

The Fifth Sunday after the Epiphany

February 8, 2026 • 5 p.m.



Laura James

"Sermon on the Mount" by Laura James

GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL

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. Instructions to connect via Bluetooth are on the back table.
- Gendered restrooms are available in Founders' Hall. A non-gendered, accessible restroom is available 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.*



ORDER FOR EVENING AND HOLY EUCHARIST

VOLUNTARY: Offertoire

Henri Dallier (1849-1934)

The Order for Evening

* OPENING ACCLAMATION AND PRAYER FOR LIGHT

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Cantor  *People* 

Light and peace, in Je - sus Christ our Lord. Thanks be to God.

The presider adds a prayer for light.

* O GRACIOUS LIGHT *Phos hilaron*: 25


1 O gra - cious Light, Lord Je - sus Christ, in
2 Now sun - set comes, but light shines forth, the
3 Wor - thy are you of end - less praise, O


you the Fa - ther's glo - ry shone. Im - mor - tal, ho - ly,
lamps are lit to pierce the night. Praise Fa - ther, Son, and
Son of God, Life - giv - ing Lord; where - fore you are through


blest is he, and blest are you, his ho - ly Son.
Spi - rit: God who dwells in the e - ter - nal light.
all the earth and in the high - est heaven a - dored.

Words: Greek, 3rd cent.; tr. F. Bland Tucker (1895-1984); para. of *O Gracious Light*. Music: *The Eighth Tune*, Thomas Tallis (1505?-1585). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

The Word of God

* 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 58:1-12

Lector Shout out, do not hold back!
 Lift up your voice like a trumpet!
Announce to my people their rebellion,
 to the house of Jacob their sins.
Yet day after day they seek me
 and delight to know my ways,
as if they were a nation that practiced righteousness
 and did not forsake the ordinance of their God;
they ask of me righteous judgments,
 they delight to draw near to God.
“Why do we fast, but you do not see?
 Why humble ourselves, but you do not notice?”
Look, you serve your own interest on your fast day,
 and oppress all your workers.
Look, you fast only to quarrel and to fight
 and to strike with a wicked fist.
Such fasting as you do today
 will not make your voice heard on high.
Is such the fast that I choose,
 a day to humble oneself?
Is it to bow down the head like a bulrush,
 and to lie in sackcloth and ashes?
Will you call this a fast,
 a day acceptable to the Lord?
Is not this the fast that I choose:
 to loose the bonds of injustice,
 to undo the thongs of the yoke,
to let the oppressed go free,
 and to break every yoke?
Is it not to share your bread with the hungry,
 and bring the homeless poor into your house;
when you see the naked, to cover them,
 and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
 and your healing shall spring up quickly;
your vindicator shall go before you,
 the glory of the Lord shall be your rear guard.

Then you shall call, and the Lord will answer;
 you shall cry for help, and he will say, Here I am.
 If you remove the yoke from among you,
 the pointing of the finger, the speaking of evil,
 if you offer your food to the hungry
 and satisfy the needs of the afflicted,
 then your light shall rise in the darkness
 and your gloom be like the noonday.
 The Lord will guide you continually,
 and satisfy your needs in parched places,
 and make your bones strong;
 and you shall be like a watered garden,
 like a spring of water,
 whose waters never fail.
 Your ancient ruins shall be rebuilt;
 you shall raise up the foundations of many generations;
 you shall be called the repairer of the breach,
 the restorer of streets to live in.
 The Word of the Lord.

People Thanks be to God.

Psalm 112:1-10



Cantor Hallelujah! Happy are they who fear | the Lord *
 and have great delight | in his commandments!

All Their descendants will be mighty in | the land; *
 the generation of the up|right will be blessed.
 Wealth and riches will be in | their house, *
 and their righteousness | will last for ever.
 Light shines in the darkness for the | upright; *
 the righteous are merciful and | full of compassion.
 It is good for them to be generous in | lending *
 and to manage their | affairs with justice.
 For they will never be | shaken; *
 the righteous will be kept in ever|lasting remembrance.
 They will not be afraid of any evil | rumors; *
 their heart is right; they put their | trust in the Lord.
 Their heart is established and will | not shrink, *
 until they see their desire | upon their enemies.
 They have given freely to | the poor, *
 and their righteousness stands fast for ever; they will hold up | their head with honor.
 The wicked will see it and be angry; they will gnash their teeth and pine | away; *
 the desires of the | wicked will perish.

Second Lesson: 1 Corinthians 2:1-16

Lector When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,
nor the human heart conceived,
what God has prepared for those who love him” –

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. [And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual.

Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny.

“For who has known the mind of the Lord
so as to instruct him?”

But we have the mind of Christ.

People Thanks be to God.

* ALLELUIA VERSE *Cantor; then People*



Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

Cantor



The commandments of the Lord are sure; * they stand fast for ever / and ever.

All repeat the three alleluias.

* THE HOLY GOSPEL: Matthew 5:13-20

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

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

Gospeller Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

The Gospel of the Lord.

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

SERMON

* THE NICENE CREED

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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.

* PRAYERS OF THE PEOPLE

adapted from *Hear Our Prayer: Prayers of the People for the Revised Common Lectionary*

Intercessor Creating God, you have made us in your image that we might reflect your glory, hear us now as we say,
 Lord in your mercy, hear our prayer.
 Be present in and guide your church that it might always stand for the way that leads to life and light.
 Lord in your mercy,

People Hear our prayer.

Intercessor Grant your wisdom and mercy to all who hold authority in our lives that their leadership might benefit
 all people and bring about a just and equitable world.
 Lord in your mercy,

People Hear our prayer.

Intercessor We offer to you the deepest needs and longings of our own hearts, help us to grow into the people you
 created us to be and to take up the work you have given us to do.
 Lord in your mercy,

People Hear our prayer.

Intercessor Open our eyes to behold the glory of your Creation that we might take up our responsibilities to
 preserve and protect it with joy.
 Lord in your mercy,

People Hear our prayer.

Intercessor Extend your healing presence to all who suffer and restore them to a sense of wholeness. We pray
 especially for those on the Cathedral's Prayer List, and for those whom we now name silently or aloud.
 Lord in your mercy,

People Hear our prayer.

Intercessor Welcome all who have died into your loving presence and bring us also into that new kingdom in your
 new age. We pray especially for those we now name, either silently or aloud.
 Lord in your mercy,

People Hear our prayer.

Presider You have offered us the gift of grace and reconciliation through the life, death, and resurrection of Christ. Let us live into your Son's example that we might also know abundant life in your presence. All we ask, we ask through our Lord and intercessor, who with you and Holy Spirit lives and reigns eternally. **Amen.**

CONFESSION AND ABSOLUTION

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Deacon Let us confess our sins against God and our neighbor.

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.**

* 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

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

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

S125: The Holy Eucharist II, Holy, holy, holy Lord: Sanctus

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
heaven and earth are full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
Blessed is he who comes in the name of the Lord. Ho -
san - na in the high - est. Ho - san - na in the high - est.

Music: From A *Communio* Mass; Richard Proulx (b. 1937). Copyright © 1971, 1977 GIA Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

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.

* THE LORD'S PRAYER

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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

All S154: The Holy Eucharist, Fraction Anthem: Christ our Passover

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.
Christ our Pass - o - ver is sac - ri - ficed for us;
there - fore let us keep the feast.
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

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

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

COMMUNION

*All are welcome to receive communion or a blessing.
For gluten-free bread, cross your hands palms down.
For a blessing, cross your hands over your chest.*

* POSTCOMMUNION PRAYER

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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: 372 "Praise to the living God!"

1 Praise to the liv - ing God! All prais - ed be his Name
 2 Form - less, all love - ly forms de - clare his love - li - ness;
 3 His Spi - rit flow - eth free, high surg - ing where it will:
 4 E - ter - nal life hath he im - plant - ed in the soul;

who was, and is, and is to be for ay the same.
 ho - ly, no ho - li - ness of earth can his ex - press.
 in pro - phet's word he spoke of old; he speak - eth still.
 his love shall be our strength and stay while a - ges roll.

The one e - ter - nal God ere aught that now ap - pears:
 Lo, he is Lord of all. Cre - a - tion speaks his praise,
 Es - tab - lished is his law, and change - less it shall stand,
 Praise to the liv - ing God! All prais - ed be his Name

the first, the last, be - yond all thought his time - less years!
 and ev - ery - where a - bove, be - low, his will o - beys.
 deep writ up - on the hu - man heart, on sea, on land.
 who was, and is, and is to be, for ay the same.

Words: Medieval Jewish liturgy; tr. Max Landsberg (1845-1928) and Newton M. Mann (1836-1926). Music: *Leoni*, Hebrew melody; harm. *Hymns Ancient and Modern*, 1985, alt. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Plein Jeu, Messe pour Les Couvents

François Couperin (1668-1733)

Serving Today

Presider & Preacher	The Rev. Clare Stern-Burbano
Lector	Nick Flowers
Eucharistic Minister	Patti Ryder
Cantor	Harry Brewster
Organist	Zaheer Popo

Birthdays & Anniversaries

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

February 9

David Pierson

February 10

Andrew Gardner

February 11

Kendall & Jeff McNeil

February 12

Eric Elisabeth

Bethany Zaiger

February 14

Barbara & Jerry Menefee

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 setup 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: Osha Badeau; Terry and Marie Clements; Dane Griffith; Shana; 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 Duloherly; Bill Stancil; Gayle Melton Family; The Brunner Family; The Gooch Family; Abby Zwerner; 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: Bill Stancil; Alex Pretti; 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: Christ Episcopal Church, Warrensburg—The Rev. Ron Verhaeghe, Priest-in-Charge
Episcopal Church Women

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.

Immediate Ways to Get Involved

- **Holy Hands 1st Sunday:** We have no one on this team to provide coffee hour treats.
- **Ushers** for 10:30 & special services
- **Acolytes** for 10:30 & special services
- **Lectors** for 8 a.m. & 5 p.m. services
- **Oblation Bearers** at 10:30 services

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



FIND YOUR PLACE TO SERVE

Text us! (816) 310-1888

- Text LOOP to stay in the loop about Cathedral updates (weather closures, reminders).
- Text GUEST if you are new with us & want to know more.
- Text PRAYER to submit prayer requests.

You'll then receive a return text with a link to a form requesting your name and email. Once you've completed the form for the first time, the system will recognize you when you text again.

Note: this number is for texts only, not voice calls.

This Week at GHTC

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

Sunday, February 8

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour
- 9:15 a.m. Adult Formation: Episcopal Beliefs and Practices
- 9:15 a.m. Youth Formation
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Coffee Hour
- 5 p.m. Order for Evening and Holy Eucharist
- 6 p.m. Youth Group

Monday, February 9

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, February 10

- 7:30 a.m. GHTC's Virtual Cafe+
- 12:30 p.m. Women's Bible Study+
- 6:45 p.m. Lectionary Bible Study+

Wednesday, February 11

- 10 a.m. Staff Gathering
- 12 p.m. Noonday Prayer*
- 12 p.m. Alcoholics Anonymous Meeting
- 12:05 p.m. Holy Eucharist

Thursday, February 12

- 6 p.m. Food Addicts in Recovery Anonymous Meeting
- 7 p.m. Rehearsal: Trinity Choir

Saturday, February 14

- 11:30 a.m. Valentine's Day Brunch

Sunday, February 15

- 8 a.m. Holy Eucharist
- 9 a.m. Shrove Sunday Pancakes
- 9:15 a.m. Youth Formation
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Shrove Sunday Pancakes
- 5 p.m. Choral Evensong
- 6 p.m. Youth Group

The Cathedral office is closed Monday, February 16 in observance of Presidents Day.

*+On Zoom
In person and streamed on YouTube @kccathedral

Paper Drive for Sheffield Place



Sheffield Place assists homeless women and children in making the difficult journey from homelessness to self-sufficiency.

Bring donations of toilet paper, paper towels and tissues to the basket in the Tower during the month of February.

Love in Action: Growing in Faith & Community

Growth is vital to us as individuals and as a family of faith. Learning and growing is something we all do together as we hear the words and teachings of Jesus and are supported by the great cloud of witnesses who have come before to show us the way. In keeping with these teachings, we ask that we all continue our commitment to the work and ministry of our Cathedral in 2026.

You may make your financial commitment and support our continued growth by returning your pledge card to the Cathedral by mail or in the offering plate. You may also make your commitment online through the Cathedral's website: kccathedral.org/stewardship. Thank you for your continued care and support of Grace and Holy Trinity Cathedral.



Outreach Volunteer Opportunities

Volunteer at HappyBottoms

Saturday, February 28 • 9-11 a.m.

You are invited to learn how HappyBottoms is working to eliminate diaper need in the KC region, tour the warehouse then wrap diaper packages, fill monthly orders for agencies and hospitals, clean distribution bag tags, and complete other tasks as requested.

Sign up to volunteer at

kccathedral.org/outreach/#volunteer.

happybottoms™
diapers for families in need



Help at Pete's Garden

February 22 | 9:15 a.m. & 12:15 p.m.

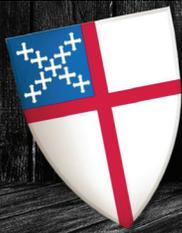
Volunteer with fellow parishioners during coffee hour to put labels on the containers that will be used to package meals for families in need by Pete's Garden. We will label upstairs in Founders' Hall at both morning coffee hours. Please no food or drink at the labeling tables and wash your hands before helping. This is a great opportunity to help at Pete's Garden. All ages are welcome; younger children should have a parent present.

The Emergency Food Assistance Program

Saturdays, February 21, March 21 • 9:30 a.m.-noon

In partnership with St. Paul's on Main, we have been invited to help organize and distribute food as part of TEFAP (The Emergency Food Assistance Program). St. Paul's receives delivery of several pallets of shelf-stable and frozen food from Harvesters each month. Friendly volunteers are needed to break down the pallets and repackage the food into family-sized boxes and bags. Then we open the doors to those in need and start handing out the food. To volunteer or for more information, contact Deacon Barbara 816.739.8032 or bwegener@kccathedral.org.

kccathedral.org/outreach



EPISCOPAL 101

**SUNDAYS FEBRUARY 15 THROUGH MARCH 29 AT 9:15 A.M.
MULTIPURPOSE ROOM, LOWER LEVEL FOUNDERS' HALL**

Would you like to formally join the Cathedral and the Episcopal Church? Interested in exploring confirmation, reaffirmation or reception? If so, please join us for Episcopal 101, taught by Dean Andy. Even if you're not seeking confirmation, reaffirmation, or reception, it's a great way to gain a better understanding of our history and worship. Please prayerfully consider coming February 15 to the Multipurpose Room in lower Founders' Hall for an introductory meeting to explore what this might mean for you. Questions? Contact Dean Andy, akeyse@kccathedral.org.

FAITHFUL LIVING, FAITHFUL DYING

Preparing in the light of Christ

Learn about the theology of death and resurrection in the Anglican tradition and the importance of being prepared. Information will be provided on funeral planning, end of life care, and planned giving.

Schedule

- February 25: Theology of the Funeral Rite
- March 4: Music for the Funeral Rite
- March 11: Funeral Planning Workshop
- March 18: End of Life Care and Advanced Directives
- March 25: The Ultimate Gift: Christian Witness at Death

ALL ARE WELCOME

Wednesdays, February 25-March 25

6:30-7:45 p.m.

Common Room



YOUNG ADULT

SPIRITUAL RETREAT

Young Adult Spiritual Retreat

Saturday, February 21, 1-8 p.m.

Upton Hall @ Grace Cathedral, Topeka

This is a spiritual retreat for young adults (age 18-30ish) who seek God amid a fragmented and at times frenzied experience of the demanding reality of being alive. Come and spend a day reflecting on the pathway to a more integrated life that fosters wholeness in body, mind and spirit. Explore Christian contemplative practices that assist finding the One who longs for you, calls you beloved, and whose desire is to bring you an abundant life of wonder and curiosity.

This retreat will include times for group and individual reflection, prayer and meditation, time in nature, mindful movement, and periods of silence. Come and see and simply be. All are welcome.

Fee: \$20 (includes supper), *optional \$40 to stay overnight (includes breakfast), scholarships available*

Use QR code to register or use link at kccathedral.org/young-adults.



Questions? Email Mtr. Clare cstern@kccathedral.org

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 8 & 15, March 1 & 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 uses a thematic approach to the Apocrypha. 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."

In Lent, we will be using *The Walk* by Adam Hamilton to guide our discussions.

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*; Colin Chambers, *Clerk*; Bill Boyd; Julie Brogno; Pat Decker; Steve King; Blain Lagergren; Christine Morrison; Mathias Nichols; Charles Shipley; Janet Sweeting

Today's Focal St. John's Bible Illumination

Seeing the Word

"The Sower and the Seeds" Illumination (Visualizing the Matthew 5:13-20 text)

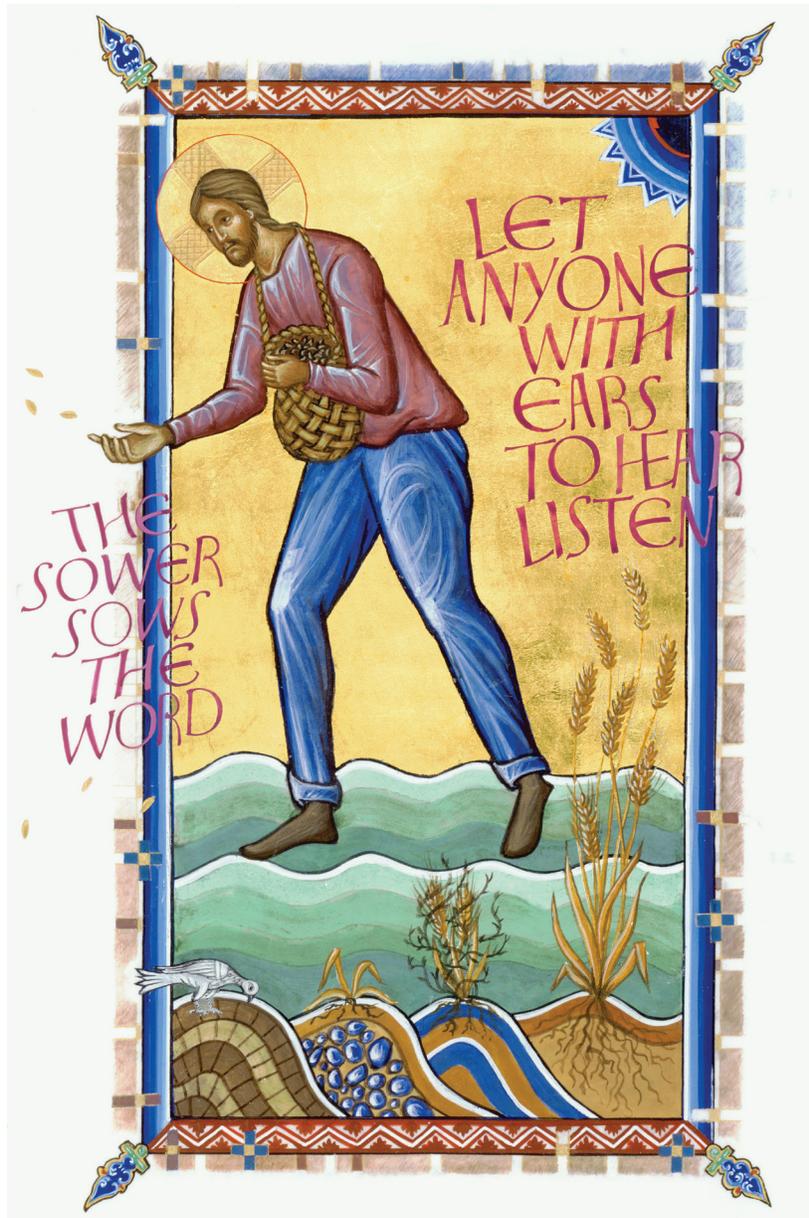
"Seeing the Word" is a project developed by the School of Theology of Saint John's University. It engages people in a devotional activity called *visio divina*, a practice of spirituality based on the widely known prayer discipline of *lectio divina*. In *lectio divina* individuals slowly read and prayerfully contemplate a scripture text. *Visio divina* combines slow reading of the text with contemplation of an image from Saint John's Bible while reflecting on how God is speaking to the reader through text and image. The discipline of *visio divina* informs the work of this column each week. Here we seek to unite a focus on the day's lectionary texts with an associated or relevant image from Saint John's Bible in hope of enriching the worshiper's experiences of spiritual discovery and growth as one element of the practice of worship.

Most Sundays one or more of the designated lectionary texts will have an illuminated image associated with it which we are able to explore. Sometimes, however, none of the texts includes an image in Saint John's Bible. Whenever this occurs we still aim to support the *visio divina* discipline by treating an image that might be associated with the central theme derived from the lectionary texts. This is what we must do today.

This week's lectionary texts center on our call to reflect the light of Christ through active service and genuine righteousness. The Gospel reading calls upon us to impact our world through good

works in a manner comparable to the effects of light and salt by illumining and flavoring the lives of those around us. The Old Testament reading reminds us that true fasting is expressed through acts such as caring for the oppressed, not just through depriving ourselves of food. The Psalm speaks of the righteous being a light in darkness through their acts of generosity. The Epistle reading challenges us to rely on the Spirit's power rather than on worldly wisdom. The collect of the day prays for God's enabling work to "set us free ... from the bondage of our sin, and give us the liberty of the abundant life ... made known to us in Jesus." It is by God's power that we fulfill the call to reflect Christ's light through our lives.

"The Sower and the Seed" illumination was "written" (the icon maker is said to "write" rather than paint an icon) to reflect a slightly different focus than that of today's lectionary texts. The connecting point between the parable in Mark and today's Gospel text is treatment of the visual manifestations of its quality of being. Study the plants closely. How does each plant reflect or not reflect the "light of Christ" through the quality of its being? What does each plant say to you about the things in your life that are producing abundant fruit of righteousness and the things that are impeding that abundance? Perhaps you would find praying the collect of the day as a personal prayer a helpful means for empowering you in a life of greater service and righteousness.



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!

Shrove Sunday Pancake Breakfast

Sunday, February 15 | after both morning services | Founders' Hall

Join us for breakfast following both morning services. Our annual Shrove Sunday Pancake Breakfast is the perfect way to indulge in some syrupy fun before Lent rolls in! *What is Shrove Sunday?* Lent is a season of simple living, and historically people did not eat rich foods, like milk, butter, or eggs during Lent. The day before Lent, people would clean out their kitchens by indulging in these rich foods. Pancakes use all of these ingredients plus flour. We celebrate Shrove Tuesday on Sunday at the Cathedral so we can all be together for the pancake feast

Choral Evensong

Sunday, February 15 | 5 p.m.

Sung by our own Trinity Choir, Choral Evensong is a centuries-old Anglican musical service of sung Evening Prayer that combines music, prayer, and scripture into a contemplative experience providing a peaceful and reflective pause as the day closes. Following the service, all are welcome to take communion in the Chapel.

Mardi Gras Dinner

Tuesday, February 17 | 6 p.m. | Founders' Hall

Join us for a festive Mardi Gras dinner featuring jambalaya, good company, lively music, and the joyous spirit of Fat Tuesday as we prepare for Lent. We look forward to celebrating with you! Jambalaya will be provided. Please bring cornbread/bread, a salad or a dessert.

Ash Wednesday Services

February 18 | 7 a.m. + 12:05 p.m. + 7 p.m.

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.

Making a Spiritual Assessment & Developing a Rule of Life

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

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.

New
Groups
start in
March

Food & Friends Groups are for members of the Cathedral to get to know each other better in a casual way. Groups meet about once a month at a time and place that is convenient for the members. You will be matched with other parishioners in a group of 6-8 people.

Suggestions for meetings:

- Meet at a group member's home for a potluck meal
- Meet before church for coffee
- Meet at a park for a picnic
- Meet at a restaurant

Everyone is invited to sign up to be in a group!



Sign up by February 27:

- kccathedral.org/events
- scan the QR code to sign up