

From The Dean . . .

“Where has God been particularly present in your life recently?”

This is not an unusual question from one’s spiritual director, yet it always seems to take me by surprise.

I write, talk, preach and teach about God on a daily basis, and yet I often neglect to pay enough attention to those places where His presence has drawn near.

One of the great blessings of having a regular relationship with a spiritual director, or companion, is this consistent accountability. Our lives can get so frantic that we lose the time and energy for reflection, and this is a crucial loss. In fact it often takes me a few minutes to come up with an answer to this very basic question.

“Where has God been particularly present in your life this month?”

Examining and reflecting upon our experiences as Christians keeps us ever mindful of God’s presence in our day to day lives. I find that the answer that I give often is a bit of a surprise. To think back and see, for example, that God was very near during an awkward or tense interaction with another person can be both surprising and educational.

Sometimes, reflection helps us see that God seems to have been absent for a period of time. Most believers have these dry periods in their life of faith during which God is not manifested in the ways with which we are accustomed. Sometimes this indicates the need to adjust some of our spiritual disciplines. Sometimes we can do no more than remain faithful and wait. In either case, it is helpful to stay in tune with our experiences.

So where is God for you in these late summer days? Where has God’s presence drawn near in recent weeks? Take some time to ponder these important questions, and as the Fall approaches, remember that the ministry of Advent House is open to Cathedral members as well as clergy and lay leaders in the wider Diocese. This valuable resource, led by Mother Bridget and a dedicated advisory board chaired by Dr. Julio Figueroa, makes spiritual direction, prayer groups, book studies and much more accessible to all who seek God and a deeper knowledge of God.

SMILE for the Cathedral

If you’re like me, almost every day I retrieve an Amazon box from the front porch. My wife orders everything from paper products to coffee on Amazon, and it appears within a few days. If I can’t find the brand of something I want at a local store, I know Amazon will have it.

What I wasn’t familiar with is “Smile,” which is Amazon’s charitable platform. When you purchase from Amazon Smile, it donates 1/2% of the cost of your purchase to the charity of your choice. My wife wanted to change the charity she designated on our account and saw that the Cathedral is an eligible institution.

From now on, all of our Amazon purchases (and there are a LOT of them) will help support Christ Church Cathedral. All you need to do is register at smile.amazon.com. It will ask what charity you want to support and type in Christ Church Cathedral New Orleans. It takes only a minute and is easy to do.

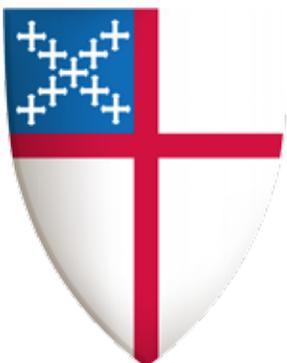


While ½% is not a big number, added together it certainly can be. It’s just another way to support our Cathedral! ~ Alan Brackett



THE CANTICLE

THE
EPISCOPAL
CHURCH



WELCOMES YOU

LECTIONARY TEXTS
(Sunday Readings)

August 4

Hosea 11:1-11
Psalm 107:1-9, 43
Colossians 3:1-11
Luke 12:13-21

August 11

Isaiah 1:1, 10-20
Psalm 50:1-8, 23-24
Hebrews 11:1-3, 8-16
Luke 12:32-40

August 18

Isaiah 5:1-7
Psalm 80:1-2, 8-18
Hebrews 11:29—12:2
Luke 12:49-56

August 25

Jeremiah 1:4-10
Psalm 71:1-6
Hebrews 12:18-29
Luke 13:10-17



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EPISCOPAL DIOCESE OF LOUISIANA

The Right Reverend
Morris K. Thompson, Jr., *Bishop*

CHRIST CHURCH CATHEDRAL

The Very Reverend David A. duPlantier,
Dean

The Reverend Canon Steven M. Roberts
The Reverend Canon David B. Lowry,
Theologian in Residence

The Reverend Travers C. Koerner,
Priest Associate

The Reverend Dr. Minka Shura Sprague,
Priest Associate

The Reverend Bridget K. Tierney,
Director of Advent House

Mr. Jarrett R. Follette, *Canon Precentor*

Dr. G. Marc Loudon, *Assistant Organist*

Ms. Lisa Wilkie, *Parish Administrator*

Ms. Lisa Sibal,

Executive Assistant to the Dean

Mr. Daniel Terrebonne, *Parish Secretary*

Ms. James Jennings, *Sexton*

Mr. Kevin Kelley, *Assistant Sexton*

Ms. Karen Miller, *Nursery Worker*

Kerry Hayes, *Nursery Worker*

Isabelle Marrier, *Nursery Worker*

**HONORARY CANONS
NON-RESIDENTIARY**

The Reverend S. Chad Jones
Mr. David R. Pitts
The Reverend E. Mark Stevenson

VESTRY

2020

Alan Brackett (Senior Warden),
Laura Brown (Secretary),
Karen Whitfield

2021

John Sibal (Junior Warden),
Jethro Celestin, Borden Wallace

2022

Justin Allen, Melissa Montero,
Jennifer O'Brien-Brown (Treasurer)

2023

Les Leathem, Charles Meade,
Judson Mitchell

Submissions for Cathedral publications
are always welcome.

*Items for the September, 2019 issue of
The Canticle are due August 16..

Please e-mail articles to
canticle@cccnola.org.

Send photos to
photos@cccnola.org

Sunday bulletin and/or weekly e-blast
announcements should be submitted
before noon on Tuesdays to
canticle@cccnola.org.

Christ Church Cathedral
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New Orleans, Louisiana 70115
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504.895.6662 (fax)
<http://cccnola.org>

Weekly Liturgies

Sundays

8:00 AM ~ The Holy Eucharist (Spoken)
1928 Prayer Book

10:00 AM ~ The Holy Eucharist (Sung)
Rite II (Rite I in Lent)

6:00 PM ~ The Holy Eucharist (Sung)
Real Presence

Weekdays (M-F)

12:15 PM ~ The Holy Eucharist

Saturdays

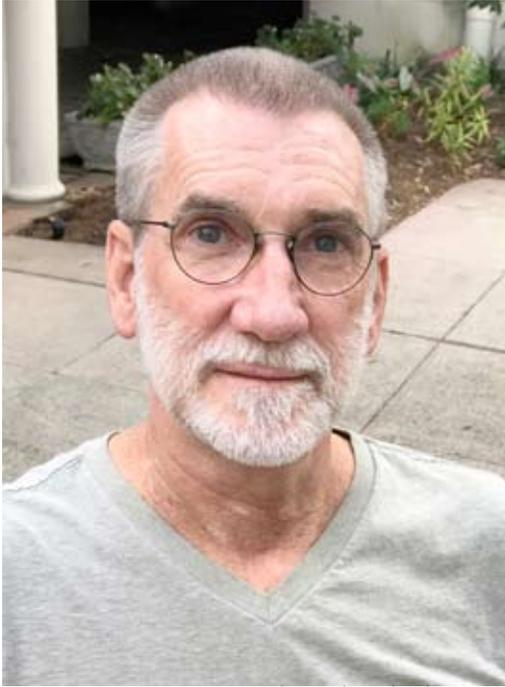
9:30 AM ~ The Holy Eucharist (Spoken)
Rite II

WGSO 990AM

Sunday Morning 10 AM Eucharist
Live Broadcast on WGSO 990 AM
Radio.

Online streaming and downloadable
podcast at www.wgso.com

New Sexton



We welcome James Jennings as our full-time Sexton and thank him for the vital ministry of care and maintenance of our buildings!



Choir Resumes

at the 10:00 Eucharist on Sunday, August 18.



August

- | | |
|--------------------------|----------------------|
| 1 Mara Haseltine | 19 Braylen Benoit |
| 1 Annie King | 19 Pudney Pointer |
| 2 Jennifer O'Brien-Brown | 20 Liz King |
| 5 Alex Nicoll | 20 Winston Purvis |
| 9 Olive Forman | 22 Sugie Thompson |
| 9 Steven Roberts | 23 Tyson Shofstahl |
| 10 Barbara Muller | 25 Julian Figueroa |
| 10 Arthur Nead | 25 Chris Kirkwood |
| 11 Meg Leche | 25 Will Goforth |
| 11 John Sibal | 27 Elsa Nichols |
| 12 Lisa Sibal | 27 Linda Belletto |
| 13 Bill Forman | 28 Boyd Fink III |
| 13 Charles Meade | 28 Pam Lanaux |
| 13 David Spencer | 29 Theodore Feldmann |
| 14 Peter Dorsett | 30 Sam Schieffelin |
| 16 Aimee Anthony | 31 Jean Gill |
| 17 Barbara Ellis | 31 Michael Ibiwoye |
| 17 Grace Williamson | 31 Rick Rhodes |
| 18 Larry Marrione | |

O God, our times are in your hands: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord.

If your name isn't listed, we don't have your date of birth in our records. Please send an e-mail to acs@cccnola.org or call the cathedral office and we'll be sure to wish you a Happy Birthday next year!

Did you know?

You can listen to Sunday services anytime online!



Visit our website at <http://cccnola.org> and click on the Archives link at the bottom right of the page.

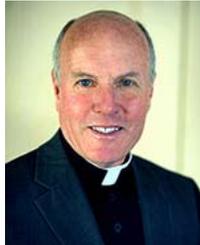
Adult Education - Fall, 2019

"Religion and Political Order: How and Why Religion Creates and Destroys Peace and Tranquility."

Dates to be determined.

The Rev'd Canon David B. Lowry, Ph.D.

Canon David Lowry is Theologian in Residence at Christ Church Cathedral Cathedral. He is also currently Chaplain at St. Andrew's School. Ordained in 1972, he served as curate and rector of Christ Church, Manhasset, New York, rector of Church of the Nativity, Indianapolis, Indiana, canon pastor of the Cathedral of the Incarnation, Garden City, New York and Dean of Christ Church Cathedral in New Orleans. He was associate professor of Biblical studies and Interim Dean of the Mercer School of Theology in the Diocese of Long Island and Interim Director of the Desmond Tutu Center at the General Theological Seminary. He is president of the board Children's Orchestra Society of New York and a member of the board of missions for the highlands of West Papua, New Guinea. From 1990 until 2004 he served as a vice president for the Freeport-McMoRan companies and president of the Freeport-McMoRan Foundation.



THE
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Coffee Hour Please consider hosting Coffee Hour one Sunday. Drinks are provided by the cathedral and volunteers provide their choice of food. Host with a friend or two. If you have no time to shop and prepare food, donations are always gladly accepted. Back-up refreshment supplies are low and contributions are welcome. For additional information or to volunteer, contact the Hospitality Committee (co-chairs Annette Figueroa & Judith Loudon).



From Advent House

The Reverend Bridget K. Tierney

"I've fallen and I can't get up!"



OK, so that's an exaggeration, but I did take a little slip the other and suddenly the question that they always ask at the doctors' office when we get to a certain age appeared in my brain - I'm going to have to say, yes, I did. Darn, I've always been so self confident in saying - 'I never fall.' So I asked myself (after standing up and ascertaining that nothing was broken and I wasn't bleeding to death), "What made that happen? Why today? 1) I was in a hurry leaving for work and I put on a pair of sandals that, while very good for my feet, had lost their velcro and the backstrap was hanging loose. Coming up a couple of stairs, it probably caught on one of them. 2) I had something on my mind, was mulling something over that I needed to do, while on my way to pick up something I had left in another room. Sound familiar? No big deal, no push, no bad NOLA sidewalk, just Bridget not paying attention. I paid for it, gratefully in a very small way, and hopefully in a way I could learn something.

Not paying attention, trying to "multitask") which brain scientists say is really impossible—we just toggle back and forth from task to task), hurrying because we are late - or think we are - these are symptoms of the world in which we live. What is the antidote? Many say it is Mindfulness.

Just what is it? "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally, in the service of self-understand and wisdom," says Jon Kabat-Zinn. Or "the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us.

Is meditation a part of it? I'm not good at meditating. Yes, meditation is part of mindfulness practice, but it is not mind clearing, rather simply paying attention to our breath and what is going on around us. What we hear, or see (your don't have to close your eyes), smell, etc. The key is to begin to pay attention to where our mind goes without making judgments about it. See, you can't do it wrong! The more we pay attention, the more we can choose what to pay attention to - my breath, or the latest snide remark on the news?

How did it get so popular all of a sudden? It's really been around for a long time, but perhaps we just really need it now, perhaps it's because it works so well to handle anxiety and depression, perhaps it is something else! There are lots of great websites and even podcasts for more information. Just google mindfulness.

Have you tried it? What is your experience? I'd love to hear about it. I do know I am much calmer and more accepting of myself when I practice, even when I fall.

Christian Formation

Kicking off This Fall for Youth at CCC

New and returning youth programs scheduled for this Fall.

Brand New: A New Orleans Area Youth Group

(A Gathering of Youth from several NOLA Episcopal Churches)

When: Monthly ~ Sunday Evenings 5:30 pm – 7:30 pm
(Beginning Sunday, August 25)

Ages: Rising 8th – 12th grade

Where: Molly's House (Trinity Episcopal Church, New Orleans)

A student led and adult supported space and time where youth can come to share their ideas, perspectives, and opinions about the world around them while exploring their relationship with God, the church and each other. Each gathering will feature time for a meal, a relevant topic for discussion and time for worship.

There will be an informational meeting about this new Youth Group Sunday, August 18th following the 10:00 am service. James Post (Youth Coordinator of St. George's Episcopal Church and Coordinator of this new Youth Group) is coming to the Cathedral to speak and answer questions about this new gathering. Youth and parents are welcome and encouraged to come and find out what's in store. You won't want to miss out!

Brand New: Middle – High School Sunday Morning Gathering

When: Weekly ~ Sunday Mornings (Following the 10 am Eucharist) 11:15 am – 11:45 am
(Beginning Sunday, August 25)

Ages: Middle School – High School

Where: Dean's Parlour (across from Martin Room)

Facilitated by parishioners and clergy this gathering will seek to foster and nurture the faith of our youth at the Cathedral...through relevant presentations; thoughtful engaging questions; adult parishioner sharing of personal faith stories and mentoring. In addition to morning gatherings, there will be other fun activities and opportunities outside of Sunday morning gathering to build fellowship and community; do ministry and outreach; and grow in faith.

Sunday Morning Children's Church with Canons Lowry and Roberts

When: Weekly ~ Sunday Mornings 10:00 am – 10:40 am (Communion with parents)
(Beginning Sunday, August 25)

Ages: 5 years through Elementary School

Where: Dean's Parlour (across from Martin Room)

We gather for breakfast and a time for discovering, exploring and sharing the fundamentals of our faith.



The Good Friday Offering Thank you!

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Thank you for your support of the Good Friday Offering. Your prayers, combined with your generosity, provide the spiritual and tangible power of the Jesus Movement to support essential ministries throughout the Province of Jerusalem and the Middle East.

From the Most Reverend Suheil Dawani, President Bishop of the Province of Jerusalem and the Middle East and Bishop of the Diocese of Jerusalem:



I should be most grateful if you would please give my thanks to all those who have given so generously to the Good Friday Offering. It is wonderful that so many people care for this region and we know that by their very generous giving, they also remember us in their prayers. Be assured that it will be well used in the name of the Lord to further His Kingdom.

From the Right Reverend Michael Lewis, Bishop of the Diocese of Cyprus and the Gulf, who describes how the Good Friday Offering supports the Ras Morbat Clinic of Christ Church in Aden, Yemen. The clinic consists of ophthalmological and medical departments:



The work of the clinic and of the church, together with a ministry of compassionate outreach to refugees and now those affected by intense military and civil strife, continues. Although we are still in this very difficult period . . . We are always immensely grateful for the help provided by GFO funds, which remain vital to the continuation of the project.



Giving as a discipline of love

I'm currently locked in a battle of wills with my alma mater. They keep calling me, and I keep refusing to answer. The area code and first three digits of the university system's phone numbers are always the same, so the call is easy to avoid. Look, we will donate eventually, but my spouse and I need to get a handle on where and how. Collectively, we spent 15 years at the same university. Between our major colleges, the honors college, law school, grad school, and college foundations ... it's just a lot. It's a worthy cause, but all the fundraising can get annoying.

Christ Church Cathedral also frequently asks us to donate. Is that annoying?

No, I don't think that it is. I've thought about why, and this is it: I suppose it's because I don't see it as an "ask" from an institution, but as a divine invitation. The smell of coffee, the sound of rain, the colorful geometry of a stray iris beside the sidewalk, the pleasure of reading a good book or watching a favorite TV show (because all human creativity and ingenuity comes from our Creator) – these are all gifts that God freely gives me. Even the privilege and ability to have gone to a university that calls me incessantly, the ears to hear my phone ringing, the eyes to see the caller ID and ignore it (for now) ... these are all blessings, too.

Giving back some of our income is our effort to say "thank you," and to acknowledge the abundant blessings in our lives. Even though that effort feels so feeble and inadequate when compared to what Jesus gave us on the cross, it's what God asks of us.

We've chosen to give through monthly debits from our bank, so frankly, I don't do much giving in the offering plate. Most of the time, I won't put a check in an envelope at holidays, nor respond to a request by a specific Cathedral ministry. But still, when I get those letters throughout the year, I'm grateful for the invitation to give more. I'm lucky to live where the law guarantees my free exercise of religion, where my church can ask me for financial support. I'm grateful to have found a faith community that nourishes and uplifts me. I'm grateful for the towering ceilings, the elaborate windows, and the beautiful music. I'm grateful for the new HVAC system! And when the Cathedral begins its stewardship campaign this Fall, I'll be blessed once again by the invitation to help keep the doors open in a place whose doors are always open to me.

Laura Springer Brown
Vestry Secretary

**LIFT YOUR GAZE - LIFT YOUR HEART
YOGA IN THE CATHEDRAL**

Cathedrals evolved to become spaces which invite the eyes and the heart to lift toward the heavens. The arches point the way for eyes to lift; the stained light from windows high above entice the vision higher; and the lofty vaulted ceilings complete the illusion.



Yoga teaches that the heart follows the eyes. This yoga practice will focus on opening the heart to loving kindness, accepting the humanness of our selves and others and creating a lightness in the heart. But 'you gotta move' to teach your heart to open.

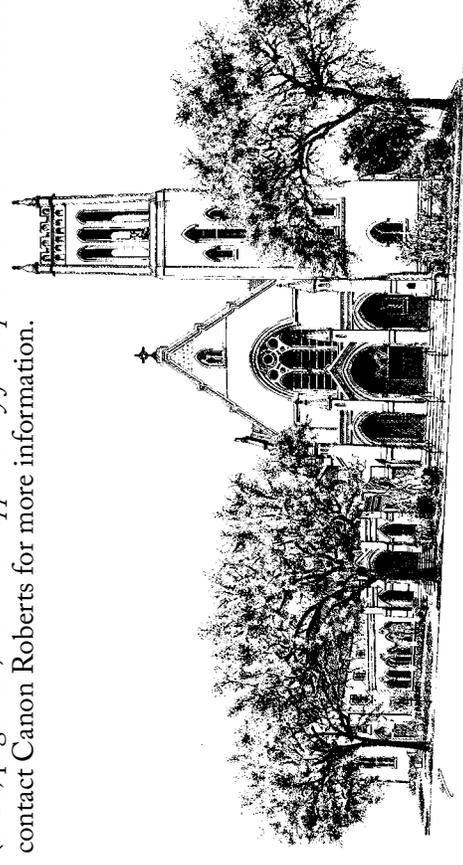
All Levels of Experience are Welcome

Every Tuesday

5:30 pm - 6:30 pm

Baptism

is especially appropriate at the Easter Vigil, on the Day of Pentecost, on All Saints' Day or the Sunday after All Saints' Day, and on the Feast of the Baptism of our Lord (the First Sunday after the Epiphany). It is recommended that, as far as possible, Baptisms be reserved for these occasions or when a Bishop is present. (BCP, page 312). *Our next opportunity for baptism is November 3.* Please contact Canon Roberts for more information.



MARK YOUR CALENDAR

Sunday, August 18
Choir Resumes at the 10:00 Eucharist

Sunday, August 25
Church School Resumes
New Youth Programs begin

Sunday, September 8
Ice Cream Sunday (Sundae!)

Sunday, September 29
4:00 PM - Choral Evensong
The Feast of St. Michael and All Angels

Sunday, October 6
Annual Saint Francis
Blessing of the Animals

Sunday, December 8
4:00 PM - A Festival of Nine
Lessons and Carols