

# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Follow me, Satan (Temptation of Christ)" by Ilya Efimovich Repin

## The First Sunday in Lent February 26, 2023 • 10:30 a.m.

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.

## Service Notes

- Please rise, as able, for portions of the service marked with an asterisk (\*).
- Page numbers listed are from The Book of Common Prayer.
- Donations may be placed in the offering, 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.*



# HOLY EUCHARIST

VOLUNTARY: "Durch Adams Fall ist ganz verderbt" BuxWV 183

Dietrich Buxtehude

## The Word of God

THE GREAT LITANY *Please kneel, as able.*

from *Enriching Our Worship 1*



- |        |  |
|--------|--|
| Leader | Holy God, Creator of heaven   and earth,   |
| People | Have mer cy on us.   |
| Leader | Holy and Mighty, Redeemer of   the world,  |
| People | Have mer cy on us.   |
| Leader | Holy Immortal One, Sanctifier of the   faithful,   |
| People | Have mer cy on us.   |
| Leader | Holy, blessed and glorious Trinity,   One God,   |
| People | Have mer cy on us.   |
| Leader | From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil   intent,    |
| People | Savior de liver us.  |
| Leader | From sloth, worldliness and love of money; from hardness of heart and contempt for your word and   your laws,              |
| People | Savior de liver us.  |
| Leader | From sins of body and mind; from deceits of the world, the flesh and the   devil,  |
| People | Savior de liver us.  |
| Leader | From famine and disaster; from violence, murder, and dying un prepared,  |
| People | Savior de liver us.  |
| Leader | In all times of sorrow; in all times of joy; in the hour of our death and at the day of   judgment,                        |
| People | Savior de liver us.  |
| Leader | By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temp tation, |
| People | Savior de liver us.  |
| Leader | By your ministry in word and work; by your mighty acts of power; by the preaching of   your reign,                         |
| People | Savior de liver us.  |

Leader By your agony and trial; by your cross and passion; by your precious death and | burial,  
People Savior de|liver us.

Leader By your mighty resurrection; by your glorious ascension; and by your sending of the Holy | Spirit,  
People Savior de|liver us.

Leader Hear our prayers, O Christ | our God.  
People Hear | us, O Christ.

Leader Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is | your will.  
People Hear | us, O Christ.

Leader Give us boldness to preach the gospel in all the world, and to make disciples of all the | nations.  
People Hear | us, O Christ.

Leader Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim | your word.  
People Hear | us, O Christ.

Leader Give your people grace to witness to your word and bring forth the fruit of your | Spirit.  
People Hear | us, O Christ.

Leader Bring into the way of truth all who have erred and are | deceived.  
People Hear | us, O Christ.

Leader Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under | our feet.  
People Hear | us, O Christ.

Leader Guide the leaders of the nations into the ways of peace and | justice.  
People Hear | us, O Christ.

Leader Give your wisdom and strength to the President of the United States, the governors of our states and the mayors of our cities, that in all things they may do your will, for your glory and the com|mon good.  
People Hear | us, O Christ.

Leader Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways | of truth.  
People Hear | us, O Christ.

Leader Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your | people.  
People Hear | us, O Christ.

Leader Give us the will to use the resources of the earth to your glory and for the good | of all.  
People Hear | us, O Christ.

Leader Bless and keep all your | people,  
People Hear | us, O Christ.

Leader Comfort and liberate the lonely, the bereaved and the | oppressed.  
**People** Hear | us, O Christ.  
 Leader Keep in safety those who travel and all who are in | peril.  
**People** Hear | us, O Christ.  
 Leader Heal the sick in body, mind or spirit, especially those on the Cathedral Caregivers prayer list and provide for the homeless, the hungry and the des|titute.  
**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 me|rcy 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*

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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.**

\* GOSPEL HYMN: 445 "Praise to the Holiest in the height"

1 Praise to the Ho - liest in the height, and in the  
 2 O lov - ing wis - dom of our God! When all was  
 3 O wis - est love! that flesh and blood, which did in  
 4 and that the high - est gift of grace should flesh and  
 5 Praise to the Ho - liest in the height, and in the

1 depth be praise; in all his words most  
 2 sin and shame, a sec - ond Ad - am  
 3 Ad - am fail, should strive a - fresh a -  
 4 blood re - fine: God's pres - ence and his  
 5 depth be praise; in all his words most

1 won - der - ful, most sure in all his ways!  
 2 to the fight and to the res - cue came.  
 3 gainst the foe, should strive, and should pre - vail;  
 4 ve - ry self, and es - sence all - di - vine.  
 5 won - der - ful, most sure in all his ways!

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\* 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

page 358

**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

page 360

**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

page 376

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"

Harold Friedell

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

text: Edith Williams

### \* PRESENTATION HYMN: 142 "Lord, who throughout these forty days"

The musical score is written for a four-part choir (Soprano, Alto, Tenor, Bass) and piano accompaniment. It consists of two systems of music. The first system contains five lines of lyrics, and the second system contains five lines of lyrics. The music is in a common time signature and features a simple, hymn-like melody with piano accompaniment.

1 Lord, who through-out these for - ty days for us didst fast and pray,  
2 As thou with Sa - tan didst con - tend, and didst the vic - tory win,  
3 As thou didst hun - ger bear and thirst, so teach us, gra - cious Lord,  
4 And through these days of pen - i - tence, and through thy Pas - sion - tide,  
5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.  
2 O give us strength in thee to fight, in thee to con - quer sin.  
3 to die to self, and chief - ly live by thy most ho - ly word.  
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.  
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: St. Flavian, melody from Day's Psalter, 1562; adapt. and harm. Richard Redhead (1820-1901). All Rights Reserved. Reprinted under OneLicense.net #A-710278.





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,

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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

page 364

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*

Lamb of God, you take a - way the sins of the world:  
have mer - cy on us. Lamb of God, you take a - way the  
sins of the world: have mer - cy on us. Lamb of God,  
you take a - way the sins of the world: grant us peace.

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

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.

## COMMUNION

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"

1 For - ty days and for - ty nights thou wast fast - ing in the wild;  
2 Should not we thy sor - row share and from world - ly joys ab - stain,  
3 Then if Sa - tan on us press, Je - sus, Sa - vior, hear our call!  
4 So shall we have peace di - vine: ho - lier glad - ness ours shall be;  
5 Keep, O keep us, Sa - vior dear, ev - er con - stant by thy side;

1 for - ty days and for - ty nights tempt - ed, and yet un - de - filed.  
2 fast - ing with un - ceas - ing prayer, strong with thee to suf - fer pain?  
3 Vic - tor in the wil - der - ness, grant we may not faint nor fall!  
4 round us, too, shall an - gels shine, such as min - is - tered to thee.  
5 that with thee we may ap - pear at the e - ter - nal Eas - ter - tide.

Words: George Hunt Smytman (1822–1870), alt. Music: *Aus der Tiefe rufe ich*, melody att. Martin Herbst (1654–1681), alt.; harm. William Henry Monk (1823–1889). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

### \* 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. Je - sus, tempt - ed in the des - ert,  
 2. Je - sus, tempt - ed at the tem - ple,  
 3. Je - sus, tempt - ed on the moun - tain  
 4. When we face temp - ta - tion's pow - er,

lone - ly, hun - gry, filled with dread: "Use your power," the  
 high a - bove its an - cient wall: "Throw your - self from  
 by the lure of vast do - main: "Fall be - fore me!  
 lone - ly, strug - gling, filled with dread, Christ, who knew the

tempt - er tells him; "Turn these bar - ren  
 loft - y tur - ret; an - gels wait to  
 Be my ser - vant! Glo - ry, fame, you're  
 tempt - er's ho - ur, come and be our

rocks to bread!" "Not a - lone by bread," he an - swers,  
 break your fall!" Je - sus shuns such emp - ty mar - vels,  
 sure to gain!" Je - sus sees the daz - zling vi - sion,  
 liv - ing bread. By your grace, pro - tect, pre - serve us

“Can the hu-man heart be filled. On-ly by the  
feats that fick-le crowds re-quest: “God, whose grace pro-  
turns his eyes an-oth-er way: “God a-lone de-  
lest we fall your trust be-tray. Yours, a-bove all

Word that calls us is our deep-est hun-ger stilled!”  
tect, pre-serves us, we must nev-er vain-ly test.”  
serves our hom-age! God a-lone will I o-bey!”  
oth-er voic-es, be the Word we hear, o-bey.

Words: Herman G. Stuempfle (1923-2007). Music: *Ton-y-Botel*, Thomas John Williams (1869-1944). Words: Copyright © 1993, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

## VOLUNTARY: Passacaglia, BuxWV 161

Dietrich Buxtehude

### 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 Sweeting, 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 |

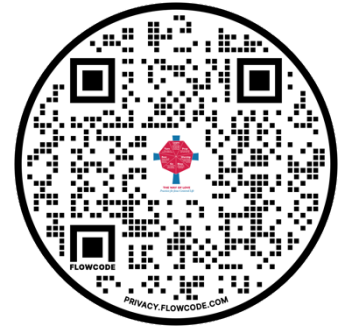


## BULLETIN INSERTS

### 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](http://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](http://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?

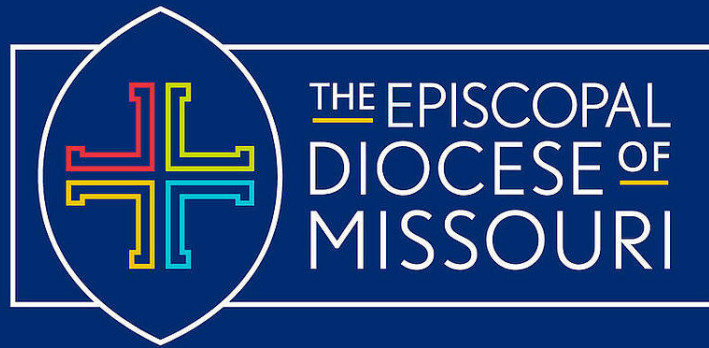
*Read:* "Blessed are those who mourn, for they will be comforted." – Matthew 5:4

##### 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](https://diocesemo.org/blog/gun-sense-legislative-advocacy-day).

# Two Options to Help with the Earthquake in Turkey and Syria



Photo Courtesy of the ACT Alliance

## Episcopal Relief & Development

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 Abigail 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](https://support.episcopalrelief.org/syria-turkey-earthquake).



## Embrace Relief

As the recovery and rebuilding efforts in Turkey and Syria enter their second week following the devastating earthquakes of Feb. 6, Embrace Relief confirms that it has successfully delivered four shipments of food to the earthquake zone, providing ready-to-eat meals to the people of several cities, including Hatay and Malatya, Gaziantep, Adiyaman. A fifth truck, carrying basic essentials like toiletries, paper towels, and diapers, has also arrived in the area, and its contents have also been distributed to people in need. Embrace Relief is committed to continuing this immediate assistance for as long as necessary, and will soon extend these efforts to Syria. Embrace Relief is also committed to a longer-term aid effort that will allow the people of Turkey and Syria to rebuild their lives and thrive once more. Beginning this week, Embrace Relief will offer crucial housing assistance – including covering rent and purchasing furniture – to those who have been displaced from their homes by the earthquake. This support will be an invaluable gift to the many thousands of people who have lost family members, their homes, their livelihoods, or all of the above. It will allow them to have a stable living situation as they begin to move forward into the next stage of their lives.

\*You can also double your support for the people of Turkey by asking your company about Employer Matching Donations. Companies of all sizes will often match donations to a charitable 501(c)(3) organization like Embrace Relief on a 1:1 (or 2:1 or even 3:1) basis, as part of their corporate social responsibility. So ask your company today about making a matching donation to Embrace Relief’s Turkey Earthquake Relief, and together we can save even more lives.

Visit [embracerelief.org/donation/help-victims-of-earthquake-in-southern-turkey](https://embracerelief.org/donation/help-victims-of-earthquake-in-southern-turkey) to donate.

**RELIEF CAMPAIGN**

for **TURKEY, SYRIA, & LEBANON**

**SCAN TO DONATE**



# Cathedral Prayer List

**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](http://kccathedral.org/prayers)

To place a person on this prayer list, please contact Deacon Barbara Wegener, [bwegener@kccathedral.org](mailto:bwegener@kccathedral.org).

Requests are held in prayer for 90 days.

## Birthdays & Anniversaries

### February 26

Brent Spake

### February 27

LaGreta Gitta

Mark Jeske

Jim Kissinger

### February 28

Jeffrey Bennett

### March 1

Robert Herschede

Sophia Marrs

Augusta Wilbon

### March 2

Zoë Jones

Karen Kissinger

Chris Morgan

### March 3

Phyllis Biddle

James Norris

### March 4

Liam McKeown

Bob Richmond

John & Kay Callison

Please contact the Cathedral office if we have omitted your birthday or anniversary:  
816.214.9936 or [jtoma@kccathedral.org](mailto:jtoma@kccathedral.org).

## Today's Flowers

are given to the Glory of God and ...

To help provide flowers for upcoming services, contact Julie Toma, [jtoma@kccathedral.org](mailto:jtoma@kccathedral.org).



# 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.

## Tuesday

### GHTC's Virtual Cafe • 7:30 a.m.

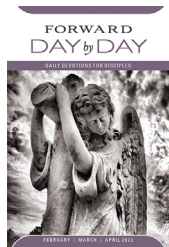
Please join us for our weekly conversation in GHTC's Virtual Cafe! Tuesday mornings from 7:30–9 a.m. For details, visit [kccathedral.org/other-activities](http://kccathedral.org/other-activities).

### 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.



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.

## 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](mailto:childrensformation@kccathedral.org) to register.)

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)

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).

# Youth

## Sundays • 9:15 a.m.

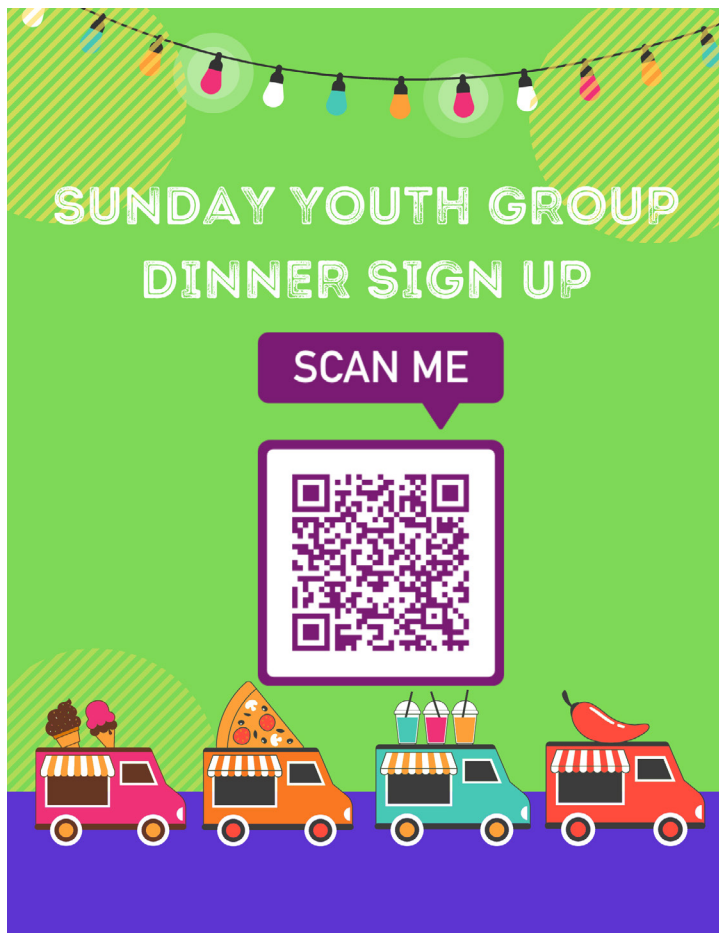
Join us for formation in the Youth Room Sunday mornings.

## 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/ghctcyouthandcollegeministry](https://linktr.ee/ghctcyouthandcollegeministry).

Questions? Contact Clare at [csstern@kccathedral.org](mailto:csstern@kccathedral.org).



# 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](mailto:childrensformation@kccathedral.org).



## 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.

**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*, [candylemc@att.net](mailto:candylemc@att.net) (Finance); Michael Thomas, *Junior Warden*, [madresfield63@gmail.com](mailto:madresfield63@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

# Announcements

## 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](mailto: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](mailto: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](http://allegrokc.org). Tickets may be purchased at the door or through the Allegro website.