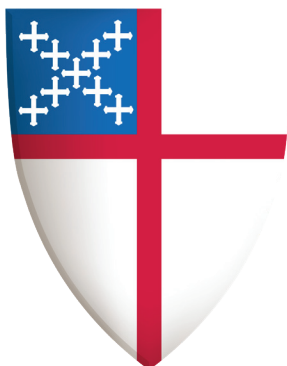


August, 2026



THE CANTICLE

THE
EPISCOPAL
CHURCH



WELCOMES YOU

From The Dean . . .

This summer, our Sunday readings have followed the unfolding story of Genesis: Abraham and Sarah, Isaac and Rebekah, Jacob and Esau, Jacob's becoming Israel, and finally Joseph, who was sold into slavery by his brothers and rose, by God's grace, to a position of power in Egypt.

When famine came, Joseph brought his family from Canaan to Egypt, where they settled in good land. But generations later, a new Pharaoh arose who knew nothing of Joseph. The descendants of Jacob had become strangers in the land they had once entered as honored guests, and they were eventually forced into slavery. The story now moves toward Exodus.

This story reminds us that we are shaped by what has come before us. We carry the gifts, wounds, memories, and relationships of our past into the present as we move toward the future. That is true of individuals, families, congregations, cities, and nations.

Our worship gives us a place to remember these stories together and to connect them with our own lives. As we enter the fall, we know that our city, our nation, and our world hold both beauty and sorrow, hope and uncertainty. Through all of it, God is not absent. God is present and walks with us.

Like Peter stepping out of the boat, we are invited to meet Christ beyond the boundaries of what feels safe and familiar. We may step forward with only a beginning faith—a faith as unsteady as a toddler learning to walk. And when we begin to sink, we can pray the simplest and most honest prayer: “Lord, save me.”

God's care sustained Joseph through betrayal, slavery, and imprisonment. God's hand held Peter when fear overcame him. That same faithful God is with us now.

As we begin this new season, I hope you will join us faithfully for worship. In hearing these stories, reflecting on them, and sharing our lives with one another, we become a stronger community—ready to welcome God, welcome our neighbors, and invite others into this work of faith and love.

Qal +

Following the retirement of the Reverend Canon Bill Ziegenfuss, who served this Cathedral for many decades as Canon Precentor, an international search was undertaken to find his successor. In August 2006, we welcomed Jarrett Follette to our organ bench.

Over the past 20 years, Jarrett's contribution to the musical life of the Cathedral and the wider New Orleans community has been immense and deeply appreciated. We are grateful for the opportunity to celebrate this significant anniversary, and to give thanks for his devoted service in this place.

Since its founding in 1805, music has played an integral role in worship life at Christ Church Cathedral. Looking forward to next year, be on the lookout for news regarding our beautiful organ. This magnificent musical instrument was last rebuilt and dedicated in 1994, and we are planning enhancements to ensure that it is even more majestic and reliable for decades to come. You will have the opportunity to participate in this effort, so please stay tuned for updates!



LECTIONARY TEXTS

(Sunday Readings)

August 23

Exodus 1:8-2:10

Psalms 124

Romans 12:1-8

Matthew 16:13-20

August 30

Exodus 3:1-15

Psalms 105:1-6, 23-26, 45c

Romans 12:9-21

Matthew 16:21-28

September 6

Exodus 12:1-14

Psalms 149

Romans 13:8-14

Matthew 18:15-20

September 13

Exodus 14:19-31

Psalms 114

Romans 14:1-12

Matthew 18:21-35

September 20

Exodus 16:2-15

Psalms 105:1-6, 37-45

Philippians 1:21-30

Matthew 20:1-16

September 27

Exodus 17:1-7

Psalms 78:1-4, 12-16

Philippians 2:1-13

Matthew 21:23-32

October 4

Exodus 20:1-4, 7-9, 12-20

Psalms 19

Philippians 3:4b-14

Matthew 21:33-46

October 11

Exodus 32:1-14

Psalms 106: 1-6, 19-23

Philippians 4:1-9

Matthew 22:1-14

October 18

Exodus 33:12-23

Psalms 99

1 Thessalonians 1:1-10

Matthew 22:15-22

EPISCOPAL DIOCESE OF LOUISIANA

The Right Reverend
Shannon Rogers Duckworth, *Bishop*

CHRIST CHURCH CATHEDRAL

The Very Reverend
David Allard 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 Georgene "Gigi" Conner
Priest Associate

Mr. Jarrett R. Follette, *Canon Precentor*

Dr. G. Marc Loudon, *Assistant Organist*

Ms. Lisa Wilkie, *Parish Administrator*

Ms. Lisa Sibál,

Executive Assistant to the Dean

Ms. Mary Lynn LeBlanc,

Administrative Assistant

Mr. Daniel Terrebonne, *Parish Secretary*

Ms. Dorothy Phillips, *Sunday Sexton*

Submissions for Cathedral publications
are always welcome.

*Items for the August, 2026 issue of *The Canticle* are due July 22.

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

Send photos to
jarrettfollette@cccnola.org

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

Christ Church Cathedral
2919 Saint Charles Avenue
New Orleans, Louisiana 70115
504.895.6602
<http://cccnola.org>

HONORARY CANON
NON-RESIDENTIARY

Mr. David R. Pitts

VESTRY

2027

Brian Frilot (Treasurer),

Kathryn Washington,

Ed Whitfield (Secretary)

2028

Charlotte C. Meade (Junior Warden),

Bonnie Scott, Angela Sella

2029

Alan G. Brackett (Senior Warden),

Liz Schafer, Patrick Tuck

2030

Mark Andrews, Melissa Nunn,

Jason Stencel

Weekly Liturgies

Sundays

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

Follow us online!



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What is a Cathedral?

If you are passing by and feel intimidated by religion, please know that when you enter here you are granted immunity from the ravages of religion and misuse of Divine revelation. In this Cathedral operates an unconditional surrender to the freedom of God to speak in whatever language is understandable to you. The Cathedral offers sanctuary to everyone, and promises the glorious freedom of God and the climate to explore the healthiest living that religion affords.

If you are passing by and feel hesitant to join the ranks of a particular denomination or buy into the creeds of millions, please know that many people who enter this sacred place are practicing no regular religious discipline.

All names are sacred here but none must place one's name on a membership list to be taken seriously. Perhaps you quietly dropped by wanting to reconnect in your relationship with God; or surrender a burden; or pray for a loved one; or meditate on a hard personal dilemma; or simply to find a moment of peace. A Cathedral has a high ceiling and long aisles to allow the contained soul an opportunity to venture forth in multiple directions without the encumbrances of forced community. This Cathedral offers a vast spiritual space to which anonymous individuals may be on pilgrimage.

If you are passing by and feel that life is fragmenting into a number of irreconcilable, shattered pieces, then please know that we hold an outrageous hope that, in God alone, all aspects of life are in unity. We believe that God is the Alpha, the beginning, and that God is the Omega, the ending of all things. So we are called to extravagant hospitality in the confidence that a gracious welcome is central to a Cathedral's purpose. And yes, we are part of a specific religious tradition. We are so, not because one religious tradition exclusively contains all truth, but because when one goes on a long journey toward ultimate unity, one has to depart from one specific place. In Christ Church Cathedral, the Episcopal Diocese of Louisiana is our point of departure. Our companion in the journey is Jesus Christ. We believe Him to be the clear manifestation of God's love for the whole world and the expression that all of our lives are in ultimate unity even beyond the finality of death. In the midst of what appears to be an ever-increasing fragmentation of life, we seek to offer a House of Prayer for all people, an abiding hope that there is a oneness at the center of human life. Enter, pray, and may your time here be blessed

- *The Very Reverend Jack Potter.*

TREESTORIES.NET

HEART CENTERED NADA YOGA

SOUND BATH

WITH

TREE STORIES

SEPTEMBER 15

5:30-7:00 PM

CHRIST CHURCH CATHEDRAL

2919 ST. CHARLES AVE

NEW ORLEANS, LA 70115

RSVP VIA TEXT TO

JAMES SONES (601) 273-0484

SUGGESTED DONATION \$25

Altar Flower Donations



Thanks to all of you who have donated flowers for the cathedral. If you wish to donate in memory or thanksgiving of loved ones, Please contact Sandy Jackson - (504) 717-3185.

Annual St. Francis Pet Blessing

Sunday, October 4 at 6:00 PM ~ Music begins at 5:00 PM

Join us as we celebrate the Feast of Saint Francis of Assisi, the patron saint of animals, with our annual St. Francis Pet Blessing. This beloved tradition is part of our 6:00 PM Real Presence Service and will take place in the Cathedral's front yard on St. Charles Avenue.



We are especially excited to welcome our special guests, ARNO (Animal Rescue New Orleans), whose dedication to rescuing and caring for animals throughout our community reflects the spirit of St. Francis.

Come early at 5:00 PM to enjoy music by the Real Presence Trio and fellowship with friends, family, and fellow pet lovers. Refreshments will be provided before the service begins.

Bring your beloved pets to receive a special blessing, and invite your friends, neighbors, and their pets as well. Whether you have a dog, cat, bird, or another cherished companion, all are welcome to join this joyful celebration of God's creation. It's sure to be a memorable evening for animal lovers of all ages. We hope to see you there! For more information, please contact Canon Roberts stevenroberts@cccnola.org.

Interested in Confirmation?

New to the Church?

Just want to know more about the Church?

The Cathedral Inquirers' Class is for you!

These classes are designed for anyone interested in preparing for Confirmation or being Received into the Episcopal Church, those who are new to the Episcopal Church, or anyone who would simply like to learn more about the life and faith of the Church.

Questions are always welcome and encouraged. Together, we will explore the history, theology, liturgy, and practices of the Episcopal Church in an open and welcoming environment.

Classes will begin this fall. Additional details will be announced soon.

MARK YOUR CALENDAR

Sunday, November 8 at 10 am - Bishop Shannon Duckworth will be at the Cathedral to make her annual visitation on and will administer the Sacrament of Confirmation during the service.

If you are interested in being Confirmed or Received, or have questions about The Inquirer's Classes, please contact Canon Steven Roberts - stevenroberts@cccnola.org.



Camp Able

This summer, Christ Church Cathedral once again became home to one of our favorite weeks of the year as Camp Able NOLA filled the halls with friendship, laughter, and a whole lot of love.

Camp Able brings together campers with diverse abilities and volunteer counselors for a week built around genuine friendship and dignity-driven love. This summer gave us so many moments we will hold onto, from old friends reuniting to new friendships forming almost instantly. We celebrated birthdays, sang our hearts out, got soaked during water day, danced through our Mardi Gras second line, made a mess during paint wars, and cheered each other on through it all.

But some of the most meaningful moments were the quiet ones. One camper, Susie, used her communication device to tell us, “I feel seen.” Those three words captured so beautifully what we hope Camp Able can be for every person who walks through our doors.

We are incredibly grateful to Christ Church Cathedral for continuing to give Camp Able NOLA a place to call home. Because of this community and the many people who believe in our mission, we get to keep creating a space where people are known, celebrated, and loved exactly as they are.

Another beautiful summer of changing lives, summers, and hearts.

McKenzie Jones



August



- | | |
|--------------------------|--------------------|
| 1 Mara Haseltine | 17 Barbara Ellis |
| 2 Jennifer O'Brien-Brown | Grace Williamson |
| 4 Seth Belgard | 18 Theo Gressett |
| Chloe Rippel | Ezra Knoles |
| 6 Alex Labauve | 19 Andrew Yeates |
| 7 Jessica Maxwell | 20 Claire Talbot |
| 9 Steven Roberts | 22 Ashley Huffman |
| 10 Arthur Nead | 23 Tyson Shofstahl |
| 11 Meg Leche | 25 Will Goforth |
| John Sibal | 26 Lark George |
| 11 Flora Washington | 27 Linda Belletto |
| 12 Lisa Sibal | Elsa Nichols |
| 13 Charles Meade | 27 Amy Sandridge |
| David Spencer | 28 Boyd Fink III |
| 14 William Clark | 29 Will Luton |
| 16 Aimee Anthony | 31 Michael Ibiwoye |

September



- | | |
|----------------------|-----------------------|
| 1 Sean Airey | 14 Israel Ibiwoye |
| Ian Carmody | 15 Heady Dwyer |
| 2 Steve Holzhalb | David Miller |
| 3 Robin George | 16 Meagan Thomas |
| Brant Waltermann | 18 Billy Soileau |
| 5 Alma Dunlap | 20 Keith Porteous |
| 6 Cory Brown | 21 Matt Rookard |
| Greg Smith | 22 Blythe Dwyer |
| 7 Josh Ford | Debbie Leathem |
| 8 Elizabeth Thornton | 24 Tommy Benge |
| 9 Amanda George | 25 Aubrie Silva |
| Carrie Sherwood | 26 Bishop James Brown |
| 11 Rick Thomson | Moirra Miller |
| Joe Williams | 27 Charlotte Buckley |
| 12 Cole Dodson | Mikey Corcoran |
| William Martin | 29 Gerri Edwards |

O God, our times are in your hand: Look with favor, we pray, on your servants who 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!

Sharing our Biblical Story

Gigi Conner and Lyn Werner

Our Sunday “theological offerings” will begin at the end of August, on Sunday the 30th.

All summer long, we have been hearing stories from our biblical tradition—stories of families with all their complications, adventures, struggles, and encounters with God. On the 30th, we will begin to explore the story of Moses: life in Egypt, Moses’ encounter with God, the escape from Egypt, and the journey through the wilderness.

Many of these Old Testament, or Hebrew Scripture, stories come to us through the Revised Common Lectionary, a three-year cycle of readings first published in 1992 and officially adopted by the Episcopal Church in 2006. It includes the Gospels of Matthew, Mark, and Luke, along with a rich selection of readings from the Hebrew Scriptures. This was not always our Sunday experience. I have my great-aunt’s Prayer Book from 1808 and my mother’s from 1939, reminders that our patterns of worship and Scripture reading have changed over time.

As a person of a “certain age,” I began thinking back to my years as a Director of Religious Education at a church in Michigan. I was also part of a diocesan education system with libraries, Bible study teams, and opportunities to travel and learn new approaches to studying and teaching Scripture.

During the 1980s, two particularly important Episcopal resources appeared. One was *Sharing Our Biblical Story: A Guide to Using Liturgical Readings as the Core of Church and Family Education*, by the Rev. Joe Russell, a wonderful educator and storyteller.

Joe also helped compile *In Dialogue with Scripture: An Episcopal Guide to Studying the Bible*. One of its important lessons was that the Bible contains many different kinds of literature: Gospels, letters, history, law, parables, poetry, prophecy, wisdom, psalms, apocalyptic writing, drama, and more.

That matters because we do not read every part of the Bible in exactly the same way.

Our approach to Bible study has changed as well. Too often in earlier years, Scripture was presented as though every passage ended with a firm period: here is the reading, here is what it means, and that is that. Bible study could resemble a classroom in which the teacher supplied the lesson and its correct interpretation.

There was less encouragement to ask: What does this passage mean to me? What might it mean to our community? What does it say to our world?

Today, information is available almost instantly. We can find historical background, translations, maps, commentaries, prayers, and interpretations from people and traditions very different

from our own.

But having more information is only part of the gift.

At Baptism, we pray that the Holy Spirit will give the newly baptized “an inquiring and discerning heart.”

What wonderful words for studying Scripture.

Inquiring. Discerning.

Ask questions. Enter the conversation. Listen to one another. Consider what a passage might mean in your own life, in the life of a community, and in the life of our fragile world.

And then ask: What part might we play in bringing to life the messages of love, mercy, reconciliation, and justice that run throughout Scripture and are so central to the teaching of Jesus?

It is also important to remember something Christians can easily overlook: Jesus was Jewish.

There was no New Testament for Jesus to read. There were no Gospels written about him and no letters of Paul. Jesus knew the sacred writings and traditions of Judaism. He heard Scripture read, taught, interpreted, debated, and told within the Jewish community of his time.

Remembering this can deepen the way we hear both Jesus’ teaching and the Hebrew Scriptures.

Our worship also contains connections to those ancient Jewish stories and traditions. Consider the Great Vigil of Easter. Why do we hear the question, “Why is this night different from other nights?” When we proclaim, “Christ our Passover is sacrificed for us,” where do those words and images come from? What does the story of Passover have to do with how Christians understand Easter, freedom, and new life?

These are the kinds of questions that can open Scripture for us.

We might also ask: What stories did Jesus use to teach his followers? Where do we find humor or irony? What happens if we read the verses just before or after the appointed Gospel reading? Sometimes a few additional sentences can change or clarify our understanding of the entire story.

So, when we gather on Sunday morning, what questions might we bring to the readings, especially the Old Testament stories we have heard this summer?

How have these stories touched our lives—or perhaps failed to touch them? What has puzzled you? What have you always wanted to ask? What might we discover by listening not only to Scripture, but also to one another?

That is what we hope our Sunday sharing of the biblical stories will offer: an opportunity to deepen our knowledge of Scripture, ask questions freely, listen carefully, and discover together how these ancient stories continue to speak to our lives today.

We hope you will join us.



GRACE AT THE GREEN LIGHT

August 6, 2026

Christ Church Cathedral
2919 St. Charles Ave.
New Orleans, LA 70115

Dear Dean duPlantier,

Thank you for your donation of \$1,250.00 made on 7/21/2026.

Everyone deserves a warm meal, a safe place to sleep and a way to go home again. Your act of generosity helps Grace at the Green Light make a positive difference in the lives of homeless people living on the streets of New Orleans. To date, your support has helped distribute over 1.5 million bottles of water, serve over 500,000 hot meals and send over 3,900 people home to loved ones.

Because we are a registered 501(c)3 organization, your gift is tax deductible. Please keep this letter as a record of your contribution; our tax payer identification number is 47-1409798. No goods or services were received in exchange for your donation.

Again, thank you for helping provide New Orleans' homeless with hope for the future.

With kindest personal regards,

W. Christopher Beary
Founder/Board Chair



THE GENERAL THEOLOGICAL SEMINARY
— OF THE EPISCOPAL CHURCH —

July 16, 2026

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

Dear Dean duPlantier and Friends at the Cathedral,

I'm writing to express our gratitude for Christ Church Cathedral's generous gift of \$2,500.00 on 6/30/2026 to The General Theological Seminary's Annual Fund. Gifts such as yours assist General in fulfilling its mission to train leaders for the church in a changing world.

Your parish gift, combined with others, enables General to support the innovative hybrid Master of Divinity program and preserve the centrality of the Close by supporting our students during their weeklong intensive courses.

Nobody experiences the impact of your gift more than the students themselves. I leave you with the words of one of our hybrid MDiv students: "It's hard to find words to impart how deeply blessed I feel to have found this new program. There is no other place I would want to be and no other program that would give me what I am looking for. The opportunity to be educated here, to be formed here, to feel God's love, I know this is all made possible by the supporters of GTS. Thank you!"

Faithfully,

The Very Rev. Ian S. Markham, Ph.D.
President of The General Theological Seminary.

*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.*

The Modern Caregiver

A Gathering for those who care for others

Caregiving often brings many emotions at once: responsibility, guilt, anger, exhaustion, tenderness, grief, fear, and loneliness.

In church, we may look across the aisle and assume that another person's life is going well because they appear calm or cheerful. In reality some people may be facing difficult circumstances they do not feel comfortable discussing. As a result, they may feel alone and unsupported.

Modern caregivers often take on responsibilities once handled primarily by nurses or other professionals. These responsibilities may include managing medications and medical appointments, bathing and dressing, preparing meals, handling finances, providing transportation, shopping, and offering companionship.

Some caregivers are hired by families and carry out their work with skill, empathy, and compassion. More often, the caregiver is a spouse, adult child, relative, or close friend. Family caregiving can be especially difficult because it may involve compassion fatigue, anticipatory grief, changing relationships, and responsibilities the caregiver never expected to assume.

Christ Church Cathedral is offering caregivers an opportunity to meet one another in a safe, supportive, and confidential environment. Participants will be invited to share the challenges, frustrations, anxieties, joys, and love involved in caring for another person.

We will meet on September 26 – mid-morning (10:30-12:00) – at the Cathedral. Light refreshments will be provided.

Please let us know whether you plan to attend. Should participants find the gathering helpful and life-giving, we will consider continuing to meet monthly.

JERICHO ROAD

EPISCOPAL HOUSING INITIATIVE

Opening Doors to Homeownership in Terrebonne Parish

As Jericho Road Episcopal Housing Initiative celebrates 20 years of impact, we are proud to mark the completion of 19 new homes in the New Isle de Jean Charles community in Terrebonne Parish. Completed earlier this year, the development represents an investment of more than \$6 million in affordable homeownership and the future of the

community.

The homes were designed with resilience, safety, and energy efficiency in mind. Each home features FORTIFIED Gold construction, hurricane-impact doors and windows rated for winds of up to 140 mph, and a continuous load path that improves structural integrity and reduces the risk of roof or structural damage during a hurricane. The homes also meet ENERGY STAR standards. Stormwater retention measures and infrastructure improvements, including the installation of culverts, were incorporated throughout the development.

Two families have already purchased homes and begun an exciting new chapter as homeowners. At a time when rising costs and other challenges have made homeownership increasingly difficult, the Jericho Road team is working to connect more families with these homes and support them throughout the home-buying process.

This development reflects our continued commitment to expanding access to affordable homeownership and helping families build stability, put down roots, and create a stronger financial future.

We are grateful to our partners, supporters, and the Episcopal community for helping make this work possible. As we celebrate 20 years of service, Jericho Road remains committed to creating resilient, affordable homes where families can build stability, put down roots, and thrive throughout Southeast Louisiana.

To support or learn more about Jericho Road's work, please email development@jerichohousing.org.



NEW  *Homeowners!*

A NEW CHAPTER.
A PLACE TO CALL HOME.
Thankful. Excited. Home.

We're not building homes;
we're building **communities**
across southeast Louisiana.



Serving Side by Side: Trinity Loaves & Fishes at Christ Church Cathedral

One of the great blessings of Trinity Loaves & Fishes is the opportunity to prepare our weekly hot meals in the kitchen at Christ Church Cathedral. Their hospitality allows our ministry to gather, cook, pack, and prepare approximately 200 hot meals every Thursday for people throughout the New Orleans community.

We are incredibly grateful for the use of this kitchen, and we never take it for granted. Every time we turn on a stove, open an oven, or begin preparing another Thursday meal, we are reminded of how fortunate we are to have access to such a wonderful space. Our hot food ministry would simply not be what it is today without the generosity of Christ Church Cathedral. The kitchen allows us to prepare meals with greater care, variety, and dignity, and it has become an essential part of what makes this ministry so special.

These meals are about more than simply filling a plate. We try to serve food that feels thoughtful, generous, and enjoyable, prepared each week by our amazing chef, Kelly Williams, alongside a dedicated team of volunteers. Our menus go well beyond the usual red beans and rice or spaghetti and often include creative, hearty dishes inspired by different cuisines. We want every meal to reflect the same care we would put into feeding our own families and friends.

Once the meals are packed, they are loaded into our TLF truck and delivered to six different sites each Thursday. The people we serve include unhoused neighbors, children, and senior citizens, with deliveries stretching from the Bywater to Bethlehem Lutheran Church, located just three blocks from Christ Church Cathedral.

It is a wonderful example of what can happen when churches work together around a shared mission. Trinity Loaves & Fishes may be a ministry of Trinity Church, but this work reaches far beyond our own walls, and we would love to see even more members of Christ Church Cathedral become part of it.

We especially need volunteers for our second Thursday shift, from 11:00 a.m. to 12:30 p.m. This group helps pack the prepared meals, organize everything for delivery, load the truck, and get the food out the door and into the hands of people who need it.

No special cooking experience is required. What matters most is simply showing up and being willing to help.

There is something meaningful about serving side by side, sharing conversation, and knowing that the work being done together will directly feed our neighbors. We would love for more Cathedral volunteers to join us and make this truly feel like a shared ministry and mission.

To volunteer, please email Aaron Taylor at ataylor@trinitynola.com.



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 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

Baptism

Holy Baptism is especially appropriate on the great feast days of the Church and on occasions when a Bishop is present.

We invite those considering Holy Baptism to join us on one of the following upcoming dates:

November 8, 2026 – Bishop's Visitation

January 10, 2027 – Feast of the Baptism of Jesus

May 16, 2027 – Pentecost Sunday

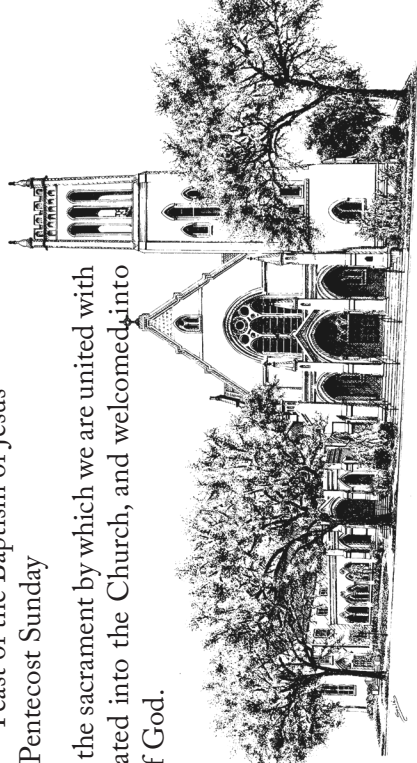
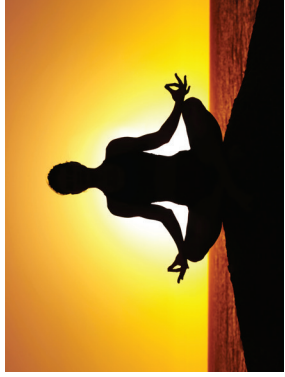
Holy Baptism is the sacrament by which we are united with Christ, incorporated into the Church, and welcomed into the household of God.

Please contact

Canon Roberts

[stevenroberts@](mailto:stevenroberts@cccnola.org)

cccnola.org.



MARK YOUR CALENDAR

Friday, August 21

5:00 PM

Twilight Program in the Martin Room

Sunday, September 13

Kick Off Sunday

Tuesday, September 15

5:30 PM

Yoga - Sound Bath

Sunday, October 4

6:00 PM

St. Francis - Blessing of the Animals

Sunday, November 1

All Saints' Day

4:00 PM

Choral Evensong

Sunday, November 8

Bishop's Annual Visit at the 10:00 Eucharist
with Confirmation, Reception, and Baptism

Sunday, November 22

3:00 PM

Peter Collins, Pianist, In Recital

Thursday, November 26

Thanksgiving Day

10:00 AM - The Holy Eucharist, Rite II

Wednesday, December 9

6:00 PM

Ordinations

Sunday, December 13

4:00 PM

A Festival of Nine Lessons & Carols