

The Journey

September and
October, 2020

A Newsletter of St Paul's Episcopal Cathedral

815 High Street ✠ Downtown Des Moines, Iowa
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Autumn Is Back, And So Are We, But Differently

October's bright, blue weather will soon be here. Alas, the sun sets before 8:00 in the evening, and we recognize it's time once more for the annual routine of putting away summer clothes, freshening our fall and winter attire, which now include face masks. During the summer St. Paul's adapted to these new times quickly. Morning Prayer and Bible Study resumed via Zoom, and we began offering regular online Sunday services on Palm Sunday, April 5 as well as offering a post-service Virtual Coffee Hour. To celebrate Easter Sunday we launched our Sunday morning carillon concerts, which have delighted many, both in person and on Facebook. (The concerts continue this fall; for more information, see page 9) The Chapter, Property Committee, and Staff have met online since March.

Responding to these new times, Children's formation held several Zoom gatherings. Plans for Vacation Bible Study were shifted, and we partnered with St. Timothy's and St. Andrew's, to provide online Vacation Bible Study (see page 4). Beginning Sunday, July 19th we moved towards in-person, outdoor worship in our garden.

As summer collapses into fall, it is only natural we look for the familiar, especially this year. Some of our regular activities, such as the annual Diocesan Convention, will transpire but in a different way. "Life in

the Zoom Lane" is the norm. Wednesday Morning Prayer continues online at 9:00am, as will Thursday's Bible Study, a boon to this group, allowing parishioners now living far away to join. St. Paul's Online Sunday Service at 10:00am continues, as will our post-service Virtual Coffee Hour. We are planning outdoor gatherings for Children's Formation, so we can see one another while staying safe and socially distancing. The 168th annual Diocesan Convention will be held in October as usual, but this year's gathering will be on line. The Chapter, Property Committee, and Staff will continue to meet electronically. Our in-person outdoor services at 8:00 and 9:30 am will continue as long as possible, depending upon the weather. We are currently examining ways for a return to in-person worship indoors, and we are exploring new audio/video options for live-streaming future services. Responding to current events, we are planning two special online services of prayer for the nation co-led by the Cathedral Church of St. Paul in Des Moines and Trinity Cathedral, Davenport (see page 4).

It has been written that life starts all over again when it gets crisp in the fall, and that autumn is more the season of the soul than it is of nature. As we move ever-forward towards October's bright, blue weather – walking together not in fear, but in faith – we hope you will join us here at St. Paul's. Look inside for more information.



A Letter to the Parish from the Senior Warden

The Chapter recently approved the extension of Amma Nicola's agreement with St. Paul's, which we announced the first of the month. And, in consultation with Bishop Scarfe, her title has been changed to the Reverend Canon Provost of the Cathedral, reflecting her more permanent position and her additional responsibilities.

Since that time, several people have asked how this effects Fr. Troy and his position as Dean, which are excellent questions that I will try and answer as clearly as I can. Fr. Troy was on Short Term Disability leave for a period of six months, which ended mid May. He transitioned to Long Term Disability leave at that time and has the option to continue in that status for up to two years. During that time, he can and will seek treatments. At some point during that time period, a medical decision will be made as to his ability to return to work in some capacity, which could be full time, part time, or not at all. We are all hoping and praying that it is in a full time capacity. Should it be that he cannot return in any capacity, he would then transition to Permanent Disability.

As for where he stands now in the interim, he carries the title Dean of the Cathedral, even though he cannot function actively at the moment. He will continue in that position until a determination is made regarding his ability to perform his calling as Dean. His name continues to appear on all official Cathedral documentation, communication and church records and will remain as such until we are notified that he could not perform that role.

As we continue to evolve in our role as the Cathedral we are grateful for the prayers and support for our Church, our staff, Fr. Troy and Amma Nicola.

Skeet Wootten
Senior Warden



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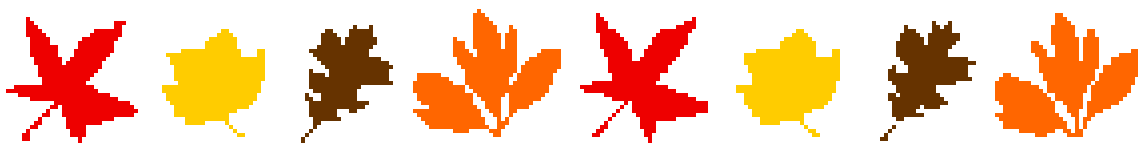
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A Letter to the Parish from Fr. Troy



Hello friends,

I pray that this finds you well and enjoying the Summer.

Like you, I am saddened by the loss that so many people are experiencing after the derecho last week. I'm sure that we are all praying for our neighbors across Iowa. I imagine that there are many ways to donate to help the recovery. Here is one that Christ Church in Cedar Rapids is recommending, [United Way of Eastern Iowa](#)

I continue to stay as connected as possible each Sunday via the streaming services and, of course, the carillon hymns! What a joyful gift to downtown Des Moines and to all who watch online!

As for me, not much has progressed due to the neurologist office in Atlanta not being open for in clinic treatment yet. As soon as they re-open I hope to get an appointment quickly. I ask for your prayers. This season of waiting for doctors has been long, and prolonged now because of the shut-down.

I pray for you all each day and hope to be able to be with you in person again soon.

You can always keep up to date with me on Facebook at: Fr. Troy Beecham - Pilgrim, Priest, Soul Friend"

Ever yours in Christ Jesus,

Fr. Troy"

A Letter to the Parish from Amma Nicola



Dear People of St. Paul's,

I write to you as we enter a new phase of the global coronavirus pandemic, as we enter a new phase in the struggle for racial equality in America, and as we enter a new school year.

In many parts of the globe, different countries are trying to learn how to function while keeping coronavirus infection rates under control. Within this broad context, the Episcopal Diocese of Iowa's Task Force on Regathering (regathering team) is providing expert guidance on when and how congregations can gather safely for worship or other purposes. In early July, St. Paul's submitted a plan for outdoor Eucharistic worship that was approved by the regathering team and, since then, weekly services have been taking place at the rain garden altar to the north of the building. It has been a true blessing to be able to share Eucharist together there – firmly planted in the heart of the city.

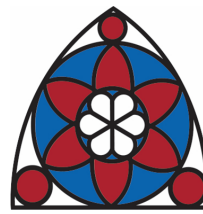
On June 7th I attended an online prayer service led by one of our companion Dioceses, the Diocese of Brechin, Scotland. I was moved by that service in two ways. Firstly I was moved by the importance that our companion Dioceses attach to racial violence in America, which had motivated the service, and secondly I was moved by listening to Donna Scarfe's testimony to her multiple experiences of being racially profiled, under suspicion for no other reason than the color of her skin. St. Paul's has recently renewed efforts toward racial justice by forming a monthly, online, group discussion of resources from the Beloved Community Initiative for Racial Justice, Healing, and Reconciliation in Iowa.

Continued on the next page

Amma Nicola, continued

Inspired in part by the June 7th online prayer vigil and motivated by the upcoming elections on November 3rd, St. Paul's is also partnering with Trinity Cathedral, Davenport, to jointly lead two online prayer services for the nation (September 13th and October 11th at 4 pm – see page 7 of this issue). I hope that you will join us live for these online services.

Finally, when Bishop Scarfe introduced me to you in January this year, I committed myself to walk with you as priest during the uncertain time of Fr. Troy's illness. At that time my appointment was for a period of six months. More recently, the compounding challenge of the global pandemic has caused the Cathedral Chapter to extend the period of my appointment through December 2021. I remain grateful for the opportunity to serve St. Paul's and I continue to enjoy getting to know you all. I am grateful for your caring for one another, for your encouraging one another in faith, and for your work to maintain and cherish the buildings in service of



ST. PAUL'S
EPISCOPAL CATHEDRAL

the ongoing mission and ministry of the church. As the new school year arrives we see clearly how strongly interconnected we all are. Very few of us are untouched by the struggles of government, colleges, schoolboards, teachers and parents as this new academic year has approached. We pray for them and by extension for ourselves as we make informed choices to wear face masks, socially distance and, by doing this, fulfill our baptismal promise to love our neighbor as ourselves.

Yours in Christ,

Amma Nicola



Theology and Christian Justice

By Fr. Zeb Treloar

Theology is how we relate to God. All theology is contextual. Our thoughts about God are shaped by the books we read, the ways we pray, our historical context, and our personal relationships. This is why as a community we read the Bible, why we pray in intentional ways, we learn history, and we gather together. It all shapes our relationship with the living God.

One of the books that has recently expanded my own theology is *The Color of Compromise: The Truth About the American Church's Complicity in Racism* by Jemar Tisby. In this book, Tisby explores how the American understanding of race and our power structures have muted the Gospel message and allowed for disparity. This book is both a challenge and a work of deep hope, hope that in facing hard truths we can expand our own understanding of how God is working in and giving new life to the Church in America.

When reading this book, I recognized how some of the theological movements of the past, particularly theologies that arose to support slavery, still have a hold on the Church in the United States today. One of the theologies Tisby shares in this book is the "Spirituality of the Church". Tisby shares how this theology gained prominence in the years leading up to the Civil War. The

Church was in conflict over whether one could own slaves and be Christian. The United States was being torn apart over this issue, and many denominations were being split over this issue. In an effort to keep the white Church together, James Henley Thornwell wrote prolifically about the spirituality of the Church, seeking to divorce the Church from political or social matters. He sought to keep the Church out of such divisive matters by declaring that the church "has no commission to construct society afresh... to re-arrange the distribution of its classes, or to change the forms of its political constitutions." (quote from Thornwell, Tisby p. 85). Our own Episcopal Church, which consisted of many slave holders and people who were financially tied to the institution of slavery, did not split over the issue of slavery during the Civil War period and I believe many in The Episcopal Church adopted this "Spirituality of the Church" during that time. I see this theology alive in our denomination today.

Continued on the next page

Theology and Christian Justice, continued

I agree that the Church should not seek for the United States to be a theocratic nation, a nation run by the Church. However, when it comes to matters of how we care for one another, how we love our neighbors as ourselves, this “Spirituality of the Church” is damaging. God cares deeply for the oppressed. The Bible is full of commands to care for those who are harmed by societal and political structures. We cannot exempt our own society and politics from these commands.

Tisby asserts that “Historically, the doctrine of the spirituality of the church tends to be most strenuously invoked when Christians speak out against white supremacy and racism.” (p. 86). So it is time to break the silence this spirituality has caused. The truth is that racism has harmed the American people since the first Europeans came to this land. Native Americans were removed from their land and killed. Africans were stolen from their homes, forced onto slave ships and sold to white people in order to build an economy that made this nation a super power. Not speaking about this abuse of humans, this stripping of dignity, damages the message of Christ. It is something that has a deep impact on our relationship with God.

I strive for the Church to truly embrace the widely diverse Body of Christ. I long for all who confess Jesus as Lord to have a place here. In creating that environment, we all have to examine how we relate to each other. This has a direct correlation to how we relate to God. We must continually seek to expand and challenge our own theologies, holding in mind the greatest commandment.

Now is a time for Christian justice, where we ask, “Who is being crucified in our world today?” and seek redemption and resurrection life for all people. This means that there are times when the Church must be bold in confronting political and social issues, not as Democrats, Republicans, or any political organization, but as people who believe the power of a crucified Savior. We must echo the words of Mary when she sings, “[God] shows mercy to everyone...He has pulled the powerful down from their thrones and lifted up the lowly. He has filled the hungry with good things and sent the rich away empty-handed.” (Luke 1:50, Common English Bible). If a theology like the “Spirituality of the Church” mutes this message and keeps us from engaging with the social and political reality of our world today, it is time to build a new theology.



Undercroft Overhaul

Progress is being made on the necessary renovations to the Undercroft. A task force has been created and they have met twice, first via Zoom, and the second meeting on-site. Anthony Braida and Elvin McDonald have agreed to be Co-Chairs for this exciting project. Members of this group are Anthony Braida, Elvin McDonald, Anne Reasons, Phyllis Melton, and staff members Amma Nicola, John Doherty, and John Zickefoose, and although most members may be familiar to most, brief introductions are helpful.

Tony Braida: Vice president of the Global Banking department at Bankers Trust and has been traveling the world for business for over 30 years. Through his travels, he has gained a deeper appreciation for the different architectural styles worldwide and how they lend meaning to our daily lives. He is especially drawn to architecture as it relates to sacred spaces as well as the historical preservation of those spaces.

Elvin McDonald: A lifelong churchgoer, St. Paul's felt like home to me my first Sunday, January 2002. I have twice served on the Chapter and volunteer

oversight and upkeep of our landscaping. I have served on local and national boards all my adult life and want to be a member of the team whose singular task is to overhaul the Undercroft so that it can once again support the mission of St. Paul's.

Anne Reasons: A member of St. Paul's since 1996 and is currently a project manager at Nationwide. She has a degree in interior design and specialized in commercial space planning. Additionally, she was a committee member for the most recent renovation of St. Paul's kitchen, and was a Chapter member, 2007 – 2009. Anne traveled extensively while living in Tokyo, Paris, and Toronto

Phyllis Melton: In my 42 years at St. Paul's I have been a part of so many events held in our Undercroft that have given joy, comfort, community, and more to our congregation and beyond. These include the Connections Cafe, art week, pancake luncheons, receptions, dinners, St. Nick's Knacks, and more. I hope to be able to use some of that experience to rebuild that area into something wonderful that will serve our parish, the Diocese, and community for years to come.

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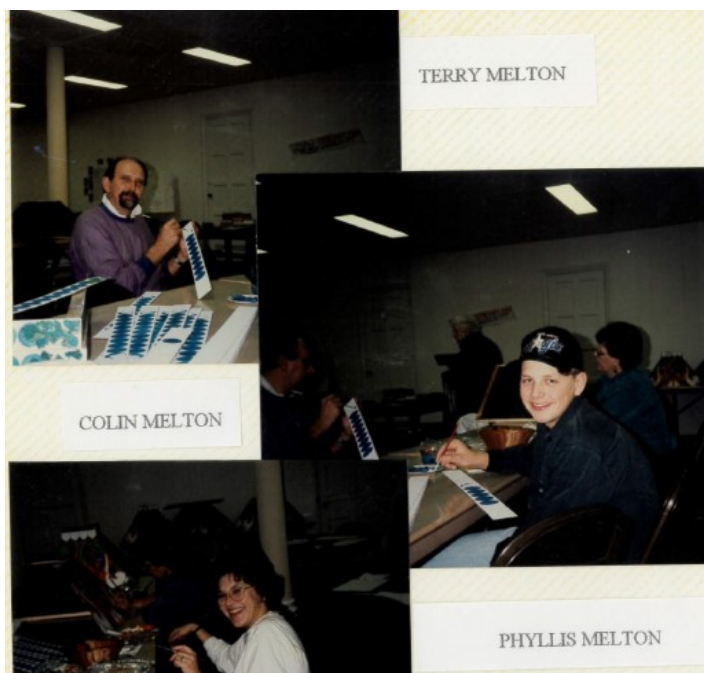
Photographs of the 1995 Undercroft Renovation



Request for Photographs: Can You Help?

These photographs were taken when the Undercroft was last renovated in 1995. On the left, Jim Wilson and his late wife, Gerri, who designed the capitols, which were constructed in the late John Wetherell's shop, below. This nearly year-long project involved clergy, staff, and almost everyone in the parish (including the Melton family).

We have many photographs documenting that wonderful project (and room for only a few here), and now we wonder if any of our readers might have photographs of the space before or after 1995? They might be in your scrapbook or attic, or you may have converted them to digital, but any photographs will be greatly appreciated.



Undercroft Overhaul, continued

Staff members include **Amma Nicola:** Priest and Provost at St. Paul's, is experienced in project management and has appreciated visiting many sacred spaces in her native land (the United Kingdom) that creatively combine the traditional and modern to serve the mission and ministry of the church today.

Deacon John Doherty: Canon Administrator and Ministry Developer.

John Zickefoose: Facilitator.



Children's Formation: Vacation Bible School



Our children have been active in faith formation at home and have been receiving formation packets at home as well as engaging in some Zoom gatherings.

The week of July 13-17 we joined with St. Timothy's, West Des Moines, and St. Andrew's, Des Moines to host the virtual Vacation Bible School Compassion Camp. We Zoomed with each other on Monday and Friday, then had pre-recorded lessons and at home activity packets for the rest of the week. Our very own Lexie and Nate Theissen led music for the kids. Fr. Zeb opened each session and was the video editor for the event. The kids enjoyed learning about loving ourselves and our neighbors. Pictured here are Mary and Arlo Stender-Custer doing exercises during VBS. They really enjoyed learning some yoga!



This fall, we will continue to send formation packets to our children so they can learn at home. We are also planning monthly outdoor gatherings for the children, so we can see one another while staying safe and socially distancing. Parents should look for more information in the weekly eBlast.

St. Paul's Cathedral and Trinity Cathedral To Jointly Provide Services of Prayer for the Nation



You are invited to join us in prayer for the nation at two special online services hosted and co-led by the Cathedral Church of St. Paul in Des Moines and Trinity Cathedral, Davenport, at 4 pm on Sundays September 13 and October 11. The services will incorporate readings, collects, and music with invitation and blessing to be given by Bishop Scarfe.

The services will be found on the diocesan Facebook page, the diocesan YouTube channel, and will be available on the diocesan website. Call-in option for members who only have access to phones (participants on the phone will NOT be able to be heard but will be able to hear the service): 312 626 6799 and enter the Meeting ID as prompted: 365 765 527#



168th Annual Convention of the Episcopal Diocese of Iowa



You must be registered to attend. All delegates will need their own email address and device in order to attend and vote. The convention will use the Whova app. As soon as you register you will receive instructions. After that, you will be able to engage convention through the app. Until that time, use the links provided on the diocesan website which are also copied above. Exhibitors and visitors are welcome.

Schedule

The convention will be held online
October 24th from 10:00 am to 5:00 pm.

10:00AM	Plenary One
12:45PM	Plenary Two
3:00PM	Plenary Three

Invitations with login materials and instructions for downloading the convention app will be emailed to all registered attendees on September 23.

If any of your congregational delegates may need access to technology or internet access to participate, please be in touch ASAP so we can help you support them, email mwagner@iowaepiscopal.org

Dates and Links

- Due 9/15: Delegate Certification & Registration
- Due 9/15: Delegation Payment
- By 10/15: Registration for non-parochial clergy, seminarians, and visitors. [Register here](#)
- 2121 Draft Budget for discussion, see the draft budget here: [Budget](#)
- Exhibitor/Vendor information here: [Exhibitor/Vendor](#)
- Join the Virtual Choir! Email Mark Babcock to participate at: BabcockM@central.edu

Visit the convention webpage for more information. [Convention](#)



Morning Prayer and Bible Study



Morning Prayer 9:00 AM every Wednesday

Join Zoom Meeting

<https://zoom.us/j/698747658>

Or dial in on (312) 626-6799

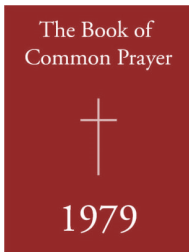
with meeting ID: 698 747 658

Contact Amma Nicola if you have questions!

ammanicola@cathedralchurchofstpaul.org

Bible Study 1 – 3 PM every Thursday

The Rev. Jean McCarthy invites you to Bible study. Thursdays from 1-3 pm on Zoom. You may email her for a link: therevjeanmccarthy@gmail.com.



Do you need a Prayer Book for at home worship? If you do not have a copy of the Book of Common Prayer, you may access it online at bcponline.org.



Des Moines' Ecumenical Eatery

Outreach Opportunity

Connection Café: We will serve at St. John's Lutheran on Monday, September 14 and Monday, October 12.

We are now asking people to prepare the bagged lunches outside of the church in accordance with these rules and be responsible for the transportation to St. John's themselves or to make arrangements. It's easy to donate and volunteer on line. Please go to our [Website](#)

Thank you!



Sunday Carillon Concerts Continue into Fall!

St. Paul's Carillon in Your Car (or From Afar) at 9:00am

Parking on the streets and parking lots surrounding the Cathedral provide a safe opportunity for listening to joyful hymns ringing out through the city. The concert will also be streamed live from our [Facebook Page](#).

Please remain in your vehicles and observe social distancing guidelines.



The article on masks in our last issue prompted responses from our readers. One sent us this family photo, which we include here with our thanks. Taken c. 1918, the four children are standing outside the front door of the farm house waiting for the school bus.



Another parishioner, an avid collector of china and porcelain wrote in that he plans to purchase this Blue Willow face mask to go with his collection.

It's true! Pumpkin spice facemasks are available, and face masks in the liturgical colors of the season or sporting the Episcopal shield are also possibilities.



SHIIP

Senior Health Insurance Information Program (SHIIP) is a federally-funded program operated in Iowa through the Department of Insurance. The program's mission is to provide trained volunteer counselors to assist seniors, disabled persons on Medicare, and those about to turn 65 navigate through the complex world of Medicare.



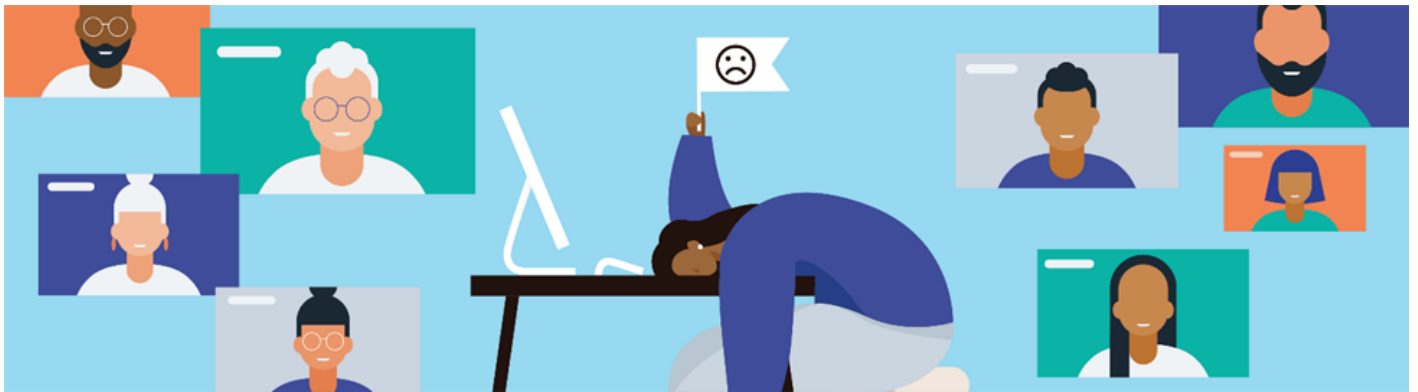
Counselors assist, on a no-fee basis, those about to enroll in Medicare, helping them select Medigap plans, choosing between regular Medicare and Medicare Advantage plans, as well as aiding them in selecting and enrolling in a prescription drug plan (Medicare Part D).

Four downtown Des Moines congregations are members of The Bridge, which is a sponsor organization for SHIIP. If you are a member of one of these congregations and would like assistance, you can call SHIIP directly at 800-351-4664. A volunteer counselor will then contact you to help make appropriate Medicare decisions.

Zoom-Chic-A-Gloom

By Jed Leland

Whether you call it “Zoom Fatigue,” “brain strain,” or “Zoom gloom,” the present profusion of video meetings can be stressful, and if you’re finding that you’re more exhausted at the end of your workday than usual, you’re not alone. People are spending much of their working hours attending virtual meetings and virtual classes, and at day’s end they join in with others virtually for social gatherings. Zooming has blurred the balance between work and play, and the result is video call burnout.



Why do we find video calls so draining? There are a few reasons. In part it’s because they force us to focus more intently on conversations in order to absorb information. When you’re sitting in a conference room, you can rely on whispered side exchanges to catch you up if you get distracted or to answer quick, clarifying questions. During a video call, it’s impossible to do this unless you use the private chat feature or awkwardly try to find a moment to unmute and ask a colleague to repeat themselves. When we meet in person, the brain also incorporates a variety of nonverbal cues, such as a slight nod of the head in disagreement or a sideways glance, a vocal pause of confusion, or quick uptake of air to interrupt, these cues which can be lost within the two-dimensional, Hollywood Squares world of Zoom. We become hyper-absorbed with the few available visual cues we normally gather from a full range of available body language, and when we meet with several people online at the same time, we are simultaneously processing visual cues from all of those people in a way we never have to do around a conference table.

Additionally video calls make it easier than ever to lose focus. We’ve all done it: decided that, why yes, we absolutely can listen intently, check our email, text a

friend, and post a smiley face on Facebook within the same thirty seconds. Except, of course, we don’t end up doing much listening at all. Furthermore, unless you have a private, in-home office, these meetings can be especially challenging as we seek polite ways to ask our loved ones not to disturb us, or stoically tuning them out as they army-crawl across the floor to avoid being seen while reclaiming their headphones from the dining table.

Finally, “Zoom fatigue” stems from how we process information over video. On a video call the only way to show we’re paying attention is to look at the camera. But, in real life, how often do you stand within three feet of a colleague and stare at their face? Probably

never. Engaging in a “constant gaze” makes us uncomfortable – and tired. In person, we use our peripheral vision to glance out the window or look at others in the room. On a video call at home, if we turn to look out the window, we worry it might seem like we’re not paying attention. Perhaps worst of all, most of us are staring at a small window of ourselves, making us hyper-aware of every wrinkle, expression, and how it might be interpreted. Let’s see if we can simultaneously refrain from high expectations without dismissing the clear benefits of online communication.

And let’s not forget those benefits. We can have important meetings while only dressed appropriately from the waist up. Our beloved pets can be perched in our laps while we review our colleague’s budget projections. But on a serious note, let’s not dismiss this amazing technology, but instead learn to find a way to assimilate it into a full spectrum of interpersonal experiences that our new lives include. Let’s be present to absence, without becoming absent to presence. It won’t be easy, but it will be worth it to develop this new capacity.



*I'm thoroughly fed up with Zoom
And need to get out of my room.
All this zooming around
While I'm still on the ground
Increases my level of gloom.*
Anonymous



FATIGUE

Here are some ideas and suggestions for zapping Zoom fatigue:

- Take a few moments before clicking “Start” to settle and ground your attention.
- Take the time to truly greet whoever is in the room with your full attention – offer your attention to each face that appears (if the group is not too big).
- Choose “speaker view,” so that the one person who is speaking has more of your attention and the others are more peripheral. This seems to be more like sitting around a conference table where we are aware of everyone there but we direct our attention primarily to whoever is speaking. Tracking so many faces on the screen can be a challenge. Another possibility is to turn off the video and go audio-only.
- Turn off all notifications and resist the urge to multitask, to stay focused on the discussion.
- Cover your face on the screen. Try covering your face by sticking a little Post-It or piece of paper over the section of the screen where you can see your face. This helps so that you’re not distracted by your own face or worrying about how you look.
- Take notes to help with your retention and focus.
- If the subject matter permits, consider the possibility of conducting your meeting outside on your deck or in a nearby park or garden.
- Try to take measured breaks between sessions. You can only look at the walls of your home for so long before your creativity wanes. Go on a walk to get out of the house, getting that much-needed opportunity to get some sunlight and move your body.
- Ask yourself if you have to attend. Perhaps you don’t have to take that meeting – or attend that happy hour – at all. Think about your priorities. When social obligations feel like work, it’s a warning sign.
- And finally, remind yourself periodically that this is a new place between presence and absence which we will have to learn how to accommodate as we go forward into the uncertain future. Video conferencing is both better than absence and not quite as resonant as presence.



Vicki Ingham's Wonderful New Book

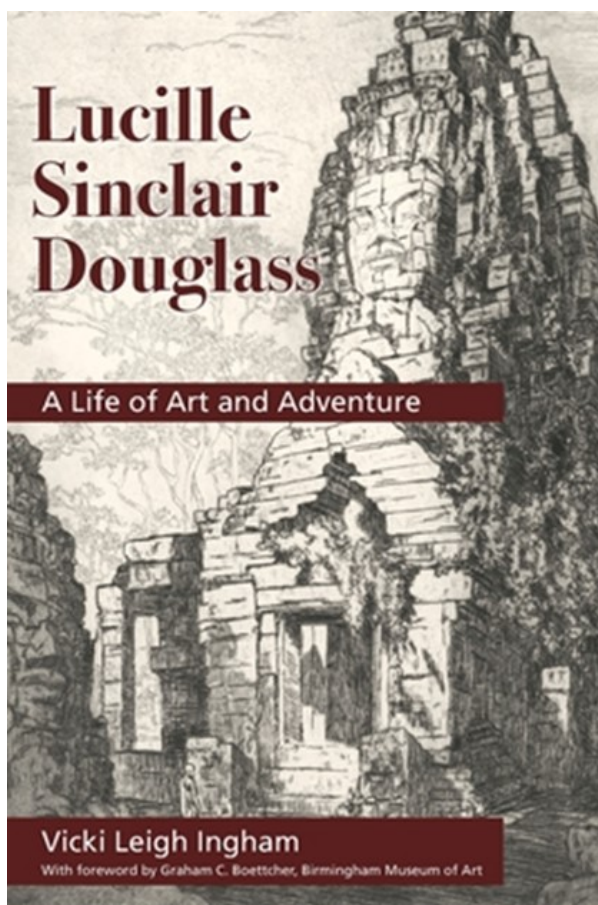
By Jed Leland

Author and parishioner Vicki Ingham has written and new book which we want to bring to your attention. Published this May, *Lucille Sinclair Douglass A Life of Art and Adventure* narrates the astonishing life of one of America's foremost painter-etchers. Ingham's book is the first ever devoted to Douglass and her marvelous, vocative art.

Born in rural Alabama in 1878, Douglass rejected the conventional ideals of marriage and motherhood. In her own day she represented the New Woman, who demanded the same opportunities as men enjoyed, including choosing her own destiny. After breaking her engagement to a young law student, Lucille moved to Birmingham and began supporting herself as a china painter (at the time considered to be a "respectable" female occupation). Lucille's talents were soon recognized and she also made a living teaching this art to others, studying at the Art Students League of New York in the summers.

In 1909 she traveled abroad for further art training. "All of the exposure – to art, to different people and cultures – energized Lucille," writes Ingham, and she created sketches, studies, charcoal drawings, pastels and watercolors of scenes in Holland, Spain, Morocco, and Venice; in 1911 she had exhibitions in two prestigious Paris salons.

Douglass travelled to China in 1920, employed by the Board of Foreign Missions of the Methodist Episcopal Church, organizing and supervising a workshop where Chinese women hand-colored photographic slides for the church's missionary society. These lantern slides were projected at monthly outreach meetings (given by



Lucille, whose popularity and gifts as a lecturer were already known) and geared towards Chinese audiences around the country. Although well travelled, it was this trip East which energized Douglass completely.

Ingham's gift to the reader (in addition to the bountiful illustrations, many in color) is her talent which vividly brings us a life which was crowded with art, travel, and incident. (An understatement. Douglass's life adventures include steaming up the Yangtze River under a hail of bullets from rebel soldiers, riding a donkey to the edge of the Mongolian desert, clambering over the ruins of the fabled "lost city" of Angkor Wat, capturing her experiences in pastels and etchings all the while.)

In addition to her talents as an artist, teacher, and lecturer Lucille – throughout her life – was able to build and continue the friendships with many of the people she encountered, and Ingham quotes liberally from their correspondence.

Today Douglass's art, particularly her etchings of Chinese and Southeast Asia subjects, are found in major collections, including the Metropolitan Museum of Art, The British Museum, The Birmingham Museum of Art, and the Library of Congress.



Above right, Lucille Douglas poses for a portrait in North Africa, date unknown. Courtesy Birmingham Public Library Archives. If you would like to order a copy of Vicki's book please visit her [Website](#)



Behind the Scenes: The Altar, Reredos and Organ

The Altar and Reredos

By John Zickefoose

Photographs by Stephanie Wells

When St. Paul's was constructed in 1885, the original altar faced north, with the celebrant facing away from the congregation, a custom which reflected the theological thinking at the time. As with any building, changes have come about, and St. Paul's is no exception, due in the most part to how the Episcopal church itself does its business of worship and to how St. Paul's does its business of adapting to the rubrics. In 1936 – 1937 the nave and sanctuary were redesigned into their present form. The choir and apse walls were paneled with wood, and a new altar – now facing the congregation – and a neo-Gothic carved wooden reredos (the large screen behind the altar) were installed, both given in memory of Helen Howell Windsor by her sister, Mellvina Howell Kauffman. Typically our altar has been covered with a frontal which drapes down to the floor on three sides. But presently our altar has a plainer look, revealing some of the lovely Gothic tracery carved into the front, and pictured here.

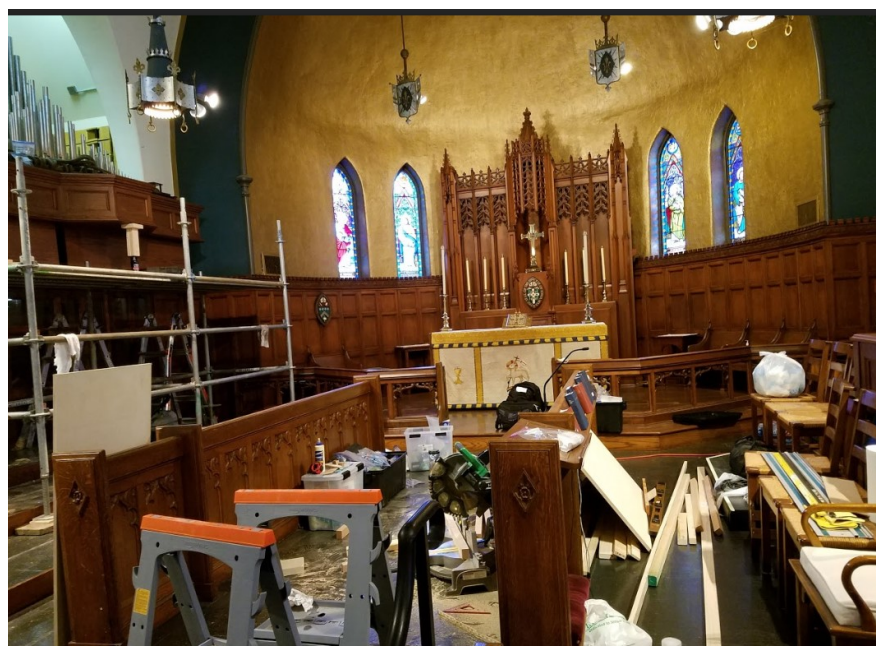


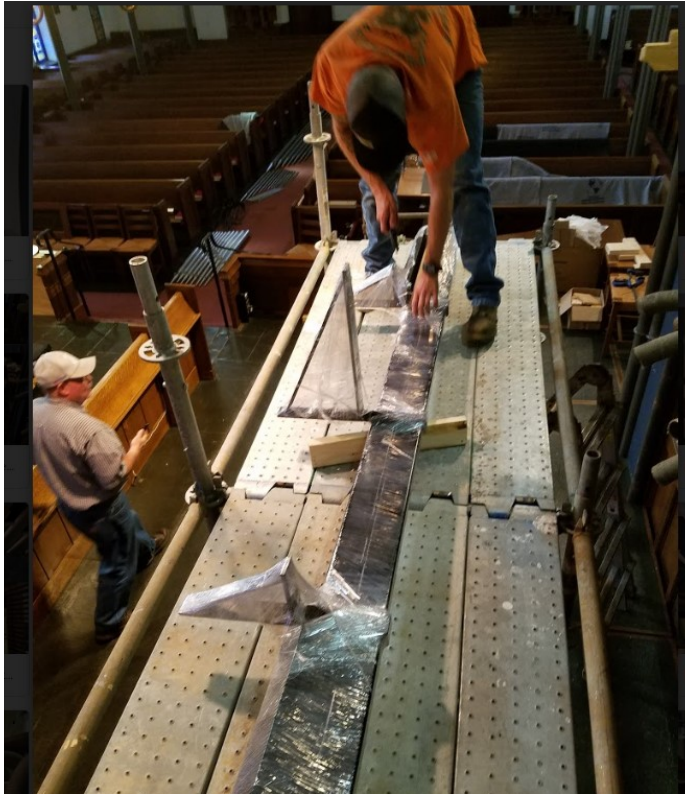
The Organ

Story and photographs by Patrick Budelier

We thought readers would also enjoy these photographs of the recent work on the Cathedral organ. Over time the structure supporting the organ façade pipes facing the console gradually shifted, causing the pipes to tilt slightly. This past November we installed floor jacks to provide temporary support for the façade, and the problem was remedied this summer, by replacing the original wooden support with a new steel beam.

Continued on the next page





Above, the steel beam arrives on site from Austin's shop.

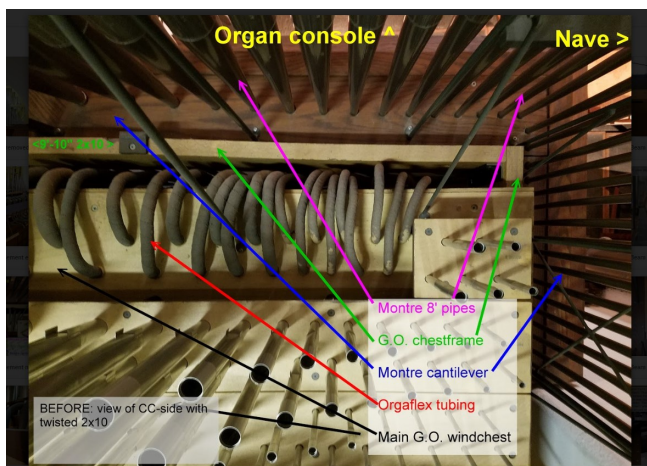


The Organ, continued

The on-site work was completed during the week of June 1—6, 2020 by Patrick Budelier and Darren Ferreter (organ technicians), Austin Dunbar (welding technician and metalworker extraordinaire), and valuable assistance with heavy lifting and hospitality from David Raymond, Brent Prunty, Mark Babcock, and John Zickefoose. Austin also worked late into the night (June 1-2) to complete the new steel beam after we test-fitted it to the organ frame earlier in the day. Design, engineering, and technical leadership were provided by Casavant over the course of several years through many meetings, phone calls, emails, and even personal visits. For their most excellent guidance and leadership we owe a huge debt of gratitude to Guillaume Deschênes, Simon Couture, Pierre Drouin, Jacquelin Rochette, and Denis Blain.



Above and uncloaked, the Grand Orgue is not looking so pretty with its outer garments removed. Left, the steel beam is in place. Below, before (left) and after (right). In order to perform the repair work, many of the pipes had to be detached from their air source. Some of the pneumatic tubing (indicated by the red arrow) was twisted, disrupting air-flow, a problem which was also addressed before they were re-connected.



Safe and Secure Online Giving!

We offer safe and secure online giving on our website. An account allows you to set up a donation schedule and/or track your donations. Quick giving allows you to bypass this step. You may choose to give to our general budget, to the Clergy Discretionary Fund, the Cathedral Preservation Fund, or to Cathedral Arts. You can also automatically give by texting the amount you wish to donate to this number:

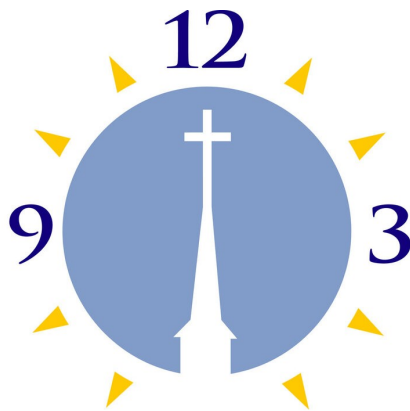
515-207-8133.

Please remember the church's financial needs during this suspension of in-person services. Visit our website at <https://my.e360giving.com/App/Giving/cath815166>.

As of our publication, the Cathedral Office is open and accepting mailed offerings.



Temporary Cathedral Office Hours



Please note that the Cathedral Office will be closed on Monday September 7 for the Labor Day Holiday.

Due to COVID-19 the building is closed to all group meetings. The Cathedral Office is closed except by appointment and for essential needs only. **Visitors are required to sign in and to wear masks.** Voice mails may be left for staff at 515-288-7297 and will be checked regularly. Emails are also welcome.

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John Zickefoose
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What do you think about the new Journey? We'd like to know.

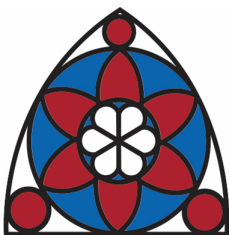
Please contact us at administrator@cathedralchurchofstpaul.org

or call the Cathedral Office: 515-288-7297

The Journey is published bi-monthly. Your articles, news, photos are welcome!

The deadline for the November/December issue will be Monday October 19, 2020.

Please email your submissions to the address above. Thank you!



ST. PAUL'S
EPISCOPAL CATHEDRAL

Mission Statement: The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church.

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