Welcome! We are glad you are here.

- If you are a visitor or new attendee, we invite you to fill out a welcome card, found in your pew, and place it in the offering plate or complete the form online. Use this QR code to access the form. If you need a hearing assistance device, please ask an usher.
- We ask you to observe proper physical distancing throughout the service (staying at least six feet apart).
- Please wear your mask, covering your mouth and nose, at all times (except when actively consuming Communion).

May you find here, by God’s grace, that which feeds your soul, and leave here with a heart prepared to serve.

The First Sunday in Lent
March 6, 2022 • 10:30 a.m.

Grace and Holy Trinity Episcopal Cathedral
HOLY EUCHARIST

VOLUNTARY: “Ach Herr, mich armen Sünder,” BuxWV 178
Dietrich Buxtehude

The Word of God
from Enriching Our Worship 1

THE GREAT LITANY Please kneel, as able.

Leader Holy God, Creator of heaven | and earth,
People Have mer|cy on us.

Leader Holy and Mighty, Redeemer of | the world,
People Have mer|cy on us.

Leader Holy Immortal One, Sanctifier of the | faithful,
People Have mer|cy on us.

Leader Holy, blessed and glorious Trinity, | One God,
People Have mer|cy on us.

Leader From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil | intent,
People Savior de|liver us.

Leader From sloth, worldliness and love of money; from hardness of heart and contempt for your word and | your laws,
People Savior de|liver us.

Leader From sins of body and mind; from deceits of the world, the flesh and the | devil,
People Savior de|liver us.

Leader From famine and disaster; from violence, murder, and dying un|prepared,
People Savior de|liver us.

Leader In all times of sorrow; in all times of joy; in the hour of our death and at the day of | judgment,
People Savior de|liver us.

Leader By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temp|tation,
People Savior de|liver us.
Leader  By your ministry in word and work; by your mighty acts of power; by the preaching of | your reign,
People  Savior de|liver us.
Leader  By your agony and trial; by your cross and passion; by your precious death and | burial,
People  Savior de|liver us.
Leader  By your mighty resurrection; by your glorious ascension; and by your sending of the Holy | Spirit,
People  Savior de|liver us.

Leader  Hear our prayers, O Christ | our God.
People  Hear | us, O Christ.
Leader  Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is | your will.
People  Hear | us, O Christ.
Leader  Give us boldness to preach the gospel in all the world, and to make disciples of all the | nations.
People  Hear | us, O Christ.
Leader  Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim | your word.
People  Hear | us, O Christ.
Leader  Give your people grace to witness to your word and bring forth the fruit of your | Spirit.
People  Hear | us, O Christ.
Leader  Bring into the way of truth all who have erred and are | deceived.
People  Hear | us, O Christ.
Leader  Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under | our feet.
People  Hear | us, O Christ.

Leader  Guide the leaders of the nations into the ways of peace and | justice.
People  Hear | us, O Christ.
Leader  Give your wisdom and strength to the President of the United States, the governors of our states and the mayors of our cities, that in all things they may do your will, for your glory and the com|mon good.
People  Hear | us, O Christ.
Leader  Give to the Congress of the United States, the members of the President’s Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways | of truth.
People  Hear | us, O Christ.
Leader  Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your | people.
People  Hear | us, O Christ.
Leader  Give us the will to use the resources of the earth to your glory and for the good | of all.
People  Hear | us, O Christ.
Leader  Bless and keep all your | people,
People  Hear | us, O Christ.
Leader: Comfort and liberate the lonely, the bereaved and the oppressed.
People: Hear us, O Christ.
Leader: Keep in safety those who travel and all who are in peril.
People: Hear us, O Christ.
Leader: Heal the sick in body, mind or spirit, especially those on the Cathedral Caregivers prayer list and provide for the homeless, the hungry and the destitute.
People: Hear us, O Christ.
Leader: Guard and protect all children who are in danger.
People: Hear us, O Christ.
Leader: Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.
People: Hear us, O Christ.
Leader: Forgive our enemies, persecutors and slanderers, and turn their hearts.
People: Hear us, O Christ.
Leader: Hear us as we remember those who have died and grant us with them a share in your eternal glory.
People: Hear us, O Christ.
Leader: Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.
People: Holy God, Holy and Mighty, Holy Immortal One, Have mercy on us.

Collect of the Day

Presider: The Lord be with you.
People: And also with you.
Presider: Let us pray.
Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

The Lessons

First Lesson: Deuteronomy 26:1-11

Lector: When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, “Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.” When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: “A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the
Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.” You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

The Word of the Lord.

People Thanks be to God.

Psalm 91:1-2, 9-16 sung by the choir; chant by John Goss

He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.
He shall say to the Lord, “You are my refuge and my stronghold, *
my God in whom I put my trust.”
Because you have made the Lord your refuge, *
and the Most High your habitation,
There shall no evil happen to you, *
neither shall any plague come near your dwelling.
For he shall give his angels charge over you, *
to keep you in all your ways.
They shall bear you in their hands, *
lest you dash your foot against a stone.
You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent under your feet.
Because he is bound to me in love, therefore will I deliver him; *
I will protect him, because he knows my Name.
He shall call upon me, and I will answer him; *
I am with him in trouble; I will rescue him and bring him to honor.
With long life will I satisfy him, *
and show him my salvation.

Second Lesson: Romans 10:8b-13

Lector “The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

The Word of the Lord.

People Thanks be to God.

Gospeller The Holy Gospel of our Lord Jesus Christ according to Luke.
People Glory to you, Lord Christ.
Gospeller After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written,

‘Worship the Lord your God, and serve only him.’”

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down from here, for it is written,

‘He will command his angels concerning you, to protect you,’

and

‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’” When the devil had finished every test, he departed from him until an opportune time.

The Gospel of the Lord.

People Praise to you, Lord Christ.

**Sermon**
* The Nicene Creed

* The Peace

Presider     The peace of the Lord be always with you.
People      And also with you.

* Please remain in your pew while sharing the Peace with others.
* Parents with children in Cathedral Kids are invited to meet their child at the Tower door.

Announcements

Celebration Prayer

All O God, our times are in your hand: Look with favor, we pray, on your servant(s) as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord. Amen.

The Holy Communion

Offertory Sentence

Offertory Anthem: “Jesus, so lowly”

Jesus, so lowly, Child of the earth: Christen me wholly, Bring me new birth.
Jesus, so lonely, weary and sad; Teach me that only Love maketh glad.
Jesus, so broken, Silent and pale; Be this the token Love will not fail.
Jesus, victorious, mighty and free; Teach me how glorious death is to be.

— text: Edith Williams

* Offertory Hymn: 142 “Lord, who throughout these forty days”

*THE GREAT THANKSGIVING, Eucharistic Prayer A*

**S120: The Holy Eucharist II, Lift up your hearts: Sursum corda**

**Celebrant**

The Lord be with you. And also with you.

**People**

Lift up your hearts. We lift them to the Lord.

**Celebrant**

Let us give thanks to the Lord our God.

**People**

It is right to give our thanks and praise.

**S124: The Holy Eucharist II, Holy, holy, holy Lord: Sanctus**

**All**

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

Music: From New Plainsong; David Hurd (b. 1950); Copyright: Copyright © 1981 GIA Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

**Memorial Acclamation**

Presider Therefore we proclaim the mystery of faith:

All Christ has died.

Christ is risen.

Christ will come again.

**The Lord’s Prayer**

**Breaking of the Bread**

Presider Christ our Passover is sacrificed for us;

People Therefore let us keep the feast.

**S161: The Holy Eucharist, Fraction Anthem: Jesus, Lamb of God: Agnus Dei**

**All**

Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God, you take away the sins of the world: have mercy on us. Lamb of God,

you take away the sins of the world: grant us peace.

Music: From New Plainsong; David Hurd (b. 1950); Copyright © 1981, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.
Communion

We administer communion from the top of both side aisles, beginning with the people seated on the outer sections, then the middle sections.

Please come up one person/family unit at a time to receive the bread. The ushers will guide you.

Intinction of wafers is offered, if desired.

Communion Hymn: 343 “Shepherd of souls, refresh and bless”

Prayer for Spiritual Communion

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

Postcommunion Prayer

Prayer Over the People

Presider

Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. Amen.

Dismissal
1. Jesus, tempted in the desert,
   lonely, hungry, filled with dread: “Use your power,” the high above its ancient wall: “Throw yourself from
   by the lure of vast domain: “Fall before me!

2. Jesus, tempted at the temple,
   lonely, struggling, filled with dread, Christ, who knew the
   tempter tells him; “Turn these barren
   lofty turret; angels wait to
   Be my servant! Glory, fame, you’re
   tempter’s honor, come and be our

3. Jesus, tempted on the mountain
   rocks to bread!” “Not alone by bread,” he answers,
   break your fall!” Jesus shuns such empty marvels,
   sure to gain!” Jesus sees the dazzling vision,
   living bread. By your grace, protect, preserve us
Voluntary: Passacaglia, BuxWV 161

Dietrich Buxtehude

Serving Today

Presider  The Rev. Canon Ryan Wiksell
Preacher  The Very Rev. Dr. Andrew C. Keyse
Musicians  Members of the Trinity Choir, Dr. Paul Meier
Lectors  Bob Johnson, Jonathan Sternberg
Eucharistic Ministers  Robin Rusconi, Ric Sweeting
Altar Guild  Paget Higgins, Carolyn McLeroys, Sharon Hudson
Acolyte  Ric Sweeting
Ushers  David Barker, Denny Brisley
Greeters  Becky Johnson, Bob Johnson
Livestreaming Team  Christine Morrison, Chris Morrison, Janet Sweeting
Children’s Ministry  Bethany Zaiger, Elvarea Bennett, Sandy Bressman, Linda Martin, Brittany Sparrow Savage

March 6, 2022 – Lent 1 (C)
Week 1: Life Transformed – The Way of Love in Lent

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. Throughout Lent, come along with us as we explore Life Transformed: The Way of Love in Lent, produced by Hillary Raining and Jenifer Gamber. You can find resources mentioned below at iam.ec/lifetransformed or by scanning the QR code to the right.

Week 1

Sunday, March 6
*Today's Practice:* Watch the Rev. Dr. Hillary Raining’s video at iam.ec/lifetransformed for Week 1. The topic is based on the practice “Turn” and is titled, “Dead to Sin, Alive in Christ”.
*Read:* Romans 6:3-11

Monday, March 7
*Today’s Prompt:* Where can you go and intentionally provide kindness?
*Read:* “Blessed are those who mourn, for they will be comforted.” - Matthew 5:4

Tuesday, March 8
*Today’s Prompt:* Go for a walk today and pray with your feet, each step with intention.
*Read:* “Many peoples shall come and say, ‘Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.’” - Isaiah 2:3a

Wednesday, March 9
*Today’s Prompt:* Where do you see the seven practices of the Way of Love in this story?
*Read:* “But finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus.” - Luke 5:19 and following

Thursday, March 10
*Today’s Prompt:* Who has taught you to live a Jesus-filled life? Who have you taught?
*Read:* “So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.” - 2 Cor. 4:16

Friday, March 11
*Today’s Prompt:* What is most meaningful to you in worship?
*Read:* Book of Common Prayer, p. 281

Saturday, March 12
*Today’s Prompt:* How do you incorporate rest in your life?
*Read:* “Thus says the Lord: Stand at the crossroads, and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, ‘We will not walk in it.’” - Jer. 6:16

Reflections from “Living the Way of Love” by Mary Bea Sullivan (Church Publishing, 2019). Used with permission. Quotations from the New Revised Standard Version Bible, copyright © 1989 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.
Announcements for the Week of March 6, 2022

For your convenience, we offer online giving, kccathedral.org. You may make or pay on a pledge or make a donation. Or you may use the QR code to the right. Thank you for your generosity.

Upcoming Events

**LENT FOOD DRIVE**
During Lent we will be collecting shelf-stable food for St. Mary's Pantry. You may leave items in the box in the Tower.

**EASTER EGG HUNT CANDY DONATIONS NEEDED**
Bring your donations of candy (individually wrapped, in small packages) to the box in the Tower during Lent.

**BACKSNACK FAMILY BAG PACKING**
Sunday, March 6 • 9 a.m.
On Sunday, March 6 volunteers will be needed to help pack family bags between services for BackSnack children.

Easter Flowers

Your generous gifts, in memory of or in thanksgiving for a loved one, help provide flowers. The Easter flower envelopes are available at the back of the Nave. Return the envelope to the office by **Sunday, April 10**, for your name to be included in the Easter bulletins.

Sunday Formation

9 a.m.:
- **Children's Formation** meets at 9 a.m. in Haden Hall.

9:15 a.m.:
- **Youth Formation** meets for Confirmation Class and refreshments in the Youth Room.
- **Adult Formation: Journey through the Old Testament** with Canon Ryan on Zoom & in person in the Multipurpose Room.
- **Adult Formation: Episcopal 101** with Dean Andy in person in the Common Room.

For more information about our Christian Formation, visit our website.
- **Children's Formation**
- **Youth Formation**
- **Sunday Adult Formation**

Cathedral Staff: The Very Rev. Dr. Andrew C. Keyse, Dean; The Rev. Canon Ryan Wiksell, Associate; The Rev. Jerry Grabher, Deacon Emeritus; Dr. Paul Meier, Director of Music; Linda Martin, Children’s Music Director; Brittany Sparrow Savage, Children’s Ministry Coordinator; Clare Storn-Burbano, Youth & College Minister; Julie Toma, Cathedral Administrator; Janet Sweeting, Office Assistant; Melissa Kilpatrick, Communications Coordinator; Joan Bergstrom, Sacristan; Richard Wolf, Finance Manager; Angie Graham, Property Manager; Mike Guidry, Assistant Property Manager

The Vestry (with committee assignments): Candace McDowell, Senior Warden, candyleemc@att.net; Michael Thomas, Junior Warden, michael.thomas@freestateadvisors.com; David Barker, Treasurer; Valerie Johnson, Clerk; Steve Moore, Chasitylive. Sharon Cheers (Security); Bill Colvin (Finance); Amy Cormwell (Children & Youth); Pat Decker (Social Justice); Paula Livingston-Lewis; Ron Michka (Community Engagements); Nick Smith (Newcomers); Ken Stewart (Communications & Bookstore Manager); Kay Woolley
**Adults**

**Thursday Class • Mondays • 7:15 p.m.**
Nurturing the Inner Self: Cosmology, Consciousness & Christogensis. Deacon Emeritus Jerry Grabher will facilitate this class, led by author Ilia Delio. The class will also focus on Speaking Christian: Why Christian Words Have Lost Their Meaning and Power—and How They Can Be Restored. Please register with Jerry, j.grabher3@gmail.com, if interested.

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**GHTC’s Digital Cafe • Tuesdays • 7:30 a.m.**
Please join us for our weekly conversation in GHTC’s Digital Cafe! Tuesday mornings from 7:30–9 a.m. For details, visit kccathedral.org/other-activities.

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**JOURNEY THROUGH THE NEW TESTAMENT**
Founders’ Hall Multipurpose Room
Join Canon Ryan on a journey through the Scriptures of the Early Church, from Matthew to Revelation. Using videos (from bibleproject.com), brief lessons and interactive discussion, we will tackle one section of the New Testament for each of the six Sundays of Lent. With a special focus on the Jewishness of the early Christian Scriptures, we will endeavor to gain a clearer picture of who Jesus was and is, and by extension, what it means to “be the Church.”

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**WOMEN’S BIBLE STUDY • Tuesdays • 12:30 p.m.**
WBS is currently studying Seven Words: Listening to Christ from the Cross by Susan Robb. In Seven Words, Susan Robb looks at the seven last words of Christ on the cross through a lens that finds life and hope in his final sayings, while exploring each from a biblical and historical perspective. The book brings a hopeful and contemplative take on the cross during the weeks of Lent. Visit the WBS page, kccathedral.org/adultformation/wbs for more information.

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**LECTIONARY BIBLE STUDY • Tues., March 8 • 6:45 p.m.**
Readings: Second Sunday in Lent, Year C
Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

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**Wednesday Lenten Classes**

**Sundays • 9:15 a.m.**
Journey through the New Testament
Founders’ Hall Multipurpose Room

**EPISCOPAL 101**
Common Room
Would you like to formally join the Cathedral and the Episcopal Church? Interested in exploring confirmation, reaffirmation or reception? If so, please join us for a Confirmation/Inquirer’s class, called Episcopal 101, taught by Dean Andy. Even if you’re not seeking confirmation, reaffirmation, or reception, it’s a great way to gain a better understanding of our history and worship.

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**Adults**

**Episcopal 101**
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**Sabbath Keeping**
Common Room
Dean Andy will be leading this book study about taking time from our busy schedules to keep sabbath. The author writes, “Sabbath is a way of living, not a thing to have or a list to complete. By observing it we become people who both work and rest, and who know why, when, and how we do either. We also recognize the occasions on which we do both at the same time. We know how to pray, how to be still, how to do nothing. Sabbath people know that ‘our’ time is really God’s time, and we are invited to live in it.” Chapters in this book include “Sabbath in the Wilderness,” “The Music of Sabbath,” and “Sabbath Prayer.” Donna Schaper is an area minister for the United Church of Christ and a popular retreat leader. A writer for Weavings, The Other Side, and Homiletic, she has also published several books. Books are available at the Cathedral, or you may order one from Amazon.

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**Atomic Habits** (Multipurpose Room)—Canon Ryan will lead a discussion based on James Clear’s book Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones. Lent is a perfect time to think about our habits, both individually and corporately. How do we express our faith together as a community? How do we foster relationships of trust and care? How do we team up to reach the world around us? We have lots of ambitions, and even some specific goals when it comes to these things. But to quote author James Clear, “We don’t rise to the level of our goals, we sink to the level of our systems.” So perhaps we should spend less time defining goals, and more time building and refining the systems that help us reach them. The objective is to take a closer look at our individual and corporate habits. In the power of the Spirit, we can come out the other side of Lent with better systems and stronger habits, to be the kind of disciples Jesus always wanted.

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**Children’s Formation & Choir**

**Sundays • 9 a.m.**

Children’s Formation starts at 9 a.m. in Haden Hall. Children are invited into a time of dynamic storytelling and music that communicates the story of the people of God and the liturgy of the church. Following Formation, the kids will transition into Cathedral Kids. Cathedral Kids is during the first half of the 10:30 a.m. worship service. Children attending Cathedral Kids will meet their parents or guardians inside the tower doors during the passing of the peace. Questions? Contact Brittany, childrensformation@kccathedral.org.

**Youth Formation**

**Sundays, 9:15 a.m.**—We will journey through The Gospel According to Harry Potter. This series will help young people explore the stories and lessons in Harry Potter and examine how those stories resonate with the many narratives in the Bible that are central to the message of Christianity.

**Tuesdays, 6 p.m., College Ministry: Just Mercy Lenten Book Club**—From March 8–April 5 we will learn more about how we can be in solidarity with those that are oppressed, but also be inspired by how the Holy Spirit can evoke reflection, consideration, and transformation in heart, mind and body. Sign up on our linktree, linktr.tee/ghtcyouthandcollegeministry.

We also have a Youth and College Ministry Facebook Group! You can find us at Grace and Holy Trinity Cathedral Youth and College Ministry and request to join! This group is open to youth and parents. You can also find us on Instagram—@GHTCyouthandcollegeministry. Information and sign ups are often found on our linktree, linktr.tee/ghtcyouthandcollegeministry.

Questions? Contact Clare at cstern@kccathedral.org.

**Update Your Child’s Information**

Help us update our records! Visit our website for links or scan the QR codes.

**Wednesday Lenten Classes**

**Wednesdays, March 9–April 6**

6:30 p.m.—Formation (Haden Hall); 7:45 p.m.—Compline (Nave & livestreamed)

Formation for children and youth will be offered from 6:30–7:40 p.m. each Wednesday. The evening will end with everyone coming together for Compline. Our format will be hybrid, available both in person and online. (For Zoom info: kccathedral.org/lent)

The Children’s and Youth Departments will be doing a combined Lenten practice on Wednesdays at 6:30 p.m. starting March 9 and ending April 6. During our time together we will explore the last words of Jesus through Taizé music, scripture reading and meditative art. This Lenten series will introduce our young people to contemplative practices that will orient us toward the cross and prepare us for the celebration of Easter.

If you would like more information, please reach out to Brittany at childrensformation@kccathedral.org or Clare at cstern@kccathedral.org.
Cathedral Prayer List

**Pray For:** Andrea Schooling; Bill DeBauche; Virginia Saladino; James Hyatt; Christopher Way & family; Chet Thompson; Donald; Joyce Denton and the Moreno-Denton family; Roger & Joyce Sweeting; Chet & Gudrun Neumann; Andy Burbano; Brad Kilpatrick; Nancy Warren; Junior Garcia; Miriam Marrs; Dean White; Liz Tally; Lyle Oliver; Thaddeus S. Withers; Jim & Phyllis Shaffer; Sally Livengood; Jeff Mosley; Rachel, Adriel & Aluana; Craig Heslop; Stan Dibble; Fr. Gary & Judith Delmaso; Mary Lou Crum; Delilah, Avi and the Fry family; Sanford & Diane Beckett; Alice Beamer; Leonardo Zamora; Alan Ryder; Pat & Larry Martin; Richard Morse; Joe Finnie; Peggy Morgan; Eddie Carter; Elizabeth Gordon; Susie Frogge; Jan Frizzle; Jim Nash; Charlotte Colburn; Sheri Packett; Steve Smith; Ian Mattson and his family; Heather; Cooper Polakowski; Betsy Chase; Gaelle Marchand; Jim Royer; Doris Biellier; Alex Gomez; Grant Edwards; Tom Garrison Sullivan; Dennis & Kathy Meehan; Mary Lagergren; Becky & Scott Peterson; Butch Miller; Jean Rau; All those with loved ones suffering from COVID-19; Brett Chapin’s family; Sydney Estell; Brend & Lilliana; Bethanie Polakowski; Patrick George; Mary Jane Mitchell; Andrew Rowland

**Youth & Children’s Prayers:** for all who are being bullied; for the people of Ukraine; for our families; for Henry’s arm; for my sister and dad—healing

**Comfort and Peace:** the Schneider & Lehmann families; the Wilson family; the Lambert family; the Badura family; the Roberts family; the Gordon family; the Barrett family; the Robinson family; the Byrne & Schroepfer families; the Beamer & Livengood families; the Tutu family; the Bucker family; the Willsey family; the With family; the Richards family; Bianca and the Howell family; the Townsend & Rowland families

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For the complete prayer list: kcccathedral.org/prayers.

To place a person on this prayer list, please contact Janet Sweeting, jsweeting@kcccathedral.org.

Requests are held in prayer for 90 days.

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**Birthdays & Anniversaries**

March 6
Jim Clark

March 7
Byron McNeil
David Willis

March 8
Paul Morel

March 9
Ron Michka

March 10
Cecil Neal
Jane Pfeffer
Janet Sweeting

March 11
Richard Moore

March 12
Richard Keithley
Larry McMullen
Cathy Thomas

Please contact the Cathedral office if we have omitted your birthday or anniversary: 816.474.8260 or jsweeting@kcccathedral.org.

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**Today’s Flowers**
are given to the Glory of God and ... • in celebration of Janet Stewart Sweeting—Ric & Devon Sweeting

To help provide flowers for upcoming services, contact Janet Sweeting, jsweeting@kcccathedral.org.