

GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"Feeding the Multitudes" by Cara Hochhalter

The Tenth Sunday after Pentecost

August 2, 2026 • 10:30 a.m.

Welcome!

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.

Subscribe to Our Newsletter

Sign up for email news about special events, worship and ways to connect with our community.



Email Signup

Children

The Common Room is available during this service as a nursing & family room; the service is streamed in the room.

Children are welcome in all our services and activities for them are available on a shelf in the back aisle.

- Today is a Family Worship Sunday. Family Worship Sundays provide an opportunity for families to worship together. Worship Boxes with resources for children are in the back cross aisle.
- On other Sundays, elementary age children gather for Cathedral Kids, which 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.

Restrooms

Gendered and accessible restrooms with a changing table are available in Founders' Hall. A non-gendered and accessible restroom with a changing table is available at west end (rear) of the Cathedral.

Hearing Assist Devices

Connect your Bluetooth enabled devices through the Listen Everywhere app. Detailed instructions are available on the table near the entrance. Other (not Bluetooth) hearing assist devices are also available on the table near the entrance.

Ways to Give

- **GIVE ONLINE** with the QR code (or use the GIVE button on the Cathedral website).
- **TAP** to give using the display in the Tower entrance. Instructions for use are next to the machine.
- **TEXT** "GIVEtoGHTC" to 73256.
- Place in the **OFFERING PLATE**. Envelopes are available in the pew racks.

Thank you for your generosity.



Give Online

Service Notes

Please rise, as able, for portions of the service marked with an asterisk (*). Page numbers listed are from red The Book of Common Prayer and hymn numbers are from *The Hymnal* 1982.

Following the Service

Please join us for a cup of coffee or tea and lively conversation in Founders' Hall.

Our Mission

As the Episcopal Cathedral Church in the heart of Kansas City we seek and serve Christ in all people, loving our neighbors as ourselves while striving for justice, peace and respect for every human being. Our worship, prayer and formation support the restorative strength of our community, reconciling all people to God and one another through Christ.



@kccathedral

Please be advised that our services are livestreamed to YouTube. Your participation in the service serves as your consent to the broadcast of your image and voice and to the broadcast of the image and voice of your participating minor children.

HOLY EUCHARIST

VOLUNTARIES

Tune in E
Pastorale

George Thalben-Ball (1896-1987)
Sydney Watson (1903-1991)

* OPENING HYMN: 423 "Immortal, invisible, God only wise"

1 Im - mor - tal, in - vis - i - ble, God on - ly wise,
2 Un - rest - ing, un - hast - ing, and si - lent as light,
3 To all life thou giv - est, to both great and small;
4 Thou reign - est in glo - ry, thou rul - est in light,

in light in - ac - ces - si - ble hid from our eyes,
nor want - ing, nor wast - ing, thou rul - est in might;
in all life thou liv - est, the true life of all;
thine an - gels a - dore thee, all veil - ing their sight;

most bless - ed, most glo - rious, the An - cient of Days,
thy jus - tice like moun - tains high soar - ing a - bove
we blos - som and flour - ish, like leaves on the tree,
all laud we would ren - der: O help us to see

al - might - y, vic - tor - ious, thy great Name we praise.
thy clouds, which are foun - tains of good - ness and love.
then with - er and per - ish; but nought chan - geth thee.
'tis on - ly the splen - dor of light hid - eth thee.

Words: Walter Chalmers Smith (1824-1908), alt. Music: *St. Dewi*, Welsh hymn, from *Caniadau y Cyssegr*, 1839; adapt. John Roberts (1822-1877); harm. *The English Hymnal*, 1906, alt. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

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.

* SONG OF PRAISE: S236 Canticle 13, A Song of Praise: *Benedictus es, Domine*



1. Glo - ry to you, Lord

God of our fa - thers; you are wor - thy of praise;

glo - ry to you. 2. Glo - ry to you

for the ra - di - ance of your ho - ly Name; we will

praise you and high - ly ex - alt you for ev - er.

3. Glo - ry to you in the splen - dor of your

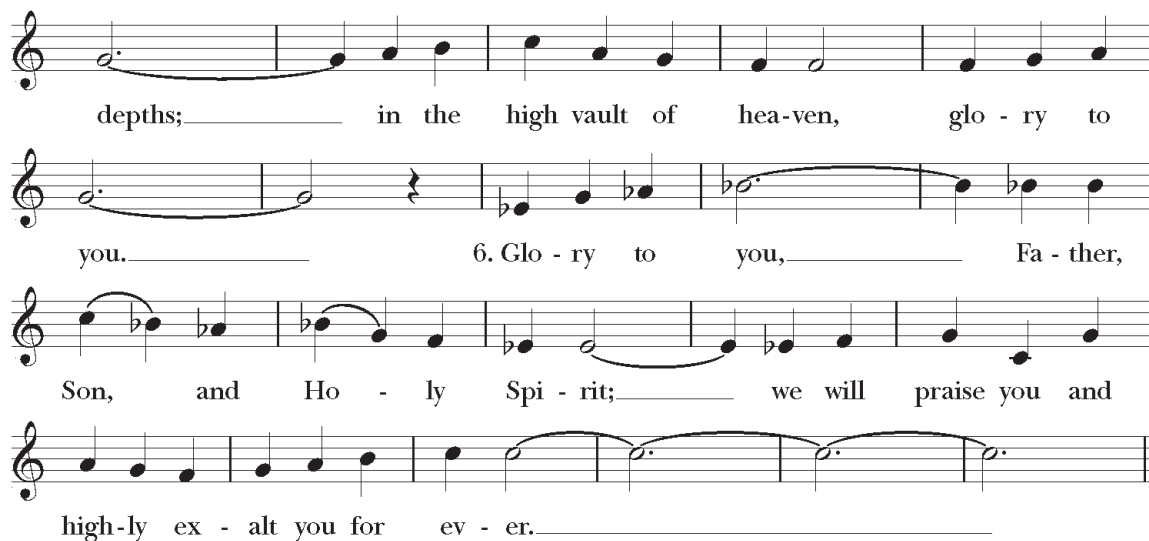
tem - ple; on the throne of your ma - jes - ty, glo - ry to

you. 4. Glo - ry to you, seat - ed bet -

ween the Cher - u - bim; we will praise you and

high - ly ex - alt you for ev - er.

5. Glo - ry to you, be - hold - ing the



Music: John Rutter (b. 1945). Copyright: © 1985, Oxford University Press, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* COLLECT OF THE DAY

Presider The Lord be with you.

People And also with you.

Presider Let us pray.

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE LESSONS

First Lesson: Genesis 32:22-31

Lector The same night Jacob got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." So he said to him, "What is your name?" And he said, "Jacob." Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed." Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. So Jacob called the place Peniel, saying, "For I have seen God face to face, and yet my life is preserved." The sun rose upon him as he passed Peniel, limping because of his hip.

The Word of the Lord.

People Thanks be to God.

Hear my plea of innocence, O Lord; give heed to my cry; *
 listen to my prayer, which does not come from lying lips.
Let my vindication come forth from your presence; *
let your eyes be fixed on justice.
 Weigh my heart, summon me by night, *
 melt me down; you will find no impurity in me.
I give no offense with my mouth as others do; *
I have heeded the words of your lips.
 My footsteps hold fast to the ways of your law; *
 in your paths my feet shall not stumble.
I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.
 Show me your marvelous loving-kindness, *
 O Savior of those who take refuge at your right hand from those who rise up against them.
But at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding your likeness.

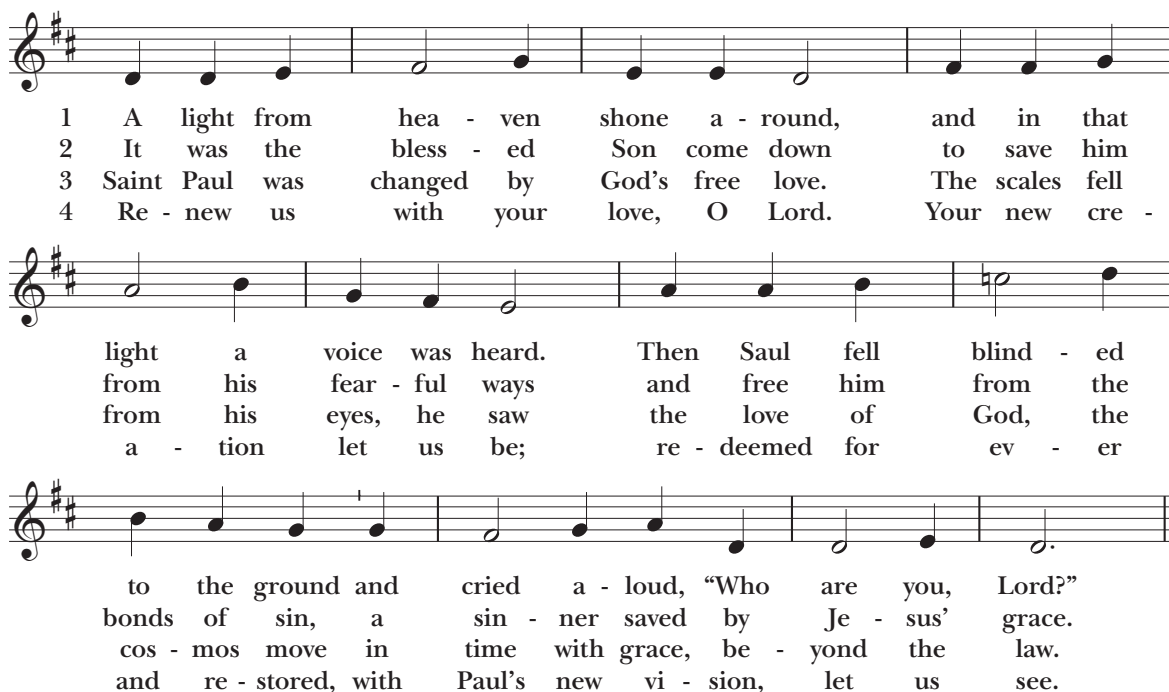
Second Lesson: Romans 9:1-5

Lector I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

The Word of the Lord.

People Thanks be to God.

* GOSPEL HYMN: 256 “A light from heaven shone around”



1 A light from hea - ven shone a - round, and in that
 2 It was the bless - ed Son come down to save him
 3 Saint Paul was changed by God's free love. The scales fell
 4 Re - new us with your love, O Lord. Your new cre -

light a voice was heard. Then Saul fell blind - ed
 from his fear - ful ways and free him from the
 from his eyes, he saw the love of God, the
 a - tion let us be; re - deemed for ev - er

to the ground and cried a - loud, "Who are you, Lord?"
 bonds of sin, a sin - ner saved by Je - sus' grace.
 cos - mos move in time with grace, be - yond the law.
 and re - stored, with Paul's new vi - sion, let us see.

* THE HOLY GOSPEL: Matthew 14:13-21

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

People Glory to you, Lord Christ.

Gospeller Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord.

People Praise to you, Lord Christ.

SERMON

* THE NICENE CREED

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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 Loving and merciful God, hear the prayers of your people as we say Lord in your mercy, hear our prayer.
Lead your church to be a beacon of hope, an advocate of reconciliation, and an example of peace.
Lord in your mercy,

People Hear our prayer.

Intercessor Inspire the leaders of the nation to seek a sustainable and just world where every life has dignity and purpose.
Lord in your mercy,

People Hear our prayer.

Intercessor Enkindle the fire in our hearts that we may shine with zeal for your will and for the mission of Christ our Lord to be good news to our neighbors.
Lord in your mercy,

People Hear our prayer.

Intercessor Strengthen our will and our resolve to work together for the common good of all to work together for sustainable solutions to the issues where only a global effort will suffice.
Lord in your mercy,

People Hear our prayer.

Intercessor Grant peace to all who suffer, mend what is broken, and heal what is sick, so that this world may know the wholeness and goodness of your creation. 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 Welcome the dying into your loving presence, be present to those who mourn, and grant us the promise of eternal life. We pray especially for those we now name, either silently or aloud.
Lord in your mercy,

People Hear our prayer.

Presider Gracious and loving God, whose very being undergirds all of existence. Help us live into your purpose for us and empower us to be agents of your grace that our lives might reflect your glory. All this we ask through Christ, our redeemer and Lord, who with you and the Holy Spirit lives and reigns now and always. **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

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 VOLUNTARY: *O Welt, ich muss dich lassen*, Op. 122, No. 3

Johannes Brahms (1833-1897)

PRESENTATION HYMN: 380 "From all that dwell below the skies" *verse 3*

Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low; praise him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Words: Isaac Watts (1674-1748), para. of Psalm 117. St. 3, Thomas Ken (1637-1711). Music: *Old 100th*, melody from *Pseaumes octante trois de David*, 1551, alt.; harm. after Louis Bourgeois (1510?-1561?). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE GREAT THANKSGIVING, Eucharistic Prayer D

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S120: The Holy Eucharist II, Lift up your hearts: *Sursum corda*

Celebrant The Lord be with you. *People* And al - so with you.
Celebrant Lift up your hearts. *People* We lift them to the Lord.
Celebrant 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,

Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might,
 heaven and earth are full of your glo - ry. Ho -
 san - na in the high - est. Ho - san - na in the high - est.
 Blessed is he who comes in the name of the Lord. Ho -
 san - na in the high - est. Ho - san - na in the high - est.

Music: From *A Community Mass*; Richard Proulx (1937-2010). Copyright © 1971, 1977 GIA Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

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.

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

S154: The Holy Eucharist, Fraction Anthem: *Christ our Passover*

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Christ our Pass - o - ver is sac - ri - ficed for us;

there - fore let us keep the feast.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Music: From *New Plainsong*; David Hurd (b. 1950). Copyright © 1981, G.I.A. Publications, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

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

*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.

Prayer for Spiritual Communion

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

— From *The Prayer Book for the Armed Services*

COMMUNION HYMN: 321 “My God, thy table now is spread”

1 My God, thy ta - ble now is spread, thy cup with
2 O let thy ta - ble hon - ored be, and fur - nished
3 Drawn by thy quick - ening grace, O Lord, in coun - tless
4 Nor let thy spread - ing Gos - pel rest till through the

love doth o - ver - flow; be all thy chil - dren
well with joy - ful guests; and may each soul sal -
num - bers let them come; and gath - er from their
world thy truth has run, till with this Bread shall

thith - er led, and let them thy sweet mer - cies know.
va - tion see, that here its sa - cred pledg - es tastes.
Fa - ther's board the Bread that lives be - yond the tomb.
all be blessed who see the light or feel the sun.

Words: Sts. 1–3, Philip Doddridge (1702–1751), alt.; st. 4, Isaac Watts (1674–1748), alt. Music: *Rockingham*, melody from *Second Supplement to Psalmody in Miniature*, ca. 1780; adapt. Edward Miller (1731–1807); harm. Samuel Webbe (1740–1816)
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COMMUNION HYMN: 309 "O food to pilgrims given"



1 O Food to pil - grims giv - en, O Bread of life from
 2 O stream of love past tell - ing, O pur - est foun - tain,
 3 O Je - sus, by thee bid - den, we here a - dore thee,

hea - ven, O Man - na from on high! We
 well - ing from out the Sa - vior's side! We
 hid - den in forms of bread and wine. Grant

hun - ger; Lord, sup - ply us, nor thy de - lights de -
 faint with thirst; re - vive us, of thine a - bun - dance
 when the veil is riv - en, we may be - hold, in

ny us, whose hearts to thee draw nigh.
 give us, and all we need pro - vide.
 hea - ven, thy coun - te - nance di - vine.

Words: Latin, 1661; tr. John Athelstan Laurie Riley (1858-1945), alt. Music: *O Welt, ich muss dich lassen*, present form of melody att. Heinrich Isaac (1450?-1517), alt.; harm. Johann Sebastian Bach (1685-1750). Copyright: Words: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* POSTCOMMUNION PRAYER

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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.

* CLOSING HYMN: 344 "Lord, dismiss us with thy blessing"

1 Lord, dis - miss us with thy bless - ing; fill our hearts with
 2 Thanks we give and a - dor - a - tion for thy Gos - pel's
 3 so that when thy love shall call us, Sa - vior, from the

joy and peace; let us each, thy love pos - sess - ing,
 joy - ful sound: may the fruits of thy sal - va - tion
 world a - way, fear of death shall not ap - pall us,

tri - umph in re - deem-ing grace: O re - fresh us,
 in our hearts and lives a - bound: ev - er faith - ful,
 glad thy sum - mons to o - bey. May we ev - er,

O re - fresh us trav - eling through this wil - der - ness.
 ev - er faith - ful to thy truth may we be found;
 may we ev - er reign with thee in end - less day.

Words: Att. to John Fawcett (1739/40-1817). Music: Sicilian Mariners, Sicilian melody; first published *The European Magazine and London Review*, 1792, alt. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Choral Song

Samuel Sebastian Wesley (1810-1876)

Please join us for coffee/tea and fellowship in Founders' Hall.

Serving Today

Presider
 Preacher
 Deacon of the Word
 Deacon of the Table
 Organist

The Rev. Clare Stern-Burbano
 The Rev. Canon W. James Yazell
 The Rev. Barbara Wegener
 The Rev. Dr. Richard Liantonio
 Dr. William McCandless

This Week at GHTC

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

Sunday, August 2

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour
- 9:15 a.m. Adult Formation Book Study
- 9:30 a.m. Rehearsal: Trinity Choir
- 10:30 a.m. Holy Eucharist* (Family Worship)
- 11:45 a.m. Coffee Hour
- 5 p.m. Holy Eucharist

Monday, August 3

- 6 p.m. Alcoholics Anonymous Meeting

Tuesday, August 4

- 6 a.m.-7 p.m. Election Polling Place
- 12:30 p.m. Women's Bible Study+
- 6:45 p.m. Lectionary Bible Study+

Wednesday, August 5

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

Sunday, August 9

- 8 a.m. Holy Eucharist
- 9 a.m. All Parish Breakfast
- 9:15 a.m. Adult Formation Book Study
- 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

+On Zoom

*In person service streamed on YouTube @kccathedral

Birthdays & Anniversaries

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

August 2

Manni & Nkolika Obiesie
Diane Barker
Tiger Pennington

August 3

Mike McDonald
George Colburn

August 4

Michelle & Chuck Ritter
Cliff Mosley

August 5

Jim Crum

August 6

Neal McCarroll

August 7

Mathias & Kristen Nichols

August 8

Kirkland Gates
Delaney Spoonhour
Barbara Wegener

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: Sid and Mary Breese; Meribeth Risebig; Carrie Robertson Gentry; 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; 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: Larry McMullen, Emily Barker; Nick Hutcherson; Sydney Watson; Joe Anderson; Jessica Manning; Deacon Bill Crain; Cipriano Don Candillo; Phil Carroll; Cherry Barthel; Dolly Galus; Phyllis Hart; 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 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: The Episcopal Diocese of West Texas – Austin—The Rt. Rev. David Read, Bishop

Bishop Kemper School for Ministry

Today's altar flowers

Today's flowers are dedicated to the glory of God and in celebration of Devon Lee Stewart Sweeting by Ric & Janet Stewart Sweeting.



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

August 16, September 20 | 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, August 15, September 19 | 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.

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

Spiritual Abundance, Human Striving, & Eucharistic Feeding "Jacob's Second Dream" Illumination (Genesis 32:22-31)

Today's lectionary readings highlight God's abundant grace and provision in the face of human limitations. Key themes address Christ's call to spiritual abundance, the tension between human striving in contrast to divine surrender, and Christ's miraculous Eucharistic feeding. Two of these themes are addressed in the Old Testament reading where Jacob wrestles with God at the Jabbok River. There his striving with the divine is said to prevail while the sovereign power of God is manifested through the patriarch's life-long limp. The Gospel reading discloses God's extravagant grace and provision through the feeding of the 5,000 from a very meager food source. This text is reinforced by the Psalm reading that declares God's steadfast love and provision. Today's Collect invites us to apply these lessons to our lives through a prayer that asks God to cleanse and defend us while confessing that we are powerless to do this on our own.

In the narrative of Jacob's struggle at the Jabbok River, we find him alone and afraid. His fear and loneliness are far greater than the approaching encounter with his brother, Esau, and the fact that he has been separated from his family and possessions. Perhaps it's his own unreconciled identity that worries him most and leaves him alienated from himself. In this condition he wrestles with a mysterious stranger until daybreak. While much in this story is undefined, it is clear that Jacob has reached a place in his life where some sort of resolution is necessary, and he can't relax from his struggle until a breakthrough is achieved.

In "Jacob's Second Dream" illumination, Jacob has a nocturnal encounter with God that is reminiscent of the "Ladder to Heaven" dream he had experiences over 20 years earlier during his first night after fleeing home. This illumination repeats several elements from the "Jacob's Ladder" depiction, including the delicate butterfly wings, the blue figures, and scattered fragments of gold. There is also a bewildering shadow figure suggesting the mysteriousness of this event. Who is the stranger with whom Jacob wrestles all night? What is the purpose of this confrontation? The significance of the struggle is indicated by the two names in Hebrew found in the portrayal – "Jacob" (meaning "supplanter") in black referring to his prior identity, and "Israel" (meaning "one who struggles with God") in gold referencing his new identity. The entire episode from the first dream to the second one has been transformative for Jacob. He emerges from this dark night with a new name, a limp, and an awareness that his struggle somehow is holy, indicating his prolonged and challenging process for coming to terms with God.

Following this life-changing encounter, things do not get easier for Jacob. While he does reconcile with Esau, his life continues to be filled with struggles, many of them related to family issues.

Perhaps you too can identify with Jacob in his struggles. Likely each of us has experienced some dark night of the soul when forces beyond our comprehension seemed to threaten our very existence. Jacob's experience reminds us that God is willing to engage the mystery of ourselves and bless our struggles, even those that wound us.



Upcoming Events | Announcements

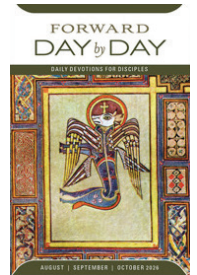
For more info and signup links: kccathedral.org/events



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.



Formation for All Ages

Learn more: kccathedral.org/learn

Adults: Sundays

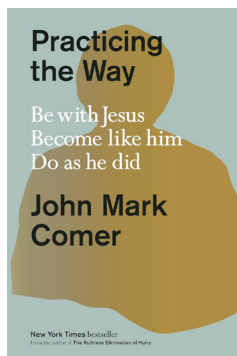
Practicing the Way

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

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



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. This summer, we are studying of *Tattoos on the Heart: The Power of Boundless Compassion* by Fr. Gregory Boyle.

Zoom link: kccathedral.org/adultformation

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.

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.