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 Second Sunday in Lent
March 13, 2022 • 10:30 a.m.

Grace and Holy Trinity Episcopal Cathedral
Holy Eucharist

Voluntary: Caithness

* Opening Hymn: 401 “The God of Abraham praise”


Service Notes
- 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 “GIVEtoGHTC” to 73256.

Thank you for your generosity.

Craig Phillips
* Penitential Order

Presider  Bless the Lord who forgives all our sins;
People    His mercy endures for ever.

The Celebrant will add one of the sentences from page 351-352.

* An Exhortation

Confession of Sin  please kneel, as able

All       Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Presider  Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.

People    Amen.

S86 “Kyrie eleison”

The Word of God

COLLECT OF THE DAY

Presider     The Lord be with you.
People       And also with you.
Presider     Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

THE LESSONS

First Lesson: Genesis 15:1–12, 17–18

Lector     The word of the Lord came to Abram in a vision, “Do not be afraid, Abram, I am your shield; your reward shall be very great.” But Abram said, “O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?” And Abram said, “You have given me no offspring, and so a slave born in my house is to be my heir.” But the word of the Lord came to him, “This man shall not be your heir; no one but your very own issue shall be your heir.” He brought him outside and said, “Look toward heaven and count the stars, if you are able to count them.” Then he said to him, “So shall your descendants be.” And he believed the Lord; and the Lord reckoned it to him as righteousness.

Then he said to him, “I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.” But he said, “O Lord God, how am I to know that I shall possess it?” He said to him, “Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon.” He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, “To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.”

The Word of the Lord.

People     Thanks be to God.
Psalm 27 sung by the choir; chant by Ivor Algernon Atkins

The Lord is my light and my salvation; whom then shall I fear? *  
the Lord is the strength of my life; of whom then shall I be afraid?
When evildoers came upon me to eat up my flesh, *  
it was they, my foes and my adversaries, who stumbled and fell.
Though an army should encamp against me, *  
yet my heart shall not be afraid;
And though war should rise up against me, *  
yet will I put my trust in him.
One thing have I asked of the Lord; one thing I seek; *  
that I may dwell in the house of the Lord all the days of my life;
To behold the fair beauty of the Lord *  
and to seek him in his temple.
For in the day of trouble he shall keep me safe in his shelter; *  
he shall hide me in the secrecy of his dwelling and set me high upon a rock.
Even now he lifts up my head *  
above my enemies round about me.
Therefore I will offer in his dwelling an oblation with sounds of great gladness; *  
I will sing and make music to the Lord.
Hearken to my voice, O Lord, when I call; *  
have mercy on me and answer me.
You speak in my heart and say, “Seek my face.” *  
Your face, Lord, will I seek.
Hide not your face from me, *  
nor turn away your servant in displeasure.
You have been my helper; cast me not away; *  
do not forsake me, O God of my salvation.
Though my father and my mother forsake me, *  
the Lord will sustain me.
Show me your way, O Lord; *  
lead me on a level path, because of my enemies.
Deliver me not into the hand of my adversaries, *  
for false witnesses have risen up against me, and also those who speak malice.
What if I had not believed that I should see the goodness of the Lord *  
in the land of the living!
O tarry and await the Lord's pleasure; be strong, and he shall comfort your heart; *  
wait patiently for the Lord.

Second Lesson: Philippians 3:17–4:1

Lector Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

The Word of the Lord.

People Thanks be to God.
**Gospel Hymn:** 147 “Now let us all with one accord”

Words: Att. Gregory the Great (540-604); tr. Praise the Lord, 1972, alt. Music: Bourbon, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938). Copyright: Words: James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. All Rights Reserved. Reprinted under OneLicense.net #A-710278. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

---


Gospeller The Holy Gospel of our Lord Jesus Christ according to Luke.

People Glory to you, Lord Christ.

Gospeller Some Pharisees came and said to Jesus, “Get away from here, for Herod wants to kill you.” He said to them, “Go and tell that fox for me, ‘Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.’ Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, ‘Blessed is the one who comes in the name of the Lord.’”

People Praise to you, Lord Christ.

**Sermon**

**The Nicene Creed**

All We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.

*Prayers of the People, Form I*  

**Intercessor** With all our heart and with all our mind, let us pray to the Lord, saying, “Lord, have mercy.”  
For the peace from above, for the loving kindness of God, and for the salvation of our souls, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For the peace of the world, for the welfare of the holy Church of God, and for the unity of all peoples, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For Diane, our Bishop, and for all the clergy and people, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For Joe, our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For this city for every city and community, and for those who live in them, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.  

**People** Lord, have mercy.

**Intercessor** For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.  

**People** Lord, have mercy.
Intercessor For those on our Cathedral prayer list, and for any others, let us pray to the Lord.
People Lord, have mercy.

Intercessor For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.
People Lord, have mercy.

Intercessor For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.
People Lord, have mercy.

Intercessor For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.
People Lord, have mercy.

Intercessor That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.
People Lord, have mercy.

Intercessor In the communion of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.
People To thee, O Lord our God.

Silence Presider O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies, look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever. Amen.

* 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

Presider Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God.

Ephesians 5:2

Offertory Anthem: “O pray for the peace of Jerusalem”

O pray for the peace of Jerusalem.
They shall prosper that love thee.
Peace be within they walls
And plenteousness within thy palaces.

— text: Psalm 122:6–7
* Offertory Hymn: 590 “O Jesus Christ, may grateful hymns be rising”


* The Great Thanksgiving, Eucharistic Prayer A

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

Presider

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:
Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, “Take, eat: This is my Body, which is given for you. Do this for the remembrance of me.”

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, “Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me.”

Therefore we proclaim the mystery of faith:

Christ has died.
Christ is risen.
Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

AMEN.
Presider  And now, as our Savior Christ has taught us, we are bold to say,  

All  Our Father, who art in heaven,  

hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  

Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  

For thine is the kingdom, and the power,  
and the glory, for ever and ever. Amen.

**BREAKING OF THE BREAD**

Presider  Christ our Passover is sacrificed for us;  

People  Therefore let us keep the feast.

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

---

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.

---

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.

— From *The Prayer Book for the Armed Services*
COMMUNION HYMN: 152 “Kind Maker of the world, O hear”

Words: St. Gregory the Great (540–604); ver. Hymnal 1940, alt. Music: A la venue de Noël, melody from Fleurs des noëls, 1535. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

Postcommunion Prayer

All Eternal God, heavenly Father,
you have graciously accepted us as living members
of your Son our Savior Jesus Christ,
and you have fed us with spiritual food
in the Sacrament of his Body and Blood.
Send us now into the world in peace,
and grant us strength and courage
to love and serve you
with gladness and singleness of heart;
through Christ our Lord. Amen.

Prayer Over the People

Presider Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. Amen.

Dismissal

The Presider dismisses the people.

People Thanks be to God.
**Serving Today**

<table>
<thead>
<tr>
<th>Presider &amp; Preacher</th>
<th>The Rev. Canon Ryan Wiksell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deacon</td>
<td>The Ven. Bruce Bower, Archdeacon of the Diocese of West Missouri</td>
</tr>
<tr>
<td>Musicians</td>
<td>Members of the Trinity Choir, Steve Burk, Dr. Paul Meier</td>
</tr>
<tr>
<td>Lector</td>
<td>Abbey Mattson</td>
</tr>
<tr>
<td>Intercessor</td>
<td>Curtis Hamilton</td>
</tr>
<tr>
<td>Eucharistic Ministers</td>
<td>Peter Fortner, Bob Johnson</td>
</tr>
<tr>
<td>Altar Guild</td>
<td>Sara Copeland, Paula Livingston-Lewis, Candy McDowell</td>
</tr>
<tr>
<td>Acolyte</td>
<td>Jonah Fahnestock</td>
</tr>
<tr>
<td>Ushers</td>
<td>John Braum, Richard Fanolio, Jordan Kenning</td>
</tr>
<tr>
<td>Greeters</td>
<td>Gary Bressman, Sandy Bressman</td>
</tr>
<tr>
<td>Livestreaming Team</td>
<td>Christine Morrison, Chris Morrison, Julie Toma</td>
</tr>
<tr>
<td>Children’s Ministry</td>
<td>Julie Brogno, Christina Wiksell, Bethany Zaiger, Elvarea Bennett, Sandy Bressman, Linda Martin</td>
</tr>
</tbody>
</table>
Episcopal Relief & Development is working closely with Anglican agencies and ecumenical partners to meet the urgent humanitarian needs of Ukrainians fleeing violence in Europe.

People quickly packed up and fled Ukraine to safety and are now in need of basic supplies and will need long-term support.

Your contribution to the Episcopal Relief & Development Ukraine Crisis Response Fund will help provide cash, blankets and other items.

To make a donation, please fill out the coupon below and mail it in with your check or credit card information. You can also contribute online to the Ukraine Crisis Response Fund at episcopalrelief.org/ukraine-crisis.

Thank you for your compassion and prayers. With your partnership, we are working together for lasting change.

Enclosed is my gift to the International Disaster Response Fund to assist those who are in need.

- $50  - $100  - $250  - $500
- $1,000  - $2,500  - $5,000  - Other $_____

FOR CREDIT CARD DONATIONS

Please charge my gift to my:

- O VISA  - O MasterCard
- O AMEX  - O Discover

Name of your church  City

Account number  Expiration date

Name on card

Signature

All gifts are tax-deductible.
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 Haden Hall during Lent.

**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. With its origins in Archbishop Thomas Cranmer’s Book of Common Prayer (1549), Evensong is one of the most uniquely Anglican liturgies and is sung in cathedrals and parishes throughout the world.

**Vestry Meeting**
**Thursday, March 24 • 5:30 p.m.**
You are welcome to attend and observe the virtual meeting. Non-Vestry members may be allowed to address the meeting if prior arrangements to be included on the agenda have been made. To be placed on the agenda for the March meeting, please contact Dean Keyse, akeyse@kccathedral.org, no later than noon, Monday, March 21. Visit our Upcoming Events page for Zoom information.

---

**Funeral Hospitality**
The Funeral Hospitality Committee provides support to the family of the deceased to help make sure the reception runs smoothly. The committee is seeking a few new members. If you’re interested, please contact Don Chase, donchasene1@gmail.com.

**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.

---

**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 Sweating, 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, candyleemic@att.net (Finance); Michael Thomas, Junior Warden, madresfield63@gmail.com (Buildings & Grounds); David Barker, Treasurer; Valerie Johnson, Clerk (Social Outreach); Steve Moore, Chancellor. Sharon Cheers (Security, Budget); Bill Colvin (Finance); Amy Cornewell (Children & Youth); Pat Decker (Social Justice); Paula Livingston-Lewis (Social Outreach); Ron Michka (Budget, Stewardship, Community Engagement); Nick Smith (Stewardship); Ken Stewart (Communications, Buildings & Grounds); Kay Woolley
Lent

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.
Clergy and lay church members alike are invited to join together in this afternoon of discussion about consolidating, strengthening, and developing ties between The Episcopal Church and Evangelical Lutheran Church in America as we celebrate the twentieth anniversary of our Call to Common Mission.

Three expert speakers will discuss the history, present, and future prospects of our common mission, providing the impetus and knowledge to help us to walk together with Christ for the next 20 years.

Cost – Individuals
$15 per person

Cost – Groups
For groups of four or more people, there is a group discount rate available.
$60 Group discount rate

The registration fee applies to both in-person and online attendance.

See more and register online
**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**

**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.

**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.

**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.

**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.

**Wednesday, March 9–April 6**

6:30 p.m.—Formation (Multipurpose & Common Room); 7:45 p.m.—Compline (Nave & livestreamed)

Formation for adults 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)

- **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.

- **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.
**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.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:** Dennis & Kathy Meehan; Jean Rau; 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; 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; 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

For the complete prayer list: kccathedral.org/prayers.
To place a person on this prayer list, please contact Janet Sweeting, jsweeting@kccathedral.org.
Requests are held in prayer for 90 days.

---

**Birthdays & Anniversaries**

March 13
Gary & Sandy Bressman  
March 14
Doris Biellier  Austin Graham  
March 16
Duane Pumphrey  John Richards  
March 17
Tom & Barbara Hand  
March 19
Sara Copeland  Tom Wood

**Today’s Flowers**

are given to the Glory of God and ...

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

---

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