

GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Caring Hands" by Helgunn Bjerga Ravonsheed

The Fifth Sunday after the Epiphany February 4, 2024 • 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. Use the QR code to the right to access the online form.
- If you need a hearing assistance device, please ask an usher.
- Restrooms are available in Founders' Hall. A changing station is available in the restroom at west end (rear) of the Cathedral.



Service Notes

- Please rise, as able, for portions of the service marked with an asterisk (*).
- Donations may be placed in the offering, made through the Cathedral website: kccathedral.org, by scanning the QR code to the right or by texting "GIVEtoGHTC" to 73256. *Thank you for your generosity.*



HOLY EUCHARIST

VOLUNTARY: Prélude à 5

Jacques-Nicolas Lemmens

The Word of God

* OPENING HYMN: 401 "The God of Abraham praise"

1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;

1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;

1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.
and sing the won - ders of his grace for ev - er - more.
and, glo - rious with his saints in light, for ev - er reigns.
e - ter - nal Fa - ther, great I AM, we wor - ship thee."
all might and ma - jes - ty are thine, and end - less praise.

The Word of God

* OPENING ACCLAMATION AND COLLECT FOR PURITY

page 355

Presider Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be God's kingdom, now and for ever. Amen.**

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

* SONG OF PRAISE: S278 Canticle 20, Glory to God: *Gloria in excelsis*

1. Glo-ry to God in the high-est, and
peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -
might - y God and Fa - ther, we wor - ship you, we give you thanks, we
praise you for your glo - ry. 3. Lord Je - sus Christ,
on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you
take a - way the sin of the world: have mer - cy on us;
5. you are seat - ed at the right hand of the Fa - ther: re -
ceive our prayer. 6. For
you a - lone are the Ho - ly One, you a - lone are the Lord,
7. you a - lone are the Most High, Je - sus Christ, with the
Ho - ly Spi - rit, in the glo - ry of
God the Fa - ther. A - men.

* COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

First Lesson: Isaiah 40:21-31

Lector Have you not known? Have you not heard?
Has it not been told you from the beginning?
Have you not understood from the foundations of the earth?
It is he who sits above the circle of the earth,
and its inhabitants are like grasshoppers;
who stretches out the heavens like a curtain,
and spreads them like a tent to live in;
who brings princes to naught,
and makes the rulers of the earth as nothing.
Scarcely are they planted, scarcely sown,
scarcely has their stem taken root in the earth,
when he blows upon them, and they wither,
and the tempest carries them off like stubble.
To whom then will you compare me,
or who is my equal? says the Holy One.
Lift up your eyes on high and see:
Who created these?
He who brings out their host and numbers them,
calling them all by name;
because he is great in strength, mighty in power,
not one is missing.
Why do you say, O Jacob, and speak, O Israel,
“My way is hidden from the Lord,
and my right is disregarded by my God”?
Have you not known? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.
The Word of the Lord.
People **Thanks be to God.**

Hallelujah! How good it is to sing praises to our God! *
 how pleasant it is to honor him with praise!
The Lord rebuilds Jerusalem; *
 he gathers the exiles of Israel.
He heals the brokenhearted *
 and binds up their wounds.
He counts the number of the stars *
 and calls them all by their names.
Great is our Lord and mighty in power; *
 there is no limit to his wisdom.
The Lord lifts up the lowly, *
 but casts the wicked to the ground.
Sing to the Lord with thanksgiving; *
 make music to our God upon the harp.
He covers the heavens with clouds *
 and prepares rain for the earth;
He makes grass to grow upon the mountains *
 and green plants to serve mankind.
He provides food for flocks and herds *
 and for the young ravens when they cry.
He is not impressed by the might of a horse; *
 he has no pleasure in the strength of a man;
But the Lord has pleasure in those who fear him, *
 in those who await his gracious favor. Hallelujah!

Second Lesson: 1 Corinthians 9:16–23

Lector If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

People **Thanks be to God.**

* GOSPEL HYMN: 411 "O bless the Lord, my soul!"

1 O bless the Lord, my soul! His grace to thee pro - claim!
 2 O bless the Lord, my soul! His mer - cies bear in mind!
 3 He will not al - ways chide; he will with pa - tience wait;
 4 He par - dons all thy sins, pro - longs thy fee - ble breath;
 5 He clothes thee with his love, up - holds thee with his truth;

1 And all that is with - in me join to bless his ho - ly Name!
 2 For - get not all his ben - e - fits! The Lord to thee is kind.
 3 his wrath is ev - er slow to rise and rea - dy to a - bate.
 4 he heal - eth thine in - fir - mi - ties and ran - soms thee from death.
 5 and like the ea - gle he re - news the vi - gor of thy youth.

6 Then bless his holy Name,
 whose grace hath made thee whole,
 whose loving-kindness crowns thy days:
 O bless the Lord, my soul!

Words: James Montgomery (1771-1854); para. of Psalm 103. Music: St. Thomas (Williams), melody Aaron Williams (1731-1776); harm. Lowell Mason (1792-1872). All rights reserved. Reprinted under OneLicense.net #A-710278.

* THE HOLY GOSPEL: Mark 1:29-39

Deacon The Holy Gospel of our Lord Jesus Christ according to Mark.

People **Glory to you, Lord Christ.**

Deacon After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

The Gospel of the Lord.

People **Praise to you, Lord Christ.**

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.

Intercessor In peace, we pray to you, Lord God.
 For all people in their daily life and work;

People For our families, friends, and neighbors, and for those who are alone.

Intercessor For this community, the nation, and the world;

People For all who work for justice, freedom, and peace.

Intercessor For the just and proper use of your creation;

People For the victims of hunger, fear, injustice, and oppression.

Intercessor For all who are in danger, sorrow, or any kind of trouble;

People For those who minister to the sick, the friendless, and the needy.

Intercessor For the peace and unity of the Church of God; and for those in our Diocesan Prayer Cycle, especially Christ Episcopal Church, Warrensburg, and the Union of Black Episcopalians;

People For all who proclaim the Gospel, and all who seek the Truth.

Intercessor For Michael our Presiding Bishop; Diane, our Bishop; Andy, our Dean; James, our Associate; Barbara, our Deacon, the Search Committee for the election of a new Bishop, and for all the clergy and people;

People For all who serve God in the Church.

Intercessor For the special needs and concerns of this congregation.

Silence

The People may add their own petitions silently or aloud.

Intercessor Hear us Lord;

People For your mercy is great.

Intercessor We thank you, Lord, for all the blessings of this life.

Silence

The People may add their own thanksgivings silently or aloud.

Intercessor We will exalt you, O God our King;

People And praise your Name for ever and ever.

Intercessor We pray for all who have died, that they may have a place in your eternal kingdom.

Silence

The People may add their own petitions silently or aloud.

Intercessor Lord, let your loving kindness be upon them;

People Who put their trust in you.

Intercessor We pray to you also for the forgiveness of our sins.

Silence

**All Have mercy upon us, most merciful Father;
in your compassion forgive us our sins,
known and unknown,
things done and left undone;
and so uphold us by your Spirit
that we may live and serve you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

The Presider concludes with an absolution.

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. Amen.

* THE PEACE

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

ANNOUNCEMENTS

CELEBRATION PRAYER

All O God, our times are in your hand: Look with favor, we pray, on your servant(s) as *they* begin another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their* lives; through Jesus Christ our Lord. Amen.

The Holy Communion

OFFERTORY SENTENCE

Presider Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God.
Ephesians 5:2

* OFFERTORY ANTHEM: "O Savior of the world"

John Goss

O Savior of the World,
 who by thy cross and precious blood hast redeemed us.
 Save us and help us, we humbly beseech Thee, O Lord.
 Amen

* PRESENTATION HYMN: 380 "Praise God, from whom all blessings flow" *verse 3*

Praise God, from whom all bless - ings flow; praise
 him, all crea - tures here be - low; praise him a - bove, ye
 heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Words: Thomas Ken (1637-1711). Music: *Old 100th*, melody from *Pseaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

All We remember his death,
We proclaim his resurrection,
We await his coming in glory;

Presider And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [_____ and] all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. 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 Alleluia. Christ our Passover is sacrificed for us;

People Therefore let us keep the feast. Alleluia.

S165: The Holy Eucharist, Fraction Anthem: Jesus, Lamb of God: *Agnus Dei*

Je - sus, Lamb of God: Have mer - cy
on us. Je - sus, bear - er of our sins: Have mer - cy
on us. Je - sus, re - deem - er of the world: Give us your peace.

Music: William Mathias (1934-1992). Copyright: © 1976, Oxford University Press, 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.

All are welcome to receive communion or a blessing.
 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.
 — From *The Prayer Book for the Armed Services*

COMMUNION ANTHEM: “The eyes of all wait upon thee”

Jean Berger

The eyes of all wait upon thee; and thou givest them their meat in due season.
 Thou openest thine hand, and satisfiest the desire of every living thing.

Text: Psalm 145:16-17

COMMUNION HYMN: *Wonder, Love, and Praise* 772 “O Christ, the healer”



1. O Christ, the heal - er, we have come to pray for
 2. From ev - ery ail - ment flesh en - dures our bod - ies
 3. How strong, O Lord, are our de - sires, how weak our
 4. In con - flicts that de - stroy our health we rec - og -
 5. Grant that we all, made in one faith, in your com -



health, to plead for friends. How can we fail to
 clam - or to be freed; yet in our hearts we
 know - ledge of our - selves! Re - lease in us those
 nize the world's dis - ease; our com - mon life de -
 mu - ni - ty may find the whole - ness that, en -



be re - stored, when reached by love that nev - er ends?
 would con - fess that whole - ness is our deep - est need.
 heal - ing truths un - con - scious pride re - sists our selves.
 clares our ills: is there no cure, O Christ, for these?
 rich - ing us, shall reach the whole of hu - man - kind.

Words: Fred Pratt Green (b. 1903). Music: *Kedron*, melody att. Elkanah Kelsay Dare (1782–1826); harm. *The Southern Harmony*, 1835; adapt. *Hymnal* 1982. Copyright: Words: © 1969 Hope Publishing Co., Carol Stream, IL 60188. Used by permission. Music: © Church Pension Fund. All rights reserved. Reprinted under OneLicense.net #A-710278.

* POSTCOMMUNION PRAYER

Presider Let us pray.

All Almighty and everliving God,
 we thank you for feeding us with the spiritual food
 of the most precious Body and Blood
 of your Son our Savior Jesus Christ;
 and for assuring us in these holy mysteries
 that we are living members of the Body of your Son,
 and heirs of your eternal kingdom.
 And now, Father, send us out
 to do the work you have given us to do,
 to love and serve you
 as faithful witnesses of Christ our Lord.
 To him, to you, and to the Holy Spirit,
 be honor and glory, now and for ever. Amen.

* THE BLESSING

* DISMISSAL

Following the dismissal,

People Thanks be to God.

* SENDING HYMN: 567 "Thine arm, O Lord, in days of old"

1 Thine arm, O Lord, in days of old was strong to
 2 And lo! thy touch brought life and health, gave hear - ing,
 3 Be thou our great de - liv - erer still, thou Lord of

heal and save; it tri - umphed o'er dis - ease and death,
 strength, and sight; and youth re - newed and fren - zy calmed
 life and death; re - store and quick - en, soothe and bless,

o'er dark - ness and the grave. To thee they went, the
 owned thee, the Lord of light: and now, O Lord, be
 with thine al - might - y breath: to hands that work and

blind, the deaf, the pal - sied, and the lame, the lep - er
 near to bless, al - might - y as of yore, in crowd - ed
 eyes that see, give wis - dom's heaven - ly lore, that whole and

set a - part and shunned, the sick with fe - vered frame.
 street, by rest - less couch, as by Gen - nes - aret's shore.
 sick, and weak and strong, may praise thee ev - er - more.

Words: Edward Hayes Plumptre (1821-1891), alt. Music: St. Matthew, from *Supplement to the New Version of Psalms* by Dr. Brady and Mr. Tate, 1708. All rights reserved. Reprinted under OneLicense.net #A-710278.

Serving Today

Presider	The Very Rev. Dr. Andrew C. Keyse
Preacher	The Rev. W. James Yazell
Deacon	The Rev. Barbara Wegener
Musicians	The Trinity Choir, Dr. Lucas Fletcher, Dr. Paul Meier
Lector	Scott Anthony
Intercessor	Mike Bennett
Eucharistic Ministers	Bob Johnson, Charles Shipley
Acolyte	Jonah Fahnstock, Brenda Colburn, Harrison Mattson
Ushers	Jordan Kenning, Ryan Thomas, Nigel Jones, Lindsey Kenning
Greeter	Becky Johnson
Altar Guild	Phaedra Fahnstock, Peg Brown, Claudia Risebig, Sharon Hudson
Sound/Livestreaming	Christine Morrison, Chris Morrison
Holy Hands Hospitality	Marcille McCandless, Betsy Chase, Don Chase, Joyce Gillespie, Mark Colburn
Cathedral Kids	Clare Stern-Burbano, Dani Valencia Mortensen
Healing Minister	Janet Sweeting



February 4, 2024 – Epiphany 5 (B) Becoming Beloved Community Grants

Applications are open for another round of Becoming Beloved Community grants to help support The Episcopal Church’s work of racial justice, healing, reconciliation, and creation care. The deadline to apply is **March 1**.

Find criteria and the application online at iam.ec/bbcg.

Funds for these grants were first allocated in 2018 by the 79th General Convention; in 2022, the 80th General Convention approved further funding “for the continued implementation of additional work of organizing our efforts to respond to social and racial injustice and grow a Beloved Community of healers, justice makers and reconcilers.”

Applicants are encouraged to first reflect on The Episcopal Church’s resource, “Becoming Beloved Community Where You Are,” which describes specific ways to engage in this work. Projects that advance any of the quadrants of the Becoming Beloved Community labyrinth are welcomed.

Grants include seed grants up to \$7,500 and impact grants up to \$15,000. Seed grants are geared toward groups launching new projects or growing existing projects. Impact grants are aimed primarily at increasing the capacity, impact, and reach of communities and institutions already working to advance justice, healing, reconciliation, and creation care.



“These grants are more than just financial support; they are a testament to our unwavering commitment to fostering inclusive, loving communities that embody the spirit of togetherness and understanding,” said the Rev. Edwin Johnson, chair of the Becoming Beloved Community Advisory Group. “Each grant represents a unique opportunity to bring transformative projects to life—projects that build bridges, heal divides, and spread love in tangible ways.”

Since 2019, approximately 80 projects have been funded by Becoming Beloved Community grants for a total of \$808,850.

Cathedral Prayer List

Pray for: David Hayes; Ann Ryder; the Dollar family; Charles and Nancy Riley; Joyce Morrow; Kevin Oetting; Cathy Davis; Randal Loy; Ashley Guy; Barbara; Dana and Allen Kronas; Loretta Paskor; Lynn Schneider; Betty Loy; Margaret Brogdon; Sammy Sutton; Tammy Harvin; Terry Van Gorp; Phyllis & James Shaffer; Bonita White; Charlotte Colburn; Anna Marie; Doyle White; First Responders; Gloria Stocks; Jeri Hatteberg; Jim Royer; Mike Barzee & Family; Thaddeus Samuel Withers

Comfort and Peace: Ellen and the Spake family; the East family; the Richards family; the England family; Jane Van Gorp & family; Nigel Jones & the Willcock family; the Crum family; all families affected by gun violence

Pray for the Departed: Brent Spake; Mtr. Emily Richards; Gary Quamme; Janet Brown; John Willcock; Linda; Linda England; Lou Harwell; Miss Kitty Robker; Mtr. Emily Richards; Perry Gethner; Robert F. East; Sara Gaggens; Terry Van Gorp; Wanda Knetter; Zan Crum; for all those lost in war; for all who have died from gun violence

Diocesan Prayer Cycle: Christ Episcopal Church, Warrensburg—The Rev. Ronald Verhaeghe, Priest in Charge; Union of Black Episcopalians

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.

Birthdays & Anniversaries

February 4

Mark Colburn
Holly Johnson

February 5

Bunny & Randall
Oestreicher

February 6

Page Reed

February 9

David Pierson

February 10

Andrew Gardner

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

Weekly Flower Donations

Donations toward the weekly flowers can be given by anyone who wants to acknowledge special events or people in their lives. Gifts are accepted in any amount. You can mail a check to the Cathedral office, put your donation in a flower envelope and place in the offering or make a payment through our online payment site.

See kccathedral.org/flowers for more information or contact Julie Toma, jtoma@kccathedral.org.



Cathedral Staff: The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. W. James Yazell, *Associate Priest*; The Rev. Barbara Wegener, *Deacon*; Dr. Paul Meier, *Director of Music*; Dr. Lucas Fletcher, *Associate Organist*; Clare Stern-Burbano, *College, Youth & Children's Minister*; Julie Toma, *Cathedral Administrator*; Melissa Kilpatrick, *Communications Coordinator*; Holly Campbell, *Events Coordinator*; Steve Berman, *Finance Coordinator*; Dr. Joan Bergstrom, *Sacristan & Volunteer Coordinator*; Angie Graham, *Facility Manager*; Bianca Jackson, *Assistant Facility Manager*; The Very Rev. Peter J. DeVeau, *Dean Emeritus*; Canon John Schaefer, *Canon Musician Emeritus*

The Vestry: Steve Moore, *Senior Warden*, smoore@rdm.law; Valerie Johnson, *Junior Warden*, johnson_jb@hotmail.com; Chip Buckner, *Treasurer*; Blain Lagergren, *Clerk*; Julie Brogno; Sharon Cheers; Sara Copeland; Pat Decker; Nigel Jones; Paula Livingston-Lewis; Mathias Nichols; Charles Shipley; Michael Thomas

Adult Formation

Sunday

Anglican Spiritual Practices

Sundays in Lent • 9:15 a.m. • Common Room

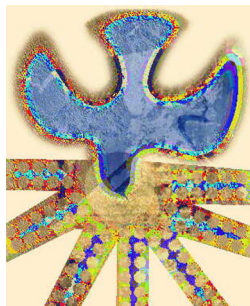
Lent is an especially opportune time to reconnect with God, to remove distractions, and to take on new spiritual practices. We will have several opportunities for this work together. On Sundays during Lent, we will have workshops on Anglican Spiritual Practices. This will be a time to learn about the foundational practices of our faith tradition, to try them out for yourself, and to then reflect on and discuss the experience with one another.



Adult Confirmation/Inquirers Class

Sundays • 9:15 a.m. • Multipurpose Room

This class is for any adult seeking confirmation, reaffirmation, reception, or simply wanting to know more about the Episcopal Church. Bishop Diane will be with us to Confirm/Reaffirm/Receive at the Easter Vigil on March 30. I look forward to seeing you there.



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.

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 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 for more details.

Youth & College

Come join us for regular youth programs.

Youth Formation—9:15 a.m. with light breakfast options

Worship—10:30 a.m.

Youth Group at 6 p.m. Dinner is provided!

Questions? Contact Clare, cstern@kccathedral.org.

Children

Formation Class • 9:15 a.m.

Join us for formation hour and wonder about God with your friends and teachers and hear sacred stories as told with the help of Godly Play resources!

Cathedral Kids • 10:30 a.m.

Cathedral Kids meets during the first half of the 10:30 a.m. worship service and during this time we weave together our sacred stories and our Episcopal identity with the Weaving God's Promises curriculum! Children attending Cathedral Kids will meet their parents or guardians inside the tower doors during the passing of the peace.

Questions? Contact Clare, childrensformation@kccathedral.org for more information.

Family worship weekend!

Jan 21

Feb 18

March 17

April 21

May 5 (Youth Sunday, which will include children)

May 12

In an effort to getting children more comfortable and involved in worship services, we are starting what we call Family Worship Weekends. This means that rather than having Cathedral Kids, after the formation hour at 9:15, parents/guardians/caregivers will come pick their child up from Haden at 10:15 am and worship together as a family.

We have added items (Pew Boxes) that will be placed in the back of the Nave for these Family Worship Weekends. Some of the item's children can take home, some we will ask that you leave in the box.

If you have any questions, please contact Clare (cstern@kccathedral.org)



Absalom Jones Celebration

Sunday, February 4
4 PM

St. Augustine's Episcopal Church
2732 Benton Blvd.,
Kansas City, MO 64128



COLLEGE AND YOUNG ADULT COMMISSION

College and Young Adult Retreat

FEBRUARY 24, 2024

On February 24, the College and Young Adult Commission is hosting a retreat at St. Augustine's Episcopal Church from 10 a.m. to 4:30 p.m.

Come take some time to rest, rejuvenate, and renew your spiritual life with other college and young adults in the diocese. There will be time for individual and corporate prayer, fellowship, and workshops. Lunch, coffee/tea, and snacks and SWAG provided.

Anyone 40 and under is encouraged to join. Register at diowestmo.org/college-and-young-adult-retreat.

Announcements



Paper Items Drive during February

During the month of February, Outreach will be sponsoring a paper items drive for the residents of Sheffield Place. You may leave tissues, paper towels and toilet paper in the basket in the Tower.



Shrove Sunday Pancakes

Sunday, February 11
After both morning services

Join us for breakfast following both morning services today. Chris Cakes will be in Founders' Hall serving pancakes and sausage. The youth will provide special toppings. Be sure to stop by and catch a couple pancakes!



Ash Wednesday

Wednesday, February 14
7 a.m., 12:05 and 7 p.m.

Start your Lenten journey with one of our Ash Wednesday services. The Imposition of Ashes takes place at all three services. The 7 a.m. service will be spoken word only, led by Bishop Diane Bruce. The 12:05 service will include hymns and organ music. The 7 p.m. service will include the Trinity Choir. Noonday Prayer will be broadcast at noon and the 7 p.m. service will be livestreamed.



A service of Choral Evensong is offered by the Trinity Choir. This contemplative service 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.

