

# The Angelus Grace and Holy Trinity Cathedral • Kansas City, Missouri Wol. 81, No. 9 • November 2012

FROM THE DEAN Harvest Thanksgiving

My favorite holiday is Thanksgiving. Really, I value all holidays: Christmas, Easter, the run of church festivals. National holidays and days like Valentine's Day, St. Patrick's Day, Sommer Solstice, Labor Day, Winter Solstice and other special days. But, given all of them, Thanksgiving is near to my heart.

Part of the appeal of Thanksgiving I suppose is that it

centers on home and table. Besides making travel plans, figuring out who is hosting the meal this year, or obsessing on the day-after shopping frenzy, this holiday seems to be the most laid back of the big ones. I like that this is one day to share an intentional meal with family, friends, or the people who happen to be around us.

Thanksgiving works. It works for me because it unites us as no other time does. Care is taken to see that those who must work, those in hospitals and care facilities, the incarcerated, and those with no homes have a dinner over which to give thanks. Foreign visitors join in the abundant feast with the gusto of natives (though many do

over which to give thanks. Foreign visitors join in the abundant feast with the gusto of natives (though many do not understand "Hurrahs" for the pumpkin pie). For one day at least, our nation and its increasingly diverse people

Don't drive at night?
If you would like to attend the Thanksgiving Eve service

If you would like to attend the Thanksgiving Eve service but don't drive at night, contact the Cathedral office (816-474-8260, office@ghtc-kc.org) to arrange for a ride.

sit down together.

At the Cathedr

You are invited to bring

non-perishable food items

to share with our local food

pantries Sunday, Nov. 18

or Thanksgiving Eve.

At the Cathedral our keeping of Thanksgiving will be somewhat different this year. We will gather to give thanks to God and celebrate Eucharist Thanksgiving Eve, 7 p.m., Wednesday, November 21. This is instead of Thanksgiving Day. We do this for a couple of reasons. All our Christian festivals, as derived from our Jewish roots, begin the day be-

fore at sundown (e.g. Christmas Eve and the Great Vigil of Easter). Those busy preparing meals or heading out to relatives for dinner Thanksgiving Day will have the opportunity to attend.

When we gather around God's Table on Thanksgiving Eve we welcome our own Whitney Rice as preacher.

Whitney was raised up and sponsored for ordination as priest from Grace and Holy Trinity Cathedral. All three Cathedral choirs will sing. Bob Trapp and the floral crew are planning a mostly edible display of vegetables and fruit that will be given to our Kansas City Community Kitchen. Those attending are invited to bring non-perishable food items to share with our local food pantries.

Thanksgiving will also be the theme at all services Sunday, November 18. We will sing a Thanksgiving hymn or two. The altar decorations will be up. As on Thanksgiving Eve non-perishable food items for local pantries will be collected. But, most importantly, we will consecrate to God our com-

mitments of support for our mission and ministry in 2013 through **Abundant Harvest**. In an intentional way we will acknowledge that all we have and all that we are is by God's gracious gift.

Let Thanksgiving draw us closer the heart of what really matters!

See you at the Table, Peter

### **This Month**

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Café Grazia is a monthly gathering for all parishioners for dinner, fellowship and small groups. You are cordially invited to join the fun!

### Dinner • 5:30 ρ.m.

Please bring bread or a salad to share, and enjoy the fellowship.

### Small Groups • 6:30 p.m.

- Charitable Needlework: Hang out with us and work on your needlework projects. Don't knit, crochet or sew? Don't worry; we'll help you get started.
- Trinity Teens Youth Group: Youth from 6th through 12th grades are invited to join us each Wednesday in the Youth Room from 6:45-8:30 p.m. for dinner, fellowship, learning and service.



- Maria Rose Menocal, *Crosby Kemper's wife*
- Joyce Steinle, *Lenette Johnson's aunt*
- Lilybell Gray, Barbara Bucker's sister-in-law
- Jennifer Riddick, Ron Michka's sister

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

# Treasurer's Report

During the month of September 2012, operating income exceeded budget by approximately \$13,000. Pledges and plate exceeded budget by about \$7,400 and user fees were about \$3,600 above budget. Expenses were also under budget by about \$5,000 during the month. Administration and parish

August MTD	Bu	dgeted MTD	Actual MTD	
Income	\$	68,891	\$	81,751
Expenses	\$	121,834	\$	116,854
Net Total	\$	(52,943)	\$	(35,103)
			Actual YTD	
August YTD	Bu	dgeted YTD	A	ctual YTD
August YTD Income	Bu \$	1,160,893	\$	1,191,406

life were under budget nearly \$12,000 while property and utilities were over budget by approximately \$7,600.

During the first nine months of 2012, operating income was over budget by approximately \$30,600. Pledges and plate were over budget by about \$25,000. User fees were over

budget by \$2,500 and music fund raising was under budget by approximately \$1,300. Total expenses were over budget by approximately \$21,000. Property and utilities were over budget by nearly \$30,000. Net operating income was over budget by \$9,600 for the nine months ended September 30, 2012.

-by Jim Phillips, Treasurer

# New Benedict group begins

The Rule of Benedict is a spiritual guide, rare by virtue of its ancient origins, valued for its continuing meaningfulness in every century since.

Benedictine spirituality deals with the issues facing us now—stewardship, relationships, authority, community, balance, work, simplicity, prayer and spiritual and psychological development. Its strength, therefore, is that it is fresh and ancient, current and tried at the same time. Benedictine spirituality offers more a way of life and an attitude of mind than it does a set of religious prescriptions.

If you would like to know more about The Rule of Benedict and/or would be interested in becoming part of a new study group that meets the fourth Wednesday of the month, contact Jerry Grabher at 816-590-6205 or jgrabher@ghtc-kc.org.

# Celebrating healthy babies born in Haiti: thank you!

Maison de Naissance's record for successful delivery of healthy babies continues. The January-August 2012 statistics show 478 births (averaging 68 per month). Even more encouraging, there was only one neonatal referral to a tertiary center for the period.

Increasing numbers of families are coming in for family planning consultations — 7,274 for this period! That is an amazing number and

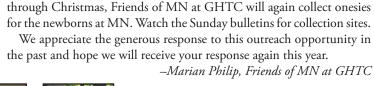
proves that MN's presence in the community has been successful in overcoming cultural differences about contraception.

Home visits by Haitian Community Health Workers has also increased — 2,341 for this period. The workers provide immunizations and give Vitamin A.

Over all, a level of trust in MN's services and those who staff it (all Haitian personnel) has grown. In this area of Haiti, the people are well served and children have a better opportunity to grow up healthy.



photos by Marian Philip



Beginning the First Sunday in Advent, December 2, and continuing





# The Angelus

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

Regular Contributors: Friends of MN, Julie Brogno, 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.

# Respecting the Dignity

The Adult Education classes continue our theme of Exploring Our Faith through the Lens of the Baptismal Covenant. Beginning November 4, and continuing for each of the Sundays of November, the Cathedral will offer Respecting the Dignity at 9:15 a.m. in the Common Room.

We live in a religiously pluralistic society, with freedom to express our faith guaranteed by the Constitution. And yet, our impression of religious traditions other than our own is often shaped by sensational stories and events which skew our perspective. In order to "respect the dignity of every human being," it's often helpful both to move past stereotypes as well as to compare and contrast other faith expressions with our own.

To that end, Cathedral member and interfaith expert Vern Barnet will place representatives from the KC interfaith community "in dialogue" with the Episcopal Church on topics such as:

- Core spiritual values,
- How does one worship,
- Attributes of God,
- Sacred texts, and how they are interpreted
- Challenges posed by contemporary society in America,

Vern will ask a series of questions of our guest each week, and will be sure to save time each Sunday for questions from class participants as well. Our guests will be:

- Nov. 4: Shakil Haider will talk about the Muslim faith
- Nov. 11: Alan Edelman will be talk about the Jewish faith
- Nov. 18: Charanjit Hundal will talk about the Sikh faith
- Nov. 25: Caroline Dawson will talk about Wicca (natural religion). Each of these weeks promises to be informative and thought provoking. Please join us!

All Saints' Sunday
All Saints' Sunday is Nov. 4. On that day we remember the faithful departed at all three of the services. We do this in a couple of ways:

### Book of Remembrance

We will gather names and add them to a book started in 2007. It is a lasting memorial of "those we love but see no longer," and will be displayed in the Cathedral on All Saints' Sunday. The names will also be listed in the worship booklet that day. During the liturgy there will be a time when all present say aloud names of those they would like remembered.

Forms for submitting names are available at services. You can place

these in the offering plate or in the basket on the ushers' table. Names can also be emailed to jtoma@ghtc-kc.org. The deadline for submitting the names is Tuesday, Oct. 30.

### All Saints' Memorial

You are invited to bring photographs of departed loved ones with you to church through Oct. 28. Individual snap shots work best, though you may submit framed photographs as well. Please limit the size of photos to 8x10 and smaller. You may place photos in baskets, in the envelopes provided for this purpose,



at the entrances to the Cathedral. Place your name, phone and email on the back of each photo. These will be become part of a display near the baptismal font. We will pass by this "great cloud of witnesses" — the Communion of Saints as we go to the altar for Eucharist.

Photos may be retrieved to take home the following Sundays in Founders' Hall.



# Lobster Potluck Dinner • 6 p.m.

Your lobsters plus shared potluck dinner with your preferred beverage and jolly good fellowship

Didn't order a lobster? Seafood allergy? Vegetarian? You can still join us for the potluck and lob a donation into the pot.

### Flowers are given to the glory of God and ...

### October 7

in celebration of 32 years of marriage — Peter & Mary DeVeau

- in memory the birthday of Bettie M. Smith Jonathan & Nancy Lee Kemper
- in memory of Marilyn Lacey McMullen Larry McMullen
- in thanksgiving for our son, Connor, as he leaves for his fourth tour in Afghanistan — Ellen & Brent Spake
- in thanksgiving for our wedding Miranda Flener and Tyler

### October 21

- in memory of the birthday of my mother, Mary Gentry Shaw — Shawsie Branton
- in memory of Marilyn Lacey McMullen Larry McMullen
- in thanksgiving for our wedding Lauren and Kyle Makin

#### October 28

in memory of Lloyd Liming — Michael & Cathy Thomas

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

### Donate a Book of Common Prayer



Donations for new Books of Common Prayer are accepted at any time. A \$20 donation purchases one book. Janet Stewart Sweeting for more information (jsweeting@ghtc-kc.org or 816-474-8260 ext. 144).































photos by Chris Morrison

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# Health News

The Parish Health Ministry continues our work in areas that we feel will be helpful to the congregation.

- Our formation children will receive instructions on healthy snacks in October.
- We have been giving influenza, pneumonia and Tdap vaccines to our parishioners. These vaccines will be available until mid-November. If you are in need of these vaccines, please see the nurse at coffee hour. A reminder that the Tdap vaccine is a booster for an immunization you received in childhood for tetanus, diphtheria and pertussis (whooping cough) but the effectiveness has worn off. There are many adults and children who are now contacting whooping cough. The tetanus must be repeated every 10 years; diphtheria and pertussis provide a life-long immunity.
- A CPR class will be offered in February 2013 for those needing to re-certify and any other parishioners who want to learn this life-saving skill. Please speak with any of the health team about this class.
- We hope to include basic first aid at the same time but will need to gauge the interest of parishioners. Come join us!
- The Parish Health Ministry team welcomes Dr. Jess Roberts to our group. His field is oncology and palliative care. We are delighted that he is joining us.
- We are working on resuming informational classes (oncology, heart disease, fall and injury prevention, etc.). We are working on a time and format for these classes.

We wish our congregation a beautiful autumn.

### COPD Awareness Month

Chronic obstructive pulmonary disease is the third leading cause of death in the United States. The disease kills more than 120,000 Americans each year and causes serious, long-term disability. More than 12 million people are diagnosed with COPD and an additional 12 million likely have the disease and don't even know it.

### National Hospice Palliative Care Month

Every year, more than 1.58 million people living with a life-limiting illness receive care from hospice palliative care providers in the U.S., reports the National Hospice and Palliative Care Organization. During National Hospice and Palliative Care Month this November, providers across the country are raising awareness of the many benefits of hospice palliative care.

Geoff Logan, MD Jess Roberts, MD Cindy Line, RN Carol Montgomery, RN Chris & Peggy Morgan

### Abundant Harvest

Now through November 18 you are invited to make your commitment of financial support for the mission of Grace and Holy Trinity Cathedral in 2013. At each Sunday Eucharist you will be invited to consider prayerfully what you will give for mission and ministry in the coming year.

The gathering of our tithes and offerings through *Abundant Harvest* is a tangible way for each of us to express our common faith. This is not just fundraising or a not-for-profit "pledge campaign." It is more than that.

As a Christian community we affirm the ancient words, "All things come from you, O God, and of our own we give to you." Our life and all that we are and have are God's gifts. In gratitude we give for the spread of God's kingdom, God's reign. What each of us gives supports Cathedral programs and outreach. More importantly it honors God, the "gracious donor of our days."

Soon you will receive an invitation in

the mail to make your 2013 commitment of support. Cards for this purpose will also be available in the pews beginning next week.



The theme of

Abundant Harvest has been chosen to tie into the Ripe for Harvest process. Through Ripe for Harvest each of us has been given opportunity to identify celebrations, challenges, and dreams at the Cathedral. In the months ahead we will use this information to help shape our ministry. Through Abundant Harvest we, by God's grace, will gather in the resources necessary to accomplish this work and even more.

At the offertory at each Eucharist, Sunday, November 18, we will dedicate our offering of ourselves and our resources. Pray that our harvest for God's work be abundant!

# The Way Begins: the Advent Journey

Wednesday, November 7 and 14 5:30 p.m. Supper & Conversation 6:15-7:30 p.m. Class

You are invited for a time of faith formation, conversation and discovery for two Wednesday evenings. We will gather for a meal and conversation followed by a time to grow in the journey of faith. Whether you are new to the Cathedral, exploring Christianity in this faith tradition, or have been around for a long time you are welcome. The Way Begins is a first step in forming a Catechumenate. This process of Christian formation will be for those who would like to know more about faith and believing, those desiring to be baptized, and those seeking to renew their faith journey.

Advent is a good time for new beginnings. At same time when schedules fill up, folks gear up for the holiday season, and the end of a calendar year approaches, the Christian church enters into the reflective season of Advent. The four Sundays and weekdays before Christmas are a time to consider God's presence through all time, and especially to consider God entering our time through Jesus Christ. Advent begins what we call the Christian or Church Year. On these two evenings we will learn about Advent and its traditions. We'll look at ways to deal with the mixed messages of faith and culture,

especially during the "holiday season." We will take time to study, pray, reflect and talk about what this means for our lives.



Odvert WorkShop Dec. 2 • 11:45 a.m. Jor kids, families, EVERYONE!

Make Advent crafts, an ornament to decorate our tree, wrap gloves for our BackSnack families and more!

Make this part of your Advent journey!



The Reverend Whitney Rice will be our preacher.

homily and a Litany of Thanksgiving.

Please bring a nonperishable food item for local food pantries to present at the offertory.

for the provision of our necessities and the relief of all who are in

need, to the glory of God's Name. The liturgy will include hymns, a

Come Ye Thankful People, Come Raise the Song of Harvest

(Cathedral offices & buildings will be closed Thursday & Friday, Nov. 22-23.)

### About the Rev. Whitney Rice

Whitney, who preaches Thanksgiving Eve, is rector of St. David's Episcopal Church, Bean Blossom, Ind. Whitney and her family began attending Grace and Holy Trinity Cathedral in 1997, and Whitney was confirmed here in 2001.

She entered the discernment process sponsored by GHTC, and after graduating from Berkeley Divinity School at Yale, was ordained a Transitional Deacon by Bishop Barry Howe at GHTC in June 2008.

Whitney began ordained ministry as a curate at Christ Church Cathedral in Indianapolis, where she was ordained to the priesthood in January 2009.

After a three year curacy, she was called to be rector of St. David's, a rural Indiana parish with an average Sunday

attendance of 50, where she has served since May 2011.

Whitney's parents, David and Judy, are active in many ministries at the Cathedral, her older sister's remains rest in the GHTC Memorial Garden, and one of her little sisters was married here in June 2011.

Whitney says she is blessed by and grateful to this Cathedral church that has been a spiritual home for her and her family for so many years.

Altar TGuild



December 23, 5 p.m.

Planning Meeting: Nov. 8

On the Fourth Sunday of Advent we will celebrate a Moravian Love Feast, a very moving service of carols, lessons, candle lighting and sharing over a "feast" of special buns and coffee. This custom dates back to the early 1700s when exiled Moravian Christians shared a meal provided by a German count on whose lands they had taken refuge. Since 2009 the Episcopal Church has been in full communion with Moravians in North America.

We keep this tradition as a way to reach out to any Moravians in Kansas City where there is no organized Moravian congregation, to reach out to persons looking for a spiritual home, and to add depth to our celebration of Advent and Christmas. William Baker, who leads the Festival Singers will be gathering a group to sing traditional music for the Love Feast.

There will be a meeting to make plans for this special celebration, Thursday, Nov. 8, 5 p.m. in Founders' Hall. If you would like to know more, contact the Dean, pdeveau@ghtc-kc.org.

# Altar Guild help needed

Altar Guild volunteers are needed for the following special events or services:



- Altar Guild Cleaning Day 1, December 15, 9 a.m.-noon (brass & vessels)
- Altar Guild Cleaning Day 2, December 22, 9 a.m.-noon (altars)
- Moravian Love Feast, December 23, 5 p.m.
- Christmas Eve Services, December 24, 4 p.m. and 10 p.m.
- Christmas Day Service, December 25, 10:15 a.m.
- December 30, 8 a.m., 10:15 a.m. and 5 p.m.

All Altar Guild members past and present, as well as anyone interested in the Altar Guild are welcome. Please contact Sacristan Janet Stewart Sweeting for more information (jsweeting@ghtc-kc.org or 816-474-8260 ext. 144).

# Daylight Saving Time Ends

Sunday, Nov. 4

Enjoy an extra hour of sleep as we fall back, turning our clocks back one hour.

































photos by Jan Frizz

# Ripe for the Harvest: "Shop the Walls" has begun

For three weeks in September, anyone attending church was given a set of three cards to tell us what you celebrate about the Cathedral, what challenges you see for the Cathedral and your dreams for the Cathedral.

We asked, you responded, and we are grateful! We received 424 cards with 1,129 celebrations, challenges and dreams. This process laid the groundwork for *Ripe for the Harvest*, a process designed to help us discern what God is calling us to do at Grace and Holy Trinity Cathedral.

And now the harvest begins. All these creative ideas, concerns and causes for joy have been compiled and you can see the responses on posters in Founders' Hall. In addition, you will find a "super list" containing the top ideas from each list combined. More than 70 percent of all the entries are on the super list.

The priorities identified through the cards you turned in have been categorized by ministry area. Starting today, you are invited to "shop the walls," which means, you'll be asked

to identify the areas you are interested in providing active leadership or participation. Instructions are posted in Founders' Hall. This step is the foundation for turning our challenges and dreams into future celebrations.



All this gathering of ideas and

harvesting of priorities will then be used to help make plans for the future. This will be "seed" for generating energy and growing new ministries at the Cathedral. *Ripe for the Harvest* draws on an abundance of metaphor around seedtime and harvest. It is more than a professional planning process. This is about being church. We are harvesting hope.

# THANK YOU! THANK YOU! THANK YOU!



HappyBottoms wrote: Thank you Grace and Holy Trinity Cathedral for bringing HappyBottoms an SUV packed full of diapers! We are so grateful for your church community's support, helping us diaper KC babies!



Imagine, if you will, how cold winter is when you are on the streets with little or no hope of finding shelter from the chill. Winter hats, gloves, scarves and even socks are more than fashion accessories, they are essential.

We are hoping some needleworkers will help solve what is an annual shortage of winter gear by working up some of the above. Hats and scarves will go to folks in places, such as the Kansas City Community Kitchen.

We would like to have more than 500 sets (using the numbers fed in KCCK each day), so that's a lot of knitting! We can supplement the handmade items with supplies from retail.

- Wherever they come from, please be sure the fabric used for hats is largely natural (wool is excellent) and tightly woven to hold in warmth.
- Scarves and gloves/mittens can be acrylic since blocking drafts is a major function.
- Socks should be cotton or better yet, woolen. Many people who are outdoors
  in winter weather put on layers of socks for warmth; the white or grey tube
  socks are an inexpensive choice.

You can bring these items to church and add them to the gift basket in the Tower. They will be sorted out.

Also, if you have access to some yarns which are as I have described, please forward them. We'll find someone to work them up.

And, if you prefer to contribute funds, note what it is

for on the memo line and someone will do the shopping.

Thank you in advance for your participation in this

Contact Joyce Morrow and Coyote Schaaf with questions or for help in getting your needlework project started.

—by Joyce Morrow

# Nominations for vestry being received

At the Annual Meeting of the congregation, January 27, 2013, new members of the Cathedral Vestry will be elected.

The Vestry oversees the temporal affairs of the Cathedral parish. It works closely with the Dean in guiding the life and ministry of the Cathedral. Regular meetings are held 10 times a year, usually on the fourth Thursday of the month at 5 p.m. In order to engage in listening, discernment and healthy debate around making decisions, attendance at monthly meetings is essential.

Nominees for Vestry should be committed parishioners who regularly attend Sunday Eucharist, participate in the life of the parish, and make a pledge of financial support. You may nominate yourself or another by contacting the Nominating Committee by a letter sent to the Cathedral office addressed "Vestry Nomination" or via e-mail to vestry@ghtc-kc.org. The deadline for nominations is November 30.

Each nominee will be contacted following the close of nominations, and invited to respond in writing to several questions and submit a photograph. These responses are a part of the committee's discernment. A list of nominees recommended by the committee will then be announced in a January communication sent out the Cathedral community prior to the Annual Meeting.

# Kirkin' o' the Tartan



### Sunday, November 11

The sounds of bagpipes and drums and the colorful plaids of Scotland will again adorn the Cathedral for the annual Kirkin' o' the Tartan. Cathedral members are encouraged to don their Scottish attire.



Get out your favorite shortbread recipe (or one you've been wanting to try) and bring shortbread to share with the parish and our special guests at coffee hour.

Scottish Colors! Scottish Sounds! Scottish Edibles!



The Episcopal Diocese of West Missouri

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

Non Profit Organization

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November 2012 19 20 21 22 23 24 25 26 27 28 29 30

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

The Very Rev. Peter DeVeau, Dean

The Rev. Canon Susan Sommer, Canon Pastor and Subdean

The Rev. Jerry Grabher, Deacon

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

Mr. John L. Schaefer, Canon Musician

David Stoll, Financial Administrator

Mary Ann Mansfield, Events Coordinator and Assistant to the Dean

> Julie Toma, Communications Coordinator

Keith Green, Property Manager Janet Sweeting, Sacristan

### Weekly Activities

### Sunday

8:00 a.m. Holy Eucharist

9:15 a.m. Adult & Youth Formation

Children's Formation 10:00 a.m.

10:15 a.m. Holy Eucharist 5:00 p.m. Holy Eucharist

Monday

12:05 p.m. Holy Eucharist

Tuesday

12:05 p.m. Holy Eucharist

Women's Bible Study 1:30 p.m.

2:30 p.m. Men's Bible Study

6:15 p.m. **EfM** 

Wednesday

12:05 p.m. Holy Eucharist 5:45 p.m. The Tallis Singers

6:00 p.m. Grace Choraliers

6:45 p.m. Trinity Teens Youth Group

Thursday

12:05 p.m. Holy Eucharist

6:00 p.m. Cathedral Bell Ringers

7:30 p.m. Trinity Choir

Friday

12:05 p.m. Holy Eucharist

## Activities for the Month of November

### 2-3 • Friday & Saturday

Diocesan Gathering & Convention in Springfield

### 4 • Sunday • Ripe for the Harvest

Daylight Saving Time ends

All Saints' Sunday

2:00 p.m. Concert: Festival Singers of KC

6:00 p.m. Lobsterfest

### 5 • Monday

7:00 p.m. Heartfulness Transformation in Christ through Centering Prayer

### 7 • Wednesday

5:30 p.m. The Way Begins: the Advent Journey 7:00 p.m. Rule of Benedict: St. Paul's Deanery

### 8 • Thursday

5:00 p.m. Moravian Love Feast Planning 5:30 p.m. Social Outreach Committee

### 11 • Sunday • Kirkin' o' the Tartan

Nonperishable food collection Free blood pressure checks

5 p.m. Choral Evensong

#### 12 • Monday

10:00 a.m. Rule of Benedict: St. Luke's Deanery

1:00 p.m. Rule of Benedict: St. Augustine's 7:00 p.m. Heartfulness Transformation in

Christ through Centering Prayer

14 • Wednesday

5:30 p.m. The Way Begins: the Advent Journey

5:30 p.m. Café Grazia

6:30 p.m. Small Group Meetings

7:00 p.m. Rule of Benedict: St. Matthew's

### 15 • Thursday

5:00 p.m. Vestry

### 18 • SUNDAY

4:00 p.m. Rule of Benedict: St. Benedict's

### 19 • Monday

7:00 p.m. Heartfulness Transformation in Christ through Centering Prayer

#### 21 • Wednesday

7:00 a.m. Finance Committee

7:00 p.m. Thanksgiving Eve Eucharist

## 22 & 23 • Thursday-Friday

Cathedral office and buildings closed

### 26 • Monday

7:00 p.m. Heartfulness Transformation in Christ through Centering Prayer

### 28 • Wednesday

7:00 p.m. Rule of Benedict: St. John's Deanery