

# **Transfiguration Sunday**

**(The Last Sunday After the Epiphany)**

***February 11, 2024***

***Choral Eucharist at 11:00am***

***The Cathedral Church of St. James  
Diocese of Toronto • Anglican Church of Canada***

## **Welcome to St. James Cathedral**

*This sacred land is the territory of several Indigenous Nations - the Wendat, the Haudenosaunee, and the Anishnaabe, and the Métis peoples, with special recognition to the Mississaugas of New Credit. We also acknowledge that we are on the shores of Niigaani-gichigami/Lake Ontario. This territory is governed by the Dish With One Spoon Wampum Belt Treaty, an agreement between the Haudenosaunee Confederacy and the Anishnaabe Confederacy to peaceably share and sustain the life of the Great Lakes. In the spirit of that Treaty we seek to place at the centre of our gatherings the values of respectful reciprocity, diversity, peace, responsibility, and mutual aid.*

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### **Liturgical Note**

*In the context of Christian Liturgy, Israel does not refer to the current political state, but either to the historic Hebrews (also called Israelites) of the ancient Near East or, in Christian theology, to all people who put their faith and trust in Jesus Christ.*

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Sign up for **E-Connections** on our website at [www.stjamescathedral.ca](http://www.stjamescathedral.ca)  
(scroll to the bottom of the page).

Questions? Speak to a sidesperson – the people wearing gold name tags.

### **Children & Families**

Sunday School meets every week at both the 9:00am and 11:00am services.  
Please email Karyne Whalen at [kwhalen@stjamescathedral.ca](mailto:kwhalen@stjamescathedral.ca) for more information.

### **Accessibility**

**A Wheelchair Accessible Washroom** is located  
at the front of the Cathedral through the doors by the pulpit.  
**Assisted hearing devices** are available from the sidespersons.

### **Coffee Hour**

Join us in Snell Hall following the 9:00am & 11:00am services.

### **Parking**

There are a variety of inexpensive parking lots available around the Cathedral.  
Please see the leaflets at the back of the Cathedral or  
online at [stjamescathedral.ca/contact](http://stjamescathedral.ca/contact) for more information.

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Visit our website at [stjamescathedral.ca](http://stjamescathedral.ca) | Follow us on Facebook at [facebook.com/stjamesto](https://facebook.com/stjamesto)

*As this is a very public and open space please be aware of your personal belongings.  
Do not leave them unattended in the Cathedral or in the Cathedral Centre.*

## **Today at St. James**

*Presiding Celebrant: The Very Reverend Dr. Stephen Hance*

*Homilist: The Reverend Canon Dr. Stephen Fields*

*Deacon of the Mass: The Reverend Lynn Braye*

*Sub-Deacon: David Grant • Anointer: The Reverend Canon Beth Benson*

*First Reader: Nancy Conn • Second Reader: Yvonne Joseph*

*Intercessor: Ted Hawken • Honorary Verger: Paul Seddon, ODT*

*Sidespersons: David Gates, Don Solomon, Louis Nettleton, Susan Glover,  
Carleen Adler & Philippa Campsie*

*Communion Ministers: Stanley Baptiste, Leslie Derbecker & Paul Seddon*

*Director of Music & Organist: Thomas Bell • Associate Organist: Nathan Jeffery*

*Wayne Vance Organ Scholar: Jacob Wiens • Sung by The Choir of St. James Cathedral*

*The Flowers in the Cathedral are given to the glory of God and in loving memory of*

*Vincenzina Eva Sorbara-Toderick*

*Mr. Philip and Mrs. Joane Noble*

***Welcome! We are glad you have joined us for worship this morning.***

***Please ensure that cell phones are muted.***

***Please stand, sit or kneel as you feel comfortable during the service,  
including times of prayer.***

# THE GATHERING OF THE COMMUNITY

*Mass Setting: Missa O Quam Gloriosum by Tomas Luis de Vitoria*

**Prelude** Sonata in G major (Opus 28) III. Andante espressivo *Edward Elgar*

## Welcome & Announcements

### Hymn

Tune: Ratisbon

Christ, whose glory fills the skies,  
Christ, the true, the only light,  
Sun of Righteousness, arise,  
triumph o'er the shades of night;  
Dayspring from on high, be near;  
Daystar, in my heart appear.

Dark and cheerless is the morn  
unaccompanied by thee;  
joyless is the day's return,  
till thy mercy's beams I see,  
till they inward light impart,  
glad my eyes and warm my heart.

Visit then this soul of mine,  
pierce the gloom of sin and grief;  
fill me, radiancy divine,  
scatter all my unbelief;  
more and more thyself display,  
shining to the perfect day.

Text: Charles Wesley  
Music: Melody Geystliche Gesangk Buchleyn, 1524; adapt. and harm. William Henry Havergal, alt.

*Presider* The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all.

*People* **And with thy spirit.**

*Presider* Almighty God,

*People* **unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.**

## Kyrie Eleison

*Choir* Lord have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

*During the Gloria, children are invited to gather at the chancel steps before proceeding to the Library in the Cathedral Centre for Sunday School; they will return at the offertory.*

## Gloria

*Presider* *Merbecke*

*Glo-ry be to God on high, and in earth peace, good will to-wards all. We praise thee,*  
*we bless thee, we wor-ship thee, we glo-ri-fy thee, we give thanks to thee*  
*for thy great glo-ry. O Lord God, heav-en-ly King, God the Fa-ther al-migh-ty,*  
*O Lord, the on-ly be-got-ten Son, Je-sus Christ; O Lord God, Lamb of God,*  
*Son of the Fa-ther, that tak-est a-way the sin of the world, have mer-cy up-on us.*  
*Thou that tak-est a-way the sin of the world, re-ceive our prayer.*  
*Thou that sit-test at the right hand of God the Fa-ther, have mer-cy up-on us.*  
*For thou on-ly art ho-ly, thou on-ly art the Lord; thou on-ly, O Christ, with the Ho-ly Ghost,*  
*art most high in the glo-ry of God the Fa-ther. A - men.*

## Collect of the Day

*Presider* Let us pray.

God of glory, by the grace of your Spirit, reveal your Son to us now in the message of the prophets and in the witness of the apostles, so that we may heed his voice and receive him in faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.

*People* Amen.

## THE PROCLAMATION OF THE WORD

### The First Reading

*2 Kings 2:1-12*

*Reader* Now when the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the Lord has sent me as far as Bethel.' But Elisha said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he said, 'Yes, I know; keep silent.'

Elijah said to him, 'Elisha, stay here; for the Lord has sent me to Jericho.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he answered, 'Yes, I know; be silent.'

Then Elijah said to him, 'Stay here; for the Lord has sent me to the Jordan.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up, and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground.

When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing;

yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.’ As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, ‘Father, father! The chariots of Israel and its horsemen!’ But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

*Reader* The word of the Lord.

*People* **Thanks be to God.**

**Psalm** *Psalm 50 Verse 1-6 Chant by G. Thalben-Ball*

*Choir* The Lord, the most mighty God, has spoken  
He has called the world from the rising of the sun to its setting.

Out of Zion, perfect in beauty;

God reveals himself in glory

Our God will come and will not keep silence.

Before him there is consuming flame and round about him a raging storm  
He calls the heaven and the earth from above

To witness the judgement of his people:

‘Gather before me my loyal followers,

Those who have made a covenant with me and sealed it with sacrifice.’

Let the heavens declare the rightness of his cause,  
for God himself is judge.

**The Second Reading** *2 Corinthians 4:3-6*

*Reader* And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus’ sake. For it is the God who said, ‘Let light shine out of darkness’, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

*Reader* The word of the Lord.

*People* **Thanks be to God.**

**Gospel Acclamation** *T. Bell*

*People* **Alleluia! Alleluia! Alleluia!**

*Choir* This is my beloved Son, with whom I am well pleased; listen to him.

*People* Alleluia! Alleluia! Alleluia!

## The Holy Gospel

*Mark 9:2-9*

*Gospeller* The Lord be with you.

*People* **And with thy spirit.**

*Gospeller* The Holy Gospel of our Lord Jesus Christ according to Mark.

*People* **Glory be to thee, O Lord.**

*Gospeller* Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

*Gospeller* The Gospel of Christ.

*People* **Praise be to thee, O Christ.**

## Homily

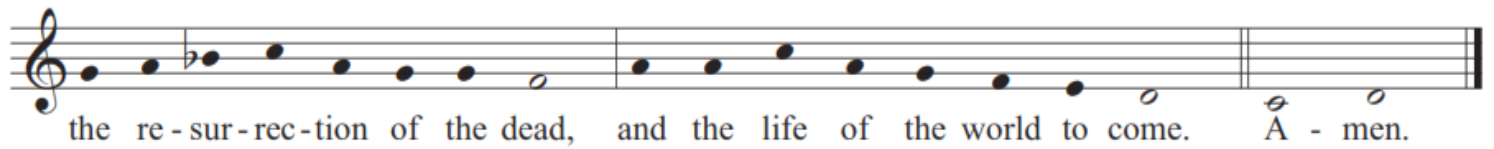
## The Nicene Creed

*Presider* *All* *Merbecke*

*I be-lieve in one God, the Fa-ther al-migh-ty, ma-ker of hea-ven and earth,*  
*and of all things vi - si - ble and in - vi - si - ble; and in one Lord Je - sus Christ,*  
*the on - ly be - got - ten Son of God, be - got - ten of the Fa - ther be - fore all worlds,*



God of God; Light of Light; ve - ry God of ve - ry God, be - got - ten, not made;  
be - ing of one sub - stance with the Fa - ther, through whom all things were made:  
who for us and for our sal - va - tion came down from heaven, and was in - car - nate  
by the Ho - ly Ghost of the Vir - gin Ma - ry, and was made man, and was cru - ci - fied  
al - so for us un - der Pon - tius Pi - late, He suf - fer - ed and was bu - ri - ed,  
and the third day he rose a - gain ac - cord - ing to the scrip - tures, and as - cen - ded in - to heaven,  
and sit - teth on the right hand of the Fa - ther. And he shall come a - gain with glo - ry  
to judge both the quick and the dead: whose king - dom shall have no end.  
And I be - lieve in the Ho - ly Ghost, the Lord, the giv - er of life, who pro - ceed - eth from the Fa - ther  
and the Son, who with the Fa - ther and the Son to - geth - er is wor - ship - ped and glo - ri - fied,  
who spake by the pro - phets. And I be - lieve one ho - ly, ca - tho - lic and a - pos - to - lic church.  
I ac - know - ledge one bap - tism for the re - mis - sion of sins. And I look for



## Prayers of the People

*Presider* Gathered to celebrate the liberating love of God revealed to us in Jesus, the Christ, let us pray for the church, the world, and all creation saying, “God of grace and mercy, hear our prayer”.

*Pause*

*Intercessor* God of grace and mercy,

*People* **Hear our prayer.**

*At the conclusion of the prayers.*

*Presider* O God, who knows our needs before we ask, hear, and answer these prayers from our lips and the silent prayers of our hearts that we offer, in the name of our Liberating Lord, and in the power of your Life-giving Spirit.

*People* **Amen.**

## Confession and Absolution

*Presider* Let us confess our sins, confident in God’s forgiveness.

*All* **Almighty God, Father of our Lord Jesus Christ, Maker of all things and judge of all people: We acknowledge and confess our manifold sins and wickedness, Which we from time to time most grievously have committed, By thought, word and deed, Against thy divine majesty. We do earnestly repent, and are heartily sorry for these our misdoings. Have mercy upon us, most merciful Father; For thy Son our Lord Jesus Christ’s sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please thee In newness of life, To the honour and glory of thy name; Through Jesus Christ our Lord. Amen.**

*Presider* Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him: have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord.

*People* **Amen.**

## The Peace

*We offer each other a sign of peace, as you feel comfortable.*

*Presider* The peace of the Lord be always with you.

*People* **And with thy spirit.**

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## THE CELEBRATION OF THE EUCHARIST

*An offering will now be taken to support the life and ministry of the Cathedral.*

### Offertory Hymn

Tune: Slane

Be thou my vision, O Lord of my heart;  
naught be all else to me, save that thou art—  
thou my best thought, by day or by night,  
waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true Word;  
I ever with thee and thou with me, Lord;  
thou my great Father; thine own may I be,  
thou in me dwelling, and I one with thee.

Riches I heed not, nor the world's empty praise;  
thou mine inheritance, now and always:  
thou and thou only, first in my heart,  
high King of heaven, my treasure thou art.

High King of heaven, when victory is won,  
may I reach heaven's joys, bright heaven's Sun!  
Heart of my own heart, whatever befall,  
still be my vision, O Ruler of all.

Text: Irish hymn (8<sup>th</sup> cent.); tr. Mary Elizabeth Byrne; Music: Melody Irish trad.

*Presider* Holy God, receive all we offer you this day, and bring us to that radiant glory which we see in the transfigured face of Jesus Christ our Lord.

*People* **Amen.**

### **Thanksgiving & Consecration**

*Presider* The Lord be with you.

*People* **And with thy spirit.**

*Presider* Lift up your hearts.

*People* **We lift them up unto the Lord.**

*Presider* Let us give thanks unto our Lord God.

*People* **It is meet and right so to do.**

*Presider* It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God, creator and preserver of all things.

Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory, in the face of thy Son Jesus Christ our Lord.

Therefore with angels and archangels, and with all the company of heaven, we laud and magnify thy glorious name; evermore praising thee and saying:

### **Sanctus & Benedictus**

*Choir* Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

*Presider* Blessing and glory and thanksgiving be unto thee, almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memorial of that his precious death, until his coming again.

Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and

passion, may be partakers of his most blessed body and blood; who, in the same night that he was betrayed, took bread; and, when he had given thanks, he brake it; and gave it to his disciples, saying, "Take, eat; this is my body which is given for you: Do this in remembrance of me."

Likewise after supper he took the cup; and when he had given thanks, he gave it to them, saying, "Drink ye all, of this; for this is my blood of the new covenant, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Father, Lord of heaven and earth, we thy humble servants, with all thy holy Church, remembering the precious death of thy beloved Son, his mighty resurrection, and glorious ascension, and looking for his coming again in glory, do make before thee, in this sacrament of the holy bread of eternal life and the cup of everlasting salvation, the memorial which he hath commanded.

*People*      **We praise thee, we bless thee, we thank thee, and we pray to thee, Lord our God.**

*Presider*      And we entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving, most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion; And we pray that by the power of thy Holy Spirit, all we who are partakers of this holy communion may be fulfilled with thy grace and heavenly benediction; through Jesus Christ our Lord, by whom and with whom, in the unity of the Holy Spirit, all honour and glory be unto thee, O Father Almighty, world without end.

*People*      **Amen.**

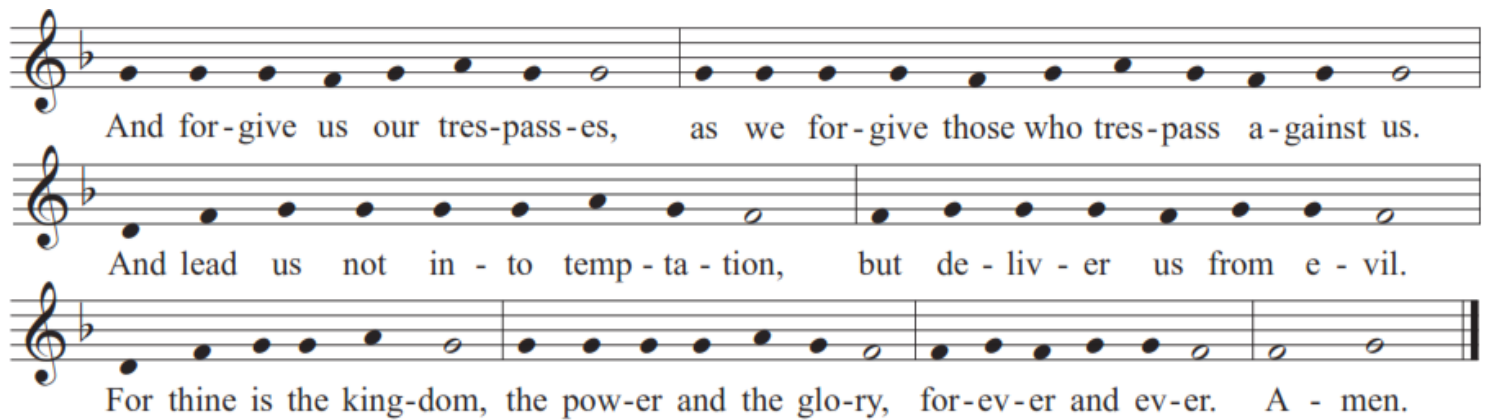
### The Lord's Prayer

*Merbecke*

*Presider*      And now, as our Saviour Christ has taught us, we are bold to say:

The musical notation consists of two staves. The first staff is labeled 'Presider' and the second 'All'. Both staves are in G-clef and F major. The lyrics are written below the notes.

*Presider*      *All*  
Our Fa-ther; who art in heav-en, hal-low-ed be thy name, thy king-dom come,  
thy will be done, on earth as it is in heav-en. Give us this day our dai - ly bread,



And for-give us our tres-pass-es, as we for-give those who tres-pass a-gainst us.  
 And lead us not in - to temp - ta - tion, but de - liv - er us from e - vil.  
 For thine is the king-dom, the pow-er and the glo-ry, for-ev-er and ev-er. A - men.

## The Breaking of the Bread

*Presider* Christ our Passover is sacrificed for us;  
*People* Therefore, let us keep the feast.

## The Communion

*Presider* Alleluia! The gifts of God for the People of God.  
*People* Thanks be to God. Alleluia!

## Agnus Dei

*Choir* Lamb of God, you take away the sins of the world, have mercy on us.  
 Lamb of God, you take away the sins of the world, have mercy on us.  
 Lamb of God, you take away the sins of the world, Grant us your peace.

*All are welcome to receive Holy Communion or a blessing.  
 If you choose not to receive communion, simply cross your hands over your chest  
 to indicate this to the priest. For those requiring gluten-free hosts  
 or not wanting to walk up the chancel steps, please go to the Lady Chapel.  
 It is not permitted to dip the bread in the wine for health reasons.  
 Prayers for healing and anointing are available at the Lady Altar.*

## Motet Resplenduit Facies Ejus

*Tomas Luis de Victoria*

His face did shine as the sun,  
 and his garments became  
 as white as snow.  
 And behold, there appeared to them  
 Moses and Elijah, speaking with Jesus.  
 Alleluia.

## Communion Hymn

I want to walk as a child of the light;  
I want to follow Jesus.  
God sent the stars to give light to the world;  
the star of my life is Jesus.  
*In Him, there is no darkness at all;  
the night and the day are both alike.  
The Lamb is the light of the city of God:  
shine in my heart, Lord Jesus.*

I want to see the brightness of God;  
I want to look at Jesus.  
Clear sun of righteousness, shine on my path,  
and show me the way to the Father.  
*In Him, there is no darkness at all;  
the night and the day are both alike.  
The Lamb is the light of the city of God:  
shine in my heart, Lord Jesus.*

I'm looking for the coming of Christ;  
I want to be with Jesus.  
When we have run with patience the race,  
we shall know the joy of Jesus.  
*In Him, there is no darkness at all;  
the night and the day are both alike.  
The Lamb is the light of the city of God:  
shine in my heart, Lord Jesus.*

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## Motet

### Nasadiki – Amen

*arr. Boniface Mganga*

*Choir*

I believe in the Holy Spirit, the Holy Catholic Church, the fellowship of the saints, the removal of sins, the resurrection of the body. Amen.



## Prayer after Communion

*Presider* Let us pray.

Holy God, we see your glory in the face of Jesus Christ. May we who are partakers of his table reflect his life in word and deed, that all the world may know his power to change and save. We ask this in his name.

*People* **Amen.**

*Presider* Glory to God,

*All* **whose power, working in us, can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen.**

## The Blessing

*Presider* May the God of infinite goodness scatter the darkness of sin and brighten your hearts with holiness; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

*People* **Amen.**

## Hymn

A - men, we praise your name O Lord

A-men, we praise your name O Lord. A-men, A-men,

A-men, A-men A - men we praise your name O Lord.

## Hymn

Tune: St. Denio

Immortal, invisible, God only wise,  
in light inaccessible hid from our eyes;  
most blessed, most glorious, the Ancient of Days,  
almighty, victorious, thy great name we praise.



Unresting, unhasting, and silent as light,  
 nor wanting, nor wasting, thou rulest in might;  
 thy justice like mountains high soaring above  
 thy clouds which are fountains of goodness and love.

To all life thou givest, to both great and small;  
 in all life thou livest, the true life of all;  
 we blossom and flourish as leaves on the tree,  
 and wither and perish, but nought changeth thee.

Great Source of all glory and wisdom and light,  
 thine angels adore thee, all veiling their sight;  
 all laud we would render: O help us to see  
 'tis only the splendour of light hideth thee.

Text: Walter Chalmers Smith, alt. Music: Melody Welsh trad.

## Dismissal

*Deacon* Followers of Jesus Christ, inspired by the Holy Spirit, go, serve the world  
 that God loves. Alleluia!

*People* **The Lord being our helper. Alleluia!**

**Postlude** Plymouth Suite V. Toccata

*Percy Whitlock*

PRAYER CYCLE	PASTORAL CARE
<p><i>This week, please pray for:            Province of the Episcopal Church of            South Sudan; Susan Johnson, National            Bishop, and the Evangelical Lutheran            Church in Canada; York Mills Deanery            And The Cathedral Council</i></p>	<p>If you know anyone who would benefit from a call from            our pastoral care team, please be in touch with our Sub-            Dean &amp; Vicar, The Rev'd Canon Dr. Stephen Fields:  <a href="mailto:sfields@stjamescathedral.ca">sfields@stjamescathedral.ca</a>; 416-364-7865, ext. *235            or The Reverend Canon Beth Benson:  <a href="mailto:bbenson@stjamescathedral.ca">bbenson@stjamescathedral.ca</a>, 416-364-7865, ext. *237</p>

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## ST. JAMES CATHEDRAL-CONNECTIONS – Sunday, February 11, 2024 Celebrating Black History Month at St. James

- \***Children & Families:** Sunday school meets at 9:00am & 11:00am services.
- \***Coffee Hour:** Following 9:00am & 11:00am services.
- \***Visit us:** The Cathedral is open from 10:00am–3:00pm, Monday-Saturday.
- \***Today at 4:30pm:** We welcome the Choir of St. Jude's Anglican Church, Oakville.

### Praying at a Threshold – Transfiguration Sunday



The end of the Epiphany season is already upon us, and Lent begins in just a few days. We are at the edge of a new season as we contemplate the wondrous story of Jesus' mountaintop transfiguration. The epiphany of Jesus' divine nature seems to unfold outside of time but soon enough it draws his friends - and us - back into time. They return to the "level ground" and carry on their ministry together, even as they travel with Jesus to Jerusalem, to the cross, and beyond.

This week we are invited to travel together, too. Lent begins on Ash Wednesday, and we will be invited to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God. The season of Lent is an opportunity to enter more deeply into the mystery of our salvation through the death and resurrection of Jesus Christ. Let's welcome and engage these 40 days as preparation for the celebration of Holy Week and the paschal mystery – the very core of our faith!

Watch Connections and E-Connections for updates – there is something for everyone.

Gathered on this threshold, drawing us from one season into another, let us pray:

*Loving God,*

*I commit this coming season of Lent to you*

*And ask you to show me what I need to turn away from*

*And what I need to turn towards.*

*Shine your loving light in those dark parts of my heart,*

*And bring new life, new hope, and new possibilities.*

*Help me to walk more closely with Jesus*

*To know that I am deeply loved,*

*And to share his love with others.*

*Amen*

+Justin Welby, Archbishop of Canterbury

## BECOMING THE STORY WE TELL

**Making an Intentional Lenten Journey:** The Season of Lent is a gift intended especially for those who are turning to the way of Christ in some new way. If this is the moment for you to become intentional about following the way of Jesus talk to Canon John Hill or email: [bst@stjamescathedral.ca](mailto:bst@stjamescathedral.ca)

**Register now: Join a Small Group for reflection through Lent & Eastertide**  
Lent and Eastertide will be an opportunity for us to enter more deeply into the mystery of our salvation through the death and resurrection of Jesus Christ. If you want to join, register now. **Small groups will begin on February 18.** Registration forms and online registration are available. **For more information** talk to Canon John Hill during coffee hour or email: [bst@stjamescathedral.ca](mailto:bst@stjamescathedral.ca)

## ST. BARTHOLOMEW'S, REGENT PARK

### A ministry in collaboration with St. James Cathedral

**\*150th Anniversary Dedication Mass:** Join St. Bart's on Friday, February 16 at 6:15pm.

**\*Lenten Music at St. Bart's:** Full details here: [stbartstoronto.ca/music-lent-2024](http://stbartstoronto.ca/music-lent-2024).

**\*Outreach at St. Bart's:** Serving the disadvantaged for 150 years, St. Bart's welcomes volunteers and donations. Learn more: [stbartstoronto.ca/outreach](http://stbartstoronto.ca/outreach)

## THE YORK GROUP

**Wed., Feb. 28 at 2:00pm in the Lecture Room by Dr. David Mowat  
Preventing Chronic Disease - Not What You Think!**

*Did you know that chronic conditions such as heart disease, stroke, cancer, and diabetes are, collectively, the main contributors to rates of ill health, disability, death, and stress in the healthcare system?*

Come and learn why the current approach to prevention - one person at a time - will not reduce the burden of chronic disease. No RSVP is required. We hope you will join us!

## VESTRY 2024

**Only on Sunday, March 10, we will have one main service at 10:00am and the Vestry meeting will follow after the service.** Vestry Meeting will be chaired by our new Dean the Very Rev'd Dr. Stephen Hance. A light lunch will be served.

**Sunday, February 11 after both the 9:00am & the 11:00am services**

**Town Hall – Nominating Committee in the Lecture Room (2<sup>n</sup> floor)**

If you would like more information about the nominating process for Vestry Elections, you're invited to attend a town hall meeting on Sunday, February 11.

For more information on the Nominating process, please visit the News section at [www.stjamescathedral.ca](http://www.stjamescathedral.ca) under Vestry 2024 or contact at: [billbenson0520@gmail.com](mailto:billbenson0520@gmail.com).

## MARK YOUR CALENDAR

### Today: Feb. 11 at 10:30am: Crosses from last Palm Sunday



Last year's crosses make this year's ashes.

Join us today at 10:30am between the 9:00am and the 11:00am services to burn the last Palm Sunday crosses and prepare them for Ash Wednesday services on February 14.

Join us! All are invited.

### Tuesday, Feb. 13 from 5:30pm to 7:00pm: Shrove Tuesday Pancake Supper

# PANCAKE SUPPER



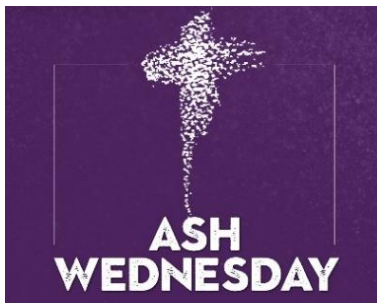
**Tuesday,  
February 13**



**From  
5:30pm  
to 7:00pm**

Full house! If you already RSVP for this event, please come, we'd love to see you! Gather your friends & family to mark the last day before Lent with a pancake supper. There will be children's activities, music and much more. This is a free event and donations are welcome.

### Wednesday, Feb. 14: Ash Wednesday Services



All services include the Imposition of Ashes.

- **7:30am:** Said Eucharist
- **12:15pm:** Sung Eucharist
- **6:30pm:** Choral Eucharist (*also on the Cathedral YouTube channel*).

The Cathedral will also be open for prayer on Ash Wednesday from 7:30am – 7:30pm

### Sunday, Feb. 25 after the 11:00am service: Black History Month

Mark your calendar for a special Coffee Hour! There will be a musical presentation, a display of “Black Excellence” and samples of African and Caribbean finger foods.



## THIS WEEK AT THE CATHEDRAL

**Morning Prayer – online only at 8:30am**

**Holy Eucharist at 12:15pm**

Monday to Saturday via the Cathedral YouTube channel    Monday to Saturday in St. George's Chapel.

### VISIT US:

The Cathedral is open Monday-Saturday from 10:00am–3:00pm.

The Cathedral Centre offices are open Monday-Friday from 9:00am–4:00pm.

**TUESDAY: Organ recital on February 13 at 1:00pm. Organist: Nathan Jeffery**

Admission is free and donations are encouraged.

**WEDNESDAY: The Scripture Circle gathers at 11:00am in the Cathedral Centre.**

**THURSDAY: February 22 at 1:00pm: Early Music at St. James in St. George's Chapel.**

*Artist: Louise Hung, Virginal.* Admission by donation is encouraged.

**FRIDAY: Drop-In from 1:30pm to 3:30pm.**

We welcome our guests in Snell Hall for a nutritious meal.

### SUNDAY:

**\*Children & Families:** Our **Sunday Children's Program** meets at both the **9:00am** and **11:00am** services.

**\*Coffee Hour:** Following the 9:00am and the 11:00am services.

**St. James Cemetery:** Plots, services, and products available.

**Contact:** 416-964-9194 - [www.stjamescemetery.ca](http://www.stjamescemetery.ca) - 635 Parliament Street, Toronto.

### Sunday Services – February 18, 2024

**8:00am:** Said Eucharist

**9:00am:** Sung Eucharist (*also live-streamed on the Cathedral YouTube channel at [youtube.com/stjamescathedraltoronto](http://youtube.com/stjamescathedraltoronto)*).

**11:00am:** Choral Eucharist (*also live-streamed on the Diocesan YouTube channel at [youtube.com/anglicandioto](http://youtube.com/anglicandioto)*).

**4:30pm:** Choral Evensong (*also live-streamed on the Cathedral YouTube channel at [youtube.com/stjamescathedraltoronto](http://youtube.com/stjamescathedraltoronto)*).

**Readings for February 18:**

**First Sunday in Lent**

Gen 9:8-17

Ps 25:1-10

1 Pet 3:18-22

Mk 1:9-15

### St. James Cathedral:

**Facebook:** stjamesto / **Instagram:** stjamesto / **YouTube:** stjamescathedraltoronto

**For any inquiries:** (416)364-7865 / [info@stjamescathedral.ca](mailto:info@stjamescathedral.ca) / [www.stjamescathedral.ca](http://www.stjamescathedral.ca)

**St. James Cemetery: Facebook:** stjamescemeteryto / **Instagram:** stjamescemeteryto

**For any inquiries:** (416)964-9194 / [cemetery@stjamescathedral.ca](mailto:cemetery@stjamescathedral.ca) / [www.stjamescemetery.ca](http://www.stjamescemetery.ca)



## 2024 Vestry Nominating Committee

St. James Cathedral's Annual Vestry meeting is scheduled for Sunday, March 10th, 2024 after the 10:00am service.

The Nominating Committee, chaired by Bill Benson, is now receiving names for election for the following positions:

- People's Warden
- Deputy People's Warden
- Assistant Deputy People's Warden
- Cathedral Council
- Synod Representatives and Alternates

All are one-year terms with opportunity for renewal for 3 years.

Nominations require a nominator, a seconder, and the agreement of the nominees to let their names stand. Nominations should be sent to Bill Benson at [billbenson0520@gmail.com](mailto:billbenson0520@gmail.com) for consideration by the committee.

The Nominating Committee will produce a recommended slate for Vestry that is representative of the congregation and considers the necessary experience and skills required. The process for choosing the slate will start by asking current eligible representatives if they are willing to stand for re-election. Next, all nominations from the congregation will be considered.

As always, the Vestry Chair will ask for nominations from the floor on the day of the Vestry meeting. All eligible nominations will be accepted.

Feel free to email [billbenson0520@gmail.com](mailto:billbenson0520@gmail.com) if you have any further questions. The Wardens