



Cathedral Congregation News

July 2016

Cathedral Congregation News is published on the fifteenth of each month. Contact the editors with content or email address information at newsletter@cathedralcongregation.org

Visit the [Congregation homepage](#)

Reflection

“Now you are the body of Christ and each of you is a part of it.”

(1 Corinthians 12:17)

“This is my body, broken for you. Do this in remembrance of me.” (1 Corinthians 11:24)



There are times in my life where there is such a convergence of events that I feel as though God is shouting at me:

“Julie, I’m here! Look around you and watch me.” This happened to me on Father’s Day, June 19.

If you, too, were attending the 11:15 am Eucharist that Sunday you know a worshiper collapsed just after the Introit was sung and before the Processional hymn. The crisis was acute so there was a flurry of activity and Cathedral staff began CPR. After a few minutes, our provost Jan Cope spoke to the Congregation and asked for prayers for the man who was ill and for those attempting to revive him.

A profound quiet fell over the Congregation and one could feel the prayers of petition rising, soundlessly, from the crowd. The concern in the air was palpable. Our Organist and Associate Music Director, Benjamin Straley, softly brought the organ to life, adding melody to our intercession.

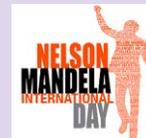
After the EMTs wheeled the stricken worshiper out of the Cathedral and into the waiting ambulance, we began our Eucharist. It felt seamless, even though we resumed the service with the reading of the gospel and the offertory. It was, truly, all of a piece because the previous 20 minutes had been steeped in prayer. Offering the simple gifts of



Honoring the Legacy of Nelson Mandela

**Saturday, July 16,
10:30 am–2 pm**

Join the
[Southern
Africa
Partnership
Committee](#)



of the Episcopal Diocese of Washington as it prepares hot lunches and feeds the hungry in our community. This annual service day honors Nelson Mandela’s life-long commitment to serve all people. [Sign up now »](#)

Summer Sunday Service Schedule

**Through
September
4**



8 am — Holy Eucharist, St. Mary’s Chapel
10 am — Holy Eucharist, Nave
4 pm — Choral Evensong or Evening Prayer, Great Choir

Please note: Choral Evensong on July 17 has been moved to 3 pm.

Martha’s Table

bread and wine flowed flawlessly into the celebration. We all heard Jesus telling us “Do this in remembrance of me.”

When the last strains of “Sing praise to God who reigns above” faded and people began to file out of church, my Eucharist was not over. Unexpectedly, one of our Congregation’s lay Eucharistic ministers asked if I had time to help bring communion to a mutual friend who was ill.

We arrived at our friend’s home and, for a second time that day, I heard the story of the Gerasene demoniac’s healing. We shared with our friend what had unfolded at the morning service. We prayed for the gentleman who had collapsed in the nave, we prayed for all those who were ill or suffering in any way, and then we shared communion. It was simple, tender, brief and moving.

As I drove home, I kept hearing St. Paul’s words: “*You are the body of Christ...*” and I thought of Father’s Day and my own dad and his last illness. A vivid memory flashed before me. I saw Dad lying in a small, glass-enclosed room in the Critical Care Unit at Walter Reed Army Medical Center. He had intravenous lines connected to the veins in both of his wrists and was gasping for breath. The pulmonary specialist announced that Dad’s right lung was filling up with blood. He would “drown” unless something was done immediately. A surgeon arrived who made an incision and pushed a tube between Dad’s ribs. Blood soon began to drip from my father’s side. His breathing became easier.

Full disclosure: as this nightmare was unfolding I did pray, but mostly I just felt faint. I thought, “If I don’t sit down, I’m going to fall down.” But much later, as I reflected on my dad’s courage and the skill of his physicians, I recalled the picture of his body, and heard again, “*You are the body of Christ.*”

How do I mean this? I believe that when we suffer, Jesus suffers with us and in us. I mean that when we reach out to each other with compassion—like the EMTs in the cathedral or the physicians at Walter Reed who saved my dad—we touch the body of Jesus. I mean that Holy Communion, our care for each other, and our sometimes very messy suffering, brings us into union with the One who loved us into life. In each of our lives, Jesus, “Emmanuel,” the God who is always with us, takes flesh over and over again. “*This is my body, broken for you. Do this in remembrance of me.*”

We are Christ’s body. We are his hands and feet and heart. He lives in us and we in him. Whatever joys or sorrows life brings us, we are never—not for a moment—alone. You, me, ALL of us—we *are* the body of Christ.

What a call, what a blessing, what a gift!

Julie Collins
Chair, Christian Formation Committee

Ministry

**Sunday, July 17,
8:30–11:15 am**

Hunger does not take a summer vacation. Fifteen minutes in your kitchen

will help feed homeless people in our area. Drop off sandwiches and fruit at Hearst Circle at NCS. [Learn more »](#)



Story Hour

Sunday, July 17, 9:30 am

Join other families with young children for a short story time. [Learn more »](#)



The Drama of Jesus Christ in Three Acts According to St. Mark

**Sundays, July 17–31,
11:30 am–12:45**

Sign up for this 3-part Sunday summer Bible study, thematically

focused on the Gospel of Mark. [RSVP today »](#)



Knitting and Crocheting Ministry

Sunday, July 17, 1–3 pm

Crafters meet to knit and crochet items for our outreach partners. [Learn more »](#)



Racial Reconciliation: What the White Church Must Do

Sunday, July 17, 4:15 pm

Community Fellowship

“The hymn sing was just so much fun!” “What a wonderful evening.” Gathered close to the organ in Bethlehem Chapel, our organist Benjamin Straley led us through our hymn requests, called out so enthusiastically that it sounded like a bingo game. We sang with gusto and ended with a “lightning round” of first verse only choices. The joyous spirit carried over to the reception that followed in the adjacent Visitor Lounge. It proved a great spot for food and fellowship. Another hymn sing and reception is in the planning stage for later in the fall. Also of note, Benjamin will be offering a course in the upcoming program year exploring liturgy and music. Look for details on this course and other offerings in the August newsletter.



At our hymn sing reception, we wished Godspeed to our two dear retiring clergy, Stuart Kenworthy and Preston Hannibal. We also thanked our provost Jan Cope (who is not leaving!) for her immense and loving work on behalf of the congregation and cathedral. The three were presented with personalized copies of the past liturgical year’s Advent and Lenten meditations written by members of the congregation and cathedral family. Miriam Young read the beautiful prayer/poem of thanksgiving written by Cary Page. As promised, here is the link to [They Came to Serve the Lord](#).

Our brunch last Sunday was a festive affair, held in our new location of the Pilgrim Observation Gallery area on the 7th floor. As a member attending for the first time said, “This is a great way to get to know people.” Thanks to Larry Long for providing the special ice cream and crêpes and to all those who brought the delicious brunch fare. Also, a special thanks to the Bingaman family for coordinating our potlucks with such flare and joy. **Mark your calendar now for the annual fall potluck picnic on September 25.**

To Forge a New Way

It has been, as Bishop Budde wrote last Thursday in the aftermath of the fatal shootings in Dallas, “a dreadful week in America.” Despite the strife, her [blogpost](#) ends with these hopeful words: “But in the hardest times, resolve can emerge to forge a new way.” The Cathedral and our congregation offer ways great and small to get or stay [involved](#).



As part of its ongoing commitment to the work



of racial reconciliation, Washington National Cathedral and its partners at the [March on Washington Film Festival](#) will reexamine Dr. King’s challenge for our time with a panel on “What the White Church Must Do” on issues of race. [Learn more »](#)

Fiction Fun!

Monday, July 18, 7 pm

Join us for a discussion of *The Man in the Wooden Hat* by Jane Gardam. [Learn more »](#)



Download the [2016 schedule](#)

Summer Concert Series: Lock Me in Delight: Songs of Sleep and Waking

Tuesday, July 19, 6:30 pm

This evening of art song and solo piano works



explores the mysterious, wonderful world of sleep and dreaming. [Learn more »](#)

Summer Concert Series: Eya: Ensemble for Medieval Music

Tuesday, July 21, 6:30 pm

This women’s trio digs into their vast repertoire, presenting works from



four favorite programs: *Greenwood*, *The Mirror*, *The Three Marys*, and *Heartform*. [Learn more »](#)

The Outreach and Social Justice ([OSJ](#)) ministries offer weekly, monthly, and seasonal avenues to serve. See the sidebar for details on this weekend's Mandela Day, Martha's Table food collection, and the Sunday panel discussion [Racial Reconciliation: What the White Church Must Do](#).

Summer Concert Series

*Tuesdays and Thursdays in July,
6:30 pm*

As part of the Summer Evening Hours program, the Cathedral's music department presents hour-long recitals. Delight in music spanning the centuries, from the medieval period to a commissioned work by Canon Michael McCarthy. See the calendar sidebar for recital details.



Wellbeing

Then our mouth was filled with laughter, and our tongue with shouts of joy... (Psalm 126:2)

“O God, in the course of this busy life, give us times of refreshment and peace...” (*Book of Common Prayer*)



Looking for times of refreshment? Here are three possibilities. Sing one evening per week; devote a Tuesday night to laughter; sign up for a weekend retreat.

Samaritan Singers

Calling singers of all skill levels to join this new relaxed, community choir. Inspired by [Samaritan Ministry of Greater Washington](#) in its pursuit to promote awareness of community needs, foster partnerships at all levels, and break down barriers imposed by poverty, [Samaritan Singers](#) aims to create fellowship and beautiful music of many varieties—music to be shared amongst each other, and someday at small events, parks, and even on street corners. Our remaining July rehearsals will be on July 20 and July 28 at Church of the Epiphany in downtown DC—just one block from Metro Center Station.

Laughing Our Way to Wellbeing

Tuesday, July 26, 7:30–8:30 pm, Bishop's Garden

On [Cathedral Crossroads](#) evening, join leader Diane Cohen, for a program of Laughter Yoga, a blend of yogic, Pranayama breathing, and laughter exercises with health benefits for the mind, body and spirit. “With intentional laughter, we tap into a wellspring of joy that engenders feelings of health and well being. Please join us for this wacky, silly, and fun practice that has been proven to reduce stress and strengthen the immune system. The

Cathedral Crossroads

*Tuesday, July 26,
6–8:30 pm*

An evening of



contemplative practice with special program: “Laughing Our Way to Wellbeing,” 7:30–8:30 pm, Bishop's Garden. [Learn more »](#)

Summer Concert Series: Voices in Dialogue – Benjamin Straley (organ) and Lauren Cook (soprano)

Thursday, July 28, 6:30 pm

A concert highlighting pieces from the solo voice and



organ repertoire which work in conversation with one another by virtue of composer, time period or genre. [Learn more »](#)

20s&30s Ultimate Sunday Brunch

Sunday, July 31, 11:30 pm

Join 20s&30s participants



as they choose a restaurant and enjoy fellowship. Meet at the congregation table.

[Learn more »](#)

Summer Concert Series: Victoria Woodall (Soprano) and Alex Chan (Piano)

*Tuesday, August 2,
6:30 pm*

An evening of French melodies, German Lieder, and English folk songs. [Learn](#)



session ends with a period of silent meditation.”

[more »](#)

Retreat: Expressions of Divine Love: Mercy, Forgiveness, and Joy.

September 30–October 2, 2016

Sign up for the autumn EDOW Diocesan Retreat at The Claggett Center in Adamstown, MD. The [Rev. Father Dominique Peridans](#), priest in charge at Church of the Ascension and Saint Agnes will lead the retreat. The fee for two nights and all meals is \$250, \$175 for students. Scholarships are available. Email [Lesley Krauland](#) for more information.

Steps on the Journey

Pastoral Care News

With the retirement of the Rev. Preston B. Hannibal, Associate for Pastoral Care on June 30, Mary Wright Baylor, our former Pastoral Care Nurse, is serving in a volunteer role 3 days per week, July 5 to September 2. Mary will be in the pastoral care office on Monday, Tuesday, and Fridays. If you or someone you know in the congregation would like to discuss a pastoral concern or wish a hospital or home visit or to receive Communion, please contact the Pastoral Care Office, at (202) 537-3127 or pastoralcare@cathedral.org. And if you have a prayer request, please email: prayers@cathedralcongregation.org.



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