

# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Baptism of Jesus" by Jesus Mafa by a Christian community in Cameroon, Africa

The First Sunday in Lent  
February 18, 2024 • 8 a.m.



# Episcopal Relief & Development Sunday

## *A Day to Remember Those in Need*

Congregations are invited to observe Episcopal Relief & Development Sunday on the first Sunday in Lent or another convenient Sunday. This year Episcopal Relief & Development Sunday officially falls on February 18, 2024.

At the 2009 General Convention, Lent was officially designated as a time to encourage dioceses, congregations and individuals to remember and support the life-saving work of Episcopal Relief & Development. We invite all Episcopalians to join together on Episcopal Relief & Development Sunday, and throughout the Lenten season, to pray for those living in need.

Each year, Episcopal Relief & Development facilitates healthier, more fulfilling lives for more than 3 million people around the world struggling with hunger, poverty, disaster and disease. The organization works with Anglican partners to create long-term development strategies focused on delivering results in three signature program areas: **Women, Children and Climate**.

- Our work with **Women** focuses on helping communities promote the rights of women and children and move toward the vision that everyone deserves a life free from violence.
- Our work with **Children** supports and protects kids under six so they reach appropriate health and developmental milestones.
- Our **Climate**-related work focuses on how families and communities can work together to adapt to the effects of rapidly changing weather patterns.

In addition, our **US Disaster Program** offers critical resources and training to help people prepare for disasters and provide emergency support so vulnerable communities can make a full and sustained recovery.

Visit [www.episcopalrelief.org](http://www.episcopalrelief.org) to learn more about our programs for women, children and climate.

## *Sow Seeds of Lasting Change*

Your generous contribution will strengthen communities and make a lasting difference in fighting poverty, hunger, disease and disasters around the world.

Please make checks payable to Episcopal Relief & Development  
Mail to: P.O. Box 7058  
Merrifield, VA 22116-7058

Donate online:  
[www.episcopalrelief.org/donate](http://www.episcopalrelief.org/donate)



Episcopal  
Relief & Development  
Working Together for Lasting Change

## 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](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: *Aus der Tiefen rufe ich*, BWV Anh. 745

Carl Philipp Emmanuel Bach

## 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 mercy on us.**

Leader Holy and Mighty, Redeemer of the world,

**People Have mercy on us.**

Leader Holy Immortal One, Sanctifier of the faithful,

**People Have mercy on us.**

Leader Holy, blessed and glorious Trinity, One God,

**People Have mercy 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 deliver us.**

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

**People Savior deliver us.**

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

**People Savior deliver us.**

Leader From famine and disaster; from violence, murder, and dying unprepared,

**People Savior deliver 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 deliver us.**

Leader By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,

**People Savior deliver us.**

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

**People Savior deliver us.**

Leader By your agony and trial; by your cross and passion; by your precious death and burial,

**People Savior deliver us.**

Leader By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,

**People Savior deliver us.**



Leader Hear our prayers, O Christ our God.  
 People **Hear us, O Christ.**  
 Leader Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.  
 People **Hear us, O Christ.**  
 Leader Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.  
 People **Hear us, O Christ.**  
 Leader Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.  
 People **Hear us, O Christ.**  
 Leader Give your people grace to witness to your word and bring forth the fruit of your Spirit.  
 People **Hear us, O Christ.**  
 Leader Bring into the way of truth all who have erred and are deceived.  
 People **Hear us, O Christ.**  
 Leader Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.  
 People **Hear us, O Christ.**

Leader Guide the leaders of the nations into the ways of peace and justice.  
 People **Hear us, O Christ.**  
 Leader Give your wisdom and strength to the President of the United States, the governors of our states and the mayors of our cities, that in all things they may do your will, for your glory and the common good.  
 People **Hear us, O Christ.**  
 Leader Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.  
 People **Hear us, O Christ.**  
 Leader Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.  
 People **Hear us, O Christ.**  
 Leader Give us the will to use the resources of the earth to your glory and for the good of all.  
 People **Hear us, O Christ.**  
 Leader Bless and keep all your people,  
 People **Hear us, O Christ.**

Leader Comfort and liberate the lonely, the bereaved and the oppressed.  
 People **Hear us, O Christ.**  
 Leader Keep in safety those who travel and all who are in peril.  
 People **Hear us, O Christ.**  
 Leader Heal the sick in body, mind or spirit, especially those on the Cathedral Caregivers prayer list and provide for the homeless, the hungry and the destitute.  
 People **Hear us, O Christ.**  
 Leader Guard and protect all children who are in danger.  
 People **Hear us, O Christ.**  
 Leader Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.  
 People **Hear us, O Christ.**  
 Leader Forgive our enemies, persecutors and slanderers, and turn their hearts.  
 People **Hear us, O Christ.**  
 Leader Hear us as we remember those who have died and grant us with them a share in your eternal glory.  
 People **Hear us, O Christ.**

Leader Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

People **Holy God,  
Holy and Mighty,  
Holy Immortal One,  
Have mercy on us.**

\* COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

First Lesson: Genesis 9:8-17

Lector God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

The Word of the Lord.

People **Thanks be to God.**

To you, O Lord, I lift up my soul; my God, I put my trust in you; \*  
**let me not be humiliated, nor let my enemies triumph over me.**  
Let none who look to you be put to shame; \*  
**let the treacherous be disappointed in their schemes.**  
Show me your ways, O Lord, \*  
**and teach me your paths.**  
Lead me in your truth and teach me, \*  
**for you are the God of my salvation; in you have I trusted all the day long.**  
Remember, O Lord, your compassion and love, \*  
**for they are from everlasting.**  
Remember not the sins of my youth and my transgressions; \*  
**remember me according to your love and for the sake of your goodness, O Lord.**  
Gracious and upright is the Lord; \*  
**therefore he teaches sinners in his way.**  
He guides the humble in doing right \*  
**and teaches his way to the lowly.**  
All the paths of the Lord are love and faithfulness \*  
**to those who keep his covenant and his testimonies.**

Second Lesson: 1 Peter 3:18-22

Lector Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

The Word of the Lord.

People **Thanks be to God.**

\* THE HOLY GOSPEL: Mark 1:9-15

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

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

Gospeller In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."  
And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

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.

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: 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 Smyttan (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.

## \* THE GREAT THANKSGIVING, Eucharistic Prayer D

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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 truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we say,



**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.

*The people stand or kneel.*

**Presider** We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

**All** We praise you, we bless you,  
we give thanks to you,  
and we pray to you, Lord our God.

**Celebrant** Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with [the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, (with \_\_\_\_\_) and] all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and 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 Christ our Passover is sacrificed for us;

People Therefore let us keep the feast.

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.*

*On the first Sunday of each month, prayer for healing is offered at the prayer desk until the close of worship.*

\* POSTCOMMUNION PRAYER

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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.

\* CLOSING HYMN: *Voices Found 58* "Spirit of God, you moved over the waters"

1 Spi - rit of God, you moved o - ver the wa - ters  
 2 Spi - rit of God, by the pro - phets you sought us,  
 3 Spi - rit of God, like a dove you once rest - ed,  
 4 Spi - rit of God, like a might - y wind blow - ing:  
 5 Help us to see you, still call - ing and car - ing,

whisp - 'ring God's love to the whole of cre - a - tion.  
 cal - ling us back from our pride - filled be - ha - vior.  
 show - ing God's joy on the day Christ was bap - tized.  
 sud - den - ly Chris - tians stopped hid - ing and fear - ing.  
 help us to know you a - mong us, cre - at - ing.

You breathe your life in - to God's sons and daugh - ters,  
 Through cho - sen lead - ers you reached us and taught us;  
 You sent Christ out to the hills to be test - ed,  
 You gave them cour - age and love o - ver - flow - ing,  
 Spi - rit of God, give us cour - age and dar - ing—

giv - ing us tal - ents and your in - spi - ra - tion.  
 by your own gift we were giv - en our Sav - ior.  
 through you, he called us to see God with new eyes.  
 so they pro - claimed you to all in their hear - ing.  
 to share God's love with a world that is wait - ing.

Words: Carolyn Winfrey Gillette. Copyright © 1999 by Carolyn Winfrey Gillette, from *Gifts of Love: New Hymns for Today's Worship* (Geneva Press, 2000). All rights reserved. Music: *O Quanta Qualia*, melody from from Antiphoner, 1681. All rights reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: *Ciacona*, BuxWV 160

Dietrich Buxtehude

## Serving Today

Presider	The Very Rev. Dr. Andrew C. Keyse	Lector	Rebecca Rezaei
Preacher	The Rev. W. James Yazell	Usher	Kim Smith
Organists	Dr. Paul Meier, Dr. Lucas Fletcher	Altar Guild	Carol Whitehead, Michelle Ritter

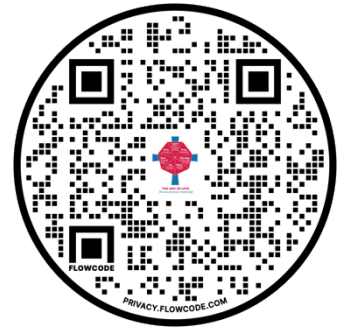


## BULLETIN INSERTS

**February 18, 2024 – Lent 1 (B)**

**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 18

*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 19

*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 20

*Today's Prompt:* How do you incorporate rest into your life?

*Read:* "Thus says the Lord: Stand at the crossroads and look, and ask for the ancient paths, where the good way lies; and walk in it, and find rest for your souls. But they said, "We will not walk in it.'" – Jeremiah 6:16

#### Wednesday, February 21

*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

#### Thursday, February 22

*Today's Prompt:* How do others experience the love of Christ you bring?

*Read:* "By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things." – Galatians 5:22-23

#### Friday, February 23

*Today's Prompt:* Where are you being encouraged to "show up"?

*Read:* "Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison and did not take care of you?' Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.'" – Matthew 25:44-45

#### Saturday, February 24

*Today's Prompt:* What is most meaningful to you in worship?

*Read:* Book of Common Prayer, p. 281

*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.*



# Cathedral Prayer List

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

**Comfort and Peace:** the Morrision family; the Sailer family and the friends, families and staff of Operation Breakthrough; Davina and the Reed family; 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:** Julia Kelly Rucci; Sgt. Breonna Moffett; Sgt. Kennedy Sanders ; Sgt. William Rivers; Karen Danna; Grayson O'Connor; Sister Berta Sailer; Brent Spake; Mtr. Emily Richards; John Willcock; Linda England; Lou Harwell; Miss Kitty Robker; Mtr. Emily Richards; Perry Gethner; Robert F. East; Terry Van Gorp; Zan Crum; for all those lost in war; for all who have died from gun violence

**Diocesan Prayer Cycle:** All Saints Episcopal Church, West Plains—The Rev. Dr. James Harris, Jr., Priest in Charge; Property Committee

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 18

Penny Citro  
Mattie Ransom

### February 19

Mark Galus  
Phineas Gitta  
Jeri Gore

### February 20

Bruce Reed

### February 21

Michael Wells

### February 22

Brad Carter  
Abby Moore  
Julie Proffitt  
Marie Whitacre

### February 23

Maryvec Hemingway  
Larry & Pat Martin

Please contact the Cathedral office if we have omitted your birthday or anniversary: 816.474.8260 or [jtoma@kccathedral.org](mailto: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](http://kccathedral.org/flowers) for more information or contact Julie Toma, [jtoma@kccathedral.org](mailto: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](mailto:smoore@rdm.law); Valerie Johnson, *Junior Warden*, [johnson\\_jb@hotmail.com](mailto: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**

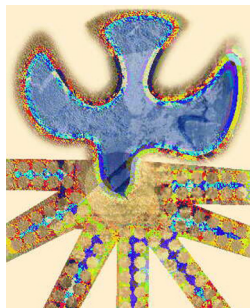
Lent is an especially opportune time to reconnect with God, to remove distractions, and to take on new spiritual practices. We will have several opportunities for this work together. On Sundays during Lent, we will have workshops on Anglican Spiritual Practices. This will be a time to learn about the 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](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.

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

# 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](https://diowestmo.org/college-and-young-adult-retreat).

## Calling All Ringers!



The Trinity Handbell Ensemble will be meeting for three to four rehearsals before ringing at a service in Eastertide. If you have ever wanted to ring handbells, this is a great time to try it out!

For more information, please contact Paul Meier at [pmeier@kccathedral.org](mailto:pmeier@kccathedral.org) or 816.214.9928.



# 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.



**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.

## Wednesday Lenten Classes

### A Lenten Journey with the St. John's Bible

Wednesdays,  
February 21–March 20  
6:30–7:45 p.m.,  
followed by Compline

Join fellow travelers on a Lenten journey guided by the texts and illuminations of the *St. John's Bible* (Heritage Edition). Each week we will share insights, experiences and interpretations designed to inspire, encourage and improve individual and communal faith living.



*Crucifixion*, Donald Jackson, Copyright 2002, *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

February 21—The Journey Begins: orientation to the vision, tools, artistic teams, illuminations and texts of *St. John's Bible* and their uses for this Lenten pilgrimage.

February 28—Confronting Life's Challenges: *St. John's Bible* as a guide in self-discovery and communal awareness.

March 6—Cultivating Lives of Virtue: *St. John's Bible* as a guide for spiritual development.

March 13—Divine Guidance in Daily Living: *St. John's Bible* as a guide for recognizing God's abiding presence.

March 20—Arriving at the Destination: *St. John's Bible* as a vision for transformed living.



### The Book of Jonah

Wednesdays, February 21–March 20  
6:30–7:45 p.m., followed by Compline

We will be offering classes on Wednesday evenings in Lent, including a study of the Book of Jonah. Jonah is a short book and a familiar story but hidden within those pages are some very deep themes on the spiritual life! It will be an opportunity to see this story with fresh eyes, learn about the importance of the Old Testament, and discover what Jonah and the Whale can teach us about our own relationship with God.



Bring your donations of candy (individually wrapped, in small packages) to the box in the Tower by March 24.