

Parish Picnic offered food, fun and a time of fellowship



photo by Dave Pierson



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The parish picnic was held June 6, 2004, in Founders' Hall and in the Courtyard. The picnic is an annual event, typically held on Trinity Sunday. This year's picnic included games for the children, ice cream sold by the youth as a fundraiser and plenty of food for all.

Moms enjoy summer weather



photo by Jan Frizzle

The Moms' Bible Study group took advantage of some of the beautiful June weather at a recent outing to a local park. Each Friday, the moms meet for Bible study and fellowship at 9:30 a.m. in the Youth Room. If you are interested in more information about the group, please contact the Cathedral office or stop by on a Friday morning.



Your gift of \$10 sends one student back to school with a brand new backpack filled with supplies.

Parish gatherings will be July 18, July 25 and August 1.

Come to the giant stuffing party Saturday, August 7 at St. Paul's Episcopal Church at 40th and Main in Kansas City, Missouri.

For more information, call 816.561.8920.

An Outreach Ministry of Episcopal Social Services

Adult Forum participants learn and share poems

The last two Adult Forum sessions for the 2003-2004 semester brought noted local author and physician, Dr. Warren Molton, to lead our Adult Forum in a challenging exercise to explore and discover God among us.

Reading from a selection of 56 prayer-poems and meditations contained in his collection "If God Is ...," Dr. Molton spoke of God using a

Snowflake, a Crowing Rooster, a Clown and – much to our delight – a Great Lollapalooza as metaphors. Having written poems most of his life, Dr. Molton selected his favorites, and then wrote companion prose for these pieces.

His prose and poems "seek light that does not depend on eyes," writes Meister Eckhart in his review of Molton's work.

A challenge was extended at the conclusion of his first session: "Now it is your turn to write." And write they did. Here are just a few of the offerings crafted and read the following Sunday.

Copies of Dr. Molton's book are available in our bookstore.

Dr. Molton credited Helga Beuing, daughter of Thilde Beuing, with faithfully typing and retyping many morphs and editions of his book.

Helga's contribution, "If God is this Nesting Dove," was also accompanied by a photo she captured of the doves nesting just outside her window (see poem and photo below).

– by Jan Frizzle

July 11, 18, 25

Summer Adult Forum

T.S. Eliot Meets The Fog of War. Cathedral member, Tom Brous will lead this forum based on T.S. Eliot's book, "Four Quartets." Copies of the book will be available in the Cathedral Bookstore.

God Dwells

Victor Sarrazin

The house of God
is the act of love
the gesture of compassion.
God dwells in the passion
between husband and wife
in soft kisses and gentle words.
God dwells in the nurturing
of parent to child
in feeding and teaching.
God dwells in the loyalty
between friends
in support and in celebration.
God dwells in the charity
from stranger to stranger
in helpful hands and caring gifts.

If God Is This Nesting Dove

Helga Beuing

If God is this nesting dove
outside my sunroom window
gathering twigs
becoming the bowl-shaped cradle
for life not yet conceived;
If God is this nesting dove
protecting two white jewels
under puffed-up plumage
from mid-day's heat
and mid-night's frost,
from stormy rains
and pounding hail;
father dove by day
and mother dove by night;
If God is this nesting dove
feeding its young

from its own beak
while patiently waiting
for downy plumage
to become full flight regalia;
If God is this nesting dove,
pecking and prodding
till the little doves
find courage to fly;
Then, dear Father God,
dear Mother God,
I accept and understand at last
your parental declaration:
"I loved you before I knew you."
Protect me, peck, prod me
to become, to grow, to fly.

If God is Old Black People

Ronald Miriani

God is old black people living
east of Troost,
The traditional dividing line
that separates the "good" and
"bad" parts of town.
They form most of the
community I serve in Meals
on Wheels.
Unseen, unknown to the
general public,
They bear their infirmities with
a grace that I envy – one of
the cardinal Buddhist sins.
They speak with soft voices.
They smile and say "Thank you."
For years I thought I was being
Jesus to their need.
Enlightened, I now see that
they have been Jesus to me,
Saving my Tuesdays from what
was often meaningless,
Bringing me a Gospel that only
they are able to preach.
– by Ronald Miriani



God Is Me, On Occasion

Ronald Miriani

God is me, on occasion.
Not all day or every day,
But sometimes, in class, in con-
versation, in silence
I feel an assurance that I am the
brother of Jesus,
and son of His Father,
That I am the kinky personifica-
tion of
The Father to others, as they are
so often to me.

– by Ronald Miriani

Cathedral's defibrillator offers heart attack help

It has happened before and it will happen again: In a public place like a shopping center or a church, someone suddenly drops to the ground, a victim of cardiac arrest. Just a few years ago, onlookers had few options for helping other than to administer CPR and call 911.

Even if medical professionals arrived in just a few minutes, the patient would stand only about a ten percent chance of surviving. Thanks to new technology, help can be taken directly to the patient, saving time and lives.

Grace and Holy Trinity Cathedral is one of a growing number of places around the country with Automated External Defibrillators, or AEDs. These are portable devices about the size of a laptop computer that can be used to shock a heart into a regular rhythm.

AEDs are used when the heart stops pumping blood due to a blocked artery and goes into a quivering state called ventricular fibrillation. An electric shock is delivered to the heart, bringing it back to a normal rhythm.

Cathedral member and doctor at the University of Kansas Medical Center Jennifer Lowry says AEDs are designed to be used by anyone.

Complete instructions are included, and there are three basic steps.

First, two pads are placed on specific places on the patient's chest. Second, the AED monitors the patient's heartbeat and determines if a shock is needed (not all heart attack patients require defibrillation). Third, if it is needed, the AED sends a short electrical pulse through the pads.

Lowry says it is important to have AEDs available in public places, like churches, schools and even airliners, and that it is important to know where they are and have some training.

"You never know when something like this is going to happen," she said. "You need to be comfortable using it."

Training obviously does not involve using AEDs on other people, but a good orientation can help overcome heat-of-the-moment jitters.

AEDs are not meant to be a replacement for professional medical care, but a supplement. Ambulance crews cannot instantly arrive on a scene, leaving patients waiting. Considering that a patient's odds of surviving sudden cardiac arrest drop by ten percent for each

minute life-saving care is delayed, getting help as soon as possible is crucial.

The Cathedral is only one of dozens of places in the Kansas City area with an AED. The Mid America Heart Institute of Saint Luke's Health System's Heart Safe Community Partnership has facilitated placing them in schools, malls, Kansas City's City Hall and other places in the metro.

Lowry says it is not necessary for everyone at the Cathedral to be familiar with our AED but it should not be kept a secret. "Key people need to know where it is and how it works, if nothing else what it looks like," she said.

Call the Cathedral office if you would like to know more about our AED or would like to arrange for an orientation.

—by Chris Morrison

The Automated External Defibrillators are designed for anyone to use.

EFM offers opportunity for study

Insight. Impediment. Inquiry. Image. These are the four "I's" that intrigue students in Education for Ministry (EFM). Those committed to spiritual growth in scripture, history, theology and ministry gather weekly at the Cathedral from September through May to discuss and debate the many facets of their faith lives.

EFM is a four-year course of study that comes from the University of the South (Sewanee) through their extension program.

The first year concentrates on the Old Testament; year two on the New Testament; year three on church history; and year four on theology. A person commits to just one year at a time, at a cost of \$340 per year. Books are provided, as well as the Oxford Annotated Study Bible.

In addition to the reading and discussion of lessons, students also find nourishment in theological reflection, an exercise that combines their faith with incidents from their lives, literature and from other aspects of the world. These thoughtful discussions often provide new insights into both faith and life.

The evening begins at 6:30 p.m. in the Common Room with refreshments and opening worship. An "on board" question helps each one to participate in the fellowship which builds as the year progresses. Discussion of lessons is followed by theological reflection and closing worship. The evening ends at 9:00 p.m.

If you are ready to enlarge your spiritual life and grow in knowledge, faith and ministry, you may want to consider enrolling in EFM. The year begins with a one-day retreat in late August. Please contact Deacon Linda at the church office (816.474.8260) or by email (lyeager@ghkc.org) for information and/or to enroll.

This year's graduates of the four-year program are Greg Morgan, Cynthia Newman, and Steve Johnson. Participants include Leigh Dennert, John Hornbeck, Phyllis Biddle, John Turpin, Liz Toombs, Jen Funk, Sergio Moreno-Denton, Dave Berson, Ruth Evans, Virgil and Rose Burke, Joyce Morrow, Kristin Niederberger, Deanna Hardenburger, Ruth Evans, and Doris Dillenberger. Mentors are Gary Hicks and Linda Yeager.

—by The Rev. Linda Yeager, Deacon

Cathedral's financial status

Income and expenditures through May 2004 are on budget. Thank you! Unfortunately, a significant deficit is built into our budget and without additional income, program cuts are likely before the end of the summer. If you have pledged, please consider increasing your pledge and if you haven't pledged, please pledge.

—by Doyle White, treasurer

| MAY | BUDGETED YTD | ACTUAL YTD | VARIANCE |
|-----------------|--------------------|-----------------|-------------|
| INCOME | \$ 505,413 | \$ 522,074 | \$ (16,661) |
| EXPENSES | \$ 525,057 | \$ 520,938 | \$ 4,119 |
| VARIANCE | \$ (19,644) | \$ 1,136 | |

Weekly Activities

SUNDAY

- 8:00 a.m. Holy Eucharist
- 9:10 a.m. Adult Forum
- 9:15 a.m. Grace Choraliers
- 10:00 a.m. Summer Bible Study for Children
- 10:15 a.m. Holy Eucharist
- 5:00 p.m. Order for Evening & Eucharist

MON, TUE, THU, FRI

- 12:05 p.m. Daily Office

TUESDAY

- 9:30 a.m. Cathedral Outreach Program
- 1:30 p.m. Women's Bible Study

WEDNESDAY

- 12:05 p.m. Holy Eucharist
- 6:00 p.m. Benedictine Spirituality Group

THURSDAY

- 7:00 a.m. Men's Bible Study
- 9:30 a.m. Cathedral Outreach Program
- 7:30 p.m. Trinity Mixed Choir

FRIDAY

- 9:30 a.m. Moms' Bible Study



photo by Sergio C. Moreno

This door wreath was in honor of Earl and Nancy Cavanaugh's 50th wedding anniversary.

Activities for July

4 • SUNDAY

- 11:45 a.m. Music Committee

7 • WEDNESDAY

- 6:30 p.m. Couples' Bible Study

8 • THURSDAY

- 6:30 p.m. Thursday Evening Bible Study

11 • SUNDAY • Blood Pressure Sunday

- 11:45 a.m. Social Action Committee

- 6:30 p.m. Thursday Evening Bible Study

12 • MONDAY

- 5:15 p.m. Stewardship Committee

13 • TUESDAY

- 7:00 p.m. *The Angelus* Small Group

- 7:00 p.m. Cancer Support Group

18 • Sunday

- 6:15 p.m. Centering Prayer Small Group

20 • TUESDAY

- 7:00 p.m. Book Discussion Group

21 • WEDNESDAY

- 7:30 p.m. Finance Committee

- 6:30 p.m. Couples' Bible Study

22 • THURSDAY

- 5:00 p.m. Vestry

- 6:30 p.m. Thursday Evening Bible Study

Please verify times and dates of the events listed with the appropriate person(s) or by contacting the Cathedral Office.



Grace and
Holy Trinity
Cathedral

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The Very Rev. J. Earl Cavanaugh
Dean Emeritus and Pastoral Adjunct

RETURN SERVICE REQUESTED