

St. James Cathedral Connections

Sunday, March 8, 2026

Practice, Not Perfection in Lent from Canon Kristen Pitts

This far into Lent, 40 days can feel longer than expected, and missing a day may bring guilt. But Lent is not about perfection. It's about practice. Missing a day (or a week!) does not mean we have failed at faithfulness any more than a musician who misses a day of exercises has failed at their art. Instead, these moments give us the opportunity to return—and in the lifelong journey of faith, returning to God is itself a valuable practice.

What's On

March 12, 19 & 26 from 1:15pm-2:00pm • Choral Meditations for Lent

Join us for three lunchtime concerts of sacred music and reflection sung by members of the Cathedral Choir and friends. Each 45-minute concert features a centerpiece work of 15th–16th century polyphony on Lenten themes, highlighting lesser-known English and European composers, alongside shorter motets and thematic poetry readings. These meditations offer a time of repose and spiritual reflection, with rare early music gems.

Thursday, March 12, 2026 – "Mercy" - Featuring William Byrd: *Infelix ego*

Thursday, March 19, 2026 – "Mary" - Featuring Robert Fayrfax: *Maria plena virtute*

Thursday, March 26, 2026 – "At the Cross" - Featuring John Browne: *Stabat mater*

Until March 16 • Easter Memorial Flowers in the Cathedral

Remember a loved one this Easter. Please email names to Serena at sli@stjamescathedral.ca. Donations of \$45 (name/couple). Payment: credit card, e-transfer to gifts@stjamescathedral.ca (add "Easter Memorial Flowers"), or website (donation page).

Until March 22 • Faithfulness in the Midst of Suffering during Lent

All are invited to reflect on the Book of Job. Contact info@stjamescathedral.ca or call (416) 364-7865 Ext. 221 to register for the online small group on Wednesdays at 7:00pm.

Questions for Week 3: "The Fear of the Lord: Holding on in the Dark"

Job 15–28 (esp. chapters 19 and 28) - Reading for the Sunday - Job 19:23–27; 28:20–28

1. Job says, "I know that my Redeemer lives," even while he is still suffering. What do you think it means to have faith without clarity?
2. Job protests, questions, and laments, yet still holds on to God. What does this tell us about being honest with God in prayer?
3. Wisdom is not knowing why but knowing whom we trust. How does this change the way we think about wisdom and faith?
4. Christ does not explain suffering away but enters it. How does that shape the way we see God when we are hurting?

☀ What's Next ☀

March 15 at 4:30pm • International Day for Elimination of Racial Discrimination

The International Day for the Elimination of Racial Discrimination, observed annually on March 21, marks the 1960 Sharpeville, South Africa, massacre, where police killed 69 people during a peaceful protest against apartheid "pass laws." Proclaimed by the UN in 1966, this day calls for global action to combat racism, racial discrimination, xenophobia, and related intolerance. We will mark this observance with a Service of "Songs and Readings of Justice & Peace."

March 17 at 2:00pm • Cybersecurity & Online Fraud – Lecture Room

Join the York Group for an engaging presentation on Cybersecurity and Online Fraud. RCMP Cst. Nikolay Kyosev will share insights from his experience investigating scams and financial crimes. Everyone is welcome. No RSVP. Details: stjamescathedral.ca/community/york-group

March 27 at 6:00pm • Family Fun Night

Families, children, and youth of all ages are invited to join us for an evening of fun, food, and fellowship! Dinner and light refreshments provided. RSVP: stjamescathedral.ca/familyfunnight/

March 29 • Annual Hot Cross Bun Fundraiser

Join us in support of the essential work of the Drop-in Centre providing health and foot care clinics. Palm Sunday sales after the 9:00am & 11:00am services. 3 buns for \$5. Cash, credit/debit.

April 3 from 12:00pm to 2:00pm • Step by Step: a Kids' Journey through Holy Week

Children in Grades 1-8 are invited to join in this 2-hour program of stories and hands-on activities that explore Jesus's final days in Jerusalem. Adults may either join children in the program or attend our Good Friday service. RSVP for this activity here: stjamescathedral.ca/holyweek2026

☀ What's Needed ☀

March 27 from 9:00am to 12:00pm • Palm Cross Making

Please join the members of the Altar Guild in the West Aisle of the Cathedral to help make the crosses for Palm Sunday. Join the fun! RSVP: Yosola at yosiegal@hotmail.com

March 28 & 29 • Annual Hot Cross Bun Fundraiser – Call for Volunteers

Volunteers are needed on March 28 (dough and bun-making sessions) and March 29 (bake, frost, and sell on Palm Sunday). Register here: stjamescathedral.ca/hotcrossbuns

Drop-In: Call for Summer Volunteers

Free on Fridays this summer? The Drop-In welcomes your support. Details: Kathy Biasi- Outreach Manager at kbiasi@stjamescathedral.ca, 416-364-7865 Ext. 221 or stjamescathedral.ca/dropin

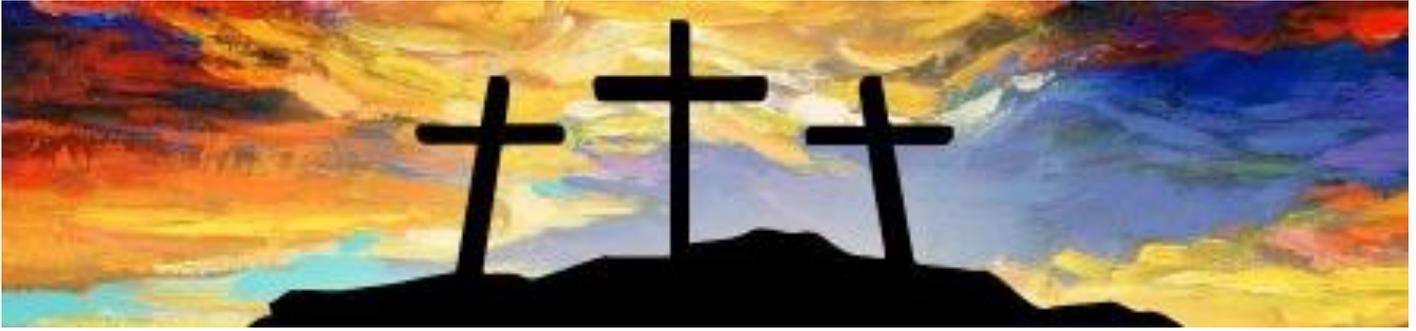
Cathedral Choir

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

Change Ringers

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

All are welcome to join us for Holy Week and Easter services at St. James



Palm Sunday: March 29

8:00am: Said Eucharist
9:00am: Sung Eucharist. *Blessing of the Palms; Passion Reading from Matthew*
11:00am: Choral Eucharist. *Blessing of the Palms; Passion Reading from Matthew*
4:30pm: Choral Evensong

Holy Monday: March 30

8:00am: Holy Eucharist
8:30am: Morning Prayer (in-person/online)
12:15pm: Holy Eucharist
6:00pm: The Way of the Cross, followed by a reading of "Lent" by Mary Druce

Holy Tuesday: March 31

8:00am: Holy Eucharist
8:30am: Morning Prayer (in-person/online)
11:00am: Chrism Mass
6:00pm: The Way of the Cross

Holy Wednesday: April 1

8:00am: Holy Eucharist
8:30am: Morning Prayer (in-person/online)
12:15pm: Holy Eucharist
6:00pm: "TeneBrass" *A Service of Shadows, Tenebrae & Brass*

Maundy Thursday: April 2

8:30am: Online Morning Prayer
7:00pm: Maundy Thursday Liturgy
Holy Eucharist; Institution of the Lord's Supper; Foot Washing; Stripping of the Altar; Watch at the Altar of Repose and reading of "Lent" by Mary Druce

Good Friday: April 3

11:00am: Confessions at St. George's Chapel
12:00pm-2:00pm: Children & Youth program
(To register for this activity, please visit stjamescathedral.ca/holyweek2026 and complete the form)
12:00pm-3:00pm: Good Friday Liturgy

Holy Saturday: April 4

8:30pm: The Great Vigil of Easter with Holy Baptism

Easter Day: April 5

8:00am: Said Eucharist
9:00am: Sung Eucharist
11:00am: Choral Eucharist
1:30pm: **Easter for Everyone** with Children's Community Choir (**New**)
2:00pm: Easter Egg Hunt
4:30pm: Choral Evensong

For details and to RSVP for our Good Friday Children & Youth activity and the Easter Egg Hunt, please visit: stjamescathedral.ca/holyweek2026

This Week at St. James

Organ Recital: Tuesday at 1:00pm. Organist: Bruce Burbidge (Christ's Church Cathedral).

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

Children's Choir: No rehearsals March 14 & 21. Rehearsals resume on March 28 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: Mar. 15 – The 4th Sunday in Lent

Job 38:1-7; 40:3-14; Psalm 23; Ephesians 5:8-14; John 9:1-41

Weekdays at St. James

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

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

St. James Cathedral: Open for prayer & tourism, 10:00am-3:00pm, Monday-Saturday

St. James Cathedral Centre: Open 9:00am-4:00pm, Monday-Friday

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

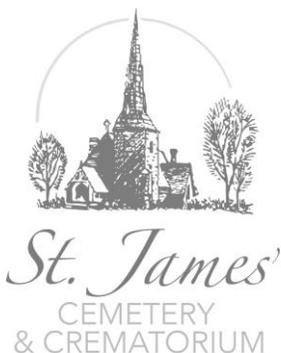
DID YOU KNOW?

St. James Cathedral is open for prayer from
10:00am - 3:00pm every Monday - Saturday.

Thank you for your support!

Your generosity ensures that St. James Cathedral remains a symbol of God's presence in our city.

Scan to donate or visit stjamescathedral.ca/donate/give-online/



St. James Cemetery & Crematorium

Monthly Eucharist:

First Wednesday of each month at 11:00am

Did you know?

St. James Cemetery offers a full range of cremation and burial services. Pre-planning assures your wishes are honoured and provides support for your loved ones as they grieve.

Our caring team is here to help. Visit stjamescemetery.ca or contact us at 416-964-9194 or cemetery@stjamescathedral.ca