



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol. 76, No. 12 • December 2007

FROM THE DEAN

December has arrived, and I need more time. There is so much to do. There are special events at the Cathedral requiring preparation and execution, year-end details to wrap-up while looking ahead to the new year. Personal time is needed for shopping, addressing greeting cards, baking and decorating.

Time is needed for extended family and all that is a part of those gatherings. And of course, there are the normal responsibilities and activities of life and vocation that still need to be attended to like any other month. Add on top of the actual extra work all the anxiety, emotional dynamics and stress that this time of year produces, and December often feels like a month filled with things left undone. How many times have we limped into the Twelve Days of Christmas? How many times have we said, "I need more time."

For many of us, time has become more valuable than money. We find that we too often must choose between the obligations of a job and the responsibilities of a relationship and/or family. Technology over the last twenty years was supposed to give us more time. Word processors, computers, fax machines, pagers, car phones, then cell phones were all designed to make our work more efficient. Perhaps they have, but it is also undeniable that this technology has stolen time from us. Quiet time for self and family is virtually disappearing (pun intended.) Time to read and pray and sit with God feels like a luxury we cannot afford given all the demands placed upon us. And unless you completely control your own time and write your own job expectations, you might have little

The Advent Season is the perfect time to consider the fullness of time.

to say about when you can be unavailable to others.

So then between cell phone calls we step back and ponder: is it that I need more time, or is it more accurate to say: the time to come to reclaim how and why I use my time?

Advent proclaims: In the fullness of time, God sent his Son. In the fullness of time. Entering into this sacred concept is worthy of our consideration and prayer.

People who are tremendously busy are not the only ones who feel they need more time. When living with serious health considerations or caring for loved ones in those situations, and as we become more aware of the changes age brings requiring adjustments to our lifestyle, we also find ourselves wishing and praying for more time. In the midst of these and so many other realities of life, we struggle to focus on questions like: What should I be about today?

The days of Advent allow us to consider the fullness of time. Liturgically, this season has two focuses. We prepare for the celebration of the first advent, the coming of Christ in the Incarnation, and we prepare for the second advent, when Christ comes again. It is this second focus which asks us to examine how well we use our time in accordance with God's purposes.

At Christmas we proclaim that Jesus has come to be one of us and dwell among (or "tent in our very neighbor" according to one Greek translation – see homily December 31, 2006 at <http://www.ghctc-kc.org/sermons/2006/christmas1.html>) Thus, how we use our time now is central to living out our faith. At the Last Day, Christ will come to fulfill God's plan and each of us will meet him as a friend and Savior. Until then, each moment has the potential to be sacred, and the fewer of these moments we spend on less important

matters, the happier and richer our lives will be. That's the difference between existing and living; honoring the sacred opportunities we have each day.

In this Advent season may we find the time we so sincerely desire. And may the Twelve Days of Christmas be a rich experience of the fullness of time found in the Holy Child, so that time for us all is forever changed.

Come thou long-expected Jesus!
With my love in Christ,
Terry+

Dean Cavanaugh Cathedral Fund: Honoring the Ministry of the Very Rev. J. Earl Cavanaugh

A special committee charged with recommending the creation of a memorial at Grace and Holy Trinity Cathedral in honor of the late Dean Emeritus Earl Cavanaugh will begin its work after the first of the year. Dean Cavanaugh's ministry touched many in the Cathedral, diocese and greater Kansas City community, and a fitting memorial will honor his love of God and God's people. Contributions to the Dean Cavanaugh Cathedral Fund at the Cathedral will be used to support the memorial. As the special committee carries out its work, updates will be shared with the Vestry and Cathedral congregation.

Children's formation has lively autumn

What a lively autumn it has been in Children's Formation as we moved through the Godly Play sacred stories including the Great Family, the 10 Best Ways and the Exodus. We learned many new songs in chapel and sang at the 10:15 service in October. K-1 children experienced many stories told simultaneously in spoken word and American Sign Language. We are learning about cathedrals and the corporate structure of our church.

We all enjoyed a spectacular Trunk or Treat. We hosted Andrea Skowronek for a liturgical, creative movement workshop in November. We continue to support our foster children John, Vinod and Gladis through our chapel offertory. We are looking forward to Advent workshop and the Christmas pageant!

We are very excited to have advertising space, featuring our children in formation, on a digital billboard in Platte County. The majority of growth in young families coming to the Cathedral is from this area. The Lamar billboard is located south of Zona Rosa at I-29 South at (approximately) 77th Terrace. There is a parking lot, off of Prairie View Road, between Barry Road



This billboard, located south of Barry Road on I-29 South, is a digital display and will run through Christmas day.

and 72nd Street near Highway 9, that makes a perfect viewing spot. The billboard ad runs through Christmas Day.

Many thanks to the Cathedral groups and families who opened their hearts and trunks in an outpouring of kindness and candy during our annual Trunk or Treat in October. Thank you to Guild of the Christ Child, Chris Morrison, Stewardship Committee, the Fortune Family, the Copeland/Galus Family, the Citro Family, EFM, Linda Fricke, the Music Committee, the Barker Family, Trinity Teens, the Behen Family, the Saphiere/Webb Family, the Count Stewardship and Valerie Johnson Family, the Hawley/Livengood Family, Newcomers Committee, the Moore Family, the Finet Family and the McTavish Family for your decorated trunks.

Thank you to Heather Cleavinger, Kristy Moore, the fourth Sunday Holy Hands team, families of children in formation and all the dessert contestants for contributing to the bounty of delicious foods for coffee hour. Thank you to the teens and Joe Behen who manned the parking lot. Thank you to Grady Sanford for his beautiful photographs.

Congratulations blue ribbon winners: Sydney Cleavinger for her pumpkin ice cream pie, Sue Sommer for her apple pie, Tara Bennett for her pumpkin spice dessert, Jan Frizzle for her autumn table display, Heather Cleavinger for her decorative (and functional) candy bar basket and Brian C. Marrs for his golf balls for eyes carved pumpkin.

— by DeAnn McTavish



photos by Grady Sanford



The Angelus

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

The Angelus Small Group Contributors:

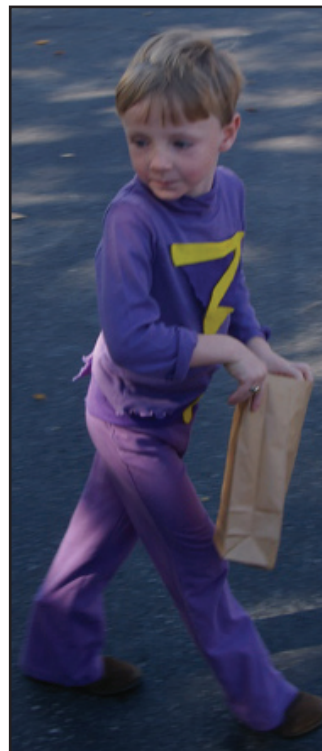
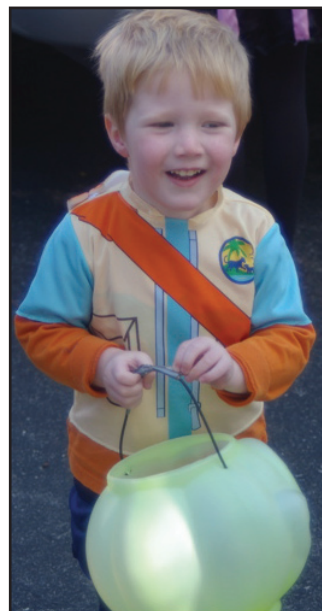
Emily Akins	Tom Atkin
Mary Byrne	Jan Frizzle
John Hornbeck	Geoff Logan
Chris Morrison, <i>Small Group Facilitator</i>	

Julie Toma, Editor

The Angelus Small Group meets the first Tuesday of each month and 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@ghctc-kc.org or fax: 816.474.5856.

More Trunk or Treat photos



More Trunk or Treat photos



Journey Toward Bethlehem

Advent Wednesday Evenings

December 5 and 12 • Founders' Hall

6:00 evening prayer • 6:15 dinner • 7:00 class

- To assist with meal planning, please register online at: www.ghc-kc.org/advent or call the Cathedral office at 816.474.8260.
- A light meal will be available for \$5 per person.
- Child care provided for children four and younger.
- To assist planning child care for other ages, please pre-register.

December 5: Music of Advent

Led by the Very Rev. Terry White

Explore some of the best loved hymns of Advent and Christmastide. We shall identify and explain some of this imagery found in the texts: the prophecies foretelling the coming of the Messiah, the Gospel accounts of the annunciations and birth narratives of John and Jesus, along with some parables of Jesus and apocalyptic imagery of the New Testament. Come and enjoy singing these hymns with great fervor accompanied by CD recordings.

December 12: Images of Advent

Led by Ellen Goheen, former Director of Collections and Exhibitions at the Nelson-Atkins Museum of Arts

The Christmas Gospel describes four scenes: the Journey to Bethlehem; the nativity; the annunciation to the shepherds in the field and the reaction of the shepherds as they spread the news of the birth. It was only in the beginning of the fourth century, with the introduction of the feast of Christmas, that Christendom evidenced much interest in the representation of events surrounding the birth of Christ. This session will examine some of these images in preparation for Advent.

Adult Formation

Sundays at 9:15 a.m. • Founders' Hall

Clergy Forum

December 2

Bishop Howe joins Dean White for our first Sunday of the month conversations about life in the Church.

Infancy Narratives of Jesus

December 9 & 16

led by the Very Rev. Terry White

The Gospel according to Matthew is the primary source for our Gospel readings for the new liturgical year. Matthew stresses the connections between the story of Israel and the life of Jesus and the fulfillment of the Old Testament in Christ.

The infancy narratives serve as overtures to the writing of the evangelists and may further serve as bridges between the Old and New Testaments. We will connect the history of Israel to the ministry of Jesus found in Matthew. These narratives will show the fulfillment of saving history and of God's Word in the coming of Jesus. The Old Testament citations reinforce the understanding that the whole life of Jesus completed God's plan. This Advent study is based upon *Advent of the Savior: A commentary on the infancy narratives of Jesus* by Stephen J. Binz. Books are not required for this class.

There will be no class December 23 or 30.

Children's Pageant

Rehearsals December 9, 16 and 23

Children age 3 and up are invited to participate in our telling of our Savior's birth. Directed by Christine Morrison, rehearsals begin in Haden Hall promptly following the 10:15 service. Parents must accompany children. Lunch is provided and participating families are asked to share in the cost and preparation.



Friday, December 7 • 7:30 p.m.

Fine Arts Chorale

<http://www.fineartschoralekc.org>

Central Ticket Office: (816) 235-6222

Saturday, December 8 • 7 p.m.

Sunday, December 9 • 3 p.m.

Kansas City Women's Chorus

<http://www.boxofficetickets.com/kcwc>

Sunday, December 9 • 7:30 p.m.

Service of Advent Lessons and Music

Monday, December 10 • 12 p.m.

City Come Again

Friday, December 14 • 8 p.m.

Sunday, December 16 • 3 p.m.

William Baker Festival Singers

<http://www.festivalsingers.org>

Central Ticket Office: (816) 235-6222

Saturday, December 15 • 4:30 p.m.

Messiah Singalong

Tuesday, December 18 • 7:30 p.m.

Kansas City Chorale

<http://www.kcchorale.org>

Central Ticket Office: (816) 235-6222

Grief, loss and Christmas

One side of the Christmas season not often talked about is how to deal with loss and grief even as the world celebrates the holidays with joy. The fact is, no matter how much time has elapsed, we miss those with whom we have shared past Christmases.

The first Christmas following the death of a loved one, or after a marriage or significant relationship has ended, especially invites us to change in some way how we celebrate.

- **Have reasonable expectations.** There will be times of great sadness, times when you prefer to be alone, and times when you very much need the company of others. These needs may change from day to day. You may find yourself suddenly overcome with feelings of grief that you don't expect. This is normal.
- **Do not try to do all the things you have done in the past.** Baking, decorating, writing cards, entertaining, and shopping can be too much in the best of times. Be aware of the energy you have, and allow yourself to do things differently. Be compassionate with yourself.
- **At special gatherings, name your loss in a healthy way, and talk about those you miss.** Some families offer a special toast to those who have died and now live in the nearer presence of Christ. This is a powerful time to share tears and fond remembrances. You put yourself and those around you at ease when you speak of those you miss. Others often are waiting for cues from you.
- **You may wish to begin a new tradition,** such as reaching out to a lonely neighbor, taking gifts to a shelter or food to the local fire station. In years to come, this tradition becomes known as, "What we began doing the Christmas after N. died." This celebrates the life of your loved one, and in succeeding years, makes it easier to name those who have died.
- **Pay special attention to children** who can be overlooked in the grieving process. More toys will not give comfort and hope. They need to know they are not alone in their sorrow, that adults, too, miss departed loved ones. Assure them of God's special care in the days ahead, and that the Christ Child is with them always.
- **Be regular in worshipping God and receiving the Eucharist.** There is no greater comfort in sorrow than the presence of the Risen Christ.

Hold fast to the promise in St. John's Gospel for Christmas Day: "The Light shines in the darkness, and the darkness shall not over come it."

Schedule for Services

December 23 – The Fourth Sunday of Advent

8 & 10:15 a.m. Holy Eucharist. No 5 p.m. service this day.

One service only this morning. No adult formation classes. This liturgy will be held in Founders' Hall as the Nave and Sanctuary will be decorated for Christmastide.

The Twelve Days of Christmas

December 24 – Eve of the Nativity of Our Lord Jesus Christ

4 p.m. – Sung Eucharist with Christmas Pageant.

The Rt. Rev. Barry Howe, presiding. The Rev. Canon Susan Sommer, celebrant.

The Very Rev. Terry White, preacher.

The first Eucharist of Christmas. The birth of Christ is interpreted by the young people of the cathedral. The Tallis Singers and the Choraliers offer anthems, and the congregation joins in singing carols and the service music. The pageant and liturgy will be signed for the hearing-impaired.

10 p.m. The Prelude to the Celebration

The Trinity Choir sings *Three Carols* by Stephen Paulus, accompanied by oboe and harp, as part of the prelude. Carols for the congregation commence at 10 p.m.

10:30 p.m. Solemn Eucharist of the Nativity

The Right Rev. Barry Howe, Bishop of West Missouri, celebrant & preacher.

With the fullness of sacred ritual the Christ Mass is celebrated. Tonight the Trinity Choir offers music by Jeffrey Carter, Colin Mawby and Arlen Clarke as choral arrangements to the liturgy. The service includes familiar carols and service music, to be sung enthusiastically by the congregation. John Fowler will play Oliver Messiaen's "Dieu par mi nous" ("God with us") as the postlude.

December 25 - The Nativity of Our Lord Jesus Christ: Christmas Day

10:15 a.m. Sung Eucharist with carols, choir and organ.

The Very Rev. Terry White, celebrant. The Rev. Canon Susan Sommer, preacher.

December 26 – Buildings & Office closed. No 12:05 p.m. Eucharist.

December 27 – Office closed. Feast of St. John. Eucharist: Eucharist, 12:05 p.m.

December 28 – Office closed. Feast of the Holy Innocents: Eucharist, 12:05 p.m.

December 30 – First Sunday after Christmas

No formation classes or Children's Chapels.

8:00 a.m. Holy Eucharist

10:15 a.m. Sung Eucharist and carols with choir and organ.

5:00 p.m. Sung Eucharist and carols with organ.

December 31 – Office closed.

Seventh Day of Christmas. Eucharist 12:05 p.m.

Eve of the Holy Name of Jesus. Eucharist 4 p.m.

January 1 – Buildings & Office closed. No 12:05 Eucharist.

January 2 – Ninth Day of Christmas: Eucharist, 12:05 p.m.

January 3 – Tenth Day of Christmas: Eucharist, 12:05 p.m.

January 4 – Eleventh Day of Christmas: Eucharist, 12:05 p.m.

January 6 – The Manifestation of Christ to the Gentiles: The Epiphany

8:00 a.m. Holy Eucharist

10:15 a.m. Solemn Eucharist

5:00 p.m. Sung Eucharist

Coping with holiday stress

Here it is, Advent again, with Christmastide just around the corner. As we live this Holy Season at church, the “Holiday Season” surrounds us. According to the images on Christmas cards, in advertising, and, sometimes, in the happy faces we show one another, we’re all having a wonderful time. But are we?

The annual celebration of the Word made Flesh is often, unfortunately, a time of significant tension and anxiety for many people. Preparation for Christmas and the holiday itself presents us with multiple tasks: gifts to buy and wrap, sometimes on a tight budget, decorations to be placed, meals to be cooked, and parties to be hosted or attended. Parish leaders, both clergy and lay, have many liturgies and special events to be plan and celebrate, and everyone must balance opportunities and commitments at the Cathedral with other seasonal activities.

Some other obvious sources of holiday stress include having too many things to do, the disruption of ordinary routines, financial worries, and difficult relationships. This last area can be especially difficult, given the unrealistic expectations we have that all is merry and bright within families and among acquaintances. This, of course, is not always true.

For many, the natural anticipation of this joyful season is undercut by concern about unpleasant situations or encounters. It is important to know that many people have some holiday anxiety, ranging from relatively mild concerns about how the cousins will get along at Christmas dinner, to facing the least talked-about issues, such as physical, sexual and emotional abuse of children or adults, alcoholism, or drug addiction.

People who are working hard to grow into new life and to change old patterns are often confused about what to do when planning to visit or be visited by difficult friends or family members during the holidays. Consider these suggestions if you are in this situation.

- **If it’s dangerous, don’t go.** Our families and our culture imply that one must be with one’s family during the holidays. This is simply not true. The only person whose presence is a necessity for Christmas is Our Lord Jesus. If you are considering visiting, or allowing to visit,

family members who have a history of physically, emotionally, sexually, or spiritually abusing you, it is fine to change your plans.

- **When you’ve got it, don’t flaunt it.** After having worked hard to gain insight into your own behavior or that of your family, it is natural to want to share your new awareness. In general, it is a good idea to resist this temptation. Your growth and change may seem threatening to some members of the family because it changes the family dynamic. Share your insight instead with someone you trust who is outside the family.
- **Try not to let old patterns upset you.** Family members relate to each other according to patterns, rather like a dance. Each family has its own dance, which gets repeated regularly. When you change your behavior, you change the dance. It is natural for others in the family to ask you to get back in step with the family dance. The best response to a “change back” message is to establish a healthy boundary with a clear “yes,” or “no,” and as little reactivity as possible. Striving to attain this response is, of course, something which all growing people do for most of their lives.
- **Stop wishing they’ll be different.** The most common way that people undermine their desire for a happy holiday is to spend time wishing that their family would be different than it is. For example, if Dad and Great Aunt Sarah have an intense and public conflict each year, then it’s a safe bet they will have that fight again this year; particularly if neither of them has worked on his or her own growth during the past year. To spend a great deal of energy wishing that this annual event not occur is to spend a great deal of energy setting yourself up for a disappointment. The only person whom you can change is you.
- **Embrace a new holiday tradition.** Allow yourself the time and space to do something that is peaceful, meaningful, or fun, just for you. It’s ok. Really. Enjoy.

Youth focus on learning to live out baptismal covenant

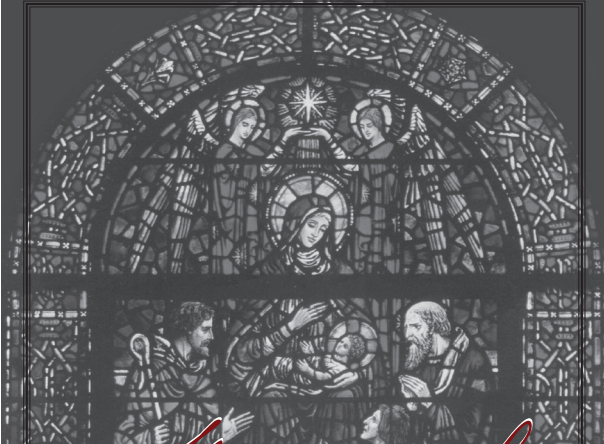
During Advent youth will continue in the three-fold model of formation introduced this year. Confirmation preparation is blended with formation for the living out of the baptismal covenant. Complementing this preparation, youth participate in the *Attitude* curriculum published by Living The Good News in a way that builds on the baptismal covenant.

We also engage in a “dissection” of popular media. The goal is two-fold. First, youth learn to think critically about what is being presented to them in the media. Two questions form the lens through which we consider such media: what is the vision of life that is assumed in these media, and how does that vision affect their own assumptions? Secondly and most importantly, we put these cultural value assumptions in conversation with our Christian faith through both Scripture and the Book of Common Prayer.

As our youth become young adults, we want them to understand how faith matters in their lives, and to be able to make mature decisions that are congruent with who they are as Christians.

Using the Bible and the BCP in this way, youth gain a “working” familiarity with these documents of faith.

— by the Rev. Joe Behen



Messiah
SINGALONG
JACK ERGO, Conductor
Music of Handel

Saturday • December 15, 2006 • 4:30 p.m.

Admission is free.
THE AUDIENCE SINGS THE CHORUSES!
Bring your score or purchase one at the door.

Grace and Holy Trinity Cathedral
13th and Broadway • Kansas City, Missouri
Telephone (816) 474-8260 • Internet www.ghtc-kc.org

December church calendar

The church calendar is noted for its births (Jesus) and deaths (St. Stephen and the Holy Innocents), as well as other figures who furthered the faith. As always, you can get more information at <http://satucket.com/lectionary/Calendar.htm>.

- 1 - Nicholas Ferrar, Deacon, 1637
- Founder of a religious community in England where the complete Psalter was read daily
- 2 - Channing Moore Williams, Missionary Bishop in China and Japan, 1910
- Bishop who ministered in Japan soon after that country opened itself to greater contact with the West; founded a university in Tokyo
- 4 - John of Damascus, Priest, c. 760 -
Early church father who defended the then-controversial use of icons in worship
- 5 - Clement of Alexandria, Priest, c. 210
- Greek teacher who felt Greek science and philosophy and the Hebrew Torah were a preparation for the Gospel and encouraged his students to have a broad education
- 6 - Nicholas, Bishop of Myra, c. 342
- Early bishop who was known for his anonymous gift-giving, hence the tradition of the mysterious St. Nicholas, or Sankt Niklaus, or Santa Claus
- 7 - Ambrose, Bishop of Milan, 397 -
Bishop who successfully defended the Athasians in Milan from Arian believers; developed a form of chant that is still widely used
- 21 - Saint Thomas the Apostle - The so-called "Doubting Thomas," who would not believe in the risen Christ until he could see Him for himself; was very devoted to Jesus and vowed to follow him into death (John 11:7-16)
- 25 - The Nativity of Our Lord Jesus Christ: Christmas Day
- 26 - Saint Stephen, Deacon and Martyr
- The first Christian martyr (Acts 6-7); was ordered stoned to death after declaring that the Temple service was irrelevant in seeking reconciliation with God
- 27 - Saint John, Apostle and Evangelist
- Disciple who was present for more of Christ's miracles than most others; wrote three Epistles and the Gospel According to John; attributed author of the book of Revelation, but this is less certain
- 28 - The Holy Innocents - Commemorates the killing of all first-born males in Bethlehem shortly after the birth of Jesus on orders from King Herod, who feared for his throne (Matthew 2)
- 29 - Thomas Becket, 1170 - Archbishop of Canterbury who was slain in his own cathedral for defying King Henry II over several issues of whether the church or state had jurisdiction in various legal matters
- 30 - Frances Joseph-Gaudet, Educator and Prison Reformer, 1934
- Daughter of African-American and Native American parents who worked for better prison conditions for black prisoners, and later for all prisoners; later founded a school in Louisiana for children with working mothers
— compiled by Chris Morrison

Flower gifts for November

November 4

- in thanksgiving for granddaughter, Elizabeth Maeve Caudle — *June and Ken McDonald*.
- in thanksgiving and blessing of grandchildren James Cooper Polakowski and Carter James Dawson — *Zan Crum*

November 11

- in loving memory of Tom Wood — *Sally Wood*
- in thanksgiving for our wedding — *Morgan Conley & Jason Parker*
- in memory of Sue Hendrix and Melvina Nickerson — *Scotty and Jason Hendrix, Holly and Jeff Johnson*

November 18

- in memory of John and Beverly Riggs — *Chris and Christine Morrison*
- in celebration of our first anniversary — *Sara Copeland and Mark Galus*

November 25

- in thanksgiving — *Bob Trapp*
- in memory of Charles Henley and Marie & Earl Hankens — *Jeanne Henley*
- in celebration of the birthdays of our granddaughters Maya McLeroy and Grace Leonard — *Carolyn and Ron McLeroy*

Cathedral's financial status

OCT MTD	BUDGETED MTD	ACTUAL MTD
INCOME	\$ 157,567	\$ 168,084
EXPENSES	\$ 139,865	\$ 151,100
NET TOTAL	\$ 17,702	\$ 16,984

OCT YTD	BUDGETED YTD	ACTUAL YTD
INCOME	\$ 1,493,841	\$ 1,512,497
EXPENSES	\$ 1,448,798	\$ 1,493,687
NET TOTAL	\$ 45,043	\$ 18,810

The Cathedral had another good month in October as actual income exceeded budgeted income by \$10,500. Actual expenses in October exceeded budgeted expenses by \$11,200. Year-to-date, our income exceeds budget by about \$18,600 and actual expenses exceed budgeted expenses by approximately \$45,000. The net total for YTD is a plus \$18,810. A good position for this time of year.

— by Doyle White, treasurer

Space is filling quickly

Annual Cathedral Women's Retreat February 15-17, 2008

Reserve your space for our annual Women's Retreat. Send your \$35.00 deposit or request for more information to Mother Carol Sanford (csanford@ghc-kc.org). We hope to see you there!



Gifts beyond the present: safe start in Haiti

Healthy Mother–Healthy Babies Foundation, which sponsors Maison de Naissance (MN), is determined to continue and expand programs in the current service zone and beyond, and is counting on us for support. HM-HB has proven methodologies and needs only the resources to deliver them. A gift, in honor of a friend, family member or associate, will provide the finances needed now to move ahead in this life saving work.

Please look through MN's catalog of gifts/wish list and choose one (or more!) that appeals to you, or make a direct

contribution so that it can be used where the need is greatest.

How do I honor someone with a "gift beyond the present"?

Online catalogs can be accessed by going to www.maisondenaissance.org and clicking on the title, "Take Action" at the top of the homepage. Simply choose a gift item from the online catalog and indicate who the gift is honoring. A certificate will be presented to the recipient. Anonymous gifts are also welcome.

Orders may be placed di-



Maison de Naissance
a birthing home in Haiti

rectly on the web site listed above or mailed to: Healthy Mother–Healthy Babies, 6401 Wornall Ter, Kansas City, MO 64113. Direct questions to 816.812.7100 or catalog@hm-hb.org.

Maison de Naissance is a program of The Healthy Mother–Healthy Babies Foundation, a 501(c)3 non-profit corporation.

– by Valerie Johnson

Are you receiving Cathedral news by e-mail? If not, sign up today!

www.ghhc-kc.org

CHILI! Cook-off



JANUARY 19

Two years ago, after a recount of votes that only confirmed a rare tie for the coveted "James Beard Award," Brian Marrs and Sandra Hornbeck ended up sharing top honors for the Cathedral Chili Cook-off. Last year Brian won it outright, thus winning the award two years in a row. Inquiring minds want to know – who will rise to the challenge of unseating Brian from that coveted seat of honor?

You still have more than a month to get ready for the fifteenth annual Cathedral Chili Cook-off. The event takes place at Founders' Hall Saturday, January 19.

In addition to awards for the best overall chili there are also awards for the most unusual chili, best vegetarian chili, best presentation, and a "Blessed Chili Award" from the clergy. So take out your cookbooks and family recipes, or experiment with your own special concoctions, and join in on the fun.

This is also a youth-friendly event. Youth are encouraged to compete in the chili cook-off and we have special Youth Awards for their entries.

Like last year, we will also have a special room set aside for older youth for games and other activities. Plus we will have supervised child care for younger children.

Invite your friends and family as well. This is a great opportunity to introduce the Cathedral to

others. Indeed, this event will be a cooperative effort between your Social Action Committee, the Friends of MN and the Newcomers Group.

In addition to this being just a plain old good time, this is also a fund raiser for outreach ministries at the Cathedral. Like last year, we will have a silent auction and will add a live auction as well. Tickets prices for the Chili Cook-off are \$10 per person and \$20 per family. One hundred percent of all proceeds will go to the Cathedral R.A.M.P. program for emergency housing assistance, and to the Cathedral Friends of MN for the Maison de Naissance well-baby program.

So join in on the fun and food for a good cause. Watch for additional information on this event, or talk to Priscilla Brown or others on the Social Action Committee. In the meantime, mark the day of Saturday, January 19 on your calendar, and start working on that chili. Otherwise, Brian may need to adjust his hat size if he wins for a third year in a row.

How sweet it is

Wonderful sweets have returned again to the eight o'clock coffee hour. Responding to the ministry of hospitality, Sandra Hornbeck and Vangie Rich have joined together to provide coffee refreshments after the 8 a.m. Sunday service. Sandra will serve the first Sunday and Vangie the second Sunday of the month. Their ministry began in November.

Coffee hour is a time to connect, enjoy the energy and liveliness of our children; our paths crossing with others not seen in our busy nine-to-five lives.



Please note that there are still two Sundays available each month.

Sandra, a 10:15 service regular, advises, "It is easy to slip in Founders' by 8:30, and set the table with goodies. Napkins and plates are stored in the pantry, and our sextons will already have set the table with cups and made coffee."

"The best part comes in visiting with my eight o'clock family," adds Vangie who sets her table before worshipping at the eight o'clock service.

If you are interested in this needed ministry, for either the second or fourth Sunday, contact Joyce Morrow jemorrow@kc.rr.com.

You'll see how sweet it is.

–by Jan Frizzle



With Sympathy

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

- Kathy Adams (*mother of Adam Abrams*)
- Marilyn Biggs (*Cathedral member*)

Christmas Cookies

For guests of the Kansas City Community Kitchen, Christmas is without many of the special traditions that most of us take for granted. Very few of us are equipped to bake 500 cookies, but many of us can certainly combine our talents. To that end, please bring three or four dozen (or more) cookies to church on Sunday, sDecember 16. We will enjoy some of them at coffee hour that day and send the balance to KCCK to serve during the week before Christmas. Bless all your holy hands in advance for this bit of sharing.



Homemade is wonderful, but it is the thought that matters.



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.ghhc-kc.org
E-mail: office@ghhc-kc.org

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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

December 2007

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					

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. Order for Evening/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

Activities for the Month of December

1 • SATURDAY

10:30 a.m. Ordinations of the priesthood
3:00 p.m. Paul Mesner Puppets: Nativity
7:00 p.m. Paul Mesner Puppets: Nativity

2 • SUNDAY

11:30 a.m. Advent Workshop
11:45 a.m. Music Committee
3:00 p.m. Paul Mesner Puppets: Nativity
3:30 p.m. Centering Prayer Group

4 • TUESDAY

7:00 p.m. The Angelus Small Group

5 • WEDNESDAY

6:00 p.m. Advent Series

6 • THURSDAY

9:30 a.m. Cathedral R.A.M.P. Program

7 • FRIDAY

6:00 p.m. Concert: Fine Arts Chorale

9 • SUNDAY

11:45 a.m. Social Action Committee
7:30 p.m. Advent Lessons and Carols

10 • MONDAY

12:00 p.m. City Come Again
6:00 p.m. Robbery Victims Support Group

11 • TUESDAY

6:15 p.m. Cancer Support Group

6:30 p.m. Friends of MN

12 • WEDNESDAY

5:00 p.m. Investment Subcommittee Meeting
6:00 p.m. Advent Series

13 • THURSDAY

6:30 p.m. Holiday Cookie Exchange (sponsored by Guild of the Christ Child)

15 • SATURDAY

9:00 a.m. Altar Guild Work Day
4:30 p.m. Messiah Singalong

16 • SUNDAY

3:30 p.m. Centering Prayer Group
5:00 p.m. Integrity

17 • MONDAY

4:30 p.m. Buildings and Grounds Committee

19 • WEDNESDAY

7:30 a.m. Finance Committee

20 • THURSDAY

9:30 a.m. Cathedral R.A.M.P. Program
5:00 p.m. Vestry
5:30 p.m. Tutoring: Literacy of KC

DECEMBER 23-31

see page 4 for complete details about services for the Fourth Sunday of Advent and the Twelve Days of Christmas

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