

The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol. 86, No. 3 • March 2017

FROM THE DEAN

Early Lent

Lent came early for me. It started Wednesday, October 12, the day I had a stroke. I would not wish this particular season of mine on anyone, but there have been a number of silver linings during this uninvited season that has at times seemed penitential, purgative and preparatory.

Self-examination Perhaps the toughest piece of post-stroke living has been coming to terms with who I am and of what use I can be. There's lots of wisdom around this. "For death our sister praised be, from whom no one alive can flee. Woe to the unprepared!" extolled Francis of Assisi in his Cantic of the Sun. Francis tempers facing the inevitability of death with the prayerful admonition, "But blest be they who do your will, and follow your commandments still." We are here all our days to praise and serve our Creator with all of our substance, whatever our condition.

Repentance The stroke turned me in a new direction. I quickly learned the deepest meaning of "for better, for worse" in the loving and self-less caring of Mary, my wife. I was humbled and oddly renewed by having to be dependent on so many people, and literally to appear naked before strangers. I have learned what it means to be saved by grace.

Prayer One of the greatest gifts I have experienced is constant prayer. Early on in my convalescence a friend who trained as a Jesuit shared that a practice among Jesuits for those who are sick or otherwise indisposed is to say, "Your ministry at this time is to pray for the community" What a welcome word that was as I fought off self-pity and a feeling of uselessness! Praying constantly has been a balm these many months of sloughing through the seeming endless wilderness of recovery.

Fasting "You've lost some weight," I hear frequently. I've been known to quip, "It's amazing how much not being able to get up to feed oneself helps take off the pounds!" I'm happy to say that I am at long last at the weight I had when in graduate school. My Easter goal is to drop to where I was when I married. What I found early on after the stroke was that three meals a day with no second helpings is not a bad "diet" but, rather effective over time. Portion control works

best. Not only that, since I don't drive and have not been indulging in designer coffee I have saved lots of pocket change.

Self-denial One of the most sobering things for me has been to acknowledge that I'll never be the same again. No I won't. Whenever I have been tempted to feel that I've been dealt a lousy hand, I'll witness someone at rehab who has lost a leg or has difficulty speaking. Not long after I started physical therapy when I was in the hospital I watched each day as a fellow patient learned to cope after losing both legs. At such moments I quickly snapped out of any self-pity to affirm that God has a use for my broken body. "It's not all about you," I'd hear myself say as I looked on as men and women struggled to regain simple routine functioning. I resolved then and there to be a volunteer at some sort of care facility one day.

Reading and meditating on God's holy Word What a relief it was not to have had my ability to read affected by the stroke. I once knew a woman who took her own life after being diagnosed with macular degeneration. I think I can understand the dread that brought her to a tragic end. Words, the Word, bring comfort and inspire. I've had plenty of time to read at length. Friends have brought me lots to read. I'm actually reading through periodicals. I've revisited familiar texts and have found depth in the vivid human lament found in the Psalms. As I learned to walk again I sensed new meaning in "The sacrifice of God is a troubled spirit, a broken and contrite heart you will not despise." *Psalm 51:18* In all the emotion unleashed by a blood clot in my cranium, I knew God still had a purpose for me and my broken body.

Yes, Lent with its "reset" function came early for me. I understand its purpose far more than I did a year ago. I commend it to you. Through all of this I have come to realize how much I love serving as your pastor, and look forward to resuming a more active ministry among you soon.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. BCP p. 265

—Peter DeVeau, Dean

Treasurer's Report

Grace & Holy Trinity's Financial Status as of January 2017

	2017	2016
Income	\$ 122,940	\$ 131,084
Expenses	\$ 96,605	\$ 134,811
Net Total	\$ 26,335	\$ (3,727)

Income for the month of January 2017 trailed last year's income modestly as a lower withdrawal from the Endowment offset slightly higher pledge receipts. In terms of Expenses, the 2017 numbers were well below last year's numbers due to the timing of payments to the Diocese and the impact of the transition to a new Music Director. It is important to remember that these expense reductions are just temporary and February expenses will likely be higher than last year's expenses as the timing of payments returns to normal.

The higher pledge payments are encouraging and parishioners should prayerfully remember the importance of pledge payments for the ongoing ministry of the Cathedral.

—Chuck Ritter, Treasurer



Thank You!

Thank you for the warm welcome and reception on February 12. Suzanne and I are delighted to be part of the Grace and Holy Trinity community!

Here are some special musical events for March:



On Sunday, March 19, the Trinity Choir will be singing Evensong at 5 p.m. with an anthem sung by the Bethany College Choir (Lindsborg, KS). Following Evensong at 6 p.m., the Bethany College Choir and Hand Bell Ensemble will present a free concert as part of their 2017 Spring Concert Tour. The program, directed by Dr. Mark Lucas and Dr. Melody Steed, will include Benjamin Britten's "Rejoice in the Lamb."



Bethany College Choir

On Sunday, March 26 at 2 p.m., Musica Vocale will be presenting *A Cappella!!!*. This Kansas City based ensemble, led by Artistic Director and Conductor Arnold Epley, will present a concert featuring Herbert Howell's "Requiem," along with works by Bernstein, Schütz, Distler, David, and Wilcken. For further information or to purchase advanced tickets, please visit musicavocale.org/tickets. Tickets will also be sold at the door.

—Paul Meier, Director of Music



Come to Trinity Children's Choir!

Trinity Children's Choir
is now preparing music for Lent.

Elementary school-aged singers may join
choir at 9:15 a.m. on Sundays in Haden
Hall (blue door).

For more info contact Linda Martin,
childrensmusic@kccathedral.org.

Young Adult Coordinator Called

I am pleased to announce the calling of Marco Serrano (see bio below) to serve as Young Adult Coordinator. This new position has been made possible through a generous grant from the WT Kemper Foundation and is part of a plan developed with Cathedral young adults to engage the growing community in downtown Kansas City. Much of

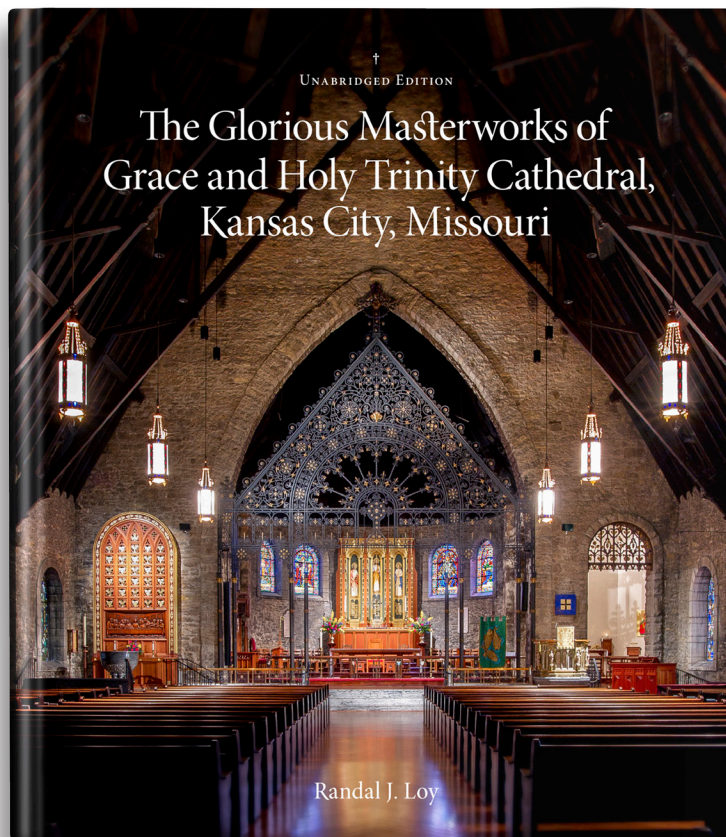
his work will be in gathering young adults through the Cathedral to be a lively force for good at the heart of the city. Marco comes on staff in July following his graduation from Yale Divinity School in late May. He will be in Kansas City in the near future when he will be introduced to the congregation. When



he arrives this summer Marco is expected to enter the process for ordination as priest in the Diocese of West Missouri.

Originally from Bucaramanga, Colombia, Marco grew up in the Midwest, graduating from St. Thomas Aquinas High School in Overland Park. He holds a B.A. in philosophy from Bowling Green State University and a J.D. from Yale Law School. Before discerning a call to ministry, he practiced corporate law in New York City. It was there that he was married to his wife, Corrine, and confirmed in the Episcopal Church. Marco and Corrine are blessed with two daughters, Elsa, a precocious four year old, and Emilia, a spirited one year old. In his free time, Marco enjoys running, reading and cooking. Marco will receive his M.Div. from Berkeley Divinity School at Yale in May, after which he is very excited to join the staff at Grace and Holy Trinity Cathedral as their Young Adult Coordinator.

—Peter DeVeau, Dean



EXCITING NEWS!

After years in the making, Randal J. Loy's *Glorious Masterworks* book has arrived.



Please join us for a special celebration and book signing

Sunday, March 12

in Founders' Hall
following the 10:15 a.m. service

Every Cathedral family will receive one complimentary copy of this special treasure.

Committee: Paget Higgins (Chair), Diane Barker, Randal Loy, Ron Michka, Steve Moore, Bunny Oestreicher, Doyle White

A new offering in the Cathedral Bookstore: Haitian Organic Chocolate Bars Two Flavors: Pure Dark Delicious and Peanut Moringa.

Farm to Table chocolate empowers rural families with social and environmental responsibility; paying them better than fair trade prices and adding value to their crops.

PROCEEDS FROM THE SALE OF THIS CHOCOLATE WILL BENEFIT MAISON DE NAISSANCE, THE BIRTHING HOME IN HAITI, ONE OF THE CATHEDRAL'S OUTREACH MINISTRIES.





Ash Wednesday Services March 1



7 a.m.—Perfect for persons on their way to or from work. This is the briefest of the three services.

12:05 p.m.—This service is shaped to include both the downtown business community and persons who are free during the day.

7 p.m.—This traditional service features *open space*. Following the invitation to a Holy Lent, those present visit various “stations” around the Nave. There participants will be marked with ashes in acknowledgment of mortality, be signed with water as a reminder of baptism, light candles and offer prayer, pick up information on ways to engage in outreach, receive laying-on-of-hands and anointing for healing, and fill out a card with personal Lenten intentions to be presented at the Offertory. Following the open space, the liturgy continues with the Litany of Penitence and Holy Communion.



Lent Resources

Lent resources for adults and children are available in the Tower entry to assist you with your observance of a holy Lent. Additional resources are available for purchase in the Bookstore.

Lent Worship

Sundays: Holy Eucharist at 8 and 10:15 a.m., 5 p.m.

Weekdays: Holy Eucharist at 12:05 p.m.

Wednesdays: Contemplative Eucharist at 5:30 p.m.

Lenten Wednesday Evenings

March 8–April 5

5:30 p.m.

Contemplative Eucharist in the Nave

6 p.m.

Simple Supper in Founders' Hall

6:30–8 p.m.

Learning Opportunities

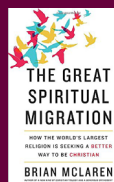
The Way: Take part in a journey for those seeking to deepen their faith or learn more about the Episcopal Church.

The Person and Work of Christ: Join us for this class, which endeavors to confront the question Jesus asked about his identity: “Who do you say that I am?” The class will be led by Dr. Bill Stancil, Professor of Theology and Religious Studies at Rockhurst University.

Palm Cross Workshop

April 2 + 9 & 11:30 a.m. + Founders' Hall

We make crosses out of palm leaves for distribution on Palm Sunday. Please bring your scissors. Someone will help if you've never done it before! Extra palms are available to make additional crosses at home and return by Palm Sunday. Crosses are also given to St. Luke's Hospital and Hospice, and Bishop Spencer Place. Contact Janet Sweeting (816.474.8260 ext. 144 or jsweeting@kccathedral.org) with questions.



The Dean's Book for Lent

The Great Spiritual Migration by Brian McLaren. Discussion will be held during the Easter season. Copies are available in the Cathedral Bookstore or digital versions can be found on Amazon.



Words Becoming Actions

To volunteer contact Terri Curran: tcurra2@yahoo.com or 913.522.4190

Provide for St. Mary's Pantry

Place non-perishable food for St. Mary's Pantry in the big basket in the Tower.

Week of 3/5: Peanut Butter

Week of 3/12: Canned Tuna, Salmon

**Week of 3/19: Mac & Cheese/Boxed Potatoes
(scalloped or mashed)**

Week of 3/26: Canned Vegetables & Canned Fruit

Week of 4/2: Cake & Cookie Mixes

**Week of 4/9: Breakfast Items: Cereals, Granola
Bars, Pop-Tarts, Oatmeal**

Easter 4/16: Canned Chicken

Sunday, March 5

9 a.m. + Haden Hall

Pack Family Bags for Spring Break

Help pack 320 family bags for BackSnack recipients to provide food over spring break.

Wednesdays, March 8 & 22, April 5 & 19

9:30-11:30 a.m. + Haden Hall

Pack Bags with BackSnacks

Every week we send 320 bags with food to five area schools for children who may not have food to eat over the weekend. You are invited to help fill bags with food.

Saturday, March 18

7:30-9:30 a.m. + St. Paul's KCCK

1300 North 18th Street, Kansas City, KS 66102

Set up the Dining Room

Volunteers in this position will be setting up the dining room to prepare for our diners. Tasks will involve rolling silverware, setting up tables and chairs, putting out tablecloths, etc. This team will also set up the beverage station and pack to-go snack bags. Volunteers under 14 should have proper adult supervision (one adult for every 2 kids) and no volunteers will be permitted under 10 years old.

Saturday, March 25

9 a.m.-12 p.m. + HappyBottoms

14820 West 107th Street, Lenexa, KS 66215

Sort and Pack Diapers

Help pack diapers at the HappyBottoms warehouse in Lenexa for distribution to nonprofit agencies.

Pray for Outreach Organizations

Kansas City Community Kitchen

Episcopal Relief & Development

Maison de Naissance Maternity Center in Haiti

Habitat for Humanity

Local Food Pantries

Saturday, March 25

9:30 a.m.-1:30 p.m. + St. Mary's Pantry

1307 Holmes Street, Kansas City, MO 64106

Help Fix and Serve Lunch

Come help fix and serve lunch at St. Mary's Pantry. Contact Jerry Grabher to sign up, j.grabher3@gmail.com.

Sunday, April 2

9 a.m. + Haden Hall

Assemble Hygiene Kits

Help the homeless guests at St. Mary's Pantry by assembling hygiene kits.

Sunday, April 9

9 a.m. + Founders' Hall

Assemble Easter Baskets

Help assemble 200 Easter Baskets for residential children housed at Crittenton and KAW Valley Children's Centers.

Paper Drive Coordinator for April

During the month of April, the Cathedral will be collecting donations of paper goods (paper towels, toilet paper, Kleenex, etc.) for Sheffield Place, a local transitional housing program for woman and children. Someone is needed to coordinate this drive by promoting the drives to Cathedral members, counting and delivering donated items.

Part-Time BackSnack Driver

Deliver boxes with BackSnacks from the Cathedral to a local elementary school office.

Local Domestic Violence Shelters

Crittenton Children's Center at St. Luke's Hospital

BackSnack Partners & Recipients

HappyBottoms

Family and Children's Ministry News



Lent Workshop

Sunday, March 5 ✦ Founders' Hall

Prepare for Lent by picking up Lent in Bag materials, adding to our Lenten mural and painting crosses to be used during Holy Week. Supplies will be provided and coffee hour refreshments will be available.

Noisy Offering

April 2

We will make a joyful noise to the Lord with our offering on this day! Bring an offering of coins to be donated to the New Americans program, which serves refugee children in Kansas City Public Schools. The Cathedral's children will assist the ushers in collecting the coins in metal buckets, so we can hear the funds add up. Don't keep coins around? No problem. Quiet checks and cash are welcome, too.

Easter Egg Hunt Candy Donations Needed

Bring your donations of candy (individually wrapped, in small packages) to the box in the Tower entry. We'll stuff the eggs after the 10:15 a.m. service on Palm Sunday.

Children's Formation News

The Lenten theme for Children's Chapel will be prayer. We will talk about using all of our senses to pray, including using movement, drawing, and song to spend time with God. Children in Godly Play sessions will hear stories about Jesus's life and will get ready for the Mystery of Easter.

Questions?

Please contact Julie Brogno at 816.474.8260 or childrensformation@kccathedral.org.

Youth update

Lenten Youth Program:

Wednesdays in Lent

Our Wednesday evening program during Lent is focused on exploring the details of the events leading up to and through the Passion. Youth in grades 6-12 are invited to the youth room from 7-8:30 p.m. every Wednesday evening for dinner, fellowship, meaningful discussion and worship.

Junior High Retreat

March 31-April 2

Junior High Retreat is a fun, interactive weekend for youth in grades 6-8 to explore their faith and relationships with God and others! This year's retreat will be held at the Cathedral! Register online to reserve your spot!

Save the Date!

Network Confirmation Retreat: April 8th

Network Good Friday Lock-In: April 14th

Presiding Bishop's Visit (and youth lock-in): May 5-6

Keep Up to Date

For more information on the Cathedral's Youth Ministry program, please contact Alexandra at youthformation@kccathedral.org. Check out www.wemoyouth.com for information on Network and Diocesan events and to register online!

February Flowers, to the Glory of God ...



February 5

- in thanksgiving for the blessings of 2016 and prayers for 2017—the Gitta family

February 12

- in loving memory of Bill Bucker—Barbara & Bob Bucker
- in memory of Mother Winifred—the Gitta family
- to the glory of God

February 19

- in memory of Helen Frances Rusconi—Robin Rusconi
- for the Green family—the Gitta family

February 26

- in loving memory of John M. Brown—Peg Brown
- in thanksgiving for Jim & Karen Kissinger on their birthdays—Vince & Kathy Alagna & Carol Coleman
- in thanksgiving for God's love for us—the Gitta family
- to the glory of God

Birthday Gift Cards for Foster Children



Help a child in the foster care system by donating \$25 for a birthday gift card. These gift cards are given to children who do not receive any other gifts to celebrate their birthdays. In the past we have donated 40 gift cards each year, but with the growing number of children in the system 40 gift cards is not enough anymore. Please consider this very special ministry of making children feel special on their birthdays. Contact Terri Curran to donate at tcurra2@yahoo.com.



Monthly Lunch Bunch

Men and women of the Cathedral, join us for a monthly lunch get-

together. The next date is Wednesday, March 8 at Anthony's, 701 Grand, Kansas City, MO 64106, 11:45 a.m. Let Jim Robertson know that you are coming, jasbrob@aol.com or 816-569-5549, or just show up. Invite friends.

Adult Forums in Lent

Sundays, March 5-April 2

9:15-10 a.m. ★ Common Room

Thank you to those who came to our meeting on Sunday, February 5, 2017, to share ideas for Adult Forum topics. We had a lively and inspiring conversation, and I really appreciated the thoughtful suggestions and interests. I am planning the following **Adult Forums on Sundays in Lent, 9:15-10 a.m., in the Common Room**. I hope those who attend both the 8 and the 10:15 a.m. services will draw on this opportunity to come together and deepen the Lenten journey.

Sunday, March 5: Water as a human right. Sharing some short videos from the Trinity Institute introducing pressing water justice issues that will be covered in more detail over the 3-day **Water Justice Institute** which we will be live-streaming here at the Cathedral on **March 22, 23 and 24**.

Sunday, March 12: Introducing the concept of a theology/spirituality of work. We all spend some portion of our lives 'working,' and over the next few Sundays, I hope to initiate conversation and invite consideration of the ways in which our beliefs can and do shape what we do in the world on a day to day basis, and the impact on the larger issues facing our nation and the world.

Sunday, March 19: Theology/spirituality of work continues.

Sunday, March 26: Theology/spirituality of work continues.

Sunday, April 2: Palm Cross Day

Sunday, April 9: Palm Sunday— No Adult Forum

—Rev. Vicki Davis, Associate



WATERJUSTICE
TRINITY INSTITUTE 2017

March 22-24

Join us at the Cathedral as we live-stream Water Justice, a global conference held in New York City and webcast all over the world.

Local speakers will include:



Moree Scofield
Community Manager
Water.org



Lynn Youngblood
Executive Director
Blue River Watershed Assoc.

Visit our website, kccathedral.org/trinity-institute, for more information and to register.




Valentine's Party for At-Risk Youth and Immigrant Families hosted by the Outreach Committee.

Lent Madness

In a takeoff of basketball's March Madness, Lent Madness is a fun, engaging way for people to learn about the Church's Calendar of Saints. Visit lentmadness.org to fill out your bracket for a chance to win the "Golden Halo"!






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 The Episcopal Diocese of West Missouri

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The Way **Wednesdays, 6-8 p.m.**

We invite you to join us for an adult faith formation experience for those seeking to deepen their faith, or know more about the Episcopal Church. The Way is for persons new to the church, those desiring to be baptized, confirmed or received into the Episcopal Church. Each evening includes a meal, a brief presentation, group Bible sharing, and concludes with prayer. Please contact Larry Ehren, Way Coordinator, lgehren@yahoo.com.

The Rt. Rev. Martin S. Field, *Bishop of West Missouri*
 The Very Rev. Peter DeVeau, *Dean*
 The Rev. Canon Christy Dorn, *Associate*
 The Rev. Vicki Davis, *Associate*
 The Rev. Jerry Grabher, *Deacon*
 The Rev. Jim Robertson, *Deacon*
 Dr. Paul Meier, *Director of Music*
 Linda Martin, *Children's Music Director*
 Julie Brogno, *Children's and Family Ministry*
 Alexandra Connors, *Youth Minister*
 Joan Bock, *Nursery Manager/On-Site Wedding Coordinator*
 Julie Toma, *Cathedral Administrator*
 Melissa Scheffler, *Communications Coordinator*
 Janet Sweeting, *Office Assistant*
 Sharon Sprague, *Sacristan*
 Angela Graham, *Property Manager*
 Mike Guidry, *Assistant Property Manager*

Gethsemane, the Garden

As we begin our Lent
 Let us find our Gethsemane
 A garden of quiet moments
 Where the wind is but a whisper
 And our thoughts are wrapped in prayer.

You can hear His voice in the wind
 And even in the darkness
 You can see His footprints.
 Where they lead us we will follow.

But soon the darkness will ascend
 into morning. The day will come.
 And we will see the Light of the World
 And rejoice in His resurrection.

e.c. binford, Lent, 2017

I found my heart at Gethsemane, Digital Art, by Troy R. Bishop