

It Is Here *A pilgrimage of the heart*

↪ *Re-entering the nave of the Cathedral Church of St. Paul may not be feasible for all of its members. Yet still, in the knowledge that we who are many are one body, as the Cathedral door opens to one, it opens to all – even to those whose pilgrimage must be, for the present, a pilgrimage of the heart.*

↪ *The unlocked door we pass through in heart and mind leads us to everlasting life; here we cross a threshold from ordinary to sacred.*

↪ *Before you begin, if you like, have with you*

A small bowl or cup of water

A bible

An unlighted candle and a match or lighter

Bread, or other food made with grain

A photo or memento of someone you love who has departed this world.

↪ *If you can, sit in a quiet and comfortable place.*



At the entrance to the nave

+ *You may wish to say quietly*

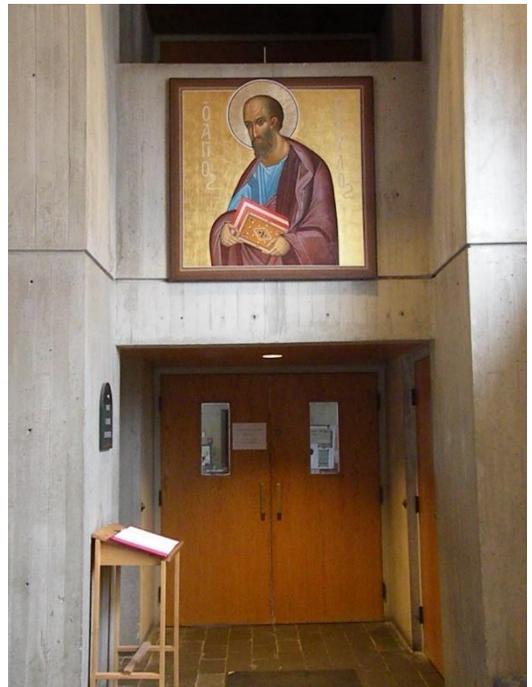
Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling.

Psalm 43:3

+ *Pause; then, opening folded hands as a door, say,*

It is here that we come into the place of community.

+ *With your hand, make the sign of the cross.*



At the font



+ You may wish to say quietly

The angel of the Lord showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb.

Revelation 22:1

+ Pause, then, touching water, say,

It is in this that we baptize seekers into the Body of Christ.

+ With your hand, trace a cross on your forehead.



At the ambo (Lectern or Reading Desk)



+ You may wish to say quietly

Lord, to whom shall we go? You have the words of eternal life.

John 6:68

+ Pause; then, touching a bible, say,

It is here that we find the living Word of God.

+ With your hand, trace a cross on the bible. If you like, light a candle.

At the altar



+ You may wish to say quietly

God rained down manna upon them to eat, and gave them grain from heaven.
So mortals ate the bread of angels; God provided for them food enough.

Psalms 78:24-25

+ Pause, then, touching bread, say,

It is here that grain is gathered into bread, which gives strength to our bodies.

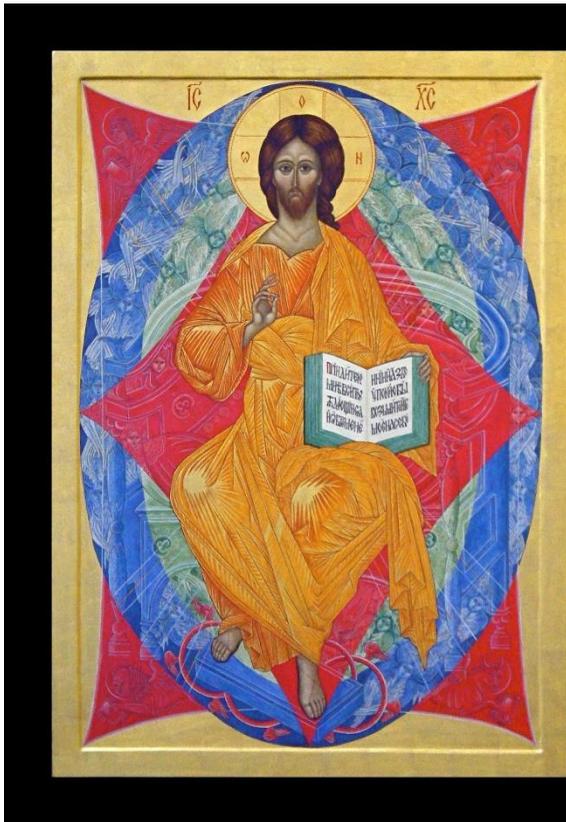
+ With your hand, trace a cross on your lips.



+ *Moving slowly in your mind's eye toward the Narthex (the gathering space between the balcony and the sliding glass doors to the Memorial Garden), you may wish to draw your mind's attention very briefly*

- *to the icon of Christ in Majesty*

- *or to the Chapel*



- *or to some other place of significance.*

In the Narthex





+ You may wish to say quietly

Greet every saint in Christ Jesus; all the saints greet you. The grace of the Lord Jesus Christ be with your spirit. (Philippians 4:21-23)

In the Memorial Garden



+ You may wish to say quietly

The souls of the righteous are in the hand of God; they are at peace. (Wisdom 3:1, 3)

+ Pause, then, touching a photo or memento of one you love who has died, say,

It is here in that we remember in gratitude all, near or far, who have gone before us and all they have left us. It is here that, in hope, we add our gifts to theirs.

+ If you have a pledge card, you may wish to say, before filling it in and sending it to the Cathedral office,

Blessed are you, our God, our Maker, for you form us in your image and restore us in Jesus Christ: Renew us in your Holy Spirit, strengthen our union as the Body of Christ, fill us with the hope of heaven and gratitude for all your gifts, and join us together at last in one communion and fellowship around your heavenly table; through Jesus Christ our Lord. Amen.