

Cathedral Announcements

A Celebration for Fr. Carl and Laura Saxton



Our curate Fr. Carl Saxton has been called to be the rector of The Church of the Holy Comforter in Gadsden, AL. His wife Laura, our Interim Parish Life Director, will also be leaving with him. Their last day at the cathedral will be Sunday, July 31. We will have a party that day in Taliaferro Hall after both the 8 a.m. and 10:30 a.m. services to celebrate their life and ministry with us. A purse will be collected for Fr. Carl and Laura during the celebrations that day to help them with their move to Alabama. You are also invited to make donations in advance directly to Fr. Carl and Laura, or you can submit your donation online at www.jaxcathedral.org, or you can scan the QR code above with your smartphone to make a donation now!

You can now watch our 10:30 a.m. service live on YouTube!
Just click the Live Broadcast link on our website.

ST. JOHN'S CATHEDRAL

256 East Church Street
Jacksonville, Florida 32202
(904) 356-5507 - www.jaxcathedral.org

The Right Reverend Samuel Johnson Howard
Bishop of the Episcopal Diocese of Florida

The Right Reverend Charles L. Keyser
and The Right Reverend Dorsey F. Henderson
Assisting Bishops of the Episcopal Diocese of Florida

CATHEDRAL CLERGY

The Very Reverend Katherine B. Moorehead, Dean
The Reverend Canon David Erickson, Canon for Congregational Development
The Reverend Carl Saxton, Curate
The Reverend Raja Zabaneh, Chaplain to the Cathedral Residences
The Reverend Teresa Ryan Seagle, Adjunct Priest Associate and ESJ Chaplain
The Reverend Louis A. Towson, Priest Associate
The Reverend Jean C. Dodd, Deacon, Children and Families
The Reverend Bennett B. Clance, Deacon, Prison Ministries
The Reverend Louise O. Hardman, Deacon

STAFF

Meredith Cataland, Bursar
Tim Engemann, Facilities Manager
Laura Saxton, Interim Director of Parish Life
Gloria Miller, Director of Program Development
Judy Maurer, Cathedral Receptionist
Helen A. Likins, Communications Coordinator
Tina Hutcheson, Executive Assistant to Clergy and Office Manager
Devanne Jones, Youth Activities Coordinator
Kathryn Bissette, Bookstore Manager
Timothy Tuller, Canon for Music
Pam Searcy, Children's Music Director
John Barry, Canon Emeritus for Music
Marie Tarver, Anice Brown, Debbie Scroggins, Malcolm Williams,
Freddie Jackson & "L.A." Winston, Sextons

VESTRY

John Adams	Robert Hyde
Kirk Altman	Don Lester, Junior Warden
Deborah Baker	Ginny Myrick
Steve Busey, Chancellor	Joe O'Shields
Martha Cox	Lindsey Riggs
Tommy Donahoo	Charles Winney, Treasurer
Bill Erwin, Senior Warden	Faye Wisner
Bill Fouraker	

+Prayers of the People+

The Church, especially for the Church in Rwanda, for John, our bishop, for Charles and Dorsey, our assisting bishops, for Michael, our presiding bishop, for Justin, Archbishop of Canterbury, for all ministers, and for the mission of the church.

The Nation and all in authority including Barack, our President; Rick, our Governor; and Lenny, our Mayor. (To see our full prayer list, please pick up a copy at the back of the church.)

Forgot your checkbook or cash? Text the dollar amount of your gift to 904-584-3116. (Example: \$20)

Civil Discourse: Practicing God's Grace in Community

All are invited to participate in the third Civil Discourse forum at the cathedral on Monday, August 8 from 5:30 - 8 p.m. in Ingram Lounge. A light dinner will begin at 5:30 p.m. The forum, previously scheduled for June 6 but postponed due to Tropical Storm Colin, will use the National Issues Forums Institute issue book, *Political Fix: How Do We Get American Politics Back on Track?* "A healthy skepticism of government is built into the American character. Our nation was founded by people seeking freedom from religious and political oppression. They created a political system with a high tolerance for debate and disagreement, one in which distrust of power could serve as a check on governmental excess and abuse." (Political Fix) However, many people have lost their faith in elected officials and the current presidential campaign reflects disappointment in the quality of political leadership. What can ordinary citizens do?

Please RSVP to Tina Hutcheson (thutcheson@jaxcathedral.org) by Sunday, August 7. A hard copy of the issue book will be available for those who sign up to participate in the forum. For more information contact Reverend Gregg Kaufman, gkaufman8@mac.com or 904-375-0669.

Love the history of St. John's Cathedral?

Docents lead groups on tours of our beautiful sanctuary and grounds. To learn more about being a docent, contact Fr. Carl Saxton at csaxton@jaxcathedral.org.

Interested in joining a Poetry Reading Group?

Members of the Shakespeare Reading Group would like to start a Poetry Reading Group. The moderator, source material and meeting time for the group are currently up for discussion, although we are thinking about meeting on Fridays from 9:30-11:30 a.m. For the first hour, the group would read from the selected source material, and the second hour would be reserved for reading participants' own poetry. Contact Peter McCranie at petermccranie1@gmail.com if you are interested in participating in this group in any way!

Shakespeare Reading Group News

Our Shakespeare Reading Group is currently taking a break for the rest of July. The group will finish reading *Othello* on Thursday, August 4, and begin reading *The Winter's Tale* on Thursday, August 11. The group meets on Thursdays from 9:30 - 11:30 a.m. in Ingram Lounge. Come join us -- you can just sit, listen and enjoy, and see how Shakespeare is still so relevant to our world today. For more information about the Shakespeare Reading Group at the cathedral, contact Peter McCranie at petermccranie1@gmail.com.

WELCOME TO

ST. JOHN'S CATHEDRAL

EPISCOPAL DIOCESE OF FLORIDA, JACKSONVILLE

256 East Church Street, Jacksonville, FL 32202

The Ninth Sunday after Pentecost
July 17, 2016



Christ in the House of Martha and Mary, Johannes Vermeer, 17th c.

To all who enter here—to those who are weary and need rest,
who mourn and need comfort, who sin and need a Savior,
who rejoice and wish to praise, who are blessed and wish to serve—
this Church opens wide the door and says in the name of our Lord
Jesus Christ, WELCOME.

Love at the Core

THIS WEEK AT THE CATHEDRAL

Sunday, Jul. 17	The Ninth Sunday after Pentecost
8 a.m.	Holy Eucharist - Cathedral
9 a.m.	Breakfast is served - Taliaferro Hall
9:30 a.m.	The Lord's Prayer, Part II - Ingram Lounge
10:30 a.m.	Holy Eucharist - Cathedral
Monday, Jul. 18	
5:30 p.m.	Friends of Bill W. - Ingram Lounge
Tuesday, Jul. 19	
12:10 p.m.	Holy Eucharist - Cummings Chapel
5:45 p.m.	Yoga - Cummings Chapel
Wednesday, Jul. 20	
7 a.m.	Holy Eucharist - Holy Communion Chapel
12:10 p.m.	Holy Eucharist - Cummings Chapel
6 p.m.	Introduction to Rob Bell - Ingram Lounge
6 p.m.	Basic A - Dean Kate's office
7 p.m.	Knitting Group - Lobby
Thursday, Jul. 21	Youth Lock-in begins
12:10 p.m.	Holy Eucharist - Cummings Chapel
2 p.m.	Adult Coloring Group - Room 304
Friday, Jul. 22	Youth Lock-in ends
11 a.m.	Clara's at the Cathedral - Taliaferro Hall
12:10 p.m.	Contemplative Holy Eucharist - Cummings Chapel
5 p.m.	Stations of the Cross Service - Cummings Chapel
Saturday, Jul. 23	
9 a.m.	Diocesan Eucharistic Visitor Training - Ingram Lounge
9:30 a.m.	11th Step Meditation - Room 301
Sunday, Jul. 24	The Tenth Sunday after Pentecost
8 a.m.	Holy Eucharist - Cathedral
9 a.m.	Breakfast is served - Taliaferro Hall
9:30 a.m.	The Gnostic Gospels - Ingram Lounge
10:30 a.m.	Holy Eucharist - Cathedral

Summer Classes for Adults

Join us on Wednesday evenings in July for fellowship, study and reflection.
Find what's right for you!

Velvet Elvis and NOOMA: An Introduction to Rob Bell - 6 p.m., Ingram Lounge

At age 28, Rob Bell founded Mars Hill Bible Church in Michigan, and under his leadership it was one of the fastest-growing churches in America. In 2011 he was profiled in *Time Magazine* as one of their 100 most influential people. We'll read Rob Bell's first book, *Velvet Elvis: Repainting the Christian Faith*, as well as watch his NOOMA video series.

Basic A - **6 p.m., Dean Kate's office, led by Fr. Carl Saxton**

Learn about the faith that sustains us here at the cathedral. This class explores the scriptures, why we worship in this ancient tradition and how to become part of the cathedral community.

The nursery will not be available on Wednesday evenings during the summer months.

On Sunday mornings at 9:30 a.m. in Ingram Lounge, the following classes will be offered:

Sunday, July 17 - **The Lord's Prayer, led by Fr. David Erickson**
Sunday, July 24 - The Gnostic Gospels, led by Fr. Carl Saxton

Cathedral Announcements

NEW OR VISITING? WELCOME!

We'd like to know who you are! Please fill out a Visitor's Card found in your pew and place it in the offering plate or hand it to an usher. After the 8 a.m. service, please join us for breakfast and fellowship in Taliaferro Hall. After the 10:30 a.m. service, please join us for coffee and fellowship in Taliaferro Hall. Assistive Listening Devices are available to enhance worship services for the hearing-impaired. A large-print edition of our service bulletin is also available. Nursery care is available during Sunday services. Office hours are Monday-Thursday, 8 a.m. to 4 p.m. and Friday 8 a.m. to 3 p.m. If you have any questions, please call us at 904-356-5507 or check out www.jaxcathedral.org.



Bookstore Specials

Come visit our bookstore next to the reception area before and after Sunday services. You can also shop on weekdays. Hours of operation depend on bookstore volunteer availability. We have new books in the bookstore by bestselling author Rob Bell: *Velvet Elvis: Repainting the Christian Faith* and *Love Wins*. Join us for a book study of Rob Bell's *Velvet Elvis* during the summer on Wednesdays at 6 p.m. in Ingram Lounge.

Stations of the Cross Service this Friday

All are invited to a service of the Stations of the Cross in Cummings Chapel at 5 p.m. every fourth Friday of the month, except in November and December. Join us for this month's offering of the Stations of the Cross on Friday, July 22 at 5 p.m. in Cummings Chapel.

Pokémon Go at the Cathedral

St. John's Cathedral has a prominent position in the new wildly popular mobile game, Pokémon Go. If you would like be a part of a discussion as to how to effectively engage with our high profile status, please contact Devanne Jones, our Youth Activities Coordinator, at djones@jaxcathedral.org. We are also interested in starting Pokémon Go groups at the cathedral. If you are unfamiliar with Pokémon Go, and would like more information, please speak with Devanne Jones.

Cursillistas: Area Ultreya TODAY

The next Area Ultreya will be held at St. Peter's in Fernandina at 4 p.m. this Sunday, July 17. Please bring a covered dish to share!

BIRTHDAY BLESSINGS

Sunday, July 17 Bill McNeiland, Ed Jackson, Julie Holt, Audrey Moran, Jayne Hill	Wednesday, July 20 Jonathan Barnes, Catherine Burns, Maia Cochran, Emma Grace Waidner
Monday, July 18 Dale Sweeney, Donna Sievers, Andy Bobo, Morgan Vormack, Campbell Taylor	Thursday, July 21 Richard Sykes, Cheryl Vormack, Jordan MacKenzie
Tuesday, July 19 Laura Whittall, Kevin Ramsey, Sarah Shaffer, Summer Shaffer	Friday, July 22 Gretchen Titshaw, Deborah Miller-Caldwell, Craig Merritt, Beverly Eng, Rebecca Stone
	Saturday, July 23 Candy Hodgkins, Tim Miller, Rebecca Wucker

Cathedral Announcements

11th Step Meditation: A Way to Transformation

For several years, the Center for Prayer and Spirituality at the cathedral has offered an 11th Step Meditation Group on Saturday mornings. Once offered just one Saturday a month, it is now offered every 2nd and 4th Saturdays of the month. We thought a name change was in order, too. Why? It seems most have the impression that this meditation session is only for recovering alcoholics. However, a diverse group of participants have tapped into this spiritual, transformative offering and benefited from participating. We thought a name change would encourage participation by anyone seeking to reconnect and deepen their relationship with God. As you read what the 11th Step is below, I think you will see it applies to all of us:

Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Richard Rohr, a noted Franciscan priest, has long taught the "12 Steps" as a way to spiritual transformation. He recently wrote,

More and more I'm convinced that when the great medieval spiritual teachers talked so much about *attachment*, they were really talking about addiction. We are all attached and addicted in some way. At the very least, we are addicted to our compulsive dualistic patterns of thinking, to our preferred self-image, and to the unworkable programs for happiness we first developed in childhood. In short, each of us is addicted to *our way of thinking*. This is perfectly obvious once we consider it, but we do not tend to think about the way we think! Whatever your attachment might be, it gives you the feeling that this will always be here to control your moods. Maybe it's a superficial meaning, but somehow buying a new thing takes away the emptiness for about ten minutes. Of course, like any addiction, you need more and more of it because each time you experience the emptiness afterward. It's never enough to fill the God-sized hole inside of you. Prayer and meditation allow you to reconnect with your true source of power. A contemplative practice, done over time, actually rewires our brains so that we can detach from our addictive patterns of thinking and feeling and our unworkable programs for happiness. Now many neuroscientists affirm such very real change and call it neuroplasticity: chosen neural pathways gradually grow stronger; unused pathways actually die away. Contemplative "practice" works! Nobody describes the outcome of such contemplative practice better than Gerald May: 'As attachment ceases to be your motivation, your actions become expressions of divine love.'

The Center for Prayer and Spirituality offers 11th Step Meditation: A Way to Transformation in Room 301 on the 2nd and 4th Saturdays of the month from 9:30 a.m. – 10:30 a.m. It is facilitated by Dianne Larson (dlarson@minervamedcomm.com) and Tim Lynch (timlynch39@gmail.com). We begin with fellowship followed by an opening prayer and 20 minutes of silent meditation. This is followed by a Lectio Divina meditation. A reading is presented and read three times. During the first reading, the words are allowed to sink gently from the head to the heart. The second reading is to let the words sink into the unconscious, and the third time to rest in God, in silence. There is time for sharing your experience if you are so moved. We close by reciting a prayer together.

What a wonderful respite after a week of work! The benefits will astound you. Please consider joining us on this journey to transformation. All are welcome. No addictions required!

If you have any questions, please do not hesitate to email Dianne, Tim or myself.

Mary Malone, Director of the Center for Prayer and Spirituality
mmalone@jaxcathedral.org

