



The CATHEDRAL TIMES

The weekly newsletter of the Cathedral of St. Philip · Serving Atlanta and the World · June 1, 2025

SLOWING DOWN FOR SUMMER

by the Rev. Canon George Maxwell, Vicar

It's finally here!

We're back from our parish retreat. School is out—or will be next week. It's time to turn our attention to the summer.

The season invites us to slow down and run at a different pace. I am aware, though, that I often react to the days getting longer as if I just heard the starting gun calling me to run a different race. I find myself changing what I am doing, but not how I am doing it. I know I should thankfully be planning to get more rest, but instead I am eagerly charting out ways to get better at play. I am imagining more activities, more trips, more camps, more reading, and more prayer than the season can bear. It never occurred to me to do nothing.

In her book *How to Do Nothing: Resisting the Attention Economy*, Jenny Odell suggests another way. She invites us to put productivity aside and to cultivate presence, attention, and relational depth instead. Odell argues that the attention economy has hijacked our capacity to notice the world around us. It isn't just a problem of distraction, she says; it's a problem of meaning. "The point of doing nothing," she explains, "isn't to return to work refreshed, ready to be more productive. It's to resist the idea that our worth is tied to productivity at all." In this light, summer becomes more than a vacation season—it becomes a portal to deeper forms of attention and belonging.

To slow down is not to withdraw entirely but to reorient one's attention. It's about learning to see again. Odell describes time spent outside observing birds, plants, and the subtle shifts of season. "Nothing" became something—a radical noticing. In the summer months, when nature is in full display, we are offered similar opportunities: the whir of cicadas, the swell of fruit on a backyard vine, the smell of soil after an afternoon storm. Slowing down means attuning ourselves to these overlooked presences and letting them reshape our inner pace.

Odell's practice is deeply rooted in place. She encourages us to "leave the screen and go outside," not merely for exercise, but for immersion in what is right before us. When life spills outdoors—into parks, porches, and sidewalks—it's good to notice where we are. It's good to return to a favorite bench or walking trail, not for the sake of achieving a fitness goal, but for the joy of being somewhere fully. What Odell calls "situated awareness" is an antidote to the disembodied abstraction of online life. It roots us in community, ecology, and memory.

Slowing down, however, is not always easy. It means facing boredom, discomfort, or the fear of falling behind. But Odell invites us to see slowness as an ethical act. When we stop speeding through life, we become more available—to others, to the land, to ourselves. Relationships flourish in time-rich spaces. Communities deepen when people are not perpetually rushing past each other. And most counterculturally, when we slow down, we begin to imagine alternatives to the systems that demand constant hustle. "Doing nothing," Odell insists, "is about reclaiming our time and attention as our own."

This summer, I invite you to join me in slowing down and from time to time doing nothing -- not as an accident but as a calling. Jenny Odell's work reminds us that slowing down is different from checking out. Rather, it is a turning toward the world—not the world as marketed to us, but the world as it is full of nuance, wonder, and slow unfolding. To heed her invitation is to let summer be summer—not a season to conquer, but a season to dwell in.

This summer, we might try doing less and noticing more. We just might realize that, as Odell reminds us, nothing is not an absence, it's a space where something deeper can grow. It's where we will find the presence of God and in doing so discover more of ourselves.



This SUNDAY

JUNE 1, 2025 • The Seventh Sunday of Easter, Year C

Acts 16:16-3 • Psalm 97 • Revelation 22:12-14,16-17,20-21 • John 17:20-26

8:45 A.M., 11:15 A.M., AND 4 P.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. Canon Ashley Carr

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

Celebrant: The Rev. Canon David Boyd

Preacher: The Very Rev. Sam Candler

Cathedral Singers:

Gerald Finzi (1901-1956), *God is gone up with a triumphant shout*

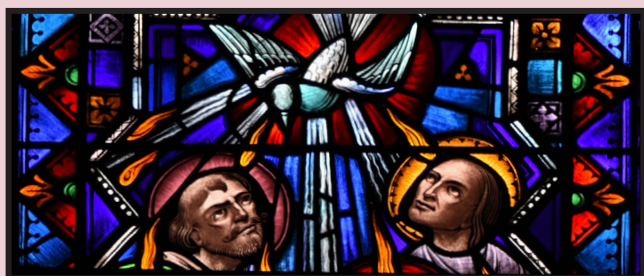
Giovanni Pierluigi da Palestrina (1525-1594), *O Rex gloriae*

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

Officiant and Preacher: The Rev. Deacon Juan Sandoval

4 P.M. DIOCESAN CONFIRMATION, CATHEDRAL

Celebrant and Preacher: The Right Rev. Robert Wright



READ THE GOSPEL ON PENTECOST SUNDAY!

Do you speak another language? Readers are needed for Pentecost Sunday services on June 8 at 8:45 a.m. and 11:15 a.m. In those services, we will hear the Gospel in a multitude of languages, a dramatic (and confusing!) reenactment of what the first Pentecost may have sounded like. On that day, the Holy Spirit descended on the disciples and they “began to speak in other tongues as the Spirit enabled them,” and “a crowd came together in bewilderment, because each one heard their own language being spoken” (Acts 2). 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.

Adult EDUCATION

THIS SUNDAY, JUNE 1

Living Faith, 10:10 a.m., Room 239

Join us as we learn what it means to live out our faith through conversation with scripture and tradition, contemporary books, and, most importantly, one another.

Hispanic Bible Study, 10:10 a.m., Room 120

Join the Rev. Deacon Juan Sandoval for Bible study in Spanish.

Godly Play Parents, 10:10 a.m., Treehouse Playground

Sunday School in the Shade! During the summer, join Godly Play Parents and their children on the Treehouse playground! The Treehouse playground is on the first floor, to the right of the elevators off of the Well.

Enjoy Biblical Greek! 1:15 p.m., Room 239 and on Zoom

Open to beginners, this class includes long-term members who translate using grammar aids, lexicons and commentaries, enjoying how the Greek text reveals nuance and depth in scripture.

DURING THE WEEK

Eat Your Word Bible Study

Summer in the Scriptures: Reading Paul's Letter to the

Philippians, Wednesdays, 12 p.m.–1 p.m., Room 239 and on Zoom

All are welcome to this weekly Bible study, led by the Rev. Canon Salmoon Bashir, focusing on Paul's letter to the Philippians. You are welcome to bring your lunch and come ready for a lively conversation! For more information, please contact Canon Bashir at sbashir@cathedralATL.org.

PRAYER *List*

FOR THOSE WITH IMMEDIATE NEEDS:

Memory Calame • Sharon Douglas • Brad Foresythe • Amelia Randall • Elaine Horan Rutledge • Ernest Sandoval • Bronnie Smith

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 • Catherine Jachthuber • 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 • Louis "Skip" Schueddig • Roberta Shields • Tommy Truesdale • Art Vinson • Susan Wilson

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 • Bob Coatney • 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 Makhlof • Charles Robert Marsh, Jr. • Elaine Metcalf • Iris Miller • Jon Moravec • Tom Myer • Larry Mize • Fred Neuschel • Linus Nickel • Alfredo Paniagua • Stephen Pararo • David Raj • The Reynolds Family • Hugh Ripp • 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 • John Wilmer • Christie Woodfin • Cutler Woodfin • Hollis Youngner

FOR THOSE WHO HAVE DIED: Gardiner Mason, Jr.

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 8** ISSUE, THE DEADLINE IS **WEDNESDAY, MAY 28**. FOR THE **SUNDAY, JUNE 15** ISSUE, THE DEADLINE IS **WEDNESDAY, JUNE 4**.

TO RECEIVE THE TIMES BY EMAIL:

CONTACT LIZ AULL, LAULL@CATHEDRALATL.ORG.

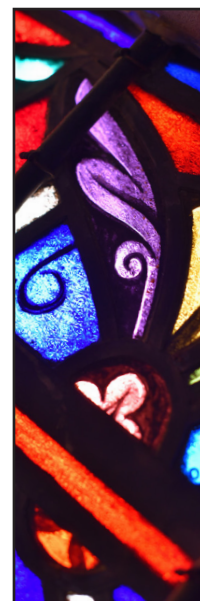
TO SUBMIT AN ANNOUNCEMENT REQUEST:

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

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



CATHEDRALATL



STEWARDSHIP



GOOD FAITH CHAPEL UPDATE: JUNE, 2025

The Good Faith Chapel continues to take shape. In the past month, steel work was completed, two new boilers were installed and started, and scaffolding was erected. In addition, concrete was poured on the main level and balcony. Support and fundraising continues to be overwhelmingly positive and has surpassed \$29,650,000 from more than 230 families.

In June, installation of exterior and interior walls will begin, conduit and piping for electrical, mechanical, and plumbing systems will be installed, and manufacturing of the altar and dais will begin. The oculus is now scheduled to be delivered and placed in early July. The utility work requiring Andrews Drive to be closed has shifted to late summer/early fall. We will alert you once we know more precise timing.

To learn more, visit cathedralATL.org/goodfaithchapel or contact David Rocchio at 404-365-1033.



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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 Ešenvalds,
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. This concert will help raise funds for the
Cathedral Choir's 2027 residency at Canterbury Cathedral.*

Tickets at cathedralATL.org/concerts



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.

