



Vincent van Gogh, *The Sower*

8 AM & 10:30 AM

July 19, 2026

Eighth Sunday after Pentecost



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.

TODAY

Eighth Sunday after Pentecost

Blood Drive for St. Mary's, 8am-12pm, Market Street

This Blood Drive will benefit The Market at St. Mary's. With 15 successful donations, we can earn \$300 for the food pantry, with an additional ten dollars for each donor after fifteen! All donors receive a LifeSouth t-shirt and 10% off a purchase at the Cathedral Bookstore.

Dean's Forum: Great Summer Reads

9-10am, Taliaferro Hall

Today, Dean Kate Moorehead Carroll presents "Theo of Golden." Come join the discussion!

- July 26: "Orbital" presented by Ash Faulkner, Ph.D. English Literature: *One day in space aboard the International Space Station*. Join us as we gain a new perspective on our earth home.

- August 2-23: "Stories of our Faith," presented by fellow Cathedral members. Before reading and writing began, we shared our stories of tradition, culture, and faith by word of mouth. Oral tradition allows the teller to bring so much more to a story. The choices each of these storytellers make to share their favorite Bible Story will be unique and endearing. Don't miss hearing: Ken Meyers, Mary Margaret Giannini, Lewis Hunt, and Sandi Dunnivant.

11:45am - Loss of Spouse Grief Group,

Room 302 (Center for Wellbeing)

If you have experienced the death of a spouse, we invite you to join us. Everyone's journey is different, but we have learned that a gentle healing can come from sharing and listening to those who also have suffered this loss. For more information, contact **Linda O'Dell** at lodell@jaxcathedral.org.

12pm - Book Talk, Taliaferro Hall

Join us for a special author conversation with Amy F. Quincy, as she and Dean Kate discuss her book, *Misadventures of a Happy Heart: A Memoir of Life Beyond Disability*.

Phone: (904) 356-5507

Email: info@jaxcathedral.org

Address: 256 E. Church Street Jacksonville, FL 32202

Website: JAXCATHEDRAL.ORG

Kim's Open Door.com
— unlocking opportunities for all —

School Supplies Drive July 20 - 30

You can help a child start the school year with confidence by providing a complete set of school supplies for one student through Kim's Open Door. Deliver to the Bookstore for a 10% Discount!

Supplies for each child:

- Safety Scissors
- a 24-pack of Crayons
- 2 Plastic Folders
- Pencils and a Pencil Box/Pouch
- Glue Stick
- 3 Composition Books

A New Group for Mothers

"Moms of Little Ones"

Your time is precious, and we know that Christian community is especially vital when our lives are busy. This new group is seeking members who are seeking encouragement and support in the company of other mothers. We can begin by meeting after a Sunday morning service (keeping the nursery open) or on Zoom! For more information, contact **Linda O'Dell** at lodell@jaxcathedral.org

Save the Date!

Women's Retreat at Camp Weed
January 8 & 9, 2027

More information coming soon--contact:
Linda O'Dell, lodell@jaxcathedral.org

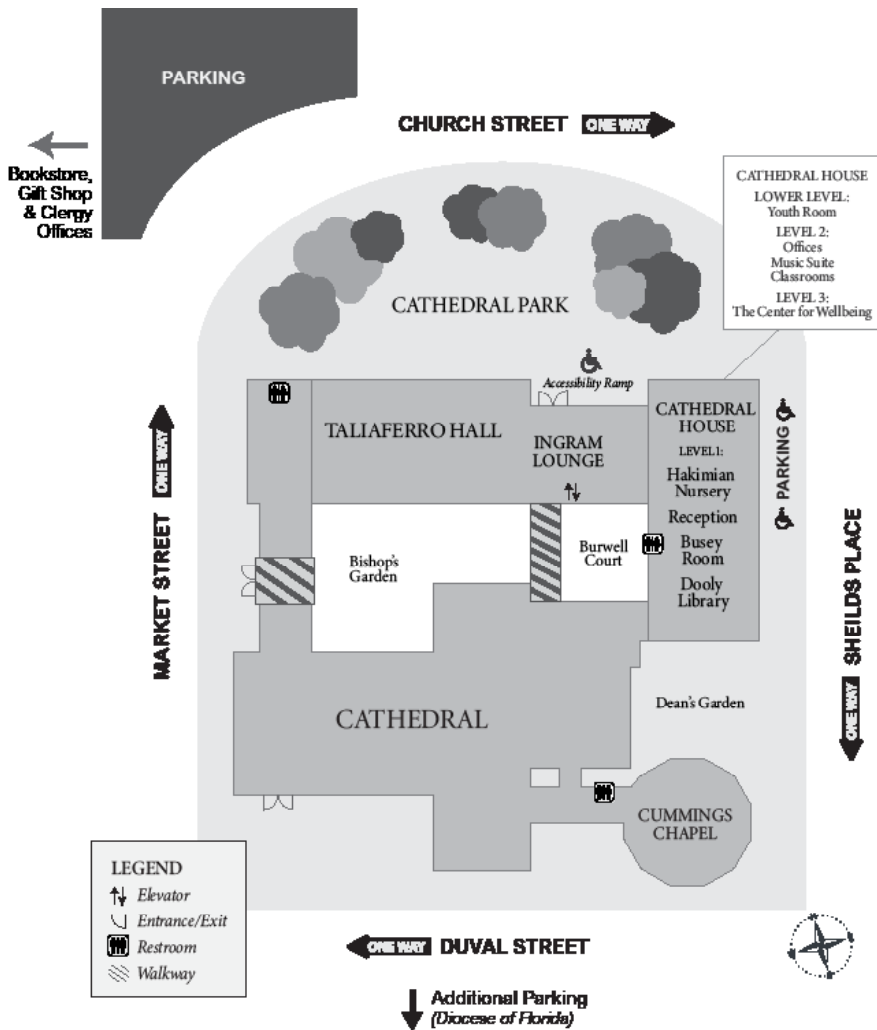
WELCOME

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 (or scan the QR code) so we can get to know you.



MAP



HOURS & INFORMATION

SUNDAY SCHEDULE

8am Holy Eucharist, Rite II

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

Blessing Bags with quiet activities are available for children. Please ask an Usher or Greeter for assistance. Children's Faith Formation will return in the fall.

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, Rebecca Black, John Erstling, Glenn Guiler, T. R. Hainline, Paige Hakimian, JJ Howell, Caroline Nichols, 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. Saundra 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 changes each Sunday and summarizes a theme from today's Scripture readings.

All sit.

THE HOLY EUCHARIST

Opening Voluntary

Passacaille in G Minor, Louis Couperin
Stephen Ackert, guest organist

Introit (10:30 a.m.)

God be in my head, John Rutter

God be in my head and in my understanding. God be in mine eyes and in my looking. God be in my mouth and in my speaking. God be in my heart and in my thinking. God be at mine end and in my departing.

In Procession, Hymn #423

"Immortal, invisible, God only wise" *St. Denio*

THE LITURGY OF THE WORD

Blessed be God.

Forever and ever. Amen.

The earth is the Lord's and all that is in it.

Let the heavens rejoice and the earth be glad.

Our help is in the name of the Lord:

The Maker of heaven and earth.

I was glad when they said to me:

"Let us go to the house of the Lord."

The Spirit is here.

The promise of God.

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 God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Lesson: Romans 8:12-25

Brothers and sisters, we are debtors, not to the flesh, to live according to the flesh-- for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint

heirs with Christ-- if, in fact, we suffer with him so that we may also be glorified with him.

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

The Words of Holy Scripture.

Thanks be to God.

Psalms 139:1-11, 22-23

Lord, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar.

You trace my journeys and my resting-places and are acquainted with all my ways.

Indeed, there is not a word on my lips, but you, O Lord, know it altogether.

You press upon me behind and before and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain to it.

Where can I go then from your Spirit? Where can I flee from your presence?

If I climb up to heaven, you are there; if I make the grave my bed, you are there also.

If I take the wings of the morning and dwell in the uttermost parts of the sea,

Even there your hand will lead me and your right hand hold me fast.

If I say, "Surely the darkness will cover me, and the light around me turn to night,"

Darkness is not dark to you; the night is as bright as the day; darkness and light to you are both alike.

Search me out, O God, and know my heart; try me and know my restless thoughts.

Look well whether there be any wickedness in me and lead me in the way that is everlasting.

Breathe on Me, Breath of God (St. 1-2)

1 Breathe on me, Breath of God, fill me with life a - new,
2 Breathe on me, Breath of God, un - til my heart is pure,
3 Breathe on me, Breath of God, till I am whol - ly thine,
4 Breathe on me, Breath of God, so shall I nev - er die;

that I may love what thou dost love, and do what thou wouldst do.
un - til with thee I will one will, to do or to en - dure.
till all this earth - ly part of me glows with thy fire di - vine.
but live with thee the per - fect life of thine e - ter - ni - ty.

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.

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.

The Holy Gospel: Matthew 13:24-30, 36-43

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

Jesus put before the crowd another parable: "The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. So when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, 'Master, did you not sow good seed in your field? Where, then, did these weeds come from?' He answered, 'An enemy has done this.' The slaves said to him, 'Then do you want us to go and gather them?' But he replied, 'No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'"

Then he left the crowds and went into the house. And his disciples approached him, saying, "Explain to us the parable of the weeds of the field." He answered, "The one who sows the good seed is the Son of Man; the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. Just as the weeds are collected and burned up with fire, so will it be at the end of the age. The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!"

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

Breathe on Me, Breath of God (*St. 3-4, see page 5*)

The Sermon

The Very Rev. Kate Moorehead Carroll

The Nicene Creed

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."

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

Spirit of the living God, you descended upon the disciples in tongues of fire and sent them to carry your message of grace to the ends of the earth. Descend on us also, that when we leave this place, we may carry your Word of love into all the world. Word of God,

Send us into the world.

We pray for Sean our Presiding Bishop, for our Diocese as we prepare to elect a Bishop, for the Diocese of Cuba, and for the mission of your holy Church throughout the world. Give us tongues of fire and hearts of love as we proclaim your Gospel of love. Word of God,

Send us into the world.

We pray for our nation and for all the nations of the world: for those in authority, and for those who feel forgotten by power; for those who seek justice, those who labor for peace, and those who speak even when the truth is costly. Let your Word of righteousness and mercy be heard in every land. Word of God,

Send us into the world.

We pray for the city of Jacksonville, for the homeless on our streets, for the Center for Wellbeing here at this Cathedral, and for every place where healing is offered. Help us to grow into people whose lives proclaim your love, even before we have spoken a word. Word of God,

Send us into the world.

We pray for all who suffer in mind, body, or spirit: for those who are sick, those who are lonely, those who grieve, those who long for someone to hear their story. May your Word of comfort be spoken with our lips and your presence be made known in our embrace. Word of God,

Send us into the world.

We commend to your loving mercy all who have died. Receive them into the light of your Living Word, who spoke them into being and has now called them home. Word of God,

Send us into the world.

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.

The Prayers of the People are written by our clergy at the start of each season.

The celebrant adds a concluding prayer.

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.

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

Children's Sermon

THE HOLY COMMUNION

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

Come, my way, my truth, my life, Harold Friedell

Come, my Way, my Truth, my Life: such a way as gives us breath;
Such a truth as ends all strife, such a life as killeth death.

Come, my Light, my Feast, my Strength: such a light as shows a feast,
Such a feast as mends in length, such a strength as makes his guest.

Come, my Joy, my Love, my Heart: such a joy as none can move,
Such a love as none can part, such a heart as joys in love. -George Herbert

LEVAS #13

Harmony

My Lord, what a morn-ing, My Lord, what a morn-ing, O
my Lord, what a morn-ing, When the stars be-gin to fall.

Fine

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.

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

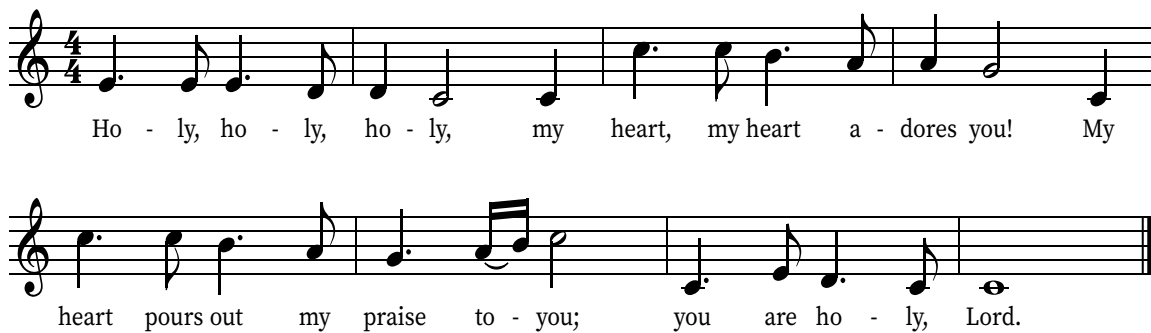
All children are invited to come and sit at the altar for a brief sermon.

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. Sing 3 times.

It is truly right, and good and joyful, to give you thanks, all-holy God, source of life and fountain of mercy; for by water and the Holy Spirit you have made us a new people in Jesus Christ our Lord, to show forth your glory in all the world. 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 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.**

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

The Sanctus is sung 3 times.

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.

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

The celebrant breaks the consecrated bread, and all join in singing the Fraction Anthem.

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

At 10:30 a.m., 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).

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

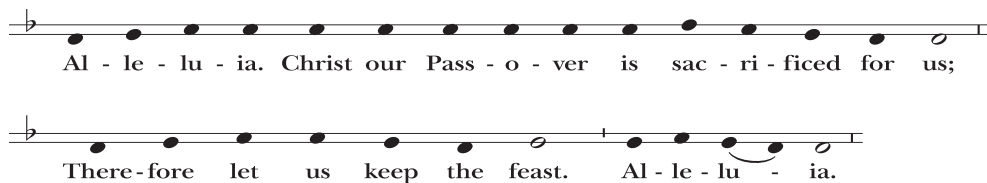
All stand. 1982 Hymnal.

We follow the cross into the world to be the hands and feet of Christ.

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 Fraction Anthem, Hymn #S-152 (*spoken at 8 a.m., sung at 10:30 a.m.*)



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.*)

Gospel Offering

"He's Able," Darwin Hobbs
Brittany Wescott, soloist; Cyrus Quaranta, accompanist

Motet

If ye love me, Thomas Tallis

If ye love me, keep my commandments, and I will pray the father, and he shall give you another comforter, that he may abide with you forever, e'en the spirit of truth.

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 the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

In Recession, Hymn #623 (*8 a.m. St. 1-3*)

"O what their joy and their glory must be"
O quanta qualia

The Dismissal

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

Closing Voluntary

Fantaisie in G Minor, Louis Couperin



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

Calendar

MON. 7/20

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

Free, gentle yoga practice, led by Megan Cochran.

TUES. 7/21

10am-2pm - Art Group,

The Painting Place (under Taliaferro Hall)

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

4pm - Cancer Support Group, Room 303 (*Center for Wellbeing*)

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

WED. 7/22

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

A weekly gathering of prayer and the Holy Eucharist.

5:30-8pm - 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. 7/23

8:15am - Divorce Support Group, Room 304

Contact Doug Myers at accts.myers@gmail.com for more information.

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

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

6-8pm - The Fellowship: LGBTQ+ and Friends,

Ingram Lounge

The St. John's Cathedral LGBTQ+ Fellowship is a welcoming, affirming community where members and allies gather for friendship, support, and spiritual growth. Together, we celebrate God's inclusive love and build meaningful connections within the Cathedral and the wider community. Join us this month for a screening of **1946: The Mistranslation That Shifted Culture**, a documentary exploring how one translation changed the conversation around faith and the LGBTQ+ community. All are welcome.

FRI. 7/24

No Cathedral Events

SAT. 7/25

No Cathedral Events

SUN. 7/26

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

See page 2 for more information.

MON. 7/27

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

Free, gentle yoga practice, led by Megan Cochran.

TUES. 7/28

10am-2pm - Art Group,

The Painting Place (under Taliaferro Hall)

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

4pm - Cancer Support Group, Room 303 (*Center for Wellbeing*)

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

WED. 7/29

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

A weekly gathering of prayer and the Holy Eucharist.

5:30-8pm - 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. 7/30

8:15am - Divorce Support Group, Room 304

Contact Doug Myers at accts.myers@gmail.com for more information.

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

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

FRI. 7/31

No Cathedral Events

SAT. 8/1

No Cathedral Events

SUN. 8/2

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

See page 2 for more information.

11:45am - Loss of Spouse Grief Group,

Room 302 (Center for Wellbeing)

If you have experienced the death of a spouse, we invite you to join us. Everyone's journey is different, but we have learned that a gentle healing can come from sharing and listening to those who also have suffered this loss. For more information, contact **Linda O'Dell** at lodell@jaxcathedral.org.

12pm - Art Walk and Talk, Taliaferro Hall

Experience *Spreading the Word: Pay Attention* in a whole new way with artist Teresa Cook and the Rev. Dr. Linda Privitera. Created to commemorate 250 years of America, this unique exhibition pairs watercolor paintings with beloved poetry from different periods of history. It invites viewers to slow down, look closer, and discover the stories that connect us to our shared history. During this one-hour conversation, Teresa and Linda will offer an inside look at the inspiration and creative process behind the exhibition. Learn how the paintings and poems came together, why each artwork carries a carefully chosen title, and how art can preserve memory, spark curiosity, and encourage meaningful conversation about the people, places, and events that have shaped our nation. Whether you've already visited the exhibition or will be seeing it for the first time, this is a wonderful opportunity to hear directly from the artist, ask questions, and gain a deeper appreciation for the stories behind the work. Lunch will be available in Taliaferro Hall. Donations are appreciated. Come explore, ask questions, and be inspired to *pay attention*.

12pm - Smart Money Foundations,

Room 302 (Center for Wellbeing)

A practical 4-part financial education series designed to help adults build confidence, reduce financial stress, and create sustainable money habits. Participants learn essential real-world financial skills, including banking basics, budgeting systems, goal setting, emergency savings, managing major life expenses, understanding credit and debt, and protecting their financial future. This series provides approachable, actionable strategies that help individuals make informed financial decisions and build long-term financial stability. The workshops are free. Registration is appreciated so that we may prepare for the event. Use the QR code here to learn more and register.



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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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.