

Cathedral Life

Fall | 2022





Welcome

It is a joy to introduce you to the cathedral's expansive ministry. The Cathedral of the Incarnation is a lively place in which to worship, connect, grow and serve. God has called us here to be together and it is my delight to say, on behalf of the Bishop of Long Island, "Welcome Home!"

As we transition to fall, we are attentive to the changing seasons of life. Our age, circumstances, relationships, work and faith are not static. We experience loss and renewal. We move and grow together. On life's journey, we discover our strength and resilience in God's beloved community. As the weather grows colder, we focus on the warmth at the heart of our Christian community; the love of God in Jesus Christ.

I invite you to prayerfully consider participating in some of the many ministries reflected in this edition of Cathedral Life. Come and see what God is doing at the cathedral. I have no doubt you will be inspired and encouraged.

Amid much change and challenge in our world, this place remains rooted in prayer, hospitality, spiritual development and loving service. Thanks be to God!

Yours in Christ,
The Very Rev. Dr. Michael Sniffen
13TH DEAN OF THE CATHEDRAL



The Dean of the Cathedral has appointed the Rev. Kate Salisbury as Canon for Christian Education.


Canon Kate will lead the cathedral's Fellowship in Faith and Family Ministry programs. She will coordinate intergenerational christian formation events, curate the Dean's Forum and participate fully in the liturgical life of the cathedral. She will have special responsibility for Cathedral for Kids, a service for the young and the young at heart which is the centerpiece of children's ministry at the cathedral.

Canon Kate has pursued her love of creative Christian education in Episcopal schools and churches since 2004. She has served as Director of Youth and Young Adult Ministries at St. James' Church, Madison Avenue, Director of Christian Education at First Presbyterian Church, Brooklyn and, most recently, Associate Rector at St. Ann & the Holy Trinity Church and Pro-Cathedral, where her focus is family worship and Sunday School.

Kate holds a Masters of Divinity from Yale University and a Masters of Sacred Theology, cum laude, from the General Theological Seminary (GTS).

Kate serves on The Cathedral Chapter and sits on the board of the Mercer School, where she has been active in implementing Sacred Ground, the Episcopal Church's anti-racism curriculum, in our diocese.

Kate lives in Brooklyn Heights with her husband Ian, and their two daughters, Virginia and Jane. She is thrilled to be joining the ministry of the cathedral, and eager to support and grow a vibrant program for families and children on the close.



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. The code to join is **incarnationgc**
and/or
- 2) Visit www.incarnationgc.org/connect to see our e-news. You can also sign up to receive the e-news every Friday by email!

Worship

incarnationgc.org/worship

SUNDAY WORSHIP BEGINNING SEPTEMBER 11

8am Traditional Mass

in person at the cathedral

9:15am Cathedral for Kids!

In person at the cathedral
or streaming live online at incarnationgc.org/live

11:15am Choral Mass

In person at the cathedral
or streaming live online at incarnationgc.org/live

Our Cathedral Choirs will return in full to in-person worship beginning in September. The choristers will sing regularly at the 9:15 Cathedral for Kids Mass, and the professional and volunteer adult singers will sing weekly at the 11:15 Mass.

Worship

incarnationgc.org/worship

DAILY OFFICE MONDAY THROUGH FRIDAY, BEGINNING SEPTEMBER 12

8:45am Morning Prayer online via Zoom

8:45pm Compline online via Zoom

Wednesday Healing Eucharist

Wednesdays at 12:15pm in the Cathedral
beginning September 14 (in-person only)

Meditation and Contemplative Prayer

Every second Tuesday of the month at 7pm,
beginning September 13 in-person
This service will be held on September 13, October 11
and November 8



Worship

incarnationgc.org/worship

SPECIAL WORSHIP OPPORTUNITIES

Choral Evensong for Saint Francis Day and Blessing of the Animals

Sunday, October 2 at 4pm

in-person under the tent on the cathedral's West Lawn.

This popular service will be tailored to the attention span of the average pet, and will include music sung by two solo singers, and hymns sung by all. Blessings will follow for individual pets and families.

Choral Evensong for All Saints Day

Sunday, November 6 at 4pm in-person at the cathedral
or online at incarnationgc.org/live

Our first traditional evensong of the season will see the full Cathedral Choirs singing music of Herbert Howells and Edgar Bainton.

Connect

incarnationgc.org/connect

JOIN A GROUP

Below you will discover some of our many cathedral ministries meeting in-person and online. You can join a group using Realm. For details on joining Realm, visit www.incarnationgc.org/realm.

Cathedral for Pets

This group ministers to members of our community through and with their pets. We build fellowship around fun activities with our animals and are in the process of creating new spaces and events to bring people together in sacred worship and friendship with our four-legged friends. Join in Realm.

Cathedral Beekeeping

The Cathedral has started an apiary consisting of two hives on the far west lawn this past spring. The bees have been working hard to produce honey and continue to need support from our community. If you would like to learn the fundamentals of beekeeping and are interested in more information about this ministry, please contact the Dean's Assistant, Caroline Cosgrove, at ccosgrove@incarnationgc.org.



Connect

incarnationgc.org/connect

Cathedral Yoga

Yoga is an opportunity to engage your body as part of your prayer practice. Cathedral Yoga meets inside the cathedral on Fridays at 6:30pm and in the Mercer School Chapel on Wednesdays at 9:00am. Yoga may also meet outside under the cathedral tent, weather permitting. No experience necessary. RSVP on Realm in advance is appreciated.

Prayer Shawl Ministry

The Prayer Shawl ministry knit and crochet shawls, lap robes and baby blankets for people who have asked for prayers. Beginners are welcome! This group meets on the second Sunday of each month, in person, at Fellowship in Faith. Join us on Realm for details!

Cathedral Kneeler Project

The Cathedral Kneeler ministry meets to maintain, restore and make new needlepoint kneelers for prayer in our worship spaces. Members of the group are engaged in stitching new kneelers, re-stuffing historic ones and making an inventory of designs.. Join this group on Realm to learn more and get involved.

Connect

incarnationgc.org/connect

Social Justice Fellowship

As Christians seeking to transform ourselves, our Christian community, our towns, states and by extension the world; our fellowship seeks to create space for God to work through us. We engage throughout the year in a wide range of activities geared toward social justice. This group is committed to offering individuals grounded in faith, hope and love opportunities to move toward healing, justice and reconciliation in our daily life and work.



Grow

incarnationgc.org/grow

FAMILY MINISTRIES

Fellowship in Faith for Families

Sundays at 10:15 at Mercer,
Register in-person during Fellowship in Faith

Each week, Fellowship in Faith offers a variety of developmentally appropriate and creative scripture exploration activities for children ages 18 months–5th grade. Through storytelling, arts, and play; children will develop personal connections with the biblical and liturgical stories we hold dear. Fellowship in Faith meets at 10:15am in the Mercer School beginning September 18th.

Cathedral Youth Group (CYG)

Fourth Sunday of the month at 1pm,
beginning September 26
Contact Mo. Kate to join: ksalisbury@incarnationgc.org

Cathedral Youth Group includes young people from 6th through 12th grade. We meet, socialize, play, and participate in community service. The group explores social and personal issues in an atmosphere of Christian fellowship and support. CYG includes fun and meaningful monthly meetings, outings, service opportunities, and much more. Unless otherwise noted, CYG meets on the fourth Sunday of each month at 1pm at the Retreat House (59 3rd Street).

Grow

incarnationgc.org/grow

Parents' Circle

Wednesdays via Zoom

Parents' Circle explores how faith informs our parenting and family life. This fall we'll be looking at how we may call on our own faith traditions, and those outside of our own tradition to treasure the power and holiness of being present in family life. Please see the cathedral website and weekly eNews for dates and times.

Tales from the Cathedral Crypt

On Sunday October 30th, join the Cathedral community around the Eagle Scout fire pit for spooky faith-based stories and hear some remarkable history behind some of the residents of the cathedral crypt. Appropriate for ages 7 and up. Register on Realm.



Grow

incarnationgc.org/grow

Scouting

The Cathedral is the Charter Organization sponsoring Cub Scout Pack 55, BSA Troop 55, and BSA Girl Troop 322. Cathedral Cub Scout Pack 55 is open to all boys and girls in Kindergarten–5th grade. Our pack currently enjoys the participation of over 60 scouts from throughout the cathedral community. We participate in many fun family events including camping, hiking and the Pinewood Derby. If you have questions or would like to enroll your children, please email GCPack55@gmail.com. BSA Troop 55 scouts range in age from 11 to 18 years old. We currently have 41 active scouts, two of whom achieved the rank of Eagle Scout this year. For more information or to join, contact Scout Master Dave Phillips at: firstclassscouter@gmail.com Congratulations to all our scouts!

SPIRITUAL GROWTH FOR ADULTS

Dean's Forum

Sundays at 10:15am in-person
at the Mercer School of Theology (65 4th Street)

The Dean's Forum is back after our summer break! We will kick off on September 18 at the Mercer School Library and meet throughout the year. The Dean's Forum will feature presentations and conversations on themes of spiritual development, religious study and our common life of faith. The forum provides food for the journey as we support one another in our walk with God. There is ample opportunity to share questions and wisdom while becoming more familiar with the sacred stories of our Christian tradition.



The Catechumenate: Discovery

Thursdays at 7pm, October 6-November 3
at the Guesthouse (59 Third Street)

Are you filled with questions about God, Jesus or the Holy Spirit? How about what does it mean to be spiritual or why people are called religious? Do you want to know more about faith or about doubt? What about the Bible, The Episcopal Church or just about the Church in general?

The Catechumenate is a process that enables us to tell our stories and ask important questions. We are invited to hear, see and feel in new and exciting ways. This process takes place in three distinct stages: Discovery, Catechumenate and Mystagogia.

On October 6th we begin our journey at stage one: Discovery. We will gather for five weeks at the guest house (59 3rd Street) for a simple meal, good conversation and prayer. If you are interested in joining the conversation, register on Realm. If you would like more information, please email The Rev. Canon Michael Delaney at: mdelaney@dioceseli.org

Serve

incarnationgc.org/serve

Cathedral Outreach Ministries

Provides hope and spreads the Gospel of Jesus Christ through serving God's people. Many of our ministries grow out of our sweet ministry spot in front of the laundromat on Jackson Street in Hempstead. Outreach Ministries address the needs of neighbors on a weekly basis in various capacities. We serve meals twice per week and on special occasions. We offer healing prayers on the street for our friends. We partner with various organizations in Nassau County to offer support, collaboration and assistance. Many ministry opportunities exist throughout the year: one time, weekly, monthly and seasonally. Participation will deepen your walk with God and your understanding of life's blessings. Please contact The Rev. Denise Galloway, Director of Cathedral Outreach at dgalloway@incarnationgc.org



Serve

incarnationgc.org/serve

Prison Ministry

The cathedral has a growing ministry at the Nassau County Correctional Center. We visit with those incarcerated, lead prayer, worship and meditation and share the love of God with those in difficult circumstances. This fall, our prison ministry will be expanded to the Women's Unit of the jail. If you feel called to participate in this ministry, please contact The Rev. Denise Galloway at dgalloway@incarnationgc.org

Altar Guild

The Altar Guild, organized in rotating committees, is responsible for setting up the daily and Sunday communion services throughout the year. It is a wonderful opportunity to be "up close and personal" with all aspects of Holy Communion. We welcome new members throughout the year. If you are curious about what we do or would like to join, please contact Christine Le Sueur at christinelesueur1@gmail.com or introduce yourself to one of our dedicated altar guild members after any service.

Serve

incarnationgc.org/serve

MINISTRY TEAMS

Are you feeling called to a new ministry in the coming year? Check out these opportunities below.

Stewardship Team

The Stewardship Team is responsible for planning and implementing Stewardship 2023, a year of giving, supporting and building community. The Stewardship Team meets on a regular basis to engage in conversation about what it means to be a Steward of the Cathedral and to deepen awareness of the spirituality of giving. To join or for more information please email us at Cathedral@Incarnationgc.org.

Pastoral Care Team

The Pastoral Care Team is dedicated to serving pastoral needs within 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 also coordinates anointing of the sick, healing prayers and the Grief Support Group. The team is made up of clergy and lay members. To join or for more information please email us at Cathedral@Incarnationgc.org.



Serve

incarnationgc.org/serve

Hospitality Team

The Hospitality Team coordinates welcome ministries on Sundays, special occasions and holidays throughout the year. Through hosting social gatherings, extending invitations to events and making connections with parishioners; the Hospitality team strengthens our sense of fellowship in our community. To join or for more information please email us at Cathedral@Incarnationgc.org.

Liturgical Ministry Team

Liturgical ministers are key worship leaders serving in several distinct roles. These include: lector, intercessor, usher, vergers and acolyte. Our liturgical ministers serve during online services as well as in-person services. Appropriate training is provided for all roles. To join or for more information please email us at Cathedral@Incarnationgc.org.

Serve

incarnationgc.org/serve

George Mercer, Jr. Memorial School of Theology

The Cathedral of the Incarnation is fortunate to share the Cathedral Close with the Mercer School of Theology. The Very Rev. Dr. Michael Sniffen serves as the Dean of both institutions. The Mercer School offers seminars and study programs on a wide variety of topics in theology, spirituality and ministries. Mercer's popular Zoom-based "Lunch and Learn" series is free and open to all. You are invited to visit the Mercer website at www.mercerschool.org to explore the many opportunities to deepen your life of faith.

If you are feeling called to any of our Ministry Teams, or would like more information about any of our programs, please email us at Cathedral@IncarnationGC.org





CATHEDRAL *of the* INCARNATION

36 Cathedral Avenue, Garden City, NY 11530

(516) 746-2955

www.IncarnationGC.org

 facebook.com/incarnationGC

 [@incarnationGC](https://www.instagram.com/incarnationGC)