



The Angelus

Grace and Holy Trinity Cathedral • Kansas City, Missouri

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FROM THE DEAN On the Go

The past several years churches have been taking Ash Wednesday to the streets. At street corners, in shopping malls, on train and subway platforms and in other places where pedestrians are bound to pass church people are going out on the first day of Lent to offer what many call “Ashes to Go.”

We ventured out from the Cathedral again this year on Ash Wednesday. Following the noonday liturgy Christy Dorn and I walked through the Power and Light District to offer ashes to pedestrians. Sue Sommer joined John Spicer, rector of St. Andrew’s, at the Kansas City Community Kitchen, where they offered ashes, but mostly warm, damp washcloths to the guests. (*See Sue’s article below.*)

A parishioner who expressed interest in our downtown Ash Wednesday ventures suggested that we call what we were doing, “Ashes on the Go.” Her thought was that “on the go” fit better. We speak of faith and of Lent as journeys. “To go” sounds more like fast food. “On the Go” has a better sound to it. To me, it points up a sound theology.

That theological thought came to me as Christy and I made our way across 13th Street on Ash Wednesday afternoon. Many of the people we encountered smiled and declined our invitation to be marked with ashes. A few made a wide berth when they saw us coming. Some were grateful for the opportunity since they could not make it to a church. The majority of those who accepted the offer to be signed with ashes tended to be in their mid-thirties or younger. Many of them first responded to our offer of ashes with “What is that?”

Right then and there “On the Go” began to make sense to me. To “What is that?” I replied “Ashes are a sign of our mortality. We mark ourselves with them to remember that we all will die, and to remind ourselves that what we do

between now and then makes a difference!” Not a few times I heard back, “That sounds like a good idea. Give me some.”

It was clear to me on the street that lots of folks don’t know about the earthy symbol of ashes signed on a forehead, but that they do know about death. They do want their lives to have meaning. Forty minutes earlier we had confessed in the Ash Wednesday, Litany of Penitence, “our failure to commend the faith that is in us.” Now it was time to tell the story. Fast. This street-side “crash course” on ashes, mortality and meaning prompted by the questions of a generation not as familiar with church practices was a lesson in being church.

What we do and what we say as we move about the business of our lives embodies best the reconciliation and renewal we have in Christ. This annual journey of Lent to Easter, from ashes of mortality to the risen life of Christ prepares us for this very thing. Wherever we find ourselves on the go, we can be sure that occasions will arise to commend that faith that is in us. Such encounters can make a day for someone, and, they can change the world. In a word and on the go, that’s gospel.

Faithfully,

Peter+

Ashes to go at KCCCK

Was all set to offer ashes at the Kansas City Community Kitchen on Ash Wednesday. After all, I serve on the Board, and this could be all part of the Cathedral’s noonday “Ashes to Go,” ministry in downtown Kansas City.

And ... to be honest ... I had some misgivings. Not about Ashes to Go per se, but rather about the subtext of a well-fed, employed, person of privilege reminding homeless guests of their mortal nature and of the need to rely on the tender mercies of God. Pretty sure most of the KCCCK guests live with that reality 24/7.

So I asked God with as much humility as I could muster to help me see clearly and to use me as a vehicle of his grace. And I awoke the next morning with the idea of warm moist washcloths. Ran the idea past Fr. John Spicer of St. Andrew’s who was

(continued on page 7)

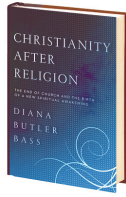
This Month

March 6 & 13: Lenten Academy	3
March 10: Family Ministry Lunch	4
March 17: Book Discussion	2
March 21: Palm Cross Day	6
Adult Formation	3
Music Events.....	4
Holy Week & Easter Schedule	5
Collection: foster children’s Easter baskets ...	6

Lunch and Lenten Book Discussion

Sunday, March 17, 11:45 a.m.,
Founders' Hall

Stay for lunch and an opportunity to discuss Diana Butler Bass's, *Christianity After Religion*, the Dean's book for Lent. All who are reading the book as part of their Lenten journey are encouraged to come with a question or two that can be used to start the conversation. If you do plan to come, please email or leave a message with Julie Toma, jtoma@kccathedral.org or 816-474-8260 ext. 106 so we can plan for food



Save the Date

Diana Butler Bass is guest preacher, the Second Sunday of Easter, 10:15 a.m., April 7.

HEALTH NEWS

Training in Cardiopulmonary Resuscitation (CPR), AED (assisted electronic device), choking and current updates in first aid are scheduled for March 9 from 9 a.m.-1 p.m. A light lunch will be provided. We will have an additional class in the spring to accommodate more parishioners. We should all learn to provide CPR to another person. God wants us to care for our fellow man. This is not a hard class and there is no test for completion.

Our Lenten Academy classes on Health and Wellness are being conducted Wednesday evenings during Lent. We will offer a fourth session April 24 as part of Café Grazia. Dr. Jesse Roberts will give an informational talk for the women of the congregation, including a discussion of breast and ovarian cancer. Dr. Roberts is an oncologist and a palliative physician and is an excellent speaker.

Health News & Recommendations: Grandchild Visits

Everyone looks forward to visits with their grandchildren, nieces and nephews. Please minimize your chance of catching an illness from them, especially during the late fall and winter months.

1. Postpone the visit when a child has a contagious or severe illness, especially the flu or pneumonia. If the little one has a fever or has recently started coughing, the illness is probably contagious.
2. Avoid sharing kisses and face-to-face hugs. Save these things until he or she is feeling better. Mutual reciprocity is needed.
3. Remind the child about good hygiene by using a tissue and covering their cough or sneeze. Children should be taught to cough into the crook of their arm.
4. Make sure their vaccinations are current, and *yours are as well*.
5. Don't share drinking cups, straws, pop cans or eating utensils.
6. Try to not touch your eyes, nose or mouth until you and the little one have washed your hands. It is also a good idea to remind them to wash their face, as well as their hands, before eating.

As we age, we lose our immunity to the transmittable diseases of childhood. In fact, this applies to all transmittal diseases, not just the childhood ones. We need to protect each other.

Stay warm and keep well this winter.

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

New to the Cathedral? Have lunch with us

Grace and Holy Trinity Cathedral is blessed to have many guests visit our church community. Quarterly, we have a luncheon to welcome our newcomers and guests.

If you are new to us, please plan to join us at our next luncheon, Sunday, April 14, in the Common Room (upstairs from the Cathedral Nave) immediately following the

10:15 a.m. worship service.

These luncheons allow newcomers to get to know one another and to learn more about the Cathedral and the Episcopal Church. Children are welcome.

Please call or email the Rev. Christy Dorn to let us know if you'll be joining us. (cdorn@kccathedral.org or 816-474-8260).

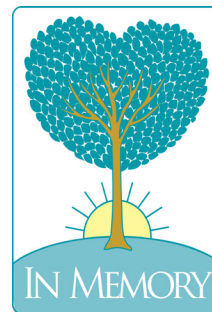
Treasurer's Report

For the month of January 2013, income was on track with budget although pledges were approximately \$15,500 below January 2012. Expenses were below budget primarily in property and music. Total net operating income was positive of \$13,382.

For the 2013 budget, 200 pledge commitments are projected at approximately \$463,000, and to date 169 pledge commitments of about \$438,000 have been received. Pledges can be made online (kccathedral.org/stewardship) or through a paper pledge card. We appreciate everyone's support of the Cathedral.

—by Jim Phillips, Treasurer

Jan. YTD	Budgeted YTD	Actual YTD
Income	\$ 134,904	\$ 133,358
Expenses	\$ 126,495	\$ 119,976
Net Total	\$ 8,409	\$ 13,382



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

- Alma Sparks, Jack Sparks' mother
- Ralph Deems, Terri Curran's stepfather

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@kccathedral.org.



WEDNESDAYS IN LENT

March 6 & 13

Contemplative Eucharist

12:05 p.m. & 5:45 p.m.

The Nave will be available for quiet prayer for 30 minutes before both services.

Lenten Academy Dinner

6:15 p.m.

Dinner is provided each week by ministry groups at the Cathedral. We ask that you make a donation of \$5 per individual or \$10 per family, though free will offerings of any amount are accepted as all are welcome at our table. Donations are given to the ministry groups who provide the dinners.

Childcare

Childcare will be offered (for infants to grade 5). So that we can plan appropriately, please contact the Cathedral office if you need childcare, letting us know how many and the ages of each child. A modest donation to cover the cost of childcare is appreciated. Contact office@kccathedral.org.

Lenten Academy Classes

6:45-8 p.m.

The Way

Persons new to the Cathedral, those desiring baptism, confirmation or reception, and those who would like to grow in their journey of faith are welcome to join in The Way. In addition to Wednesday Lenten Academy sessions, the group meets Wednesday, March 27 and attends the Maundy Thursday service (March 28 at 6 p.m.). The Way is for those who would like to understand what it means to follow Christ as part of the Cathedral congregation and as Christians in the Anglican/Episcopal tradition. Each evening includes a simple meal, teaching and/or presentations and group discussion. Links are made between daily life and work and the worship and practice of the church. Persons participating in The Way will be prepared for baptism, reception or affirmation of faith at the Great Vigil of Easter, March 30.

Rethinking Paul

The class will be led by Fr. Michael Johnston and is repeated on Sunday mornings. See the description *right* for this class.

Health and Wellness

March 6—Prevention of Falls, presented by Ellen Spake, Physical Therapy instructor at Rockhurst University

March 13—Nutrition and Cardiac Disease, presented by Jessica Logan, Registered Dietitian

Trinity Teens Youth Group

Our time together will consist of learning, service and fellowship during these four weeks.

Adult Formation

Mondays through April • 7 p.m. • Common Room

Following the Mystics through the Narrow Gate ... Seeing God in All Things

The forty day journey of Lent is a familiar one; perhaps too familiar. William Maestri reminds us that “the call to repentance and conversion can strike the ear as a noisy gong and clanging cymbal. The path of penance, fasting and alms-giving are well traveled. The sermons of Lenten renewal can arrive stillborn and fail to awaken our spirit to the Holy Spirit.” This Lent you are invited to deepen your relationship with God as we follow the Mystics through the narrow gate to discover hopefully, as they did, God in all things.

Our spiritual journey into deepen our relationship with God comes with the help of Richard Rohr, James Finley and Cynthia Bourgeault we will be invited to look at the long mystical heritage of opening our hearts to the Divine Mystery in which we live and are surrounded. Each session will include Centering Prayer.

If you are interested in knowing more about this Lenten experience contact Jerry Grabher at jgrabher@kccathedral.org or 816-590-6205. Space is limited.

Wednesdays through March 13 • 6:45 p.m. • Founders' Hall
Sundays through March 17 • 9:15 a.m. • Common Room

Rethinking Paul

Paul was a community organizer for the earliest urban Christians. He was a missionary of the risen Christ to the Gentiles of the Greco-Roman world. He was something of a thorn in the side of the Jewish-Christian leadership in Jerusalem. He was almost assuredly a mystic, an argumentative theologian, and a prolific letter writer.

We will, in this class, look ... and look again ... at some of the major texts of the Pauline literature in an attempt to bring the Apostle more fully into the understanding of contemporary faith. The class will be led by Fr. Michael Johnston.

Thank you for diaper donations

Thank you to the Grace and Holy Trinity congregation for collecting diapers in support of HappyBottoms—Kansas City's Diaper Bank. Your collection of 3,121 diapers will help to relieve the diaper burden for struggling families and agencies working with them.

In the greater Kansas City metropolitan area, there are more than 15,000 children living in poverty who need diaper assistance. For these children, their families are struggling to provide food, shelter and other basic needs. Even though diapers are a basic need, they are often the last items purchased.

HappyBottoms is striving to meet these diaper needs. Working through 18 partner agencies, we are providing diapers to 850-950 children each month. Please know that you are making a difference in the lives of children and their families in our community.

Thank you for your generosity,
Liz Sutherlin, Executive Director





Families with young children (age 4 through grade 5) are invited to join our Associate Priest Christy Dorn for an informal lunch and kid-friendly program one Sunday a month. Christy is looking forward to getting to know parents/guardians and their children.

Lunch will provide an opportunity for the adults to exchange ideas about family and children's ministries, followed by a family friendly activity for all. Our time frame for each gathering will be from 11:45 a.m.-1 p.m. in Haden Hall. We need to know who will be coming so please contact Christy to sign up—or with any questions (cdorn@kccathedral.org; 816-474-8260 ext. 152).

Sunday, March 10: God's Family at the Table

We invite children (ages 4 to 10) to a Communion mini workshop entitled "God's Family at the Table." The goal is to help children understand—through hands-on and fun learning experiences—the meaning of Holy Communion.

Please mark your calendars with these dates:

- **April 21: Faith-full Families: Discovering God in the Day-to-Day of Family Life** — The goal is to help equip families to integrate faith into their everyday life.
- **May 19: Celebrating God's Creation through Art.**

Flowers/Lenten altar arrangements are given to the glory of God & ...

February 3

- in thanksgiving for all the blessings we receive from the Bridgetts in our lives on this, the Sunday following the Feast of St. Brigid of Kildare — Mike Sancho
- in thanksgiving for the birthday of Page Reed — Shawsie Branton

February 10

- in loving memory of Bill Buckner — Barbara & Bob Buckner
- in memory of Marian Hoppin — Sam Satterfield
- in memory of Helen Marie Murdock Schumacher — Lila Johnson and Monica Clemens

February 17

- in memory of Helen Frances Rusconi — Robin Rusconi
- in memory of my parents, Joanne & Jack Kistner — Anne Morse
- in thanksgiving for the birthdays of Mary Gentry Reed and Bruce Reed — Shawsie Branton

February 24

- in thanksgiving for Rev. Robert Hart — Sam Satterfield

To donate toward the flowers to celebrate a special event or remember a loved one, contact the Cathedral office (816.474.8260 ext. 103 or office@kccathedral.org).



MN foundation has new name

The Maison de Naissance Foundation has a new name: **Global Birthing Home Foundation**. Why a new name? Jim Grant, executive director, tells us: "Over the years we have received many questions about the foundation name, and comments that it is too hard to remember, incomprehensible, difficult to pronounce, or impossible to spell, if you don't speak French, that is."

Global Birthing Home Foundation was chosen as the new name because it expresses their desire to one day replicate the success in Haiti in other developing countries. In Haiti, the facility will keep

the Maison de Naissance name — only the Foundation name is changing.

Note that the US headquarters address remains the same: 5000 W 134th St, Leawood, KS 66209.

Their mission statement is "to significantly reduce maternal and neonatal mortality rates in impoverished communities. The services of a modern maternity center and community health program are offered from the hospitality of a safe, culturally appropriate, and welcoming home: a home of birth — Maison de Naissance."

—by Marian Philip



Unique and special music events in March

- **March 2** at 5 p.m. — Recital with Grant Smiley, trumpeter, and Melody Steed, organist; free admission.
- **March 10** at 5 p.m. — Choral Evensong: the Trinity Choir; Brian Mathias, guest organist; free admission, donations welcomed
- **March 17** at 3 p.m. — Concert by Musica Vocale; Arnold Epley, director. Tickets are available at the door or by reserving ahead (musicavocale.org). Ticket prices are \$15 for adults and \$10 for seniors; free for students.
- **March 17** at 7:30 p.m. — Recital of English vocal music with instruments; David White, tenor; William O. Baker, baritone; John Schaefer, pianist; instrumentalists from the UMKC Conservatory of Music

Goodwill Tour of England

The Trinity Choir is working long and hard to gather the funds for the Goodwill tour of England. The two week adventure, which commences July 15, will allow us to offer some glorious music, some of which is by American composers and which you can enjoy at the services of Choral Evensong. Choral Evensong services are the second Sunday of each month at 5 p.m. Join us this month March 10.

The Choir appreciates the prayers and support of the congregation and the community.

Food for Friends



Food for Friends will provide healthy meals to Cathedral members who are temporarily homebound because of illness. We want to help ease that burden of having to prepare a meal when you are not feeling well. Contact the clergy if you could benefit from this ministry.

HOLY WEEK & EASTER

MARCH 24, PALM SUNDAY-MARCH 31, EASTER DAY

PALM SUNDAY: MARCH 24

8 a.m., 10:15 a.m., 5 p.m. Eucharist in the nave

We gather to recall Jesus' entry into Jerusalem with the blessing of palms and a parade. The joyful arrival shifts to a drama of darkness and shadow as we read the story of Christ's passion and death as told in Luke's gospel. We enter into that story through singing hymns, offering prayer and sharing Eucharist.

WEEKDAYS OF HOLY WEEK: MARCH 25-27

12:05 p.m. & 5:30 p.m. Eucharist in the nave

The gospel lessons for each day center on Jesus' movement toward his suffering, death and resurrection.

The Three Days *Triduum*

MAUNDY THURSDAY, MARCH 28

12:05 p.m., A simple Eucharist in the nave

6 p.m., Maundy Thursday Liturgy, Founders' Hall and Cathedral Nave

We remember Jesus' last meal with his disciples by listening to the gospel, washing feet as a sign of servant ministry, share the bread and wine of Eucharist, eat an agape meal together, process to the Cathedral to sing, pray and witness the stripping of the altar. Following the liturgy there is opportunity for prayer, spiritual direction and reconciliation (confession).

GOOD FRIDAY, MARCH 29

12:05 p.m. & 7 p.m. Good Friday Liturgy

The service includes the singing of the Passion according to John, choral and instrumental music, familiar hymns, customary prayers for the day and veneration of cross of Christ.

2:30 p.m. Way of the Cross

This simple liturgy that has its roots in the early practices of the church in Jerusalem follows Jesus on his journey to the cross. Participants in the service are invited to share in the readings, prayers and in carrying the cross from station to station.

HOLY SATURDAY, MARCH 30

12:05 p.m. Liturgy

This brief and simplest of all liturgies recalls the mournful desolation of the lifeless Christ in the tomb. This experience of in-between-time prepares the community for the joy that comes in the morning.

EASTER EVE, MARCH 30

7:30 p.m. The Great Vigil of Easter

The Service of Light, the Service of Lessons, Christian Initiation and Eucharist is the principal service of the Church Year and our first Easter celebration. The Bishop presides. The congregation gathers in Founders' Hall prior to the lighting of the new fire in the Memorial Courtyard. All then move to the darkened Cathedral nave for the singing of the Exsultet; to listen to the story of salvation in the Scripture; witness the confirmation, reception and reaffirmation of persons in the Cathedral congregation; to proclaim with joy "Alleluia. Christ is risen" and to celebrate the first Eucharist of Easter.

EASTER DAY, MARCH 31

8 a.m. and 10:15 a.m. Festival Holy Eucharist

Hymns, choral music, brass and a Cathedral resplendent with flowers accompany our Easter morning celebrations. At each service our children uncover the "Alleluia" buried away at the end of Epiphany as a prelude to the entire assembly acclaiming, "Alleluia. Christ is risen." The Bishop preaches and presides. Flowers are distributed to all who worship this day as a sign of the risen life we share in Christ.

Easter Parking: In order to make room for Easter guests, if you are able, please use on-street parking or park in the parking garage on the north side of 13th Street (enter by either entrance — from 13th Street or Washington).

Easter Offering: One half of the offering received on Easter Day is designated by the Vestry for local and global outreach ministries. Special envelopes will be included in the Easter bulletins. Your prayers and generosity are encouraged for this offering for Christ's mission in the world.

Note: The Cathedral Offices are closed, Easter Monday, April 1.

Gift for Easter Flowers and Music: The decoration of the nave and sanctuary by Trapp and Company proclaims the Risen Lord's victory over the grave, and the Cathedral choirs and instrumentalists lead our praises and shouts of "Alleluia" and stir our hearts to embrace new and transformed life. Your generous gifts will help provide flowers and music for our celebrations of The Resurrection. Offering envelopes are available at the back of the nave. Use the envelope and check the box for Music or Flowers, or both. If you check both, the gift will be divided for both music and flowers. **Return the envelope to the office by Sunday, March 24,** for your name to be included in the Easter bulletins.

LABYRINTH AVAILABLE HOLY WEEK

Labyrinth walk for private meditation is available in Founders' Hall Palm Sunday afternoon through Wednesday evening and also Good Friday until 7 p.m. (*The labyrinth is not available Maundy Thursday to allow for setup for the evening liturgy.*) A printed guide will be available in Founders' Hall to assist you as you walk the labyrinth. The labyrinth is an ancient pattern that has been found in many cultures around the world. Labyrinths have only one path to the center. You walk in by a winding path and exit the same way.



March 10: Daylight Saving Time begins
*Remember to turn your clocks **forward** one hour!*

Easter baskets for teens in foster care

Members of the Social Outreach Commission's Foster Children's ministry will be distributing Easter baskets to foster children in residential treatment centers at Kaw Valley Center and Crittenton Children's Center. We are requesting donations from the congregation for healthy snacks and individually-wrapped candy.

Some examples of items we need include:

- 100 Calorie Snack Packs
- Cheese Crackers
- Rice Krispies Treats
- Packaged Fruit Snacks
- Lip balm in multi-packs
- White no-show socks



We will be collecting donations in Founders' Hall through March 24.
Basket Assembly in Founders' Hall: Palm Sunday, March 24, 11:45 a.m.

Palm Cross Day Thursday, March 21 • 9 a.m.

- We will be making crosses out of palm leaves for distribution on Palm Sunday.
- Bring your scissors and a friend.
- Someone will teach you how to make the crosses if you've never done it before!
- Soup will be provided, please bring a dish to share.



Holy Week volunteers needed

Altar Guild volunteers are needed for Holy Week and Easter services:

- Monday, March 25, service at 5:30 p.m.
- Tuesday, March 26, service at 5:30 p.m.
- Wednesday, March 27, service at 5:30 p.m.
- Thursday, March 28, service at 6 p.m.
- Friday, March 29, services at 12:05 & 7 p.m.
- Saturday, March 30, Altar Guild workday 9-11:45 a.m., 12:05 service and Easter Vigil at 7:30 p.m. service
- Sunday, March 31, additional help needed for Easter services between services and after 10:15 a.m.

Many hands make for light work; contact Janet Stewart Sweeting, if you can help with any of these services (jsweeting@kccathedral.org or 816-474-8260 ext. 144).



Easter Day Egg Hunt

All children are invited to participate in our annual egg hunt. Join us on the north lawn after the 10:15 a.m. service Easter Day, March 31.

To make our egg hunt a sweet experience for our Cathedral children, we need your donations.

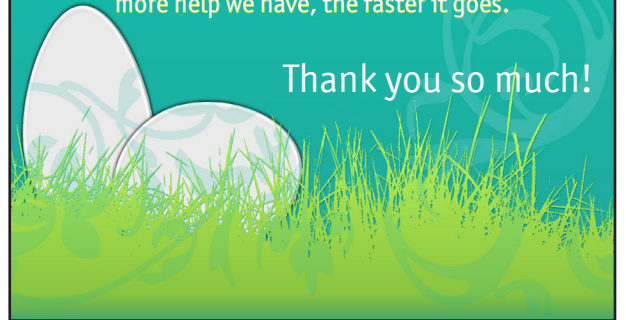
We need candy that is

Individually wrapped
Small packs, so they fit into the eggs

Egg Stuffing Party: March 24

Help us help the Easter Angel by attending the stuffing party During coffee hour after the 10:15 a.m. service Palm Sunday, March 24, we will collect up all our candy donations and stuff the eggs. The more help we have, the faster it goes.

Thank you so much!



The Great Vigil Feast of Easter

Following the Great Vigil of Easter (March 30), break your Lenten fast with a true Cathedral-style feast.

Please bring a plate of favorite finger food, whether a gooey sweet goodie, or something savory, to share with one another on this holy night.



You may drop off your plate in Founders' Hall prior to the Lighting of the Paschal Fire at 7:30 p.m.

Easter Day Coffee Hours

Following both services on Easter Day, we will have a special coffee hour. You are invited to bring a goodie to share as we visit with one another and our guests and watch the children hunt for Easter Eggs.

**COFFEE
FELLOWSHIP**

Join us!



planning to partner with me in the Kitchen on Ash Wednesday. He loved the idea and, together, we each decided to bring about 50 warm, moist washcloths packed in coolers (which of course always double as warmers).

In less than two hours, we burned through all but about five of the cloths. When asked why we were doing this, I'd respond, "Because you are a beloved child of God." What I heard back was, "Thank you." "God bless you." "This feels so good." "What a blessing," and "Can I keep this?" Several asked if we were ministers (both John and I were in our collars with stoles on over our street clothes) and if so, what churches we were from. One woman said, "Oh yeah, Grace and Holy. All y'all used to run this kitchen. I ate there for years." Then she frowned and said, "Till the city decided they didn't want no homeless people downtown no more."

I swallowed and said, "We miss having the Kitchen. But there were other reasons. We were running out of room to feed everyone. And didn't you get tired of walking all the way over to Broadway and back in all kinds of weather?"

She shrugged and said, "Yeah, but **you** know. Who you think gets hassled 'bout curfews? People like you or people like me? Who you think gets told to move along? People like you or people like me?"

Busted.

So I said, "I hear you. But we both do have something in common. A warm washcloth feels good to both of us on a chilly day."

She cracked a huge smile. "You got that right. You have a blessed day, now."

A blessed day. Yup. Already in progress.

The alternate Old Testament reading for Ash Wednesday comes from Isaiah 58. God asks, "*Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?*"

If the idea is to take the church to places where people need to hear good news, then taking ashes, or for that matter, warm wash cloths, out to the streets is a great start. But we know that it cannot end there. Go online at www.endhunger.org/usa_hunger.htm and educate yourself not only about the problem of hunger in America but of the programs that already are in place (like ECS and SOSA-west and Harvesters and many more) that need your willing hands and heart.

What does the Lord require of us but to do justice, to love mercy and to walk alertly with God? What indeed.

—by Canon Sue Sommer+

Some Opportunities to Feed KC's Hungry

Food for Local Pantries

Food pantries across the city are running low on food. Help us stock the pantries at St. Mary's and St. Paul's Episcopal churches with nonperishable food items. This Lent we are focusing on their greatest need: protein! No glass containers, please.

Week of 3/3	Mac & Cheese
Week of 3/10	Canned Tuna or Salmon
Week of 3/17	Canned Chicken
Week of 3/24	More Peanut Butter
Easter 3/31	More Mac & Cheese

Please bring food to the basket in the Tower.

Feeding Hungry Children

Many children don't have enough to eat between Friday and Monday. Every week we take 265 bags with food to area schools for children who may not have food to eat over the weekend. You are invited to help fill bags with food. During Lent, we will fill the bags Sundays, March 3 & 10 at 11:45 a.m. in the back hallway of Haden Hall.

Help Prepare Meals for the Homeless

Work with other Cathedral parishioners to either serve lunch from 11:45 a.m.-2 p.m. or work in the evening to prepare the next day's lunch. The Kansas City Community Kitchen is located at 8th and Paseo. It is safe location with on-site parking. Interested?

Contact the Cathedral office, 816-474-8260 or office@kccathedral.org.

- Lunch Serving Team: Needed on the first Thursday of each month and every Wednesday.
- Evening Prep Team: Needed the second or fourth Thursday of each month.

Cold Weather Apparel Needed

We are collecting scarves, gloves/mittens, hats and coats to be distributed through places like the Kansas City Community Kitchen. Both homemade and store-bought are welcome. Bring your donations to the large basket in the Tower.

Meals-on-Wheels Delivery Teams

Deliver nutritious meals to homebound in Midtown and Kansas City's East side. Volunteer once or twice a month—more or less if you like. Contact: Episcopal Community Services at 816-561-8920 to learn more or to volunteer.

Bags for St. Paul's Pantry

Bring paper or plastic bags to church and leave them in the basket in the tower entrance and they will be donated to St. Paul's food pantry. They use 300+ bags each week so your donations are always needed!

Cathedral Work Day

**Saturday,
March 16**

9 a.m.-3 p.m.

Inside and outside jobs to bring up the Cathedral spaces and to prepare them for Easter and our ongoing ministry of worship and service.



*Come for an hour
or two, or the
whole day.*

*Lunch and snacks
provided.*

Weekly Activities

Sunday

8:00 a.m. Holy Eucharist
 9:15 a.m. Adult Formation
 9:30 a.m. Youth Formation
 10:00 a.m. Children's Formation
 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
 1:30 p.m. Women's Bible Study
 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



**Grace and
Holy Trinity
Cathedral**

The Episcopal Diocese of West Missouri

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 Telephone: (816) 474-8260
 Facsimile: (816) 474-5856
 Website: www.kccathedral.org
 E-mail: office@kccathedral.org

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March 2013						
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24	25	26	27	28	29	30
31						

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. Christy Dorn, *Associate*

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*

Activities for the Month of March

2 • SATURDAY

5 p.m. Trumpet Recital: Grant Smiley

3 • SUNDAY

11:45 a.m. Welcoming Committee

4 • MONDAY

7 p.m. Centering Prayer: Following the
Mystics through the Narrow Gate

6 • WEDNESDAY

5:45 p.m. Contemplative Eucharist
 6:15 p.m. Dinner
 6:45 p.m. Lenten Academy Classes
 7 p.m. Rehearsal: Cathedral Chorale

9 • SATURDAY

9 a.m. CPR/First Aid Training

10 • SUNDAY

Nonperishable food collection & Blood pressure checks
 11:30 a.m. Family Ministry Lunch
 5 p.m. Choral Evensong

11 • MONDAY

10:30 a.m. Rule of Benedict: St. Luke's Deanery
 7 p.m. Centering Prayer: Following the
Mystics through the Narrow Gate

13 • WEDNESDAY

5:45 p.m. Contemplative Eucharist
 6:15 p.m. Dinner
 6:45 p.m. Lenten Academy Classes
 7 p.m. Rule of Benedict: St. Matthew's

16 • SATURDAY

9 a.m. Cathedral Workday

17 • SUNDAY

11:45 a.m. Lunch and discussion about
Dean's Book for Lent
 2 p.m. Concert: Musica Vocale
 4 p.m. Rule of Benedict: St. Benedict's

18 • MONDAY

7 p.m. Centering Prayer: Following the
Mystics through the Narrow Gate

20 • WEDNESDAY

7:30 a.m. Finance Committee
 5:45 p.m. Contemplative Eucharist
 6:15 p.m. The Way
 7 p.m. Rule of Benedict: St. Mark's Deanery

21 • THURSDAY

9 a.m. Palm Cross Day
 7 p.m. Rule of Benedict: St. John's Deanery

24 • PALM SUNDAY

11:45 a.m. Easter Basket Making & Egg
Hunt Egg Stuffing

25 • MONDAY

5:30 p.m. Holy Eucharist
 7 p.m. Centering Prayer: Following the
Mystics through the Narrow Gate

26 • TUESDAY

5:30 p.m. Holy Eucharist

27 • WEDNESDAY

5:30 p.m. Holy Eucharist

28 • MAUNDY THURSDAY

5 p.m. Maundy Thursday Liturgy

29 • GOOD FRIDAY

12:05 p.m. Good Friday Liturgy
 7 p.m. Good Friday Liturgy

30 • SATURDAY

12:05 p.m. Holy Saturday Liturgy
 7:30 p.m. The Great Vigil of Easter

31 • EASTER DAY

8 a.m. Festival Holy Eucharist
 10:15 a.m. Festival Holy Eucharist