



# The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

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## FROM THE DEAN *Commitment*

Everything began in great solitude. In 1940, at the age of 25, Brother Roger left his native Switzerland in order to live in France, the country of his mother. For several years he had borne within him a calling to begin a community where reconciliation between Christians would be lived out in daily life. A community where “kindness of heart would be a matter of practical experience, and where love would be at the heart of all things.”

He wanted this community to be present in the midst of the suffering of the time, and thus it was that he made his home in the small village of Taizé, in Burgundy, just a few miles from the demarcation line which cut France in two during the first years of the war. There he was able to hide refugees (Jews in particular), who had fled the occupied zone in the knowledge that they could find refuge in his house.

After the war he was joined by others, and on Easter Day, 1949, the first brothers of the community made their commitment to a life in celibacy, to community of possessions, and to simplicity of life.

From the 1950s onwards some of the brothers went to live in areas of deprivation in order to share the life of the poor, and the community became a place of pilgrimage, especially for the world’s youth.

Each year, from early spring to late autumn, young adults from different continents arrive on the hill of Taizé. They are searching for meaning in their lives, in communion with many others. By going to the wellsprings of trust in God, they set out on an inner pilgrimage that encourages them to build relationships of trust among human beings.

Some weeks in the summer months, more than 5000 young people from 75 different countries thus take part in a common adventure. And this adventure continues when they return home. It is expressed in their concern to deepen an inner life and by their readiness to take on responsibilities in order to make the world a better place to live in.

Church leaders also come to Taizé. The community has welcomed Pope John Paul II, three Archbishops of Canterbury, Orthodox metropolitans, the fourteen Lutheran bishops of Sweden, and countless pastors from all over the world.

Today, throughout the world, Taizé’s name evokes peace, reconciliation, communion and the ardent expectation of

a springtime of the Church: “When the Church listens, heals, reconciles, then she becomes what she is in her most radiant aspect: a crystal-clear reflection of a love.” (Brother Roger)

During Evening Prayer on August 16, 2005, in the Church of Reconciliation, a woman, probably mentally disturbed, walked out of a crowd of visitors and struck Brother Roger violently with knife blows. The 90 year-old monk died a few moments later.

Presiding Bishop Frank Griswold said, “For such a man of peace to meet a violent end while at prayer with his brothers and young pilgrims recalls the mystery of the Cross in

stark and unambiguous terms. Some years ago Brother Roger inscribed the Sign of the Cross in the palm of my hand, urging me to remain young in heart. May his youthful spirit and unwavering hope, rooted so deeply in Christ, be his continuing legacy both to his community and to the churches as they seek to embody the unity for which Christ prayed in order that the

world may believe” [from the Taizé Community and Episcopal Church web sites].

Each of us yearns to live a life committed to knowing God, serving others, making peace, being at peace, being an agent of reconciliation and healing – in short, a life filled with meaning and joy. This is the commitment of being a baptized person.

This community at 13th and Broadway that we call Grace and Holy Trinity Cathedral is not The Church of Reconciliation at Taizé, but we, too, are called to be a community committed to reconciliation. Such a commitment involves seeking God in prayer, Eucharist, study and fellowship, and as we care for others.

In the weeks ahead all of us will be asked to consider our own commitment to the mission of the Cathedral, and the Cathedral’s commitment to the city and diocese. May Brother Roger inspire us. May we be young in heart and filled with hope. May our commitment to the love of Christ, to the mission of the Church, and to the work of this Cathedral, be as tangible as Brother Roger’s commitment to making love the center of all things.

With affection,  
Terry+

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*Each of us yearns to live a life committed to knowing God, serving others, making peace, being at peace, being an agent of reconciliation and healing – in short, a life filled with meaning and joy.*

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# World renowned choir performs at Cathedral

Gloria Dei Cantores, the internationally acclaimed 40-voice choir from Cape Cod, Mass., will perform Gregorian Chant, music of Mozart, and Spanish, Russian and American choral music at Grace and Holy Trinity Cathedral on Sunday, October 2 at 7:30 p.m. A pre-concert lecture will begin at 6:30 p.m.

Through its mission to glorify God and to share a vision of inspiration and hope, Gloria Dei Cantores has touched the hearts of audiences and critics in 23 countries in Europe, Asia and North America.

Under the direction of Elizabeth Patterson, each member of the choir is passionately dedicated to finding and expressing the most authentic and compelling interpretation of sacred choral music throughout the ages.

The choir's performance highlights include six holiday tours with the Boston Pops Esplanade Orchestra; opening the 900th anniversary celebration of San Marco Basilica in Venice, Italy; featured on the soundtrack of Lorenzo's Oil; four radio and television broadcasts with the BBC; as well as concert performances in the finest halls throughout Europe.

In addition to its international and United States tour, Gloria Dei Cantores is highly praised for its impressive discography including 38 recordings which showcase the choir's extensive repertoire. "Performances



Elizabeth Patterson, director  
photo courtesy of Gloria Dei Cantores



photo courtesy of Gloria Dei Cantores

are impeccable and deeply moving. This group delivers gorgeous, balanced sound," writes the *American Record Guide*.

The 2005 United States fall tour performances in St. Louis, Kansas City, Wichita, Cleveland, Knoxville, Asheville and Orlando.

Tickets are priced at \$20 and are available from Cathedral musicians, music committee members and through the Cathedral Bookstore.

This is the first major Cathedral music offering to the community

since 2000. A "packed house" is the best way to welcome our distinguished guests. We hope you will support the event with your own attendance and by bringing others with you.

— by John Schaefer, Canon Musician

## Correction

In the July 2005 issue, the Mission-Palooza photos were incorrectly credited. Eric Travis, of Christ Church, Springfield, was the photographer. Thank you, Eric, for sharing these photos with us.

## Cathedral's financial status

July saw income at the Cathedral come in approximately \$8,500 below budget. This shortfall was due almost entirely to a shortfall in pledges received for the month. Summer continues to be a time when pledges lag. Expenses were well controlled in July and came in \$7,300 under budget.

As we prepare to go into the fall season, let us bring our pledges current and support the Cathedral fully in its important ministry.

— by Doyle White, treasurer

JULY MTD	BUDGETED MTD	ACTUAL MTD
INCOME	\$ 130,182	\$ 121,414
EXPENSES	\$ 110,810	\$ 103,552
<b>NET TOTAL</b>	<b>\$ 19,372</b>	<b>\$ 17,862</b>

JULY YTD	BUDGETED YTD	ACTUAL YTD
INCOME	\$ 810,443	\$ 821,557
EXPENSES	\$ 820,724	\$ 827,906
<b>NET TOTAL</b>	<b>\$ (10,281)</b>	<b>\$ (6,349)</b>

## The Angelus

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

THE ANGELUS SMALL GROUP CONTRIBUTORS:

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Julie Toma, *Editor*

Submissions from parishioners and small groups are welcome and encouraged. All entries are requested by the 15th day of the month prior to publication via fax: (816) 474-5856 or e-mail: communications@ghtc-kc.org.

# Is it okay to “regift”?

Have you ever regifted something? Yes, it IS a word and is defined by Macmillan (a .com dictionary) as, “the activity of giving something as a gift that you yourself originally received as a gift.” In this original definition, regifting has often been considered deceptive as it has the appearance that the gift, and/or the thought behind it, is not appreciated.

Today, however, regifting has taken on a more acceptable form as people “pass on” items through on-line sales, donations, garage and estate sales. Most stores today now even include a ‘gift receipt’ with your purchase knowing the recipient may need to make an exchange for a different size, color or even item!

Have you ever regifted? Whether the original way or by today’s standards, God wants us to regift, or pass on, what He has given to every one of us. God has blessed each of us with a unique personality and life skills and they are meant to be shared. Unfortunately, we may not easily recognize our uniqueness or gifted abilities.

Discovering our ministry involves reflecting upon these gifts and discerning how to make God’s work part of our lives. In other words, our God-given gifts are not intended to be denied by us—we are to live into our gifts for the glory of God by passing them on.

The Rev. Linda Yeager, spoke about this in her message entitled, “Food Enough,” on July 31 (see the Cathedral website for the complete sermon). In it she says, “If we simply come

to church on Sunday and partake of the Eucharist as a symbolic remembering, we are not filled. But if we, instead, are filled by the Holy Sacrament of our savior Jesus Christ, we will be empowered to serve Him in the world, no matter how little we have to offer. And we will serve Him in every word and action of our lives ... even with very little, we can accomplish great work for the Lord.”

She left us with this thought: it doesn’t matter if you feel you have little to offer because God will work the miracle. This is so assuring!

In a sermon by The Rev. Jim Nutter, Rector of Palmer Memorial Episcopal Church in Houston, Texas, he compares a headless doll, which he found in the process of cleaning out his garage, to the ministry of a church. (I wish my chores provoked such reflections for me!) Because it described the use of our spiritual gifts, it seemed worthy of “passing on” here:

He discusses who the Head of the church is—it is not those who have attended the longest, given the most money, staff, vestry or even the rector. It is Jesus. “And he (God) has put all things under his feet and has made him (that is Jesus) the head over all things for the church, which is his body, the fullness of him who fills all in all.” (Ephesians 1:22)

Once a church is clear about its Head, he believes the torso can begin to grow strong, healthy arms and legs. These limbs grow when

all of the church’s people are involved in some form of ministry; and living into our ministry is important for our heart, soul, faith and relationship with Jesus. By doing so, we will know his pleasure and peace when we use our gifts to make a difference for him.

He goes on to tackle the excuses and objections that are often made by those not ready to become the ‘arms and legs.’

For those who believe they don’t have anything to give, Father Nutter says, “That is simply a lie, and God is not glorified when you deny or bury your gift.”

For those who feel they may not be good enough to live into their gifts and ministry, he says, “...ministry is not about being good enough, but about Christ working in and through us.”

For those sensing their current ministry is not connected to their spiritual gifts, he invites them to leave it and find something else.

Finally, for those feeling overburdened and unable to imagine ever serving Christ in any way in or from this place, he gently asks whether their life might be out of balance.

It is not always easy to know what we are being called to do, but lucky for us God has graciously given us the gifts. All we need to do is simply realize them and regift to others. So is it OK to regift? ABSOLUTELY!

— by Valerie Johnson,  
Director of Adult Christian Formation

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*God wants us to regift, or pass on, what He has given to every one of us.*

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*Not sure what your gifts are? Discover them at the Living Ministry Fair (see article on page 4).*

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## Five Cathedral youth to serve on diocesan Youth Action Council

Five young parishioners from Grace and Holy Trinity Cathedral have been selected to join the Diocese of West Missouri Youth

Action Council. Alexandra Connors, Ruth Fenger, Luke Flora, Ginny Rice and Kitty Rice will work with teens within the Diocese

and Diocesan Youth Ministry Coordinator Kim Snodgrass, to plan for growth in the youth ministry in our area.

Youth Action Council members will have input on the structure of Diocesan Youth events and assume a leadership role in welcoming youth from their home churches to participate in them.



**THANK YOU!**  
**THANK YOU! THANK YOU! THANK YOU!**  
**THANK YOU!**

My deepest thanks, and the thanks of the whole congregation to the Very Rev. Earl Cavanaugh and the Rev. Richard Preis for celebrating the daily Eucharist, and to the Rev. Jerry Kolb for his Sunday supply, during my time away.

— TAW +

# A living ministry fair

In previous years, September has been a time to celebrate the many ministries at GHTC by inviting various groups to create a table display that exhibits their activities. Participation in this ministry fair has always been incredible and has continued to grow through the years. (In fact, last year we were nearly beyond our inventory of tables and space!)

One of the goals of this Rally Day ministry fair has been to invite others to become a part of the ministry being represented. Attendees were encouraged to ask questions and sign up as they might find the ministry group that is "just right" for them. But how do we know which ministry is "just right" for any of us?

Beginning Sunday, September 11, at 9:15 a.m., in Founders' Hall, you are invited and strongly encouraged, to be a part of a living ministry fair at GHTC!

Rather than limiting ourselves to one Sunday celebrating our many ministries, we will spend four Sundays (September 11, 18, 25 and October 2) in prayer, discussion and self-examination as we recognize the spiritual gifts each of us has and how we offer these to others as Christ would have us do.

These Sundays require NO preparation or planning, just a willingness to reflect through self-study. Set aside this time for yourself as you discover ways to put your faith in to action, whether it is at home, church, work in the community, or across the world.

— by Valerie Johnson, Director of Adult Christian Formation

## Reel People

BEFORE SUNSET

September 28 • 6:30 p.m.  
Founders' Hall

For further information, call 816.741.0992.

## Book Discussion Group

1776 BY DAVID McCULLOUGH

September 20 • 7:00 p.m.  
Conference Room

For further information, call 816.741.0992.

# Children's formation classes begin

Children's Christian Formation classes 2005-2006 begin on Sunday, September 11, 2005 at 9:15 a.m. in Haden Hall.

Preschool aged children attend Godly Play formation in the faith exploration room with the yellow door. Mrs. Cornwell and Mrs. Michka are the presenters for this class.

Children in grades K-2 attend Godly Play in the faith exploration room with the purple door. Mrs. Fenger and Mrs. Marrs are the presenters. Mrs. Coletti will assist.

Children entering grades 3rd -5th attend formation classes in the faith exploration room with the red door. The All Things New curriculum is used. Mr. Asbridge, Ms. Fenger, Mr. Johnson, Mrs. Kerr, Mrs. McTavish and Mr. Sweeting will rotate presentations.

Pre-confirmation classes for youth entering 6th - 8th grade are held in the faith exploration room with the green door. Pre-confirmation classes will be taught by clergy. Formation classes conclude at 10 a.m. and children in grades 3rd-8th then proceed to the nave to at-

tend worship with their families.

Children's Chapel, a developmentally appropriate worship service for younger parishioners, begins at 10:15 a.m. Children's Chapel worshipers join their families in the nave at The Peace. Children ages 3 and 4 attend service in the junior chapel with the cherry doors. Mrs. Wattenberg and Ms. Fenger are the Chapel Leaders.

Children in grades K-2 attend service in the senior chapel with the orange door. Mrs. Coletti, Mrs. Kretsinger, Mrs. McCarson, Mrs. Moore and Mrs. Schnittker, are the Chapel Leaders.

We have a wonderful community of children and parents in our Grace and Holy Trinity Formation programs and appreciate all the love and support we receive from you. There are many new activities to look forward to in this year of formation. Children won't want to miss a Sunday!

— by DeAnn Pasley McTavish,  
Director of Children's Christian Formation



## Choral Evensongs resume

The Trinity Choir will offer Choral Evensong monthly, except for December and April, on the third Sunday of each month, beginning at 4 p.m. The office comprises Psalmody and Canticles drawn from the Offices of Vespers and Compline. The congregation participates in the singing of the hymns.

The September Evensong includes the Magnificat and Nunc dimittis written for St. David's Cathedral in Wales by William Mathias and an anthem by Charles Villiers Stanford: "Beati quorum via."

Offerings from the Evensongs will be directed to the 2006 tour, during which the Choir will sing at St. David's.

## 2006 Choir Tour, part II

Relative to the tour, for which the Choir will offer events of a jolly nature to raise funds, the tour organizer Jane Flynn has developed an additional journey for non-choir members which will take them to three "holy" sites: the Isle of Iona in Scotland; Lindesfarne, "the holy

isle" off the east coast of England; and Canterbury Cathedral. The tour begins on July 23, 2006, and concludes August 9. The price is \$3800 per person. If you are interested, please consider fairly quickly, as there is a need to secure airline

seats. Contact the Cathedral office (816-474-8260) or Flynn travel (913-393-0540).

## Cameras needed

The Cathedral organists do not have an easy time "seeing" what happens in processions and other liturgical actions. We are seeking a camera or two which can feed in formation to a monitor (also needed) on the console. If you have one or several items to donate, please contact Canon Schaefer.

## Oktoberfest

Saturday, October 22

Founders' Hall • 4-9 p.m.

*Fine German food, music, dancing and the like*

Cost: \$20 adults, \$10 (18 and younger)

children 5 and younger: free

More details in the October issue of  
*The Angelus.*



# Seeking people to free our books

“Books are like imprisoned souls till someone takes them down from a shelf and frees them,” commented Samuel Butler. At the Cathedral, we are trying to free those imprisoned souls. Thanks to Whitney Rice, one of our seminarians, we are closer to freeing our books than we have been for a long time. This summer, Whitney began the task of putting all the books in our collection onto the computer.

She’s had help, some recent, some in the past. At one time, the Cathedral library, called Loaves and Fishes, was housed in what is currently our bookstore. Eva Becker, now deceased, and others spent much time, effort, and love in keeping the books catalogued and in front of the congregation. Eva wrote a column in the *Angelus* reviewing and describing books, and she brought the book cart to coffee hour to introduce books to the congregation.

After Eva moved into Bishop Spencer Place and the library became the bookstore, the books from the Cathedral collection were boxed and placed in the basement. A few years later, bookshelves were built in the Common Room with the hopes of once more opening a library.

A couple of years ago, one of our parishioners, Dan Campbell, now deceased, gave his collection of books to the Cathedral. Dan had been a Methodist minister and donated many excellent volumes. He took an interest in the library, and had the boxes brought to the Common Room and unpacked. But his health prevented him from spending as much time in the library as he would have liked.

Enter Thomas Smith. Thomas decided to work in the library for his Eagle Scout project. Thomas and his friends spent many hours organizing the collection and numbering the volumes. However, without an available

computer, modernizing the library was not a practical consideration.

And then came Whitney!! During the summer of 2004, Whitney spent an internship at St. Michael’s and All Angels Episcopal Church in Dallas. She helped organize their library, using a computer program. When Whitney, who graduated from the University of Kansas last spring, was looking for a part-time summer job, the library here beckoned her.

Since the Cathedral had recently purchased new computers for the office, we had available one of the older computers. In addition, there was a computer cabinet available that can be locked. We put Whitney to work, and she spent many hours going through the books and computerizing the collection. Her dream is that the collection can eventually be placed on our website so that all of us can find books to meet our needs and our dreams.

So, here we are. We have made a significant start on the project of re-opening our library and making the titles accessible to our congregation and to the diocese.

We need the following:

- 1) Someone(s) willing to spend time to get the rest of the collection on the computer.
- 2) Someone(s) willing to design a way to check out and check in books and display books to the congregation.
- 3) Someone(s) willing to help make a plan for library acquisitions.
- 4) Someone(s) who loves and cares for books and wants to make the dream of the library a reality.

If you are that/those someone(s), please call Deacon Linda. Together, we will free our books and enrich lives accordingly.

— by *Thr Rev. Linda Yeager, Deacon*

## Behind the Trinity banner

The longest season of the church year is Trinity and the basic color is green. A symbol of the Holy Trinity often seen in European churches is that of three fishes.

The fish is an ancient symbol of the Savior since the Greek word meaning “fish” is composed of five letters. These are the initial letters of the words:

Jesus Christ God’s Son Savior (IXOYE) The Trinity is symbolized by an equilateral triangle, expressing the idea of the eternity of the Three Persons and of Divine Essence also this idea was symbolized on our Cathedral Banner in the form of three fishes. They are embroidered in gold on a field of green and outlined in a shade of blue green.

This banner was given by Mrs. Barbara Kaiser in memory of her father who was an outdoorsman and a fisherman.

— by *Richard Fanolio*



## Save the Date!

HELP (Haitian Episcopal Learning Programs), a consortium of Kansas City-area Episcopal churches which supports a number of education, healthcare, and community development projects in southwestern Haiti, will host an area wide gathering at Grace and Holy Trinity Cathedral on September 25.

All who are interested or involved in Haiti mission work are invited to attend. Pere Franz Cole from Torbeck, Haiti, will be the speaker and guest of honor, and several HELP representatives will describe ongoing efforts in southwestern Haiti. Please reserve this afternoon on your calendar and watch the bulletin and website for more details.

Come sing with the

# GRACE choralists

The Choralists are a talented and dedicated group of singers, ages 7-12, who love to share their gifts with the Cathedral. They meet on Wednesday evenings from 6-7 p.m. in the Common Room.

If you are interested, please attend a brief parent/student orientation meeting September 7 at 6 p.m. in the Common Room, which will be followed by the first rehearsal.

Contact Malinda McCasland at 913.829.7916 or [mjmccasland@aol.com](mailto:mjmccasland@aol.com) if you have any questions.

## News from Guild of the Christ Child

The Guild of the Christ Child would like to extend a joyful welcome to DeAnn McTavish as Director of Children's Formation. We are excited for her and the children and are looking forward to a new year and continuance of the incredible programs begun last fall.

The Chaplain's office at St. Luke's Hospital for some time has sent Deacon Linda Yeager e-mails requesting prayers for sick/premature babies at the hospital. She shares these request with Moms' Bible Study and The Guild of the Christ Child. In order that our prayer response might be more timely, Linda will be creating an e-mail directory so she can forward these requests immediately. If you are interested in sharing in this important prayer circle please contact Linda with your e-mail address at [lyeager@ghc-kc.org](mailto:lyeager@ghc-kc.org).



After a quiet summer the Guild members were both renewed and rejoicing as we celebrated the Baptism of five children on August 21st. Our congratulations to Mary-Kate Deves, Andrew Claassen, Carly Loomis, Elizabeth and Margaret Behner, and especially their families and friends who shared this blessed occasion and Baptism feast with all of us at the Cathedral.

— by *Jeanette Coletti*

## Youth groups resume weekly meetings

Grace and Holy Trinity Junior and Senior Youth Groups, for 6th through 12th graders, meet Wednesdays at 7:00 p.m. in Haden Hall. The Youth Groups engage in an active mix of faith and fun.

Youth Groups volunteer in the Community Kitchen the first Wednesday of the month. Barbecues, costume balls and lots more!

Live an authentic life and live your faith!

## Opportunity for Ministry:

## Victim Offender Reconciliation Program

“Will you strive for justice and peace among all people, and respect the dignity of every human being?” “I will, with God's help.”

In recent months almost every time we sit down to read a paper or watch the TV news we are reminded that murders are up in the metropolitan area. Each has their particular story of senseless crime and victimization and can often leave us with the a sense of helplessness in the presence of faceless violence. What is to be done? More police? Larger prisons? Heavy sentences?

These have been tried before and often are only responding to a pattern of behavior that has long sense become routine. And, they don't really work to change things, only to punish the offender and send them away with little or no expectation of rehabilitation.

Criminal justice experts know that the most effective response to such crime is prevention and prevention means intervening quickly in the lives of young persons involved in early forms of criminal behavior.

Mostly this is left to the families and professionals but a new program in the KC area sponsored by Episcopal Community Services and based on a model developed by The St. Francis Academy in Salina, KS, may be looking for your help.

VORP, short for Victim Offender Reconciliation Program, was designed to provide an alternative to typical juvenile justice programs in that VORP is based upon a model of restorative justice. Restorative justice adopts a stance that seeks the healing of those effected by a crime though repairing the relationships between the victim, society, and the offender.

Unlike most juvenile justice responses that emphasize punishment and incarceration

where victim and offender never encounter each other, VORP emphasizes direct meetings between victims and offenders which are facilitated by trained volunteers.

Working together, victims and offenders develop shared agreements on how restitution and reparation can be made. For victims, they can experience healing by confronting the offender and possibly their own fears of revictimization while being given back power and voice in the community's response to a crime.

Offenders may also gain a better understanding of the impact of their actions on others, enhance their level of empathy for others, strengthen their sense of accountability through direct confrontation with those hurt by their actions, and, hopefully, experience a sense of reconciliation to the community of which we are all members.

By including the option of VORP, local courts have another choice when adjudicating youth guilty of crime. VORP in other cities has been shown to save money by diverting youth from more expensive institutional placements to a program that has a proven track record of reducing he likelihood to reoffend.

This fall, efforts are underway to establish a VORP program in Johnson and Wyandotte counties. Eventually, it is hoped that the program can be expanded to include counties on the Missouri side. In September, the VORP Trainers will undergo training and certification in Kansas and will then setup trainings for the facilitator volunteers later in the season.

If you are interested in becoming a volunteer, or merely exploring the possibility, please contact Deacon Bruce after the 8 a.m. service or at home or though email via the GHTC website.

— by *The Rev. Bruce Hall, Deacon*

# Commitment Sunday is coming!

# What I did on my summer vacation

What did you do on your summer vacation? I suspect that answers vary widely. While some of you were able to get away to a lake cabin for an extended period of time, others were lucky to get a day off for a doctor's appointment.

Even though most of us would have loved a trip to Europe or a month or two at the shore, nevertheless summer has faded away and it's time to reflect on what it did or didn't do for us.

I was extremely fortunate to have some time off this summer, and I was able to spend a portion of it with no agenda. I had anticipated that I would have time to think through some of the world's great issues and/or began to make sense of mortality, etc.

However, what I discovered was that I didn't think about much of anything. In fact, the best part of my quiet time was not talking and not pondering at all. And I highly recommend this type of time off for all of us.

Since we do not often have the opportunity to go away and do nothing, I suggest that the next best exercise is to give centering prayer a try. In centering prayer, we are able to find that peace that being quiet with God brings.

It is in that peace that we find the comfort, strength, and energy to do the work that God is asking us to do. I can't explain the reasons for all this, but I do believe that the time sitting in silence with God renews and refreshes us spiritually.

If you are willing to take a try at centering prayer, you will be glad to know that you need no equipment, no money, no books, no classes. All you need is a willing heart and a little time and patience.

The ideal, of course, is 20 minutes in the morning and 20 minutes in the evening. I find

that, for me, the morning minutes are most valuable, but, then, I am a morning kind of person.

Find a spot that is comfortable and quiet. I have a friend that parks her car in the lot where she works and does centering prayer before she goes into the office; however, I have discovered that the corner of my sofa works best for me.

Place your feet flat on the floor and your hands, open and loose, in your lap. Close your eyes, breathe deeply and try to clear your mind. Of course, it is impossible to clear your mind completely, but if you find a word or phrase that comforts you, you can go back to that word or phrase each time you find your mind wandering.

That's pretty much all there is to centering prayer. It is more about listening than talking or thinking. If you are concerned about how long 20 minutes is, then set a timer in another room

that will buzz or ding or beep when your time is completed.

If 20 minutes seems too daunting, start with 10. The main value comes from being alone with

God and letting God seep into every pore, letting God fill you with his unconditional love, letting God encompass your heart.

At first you may wonder what the value of centering prayer could possibly be. But give the experience a chance to work on you for awhile.

I promise that if you are faithful to centering prayer, you will discover that it makes a significant difference in your life—a quieting of your spirit, an acceptance of God's love, a more peaceful approach to problems. Of course, a week at a mountain cabin is helpful, too.

— by *The Rev. Linda Yeager, Deacon*

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*In centering prayer, we are able to find that peace that being quiet with God brings.*

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## With sympathy

We ask that you remember the following families in your prayers:

- *Brandy Hutcherson, friend of Heather Cleavinger*
- *Donald Green, grandfather of The Rev. Ben Newland*
- *Benjamin Watson, grandson of the late Sallie and Ray Watson*

## Flower memorials and thanksgivings

August 7 • The flowers are given to the glory of God and in thanksgiving for her daughter, Sandra, by Mrs. H.A. Sloan.

August 14 • The flowers are given to the glory of God and in thanksgiving for their directress, Betty Phillips, by the Altar Guild and in loving memory of Charles S. Lacey by Larry and Marilyn McMullen and family. Memorial candles are given in loving memory of Mildred Igl by Paul and Bonnie Lowrey.

August 21 • The flowers at the altar are given to the glory of God and in loving memory of her husband, Thomas J. Wood, Jr., by his wife, Sally; and in thanksgiving for the life of Herbert A. Sloan; also in loving and blessed memory of John T. Cozzi, by his granddaughter Tricia Pellet Lyddon. At the baptismal font in loving memory of Max McLeroy by Ron and Carolyn McLeroy.

August 28 • The flowers at the altar are given to the glory of God and in loving memory of Thomas M. Higgins, Jr.; and in loving memory of Edwin R. Morrison by Mrs. Herbert A. Sloan. At the baptismal font in thanksgiving for her son Brian Marrs and granddaughter Madeline Marrs, by Miriam Marrs; and in thanksgiving for Michael McDowell. At the Chapel altar in thanksgiving for Terry Ryder, by Alan & Phyllis Ryder. Memorial candles are given in loving memory of her parents, Walter and Alice Adams and her sister, Hily Riess, by Jane Lester.

*If you are interested in giving flowers, please contact Mary Byrne at [mbyrne2457@sbcglobal.net](mailto:mbyrne2457@sbcglobal.net) or 816-531-8944. Prices for the flowers vary depending on where you would like the flowers:*

\$75	Tower door wreath
\$40	Altar
\$30	Chapel
\$25	Baptismal Font
\$10	Candle

## A Christian Journey

Sunday mornings at 9:15 a.m.

October 2, 9, 16, 23, 30; November 6 & 13

Make plans to come along! Whether new to the Christian faith, the Episcopal faith tradition or are simply seeking a 'renewal' as an Episcopalian, please join us on this meaningful journey.

This class also serves as our catechumenate for those seeking the Rites of Baptism, Confirmation, Reception or Reaffirmation. See more details on our website!

For more information, please contact Valerie Johnson, director of adult Christian formation, at the Cathedral office.

Episcopal Community Services invites you to attend the 11th annual

# Servin' up Jazz

Saturday, September 24

4:00 p.m.

Grace and Holy Trinity Cathedral

Featuring  
the Danny Embry Quintet  
and The Wild Women of  
Kansas City

Individual tickets are \$30  
Call 816-561-8920  
for tickets.



Grace and  
Holy Trinity  
Cathedral

The Episcopal Diocese of West Missouri

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Kansas City, Missouri 64141  
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Facsimile: (816) 474-5856  
Website: www.ghtc-kc.org  
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*Bishop of West Missouri*

The Very Rev. Terry White  
*Dean*

The Rev. Susan Sommer  
*Canon Pastor and Subdean*

The Rev. Linda Yeager  
*Deacon*

The Rev. Carol Sanford  
*Curate*

The Rev. Bryan England  
*Deacon*

The Rev. Bruce Hall  
*Deacon*

Mr. John L. Schaefer  
*Canon Musician*

The Very Rev. J. Earl Cavanaugh  
*Dean Emeritus*

RETURN SERVICE REQUESTED

## Weekly Activities

### SUNDAY

- 8:00 a.m. Holy Eucharist
- 9:15 a.m. Christian Formation
- 10:15 a.m. Holy Eucharist  
Children's Chapel
- 5:00 p.m. Order for Evening and  
Holy Eucharist

### MONDAY

- 12:05 p.m. Holy Eucharist

### TUESDAY

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

### WEDNESDAY

- 12:05 p.m. Holy Eucharist
- 5:45 p.m. The Tallis Singers
- 6:00 p.m. Grace Choraliers
- 7:00 p.m. Youth Group

### THURSDAY

- 7:00 a.m. Men's Bible Study
- 9:30 a.m. Cathedral Outreach Program
- 12:05 p.m. Holy Eucharist
- 5:45 p.m. Cathedral Bell Ringers
- 6:30 p.m. EFM
- 7:00 p.m. Choir Small Group
- 7:30 p.m. Trinity Choir

### FRIDAY

- 9:30 a.m. Moms' Bible Study
- 12:05 p.m. Holy Eucharist

## Activities for the Month of September

### 4 • SUNDAY

- 11:45 a.m. Music Committee

### 5 • MONDAY

- Cathedral Office closed

### 6 • TUESDAY

- 6:30 p.m. Needlework Arts Group
- 7:00 p.m. *The Angelus* Small Group

### 7 • WEDNESDAY

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

### 11 • SUNDAY • BLOOD PRESSURE SUNDAY

- 11:45 a.m. Social Action Committee
- 6:15 p.m. Centering Prayer Group

### 12 • MONDAY

- 5:00 p.m. Stewardship Committee
- 6:00 p.m. Robbery Victims Support Group

### 13 • TUESDAY

- 6:00 p.m. Guild of the Christ Child
- 7:00 p.m. Cancer Support Group

### 16 • FRIDAY

- 5:00 p.m. Annual Lay Symposium

### 18 • SUNDAY

- 12:00 p.m. Integrity
- 2:00 p.m. Thilde Beuing Recital
- 4:00 p.m. Choral Evensong

### 19 • MONDAY

- 4:30 p.m. Buildings and Grounds

### 20 • TUESDAY

- 7:00 p.m. Book Discussion Group

### 21 • WEDNESDAY

- 7:30 a.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

### 24 • SATURDAY

- 4:00 p.m. Servin' Up Jazz

### 25 • SUNDAY

- 12:00 p.m. People Caring for Friends and Family  
Small Group

afternoon HELP (Haitian Episcopal Learning  
Programs)

- 6:15 p.m. Centering Prayer Group

### 26 • MONDAY

- 6:00 p.m. Robbery Victims Support Group

### 28 • WEDNESDAY

- 6:30 p.m. Reel People

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