



Grace and Holy Trinity Cathedral  
Kansas City, Missouri

# Angelus

November 15, 2002

## Advent at the Cathedral

### Morning and Evening Prayer

Throughout the weekdays of Advent, the Cathedral will offer Morning Prayer at 8:30 AM and Evening Prayer at 5:30 PM. Please join us.

### Sunday, December 1, Advent I

*Adult Forum Series, 9:10 AM*

*"Gems of the Bookstore"*

The Bookstore staff is here to help you. Whether it is a special gift, just the right book or a unique item, you are sure to discover some real 'gems.'

### Advent Workshop, 11:30 AM, Founders' Hall

This intergenerational festival begins with potluck lunch followed by a visit from St. Nicholas. There will be a variety of crafts for all ages, the young and the young at heart. Everyone is welcome to come make Advent crafts and goodies in Founders' Hall.

### Wednesday, December 4, 5:30 PM

*Advent Reading Adventure*

Come for evening prayer, a light supper and a book discussion on one of two titles. See inside article for details.

### Thursday, December 5, 7:30 PM

**CHANTICLEER**

CHANTICLEER, the 12 voice internationally acclaimed men's choral ensemble, returns to the Cathedral for a stellar seasonal concert. Trinity Choir alumnus, Michael Lichtenauer will be here. Tickets, call 816-561-9999.

### Sunday, December 8, Advent II

*Adult Forum Series 9:10 AM*

Ellen Goheen, formerly of the Nelson-Atkins Museum, will discuss a variety of images of *"The Cathedral of Chartes, the Pilgrimage Church of Vezelay and Ste. Chapelle, Paris as Testimonies of the Christian Faith."*

### THE BALTIMORE CONSORT, 2:00 PM

After several years' absence, the Friends of Chamber Music returns to present the internationally acclaimed Baltimore Consort. The music is unusual and delightful. For tickets, call 561-9999.

### Wednesday, December 11, 5:30 PM

*Advent Reading Adventure*

### Thursday, December 12, 12 Noon

*"The City Come Again"*

The William Jewell College musicians and Dr. David Sallee bring their seasonal offerings to the city and the Cathedral.

### Friday, December 13, 8:00 PM

**Saturday, December 14, 2:00 and 5:00 PM**

*The Wise Women*

The annual presentation of this beautiful opera presented by the Civic Opera Theatre features local musicians, adults and children. Tickets are available by calling 235-2700.

### Sunday, December 15, Advent III

*Adult Forum Series, 9:10 AM*

*"Healing Grace"*

Deacon Mike Shaffer will help us recognize the presence of God's grace in our daily lives and learn to accept this gift in difficult and uncertain times, despite our shortcomings and unworthy nature.

### THE KANSAS CITY CHORALE, 2:00 PM

The city's premiere choral ensemble offers an afternoon of choral gems. Tickets, call 816-235-6222.

### Caroling and Supper, 6:30 PM

Join Cathedral members and friends at the home of Steve and Lenette Johnson for singing, fellowship and good cheer. Their house is located at 5241 N Baltimore Gladstone, MO. Sponsored by St. Amand's Chapter. Babysitting will be provided.

**Wednesday, December 18, 5:30 PM**

*Advent Reading Adventure*

**Friday, December 20, 8:00 PM**

**THE WILLIAM BAKER FESTIVAL SINGERS**

The William Baker Festival Singers present an evening of readings and seasonal music. Tickets are \$10 and will be available at the door.

**Sunday, December 22, Advent IV**

*Adult Forum Series, 9:10 AM*

*"Aging in Place"*

The Very Rev. J. Earl Cavanaugh, Dean Emeritus will share thoughts about the road ahead and getting ready for the next society.

**"Messiah" Singalong, 2:00 PM**

Arnold Epley will conduct the annual holiday "Messiah" Singalong. Jay Carter, Michael Coakley, Doug Maag and Paulette Votava Resch will be soloists.

## Christmas at the Cathedral



**Christmas Eve**

**Church School Pageant, 5:00 PM**

The Church School children will present the annual pageant at this Eucharist designed especially for families.

**Musical Prelude, 10:00 PM**

**Festal Eucharist, 10:30 PM**

**Wednesday, December 25**

**Christmas Day, 10:15 AM**

We celebrate the birth of our Lord with a Choral Eucharist.

**Sunday, December 29**

*No Adult Forum Series*

## Advent Reading Adventure

On Wednesdays, December 4, 11 and 18, attend the first Advent Reading Adventure. We will gather for evening prayer at 5:30 PM in the nave, then a light supper in Founders' Hall. Father Ben Newland and Deacon Linda Yeager will each lead a book discussion. Father Ben's group will discuss *Skipping Christmas* by John Grisham; Deacon Linda's group will discuss *Desire of the Everlasting Hills: The World Before and After Jesus*. Both books are available in the GHTC bookstore.

Newland comments on *Skipping Christmas*: What would happen if you were the only house on your street

that didn't put up Christmas lights? What would happen if you decided to skip Christmas? In this short novel, a pair of average Americans are about to find out.

Every year the Christmas season is a gigantic consumer extravaganza, and every year the Church whines about it. Using this entertaining and funny novel as a starting point, and injecting scripture and other learned writings along the way, let's make our own pilgrimage towards Christmas. We'll decide what we'll skip, and what we'll keep. You can become a discerning consumer of Christmas propaganda and find out if you have what it takes to Skip Christmas...

Deacon Linda Yeager comments on *Desire of the Everlasting Hills*: Who is Jesus? What did the people of his time really think about him? What did his death mean to them then? What does this death mean to us now? Thomas Cahill, well known for his previous volumes, *How The Irish Saved Civilization* and *The Gift of the Jews*, has written a very readable book that discusses the people Jesus knew; the Jesus the apostles knew; Paul's Jesus; Luke's Jesus; and the world after Jesus. Getting to know Jesus in a closer way helps us prepare for His birth in a new and more personal manner.

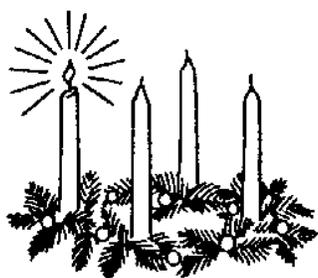
For more information or to enroll in the series, please call the office, 816-474-8260.



## Cathedral Bookstore: A Convenient Place to Shop

The Cathedral Bookstore will be offering a wide variety of new books for the holiday season. A number of books on prayer and meditation are available especially for the Christmas season, many children's books, as well as a large selection of Prayer Books. Boxed Christmas cards, Advent calendars for young children and adults and a nice selection of Christmas CD's are also available. Beautiful Sara I Rubin pottery, figurines imported from France, Ireland and Germany, DemDaCo collectible angels and Christmas ornaments and Trinity Collection jewelry are just some of the wonderful items available for gift giving.

The Bookstore appreciates your continued support. All proceeds support our ministry to Grace and Holy Trinity's elderly and ill. The Bookstore is open after both Sunday morning services, 11-2 PM on Wednesdays, before and after the 5 PM Sunday service the first Sunday of the month and by appointment.



### Anticipation: The First Week of Advent

**Read from the bible:**

James 5:7-8

**Other suggested  
readings:**

Isaiah 40:1-11, 64:1-2,

Jeremiah 33:14-16

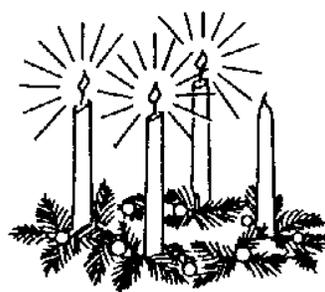
Mark 13:32-36

**Sing a hymn and light one candle:**

O come, O come, Emmanuel  
And ransom captive Israel  
That mourns in lonely exile here  
Until the Son of God Appear  
Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel!

**Pray together:**

O Blessed Jesus, the Light of all people, bless this candle which we light in honor of you. Fill our hearts with the fire of your love. May we receive you with joy and gladness and hold you close this holy season. In your holy name we pray. Amen.



### Rejoicing: The Third Week of Advent

**Read from the bible:**

Isaiah 35:1-2, 10

**Other suggested  
readings:**

Philippians 4:4-7

Psalm 122:1-2

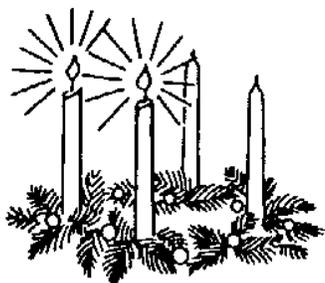
Baruch 5:1-4

**Sing a hymn and light three candles:**

Angels we have heard on high,  
Sweetly singing o'er the plains,  
and the mountains in reply  
echoing their joyous strains,  
Gloria in excelsis deo.  
(repeat twice)

**Pray together:**

The earth rejoices in the hope of the Savior's coming. With hope and thanksgiving, we prepare for His light and grace to heal our world. Spirit, come with power into our lives. Our hearts are open. We ask this through Christ our Lord. Amen.



### Preparation: The Second Week of Advent

**Read from the bible:**

1 Thessalonians 5:19-23

**Other suggested  
readings:**

Romans 13:11-14

Matthew 3:1-10

Isaiah 40:3-5

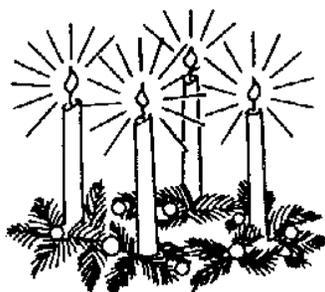
II Peter 3:8-14

**Sing a hymn and light two candles:**

Joy to the world! the Lord is come:  
Let earth receive her King,  
Let ev'ry heart prepare Him room,  
And heav'n and nature sing, (repeat)  
And heav'n, and heav'n and nature sing.

**Pray together:**

God in heaven, help us to follow in the footsteps of John the Baptist. May we too bring light and love to all we meet. We pray that the darkness of sin and fear may be overcome. May your holy Word guide us and be our strength. In Christ's name we ask this. Amen.



### Hope: The Fourth Week of Advent

**Read from the bible:**

Luke 1:26-31

**Other suggested  
readings:**

Psalm 121

Matthew 11:28-30

Luke 11: 9-13

John 3:16, 6:47-51,

15:12-17.

**Sing a hymn and light four candles:**

O come, all ye faithful,  
Joyful and triumphant,  
O come ye, O come ye to Bethlehem:  
Come and behold him,  
Born the King of angels;  
O come, let us adore him, (repeat)  
O come let us adore him, Christ the Lord.

**Pray together:**

O Prince of Peace, quiet our hearts in this busy season. Help us be aware of your presence within. May you again take flesh — this time within us — as you did in Mary. With her and all the holy ones, we await your coming in glory. In your loving name we pray. Amen.





## Advent Meditation

The days shorten; dusk descends before I reach home after work. In the morning, I awaken to the chill of December and leave for work in the gloom of early day. The darkness seems quieter than the light. December feels silent, like footsteps on snow. Advent arrives in that hushed darkness, and we wait in the expectant stillness for the arrival, once again, of the Christ child.

But the silence is elusive, for the world around us erupts in cacophony of jingle bells and holiday parties. How can I find the peace that permits me to focus on prayer and keeps my heart still?

I am learning to place silence into my prayers, to recognize that I don't have to fill my prayers with petitions and praise. Listening has become my most active prayer. This is the prayer, says Richard Foster, that "immerses us in the silence of God."

This is really a loving attentiveness to God. We are spending time alone and in quiet with the one who sustains us. It is a prayer of the heart more than the head. Julian of Norwich said, "The whole reason why we pray is to be united into the vision and contemplation of him to whom we pray." Jesus said, "Abide in me as I abide in you."

What must you do to escape the sensory overload

of the season? Plan. Plan time—20 minutes is a good start—and a place to be with God in silence. Quiet is the most important aspect of all. When you have found the time and have located your place, seat yourself comfortably and release the tension of the season. Feel God's presence. Take deep breaths and form a word of praise or comfort in your head.

Next, be silent and listen to God. With practice, you will find yourself longing for this silence. When thoughts crowd themselves into silence, release them and return to your special word. Let go of the thoughts that compete with your attention during this period of time. Allow yourself to sink down into the presence of God.

Twenty minutes, twice a day, is an excellent goal for contemplative prayer. You will find yourself looking forward to the time of quietness in the midst of a busy life. Thomas Ward said, "And it is in our active lives that we should look for the fruits of our praying, not in the time of prayer. During the prayer we notice thoughts entering our consciousness and then return to the sacred word; we establish a rhythm of consent to God's presence and action within us that continues as we move into our daily lives."

I pray that we may find the time for silence this advent season and be prepared to welcome the Christ child into the beauty of holiness. —LY



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