



# Cathedral Life

Advent to Epiphany | 2022-2023





## *A Message from the Dean:*

Advent is a rich time of anticipation and wonder as we begin a New Year together in community.

During the season of Advent, we pause quietly each Sunday to light a candle and remember that light conquers despair. The light grows brighter and brighter each week until it spills out in resounding joy and praise from Christmas to Epiphany. These sacred days put us in touch with the core of our Christian faith and life: Love of God and neighbor. Justice. Mercy. Compassion. Peace.

The church's witness to the power of love is desperately needed today.

Our Cathedral of the Incarnation is named in celebration of the Good News that God has come near to us in Jesus Christ and is with us in all we do, especially the hardships we endure.

I invite you to worship, connect, grow and serve together as stewards of this beloved community. Together we celebrate the brightness of the Lord and make manifest the love of God in our time and place.

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



# Worship

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

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

## SUNDAY WORSHIP

### 8am Traditional Mass

in person at the cathedral

### 9:15am Cathedral for Kids!

In person and via livestream at [incarnationgc.org/live](http://incarnationgc.org/live)

### 11:15am Choral Mass

In person and via livestream at [incarnationgc.org/live](http://incarnationgc.org/live)

**Ministry of Healing:** *The Pastoral Care Team will be available during communion and after each Sunday Liturgy to offer prayers for healing, thanksgiving and need through the laying on of hands and anointing of the sick.*

## MONDAY THROUGH FRIDAY

8:45am Morning Prayer online via Zoom

12:15pm Daily Healing Mass - in person beginning November 30, 2022

8:45pm Compline online via Zoom

# Worship

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## TUESDAYS

### 7:00pm Meditation and Contemplative Prayer

In person and online via Zoom

In person on the second Tuesday of each month, December 13 and January 10 at 7pm. Online via Zoom weekly.

## HONOR, CELEBRATE OR MEMORIALIZE SOMEONE SPECIAL TO YOU

All donations are listed in the eNews and in weekly bulletins for all masses

**Flower memorials:** \$150 for two beautiful arrangements on the altar

**Bread and Wine for the month:** \$150 for the month

**Mass Card:** for all masses on a particular Sunday, \$25

**Sanctuary Candle:** burns for 7 days, \$20



# Worship

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## SPECIAL WORSHIP OPPORTUNITIES

### A Festival of Lessons & Carols

Sunday, December 18 at 4pm

In-person, or join online via Livestream

A highlight of the holiday season, this annual festival features favorite carols and choral works from throughout the world sung by the choristers and adults of our Cathedral Choirs, as well as carols sung by all. Music sung will include carols from the US, Canada, the UK and Ukraine.

Reception hosted by the Bishop and Mrs. Provenzano to follow at See House.

### Christmas For Kids and Pageant

Saturday, December 24 at 4pm

In-person and via Livestream

Join us on Christmas Eve for an evening of laughter, joy, and celebration as we welcome the arrival of Jesus, our Emmanuel! Our beloved Cathedral for Kids service with communion will accompany an engaging and humorous retelling of the Christmas story led by our youngest members as well as prayers and worship that deepens our gratitude for God's incarnation in Jesus Christ.



# Worship

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## Christmas Eve

Saturday, December 24 at 7:30pm and 11:00pm

In-person and via Livestream

Join us Christmas Eve Mass preceded by carols, at 7pm & 10:30pm. Music will include favorite carol settings and the *Missa Brevis in D* by W. A. Mozart all sung by the Cathedral Choirs.

## Christmas Day

Sunday, December 25 at 10:00am

In-person

A simple and peaceful celebration of the Holy Eucharist with carols sung by all.

## New Years Day

Sunday, January 1 at 10:00am (the only Mass today)

Sung Mass for the Feast of the Holy Name of Jesus



# Worship

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## Choral Evensong for Epiphany

Sunday, January 8 at 4pm

In-person or attend via Livestream

This special evensong closes our celebration of the Twelve Days of Christmas and the visit of the Three Kings. Music will include the *Magnificat & Nunc dimittis in E* by Herbert Murrill and *The Magi's Dream* by James Whitborne.

Reception to follow benefiting Cathedral Outreach ministries. Tickets will be \$40. All proceeds will strengthen our local partnerships in support of neighbors in need. Register on Realm or contact us at **Cathedral@IncarnationGC.org**.

## Choral Evensong for Candlemas

Sunday, February 5 at 4pm in-person or attend via Livestream

This special evensong celebrates the Presentation of Christ in the Temple.

# Connect

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

## Christmas: The whole story in light and sound

A tour of the cathedral windows narrated by the Dean, cathedral clergy and special guests.

From the Annunciation to the Flight and return from Egypt: The whole story of God's birth in Jesus Christ told through the cathedral's remarkable stained-glass windows. Come and see the greatest story ever told in vivid light and remarkable detail accompanied by a recorded audio tour.

Available throughout Advent, Christmas and Epiphany on Sunday mornings between services and continuing until 1:30pm.

Scan this QR code to listen to the tour.



# Connect

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

## Cathedral Choir Tour 2023

The Cathedral Choirs will travel to England in the Summer of 2023! They will sing Sunday services on 30 July at Southwark Cathedral in London, be the choir in residence for the entire week of 31 July – 6 August at Lincoln Cathedral, and finish by singing on 7 and 8 August at Guildford Cathedral near London. We are currently planning arrangements for this trip and interested parishioners who may wish to join us for parts of the tour are welcome to speak with Larry about this wonderful opportunity.



# Connect

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## 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.

## 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.

## 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!



# Connect

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## Cathedral Scouts

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](mailto: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](mailto:firstclassscouter@gmail.com) Congratulations to all our scouts!

## SPIRITUAL GROWTH FOR ADULTS

### Dean's Forum: God's Luminous Darkness

Sunday mornings at 10:15am in Mercer Library

In the Advent and Epiphany seasons, the Dean's Forum explores themes of darkness and light in the Christian tradition. Drawing from Scripture, ancient and modern mysticism, hymnody and art, we will pay particular attention to the essential role that darkness plays in creation, revelation, resurrection and faith.

### Discovery II — The first stage of the Catechumenate Process

Discovery is a gathering of people who are seeking to know more about their faith, their spirituality and what it means to be an authentic Christian. It's a process to connect the stories of our life to our faith, our church and our community.

Discovery meets on Wednesday evenings (beginning January 12 through February 9) at the Bishop Walker Guesthouse (59 Third Street) with a light meal at 7:00pm and usually ends following Compline at 8:45pm. For more information contact The Rev. Canon Michael F Delaney [mdelaney@dioceseli.org](mailto:mdelaney@dioceseli.org)



## The Center for Spiritual Imagination

The center offers ongoing opportunities to strengthen the connection between Christian contemplation and just living on your journey of faith. The center is also home to the Community of the Incarnation, a New Monastic Community which draws upon charisms of the Benedictine, Carmelite and Franciscan traditions to reimagine what shape a vowed life of prayer and mutual accountability may take in today's world. For more information visit [www.spiritualimagination.org](http://www.spiritualimagination.org)

## 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. Dean 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 ministry. 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](http://www.mercerschool.org) to explore the many opportunities to deepen your life of faith.



# Grow

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

## Advent Lunch & Learn: Exploring the Gospel of Luke:

Join Canon Michael F. Delaney at mid-day on December 2, 9, and 16, from 12:00 Noon to 1:00 p.m. via ZOOM as we open the pages of Luke's unique telling of the Christian story. Go to [www.mercerschool.org](http://www.mercerschool.org) to register. Once registered, you will receive an email, a few days before the first class, with all the ZOOM details.

## Save the Date: Sacred Ground, Lent 2023

This Lent, the Cathedral will offer Sacred Ground, the Episcopal Church's Series on Race, Grounded in Faith. Over eleven sessions, small groups representing parishes across the diocese walk through chapters of America's history of race and racism. The curriculum includes documentary films and readings focusing on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories.



# Grow

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## FAMILY MINISTRIES

### Fellowship in Faith

Sundays 10:15 am Mercer School

In Advent, children are introduced to Isaiah's enduring vision of peace. Through song, costumes and stories we also celebrate the Nativity as we take on roles for the annual, Christmas Eve pageant. In the season of Epiphany, kids take the night sky as inspiration for our own spiritual journeys as we continue to trace the route of Moses toward the promised land. We will talk about courage, faith, exploration, discipline, forgiveness, and the dignity of every human being. Friends are always welcome!

### Cathedral Youth Group

Fourth Sunday of the month unless otherwise noted, 1pm to 2pm

Contact Mo. Kate to join: [ksalisbury@incarnationgc.org](mailto:ksalisbury@incarnationgc.org)

Young people in grades 6 through 12 are invited to join Cathedral Youth Group as we explore what it means to be young Christians through fellowship, games, bible study, and service. Cathedral Youth Group meets at the retreat house. Due to Thanksgiving and Christmas, Cathedral Youth Group will meet on November 20 and December 18 during this season.

# Grow

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

## Sign Up for the Christmas Pageant

Young people of all ages are invited to join the cast of this year's Christmas Pageant!

This one-of-a-kind retelling of the Christmas story is at the center of the Cathedral for Kids Service Christmas Eve. Speaking, non-speaking and singing parts are all available. Sign up and audition for roles Sunday, November 20. Rehearsals are held Sundays in December, during Fellowship in Faith, with a final dress rehearsal Saturday, December 17.



# Serve

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

## Outreach Ministries

Outreach Ministries continues to bring food to those in need in Nassau County in partnership with parishes in our Episcopal Deanery and local students. Your donations are appreciated. Visit [incarnationgc.org/serve](http://incarnationgc.org/serve) to give and to see updates on our work. Special thanks to Adelphi University, The French Workshop, and all our cathedral sandwich makers and servers who keep this vital ministry going. To volunteer or for more information, contact Deacon Denise Galloway at [dgalloway@incarnationgc.org](mailto:dgalloway@incarnationgc.org).

## Campus Ministry at Adelphi

The Cathedral's Center for Spiritual Imagination leads a chaplaincy for students at Adelphi University, where our chaplains teach courses on spirituality, curate campus-wide public events, cultivate spaces of contemplative practice and heartfelt conversation, offer one-on-one mentoring and spiritual direction and invite students to participate in service opportunities that allow them to live their newly discovered spiritual values in the context of "hearing the cry of the poor and cry of the earth." If you are interested in supporting this ministry or volunteering, please contact The Rev. Adam Bucko, Director of the Center for Spiritual Imagination at [abucko@incarnationgc.org](mailto:abucko@incarnationgc.org).



# Serve

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## Prison Ministry

The Cathedral and our Center for Spiritual Imagination now offer spiritual services and support to those incarcerated at the Nassau County Correctional Facility as well as those who work for the Department of Corrections. This year, our ministry is expanding to the women's section of the prison. If you are interested in supporting this ministry, please contact The Rev. Denise Galloway, Director of Cathedral Outreach.

## Cathedral Choirs

Opportunities to join our choir program are available throughout the season. Parents of prospective choristers are invited to contact Larry Tremsky at [ltremsky@incarnationgc.org](mailto:ltremsky@incarnationgc.org) to speak about how their child can join this wonderful community of boy & girl singers. Openings for adult singers with strong music-reading skills are also available.



# Serve

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## MINISTRY TEAMS

**Are you feeling called to a new ministry? Check out these opportunities below. You are most welcome to join one or more of these ministry teams on Realm.**

### Stewardship Team

The Stewardship Team will be responsible for implementing Stewardship 2023, 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

### 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)

## 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, usher, verger and acolyte. Our liturgical ministers serve at online services as well as in-person services.

**Contact the Cathedral Office to join any of our Ministry Teams or for more information at [cathedral@incarnationgc.org](mailto:cathedral@incarnationgc.org).**







CATHEDRAL *of the* INCARNATION

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