



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol. 78, No. 2 • February 2009

FROM THE DEAN

Jesus said, “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to you span of life?”

“Therefore, do not worry, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness and all these things will be given you as well.” (*Matthew 6:25-27,31-33*)

Matthew’s Gospel includes these words as a part of Jesus’ Sermon on the Mount. I guess I have often imagined the setting for that sermon as a gentle hillside, lush with grass and wildflowers, the sun bright and the temperature mild, with a cool breeze causing the grass to wave ever so slightly. Most likely this picture in my mind was influenced more by the scene in *The Sound of Music* of Julie Andrews and the Von Trapp children playing and singing in the mountain meadow than by the reality of the Galilean countryside. Matthew sets forth the Lord’s teachings, but we are left to wonder what life was like at the moment these words were first spoken. Even if it was a time of year when the hillside was lush and it was a gorgeous day to be gathered with

thousands, what else was going on? Had the crops been devastated by drought or wiped out by insects or blight? Had the occupying army recently respond to a protest by viciously wiping out a village and its inhabitants? Had the governor imposed new oppressive taxes which many could not afford, causing shops to close, homes to be confiscated, and debtors thrown in jail while families were destroyed and left homeless? Were the religious leaders calling people to trust in God, pray faithfully, and remain committed to the Covenant and the teachings of the prophets, or were they more concerned with cooperating with civil authorities? If any of these circumstances were in play, the words from Matthew’s Gospel sound different: “Do not be anxious ... Seek first the Kingdom of God.”

Anxiety is an automatic reaction to a threat, real or imagined. It can protect us from potential risk and harm. At an elevated level, however, anxiety can be a paralyzer (the word *anxiety* is derived from a word meaning “to choke” or “to cause pain by squeezing”). If intense and prolonged, anxiety can have a strangling effect on the body, on the soul, and in our life.

In the remaining portions of the Sermon on the Mount according to Matthew, Jesus goes on to teach his disciples not to judge, to pray, to rely on God’s love, to do to others as you would have them do to you, and to weather life’s storms by building their lives on the sure foundation which is God. These are teachings that help us build our faith and avoid anxiety’s paralyzing effect. “Seek first the Kingdom of God.”

Faithfully yours in Christ, Terry+

Haiti has worst maternal death rate in western hemisphere

When a woman prepares for the birth of her child in the United States, little consideration is given to the risk of dying in childbirth. That reality faded from the American consciousness and only shows up in old cowboy movies, or period dramas.

Currently maternal death during childbirth is .01 percent in the U.S. In Haiti, the risk is 8.3 percent, the worst in the Western hemisphere. Death occurs from infection, obstructed labor, placenta previa or eclampsia. The risks

of maternal death are so high due to lack of assistance in childbirth, a home with no running water, electricity, and a dirt floor.

Maison de Naissance addresses the needs of a safe, clean and assisted environment to give birth. With the assistance of trained local midwives and supervision by doctors at St. Luke’s hospital, mothers and their children have a safer, better life. Something as basic as a safe birth requires special support in Haiti from organizations

like Maison de Naissance.

Please consider them for a donation when you think of mothers and their children. Donations can be sent to: Maison de Naissance, c/o Healthy Mothers-Healthy Babies Foundation, 6401 Wornall Ter, Kansas City MO 64113.

—by Rosemary Durkin



Maison de Naissance
a birthing home in Haiti

Adult Formation

Sundays • 9:15 a.m. • Founders' Hall

February 1

A Pilgrim in Botswana, part 2
The Dean will share stories of his visit to our Companion Diocese.

February 8, 15

Faith in Action and Daily Life

One of the challenges that Christians face is how to put the precepts of our faith into action in our daily lives. Join us on February 8 & 15 as we listen to the experiences of two young men, both members of the Cathedral, who could have put their respective college degrees to work in a variety of fields, but chose intentionally to make a difference in the community by engaging the non-profit sector.

On February 8 we'll have a chance to listen to Andrew Johnson, who works for Harvesters, the only food bank in Kansas City, and one of the chief suppliers of food for the Kansas City Community Kitchen. On February 15, we'll hear from Derek Hutchinson who is teaching fifth grade at Troost Elementary as part of the national TeachForAmerica program.

Both Andrew and Derek will reflect on the work they do and the challenges they face, and how their faith is formed and informed by their work.

February 22

Pancake Breakfast

Gather with your fellow parishioners for some fun, fellowship, and mighty-fine pancakes, as we anticipate Shrove Tuesday (February 24), and help raise money and awareness for hunger ministries. Tickets are \$10 for individuals or \$20 for families.

A party with a purpose

If you were to ask any member of the Social Action Committee to describe what their work is all about, you would probably hear something like this — “encouraging as much of the community as possible to become involved in helping other people in need.” And that is precisely what the Annual Chili Cook-Off is all about — community coming together to help others.

In this, our 16th year, we will again look forward to seeing all of you at our first party of the year, mingling great food, fun and friendship. The Chili Cook-off will take place in Founders' Hall Saturday, February 7 beginning at 6 p.m. — with facilities open earlier for the chili chefs to arrive and set up. Chefs, remember to bring your chili in a slow cooker or similar warming device to keep it hot. We'll supply the electrical cords — you supply the good eats.

There is plenty of opportunity to get involved, with prizes for eight different categories: Most Unique Chili, Best Presentation, Clergy's Choice, Best Vegetarian Chili, Best Small Group Entry, Best Tasting Youth Entry and Best Overall Youth Entry — and the grand prize for Chili Master. And groups at the Cathedral may challenge each other for the Best Entry by a Small Group. And yes, you may enter more than one chili (our record is three by a single contestant.) Of course, man and woman do not live by chili alone, so let us again give advance thanks for those who bring everything from cornbread to brownies and cookies.

Let us also not forget that this is a party with a purpose. Once again, two of the core ministries for the Cathedral will benefit from this event. The Rent and Mortgage Assistance Program, as you might expect, faces increasing levels of need.

CHILI!

Cook-off



FEBRUARY 7
6-9 P.M.

In these tough times, financial emergencies hit families of the “working poor” with greater impact. And for dozens of families in the Kansas City community, this program has been the difference between being able to keep their home, and becoming homeless. In addition, though the Friends of MN at the Cathedral, the Maison de Naissance well-baby/well-mother programs in Haiti will also benefit. This island nation has one of the worst mortality rates in the world, and Maison de Naissance is an outpost of hope and care for many of these mothers.

One hundred percent of the modest entry fee for the event (\$10 per person or \$20 per family), plus any other donations, go to these two ministries, as do all of the proceeds from the silent and live auctions. Remember, Valentine's Day will be only one week later. And we have fine dining, the performing arts, chocolates, art glass, and more. Handy isn't it?

In this family-friendly environment, we will also have activities for both children and older youth, with child care available. Plus our Social Action Chefs will prepare some child-friendly food for those children that have not yet acquired the taste for chili.

So once again, welcome to the 16th Annual Chili Cook-off. Remember, it is you — the community of this Cathedral and your neighbors and friends — who make all of this possible.

—by John Hornbeck

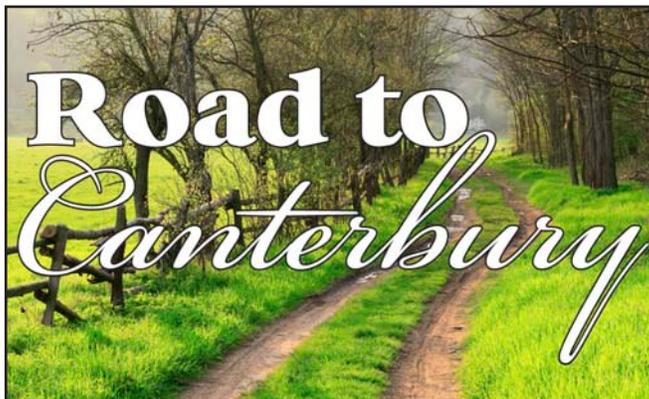
Road to Canterbury classes begin February 1

Same great class — now with a new name! It came to our attention that Journey of Faith describes what Christians, or those seeking to lead a Christian life, do day in and day out. As such, it seemed that perhaps the title for a class geared toward newcomers to the Cathedral and which focuses specifically on the Episcopal Church might benefit from a name that more specifically reflected that Anglican focus. To that end, Grace and Holy Trinity Cathedral is pleased to announce that the 8-week **Road to Canterbury classes begin**

Sunday, February 1 at 9:15 a.m. and will continue each Sunday through March 22.

Whether you are new to the Christian faith, the Episcopal faith tradition or are simply seeking a renewal as an Episcopalian, please join us. These classes also serve as our catechumenate for adults seeking the Rites of Baptism, Confirmation, Reception or Reaffirmation. These sessions will lay the groundwork to begin, or continue, a spiritual journey with Christ and the Cathedral community. This is an opportunity to learn about the Church and to become a part of our faith community through participation and fellowship.

To register, please contact the Rev. Canon Sue Sommer at ssommer@ghtc-kc.org or by phone at 816.474.8260 ext. 107.



Cathedral game night heats up winter night



Parishioners joined together for games, hot chocolate and fellowship at January's Cathedral Game Night.
photos by DeAnn McTavish



Flower gifts for January

January 4

- in thanksgiving for the first birthday of Patrick Bennett — *The Bennett Family*
- in memory of my sister, Teresa Esshom Sheldrake birthday — *Taloyre Mahoney*
- in thanksgiving for the anniversary of the baptisms of our children, George Elizabeth, Caroline and Amanda — *Brenda and Mark Colburn*

January 11

- in thanksgiving for the birthday of Mason Morgan — *Aaron and Stacy Morgan*

- in memory of Royce Lee Smith — *Jonathan and Nancy Kemper*

January 18

- in memory of Esther I. Rogers — *Gina Fenger*
- in loving memory of G. Newton Lewis — *Gordon Hansen*

January 25

- in loving and blessed memory of my mother, Lillian Cozzi Pellet — *Tricia Pellet Lyddon*
- thanksgiving for good health and another birthday — *Sharyl Wallace*

Treasurer's Report

Dec MTD	Budgeted MTD	Actual MTD
Income	\$ 173,720	\$ 137,383
Expenses	\$ 144,851	\$ 154,968
Net Total	\$ 28,869	\$ (17,585)
Dec YTD	Budgeted YTD	Actual YTD
Income	\$ 1,817,453	\$ 1,809,142
Expenses	\$ 1,812,915	\$ 1,832,216
Net Total	\$ 4,538	\$ (23,074)

December 2008 was difficult at the Cathedral. Income was \$36,000 below budget with shortfall in pledges accounting for \$30,000 of the amount. Most likely the rapid downturn in the economy contributed to much of the deficit.

Expenses for December 2008 were \$10,000 over budget with most of the overage attributable to repairs. Year-to-date income was close to budget at \$8,000 under budget and expenses were about \$20,000 over budget.

Thank you for your financial support of the Cathedral in 2008.

—by Doyle White

A Celebration of the Feast Day of ABSALOM JONES



Absalom Jones

Saturday, February 14 • 11:00 a.m.
Cathedral Nave
ALL ARE WELCOME!

Celebrant: The Rt. Rev. Barry Howe, Bishop of West Missouri.

Preacher: Rev. Dr. Larry Delano Coleman, attorney, pastor.

Featuring St. James UMC Praise Propulsion dance group

Reception with Black History Exhibit follows the service.

Event is co-sponsored by the Diocese of West Missouri and the St. Andrews/St. Augustine's Racial Reconciliation Committee.

Rev. Dr. Larry Delano Coleman

Larry Delano Coleman was born in Canton, Mississippi on January 3, 1951.

He attended public school in St. Louis County, Mo., finishing Frank Hamsher High School in Webster Groves, Mo. in 1969. Thereafter he attended Howard University in Washington, D.C., from which he obtained two degrees, one in Print Journalism in 1973, where he was Editor-in-Chief of *The Hilltop*, the weekly newspaper, and another from the law school in 1976. He was admitted to the Missouri Bar in 1977.

Professionally, Attorney Coleman has worked for the U.S. Department of Labor in the Office of the Regional Solicitor, in the United States Attorney's Office for the Western District of Missouri, and for the last twenty-two (22) years for himself, as a solo practitioner.

From his office in Raytown, Mo., Mr. Coleman has successfully handled a wide array of cases, ranging from civil rights to personal injury; from criminal law to probate; and from wrongful death to real estate.

A voracious reader, Mr. Coleman has also taught "Black History the Sacred Secret," in the Communiversity program at the University of Missouri at Kansas City, published *The Nile Review* newsletter, and written numerous articles for publication.

Mr. Coleman is also an ordained itinerant elder in the African Methodist Episcopal Church, where he has pastored three different churches. He is a member of a number of organizations, and he is also a Prince Hall Mason.



Rev. Dr. Larry Delano Coleman



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

- Newt Lewis
- Marjorie Collins
- Margaret Henderson Boyer (*Paula Connor's aunt*)
- Herb Carter (*Debbie Marr's godfather*)
- Sandra Butler
- Carl Towley

The Angelus

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

The Angelus Small Group Contributors:

Emily Akins	Tom Atkin
Mary Byrne	Jan Frizzle
John Hornbeck	Geoff Logan
Chris Morrison	

Julie Toma, *Editor*

The Angelus Small Group is open to anyone interested in contributing (writing stories, taking photographs) regularly to *The Angelus*. No experience necessary.

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: communications@ghtc-kc.org or fax: 816.474.5856.

GHTC Express pulls into nursery

Thanks to a very talented and loving parishioner, the nursery has a new look.

The GHTC Express is at the station on the east wall. Please feel free to stop in and see this outstanding work of art.

photos by Julie Toma



Sunday coffee hour

Each Sunday, Holy Hands volunteers provide goodies for Sunday coffee hours, which follow each service. The weekly reception is a great opportunity to talk with old friends or meet someone new. On the second Sunday of each month, our Parish Health Ministry offers free blood pressure screenings during morning coffee hours.

photos by DeAnn McTavish



UPCOMING MUSIC EVENTS

Festival Singers

Winterfest 2009
 Sunday, February 8
 2 p.m. • Nave
www.festivalsingers.org

Jaime Tyser

Trumpet Recital
 Wednesday, February 11
 7:30 p.m.

Fine Arts Chorale

Valentine's Day Concert
The Birds and the Bees
 Saturday, February 14
 7:30 p.m. • Founders' Hall
www.fineartschoralekc.org

Friends of Chamber Music

Beowulf
 Sunday, February 28
 8 p.m. • Nave
www.chambermusic.org

www.ghtc-kc.org/music

Meet your new Vestry members

JOE FINNIE

Joe's involvement with Grace and Holy Trinity Cathedral stretches back more than 40 years. Currently he is engaged with the Vestry, Newcomers' Committee, Building and Grounds Committee, Golf Tournament Planning Committee and the Cathedral Strategic Planning Committee. He feels he has an ability to motivate and encourage people for good, enlivened by a genuine sense of humor. Joe's vision for the future of the Cathedral includes growth of membership and expanded program development, especially for singles, newlyweds and young families. He hopes to see Grace and Holy Trinity Cathedral become a focal point in more lives through programs and activities.



JOSEPH LEWANDOWSKI

When asked, "Are you a detail or big picture person?" Joseph answers "yes." His position as Professor of Philosophy and Dean of the Honors Program at the University of Central Missouri brings him a wealth of experience in critical analysis of issues. He and his wife, Bridgett Owens, and son, Miles, have regularly attended the Cathedral for several years and became members in March 2008. Joseph currently serves as a homilist and leader in the Lambs Chapel. Looking to the future, Joseph sees the Cathedral positioning itself to be an outpost of opportunity for urban residents in need, and offering an increased level of social services and spiritual guidance in the community.



CANDY MCDOWELL

Candy's earliest active involvement at Grace and Holy Trinity Cathedral was with the Altar Guild, a commitment that continues today and has included three years as Directress. She has also been involved in many other facets of parish life — serving as a choir mom, helping with Vacation Bible School, participating in the book discussion group, co-chairing the Every Member Canvass, co-chairing the Transition/Search Committee and serving on the Stewardship Committee and the Vestry. She presently volunteers in the Cathedral office, serves on the Budget Committee and attends Women's Bible Study. Candy's hope is for renewed commitment to our mission, not only with our lips, but in our lives.



ANGELA MICHKA

Angela and her husband, Ron, became active members of the Cathedral in 1997. Her diverse activities include the Parenting Group, Moms' Bible Study, member and chairperson of the Guild of the Christ Child, the Vestry, the Dean Search Committee, Children's Formation and



a cook team for the Kansas City Community Kitchen. She is a marketing and communications professional and small business owner. Her vision is that we continue and expand our mission of outreach: to one another, to our community and to those in need around the world, with expanded programming and volunteer opportunities in a Cathedral that is fiscally sound and financially responsible.

JOYCE MORROW

Since her confirmation in 1984, Joyce has been very active in children's and adult formation, Altar Guild, Women's Retreat Committee, Charitable Needlework and Gardening small groups and as Holy Hands coordinator. She attributes to her involvement in Education for Ministry her increased commitment to her church and her responsibility to act within it. Her vision is that we honor in our daily lives, individually and congregationally, our baptismal covenant. We will then be dedicated to increasing our presence in the urban and metropolitan environment as well as increasing the breadth and depth of our Christian commitment.



BOB RICHMOND

Bob's involvement at Grace and Holy Trinity Cathedral encompasses 20 years as an adult server, past service on the Vestry and the Auxiliary Vestry, serving on the committee to interview applicants for holy orders, and the search committee for a youth minister. He cites his knowledge of parliamentary procedure and being a good listener as assets for Vestry service.

He would like to see the children's formation program expand and out-grow its home. His vision includes seeing an increase in adult attendance and an increase in the number of pledges of those attending. He states that, "I not only support the Cathedral mission statement, I voted for it!"



PAT WOOLLEY

As a boy at the Cathedral, Pat served as an acolyte, and he maintained his Cathedral membership during his undergraduate studies. During his years of teaching biology in Colorado, Kansas and Missouri, he belonged to other Episcopal churches. Upon retirement in 2005, he and his wife, Kay, returned to Kansas City where he now is an adjunct professor at Rockhurst University and Penn Valley Community College. He has been Head Usher at the Cathedral since 2006, and is also involved in Eucharistic ministry and small group activities. When voicing his vision for Grace and Holy Trinity Cathedral, he emphasizes the need to strive toward supporting all aspects of the Cathedral Mission Statement.



Love is a many flavored thing.

A benefit concert for Episcopal Community Services



An evening of songs, sweets and savory treats...

Featuring the Heart Aches,

a versatile ensemble of the Heartland Men's Chorus

Sunday, February 15

6:30 pm

Founders' Hall, Grace & Holy Trinity Cathedral

13th & Broadway Kansas City, Missouri

Donation: \$50

Wine Hors d'oeuvres Chocolate
by Culinary Cornerstones

Pajama Sunday

Pajama Sunday makes it easy to throw back the blankets and get to church. Roll out of bed and come to formation in your warm and appropriate pajamas, robes or slippers. God doesn't care what you wear; you're always welcome in His house.

photos by DeAnn McTavish



Lenten Academy: Wednesday Evenings During Lent

March 4, 11, 18, and 25

5:30 p.m. Holy Eucharist • 6:15 p.m. Dinner • 7-8 p.m. Classes

In order to assist with meal planning and class accommodations, please register in advance—beginning February 15. Here's how to register:

- online at www.ghc-kc.org/lent
- mail registration form to GHTC attn: Mary Ann Mansfield
- place registration form in the box found in the Tower
- call the Cathedral office

Information on class offerings will be available online and in the Lenten brochure that will be mailed to parishioners' homes in mid-February.

THE FIRST DAY OF LENT: ASH WEDNESDAY FEBRUARY 25

7 a.m. + 12:05 p.m. + 7 p.m.

Palm fronds to be burned may be left in a basket in the chapel by February 22, or burned at home with the ashes being returned to the ground.



If the KCMO school district has a weather-related closing, there will be NO 7 a.m. service; the other services will be held as scheduled.



Grace and
Holy Trinity
Cathedral

The Episcopal Diocese of West Missouri

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The Right Rev. Barry R. Howe
Bishop of West Missouri

The Very Rev. Terry White
Dean

The Rev. Canon Susan Sommer
Canon Pastor and Subdean

The Rev. Carol Sanford
Priest Associate

The Rev. Joseph Behen
Clergy Assistant

The Rev. Bryan England
Deacon

The Rev. Bruce Hall
Deacon

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

Mr. John L. Schaefer
Canon Musician

February 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Weekly Activities

Sunday

8:00 a.m. Holy Eucharist
9:15 a.m. Christian Formation
10:15 a.m. Holy Eucharist
5:00 p.m. Holy Eucharist

Monday

12:05 p.m. Holy Eucharist

Tuesday

9:15 a.m. EfM
12:05 p.m. Holy Eucharist
1:30 p.m. Tuesday Afternoon 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. Trinity Teens Youth Group

Thursday

7:00 a.m. Men's Bible Study
12:05 p.m. Holy Eucharist
6:00 p.m. Cathedral Bell Ringers
6:30 p.m. EfM
7:30 p.m. Trinity Choir

Friday

12:05 p.m. Holy Eucharist

This Month's Calendar

7 • SATURDAY

10:30 a.m. Ordinations
6:00 p.m. Chili Cook-off

8 • SUNDAY

Stop by coffee hour for a free blood pressure check.

10 • TUESDAY

6:15 p.m. Guild of the Christ Child

14 • SATURDAY

11:00 p.m. Celebration of the Feast Day of Absalom Jones

15 • SUNDAY

7:00 p.m. Benefit concert for Episcopal Community Services

16 • MONDAY • Presidents' Day

Office & Buildings Closed

18 • WEDNESDAY

6:00 p.m. Charitable Needlework

22 • SUNDAY

Pancake Breakfast following morning services.

25 • WEDNESDAY

7:00 a.m. Ash Wednesday Service
12:05 p.m. Ash Wednesday Service
7:00 p.m. Ash Wednesday Service

Please verify times and dates of the events listed with the appropriate person(s) or by contacting the Cathedral office or website (www.ghtc-kc.org).

Engaging
our faith,
Empowering
Christ's
mission

Pledge cards are available
at the back of the church.
Completed cards may be placed
in the offertory plates.

Pledges for 2009 may also be
made online at the Cathedral's
website: www.ghtc-kc.org.