

THE CATHEDRAL OF ST. PAUL



A Meditation from Melinda



A prayer of Julian of Norwich

In you, Father all-mighty, we have our preservation and our bliss.
In you, Christ, we have our restoring and our saving.
You are our mother, brother, and Savior.
In you, our Lord the Holy Spirit, is marvelous and plenteous grace.
You are our clothing; for love you wrap us and embrace us.
You are our maker, our lover, our keeper.
Teach us to believe that by your grace all shall be well, and all shall be
well,
and all manner of things shall be well. Amen

When Julian writes that "all shall be well," she doesn't mean that everything will be sunshine and unicorns. Instead, she receives these words in a vision where she encounters the deep sinfulness of humanity and the great mercy of God- a mercy that continues to reach for and hold onto humanity. She understands that "all shall be well" is an infinite statement; in the final analysis, evil, suffering, death, and sorrow will be undone because of God's choice to undo them in the death and resurrection of Jesus. The most fundamental experience Julian has in her vision is of the undying, suffering love of God for humanity. It is because of God's love for people that all will be well- nothing can separate us from that love- not sickness, not suffering, not even death.

In seasons when gloom lurks around corners and anxiety gathers in the shadows, Julian's call to remember that "all shall be well" lightens the horizon. The love of God is with us; it suffers all things, endures all things, and never fails. It is a gritty hope that sustains us, founded not on our mood or the season, but on the love of God. As we walk this path, may we know that in the infiniteness of God's love, which holds the light and the dark, all shall be well, and all shall be well, and all manner of things shall

Music to Soothe the Soul

Lord of all hopefulness, sung to the tune *Slane* by the Choir of Ely Cathedral

The text was written by Jan Struther and published in 1939. It is a prayer asking for God's presence throughout the day in our daily activities. The tune (*Slane*) is based on an Irish folk melody and was named for a hill a few miles from Tara Hill, Slane Hill, in County Meath.



Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy:
Be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe:
Be there at our labors, and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace:
Be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm:
Be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.

A musical collaboration from the Cathedral Choir

Praise God from Whom All Blessings Flow



Stations of the Cross

Stations of the Cross is an important lenten discipline for many in our community. Although we have been unable to walk them for a time, we offer them here in digital format.



Virtual Coffee Break



Missing your office coffee break or your time out with friends and neighbors? Join a Zoom call of the Cathedral community to talk about life in these strange times. Join via phone or video.

Coffee Break
Tuesday, March 31 at 11 am

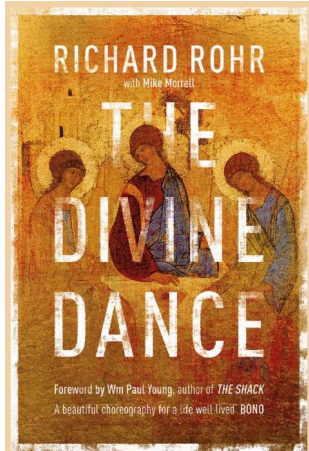
We'll be "zooming" every week on Tuesdays at 11 am through May 5

Join Zoom Meeting
<https://zoom.us/j/114935588>

Meeting ID: 114 935 588

OR Dial in: 1-929-205-6099

Tuesday evenings in Lent on Zoom



Discussions on the Divine Dance will resume via Zoom video/phone conferencing.

On March 31, we will be discussing pages 131-167 (Stop at the heading "The Wildest Wave Alive")

Join Zoom Meeting
<https://zoom.us/j/454860277>

Meeting ID: 454 860 277

OR. Dial in: 1-646-558-8656

The Episcopal Cathedral of St. Paul
814.452.3779

Comments, questions about this email? Contact AJ Noyes.
www.cathedralofstpaul.org

Connect with us

