

# Cathedral Life

Lent to Easter | 2021



Cruz de Ferro on the Camino  
de Santiago where pilgrims  
lay stones



## Welcome

*Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts...*

So begins the Collect for Ash Wednesday. The season of Lent is an opportunity to welcome God's renewal in our hearts. We are invited to make a spiritual journey to the foot of the cross and then beyond it to the empty tomb as we remember God's promises. This pilgrimage may take many paths, especially this year as we continue to find our way through these days of global pandemic. The Cathedral of the Incarnation provides sustenance for the Lenten journey whether you will be joining us from home, in person, or a little of both. We will gather outdoors, indoors, online and in separate households.

For each of the significant moments in Lent and Holy Week there will be several ways to keep the feast/fast as we journey together. As we begin, you are encouraged to pick up a "touchstone" to carry with you throughout the season. Something small enough to put in your pocket and to hold when you pray. We will lay these at the foot of the cross on Good Friday.

In this booklet, you will find all the details you need to keep a Holy Lent in the best way for you and your household.

Blessings and peace to you as we travel this way together.

See you on the road,

Grace and Peace,  
Michael+

13TH DEAN OF THE CATHEDRAL



**To find Zoom links and registration for all upcoming online and in-person events:**

1) Join Realm, our online church community! To learn how to sign up, visit [www.incarnationgc.org/realm](http://www.incarnationgc.org/realm). The code to join is incarnationgc

*and/or*

2) Visit [www.incarnationgc.org/connect](http://www.incarnationgc.org/connect) to see our e-news. You can also sign up to receive the e-news every Thursday by email!

# Worship

[incarnationgc.org/worship](http://incarnationgc.org/worship)

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## SUNDAY WORSHIP

9:15am Morning Prayer  
*online via Zoom*

11:15am Choral Mass  
*register on Realm for in-person or join online via Zoom*

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## MONDAY THROUGH FRIDAY

8:45am Morning Prayer  
*online via Zoom*

8:45pm Compline  
*online via Zoom*

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## TUESDAYS

8:15pm Meditation and Contemplative Prayer  
*online via Zoom*

# Worship

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## SPECIAL WORSHIP OPPORTUNITIES

### Ash Wednesday

Wednesday, February 17

12:15pm Outdoor service with Imposition of Ashes  
*register on Realm*

1-3pm Private Household Ash Wednesday *sign-up on Realm for 15-minute service*

7:30pm Indoor service with Imposition of Ashes and Communion *register on Realm for in-person or join online via Zoom*

### Wednesdays of Lent: Household Communion

February 24 – March 31 from 12-2pm

Sign up for a 15-minute communion visit to the cathedral for you and members of your household. Link to sign up at [incarnationgc.org/connect](http://incarnationgc.org/connect) and on Realm.



# Worship

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## Choral Evensong for Lent

Sunday, March 7 at 4pm

Register on Realm for in-person or join online via Zoom

Music sung at this Evensong will include the *Jesus College Service* (Magnificat & Nunc dimittis) by the Welsh composer William Mathias on the day of the 50th anniversary of its premiere and the anthem *Like as the hart* by Herbert Howells, all sung by the Cathedral Choir.

## HOLY WEEK SERVICES

### Palm Sunday

Sunday, March 28

9:15am Palm Sunday Morning Prayer with Sung Passion by Cathedral Choir *online via Zoom*

11:15am Palm Sunday Choral Mass with Sung Passion by Cathedral Choir *register on Realm for in-person or join online via Zoom*

# Worship

[incarnationgc.org/worship](http://incarnationgc.org/worship)

## HOLY WEEK SERVICES *continued*

### Maundy Thursday

#### Maundy Thursday Choral Service

Thursday, April 1 at 7:30pm online only via Zoom

#### Vigil at the Altar of Repose

Thursday, April 1 from 9pm until Midnight  
Link to sign up at [incarnationgc.org/connect](http://incarnationgc.org/connect) and on Realm

Sign up for a 30-minute private vigil in the cathedral for members of your household.

### Good Friday

#### Good Friday Liturgy with Cathedral Choirs

Friday, April 2 at 12:15pm  
register on Realm for in-person or join online via Zoom

#### Stations of the Cross

Friday, April 2  
available anytime outdoors, no registration required

Outdoor Stations of the Cross available all day. Family bulletins will be available for those with young children.



# Worship

[incarnationgc.org/worship](http://incarnationgc.org/worship)

### Easter Vigil

Saturday, April 3 at 7:30pm  
Choral Service, register on Realm for in-person or join online via Zoom

### Easter For Kids

Sunday, April 4 at 10am online via Zoom

Join us on Easter morning to celebrate the Good News and resurrection of Christ. This Zoom link is available to those registered for Fellowship in Faith, or by emailing Kate Akerman, [kakerman@incarnationgc.org](mailto:kakerman@incarnationgc.org)

### Easter Sunday Choral Mass

Sunday, April 4 at 9:15am and 11:15am  
register on Realm for in-person or join online via Zoom

# Connect

[incarnationgc.org/connect](http://incarnationgc.org/connect)

## JOIN A GROUP

Some of our cathedral ministries are meeting online or in-person at social distance. You can join a group using Realm. For details on joining Realm, visit [www.incarnationgc.org/realm](http://www.incarnationgc.org/realm).

### Prayer Shawl Ministry

The Prayer Shawl ministry meets twice a month, on the second and fourth Saturday of the month, online via Zoom. This group knit and crochet shawls, lap robes and baby blankets for people who have asked for prayers. Beginners are welcome! Join this group on Realm to receive Zoom links.



# Connect

[incarnationgc.org/connect](http://incarnationgc.org/connect)

## Cathedral Kneeler Project

The Cathedral Kneeler team has been busy cleaning and restoring our needlepoint kneelers. Some members of the group are stitching new kneelers and re-stuffing historic ones as well. Join this group on Realm to learn more and get involved.

## Cathedral Yoga

Yoga is an opportunity to engage your body as part of your spiritual practice. The group practices inside the cathedral at social distance on Fridays at 6:30pm. You must register on Realm in advance to join.

# Grow

[incarnationgc.org/grow](http://incarnationgc.org/grow)

## SPIRITUAL GROWTH FOR ADULTS

### Dean's Forum: Lenten Bible Study

Wednesdays at 7:30pm, February 24 to March 24  
online via Zoom

Join the clergy of the cathedral in a weekly bible study which will engage the lessons for the upcoming Sunday in Lent. This is an opportunity to go “behind the scenes” in the sermon preparation process and take part in shaping the Good News preached in the cathedral throughout Lent. All are welcome.



# Grow

[incarnationgc.org/grow](http://incarnationgc.org/grow)

### Catechumenate

Sundays at 10:15am, February 7 to March 21  
online via Zoom

A catechumen is someone “with whom the word of God echoes” and who is preparing to be baptized, confirmed or received into the Episcopal Church at the Easter Vigil. Each Sunday, during the season of Lent, our catechumens will enter into conversations about what it means to live a Christian life in the 21st Century. Topics such as scripture, prayer, spirituality, Church doctrine and the Episcopal Church will be discussed. Sign up with Father Delaney by emailing him at [mdelaney@incarnationgc.org](mailto:mdelaney@incarnationgc.org) or register on Realm.

# Grow

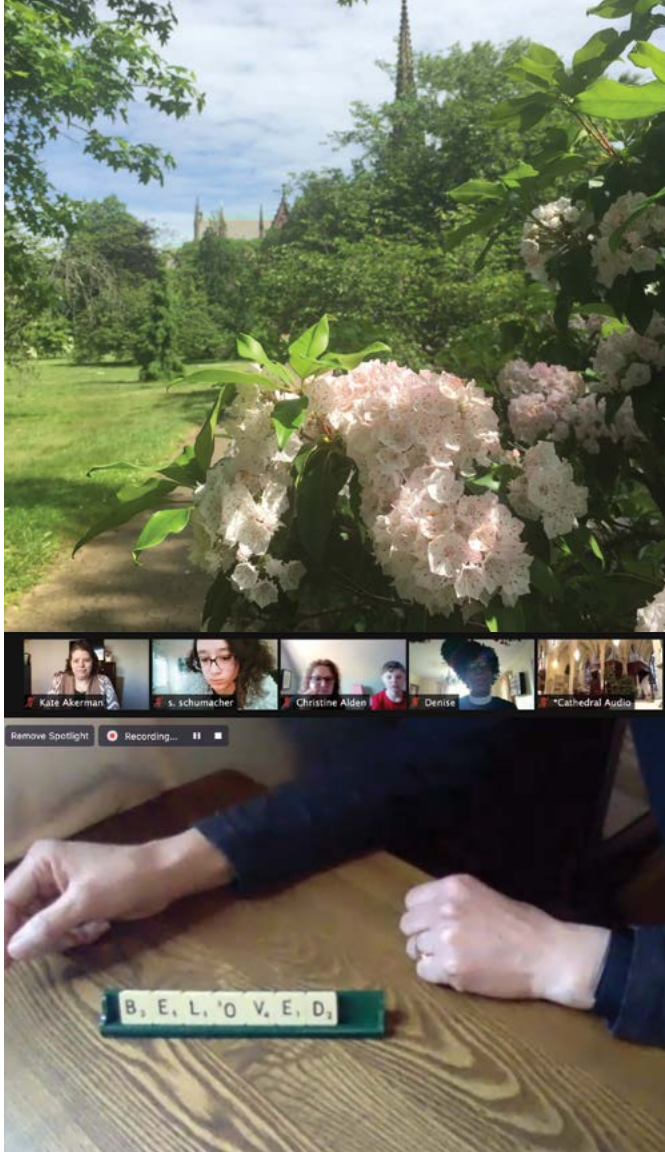
[incarnationgc.org/grow](http://incarnationgc.org/grow)

## FAMILY MINISTRIES

### Fellowship in Faith for Families

Sundays 10:00am to 11:00am online via Zoom  
register on Realm

Fellowship in Faith continues through the spring with a special resource kit for Lent. Lent Kits will be sent before Ash Wednesday and will include a special Storymakers 'zine for K-5<sup>th</sup> grade children and activities for the whole family. Kits will only be sent to those registered for Fellowship in Faith. Be sure to register before February 1st if you would like a kit.



# Grow

[incarnationgc.org/grow](http://incarnationgc.org/grow)

### Cathedral Youth Group

Fourth Sunday of the month, 1pm to 2pm  
Contact Kate to join: [kakerman@incarnationgc.org](mailto:kakerman@incarnationgc.org)

Young people in grades 6 through 12 are invited to join Cathedral Youth Group. This year's activities will vary from socially distanced gatherings on the cathedral close to Zoom and other virtual events. Join us as we explore what it means to be young Christians through fellowship, games, bible study, and service.

# Serve

[incarnationgc.org/serve](http://incarnationgc.org/serve)

## Feeding Ministries

Operation Feed the Front continues to bring food to those in need in Nassau County in partnership with parishes in our Episcopal Deanery, in a modified way due to the pandemic. Your donations are appreciated and so is your service. If you are not health compromised and feel safe to serve God's people in the street, or if you would like updates and other opportunities to serve during these times, please contact Deacon Denise at [dgalloway@incarnationgc.org](mailto:dgalloway@incarnationgc.org).



# Serve

[incarnationgc.org/serve](http://incarnationgc.org/serve)

## MINISTRY TEAMS

Are you feeling called to a new ministry? Check out these opportunities below. Contact the Vicar of the Cathedral, the Rev. Michael F. Delaney, to join or for more information: [mdelaney@incarnationgc.org](mailto:mdelaney@incarnationgc.org).

### Stewardship Team

The Stewardship Team will be responsible for implementing Stewardship 2021, a year of giving, supporting and building community in a time of change and uncertainty. This team will meet on a regular basis, will engage in conversations about what it means to be a Steward of the Cathedral, and will help deepen an awareness of the spirituality of giving.

### Pastoral Care Team

The Pastoral Care Team is dedicated to the pastoral needs of the cathedral congregation. Through phone calls, letter writing, home and hospital visits the Pastoral Care Team tends to the needs of our parishioners. This team will also coordinate services of the anointing of the sick and the laying on of hands.

# Serve

[incarnationgc.org/serve](http://incarnationgc.org/serve)

## MINISTRY TEAMS *continued*

### Hospitality Team

The Hospitality Team is all about what it means for us to be a welcoming community. Through hosting social gatherings, extending invitations to events and making connections with parishioners the Hospitality team will strengthen our sense of fellowship.

### Liturgical Ministry Team

Liturgical ministers perform various roles during our worship services, such as lector, intercessor, and usher. Our liturgical ministers serve at online services as well as in-person.





CATHEDRAL *of the* INCARNATION

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