# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Caring Hands" by Helgunn Bjerga Ravonsheed

The Fifth Sunday after the Epiphany February 4, 2024 • 8 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.
- 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 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.

\* GLORIA page 356

All Glory to God in the highest,

and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father. Amen.

#### 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

Have you not known? Have you not heard? Lector

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.

page 3

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.

The Word of the Lord.

People Thanks be to God.

\* 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.

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.

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, and Diane our Bishop Provisional; and for all bishops and other

ministers;

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 page 360

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 Hymn: 411 "O bless the Lord, my soul!"



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 Great Thanksgiving, Eucharistic Prayer B

page 367

Presider The Lord be with you.

People And also with you.

Presider Lift up your hearts.

People We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty,

Creator of heaven and earth.

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

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of

heaven, who for ever sing this hymn to proclaim the glory of your Name:

All Holy, holy, holy Lord, God of power and might,

heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Presider

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, 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, according to his command, O Father,

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

page 364

Presider Alleluia. Christ our Passover is sacrificed for us;

People Therefore let us keep the feast. Alleluia.

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. 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.

#### \* Postcommunion Prayer

page 366

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.

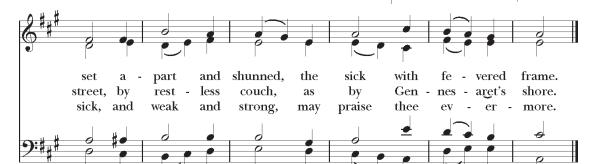
#### \* THE BLESSING

#### \* DISMISSAL

Following the dismissal,

People Thanks be to God.

\* CLOSING HYMN: 567 "Thine arm, O Lord, in days of old" 1 Thine arm, O Lord, days of old in was strong to touch brought And lo! thy life and health, gave hear - ing, Be thou great de liv erer still, thou Lord and heal and save; tri - umphed o'er dis - ease death, strength, re - newed and and sight; and youth fren zy calmed life and death; re - store and quick - en, soothe and bless, the grave. o'er dark - ness and То thee they the went, owned thee, the Lord of light: and now, O Lord, be with thine al might y breath: to hands that work and lep - er blind, the deaf, the pal - sied, and the lame, the near to bless, al - might of yore, in crowd - ed as that wis - dom's heaven - ly lore, that whole and eyes give



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 One License.net #A-710278.

## **Serving Today**

Presider The Rev. W. James Yazell

Preacher The Very Rev. Dr. Andrew C. Keyse

Deacon The Rev. Barbara Wegener

Organists Dr. Paul Meier, Dr. Lucas Fletcher

LectorJoan BergstromEucharistic MinisterTerri CurranUsherJim CrumAltar GuildVangie RichHealing MinisterJoan Bergstrom

## 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 stores 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.

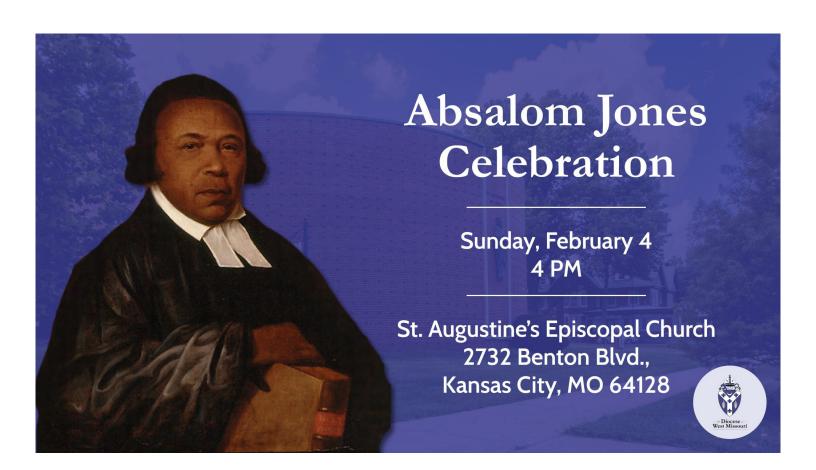
childrensformation@kccathedral.org for more information.



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)



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**

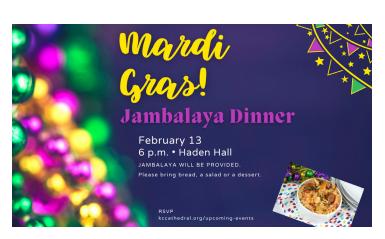
During the month of February, Outreach will be sponsoring a paper items drive for the residents of Sheffield Place. You may leave tissues, paper towels and toilet paper in the basket in the Tower.



#### **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.



## Office Closed Monday, February 19 in observance of Presidents' Day.

If you have a pastoral emergency, contact Dean Andy at 256.762.5889, Father James at 816.739.2930 or Deacon Barbara at 816.739.8032.