



the
Cathedral
Congregation

A WORSHIPING
COMMUNITY
AT THE HEART
OF WASHINGTON
NATIONAL CATHEDRAL

“This Cathedral is called to **form a people**
for mission and service in Christ’s name.”

—CATHEDRAL DEAN SAMUEL T. LLOYD III



Welcome

“I was searching for a worshipping community outside of the traditional parish. I’d been coming to the Cathedral for years, but never felt a part of it until now.” —T. V. A.

The **Cathedral Congregation** is an Episcopal faith community growing into the fullness of the Christian life. We grow through regular worship, spiritual formation, and stewardship. In our practice of hospitality, we seek to embrace Jesus’ limitless welcome and ministry of inclusion. And, in service and advocacy beyond the walls of the Cathedral, we seek to honor the image of God in every human being.

We don’t do it all at once, and we don’t do it by ourselves.

That is the blessing of faith in community. We come from different backgrounds, perspectives, and cultures, and we welcome everyone regardless of race, sexual orientation, or any of the other divisions that plague our world. We represent more than 90 zip codes across the metropolitan Washington area. We invite you to explore the Christian life with our congregation.

The Cathedral Congregation is open to all. **It is open to you.**

Worship

WHERE OUR LIFE AND WORK
TOGETHER BEGIN

The life of the Cathedral Congregation begins with **regular worship**. It is in gathering week after week to pray and sing, to hear the Word proclaimed and preached, to share in the bread and wine at the Eucharist, that we are formed and shaped as a community.

There are five opportunities to worship at the Cathedral each Sunday. We encourage you to experience the different liturgies, to find the time that works for you and the style of worship that will bring you back each week.

Whichever service you choose, you'll see members of the Cathedral Congregation wearing purple name buttons, a sign of the role they play in the Cathedral's hospitality to more than half a million people who visit each year. It is part of the Cathedral Congregation's mission to be the friendly face of the church, greeting visitors, hearing their stories, and answering questions. It's easy to get a purple button. You'll receive one when you join the Congregation.

Sunday is not the only day for worship at the Cathedral. Monday through Saturday, there are gatherings for morning prayer, celebrations of the Eucharist at noon, Cathedral intercessions in the middle of the afternoon, and Choral Evensong or Evening Prayer to mark the day's end. In addition, Eucharist is offered at 7:30 am on Wednesday and Saturday.

Music abounds at the Cathedral. It is central to our experience of worship, moving us and opening us up to the Spirit. Our volunteer choir, Cathedral Voices, is a mixed-voice group that sings at 8:45 am on Sunday.

“I’ve got to be honest. I came here for the quality of the preaching, the liturgy, and the music.” —B. H.



Sunday Services

7:45 am Eucharist—*a quiet, simple service in St. Mary's Chapel*

8:45 am Eucharist in the nave—*a large service with the Cathedral Voices volunteer choir*

10 am Folk Eucharist—*a contemporary service in St. Joseph's Chapel on the lower level*

11:15 am Eucharist in the nave—*a large service with a professional choir of men, boys, and girls*

4 pm Evensong—*a choral service with psalms, scripture, homily, and prayer in the great choir*

Throughout the year special mid-week Eucharists for the Cathedral Congregation take place in St. Joseph's Chapel. Watch for notice of these gatherings in the Sunday bulletin.

“From the moment my husband and I came in the door, we felt welcome. First by the ushers who smiled and seemed pleased to see us—and then there was coffee afterward. We were so surprised that people stayed and talked, that they found out about one another.” —E. K.

Education & Formation

FOOD FOR THE MIND
AND THE HEART



You can't hang around the church without finding yourself **asking questions**—big ones like, “If God is good, why is there pain and suffering,” and simpler questions like, “What’s a vicar?” Engaging the questions, exploring the possibilities for prayer and religious experience, and making formal commitments like baptism and confirmation when the time is right, are all part of the journey of faith. The Cathedral Congregation offers rich opportunities and fellow travelers for that journey.

The Sunday Forum

You can start with the *Sunday Forum: Critical Issues in the Light of Faith*, at 10:10 am in the nave. Cathedral Dean Sam Lloyd and guests from all walks of public life—renowned scientists, writers, artists, musicians, political figures, journalists, scholars, activists, and religious leaders—wrestle with pressing topics like environmental stewardship, the role of faith in politics, religious pluralism, personal ethics, global justice, and faith in a changing culture. Forums are also streamed live on the Cathedral Web site, archived, and viewable on demand.

Questions of Faith

If you are new to the Episcopal Church and interested in exploring baptism or confirmation or simply learning the basics of our faith and church, the Questions class is the place to begin. Offered in the spring and fall, the eight-week class provides an opportunity to get to know the Cathedral clergy and to wrestle with questions like: “Who is Jesus,” “How do we read the Bible,” and “What is the Episcopal Church?”

Disciples of Christ in Community (DOCC) and Transforming Literature of the Bible
In every Gospel Jesus says, “Follow me.” How do we do this? What difference can the Christian faith make in our lives? How might we know the depth and power it has to offer? These two courses provide an exploration of the heart of the Christian faith and the Bible. Both courses also offer small group interaction and reflection. We consider these core courses for the journey in faith. In addition the Cathedral offers lectures and educational programs that are open to all.

Contemplative Practices

Our culture is tuned to activity, but contemplation, rooted in ancient spiritual practice, is another path to God. Small groups meet during the week for Centering Prayer and other contemplative practices. The Crossroads program, held on the last Tuesday of the month, offers centering prayer, walking the labyrinth, healing prayer, and reflection.

Community of Reconciliation

The Community of Reconciliation is a network of individuals who seek balance in life and reconciliation in the world. The community offers the ancient Christian wisdom and practices of Benedictine spirituality as an alternative way of life. It promises to bring the balance that one finds in a cloistered community to our own environment—family, the workplace, and daily life.

20s and 30s Ministry

A growing group of 20s and 30s members (and those in their 20s and 30s at heart) gather regularly for book study and theological discussions (theology on tap) as well as service projects and social activities.

“There’s an open dialogue here that goes back and forth between clergy and congregation, and between members of the congregation. DOCC’s small groups spark it, and so does the preaching. And when people start talking like that and it’s encouraged, **it’s easy to form community.**” —S. B.

Baptism, Confirmation, and Reception

When you are ready to make a commitment to the Christian faith and the Episcopal Church, there are formal, sacramental steps that you can take. Baptism is the first and most important sacrament of joining. It makes you a member of the church, a member of Christ’s body. If you are already baptized, you may decide to go before the bishop to be confirmed or received from another denomination, steps that signal a maturing faith and that bind you more deeply to the Episcopal Church. Please feel free to speak with any of the Cathedral clergy about baptism, confirmation, and reception into the Episcopal Church.

Service

CHRIST'S HANDS AND FEET
IN A BROKEN WORLD

Working to bring **justice and healing** in the world grows naturally out of a life shaped by worship, prayer, and study. At the end of every Eucharist we are sent out into the world to carry on the work of reconciliation begun on the cross. That work can be as simple as making sandwiches for Martha's Table or as difficult as overcoming racism in our culture. While you may already be involved in community service, there are a number of ways you can join with the Cathedral's efforts in direct service and advocacy here in Washington, D.C.

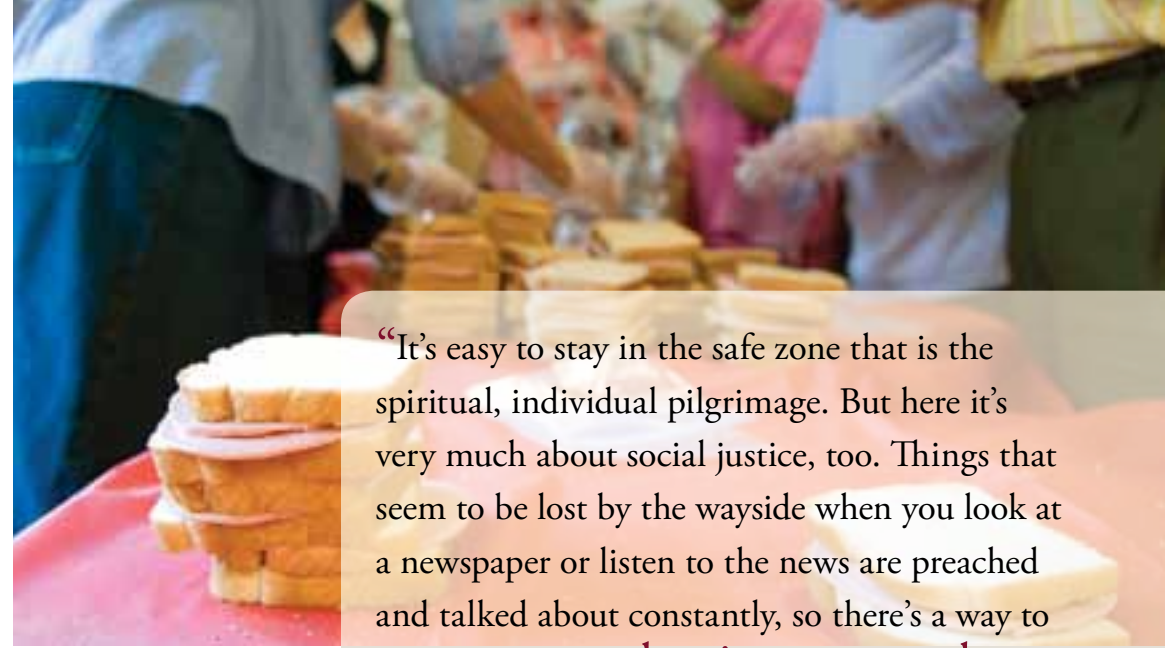


Education

- Cathedral Literacy tutors work with adults and children in elementary, middle, and high schools on basic literacy skills and ESL (English as a Second Language) training.
- Wilson-Deal Tutoring volunteers assist ESL students through the Latin American Youth Center and help low-income students acquire skills for college through the Advancement Via Individual Determination (AVID) program.
- Cathedral Scholars volunteers help a six-week summer study and work program on the Cathedral Close with fundraising and by developing internships.

Homelessness

- Cathedral volunteers prepare sandwiches and fruit for the mobile soup kitchen vans run by Martha's Table and also receive and sort donated clothing for the organization's store.
- There are many ways to help those who are homeless right here in Upper Northwest at the shelter run by our partner, St. Alban's Church, and through the work of the Community Council for the Homeless at Friendship Place (CCHFP).



“It's easy to stay in the safe zone that is the spiritual, individual pilgrimage. But here it's very much about social justice, too. Things that seem to be lost by the wayside when you look at a newspaper or listen to the news are preached and talked about constantly, so there's a way to stay focused on **what it means to be a Christian today.**” —M. B.

- At Jubilee Jobs, volunteers offer the homeless, immigrants, people overcoming substance abuse problems, and ex-offenders assistance in finding jobs.
- On Tuesday, Cathedral volunteers help with the Street Eucharist and lunch for the homeless run by Church of the Epiphany at Franklin Park.

Advocacy

- Prison Ministry volunteers advocate for prison reform and also provide direct assistance to prisoners and recently released prisoners, their families, and those who work in prison settings.
- Washington Interfaith Network (WIN) advocates for affordable housing, better schools, and other priorities geared to making Washington, D.C. a more just and livable city. In partnership with St. Alban's Church, the Cathedral participates in WIN rallies with city officials, training classes, and fundraising.

Assisting the mission of the Cathedral

- There are many ways to assist the Cathedral's mission. Volunteers work as docents, ushers, greeters, and assist with various programs.



Stewardship

IT'S REALLY ABOUT GRATITUDE

“I think that if you’re going to join a community, what makes you a part of it is to **give back** some of what it gives you by supporting its work. That’s being a good steward.” —S. P.

Stewardship—giving a portion of your time, talent, and treasure to God—is an act of faith and an expression of gratitude. It’s what you do when you realize that your life, your work, your abilities and skill, the people and the places you love—all—are gifts from the God who created you. You’re probably already giving some of your time and talent in service to God, but are you giving a portion of your income? It’s not easy to promise a portion of your living for God’s purposes, to let go of control of what you earn. But that very difficulty points to the importance of stewardship on the journey of faith. It’s an **opportunity to grow**, to learn to give as God has given, freely and generously.

During the annual fall stewardship campaign, Cathedral Congregation members are asked to make a pledge for the coming year, but you may make a pledge at any time. Your pledge dollars will help support the work of the Cathedral, which relies solely on the gifts of individuals for its life and ministry.

Membership

WE'RE IN THIS TOGETHER

Wherever you are on your **journey of faith**, you are welcome at worship and classes, and valued as a volunteer and participant in the Cathedral's life. And if you are ready to make this your primary church home, to give your heart to worship, hospitality, study, service, and stewardship in this sacred place, then we encourage you to join with us as we build the Cathedral Congregation.

The Cathedral Congregation Advisory Committee works with the clergy on programming and planning for the Congregation. They see the Cathedral as uniquely positioned to reach out to those who are "unchurched" or currently without a church home. The committee also plans social events to bring the Congregation together for fun and fellowship.

As a congregation, we believe that providing spiritual and emotional support to all our members, especially in times of crisis, illness, or grief, is an integral part of our life together. We also believe that this ministry is shared by clergy and laity alike. Our pastoral care nurse oversees a volunteer team of specially trained lay ministers to provide the ministry of presence and care. She is part of the pastoral team and works closely with the Cathedral clergy who are available to provide a sacramental presence to members of the Congregation during times of need.



Additionally, the Congregation supports one another through its prayer ministry. If you have particular needs for which you would like prayer, the prayer team members will devote part of their private daily prayer in response to these requests. To request prayers, please contact the pastoral care office.

The Cathedral Congregation will always be one community among the many that love and serve Washington National Cathedral. But we can be like yeast, bringing to the Cathedral the stability and liveliness that grows out of living out our faith together. **We hope you'll join us.**

Contacts

WHO TO CALL OR E-MAIL

If I want
to know
more
about...

Contacting the Pastor for the Congregation	Jan Naylor Cope (202) 537-2366 jcope@cathedral.org
Singing with Cathedral Voices	Mike McCarthy (202) 537-6216 musicoffice@cathedral.org
Christian Education Classes	Wayne Fowler (202) 537-5283 congregation@cathedral.org
20s and 30s Ministry	Jeff Stitz 20sand30s@cathedral.org
Greeters Ministry	Bill and Lisa McBain congregation@cathedral.org
Membership Information	Wayne Fowler (202) 537-5283 congregation@cathedral.org
Pastoral Care and Prayer Requests	Mary Wright Baylor, R.N. (202) 537-3127 (202) 276-5830 <i>after hours</i> pastoralcare@cathedral.org
Stewardship	Lew Baylor congregation@cathedral.org
Urban Ministry	Patty Johnson (202) 537-5251 pjohnson@cathedral.org
Hospitality	Bill and Olivia Alsbrooks congregation@cathedral.org

I need to
contact...



Cathedral Clergy

The Very Reverend Samuel T. Lloyd III
Dean
dean@cathedral.org

The Reverend Jan Naylor Cope
Vicar (congregation pastor)
jcope@cathedral.org

The Reverend Gwendolyn (Wendy) Tobias
Director of Worship
wtobias@cathedral.org

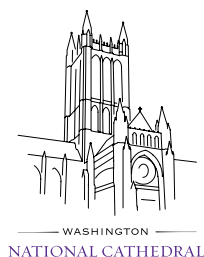
Washington National Cathedral is a church for national purposes called to embody God's love and to welcome people of all faiths and perspectives. A unique blend of the spiritual and the civic, this Episcopal cathedral is a voice for generous-spirited Christianity and a catalyst for reconciliation and interfaith dialogue to promote respect and understanding. We invite all people to share in our commitment to create a more hopeful and just world.

If you prefer to contact
us **by phone** call
Wayne Fowler at
(202) 537-5283.

For online information
about the Cathedral
Congregation
and its programs,
visit **www.national
cathedral.org**.



“Every Sunday, in addition to all the visitors, there are lots of people that you know or recognize or you read the name on their button. You can meet new people from all around the country, all over the world, but at the same time you see familiar people and clergy all the time. And the same as at any parish, there are a lot of small groups—that’s the way you get to know one another.” —L.B.



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