



Feb. 4 Announcements

TODAY AT THE CATHEDRAL

Worship & Events

Mon., Feb. 5: 12pm Lectio Divina - Reception Area

Mon., Feb. 5: 4:45pm Caregivers Support Group - Sun Dancer Library

Mon., Feb. 5: 6pm Yoga - Dean Willey Hall

Mon., Feb. 5: 7pm Music Monday - "Keep Calm & Sing Psalms." - Music Room

Tue., Feb. 6: 12pm Al-Anon

Tue., Feb. 6: 6pm Good Night Yoga - Dean Willey Hall

Tue., Feb. 6: 6:30pm Pub(lic) Theology - McNellie's

Wed., Feb. 7: 12pm Eucharist Service

Sat., Feb. 10: 8:30am Handy Saints Work Day - Cathedral

Sat., Feb. 10: 9am Lectio Divina - Reception Area

Sat., Feb. 10: 7pm Chocolate, Wine & Jazz Event - Hampton Home

Daily: Downtown 12 & 12 (AA) 12-1pm Making Medicine Room

Adult Formation

Sun., Feb. 4: 10:10am - Dean Willey Hall

Dive into the Ash Wednesday liturgy with DC+

Sun., Feb. 4: 4pm, Bible Project Class with Fr. Tim Sean Youmans - Adult Learning Room

Youth & Children

Sun., Feb. 4: 10:10am - Undercroft

Sun., Feb. 4: 4pm, Youth Group - Undercroft

Save the Date!

Tue., Feb. 13: 5:30pm Shrove Tuesday Pancake Supper and Burning of the Palms - Dean Willey Hall. Cooks and helpers are needed at 4:30pm! Please contact aozan@stpaulsokc.org for details.

Sun., Feb. 18: 3:30pm Being Episcopalian Class for Adults and Youth - Newcomers, Inquirers, Confirmation Consideration! Email deanchurchwell@stpaulsokc.org with questions and to let her know to expect you!

Wed., Feb. 21: 6pm Lenten Dinner Series Begins

- **8am Rite I Holy Eucharist - Chapel**
- **9am Rite II Holy Eucharist - Cathedral**
- **10:10am Formation for All Ages**
- **11:15am Rite I Holy Eucharist - Cathedral**
- **5pm Contemplative Service with St. Cecelia Singers - Cathedral**

UPCOMING SPECIAL SERVICES

Ash Wednesday

7am Spoken Eucharist

12pm Holy Eucharist with Hymns

5:30pm Family Service

7pm Holy Eucharist with Music

Ashes to Go 8-10am

Corner of NW 7th & Broadway

Treble Evensong - 5:30pm

Wed., Feb. 21 - Cathedral

OUTREACH OPPORTUNITIES

St. Paul's Episcopal Cathedral Mobile Meals Ministry needs supplies to provide 30+ hot meals per week. Lists of needed items are available at the Outreach Center, and you are encouraged to grab a list and fill a bag to help support this vital ministry all February.

STEWARDSHIP CORNER

DID YOU KNOW?

Did you know SPC has over 25 formation classes and a whopping 30 hours of learning in store for you this February?!? As we focus on the Stewardship of your TIME, make yourself available to soak up knowledge and self-improvement, especially during Lent!

Being Episcopalian

Why do some people kneel and others don't? What DO we believe and what do we NOT believe?

Come and see what Being Episcopalian is all about, and if you would like to become an Episcopalian through Confirmation, you can!

Classes start 2/18

Lenten Dinners
WITH GUEST SPEAKERS

Responding to Christian Nationalism

MUSIC MONDAYS

Monday, February 5 - 7-8pm
"Keep Calm & Sing Psalms"
The historical practice of psalm singing, traditions, and notation including plainsong and Anglican chant.

Join Canon Precentor, Joseph Ripka, in the Choir Room from 7-8 p.m. for a series of musical presentations. Refreshments served!

The return of a beloved Cathedral tradition:

Wine, Chocolate & Jazz!

This night is NOT to be missed!

SATURDAY, FEBRUARY 10, 7-9PM

The Hampton Home



**FEATURING ENTERTAINMENT BY THE
RIPKA DUO & MISS BROWN TO YOU**

**Join us for an adults-only night
of delicious fun & music,
benefitting the Choristers**



Cottage Meeting Sign-Up

Sacred Foundations
Urban Horizons

Ash Wednesday
{TO DUST YOU SHALL RETURN}
Wednesday, February 14



**JOIN OUR SERVICES AT 7AM, 12PM,
5:30PM (FAMILY) & 7PM
ST. PAULS CATHEDRAL - 127 NW 7TH**

**ASHES TO GO - NORTHWEST CORNER OF
NW 7TH & BROADWAY FROM 8-10AM**

SHROVE TUESDAY

*Pancake
Supper*

**Tue., Feb. 13 5:30pm-
Dean Willey Hall with
Burning of the Palms
following.**




All ages (including children) welcome at this intergenerational retreat.
Register Today!

**OKLAHOMA ECW
INTERGENERATIONAL RETREAT
FEB. 23-24, 2024**