

November, 2016

From The Dean . . .

November comes and the six month marathon between Halloween and Easter is upon. As much as we look forward to all, or at least some of, the holidays, religious observances, sports events etc that populate these busy months, there is an abundance of stress and free floating anxiety in the mix as well. In a Presidential election year, this becomes even more intense. When our environment becomes highly charged with anticipation, excitement and stress we become susceptible to everything from influenza to allowing small conflicts or setbacks to elicit disproportionate anger or sadness. As people of faith, and specifically as Episcopalians, we have a powerful, underused resource in the Book of Common Prayer (BCP). Many people in our time don't realize that there is much more to this masterpiece than the liturgical rites for celebrating *Holy Eucharist, Marriage and Burial*. Within its 1001 pages are such treasures as the *Daily Offices of Morning, Evening, Noonday prayer and Compline* (the bedtime prayers of the Church). With a little practice these can be easily used by individuals and small groups (families perhaps) for daily devotions. Also, one can find the *Collects* (prayers) for every Sunday of the Church year; two forms of *Reconciliation of a Penitent* (another term for "Confession"); the *Psalter* (our unique translation of the 150 Hebrew poems which form the centerpiece of Jewish and Christian monastic worship); a variety of *Prayers and Thanksgivings* covering everything from Agriculture to Addiction; and the *Catechism* (which outlines the beliefs of this Church in a straightforward, easily digested manner.) The backbone of my prayer life is the 10 minutes I spend most mornings reading aloud the Office of Morning Prayer. With a brief instruction concerning the *Lectionary*, anyone can learn how to find the scripture readings appointed for every day of the year. It is uncanny to me that on most days the Psalm appointed seems to be chosen just for me at that very moment of my life. God speaks to us in multiple ways, and I encourage you to engage Him on every level possible. I invite you to explore and make full use of our Prayer Book. They are easily attainable at local Episcopal bookstores (Both Trinity and St. Augustine's operate these) or for free online. The health and centeredness of our interior lives may well be the best defense against the hyperactive hysteria of our hectic World.



THE CANTICLE

Jericho Road Coffee Hour Presentation

During Coffee Hour on November 6, Nicole Barnes, Executive Director of our own Jericho Road Episcopal Housing Initiative will present a brief program and question and answer session on the current work and future plans of Jericho Road. Please join us if you are able.

Sunday Schedule Change

Effective Jan 1, 2017, the Sunday 1928 BCP Mass will begin at 8:00 AM. The Complex will be open by 7:45 AM.

THE
EPISCOPAL
CHURCH



WELCOMES YOU



All Saints' Day

All Souls' Day

All Saints' Day is Tuesday, November 1.

We will read the necrology during the *All Faithful Departed* or *All Souls' Day* Eucharist at 12:15 PM on Wednesday, November 2, in the chapel.

LECTIONARY TEXTS
(Sunday Readings)

November 6

Daniel 7:1-3, 15-18
Psalm 149
Ephesians 1:11-23
Luke 6:20-31

November 13

Malachi 4:1-2a
Psalm 98
2 Thessalonians 3:6-13
Luke 21:5-19

November 20

Jeremiah 23:1-6
Psalm 46
Colossians 1:11-20
Luke 23:33-43

November 27

Isaiah 2:1-5
Psalm 122
Romans 13:11-14
Matthew 24:36-44



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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 W. Gedge Gayle, Jr.,
Priest Associate

The Reverend Travers C. Koerner,
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

Ms. Suzette Follette,

Parish Secretary & Wedding Coordinator

Ms. Linda Roberts, *Facilities Coordinator*

Mr. James Jennings, *Sexton*

Mr. Kevin Kelley, *Assistant Sexton*

Ms. Sharon Henry, *Nursery Worker*

Ms. Karen Landry, *Nursery Worker*

Ms. Halima Dargan, *Nursery Worker*

Submissions for Cathedral publications
are always welcome.

*Items for the December, 2016 issue of
The Canticle are due November 11.

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
2919 Saint Charles Avenue
New Orleans, Louisiana 70115
504.895.6602
504.895.6662 (fax)
<http://cccnola.org>

**HONORARY CANONS
NON-RESIDENTIARY**

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

VESTRY

2017

Mikey Corcoran,
Sandy Jackson (Senior Warden)
Karen Whitfield (Secretary)

2018

Kendall Genre,
Jesse George (Junior Warden)
Lawrence Marrione, Rick Mithun

2019

Ryan Garrity, Angela Kellum,
Dan LeGardeur

2020

Alan Brackett, Laura Brown,
Robert Clepper

Treasurer

Chris Beary

Weekly Liturgies

Sundays

7:30 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

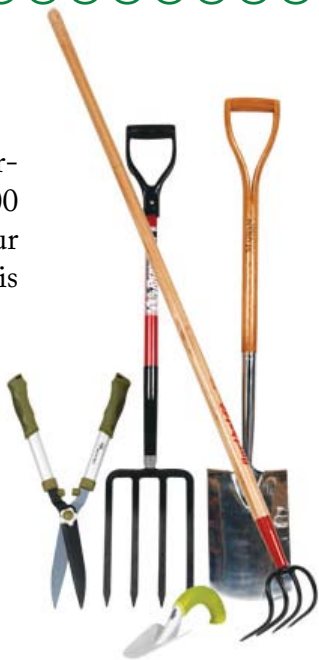
WGSO 990AM

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

Online streaming and downloadable
podcast at www.wgso.com
Broadcasts underwritten in part by
St. Martin's Episcopal School.

Gardening

Please join us on Saturday, November 19 at 8:00 AM to help spruce up our landscaping. Your help is much appreciated!



November



2	Beth Buckley	15	Jonathan Kienzle
2	Michael Ibiwoye	16	Jimmy Faust
4	John Alden Meade	17	Helen Klein
6	Spann Rookard	17	Estella Parker
9	Carl Gaines, Jr.	19	Amelia Smith
10	Les Bradfield	20	Bob Carr
12	Alicia Heard	22	Chris Brown
12	Matt Thomas	22	Cliff Godsborough
13	Erica Dodson	28	David O'Leary
13	Bobette Dudley	29	Bennett Bengé
13	Verna Lombard	29	Hudson Bengé
14	Caitlin Kirkwood	30	Margaret Albert
14	Jason Kirkwood	30	James Mangum
14	Katherine Lee	30	Katelyn Thompson
15	Amy Corcoran	30	Victoria Willis

Cathedral Building Update

Karen Whitfield

I am pleased to report that the Cathedral's tax credit application (Part 2) for the first phase of building renovations has been conditionally approved by the State Historic Preservation Office. Just as a reminder, this initial phase of work funded by the capital campaign will include repairs and partial replacement of the roof over the entire complex, as well as removal of the Elastomeric coating from the exterior of the Cathedral and Chapel. We are now working diligently to obtain the necessary construction permits and to finalize plans for this work to begin. The Property Committee is also working with HVAC engineers to determine the best course of action for updating these systems. Please feel free to contact me if you have any questions about our ongoing work.

Altar Flower Donations



Thanks to all of you who have donated flowers for the cathedral and chapel. There are still opportunities for you to donate flowers in memory or thanksgiving of loved ones. Please sign up on the sheet in Stuart Hall or for more information, contact Sue Blankingship - phone 885-0773 or wyattump1@aol.com.

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@ccnola.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://ccnola.org> and click on the Archives link at the bottom right of the page.



St. Alban's Chapel

EPISCOPAL / ANGLICAN
at Louisiana State University

September 12, 2016

The Rev. David A. duPlantier
Christ Church Cathedral
2919 St. Charles Ave.
New Orleans, LA 7115

Dear David.:

This past Wednesday, our fabulous host team served 166 plates of food to hungry LSU students at our first "Lunch with C. S. Lewis" session of this fall semester. We will host eleven of these lunches before taking a break for the holidays. So we are off to a strong start.

I write to thank you for your extremely generous donation of \$500 in support of this ministry to students. Without generous and sacrificial gifts like yours, we would not be able to host students on this scale. With the added stress caused by the flood, I think that the lunches this semester will be particularly important to the emotional health of many of these students. Their appreciation for the free lunch, the space to hang with their friends, and the generally friendly atmosphere was immediately evident in their smiles on Wednesday. They'll be back!

Somehow the news of this lunch has spread among the international students at LSU. Again this semester it appears that about half of the group attending are from a Central American country or China. This is so exciting, though does present a challenge to me as a speaker because some of the students are just learning English. Please pray for me as I seek to present the message of the Gospel with clarity and warmth. I trust that, even when they don't catch what I am saying, our atmosphere of hospitality does not require a translator.

Thank you again for helping us to fulfill our particular calling here to the students of LSU.

Faithfully yours (and Geaux Tigers!),

The Rev. Andrew S. Rollins
Chaplain

THANK YOU, DAVID, FOR
YOUR YEARS OF SUPPORT!

JERICHO ROAD



EPISCOPAL HOUSING INITIATIVE

Cooking Demonstration Series

Cook Dat!

Healthy Living Initiative for Low Income Families

Jericho Road Episcopal Housing Initiative is proud to announce its new funding partnership with United Thank Offering (UTO). Thanks to The Episcopal Diocese of Louisiana and The Episcopal Church Women of our Diocese for supporting Jericho Road's application, UTO has awarded Jericho Road a \$24,300 grant to implement a healthy living initiative for low income families in Central City. The grant focus is based on the "Fifth Mark of Mission: To strive to safeguard the integrity of creation and sustain and renew the life of the earth." Jericho Road is safeguarding the integrity of God's people by providing families with healthy and energy-efficient affordable housing opportunities and creating programs that combat health issues within Central City. The initiative includes a host of events (cooking classes, demonstrations and special events) that will influence the dietary habits of over 360 residents in the Central City community. Jericho Road will encourage residents to incorporate healthy eating habits into their everyday diets as a means to stave off the negative impacts of residing in a food desert.



UTO provided funds for a much needed shed at our Saratoga Street Orchard. Collaborations are under way with several community partners to host cooking demonstrations throughout Central City. These partners include Dryades Public Market, Recirculating Farms Coalition, Ashe' Cultural Arts Center, Central City Economic Opportunity Corporation (EOC), Peoples Heath, Second Harvest Food Bank and Luke's House. Jericho Road is excited to continue work with these organizations on "Cook Dat!"

During each cooking demonstration, a local chef from Central City will demonstrate the preparation of a healthy dish. Attendees can take home printed recipes of the dish, and will have the opportunity to engage the chef on the spot about healthy food options. With the growing health issues that Central City faces (such as high rates of obesity, diabetes and chronic heart disease), Jericho Road is committed to advocating for affordable, nutritious options for growing and purchasing food in Central City. We will continue to imple-



ment initiatives with community partners to ensure that all residents have the opportunity to live healthier lives in what is becoming a thriving community for a diverse population!

Everyone is welcome and we look forward to seeing you at the next cooking demonstration on Friday, November 4th located at Dryades Public Market at 5:30pm. For more information, please contact Kim Washington by phone 504.895.2886 or via e-mail: Kimwashington@jerichohousing.org.

Quiet Day

The next Quiet Day at Advent House will be Friday, November 18. We begin with centering prayer at 10:00 and after 20 minutes participants may use the time in silence to read, journal, pray, or any other spiritual practice. We will



have another time of centering prayer at 2:00 and conclude at 2:30. Participants are free to come and go during this day of silence. There is a kitchen should you wish to bring lunch. Coffee and tea are provided.

"Contemplative prayer is the opening of the mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words, and emotions. Centering prayer is a method designed to facilitate the development of contemplative prayer by preparing our faculties to cooperate with this gift." Father Thomas Keating

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 Kathy Boyd, 891-1360 or kboydaj@yahoo.com. Recent Coffee Hour participants: Alan & Linda Brackett, Don & Barbara LeGuardeur, Annette & Julio Figueroa, Linda & Les Bradfield, and Theresa DeJarnette & John Burke.

Many thanks to all!



From Advent House

The Reverend Bridget K. Tierney

A Reminder about Gratuities

Thanksgiving reminds us of the spiritual discipline of gratuities, which we are invited to practice all year around, not just during November or on Thanksgiving Day. I like to say that God gave most of us five fingers on each hand for a reason - to remind us to do Five Gratuities in the morning and five before bedtime. I swear it is the easy spiritual discipline that can yield abundant blessings.

Try to make them direct and specific. For example, instead of saying everyday that you are thankful for a spouse, partner, parent, or child; say why you are grateful for that person today. "I was so thankful when so-and-so reminded me that I was being hard on myself about such-and-such, and that I am really a thoughtful person."

If you get stuck, an alphabet of gratitude always works for me! "A for the yummy apple I had in my lunch, B for my cat Beckham snuggling with me this morning . . ." "You get the idea. I usually do this on a day when I am having trouble honestly feeling grateful for anything, when I am feeling sorry for myself for some reason and everything seems gloomy. By the time I am trying to be grateful for some Qs and Xs, I am laughing at myself and realize that I do have many things for which to be grateful.

Lastly, don't lie - it doesn't work. There are many days when we are grateful for our families and our jobs, our country and our pets. And there are some when we are not! It's OK to be honest about that, knowing that those gratuities will return.

"I will give thanks to you, O LORD with my whole heart; I will tell of all your marvelous works." *Psalm 9:1*

OK, I'll start: I am grateful for the way we worked through the calendar this morning at staff meeting - I think the new process is helping me to be more organized. I am grateful that Lisa and I got the counting done so I don't have to cram it in tomorrow, when I am going to be busy. I am grateful for a great night's sleep last night and for a cooler walk this morning. I had so much fun taking my grandsons to the movie yesterday and then pumpkin shopping and I am so glad that that is our special tradition. (See, they don't have to be huge.)

Next?

Gratefully yours,
Bridget+



Daylight Savings Time Ends!

Don't forget
to set your clocks back on
Sunday, November 6!!

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 January 8, 2017.* Please contact Canon Roberts for more information.





THE GENERAL THEOLOGICAL SEMINARY
OF THE EPISCOPAL CHURCH

September 27, 2016

The Very Rev. David duPlantier
Dean
Christ Church Cathedral
2919 St. Charles Avenue
New Orleans, LA 70115

Dear Dean duPlantier and Friends at the Cathedral;

Thank you for your contribution of \$2,500.00 received on September 27, 2016 to the General Theological Seminary's Annual Fund.

General's mission is to effectively train leaders for the Church and the world. We could not do this work without your support. Because we are not funded by the national Church, General relies upon parishes like yours for major support of theological education.

Your parish gift combined with others enables General to offer seminarians rigorous intellectual training in a community experience that is grounded in Anglican worship. We provide our dedicated students, those seeking ordination as well as lay faith leaders, with opportunities for integrating study with practical ministry in an urban setting. As a result, their lives are changed when they come here. More importantly, we delight in hearing the impact of their ministries once they leave us.

We are deeply thankful for this gift in support of the Seminary, and ask that you will continue to pray for General, our students, faculty and administration, throughout this year.

God bless
you, David,
and Christ
church friends.
Kurt +

Faithfully,

The Very Rev. Kurt H. Dunkle
Dean and President

*The General Theological Seminary of the Episcopal Church, Tax Identification #13-5563022,
provided the donor with no goods or services in consideration of the above-named contribution.*

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 human-ness 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 Monday and Tuesday
5:30 pm - 6:30 pm*

Cost: FREE (Donations are welcomed but are not required)

What to Wear: Comfortable, layered clothing

What to Bring: A yoga mat



Our choir travels to Saint Matthew's Episcopal Church, Houma to sing Choral Evensong on Sunday, November 20. This event celebrates the construction of a new building (the former structure was destroyed by fire).

The Rev. Craig Delferes, *Officiant*
The Rev. Ron Clingenpeel, *Preacher*

MARK YOUR CALENDAR

Sunday, November 6

The Sunday after All Saints' Day

Jericho Road presentation by Nicole Barnes

Sunday, November 20

The Choir sings Evensong at

Saint Matthew's Episcopal Church, Houma

Thursday, November 24

Thanksgiving Day

10:00 AM - The Holy Eucharist, Rite II

Chapel

Sunday, November 27

The First Sunday of Advent

Pledge Card Ingathering

Sunday, December 4

Advent House Sunday

Sunday, December 11

4:00 PM - A Festival of Nine

Lessons and Carols

Saturday, December 24 - Christmas Eve

5:00 PM - The Holy Eucharist, Rite II

9:00 PM - The Holy Eucharist, Rite I

Sunday, December 25 - Christmas Day

10:00 AM - The Holy Eucharist, Rite II