

Cathedral Life

Advent to Epiphany | 2021-2022





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,
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 incarnationgc.org/realm. The code to join is incarnationgc

and/or

2) Visit 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

SUNDAY WORSHIP

8am Traditional Mass

in person at the cathedral

9:15am Cathedral for Kids!

In person and via livestream at incarnationgc.org/live

11:15am Choral Mass

In person and via livestream at incarnationgc.org/live

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 with holy oil.

MONDAY THROUGH FRIDAY

8:45am Morning Prayer online via Zoom

8:45pm Compline online via Zoom

TUESDAYS

8:00pm Meditation and Contemplative Prayer

In person and via livestream at incarnationgc.org/live

This service will be preceded by a simple Advent meal at 7pm in the Mercer Refectory on Tuesdays in Advent. Sign up on Realm to attend.

Worship

incarnationgc.org/worship

SPECIAL WORSHIP OPPORTUNITIES

A Festival of Lessons & Carols

Sunday, December 19 at 4pm

Register on Realm for in-person or attend via Livestream

A highlight of the holiday season, this annual festival returns this year to its past form, featuring 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.

Christmas For Kids and Pageant

Friday, 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

incarnationgc.org/worship

Christmas Eve

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

In-person and via Livestream

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

Christmas Day

Saturday, December 25 at 10:00am

In-person and via Livestream

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

Choral Evensong for Epiphany

Sunday, January 9 at 4pm

In-person or attend via Livestream

This special evensong closes our celebration of the Twelve Days of Christmas.

Choral Evensong for Candlemas

Sunday, February 6 at 4pm

In-person or attend via Livestream

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

Connect

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 recorded audio tour. All 70 windows in the narthex, nave and chancel of the cathedral are unified by the use of the same color scheme with a predominance of vivid red, blue, gold and greens. They were designed and executed by Clayton & Bell Co., London in the early 1880's

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



Connect

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 incarnationgc.org/realm.

Prayer Shawl Ministry

The Prayer Shawl ministry meets in person on the second Sunday of the month during Fellowship in Faith at 10am in the Mercer School and on the fourth Saturday of the month at 10am, online via Zoom (join group in Realm for links). 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

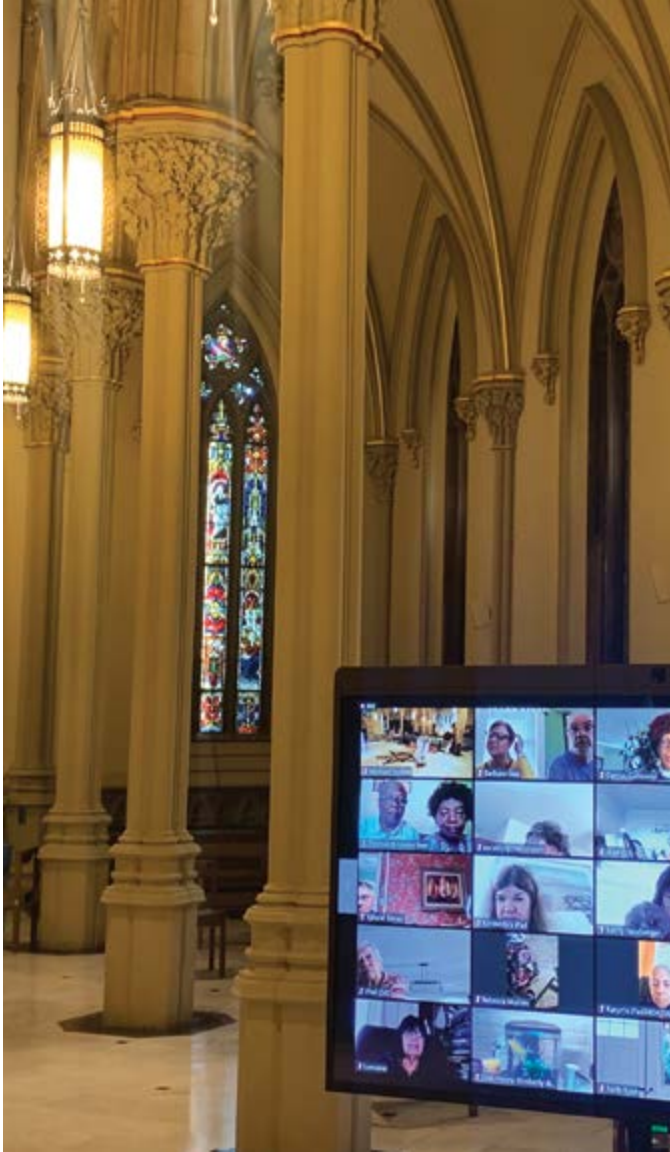
incarnationgc.org/connect

Social Justice Reading Group

The Social Justice Reading Group aims to encourage conversations centered around our christian beliefs, personal experiences and values as they relate to understandings of race and matters of social justice. We are on a journey of growth, healing and reconciliation in our faith community. Future books for discussion in our group are *Love is the Way* by Bishop Michael Curry and *Kindred* by Octavia Butler. Join our group on Realm to receive updates and meeting dates.

Cathedral Yoga

Yoga is an opportunity to engage your body as part of your spiritual practice. The group practices in the Chapel of the Mercer School of Theology on Wednesday mornings at 9am and inside the cathedral on Friday evenings at 6pm. RSVP on Realm in advance to join.



Grow

incarnationgc.org/grow

SPIRITUAL GROWTH FOR ADULTS

Dean's Forum

Sunday mornings at 10:15am

The Dean's Forum is an opportunity for adults to come together in spiritual conversation around diverse topics. The forum takes place in the library of the Mercer School of Theology.

Dean's Forum topics include:

Advent Series: Finding Hope, Peace, Joy and Love in Uncertain Times

December 5-19

We are familiar with how we use the traditional themes of hope, peace, joy, and love to mark our celebration of Advent. But do we know how these gifts from God help us in uncertain and even fearful times? Join us in conversation as we explore how holding hope, bringing peace, practicing joy, and choosing love can sustain us in even the darkest seasons. This is an adult companion series to the Fellowship in Faith for Families series on the Children's Illustrated Ministry devotional "Do Not Be Afraid."

Grow

incarnationgc.org/grow

Dean's Forum continued:

Epiphany Series: Whatever happened to Mary? Living into the Incarnation

January 9, 2022 - February 6, 2022

The birth stories surrounding the Incarnation are much like the gospels in miniature. By focusing on Mary and the child, we are able to discern our own reactions to joy, sorrow, displacement, wonder, anxiety, and so much more, all of which become enriching factors in our faith journeys. Join Canon Griffith and others as they guide us to a deeper understanding of Mary and her Son as our partners through life in 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.

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. Sign up on Realm.



Grow

incarnationgc.org/grow

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, Caremlite 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

Advent Lunch & Learn through the Mercer School of Theology: 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 to register. Once registered, you will receive an email, a few days before the first class, with all the Zoom details.

Grow

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FAMILY MINISTRIES

Advent Fellowship in Faith

Sundays 10:00am to 11:00am
at The Mercer School of Theology
contact Kate to for more information:
kakerman@incarnationgc.org

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

Young people in grades 6 through 12 are invited to join Cathedral Youth Group. Join us 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.



Grow

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Serve

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 and local students. Your donations are appreciated. Visit 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.

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.



Serve

incarnationgc.org/serve

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. 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 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

incarnationgc.org/serve

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 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.

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 also coordinates services of the anointing of the sick and the laying on of hands.



Serve

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

Accessibility

Cathedral Accessibility Project

The first phase of our Cathedral Accessibility Project continues. Current construction adds an elevator, new bathrooms, a coat room, and renewed acolyte and storage spaces in the undercroft. We anticipate completion of these projects in the spring of 2022. Limited access to bathrooms continues during worship and events by exiting the cathedral and using the south undercroft doors and following the signs. We look forward to welcoming everyone to a newly accessible cathedral building in the near future.

Phase II of our Cathedral Accessibility Project will eliminate the need for a ramp or stairs at the entrance to the cathedral tower. By changing the grade of approach, the tower entrance will be accessed across an outdoor hospitality patio surrounded by new landscaping and lighting suitable for gatherings following liturgies and events.

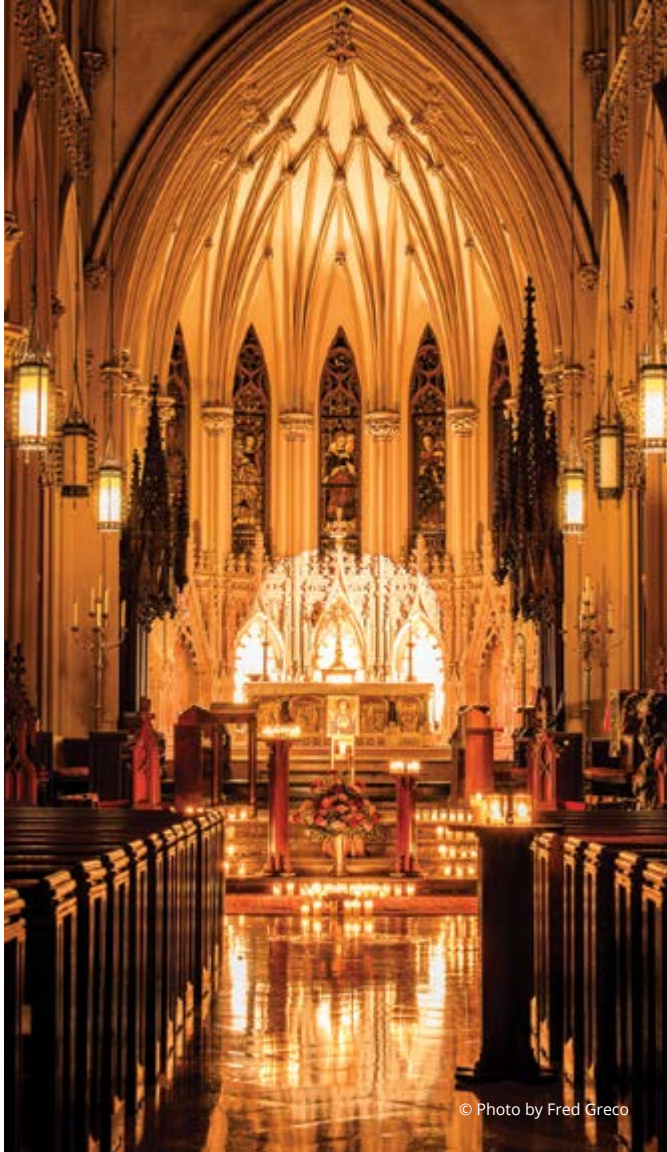




Welcome, Arleen Breen!

Arleen is our new Cathedral Administrator. She coordinates the administrative life of the Cathedral community including the Realm database, the scheduling of spaces and so much more! Arleen holds a BA in History from Adelphi University.

After more than a decade with the Diocese of Rockville Centre, she comes to the cathedral with varied experience in church functions. Arleen and her husband are empty nesters who enjoy hiking, skiing and the beach. Their kids are off on their own adventures, one in New Haven CT and the other splitting her time between Newburgh and Long Island.



© Photo by Fred Greco



Learn more about our New Monastic community.

The Community of the Incarnation is a new monastic community which embodies and teaches engaged contemplative spirituality in response to what Father Bede Griffiths called “the universal call to contemplation.” We affirm that intimacy with God does not belong to a special group of religious professionals but is available to all. Our practice democratizes the gifts of monastic spirituality and translates them into a form that can be lived in everyday life.

We find ourselves rooted in:

- The Benedictine Rhythm of life that sanctifies the hours of the day.
- The Carmelite Ways of silence and friendship with God.
- The Franciscan Way of hearing the cry of the poor and the cry of the earth.

Learn more at spiritualimagination.org



CATHEDRAL *of the* INCARNATION

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(516) 746-2955

www.IncarnationGC.org

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