

Women's Quiet Day for Meditation

On Saturday, March 20, enjoy a rare opportunity for solitude and prayer at the cathedral. The "Quiet Day," an event in its first year, will take place in the nave from 8:30 a.m. to 3:00 p.m.

Deacon Linda Yeager, who helped organize the event along with Dianne Logan, said, "It's a women's quiet day during Lent, which offers women the opportunity to meditate and pray during the Lenten season."

The Quiet Day hopes to offer those people who cannot get away for a retreat with the same opportunity.

"We know that there are people that can't really get away for a weekend but would still like some time away for contemplation and quiet," Deacon Linda said.

The theme for the day's activities is "Voices of God." The day will begin with Morning Prayer and will continue with four meditations, the first beginning at 9:30 a.m. Four



Cathedral women will express how God has spoken to them in their lives. Each meditation will be preceded by hymns and followed with silence. There will be a short break at the end of each hour.

At midday, the women will share in the Noontime prayer and in a lunch. Lunch is being provided for a \$5 fee.

If you cannot come for the entire day, you are welcome to come at any time.

There will also be a display of religious literature and reading materials about the "Voice of God." In addition, the bookstore will be open.

To pre-register, please call the Cathedral office (816-474-8260).

Deacon Linda believes that "it will offer some rest and refreshment and renewal; some time to think about Christ's journey to the cross. We hope it will be a time of peace and thoughtful prayer in the middle of Lent," she said. -by Erin Case

Men's Retreat to be a Time of Study, Worship

With the extraordinary revival of popularity in Tolkien's *The Lord of the Rings*, some of you may recognize the name of Rivendell as a place of refuge in a dangerous world. We have our own Rivendell in Missouri—a Christian community recognized by the House of Bishops within the Episcopal Church.

Their retreat center will be the location for this year's Parish Men's Retreat, March 26 through March 28. Located in Dunnegan, Missouri near Stockton Lake, the Motherhouse of Rivendell is a little more than a two-hour drive from Kansas City, just off of Highway 13 about 45 miles south of Clinton.

This Lenten retreat will include a series of "Conversations" about the Psalms that will be primarily educational in nature and will be led by The Rev. Ben Newland. Topics will include: "Psalms of Orientation," "Psalms of Disorientation," and "Psalms of Reorientation." We will discuss various Psalms in relationship to the period immediately preceding Lent, during Lent and at Easter.

To balance the didactic and the spiritual, there will be plenty of opportunities for worship and contemplation. Worship will center around the Book of Common Prayer's daily office with Eucharist, and will include Morning and Evening Prayer and Compline, as well as a closing Eucharist on Sunday morning. For the early risers, we will have a sunrise vigil on Saturday and Sunday morning—as well as a couple of hours on Saturday afternoon for prayer walking, meditation, or other quiet time.

The retreat will begin on Friday, with early arrival at 4:00 p.m. The cost for the retreat will be \$50, including lodging as well as meals on Friday night, Saturday, and Sunday morning. In addition to bed space inside, braver souls may choose to join some of us camping out in tents. Informational flyers are available, or contact The Rev. Ben Newland or John Hornbeck for more information. Indoor sleeping space is limited, so act now to reserve your space through the Cathedral office.

-by John Hornbeck

Lent and Holy Week Activities and Services

Wednesdays, March 3, 10, 17, 24
Lenten Academy Classes

Saturday, March 20
Quiet Day for Women
at the Cathedral

Friday-Sunday, March 26-28
Men's Retreat at Rivendell

Wednesday, March 31
Taizé Prayer*
7:00 p.m.

Sunday, April 4-Friday April 9
Labyrinth

Sunday, April 4
Choral Evensong
4:00 p.m.

Wednesday, April 7
Tenebrae

Thursday, April 8
Maundy Thursday Services
12:00 p.m.
7:00 p.m.

Friday, April 9
Good Friday Services
12:00 p.m.
7:00 p.m.
Stations of the Cross
2:30 p.m.

Saturday, April 10
Easter Vigil
8:00 p.m.

*Join us for this ecumenical meditative service. "Nothing is more conducive to communion with the Living God than a meditative common prayer with singing that never ends, but continues in the silence of one's heart, when one is alone again." Br. Roger Schultz, Founder of Taizé Children's activities will be held in Haden Hall. Nursery care will be available.

Lent Is a Time for Growing Closer to God

I have become engrossed in a cross-stitch project that I started a few months ago. It is a fairly intricate pattern, and the progress is slow.

Yet, after an evening of work, I can look back at the vibrantly colored stitches that I have completed and see that I have made progress.

If I look ahead at how much I still have left to complete, I can become discouraged and want to give up the project. Comparing my work with the accomplished projects of others can be disheartening, too. Part of the fun in continuing the process is anticipating the finished project and the pleasure that it will bring to the person for whom I am making it.

It occurs to me that our spiritual lives are somewhat like the needlework project that I am pursuing.

We proceed in small increments, sometimes feeling as if we are making no progress at all. We

tend to view others as being farther along in faith than we are, and we can easily become discouraged. Just what is our goal in growing spirituality? When is our "project" finished?

Lent is certainly a time for concentrating on growing closer to God. We have the opportunity in a concentrated span of time, to make some small steps in our journey with Christ. While many of us dedicate ourselves to self-discipline or study or prayer, we are sometimes discouraged when we fail or forget or forego our promises. But, just as in the handwork project, let us be encouraged by the little steps we do make and look ahead to our final goal of becoming one with Christ.

To the left are a few suggestions that may help us on our way. You can think of many others.

Even these small acts of discipline and prayer will find you in the midst of a Holy Lent and a growing spiritual life.

-by The Rev. Linda Yeager, Deacon

- Select a book in the Bible and read a chapter every day. Picture the events and yourself participating in the events. Who are you? What do you see? How do you feel? Reading scripture this way encourages real involvement and feeling.
- Set aside a specific time each day for prayer. Keeping a journal, include a list of people for whom you want to pray. Lift each person to God; let God's peace wash over you.
- Try centering prayer.
- Attend Lenten Academy Wednesdays in Lent.
- Participate in Holy Week services.
- Read Morning Prayer, Evening Prayer or Compline from the Book of Common Prayer alone or with someone else every day.
- Find a book about a saint, a period of time in spiritual history or a faith that you would like to explore and spend time with it.
- Choose a habit that you would like to break or incorporate into your life. Pray about it and let God help you with this discipline.
- Commit to spending time with someone who is lonely or in need. Set a specific day and time to be a holy listener to that person.
- Write letters or notes to people about whom you care. Let them know that you are grateful for them.

Lenten Academy Nurtures Hearts and Minds

Each year at Lent, Lenten Academy gives parishioners an opportunity to expand their minds and their hearts with spiritually enlightening classes.

Grace and Holy Trinity Cathedral partners with The Cathedral of the Immaculate Conception (CIC) to prepare Lenten Academy's wide variety of class offerings. This year's classes are *Opening Doors to God II*, *Voices of Prophecy*, *A Lenten Sabbath*, and *Lenten Potpourri*. The potpourri class offers a different topic for each of the four weeks: *History, Customs and Practices of Lent*; *Everyday Mysticism*; *Witness to the Resurrection*; and *Psalms*.

Adult Education Director Valerie Johnson and the Adult Education Committee work with GHTC and CIC to plan and organize Lenten Academy. Clergy and parishioners from both Cathedrals teach the classes as well. *Voices of Prophecy*; *From Micah to Merton to Me* will be led by Sr. Jeanne Christensen from the Diocese of Kansas City-St. Joseph, Sr. Donna Ryan from the Cathedral of the Immaculate

Conception and Deacon Linda Yeager. Leaders of the Lenten Potpourri classes include Biagio Mazza from the Diocese of Kansas City-St. Joseph, Msgr. Bud Fiedler from the Cathedral of the Immaculate Conception as well as Michael Thomas and The Rev. Benjamin J. Newland, of GHTC.

Terrence Belcher and Barbara Mason, members of the GHTC's Benedictine Spirituality small group, are leading *Opening Doors to God II*. This class is a sequel to last year's introduction to Benedictine spirituality and will continue the study of *Lectio Divina* based on the Rule of Saint Benedict. Even if one didn't attend last year, this will be a good learning opportunity for anyone interested in Benedictine spirituality.

A mosaic art class, *A Lenten Sabbath: Putting All the Pieces Together*, is a new offering this year. This class provides hands-on instruction for making a mosaic cross, shield, or votive candleholder that can bring some Sabbath into one's sacred space. Mike Flora,

mosaic artist, and Stephanie Pumphrey, stained glass artist, both of GHTC, will be leading this limited-enrollment class.

In addition to the variety of classes for adults, there will be two classes for children about Moses and the Ten Commandments—one class is for children ages three through kindergarten and another for grades 1-6. Nursery care is available for children two and under.

Lenten Academy classes will be held at 6:45 each Wednesday evening, March 3 through March 24. Following the Evening Prayer at 5:30 p.m., dinner will be served at 6:00 p.m. in Founders' Hall. The different groups preparing dinner each week will be the Social Action Committee, the choir, the youth group, and Culinary Cornerstones.

On March 31 there will be a Taizé prayer service at 7:00 p.m. in the Nave. This will be a quiet, candlelight service of prayerful chanting. For further information call the Cathedral office or visit www.ghtc-kc.org.

-by Emily Akins

From the Dean Selection Committee

If you have been following the Dean Selection Committee (DSC) articles in *The Angelus* and Sunday Bulletins, you know that we are well into our discernment process. Following the publication of our Parish Profile, we did a mailing to approximately 400 recipients calling for nominations of persons to be considered for GHTC's seventh deanship. At that same time we posted our Parish Search Request online through the Church Deployment Office (CDO) and did an electronic search of the CDO's clergy personal profiles.

These efforts resulted in the generation of 40 names from the CDO, eight self-nomina-

tions, and 42 nominations from bishops, deans, Cathedral members, and others. Our next step was to call for applications from nominees. This resulted in 18 priests being selected to participate in telephone interviews with members of the Dean Selection Committee. Committee members also interviewed the candidates' bishops and (in most cases) senior wardens. Also during that phase, Bishop Howe had conversations with the candidates' bishops.

After all the research was done and the telephone interview teams had submitted written reports and recommendations, Bishop Howe, John McCann, and the Dean Selection Committee Co-Chairmen met to discuss all 18 candidates. Out of that discussion, six candidates were selected to be continued in the discernment process. We are currently in the first stage of the In-Depth Research phase of the process. During this stage, members of the Committee are making field visits to the candidates' churches to get better acquainted with them and their families and to observe their parish environments.

Here is some information about these six candidates:

Three were nominated by deans who attended the Deans' Conference held here last May. One was nominated by a dean who did not attend the Con-

ference. One was nominated by a priest in the Diocese of West Missouri. One was nominated by the deployment officer in his diocese. One is a woman. They range in age from 44 to 55. All are married, one quite recently. Children range in age from eight years old to 27.

Their undergraduate fields of study were Psychology, Liberal Arts, Languages, Sociology, Seminary Studies, and English Literature. One also has a law degree. Seminaries include Virginia Theological Seminary, Seabury Western, Berkley at Yale, Sewanee, and The Episcopal Divinity School.

They are canonically resident in six different dioceses, none in the Diocese of West Missouri. Three have been Deputies to General Convention. All have served on diocesan level commissions or committees. Most have been active in their communities.

One has done ministry abroad. One is an Eagle Scout. One earned a Phi Beta Kappa key. One has been a DJ and sports announcer for a local radio station. One has worked with Jim Henson, creator of "The Muppets."

Descriptions by bishops, wardens, and telephone interview team members include: Caring, enthusiastic, joyful, confident, straight forward, prayerful, pastoral, calm, peaceful, excellent mentor, courageous, great sense of humor, good administrator, consensus builder, leader, thoughtful, energetic, creative, spiritual, seeks diversity, engaging preacher, good listener.

As we seek to discern God's will in our parish, we continue to ask for your prayers for the members of the Committee, Vestry and Congregation and especially for the candidates and their families.

- by Candy McDowell,
Dean Selection Committee Chair

A Collect for Grace and Holy Trinity Cathedral

*Almighty God, giver of every good thing:
Look graciously on this congregation of
Grace and Holy Trinity: so that as
compassionate and grateful Christians, we
may welcome a faithful leader - a Dean -
who will, with your blessing, care for us and
help us continue our tradition of
all-encompassing ministry and service,
through Jesus Christ our Lord. Amen*

Library Leavenings

Even as our central city library takes a new home, our own Cathedral library is in need of fresh yeast to hearten our serving. Basic annotation for new catalog entries (to be taught) will be held on Sunday, March 14 from 2:00 p.m. to 4:00 p.m. in the Common Room. We will be processing books not previously a part of our collection. For more information, call Dan Campbell (816) 753-8798.

Upcoming Music Events

The Cathedral is a popular place for performers wanting to make music in a wonderful space. The Nave, Founders' Hall and Haden Hall are desirable venues for various kinds of events.

We therefore offer you a special calendar of extra music events in the month of March.

Saturday, March 6

8:00 p.m.

The debut concert of the
CHAMBER MUSIC SOCIETY
OF KANSAS CITY
In the Nave and Founders' Hall

♪ ♪ ♫

Thursday, March 11

7:00 p.m.

The pre-European tour concert of the
SHAWNEE MISSION EAST
HIGH SCHOOL CHOIR
In the Nave

♪ ♪ ♫

Friday, March 19

7:30 p.m.

BENJAMIN JOHNSON, trumpeter,
with organ and piano accompaniment
In the Nave

♪ ♪ ♫

Saturday, March 27

4:00 p.m.

DOUGLAS RENEAU, trumpeter,
TYLER VAHLICK, trombonist,
with organ accompaniment
In the Nave

♪ ♪ ♫

Monday, March 29

7:30 p.m.

SHANNON FINNEY, Kansas City
Symphony flutist, and friends
In Founders' Hall

♪ ♪ ♫

Saturday, April 17

7:30 p.m.

LADY CHAPEL SINGERS
(female equivalent of Chanticleer)
In the Nave

Looking for Bob the Builder...or Chuck, or John, or Susan

It's that time of the year again, when we have one of those very special opportunities to be "doers of the Word".

This year, we will help build a one-story, three-bedroom, frame house at 3637 Wayne, which is two blocks east of the Paseo. This is on a street where Habitat for Humanity has already built 15 other houses, and is located in the Boston Heights neighborhood - about a 50 square block area that has been substantially rebuilt and stabilized through the work of Habitat for Humanity.

Over the years, 174 new houses have been built, crime in the area has decreased substantially, and vacant trash-strewn lots have been replaced with houses that collectively paid over \$100,000 last year in taxes to the city of Kansas City and to Jackson County. Talk about making a difference.

But the greatest difference may be in the life of that single family that moves into the house that you help to build. There are relatively few feelings as satisfying as knowing that you have helped to literally put a roof over someone's head - given them a home of their own.

This is your chance to join with members of other churches in the Kansas City area in a unique ecumenical project called Harmony House.

Work begins with those "framing days of April" - three consecutive Saturdays beginning April 3rd when we will be hanging the floor joists, putting on the floor, and framing the interior and exterior walls. All of

the churches combine on these three days, and we could use several workers on each day - April 3, April 10, and April 17.

Additional work is completed on the house over most of the summer, with various churches assigned different workdays. Our days this year are May 15, June 12, and July 24. We need a minimum of 5 volunteers for each of those three assigned workdays. You can volunteer for only one Saturday, or more, depending on what your schedule allows.

In addition to volunteers, the Social Action Committee will be providing lunch on one of our

three workdays, plus we have allocated a portion of our 2004 budget for this important project. At this stage, however, the most important effort is that of volunteering. Vivian Gibbens, who has been involved in Harmony House for many years, is the Project Coordinator for the Cathedral. For more information or to volunteer, contact Vivian at 913-262-4341, or email her at vgibbens@aol.com (with "Harmony House" as the subject).

-from the Social Action Committee



St. Patrick Brought Christianity to Ireland

It is now March, a month many people associate with two things: gradually warming weather and St. Patrick's Day. You can probably guess that St. Patrick (approx. 389-461) did not drink green beer or have a parade in his own honor, but he was definitely an important figure in the early history of Christianity.

There is almost no definitive information on Patrick's life and work. Patrick was born in England, the son of a deacon and grandson of a priest. When he was 16, he was captured from his home and taken to Hibernia (now Ireland) and spent six years there as an enslaved shepherd. During his captivity, Patrick had visions in which he was urged to escape, and he fled home to England and soon continued to Gaul (France). After spending a few more years in slavery, Patrick was ordained as a priest.

After his ordination, Patrick returned to Ireland. He was appointed bishop of the fledgling church when he was in his 40s. The island was dominated by Druidism, but Christianity had already been introduced in some parts. Patrick devoted his ministry to bringing the church to the rest of the people

and helping to create a church structure. His missionary work was centered in Armagh, which is still a center of the Irish church. Over the last thirty years of his life, Patrick tells of personally baptizing thousands of people.

"I am," he wrote in his Confessions, "greatly a debtor to God, who has bestowed his grace so largely upon me, that multitudes were born again to God through me. The Irish, who never had the knowledge of God and worshipped only idols and unclean things, have lately become the people of the Lord, and are called sons of God."

Patrick is also said to have consecrated as many as 3,000 priests and many bishops and founded somewhere between 365 and 700 churches. Although he and

his followers had great success in spreading the influence of Christianity in Ireland, the faith still was not fully established in the island until long after his death.

The independent church was eventually brought into the Roman fold, and Patrick was made a saint.

St. Patrick's memory is celebrated on March 17, which is thought to be the date of either his birth or death. The tale of Patrick leading all of the snakes out of Ireland is probably false. His use of the shamrock to illustrate the Trinity led to its adoption as a national symbol of Ireland.

St. Patrick is remembered here at the Cathedral with his X-shaped shield, which you can see in the altar rail.

-story and photo by Chris Morrison

