



The CATHEDRAL TIMES

The weekly newsletter of the Cathedral of St. Philip · Serving Atlanta and the World · May 25, 2025

WE BECOME WHAT WE WATCH

by the Very Rev. Sam Candler, Dean of the Cathedral

This week, I present a Bible story that doesn't get mentioned very often—probably because it seems so silly and non-scientific. And it is. But it is also somehow true. In Genesis, chapter 30, is the story of how Jacob, the great patriarch, devised a plan to breed strong sheep.

Jacob actually lived with his father-in-law (Laban) for a while. Surely, many of you know what that is like. When the time came for Jacob and his father-in-law to go their separate ways, they had to divide the joint assets between them. Any of you in family businesses know what this is like, too! Back in the days of Jacob, the assets were sheep.

So Joseph arranged a deal with Laban (Watch out, you fathers-in-law!). Jacob's deal was that he, Jacob, would get all the lambs that were striped or spotted—and his father-in-law would get the rest. Basically, that meant for Jacob that he would get all the lambs that had some white in them (the white caused the stripes).

So, then Jacob did something strange. He went out and gathered the branches of poplar trees and almond trees. He peeled back the bark on those branches so that the white of the wood was showing. How was this behavior going to help him?

Well, when the strong sheep got ready to breed, Jacob planted the strips of wood in the ground, right in front of their eyes. His theory was that if the mother sheep and daddy sheep were looking at white streaks and white spots while they were raising children, then their resulting children would also have white streaks and white spots on them. Jacob put the branches only in front of the strong sheep, making sure that the strong sheep were seeing the streaks and spots; that way, their children—the strong lambs—would have streaks and spots. (The story is right there in the Bible at Genesis 30.)

Isn't that delightful? And it's even more wonderful that it worked. The strongest of the new flock had stripes and spots, and the strongest of the flock belonged to Jacob.

I love that story. And I admit, joyfully, that it flies in the face of modern science and genetics and breeding technique. Do we really believe that when mother sheep and father sheep are looking at stripes when they are together, that they will have striped children? That takes some faith. Where is the faith of the great monk, Gregor Mendel, when you need him?

Well, I used to think that this story was silly. But not so now. In its odd way, the Bible often speaks of a deeper truth. The deeper truth is this: We become what we pay attention to. We become what we watch. You've heard it said, "We are what we eat." That may be true. But it is also true that "We are what we watch."

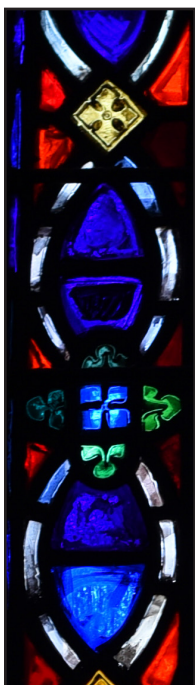
If we watch stripes all the time, we become striped. If we watch spots, we become spotted. If we watch pessimism all the time, we become pessimistic. If we watch hope all the time, we become hopeful. If we hear our community complaining all the time, we become complainers. What we watch changes us. So, what are you watching these days? What are you giving your attention to? Is it changing you for the better?

And what we present before the eyes of our children changes them. Whatever stripes and spots we are watching, will be imprinted upon our children, too. What are we showing our children? Are we showing them stripes, or spots? Are we showing them pessimism, or hope? Are we showing them ignorance, or love?

Church—with its worship and prayer and mission and community—is meant to show us a different sort of reality than the one we might see in the world. Yes, we often fall short; but our Christian worship and life—our Christian mission and community—is meant to be a vision of nothing less than the kingdom of God. We are meant to see, and to show, something different here.

Christianity itself is not magic. Baptism is not a magic act that defeats the laws of science and nature and experience. Rather, our Christian baptismal identity proclaims a deep principle: that we become what we watch, what we hear, what we experience. It is one of my leadership principles: "pay attention to what you are paying attention to." Give time and vision to those images that show us Christ!

Sam Candler



This SUNDAY

MAY 25, 2025 • The Sixth Sunday of Easter, Year C

Acts 16:9-15 • Psalm 67 • Revelation 21:10, 22-22:5 • John 14:23-29

8:45 A.M. AND 11:15 A.M. IN-PERSON AND ONLINE

CATHEDRALATL.ORG / THE CATHEDRAL OF ST. PHILIP APP / FACEBOOK / YOUTUBE

7:45 A.M. HOLY EUCHARIST, MIKELL CHAPEL

Celebrant and Preacher: The Rev. Dr. Thee Smith

8:45 AND 11:15 A.M. HOLY EUCHARIST, CATHEDRAL

Celebrant: The Rev. Canon Julia Mitchener

Preacher: The Rev. Dr. Thee Smith

Cathedral Singers:

Richard Shephard (1949-2021), *The secret of Christ*

Thomas Tallis (c. 1505-1585), *If ye love me*

11:15 A.M. LA SANTA EUCARISTÍA (SPANISH), MIKELL CHAPEL

Officiant and Preacher: The Rev. Deacon Juan Sandoval

OUTREACH



BOTTLED WATER DRIVE

Drop off cases of water through June 16

It's starting to get hot on the streets of Atlanta! Help keep our unhoused neighbors hydrated and cool by making a contribution to our community partner, Crossroads Community Ministries, by June 16!

Please drop off bottles in the Bookstore sitting area located on the right side of the Atrium as you enter through the main doors.

SUMMER VOLUNTEER OPPORTUNITIES

Want to make a difference in the life of neighbors in need during the hot and challenging days of an Atlanta summer? Looking for a bonding experience for your family or small group? Have kids looking for service hours for school? There are many flexible options for volunteering with our Cathedral outreach partners this summer. Several, like Intown Cares and Open Hand Atlanta, have last-minute opportunities for which you can sign up online. For more information or to get on the schedule to help, please contact the Rev. Canon Julia Mitchener, julia.mitchener@cathedralATL.org.

STEWARDSHIP



SUPPORT THE CATHEDRAL STAINED GLASS ENDOWMENT FUND

The Cathedral's stained glass is the largest and most impressive art collection on campus, and we are blessed to have a dedicated endowment fund to support its upkeep. You can help us continue to maintain the beautiful stained glass by committing to the endowment. Contact David Rocchio at drocchio@cathedralATL.org or by phone at 404-365-1033 for more information.

Please note that most Sunday School classes will not take place this Sunday, May 25. Enjoy Biblical Greek will take place as scheduled. Summer Sunday School classes will begin June 1.

PRAYER *List*

FOR THOSE WITH IMMEDIATE NEEDS: Bob Coatney • Catherine Jachthuber

FOR THOSE WHO ARE ILL OR RECOVERING:

LONG TERM PRAYERS: R. Huntley Allen • Lucy Baker • Catalina Barragan • Ed Black • Ann and Frank Blackistone, Jr. • Lawrence Booker • Cheryl Bryant • The Bryant Family • Melanie Contreras • The Crossley Family • Rita Daly • Jerri Darnell • Debbie Dewees • Mary Wayne Dixon • Phoebe Forio • Tom Frolik • Susan Gavalis • Jenny Ham • Tory Hartness • Heather Huber • Gena Inman • Jane Jones • Bennie King • Randi King • Lisa Krysiak • Bonnie Lamberth • Virginia LaMon • William Lane • Liza Lanier • Ralph Lewis • Robert Lewis • Stewart Long, Jr. • Jill Mahaffey • Kit Mason • Tommy Mason • Floyd McRae • Sally Menning • Graham Mulling • Susan Myers • Jim Myrick • Charlie Neal • Lori Hegwood Owens • Marian Palmore • Jim Powell • Nancy Qarmout • Buddy Redd • Rubye Reid • Lorraine Reynolds • Barbara Rice • Bob Riggins • Agnes Elizabeth Robertson • Bill Roth • Kay Sanders • Nancy Sanders • Emmierose Scates • Louis "Skip" Schueddig • Roberta Shields • Tommy Truesdale • Art Vinson

FAMILY AND FRIENDS: Carolyn and Franklin Adams • Josephine Rose Adams • Carrie Andrews • Annette Bechtold • Ray and Pat Bell • Jason Borland • Marianna Bortner • Brice Bradshaw • Jason Brady • Trip Bray • Dennis and Robin Bridges • Saint Legend Brown • Chaz Brownfield • Beverly Brownlee • William Brownlee • Anne Bumbak • Lila Jo Callaway • JoAnn Carrin • Roanne Chandraratna • Stephen Chaussinand • Anna Clifford • Georgia Collier • Linda Connelly • Ellen Cordova • Ava Corroon • Leigh Eigel • Mary Kent Ellis • Marilyn Epstein • Adam Freeman • Kyle Garcia • David Garlock • Ann George • Terry Gilliam • Nikki Greenaway • Kerry Gresham • Ted Hackett • Harold Ham • Ryan Hamilton • Joanne Dopp Hamlyn • Carole Ann Harris • Davis Hatcher • Shirley Helmke • Lisa Hoybach • Jerry Hughes • Jane Hunnicutt • Beth Ingle • William Irwin • Jane Jackson • Farley Jenkins, Sr. • Curtis Jones • DaNae Sobeautiful Arzelia Jones • Delores and Lee Josephs • Patricia Kasm • Mary Weston Klein • Nilda Lebrón • Charles Lewis • Pete Livezey • David Lowry • Carolyn R. Lusk • Lauren Makhlouf • Charles Robert Marsh, Jr. • Elaine Metcalf • Iris Miller • Jon Moravec • Tom Myer • Larry Mize • Fred Neuschel • Linus Nickel • Alfredo Paniagua • Stephen Pararo • Andrew Pittman • David Raj • The Reynolds Family • Hugh Ripps • Terri Robertson • Sandra Schrauf • Einar Sagstuen • Joe Salas • James Sands • Patricia Schooley • Coley Sheats • Lelia Sinclair • Alice Smith-Mather • Michael and Kathryn Snider • Izzy Straus • Cleary Tanner • Pierson Thames • Anthony Torre • Debbie Trawick • Leopoldo Velita • Pat Volpicella • Alex Wade • Suzette Walling • Thomas Watford • Jay Whitten • John Wilmer • Christie Woodfin • Cutler Woodfin • Hollis Youngner •

FOR THOSE WHO HAVE DIED: Fred Keith, Jr. • Sonny Morris • Zachary Romero • Len Wagner • Rick Willett

The CATHEDRAL of ST. PHILIP

The Very Rev. Samuel G. Candler, *Dean*

Dale Adelman, Ph.D., *Canon for Music*

The Rev. Canon Salmoon Bashir,

Canon for Liturgy and Ecumenism

The Rev. Canon David E. Boyd III, *Canon for Pastoral Care*

The Rev. Canon Ashley Carr, *Canon for Parish Life*

The Rev. Canon George M. Maxwell, Jr., *Vicar*

The Rev. Canon Julia B. Mitchener, *Canon for Mission*

The Rev. Deacon Linda Rosengren

The Rev. Deacon Juan Sandoval,

Deacon for Hispanic Ministries and Pastoral Care

The Rev. Theophus "Thee" Smith, Ph.D., *Priest Associate*

Geoff DeLong, *Senior Warden*

Mary Hall Perrin, *Junior Warden*

CATHEDRAL TIMES SUBMISSION DEADLINES:

FOR THE **SUNDAY, JUNE 1** ISSUE, THE DEADLINE IS **WEDNESDAY, MAY 21**. FOR THE **SUNDAY, JUNE 8** ISSUE, THE DEADLINE IS **WEDNESDAY, MAY 28**.

TO RECEIVE THE TIMES BY EMAIL:

CONTACT LIZ AULL, LAULL@CATHEDRALATL.ORG.

TO SUBMIT AN ANNOUNCEMENT REQUEST:

CONTACT SARA CRAIG-GOODSELL,
SCRAIGGOODELL@CATHEDRALATL.ORG.

404-365-1000 | cathedralATL.org
pastoral care emergency line:
404-365-1003



CATHEDRALATL





CELEBRATING THE SUCCESS OF 2025 CATHEDRAL GIVING BY DESIGN

Continuing the Cathedral's proud tradition of philanthropic support for the Atlanta community, we are thrilled to celebrate the outstanding success of the 2025 Cathedral Giving By Design event. This year's efforts culminated in a meaningful check presentation on **Sunday, May 11** to our beneficiary, Wellspring Living, in support of their vital mission.

Thanks to the generosity of our community, we contributed an incredible \$332,000 to Wellspring Living. These funds will directly support the expansion of their residential program by helping build tiny homes on their new campus—creating safe, stable, and healing spaces for survivors of sex trafficking in our city.

Our deepest gratitude goes to the dedicated 2025 Cathedral Giving By Design Committee, our gracious honorary chairs Nancy and Randy Rizor, our corporate sponsors, Design Circle members and patrons, the hardworking staff of the Cathedral, the team at Wellspring Living, and the many volunteers who made this event such a remarkable success.

Planning is already underway for the 2026 Cathedral Giving By Design, and we can't wait to share what's ahead. Stay tuned—we hope you'll be part of it!

Thank you for your continued support.

Lesley Foster *Rebecca Hollingsworth*

Lesley Foster and Rebecca Hollingsworth
2025 Cathedral Giving by Design Co-Chairs



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The CATHEDRAL of ST. PHILIP CATHEDRAL SINGERS

FRIDAY, JUNE 6, 2025 7:30 p.m.

Enjoy a lovely June evening's respite amid the glow of stained glass, basking in music to soothe the soul and delight the senses!

Madrigals, J.S. Bach *Jesu, meine Freude*,
works by Lucy & Thomas Coxhead, Ēriks Ešņvalds,
Ivo Antognini, and organ solos by
Chase Loomer and Herbert Buffington

*Presented by the professional core of the Cathedral Choirs,
the Moore-Wilkerson and Emile Fisher concert endowments of the
Cathedral of St. Philip, and by our Friends of Cathedral Music.*

Tickets at cathedralATL.org/concerts

READ THE GOSPEL ON PENTECOST SUNDAY!

Do you speak another language?
Or want to put your Duolingo
practice to use? Readers are
needed for Pentecost Sunday



services on **June 8** at 8:45 a.m. and 11:15 a.m. Anyone who can read and speak in a language other than English is invited to join the reading of the Gospel. You do not have to be an expert, you do not have to find your own translation, and you do not have to read alone! If you are interested, please contact Hillary Jones, 404-365-1038 or hjones@cathedralATL.org.