This week an email from NourishKC arrived in my inbox, as it may have in yours. It reminded me of how important that organization and its predecessors Episcopal Community Services and Kansas City Community Kitchen have been in the life and ministry of the Cathedral and of the city. Many of us remember when we served lunches out of our now-named Cathedral Café. What a vital and life-giving ministry that was. Then it morphed into a broader diocesan ministry that served even more of the Kansas City hungry population. In 2015, the vision of the board grew even larger and changed the name to reflect the broad mission of not only feeding the hungry, but also helping some of the people find gainful employment in the food services field. Today's email reminds us of our bold and vital ministry through the years, as well as the need to support the organization financially. I hope you will make a gift to NourishKC this week or next, in any amount, in thanksgiving for an organization that does such unending, relentless work—in appreciation for all the people from GHTC who have been devoted to its ministry throughout the years. We as a parish support this work, I ask you to do so, too. You’ll find details on how to give on the back page of this announcement insert.

Just think: someone can have a good meal today because of you.

See you in church!

From me to you ...
**Up Next (cont.)**

### Summer Music at the Cathedrals
**August 4, 11, 18 & 25 • 2 p.m.**
The summer season brings us Summer Music at the Cathedrals, a joint effort between Grace and Holy Trinity (GHTC) and the Cathedral of the Immaculate Conception (CIC). Each Sunday in August, there is a concert at 2 p.m. held at either GHTC or CIC. For details, visit our website, [kccathedral.org/musicevents](http://kccathedral.org/musicevents).

### LGBT+ Gathering
**August 4 • 6 p.m.**
For the rest of 2019, all LGBT+ gatherings are scheduled to be held in Founders’ Hall at 6 p.m. on the first Sunday of the month. There is no agenda at these gatherings, just food, fun and fellowship. If you have any questions, please send an email to [lgbt@kccathedral.org](mailto:lgbt@kccathedral.org).

### Yoga on the Lawn
**August 10 • 1 p.m.**
Join us for Yoga on the Lawn, a three-part outdoor yoga series this summer. Our second session will be Saturday, August 10 from 1–2 p.m. All are welcome to join in the free, 60 minute, all-level classes. Bring your yoga mat or towel, a water bottle and enjoy the great outdoors!

### Summer Film Series—August
**August 16 • 6 p.m.**
If you’re a movie buff, you won’t want to miss our Summer Film Series. We’ll meet downstairs in the Founders’ Hall Cathedral Café for a potluck dinner (please bring a dish to share) and movie, followed by discussion. The movie for August is *To Kill a Mockingbird.*

### Back-to-School Blessing
**August 18 • 8 & 10:15 a.m.**
School starts in August for many students, teachers, administrators and parents. You are invited to bring your backpack or other school supplies and receive a blessing as you begin another academic year.

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**A Bit Further Out**

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### Ice Cream Social—August 25

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### Ongoing Stuff

**Adult Forum—*The Historical Jesus*—Sundays • 9:15 a.m. • Haden Hall Purple Door Room**

**Women’s Bible Study**—Tuesdays • 12:30 p.m. • Common Room

**Qigong and Tai Chi**—Thursdays • 12:45 p.m. • Common Room
Did You Know?

Fun Fact about the Saint John’s Bible
The Committee on Illumination and Text, a group of art historians, medievalists, artists, biblical scholars and theologians convened at Saint John’s University, presented Donald Jackson with briefs and abstracts for the scripture illuminations. This group acted as clients for the work, offering direction and approving final sketches, as well as receiving the pages as each of the seven volumes was completed. The Saint John’s Bible contains the text and notes of the New Revised Standard Version translation. This translation was chosen because it is theologically sound and approved by a large number of Christian denominations.

Cathedral Caregivers Prayer List

Pray for: Terri Curran’s family; Mike Daniels; Carolyn McGlothen; Pat Martin; Godly Play training & participants; Thaddeus Samuel Withers; Bethany Cheshier; Mike Heid; Aldyn Leive; Sarah & Nick Aylward; Lida Moffett; Harley Miller; Berta; Peggy Morgan; Charlie Morgan; Joe Finn; Randy; The Obiesie family; Betty Holliday’s family; Julie G.; Lucy Richards’s family; John Wells; Gary Hicks’s family; Sandy Carter; Gerry Reynaud’s family; Maryellen Markowitz; Mary Vec Hemingway; Taylor Mosley; Yolie Polakowski; Henry W. Bloch’s family; Morton Sosland’s family.

We pray for Bishop Field as he visits St. Paul’s Church in Lee’s Summit.
Please pray for their ministries.

To place a person on this prayer list, please use a prayer request card found in the pews or contact the church office: communications@kccathedral.org. Requests are held in prayer for 90 days.

Birthdays, Anniversaries & Flowers...Oh My

Birthdays & Anniversaries

July 28
Susan Berson
Sharon Chinnery
Mike Maiden

July 29
Sally Chapple
William Verschelden

July 30
David Kemper
Haywood Walker, Jr.
Ellen Spake
Stan Dibble & Craig Heslop

July 31
Sue Willsey
Kathy Jennings
Carolyn Tangeman
John & Sandra Hornbeck

August 1
Larry Bilotta

August 2
Diane Barker
Margaret Fasel
Mannie & Nkolika Obiesie
Geoff & Katie Schillare

August 3
Mike McDonald
George Colburn

Today’s Flowers
to the Glory of God and ...

• in thanksgiving for our daughter, Devon Sweeting—Ric & Janet Sweeting
• in thanksgiving for the Rev. Marco Serrano and his family
• the Gitta family

To donate toward the weekly flower cost of $225, sign up online at kccathedral.org/flowers or contact the Cathedral office, jsweeting@kccathedral.org or 816.474.8260 ext. 144. Any amount is appreciated.

Please contact the Cathedral office if we have omitted your birthday or anniversary: 816.474.8260 or jsweeting@kccathedral.org.
## This Week’s Calendar

### Sunday • July 28
- **8 a.m.** Holy Eucharist    
  Nave
- **9 a.m.** Hospitality Time/Reception for Marco  
  Founders’ Hall
- **9:15 a.m.** Adult Forum—*The Historical Jesus*  
  Haden Hall Purple Door Room
- **10:15 a.m.** Holy Eucharist  
  Nave
- **10:20 a.m.** Children’s Chapel & Godly Play  
  start in Nave, then Haden Hall
- **11:30 a.m.** Hospitality Time/Reception for Marco  
  Founders’ Hall
- **5 p.m.** Order for Evening & Holy Eucharist  
  Nave

### Tuesday • July 30
- **7:30 a.m.** Conversations & Coffee  
  Founders’ Hall Café
- **12:30 p.m.** Women’s Bible Study  
  Common Room

### Wednesday • July 31
- **12:05 p.m.** Holy Eucharist  
  Chapel

### Thursday • August 1
- **12:45 p.m.** Tai Chi & Qigong  
  Common Room

### Friday • August 2
- **6 p.m.** Youth Event: Senior Send-Off (with Lock-In)  
  Haden Hall, Lawn

### Sunday • August 4
- **8 a.m.** Holy Eucharist  
  Nave
- **9 a.m.** Hospitality Time  
  Founders’ Hall
- **9:15 a.m.** Adult Forum—*The Historical Jesus*  
  Haden Hall Purple Door Room
- **10:15 a.m.** Holy Eucharist  
  Nave
- **10:20 a.m.** Children’s Chapel & Godly Play  
  start in Nave, then Haden Hall
- **11:30 a.m.** Hospitality Time  
  Founders’ Hall
- **5 p.m.** Order for Evening & Holy Eucharist  
  Nave
- **6 p.m.** LGBT+ Gathering  
  Founders’ Hall Café

> Visit [rccathedral.org](http://rccathedral.org) for more calendar information.

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## NourishKC 2019 Annual Appeal

A message from NourishKC:

It is time for our ANNUAL APPEAL! This is where we need you! Your support allows us to keep our promise: to keep plates full of wholesome food and our neighbors engaged in a safe, supportive network of volunteers, social service providers and community partners throughout the Greater Kansas City area. Please consider a gift to support our work. Please go to [www.nourishkc.org/donate](http://www.nourishkc.org/donate) to contribute. You may also mail donations to this address: NourishKC, PO Box 412458, KC, MO, 64041. We thank you in advance for your donation and support. Every gift helps.