

Cathedral Life

Lent to Easter | 2023





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. 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.

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 issue of Cathedral Life 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.

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**. 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

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

SUNDAY WORSHIP

8am Traditional Mass

In person at the cathedral

9:15am Cathedral for Kids!

In person at the cathedral

11:15am Choral Mass

In person and via livestream at incarnationgc.org/live

MONDAY THROUGH FRIDAY

8:45am Morning Prayer online via Zoom

8:45pm Compline online via Zoom

DAILY WORSHIP

12:15pm Tuesday through Thursday

Wednesday liturgy includes healing prayers

In person at the cathedral

Worship

incarnationgc.org/worship

THE CENTER FOR SPIRITUAL IMAGINATION

7:00pm Contemplative Prayer

In person at the Cathedral on the first Tuesday of the Month, and online via Zoom every Tuesday

HONOR, CELEBRATE OR MEMORIALIZE SOMEONE YOU LOVE.

All dedications are listed in the eNews and in weekly bulletins

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

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

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

Sanctuary Candle: burns for 7 days, \$20



Worship

incarnationgc.org/worship

TAKE A SEAT

At the Cathedral of the Incarnation

This project was completed in 2021 and restored the nave to moveable pew and chair seating as it was in 1885. As part of this project, the Cathedral Chapter offers the opportunity to dedicate a chair or pew as an individual, a family, or a ministry group. This can be done in thanksgiving, as a memorial or as a tribute. Inscriptions are made on brass medallions and elegantly inlaid in the English oak seating.

This legacy gift will ennoble the Cathedral of the Incarnation, the Mother Church of our beloved Episcopal Diocese of Long Island, for generations to come.

Prices:

Chair: \$750 or Pew: \$1,500

Please contact the Cathedral Office at Cathedral@IncarnationGC.org for more information.



Worship

incarnationgc.org/worship

SPECIAL WORSHIP OPPORTUNITIES

Ash Wednesday

Wednesday, February 22

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*

Choral Evensong for Lent

Sunday February 26 at 4:00pm

In person and via livestream at incarnationgc.org/live

Music Sung at this Evensong will include the *Second Service* of William Byrd, as the choir prepares a program of music of his for their tour of the UK this summer, when they will sing daily services at Lincoln Cathedral, where Byrd worked from 1563–1572. The evensong will include other works from the same period.



Worship

incarnationgc.org/worship

HOLY WEEK SERVICES

Palm Sunday

Sunday, April 2

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

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

Maundy Thursday

Maundy Thursday Choral Mass

Thursday, April 6 at 7:30pm

*In person and online via livestream
at incarnationgc.org/live*

Worship

incarnationgc.org/worship

Good Friday

Good Friday Liturgy with Cathedral Choirs

Friday, April 7 at 12:15pm

*In person and online via livestream
at incarnationgc.org/live*

Stations of the Cross

Friday, April 7

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 8 at 7:30pm

In person and via livestream at incarnationgc.org/live



Worship

incarnationgc.org/worship

Easter Sunday

Sunday, April 9

8:00am Traditional Mass with hymns

In person

9:15am Easter For Kids and Egg Hunt

In person

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*

Connect

incarnationgc.org/connect

JOIN A GROUP

Some of our cathedral ministries are meeting online or in-person. You can join a group using Realm. For details on joining Realm, visit www.incarnationgc.org/realm.

Grief Support Group

Sundays In The Mercer Building, 2–3:30pm

All are welcome whether or not you have attended any of the grief group gatherings. The group will meet on the following dates: February 26, and March 5. Further details and dates will be announced in our eNews and on Realm. Please contact Chris Scott via Realm with any questions.

Prayer Shawl Ministry

The Prayer Shawl ministry meets once a month, on the second Sunday of the month in person during Fellowship in Faith. 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.



Connect

incarnationgc.org/connect

Cathedral Beekeeping

What began in Spring of 2022, this program offers hands-on education for the beginner beekeeper, such as bee anatomy, role of bees in the hive, hive management and pollinator conservation through bi-weekly inspections of our own cathedral hives. With luck and proper hive management, we will experience the sweet reward of honey harvesting in the summer! Our food supply depends heavily on our pollinator friends and we are looking forward to growing this initiative across the Diocese.

If you would like to learn beekeeping fundamentals and are interested in becoming a junior beekeeper please contact the Dean's Assistant, Caroline Cosgrove, at ccosgrove@incarnationgc.org.

Cathedral Kneeler Project

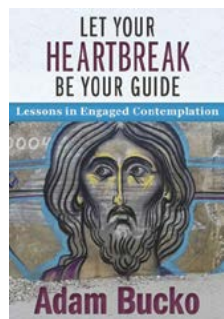
The Cathedral Kneeler team has been busy cleaning and restoring our needlepoint kneelers. Some members of the group are stitching new kneelers and re-stuffing historic ones as well. Join this group on Realm to learn more and get involved.

SPIRITUAL GROWTH FOR ADULTS

Dean's Forum: Let Your Heartbreak Be Your Guide with Fr. Adam Bucko

Sundays at 10:15am, February 26 to April 3

In person at the Mercer Library



In the fall of 2022, Fr. Adam Bucko, co-founder and Director of the Cathedral's Center for Spiritual Imagination, published a volume of reflections drawn largely from his sermons at the Cathedral of the Incarnation. *Let Your Heartbreak be your Guide: Lessons in Engaged Contemplation* has received numerous accolades.

Franciscan friar and ecumenical teacher, Fr. Richard Rohr, calls the project deeply inspiring. Presiding Bishop Michael Curry writes "each page opens a door into deeper parts of God's incredible love."

This Lent, the Dean's Forum will read this short volume with Fr. Adam and reflect on the questions of who we



are meant to be, why we are here, and the ways in which God calls us. Along the way, Fr. Adam will introduce spiritual practices embraced by the Center for Spiritual Imagination. Books will be available at the forum for a suggested donation of \$20. With each book purchased, a second volume will be donated to the Nassau County Correctional Center. The Dean's Forum is facilitated by members of the clergy and staff. All are welcome to attend, and may drop in any Sunday.

Catechumenate

Thursdays at 7:00pm, April 20, 27, May 4, 11
at the Bishop Walker Guesthouse

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 Thursday, 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@dioceseli.org or sign up on Realm.

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

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 to explore the many opportunities to deepen your life of faith.



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. Through storytelling, arts, and play, children will develop personal connections with the biblical and liturgical stories we hold dear. This season, our lessons celebrate connections between faith and the natural world. Parents are welcome in the classroom, and may also attend the Dean's Forum for adults.

Family Communion Class

Sundays, April 16–May 7, 10:15–11am

Please register on Realm

The family Communion Class is an opportunity for parents and children to learn about Communion in the Episcopal Church and deepen their participation in sacramental life. Led by Charles Janoff and members of the clergy, the class is designed for children and their parents. Classes meet Sunday mornings, 10:15–11am during Fellowship in Faith, beginning April 16. Those who complete the course participate in a special liturgy Sunday, May 21.

Grow

incarnationgc.org/grow

Youth Confirmation Class

Sundays, February 26–March 26, 10:15–11am
Please register on Realm

Confirmation is the mature affirmation of Baptismal vows; an opportunity to recommit oneself to the responsibilities of baptism, and to receive laying on of hands by a bishop. The Cathedral will celebrate Confirmations at the Easter Vigil, Saturday, April 8.

Young people in 8th–12th grade who wish to be confirmed at this service are invited to a five-part Confirmation Class held Sunday mornings, 10:15–11am, starting Sunday, February 26. This course, led by Charles Janoff and members of the clergy, focuses on the Baptismal Covenant, the teachings of Jesus and history of the Church. Please contact Mo. Kate Salisbury to participate.



Grow

incarnationgc.org/grow

Cathedral Youth

First Sunday of the month, 1pm to 3pm
Contact Mo. Kate to join: ksalisbury@incarnationgc.org

Young people in grades 6 through 12 serve the community through a variety of hands-on projects reflecting the values of our faith. Activities include feeding and hospitality ministries, and projects supporting animal welfare. Lunch is served. Spring dates are: February 5, March 5, April 2 and May 7. Friends are always welcome!

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. 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. For more information or to join, contact Scout Master Dave Phillips at: firstclassscouter@gmail.com

Serve

incarnationgc.org/serve

Neighbors Being Neighbors

This ministry continues the good work of bringing food to those in need in Nassau County in partnership with parishes in our Episcopal Deanery. Your donations are appreciated and so is your service. If you are interested in serving 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.

MINISTRY TEAMS

Are you feeling called to a new ministry? Check out these opportunities below. Contact the Cathedral Office at cathedral@incarnationgc.org

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 Cathedral, and will help deepen an awareness of the spirituality of giving.



Serve

incarnationgc.org/serve

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, for more information or if you or someone close to you are in need of a visit from a member of the team, please email us at Cathedral@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.

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.

Serve

incarnationgc.org/serve

Altar Guild

The altar guild is a group of parishioners, 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 via Realm, 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. Vergers also work with the ushers and tour guides to provide a welcoming, safe, and prayerful environment for the conduct of our public worship together.



CENTER FOR
SPIRITUAL
IMAGINATION

The Center for Spiritual Imagination is pleased to announce that Kris Vieira will become Program Director of the Center beginning this month.

Ms. Vieira is a Co-Founder of the Center and has been an animating voice in the development of formation programs for the Community of the Incarnation—the Center’s New Monastic community—since its inception. In her new role, Ms. Vieira will be responsible for building spiritual and strategic partnerships for both the Community and the Center. She will expand the Center’s public programs and continue to assist in developing Community formation, leading small groups, and working with volunteers.

Ms. Vieira has been involved in lay ministry for a decade, leading small groups and teaching classes on contemplative prayer, 12-step spirituality, and Scripture. Her appointment as Program Director marks a moment of significant growth for the Center for Spiritual Imagination. In 2022, we added a new center for prayer and convening in Brooklyn with our Greenpoint location. We look forward to sharing new opportunities to participate in our contemplative life in the New York area and remotely over the coming year.



CATHEDRAL *of the* INCARNATION

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www.IncarnationGC.org

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