

St. James Cathedral Connections

Sunday, February 15, 2026

How will you observe Lent this year?

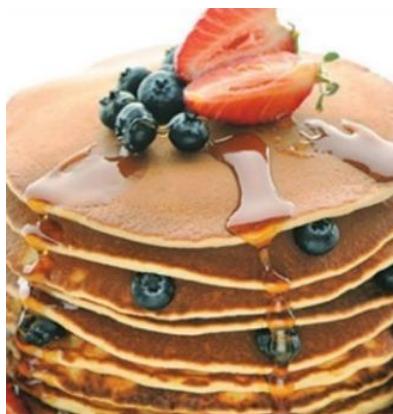
Many Christians take on a special practice during the season of Lent, which begins this week with Ash Wednesday. As Dean Stephen shares, “When we think about Lent, we often focus on giving things up. We change our consumption of food and drink, TV and social media, or maybe address some habits we hope to break. That’s all good as far as it goes. But the real purpose of simplifying our lives in Lent is to *take* something up more than to *give* something up. We de-clutter our interior lives to have *more* space for God, for prayer, for service, for people, for love.”

If you haven’t decided on a Lenten practice yet, take some time to reflect this week and ask God how you might make more space for love in the coming weeks. Here are some ideas to start:

- Pray Morning Prayer: Join us on Zoom at 8:30am or watch on YouTube at your convenience.
- Sunday Psalm: Choose a line from the Sunday psalm to pray throughout the day.
- Lenten Small Groups: Participate in one of our Lenten small groups from Feb. 22 - Mar. 22
- Limit digital distractions: Use an app to help you refocus on what’s important to you.
- Give up criticism of others and yourself: When a criticism comes to mind, ask God to replace it with compassion and gratitude.
- List the people who matter to you and connect with one each week during Lent.

Whatever you choose, God’s steadfast love will be with you throughout these 40 days.

What's On



Feb. 17 at 6:00pm • Shrove Tuesday Pancake Supper

Join us as we mark the last day before Lent with our Parish Pancake Supper. Enjoy a delicious meal of pancakes with fun for the whole family. This is a wonderful opportunity to get together as a community in fellowship and celebration before Lent begins. Invite your neighbours, friends & family members to join in the fun. Free event with suggested donations of \$10 per person or \$20 per family. Please RSVP: stjamescathedral.ca/pancakesupper/
Volunteers needed to help with setup, service, and clean-up.

Feb. 18 • Ash Wednesday Services

Services at 7:30am, 12:15pm and 6:30pm. All services include imposition of ashes.

Ashes to go: Outside the Cathedral after the 12:15pm service and at King Station from 4:30pm to 5:30pm. The Cathedral will be open for prayer from 7:30am – 7:30pm.



Feb. 18 at 10:30am • Ash Wednesday Exploration Day

Children and youth ages 8–17 are welcome. We will empower youth to see the world as it is and imagine what it could be, and take action through art, storytelling, prayer, reflection, and advocacy. RSVP: stjamescathedral.ca/exploration-day/

AN INVITATION TO LENT

In our tradition, the rhythm of daily life is reflected in our liturgical life. Highs and lows, pleasure and pain, joy and sorrow all find their way in Anglican worship and ongoing formation. Lent takes us from the glory of Christmas, through the wilderness of temptation and the passion, to the glory of the Cross and beyond.

At the conclusion of our Lenten study last year, a request was made for a deeper engagement with the Book of Job. This ancient and unsettling text gives voice to faithful people who suffer, question, protest, and yet remain in relationship with God. Job refuses easy answers. Instead, it invites honest prayer, courageous lament, and trust that endures even when explanations fail.

During Lent, we will reflect on Job through Sunday sermons and Wednesday small group conversations under the theme “Faithfulness in the Midst of Suffering.” Our journey will move from “Blameless and Broken” (Job 1–2), to “When Friends Fail, and God Is Silent” (Job 3–14), to “The Fear of the Lord: Holding on in the Dark” (Job 15–28), to “Out of the Whirlwind” (Job 38–41), and finally “Seeing God Anew” (Job 42).

All are invited to listen, wrestle, and pray together, trusting that God meets us even in the darkest questions. Have a Holy Lent. - Stephen Fields, Vicar

Feb. 22 – Mar. 22 • Faithfulness in the Midst of Suffering during Lent



During Lent, we will have the opportunity to reflect on the Book of Job (Sundays & Wednesdays).

For more information on sermon topics, schedule, and questions for small groups discussion: stjamescathedral.ca/lent

Contact info@stjamescathedral.ca or call (416)364-7865 Ext. 221 to register for online small group discussions on Wednesdays at 7:00pm.

What's Next

Feb. 22 at 4:30pm • Snell Lecture on Black Sacred Music & Andraé Crouch



Celebrate Black History Month with the first Snell Lecture of 2026, an inspiring afternoon of music and conversation. The Snell Lecture will feature a presentation by The Nathaniel Dett Chorale, followed by a lecture from Dr. Stephen Newby of Baylor University, who will examine the deep theological and cultural significance of Andraé Crouch's contribution to Gospel Music. Details: stjamescathedral.ca/snell_lecture

4:30pm: Presentation The Nguzo Saba Suite by The Nathaniel Dett Chorale

5:00pm: Lecture from Dr. Stephen Newby of Baylor University + Q&A followed by reception

Feb. 22 from 6:00pm to 8:00pm • International Potluck in Snell Hall

After the Snell Lecture, join us for an international potluck highlighting nations and cultures in our Cathedral community. Details and to sign up to share a dish: stjamescathedral.ca/potluck

Mar. 7 at 2:00pm • World Day of Prayer 2026



All are warmly encouraged to attend the ecumenical worship service of the WDP, which will take place at St. Andrew's Presbyterian Church, King & Simcoe streets (steps from St. Andrew's TTC station).

The focus will be on the women of Nigeria.

All are welcome! For more information, please visit: wdpcanada.ca/world-day-of-prayer/

Mar. 8 at 1:00pm • In-person Baptism Classes begin



Join Rev. Matthew Waterman for an introduction to the Christian faith and preparation for the Easter Vigil on April 4. Registration required.

Please send an email to the Rev. Matthew Waterman at mwaterman@stjamescathedral.ca

Rev. Matthew's Ongoing Ministry at St. James



We are glad to share that after concluding his curacy in May, the Rev. Matthew Waterman will continue his ministry at the Cathedral as an Associate Priest.

We are grateful for the many gifts he brings to our community, and we continue to uphold him in our prayers.

Congratulations, Rev. Matthew!

What's Needed

**WORSHIP
TOGETHER**
Sundays at 9:00am



Help us Worship Together • Looking for Volunteers

Support our 9:00am Worship Together service by volunteering as a Greeter, Reader, Prayer Leader, or Hospitality Team member. These roles are open to everyone and can be an opportunity to explore these ministries. Interested? Contact Rev. Matthew Waterman at mwaterman@stjamescathedral.ca

St. James Outreach Program • Volunteers needed for two working groups

Love trivia & teamwork? Join the working group for our upcoming Trivia Night fundraiser, supporting foot care for Drop-In participants. We are also seeking members for the Drop-In Program Working Group to strengthen St. James Drop-In programming over the next 2 years. Details: Kathy Biasi at kbiasi@stjamescathedral.ca, 416-364-7865, stjamescathedral.ca/dropin

This Week at St. James

Happy Family Day – Feb. 16: Cathedral and offices will be closed tomorrow for Family Day.

Organ Recital: Tuesday at 1:00pm. Organist: Aaron James (Toronto Oratory, U of T).

Scripture Circle: In-person on Wednesdays at 11:00am in the Cathedral Centre.

Drop-In: Fridays 1:30pm-3:30pm. Details: stjamescathedral.ca/community/dropin

(New) Cathedral Tours: Feb. 28 at 11:00am & Mar. 3 at 1:45pm: Discover the beauty inside.

Cathedral Choir: Welcoming experienced singers. Details: stjamescathedral.ca/worship/music/

Change Ringers: Open to new participants. Info: stjamescathedral.ca/worship/change-ringers/

Children's Choir: Rehearsals on Saturdays at 9:30am. Info: stjamescathedral.ca/childrenschoir/

St. James Cathedral Sunday Services

We offer a range of services that reflect our Anglican heritage.

8:00am Said Eucharist Simple Communion service in traditional language

9:00am Worship Together All-ages Communion service with music*

11:00am Choral Eucharist Sensory-rich service with the Cathedral Choir & Sunday School*

4:30pm Choral Evensong Meditative prayer service with the St. James Cathedral Choir

*Please join us for Coffee Hour in Snell Hall after the 9:00am and 11:00am services.

Next Sunday's Scripture: The First Sunday in Lent

Job 1:1-5, 13-22; Psalm 32; Romans 5.12-19; Matthew 4.1-11

Weekdays at St. James

Morning Prayer (Online): This week, join us Tuesday-Saturday at 8:30am on YouTube or join our live Zoom Chapel Tuesday-Friday. Details: stjamescathedral.ca/morningprayer

Holy Eucharist: Tuesday-Saturday at 12:15pm in St. George's Chapel

St. James Cathedral: This week, open for prayer & tourism, 10:00-3:00pm, Tuesday-Saturday

St. James Cathedral Centre: This week, open 9:00am-4:00pm, Tuesday-Friday

Weekly Newsletter: Sign up at stjamescathedral.ca. Confirm your email after registration