

# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"I am the Way, the Truth and the Life" by Daphne Stephenson

## The Fifth Sunday of Easter

May 3, 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

- 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](http://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: Vivace in E Minor

Johann Adolph Hasse (1699-1783)

### The Word of God

#### \* OPENING ACCLAMATION AND COLLECT FOR PURITY

page 355

Presider Alleluia. Christ is risen.

People **The Lord is risen indeed. Alleluia.**

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

#### \* GLORIA

page 356

All Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King, almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. **Amen.**

\* COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

Almighty God, whom truly to know is everlasting life: Grant us so perfectly to know your Son Jesus Christ to be the way, the truth, and the life, that we may steadfastly follow his steps in the way that leads to eternal life; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS

First Lesson: Acts 7:55-60

Lector Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." When he had said this, he died.

The Word of the Lord.

People **Thanks be to God.**

Psalm 31:1-5, 15-16 *read by alternating half verse*

page 612

In you, O Lord, have I taken refuge; let me never be put to shame; \*  
**deliver me in your righteousness.**

Incline your ear to me; \*  
**make haste to deliver me.**

Be my strong rock, a castle to keep me safe, for you are my crag and my stronghold; \*  
**for the sake of your Name, lead me and guide me.**

Take me out of the net that they have secretly set for me, \*  
**for you are my tower of strength.**

Into your hands I commend my spirit, \*  
**for you have redeemed me, O Lord, O God of truth.**

My times are in your hand; \*  
**rescue me from the hand of my enemies, and from those who persecute me.**

Make your face to shine upon your servant, \*  
**and in your loving-kindness save me.**

Second Lesson: 1 Peter 2:2-10

Lector Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture:

"See, I am laying in Zion a stone,  
a cornerstone chosen and precious;  
and whoever believes in him will not be put to shame."

To you then who believe, he is precious; but for those who do not believe,

“The stone that the builders rejected  
has become the very head of the corner”,

and

“A stone that makes them stumble,  
and a rock that makes them fall.”

They stumble because they disobey the word, as they were destined to do.

But you are a chosen race, a royal priesthood, a holy nation, God’s own people, in order that you may  
proclaim the mighty acts of him who called you out of darkness into his marvelous light.

Once you were not a people,  
but now you are God’s people;  
once you had not received mercy,  
but now you have received mercy.

The Word of the Lord.

**People**

**Thanks be to God.**

\* THE HOLY GOSPEL: John 14:1-14

Gospeller

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

**People**

**Glory to you, Lord Christ.**

Gospeller

Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”

Philip said to him, “Lord, show us the Father, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.”

The Gospel of the Lord.

**People**

**Praise to you, Lord 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    Steadfast God, you have never abandoned your promise to be with your people, be present to us now and hear us as we say, Lord in your mercy, hear our prayer.

                  Imbue your church with the courage of Stephen, that it may hold steadfast to Christ and uphold always your command to love one another.

                  Lord in your mercy,

People         Hear our prayer.

Intercessor    Grant wisdom to those in authority, that they may not be seduced by the expedient or the popular, but strive always to lead us towards the common good, seeking the welfare of all people.

                  Lord in your mercy,

People         Hear our prayer.

Intercessor Embolden us to share our faith with confidence in word and deed, especially in our mercy to those in need.

Lord in your mercy,

**People Hear our prayer.**

Intercessor Strengthen and sustain us in the way of Jesus Christ, and help us to hold onto the power of your promises even and especially when we feel hopeless.

Lord in your mercy,

**People Hear our prayer.**

Intercessor Let your healing presence be known to all who suffer from any trouble; bring wholeness to all that is broken in our lives and in our world. 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 Grant peace to the dead and dying, comfort to those who mourn or grieve; let the light of your love dispel the darkness in our hearts. We pray especially for those we now name, either silently or aloud.

Lord in your mercy,

**People Hear our prayer.**

Presider Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you." Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and for ever. **Amen.**

\* THE PEACE

page 360

Presider The peace of the Lord be always with you.

**People And also with you.**

ANNOUNCEMENTS

CELEBRATION PRAYER

**All** O God, our times are in your hand: Look with favor, we pray, on your servant(s) as *they* begin another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their* lives; through Jesus Christ our Lord. Amen.

## The Holy Communion

OFFERTORY SENTENCE

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: 400 "All creatures of our God and King" verses 1,4,5,7



1 All crea - tures of our God and King, lift up your voic - es, let us  
 4 Dear mo - ther earth, you day by day un - fold your bless - ings on our  
 5 All you with mer - cy in your heart, for - giv - ing o - thers, take your  
 7 Let all things their cre - a - tor bless, and wor - ship him in hum - ble -



1 sing: Al - le - lu - ia, al - le - lu - ia! Bright burn - ing  
 4 way, O — praise him, Al - le - lu - ia! All flowers and  
 5 part, O — sing now: Al - le - lu - ia! All you that  
 7 ness, O — praise him, Al - le - lu - ia! Praise God the



1 sun with gold - en beams, pale sil - ver moon that gen - tly gleams,  
 4 fruits that in you grow, let them his glo - ry al - so show:  
 5 pain and sor - row bear, praise God, and cast on him your care:  
 7 Fa - ther, praise the Son, and praise the Spi - rit, Three in One:



*Refrain*

O praise him, O praise him, Al - le - lu - ia,



al - le - lu - ia, al - le - lu - ia!

Words: St. Francis of Assisi (1882-1226); tr. William H. Draper (1855-1933), alt. Music: *Last uns erfreuen*, melody from *Auserlesene Catholische Geistliche Kirchengeseng*, 123; adapt. and harm. Ralph Vaughan Williams (1872-1958). Copyright: Words: Copyright © 1985 by G. Schirmer. Used by arrangement with G. Schirmer, Inc. Music: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

\* THE GREAT THANKSGIVING, Eucharistic Prayer A

page 361

Presider The Lord be with you.

People And also with you.

Presider Lift up your hearts.

People We lift them to the Lord.

Presider Let us give thanks to the Lord our God.

People It is right to give God thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

*Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.*

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

**All** Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.

**Presider** Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

**All** Christ has died.  
Christ is risen.  
Christ will come again.

**Presider** We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

**All** AMEN.

**Presider** And now, as our Savior Christ has taught us, we are bold to say,

**All** Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, and the power,  
and the glory, for ever and ever. Amen.

\* BREAKING OF THE BREAD

page 364

Presider Alleluia. Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast. Alleluia.**

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.*

*Prayer for healing is offered at the prayer desk until the close of worship.*

\* POSTCOMMUNION PRAYER

page 365

Presider Let us pray.

All **Eternal God, heavenly Father,  
you have graciously accepted us as living members  
of your Son our Savior Jesus Christ,  
and you have fed us with spiritual food  
in the Sacrament of his Body and Blood.  
Send us now into the world in peace,  
and grant us strength and courage  
to love and serve you  
with gladness and singleness of heart;  
through Christ our Lord. Amen.**

\* THE BLESSING

\* DISMISSAL

*Following the dismissal,*

People **Thanks be to God. Alleluia, alleluia.**

\* CLOSING HYMN: 518 "Christ is made the sure foundation"

1 Christ is made the sure foun - da - tion, Christ the head and  
 2 All that ded - i - cat - ed ci - ty, dear - ly loved of  
 3 To this tem - ple, where we call thee, come, O Lord of  
 4 Here vouch - safe to all thy serv - ants what they ask of

cor - ner - stone, cho - sen of the Lord, and pre - cious,  
 God on high, in ex - ult - ant ju - bi - la - tion  
 Hosts, to - day; with thy wont - ed lov - ing - kind - ness  
 thee to gain; what they gain from thee, for ev - er

bind - ing all the Church in one; ho - ly Zi - on's  
 pours per - pet - ual mel - o - dy; God the One in  
 hear thy serv - ants as they pray, and thy full - est  
 with the bless - ed to re - tain, and here - af - ter

help for ev - er, and her con - fi - dence a - lone.  
 Three a - dor - ing in glad hymns e - ter - nal - ly.  
 ben - e - dic - tion shed with - in its walls al - way.  
 in thy glo - ry ev - er - more with thee to reign.

Words: Latin, ca. 7th cent.; tr. Hymns Ancient and Modern, 1861, after John Mason Neale (1818-1856), alt. Music: *Westminster Abbey*, Henry Purcell (1659-1695), adapt. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Prelude and Fugue in C Minor, LüBWV 6

Vincent Lübeck (c. 1654-1740)

Serving Today

Presider	The Very Rev. Dr. Andrew C. Keyse	Organist	Dr. Lucas Fletcher
Preacher	The Rev. Canon W. James Yazell	Lector	Chuck Ritter
Assisting	The Rev. Clare Stern-Burbano	Eucharistic Minister	Kelsey Leftwich-Yazell
Deacon of the Word	The Rev. Dr. Richard Liantonio	Usher	Jim Crum
Deacon of the Table	The Rev. Barbara Wegener	Altar Guild	Vangie Rich, Joan Bergstrom

# This Week at GHTC

Learn more about our weekly services & opportunities for study and fellowship: [kccathedral.org](http://kccathedral.org)

## Sunday, May 3

- 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

## Monday, May 4

- 6 p.m. Alcoholics Anonymous Meeting

## Tuesday, May 5

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

## Wednesday, May 6

- 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. Rehearsal: Cathedral Bell Ringers

## Thursday, May 7

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

## Sunday, May 10

- 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 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](mailto:bwegener@kccathedral.org).

View the prayer list anytime: [kccathedral.org/prayers](http://kccathedral.org/prayers)

**Pray for:** Cathy Thomas; Wayne Alexander; Jacob and Sophia Purcell; Melanie Boyd; Randal Loy; Sandra Fuhrman; Sandra Brown; Vicki Price; Cheryl Kennedy; Penny Sullivan; Sheila Denton; Ann Ryder; Zachary Pierce; Diego Garcia; Zane Thomas Rhea Reed; Michael DeFeo; Hanah Kizer; Eva Blanco; Shandell Debroc; Norbert King; Heather; John Kennedy; Phil Carroll; Carmen Quintero; Eva Silva; Gail E.; Heather Stone; Dan McGrath; Pat Miller; Nancy Guthrie; Patricia Easter; Joe Marvil; Ken, Pam and Carly Courson; Marcille McCandless; Mike Barzee & Family; Phineas Gitta; Those fighting chronic illness; Iris Parsons; Larry McMullen; Gloria Stocks; Jim Royer; Joyce Morrow; Thaddeus Samuel Withers; Yvonne Kehoe Meier; Jeffrey and family; Charlotte Colburn; Brend; Families affected by gun violence; First Responders; Immigrants

**Pray for the Departed:** All those lost in the shooting tragedy in Shreveport, LA; John Graham; Keith Matthews; Berthe Cowles; Military members killed in action; Lt Col Brandon Shah; Kathy Manning; Jane Frances Blando; Deputy Sheriff Michael Hislope; Deputy Sheriff Gabriel Rameriz; Jill Dominick; Bob Huheey; Kevin Sweeney; those lost in war; those who have died from gun violence

**Diocesan Prayer Cycle:** St. Paul's Episcopal Church, Kansas City—The Rev. Steven King, Rector; The Rev. Brittany Sparrow Savage, Associate Rector; The Rev. Morgan Mercer Ladd, Associate Rector; The Rev. Ezekiel Thon, Deacon

The Rt. Rev. Amy Dafler Meaux, her Family and her Ministry to the Diocese

# Birthdays & Anniversaries

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

## May 3

Kim Watkins Smith

## May 9

Bill & Claudia Brown  
Steve Moore

## May 4

Scott Claassen

Burma Cenovich

Lena McCaffree

Sophia Atwell

## May 6

Bill Boyd

Isabelle Morrison

# Outreach

Learn more: [kccathedral.org/outreach](http://kccathedral.org/outreach)

## Donations for our Partners

### Donate Onesies FOR MAISON DE NAISSANCE

Maison de Naissance is a modern maternal health center supporting healthy mothers and healthy babies in Haiti.

- The best sizes are Newborn to 6 months.
- Short sleeves only PLEASE. It gets HOT in Haiti.



Bring your donations of Onesies to the Tower entrance. Thank you for your kind and generous giving.

## Volunteer Opportunities

### The Emergency Food Assistance Program Saturday, May 16, June 20 | 8 a.m.-noon

We help St. Paul's on Main organize and distribute food as part of TEFAP (The Emergency Food Assistance Program). Friendly volunteers are needed to break down pallets of shelf-stable and frozen food from Harvesters and repackage the food into family-sized boxes and bags. Then we start handing out the food. To volunteer or for more information, contact Deacon Barbara 816.739.8032 or [bwegener@kccathedral.org](mailto:bwegener@kccathedral.org).

### Help Pete's Garden May 17, June 21 | 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 label upstairs in Founders' Hall at both morning coffee hours. This is a great opportunity to help at Pete's Garden. All ages are welcome; younger children should have a parent present.

## Upcoming Music Events

For more info: [kccathedral.org/musicevents](http://kccathedral.org/musicevents)

### From Colony to Concert Hall: 250 Years of American Music

Friday, May 15 | 7 p.m. | Free admission

*A Celebration of American Music Across the Centuries with soprano, Eva Peng and pianist, Anthony Olson*

Spanning two and a half centuries, this program traces the development of a uniquely American musical voice. Beginning in the colonial era with Francis Hopkinson—a signer of the Declaration of Independence and one of the first American composers—the concert highlights the roots of artistic expression in the early United States.

The program continues through the 19th century with music by Louis Moreau Gottschalk, the virtuosic pianist and composer whose works reflect the cultural diversity of the Civil War era. Moving into the 20th century, the program features selections by iconic American composers including George Gershwin, Scott Joplin, and Leonard Bernstein, alongside songs from films of the Golden Age of cinema, highlighting the intersection of classical, popular, and theatrical traditions in American music.

The program will conclude with the final aria from Scott Joplin's opera *Treemonisha*, bringing the evening to a powerful close with one of the most significant works in early American opera.

Through this carefully curated program, The Lyric Duo presents a vibrant musical narrative that reflects the richness, diversity, and innovation of American music across generations. The concert offers an engaging and accessible experience for a wide audience, blending historical context with compelling performance.



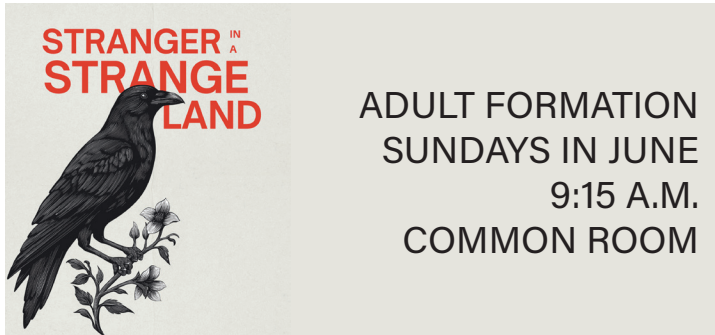
# Formation for All Ages

## 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.

### Family Worship Sundays

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: May 31, June 14, July 5, July 26, August 2*

## Diocesan Youth Events: Registration links at [kccathedral.org/youth](http://kccathedral.org/youth)

### Episcopal Summer Mega Camp:

May 31-June 6

Ready for a week full of fun activities, meaningful connections, and worship? Then sign up for Episcopal Summer Mega Camp; a week-long summer experience for 3rd-12th graders.

### Missionpalooza 2026: July 21-26

This gathering is all about rolling up our sleeves, putting our faith into motion, and discovering just how much good we can do together. During the week we will spread out across the greater Kansas City area, offering our hands, hearts, and laughter to the places that need us most.

## 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](http://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](http://kccathedral.org/adultformation), for the Zoom link.

We are currently studying an Easter devotional, *The Hymns of Easter* by Alan Vermilye. *The Hymns of Easter* is a devotional inspired by some of history's most cherished Easter hymns.

Experience a fresh perspective on the hymns you've sung your whole life now set to personal reflections in this 40-day devotional journey. Each week, you begin by reading the history of the hymn, followed by daily readings that reflect on a verse from the hymn along with Scripture and a devotion.

### 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](http://kccathedral.org/adultformation), for more details.

## Youth

Youth in grades 6-12 meet Sundays at 9:15 a.m. for Formation and for Youth Group at 6 p.m. May 10 & 24.

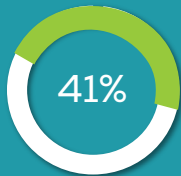
**NAMI FaithNet** is a resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.



Approximately 1 in 5 adults in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year



Approximately 1 in 25 adults in the U.S.—10 million, or 4.2%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.



Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year.

## 3rd

Suicide is the 3rd leading cause of death for people aged 10–24 years old.



Only 62.9% adults with serious mental illness received mental health services in the past year.

## 2nd

Suicide is the 2nd leading cause of death for people aged 15–24 years old.



90% of those who die by suicide had an underlying mental illness

## 10th

Suicide is the 10th leading cause of death in the U.S.

### KNOW THE WARNING SIGNS:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality (“lack of insight” or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance (mostly in adolescents)

# Today's Focal St. John's Bible Illumination

## The Pathway to the Father

### The Way Section of "I AM Sayings" Illumination (John 14:1-14)

Today's Gospel text declares that Jesus is not simply a profound teacher but IS the path (the Way), the ultimate revelation of God (the Truth), and the source of spiritual being (the Life).

Collectively, the day's lectionary readings emphasize that the essence of Christian faith is not a set of rules, nor a philosophy, not even the resolute doctrinal intractability of the tradition-bound disciple, but a lived relationship with the One Who is the Way. Christ's steadfast faithfulness is the foundation that makes our own faithfulness possible amid life's uncertain and ever-changing conditions.

The human tendency is to desire a god who makes faith easy, who provides black and white answers to our hardest questions, who removes all doubts, who provides clear directional signs at each of life's junctures. But the "way" of faith often demands giving up comfortable or familiar conceptions of God and becoming a vulnerable apprentice or a fledging disciple and then undergoing this experience repeatedly throughout life just when we feel we have mastered the "art of being Christian." By its very nature, traveling on a path implies change. It can be very painful and disorienting to let go of one way of relating to God and trusting him into another. The One Who is the Way acknowledges that things change ("I must go") but gives assurance that he is still with us ("Do not let your heart be troubled"). Living in Christian community is one of the places where we experience such challenges, sometimes to our surprise. The positions we hold and how we perform them and who is given responsibility for particular functions necessarily changes from time-to-time, but the Christ who is the Way accompanies us through such transitions. Our call is to walk faithfully with Christ regardless of how things might change, even in the most sacred of communities.

Rather than being the God who removes all of life's challenges, or who provides easy answers, or who smooths over every doubt, the God who is the Way accompanies us through life's difficulties, questions, and doubts. This is the message of The Way portion of the "I AM Sayings" illumination. Note in this depiction that the pathway is not free of obstacles which must be overcome. This pathway has patches of dark mystery, confusing turns, unmarked intersections, and potentially fear inducing dangers. But also observe how the spinning sun hangs close in this panel, accompanying the traveler and

illuminating the way through all things. Furthermore, Christ's presence doesn't end with this mortal life. It extends into the mysterious expanses beyond the confines of life as we know it ("I go and prepare a place for you"). The One Who is the Way assures us that we have a place — a home — with God.

As the One Who is the Way, Jesus assures each of us that our story will not end in death. We at times are likely to feel overwhelmed, frightened, or alone. But, because of the divine work of Christ, the Way is open before us. If we accept Jesus' invitation to join him on the Way, this One Who is the Way will safely bear us home. So, "don't let your heart be troubled."



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

**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](mailto:smoore@skeltonmoore.com); Nigel Jones, *Junior Warden*, [redbox712@gmail.com](mailto: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

# Upcoming Events | Announcements

For more info and signup links: [kccathedral.org/events](http://kccathedral.org/events)

SUNDAY, MAY 17 • 11:45 A.M.

## NEWCOMER GATHERING

*No matter where you are on your spiritual journey, you are welcome here.*

A special gathering just for those who are new to Grace and Holy Trinity Cathedral to learn more about our community and how to get involved.

Join us after the 10:30 service in the Common Room for coffee, snacks and fellowship!

RSVP [KCCATHEDRAL.ORG/NEWCOMERS](http://KCCATHEDRAL.ORG/NEWCOMERS)

**Newcomer Gathering**  
**May 17 | 12 p.m.**

A special gathering just for those who are new to Grace and Holy Trinity Cathedral to learn more about our community and how to get involved. Join us after the 10:30 service in the Common Room for coffee, snacks and fellowship! The nursery is open during this gathering. RSVP [kccathedral.org/newcomers](http://kccathedral.org/newcomers)

**PARISH PICNIC**

RELAX AND ENJOY TIME WITH FELLOW PARISHIONERS!

- Main dish provided
- Bring side and/or dessert to share

**May 24 | 11:45 a.m.**

Games and Activities for All Ages  
[kccathedral.org/events](http://kccathedral.org/events)

**Parish Picnic**  
**May 24 | 11:45 a.m.**

Join us for our annual Parish Picnic. The Cathedral serves up the main feast, and you're invited to dazzle us with your finest sides and sweetest desserts. We'll have fun activities for kids of all ages. Dress casually and enjoy this time of fun and fellowship! Sign up to help on our website.

GAMES AND GIFTS, FOOD AND FUN

## Baby Shower

MAY 31  
12 NOON  
COMMON ROOM

**Baby Shower:**  
**Richard Liantonio & Jeff Stegner**  
**May 31 | 12 p.m.**

Please join Richard Liantonio and Jeff Stegner in celebrating the upcoming arrival of their baby girl! Find their registry here: <https://stegtonio.short.gy/baby>

music, prayer, scripture

## Choral Evensong

**Sunday, May 17**  
**5 p.m.**

Choral Evensong is a centuries-old Anglican musical service of sung Evening Prayer with sung psalms, hymns and canticles. This uplifting service invites us to pause in prayer to give thanks for the day with joyful music. All are warmly invited to attend and take part in this meaningful tradition.

*Save the date: September 20, October 18, November 15*

## Mental Health Awareness Month

Our Youth are gathering donations this month for the National Alliance on Mental Illness (NAMI).

DONATE ON OUR WEBSITE

**The Cathedral youth are recognizing Mental Health Awareness Month by raising funds for National Alliance on Mental Illness (NAMI). Giveaways are available for donations at coffee hour.**

NAMI is an alliance of more than 650 local Affiliates and 49 State Organizations who work in communities to raise awareness and provide support and education that was not previously available to those in need. They are dedicated to building better lives for the millions of Americans affected by mental illness. Through their programs and services, they challenge stigma, champion supportive policies, and support and empower individuals and families. They are building stronger communities and a better future for everyone affected by mental illness.