

The Journey

April, 2017

The Very Rev. Fr. Troy C. Beecham, Dean



From the Dean

As we continue our journey through Lent, let's take a moment to remember that Lent, while it is a season of penitence, does not have to be a season of joylessness, and even less a season of morbid self-interest. Once we have come to truly believe and trust what Jesus teaches us about the character and nature of God, that God is love, pure self-giving love, then Lent becomes a whole different thing.

The central issue that will turn Lent into a season of joy is the very same central issue that will fill every moment of every day with the possibility of joy, and it has to do with worship. If we remain locked in the constant cycle of worshipping ourselves, our achievements, our opinions....that is, remaining focused on the pursuit of any created thing in the hope that it will give us lives of meaning and purpose and free us from our fears and rivalries, then

we will remain locked in perpetual cycles of competition and enmity. If we learn to keep our focus, train our hearts to give thanks and to worship only the Lord, and to trust in the Lord with all of our heart for lives of meaning, purpose, and love, then we will find ourselves becoming more and more able to offer ourselves to God and to each other with freedom, selfless love, and experience joy.

I encourage us all to daily renew our focus on the wonderful mystery of the love of God revealed to us in Jesus Christ, in the contemplation of whom we will find our life, our hope, and our joy. Let us be reoriented daily to the life of the age to come, the kingdom of God, and so find our true freedom together as the children of the Lord.

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MAUNDY THURSDAY is the first day of the great Triduum, the last three days of Jesus' earthly life. It's an odd word, "Maundy." The word comes from a Latin word, *mandatum*, from which we also derive our word "mandate," and is a reference to Jesus' mandate to us as his disciples that we remember him regularly by receiving his body and blood in Holy Communion, and his mandate that we should live with each other in humility, with reverence for each other, and that we "wash each other's feet" as a sign of being his disciples. At the conclusion of the Mass, the Reserve Sacrament is taken to the chapel, where we will gather to begin a vigil together after the sanctuary has been solemnly and silently stripped of all adornment.

GOOD FRIDAY is an especially somber and moving holy day. We gather at the noon hour in the church to participate in the trial and crucifixion of Jesus. We are given the time for silent contemplation in this liturgy, and to come kneel in prayer before the cross as a sign of our understanding of what is the wondrous love of Jesus for us, and our perpetual need to reorient our lives to his love. We depart in solemn silence on this day, our hearts and minds filled with the message of grace and mercy.

THE GREAT VIGIL on Saturday begins after sundown, with the church dark and each person holding a candle in their hand. The people gather in an ancient ritual of lighting a new fire in darkness, signifying that the light of the resurrection emerged from the darkness of a tomb. The first candle lit from this fire is the Paschal Candle, and the deacon bids the people to perceive "the light of Christ". As the deacon leads the congregation into the church, the people's candles are lit from the Paschal Candle, and the liturgy continues in candlelight. After the congregation renews together the Baptismal Vows, and have been sprinkled with holy water as a reminder of the waters of our baptism, we proclaim with shouts of joy "Alleluia, Christ is risen! The Lord is risen, indeed!" At this exclamation the church lights are turned on and the liturgy continues with the celebration of the Holy Eucharist, in which we are again invited to share in the risen life of Jesus Christ by receiving the Sacrament of his Body and Blood.

DURING HOLY WEEK AND EASTER, my prayer is that our hearts will be quickened by the grace of God, and that together we will have a new and holy desire to know the Lord Jesus, proclaiming in joyful song that God looks at us and rejoices and delights in us. Thanks be to God.



The Easter Triduum

From the evening of Maundy Thursday to the evening of Easter Sunday we celebrate the Easter Triduum. Deriving from the Latin for “three days” and adding “Easter,” it celebrates the proclamation of Jesus’ resurrection “on the third day,” and it helps us to realize what we celebrate during these three days — Jesus’ passion, death, and resurrection — is such an immense and awe-inspiring mystery that we need three days to enter into its truth. With that in mind, we include these images on which to ponder and reflect.



Maundy Thursday
*Christ Washing the Feet of the
Apostles* by Meister des
Hausbuches, 1475



Good Friday
Jesus Carrying the Cross,
by El Greco, 1580



Easter
The Morning of the Resurrection
by Sir Edward Coley Burne-Jones, 1886



HOLY WEEK WORSHIP SCHEDULE

OUR HOLY WEEK AND
EASTER SERVICES ARE
OPPORTUNITIES TO
FOCUS DEEPLY ON THE
MYSTERY OF JESUS'
DEATH AND
RESURRECTION.

WE HOPE YOU WILL
JOIN US!

Palm Sunday ~ April 9

Blessing of the palms and Passion Narrative

Chrism Mass ~ Monday, April 10 at 11 a.m.

Includes reaffirmation of baptismal and ordination
vows and blessing of holy oils.

All are welcome to attend the Mass.

Chapel Eucharists ~

Tuesday, April 11 and Wednesday April 12
12 Noon, High Street Chapel

Maundy Thursday ~ April 13

7 p.m. ~ Holy Eucharist and Stripping of Altar

8 p.m. to Midnight ~ Prayer Vigil
in the High Street Chapel

Good Friday ~ April 14

12 Noon ~ Liturgy with sung Gospel

1:30 to 3 p.m. ~ The Downtown Way of the Cross
with The Bridge Churches

7:00p.m. ~ The Stations of the Cross
at the Cathedral

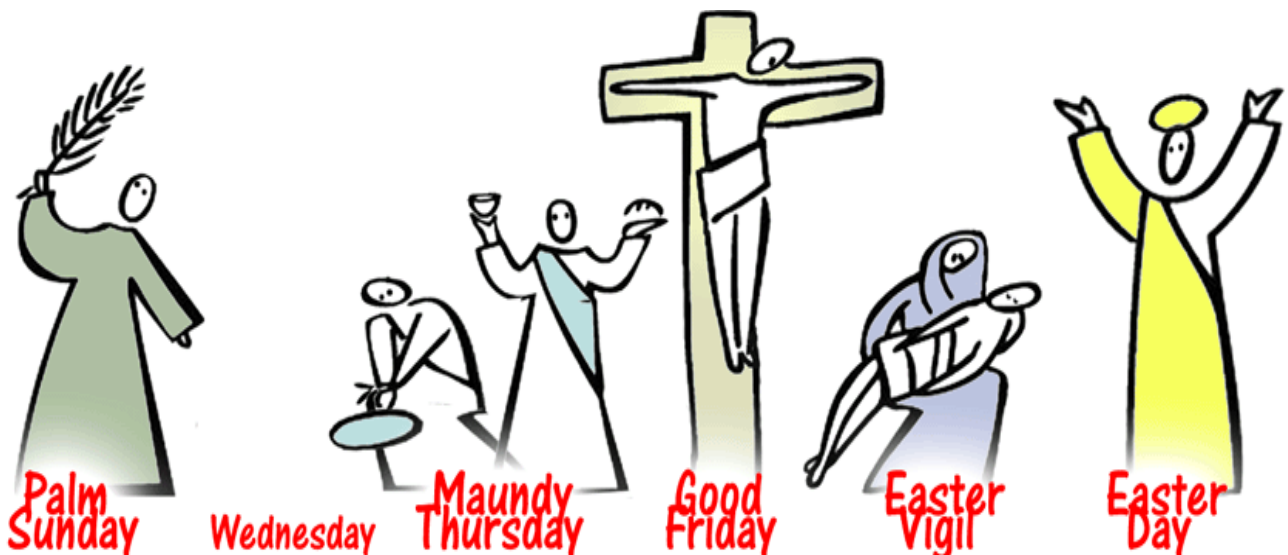
The Great Vigil of Easter ~ Saturday, April 15

8 p.m. ~ Lessons and Lighting of the Paschal Fire
with the First Eucharist of Easter to follow

Easter Sunday ~ April 16

8 a.m. ~ Holy Eucharist with Hymns!

10 a.m. ~ Festival Eucharist



Sanctuary and the Space / Between / Words

By Spivey Knapik

Last month we began to think and pray together about our future in the New Sanctuary Movement, a movement in which churches are uniquely able to respond through our rich traditions, resources, and practices to the immediate human crisis affecting our immigrant neighbors. Thank you to everyone who brought their questions and insights to our attention during coffee hour and during Thursday the 30th's informational meeting. We hope to continue to journey together with wisdom and compassion.

As we have been researching the Sanctuary Movement, I have been pondering the words of poet and theologian Pádraig Ó Tuama. This is the final stanza in his poem "The Pedagogy of Conflict", written from his experiences with The Troubles of Northern Ireland:

*Legitimate Target / has sixteen letters / and one / long /
abominable / space / between / two / dehumanizing / words.*

Language redefines and obscures reality, draping veils between our common humanity, separating between the "us" and "other". The words we pick allow us to declare not just difference but also deficiency between ourselves and those who must first and always filter through that gauzy extra label.

"Legitimate Target" floats across ocean and issue into "illegal alien". Phrases of the same weave; so far from human, criminalized before we know their name or story. Too many dollars and not enough papers; the person lost in the upkeep of their life.

Such rhetorical shrouds give us allowance for real world actions; pulling parents from their families, sending brothers and sisters back into the violence from which they fled. Perhaps even more insidiously, words provide the easy shade of non-action: the risked loss of too much money, too much time, too much certainty.

But our understanding of our brothers and sisters, as well the way we speak of them, must originate and persist in the descriptions God has given us. "Your hands have made and fashioned me", says the psalmist, "give me understanding that I may learn your commandments" (Ps 119:73). "Love does no wrong to a neighbor; therefore, love is the fulfillment of the law" (Rom 13:10); "You shall love your neighbor as yourself" (Mt 22:39). The words of Christ yank down the separation between us and other, giving form to the true nature of reality: that we are all neighbors, born in the same divine image, purposed with loving one another.

The spaces between our words create spaces between ourselves as human beings. Are they spaces of love and compassion, or of dehumanization? As together we discern our future with the Sanctuary Movement, I hope we are able to speak words and create spaces of compassion, letting our speech and our focus center on the humanity and need of our neighbors, rather than the labels our society has hung or the waving distraction of too many uncertainties.



APRIL SHELTER MEAL

Monday, April 24, 2017

Did you know that St. Paul's is the Central Iowa Shelter & Services' longest consistent donor of monthly financial support? In addition to special collections taken for CISS, St. Paul's has for years served a meal once a month at the shelter. Our next Shelter Meal will be Sunday, April 24th. Please check the sign-up poster located in the parish house corridor and think/decide what food you can contribute. Please sign up if you will be bringing food so we don't purchase more than necessary. Monetary contributions are welcome anytime, and will be credited to your personal St. Paul's contributions. *Thank you!*



Clothes Closet

*"I needed clothes and
you clothed me."*

Matthew 25:38

Clothing Closet Volunteer Opportunity for Lovejoy School: Can You Help?

Lovejoy Elementary Clothing Closet and Health Fair has volunteer shifts on Friday April 7th from 5:30-7:00 PM sorting clothes/setting up tables. Two shifts on Saturday April 8th from 8:30-10:30 and 10:30-12:30 setting up, greeting, and clean up. Clothing is welcome, infant-juniors would be best. Anyone interested in donating can drop off on Friday April 7th during the volunteer hours. The school is located at 801 E Kenyon Ave Des Moines 50315

Making Palm Crosses

On Saturday, April 8th, at 10:00 AM the Altar Guild will be gathering to make palm crosses for Palm Sunday. If you would be interested in learning how to make the crosses, please join us. We would love to have you be a part of this ministry to St. Paul's.



Palm Sunday Procession for Peace

Sunday, April 9, 2017

3:00 pm

Gather in the parking
lot at Grace United
Methodist Church
3700 Cottage Grove
Des Moines, IA

3:00 pm

Proceed to First
Christian Church
2500 University Ave.
Des Moines, IA

3:30 pm

Worship at First
Christian Church
2500 University Ave.
Des Moines, IA



**Join the annual downtown Way of the Cross procession & Reflection on
Good Friday, April 14, 2017**

We will begin at 1:30 in front of First United Methodist Church (10th & Pleasant) and will proceed to St. Paul's Episcopal Cathedral, Elsie Mason Manor, Cowles Commons, the Polk County Courthouse, St. Ambrose Cathedral, St. John's Lutheran Church and Centurylink Park (North side of the Centurylink building at 9th and Pleasant).

Each stop will feature a reflection on Scripture. You are welcome to join at any point on the procession, and are welcome to carry the cross for a small part of the solemn walk. Families and children are encouraged to participate. The Way of the Cross is sponsored by The Bridge, an ecumenical initiative among the four downtown churches (First United Methodist, St. John's Lutheran, St. Ambrose Catholic Cathedral, and St. Paul's Episcopal Cathedral).

Shrove Tuesday Pancake Lunch Update . . .



Thank you to all who attended, served, planned, decorated, and prepared the food for the Shrove Tuesday Pancake lunch and Connection Cafe meal..

Through your service and contributions, the lunch grossed \$1,145 in proceeds. Over 241 from all walks of life, politics, and faith. All sitting together and served with generosity. Eat until you are full. There is plenty for all and none are turned away. It felt like a little glimpse of heaven.

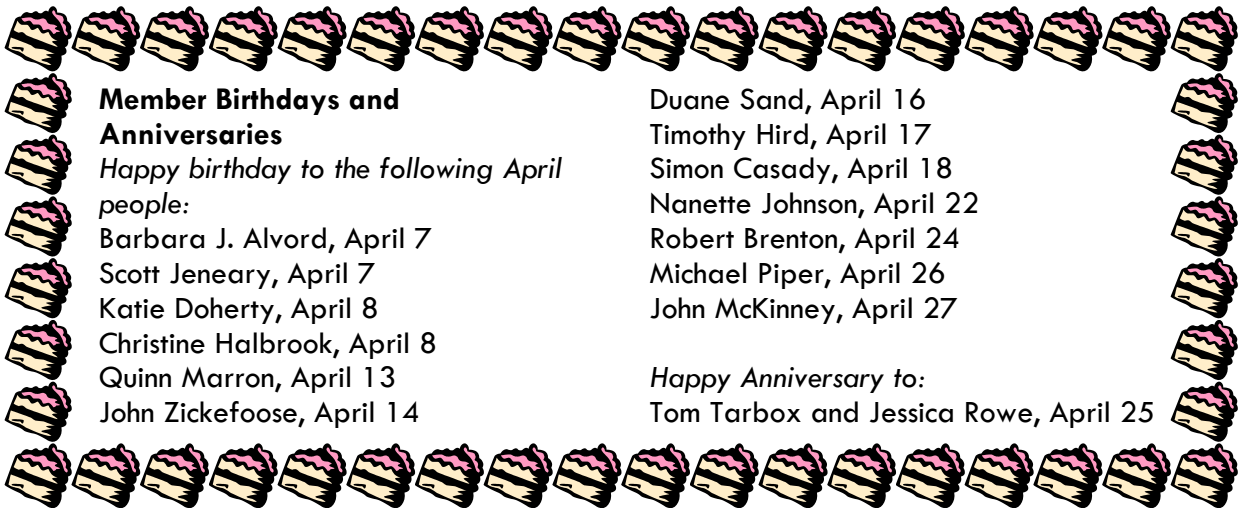
Deacon John Doherty



Cathedral Arts

St. Paul's Cathedral Arts Series continues with Evensong on Sunday, May 7 at 4pm

Peter Aston's cheerful setting of the Magnificat (Mary's song - "my soul doth magnify the Lord") and the Nunc dimittis (Simeon's song - "Lord, now lettest thou thy servant depart in peace") are the musical heart of the May 7 Choral Evensong. Fr. Troy Beecham is the officiant, Mark A. Babcock is the organist, and Rebecca Gruber conducts the Howells Scholars. A wonderful reception, provided by the Cathedral Arts Committee, follows the service. Cathedral Art's events are opportunities to invite people to this beloved place. Our organ and the Cathedral music traditions are worth sharing with the community. Invite your friends, come, and enjoy.





Electronic Giving

A convenient, consistent way to help our church grow

St. Paul's now offers text giving!

We have added text giving to our online giving account, and you can automatically give by texting the amount you wish to donate to this number:

515-207-8133.

DONOR GUIDE

- 1.Text the amount you would like to give to your church's designated number.
- 2.If you are a first time, text-giving donor you will be prompted to visit a secure URL.
- 3.Once you click the registration link, you will enter your credit or debit card information.
- 4.At this point your donation will process.
- 5.You will see a confirmation text showing your donation and registration were successful.



Tips for future text-giving donations

- If you only text a monetary value, the funds are attributed to your church's default fund. (Ex: \$50 = will go to default fund)
 - If you text the amount + fund name- the funds will be attributed to that fund name. (Ex: \$10 Building)
 - If the fund name you texted does not match- you will receive a message with a list of fund names for you to choose from.
 - If you text "Funds" you will receive a reply text including a list of the fund names they can choose to donate to.
 - If you text "Help" you will receive a reply text that states: "To give enter the amount you want to give, such as 100. You can also give to a specific fund by typing it after your amount, such as 100 building fund"
- If you text "Reset" you will receive a reply text that states: "Saved card information successfully removed. Please register your card information again when making your next gift by texting an amount to this number."

Safe and Secure Online Giving Now Available!

We now offer safe and secure online giving on our website by using the QR ("Quick Response") Code printed on the right. Credit and debit cards are accepted. You can set up an account or quick give. 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 Cathedral Preservation Fund, or Cathedral Arts.



Please be sure to visit our website:

<http://cathedralchurchofstpaul.org/>

We also offer on-line giving, and here's the link:

<https://www.e360giving.com/g3/>