



Worship

Sundays @ the Cathedral

8:00 AM – Holy Eucharist Rite I
(no music)

9:00 AM – Holy Eucharist Rite II

11:00 AM – Holy Eucharist Rite I

Thursdays @ the Chapel

12:10 PM – Holy Eucharist Rite II

Taizé @ 5 PM

First Sunday of the Month

Choral Evensong @ 5PM

Second Sunday of the Month

Music

Sunday, September 9, 5:00 PM

Choral Evensong
followed by a brief Organ Recital
Casey Cantwell
(Trinity Episcopal Church, Tulsa)



Tuesday, September 25, 7:30 PM

Brightmusic Concert “Voilà: Viola!”
Chamber music in the Cathedral
Admission: \$20
(students and active-duty military free with ID)

Sunday, October 14, 5:00 PM

Choral Evensong
followed by a brief Organ Recital
Melissa Plamann
(Oklahoma City University)



Tuesday, October 30, 7:30 PM

Brightmusic Concert “Beethoven’s Vienna”
Chamber music in the Cathedral
Admission: \$20
(students and active-duty military free with ID)



Sundays

Sunday, September 2

Feast of David Pendleton Oakerhater

9:00 AM & 11:00 AM Services
Celebrating with the Caddo drummers. Bishop Charleston preaching.

10:10 AM Oakerhater Forum in
Dean Willey Hall



Sundays, 10:10 AM, September 9, 16, 23, 30

St. Paul’s: Body & Soul

Join us in Dean Willey Hall to hear important updates from the Vestry and others on what it means to be the soul of St. Paul’s along with updates on the health of the body of St. Paul’s as we enter into stewardship season. A stewardship brunch will be held on September 30.

Sundays, 10:10 AM

September 9 - 23

October 14 - November 11

Church History Series

Led by Dr. Anne Lynch in the Parlor

Sundays, 4 PM - 5 PM beginning September 9

The Bible Project

Led by Fr. Tim Sean, The Bible Project is an extended journey through the Hebrew and Christian scriptures, tracking literary structures and spiritual themes that reveal how this diverse collection of writings is a unified narrative that leads to Jesus. Some outside reading required.

Sunday, October 7, 10 AM - 1 PM

Health Fair

Come to the 15th Annual Health Fair and get a flu shot, learn more about how to take care of yourself and talk to professionals in the health field. The Cathedral is not just committed to your spiritual health but your physical, emotional, and intellectual health as well.

Sunday, October 14

Ingathering at all Services

Sunday, October 21

9:00 AM & 11:00 AM Services
Blessing of the (Stuffed) Animals
5:00 PM
Blessing of the (Live) Animals
in the Courtyard

Sunday, October 28

9:00 AM & 11:00 AM Services
Blessing of the Costumes
10:10 AM in Dean Willey Hall
Reception for Canon Scott Raab
5:00 PM in the Parking Lot
St. Paul’s Community Trunk N’ Treat

Spirituality Programs

Most of these small groups are limited to ten participants on a first-come, first-serve basis. You can enroll by sending an email to: coconnor@stpaulsokc.org

Lectio Divina

Mondays 12-1 PM, October thru Spring 2018

An ancient form of contemplative prayer utilizing creativity and art, especially suitable for those who need a one-hour short course. Facilitated by The Rev. Elizabeth Davis, The Rev. Janie Kirt, and The Rev. Michael Lavigne

Introduction to Qigong and Mindfulness

Wednesdays 11-12 PM, October 3, 10, 17, 24, 31

An introductory course in traditional Qigong exercises for stretching, breathing, and relaxation combined with a mindfulness meditation.. Beginners welcome. Facilitated by Dan Morgan, Bill & Meredith Cunningham

Lectio Divina:

A Welcoming Circle of Prayer

Wednesdays 6-7:30 PM, October thru Spring 2018

Explore scripture through Lectio Divina with it's circular flow of four dynamic movements. Religious icons and creative journaling will be utilized. Facilitated by Cynthia Jones & Debbie Butcher.

An Introduction to the Practice of Centering Prayer

Saturdays 9-10:30 AM, October - Spring 2018

Beginners are welcome to this introduction to Centering Prayer as taught by the Rev. Dr. Cynthia Bourgeault and the Rev. Thomas Keating. Facilitated by Cynthia Jones & Bruce Eberhard

Lectio Divina

**Thursdays 1:30 to 3 PM,
October 12 thru Spring 2018**

Anyone yearning to grow closer to God is welcome to join this Lectio group based on Scripture, Silence & Faith sharing. Facilitated by Janice Eberhard and Karen Meites

Becoming Who You Are - Traveling the Contemplative Path

Tuesdays October 2 - Nov. 6 (6weeks) 6-7:30 PM

Join us as we deepen our spiritual journey in a small group setting guided by the teachings of Thomas Merton, Mother Teresa, Thich Nat Hahn and others in this book by James Martin (in the Book Store). Members will engage in sacred sharing, contemplative prayer practices and are invited to commit to a 5day/wk daily prayer practice using meditations from Jesus Calling. Facilitated by Cathy O'Connor

Mindfulness Based Stress Reduction

**Practical Tools for Managing Stress
And Enhanced Wellbeing**

Tuesdays 1:30 – 4 PM, September 4 – November 6

Mindfulness Based Stress Reduction (MBSR) is an in-depth 8 week course in Mindfulness Meditation and integrating mindfulness skills into daily life. This program is considered to be one of the most reliable ways to learn how to use mindfulness to form new skills for managing stress, living well and enjoying life, regardless of it's ups and downs. Facilitated by Marnie Kennedy. For course details go to MarnieKennedy.com. Fees apply.

Cathedral Kids & Youth

CATHEDRAL KIDS

Sundays @ 10:10

Ages 2 - 12 grade



Rooted in Faith, Growing in Love

OPEN ARMS, OPEN HEARTS

CATHEDRAL YOUTH

6th - 12th Grade
Follow us on
Facebook: Cathedral Youth OKC
Instagram: CathedralYouthOKC

Youth Schedule

Regular Youth Group is from 5 PM until 6:30 PM
in the Undercroft on Sunday evenings

Special Events

Fellowship Dances

7:30 PM September 15

7:30 PM October 20

in Dean Willey Hall

Dancing and lessons for adults and upper teens with live music. Light refreshments will be provided. There is no charge for admission, although donations will be accepted to compensate the band. Please RSVP to rsvp@stpaulsokc.org or 235-3436 so that we can properly plan. BYOB (no hard liquor please).

safeguardingsafeguarding
God's children God's people
Safeguarding Training
Preventing Child Sexual Abuse Preventing Sexual Exploitation

Safeguarding God's Children

September 9 or October 7 (12:30 - 2:30 PM)

Safeguarding God's People

September 7 or October 14 (12:30 - 3:30 PM)

All classes in the East Garden Board Room