

GRACE AND HOLY TRINITY
EPISCOPAL CATHEDRAL

The Second Sunday in Lent

March 1, 2026 • 8 a.m.



Welcome! We are glad you are here.

- 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. Welcome cards are available in the pews or text GUEST to 816-310-1888.
- 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

- During the season of Lent, we are using Rite I as a way to put us in a different mindset as we observe a holy Lent. Note that many of the responses are different than our usual Rite II. Please rise, as able, for portions of the service marked with an asterisk (*). Page numbers listed are from red The Book of Common Prayer and hymn numbers are from *The Hymnal 1982*.
- 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.*



HOLY EUCHARIST

VOLUNTARY: *Ach Herr, mich armen Sünder* ("Ah Lord, poor sinner that I am")

G.F. Kauffmann (1679-1735)

Penitential Order

* OPENING ACCLAMATION

page 319

Presider Bless the Lord who forgiveth all our sins.
People The Lord's mercy endureth forever.

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 Lord, have mercy upon us. or Kyrie eleison.

People **Christ, have mercy upon us. Christe eleison.**

Presider Lord, have mercy upon us. Kyrie eleison.

The Word of God

* COLLECT OF THE DAY

Presider The Lord be with you.

People **And with they spirit.**

Presider Let us pray.

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

THE LESSONS

First Lesson: Genesis 12:1-4a

Lector The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed."

So Abram went, as the Lord had told him; and Lot went with him.

The Word of the Lord.

People **Thanks be to God.**

Psalm 121 *read by alternating whole verse*

page 779

I lift up my eyes to the hills; *
from where is my help to come?

My help comes from the Lord, *
the maker of heaven and earth.

He will not let your foot be moved *
and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;

The Lord himself watches over you; *
the Lord is your shade at your right hand,

So that the sun shall not strike you by day, *
nor the moon by night.

The Lord shall preserve you from all evil; *
it is he who shall keep you safe.

The Lord shall watch over your going out and your coming in, *
from this time forth for evermore.

Second Lesson: Romans 4:1-5, 13-17

Lector What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

The Word of the Lord.

People

Thanks be to God.

* THE HOLY GOSPEL: John 3:1-17

Gospeller

The Holy Gospel of our Lord Jesus Christ according to John.

People

Glory be to thee, O Lord.

Gospeller

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

"Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

The Gospel of the Lord.

People

Praise be to thee, O Christ.

SERMON

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 Heavenly Father, fill all those who lift their hearts to you with a spirit of rebirth, that we might find your joy and pour it out for others in your name. Answer us as we say, Lord in your mercy, hear our prayer.

 We pray for the church universal, for our understanding of your holy word to increase and our ability to live the life of service you demand of us to be a source of peace and joy.

 Lord in your mercy,

People Hear our prayer.

Intercessor We pray for all nations, that all governments, authorities, and leaders might sacrifice their own desires and power to benefit those with no power. May we become united in our work toward peace, security, and service to the least of these.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for the world itself, for this earth and all your creation, that we may all work together to repair the harm we have done and to discover new, more sustainable ways of life.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for those who suffer, for those in trouble and despair, for those who are ill and frightened, for those who are grieving, anxious or hopeless. We pray that those in greatest need may feel you close about 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 We pray for our own lives and the needs of those we love. We pray for those we do not know and for those we have neglected or harmed. Be mercifully present to us and to all.

Lord in your mercy,

People Hear our prayer.

Intercessor We pray for the departed, for those who are dying and for all those who watch and wait with them. May light perpetual and joy unending be theirs to claim. We pray especially for those we now name, either silently or aloud.

Lord in your mercy,

People Hear our prayer.

Presider Lord, like Nicodemus we do not fully understand the mysteries of your love and we sometimes willfully ignore the truth of your word. Bring us again into new life lived in you and share with us the joy of your eternal kingdom. To you, to the Son and to the Holy Spirit we pledge our lives. **Amen.**

* THE PEACE

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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: 401 "The God of Abraham praise"

1 The God of A - braham praise, who reigns en - throned a - bove;
2 He by him - self hath sworn: we on his oath de - pend;
3 There dwells the Lord, our King, the Lord, our Right - eous - ness,
4 The God who reigns on high the great arch - an - gels sing,
5 The whole tri - um - phant host give thanks to God on high;

1 An - cient of ev - er - last - ing days, and God of love;
2 we shall, on ea - gle - wings up - borne, to heaven a - scend:
3 tri - um - phant o'er the world and sin, the Prince of Peace;
4 and "Ho - ly, ho - ly, ho - ly," cry, "Al - might - y King!
5 "Hail, Fa - ther, Son, and Ho - ly Ghost!" they ev - er cry;

1 the Lord, the great I AM, by earth and heaven con - fessed:
2 we shall be - hold his face, we shall his power a - dore,
3 on Zi - on's sa - cred height his king - dom he main - tains,
4 Who was, and is, the same, and ev - er - more shall be:
5 hail, A - braham's Lord di - vine! With heaven our songs we raise;

we bow and bless the sa - cred Name for ev - er blest.
and sing the won - ders of his grace for ev - er - more.
and, glo - rious with his saints in light, for ev - er reigns.
e - ter - nal Fa - ther, great I AM, we wor - ship thee."
all might and ma - jes - ty are thine, and end - less praise.

Presider The Lord be with you.

People **And with thy spirit.**

Presider Lift up your hearts.

People **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

Presider It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

People **Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

Presider All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

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 O Lamb of God, that takest away the sins of the world,
 have mercy upon us.
 O Lamb of God, that takest away the sins of the world,
 have mercy upon us.
 O Lamb of God, that takest away the sins of the world,
 grant us thy peace.

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

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

COMMUNION

All are welcome to receive communion or a blessing.

For gluten-free bread, cross your hands palms down.

For a blessing, cross your hands over your chest.

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

* POSTCOMMUNION PRAYER

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 Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord. Amen.

* DISMISSAL

Following the dismissal,

People Thanks be to God.

* CLOSING HYMN: 473 "Lift high the cross"

Refrain

Lift high the cross, the love of Christ pro - claim
till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,
Each new - born ser - vant of the Cru - ci - fied
O Lord, once lift - ed on the glo - rious tree,
So shall our song of tri - umph ev - er be:

Repeat Refrain

the hosts of God in con - quering ranks com - bine.
bears on the brow the seal of him who died.
as thou hast prom - ised, draw the world to thee.
praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956) Music: *Cruifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (1937-2010). Copyright: Words: Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). Used by permission. Music: Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). Used by permission. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Ach Gott und Herr ("Ah, my Lord and God"), BWV 714

J.S. Bach (1685-1750)

Serving Today

| | | | |
|---------------------|-----------------------------------|----------------------|-----------------------------|
| Presider | The Rev. Canon W. James Yazell | Lector | Rebecca Rezaei |
| Preacher | The Very Rev. Dr. Andrew C. Keyse | Eucharistic Minister | Terri Curran |
| Deacon of the Word | The Rev. Dr. Richard Liantonio | Usher | Dave Patt |
| Deacon of the Table | The Rev. Barbara Wegener | Altar Guild | Vangie Rich, Jennifer Mason |
| Assisting | The Rev. Clare Stern-Burbano | Healing Minister | Joan Bergstrom |
| Organist | Dr. Lucas Fletcher | | |

This Week at GHTC

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

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* (Family Worship)
- 11:30 a.m. Coffee Hour
- 5 p.m. Order for Evening and Holy Eucharist
- 6 p.m. Youth Group

Monday, March 2

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, March 3

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

Wednesday, March 4

- 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, March 5

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

Friday, March 6

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

Saturday, March 7

- 9 a.m. Vestry Retreat

Sunday, March 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

+On Zoom

*In person and streamed on YouTube @kccathedral

Birthdays & Anniversaries

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

March 1

- Sophia Marrs
- Augusta Wilbon
- Robert Herschede

March 2

- Chris Morgan
- Zoë Jones
- Hayden McNeil

March 3

- Phyllis Biddle
- James Norris

March 4

- Mia McKeown
- John & Kay Callison

March 5

- Mathias Nichols

March 6

- Jim Clark
- Cliff Dubroc

March 7

- Byron McNeil
- Emily Featherston

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: Carmen Quintero; Eva Silva; Heather Stone; Dan McGrath; Pat Miller; Gail E; 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; 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: Jill Dominick; Bob Huheey; Kevin Sweeney; 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; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: St. Matthew's Episcopal Church, Raytown—The Rev. Jeff Hurst, Rector

Former Bishops of The Diocese of West Missouri

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: 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, March 15, April 12 & 26, May 10 & 24

Adults: Tuesdays

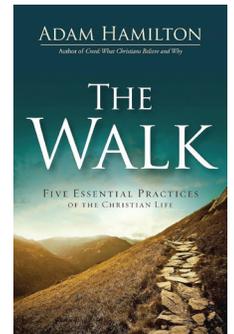
GHTC's Virtual Cafe • 7:30 a.m. • Zoom

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 are 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. Clare Stern-Burbano, *Associate for Children, Youth & College*; The Rev. Barbara Wegener, *Deacon*; The Rev. Dr. Richard Liantonio, *Deacon*; 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. DeVeau, *Dean Emeritus*; Canon John Schaefer, *Canon Musician Emeritus*

The Vestry: Steve Moore, *Senior Warden*, smoore@sheltonmoore.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

Find a place to make a difference

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.

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.



- 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.

Outreach Donations

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.

MARCH FOOD DRIVE

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.



BRING FOOD DONATIONS TO THE BASKET IN THE TOWER.

Volunteer Opportunities

Help at Pete's Garden

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.

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.

Learn more: kccathedral.org/outreach

Today's Focal St. John's Bible Illumination

God's Call into the Unknown

"Abraham and Sarah" Illumination (Genesis 12:1-4 focal text)

Today's lectionary texts speak of covenant, trust, and journeying and call us to move from the familiar toward God's promises. The Old Testament text narrates Abraham and Sarah's leaving behind the known to follow God's call into the unknown. The theme of trusting God's promise is again emphasized in Psalm 121 where God is portrayed as an unfailing guardian who watches over those who "lift up their eyes to the hills" for help. The Gospel reading records a nighttime conversation between the Pharisee, Nicodemus, and Jesus, injecting the Lenten theme of new birth ("being born from above by water and the Spirit"). The Epistle reading contrasts a legalistic adherence to the Law with Abraham's example of the "righteousness of faith." These readings guide our reflection toward responses articulated in the collect of the day that urge us to turn to God with "penitent hearts and steadfast faith."

The "Abraham and Sarah" illumination in Genesis features a family tree in the form of a menorah. It is anchored upon their two names and rises into the sky where the names of the twelve sons of Jacob (Abraham and Sarah's great grandsons) also are found. From these were derived the twelve tribes of ancient Israel and eventually the Jewish people. From a faith perspective, it can be said that adherents of the Christian, Jewish, and Muslim faiths derive

from Abraham. This portrayal draws attention to God's promise to this couple, which is highlighted in the left margin with the words: "look to the heavens and count the stars, so shall your descendants be."

Abraham and Sarah embarked on a journey in faith, not knowing where they were going or even why they were going other than that they were convinced God was calling them to do this. The call required them to go against several deep-seated fears that challenge each of us who embarks upon a life of faith: fear of the unknown, fear of those who are different, and fear of powerlessness (lack of being adequately equipped to accomplish whatever it is we feel compelled to undertake). By faith they embraced their lack of understanding, let go of their need to be in control of the undertaking, and chose to live confidently (some might say even foolishly) in God's promise.

Abraham and Sarah's decision to obey God's call was not without challenges. After being promised that their descendants would constitute a great nation, decades passed and they still had no heir or land of their own. Today's illumination highlights God's fulfillment of the promise – a fulfillment that Abraham and Sarah never fully witnessed during their lifetime.

Romans 4:17 asserts that God "gives life to the dead and calls into existence the things that do not exist." Hebrews 11:12 says of Abraham, "from one person, and this one as good as dead, descendants were born, 'as many as the stars of heaven, ...'". In light of these affirmations, what do you think the foliage on the menorahs in this illumination suggest? Why is the image of a sacrificial lamb included in this depiction (see the right side of the panel)? Reflecting on today's readings, what fear do you feel you might need to overcome during this Lenten season's journey in order to obey God's call?

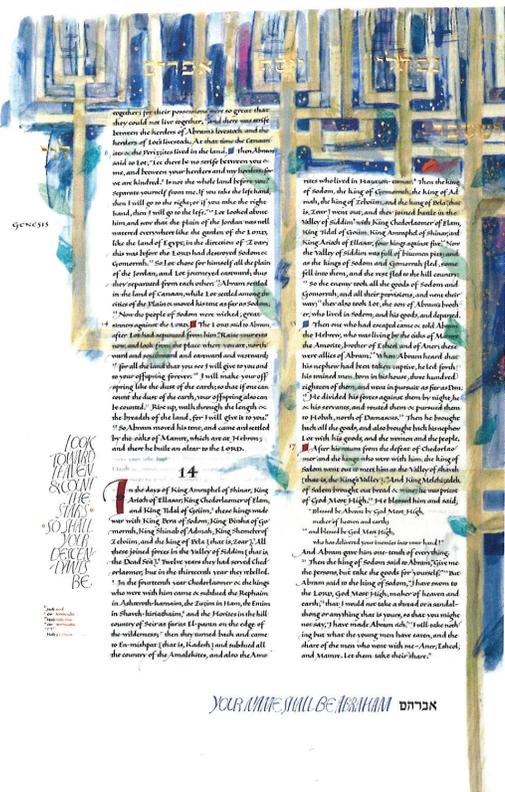


Image: ©2002, The Saint John's Bible, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

Upcoming Music Events

Choral Evensong

Sunday, March 15, April 19, May 17 • 5 p.m.

Choral Evensong is a centuries-old Anglican musical service of sung Evening Prayer that combines music, prayer, and scripture to provide a peaceful and reflective pause as the day closes.

Grinnell Singers

Sunday, March 8 | 7:30 p.m.

The Grinnell Singers, Grinnell College's premier choir, presents this free concert.

Hail Bright Cecilia: A Purcellian Feast

Musica Vocale with members of the Kansas City Baroque Consortium

Sunday, March 29 | 3 p.m.

This is a free concert and no tickets are required. More information: musicavocale.org/concerts

Unraveling: a documentary concert drama

Presented by RE:SOUND

Saturday, April 11 | 2:30 p.m.

UNRAVELING is a documentary style concert experience exploring two extraordinary creative minds, separated by time but bound by music, obsession and the fragile architecture of thought. *Tickets available at resoundensembles.org*



Flowers for Easter

Your generous gifts, in memory of or in thanksgiving for a loved one, help provide beauty for our Easter celebrations.

Make your Easter flower donations by Sunday, March 29, for your name to be included in the Easter bulletins.



onrealm.org/GraceHolyTrinit/give/flowers

Upcoming Events & Announcements

For more info and signup links: 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.

Schedule

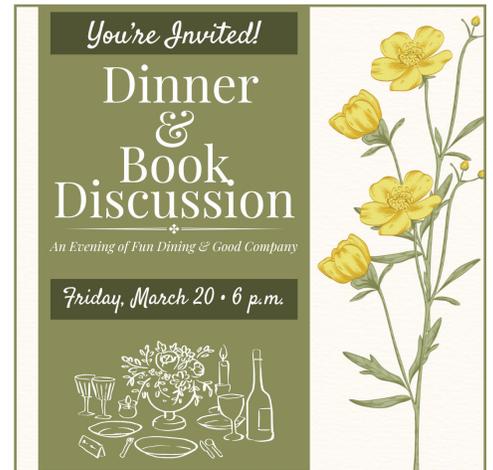
February 25: Theology of the Funeral Rite
March 4: Music for the Funeral Rite
March 11: Funeral Planning Workshop
March 18: End of Life Care and Advanced Directives
March 25: The Ultimate Gift: Christian Witness at Death

ALL ARE WELCOME

Wednesdays, February 25-March 25

6:30-7:45 p.m.

Common Room



Dinner & Book Discussion

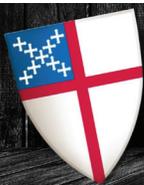
Friday, March 20

6 p.m. | Common Room

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.



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