



**A** season observed in many Western Christian churches, Advent is a time of expectant waiting and preparation for the celebration of the Nativity of Jesus. Traditionally Christians use this time to prepare and remember the real meaning of Christmas.

**D**erived from the Latin "adventus," which means "coming," Advent marks the beginning of a new liturgical year and encompasses the span of time from the fourth Sunday before Christmas until the Nativity of Our Lord is celebrated on December 25<sup>th</sup>.

**V**erifying historically when the period of preparation for Christmas now called Advent first began is difficult, though it was certainly in existence from about 480. Some sources say it goes back to the time of the Twelve Apostles or that it was founded by St. Peter himself.

**E**quivalent to Lent in some ways, Advent is a preparatory season, significant because it is a time of looking forward and waiting for something greater: the annual celebration of the event of Christ's birth, and for the time when He will come again. The early Advent season was mainly penitential, much like Lent.

**N**owadays a penitential theme still exists, but it is not as intensely observed. It is blended with the theme of prayerful, spiritual preparation for the second and final coming of the Lord as well as the joyful preparation for the annual festive remembrance of the Incarnation of Christ's birth.

**T**raditions for observing this time can vary from place to place, influenced by culture. Practices associated with Advent include keeping an Advent calendar, lighting an advent wreath, and special services of Lessons and Carols. Here at St. Paul's we hope you will join us for this special season.



**The Advent Wreath**

Like many churches, St. Paul's always has an Advent wreath near the chancel steps, and we mark our progress toward Christmas by lighting an additional candle every Sunday. Although possibly rooted in pre-Christian traditions, the custom of lighting candles set in a wreath of evergreens lends itself well to Christian symbolism (eternal life, the Light of Christ, hope). We use four candles for the four Sundays of Advent, three of them blue to symbolize royalty. Some churches, particularly the Roman Catholic Church, continue to use purple instead of blue, emphasizing the penitential aspect of a season of preparation similar to Lent. The candle symbolism is:



1st candle, blue: Prophecy candle or Hope

2nd candle, blue: Bethlehem candle or Preparation

3rd candle, rose: Shepherd candle or Joy (Gaudete Sunday)

4th candle, blue: Angel candle or Love

The white candle in the center is the Christ candle (the spotless Lamb of God).



**Sunday Adult Forum**

During this special season our Sunday Adult forum considers The Advent of Creation: Explore the hopes and expectations of the season illuminated by the spectacular "Six Days of Creation" needlepoint on display in the Chapel. The group meets Sundays at 9 am in the Chapel, and all are welcome. Illustrated on the left is "Day Two The Firmament."

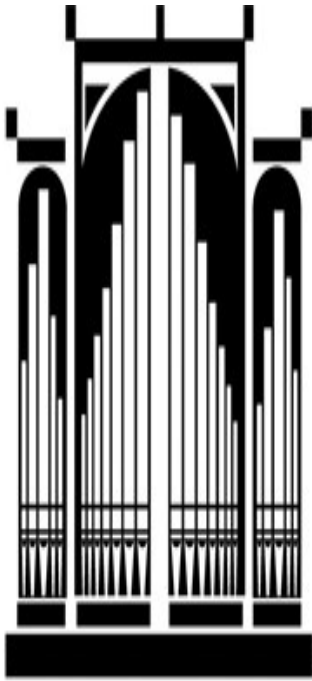
**Greening the Cathedral**

Our tradition at the Cathedral of St. Paul's is to "green" our worship spaces for Christmas on the 4th Sunday of Advent. Although this year the 4th Sunday is a full week before Christmas, the tradition continues.

On Saturday, December 17th, the Altar Guild will meet at 10:00 in the morning to prepare the decorations. We will gather in the undercroft where the various boxes, wreaths, candles, and so forth will be unpacked, fluffed, filled, and generally prepared for the next day.

Because the trees, tables, and window boards are very heavy and difficult to move, the Altar Guild is asking that a few strong people join us that morning to take these items upstairs, and assemble the trees.

Then on Sunday, December 18th, after the 10:00 service, the Altar Guild invites the congregation to stay and help with the final decorations--candles, roping, wreaths, and crismons on the trees. There will be a pizza lunch provided after. Please join in, and help make our worship space beautiful as we welcome the Christ Child on Christmas.



Cathedral Arts Series

Advent Organ Concerts

12 noon

Cathedral Arts is happy to present our annual Advent organ recital series. The Thursday recitals begin at noon and end around 12:45 or 12:50. Feel free to come and go as your schedule requires, to bring your lunch if you wish, and enjoy these recitals by top area talents! The music selections will focus on the Advent season but will include Christmastide selections as well. The recitals are free and open to the public, so please come and bring your friends!

Thursday, December 15 ~ "Young Organists"

Ross Jallo, a grad student of Dr. Gregory Hand at University of Iowa

Jenner Lathrop, a recent grad of Central College

Sage Lenertz, a student of Carl Gravander at Simpson College

Thursday, December 22 ~ "Organ Plus"

Mark A. Babcock, organ

Sue Odem, oboe

Dr. Rebecca Gruber, soprano



## LESSONS & CAROLS

**the promise of the Messiah - the birth of Jesus**  
Scripture - carols - choral music - hymns

A Festival of Nine Lessons & Carols

Saturday, December 24th at 5:00 p.m.

The Festival of Nine Lessons and Carols is a service of Christian worship celebrating the birth of Jesus. The story of the fall of humanity, the promise of the Messiah, and the birth of Jesus is told in nine short Bible readings which are interspersed with the singing of Christmas carols, hymns and choir music, and traditionally opens with the carol "Once in Royal David's City."

This year's service will be on Saturday, December 24 at five o'clock. Sung by the Cathedral Choir under the direction of Dr. Rebecca Gruber, and with Cathedral organist Mark A. Babcock on the 68-rank Casavant, this beautiful service is a well-loved St. Paul's tradition.

The service originated in England in the 19th century, and has since been adapted and used by other churches all over the world, most often in Anglican churches.

Come to sing, listen, pray—and be richly blessed!



## Christmas Services 2016

Please join us!

### **Christmas Eve Early Service**

A Festival of Nine Lessons and Carols with Holy Eucharist

5:00 p.m.

### **Christmas Eve Late Service**

Organ Prelude ~ 10:10 p.m.

Festival Eucharist ~ 10:30 p.m.

### **Christmas Day**

One service:

Holy Eucharist ~ 10 a.m. in the Cathedral.

The 5:00pm Lessons and Carols with Holy Eucharist and the 10:30pm Choral Holy Eucharist will be surrounded by organ and carillon music appropriate for this great Festival in the Church Year.

Cathedral organist, Mark Babcock, has prepared a medley of Christmas Carols by American organists Roy Brunner, Michael Burkhardt, Paul Manz, and Charles Callahan. The arrangements include *Infant Holy*, *Infant Lowly*, *Ding Dong Merrily on High*, *Sussex Carol*, *Of the Father's Love Begotten*, and *Angels From the Realms of Glory*. They have been selected to use the varied colors of the Cathedral's wonderful Casavant organ and to help usher in this season of wonder, beauty, and peace.

Senior Warden, Mark Pritchard, will add to the magic and joy of the evening by providing carillon music calling us to and sending us from the Cathedral.

The organ and carillon music combined with choirmaster Dr. Rebecca Gruber's careful preparation of the Cathedral Choir and the congregational carols will surely inspire those of us who wait again this Advent season for the "Savior of the Nations" to come bringing peace and redemption to a broken world.

# Have you heard the good news? St. Paul's Is Debt-Free

EXCERPTS FROM A TALK GIVEN AFTER THE 10 A.M. MASS  
ON NOVEMBER 13<sup>TH</sup> by Stewardship Chair Rick Stearns

**W**hen we talk about stewardship it is important to remember that it consists of three different elements: time, talent and treasure. When it comes to the first two, time and talent, we are truly blessed at St. Paul's. So many people lend both their time and talent to make this place work. From the various committees and cloisters to the vestry and other small groups it is amazing how many people get involved. And then there are the outreach programs: The shelter meal, where people from St. Paul's prepare casseroles, donate salad and dressing and provide dessert and serve the meal monthly. We will serve nearly 3,000 people this year. Connections Café, which serves lunch five days a week in the undercroft and members of St. Paul's prepare sandwiches monthly will serve approximately 30,000 people this year. Then there is Backpack Buddies, making sure elementary school children have nutritious meals on the weekends and our contributions of food and money to the Food Bank. If you are not currently involved in any of these ministries I encourage you to get involved. You'll feel good about what you're doing and it gives you the opportunity to get to know your fellow members at St. Paul's a bit better.

**T**his year we have a unique set of circumstances: we are, for the first time in ages, debt free. We have been able to retire what was referred to as the garden loan, money that was borrowed to complete the parking lot and gardens, a loan from the diocese for the same project (altogether \$106,641.62), and we have repaid money borrowed from the endowment over the past two years (\$80,000). This means that none of your pledge dollars will go to service debt. The other thing making this year

unique is that because of the success of last year's capital campaign, where money was donated and pledged towards the Cathedral Preservation Fund, any needed repairs will come from the earnings of this fund and not out of our operating budget. When you combine these two things it really sets us up for the future. Another thing that has recently happened is that the vestry has made the decision to bring on a Communications Consultant to give us insights on how to grow the church. This individual has just started and we will soon be receiving direction on how to take advantage of the explosive growth occurring in downtown Des Moines and how we can increase our exposure to the community. Through your generosity we will have the money to execute the plan. What a great decision on the part of the leadership at St. Paul's.

**Y**our pledge for 2017 will go to pay the overhead of the church--from utility bills to snow removal to supplies and more. It will also go to pay administrative salaries and to help fund our many ministries. Unique to this year it gives us the opportunity to grow the parish--to put more people in the pews. We are now pointed in exactly the right direction and we need to take advantage of this opportunity. Your pledge dollars have never been more important. Opportunity is staring us right in the face and now is the time to act.

**W**e thank you in advance for your time and treasure, and your talents. They are deeply appreciated and they bless us always.





YOUR STEWARDSHIP GIFTS of time, talent and treasure

support the programs and ministries of St. Paul's.

#### FOOD MINISTRIES

Connections Café serving lunch 5 days a week in the undercroft.

In 2016 over 30,000 lunches will be provided.

Central Iowa Shelter and Services Meal prepared and served by members of St. Paul's. In 2016 nearly 3,000 people will be served on hot meal because of our support.

We collect food and provide financial support for the Des Moines Area Religious Council Food Pantry to help provide food for those in need.

The Backpack Program of the Food Bank of Iowa provides low income elementary aged school children with easy to prepare meals for the weekends.

The YMCA Supportive Housing Meal we provide monetary support for a monthly meal.

#### WORSHIP MINISTRIES

Altar Guild – Choir – Readers – Ushers – Acolytes – Coffee Hour Hosts

Eucharist Ministers – Eucharistic Visitors – Greeters – Intercessors

#### SMALL GROUPS

Sunday Adult Forum – Morning Prayer & Coffee – Education for Ministry

Prayer Shawl Ministry – Men's Discussion Group – Women's Bible Study

Weekly Weeders

#### CHILDREN

Nursery (infant – 3 years) – Godly Play (older preschool through 3rd grade)

Youth Events (planned at the diocesan level with our support)

#### CLOISTERS

Cathedral Life – Communication – Stewardship – Care of Creation –

Finance Committee – Investment & Endowment Committee –

Property Committee Formation – Outreach – Worship & Liturgy

THANK YOU!

### Parish Milestones

### Recent Funerals

Jim Neveau, Nov. 12

### Happy Birthday to the following

December people:

William Summers, Dec. 4

Martha Benda, Dec. 6

Diana Palmer, Dec. 6

Rebecca Dublinske, Dec. 10

Ladu Boyo, Dec. 12

David Butler, Dec. 17

Martha Hippee, Dec. 21

Isabel Allaway, Dec. 22

Miranda Gruber, Dec. 23

Cheryl Stearns, Dec. 23

Scott Linn, Dec. 27

Patti Graham, Dec. 28

Skeet Wooten, Dec. 28

Peggy Aerisolphal, Dec. 29

James Bannister, Dec. 30

Margaret Brennan, Dec. 31

### Happy anniversary to:

Phyllis Blood and Terry Melton, Dec. 2

Judy and John Spence, Dec. 29

John Zickefoose and Elvin McDonald,  
Dec. 31



### December Ordinations

God willing and the consent of the people, the Bishop will ordain Tom Early as a Transitional Deacon on Saturday December 10th. The service will take place at St. Paul's. The service will begin at 1:30 p.m. and all are welcome.

A reception follows.

### DECEMBER SHELTER MEAL

Because of the holidays, St. Paul's will not be serving the Shelter Meal in December.

St. Paul's won't be doing the Shelter Meal this month. Other groups who don't do this on a regular basis sign up for these dates. Our next time to serve will be Tuesday, January 24, 2017. We can take a well-deserved rest! Our heartfelt thanks to everyone who contributed to this important Outreach program this year, helping to make it a success for us and for our community. Monetary contributions are welcome anytime,



## **New Outreach Program at Lovejoy School**

St. Paul's hopes to expand its outreach at Lovejoy School by creating a school-based Food Pantry there, allowing us to serve more families, provide food multiple days a week, have the pantry open all summer and during evenings, and provide better quality food.

An appropriate vehicle will be provided. We are looking for anyone willing to transport the Food Bank to Lovejoy School. This needs to be done once a month on a set day and time. Is this something you can help us with? If you are interested, please speak with Deacon John. *Thank you!*

## **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. QR Codes need nothing more than a mobile phone or tablet, and a QR reader that is installed on that device. These QR code readers are freely available to download from all App stores. To scan the code, simply launch the app and wait until the camera automatically detects it. Within seconds the content is displayed on the screen.



### **United Thank Offering Update:**

We collected \$693.80 for United Thank Offering during our fall ingathering. The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, men, women, and children nurture the habit of giving daily thanks to God. We give thanks for all who contributed and for their contributions!





Look what the letter-carrier brought!

Senior Warden Mark Pritchard asked that this letter from parishioner Bruce Carr be included in this month's issue of *The Journey*. Such kind words are always deeply appreciated by the Staff here at St. Paul's.

Mark Pritchard, Senior Warden  
St. Paul's Cathedral Chapter

Dear Mark,

Here's something that happened during Michael Elsbernds' recent organ recital that surprised me a little and pleased me a lot, and that increased my pride at being a parishioner of St. Paul's:

Toward the end of his recital, Dr. Elsbernd came to the front of the altar and told everyone in attendance how grateful he was to the members of the cathedral staff, for the warmth and graciousness with which they had welcomed him into the building and its facilities as he prepared his program on-site during the previous week.

The gratitude he expressed was hardly surprising (any civilized guest would have done the same) but the insistence and sincerity of Michael's expression went 'way beyond ritual politeness, I thought. It reminded me that all our staff -- Rebecca, John Z, Deacon John, Jovan, Father Troy -- constantly represent our congregation to the world beyond our walls in ways that we rarely think of and that go far beyond what might be called the professional duties for which they're paid.

It's a cliché to say that "we are blessed" to have such devoted women and men on our side, as fine colleagues and friends, but I felt even more blessed on Sunday, to be reminded by a visitor of just how lucky we are.

It occurred to me that I should share this little epiphany with you, and I hope you will find time to share it with the Chapter. Along with the music itself, it most assuredly made my day....

Sincerely,  
*Bruce Carr*

**Your articles, news, photos are welcome!!**

The Journey is published 11 times a year, usually on the third Thursday of the month to reach homes by the first of the following month. ***The deadline for the January issue will be Monday, December 19.*** Please mail to [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org);

Or bring it to the Cathedral Office.



**Thank you from the Central College  
A Cappella Choir and Mark Babcock,  
Director of Choral Activities**

Thank you for your warm hospitality and for attending the Festival of All Saints 10a Holy Eucharist Sunday 6 November. Didn't it feel good to fill the Cathedral with prayer, praise, and people? Research is clear that faith grows deeper in community. We need each other. In an age where individualized spirituality has surfaced, a full Cathedral celebrating the saints who have gone before us, reminded us that we matter to each other, we need each other, and we can grow as we prioritize gathering together. The Central College 60-voice A Cappella Choir loved

the Cathedral experience because of the beauty, connection to the past, and your joyful presence. They continue to talk about singing with you and among you with joy. They would love to come back. Please accept my sincere appreciation for supporting these young singers with your presence, smiles, and singing. Remember how good it feels to fill the Cathedral with voices and people.

## **Please keep this DMARC food pantry list handy**

The requirement for food is ever present, and no one knows that better than the Des Moines Area Religious Council (DMARC) pantry. With the holidays approaching and colder weather upon us, we are especially reminded to support those who have less than we.

DMARC has provided us with the following list of needs, which can be placed in the basket at the narthex of the church (the lobby). The goods are transported monthly to the DMARC pantry by one of St. Paul's outreach volunteers.

If you would prefer, you may make a monetary donation by writing a check to St. Paul's with DMARC food pantry on the memo line. You will receive credit for your donation. And the money will be given to DMARC to purchase fresh foods.

**Here is the current list of needs provided by DMARC:**

**Pasta** – either whole grain or veggie

**Peanut butter**

**Canned tuna**

**Canned chicken**

**Whole grain cereal**

**Canned fruit** – preferably in water or light syrup

**Diapers** – there is a continual need, especially for sizes 4, 5, and 6.

**Personal items**

**DMARC will accept fresh vegetable donations, but these must be delivered directly to their location at 1435 Mulberry St. in downtown Des Moines.** Thank you for all you do for St. Paul's and for serving the Des Moines community.



## 2017 Diocesan Youth Ski Trip

Youth in Grades 6-12

**January 13-15, 2017**

The Youth Ski Trip is an annual winter -fun weekend. This year's Ski Trip will take place Friday, January 13 through Sunday, January 15, and will take place at a new location: Camp Hantesa & Seven Oaks Recreation in Boone. Group registrations (for food and lodging) are due to the Diocese by December 18, 2016. More information can be found by contacting [registration@youthskitrip.com](mailto:registration@youthskitrip.com). This will put you in touch with Dale Schirmer of Grace, Cedar Rapids, and Amy Mellies of St. John's, Ames, who are this year's ski trip coordinators. They will be happy to assist you!



Hear ye, hear ye,  
ladies and gentlemen,  
lads and lasses!

On Thursday, January 5th St. Paul's will hold its second annual Twelfth Night Celebration – a night of music, magic, mirth, and fun for all ages. Everyone is invited to bring a small gift (\$5.00 and under) and also invited to bring their favorite holiday foods. We will joyously sing the last carols of the season, and we will also have special crafts and games for children.

## **Chapter Nominations**

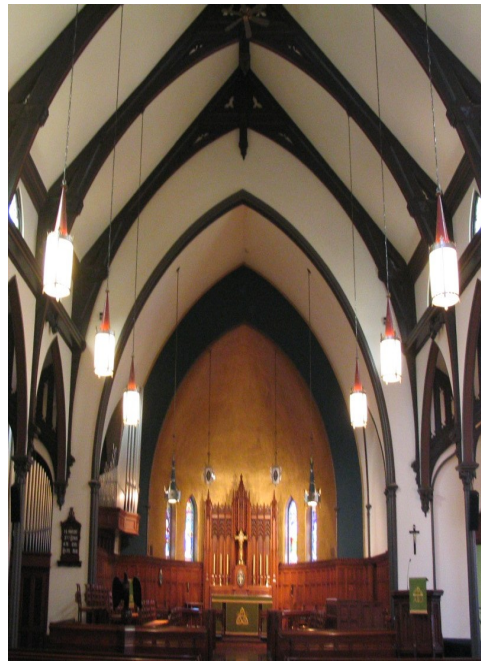
The Chapter is the "governing" board of the Cathedral Church of St. Paul. Many of its duties are prescribed by canon law, such as the responsibility for parish finances and care of church property. However, in a real sense, the Chapter serves as representatives of the members of the parish, provides leadership and vision as the parish moves forward in prayer and commitment to mission, and serves as the communication body between parish members and the clergy/staff of the Cathedral.

At the Annual Meeting in January, the parish will be asked to elect four new members to the Chapter. If you are interested in serving on the Chapter, or would like to nominate someone you feel would be a good candidate, please

contact any member of the nominating committee: Mark Pritchard, Tom Tarbox, Stephanie Preusch, and Andrea Moore.

If you are nominating someone else, please be sure you have his or her permission first. Our goal is to have a slate of candidates published in early January.

*The Nominating Committee*



## **Annual Parish Meeting**

**Please mark your calendars and save this date:**

Sunday, January 29, 2017 ~ One service at 9:00 a.m. followed by a brunch and the Annual Parish Meeting. Look for more information in the January issue of the Journey



**Please be sure to visit our website:**

**[cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org)**