



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol. 84, No. 2 • February 2015

FROM THE DEAN Pilgrims' Way of Lent

This is both a personal invitation and a check list for the journey ahead of us. Come on the practical and spiritual road that is the season of Lent.

There are many places to begin and many ways to go. All lead to the celebration of sharing in the living memorial of Christ's death and resurrection.

As with any trip there are things to take into account before setting out on the road. There are things to expect along the way:

- **Map the Route** What about Christian faith and living? The Way continues on Wednesday evenings with a focus on preparing for Christian Initiation at the Easter Vigil: baptism, confirmation, reception into this church and reaffirmation of baptism.
- **Pass Through New Territory** Wednesday evenings in Lent we are pleased to welcome Dr. Glenn Young, assistant professor of theology and religious studies at Rockhurst University, who presents "Medieval Christian Mysticism: What Does it Say to Us Today?" Mysticism, what's this?
- **Prepare for What's Ahead** Using Barbara Crafton's book, *The Courage to Grow Old*, Jim Robertson leads weekly discussions, Sundays at 9:15 a.m. The Reverend Crafton comes to the Cathedral, May 9 & 10 for a Saturday workshop and to preach on Sunday.
- **Ask Directions** The Dean welcomes questions and facilitates discussion about issues of faith and living each Sunday in Lent at 9:15 a.m. in Founders' Hall. We'll have the Spirit as our guide and see where our questions take us.
- **Say Your Prayers** Come for a half hour of quiet reflection at Contemplative Eucharist, Wednesdays at 5:30 p.m. Eucharist is also celebrated Monday through Friday at 12:05 p.m. in the Chapel. Pick up devotional materials for keeping Lent available in the Tower and Founders' Hall entries, beginning February 15.
- **Stock Up On Provisions** Each week of Lent

you are invited to bring a different food item or necessity for the food pantry at St. Mary's. Add these items to your shopping list and look for good deals. Our neighbors in need will appreciate it.

- **Leave a Gentle Mark** The first weekend in March, 6-8, we welcome Dr. Matthew and Nancy Sleeth of Blessed Earth. At Friday and Saturday workshops, they talk about the challenge of keeping Sabbath as an act of stewardship for one's life and the planet. Dr. Sleeth, who has been a frequent preacher at the National Cathedral, preaches Sunday, March 8. He is author of, *24/6*, the Dean's book for Lent. (Life can be simpler and more meaningful.)
- **Expect the Unexpected** From the screen and keyboard of your electronic device you can participate in Lent Madness. Yes, that's Lent Madness! Enter your brackets daily, just as you might do in the NCAA basketball tourney for an exciting time in the arena where God's saints play. Curious? Go to lentmadness.org.
- **Simply Begin** Ash Wednesday, February 18, we offer a briefer liturgy for working persons at 7 a.m., a liturgy that includes hymns at 12:05 p.m., again with working persons in mind, and at 7 p.m. when the choir sings and we observe a creative open, journeying space within the liturgy. Can't make it to the Cathedral? Find a church nearby wherever you happen to be! Every journey begins with that first step.

See you on the pilgrims' way!

Faithful on the journey,

—Peter

Treasurer's Report

In December of 2014, income was in line with December of 2013 as the Cathedral had high pre-payments of 2015 pledges. The expenses last month were lower than in 2013 as last year the Cathedral made lump sum payments of cost of living allowances to the staff. These payments were to cover the whole year of 2013 and were the first staff compensation increases in several years. The new level of compensation was then paid on a regular monthly basis in 2014. Last year also saw higher expenses for property, due to weather, and for support of the larger church through our Diocesan assessment.

	Dec. 2014	Dec. 2013
Income	\$ 165,865	\$ 163,306
Expenses	\$ 127,619	\$ 184,187
Net Total	\$38,246	(\$20,881)

	2014	2013
Income	\$ 1,675,942	\$ 1,646,083
Expenses	\$ 1,681,314	\$ 1,636,346
Net Total	(\$5,372)	\$9,737

Turning to the year as a whole, pledge and plate in 2014 were in line with the totals in 2013, while endowment income was up reflecting the impact of strong security markets over the last few years. However, the Cathedral experienced a deficit in 2014 as expenses increased faster than income. The higher expenses in 2014 were primarily in the areas of property and utilities, driven by the weather early in the year. The Cathedral also spent more on education, parish life and music than in 2013. These expenses were associated with growth initiatives of the Cathedral.

The Cathedral is blessed to have a healthy endowment to support the ongoing expenses of maintaining our facilities. However, funding of ministries that serve the congregation need the active financial support of the congregation. If you have not already done so, please prayerfully consider making a pledge in 2015 in support of the Cathedral's mission.

—Chuck Ritter, Treasurer

Revolution in Mission

Dean's Forum • Sundays, January 11-February 8
9:15 a.m. • Common Room

Through February 15, the Dean's Forum will use short segments of a recent video presentation by Bishop Stacy Sauls to hear about some lively domestic and global mission initiatives. A number of very creative ways of reaching out to people in need and who live on the edges of society have sprung up recently through Episcopal congregations. These will be a springboard for reviewing what we already do, and, a time to vision new possibilities. Come, see, and build the vision!

January Flowers, to the Glory of God ...

January 4

- in thanksgiving for our children: George, Elizabeth, Caroline & Amanda — Mark & Brenda Colburn

January 11

- in memory of Manuel Rodriguez, Jr.
— Dee Rodriguez

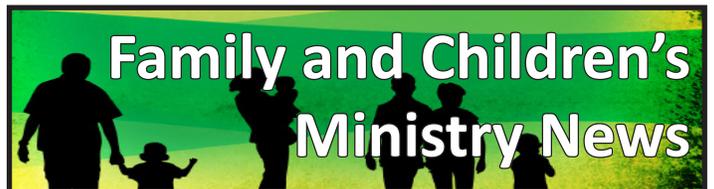
January 25

- in honor of our 50th wedding anniversary
— Lebert & Merrily Shultz

To donate toward the flowers to celebrate a special event or remember a loved one, contact the Cathedral office (816.474.8260 ext. 103 or jsweeting@kccathedral.org) or sign up (and pay) online: www.kccathedral.org/flowers.

Altar Guild Work Day

The pre-Easter Altar Guild Work Day is Saturday, February 21, 9:00 a.m.-12:00 p.m. Please contact Janet Sweeting if you can be there, jsweeting@kccathedral.org or 816.474.8260 ext. 103.



Family Ministry Lunch

Sunday, February 1 • 11:45 a.m. • Haden Hall

Join us for lunch (baked potato bar, salad, and dessert) and fellowship with other Cathedral families. Following lunch, there will be a **workshop on the basics of baptism** led by the clergy and others. Families will learn more about the symbolism of baptism as they work on center activities together. RSVP for lunch with the number attending to Julie Brogno at 816-474-8260 or childrensformation@kccathedral.org.

Children's/Youth Sunday

Sunday, February 8, at the 10:15 a.m. service

The children/youth of the Cathedral will serve as ushers, greeters, acolytes, oblation bearers and readers during this service. We will sing some hymns selected by the children and feature some of their artwork.

SAVE THE DATE!

Family Camp, May 29–31, 2015

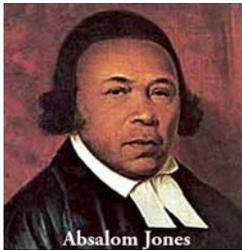
Heartland Presbyterian Center, Parkville, MO

Watch this space for more information about our first ever Family Camp Weekend. All are welcome as space is available.

A Celebration of the Feast Day of Absalom Jones

Saturday, February 7 • 11 a.m. • Nave

At this annual diocesan service, we celebrate the Feast of Absalom Jones, the first African-American priest in the Episcopal Church. This day of devotion is set aside to commemorate this pioneer of religion, social action and transformation.



The Right Rev. Martin S. Field, Bishop of West Missouri, presider; the Rev. Megan Castellan, assistant rector and chaplain at St. Paul's Episcopal Church and Day School, guest preacher. Dr. Thomas Vozella, director of worship and arts at St. Andrew's Episcopal Church, musician.

A reception in Founders' Hall follows.

Trinity Teens This Lent

- Wednesday Youth Group Meetings
 - The Trinity Teens will continue to meet on Wednesday evenings throughout the season of Lent
 - Our weekly meditations and worship will focus on preparing for the events of Holy Week and Easter
 - Program during the weeks of Lent will center around Bible study and liturgy exploration
- Each week we will delve into the history, culture, and characters of the readings appointed for that week, making the lessons on Sunday come alive.
- We will also discuss how our Sunday worship is different during the season of Lent and why that is significant.
- Network Opportunities for Keeping Lent
 - During the season of lent, the Greater Kansas City Youth Network will host activities to aid in Lenten observances.
 - Network youth will be participating in the Global 30 Hour Famine, February 27-28, raising awareness about hunger in the world and taking steps to alleviate it.
 - Network youth are invited to join with the youth of Good Shepherd for a prayerful Maundy Thursday lock-in, following regular services for the day. During the night (at Good Shepherd), youth will participate in an interactive Stations of the Cross and keep a prayerful watch.

Trinity Teens Update

The Trinity Teens have been busy back in the Haden Hall Youth Room. In December the group finished a semester long look at the Trinity. This semester the teens are diving into the Lectionary and making the Sunday readings come alive! All youth in grades 6-12 are welcome to join in on Wednesday evenings for food, fellowship, program, and worship.

Did you know that the Cathedral is part of **Network Youth Ministry**? Together with other congregations in the metro area, the Cathedral helps bring youth ministry to youth all across Greater Kansas City. Our youth have participated in several Network events this year, most recently a Christmas Cookie Lock-In (where over 700 cookies were baked for our homebound and homeless neighbors!) and a Nomadic dinner, where we visited several congregations



in our Network community. In February, Network youth (Trinity Teens included) will participate in the National 30 Hour Famine. This event brings the reality of global hunger to life, and takes small steps to help alleviate it. In the last year, the Cathedral has had record participation numbers at Diocesan events. Our youth are having experiences and building relationships that will last a lifetime.



We truly have a phenomenal group of youth at the Cathedral that is always growing and changing. All youth are welcome to join in our Wednesday night meetings and attend Network and Diocesan events, please contact

youthformation@kccathedral.org for additional information or to join the weekly youth email list.

Looking Ahead to Lent



7 a.m. Liturgy

Designed for persons on their way to or from work this is the briefest of the three services. The essential elements of the Ash Wednesday liturgy are included in a contemplative setting.

12:05 p.m. Liturgy

This service is shaped to include both the downtown business community and persons who are free during the day. Two hymns are included in this traditional Ash Wednesday liturgy.

7 p.m. Liturgy

This traditional service features *open space*. Following the invitation to a holy lent, those present visit various “stations” around the nave to be marked with ashes in acknowledgment of mortality, be signed with water as a reminder of baptism, light candles and offer prayer, pick up information on ways to engage in outreach, receive laying-on-of-hands and anointing for healing, and fill out a card with personal Lenten intentions to be presented at the Offertory. Following the open space, the liturgy continues with the Litany of Penitence and Holy Communion.

Labyrinth Walk, All Day and Evening

A labyrinth is available in Founders’ Hall beginning at 7 a.m. Walking a labyrinth is a spiritual exercise to quiet, center and allow contemplation and prayer.

Ashes To Go

Cathedral clergy and others are commissioned at noon and go out into city streets to distribute ashes to anyone who desires to be marked with them.

February 18

Liturgy

7 a.m.

12:05 p.m.

7 p.m.

As we enter this season of preparation, self-reflection and amendment of life, we offer several opportunities to mark the day.

Children are welcome in all liturgies.

Formation

The Courage to Grow Old, Six Sundays in Lent

Growing old is a gift from God that some people would rather not accept. In this introspective and challenging book, Episcopal priest, author, minister and popular speaker Barbara Crafton shares profound insights into how Christians can cope with aging and do it with grace. Crafton shares reflections that inform, entertain, and challenge us to live into our age with joy and wonder. In her book, she addresses the aging process, letting go of youth, the advantages of growing old and grace but no glamour. This reading is designed not simply for older people, but for younger people as well who are interested in wondering what lies ahead.

Barbara Crafton will be with us at the Cathedral Saturday, May 9, for a workshop discussion of her book and she will be preaching at both services on May 10. (See related article below.)

Join Jim Robertson and Becky Johnson as they co-facilitate a discussion of this book beginning February 22, 9:15–10 a.m. *The Courage to Grow Old* is available in the Cathedral Bookstore.

Author Barbara Crafton to Visit This May

Barbara Crafton will visit Grace and Holy Trinity Cathedral May 9 for a workshop discussion of her latest book, *The Courage to Grow Old*, and she will preach both morning services Sunday, May 10.



The Cathedral will also offer a Lenten class on the book, beginning February 22. (Please see the related article on page 5 of this newsletter.)

Reverend Crafton is an Episcopal priest, spiritual director and author of many books as well as the celebrated *Almost Daily eMo from the Geranium Farm*, read by thousands worldwide. She was rector of St. Clement's Church in Manhattan's Theatre district. She was also a chaplain on the waterfront of New York, and served both historic Trinity Church, Wall Street and St. John's Church in Greenwich Village. She was a chaplain at Ground Zero during the recovery effort after the WTC attack.

An actress, director and producer, she has worked for many years in combining the lively arts and the life of faith. Her books, articles, and radio scripts have won many awards, including numerous Polly Bond Awards from Episcopal Communicators and the coveted Gabriel Award for religious broadcasting.

Wednesday Evenings

February 25–March 25

5:30 p.m. **Contemplative Eucharist in the Nave**
6 p.m. **Simple Supper in Founders' Hall**
6:30-8 p.m. **Learning Opportunities**

Medieval Christian Mysticism: What Does it Say to Us Today?

Dr. Glenn Young, assistant professor of theology and religious studies at Rockhurst University, will present a series of talks considering the writing and thoughts of a number of Christian mystics from the Middle Ages. These are persons who experienced a profound sense of God's presence in their lives. In our times together, we will discuss what these medieval mystics can say to us about life and faith in the present day.

The Way: Preparing for Baptism and Affirmation of Faith

Persons participating in The Way are preparing for baptism or affirmation of faith (confirmation, reception, reaffirmation) at the Great Vigil of Easter, April 4, 2015. Community, sharing, learning, small group Bible study and discussion are at the center of The Way. Links are made between daily life and work and the worship and practice of the church.

Trinity Teens

Please see article on page 3 of this newsletter.

(Child care is available on Wednesday evenings with reservation to childrensformation@kccathedral.org.)

Dean's Book for Lent: 24/6

This Lent consider reading *24/6: A Prescription for a Healthier, Happier Life*. A discussion of the book will be March 22 during the Dean's Forum. The author, Dr. Matthew Sleeth, will visit GHTC this March. (See related article on page 7 of this newsletter.) The book is available in the Cathedral Bookstore.

From the book: "Remember the Sabbath, and keep it holy." *Sounds nice, but how do we find rest in a 24/7 world? Just as the Hebrews were slaves in Egypt, we have become slaves to technology. Our technological tools allow 24-hour productivity and connectivity, give us more control, and subtly enslave us to busyness itself. Sabbath is about restraint—intentionally not doing everything all the time just because we can. Setting aside a day of rest helps us reconnect with our Creator and find the peace of God that passes all understanding. The Sabbath is about letting go of the controls one day a week and letting God be God. So how do we do it?*



Dr. Sleeth answers this question and others in this book that illustrates the philosophy of Blessed Earth, an educational nonprofit that inspires and equips people of faith to become better stewards of the earth.

Coming Special Events

Poor Lear

Grace and Holy Trinity Cathedral will present *Poor Lear* as a benefit for the Greater Kansas City Homeless Services Coalition on February 15 at 2 p.m.

Poor Lear is a one-man, one-hour adaptation of Shakespeare's *King Lear* performed by Alan Tilson. The play is a contemporary retelling with King Lear as a veteran with post-traumatic stress disorder and a grocery cart of props who, with his companion, Fool, reenacts the conflict with his daughters that led to his homelessness. A \$10-\$20 suggested donation will be taken at the door.



Shrove Sunday

Evensong

Sunday, February 15

5 p.m.

Lenten

Evensong

Sunday, March 15

5 p.m.

Shrove Pancake Breakfast

Sunday, February 15

9 & 11:30 a.m.



**Come for a fun, relaxed breakfast of
pancakes, fruit and sausage.**

Palm Cross Workshops

Wednesday, March 25

6:00-8:30 p.m.

Thursday, March 26

9 a.m.-12 p.m.



We make crosses out of palm leaves for distribution on Palm Sunday. Bring your scissors and a friend. Someone will teach you how to make the crosses if you've never done it before! Soup will be provided, please bring a dish to share.

Contact Janet Sweeting (816-474-8260 ext. 144 or jsweeting@kccathedral.org) or Candy McDowell (816-741-0992 or candylee@kc.rr.com) if you have any questions regarding this event.

24/6 Conference in March

Dr. Matthew Sleeth and Nancy Sleeth from Blessed Earth will hold environmental stewardship workshops at GHTC on March 6 and 7. Dr. Sleeth will also preach at the morning services on March 8 and lead a Q&A session at that morning's Dean's Forum.



Dr. Sleeth is the author of *24/6: A Prescription for a Healthier, Happier Life*. In the book, he describes lays out a simple plan for living a healthier, more God-centered life in a "digitally-dazed, always-on world." (See related article on page 5 of this newsletter.)

Matthew Sleeth, MD

Blessed Earth is an educational nonprofit that inspires and equips people of faith to become better stewards of the earth. The organization was founded by Dr. Sleeth and his wife, Nancy, in 2008. Since its inception, Blessed Earth has been invited by more than 1,000 church, educational, media, and environmental groups to speak on the biblical call to care for God's creation.

Using material from Dr. Matthew Sleeth's 24/6 book and DVD, Dr. Sleeth and his wife, Nancy, will share their Sabbath story and then help you develop your own Sabbath-keeping strategy. Dr. Sleeth has served as the monthly guest preacher at the Washington National Cathedral.

Sabbath for Sabbath Leaders

Friday, March 6, 10 a.m.-2 p.m. (includes lunch)

This workshop welcomes clergy and other religious professionals and will focus on helping church leaders practice Sabbath and how they can lead their congregations to live 24/6.

24/6 in a 24/7 World

Saturday, March 7, 9 a.m.-12 p.m.

This workshop is open to the public and will illustrate the idea of living 24/6 in a 24/7 world.

For more information, contact Julie Toma, 816.474.8260 or jtoma@kccathedral.org.

Holy Week at a Glance

Palm Sunday: March 29

8 a.m., 10:15 a.m., 5 p.m. Liturgy

Weekdays of Holy Week:

March 30–April 1

12:05 p.m. & 5:30 p.m. Eucharist

Maundy Thursday, April 2

12:05 p.m. A simple Eucharist

6 p.m. Maundy Thursday Liturgy

Founders' Hall and Nave

Good Friday, April 3

Good Friday Liturgy

12:05 p.m. & 7 p.m.

2:30 p.m. — Way of the Cross

5 p.m. — Way of the Cross for All Ages

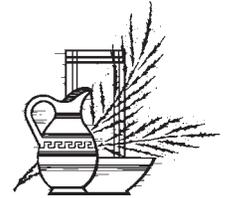
Holy Saturday, April 4

12:05 p.m. Liturgy

Easter Eve, April 4

7:30 p.m.

The Great Vigil of Easter



Easter Day, April 5

8 a.m. and 10:15 a.m.

Festival Holy Eucharist

Easter Egg Hunt following the 10:15 service.

Mission and Service

Pack BackSnack Family Bags

Help pack 280 family bags for backsnack recipients to provide food over spring break **Sunday, March 8**, after both morning services.

Assemble Easter Baskets for Foster Children

Help assemble 200 Easter Baskets for residential children housed at Crittenton and KAW Valley Children's Centers on **Palm Sunday, March 29**, at 9 a.m. in Founders' Hall.

Weekly Food Collection for St. Mary's Pantry

Week of February 22: Peanut Butter

Week of March 1: Canned Beef Stew or Hearty Soup

Week of March 8: Mac & Cheese

Week of March 15: Canned Tuna or Salmon

Week of March 22: Canned Chicken

Week of March 29: Peanut Butter

Easter, April 5: Mac & Cheese

*Give to the departed eternal rest.
Let light perpetual shine upon them.*

Jean Bergstrom, *Joan Bergstrom's mother*
Bill Chinnery



Don't Miss Out on Cathedral News

Cathedral News is a weekly e-newsletter filled with information about Cathedral events and opportunities. If you would like to receive Cathedral News or the online version of our monthly newsletter *The Angelus*, use the sign up box on our website or the QR code to the right.



Grace and Holy Trinity Cathedral

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The Angelus

Submissions from parishioners and small groups are welcome and encouraged. All entries are requested by the 15th day of the month prior to publication by e-mail to communications@kccathedral.org.

A newspaper published in the interest of Grace and Holy Trinity Cathedral.

The Rt. Rev. Martin S. Field, *Bishop of West Missouri*

The Very Rev. Peter DeVeau, *Dean*

The Rev. Christy Dorn, *Associate*

The Rev. Jerry Grabher, *Deacon*

The Rev. Leslie Hoover, *Deacon*

The Rev. Dr. Michael Johnston, *Scholar-in-Residence*

Mr. John L. Schaefer, *Canon Musician*

William Baker, *Cathedral Chorale Director*

Malinda McCasland, *Grace Chorale's Director*

Julie Brogno, *Children's and Family Ministry*

Alexandra Connors, *Volunteer Youth Minister*

Joan Bock, *Nursery Manager/On-Site Wedding Coordinator*

Julie Toma, *Cathedral Administrator*

David Stoll, *Financial Administrator*

Patrick Bell, *Communications Coordinator*

Janet Sweeting, *Sacristan*

Bryan Boyd, *Property Manager*

Mike Guidry, Leatrice Brown, *Property Assistants*

Weekly Activities

Sunday

8:00 a.m. Holy Eucharist
 9:15 a.m. Adult Formation
 9:30 a.m. Youth Formation
 10:15 a.m. Holy Eucharist & Children's Chapel
 5:00 p.m. Holy Eucharist

Monday

12:05 p.m. Holy Eucharist
 7:00 p.m. Centering Prayer

Tuesday

12:05 p.m. Holy Eucharist
 1:30 p.m. Women's Bible Study
 2:30 p.m. Men's Bible Study

Wednesday

12:05 p.m. Holy Eucharist
 5:45 p.m. The Tallis Singers
 6:00 p.m. The Way
 6:15 p.m. Grace Chorale's
 6:45 p.m. Trinity Teens Youth Group

Thursday

12:05 p.m. Holy Eucharist
 1:30 p.m. Centering Prayer
 6:00 p.m. Cathedral Bell Ringers
 7:30 p.m. Trinity Choir

Friday

12:05 p.m. Holy Eucharist

Highlights for February

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| <p>1 • SUNDAY
11:45 a.m. Family Ministry Lunch</p> <p>3 • TUESDAY
6:30 p.m. Christian Caregiving Class</p> <p>5 • THURSDAY
7:30 a.m. Morning Prayer</p> <p>7 • SATURDAY
11:00 a.m. Absalom Jones Service</p> <p>10 • TUESDAY
6:30 p.m. Christian Caregiving Class</p> <p>11 • WEDNESDAY
7:00 p.m. Rule of Benedict:
St. Mark's Deanery</p> <p>12 • THURSDAY
7:30 a.m. Morning Prayer</p> <p>15 • SUNDAY
9 & 11:45 a.m. Pancake Breakfast
2:00 p.m. <i>Poor Lear</i>
3:30 p.m. Rule of Benedict:
St. Benedict's Deanery</p> <p>16 • MONDAY
President's Day —
Office and Buildings Closed</p> | <p>17 • TUESDAY
6:30 p.m. Christian Caregiving Class</p> <p>18 • ASH WEDNESDAY
7 a.m. Liturgy
12:05 p.m. Liturgy
7 p.m. Liturgy</p> <p>19 • THURSDAY
7:30 a.m. Morning Prayer</p> <p>21 • SATURDAY
9 a.m. Altar Guild Workday</p> <p>25 • WEDNESDAY
5:30 p.m. Contemplative Eucharist
6 p.m. Simple Supper, Founders' Hall
6:30 p.m. Learning Opportunities</p> |
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Coming Next Month

- Mar. 1** Family Ministry Lunch
- Mar. 15** Evensong
- Mar. 26** Palm Cross Day
- Mar. 29** Palm Sunday

