

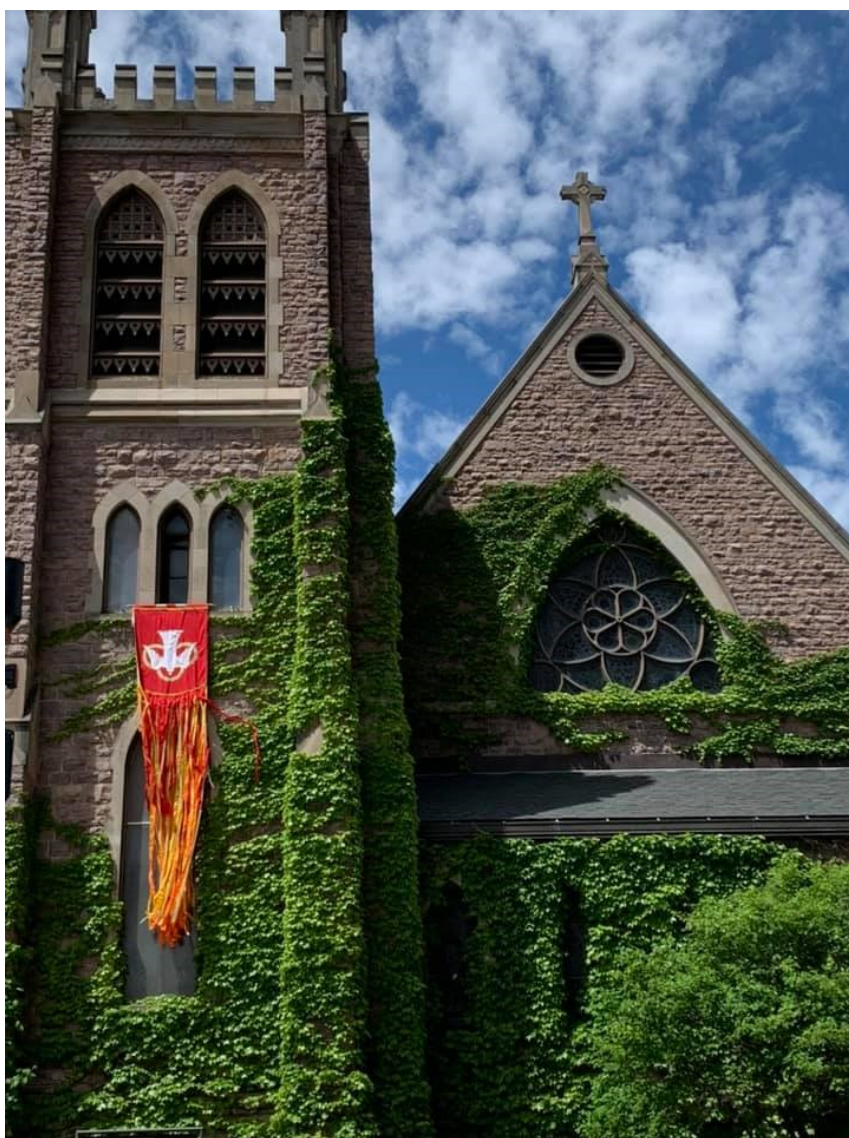
The Journey

July and August, 2020

A Newsletter of St Paul's Episcopal Cathedral
815 High Street ☩ Downtown Des Moines, Iowa



PENTECOST A BANNER DAY AT ST. PAUL'S



The Christian holiday of Pentecost, which is celebrated the 49th day (the seventh Sunday) after Easter Sunday, commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks, as described in the Acts of the Apostles.

Although the service was held online, the day was celebrated with the addition of a new bright red banner adorned with a white dove displayed from the bell tower, which fluttered in the breeze during the pre-service carillon concert. The banner was designed by Diane Hayes, facilitated with the help of Mark Thompsen.

It has been our tradition for many years to have the first lesson appointed for the day read by several parishioners in a variety of languages in order to heighten the effect of the linguistic chaos and ensuing bewilderment of the crowd mentioned in the reading. This year's additional lectors were Carla Carlson, Priscila Palomino, Paolo Bartegaghi, Sally Bates, and Martin Chevalier, who read in German, Spanish, Italian, French, Latin, and English, and we heartily give thanks for their participation in this year's service.

Want to know more about our new banner? Please turn to page 8.

See inside for more news and information!

- A Message from the Chapter, Clergy, and Staff on Racism in America
 - Undercroft vision: Conversations Summary
 - Coming Soon - Sunday Worship Outdoors!
 - Organ Structural Repair Work Completed
 - St. Paul's Labyrinth and Garden Remain Open
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A MESSAGE FROM THE CHAPTER, CLERGY, AND STAFF ON RACISM IN AMERICA

We, like many others, are saddened by the recent senseless deaths of George Floyd, Breonna Taylor, David Dorn, and Ahmaud Arbery. We condemn racism in all forms and recognize the dignity of every human being. As the last few weeks have shown, there are wide divisions within our communities and much work to be done to address inequality in our society.



The Cathedral Church of St. Paul's Mission Statement says in part, "We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church." We reaffirm this statement and are committed to being a welcoming community for all who choose to worship with us and for the greater Des Moines community.

If you would like educational information or information on how to become involved in addressing inequality in our society, we encourage you to visit the Beloved Community Initiative [here](#), a mission of the Episcopal Diocese of Iowa or The Episcopal Church [here](#). Additionally, there will be opportunities provided by the Social Justice Committee throughout the year. Be on the look out for information on those activities in the weekly eNewsletter. If you would like to be involved with the Social Justice Committee, please contact Jean Davis [here](#).

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6



From the Senior Warden

As many of you may know, Amma Nicola's agreement with St. Paul's was to end on June 30. However, with the events of this spring putting so many things on hold, including physician visits and church services, and causing so much disruption in our daily lives, it seemed a necessary and good

thing to extend her agreement with St. Paul's.

At the June Chapter Meeting, the Chapter and Amma agreed to extend her agreement until the end of December, 2021. This will ensure she is able to continue to provide the parish with pastoral and administrative leadership as we await the results of Fr. Troy's medical evaluation and prognosis.

We are pleased that Nicola has felt a calling and sense of community at St. Paul's and her presence is a steadying influence in uncertain times.

Skeet Wootten



Our Rain Garden and Labyrinth are always open. For more information please see page 10.

Undercroft Vision Conversations Summary

By Amma Nicola

In February there were four opportunities for St. Paul's parishioners to join in conversation together and grow a vision for how the St. Paul's Undercroft can be transformed to support the mission and ministries of St. Paul's. Around 40 people participated in conversations on February 11, 16, 19, and 23. Participants were invited to speak on two points, both what they appreciate about the mission and ministry of St. Paul's and how they would like to see that grow and develop. These thoughts were captured in written form and loosely arranged in categories that describe the threefold mission of St. Paul's: to its own people, to the City of Des Moines, and to the Diocese of Iowa. A total of 134 independent comments were collected.

Themes

A strong theme that emerged in these conversations was the need for the Undercroft to offer a welcoming and flexible space, inviting for diocesan events, parish programs, and ministry in the community. The desire to honor the heritage of the building, developing a modernized yet classic Undercroft that properly complements the dignity of the sanctuary, was also strongly expressed. Many of those who attended were passionate about working towards welcoming back Connection Café and several people suggested renaming it Red Door Café since this is how it is known among many of the people served. The desire to offer gifts of music and art was mentioned by several people – the desire to include artistic pieces in the remodel, to develop the space to be suitable as a host venue

partnering with the Des Moines Art Show, and/or as a place to offer art-based demos and workshops, etc. Several people suggested preserving the painted capitals by incorporation into a new piece of art to include in the remodeled Undercroft. Several people imagine the new space as a music venue.

Purposes

Various particular purposes for the remodeled Undercroft space were proposed. These included

- traditional, such as receptions for weddings and funerals,
- service to the City of Des Moines, such as business meetings, luncheons, lectures, educational meetings, holiday markets
- community-focused events, such as Sunday afternoon movies (e.g. foreign language films), live jazz, mystery dinners, book discussions, cabaret, and community suppers.

Practical considerations

For the space to be fully flexible, accommodating groups of different sizes, moveable walls were suggested. At the same time, removal of non-load-bearing walls, raising the dropped ceiling and exposing stonework will reveal natural light, create a sense of openness and result in a more inviting space. Given the anticipated heavy use by congregational and outside groups, the overwhelming majority favor a hard floor, for ease of cleaning. Opening up the exterior door to 9th street was viewed favorably for accessibility and potentially attracting attention of passers-by. It was recognized that suitable storage space will need to be accommodated in the redesign. Renewed electrics with a modern

lighting system (dimnable, variable) is desired, with a security system that allows for evening gatherings. Acoustics should be considered in light of planned usage of the space, including updating of the audio system and how that feeds from the sanctuary into the Undercroft. The need to update plumbing, and restrooms in the entire lower level, is evident. It was suggested that we considering installing showers and washer/dryer. A modernized HVAC system was suggested.

Conclusion

The Undercroft visioning conversations were characterized by hope and faithfulness. They included outward-facing perspectives – “the Cathedral is for the community” – and the sense that we have the potential to offer an oasis, a place of refreshment, from the rapid pace of the city. One person invited us to view the Cathedral ministry as the “plenty of ways we feed people” – physically and spiritually – and that this repurposing of St. Paul's Undercroft is placed firmly in the context of our call to follow Jesus.

Opinion

To all this I add the consideration of improving access to the courtyard, while the Undercroft is remodeled, and a vision for daily weekday lunchtime ministries both physical and spiritual. A weekly cycle of spiritually-focused opportunities for those working in the downtown area (lunchtime Eucharist, labyrinth prayer, prayerful yoga, noon prayer, etc) would be a wonderful complement to Connections (or Red Door) Café.



Pictured on the left is the undercroft of St. Martin-in-the-Fields, located at one corner of Trafalgar Square in London, England with its original brick-vaulted ceilings and historic tombstones lining the floor. The space was reconceptualized over 30 years ago, and is now a well-known venue for Jazz nights and other live music, and houses a popular eating place, “The Café in the Crypt.”



Des Moines' Ecumenical Eatery

Connection Café: We will serve at St. John's Lutheran on Monday, July 13 and on Monday, August 10.

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, <http://cathedralchurchofstpaul.org/>

Thank you!

Coming Soon - Sunday Worship Outdoors!

Recognizing that the risks of coronavirus transmission are significantly lower out-of-doors, St. Paul's has submitted to the Diocese of Iowa a plan for Eucharist to be celebrated on Sunday mornings at the altar in the rain garden to the north of the cathedral building, and pictured on the right.

We hope to begin gathering for these spoken services in mid-July. Look for the latest news on Sunday worship in the weekly eNewsletter.

St. Paul's carillon concerts will continue at 9 am on Sunday mornings through June and July.

"Abounding in Hope," details the Diocesan plan for regathering for in-person worship, and you can read it [here](#).



Donation Drive for the NAACP

The clergy of St. Paul's and anonymous donors have put together \$1,000 in matching funds to help support the work of the Des Moines Chapter of the NAACP. For every dollar you donate, the clergy and donors will match that amount, up to \$1,000.

The NAACP is the oldest organization working for racial justice in the United States and the mission of its Des Moines chapter is "to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination in all areas of our lives here in the Des Moines Metro."

There are several different designated funds within the NAACP that you may want to support, so we ask that you donate [here](#) and then email your receipt to deacon@cathedralchurchofstpaul.org for the matching funds to be applied.

Dollar for dollar, your donation can help build an even better Des Moines!

Funny You Should Mask

Fashion finds a way and revives an old accessory, but will it change us?

By Jed Leland

From time to time fashion and necessity go hand in glove (so to speak), and as we move toward reopening, masks will be a part of our future. Major houses of haute couture include masks in their runway shows. However, this is not the first time the facial mask has been stylish.

Masks have been used for centuries and for various purposes. We shall not concern ourselves with those used in the theatre, hunting, sports, for occupational requirements, modern protest groups, religious ceremonies, tribal purposes, professional bravos, or Hallowe'en, though they may be briefly touched upon. Of ancient origin, images of masks survive in paleolithic cave drawings. Inscrutably covering the face, and making the wearer unknowable, masks insinuate mystery. Even the origin of the word itself is enigmatic; its etymologic roots appear in several languages including Medieval Latin, Middle French, Spanish, German, Arabic, and Hebrew, first appearing in English in the middle 1500s.

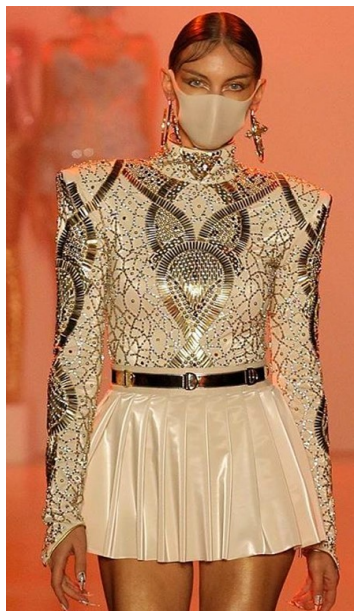
Today one of the most familiar of these early masks is that worn by European doctors in the 16th century with its long, bird-like beak. Current medical historians believe that this mask was not created during the Black Death's rampages in the 14th century, but was created c. 1619 by Chares de Lorme, chief physician to Louis XIII, as a full head-to-toe protective garment modelled after soldier's armor. Glass openings covered the eyes. A curved protuberance like a bird's beak sometimes half a foot long provided a degree of social distancing, and everything held in place over the doctor's face with straps. The beak was stuffed with dried flowers (roses or carnations), herbs (including lavender and mint), spices, camphor, or a sponge soaked in vinegar, protecting them from putrid air, which was then seen as the cause of infection.

In addition to the mask a long gown was worn, covering the body from the neck to the ankles. This garment, as well as its accompanying leggings, gloves, boots, and hat were made of waxed leather,

and were similarly impregnated with the same fragrant items as the mask. Although not very effective, it may be the first "hazmat" clothing, and vestiges of this bizarre ensemble remain a part of Italian culture in costumes worn in theatrical performances of *commedia dell'arte* and is one of the distinctive masks worn during the Carnival of Venice.

In England, during the reign of Charles I (1625 – 1649), masks had a legitimate office in protecting the delicate complexions of ladies from the dust and sun of the public highway. Half-masks, and others which covered the entire face (perhaps with a lace curtain for the lower half) were equally popular. The second function of this accessory in a lady's wardrobe was to preserve her anonymity and reputation, and in many plays of this and later periods it became an invaluable "prop," for Lady Thus-and-So when, in Act II, she comes to the old tavern to keep a rendezvous with the hero.

Continued on page 6



A fashionable outfit worn with a mask



16th century doctor's ensemble

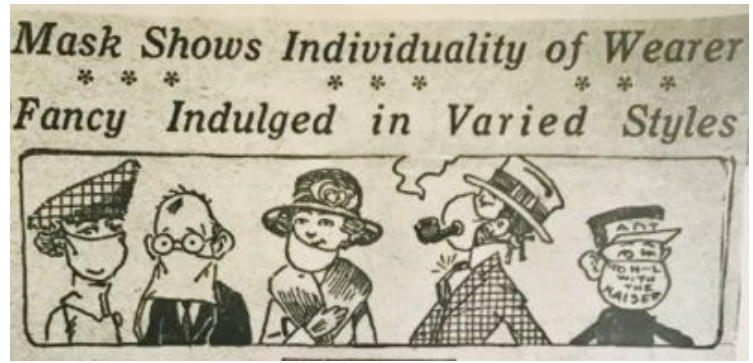


Lady Thus-and-So keeps a rendezvous with the hero

“Domino” mask



An illustration from a 1918 article in *The Seattle Clarion Ledger* reporting that “Styles of wearing influenza masks today are many and weird.”



Masks, continued from page 5

The 18th century domino mask is another well-known style we recognize. Small, often rounded, and covering only the area around the eyes and the space between them. These masks are also traditional wear during the Venetian Carnival, and have found their way into a variety of high and popular art forms. (Think “Lone Ranger.”)

More recently, during the influenza pandemics of 1918 and 1919 local governments rolled out initiatives to try to stop its spread, including requiring people to wear masks in public, and it appears most people complied.

Arriving in our lives like costuming from a science fiction film, masks churned up fear and disgust, as well as a kind of stubborn individualism. Perhaps no

other article of clothing has had a trajectory like face masks recently—a sudden transformation from the purely protective into a fashion and ethical statement overnight.

Yet the mask’s darker mystery persists, stirring up long-held stereotypes framing the person behind the mask as dangerous or suspicious, rather than caring or considerate.

Deacon John Doherty’s recent sermon referred to these times as “a rare, significant pause which provides space for reflection and renewal; a time to change directions.” With masks a reality for everyone, we should take this time (if we have not already) to consider our own reasons for wearing them, dismissing stereotypes, shifting our perspective and our behavior to benefit others. No matter how essential or chic,

masks today reinforce our commonality. As Judith Martin (“Miss Manners”) observes, they “serve as a reminder that society means all of us, and that behaving like our better selves benefits everyone.”

According Liz Bucar, a professor of religion at Northwestern University, “The meaning we give to these masks matters. If you are wearing a mask to protect yourself from others, you are forming a habit of fear. Every time you put a mask on, every time you see someone else wearing one, you will reinforce that fear. But if you are wearing the mask to protect others, wearing it will create a feeling of connection to those in your community. You’ll see others wearing masks as a sartorial sign that they are willing to sacrifice some freedom and comfort for the common good.”

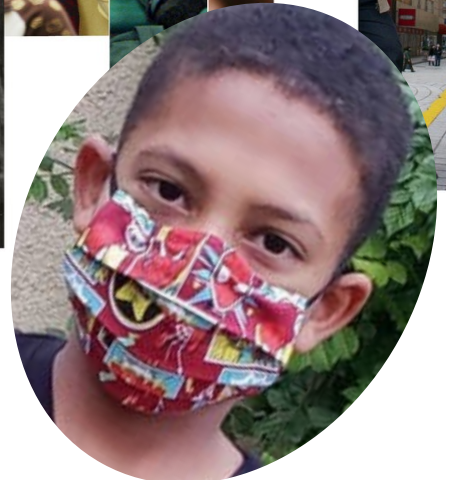


Two photographs from the 1918 flu epidemic. Left, a photograph of the Georgia Tech football game, and on the right a telephone operator takes protective measures while working.



Anti-viral masks – once regarded as safety garments – have become fashion statements. But with each passing day, they become so much more than that. Decorative masks can help to boost your mood as a way of presenting yourself.

Some masks are better than others, and while we obviously cannot recommend the mask on the left, those pictured below are effective, stylish, and even whimsical. And, yes, they will limit the spread of the novel coronavirus.



Everything You Never Wanted to Know About the Creation and Construction of the Pentecost Banner

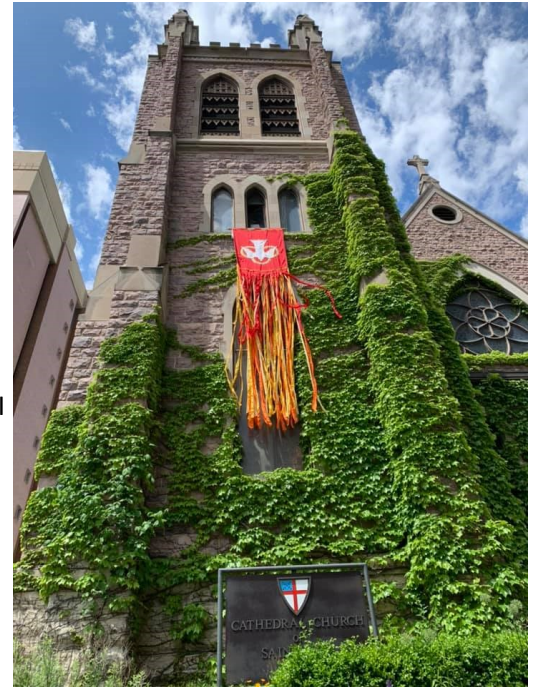
By Diane Hayes

This spring, as it became obvious that we weren't going to be meeting as a congregation inside the Cathedral anytime soon, and that we would certainly not be there for the celebration of Pentecost, our intrepid Amma Nicola & Organist Mark Babcock wondered together if we could create and display a banner from the bell tower. Knowing that I enjoy designing and sewing crazy things, they asked me if I would be interested in putting such a thing together. And of course I was!

Once the basic design was settled, the banner took place relatively quickly. It would not have been completed in time without the invaluable help of Mark Thompsen, who took care of the orange and yellow streamers. It took a lot of hours to get all that hemming done!

Hanging and supporting the banner was an interesting puzzle, as the center window is 16 inches wide, and the wall in which it is set is 24 inches thick! Nonetheless, we figured it out, and the banner was firmly supported with a system that will work for any future banners.

Future plans may include resurrecting smaller banners for inside the Sanctuary (we have the hardware, even older flags as patterns!), and possibly future banners to hang from the tower. If you think you might be interested in helping with these projects, please let me or Amma Nicola know.



Sunday Carillon Concerts Continue Through July

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.

Morning and Evening Prayer

Morning Prayer

9:00 AM every week on Wednesday

Join Zoom Meeting

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

Or dial in on (312) 626-6799

with meeting ID: 698 747 658



Evening Prayer

5:45 PM every week on Thursday

Join Zoom Meeting

<https://zoom.us/j/917965346>

Or dial in on (312) 626-6799

with Meeting ID: 917 965 346.

The Book of
Common Prayer



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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.

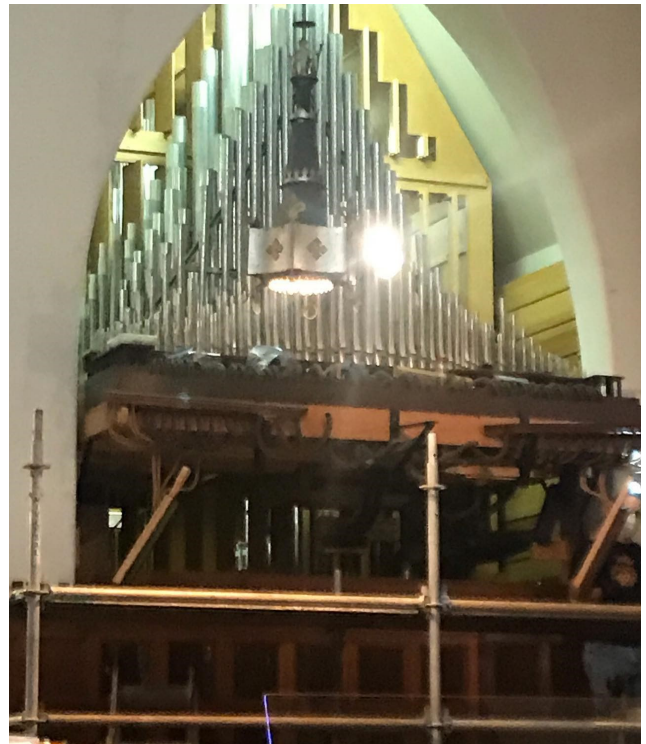
Organ Structural Repair Work Completed



During the 26-plus-year period since the organ's installation, 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 (pictured on the left) to provide temporary support for the façade pending a permanent solution. A permanent solution was engineered by Casavant, and installation work was done in early June, seen in the image on the right.



Below, photographs of the work in progress. The organ chamber was opened, the framing and many of the pipes were removed. Some of the pipes were temporarily stored in the center aisle of the Nave.



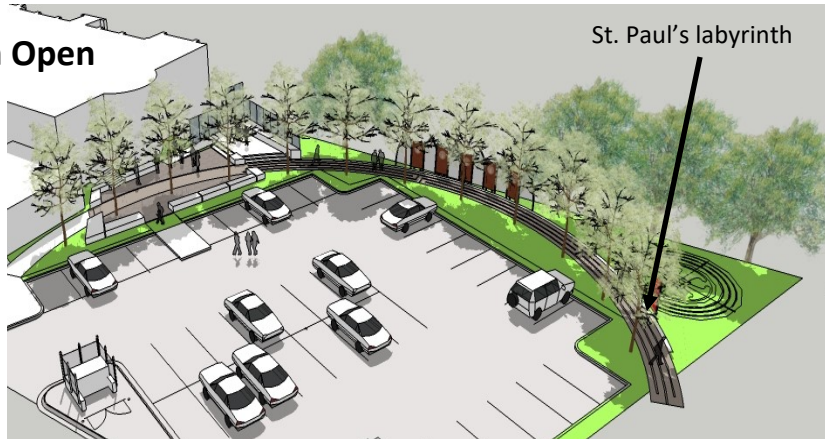
Fight Parkinson's Disease by Contributing to Team Father Troy

Help end this disease by donating to Team Father Troy with the Michael J. Fox organization. 100% of donations go to research and development of a cure for Parkinson's. Any amount helps, and you can donate [here](#).

St. Paul's Labyrinth and Garden Remain Open

By Nicholas Beverleigh

Although the Cathedral remains temporarily closed, our native prairie garden and labyrinth are always open. Since 2011 our garden has provided glory in bloom for parishioners, our downtown neighbors, visitors, birds, bees, butterflies and the occasional bunny. The garden encircles the parking lot, and includes a labyrinth path, illustrated on the right.



What is a labyrinth? It is a walking path, that follows a pattern, and is an ancient symbol of our journey through life. Labyrinths have been around at least 3,000 years, in various cultures. Christians have used them for at least 1,000 years as a prayer practice, the most famous labyrinth being the one inside Chartres cathedral in France. People walk labyrinths with many intentions – but often they provide a way for people to release their worries, receive peace from God, and return to daily rigors with renewed spiritual refreshment.



Presently in our garden, blazing star, and butterfly milkweed, common milkweed, spiderwort, and little bluestem.



We hope you will take advantage of this beautiful feature of our campus, particularly now when the prairie garden is awash with butterfly milkweed, blazing star (*liatris*), common milkweed (*asclepias syriaca*) and little bluestem. If you come early enough in the morning, you'll spot the spiderwort sparkling with dew while the butterflies and bees make a lovely little breeze. The recent slight wind damage to one of the Kentucky Coffee Trees has been remedied thanks to Paul Meginnis and Elvin McDonald.

Instructions for walking the labyrinth are visibly posted, and if you would like to heighten your experience, come at Noon or at 5:00 in the evening when our carillon automatically plays seasonal hymns.

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:

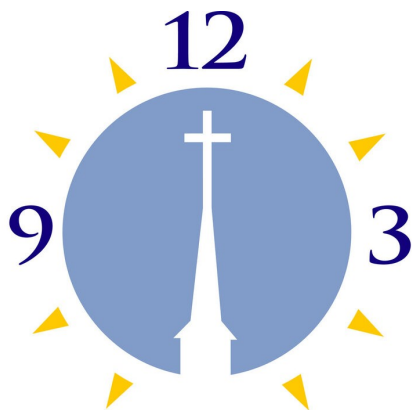
515-207-8133.

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



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 515-288-7292 and will be checked regularly. Emails are also welcome.

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Fr. Zeb
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Deacon John
deacon@cathedralchurchofstpaul.org

John Zickefoose
administrator@cathedralchurchofstpaul.org

Thank you!

What do you think about the new Journey?

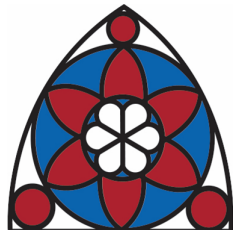
We'd like to know. Please contact us at

administrator@cathedralchurchofstpaul.org

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

The deadline for the September/October issue will be Thursday, August 20, 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.

Please be sure to visit our website:
<http://cathedralchurchofstpaul.org/>

Find Us on Facebook:
<https://www.facebook.com/CathedralStPaul/>