

The First Sunday in Lent

February 22, 2026 • 5 p.m.



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

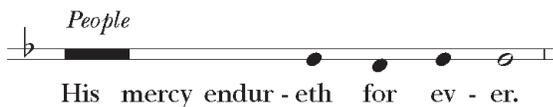
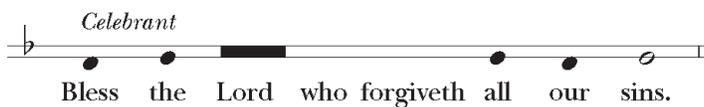
VOLUNTARY: Sostenuto (Interludes de procession pour l'hymne Pange lingua)

René Vierne (1878-1918)

The Order for Evening

* OPENING ACCLAMATION

page 109



Music: Ambrosian chant; adapt. Mason Martens (1933-1991). Copyright © 1979, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

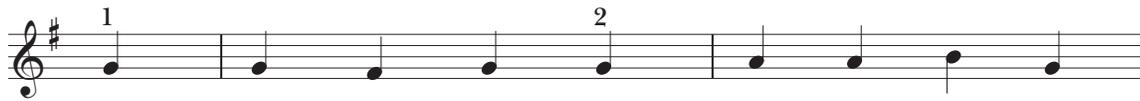
* PRAYER FOR LIGHT

page 110

Presider Let us pray.

Almighty and most merciful God, kindle within us the fire of love, that by its cleansing flame we may be purged of all our sins and made worthy to worship you in spirit and in truth; through Jesus Christ our Lord. **Amen.**

* 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.

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

First Lesson: Genesis 2:15-17; 3:1-7

Lector The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden?'" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

People **Thanks be to God.**



Cantor Happy are they whose transgressions are | forgiven, *
and whose sin | is put away!

All Happy are they to whom the Lord imputes | no guilt, *
and in whose spirit | there is no guile!
While I held my tongue, my bones withered | away, *
because of my | groaning all day long.
For your hand was heavy upon me day | and night; *
my moisture was dried up as in | the heat of summer.
Then I acknowledged my sin | to you, *
and did not | conceal my guilt.
I said, "I will confess my transgressions to | the Lord." *
Then you forgave me the | guilt of my sin.
Therefore all the faithful will make their prayers to you in time of | trouble; *
when the great waters overflow, they | shall not reach them.
You are my hiding-place; you preserve me from | trouble; *
you surround me with | shouts of deliverance.
"I will instruct you and teach you in the way that you | should go; *
I will guide | you with my eye.
Do not be like horse or mule, which have no under|standing; *
who must be fitted with bit and bridle, or else they will | not stay near you."
Great are the tribulations of the | wicked; *
but mercy embraces those who | trust in the Lord.
Be glad, you righteous, and rejoice in | the Lord; *
shout for joy, all who | are true of heart.

Second Lesson: Romans 5:12-19

Lector As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord.

People **Thanks be to God.**

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 God of Wisdom and Mercy, look upon us with compassion; hear and answer our prayers as may be best for us as we say, Lord in your mercy, hear our prayer.

Call your church to repentance for the ways in which we stray from our Lord's example and give strength to follow him fearlessly and without reservation.

Lord in your mercy,

People Hear our prayer.

Intercessor Let the way of Jesus be an inspiration for all who hold authority in our nation and around the world, that they might desire first the well-being of those they lead and work together to establish peace.

Lord in your mercy,

People Hear our prayer.

Intercessor Grant us an awareness of the temptations that seek to lead us astray that we might amend our lives, and empower us to live into our faith with courage and commitment.
Lord in your mercy,

People Hear our prayer.

Intercessor Strengthen us and give us the perseverance and wisdom to care for your creation that we might secure its abundance and diversity.
Lord in your mercy,

People Hear our prayer.

Intercessor Grant your healing presence to all who suffer that they may find wholeness in Christ's love for them. 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 Take the dead into your loving care, watch over the grieving with tenderness, and bring us, with all the saints in every generation, into 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 promised to be with us when we gather, hear our prayers and be among us. Empower us to do your will and forgive and restore us in our failings. Empower us to do your will and forgive and restore us in our failings. All this we ask through our Lord and redeemer, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and always. **Amen.**

CONFESSON AND ABSOLUTION

page 320

Deacon Let us humbly confess our sins unto Almighty God.

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

Presider The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of the Holy Spirit. **Amen.**

Presider The peace of the Lord be always with you.

People And with thy spirit.

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: 147 "Now let us all with one accord"



1 Now let us all with one ac - cord, in
 2 The cov - e - nant, so long re - vealed to
 3 Your love, O Lord, our sin - ful race has
 4 Re - mem - ber, Lord, though frail we be, in
 5 There - fore, we pray you, Lord, for - give; so



1 com - pa - ny with a - ges past, keep vi - gil with our
 2 those of faith in for - mer time, Christ by his own ex -
 3 not re - turned, but fal - si - fied; au - thor of mer - cy,
 4 your own i - mage were we made; help us, lest in anx -
 5 when our wan - derings here shall cease, we may with you for



1 heaven - ly Lord in his temp - ta - tion and his fast.
 2 am - ple sealed, the Lord of love, in love sub - lime.
 3 turn your face and grant re - pent - ance for our pride.
 4 i - e - ty, we cause your Name to be be - trayed.
 5 ev - er live, in love and u - ni - ty and peace.

Words: Att. Gregory the Great (540-604); tr. *Praise the Lord*, 1972, alt. Music: *Bourbon*, melody att. Freeman Lewis (1780-1859); harm. Thomas Foster (b. 1938). Copyright: Words: James Quinn, SJ. Printed by permission of Geoffrey Chapman, a division of Cassell Ltd. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath taught us, we are bold to say,

All

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.

BREAKING OF THE BREAD

Presider	Christ our Passover is sacrificed for us;
People	Therefore let us keep the feast.

All

S157: The Holy Eucharist, Fraction Anthem: Jesus, Lamb of God: *Agnus Dei*

O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the
sins of the world, have mer - cy up - on us.

O Lamb of God, that ta - kest a - way the
sins of the world, grant us thy peace.

Music: John Merbecke (1518?-1585?); adapt. *Гимнал* 1982; acc. Thomas Foster (b. 1938). 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

page 339

All

Almighty and everliving God,
we most heartily thank thee for that thou dost feed us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and
dost assure us thereby of thy favor and goodness towards us;
and that we are very members incorporate in the mystical body of thy Son,
the blessed company of all faithful people;
and are also heirs, through hope, of thy everlasting kingdom.
And we humbly beseech thee, O heavenly Father, so to assist us with thy grace,
that we may continue in that holy fellowship,
and do all such good works as thou hast prepared for us to walk in;
through Jesus Christ our Lord, to whom with thee and the Holy Ghost,
be all honor and glory, world without end. Amen.

PRAYER OVER THE PEOPLE

Deacon Bow down before the Lord.

The people kneel.

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: 142 "Lord, who throughout these forty days"

1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt, and harm. Richard Redhead (1820-1901). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Tempo di Marcia (Interludes de procession pour l'hymne Pange lingua) René Vierne (1878-1918)

Serving Today

Presider & Preacher	The Rev. Clare Stern-Burbano
Lector, Eucharistic Minister	Patti Ryder
Cantor	Dr. Kelli Van Meter
Organist	Dr. Lucas Fletcher

Birthdays & Anniversaries

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

February 22

Abby Moore Belozor
Marie Whitacre
Brad Carter

February 24

Chuck Gordon

February 27

Mark Jeske

February 23

Maryvec Hemingway
Larry & Pat Martin

February 28

Jeffrey Bennett

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: Dan McGrath; Pat Miller; Kevin Sweeney; Nancy Guthrie; Patricia Easter; Joe Marvil; Ken, Pam and Carly Courson; 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; 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; 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; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: Shepherd of the Hills Episcopal Church, Branson—The Rev. Bill Myrick, Priest-in-Charge

Our Newly Ordained Deacons



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 be in a group!

Sign up by February 27: scan the QR code or visit kccathedral.org/events

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.

ALL ARE WELCOME

Wednesdays, February 25-March 25
6:30-7:45 p.m. • Common Room

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

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.



Looking Ahead

- February | Paper Drive for Sheffield Place
- February 25 | Lent Class, 6:30 p.m.
- March | Food Drive for St. Paul's Food Pantry
- March 4,11,18,25 | Lent Classes, 6:30-7:40
- March 15 | Volunteering: Pete's Garden Lid Labeling
- March 15 | Evensong, 5 p.m.
- March 20 | Dinner & Book Discussion, 6 p.m.
- March 22 | Palm Cross Making after morning services
- March 28 | Altar Guild Workday, 9 a.m.
- March 29 | Assemble Easter bags, 9 a.m.
- March 29 | Palm Sunday
- March 30 | Eucharist at 12:05 p.m.
- March 31 | Blessing of Oils & Renewal of Vows at 11 a.m.

This Week at GHTC

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

Sunday, February 22

- 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
- 9:15 a.m. Label Containers at Pete's Garden
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Coffee Hour
- 12:15 p.m. Label Containers at Pete's Garden
- 5 p.m. Order for Evening and Holy Eucharist

Monday, February 23

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, February 24

- 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 25

- 10 a.m. Staff Gathering
- 12 p.m. Noonday Prayer*
- 12 p.m. Alcoholics Anonymous Meeting
- 12:05 p.m. Holy Eucharist
- 6:30 p.m. Class: Faithful Living, Faithful Dying

Thursday, February 26

- 5:30 p.m. Meeting: Vestry
- 6 p.m. Food Addicts in Recovery Anonymous Meeting
- 7 p.m. Rehearsal: Trinity Choir

Friday, February 27

- 7 p.m. Concert: *Hold My Soul*: Music by Women Composers

Saturday, February 28

- 9 a.m. Vestry Retreat

Sunday, March 1

- 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

+On Zoom

*In person and streamed on YouTube @kccathedral

Outreach

Learn more: kccathedral.org/outreach

Donations

February: Paper Drive for Sheffield Place

Bring donations of toilet paper, paper towels and tissues to the basket in the Tower during the month of February. Sheffield Place assists homeless women and children in making the difficult journey from homelessness to self-sufficiency.

March: Food Drive for Saint Paul's Food Pantry

We are collecting non-perishable food for the food pantry at Saint Paul's Episcopal Church.

Suggested items to bring: ready meals (canned chili, spaghetti-o's, shelf-stable meals, soup), canned or dried fruit, 100% fruit juice, canned vegetables (not corn or green beans), canned meat (not tuna), gluten-free starches, baking staples, shelf-stable milk (quart-sized UHT boxes, dairy or plant-based), shelf-stable vegetarian meals.

Volunteer Opportunities

Help at Pete's Garden

TODAY & March 15 | 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.

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.

The Emergency Food Assistance Program

Saturday, March 21 • 9:30 a.m.-noon

We help St. Paul's on Main 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.

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.

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

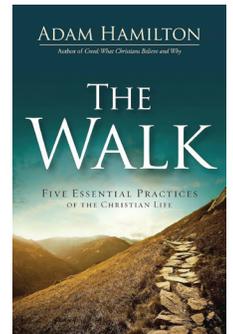
GHTC's Virtual Cafe • 7:30 a.m. • Zoom

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.

This Lent, we will be using *The Walk* by Adam Hamilton to guide our discussions. How do we walk with Christ—daily follow him, grow in him, and faithfully serve him? In the Gospels, Jesus modeled for us the Christian spiritual life. The apostles taught it in their writings. And the Church has, through the last 2,000 years, sought to pursue this Christian spiritual life.



In *The Walk*, Adam Hamilton focuses on five essential spiritual practices that are rooted in Jesus' own walk with God and taught throughout the New Testament. Each of these practices is intended as part of our daily walk with Christ while also being an essential part of growing together in the church.

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*; 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. DeVea, *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 Stewart Sweeting

Today's Focal St. John's Bible Illumination

Temptation

"Adam and Eve" Illumination (Genesis 3:1-7)

Today's lectionary texts confront us with what it means to be human. In the wilderness Jesus, the Son of God, is confronted with the fullness of his humanity. After forty days of fasting, he is physically exhausted, socially isolated, and spiritually struggling to hang on to his identity. In this state of utter human vulnerability, the tempter appears seeking to lure Jesus away from his earthly mission. The devil seeks to undercut Jesus' identity as God's beloved Son with taunting questions, "If you are the Son of God, then"

During Lent we too must wrestle with the unsettling messiness of our humanity. Starting with Ash Wednesday we confront the reality that we are mortal – we will die in spite of our best efforts to the contrary. This sobering realization launches us on a journey to explore who Jesus is, who we are, and what our shared humanity requires of us in the present. Jesus' temptation challenges us to reflect on questions like: What does it mean to be human? Am I able to exercise appropriate restraints to my hungers, wants, and desires? Can I work in obscurity to serve God or only if I gain recognition for what I do? Can I accept the vulnerability of being weak, mortal, and human? Embracing my identity as beloved by God can be hard and can make the Lenten journey painful.

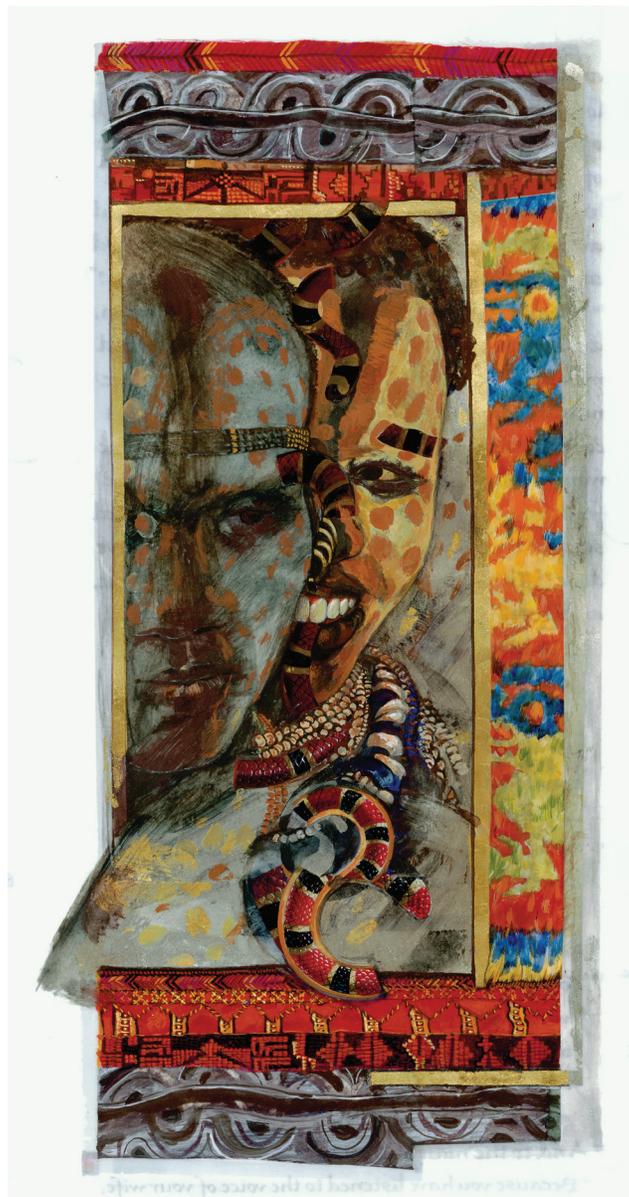
Today's focal illumination, "Adam and Eve," highlights the magnificence together with the messiness of our human condition. The gold that frames the faces of Adam and Eve offers a visual statement about God's awesome work as Creator of human beings and of the creation in which we live. Consider how mystery, reason, and consciousness come together as you contemplate these images. Yet, there is a

mysterious "messiness" in the creation – a reality expressed by the deadly coral snake and the discontinuity in the gold frame. Amid our joy of being alive, the tempter appears in our "wilderness" periods of life challenging us with questions like, "If you have been created in the image of God, then can you embrace a higher wisdom, a more acute knowledge, a more divine humanity?"

Existing as created beings amid creation's messiness, Adam and Eve's painted faces convey human beings' divided but connected relationships with each other and also with their environment. These complexities, together with the colorful cloth in the background (a product of human ingenuity

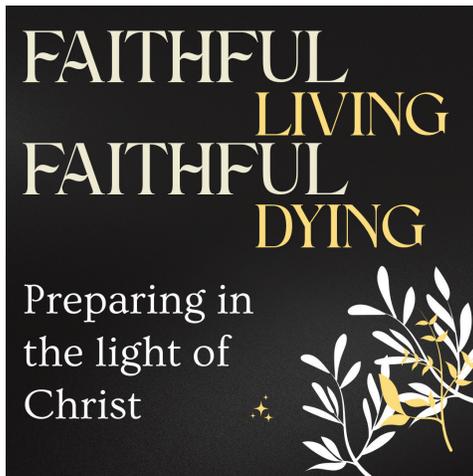
and effort), express the human desire to be alive and to be productive even while hindered by the counter-workings of unfathomable dark elements.

Generally, we don't choose "wilderness" experiences. We don't volunteer to undergo pain, loss, agonizing misery, danger, or terror. Yet, the wilderness with its haunting questions and ominous uncertainties still happens. Whether it manifests itself as serious illness, a toxic relationship, a troubled family member, an employment crisis, an untimely death, or a debilitating mental or emotional health issue, it happens and we have no choice but to trek through its foreboding landscapes. In that place, some of life's hardest questions about our identity as a child of God emerge to tempt us. In times like these the prayer of today's collect might help guide you through your wilderness: "Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help me who is being assaulted by many temptations, and, as you know my weaknesses, let me find you mighty to save."



Upcoming Events & Announcements

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



Faithful Living, Faithful Dying: Preparing in the light of Christ

Wednesdays, February 25–March 25
6:30–7:45 p.m. | Common Room

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.

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



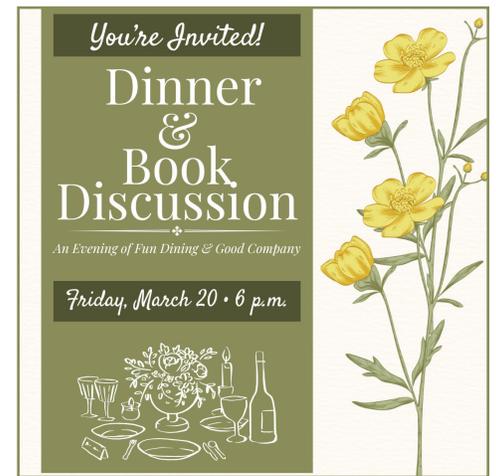
Hold My Soul: Music by Women Composers

Friday, February 27 | 7 p.m. | Nave

Join tenor Jacob Sentgeorge, mezzo-soprano Courtney Fletcher, and pianist Mia Kim for a program featuring vocal works of Cécile Chaminade, Nadia and Lili Boulanger, Pauline Viardot-García, and many other women composers. This spectacular program explores universal themes of love, with solos and duets by under-represented composers from the 19th to 21st centuries.

Reception to follow in the Common Room. Free admission.

Donations welcomed.



Dinner & Book Discussion

Friday, March 20 • 6 p.m.

Our Social Events Committee invites you for a book study and dinner on March 20. The book *Being Dead Is No Excuse: The Official Southern Ladies Guide to Hosting the Perfect Funeral* by Gayden Metcalfe and Charlotte Hays will be our guide for the night. It is a humorous look at Southern funeral customs, etiquette, and recipes.

Our dinner will consist of recipes made from the book. Start reading today to discover your favorite recipes. A sign-up will be available soon.

Books are available for purchase in the Cathedral Bookstore.



**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. Questions? Contact Dean Andy, akeyse@kccathedral.org.