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## *Breathe Deeply and Rejoice*

**An article from the Cathedral Times  
by the Very Reverend Samuel G. Candler**

Christmas Eve has come and gone. Like a beautiful wind of passion and excitement, the Christmas spirit penetrated our souls and swept us forward. We made our way to church! We made our way to various outreach projects and service events! We made our way to pageants and parties! We made our way to the homes of family members, to the homes of friends, even to the homes of strangers! The Cathedral of St. Philip sang "Glory to God in the Highest"!

And, then, the day comes and goes. Our houses are still decorated, but they seem to be resting, catching their breath. The kitchen is a bit messy, but it is no longer the grand buffet; it resumes its humble place of daily service. Children and spouses have returned to their favorite chairs and sofas in the family room.

In the days after Christmas Day, our grand Cathedral of St. Philip stands proud and strong along Peachtree Road. The Cathedral, too, is still decorated, but its great chambers are resting; its halls are catching their breath. What extraordinary life found voice and expression in the nave this Christmas! Sermons and anthems, hymns and prayers, flowers and color, all blossomed with love and glory!

But, like the enormous lungs of a great body, the Cathedral pauses to inhale again. It is time to breathe in again. The birth of Jesus, new life itself, came forth with hallelujahs! But, now, as new life begins to grow, we learn the rhythms of breathing. We inhale and we exhale. We breathe in and we breathe out.

Come by the Cathedral during these days AFTER Christmas Eve. Drop by the Cathedral during the twelve days of Christmas, when everyone else is shopping for bargains or watching football. You will find a glorious body, a bit quieter than Christmas Eve, but waiting for your breath, waiting for your energy. We are filling back up.

Come by the Cathedral and breathe something into this holy place. Leave your prayer and blessing in this holy body. You will be providing life and vigor here! Christmas, after all, is more than a birth. It is a life. It is about breathing regularly, taking time to breathe deeply and rejoice, breathe deeply and rejoice.

Yes, breathe deeply and rejoice this Christmas season. And that which has been born a baby will grow this year into a glorious body of love and service.

Sam Candler signature



The Very Rev. Sam Candler