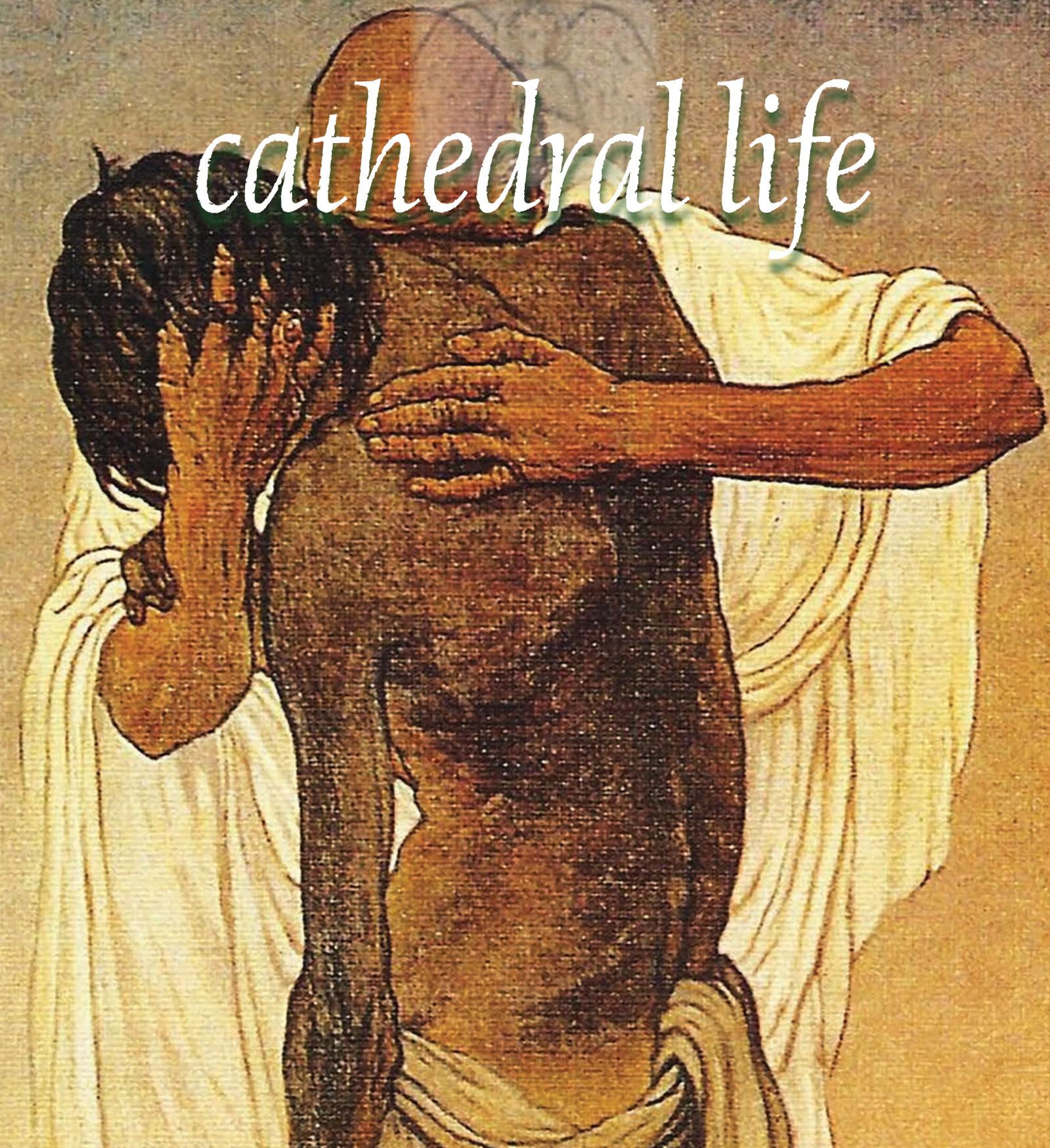


SPRING 2019

cathedral life



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ST. JOHN'S EPISCOPAL CATHEDRAL · LOS ANGELES

WWW.STJOHNSLA.ORG

TIM SULLENS



The Forgiving Father

by Fr. Mark Kowalewski

The story of the prodigal son is well-known for good reason. It contains within it the kernel of everything Jesus teaches about God's hope for humanity and what the Kingdom of God is all about.

On the fourth Sunday in Lent this year we will hear one of Jesus' most famous parables — The story of the prodigal son, or we might refer to it as the tale of the profligate father, or maybe even the (self) righteous brother. The story is well-known for good reason. It contains within it the kernel of everything Jesus teaches about God's hope for humanity and what the Kingdom of God is all about. It's the perfect story to explore during lent.

In a nutshell, the story is this; a father has two sons, the younger takes his inheritance early and spends it all until he's penniless. After he's burned his bridges with his family he reconsiders what he's

done and seeks to find a way to get back home. When he returns home dejected and ashamed, he expects his father will either turn his back on him or allow him to work on the family farm as a slave. Instead, his father greets him with open arms and throws a lavish party. His elder brother, who has been a faithful worker and a good son, believes his father's response to be unjust. There must be some restitution for his actions. He refuses to accept his brother back. At the end of the story we never find out if the elder brother will have a change of heart. I encourage you to take time to read the whole story, in the Gospel of Luke 15:11-32.

What do you think and feel about this story? How does each character make you feel? Maybe you think the Continued on page 9

TIM SULLENS



"A Right Spirit"

by Fr. Daniel Ade

Create in me a clean heart, O God, and renew a right spirit within me. — Psalm 51

"Create in me a clean heart, O God, and renew a right spirit within me." These words from Psalm 51 help to frame our experience of Lent. The Church appoints this psalm to be read on Ash Wednesday to begin our Lenten pilgrimage. What does it mean to have a clean heart and a right spirit? What does it mean for God to give these to us?

We look to God from whom all life proceeds. We are created in the image of God, our hearts, the essence of our being, is divinely made and reflects a divine creator. Yet, especially during Lent we take stock of how that image has been marred and tarnished. We turn to self too often and forget that our hearts are created to turn outward,

not inward. So we need to clean up that mirror reflecting the image of God. We need to make the course of our lives right again.

"A right spirit," also reflects the balance of right relationship between us and God, other persons, and the planet. How do we restore that "right spirit" in our lives? One way, is through the Lenten practice of almsgiving and its corollary, self-denial. Engaging in these practices helps us to restore a right or healthy spirit in the way we relate to others. If we believe that our creator has given the creation into our care to use it and preserve it as the Book of Genesis says, then how do I rightly use the resources at my disposal for other people, also created in God's image, who may have less than I? When I deny myself certain things that I enjoy and Continued on page 10

The Guibord Center *Religion Inside Out*

To view this film is
to have your heart
changed for the good.

Presents **ANIMA**

“What do the world’s religions tell us about our relationship with the animals...”

By THE REV. DR. GWYNNE GUIBORD

Last winter The Guibord Center – Religion Inside Out created a short film entitled: ANIMA: Animals . Faith . Compassion.

Through interviews with faith leaders from 12 different religions, this thought-provoking documentary challenges preconceptions about what religion actually says about our relationship with and responsibility toward other species.

Most of the presenters are from The Guibord Center’s Board of Directors or Advisory Council. When approached to participate in the film, every one was of one mind and heart, speaking about compassion toward all animals. The message from each faith is that animals are sacred, sentient and feeling beings to be valued and protected as an integral part of God’s creation.

We began the filming at St. Johns Cathedral with our own Fr. Dan and Fr. Mark who patiently endured the arduous process of setting up just the right shot - only to discover that it was “Jamie” and “Mr. Jack” who stole the best scenes!

ANIMA is on our website and facebook pages. It’s already reached people all over the world via social media – many of whom are asking for it to be translated into their native languages.

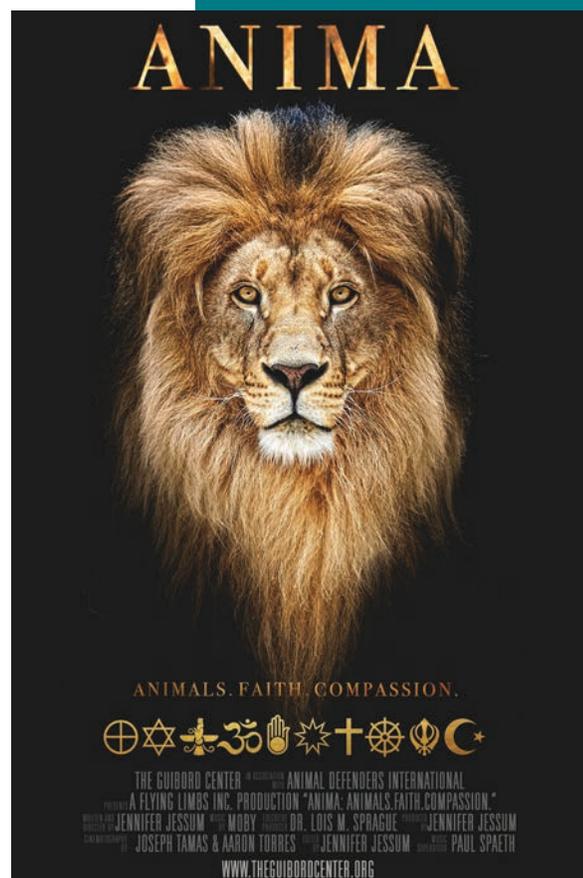
Dr. Lo Sprague, Executive Producer of the film and Vice President of the

Center, recently presented the film at The Animal Film Festival in Grass Valley, California, to a rapt audience of several hundred animal lovers and activists. In a setting where dozens of films depicted the urgent horror of the institutionally sanctioned abuse of factory farming and other forms of cruelty, The Center’s film offered a message of hope in awakening people to the recognition that animals are not objects different from us, devoid of thoughts and feelings, but are living beings with souls who experience all the feelings that we humans do and that we are here to care for and protect them.

Jamie and Mr. Jack will get some company this spring when we can finally afford to weave more animals into our footage. ANIMA 2.0 will premiere at The Guibord Center’s Dinner on **Tuesday, April 30th**, here at St. John’s.

We invite you to view: “Anima: Animals . Faith . Compassion” on our website: www.theguibordcenter.org.

Prepare to have your hearts changed forever!! ✨



Never before have
so many different
voices of faith come
together with such
a strong message
of compassion
towards animals.



"While he was still far off his father saw him."

— Luke 15:20

Father of the Younger Son

by Killian McDonnell
in *Swift, Lord, You Are Not*

Even after I gave up
keeping the tiger cub
in his cage, I picked it up,
forgetting snarls and claws,
though I have bite marks,
scratches to show love
comes late, scarred to wisdom.
Though you keep the cub
from larger cats, beware!
Young tigers have no shame.

The years I do not count
passing the window in the front,
searching the road for signs
of that cat no leash could check,
unmuzzled, free, and bleeding.
The helpless ache is ordinary,
the Thursday tedious, as I give a
passing glance through the window
at the dot on the far horizon, walking
as many have walked before.

But the way he swings his arms,
turns his head, slightly
pigeon-toed. I am out the door,
down the stairs, down the road,
running, arms outstretched.
My embrace, my tears, my laughter
gather in all the years,
my kiss stops rehearsed
genealogies of sin, outlawing of self.

Of course, you are my son.
Be quick, steward, clothe him
like the son of an Eastern king,
the best robe from my chest,
wake the cook, load
the table with meats and wines.

Call in friends and foes,
blaze the night into day
with torches, push the chairs
against the wall, pluck the harps,
strike the largest timbrel.

When the dead come back you drink.
When the lost are found you dance.

LENTEN PRAYERS & CHILDREN'S SPIRITUALITY

Saturday, March 16, 9:00am – 12 noon, geared for children preschool through 4th grade. Lent is the season before Easter that invites us to journey with Jesus. His life, ministry and death are remembered during this season. It's also a time to look at our own lives and draw closer to God. Join us for an interactive day of Lenten prayer and storytelling for the whole family. We will participate in and model Lenten practices that can then be done at home. Each participant will leave with materials to keep talking and praying through the 40 days of Lent at home. The event is presented in partnership with St. Matthew's Episcopal Church, Pacific Palisades, and will be led by the Rev. Stefanie Wilson and Missy Morain. A light breakfast and lunch will be served. Please RSVP to churchoffice@stjohnsla.org.

THE PSALMS

Songs for our lives: This Lent, the Psalms will focus our reflection during **three Sunday morning Adult Education forums at 9:15am**. Each week a different teacher will guide us as we explore Psalms as poetry in the Bible, as musical bedrock of our Anglican tradition, and in the tradition of the Jewish people. **March 17:** The Rev. Dr. L. William Countryman will discuss the Psalms as biblical poetry, and how they give voice to our human longings and experiences of all kinds. **March 24:** Our own Dr. Christopher Gravis will explore the rich tradition of psalmody

in the Anglican tradition.

March 31: Rabbi Neil Comess-Daniels, of Temple Beth Shir Shalom in Santa Monica will provide the perspective of the Psalms within the Jewish tradition.

BREAKING BREAD

A few years ago we had a community dinner program called Breaking Bread. Members of St. John's would host dinners in their homes in several geographical locations and a small group would gather to share a meal and to pray together. We are bringing Breaking Bread back for Lent and the Easter season.

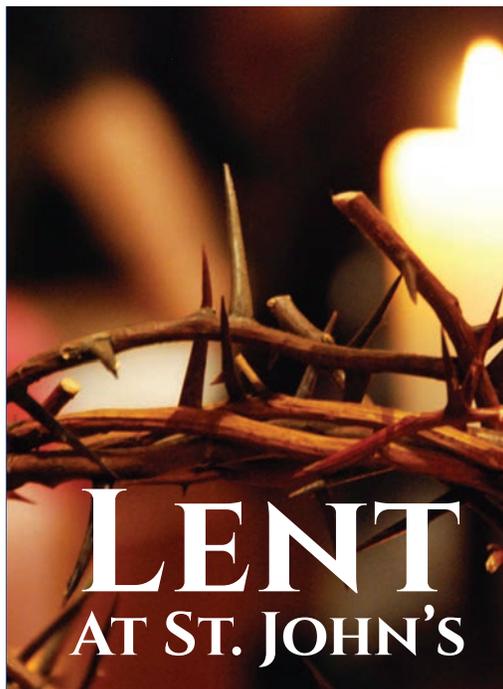
On two evenings, **March 21 and May 9** at four different locations, you can join other folks from St. John's for a shared meal and conversation on a focused topic — the first around a Lenten theme, the second around an Easter theme. The meal will be potluck and we ask that you sign up for a particular location and let us know what you will bring. RSVPs will be required. An email has been sent allowing you to sign up for the Lent dinners, or you can RSVP at church on the Sundays leading up to the event.

INSTRUCTED EUCHARIST

Saturday, March 30, 10:00am. Find out more about the elements of our liturgy with an opportunity to ask questions. A light breakfast will be served.

TAKE NOTE

The children's ministry is moving to the 2nd and 4th Sundays of every month beginning in March.



LENT AT ST. JOHN'S

SHROVE TUESDAY & MARDI GRAS

Join us at **6:30pm on Tuesday night, March 5**. Evening prayer followed by New Orleans style Mardi Gras dinner. The evening concludes with a service of prayer and burning palms in preparation for Ash Wednesday. Bring last year's palms.

ASH WEDNESDAY

Mass and distribution of ashes as we enter the Lenten season on **Wednesday, March 6**. Ashes To Go will be available through the day. We will hold three masses, at 7:00am, 12:00pm and 7:00pm.

STATIONS OF THE CROSS

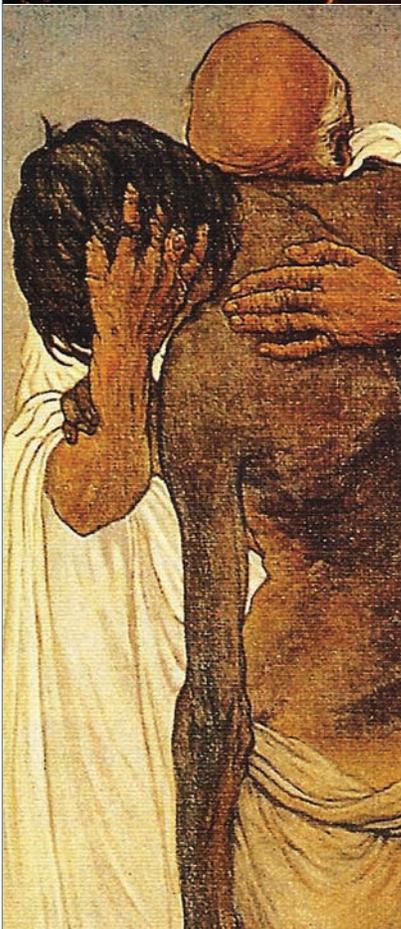
Wednesday nights at 6:30pm, beginning March 13. The Wednesday services will also feature the Daughters of Jerusalem: Writings of Anglican Women.

EVENSONG

Saturdays, March 16, 5:00pm. A beautiful service of musical reflection.



HOLY WEEK & EASTER AT ST. JOHN'S



LITURGY

MEANS "WORK OF THE PEOPLE."

During Holy Week especially, we seek to involve the whole congregation in the dramatic telling of the last days in the life of Jesus of Nazareth and culminating in his glorious resurrection.

The liturgies of Holy Week should move us through our participation from being merely "spectators" of these events to what Brazilian dramatist Augusto Boal has called "specactors." That is, all the participants in these liturgies are both observers and performers, and create the liturgical action by our participation.

Even more than this, to be a specactor is to be changed ourselves, through our experience of these events.

The movement of these dramas from Palm Sunday through Easter Day takes us through the foundational stories of our faith and even through the foundational stories of human life — birth and death, darkness and light, sorrow and joy. Through all of our senses, we kinetically experience this through the passion, death and resurrection of Jesus.

So enter into these great dramas not as observers, but as specactors.



PASSION SUNDAY

Begin on the Fifth Sunday of Lent — Passion Sunday — and hear the story of Jesus' passion and death told as though we are experiencing a play as St. Luke tells it.

PALM SUNDAY

On Palm Sunday enter the crowd of Jerusalem and recall Jesus' radical announcement of God's Kingdom as a time of peace and justice for the earth, and then enact his Lordship over our lives by walking into the streets of the City of Los Angeles during the joyous procession.

TENEBRAE

On Wednesday, enter the dark stillness of Tenebrae where candles are slowly extinguished and we experience the darkness Jesus experienced as he faced his impending passion,

as we all must face our own mortality. This service also recalls that Jesus' suffering was part of the oppression of the Jewish people.

MAUNDY THURSDAY

Maundy Thursday evening begins the great three days we call the Triduum, remembering the central mystery of our faith. We transform the nave of the cathedral into a great banquet hall experiencing not only Jesus' last supper with his friends, but also dramatically acting out what he continues to call us to do and be — a community of disciples who serve one another and with whom he is present in the banquet of love, the Holy Eucharist.

GOOD FRIDAY

Friday, we walk with him to Calvary and remember that we

ourselves and all those we have loved and lost go down to the grave. We give thanks that Jesus walks the journey in solidarity with us through suffering and going down to the dead.

HOLY SATURDAY

Saturday evening as we move from the dark hopelessness of death and through the brightness of the new fire and the water of baptism we proclaim that Christ is not dead but risen, and that he has begun a new creation where we too live abundant life now and eternally.

EASTER

We continue that joyful story with the full beauty of the Easter festival celebration accompanied by choir, brass and timpani to proclaim that Jesus Christ is truly risen! ✠

News

From the
Cathedral Arts Guild



Next to the
Word of God, the
noble art of music
is the greatest
treasure in the
world.

— Martin Luther

Chanted expression

By CHRISTOPHER G. GRAVIS, D.M.A.
CANON FOR MUSIC MINISTRY & CATHEDRAL ARTS

The act of intoning words is called chanting, and chant has been a part of liturgical expression since before the time of Christ. Whether you know it or not, you already participate in a variety of kinds of chant, from the sung Amen response to the Collect of the Day, to the Sursum Corda ('Lift up your hearts') chant at the start of the Communion.

There are many probable theories as to why people have been chanting liturgies (both in Christian and non-Christian settings) for millennia, but perhaps no explanation is more succinct as this: singing enhances the ritual meaning of spoken words, and there's no simpler song than monotone chant. It also helps faintly heard words carry through ancient cavernous spaces, especially in the time before professional acousticians and electrically amplified sound.

Music also works to indelibly imprint

words upon our hearts and minds. You may notice that many people don't even glance at the service sheet to join in chanting the Lord's Prayer anymore. Just hearing those first three ascending tones of "Our Father..." and the tonal memory of heart and mind take over as notes and the poetic words of Jesus roll off the tongue.

There is a rich and varied history to chant, from Byzantine chant in the East, Mozarabic chant in Spain, Gallican chant from what is now France, Ambrosian chant from Milan, Sarum chant from Britain, and Roman chant (Gregorian) from...well, you guessed it. And even the kind of chanting the choir used to sing the Psalms comprises its own uniquely Anglican form of chant, sung in four parts.

If chanted words spiritually speak to you the same way they have spoken to other people throughout history, then I invite you to hear more. Come to the service of Compline on 1st and 3rd Sunday evenings at 8:00pm. You'll sit in beautiful candlelight and bathe in the same poetic words chanted by monks for centuries. Come to Solemn Choral Evensong on Saturday, March 16 at 5:00pm, where you'll hear the choir sing Psalms set to Anglican chant. You might also consider attending my adult forum on Sunday March 24, when I'll be sharing the beauty and practice of that very same Anglican chant.

We are the spiritual inheritors of a great Anglican liturgical tradition, and I look forward to exploring and sharing the richness of our chanted expression in the coming months. It's my honor to serve our St. John's Cathedral community! ✦



Compline Service at St. John's.

The Psalms: Songs for our lives

MARCH 17

The Rev. Dr. L. William Countryman will discuss the Psalms as biblical poetry, and how they give voice to our human longings and experiences of all kinds. As a poet himself and biblical scholar, Bill has published a very readable book on the Psalms in the *Conversations with Scripture* series (Morehouse Publishing, 2013). He is the author of several books in biblical studies as well as his own poetry, including *Lovesongs and Reproaches: Passionate Conversations with God*, (Morehouse, 2010). Bill is retired Professor of New Testament at Church Divinity School of the Pacific in Berkeley, CA. He is an engaging teacher and spiritual guide.

MARCH 24

Our own Dr. Christopher Gravis will explore the rich tradition of psalmody in the Anglican tradition. The Psalms were originally meant to be sung and chanted. Chris will lead us through the use of Psalms in the daily round of Morning and Evening Prayer, in Anglican Cathedrals. The Psalms have been used in many musical contexts from plainchant, to polyph-

ony, early American shape note singing, to metrical versions for congregational song. Chris holds a doctoral degree from USC in Choral and Sacred Music and is Director of Choral Activities at CSULA in addition to his ministry at St. John's. He brings his exceptional musical knowledge to the topic, and we will experience Psalm singing first-hand during his presentation.

MARCH 31

Rabbi Neil Comess-Daniels of Temple Beth Shir Shalom in Santa Monica will provide the perspective of the Psalms within the Jewish tradition. A graduate of UCLA, Rabbi Neil was ordained in 1979 at the Hebrew Union College. He is very involved in interfaith work especially around issues of social justice. A musician as well as a rabbi, Neil is often seen with his guitar when he speaks. This is not his first time at St. John's. He shared a panel with Fr. Mark at the Guibord Center event, *Beyond the Veil*, exploring issues of death. He will look at Psalms both in the biblical text, the context of Jewish liturgical life and in Jewish spirituality as well. He may also lead us in song! ✦

No book of the Bible has had more frequent use on more occasions than the Psalms.

Throughout the history of the Jewish people and the Christian Church, the Psalms have held pride of place in public worship and personal prayer, in times of mourning and times of joy. They give voice to all facets of our human experience.

This Lent, the Psalms will focus our reflection during three Sunday morning Adult Education forums at 9:15 a.m. each week a different teacher will guide us as we explore Psalms as poetry in the Bible, as musical bedrock of our Anglican tradition, and in the tradition of the Jewish people.

FR. MARK

Continued from page 2

elder brother is right in his response. Maybe you think the father is crazy and unfair and the younger son is an outrageous slacker. All this may be true in the world as we know it. Jesus tells this story to open a new window on the logic of the Kingdom. Who's in and who's out?

This Lent, we will have a preaching series on this very rich story of Jesus. We will explore it from the point of view of these various

characters in the story. What does the message look like for each of them, or for Jesus? Whose perspective isn't discussed in the story?

Our Lenten image this year is a painting called *Forgiving Father* by Indian artist Frank Wesley, who depicts the scene as the father recklessly, profligately receives his son back with forgiveness, grace, and love. Take time to use this image for your own meditation, along with the poem *Father of the Younger Son* by Killian McDonnell (on page 4 of this edition of *Cathedral Life*).

As Jesus tells the story, the Kingdom of God is all about a lavish party. It's a great banquet for everyone, where there is no shame or disconnection. All are welcome, and all are forgiven. All we need to do is let go of whatever holds us back, to ask forgiveness for the ways we have messed up, and enter in. We must die to whatever pretensions prevent us — the illusions of our own righteousness are as deceptive as the illusions of our own unworthiness. You are worthy. You are welcome. You are beloved. ✦

From Deacon
Margaret McCauley



TIM SULLENS

“He has shown you,
O mortal, what is good.
And what does the
Lord require of you?
To act justly and to
love mercy and to walk
humbly with your God.”
— Micah 6:8

Prophetic Social Witness on **Gun Violence**

*For where two or three are gathered in
my name, I am there among them.*
— Matthew 18:20.

Exodus 20: 13 states: Thou shalt not kill. (KJV); You shall not murder. (NRSV); No murder. (The Message). The banner in the front of our church has precipitated attention, conversation and controversy in our community and that was our goal.

The Congress of the United States has failed to pass new assault weapons ban legislation to replace that which expired in 2004. H.R 4269 introduced in the 114th Congress in December 2015 lingers. However, California, Connecticut, D.C., Hawaii, Maryland, Massachusetts, New Jersey, and New York have passed assault weapons ban laws.

For information on gun control we invite you to visit the website of The

Coalition to Stop Gun Violence at <https://www.csgv.org>. You’ll find information on developing policy, taking on the NRA, disarming domestic abusers and suicide prevention.

In 2018 alone, the media made us vividly aware of mass shooting: Thousand Oaks nightclub in Thousand Oaks, CA— 12 killed; Tree of Life Synagogue in Pittsburgh, PA— 11 killed; Santa Fe high school in Santa Fe, TX— 10 killed; Stoneman Douglas high school in Parkland, FL— 17 killed. Can you believe that there’s a common definition of a mass shooting? An act of violence in which a gunman kills at least four victims is defined as a mass shooting.

Over the next few months you’ll be invited to forums and opportunities as we discern the wording of the next sign declaring our stand on gun violence. Please join us! ✕

FR. DANIEL

Continued from page 2

then take the money that I don’t use and give it to others then I am assisting God in creating a clean heart and right spirit within me. Of course prayer, the third Lenten practice, helps ground all of what we do in our relationship to God.

This year we have a very specific Lenten practice we can all do together. It’s actually rather old fashioned, but highly impactful. For many years, Christians have used “mite boxes” as a way of making a direct connection between self-denial and almsgiving. The term comes from a small coin, a mite, set aside to assist the poor.

These little boxes are meant to take the actual money we save from a discipline of self-denial and on a daily basis, set it aside so that at the end of Lent we can give that money to assist those less fortunate than ourselves.

Just before lent begins, we will have mite boxes available for you to use so that all of us can participate in the daily practice of placing money in the box and then as a community collecting all those filled boxes so that we can provide fresh produce all year for those who come to our food pantry. Each year, we spend over \$2,000 on fruits and vegetables so that the bounty of the earth can be shared with all our brothers and sisters.

So this Lent, engage in an act of self-denial — maybe forgo the double skinny latte at Starbucks then literally place the money you do not spend into your mite box. Please do not just give a check. That defeats the purpose of this spiritual practice. Make the physical connection between your self-denial and the gift you make to our neighbors. This is an act of gratitude to the God on whom each of us depends for our very life and sustenance. And let’s pray each day the words of the Psalmist, “Create in me a clean heart, O God, and renew a right spirit within me. Give me the joy of your saving help again and sustain me with your bountiful spirit.” ✕

HOLY WEEK & EASTER

AT ST. JOHN'S

SUNDAY, APRIL 14

PALM SUNDAY

8:00am: Traditional service, blessing of the palms, and reading of the Passion Gospel.

11:00am: We focus on Jesus' triumphal entry into Jerusalem with a procession in the streets. Don't forget your drums and other noisemakers for the procession along W. Adams Blvd. A children's program will prepare them to join the parade. Complimentary valet parking provided.

WEDNESDAY, APRIL 17

TENEBRAE

7:00pm: We move from the triumphal entry into the shadows of darkness as we anticipate the passion of our Lord.

THURSDAY, APRIL 18

MAUNDY THURSDAY

7:00pm: We gather as Jesus' first disciples gathered to begin the great three days by washing one another's feet, celebrating the Holy Eucharist and joining for a simple meal as a community. Confession will be available. All are invited to watch until midnight at the Altar of Repose.

FRIDAY, APRIL 19

GOOD FRIDAY

8:00am: A said service of Morning Prayer in the great choir.

12:00pm: Solemn Liturgy. An ancient service in which we join with Christ in his dying in hope of rising with him in glory. Confession will be available.

7:00pm: Vespers. Remembering Jesus' descent to the dead, we'll hear contemplative scripture, read psalms and sing hymns together.

SATURDAY, APRIL 20

HOLY SATURDAY

11:00am: We reflect on the mystery of death and hope of resurrection then leave this very brief (15 minute) service to prepare the church for the celebration of the Easter Feast.

8:00pm: Easter Vigil. We light the new fire of Easter and move from darkness to light telling the ancient stories of God's people, then proclaim the Easter message, "Christ is risen!" Bishop Talton will preside. Bring your bells and other musical instruments. Complimentary valet parking provided.

SUNDAY, APRIL 21

EASTER DAY

Please Note: There is only one service on Easter Day. (No 8:00am service.)

11:00am: The roof comes off with the pageantry of a festive Choral Eucharist with brass and timpani. The children's program features our annual Easter Egg Hunt! Complimentary valet parking provided.

Young Adults at St. John's Caitlyn Ference-Saunders

Caitlyn Ference-Saunders is a graduate of Fuller Theological Seminary, where she received a Master of Arts in Theology with an emphasis on art-making as spiritual practice. Her research is particularly focused on how bodies feel and express moments of both faith and doubt. She has been a passionate participant in church life since she was a young child, and found herself in the Episcopal Church while searching for a place that would healthfully integrate both her Catholic education and Baptist upbringing. Having trained in ensemble theater in college, she still makes theater and is committed to helping communities create stories that confront injustice and envision a new future. Caitlyn is married to Daniel, a graphic designer with a love for medieval theology. They can often be found discussing Aquinas or Dorothy Day over a good cup of tea while their cat Bo looks on amusedly. Caitlyn is a member of St. James' Episcopal Church in South Pasadena, where she is a lay Eucharistic minister, reader, and youth teacher. Caitlyn is beginning the journey of discernment for ordination in the Episcopal Church this spring, and is honored and humbled to facilitate the Compline service at St. John's. ✦



In this new semester of Compline, I am excited to continue to make a space where all feel welcome to sit before God with one another. It is my hope that this spring we will find moments of deepening awareness, stillness, and holy silence that nourish us for the work we are sent into the world to do. Please join us for a truly beautiful service facilitated by our own Schola Cantorum, led by Chris Gravis. If you would like to get involved with helping make Compline happen, contact our organizer-in-chief, Victor Eichhorn.

— Caitlyn Ference-Saunders



cathedral
life

THE MAGAZINE
OF ST. JOHN'S
EPISCOPAL CATHEDRAL

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On the cover:
"Forgiving Father" by Frank Wesley

Please join us
on the 1st and 3rd
Sundays of each
month at 8:00pm.
A time of food and
fellowship will
immediately follow
the service.

COMPLINE
AT THE
CATHEDRAL
A COMMUNITY OF PRAYER