

GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL

Welcome! We are glad you have joined us online.

- Thank you for joining us for worship today at Grace and Holy Trinity Cathedral. If you are new to the Cathedral, we invite you to fill out our welcome card by texting GUEST to 816-310-1888.
- 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. Tap to give using the display in the Tower entrance. Instructions for use are next to the machine. Thank you for your generosity.



The Third Sunday after the Epiphany • January 25, 2026 • 8 a.m. Morning Prayer

PRELUDE: Adagio, *Voluntary I*, Op. 5

John Stanley (1712-1786)

OPENING SENTENCE

Officiant I will give you as a light to the nations, that my salvation may reach to the end of the earth. *Isaiah 49:6b*

CONFESSION OF SIN

Officiant Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

All Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

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.

INVITATORY AND PSALTER

Officiant Lord open our lips.
People And our mouth shall proclaim your praise.
All Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

ANTIPHON

All Worship the Lord in the beauty of holiness: Come let us adore him.

VENITE

Psalm 95:1-7

All The Lord has shown forth his glory: Come let us adore him.

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

For the Lord is a great God, *
and a great King above all gods.

In his hand are the caverns of the earth, *
and the heights of the hills are his also.

The sea is his, for he made it, *
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.

For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

ANTIPHON

All Worship the Lord in the beauty of holiness: Come let us adore him.

Psalm 63:1-8

O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.

**Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.**

For your loving-kindness is better than life itself; *
my lips shall give you praise.

**So will I bless you as long as I live *
and lift up my hands in your Name.**

My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,

**When I remember you upon my bed, *
and meditate on you in the night watches.**

For you have been my helper, *
and under the shadow of your wings I will rejoice.

**My soul clings to you; *
your right hand holds me fast.**

Psalm 98

Sing to the Lord a new song, *
for he has done marvelous things.

**With his right hand and his holy arm *
has he won for himself the victory.**

The Lord has made known his victory; *
his righteousness has he openly shown in the sight of the nations.

**He remembers his mercy and faithfulness to the house of Israel, *
and all the ends of the earth have seen the victory of our God.**

Shout with joy to the Lord, all you lands; *
lift up your voice, rejoice, and sing.

**Sing to the Lord with the harp, *
with the harp and the voice of song.**

With trumpets and the sound of the horn *
shout with joy before the King, the Lord.

**Let the sea make a noise and all that is in it, *
the lands and those who dwell therein.**

Let the rivers clap their hands, *
and let the hills ring out with joy before the Lord,
when he comes to judge the earth.

**In righteousness shall he judge the world *
and the peoples with equity.**

All **Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.**

THE LESSONS

Genesis 13:2-18

Officiant A Reading from the Book of Genesis.

Now Abram was very rich in livestock, in silver, and in gold. He journeyed on by stages from the Negeb as far as Bethel, to the place where his tent had been at the beginning, between Bethel and Ai, to the place where he had made an altar at the first; and there Abram called on the name of the Lord. Now Lot, who went with Abram, also had flocks and herds and tents, so that the land could not support both of them living together; for their possessions were so great that they could not live together, and there was strife between the herders of Abram's livestock and the herders of Lot's livestock. At that time the Canaanites and the Perizzites lived in the land.

Then Abram said to Lot, "Let there be no strife between you and me, and between your herders and my herders; for we are kindred. Is not the whole land before you? Separate yourself from me. If you take the left hand, then I will go to the right; or if you take the right hand, then I will go to the left." Lot looked about him, and saw that the plain of the Jordan was well watered everywhere like the garden of the Lord, like the land of Egypt, in the direction of Zoar; this was before the Lord had destroyed Sodom and Gomorrah. So Lot chose for himself all the plain of the Jordan, and Lot journeyed eastward; thus they separated from each other. Abram settled in the land of Canaan, while Lot settled among the cities of the Plain and moved his tent as far as Sodom. Now the people of Sodom were wicked, great sinners against the Lord.

The Lord said to Abram, after Lot had separated from him, "Raise your eyes now, and look from the place where you are, northward and southward and eastward and westward; for all the land that you see I will give to you and to your offspring forever. I will make your offspring like the dust of the earth; so that if one can count the dust of the earth, your offspring also can be counted. Rise up, walk through the length and the breadth of the land, for I will give it to you." So Abram moved his tent, and came and settled by the oaks of Mamre, which are at Hebron; and there he built an altar to the Lord.

The Word of the Lord.

People **Thanks be to God.**

Canticle 16 *The Song of Zechariah*

All Blessed be the Lord, the God of Israel; *
 he has come to his people and set them free.
He has raised up for us a mighty savior, *
 born of the house of his servant David.
Through his holy prophets he promised of old,
that he would save us from our enemies, *
 from the hands of all who hate us.
He promised to show mercy to our fathers *
 and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
 to set us free from the hands of our enemies,
Free to worship him without fear, *
 holy and righteous in his sight
 all the days of our life.
You, my child, shall be called the prophet of the Most High, *
 for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
 by the forgiveness of their sins.
In the tender compassion of our God *
 the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
 and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: *
 as it was in the beginning, is now, and will be for ever. Amen.

Mark 7:31-37

Officiant A Reading from the Gospel According to Mark.

Then Jesus returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, "Ephphatha," that is, "Be opened." And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, "He has done everything well; he even makes the deaf to hear and the mute to speak."

The Word of the Lord.

People Thanks be to God.

HYMN: 11 "Awake, my soul"

1 A - wake, my soul, and with the sun thy
 2 Lord, I my vows to thee re - new; dis -
 3 Di - rect, con - trol, sug - gest, this day, all
 *4 Praise God, from whom all bless - ings flow; praise

dai - ly stage of du - ty run; shake off dull sloth, and
 perse my sins as morn - ing dew; guard my first springs of
 I de - sign, or do, or say; that all my powers, with
 him, all crea - tures here be - low; praise him a - bove, ye

joy - ful rise to pay thy morn - ing sac - ri - fice:
 thought and will, and with thy - self my spi - rit fill.
 all their might, in thy sole glo - ry may u - nite.
 heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Words: Thomas Ken (1637-1711), alt. Music: *Morning Hymn*, melody François Hippolyte Barthélémon (1741-1808); harm. *The Church Hymnal for the Church Year*, 1917.

HOMILY

CANTICLE 21

All

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
 Holy, holy, holy Lord, God of power and might,
 heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you;
 Father, of majesty unbounded,
 your true and only Son, worthy of all worship,
 and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not shun the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.
 Come then, Lord, and help your people,
 bought with the price of your own blood,
 and bring us with your saints
 to glory everlasting.

THE APOSTLES' CREED

All

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
 He was conceived by the power of the Holy Spirit
 and born of the Virgin Mary.
 He suffered under Pontius Pilate,
 was crucified, died, and was buried.
 He descended to the dead.
 On the third day he rose again.
 He ascended into heaven,
 and is seated at the right hand of the Father.
 He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

THE PRAYERS

Officiant The Lord be with you.
People **And also with you.**
Officiant Let us pray.
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.

SUFFRAGES

Officiant Show us your mercy, O Lord;
People **And grant us your salvation.**
Officiant Clothe your ministers with righteousness;
People **Let your people sing with joy.**
Officiant Give peace, O Lord, in all the world;
People **For only in you can we live in safety.**
Officiant Lord, keep this nation under your care;
People **And guide us in the way of justice and truth.**
Officiant Let your way be known upon earth;
People **Your saving health among all nations.**
Officiant Let not the needy, O Lord, be forgotten;
People **Nor the hope of the poor be taken away.**
Officiant Create in us clean hearts, O God;
People **And sustain us with your Holy Spirit.**

COLLECTS

Officiant Let us pray.

The Collect of the Day

Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

A Collect for Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

A Prayer for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. **Amen.**

INTERCESSIONS AND THANKSGIVINGS

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.**

ANNOUNCEMENTS

A PRAYER OF ST. CHRYSOSTOM

All Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

DISMISSAL

Officiant Let us bless the Lord.

People Thanks be to God.

Officiant May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.** Romans 15:1

POSTLUDE: Andante, *Voluntary I*, Op. 5

John Stanley (1712-1786)

The Very Rev. Dr. Andrew C. Keyse, *Officiant*

Dr. Lucas Fletcher, *Organist*

This Week at GHTC

Learn more about our weekly services & opportunities for study and fellowship: kccathedral.org

Sunday, January 25 • online only

8 a.m. Morning Prayer available YouTube & Facebook

Tuesday, January 27

7:30 a.m. GHTC's Virtual Cafe+

12:30 p.m. Women's Bible Study+

6:45 p.m. Lectionary Bible Study+

Wednesday, January 28

10 a.m. Staff Gathering

12 p.m. Noonday Prayer*

12 p.m. Alcoholics Anonymous Meeting

12:05 p.m. Holy Eucharist

Thursday, January 29

6 p.m. Food Addicts in Recovery Anonymous Meeting

7 p.m. Rehearsal: Trinity Choir

Sunday, February 1 • Annual Meeting; 10:30 service only

9:30 a.m. Rehearsal: Trinity Choir

10:30 a.m. Holy Eucharist*

10:30 a.m. Cathedral Kids

11:30 a.m. Coffee Hour

6 p.m. Youth Group

+On Zoom

*In person and streamed on YouTube @kccathedral

Today's flowers are dedicated to the glory of God.

Sponsor the Altar Flowers

Altar flowers are a great way to commemorate an event near a specific date, or honor/remember someone close to your heart. Donations of any amount toward the weekly flowers can be given by anyone who wants to acknowledge special events or people in their lives. See kccathedral.org/flowers for more information.

Want to set up all of your 2026 flower reservations now?

Contact Julie Toma (jtoma@kccathedral.org) to arrange the dates now; payment in advance not required.

Cathedral Prayer List

To place a person on this prayer list, text PRAYER to (816) 310-1888 or email Deacon Barbara Wegener, bwegener@kccathedral.org. View the prayer list anytime: kccathedral.org/prayers

Pray for: Ken McCandless; Marcille McCandless; Ella; Claudia Risebig; Farzana Farzad; Donna Knoell; Fawzia Ziayee and Mohammad Yunus; Jay; Janel Mosley; Charlotte Lipari; Osha; Carolyn McGlothen; Kimberly Bacchus; Ahmed al Ahmed; Gayle Webb; Konan; Zachary Pearce; Ann Ryder; Erin Kalkbrenner; All those injured in the Shooting in Stockton, CA; Katie Rose; Gene Easter; Betty Ouverson; Mike Duloher; Bill Stancil; Gayle Melton Family; The Brunner Family; The Gooch Family; Abby Zwerner; Katie Cummings; Carolyn McGlothen; Lt. Col. Kevin Thomas; Mike O'Neill; Phineas Gitta; Mike Barzee & Family; Iris Parsons; Larry McMullen; Gloria Stocks; Jim Royer; Joyce Morrow; Thaddeus Samuel Withers; Yvonne Kehoe Meier; Jeffrey and family; Charlotte Colburn; Trish Lambert; All those fighting chronic illness; All families affected by gun violence; First Responders; All Immigrants

Pray for the Departed: Richard Sklar; Renee Nicole Good; Larry, Marcia and Gary Wilson; Jonathan Everett Boley; Those souls lost in the Switzerland ski resort fire; Tatiana Celia Kennedy Schlossberg; Ella Cook; Those lost in the Silver Lake Nursing Home Explosion; Joe Bacchus; Mukhammadaziz Umurzokov; Ella Cook; Those lost in the Bondi Beach Shootings; Maliyah Brown; Rev. Barbara Beam; LaGreta Gitta; Faye Brunner; Gayle Melton; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: All Saints Episcopal Church, West Plains—The Rev. Jim Harris, Priest-in-Charge
Our Newly Ordained Deacons

Birthdays & Anniversaries

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

January 25

Cindy Richter

January 26

Anita Osthoff
Grace Schmidt

January 27

Athan Nichols
Bob Packett

January 28

Jameela Lewis

January 30

Harrison Mattson
Sonya Kittrell
Aaron Dutton
Nick Smith

January 31

Rick Jordahl
Jeff & Valerie Johnson

Join Us in Making a Difference: Volunteer

You are invited to use your skills and spirit to make a real impact. Whether you have a few hours or want to dive into regularly serving, there are many ways to help: serving in worship services, teaching/helping with children & youth programs, assisting with the Cathedral gardens, singing in the choir and more. Volunteering lets you give back, connect with others, and grow in faith.

Sign up to be an Oblation Bearer

Oblation bearers are members of the congregation who bring forward the gifts of bread and wine that we offer to God at the Offertory. People of all ages, even young children can help with this important liturgical role. At the Cathedral, oblation bearers serve at the 10:30 a.m. service and at special services.

For more information, visit kccathedral.org/volunteer or contact Volunteer Coordinator Joan Bergstrom at volunteers@kccathedral.org.



Diaper Drive

With your support, HappyBottoms, the KC metro area's diaper bank, is able to provide thousands of children each month with clean diapers.

Sizes 4, 5, 6 needed most. Open packages accepted.

Bring your diapers to the basket in the Tower or donate online at kccathedral.org/outreach.



not having a clean
diaper can really stink

Today's Focal St. John's Bible Illumination

God's Light Shines into Darkness

"Messianic Predictions" Illumination (Isaiah 9:2-7)

Today's lectionary readings focus on the power of God's light to transform a world imprisoned in darkness. The readings highlight abandoning lives of comfortable routine to accept Jesus' invitation to inaugurate a new and urgent mission (Matthew 4:12-23). God's new life calls for unity that is centered in Christ, not on divisive personal desires and commitments (1 Corinthians 1:10-18). When accepted, God's light and salvation overcome the fears that motivate division and violence (Psalm 27:1, 5-13). These texts inspire today's collect asking that God would give us grace "to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation... ."

In today's Gospel text, Jesus invites Peter, Andrew, James, and John to accept a radical reorientation of their lives because in his person "the kingdom of God has arrived." This was a KAIROS moment — a special and unique opportunity, a divine intervention — that introduced an urgent choice. Everything in their lives that was safe, familiar, and predictable became of secondary importance. They sensed that through Jesus' invitation they were being given an opportunity to become agents of God's healing. Matthew 4:24 relates that large crowds came to Jesus "...ill with various diseases, suffering severe pain, demon-possessed, epileptics, and paralytics." Verse 16 quotes today's Old Testament reading from Isaiah characterizing these people as living in darkness while seeking light. The four fishermen accepted Jesus' call to embrace God's kingdom and made it their own, sharing its radical power with those who would listen, respond, and accept it.

The "Messianic Predictions" illumination was featured in the worship program on December 7, 2025, with a focus on Isaiah 11:1-16 prophesying a future action God was promising. Today we return to this illumination but from an emphasis it places on Isaiah 9:2-7. In this setting the portrayal highlights the unique work God is inaugurating through the Messiah. In this iteration it expresses the liberating and illumining insight experienced by those who receive God's Good News. The depiction is crowned with Hallelujahs drawn to elicit impressions of trumpet blasts announcing God's transformative intervention in human lives. This is placed within a rainbow motif with names of God written on bows: "Prince of Peace," "King of Kings," "Everlasting Father," and "Immanuel" all announcing

that "God is with us" in the person of the Messiah. The intricate gold stamp sparkles like the sun and the stars adding excitement to the spirit of celebration of this KAIROS moment.

Jesus' invitation to follow him is Gospel or "Good News." What in this illumination suggests Good News to you? How does it speak to you regarding God's light and salvation? In what ways does it remind you of your own experiences of receiving God's Good News? News stories and social media daily remind us of the "large crowds" in our world who live in darkness while longing for light. What would they regard as Good News? Could you imagine God's Good News shining forth from your life to illumine the darkness of someone who is seeking?



Formation for All Ages

Adults: Sundays

9:15 a.m. • Common Room

Episcopal Beliefs & Practices: A Study of the Prayer Book

Through a weekly study of the 1979 Book of Common Prayer we will explore the beliefs and practices of the Episcopal Church. If you are curious about the Anglican way of Christianity, want to better understand familiar prayers and liturgies, or are seeking to engage more deeply in Christian practice and theology then this course is for you! No preparation needed, prayer books will be provided in class.

Children: Sundays

10:30 a.m. • Haden Hall

Cathedral Kids

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.

Once a month, we observe **Family Worship Sundays**. These Sundays provide an opportunity for families to worship together. Worship Boxes with resources for children are in cabinet in the back cross aisle.

Upcoming Family Worship Dates: February 15, March 1, April 5, May 3

Youth

Youth in grades 6-12 meet Sundays at 9:15 a.m. for Formation.

Youth Group meetings are at 6 p.m. Sundays, February 15, March 1, March 15

Adults: Tuesdays

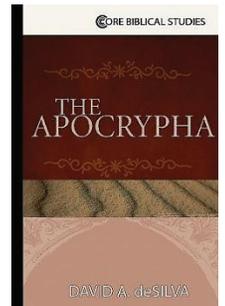
GHTC's Virtual Cafe • 7:30 a.m. • Zoom

The Virtual Café is open every Tuesday morning for Cathedral members and friends to connect; discuss current topics and activities happening at the Cathedral and in our community; and share what's on your mind. For details, visit kccathedral.org/other-activities.

Women's Bible Study • 12:30 p.m. • Zoom

Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit our website, kccathedral.org/adultformation, for the Zoom link.

Women's Bible Study is studying David A. Desilva's *The Apocrypha*. This book studies the Apocrypha “{u}sing a thematic approach{.}” Dr. David deSilva gives a brief introduction and summary of these largely unknown and unappreciated books. In addition the book gives an overview to the social and cultural context of the world of the Apocrypha and early Christianity. After surveying the Apocrypha's relevance and impact on Christian practices and spiritual formation, the book highlights the Apocrypha's impact on Jesus, the New Testament, and the formation of the Early Church's doctrines and theology.”



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

Join us for a discussion of context which will, with God's grace, lead us to a discussion of how an understanding of scripture can restore us to fullness with God and each other in Christ. Join the Lectionary Bible Study group in Realm or on our website, kccathedral.org/adultformation, for more details.

Cathedral Staff: The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. Canon W. James Yazell, *Canon for Adult Formation*; The Rev. Barbara Wegener, *Deacon*; The Rev. Clare Stern-Burbano, *College, Youth & Children's Minister*; Dr. Lucas Fletcher, *Director of Music*; Zaheer Popo, *Associate Organist*; Julie Toma, *Cathedral Administrator*; 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@skeltonmoore.com; Nigel Jones, *Junior Warden*, redbox712@gmail.com, (405) 747-6550; Chip Buckner, *Treasurer*; Blain Lagergren, *Clerk*; Bill Boyd; Julie Brogno; Colin Chambers; Pat Decker; Paget Higgins; Steve King; Christine Morrison; Mathias Nichols; Charles Shipley

Upcoming Events & Announcements

For more info and signup links: kccathedral.org/events

Valentine's Day Brunch

Saturday, February 14 | 11:30 a.m.

Come one, come all to a heartfelt celebration at the home of Diane & David Barker! It's a great chance to connect, meet new friends, and enjoy community joy. Everyone's invited, from the littlest tots to the young at heart. Bring your favorite Valentine treat and/or drink to share. We look forward to celebrating love and friendship with you!



Sign up at kccathedral.org/events.

Shrove Sunday Pancakes

Our annual Shrove Sunday Pancake Breakfast is the perfect way to indulge in some syrupy fun before Lent rolls in!



SUNDAY, FEBRUARY 15 | 9 A.M. + 11:45 A.M. | FOUNDERS' HALL

kccathedral.org/lent

ASH WEDNESDAY

FEBRUARY 18

7 a.m. + 12:05 p.m. + 7 p.m.



"Remember that you are dust, and to dust you shall return."

Ash Wednesday is a solemn day in the Episcopal Church. We gather to reflect on our mortal nature, confess our sins, and receive God's grace. This day also marks the beginning of Lent, a time of preparation for the great festival of Easter.

- The 7 a.m. service is spoken.
- The 12:05 service includes hymns and organ music.
- The 7 p.m. service includes the Trinity Choir.

Noonday Prayer will be broadcast at noon and the 7 p.m. service will be livestreamed.

LET'S CELEBRATE AND HAVE FUN

MARDI GRAS Dinner

Tuesday, February 17
6PM | Founders' Hall

Jambalaya will be provided.
Please bring cornbread/bread, a salad or a dessert.

LET US KNOW YOU'RE COMING:
KCCATHEDRAL.ORG

Making a Spiritual Assessment & Developing a Rule of Life

Ash Wednesday, February 18 | 5:30-6:45 p.m. | Common Room

"All of Lent is moving towards the passion and resurrection of Jesus, culminating at Easter with baptisms or the renewal of baptism. Lent prepares us for this grace by taking us into the mystery of the cross, our bridge from death to life. It is the season to probe sources of bondage and diminishment: What feels like death just now? What is holding us back from fullness of life in Christ? Our renewing of baptism entails searching self-examination and repentance. We must undergo a death to sin and all forms of resistance to God." -Julia Gatta

Lent is a time to check in on our spiritual life, to renew our commitment to life in Christ, and to take on new practices to deepen that life. In this workshop, you will be guided through a self-assessment of your current spiritual life and explore the use of a systematic approach to the spiritual life known as a Rule of Life. This workshop is for anyone looking to develop a guide for their spiritual practice or to review and renew their current practice.