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.
- Restrooms are available in Founders’ Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.
- If you need a hearing assistance device, please ask an usher.

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

voluntary: “Durch Adams Fall ist ganz verderbt” BuxWV 183

Dietrich Buxtehude

the word of God

from enriching our worship 1

The Great Litany Please kneel, as able.

Leader

Holy God, Creator of heaven | and earth,

People

Have mer|cy on us.

Leader

Holy and Mighty, Redeemer of | the world,

People

Have mer|cy on us.

Leader

Holy Immortal One, Sanctifier of the | faithful,

People

Have mer|cy on us.

Leader

Holy, blessed and glorious Trinity, | One God,

People

Have mer|cy on us.

Leader

From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil | intent,

People

Savior de|liver us.

Leader

From sloth, worldliness and love of money; from hardness of heart and contempt for your word and | your laws,

People

Savior de|liver us.

Leader

From sins of body and mind; from deceits of the world, the flesh and the | devil,

People

Savior de|liver us.

Leader

From famine and disaster; from violence, murder, and dying un|prepared,

People

Savior de|liver us.

Leader

In all times of sorrow; in all times of joy; in the hour of our death and at the day of | judgment,

People

Savior de|liver us.

Leader

By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temp|tation,

People

Savior de|liver us.

Leader

By your ministry in word and work; by your mighty acts of power; by the preaching of | your reign,

People

Savior de|liver us.
Leader: By your agony and trial; by your cross and passion; by your precious death and burial,
People: Savior deliver us.
Leader: By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,
People: Savior deliver us.

Leader: Hear our prayers, O Christ our God.
People: Hear us, O Christ.
Leader: Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.
People: Hear us, O Christ.
Leader: Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.
People: Hear us, O Christ.
Leader: Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.
People: Hear us, O Christ.
Leader: Give your people grace to witness to your word and bring forth the fruit of your Spirit.
People: Hear us, O Christ.
Leader: Bring into the way of truth all who have erred and are deceived.
People: Hear us, O Christ.
Leader: Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.
People: Hear us, O Christ.
Leader: Guide the leaders of the nations into the ways of peace and justice.
People: Hear us, O Christ.
Leader: Give your wisdom and strength to the President of the United States, the governors of our states and the mayors of our cities, that in all things they may do your will, for your glory and the 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: Genesis 2:15–17; 3:1–7

Lector  The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden’?” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took
of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

People

Thanks be to God.

Psalm 32 sung by the choir; chant by Samuel Wesley

Happy are they whose transgressions are forgiven, *
and whose sin is put away!

Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

While I held my tongue, my bones withered away, *
because of my groaning all day long.

For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

Then I acknowledged my sin to you, *
and did not conceal my guilt.

I said, “I will confess my transgressions to the Lord.” *
Then you forgave me the guilt of my sin.

Therefore all the faithful will make their prayers to you in time of trouble; *
when the great waters overflow, they shall not reach them.

You are my hiding-place; you preserve me from trouble; *
you surround me with shouts of deliverance.

“I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle, or else they will not stay near you.”

Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

Second Lesson: Romans 5:12–19

Lector

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned-- sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man’s trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man’s sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man’s trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man’s trespass led to condemnation for all, so one man’s act of righteousness leads to justification and life for all. For just as by the one man’s disobedience the many were made sinners, so by the one man’s obedience the many will be made righteous.

The Word of the Lord.

People

Thanks be to God.
The Holy Gospel: Matthew 4:1–11

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

People Glory to you, Lord Christ.

Gospeller Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’”

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test.’”

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor, and he said to him, “All these I will give you, if you will fall down and worship me.”

Jesus said to him, “Away with you, Satan! for it is written,
‘Worship the Lord your God,
and serve only him.’"

Then the devil left him, and suddenly angels came and waited on him.

The Gospel 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.

* THE PEACE

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

Parents with children in Cathedral Kids are invited to meet their child at the Tower door.
Announcements

Celebration Prayer

Those celebrating anniversaries of birth, marriage, and other joyous occasions are invited to stand or raise a hand as able.

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: “Jesus, so lowly”

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

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

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


Presider  The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.
All are welcome to receive communion or a blessing. Intinction of wafers is offered, if desired. For gluten-free bread, cross your hands palms down. For a blessing, cross your hands over your chest.

Prayer for healing is offered at the prayer desk until the close of worship.

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.

* Communion Hymn: 150 “Forty days and forty nights”


* Postcommunion Prayer
Presider Let us pray.
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

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 Following the dismissal,**

People

Thanks be to God.

**SENDING HYMN: The Faith We Sing “Jesus, tempted in the desert”**

1. Jesus, tempted in the desert,
2. Jesus, tempted at the temple,
3. Jesus, tempted on the mountain
4. When we face temptation’s power,

lonely, hungry, filled with dread: “Use your power,” the high above its ancient wall: “Throw yourself from by the lure of vast domain: “Fall before me! lonely, struggling, filled with dread, Christ, who knew the tempter tells him; “Turn these barren lofty turret; angels wait to Be my servant! Glory, fame, you’re tempter’s honor, come and be our rocks to bread!” “Not alone by bread,” he answers, break your fall!” Jesus shuns such empty marvels, sure to gain!” Jesus sees the dazzling vision, living bread. By your grace, protect, preserve us
Voluntary: Passacaglia, BuxWV 161

Serving Today

Presider & Preacher: The Very Rev. Dr. Andrew C. Keyse
Deacon: The Rev. Barbara J. Wegener
Musicians: The Trinity Choir, Dr. Paul Meier
Lectors: Julie Brogno, Beth Keyse
Eucharistic Ministers: Ric Swetting, Christine Morrison
Acolytes: Jeff Johnson, Theo Elisabeth, Charles Shipley
Ushers: Pat Woolley, Steve Moore, Bill Colvin, Mark Colburn
Greeters: Bill Boyd, Connie Boyd
Altar Guild: Kristy Moore, Sharon Cheers
Livestreaming Team: Kristy Moore, Curtis Hamilton, Janet Sweeting
Children’s Ministry: Maria Bernicchi, Bethany Zaiger, The Rev. Brittany Sparrow Savage
February 26 – Lent 1 (A)
Week 1: Life Transformed – The Way of Love in Lent

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

Week 1
Sunday, February 26
Today's Practice: Watch the Rev. Dr. Hillary Raining’s video at iam.ec/lifetransformed for Week 1. The topic is based on the practice “Turn” and is titled, “Dead to Sin, Alive in Christ”.
Read: Romans 6:3-11

Monday, February 27
Today's Prompt: Who has taught you to live a Jesus-filled life? Who have you taught?
Read: “So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.” – 2 Corinthians 4:16

Tuesday, February 28
Today’s Prompt: Go for a walk today and pray with your feet, each step with intention.
Read: “Many peoples shall come and say, ‘Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.’” – Isaiah 2:3a

Wednesday, March 1
Today’s Prompt: How can you build pauses into the day to reflect on the work of the Spirit?
Read: “I am the vine; you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.” – John 15:5

Thursday, March 2
Today’s Prompt: What is most meaningful to you in worship?
Read: Book of Common Prayer, p. 281

Friday, March 3
Today’s Prompt: Where can you go and intentionally provide kindness?
Read: “Blessed are those who mourn, for they will be comforted.” – Matthew 5:4

Saturday, March 4
Today’s Prompt: Notice the pattern of your breathing. Pray for awareness of blessings.
Read: “Then the Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” – Jer. 6:16

Reflections from “Living the Way of Love” by Mary Bea Sullivan (Church Publishing, 2019). Used with permission. Quotations from the New Revised Standard Version Bible, copyright © 1989 the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.
Gun Sense Legislative Advocacy Day
Tuesday, March 7, 2023 • 10 a.m.

You, your parish, and your friends are invited to Jefferson City on Tuesday, March 7 to attend gun sense legislative advocacy day. This is an opportunity to join with Missourians all across the state to ask our legislators to protect our children and families by enacting sensible gun laws.

This event, sponsored by the MO chapter of Moms Demand Action, will begin with training and education and then offer participants a chance to visit legislators in groups of 8-10 people to advocate for common sense gun laws. You don’t need any experience, just the willingness to participate.

The Episcopal Church across Missouri will be hosting an interfaith prayer service on the steps of the state capitol between 10:40 and 11 a.m. as an optional part of the day’s agenda. This is an opportunity for the Episcopal branch of the Jesus Movement to raise our hearts and voices together for the common good.

The event begins at 10 a.m. and will conclude by 2 p.m. Get more information and register at diocesemo.org/blog/gun-sense-legislative-advocacy-day.
Episcopal Relief & Development is mobilizing with long-term partners after a 7.8-magnitude earthquake in Turkey and Syria on Monday, February 6, 2023. The earthquake killed over 11,000 people and caused widespread damage across the region.

Working through Action by Churches Together Alliance (ACT Alliance), Episcopal Relief & Development will rapidly respond to the disaster through existing networks by providing supplies including winterization kits, hot meals and other food, medicine and emergency support. The organization is also in contact with other local partners as they assess the needs of their communities.

"The reports from Turkey and Syria are heart-wrenching," said Abagail Nelson, Executive Vice President and Chief Strategy Officer, Episcopal Relief & Development. "We have worked closely with ACT Alliance in our response to the crisis in Ukraine and we will continue to partner to meet the immediate needs of the affected communities in Turkey and Syria."

Please continue to pray for those who have been affected by the earthquake. Donations to the Turkey and Syria Earthquake Response Fund will help the organization to continue to respond to communities impacted by this disaster.

Donate now at support.episcopalrelief.org/syria-turkey-earthquake.
Pray for: Larry Elmquist; Jim Royer; Lee Sturgill; Brad Kilpatrick; Charles Thomas; Emily M Proffit; Cherie Greene; Kathy Meehan; Dennis Meehan; George Milton; Charlotte Messbarger; Phyllis and Jim Shaffer; Patrick Bennett; Judy; Phillip Carroll; Ann Ryder; Pat Woolley; Sandra Fuhrman; Kris Kemper; Mary Duerksen Sklar; Randy Mueller; Tony Buffa; Linda Aguilar; Ian Mattson; Troy, Aiden, and William; the people of Ukraine; The people of Turkey and Syria; Andrew Rowland; all families affected by gun violence

Comfort and Peace: the Matheny family; the Tangeman family; the Lancaster family; the Moore family; the Allison family; the Bock family; the Sloan family; the Finnie family; the Killman and Welch families; the Mauro family

Children and Youth Prayers: My cousin Ian; World peace and for wars of all kinds to cease; For Nick’s stomach pain to end and his healing to be quick; For being healthy; For my brother and cousin; For my family; For my aunt and her chemo treatments; For the children, youth, college and young adults in the world, that they know they are loved beyond all measure by our Triune God

Pray for the Departed: Ann Matheny; Carolyn Stockwell Tangeman; Clinton Matthew Lancaster IV (Matt); Bruce Moore; Mary Nell Sloan; Willie Joe Finnie Jr.; Diana Killman; for all who have died from gun violence

Diocesan Prayer Cycle: Christ Episcopal Church, Warrensburg, The Rev. Ronald Verhaeghe, Priest in Charge; Episcopal Relief & Development

For the complete prayer list: kccathedral.org/prayers
To place a person on this prayer list, please contact Deacon Barbara Wegener, bwegener@kccathedral.org.
Requests are held in prayer for 90 days.
**Adults**

**Sunday**

**Adult Formation • 9:15 a.m.**

*Episcopal 101*

Common Room • Led by Dean Andy

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.

**Women's Bible Study • 12:30 p.m.**

Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit the WBS page, [kccathedral.org/adultformation/wbs](http://kccathedral.org/adultformation/wbs) for more information.

**Lectionary Bible Study • 6:45 p.m.**

We study the lessons for the upcoming Sunday. Join the Lectionary Bible Study group in Realm or visit the LBS page, [kccathedral.org/adultformation/lbs](http://kccathedral.org/adultformation/lbs) for more details.

**Wednesday Lenten Classes**

**March 1, 8, 15, 22, 29**

Classes • 6:30–7:45 p.m.

**Compline • 7:45 p.m.**

**My Body is Not a Prayer Request: Disability Justice in the Church**

Led by Deacon Brittany ([Send Deacon Brittany an email at childrensformation@kccathedral.org to register.](mailto:childrensformation@kccathedral.org))

We will be looking at the book *My Body is Not a Prayer Request: Disability Justice in the Church*. This book by Amy Kinney provides a good foundation for building awareness and ways for ministering among the disabled in your church and community. This book lends itself to lively discussion, spiritual reflection, and insightful and incisive thought leading to action and awareness. Copies of the book are available through book sellers and e-readers/audiobooks.

*Much of the church has forgotten that we worship a disabled God whose wounds survived resurrection, says Amy Kenny. It is time for the church to start treating disabled people as full members of the body of Christ who have much more to offer than a miraculous cure narrative and to learn from their embodied experiences. Written by a disabled Christian, this book shows that the church is missing out on the prophetic witness and blessing of disability. Kenny reflects on her experiences inside the church to expose unintentional ableism and cast a new vision for Christian communities to engage disability justice. She shows that until we cultivate church spaces where people with disabilities can fully belong, flourish, and lead, we are not valuing the diverse members of the body of Christ.*

**The Unanswered Question: Music as a Means of Processing and Reflecting the Human Experience**

Led by Dr. Ian Coleman, Professor of Music, William Jewell College  ([March 15 class led by Dean Andy](http://jewell.edu/faith-classes))

In this course we will examine four pieces of music. Each of these is inspired by some aspect of religious thinking and spirituality. The music is sometimes hard to hear, but always engaging and thought provoking. Dealing with war, the meaning of life, death and racial tensions, each piece is a specific window into the mind of the composer and often causes us to wrestle with contemporary issues, the deep questions of life and what it means to be human.

Registration is required. Use the coupon code GRACE to register for free at [jewell.edu/faith-classes](http://jewell.edu/faith-classes).

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**Forward Day by Day**

Forward Day by Day is a booklet of daily inspirational meditations reflecting on a specific Bible passage, chosen from the daily lectionary readings as listed in the Revised Common Lectionary or the Daily Office from the Episcopal Church’s Book of Common Prayer.

Copies of this quarter’s *Forward Day by Day* are available in the tower entrance.
**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 or you may give on our website, just click on the yellow GIVE button in the upper right corner of the menu.

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**Children**

**Formation Class • 9:15 a.m.**

Children are invited into a time of dynamic storytelling that communicates the story of the people of God and the liturgy of the church.

**Cathedral Kids • 10:30 a.m.**

Cathedral Kids meets 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.

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**Youth**

**Sundays • 9:15 a.m.**

Join us for formation in the Youth Room Sunday mornings.

**Sundays • 6–7:15 p.m.**

Join us for food and fellowship at 6 p.m. in the Youth Room.

Information and signups are often found on our linktree, linktr.ee/ghtcyouthandcollegeministry.

Questions? Contact Clare at cstern@kccathedral.org.

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*Cathedral Staff:* The Very Rev. Dr. Andrew C. Keyse, Dean; The Rev. Barbara Wegener, Deacon; The Rev. Brittany Sparrow Savage, Deacon & Children’s Ministry Coordinator; Dr. Paul Meier, Director of Music; Clare Stern-Burbano, Youth & College Minister; Julie Toma, Cathedral Administrator; Melissa Kilpatrick, Communications Coordinator; Holly Campbell, Events Coordinator; Joan Bergstrom, Sacristan; 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, madresfields3@gmail.com (Buildings & Grounds); David Barker, Treasurer; Valerie Johnson, Clerk (Social Outreach); Steve Moore, Chancellor; Julie Brogno; Sharon Cheers (Security, Budget); Sara Copeland; Pat Decker (Social Justice); Blain Lagergren; Paula Livingston-Lewis (Social Outreach); Ron Michka (Budget, Stewardship, Community Engagement); Mathias Nichols; Kay Woolley
Paper Items Drive for Sheffield Place

February

During the month of February we will be collecting paper items for the women and their families at Sheffield Place, a homeless shelter for women and their children. The items we will be collecting are toilet paper, paper towels and Kleenex. Outreach will purchase feminine hygiene products for the residents. The mission of Sheffield Place is “to empower homeless mothers and their children to heal from their trauma and become self-sufficient.” Questions? Contact Terri Curran, tcurra2@yahoo.com.

Social Outreach during Lent

• During the entire Lenten Season, Outreach will be collecting food for JFSKC Pantry in Brookside.
• Pack Family Bags for BackSnack students for Spring Break between services in Haden Hall: March 5.
• Prep Food at Nourish KC on Saturday morning from 9 a.m.–noon: March 11. (Need a minimum of 5 volunteers.)
• Assemble Easter Baskets for Crittenton, KAW Valley and Sheffield Place between services: April 2.
• Pack BackSnacks for children at Clardy, Gashland and Hazel Grove Elementary: every other Wednesday in March and April. (Contact Terri, tcurra2@yahoo.com, to get dates.)

Stations of the Cross

Fridays, February 24–March 31 • 6 p.m.

Join Deacon Barbara and Deacon Brittany as they lead the Stations of the Cross, taking a walk in the footsteps of Jesus on his journey to the cross. Stations of the Cross will be held every Friday, February 24–March 31 at 6 p.m. in the Nave.

Wednesday Lenten Classes

Wednesdays, March 1–29 • 6:30–7:45 p.m., followed by Compline

Join us for The Unanswered Question: Music as a Means of Processing and Reflecting the Human Experience, taught by Dr. Ian Coleman, Professor of Music, William Jewell College and My Body is Not a Prayer Request: Disability Justice in the Church, taught by Deacon Brittany. Compline will be offered following the classes.

Allegro Choirs of Kansas City Benefit for Ronald McDonald House Charities

Sunday, March 5 • 2:30 p.m.

The Allegro Choirs of Kansas City present an annual benefit concert for the Ronald McDonald House Charities. For more information, please visit allegrokc.org. Tickets may be purchased at the door or through the Allegro website.