



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol.80, No.8 • August 2011

Finding spiritual refreshment

Many of us experience a deep thirst for a meaningful spiritual life. We find ourselves touched by the haunting image in Psalm 42:1-2: "As a deer longs for flowing streams, so longs my soul for you. O God. My soul thirsts for God, for the living God."

We feel the need for genuine spiritual refreshment as we wander through an environment all too often parched and dry. We long for an affirming relationship with God that will make a difference in how we experience daily life. We eagerly set out on the inviting journey of spiritual growth, seeking deeper relationship with God's very self.

We may indeed begin such a journey, doing some reading, joining some worship, trying to live attuned to God's presence. Yet before we are very far along, we discover that we cannot go it alone. We need help, advice and guidance.

I invite to consider the one of the four class offerings being presented this fall at Grace and Holy Trinity Cathedral.

Option one and two are built around Ester de Waal's book *Seeking God: The Way of St. Benedict*. One class meets one day a week during the daytime and the second class meets in the evening. Both classes will meet for eleven weeks. Each session will be one

and a half or two hours in length. Along with the book, we will use a resource guide with questions and exercises to help with our discussion.

Option three and four are built around Joan Chittiter's book *The Rule of Benedict: A Spirituality for the 21st Century*. One session will meet during the day and the other will meet in the evening. These sessions will be held once a month. These sessions, we will look at The Rule to see how it can guide and ground us in living out our Baptismal Covenant. in the middle of a chaotic and challenging world.

The meeting place, day of the week and length of the each of the four sessions will be determined by those who sign up to attend. Each session will be limited to 10 persons. You are invited to one of two orientation sessions in Founders' Hall at 9:15 a.m. **Sunday, August 24 or September 4** to hear more about this adult education opportunity coming to Grace and Holy Trinity Cathedral.

If you are unable to attend either of these sessions and would like more information about these options or want to be a part of these sessions, contact Deacon Jerry Grabher at jgrabher@ghtc-kc.org or 816-590-6205.

—by Deacon Jerry Grabher



Update on the search for a dean

Over a several-week period, the Dean Screening Committee conducted telephone interviews of candidates for Dean, evaluated each of the telephone discussions and agreed on candidates to be continued in the process. Dean Screening Committee co-chairs Paula Henderson Connors and Michael Thomas presented the candidates to the Search Committee for their consideration. By consensus, the Search Committee agreed to invite three of the candidates presented to Kansas City for additional interviews with the full Search Committee.

We anticipate the interviews being held in Kansas City will be completed by the latter part of July. At the conclusion of these second round interviews, the committee will determine which of the three candidates will be visited in their home parish for further review and evaluation. Three members of the Screening Committee will be selected to visit the home parish of the selected candidates and report their findings to the full Search Committee.

The Screening and Search committees thank you for your prayers as we continue the discernment process in our search for the next Dean of Grace and Holy Trinity Cathedral.

MINISTRY FEST

AUGUST 28

A time to fellowship

A time to feast

A time to learn about the
Cathedral's ministries

Get more details in upcoming
bulletins and Cathedral News
weekly e-mail.

Treasurer's Report

June MTD	Budgeted MTD	Actual MTD
Income	\$ 233,750	\$ 236,148
Expenses	\$ 105,061	\$ 115,952
Net Total	\$ 128,689	\$ 120,196
June YTD	Budgeted YTD	Actual YTD
Income	\$ 807,291	\$ 800,015
Expenses	\$ 719,488	\$ 737,100
Net Total	\$ 87,803	\$ 62,915

During the month of June 2011 revenue from pledge and plate exceeded both budget and actual June 2010. Total operating income for the month also exceeded budget. On the expense side for the month of June 2011, total expenses were nearly \$11,000 higher than budget due to property expenses in a number of categories. As a result of higher expenses, the actual results for the month of June were lower than budget by nearly \$8,000. For the year-to-date ended June 2011, income from pledge and plate is running behind budget. As a result, total income was about \$7,000 lower than budget. For expenses, property expenses have outpaced the budget by about \$23,000. As a result of being behind budget in both income and expenses, the net operating income is about \$25,000 below budget year-to-date.

—by Jim Phillips, Treasurer

T-shirt design contest deadline extended

Ever thought about producing wearable art? Whether you are a doodler or designer, the GHTC Bookstore and Gift Shop needs your skills! Many have expressed interest in a GHTC t-shirt or sweatshirt, but we don't have one! That's where YOU come in: enter our design contest and see your art on GHTC apparel in our store!

We will be accepting design entries from all who would like to submit their idea(s) until **Sunday, August 21**. Entries will be presented to a panel of GHTC members and the winning design will be revealed at the Ministry Feast August 28.

Interested in giving it a whirl? Entry forms are available at the GHTC Bookstore and Gift Shop, online at www.ghtc-kc.org or in the racks near the GHTC office entrance. There are no entry fees.



See the entry form or the Cathedral website for more details, or contact Valerie in the bookstore (bookstore@ghtc-kc.org).

Thank you, in advance, for your time and talent!

—by Valerie Johnson



Café Grazia is a monthly gathering for all parishioners. You are cordially invited to join the fun, bring bread or a salad to share, and enjoy the fellowship. You might even want to stay and scope out one of the small group activities to see what they're up to.

Dinner • 5:30 p.m.

Small Groups • 6:30 p.m.

- The Seekers
- Inklings Book Group
- Charitable Needlework
- Reel People
- Youth Group: Eat together and then meet for games and conversation.



The Trinity Choir and Tallis Singers have openings in the tenor section. We are also looking for more Cathedral Bell Ringers. Prospective singers and ringers may contact Canon Schaefer to arrange and interview and audition.

SUMMER MUSIC AT THE CATHEDRALS
AUGUST 7 • 2 P.M.

John Schaefer, organ in recital with
 Amy Waldron, soprano
 Jonathan Krinke, baritone
 Meribeth Risebig, oboe and English horn
 Claudia Risebig, bassoon
 Keith Benjamin, trumpet

\$20 donation requested but all are welcome regardless; Proceeds will be set aside for the proposed 2013 Trinity Choir Tour

Education for Ministry

Every baptized person is called to ministry. The Education for Ministry (EfM) program provides lay people with the education and an opportunity to discover how to respond to their call to Christian service.

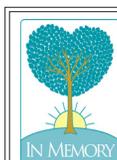
EfM groups will meet at the Cathedral from September through May on Tuesdays at 9:15 a.m. or at 6:30 p.m. beginning September 6.

For information see about the program see www.sewanee.edu/EFM and contact an EFM mentor.

For Tuesday mornings, contact Kristin Niederberger at kniederberger@kc.rr.com

For Tuesday evenings, contact Gary Hicks at gary@garyhicks.net or Steve Johnson at sjohnson9@kc.rr.com.

EfM is challenging, faith-building and fun!



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

- Paul Engsbury, Barbara Bucker's cousin
- Dorothy Kagay, Pat Decker's mother

Paper bags for food pantry

When the grocer asks "Paper or Plastic," say "Paper" and recycle by donating the bags to our food pantries for distributing food to the hungry. Beginning August 21, you can bring the bags to church and leave them in the basket in the tower entrance and they will be donated to St. Paul's food pantry.



The Angelus

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

Regular Contributors:

Friends of MN, Jan Frizzle, 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 to communications@ghtc-kc.org.

MN continues to help the under-served

In an update from MN at the end of June, they were very thankful for the solar panels to have electricity for which to run fans as it has been hot and humid there. In May they had obstetrical rotation from a group of nursing students at a local college. They said 16 motivated ladies rotated through the center for six weeks. They've also been doing a lot of training of their own staff.

MN counseled and voluntarily tested 311 people for HIV and syphilis last month. They have many women coming from outside the zone of MN because of the reputation for quality, free care. MN cannot provide home visits to these women because of staffing and financial limitations, but they come anyway.

The Mother's Day double-match campaign exceeded the \$10,000 goal by several thousand and they received a grant for clinical training from the Hogdon Family Trust Fund. We want to share with you the good that comes from nurse Kyra at MN, "We could not do our important work without you." Please continue to help support MN. Contact the Friends of MN at the Cathedral if you'd like to help in any way. Thank you.

—by Stephanie Pumphrey



May 2011 Statistics

Women's reproductive health visits: 928

Prenatal Visits: 639

Postpartum Visits: 63

Laboring Women: 69

Deliveries: 62

Urgent Labor Transfers/referrals: 7

Well Baby Visits: 248

Support the Maison de Naissance Foundation

Donations may be made online at www.maisondenaissance.com or sent to the MN Foundation office at 5000 W 134th St, Leawood, KS 66209.



Maison de Naissance

HEALTH NEWS Staying cool and hydrated

Our bodies are made up of 75 percent water. Whenever our water intake is less than what we excrete, we find ourselves in a state of dehydration. With the hot summer days upon us this can happen rapidly. Dehydration can have a devastating effect on one's body if it is left untreated. Awareness and early recognition of the signs and symptoms is the key to prevention.

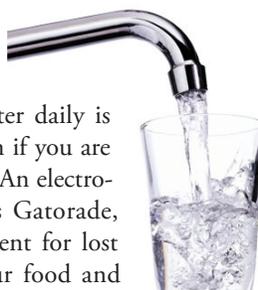
During outdoor activities it is easy to forget that you may be losing excessive amounts of water through sweating and exercise. One of the early signs of dehydration is dark yellow or amber colored urine. Other early symptoms include: dry mouth and thirst, decreased urine output, headache, dizziness or lightheadedness, muscle weakness or cramps, sleepiness or fatigue. Advanced symptoms include: extreme thirst or dry mouth, irritability or confusion, lack of sweating, rapid heartbeat and fever.

To prevent dehydration,

drink before you become thirsty. Drinking at least eight glasses of water daily is recommended, even if you are not in the hot sun. An electrolyte drink, such as Gatorade, is a good replacement for lost fluids. Balance your food and water intake, avoiding alcohol and caffeine; with water loss your body also loses salts needed to function properly. Avoid the outdoors and/or direct sunlight during the hottest part of the day. If you must be in the sun, wear a hat and loose light colored clothing.

Think to replenish your body with fluid. Monitor young children and older adults closely, as they are more prone fluid loss and the damaging effects of dehydration. Stay cool!

— Cindy Line, BSN, RN



Parish Health Ministry

July flower gifts

July 3

- in memory of MA Sancho and thanksgiving for Lydia Sancho — Bridgett Shirley and Mike Sancho
- in memory of my husband, Ben Morrow, and my brother, Robert Vilfroy, on their birthdays — Joyce Morrow
- in thanksgiving for Pat's birthday — Kay Woolley
- in memory of our daughter and sister, Maria Alexandra Mauro — her parents, Sandra & Albert Mauro, her sister, Rachel, and her brother, Albert
- The altar candles given in thanksgiving for the acolytes and eucharistic ministers.

July 10

- in thanksgiving for our children and grandchildren — Larry & Pat Martin

July 17

- in thanksgiving for the wedding of Amanda K. Hathorne to Nicholas B. Solsbury — Gayle G. Hathorne
- in thanksgiving for Michael's birthday — Mary Ann Mansfield
- with love and thanksgiving for Kathryn Celeste Finet — Ruth Finet
- in thanksgiving for Nancy Cavanaugh—Vangie and John Rich
- The altar candles given in thanksgiving for the ushers.

July 24

- in loving memory of Carmen Peña — Vangie and John Rich
- in thanksgiving for Nancy Cavanaugh — Helen, Sydney, Jim, Alex, Ethan, Jacob and Eddie

To donate toward the flowers to celebrate a special event or remember a loved one, sign up online at www.ghic-kc.org/ flowers or contact the Cathedral office (816.474.8260 ext. 103 or office@ghic-kc.org).





Please help the Cathedral Social Outreach Commission collect needed school supplies for middle and high school age students attending school on campus at Saint Luke's–Crittenton Children's Center, a residential care facility and hospital. A collection basket is in the Tower entrance for items.



School supplies needed:

- Composition notebooks
- Spiral notebooks, wide ruled
- Pocket folders w/without brads
- 3 ring binders
- Crayons, 24-pack
- Colored pencils
- Construction paper
- Colored markers
- Highlighters
- Black fine-point Sharpie marker
- Loose leaf notebook paper, wide ruled
- Dividers w/tabs; 5 or 8-pack
- Plastic pencil cases
- Fabric pencil cases for binders
- Mechanical pencils
- Pencils
- Pens (black and blue)
- Red checking pens
- Dry erase markers
- Lined 3x5 note cards
- Scissors, pointed end
- Protractors
- Scientific calculators
- Erasers, pink
- Rulers
- Glue or glue sticks
- Hand sanitizer
- Kleenex

Bring supplies to the Cathedral by Sunday, August 14.

Monetary donations welcomed so we can buy gift cards to be used for purchasing school uniforms, socks and underwear. Mark "School Supplies-Crittenton" on the memo line of your check.





**SUNDAYS IN
AUGUST AT 2 P.M.**

SUMMER MUSIC AT THE CATHEDRALS

August 7 • Grace and Holy Trinity Cathedral
John Schaefer, Organist, with friends

August 14 • Cathedral of the Immaculate Conception
Jonathan Gregoire, Organist

August 21 • Grace and Holy Trinity Cathedral
The Summer Singers of Kansas City

August 28 • Cathedral of the Immaculate Conception
Hector Olivera, Organist



Admission to the concerts vary from concert to concert. Please contact the Cathedrals for more information.

Fall Harvest Grand Tasting



Upside Down – South of the Equator

Wine and appetizer pairings from Chile, Argentina, South Africa, Australia, New Zealand and other growing regions “down-under”

September 9, 2011

6:00 to 9:00 PM



EPISCOPALCOMMUNITYSERVICES

Feeding the Hungry  Changing Lives



Founders Hall and Courtyard at Grace and Holy Trinity Cathedral
13th and Broadway in Downtown Kansas City, Missouri

\$35 per person / Plus Sponsorships for Reserved Tables Available
All Proceeds go to Hunger Relief and Job Training Programs

For more information, contact Episcopal Community Services at 913-561-8920
Tickets and sponsorships may be purchased online at www.EpiscopalCommunity.org

Wine selections from



South

Food Catered by *Cornerstones Catering*

Activities for August

14 • SUNDAY

Free blood pressure checks at coffee hour

24 • WEDNESDAY

5:30 p.m. Café Grazia Dinner

7:00 p.m. Café Grazia Small Groups

25 • THURSDAY

5:00 p.m. Vestry

28 • SUNDAY

Ministry Fest following morning services

Weekly Activities

Sunday

8:00 a.m. Holy Eucharist

10:15 a.m. Holy Eucharist & Chapel

5:00 p.m. Holy Eucharist

Monday-Friday

12:05 p.m. Holy Eucharist

Thursday

7:00 a.m. Men's Bible Study

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



Grace and
Holy Trinity
Cathedral

The Episcopal Diocese of West Missouri

P.O. Box 412048
Kansas City, Missouri 64141
Telephone: (816) 474-8260
Facsimile: (816) 474-5856
Website: www.ghc-kc.org
E-mail: office@ghc-kc.org

Non Profit Organization

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Kansas City, MO
Permit Number 4220

August 2011

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	29	30	31			

The Right Rev. Martin S. Field
Bishop of West Missouri

The Rev. Canon Susan Sommer
Priest-in-Charge

The Rev. Canon Joseph Behen
Canon

The Rev. Jerry Grabher
Deacon

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

Mr. John L. Schaefer
Canon Musician

Community participant volunteers needed at Crittenton

Crittenton Children's Center needs community participant volunteers for their Planned Permanency Review Team (PPRT). This team consists of professionals (foster parents, therapists, case managers, Guardian Ad Litem/CASA, etc.) that meet and discuss permanency, progress of children and parents, services needed, and placement needs for kids. You won't need to have a background in child welfare just the availability to attend the meetings (held Monday through Friday during business hours). The meetings will be at Crittenton (10918 Elm Ave. off Longview Pkwy) or at Family Court (26th and Holmes). Volunteers will have at least a two-week notice when a meeting is to be scheduled. A Crittenton representative/supervisor will always be present to facilitate the meetings. They are in need of 4-5 individuals, if you have any further questions, contact Terri Curran: tcurra2@yahoo.com.



Relief efforts in Joplin will continue for the foreseeable future, long after the TV cameras and the initial flood of volunteers have picked up and left. Get the latest on diocesan relief efforts by visiting the diocesan website: www.diowestmo.org.

The first event is a No Charge Garage Sale at St. Philip's Church August 6. The Social Outreach Commission thanks all who donated so generously. The Cathedral's donations have been sorted and delivered to St. Paul's, who will get the items to Joplin. Watch bulletins for information about a second No Charge Garage Sale, which is scheduled for October 22. There will be a week in the fall to bring donations for this sale.

Plans to build a two-story duplex for Lafayette House in Joplin (a women' and children shelter) are moving forward. Those plans will involve the need for work-teams on weekends to accomplish various construction projects, e.g. hanging drywall, painting, etc. Specific dates will be set later this summer as the plans develop. Saturday, November 19, all are invited to join the Bishop in Joplin for liturgy of blessing for this work. Other activities may well be planned for the 19th — stay tuned for more information!

The diocese plans to "releaf" a park in Joplin in the spring. Volunteers will be needed to buy trees and assist with the planting of trees.

Contact Deacon Jerry Grabher at 816.474.8260 x111 or j.grabher@ghc-kc.org with questions or to volunteer to help.