercy on us.**



Ho - ly God, Ho - ly and Might-y, Ho - ly Im - mor - tal One, Have mer - cy on us.

The Collect of the Day

God be with you.

**And also with you.**

Let us pray.

*Silence.*

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

*All sit.*

*The Psalms are the Church's oldest hymnal and prayer book. Even before the Church existed, Jesus himself prayed these words. In worship, the psalm is often spoken together as a way of shaping our community's hearts.*

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Lesson: Romans 5:12-19

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Words of Holy Scripture.

**Thanks be to God.**

Psalm 32

**Happy are they whose transgressions are forgiven, and whose sin is put away!  
Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile!**

**While I held my tongue, my bones withered away, because of my groaning all day long.**

**For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.**

**Then I acknowledged my sin to you, and did not conceal my guilt.**

**I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin.**

**Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them.**

**You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance.**

**"I will instruct you and teach you in the way that you should go; I will guide you with my eye.**

**Do not be like horse or mule, which have no understanding; who must be fitted with bit and bridle, or else they will not stay near you."**

**Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord.**

**Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart.**

Gospel Chant: "Take, O Take Me As I Am," by John Bell

Take, oh, take me as I am; sum - mon out what I shall  
4  
be; set your seal up - on my heart and live in me.

The Holy Gospel: Matthew 17:1-9

The Holy Gospel of our Savior Jesus Christ according to Matthew.  
**Glory to you, O Christ.**

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

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

"Take, O Take Me As I Am"

The Sermon

The Rev. Canon Mark S. Anderson

*All stand.*

*We sing, offering ourselves to God to prepare for the Gospel.*

*The clergy read the Gospel in the midst of the congregation because in Jesus the Word of God was carried to the people.*

*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.”*

*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 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 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.)

Let nothing ever grieve thee, Johannes Brahms

Let nothing ever grieve thee, distress thee, be still now; heed God's good will, my soul, be still, compose thee. Why brood all day in sorrow? Tomorrow will bring thee God's help benign and grace sublime in mercy. Be true in all endeavor and ever ply bravely; what God decrees brings joy and peace, He'll stay thee, Amen.

Hymn #148 (St. 1 & 5)

“Creator of the earth and skies” *Uffingham*

## The Great Thanksgiving

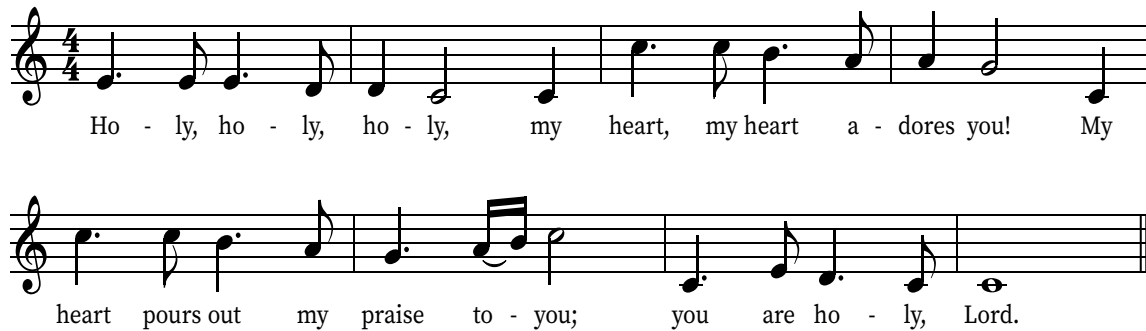
Enriching Our Worship I

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.**

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy; through Jesus Christ our Lord, who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. You have filled us and all creation with your blessing and fed us with your constant love; you have redeemed us in Jesus Christ and knit us into one body. Through your Spirit you replenish us and call us to fullness of life. Therefore, joining with Angels and Archangels and with the faithful of every generation, we lift our voices with all creation as we sing:



Blessed are you, gracious God, creator of the universe and giver of life. You formed us in your own image and called us to dwell in your infinite love. You gave the world into our care that we might be your faithful stewards and show forth your bountiful grace. But we failed to honor your image in one another and in ourselves; we would not see your goodness in the world around us; and so we violated your creation, abused one another, and rejected your love.

Yet you never ceased to care for us, and prepared the way of salvation for all people. Through Abraham and Sarah you called us into covenant with you. You delivered us from slavery, sustained us in the wilderness, and raised up prophets to renew your promise of salvation. Then, in the fullness of time, you sent your eternal Word, made mortal flesh in Jesus. Born into the human family, and dwelling among us, he revealed your glory. Giving himself freely to death on the cross, he triumphed over evil, opening the way of freedom and life.

On the night before he died for us, Our Savior Jesus Christ took bread, and when he had given thanks to you, he broke it, 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.”

As supper was ending, Jesus 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 poured out for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore, we proclaim the mystery of faith:

**Christ has died. Christ is risen. Christ will come again.**

Remembering his death and resurrection, we now present to you from your creation this bread and this wine. By your Holy Spirit may they be for us the Body and Blood of our Savior Jesus Christ. Grant that we who share these gifts may be filled with the Holy Spirit and live as Christ’s Body in the world. Bring us into the everlasting heritage of your daughters and sons, that with all your saints, past, present, and yet to come, we

*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 chapel to the right of the altar (the South Transcept).*

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

*All sing. 1982 Hymnal*

*Sung by the Cathedral Choir.*

*We thank God for the gift of Christ's body and blood.*

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

may praise your Name for ever. Through Christ and with Christ and in Christ, in the unity of the Holy Spirit, to you be honor, glory, and praise, for ever and 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 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

Drop, Drop Slow Tears, Orlando Gibbons  
*St. John's Celebration Choir*

Hymn #142

"Lord, who throughout these forty days" *St. Flavian*

Motet

Adoramus te, G. P. da Palestrina

Christ, we do all adore Thee, and we praise Thee forever, for on the Holy Cross Thou hast redeemed the world from sin.

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

Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. And may the blessing of God Almighty be upon you and remain with you for ever.

**Amen.**

In Recession, Hymn #149

"Eternal Lord of love, behold your Church" *Old 124th*

The Dismissal

Go in peace to love and serve the Lord.

**Thanks be to God.**

Voluntary

As Jesus stood beside the cross, J. S. Bach



# Calendar

## MON. 2/23

### 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. 2/24

### 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.

## WED. 2/25

### 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.

### 5:30pm - Praying with Jesus:

#### Lenten Prayer & Dinner, Taliaferro Hall

Dean Kate and Clergy will teach us a different type of prayer each week. At 6:30pm, a simple meal of soup, salad & bread will be served.

### 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. 2/26

### 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. 2/27

### 9am - Reading Between the Lines, Zoom

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

## SAT. 2/28

### 8:30am-3pm - Meditation Retreat, Center for Wellbeing

Join us for a day of silence and relaxation. A time to come away, be present and meditate in a loving community. Enjoy teaching, readings, soundbath, breathing relaxation and the simple practice of meditation. \$20 per person; registration includes lunch. Register on Realm. For further information, contact Carol Whitefield at cwhitefield@jaxcathedral.org.

## SUN. 3/1

### 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. See page 2 for more information.

## MON. 3/2

### 8am - Centering Prayer, Zoom

Start your week off with guided centering prayer. Contact Owene at owene\_courtney@yahoo.com.

### 12pm - First Monday Book Club, Zoom

*The Correspondent: A Novel*, by Virginia Evans. Visit [jaxcathedralbooks.org](http://jaxcathedralbooks.org) for more information and the Zoom link.

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

Free, gentle yoga practice, led by Megan Cochran.

### 7-8pm - Sound Healing Collective

#### Sound Bath, Cathedral Nave

Join SoundBath Jax for an evening of deep rest and restoration. In this sacred space, three facilitators are honored to guide a candlelit sound journey featuring crystal singing bowls, gongs, chimes, flute, sitar, and more. This immersive experience invites the nervous system to soften, the mind to quiet, and the body to rest. Learn more and register at [soundbathjax.com](http://soundbathjax.com).

## TUES. 3/3

### 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.

**WED. 3/4**

**12:10pm - Healing Service, Cummings Chapel**  
A weekly gathering of prayer and the Holy Eucharist.

**5:30pm - Praying with Jesus:**

**Lenten Prayer & Dinner, Taliaferro Hall**  
Dean Kate and Clergy will teach us a different type of prayer each week. At 6:30pm, a simple meal of soup, salad & bread will be served.

**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](mailto:chihuahua7044@att.net).

**THURS. 3/5**

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

**9:30am - Centering Prayer, Dooly Library**  
Let go of distractions; open your heart to the divine within.

**7:30-8:30pm - Sound Quest Community**

**Sound Journey, Cummings Chapel**  
Sound Quest is a handpan duo consisting of Elise Diagonale and John Guinta. Join us on the first Thursday of each month! Bring pillows, blankets, and yoga mats. A cash donation is greatly appreciated. This event is open to all, please come out and experience relaxation through sound. Proceeds from this event will benefit the multiple programs that benefit our community offered through St. John's Cathedral.

**FRI. 3/6**

**9am - Reading Between the Lines, Zoom**  
An online Scripture study supplemented by art, literature, poetry. Contact Owene at [ocourtney@jaxcathedral.org](mailto:ocourtney@jaxcathedral.org).

**5:30pm - Stations of the Cross, Cathedral Nave**  
Join Vince Ferrigno for this guided, prayerful walk through the Cathedral.

**SAT. 3/7**

**9am-3pm - Soul Gardening, Room 305**  
Make a cover for the journal you created during the Arts of the Spirit workshop in February. This workshop is free and open to all. Register on Realm.

**SUN. 3/8**

**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. See page 2 for more information.

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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](mailto:lodell@jaxcathedral.org)**

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