

---

---

---

# WORSHIP, FORMATION, AND PROGRAM GUIDE

**FALL 2023**



SAINT PAUL'S  
EPISCOPAL CATHEDRAL

---

# Table of Contents



Educational Offerings Dean's Hour.....	3
Special Events.....	4
Advent Dinner Lecture Series.....	5
Recommended Books & Music .....	6
Advent Special Events, Services & Music.....	7
Spirituality & Study Groups.....	8
Music Mondays .....	9
Get Connected.....	10
PUB THEOLOGY HOLY HANGOUT CATHEDRAL CIRCLES PASTORAL CARE DEAN'S BOOK CLUB HIGH FIDELITY YOUTH GROUP	
Feast Days & Special Services .....	11

Beloveds,

Growing up in the Southwest, the Pueblo Storyteller came immediately to mind when I consider our theme for our program year, "Telling Our Story."

The Vestry has spent the past few years visioning, asking hard questions, and discerning who we are as a community and where God is leading us post-pandemic.

The Storyteller, often made of clay, symbolizes the necessity of the sharing of stories to retain and maintain a sense of purpose and belonging. From the open mouth of the storyteller to those gathered around to listen, we see that it is a gift of the soul to share the story and the community's responsibility to receive that gift.

This program year, we will be intentional storytellers and story receivers. The stories of scripture and tradition, the stories of our Cathedral community, and each of our individual stories serve as guideposts as we look to where God is calling us next as a Cathedral.

To say it another way, we cannot move forward without first looking back.

We continue to add to our story every day, and to bring a heightened intentionality to who we are in 2023, we must first know who we were from creation onward.

Dean Churchwell +



# Adult Education Offerings

FOR MORE INFORMATION PLEASE VISIT [STPAULSOKC.ORG/ADULTEDUCATION](http://STPAULSOKC.ORG/ADULTEDUCATION)

---

SUNDAY MORNINGS at 10:10

---

## FORMATION HOUR

10:10AM in Various Locations

THIS IS A TIME FOR  
ADULT CHRISTIAN  
FORMATION,  
WHERE  
CATHEDRAL CLERGY,  
PARISH LEADERS, &  
GUEST SPEAKERS  
ADDRESS MATTERS  
OF FAITH,  
CHURCH LIFE,  
AND COMMUNITY.



SAINT PAUL'S  
EPISCOPAL CATHEDRAL

### Bible Women

*Ongoing through the Fall*

Join Jennifer Jones & Jani Kirt Morris for this discussion-based course on the book, *Bible Women: All Their Words and Why They Matter* by Lindsey Hardin Freeman.

### Dean's Hour

*September 17, 24, October 1 & November 19*

Join Dean Churchwell for the first three Sundays of the Fall program year, and once in November.

#### Telling Our Story- 9/17

Come learn more about the theme for our program year and how your story, the story of St. Paul's, and the story of God in and through Creation are all linked.

#### Pastoral Care 101- 9/24

Come and learn some pastoral care tips and tricks that will help you share love and compassion to those around you.

#### Ask the Dean- 10/1

A fan favorite returns! No holds barred. Ask Dean Churchwell anything you want: nothing is off-limits!

#### Cultivating Curiosity; Harvesting Gratitude and Grace- 11/19

How does curiosity lead to gratitude and grace? Come find out!

### Stewardship: The Spirituality of Giving

*October 22, 29*

Dean Churchwell and vestry members will lead a 2-part series on Stewardship, including "How Did We Pay For That" and "How We Consecrate Our Gifts."

### Class with Bishop Poulson

*November 5th*

We welcome Bishop Poulson for an opportunity to teach.

### Advent: The (Second) Coming of Jesus

*December 3rd & 10th*

A 2 part Advent Series with Canon Tim Sean on the apocalyptic themes in the Advent readings in the lectionary.

### Coffee with Clergy

*1st Sunday of the Month*

Sit down with your clergy each month for a casual conversation and time of fellowship.

# EDUCATIONAL OFFERINGS

## SUNDAY AFTERNOONS

**SEPT. 24 - OCT. 29 Sundays**

### BEING EPISCOPALIAN

3:30PM-4:45PM, ADULT LEARNING ROOM

New to the Episcopal Tradition or wanting to refresh your knowledge of the Church? Join Mother Sarah for this six-week course on the foundations of the Christian faith and Anglican Tradition.

**Sundays Beginning on September 17**

### BIBLE PROJECT

4PM-5PM, MAKING MEDICINE ROOM

Led by Canon Tim Sean, this group will approach the scriptures from a wide variety of perspectives: book studies, thematic arcs, Biblical fiction, as well as TV and Film. The first series will be a discussion about Season Two and Three of the recent TV series about Jesus and his disciples, The Chosen.

### SERMON DEEP DIVE



The Sermon Deep Dive will engage the previous Sunday's sermon through theological analysis, biblical exegesis and experiential learning. Clergy will lead a discussion group on Zoom every Wednesday except the 3rd week of the month. There is no Sermon Deep Dive on the Third Wednesday of the month

- Wednesdays - 1st, 2nd, 4th & 5th of each month at 6:30pm

# SPECIAL EVENTS

## Rally Day

*September 10th, East Garden*

## Blessing of the Animals

*September 30th, East Garden*

## Health Fair

*Oct 1st, Garden Gallery*

## Naucrati Fishing Retreat

*October 20-22nd*

## Pipe Screams

*October 29th*

## Consecration Sunday & Thanks-a-Brunch

*November 12th*

## Doe Harvest Event

*December 2nd*

## Ordinations

*December 21st*

---

# ADVENT DINNER LECTURE SERIES

WEDNESDAYS DURING ADVENT, 6 PM, DEAN WILLEY HALL

[STPAULSOKC.ORG/ADVENT](http://STPAULSOKC.ORG/ADVENT)



**December 6**

**City of OKC: Lindsay Cates**

Lindsay Cates is the Homeless Strategy Implementation Manager for the City of Oklahoma City. Lindsay is a part of Mayor Holt's Task Force on Homelessness that put together a strategic plan to prevent and reduce homelessness in OKC. The plan includes advocacy, transition-age youth services, transportation, emergency & temporary shelter, funding sources, affordable housing, prevention, outreach, engagement and case management.



**December 13**

**City Care: Adam Luck & Rachel Freeman**

City Care leaders, Adam Luck, CEO and Rachel Freeman, COO seek to inspire those willing to look social injustice and extreme poverty in the face and empowers them to do whatever it takes to create change. City Care believes in the intrinsic value of every person. It is with love and compassion they advocate for the overlooked in our community. They provide food for the hungry, relief for the hurting, and hold space for complete restoration of lives that have gotten off course.



**December 20**

**Inasmuch Foundation: Sarah Roberts**

Sarah Roberts is the Vice President of Programs at the Inasmuch Foundation. Inasmuch was established in 1982 by Edith Kinney Gaylord for charitable, scientific and educational purposes. Their philanthropy is intended to enrich and enhance the quality of lives they touch to lessen suffering whenever possible, and to strengthen and support institutions and organizations in ways that benefit communities and the individuals they serve.

---

## Telling Our **STORIES**

Join us for special lectures and services to learn and engage through spiritual practice with distinguished community leaders throughout this holy season.

---



## JOEY'S SPOTIFY PLAYLISTS

### Advent



### Christmas

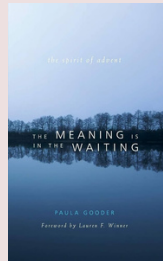


## Recommended Books for Advent



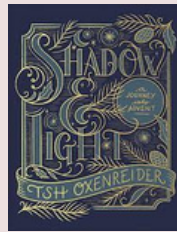
### DEAN CHURCHWELL'S PICKS

#### The Meaning is in the Waiting By Paula Gooder



With warmth and insight, Paula Gooder helps us re-learn the skill of waiting, and invites us to engage with the real, flesh-and-blood people who are the subject of our Scripture readings and lessons each Advent.

#### Shadow & Light By Tsh Oxenreider



Advent is not meant to be a season of doing more or having more. Instead, accept the gift of a slow and meaningful season to rest in God's nearness-and ready yourself for the miracle that Christmas brings, year after year by exploring Tsh Oxenreider's Shadow & Light.

### MOTHER SARAH'S PICKS

#### Honest Advent By Scott Erickson



In a world that's difficult to make sense of, and a season that's so often overtaken by consumerism, here you'll find heart-stirring illustrations and thought-provoking meditations designed to show you the raw, powerfully sacred story of Christmas in a new light.

#### Keep Watch with Me By Claire Brown & MichaelMcRay



The season of Advent, as the church prepares for the birth of Christ, is a penitential season of reckoning with our needs and the needs of the world. These stories, reflections, prayers, and spiritual practices offer to sustain and challenge the faith of those who work for justice and peace, and long for the coming of God with us.

---

# ADVENT EVENTS, SERVICES, & MUSIC

LEARN MORE BY VISITING [STPAULSOKC.ORG/ADVENT](http://STPAULSOKC.ORG/ADVENT)

## Special Events

**NOVEMBER 26**

### ADVENT EVENT

10:10AM, DEAN WILLEY HALL

---

An annual St. Paul's tradition of Advent Wreath making. Join in on the fun with the whole family to make a wreath to take home to use in prayer this season.

**DECEMBER 17**

### ST. NICHOLAS RECEPTION

10:10AM, DEAN WILLEY HALL

---

A festive belated celebration of the Feast of St. Nicholas (Dec. 6) that includes a surprise visit from St. Nick himself along with other kids' activities and refreshments for all ages.

**DECEMBER 17**

### CHRISTMAS PAGEANT

9AM SERVICE, CATHEDRAL

---

The Cathedral kids and youth perform the Christmas story from scripture along with music and popular hymns from the Christmas season.



## Music & Services

**DECEMBER 3**

### DRAW NEAR

5PM, CATHEDRAL

---

A contemplative worship service by candlelight including scripture, prayer and music inspired by the spiritual community of taizé. Led by the St. Cecilia singers under the direction of Mary Reynolds

**DECEMBER 10**

### AN ADVENT PROCESSION WITH LESSONS & CAROLS

5PM, CATHEDRAL

---

This service features music for Advent in procession from West to East and from darkness to light, symbolizing the imminent arrival of Jesus Christ, the world's Redeemer. Hear lessons and carols for the Advent season sung by the choirs by candlelight.

**DECEMBER 17**

### COOKIES & CAROLING

5PM, CATHEDRAL

---

Join the choirs and organists of St. Paul's in the Cathedral to sing your favorite Christmas carols! Cookies & hot chocolate will be served and requests will be taken. Festive apparel is encouraged and all ages are welcome.

**DECEMBER 22**

### BLUE CHRISTMAS COMPLINE

7PM, CATHEDRAL

---

Blue Christmas is a contemplative service of Compline or "Night Prayer" held on the longest night of the year, offering space for quiet reflection, prayer and solidarity for those experiencing grief or struggling with loss. Like Choral Evensong or Choral Compline and in addition to said prayers, the choir offers musical prayers on behalf of the congregation.



# SPIRITUALITY & STUDY GROUPS

FOR MORE INFORMATION AND REGISTRATION INFORMATION PLEASE VISIT  
[STPAULSOKC.ORG/SPIRITUALITY](http://STPAULSOKC.ORG/SPIRITUALITY)

## WEEKDAYS

### MONDAY

#### LECTIO DIVINA

12-1 PM, RECEPTION AREA

Want to try an ancient prayer practice of divine reading?  
Join Mother Janie Kirt Morris for this communal prayer tradition that  
uses scripture to encounter the Holy.

### TUESDAY & SATURDAY

#### CENTERING PRAYER

11 AM TUES, 9:30 AM SAT, MAKING MEDICINE ROOM

Centering Prayer is a method of silent prayer that prepares us to receive  
the gift of contemplative prayer, prayer in which we experience God's  
presence within us, closer than breathing, closer than thinking, closer  
than consciousness itself. To join a group contact Cynthia Jones at  
[chj37708@cox.net](mailto:chj37708@cox.net)

### Sept-May

#### IGNATIAN GROUPS

VARIOUS

The Spiritual Exercises of St. Ignatius are a 500 year old prayer method  
meant to weave one's own life narrative into the life of Jesus Christ in  
such a way that both become more vivid and interconnected. To join a  
group contact Mother Susan Joplin, Dean of the School for Spiritual  
Direction at [susancolleyjoplin@gmail.com](mailto:susancolleyjoplin@gmail.com)

### 1st and 3rd TUESDAYS

#### GOOD NIGHT YOGA

6PM, DEAN WILLEY HALL

Includes live music and liturgy from the New Zealand Prayer Book.  
Come unwind and center yourself in sacred movement, prayer and  
breath.

### DAILY

#### INTERCESSORY PRAYER

St. Nicholas Chapel is open Sunday-Thursday for open prayer.

#### SPIRITUAL DIRECTION

Need a Spiritual Director? Contact Dean Churchwell at  
[deanchurchwell@stpaulsokc.org](mailto:deanchurchwell@stpaulsokc.org).

#### LABYRINTH

Available Sunday to Thursday in the East Garden for open prayer.

### 3RD WEDNESDAY



#### CROWDED TABLE

Crowded Table is a dinner and  
discussion gathering that engages  
hard, brave, and awkward  
conversations. Conversations are  
fireside chat style featuring a  
special guest speaker each month

### SEPTEMBER

Sober Spirituality

Welcome author, spiritual director &  
Episcopal priest, the Rev. Erin Jean  
Warde for a conversation about her new  
book about the joy of having a mindful  
relationship with alcohol.

### OCTOBER

Women in the Bible

Welcome the Rev. Dr. Lisa Wolfe  
professor of Hebrew Bible at Oklahoma  
City University.

### NOVEMBER

God, War, and Trauma

Welcome Licensed Mental Health  
Counselor, Cynde Collins-Clarke



---

# MUSIC MONDAYS

JOIN CANON MUSICIAN, JOSEPH RIPKA, IN THE CHOIR ROOM FROM 7-8 P.M. FOR A SERIES OF MUSICAL PRESENTATIONS. REFRESHMENTS SERVED.

September 11

## **Everything Evensong!**

Exploration of the liturgy and musical tradition of Choral Evensong.

October 16

## **Requiems & Remembrances**

"Music for Death & Dying" including requiems, memorials, and the Passion.

November 13

## **The King of Instruments**

The history of the organ, how it works, and about some of the great organists & composers for the instrument.

December 4

## **Lessons & Carols: Advent & Christmas**

In depth discussion of the history of carol services and their traditions.

---

October 13

## **Cathedral Cabaret Fundraiser**

Starting at 6pm: An evening of musical entertainment provided by members of the choirs and staff...including a bold duet by Dean Churchwell and Canon Ripka.

Dinner and Drinks provided for an evening to support the Music Program.  
RSVP Required and donations encouraged.



Telling Our **STORIES**

# GET CONNECTED

VISIT [STPAULSOKC.ORG](http://STPAULSOKC.ORG) FOR MORE DETAILS

ALL ARE WELCOME

## CATHEDRAL CIRCLES

### Ongoing Small Group Meetings

These are lay-led interest groups that are meant to be smaller gatherings. The purpose of these groups is to create more intimate fellowship opportunities within the Cathedral community around a particular group enterprise. Sample ideas include bible study, brewery meet-ups, steak night, serving our neighbor homeless outreach, Friday fishing, rainbow collective, etc.

Start a group or join a group by visiting [stpaulsokc.org/cathedral-circles](http://stpaulsokc.org/cathedral-circles)



## YOUTH GROUP

Meets Sundays at 4-6pm in the Undercroft the Education Building. Contact Page Jackson, Youth Minister, to get connected at [pjackson@stpaulsokc.org](mailto:pjackson@stpaulsokc.org)

## PASTORAL CARE OFFERINGS

- Caregiver's Support Group  
1ST & 3RD MONDAY at 4:45pm in the Sun Dancer Library
- Eucharistic Visits
- Prayer List- how to add a prayer to the prayer list
- Home Visit - have a pastoral care team member come for a visit without communion.

Contact Jani Hill, Pastoral Care Minister at [jhill@stpaulsokc.org](mailto:jhill@stpaulsokc.org) to learn more.

### 1ST TUESDAY OF THE MONTH

## PUB THEOLOGY

Join Mother Sarah and your friends at McNellie's Third Floor for lively discussions on a theological topic. We aim to foster respectful, civil dialogue. So bring your questions, critical thinking skills, open hearts and pull up a chair at 5:30pm!

### 2ND TUESDAY OF THE MONTH

## HOLY HANGOUT

Join clergy & your St. Paul's friends for a relaxing social gathering at McNellie's at 4:30pm. This is a great way to get to know new people!

### LAST THURSDAY OF THE MONTH

## DEAN'S BOOK CLUB

Pack a lunch and join Dean Churchwell for a book club online or in person at 12pm. Come for fellowship and the opportunity to dive into a variety of impactful books.

### 4TH SUNDAY

## HIGH FIDELITY

Join Canon Tim Sean in the Reception Area in the Education Building at 6:30pm before Compline at 8pm. High Fidelity is a music-listening group for those who see the truth of God at work in music that is not written for sacred purposes.

---

# FEAST DAYS & SPECIAL SERVICES

**ALL FEAST DAYS ARE EUCHARISTIC SERVICES IN THE CHAPEL AT 12PM  
FOR DETAILS ON SPECIAL SERVICES, VISIT [STPAULSOKC.ORG](http://STPAULSOKC.ORG)**

## FEAST DAYS

---

### **HOLY CROSS**

Thursday, September 14

### **ST. MATTHEW**

Thursday, September 21

### **ST. MICHAEL & ALL ANGELS**

Friday, September 29

### **ST. LUKE**

Wednesday, October 18

### **ST. JAMES**

Monday, October 23

### **ST. SIMON & ST. JUDE**

Saturday, October 28

### **ST. ANDREW**

Thursday, November 30

### **ST. STEPHEN**

Tuesday, December 26

### **ST. JOHN**

Wednesday, December 27

### **HOLY INNOCENTS**

Thursday, December 28

## SPECIAL SERVICES

---

### **RECOVERY & ADDICTION**

Sunday, September 17 at 5pm

### **WOODY GUTHRIE SERVICE**

Tuesday, October 2 at 7pm

### **PREGNANCY & INFANT LOSS**

Sunday, October 15 at 5pm

### **REQUIEM MASS FOR ALL SOULS**

Thursday, November 2 at 7pm

### **ALL SAINTS & BISHOP'S VISIT**

Sunday, November 5 (regular service times)

### **CONSECRATION SUNDAY**

Sunday, November 12 (one service at 10am)

### **THANKSGIVING DAY**

Thursday, November 23 at 10am

### **CHRIST THE KING**

Sunday, November 26 (regular service times)

### **ORDINATIONS**

Thursday, December 21 at 6:30pm

### **BLUE COMPLINE**

Sunday, December 22 at 6pm

### **CHRISTMAS EVE**

Sunday, December 24 at 4:30pm, 7pm & 11pm

### **CHRISTMAS DAY**

Monday, December 25 at 10am



---

# CHRISTMAS AT THE CATHEDRAL

## 12/24: FOURTH SUNDAY OF ADVENT & CHRISTMAS EVE

9 AM Morning Prayer Advent IV  
NO CHILDCARE.

4:30 PM Holy Eucharist Rite II

Choral prelude begins at 4:00 pm

This service begins with the traditional "Once in Royal David's City" procession and will include a Children's Message and candlelit Silent Night. Dean Churchwell preaching. CHILD CARE AVAILABLE.

7 PM Holy Eucharist Rite II

Prelude begins at 6:30 pm

A traditional Rite II service with candlelit Silent Night. Featuring Violinist Erin Ripka and Dean Churchwell preaching. NO CHILDCARE.

11 PM Holy Eucharist Rite I

Choral prelude begins at 10:30 pm

A traditional Rite I service with incense. Bishop Poulson Reed preaching.  
NO CHILDCARE.

## 12/25: CHRISTMAS DAY

MONDAY AT 10 AM Rite II Holy Eucharist

With congregational carols and violin. NO CHILDCARE.

## 12/26: FEAST OF ST. STEPHEN

HOLY EUCHARIST AT NOON

## 12/27: FEAST OF ST. JOHN

HOLY EUCHARIST AT NOON

## 12/28: FEAST OF THE HOLY INNOCENTS

HOLY EUCHARIST AT NOON

