

The Fourth Sunday in Lent

March 15, 2026 • 5 p.m.



CHORAL EVENSONG

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.*



VOLUNTARY: Voluntary VIII, Op. 5 - Allegro, Adagio

John Stanley (1712-1786)

Philip Radcliffe (1905-1986)

* PRECES

Officiant O Lord, open thou our lips.
Choir *And our mouth shall show forth thy praise.*

Officiant O God, make speed to save us.
Choir *O Lord, make haste to help us.*

Choir *Glory be to the Father, and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be, world without end. Amen.*

Officiant Praise ye the Lord.
Choir *The Lord's name be praised.*

* HYMN: 30 "O Trinity of blessed light"

1 O Trin - i - ty of bless - ed light,
2 To thee our morn - ing song of praise,
3 To God the Fa - ther, heaven - ly Light,

O U - ni - ty of prince - ly might,
to thee our eve - ning prayer we raise;
to Christ re - vealed in earth - ly night,

the fier - y sun now goes his way;
O grant us with thy saints on high
to God the Ho - ly Ghost we raise

shed thou with - in our hearts thy ray.
to praise thee through e - ter - ni - ty.
our e - qual and un - ceas - ing praise.

Psalm 46 Coverdale Translation *sung by the choir; chant by Martin Luther*

God is our hope and strength, *
a very present help in trouble.
Therefore will we not fear, though the earth be moved, *
and though the hills be carried into the midst of the sea;
Though the waters thereof rage and swell, *
and though the mountains shake at the tempest of the same.
The rivers of the flood thereof shall make glad the city of God; *
the holy place of the tabernacle of the Most Highest.
God is in the midst of her, therefore shall she not be removed; *
God shall help her, and that right early.
The nations make much ado, and the kingdoms are moved; *
but God hath showed his voice, and the earth shall melt away.
The LORD of hosts is with us; *
the God of Jacob is our refuge.
O come hither, and behold the works of the LORD, *
what destruction he hath brought upon the earth.
He maketh wars to cease in all the world; *
he breaketh the bow, and knappeth the spear in sunder, and burneth the chariots in the fire.
Be still then, and know that I am God: *
I will be exalted among the nations, and I will be exalted in the earth.
The LORD of hosts is with us; *
the God of Jacob is our refuge.

LESSON: Romans 8:11-25 (KJV)

Lector

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. For the earnest expectation of the creature waiteth for the manifestation of the sons of God. For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope, Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God. For we know that the whole creation groaneth and travaileth in pain together until now. And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body. For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it.

The Word of the Lord.

People

Thanks be to God.

My soul doth magnify the Lord,
and my spirit hath rejoiced in God my Savior.
For he hath regarded
the lowliness of his handmaiden.
For behold from henceforth
all generations shall call me blessed.
For he that is mighty hath magnified me,
and holy is his Name.
And his mercy is on them that fear him
throughout all generations.
He hath showed strength with his arm;
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat,
and hath exalted the humble and meek.
He hath filled the hungry with good things,
and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel,
as he promised to our forefathers, Abraham and his seed for ever.
Glory be to the Father and to the Son and to the Holy Ghost; *
as it was in the beginning, is now, and ever shall be, world without end. Amen.

LESSON: John 6:27-40 (KJV)

Lector Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed. Then said they unto him, What shall we do, that we might work the works of God? Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent. They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work? Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat. Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread.

And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. But I said unto you, That ye also have seen me, and believe not. All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out. For I came down from heaven, not to do mine own will, but the will of him that sent me. And this is the Father's will which hath sent me, that of all which he hath given me I should lose nothing, but should raise it up again at the last day. And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day.

The Word of the Lord.

People Thanks be to God.

* **NUNC DIMITTIS** Nunc dimittis in B-flat Henry Purcell (1659-1695)
 Lord, now lettest thou thy servant depart in peace,
 according to thy word;
 For mine eyes have seen thy salvation,
 which thou hast prepared before the face of all people,
 To be a light to lighten the Gentiles,
 and to be the glory of thy people Israel.
 Glory be to the Father and to the Son and to the Holy Ghost; *
 as it was in the beginning, is now, and ever shall be, world without end. Amen.

* **APOSTLES' CREED** *chanted on a monotone*

All I believe in God, the Father almighty, maker of heaven and earth;
And in Jesus Christ his only Son our Lord;
 who was conceived by the Holy Ghost, born of the Virgin Mary,
 suffered under Pontius Pilate, was crucified, dead, and buried.
He descended into hell.
The third day he rose again from the dead.
He ascended into heaven, and sitteth on the right hand of God the Father almighty.
From thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

* **PRAYERS** Philip Radcliffe (1905-1986)

Officiant The Lord be with you;
Choir *And with thy spirit.*
Officiant Let us pray.
Choir *Lord, have mercy upon us.*
Christ, have mercy upon us.
Lord, have mercy upon us.

* **LORD'S PRAYER** *sung by choir*

Choir *Our Father, which art in heaven,*
Hallowed be thy Name,
thy kingdom come, thy will be done,
in earth as it is in heaven.
Give us this day our daily bread, and
forgive us our trespasses,
as we forgive them that trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

* RESPONSES

Officiant O Lord, show thy mercy upon us.
Choir *And grant us thy salvation.*

Officiant O Lord, save the state.
Choir *And mercifully hear us when we call upon thee.*

Officiant Endue thy ministers with righteousness.
Choir *And make thy chosen people joyful.*

Officiant O Lord, save thy people.
Choir *And bless thine inheritance.*

Officiant Give peace in our time, O Lord.
Choir *Because there is none other that fighteth for us, but only thou, O God.*

Officiant O God, make clean our hearts within us.
Choir *And take not thy Holy Spirit from us.*

* COLLECT OF THE DAY

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

* COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give, that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of all enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Savior. Amen.

* COLLECT FOR AID AGAINST PERILS

Lighten our darkness, we beseech thee, O Lord;
and by thy great mercy defend us from all perils and dangers of this night;
for the love of thy only Son, our Savior Jesus Christ. Amen.

ANTHEM: "Ego sum panis vivus"

Giovanni Pierluigi da Palestrina (c.1525-1594)
text: John 6:48-50

Ego sum panis vivus. Patres vestri manducaverunt manna in deserto, et mortui sunt. Hic est panis de caelo descendens: si quis ex ipso manducaverit, non morietur.

I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

* THE PRAYERS

* THE GENERAL THANKSGIVING

All Almighty God, Father of all mercies,
 we thine unworthy servants
 do give thee most humble and hearty thanks
 for all thy goodness and loving-kindness
 to us and to all men.
 We bless thee for our creation, preservation,
 and all the blessings of this life;
 but above all for thine inestimable love
 in the redemption of the world by our Lord Jesus Christ;
 for the means of grace, and for the hope of glory.
 And, we beseech thee,
 give us that due sense of all thy mercies,
 that our hearts may be unfeignedly thankful;
 and that we show forth thy praise,
 not only with our lips, but in our lives,
 by giving up our selves to thy service,
 and by walking before thee
 in holiness and righteousness all our days;
 through Jesus Christ our Lord,
 to whom, with thee and the Holy Ghost,
 be all honor and glory, world without end. Amen.

* HYMN: 622 "Light's abode, celestial Salem"



1 Light's a - bode, ce - les - tial Sa - lem, vi - sion whence true peace doth spring,
 2 There for ev - er and for ev - er al - le - lu - ia is out-poured;
 3 There no cloud nor pass - ing va - por dims the bright - ness of the air;
 * 4 O how glo - rious and re - splen - dent, fra - gile bo - dy, shalt thou be,
 5 Now with glad - ness, now with cour - age, bear the bur - den on thee laid,



1 bright - er than the heart can fan - cy, man - sion of the high - est King;
 2 for un - end - ing, for un - bro - ken is the feast - day of the Lord;
 3 end - less noon - day, glo - rious noon - day, from the Sun of suns is there;
 4 when en - dued with heaven - ly beau - ty, full of health, and strong, and free,
 5 that here - af - ter these thy la - bors may with end - less gifts be paid,



1 O how glo - rious are the prais - es which of thee the pro - phets sing!
 2 all is pure and all is ho - ly that with - in thy walls is stored.
 3 there no night brings rest from la - bor, for un - known are toil and care.
 4 full of vi - gor, full of plea - sure that shall last e - ter - nal - ly!
 5 and in ev - er - last - ing glo - ry thou with bright - ness be ar - rayed.

Holy Eucharist will be offered in the chapel for those who would like to partake.

Serving Today

Officiant	The Very Rev. Dr. Andrew C. Keyse
Lector	Nick Flowers
Greeter	Nigel Jones
Musicians	The Trinity Choir, Dr. Lucas Fletcher; Dr. William McCandless, accompanist

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

This Week at GHTC

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

Sunday, March 15

- 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 for 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 for Pete's Garden
- 5 p.m. Choral Evensong
- 6 p.m. Youth Group

Monday, March 16

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, March 17

- 7:30 a.m. Meeting: Finance Committee+
- 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 18

- 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
- 6:30 p.m. Rehearsal: Cathedral Bell Ringers

Thursday, March 19

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

Sunday, March 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
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:30 a.m. Coffee Hour
- 3 p.m. Concert: Musica Vocale
- 5 p.m. Order for Evening and Holy Eucharist

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

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: Brend; Heather; John Kennedy; Phil Carroll; 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; 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: Kathy Manning; Jane Frances Blando; Deputy Sheriff Michael Hislope; Deputy Sheriff Gabriel Rameriz; 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: The Episcopal Diocese of Dallas—The Rt. Rev. George Sumner, Bishop

International Outreach Grant Committee

Birthdays & Anniversaries

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

March 16

John Richards

March 19

Tom Wood
Sara Copeland

March 20

Ho Ahn



Preparing Our Hearts for Easter: Fellowship & Reflection

Friday, March 27 | 6:30 p.m. | Common Room

All women are warmly invited to join us for an evening of fellowship and spiritual refreshment with The Order of the Daughters of the King®.

Together we will open Scripture and spend time reflecting on the Exodus account of the Israelites crossing the Red Sea, a powerful passage the Church returns to each year at the Easter Vigil. As we gather around God's Word, we'll consider questions like:

- What can we learn from this ancient story?
- Why does the Church return to it every Easter?
- How might God be speaking to our own lives through this story?

Come ready for conversation, encouragement, and time together in God's presence as we prepare our hearts for Easter.

The Order of the Daughters of the King® is a community of Christian women and girls who desire a closer walk with the Lord. Through prayer, service, and a shared Rule of Life, we encourage one another as we grow in faith and seek to know Jesus Christ and make Him known.

Outreach

Learn more: kccathedral.org/outreach

Volunteer Opportunities

Help Pete's Garden

TODAY, April 19, May 17 | 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.

Donations

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.

For Pete's Sake

FRIDAY APRIL 10, 2026 | 6-8P

GRACE AND HOLY TRINITY CATHEDRAL
FOUNDERS' HALL
415 WEST 13TH STREET | KCMO 64105

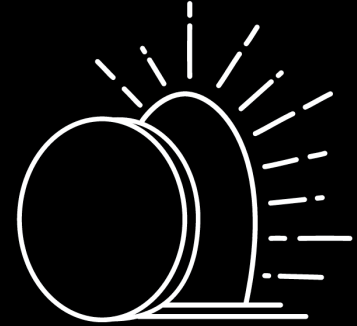
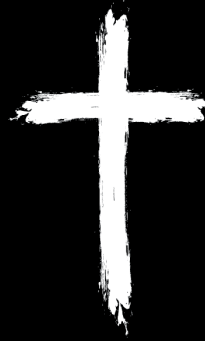
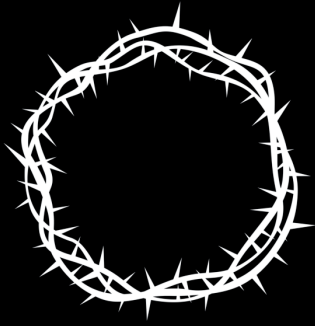
Buy tickets at kccathedral.org/events

Join us for live music, delicious bites, drinks, and tours of the kitchen. Your support helps us get more meals on family dinner tables.



- 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.



A LOT CAN HAPPEN IN SEVEN DAYS

*We invite you to experience the journey to the Resurrection at the Cathedral.
Our Holy Week services remember the last days of Jesus' life,
culminating in his crucifixion and resurrection on Easter Sunday.*

Palm Sunday, March 29 | 8 a.m., 10:30 a.m., 5 p.m.

We recall Jesus' entry into Jerusalem with the blessing of palms and a procession, followed by the story of Christ's Passion and death. The 10:30 service begins with a procession through the courtyard.

Monday in Holy Week, March 30 | 12:05 p.m.

Holy Eucharist

Tuesday in Holy Week, March 31 | 11 a.m.

This Holy Eucharist features the renewal of baptismal and ordination vows, and the blessing of Holy Oils.

Wednesday in Holy Week, April 1 | 12:05 p.m.

Holy Eucharist

Maundy Thursday, April 2 | 7 p.m.

We remember Jesus' last meal with his disciples, which was the first Eucharist. We remember Christ's eternal promise to sustain his followers in a sacred meal, and we wash each other's feet as a sign of service and love. We witness the stripping of the altar.

Good Friday, April 3 | 9 a.m. & 12:05 p.m.

9 a.m.: We remember Jesus' death with the Good Friday Liturgy and communion from the Reserved Sacrament on the Altar of Repose.

12:05 p.m.: This service includes the chanting of the Passion, choral and instrumental music, customary prayers and veneration of the cross of Christ.

Holy Saturday, April 4 | 9 a.m.

A brief and simple liturgy recalls the mournful desolation of the lifeless Christ in the tomb.

Easter Vigil, April 4 | 7 p.m.

Together, we reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption. The service begins by lighting the new fire. We will witness the confirmation, reception and reaffirmation of persons in the Cathedral congregation. We then proclaim with joy "Alleluia. Christ is risen" and celebrate the first Eucharist of Easter. We will continue the celebration at a reception following the service.

Easter Day, April 5 | 8 & 10:30 a.m.

We celebrate the Resurrection of Jesus at each of our identical Easter morning celebrations. Both services include hymns, choral music, brass and a Cathedral resplendent with flowers. We will continue the celebration at a reception following each service. Following the 10:30 a.m. service, all children are invited for our annual Easter Day egg hunt.

Additional Parking

You can use the garage with entry on 13th Street for free. The barcode should be scanned upon entry and exit from the garage.

Get the barcode at kccathedral.org/directions.

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

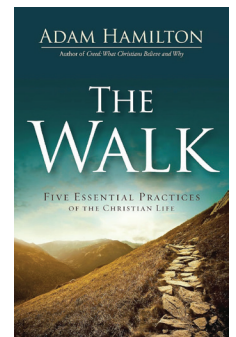
GHTC's Virtual Cafe • 7:30 a.m. • Zoom

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 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. 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@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

Receiving Spiritual Sight

"Psalms Frontispiece" Illumination (Focus on Psalm 23)

Today has traditionally been called LAETARE Sunday (Rejoicing or Refreshing Sunday) and functions as a respite on the Lenten journey. This day often has been marked by liturgical use of the rose color and a temporary relaxation of some of the Lenten rigor.

Today's lectionary texts emphasize themes of spiritual sight, divine guidance, and moving from darkness to light. The Gospel reading on the healing of a blind man highlights Jesus as the Light of the World and reveals spiritual, not physical, blindness as being humanity's true affliction. Contrast is drawn between the Pharisees' self-righteous "blindness" and the blind man's illuminating faith. Psalm 23 assures us that even in the "shadow (darkness) of death" the Good Shepherd provides comfort and everything we need for our eternal wellbeing. The Epistle reading instructs us that persons enlightened by Christ should reflect that light through a life of "goodness, righteousness, and truth" that exposes the "fruitless works of darkness." The Old Testament reading narrates David's anointing, emphasizing that God values the inner character above external appearances. The central focus of these readings encourages us to view life through faith rather than by the usual external standards of human judgment.

Because the Book of Psalms approaches illumination somewhat differently from the rest of Saint John's Bible, it generally doesn't receive as much attention for its artwork as do many of the other volumes. Today's lectionary use of Psalm 23 offers an opportunity to rectify this neglect somewhat. The principal illumination in this volume is the two-page frontispiece. Here the five books that constitute Psalms are portrayed as five open

scrolls arranged in the form of a menorah. This has special significance for today's reading since the light of the menorah was (and is) a powerful symbol of God's light and holiness at work in our dark and often threatening world. To the people of God, it is a reminder that we are called to be his "Light to the nations."

Saint John's Bible makes frequent use of the menorah to symbolize seeing, enlightenment, and saving insight. To see like God sees requires a radical reorientation of one's perspective. As 1 Samuel 16 teaches, "People look at the outward appearance, but the Lord looks at the heart." In the Gospel reading, a crowd of spectators sees the same thing, but individual people draw different conclusions based on the perspective from which each interprets what they see. Psalm 23 reminds us that even death can be either a dreaded terror or a place of comfort and grace depending upon the "eyes" through which it is seen.

In John 9:5, Jesus identifies himself as "the light of the world." Note how each of today's lectionary readings challenges us to think differently about how we see things. Jesus says that it is by acknowledging our blindness that we become open to seeing the true light. What insight does this suggest to you? The Lenten journey toward the "light" of Easter begins when we acknowledge our darkness, find God's peace to heal our shortcomings, and gain new vision through the light found in Christ.



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Hail Bright Cecilia: A Purcellian Feast

Celebrate the brilliance of Henry Purcell, one of England's great composers, with **Musica Vocale** and members of the **Kansas City Baroque Consortium**. This concert features Purcell's magnificent ode Hail, Bright Cecilia—presented in its entirety for the first time in Kansas City—alongside regal works written for coronations and the Chapel Royal, including I was glad and the jubilant “Bell Anthem,” Rejoice in the Lord Almighty.

This is a free concert and no tickets are required.

Grace & Holy Trinity Cathedral
Sunday, March 29, 2026 3:00 pm

A colorful graphic for an egg hunt candy donation drive. At the top, a string of various wrapped candies hangs across the frame. Below this, the text "EGG HUNT" is written in red, and "CANDY DONATIONS" is written in large, bold blue letters. Underneath the text, a red banner contains the instruction: "Bring your donations of candy (individually wrapped, in small packages) to the basket in the Tower by March 22." At the bottom, several colorful Easter eggs are shown sitting in a patch of green grass. One of the eggs is a pink gummy candy wrapper.

**EGG HUNT
CANDY DONATIONS**

Bring your donations of candy (individually wrapped, in small packages) to the basket in the Tower by March 22.


Upcoming Events

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



MARCH 15 • APRIL 19 • MAY 17

Choral Evensong

music, prayer, scripture

PALM CROSS MAKING

Sunday, March 22
9 & 11:45 a.m. • Founders' Hall

During coffee hour, we invite you to make crosses out of palm leaves for distribution on Palm Sunday.

Please bring your scissors. Someone will help if you've never made palm crosses before!

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. **Sign up today on our website.** Books are available for purchase in the Cathedral Bookstore.

You're Invited!

Dinner & Book Discussion

An Evening of Fun Dining & Good Company

Friday, March 20 • 6 p.m.

SUNDAY, MARCH 29 | 9 A.M. | FOUNDERS' HALL

EASTER BASKET PACKING

Pack Easter baskets for children in residential facilities and transitional housing.

