



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

Vol.77, No.7 • July 2008

FROM THE DEAN

As a young boy, summertime meant Little League baseball, collecting fireflies, warm evenings playing kick-the-can while running through neighborhood yards free of fences, the luxury of an electric fan at the foot of bed while listening to a baseball game on the radio or reading as late as you wanted (or could get away with.). And of course, summer meant swimming.

Our community pool was a nice one, small by today's water park standards, but usually there was plenty of room for everyone. If it was too hot for baseball we headed to the pool and enjoyed Top 40 tunes from everyone's favorite radio station blaring through the loud speakers. Red Cross swimming lessons started at 10 a.m. which meant that only on the hottest days of the year did the water feel even close to comfortable. In my third summer of lessons, I was horsing around with friends after our first session, slipped in the gravel parking lot, and received a deep cut on my knee which required several stitches. Dr. Couchman did a fine job patching me up. I especially remember when, after deadening the area around the wound, he used what looked to be a wire brush and cleaned the wound by scrubbing with great force. I didn't feel a thing, but evidently my mother did, for at one point the doctor gently helped her off the exam room floor and back into her chair. As the last stitch was tied, he uttered terrible words: no swimming for eight weeks. That meant for the rest of the summer, no cool dip on a hot day, no games of pool freeze-tag or our own version of water-polo, and no swimming lessons.

The next summer, to make up for the lessons I missed, I took private lessons, which started at 9 a.m. when the water could have chilled a soda can to perfection. My instructor seemed not so much interested in me as she was in a few of the other guards — high school boys — who were only too happy to return the attention. I was told to swim twenty laps while she talked with Hank and Dirk. When I finished, I was given another twenty. Thus, in just a few weeks, I caught up on what I had missed the previous summer and was told that I was now ready for the next level of instruction. How nonchalant was my teacher when she completed listing the requirements for graduating from the course by saying that I would have to dive off the high dive.

Dive?! Devil woman!

Now according to the sign at the bottom of the platform, the high dive was 18 feet high. Not true. It was 60 feet if it was an inch, and I was doomed. For several weeks I dreaded the upcoming dive. I was a fair swimmer, and if the Olympic Games awarded medals for floating, I would have made America proud. But diving was not my thing. (I swore it

was due to an undiagnosed inner ear condition that made it physically impossible for my head to enter the water ahead of my stomach.) From the low board, on the few occasions I had attempted to dive, the results of my efforts had displaced too much water to calculate. This talent today would earn me the nickname 'Tsunami Terry.' And from the looks of my tummy following such a dive, you would have thought that I had just landed in a patch of very ripe strawberries.

But worst of all was the sound: WHAAAPPP! It was the kind of sound that caused every head to turn and seek out the source. I knew I couldn't dive, but why did everyone within a country mile have to know it, too? And that was from the low dive, a mere 12 inches above the surface. What chance did I have from 60 feet—no, make that, 80 feet above?

Those wonderful summer carefree summer days and nights became a countdown to THE DIVE. I could not get my fears out of my mind. I devoted much energy to concocting excuses, and I fervently prayed The Noah Prayer, beseeching heaven to send down forty days and forty nights of rain. But it was all to no avail. Slowly, painfully, the day approached, and finally arrived.

From the locker room I emerged, certain of the Custer-like fate awaiting me. I completed the laps using all the required strokes though I was hardly paying attention to my form. Luckily, my instructor was locked in a philosophical discussion with Hank and Dirk, so I was given credit for each part of the exam. It was then that I began to fantasize: perhaps if I did incredibly well on parts 1 thru 7 surely I could just skip part 8 — THE DIVE! With the hope of the condemned awaiting a gubernatorial reprieve, I approached my instructor and executioner. In mid-discussion with Hank and Dirk, without even looking my way or speaking to me ... she pointed to the high dive.

As I ascended the ladder, I had never felt so alone. When I reached the platform, I saw that I was not alone, and beheld a crowd of what seemed like 500 kids all eager to witness my attempt. I looked to the heavens — not a cloud in the sky. I looked down to the pool — was the water being drained? I had never known such fear, and I had never before felt so absolutely sure that there was no way out but to dive off the board. I was scared stiff, which is not exactly text-book diving posture.

The next few seconds are mostly a blur — time has been good to me. It took only a moment to cover the 120 feet from the diving board to the water below. And ...

...if it is true that sound waves never die, some life form in some far distant galaxy monitoring sounds from deep space

(continued on page 2)

from the dean

continued from page 1

will one day risk hearing loss if the sound of my spectacular belly flop is detected, which was immediately followed by an equally spectacular scream that caused those gathered around the pool to cover their ears. What made the scream even more amazing was that I was still underwater.

Summer is a time for relaxation, play, vacation and re-creation. But summer is also time for belly flops — trying things we aren't good at or have never tried, a time to clumsily face a deep-seated fear, a time to hold nothing back and dive off the proverbial high dive. Summer is a time to discover, perhaps for the first time, or rediscover, that God is not only in our triumphs, successes, and in times of calm, but God is also in the dive and in the worry, at the end of the board, in the freefall, and in the deep water. And God is very definitely in the Dairy Queen Hot Fudge Brownie Delight with extra whipped cream and nuts that only the world's most spectacular belly floppers, fresh from a 150 foot high dive, can truly appreciate!

So my friends, take a dive this summer.

With affection, Terry+

The Lambeth Conference

The Lambeth Conference is one of the global Anglican Communion's Instruments of Communion. It takes place every ten years at the invitation of the Archbishop of Canterbury and is the one occasion when all bishops can meet for worship, study and conversation.

The 2008 Lambeth Conference of bishops, set for July 16-August 3 in Canterbury, England. Episcopal Life Online has a series of handouts about the Lambeth Conference at www.episcopalchurch.org/95270_ENG_HTML.htm

•new arrivals•

Henry Francis Galus was born June 11 to Sara Copeland and Mark Galus.

Isaac Boyce was born to Dan and Amanda Boyce.



Lambeth Conference Prayer
Pour down upon us, O God, the gifts of your Holy Spirit, that those who prepare for the Lambeth Conference may be filled with wisdom and understanding. May they know at work within them that creative energy and vision which belong to our humanity, made in your image and redeemed by your love, through Jesus Christ our Lord. Amen.

Treasurer's Report

May MTD	Budgeted MTD	Actual MTD
Income	\$ 181,232	\$ 178,608
Expenses	\$ 185,052	\$ 190,054
Net Total	\$ (3,820)	\$ (11,446)
May YTD	Budgeted YTD	Actual YTD
Income	\$ 805,354	\$ 806,969
Expenses	\$ 775,096	\$ 798,549
Net Total	\$ 30,258	\$ 8,420

The Cathedral for the month of May 2008 saw income \$2,600 below budget due primarily to shortfalls in pledge and plate income, and expenses over budget by \$5,000 due to several budget expense lines.

Year-to-date income is slightly over budget and expenses are \$14,500 over budget due primarily to the property line item.

—by Doyle White

Flower gifts for June

June 1

- in memory of Jacob E. Klassen — *Jan Seaman*
- in thanksgiving for all the support and help from my beautiful family and precious friends Bud, Candy, Canon and Leona Schaefer and Trinity Choir — *Jung-Eun Ahn*
- in thanksgiving for the anniversary of August Sprung and Melisa Burns — *Patricia Burns*
- in thanksgiving for the marriage of Sarah Elizabeth Mabry and Stephen Oren Allee

June 8

- in memory of Florence Klassen — *Jan Seaman*
- in loving memory of Katherine Liddell Hall — *Bruce Hall*
- in thanksgiving for the birthday of our grandson, Hank Leonard — *Ron and Carolyn McLeroy*

June 15

- in memory of her husband William Bucker — *Barbara Bucker*
- in loving memory of Tom Wood — *Sally Wood*
- in thanksgiving for my daughter Stephanie — *Phyllis L. Biddle*



June 29

- in thanksgiving for our anniversary — *Pat and Kay Woolley*
- in memory of Maria Alexandra Mauro — *Sandra and Al Mauro*
- in honor of our wedding — *Elle Hess and Greyson Clymer*
- in memory of Enid and Crosby Kemper and Betsey and Tom Wood — *Sally Wood*

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

Online payments for your flower gifts is now available! Visit www.ghc-kc.org/flowers for online payments with credit cards (Visa, Mastercard, Discover or American Express).

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, *Small Group Facilitator*

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@ghc-kc.org or fax: 816.474.5856.



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

- Vera Jean Sink
- Robert Veasie, *Ruth Finet's father*
- Floyd Baston, *Marsha Begg's father*
- Charlene Atkin
- Myrtle Vincent, *Elizabeth Schurman's grandmother*

Bringing hope

When we were children, my mother always had a way of reminding my sisters and me that somewhere in the world there were starving children who had never known what a full stomach felt like. Maybe this was when the seed was planted that eventually led to my missionary “garden.”

In high school, I applied to be a member of a group of teens going to Puerto Rico to work in sugar cane fields and help take care of the workers’ children. Perhaps, this experience watered and fertilized the seed that had been planted earlier. Later, as a newlywed living in a Philadelphia suburb, I volunteered to teach a sixth grade inner-city class during a flu outbreak. This was a truly eye opening experience that piqued my need to help others in a tangible way.

Haiti and MN has become, for me, the full-grown tree whose seed was planted many years ago. Making the trip to Haiti was not a case of “if” but “when.” Going on an immersion trip to MN was an extremely valuable experience. Our team of five treated 150 children, ages 6 months to 6 years, living miles from MN. It was evident the faithful mothers kept follow-up visits with these precious children. It is tempting to go on at length describing the work that has been done to help the mothers and children and equally important the hope that they have that things will get better because of MN.

We must consider the work of MN from the perspective of the Millennium Development Goals of the Episcopal Church. This helps make clear how important our work and continued support of MN is as it strives to empower women, reduce child mortality, improve maternal health, and combat HIV/AIDS and malaria through education and prevention. We look at their beautiful faces, overwhelming needs, humble homes, desire to learn, thanks for safe water and realize that Kansas City brings so much to a people deep in poverty and unrest. We bring them HOPE.

—by Paula Miller



photos from Paula Miller



GHTC & St. Paul's join for VBS

Children and volunteers from St. Paul's and GHTC came together June 16-19 to learn more about the time when Jesus lived.



photos by DeAnn McLavish

green cathedral

Ideas for the stewardship of God's creation

Energy Analyzer helps you lower your carbon footprint and save money

Have you ever looked at your house and wondered how you can use less energy? Most of us know the suggestions we learned when we were kids: turn off lights when you're not using them, keep the doors closed when the heater or a/c is on and so on. Did you know there is a website where you can get even more tips?

Kansas City Power and Light (KCPL) offers a tool on their website to help you make the most of the energy you buy for your home. They can offer ways to use less energy, and make the most of the energy that you use. It may seem strange that the electric company wants you to use less power, but they really do. If demand is lower, that helps them keep their power plants operating within their capacities and lessens the need to build new plants. It also means they have to consume less fuel (usually coal), which leads to lower air pollution.

They also offer an Energy Analyzer for businesses. It is similar to the tool for homes but tailored for commercial users.

Here's how to use the Energy Analyzer:

- Go to www.kcpl.com and select Energy Efficiency under the My Home (or My Business) menu. Click "Energy Analyzer" from the next page. (Or, go directly to <http://www.kcpl.com/residential/analyzerfr.html>.)
- If you are a KCPL customer, you can log in and view suggestions tailored for your specific usage. If not, you can still use the tool to get some general suggestions.

To get estimated usage data, enter your zip code. You then enter information about your home: age, square feet, number of rooms, types of appliances and so on. Based on what you enter, you will get a list of suggestions that can help you reduce the amount of electricity you use, and how much money you can save.

For most people, the main suggestion will be to control air leakage. In other words, you can probably gain the most energy reduction by making sure your doors and windows don't leak air. Other suggestions may include switching to compact fluorescent light bulbs, using water-efficient shower heads and installing a programmable thermostat.

Of course, these suggestions apply to everyone and may seem like common sense ideas. They are, but when you see how much money you can save by making a few simple changes, you can help lower your carbon footprint while helping your wallet.

—compiled by Chris Morrison

Note: The Cathedral recently met with KCPL to analyze ways we can save on the electric bill. Some of the most noticeable changes are Sunday coffee hour in Haden Hall and Founders' Hall is kept warmer most days. In fact, the sextons are working to better control the temperature of all Cathedral buildings — keeping them slightly warmer when not in use. Also, we are participating in KCPL's program, MPower. MPower participants help control system peak demands during summer months. This will mean savings for the Cathedral — and God's creation.



Thank You!

Each month, volunteers with the Cathedral's Rent Assistance and Mortgage Payments program meet with individuals needing help with their rent or mortgage. While the program cannot financially offer assistance to everyone in need, they are able to help clients facing eviction or foreclosure. The card below came to Priscilla Brown, leader of the RAMP program.

Thank you for the
Jan. rental assistance.
God Bless You.
LuAnn

Save the Date

September 7: Rally Day
September 27: Croquet Tournament
October 17: Wine Tasting

OUR PRIMARY MISSION as the Episcopal Cathedral church in the heart of the City is to be a servant church. We seek and serve Christ in all people, loving our neighbors as ourselves and working for justice, peace and respect for every human being.

Endow a chair for only \$37

The Guild of the Christ Child wishes to purchase 20 child-sized chairs at \$37 each. These sled-based, stackable chairs fit around adjustable height tables and will be used for Cathedral events such as coffee hour, the Advent workshop and pancake breakfast. To endow a chair in honor of your child, grandchild, godchild or favorite young-at-heart child of God, simply memo a check to GHTC "Guild of CC." Donors for three adjustable height tables at \$150 each welcome, too!



Children's Formation visits Deanna Rose Farmstead



Children's Formation to the Berry Patch Tuesday, July 8 • 10 a.m.



The Berry Patch
1/4 mile south of 223rd
and State Line Road

Meet at the entrance
at 10 a.m. and bring
a sack lunch (and
sunscreen)!



photos by DeAnn McTavish

Cathedral foster care ministry recognized by Family Advocates

The Cathedral was honored by Family Advocates with an "Award of Excellence" for "Sponsorship" at their Foster Family and Volunteer Appreciation Dinner held Friday, June 27 at the Cathedral. The Cathedral was the only organization to receive such an award.

We also recently received a certificate of appreciation from the Children's Division for our "generous support in making a difference in the lives of children."

Congratulations and thanks to all for their ongoing support of our foster care support ministries!

Looking toward this fall, our goal is to provide school supplies to the children at Crittenton. We also plan to provide some supplies to the Cathedral's Garcia School partnership.

We are also planning on hosting a families from Family Advocates to attend a Christmas party which will be centered around the Paul Messner Puppets *Nativity* performance at Christmas, as well as a brief party for photos with Santa, some Christmas crafts, and refreshments.

— by David Pierson



Ice cream social follows blessing of Children's Rain Garden



Spiritual Gifts Inventory

Explore the question: "I believe God is calling me to _____" and take the Spiritual Gifts Inventory.

Parishioners are invited to respond either on the hard copy questionnaires available at the back of the church OR by clicking on the link at the Cathedral web site www.ghhc-kc.org. We will tabulate your responses and either mail or e-mail your profile as well as suggestions for how your spiritual gifts might be put to use at the Cathedral now and in the future.

The information you provide will be kept confidential; we hope that you will gain an awareness of your gifts and use the information you will receive for the work of ministry at the Cathedral.

Questions? See John Hornbeck or Gary Hicks for more information.



The Episcopal Diocese of West Missouri

Grace and Holy Trinity Cathedral

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Bishop of West Missouri

The Very Rev. Terry White
Dean

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Canon Pastor and Subdean

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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

July 2008

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

12:05 p.m. Holy Eucharist
1:30 p.m. Tuesday Afternoon Bible Study

Wednesday

12:05 p.m. Holy Eucharist

Thursday

7:00 a.m. Men's Bible Study
12:05 p.m. Holy Eucharist

Friday

12:05 p.m. Holy Eucharist

For the expanded edition of this month's *The Angelus*, go to www.ghhc-kc.org/angelus.

This Month's Activities

4 • FRIDAY

Independence Day • *Office and Buildings Closed*

8 • TUESDAY

6:15 p.m. Cancer Support Group

9 • WEDNESDAY

6:30 p.m. Friends of MN

10 • THURSDAY

8:30 a.m. Cathedral RAMP Program
5:30 p.m. Social Action Committee

13 • SUNDAY

Come to coffee hour in Founders' Hall after both morning services for a free blood pressure check.

3:15 p.m. Centering Prayer Group

23 • WEDNESDAY

6:30 p.m. Reel People

26 • SATURDAY

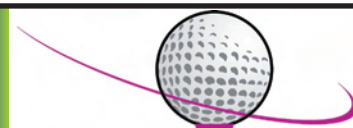
7:30 a.m. Dean's Cup Classic Golf Tournament at Paradise Pointe Golf Complex

27 • SUNDAY

3:15 p.m. Centering Prayer Group

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

Great Golf, Great Food, Great Fun... Fore a Great Cause!



DEAN'S CUP CLASSIC

Saturday, July 26

presented by GHHC
at Paradise Pointe, Smithville

Benefiting Culinary Cornerstones, a ministry of Episcopal Community Services

Register your own team, or just yourself and we will add you to a team.

NOT A GOLFER? That's okay ... you can still participate—attend the banquet, bid on silent auction items or volunteer to help at the tournament.

Register online at
www.ghhc-kc.org/golf or
by phone 816.509.3365.