

The CATHEDRAL TIMES

The weekly newsletter of the Cathedral of St. Philip · Serving Atlanta and the World · August 23, 2026

SILENCE AS A SPIRITUAL GIFT

by the Rev. Canon Salmoon Bashir, *Canon for Liturgy and Ecumenism*

We are surrounded by noise. There is always something playing in the background, something demanding our attention, something waiting for us on our phones. We listen to podcasts while driving, music while exercising, and television while eating. Even when no one is talking to us, our phones are buzzing, ringing, or lighting up. After all, none of these things are bad in themselves. But it is a good practice to make room for silence.

Silence is a spiritual gift. I know it can feel uncomfortable sometimes. It can strip things away. It can uncover things. But I have come to believe that it is not something we should be afraid of. Because in the silence, God can speak some of the deepest truths of our lives.

A few years ago, I had the blessing of spending thirty days in silence at a beautiful Dominican sisters' monastery in Switzerland. It was early spring. On one side of the monastery were snow-covered mountains, and on the other was a beautiful lake. It was one of those places where the beauty around you forces you to slow down.

For thirty days, I had no communication with the outside world. No phone. No internet. No letters. No email. We were eating, working, praying in silence. Every distraction was stripped away, and I found myself in the deep, dark waters of silence.

And it was in those waters that I discovered I was not simply discerning my future. I was also discovering the God I believed I was discerning with. I had entered the retreat thinking that silence would help me figure out what God wanted me to do. But silence gave me the space to hear not only God's call, but God's love.

A few weeks ago, I had the opportunity to spend some time in silence again. This time, I was in the much busier town of Cambridge, Massachusetts in an Episcopal monastery there. And unfortunately, this time it was not for thirty days, but only for a week.

During that time, I turned off my phone. I took off my Apple watch so that the constant buzzing and notifications would not distract me. I did not realize how much I had become accustomed to checking something until I stopped checking.

And once again, I was reminded of the gift of silence. I believe silence creates space for us to hear ourselves, but more importantly, it creates space for us to hear God. Sometimes, instead of competing with the noise, God waits for us to make space for him.

We see this in the story of Elijah. Elijah is exhausted, afraid, and running for his life. At Mount Horeb, there is a great wind, but God is not in the wind. There is an earthquake, but God is not in the earthquake. There is a fire, but God is not in the fire.

And then comes silence. The Bible describes it as "a sound of sheer silence."

And that is where Elijah encounters God.

I wonder how often we miss God's voice because there is simply too much noise around us.

As we begin to wrap up the summer and return to our regular rhythms, perhaps we can carry a little silence with us. We don't need to begin with a thirty-day retreat. We can begin with small acts of silence.

When you drive, walk, or jog, try leaving the podcast or music off once in a while. Let yourself simply be present.

Put your phone away intentionally for ten or fifteen minutes each day. Let yourself discover what happens when you are not constantly available to the world.

And before you begin your day, give yourself a few minutes of silence. Before checking your email or reaching for your phone, sit quietly. Say a prayer. Read a few verses of Scripture. Or simply breathe and remember that you are in the presence of God.

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This SUNDAY

AUGUST 23, 2026 • The Thirteenth Sunday after Pentecost: Proper 16, Year A

Isaiah 51:1-6 / Psalm 138 / Romans 12:1-8 / Matthew 16:13-20

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. Canon Julia Mitchener

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

Celebrant: The Very Rev. Sam Candler

Preacher: The Rev. Canon Julia Mitchener

Decani (Cathedral Choir):

Peter Mathews (b. 1944), *O Love Divine, how sweet thou art*

Stephanie Martin (b. 1962), *Ave verum corpus*

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

Officiant: The Rev. Dr. Thee Smith

Preacher: The Rev. Deacon Juan Sandoval

Adult EDUCATION

Summer of Hope, Sundays at 10:10 a.m., Child Hall

This speaker series sponsored by the Outreach Ministry will focus on the Cathedral's many new and continuing ministries offering relationship, encouragement, advocacy, support, joy, and purpose in partnership with our most vulnerable neighbors.

This Sunday, August 23: Rachel Knowles, Homeless Services Program Director at Intown Cares: In her role, Rachel leads efforts to prevent and reverse homelessness in Intown Atlanta through a Housing First model. She will discuss the realities of chronic homelessness in our city, share insights from her experience helping neighbors navigate the journey from the streets into permanent housing, and offer practical ways for our community to engage in this work to restore dignity and stability to our neighbors in need.

The fifth annual Cathedral of St. Philip
PARISH BBQ

August 23
5:30 p.m.



Live Bluegrass Music

Ages 12+: \$12 / Ages 4-11: \$8

Ages 3 and under are free.

CathedralATL.org/ParishBBQ



Please do not let financial constraints prevent you from attending. Contact Ashley Carr for confidential financial assistance.

Get Your Flu Shot

TUESDAY, SEPTEMBER 1
2-5 P.M. IN THE CATHEDRAL ATRIUM

For more information, please contact Dorsey DeLong at ddelong@cathedralATL.org

IN PARTNERSHIP WITH
Walgreens

PRAYER *List*

FOR THOSE WITH IMMEDIATE NEEDS: Laura Demo-Anderson • Patty Thomas • Lis Gevers • Austin Williams

FOR THOSE WHO ARE ILL OR RECOVERING:

LONG TERM PRAYERS: Randy Allen • R. Huntley Allen • Lucy Baker • Benjamin Bao • Ann & Frank Blackistone, Jr. • Larry Boggs • Jeff Bonnell • Lawrence Booker • Stacy Boyd • The Bryant Family • Don Cameron • Alex Cann • The Crossley Family • Rita Daly • Jerri Darnell • Jean Davis • Laura Demo-Anderson • Debbie Dewees • Sharon Douglas • Janet Harrison Estes • Phoebe Forio • Brad Foresythe • Susan Gavalis • Allison Gould • Jenny Ham • Heather Huber • Melanie Johnson • Bennie King • Karen Klein • Lisa Krysiak • Bonnie Lamberth • Charles Lane • Jill Mahaffey • Tommy Mason • Marlene Matthews-Muniz • Clyde May • Wynetta McNeill • Floyd McRae • Sally Menning • Glenn Miller • Millicent Miller • Graham Mulling • Jim Myrick • Charlie Neal • Leo Ortiz • Lori Hegwood Owens • Marian Palmore • Patti Parker • Patricia Payne-White • Brenda Pruitt • Rubye Reid • Lorraine Reynolds • Barbara Rice • Lisa Rowe • Lisa Staats • Louis "Skip" Schueddig • Taylor Shailendra • Roberta Shields • Richard Shook • Bronnie Smith • Fair Sutherlin • Richard Swanson • Tommy Truesdale • Art Vinson • Jim Wilson

FAMILY AND FRIENDS: Frank Adams • Josephine Rose Adams • Frank Armstrong • Alexander Collins Astrop • Savannah Biven • Walter Boleman • Brenda Bootle • Marianna Bortner • Jason Brady • Trip Bray • Dennis and Robin Bridges • Saint Legend Brown • Beverly Brownlee • Geneveive Brownlee • Anne Bumbak • Marion Bunch • Grace Burnias • Lila Jo Callaway • Caroline Cate • Anna Clifford • Andrea Cody • Sally Coleman • Beatrice "Bea" Comstock • Linda Connelly • Inaam Copt • Ava Corroon • David Crawford family • Barbara Daniel • Henry "Hank" Diversi • Marty Dunn • Nancy Ehringer • Mary Kent Ellis • Mercy Elyon • Marilyn Epstein • Elaine Escher • Martha Flory • Frederick G. Fogg • Pete Fonash • JT Foster • Kyle Garcia • Laura Gardner • Ann George • Emily Giesen • Alexis Grace • Peter Grandell • Nikki Greenaway • Thomas E. Glynn • Dub Gulley • Ted Hackett • Nicholas Hadden • McKee Hamilton • Josh Hargraves • Victoria Leigh Hartness • Shirley Helmke • Alex Hill • Keith Hinze • Dave Hopkins • Lisa Hoybach • Jane Hunnicutt • Cherish Huntley • Wayne Huerth • Beth Ingle • William Irwin • Richard Jacobson • Dilini Jayawardena • Rhett Jayne • Farley Jenkins, Sr. • Woody Jones • Delores and Lee Josephs • Patricia Kasm • Christopher Keltz • Mary Weston Klein • Gary Laney • Doris Little • Pete Livezey • Henry Long • Lauren Makhlof • Dawn and David Mayers • Stephen McCain • Hailey McKeefry • Eric Merrifield • Barry Miller • Iris Miller • Jon Moravec • Larry Mortimer • Tom Myer • Augusta Horsey Nash • Katie Neill • Fred Neuschel • Linus Nickel • Ramona O'Neill • Jeff Pace • Alfredo Paniagua • Stephen Pararo • Anna Lilia Diaz Parra • Jacquelin Bennett Phillips • Kevin Race • Paul Reeves • Hugh Ripp • Charlie Roberts • Mr. and Mrs. William Rowe • Einar Sagstuen • Don Saliers • Ernest Sandoval • Krista Sandoval • Patricia Schooley • Lelia Sinclair • Alice Smith-Mather • Michael and Kathryn Snider • Laura Snyder • Doug Stapp • Izzy Straus • Dan Sullivan • Jan Swanson • Ted Tarantino • Pierson Thames • Cliff Thompson • Peggy Thuyler and family • Pamela Tubbs • Charles Vaughan • Angel Vega • Leopoldo Velita • Pat Volpicella • Dan Walls • Ron Winston • Cutler Woodfin • Sylvia Wright • Gordy Grayson Wyatt • Hollis Youngner

FOR THOSE WHO HAVE DIED: James T. Laney

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*

Haven Long, *Senior Warden*

Mary Hall Perrin, *Junior Warden*

CATHEDRAL TIMES SUBMISSION DEADLINES:

FOR THE **SUNDAY, AUGUST 30** ISSUE, THE DEADLINE IS **WEDNESDAY, AUGUST 19**. FOR THE **SUNDAY, SEPTEMBER 6** ISSUE, THE DEADLINE IS **WEDNESDAY, AUGUST 26**.

TO RECEIVE THE TIMES BY EMAIL:

CONTACT LIZ AULL, LAULL@CATHEDRALATL.ORG.

TO SUBMIT AN ANNOUNCEMENT REQUEST:

CONTACT HANNAH PLANK,
HANNAH.PLANK@CATHEDRALATL.ORG.

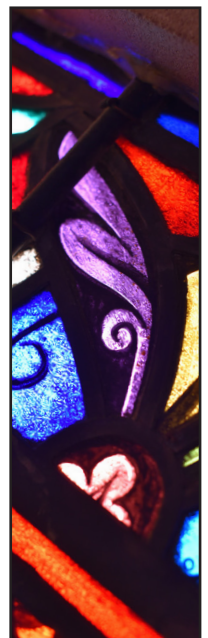
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pastoral care emergency line:

404-365-1003



CATHEDRALATL



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And when the silence feels uncomfortable, don't run from it. Stay there.

The first thing silence may reveal is not God, but ourselves: our fears, our worries, our unfinished questions, and all the things we have been trying to avoid. But if we stay long enough, we may discover that God has been there all along.

As Thomas Keating reminds us "Silence is God's first language; everything else is a poor translation." May we stop trying to constantly fill the space and become quiet enough to be able to talk to God in his first language.

MUSIC



CHOIRS UNCORKED IS BACK FRIDAY, AUGUST 28!

Proceeds from this fun and entertaining evening will help support the Cathedral Choir's pilgrimage to Canterbury and Winchester Cathedrals in the summer of 2027. Join us as we hang up our cassocks and let our hair down to show a side of ourselves not seen on a normal Sunday morning. We will be showcasing many styles from 42nd Street to Studio 54 to the French Quarter and back again. This musical feast will also include snacks and beverages for your enjoyment. Our Silent Auction will feature fine treasures from the vaults of our community. All proceeds from the fundraiser will help the Cathedral Choir's next pilgrimage to Canterbury and Winchester Cathedrals in 2027. Tickets are available for purchase online only at cathedralATL.org/uncorked!

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SPIRITUALITY

Changed Not Ended: A Workshop to Plan Your Own Funeral

Sunday, September 20, from 1-4 p.m.

Come together with fellow parishioners for an afternoon of delving into the liturgy for the Burial of the Dead and beginning or continuing to consider your own funeral. This spiritual practice is about living as much as it is about death. Contemplating death in light of faith can free us to live more fully. With leadership from Canon Salmoon Bashir, parishioner Susan Patterson, and members of the Funeral Guild, we will explore why you might want to plan your own funeral, discuss the decisions you can make, and experience an instructed liturgy. As a community, we will support one another in this deep and important reflection. Please direct questions and/or your desire to attend to Canon Bashir at sbashir@cathedralATL.org. Participation is free and open to adults of all ages.

STEWARDSHIP

AUGUST IS NATIONAL MAKE-A-WILL MONTH

What a wonderful reminder to take care of ourselves, loved ones, and cherished charities. Wills not only provide legal direction for your heirs, they can also defuse possible conflicts among family and friends. They are also an incredible way to support your church! We hope that every member of the Cathedral has a will, and that every will includes the Cathedral! Members who have included the Cathedral in their estate plans are eligible for inclusion in the Arbor Society of the Cathedral of St. Philip. Please contact David Rocchio at 404-365-1033 or drocchio@cathedralATL.org to learn more about the Arbor Society, planned giving opportunities at the Cathedral, and/or for estate planning referrals.

SIGN UP TO JOIN A FOYERS GROUP

Sunday, September 27, 6 p.m., Child Hall

Sign up by Monday, September 14

The Cathedral Foyers offers small group dinner opportunities for adults. Members of each group take turns hosting/providing food for monthly get-togethers throughout the October thru April session. This is a great way to get to know a handful of people without feeling overwhelmed. Groups are intentionally intergenerational and eclectic. The Super Foyers dinner – where all groups convene to kick off the fall / winter session – will be Sunday, September 27 at 6 p.m. in Child Hall. To sign up for a Foyers group for this session, please go to cathedralATL.org/foyers by Monday, September 14.