The First Sunday in Lent
March 6, 2022 • 8 a.m.
Service Notes:
• We ask you to observe proper physical distancing throughout the service (staying at least six feet apart).
• Please remember to wear your mask, covering your mouth and nose, at all times (except when actively consuming Communion).
• Restrooms are available in Founders’ Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.
• Page numbers listed are from The Book of Common Prayer.
• Please rise, as able, for portions of the service marked with an asterisk (*).
• The offering plate is located on a stand in the cross aisle. Offerings may also be made through the Cathedral website: kccathedral.org, by scanning the QR code to the right or by texting “GIVEtoHTC” to 73256. Thank you for your generosity.

Voluntary: “Ach Herr, mich armen Sünder,” BuxWV 178

Dietrich Buxtehude

The Word of God

The Great Litany Please kneel, as able. from Enriching Our Worship 1

Leader    Holy God, Creator of heaven and earth,
People    Have mercy on us.
Leader    Holy and Mighty, Redeemer of the world,
People    Have mercy on us.
Leader    Holy Immortal One, Sanctifier of the faithful,
People    Have mercy on us.
Leader    Holy, blessed and glorious Trinity, One God,
People    Have mercy 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 deliver us.
Leader    From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,
People    Savior deliver us.
Leader    From sins of body and mind; from deceits of the world, the flesh and the devil,
People    Savior deliver us.
Leader    From famine and disaster; from violence, murder, and dying unprepared,
People    Savior deliver 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 deliver us.
Leader    By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,
People    Savior deliver us.
Leader    By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,
People    Savior deliver us.
Leader    By your agony and trial; by your cross and passion; by your precious death and burial,
People    Savior deliver us.
Leader    By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,
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 common 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 read alternating by whole verse

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.
* 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.

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 Hymn: 150 “Forty days and forty nights”


* The Great Thanksgiving, Eucharistic Prayer A

The Lord’s Prayer
The Breaking of the Bread

Communion

* Please come up one person/family unit at a time to receive the elements.
Intinction of wafers is offered, if desired.
**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**

The Presider dismisses the people.

People

Thanks be to God.

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

1. Lord, who throughout these forty days for us didst fast and pray,
2. As thou with Satan didst contend, and didst the victory win,
3. As thou didst hunger bear and thirst, so teach us, gracious Lord,
4. And through these days of penance, and through thy Passion-tide,
5. Abide with us, that so, this life of suffering overpast,

1. teach us with thee to mourn our sins, and close by thee to stay.
2. O give us strength in thee to fight, in thee to conquer sin.
3. to die to self, and chiefly live by thy most holy word.
4. yea, evermore, in life and death, Jesus! with us abide.
5. an Easter of unending joy we may attain at last!


**Voluntary: Passacaglia, BuxWV 161**

Dietrich Buxtehude

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**Serving Today**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Presider</td>
<td>The Rev. Canon Ryan Wiksell</td>
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<tr>
<td>Preacher</td>
<td>The Very Rev. Dr. Andrew C. Keyse</td>
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<tr>
<td>Lector</td>
<td>Joan Bergstrom</td>
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<tr>
<td>Eucharistic Minister</td>
<td>Nick Smith</td>
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<td>Altar Guild</td>
<td>Vangie Rich</td>
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<tr>
<td>Usher</td>
<td>Jim Crum</td>
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<tr>
<td>Organist</td>
<td>Dr. Paul Meier</td>
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Last Epiphany & Lent

Last Epiphany
Sunday, February 27—10:30 a.m.
Join us for the 10:30 a.m. service as we Bury the Alleluia. After the service, stop by Founders’ Hall for some pancakes, catered by Chris Cakes.

Ash Wednesday Services
Wednesday, March 2—7 a.m., 12:05 and 7 p.m.
Start your Lenten journey with one of our Ash Wednesday services. The 7 a.m. service will be spoken word only, the 12:05 service will include hymns and organ music and the 7 p.m. service will feature members of the Trinity Choir. The Imposition of Ashes takes place at all three services. All services will be in person and the 7 p.m. will be livestreamed as well.

BackSnack Family Bag Packing
Sunday, March 6—between morning services
On Sunday, March 6 volunteers will be needed to help pack family bags between services for BackSnack children.

Wednesday Classes
Wednesdays, March 9–April 6
6:30–7:40 p.m.—Formation
7:45 p.m.—Compline
Formation for children, youth and adults will be offered from 6:30–7:40 p.m. each Wednesday. The evening will end with everyone coming together for Compline.

Choral Evensong
Sunday, March 20—5 p.m.
A service of Choral Evensong will be offered by members of the Trinity Choir. This contemplative service lasts about 45 minutes and includes hymns, scripture readings, prayers, chanted Psalms, canticles and a choir anthem.

Palm Cross Workshop
Sunday, April 3—after both morning services
We make crosses out of palm leaves for distribution on Palm Sunday. Please bring your scissors. Someone will help if you’ve never done it before!

Easter Basket Packing
Sunday, April 10—between morning services
Come help us pack Easter baskets for the kids at Crittenton, Sheffield Place and Kaw Valley!

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.

Stations of the Cross
During Lent you may walk the Stations of the Cross on your own with this booklet, or you may follow along with our parishioner-led Stations of the Cross video, available on our YouTube channel.

Lent Madness
In a takeoff of basketball’s March Madness, Lent Madness is a fun engaging way for people to learn about the Church’s Calendar of Saints. Visit lentmadness.org to fill out your bracket for a chance to win the “Golden Halo!” You can also check out this fan site at playlentmadness.com.
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.

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**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.

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**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**

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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 Stern-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, Chasistrior. Sharon Cheers (Security); Bill Colvin (Finance); Amy Cornwell (Children & Youth); Pat Decker (Social Justice); Paula Livingston-Lewis; Ron Michka (Community Engagements); Nick Smith (Newcomers); Ken Stewart (Communications & Bookstore Manager); Kay Woolley.
**Jerry’s 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.

**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.

**Wednesday Lenten Classes**

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**Sundays • 9:15 a.m.**

**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.”

**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.

**Lesionary Bible Study • Tues., March 8 • 6:45 p.m.**

**Readings: Second Sunday in Lent, Year C**

Join the Lesionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

**Adults**

**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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**Children**

**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**

**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.ee/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.ee/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.

- Birth–PreK
- Grades K–5
- Grades 6–12

**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 Delmasso; 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 & Liliana; 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**
  - 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**

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.