

# Cathedral Life

Lent to Easter | 2022



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. 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 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.

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 Friday by email!

# Worship

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

Throughout the season of Lent, the Cathedral will continue to offer worship online and in-person.

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## 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)

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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

**8:00pm Meditation and Contemplative Prayer**

Online via Zoom at [incarnationgc.org/connect](http://incarnationgc.org/connect)

# Worship

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

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## SPECIAL WORSHIP OPPORTUNITIES

### Ash Wednesday

Wednesday, March 2

12:15pm Liturgy of Ash Wednesday with hymns  
*In person*

7:30pm Liturgy of Ash Wednesday with Choir  
*In person and online via livestream  
at [incarnationgc.org/live](http://incarnationgc.org/live)*

### Choral Evensong for Lent

Sunday, March 6 at 4pm

Music sung at this Evensong will include the *Magnificat & Nunc dimittis in G* by Francis Jackson, long-time organist/choirmaster of York Minster in the UK, who recently died at the age of 104. Other music sung by the choir will include works written by composers associated with York.



# Worship

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

### Choral Evensong for Passiontide

Sunday, April 3rd at 4pm

Music sung at this Evensong will feature composers of the Renaissance and Baroque eras.

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## HOLY WEEK SERVICES

### Palm Sunday

Sunday, April 10

8:00am Liturgy of Palm Sunday *In person*

9:15am Palm Sunday for Kids  
(a service for the young and young at heart)  
*In person and online via livestream  
at [incarnationgc.org/live](http://incarnationgc.org/live)*

11:15am Palm Sunday Choral Mass with Sung Passion  
by Cathedral Choir  
*In person and online via livestream  
at [incarnationgc.org/live](http://incarnationgc.org/live)*



# Worship

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

## HOLY WEEK SERVICES *continued*

### Maundy Thursday

#### Maundy Thursday Choral Mass

Thursday, April 14 at 7:30pm

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

### Good Friday

#### Good Friday Liturgy with Cathedral Choirs

Friday, April 15 at 12:15pm

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

### Stations of the Cross

Friday, April 15

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

### The Great Vigil of Easter

Saturday, April 16 at 7:30pm

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



# Worship

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

### Easter Sunday

Sunday, April 17

8:00am Traditional Mass with hymns

*In person*

9:15am Easter For Kids and Egg Hunt

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

Join us on Easter morning to celebrate the Good News and resurrection of Christ. This service is geared toward families with young children and includes abbreviated readings from Holy Scripture, developmentally appropriate preaching, Holy Eucharist, and music for the whole family. Easter Egg Hunt on the Cathedral close will be held immediately following mass.

11:15am Choral Mass

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

# 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).

### 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 RSVP on Realm in advance to join.

### Cathedral for Pets

This group ministers to members of our community through and with their pets by building fellowship around fun activities with our animals and creating new spaces and events to bring people together in sacred worship and friendship with our four-legged friends.



# Connect

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

## Prayer Shawl Ministry

The Prayer Shawl ministry meets twice a month, on the second Sunday of the month in person during Fellowship in Faith and on the fourth Saturday of the month online via Zoom. This group knits and crochets 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.

## 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.

## SPIRITUAL GROWTH FOR ADULTS

### Dean's Forum: I Sing a Song of the Saints of God

Sunday's at 10:15am, Feb. 27 to April 3

In person at the Mercer Library

The Saints of the Christian tradition have furnished us with a great diversity of spiritual examples and teachings. From martyrs to mystics, from teachers to hermits, activists to scholars, they form a kind of “course” in Christian living. This Lent we will look at a few of these brave souls as examples to us of lives by which we might be inspired to deeper adventures in Christian living.

There will be a short presentation on the saints(s) of the day, followed by time for discussion, reminiscence, and reflection. We begin on Sunday, February 27, the last Sunday before Lent, old Quinquagesima Sunday, reflecting on Saints Proclaiming Freedom, Trevor Huddleston, C.R. and Archbishop Desmond Tutu.

This forum will be introduced by Rita Ann and Canon Bruce Griffith. Subsequent sessions will look to all members of our clergy staff and others to guide us in our contemplations of many diverse saints from Our Lady to Rev. Dr. M. L. King Jr., Polycarp to John Henry Newman, the mystic Gregory of Nyssa to Dorothy Day, and more. Come and find yourself in the company of the saints.



### Catechumenate

Sundays at 10:15am, March 6 to April 10

In person at the Mercer School

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 sign up on Realm.



# Grow

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

## FAMILY MINISTRIES

### Fellowship in Faith for Families

Sundays 10:00am to 11:00am

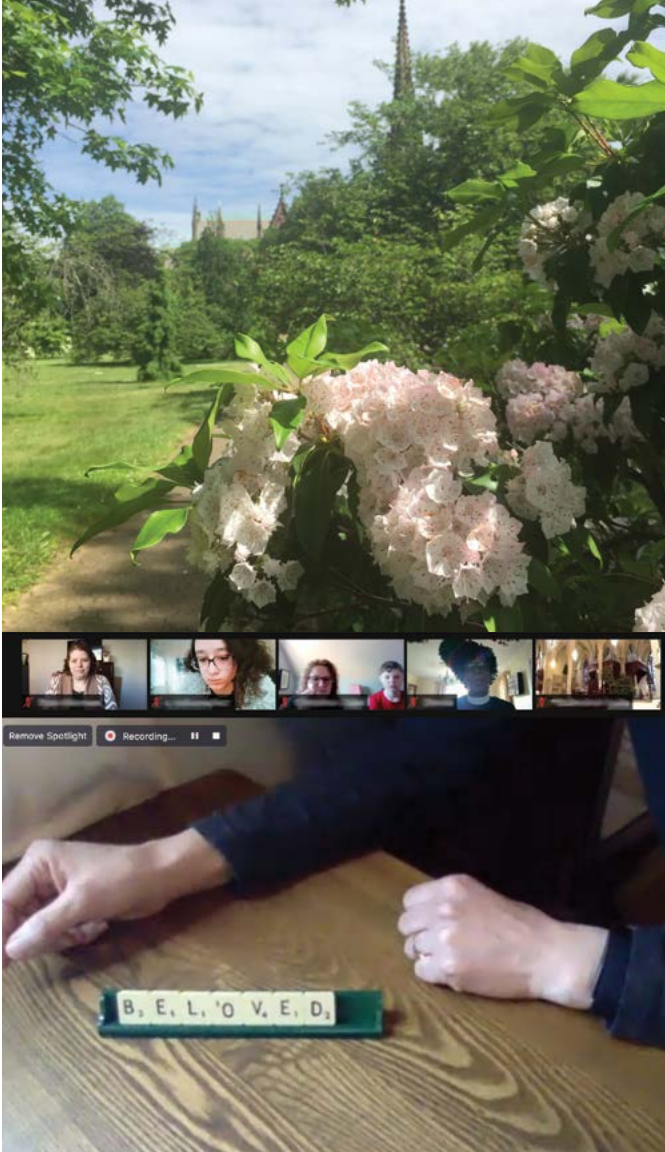
Each week, Fellowship in Faith offers a variety of developmentally appropriate and creative scripture explorations activities for children ages 18 months–5th grade. Through storytelling, arts, and play, children will develop personal connections with the biblical and liturgical stories we hold dear.

### Cathedral Youth Group

Fourth Sunday of the month, 1pm to 2pm

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

Cathedral Youth Group is a group of young people from sixth through twelfth grade, who meet, socialize, play, participate in community service, and explore 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 1 PM at the Retreat House



# Grow

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### Parents' Circle: Faith and Sexuality

Tuesday March 8 and March 22, 7:15 pm via Zoom

Registration on Realm required

Parents' Circle is for all parents and caregivers who are interested in exploring how faith informs our parenting and family life. This season we will gather for learning and discussion centered on Faith and Sexuality: discussing sexual discovery, healthy relationships, and gender with young people. While conversations surrounding sexuality are often geared towards parents of teens, those with younger children are invited to join in as well. Speaking with your children about consent, bodily autonomy, and healthy relationships should be done early and often. Whether you are the caregiver of young children or teens, these conversations are for you.



# 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).

## MINISTRY TEAMS

Are you feeling called to a new ministry? Check out these opportunities below.

### Stewardship Team

The Stewardship Team will be responsible for implementing Stewardship 2022, 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. Contact the Subdean of the Cathedral, Rev. Eddie Alleyne, to join or for more information: [ecalleyne@incarnationgc.org](mailto:ecalleyne@incarnationgc.org)



# Serve

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

## 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. Contact the Vicar of the Cathedral, Rev. Michael F. Delaney, to join or for more information: [mdelaney@incarnationgc.org](mailto:mdelaney@incarnationgc.org)

## 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. Contact the Subdean of the Cathedral, Rev. Eddie Alleyne, to join or for more information: [ecalleyne@incarnationgc.org](mailto:ecalleyne@incarnationgc.org)

## 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. Contact the Vicar of the Cathedral, Rev. Michael F. Delaney, to join or for more information: [mdelaney@incarnationgc.org](mailto:mdelaney@incarnationgc.org)

# Serve

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## Altar Guild

The altar guild is a group of women and men, organized in rotating committees, who are 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 and to be involved with this special part of the mass.

Other activities include decorating for major holidays and feasts such as Christmas and Easter as well as the seasons leading up to them. We welcome new members or, if you are just curious as to what we do, please feel free to contact Christine Le Sueur or introduce yourself to one of our dedicated altar guild members.

## Vergers Guild

The vergers of the cathedral are lay ministers who assist the clergy in the planning and execution of cathedral and diocesan liturgies, as well as other events held on the cathedral close. Vergers are, in a sense, the shepherds of the liturgy when they marshal processions and physically lead other lay ministers, such as lectors and oblation bearers, to their appointed assignments. Verges also work with the ushers and tour guides to provide a welcoming, safe, and prayerful environment for the conduct of our public worship together.







## CATHEDRAL *of the* INCARNATION

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