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 Third Sunday in Lent
March 20, 2022 • 10:30 a.m.

Grace and Holy Trinity Episcopal Cathedral
**Holy Eucharist**

**Voluntary:** *O Welt, ich muß dich lassen*, op. 122 no. 11  
*Opening Hymn:* 387 “We sing of God, the mighty source”  
Johannes Brahms

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**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](http://kccathedral.org), by scanning the QR code to the right or by texting “GIVEtoGHTC” to 73256.

*Thank you for your generosity.*

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**We sing of God, the mighty source of all things;**

*Tell them I AM, the Lord God said, to Moses*  
**Glorious the sun in mid career; glorious the gas**

**Glorious, most glorious, is the crown of him that**

**the stupendous force on which all strength depends;**

**while on earth in dread and smitten to the heart,**

**brought salvation down by meekness, Mary's son;**

**from whose right arm, beneath whose eyes, all period,**

**at once, above, beneath, around, all nature**

**glorious the trumpet and alarm; glorious the al**

**seers that stupendous truth believed, and now the**

**power, and enterprise commences, reigns, and ends.**

**with out voice or sound replied, O Lord, thou art.**

**mighty stretched-out arm; glorious the captured main;**

**matchless deed’s achieved, determined, dared, and done.**

---

The Penitential Order

* Opening Acclamation

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.

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.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

The Lessons

First Lesson: Exodus 3:1–15

Lector Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, “I must turn aside and look at this great sight, and see why the bush is not burned up.” When the Lord saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I am.” Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” He said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God.

Then the Lord said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.” But Moses said to God, “If I come to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what shall I say to them?” God said to Moses, “I am who I am.” He said further, “Thus you shall say to the Israelites, ‘I am has sent me to you.’” God also said to Moses, “Thus you shall say to the Israelites, ‘The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you’:

This is my name forever,
and this my title for all generations.”

The Word of the Lord.

People Thanks be to God.
Psalm 63:1–8 sung by the choir; chant by Ivor Alergnon Atkins

O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.

Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
For your loving-kindness is better than life itself; *
your lips shall give you praise.
So will I bless you as long as I live *
and lift up my hands in your Name.

My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
When I remember you upon my bed, *
and meditate on you in the night watches.

For you have been my helper, *
and under the shadow of your wings I will rejoice.
My soul clings to you; *
your right hand holds me fast.

Second Lesson: 1 Corinthians 10:1–13

Lector I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, “The people sat down to eat and drink, and they rose up to play.” We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

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 At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, “Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them—do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.” Then he told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’”

The Gospel of the Lord.

People Praise to you, Lord Christ.
* 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
The Celebrant adds a concluding Collect.

* 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: “Like as a hart desireth the waterbrooks”

Like as the hart desireth the water-brooks, so longeth my soul after thee, O God. My soul is athirst for God, yea, even for the living God; when shall I come to appear before the presence of God? My tears have been my meat day and night, while they daily say unto me, Where is now thy God?

— text: Psalm 42:1-3

* Offertory Hymn: 685 “Rock of ages, cleft for me”


* The Great Thanksgiving, Eucharistic Prayer A

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


* 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:

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

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

Presider  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:

**All**

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

Presider  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.

**All**  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: 309 “O Food to pilgrims given”

1 O Food to pilgrims given, O Bread of life from heaven, O Manna from on high! We well-ing from out the Savior’s side! We hidden in forms of bread and wine, Grant

2 O stream of love past telling, O pur-est foun-tain, hunger; Lord, supply us, nor thy delights de-faint with thirst; re-vive us, of thine abun-dance when the veil is riv-en, we may be-hold, in

3 O Je-sus, by thee bid-den, we here a-dore thee, ny us, whose hearts to thee draw nigh. give us, and all we need pro-vide. heaven, thy coun-te-rence di-vine.


* 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 Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. Amen.

Dismissal

The Presider dismisses the people.

People Thanks be to God.

Sending Hymn: 143 “The glory of these forty days”

Voluntary: O Welt, ich muß dich lassen, op. 122 no. 3

Serving Today

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<td>The Rev. Canon Ryan Wiksell</td>
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<td>Preacher</td>
<td>The Very Rev. Dr. Andrew C. Keyse</td>
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<td>Musicians</td>
<td>Members of the Trinity Choir, Steve Burk, Dr. Paul Meier</td>
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<td>Lector</td>
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<td>Ushers</td>
<td>Richard Fanolio, John Braum</td>
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<td>Jeri Gore, Kay Sloan</td>
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<td>Livestreaming Team</td>
<td>Julie Toma</td>
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<td>Children’s Ministry</td>
<td>Brenda Colburn, Bethany Zaiger, Elvarea Bennett, Sandy Bressman, Linda Martin, Brittany Sparrow Savage</td>
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HELP UKRAINIAN FAMILIES

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 www.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.

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

o $50  o $100  o $250  o $500  o $1,000  o $2,500  o $5,000  o Other $___

FOR CREDIT CARD DONATIONS

Please charge my gift to my:

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O AMEX  O Discover

Name of your church  City

Account number  Expiration date

Name on card

Signature

All gifts are tax-deductible.
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 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 (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 Cornwell (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](http://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](http://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
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 & Christogenesis. 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.

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 15 • 6:45 p.m.
Readings: Third 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.

Wednesday Lenten Classes

Wednesday Lenten Classes

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 leads 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 is 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

**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.

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**Update Your Child’s Information**

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

![QR Code for Birth–PreK]

![QR Code for Grades K–5]

![QR Code for Grades 6–12]

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**Wednesday Lenten Classes**

**Wednesdays, through 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: Bud Wyatt; Kay Bowman-Harvey; Dennis & Kathy Meehan; Jean Rau; Andrea Schooling; Bill DeBauche; James Hyatt; Christopher Way & family; 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 Pckett; Steve Smith; Ian Mattson and his family; Heather; Cooper Polakowski; Betsy Chase; Gaele Marchand; Jim Royer; Doris Biellier; All those with loved ones suffering from COVID-19; Brett Chapin’s family; Sydney Estell; Brend & Liliana; Bethanie Polakowski; Patrick George; 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; for the bishop to be the best bishop

Comfort and Peace: the Cohoon & Thompson families; the McGee & Lyon families; the Saladino family; 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

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 20
Ho Ahn

March 21
Diane & Steve McClure

March 22
Paul Hemingway
Debbie Marrs
Sergio Moreno-Denton

March 24
Arica Clay
Frank Swyden
Jack & Marie Whitacre

March 25
Jean Rau
Ho & Susan Ahn

March 26
Day Kerr
Helen Windsor

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

Today’s Flowers
are given to the Glory of God and ...

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