

The Seventh Sunday after Pentecost

July 12, 2026 • 5 p.m.



"A Parable – The Sower" by Cara B. Hochhalter

GRACE AND HOLY TRINITY
EPISCOPAL CATHEDRAL

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, 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

The Word of God

* OPENING ACCLAMATION AND COLLECT FOR PURITY

page 355

Presider Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

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.

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

First Lesson: Genesis 25:19-34

Lector These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her,

"Two nations are in your womb,
and two peoples born of you shall be divided;
the one shall be stronger than the other,
the elder shall serve the younger."

When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them.

When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

The Word of the Lord.

People **Thanks be to God.**

Your word is a lantern to my feet *
 and a light upon my path.
I have sworn and am determined *
to keep your righteous judgments.
 I am deeply troubled; *
 preserve my life, O Lord, according to your word.
Accept, O Lord, the willing tribute of my lips, *
and teach me your judgments.
 My life is always in my hand, *
 yet I do not forget your law.
The wicked have set a trap for me, *
but I have not strayed from your commandments.
 Your decrees are my inheritance for ever; *
 truly, they are the joy of my heart.
I have applied my heart to fulfill your statutes *
for ever and to the end.

Second Lesson: Romans 8:1-11

Lector There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

The Word of the Lord.

People Thanks be to God.

* THE HOLY GOSPEL: Matthew 13:1-9,18-23

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

People Glory to you, Lord Christ.

Gospeller Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

“Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”

The Gospel of the Lord.

People

Praise to you, Lord Christ.

SERMON

* THE NICENE CREED

page 358

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 Sower, we offer you grateful hearts for the seeds of faith, mercy, compassion, and justice that have been planted in us each season. Give us lives that nurture the good news so that we can share the harvest of your love with others and hear us as we pray: Lord in your mercy, hear our prayer. |
| Intercessor | Give to the church universal the ability to thrive in times of change, help those who are seeking a deeper knowledge of you find a church community that will inspire, support, and delight them.
Lord in your mercy, |
| People | Hear our prayer. |
| | |
| Intercessor | Bless this nation and all who govern. Bless all nations and all people with health, peace, and safety.
Lord in your mercy, |
| People | Hear our prayer. |
| | |
| Intercessor | Give us the will to bring peace, justice, and security to all people. Guide us forward that we might end the systems of discrimination and racism so that all your beloved are provided equitable opportunities and safety.
Lord in your mercy, |
| People | Hear our prayer. |
| | |
| Intercessor | Comfort those who suffer from abuse, discrimination, disease, anxiety, loneliness, unemployment, homelessness, or hopelessness with your sustaining presence.
Lord in your mercy, |
| People | Hear our prayer. |
| | |
| Intercessor | Grant healing to those who are ill from any illness, lead us forward toward treatments, cures and vaccines for diseases; and protect all who tirelessly work to heal and care for the sick and suffering. 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 | Deliver the departed into the joy of your kingdom and blanket the grieving with your comfort and peace. Keep us ever mindful that whether we live or whether we die, we are yours and we are loved. We pray especially for those we now name, either silently or aloud.
Lord in your mercy, |
| People | Hear our prayer. |
| | |
| Presider | We ask all these things through Jesus Christ, our only strength and advocate. Amen. |

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

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

Presider Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

* THE PEACE

page 360

Presider The peace of the Lord be always with you.

People And also with you.

ANNOUNCEMENTS

CELEBRATION PRAYER

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

The Holy Communion

OFFERTORY SENTENCE

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

* THE GREAT THANKSGIVING, Eucharistic Prayer D

page 372

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 our thanks and praise.

Then, facing the Holy Table, the Presider proceeds

Presider It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance.

Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we sing (say),

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.**

The people stand or kneel.

Presider We acclaim you, holy Lord, glorious in power. Your mighty works reveal your wisdom and love. You formed us in your own image, giving the whole world into our care, so that, in obedience to you, our Creator, we might rule and serve all your creatures. When our disobedience took us far from you, you did not abandon us to the power of death. In your mercy you came to our help, so that in seeking you we might find you. Again and again you called us into covenant with you, and through the prophets you taught us to hope for salvation.

Father, you loved the world so much that in the fullness of time you sent your only Son to be our Savior. Incarnate by the Holy Spirit, born of the Virgin Mary, he lived as one of us, yet without sin. To the poor he proclaimed the good news of salvation; to prisoners, freedom; to the sorrowful, joy. To fulfill your purpose he gave himself up to death; and, rising from the grave, destroyed death, and made the whole creation new.

And, that we might live no longer for ourselves, but for him who died and rose for us, he sent the Holy Spirit, his own first gift for those who believe, to complete his work in the world, and to bring to fulfillment the sanctification of all.

When the hour had come for him to be glorified by you, his heavenly Father, having loved his own who were in the world, he loved them to the end; at supper with them he 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."

Father, we now celebrate this memorial of our redemption. Recalling Christ's death and his descent among the dead, proclaiming his resurrection and ascension to your right hand, awaiting his coming in glory; and offering to you, from the gifts you have given us, this bread and this cup, we praise you and we bless you.

All **We praise you, we bless you,
we give thanks to you,
and we pray to you, Lord our God.**

Presider Lord, we pray that in your goodness and mercy your Holy Spirit may descend upon us, and upon these gifts, sanctifying them and showing them to be holy gifts for your holy people, the bread of life and the cup of salvation, the Body and Blood of your Son Jesus Christ.

Grant that all who share this bread and cup may become one body and one spirit, a living sacrifice in Christ, to the praise of your Name.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

And grant that we may find our inheritance with [the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

Through Christ, and with Christ, and in Christ, all honor and glory are yours, Almighty God and Father, in the unity of the Holy Spirit, for ever and ever.

All **AMEN.**

*** THE LORD'S PRAYER**

page 364

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 O Lamb of God, that takes away the sins of the world,

People **have mercy upon us.**

Presider O Lamb of God, that takes away the sins of the world,

People **have mercy upon us.**

Presider O Lamb of God, that takes away the sins of the world,

People **grant us your peace.**

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.

Presider Let us pray.

All Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.

* THE BLESSING

* DISMISSAL

Following the dismissal,

People Thanks be to God.

Serving Today

Presider & Preacher	The Rev. Clare Stern-Burbano
Lector & Eucharistic Minister	Patti Ryder

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 altar flowers

Today's flowers are dedicated to the glory of God and
in memory of Willie Joe Finnie, Jr., by Jackye Finnie.

Sponsor the Altar Flowers

Altar flowers are a great way to beautify the sanctuary and remind your fellow worshipers of the new life that Jesus brings. They are also a great way to commemorate an event near a specific date, or honor/remember someone close to your heart.

Donations toward the weekly flowers can be given by anyone and are accepted in any amount. You can mail a check to the Cathedral office, put your donation in the offering or make a payment through our online payment site. For more information: kccathedral.org/flowers or contact Julie Toma, jtoma@kccathedral.org.



Birthdays & Anniversaries

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

July 12

Steve Johnson
Doug Jones
Erik Radcliff
Andy Mosley

July 14

Donna Knoell
Claire Blake

July 16

Kay Callison
Miguel Cornwell

July 18

Henry Ahn
Eliza Johnson
Charles Shipley
Sandy Carter
Barbara Menefee
Greg Coffey
Alec Zier

July 13

Daniel John

July 15

Ed Matheny
Peter Fortner
Riley McLean

July 17

David Angus
Melissa Atwell
Steven Lewis



AUGUST

SAVE THE DATE



9 a.m.



ALL PARISH BREAKFAST

Come by Founders' Hall for a morning of breakfast delights and camaraderie!

6 p.m.



TRIVIA GAME NIGHT

Team up with your fellow GHTCers to score you the ultimate prize at trivia night!

10 a.m.



ORDINATIONS

Come join us for ordinations to the Sacred Order of Priests (including Deacon Richard!).
A reception follows in Founders' Hall.

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: Those impacted by Wildfires; Frances Henrietta Gates; George Parry; Those impacted by the earthquakes in Venezuela; Randal Loy; Camila Rose; Evelyn; Pat Decker; Barbara Cipolla; Family of Cipriano Don Candillo; Mike Bennett; Matt Bissett; Orin Jones; Shaun Kelly & Family; Amrit Prasad; Zachary Brewer; Carlyle Conley; Steve Sprague; Norbert King; Derek Mattson; Shandell Debroc; Cherry Barthel; Sharon; Diego Garcia; Those suffering in the summer heat; Ashleigh; Melanie Boyd; Jacob and Sophia Purcell; Sandra Fuhrman; Sandra Brown; Vicki Price; Brend; Marcille McCandless; Mike Barzee & Family; Phineas Gitta; Those fighting chronic illness; Iris Parsons; Wayne Alexander; Larry McMullen; Gloria Stocks; Jim Royer; Joyce Morrow; Thaddeus Samuel Withers; Yvonne Kehoe Meier; Jeffrey and family; Charlotte Colburn; Those affected by gun violence; First Responders; Immigrants

Pray for the Departed: Emily Barker; Nick Hutcherson; Sydney Watson; Joe Anderson; Jessica Manning; Deacon Bill Crain; Cipriano Don Candillo; Phil Carroll; Cherry Barthel; Dolly Galus; Phyllis Hart; Loretta Stotts; Gianvito Liantonio; John Graham; Those lost in the earthquakes in Venezuela; Those lost in the plane crash from Edwards Air Force Base; Those lost in the plane crash in Butler Missouri; Those lost in the San Diego Mosque shooting; those lost in war; those who have died from gun violence; Military members killed in action

For all military members and their families, especially: Taya Velasco; Ethan Bergeron; Alexandria Puls; Capt. Aryk Bingham; Cpt. Charles Lewis, Jr.; Adam; Anita Feugate Opperman; Brian Chellgren; Charles Braden Fowler; Colin Walker; Connor Spake; James Brown; John K. Baker; Joshua Gordon; Lt. Col. Kevin Thomas; Lexi Puls; Nick; Patrick Williams; Steve Conner; The Rev. Ben Newland

Diocesan Prayer Cycle: St. Matthew's Episcopal Church, Ozark—The Rev. Chandler Jackson, III, Priest-in-Charge; The Rev. Dr. Chris Dodson, Deacon
Youth Ministry Commission

This Week at GHTC

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

Sunday, July 12

- 8 a.m. Holy Eucharist
- 9 a.m. All Parish Breakfast
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* & Cathedral Kids
- 11:45 a.m. Coffee Hour
- 5 p.m. Holy Eucharist

Monday, July 13

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, July 14

- 12:30 p.m. Women's Bible Study+
- 6:45 p.m. Lectionary Bible Study+

Wednesday, July 15

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

Sunday, July 19

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour
- 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
- 11:45 a.m. Coffee Hour
- 12:15 p.m. Label Containers for Pete's Garden
- 5 p.m. Holy Eucharist

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

Outreach

Learn more: kccathedral.org/outreach

Donations for our Partners



- Backpacks (*biggest need*)
- Expo dry erase markers (4 count)
- Highlighters (yellow, pink, green, blue)
- Spiral notebooks
- 5-tab dividers (for 3-ring notebooks)
- 2-3 inch 3-ring binders
- Pocket folders
- Pens (black, blue and red ink)
- Colored pencils
- Crayola markers (10 pack)
- Crayola washable markers (fine line)
- Pink erasers
- Black sharpies
- Composition notebooks
- Rulers
- Loose leaf notebook paper (wide and college ruled)
- Scientific calculators
- School boxes
- Mechanical pencils
- Pens (blue ink)

Volunteer Opportunities

Help Pete's Garden by Labeling Lids

July 19, August 16 | 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. 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, July 18, August 15 | 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, repackage the food into family-sized portions and then hand out the food. To volunteer or for more information, contact Deacon Barbara 816.739.8032 or bwegener@kccathedral.org.

Today's Focal St. John's Bible Illumination

Unmerited Grace, the Spirit's Work, & Receptivity to God's Word

"The Sower and the Seeds" Illumination (Matthew 13:1-9, 18-23)

Today's lectionary readings focus on the themes of God's abundant and unmerited grace, the Holy Spirit's transforming power, and receptivity to God's Word. The Isaiah and Matthew readings emphasize creation-focused themes exploring spiritual growth – what it looks like, how it is sustained, and what inhibits it. The Romans text highlights themes of freedom and judgement together with questions related to receptivity or resistance to God's Word. Today's Collect guides our response to these readings through a prayer that God's mercy would assist us over the course of life in staying connected to those things that are eternal so we might truly be fruitful disciples.

These texts are about the nature and character of God. They tell us much about God's kingdom, provision, and generosity. Notice in the illumination that as the Sower sows, the seeds fall everywhere – even beyond the boundaries of the frame. The Sower doesn't seem bothered by the fact that some seeds do not land in ideal soil conditions. He exudes an air of confidence that what needs to flourish will flourish. His focus is on sowing. There is sufficient seed for the entire field, good soil and bad.

The Sower in this illumination is portrayed with a halo containing a cross, identifying him as Christ. He is dressed in modern Western-style work clothes, symbolizing that the Gospel's message is relevant, continuous, and active in the world today. Four types of soil are featured representing the differing conditions



into which the seeds fall: the hard path (far-left) delineating a closed mind; rocky ground (middle-left) depicting a superficial person; thorny ground (middle-right) representing the person who allows things of the world to choke their faith; and fertile soil (far-right) depicting those who receive God's word with faith and act on it. Note the seed is freely dispersed on each type of soil. God cares about all the terrain. The Sower does not pause to deliberate over which soil is worthy of seed and which is not. In the end, only God knows which soil will prove to be good for the seed being distributed.

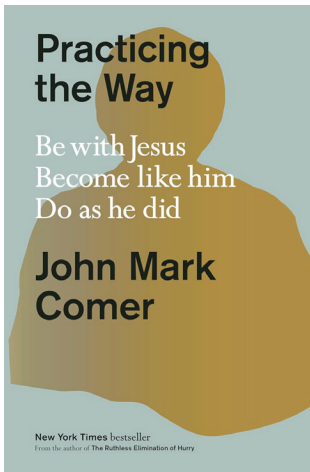
The varied life-giving resources treated in today's readings (e.g., rain, snow, seeds) speak of God's

abundant provision. They portray a Divine Sower who would rather lose a measure of seeds to inhospitable terrain than withhold his seeds out of concern that the soil might not receive them well. Seeds are mysterious. Sometimes the most carefully cultivated garden will fail to produce as expected. Other times incredibly hardy flowers push through a crack in the concrete to bring beauty and life to a neighborhood. New life can spring forth from the deadest, most barren and hopeless parts of our lives, prompting fruitfulness and creativity. Observe the Sower in this illumination tossing seeds without restraint inviting us to cast our own handfuls across the varied soils of the world. Might anything inhibit us from joining Christ in this act of sowing? If so, what could we do about it?

Formation for All Ages

Learn more: kccathedral.org/learn

Adults: Sundays



***Practicing the Way* by Mark Comer**

Sundays | 9:15 a.m. | Common Room

Begins July 26

Our culture is distracted, fragmented, and hurried. Many of us are simply too busy and exhausted to have a meaningful life with God. It's not that people don't want to become like Jesus, or that people aren't trying to become like Jesus. It's that we don't know how to become like Jesus. Join Fr. James for a discussion about how to practice the ways of Jesus.

Copies available for purchase in the Cathedral Bookstore.

Explore more: www.practicingtheway.org

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

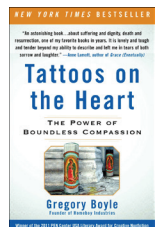
Once a month, we observe Family Worship Sundays. These Sundays provide an opportunity for families to worship together. Worship Boxes with resources for children are in cabinet in the back cross aisle.

Adults: Tuesdays

Women's Bible Study • 12:30 p.m. • Zoom

Women's Bible Study (WBS) meets by Zoom every Tuesday at 12:30 p.m. for about an hour. As we gather we share joys and concerns followed by discussion of the selected topic or Bible study book. Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit our website, kccathedral.org/adultformation, for the Zoom link.

This summer, we are studying of *Tattoos on the Heart: The Power of Boundless Compassion* by Fr. Gregory Boyle. Don't worry if you haven't had time to do the reading or even if you have the book. We're always happy to see you regardless of what time you have to spend with us.



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.

Upcoming Events | Announcements

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

Musical Guests at Coffee Hour

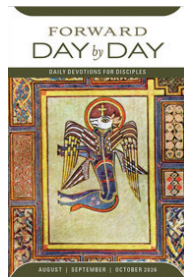
Sunday, July 19 | 11:45 a.m. | Founders' Hall

During coffee hour on Sunday, July 19, we will enjoy beautiful piano music played by a Band of Angels student. Band of Angels is a nonprofit organization that helps students participate in music by providing musical instruments, music camp scholarships, and other financial support to children who face financial barriers. Please join us!

Forward Day By Day

We provide *Forward Day by Day* to parishioners as a simple and effective daily prayer practice. Each day features a Bible verse from the daily readings and a related reflection written by a different author each month, all in less than 200 words. It even includes the daily feast days, as well as prompts to take faithful action in your daily life.

Printed copies are available in the tower entrance and in Founders' Hall. Read it online at prayer.forwardmovement.org/fdd.



Venezuela Earthquake Relief

On June 24, two strong earthquakes struck north-central Venezuela in rapid succession. Episcopal Relief & Development has been in daily contact with our local partners in Venezuela and nearby dioceses as they check in with congregations and communities to determine who is safe and who needs urgent assistance. As details come into focus, Episcopal Relief & Development is poised to deliver critical, sustained support throughout the evolving recovery process.

Gifts to the International Disaster Response Fund will allow them to send urgently needed critical relief and long-term recovery support. You can make your gift in the offering today or online using the QR code.



Episcopal
Relief & Development

**EVERY HAND HAS
A PURPOSE**

YOU BELONG. YOUR HANDS ARE NEEDED.

**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.**

KCCATHEDRAL.ORG/VOLUNTEER

bring food for coffee hour
usher or greet at worship services
acolyte
teach/help with children & youth programs
assist with the Cathedral gardens
sing or ring bells in one of the choirs
outreach volunteering

**Summer is a great
time to try out
volunteering
or try out a new
ministry.**