



## ST. PAUL'S FAMILIES STAY CONNECTED IN NEW WAYS BY



### ZOOM-ing with God

The last regularly scheduled service at St. Paul's was a Thursday Evensong in Lent, and since then we've been discovering new ways to worship the Lord and to stay connected.

Holy Week and Easter services were streamed from various locations in the Diocese (including St. Paul's) on Facebook and Youtube, and we are now streaming our own Sunday service on both sites as well.

Our Wednesday Morning Prayer shifted from gathering at Plymouth Grounds to gathering in our homes via Zoom, and Thursday Evening Prayer services have been led similarly.

We have decided to continue Thursday Evening Prayer through Eastertide, and more information about these services can be found inside on page 3.

We are also offering a "Virtual Coffee Hour," following the Sunday service, which is a wonderful opportunity to gather with our clergy and with other parishioners (coffee and pastries optional).

Following a brief hiatus, two other groups within our community also "re-ZOOMed:" the Thursday afternoon Bible study, led by Jean McCarthy and the Monday evening EfM Group which is co-mentored by Jean McCarthy and Anna Whipple.

So although much inside the Cathedral is quiet, there is a great deal happening beyond our walls, including a weekly carillon concert Sunday mornings. Although we cannot be together physically, there are many new ways to stay connected, and we hope you will join us. Please look inside for more information.

#### What Is Zooming Anyway?

**Zoom** is an internet service which offers Meetings, Webinars, and video conferencing capability.



## From Amma Nicola



### A Time for Transformation

I believe that we are being called into a time of transformation. Patterns of behavior that seemed normal – routine, perhaps – only a few weeks ago, have significantly changed. Today in my garden I noticed some ants whose nest had been severely disturbed. Running hither and thither they worked to get their lives back together. I felt a bit like that a few weeks ago, when our weekly patterns began to change rather quickly. But a dear friend suggested to me recently that, perhaps in a strange way, the “still, small, voice of calm” is speaking into all our lives during this time of physical distancing. I have spent more time in my garden, recently ... turning over the earth and wondering at the interesting little creatures that I find there. In my garden I have found myself in prayer.

If we find ourselves disturbed by too much change, here are a couple of thoughts that may be helpful. First, a change in our daily routine might make us more creative! People who study creativity tell us that creativity grows when we interrupt our normal routines. Even taking a different route to work, they say, can improve our creativity. If this is true then surely we are getting a tremendous creative boost at the moment! Second, many of us presently have more time for reflection, and for prayer. Darnell Moore is a journalist and author who was interviewed by Krista Tippett for On Being (NPR) in 2019. He said, “freedom comes when we do the hard work of honest reckoning and self-reflection. We get to the light by working hard to travel through the darkness.” Darnell was referring in part to the darkness of fear that is found within each of us. The apostle Paul wrote something similar. He counseled the Roman Christians: “be transformed by the renewing of your minds, so that you may discern what is the will of God.”

As Christians we are called to live in continual transformation. We are called to discern what is the will of God, and to do it. I pray that each of us will grow deep roots of faith as we walk through this unexpected time of transformation, together.

*Amma Nicola*

Tel. (515) 288-7279 option 5 + E-mail: [ammanicola@cathedralchurchofstpaul.org](mailto:ammanicola@cathedralchurchofstpaul.org)

### What is “Spiritual Communion?”

By Fr. Zeb

Since we cannot currently meet for the Eucharistic meal, we have been using a prayer for spiritual communion. This is something many of us in our community have not done before. But there is a long tradition of saying prayers of spiritual communion, going back to at least the 13<sup>th</sup> century. Many saints, including Thomas Aquinas, incorporated these prayers into their daily lives. It is a prayer both of longing for Jesus in the Eucharist as well as an assurance that God comes to us and dwells in us, even if we cannot physically receive the sacrament now. In The Episcopal Church, prayers of spiritual communion have been used

most commonly by those in the military, who regularly go months without physical communion, and with people who cannot take communion because of physical ailment.

We can be assured through our prayers that Christ does indeed come to us, that our intents and our desires are enough. While we look forward to the day when we can safely have physical Eucharist again, we still receive Christ. In fact, the practice of spiritual communion can be a benefit to us going forward, not just through this pandemic but in the rest of our lives. Roman Catholic Saint Josemaría Escrivá said, “What a source of grace there is in spiritual Communion! Practice it frequently and you'll have more presence of God and closer union with him in your life.”

# ZOOM -ing with God, *continued*

## Expanding Our Internet Capabilities

Within two weeks of our last service in the Cathedral we broadened our online capabilities. We now have several weekly services online, and our Bible Study and EfM groups meet this way as well. Please enjoy the following articles, submitted by Fr. Zeb and The Rev. Jean McCarthy, and their inventive responses to our new digital environment.

### Evening Prayer

By Fr. Zeb

My Thursday evenings have started to look different as I journey from feeding my pets in the kitchen upstairs into a space I've carved out for worship. I turn on my electric candle and take a deep breath as I click my Zoom link and am connected with parishioners for worship. My little corner becomes holy ground. I love seeing everyone's faces and sharing prayer space with each other. There's something special about praying in community and Zoom has strengthened our ability to come together, even when physically separated from one another.

I think the Daily Office of Morning Prayer, Evening Prayer, and Compline, is especially well suited for the digital environment. In my own life, since the pandemic hit, I've been finding myself doing more of the Daily Office online. We have Zoom compline with my husband's monastic community, based out of Atlanta. I turn to Facebook Live for Morning Prayer led by a friend. The physical distance between us is diminished. Those who once couldn't meet weekly in the same room now have the chance to come together at the click of a button. I'm grateful that we now have the ability to share in Zoom prayer with each other at St. Paul's, feeling the distance between each other shrink as we remain safely at home.

### St. Paul's Thursday Afternoon Bible Study: Now "Zoom-ing"!

By Rev. Jean McCarthy

The Thursday Bible Study at St. Paul's meets on Thursday afternoons, 1-3. When we began to shelter in place, we missed each other and wanted to continue our studies of the New Testament, deciding to continue on Zoom. It has been a learning experience, and we worked together to learn how best to use Zoom for our purposes. We would rather meet in person, but found that seeing each other was a good thing. Folks use a computer, a tablet, or a cell phone. If they don't have a camera, they call in on their phone.

Perhaps God is calling us to affirm what we find important in our lives, and challenging us to be creative in how we find the ways to continue those things as we "shelter in place". Anyone who would like to join us will be welcomed. We have just started the gospel of Mark. All you need is a Bible. Your presence is your gift to us all. If you are interested, email Jean McCarthy. [therevjeanmccarthy@gmail.com](mailto:therevjeanmccarthy@gmail.com)



### Education for Ministry (EfM) Is "Zoom-ing"

By Rev. Jean McCarthy

The Education for Ministry (EfM) group including members from St. Paul's and other metro churches got creative in light of COVID19 when we could no longer gather face-to-face. The neighboring EfM group from St. John's in Ames invited us to "Zoom" together on Monday nights. The sudden requirement to distance ourselves was jarring but coincided neatly with the EfM program of study. Together the groups read and shared reflections on Dietrich Bonhoeffer's Life Together, which is about Christian life in close community. Zoom was not merely a communication tool for us but gave us a way to reach out and be drawn together as

one church at a particularly unsettling time. The St. Paul's/Metro EfM group continues to meet through May via Zoom, and are looking forward to a party when we finally can all gather. We move forward into new ways to "becoming church" together.

EfM (Education for Ministry) is a 4-year program in theological study through The University of the South at Sewanee, TN. It is open to all folks to explore their call as a Christian and to call each other into a deeper understanding of faith. Deacon John Doherty is the Diocesan Director of the program and can answer any questions you may have. The Rev. Jean McCarthy and Anna Whipple are the Co-Mentors of the St. Paul's/Metro EfM group. We start in September and go through May each year. If you have an interest in exploring EfM, please contact any of us.

[therevjeanmccarthy@gmail.com](mailto:therevjeanmccarthy@gmail.com)

[anna.whipple@gmail.com](mailto:anna.whipple@gmail.com)





### St. Paul's Kids Have Fun Online

The parents and children of St. Paul's now have their own private Facebook group, where we have shared videos and lessons for the children. On Palm Sunday, we Zoomed into action and started a short children's time after worship, with a check-in, song, and story. It's been wonderful to see the energy and enthusiasm of the children, who just love being able to see each other's faces!

## 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



1979

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](http://bcponline.org).



Des Moines' Ecumenical Eatery

**Connection Café: We will serve at St. John's Lutheran on Monday, May 11 and on Monday, June 8.**

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!**

## MUSIC



## AT THE CATHEDRAL

### Traffic Stops in Downtown Des Moines. Alleluia!

By Jed Leland

Traffic stopped in downtown Des Moines on Easter Sunday. The cause was not road construction or the weather, which was unpromising, but a live performance of Easter hymns played by Mark Babcock on our 25-bell carillon which could be heard throughout the Downtown area.

"It was a unique idea this year, trying to find ways to give people sights and sounds that would connect them to meaningful memories of the past," said Babcock, who learned to play while on sabbatical from his professorial duties at Central College. "It was a great project since we have one here at the cathedral, and organists are often carilloners."



Mark Babcock at the carillon console

With the 1982 Hymnal before him, the 30-minute concert offered lively arrangements of such well-known Easter hymns as *Jesus Christ Is Risen Today*, *The Strife Is O'er*, and *This Joyful Eastertide*, skillfully revealing the instrument's musical beauty and power amid peals, flourishes, and other pleasing tintinnabulations. During the penultimate hymn, *Joyful, Joyful, We Adore Thee*, people in their cars started honking their horns in tandem with the bells, as applause and cheers rang out.

The well-publicized concert drew widespread attention. Our own parking lot was filled, as was the Orchard Place lot next door. Cars lined the streets surrounding the Cathedral, some double-parked, and both Ninth and High Street had cars parked on each side of the street for two blocks in all directions from the Church.



Waving to the crowd. Cars were double-parked on both sides of 9th Street

Live-streamed on Facebook, the concert has had over 31,000 views, and has been "liked" by world-wide watchers ranging from Austria to Taiwan. Ironically, the poorest place to hear the bells is actually within the church building. Their design is not for those inside – who presumably are already saved – but for those outside who need to be reminded.

That being said, the bells of St. Paul's continue to proclaim our Christian faith beyond the walls of the church to the ears of all, reminding us that we are one family, coming together to show our unity in Christ.

With such an amazing response, we have decided to have a series of Carillon in Your Car services on Sunday mornings at 9. This is where you come in. What are some of your favorite hymns? What would you like Mark to play? You can submit your requests to [babcockm@central.edu](mailto:babcockm@central.edu).

## A Brief History of the Bells of St. Paul’s Cathedral From A Chime to a Carillon

The cast bells of St. Paul’s tower are symbolic of the Parish’s musical heritage.

The original chime of eleven bells, was installed in 1896, a little more than eleven years after the laying of the cornerstone of the present building at Ninth and High Streets.

The bells were the project of Seth Graham, a member of the first Vestry to serve in the new building.

*“We don’t want no chime of bells with their jangle, jangle, jangle...If we ever have anything, it wants to be single bell, but better not have any.”*  
*John L. Weeks,*  
*St. Paul’s Vestry Member,*  
*1885*

“Des Moines owes to me its first chime of bells,” he wrote in his memoirs. He wanted a tower built to accommodate bells, but apparently he met some opposition from Vestry Member John Weeks, who argued, “We don’t want no chime of bells with their jangle, jangle, jangle...If we ever have anything, it wants to be single bell, but better not have any.”

Graham persisted, however, and a fund raising effort resulted in enough money to buy a chime of eleven bells.

Cast by the McShane Bell Company of Baltimore, and installed at a cost of \$2150, they weighed over 10,000 pounds. They were rung by hand every Sunday as a call to worship for almost 60 years, at a cost of \$5 per month, until 1954, when the bells were electrified. By the early 1970s some of the bells would no longer play because of worn-out parts, and the deteriorating condition of the belfry itself, the bells were silenced and remained so for 15 years.

Through the generous gift of long-time parishioner Mary Belle Windsor, the original bells were removed from the tower in 1988, and transported to the Verdin Bell Company in Cincinnati, where they were completely refurbished. Three more bells were added, bringing the total number to fourteen. In 1997—again thanks to Mary Bell Windsor—eleven more bells were added, and our “chime” became a true carillon.

It is customary at the time the bells are cast to inscribe each bell with a name. The newest eleven bells were inscribed with names of the relatives, ancestors, and friends chosen by Mrs. Windsor, and one bell is named “Merrie Bell” in her



honor. Following an ancient tradition, the new bells, were “baptized” and “blessed” before installation, during a special liturgy held in the church parking lot and led by Bishop C. Christopher Epting.

*They were rung by hand every Sunday as a call to worship for almost 60 years, at a cost of \$5 per month.*



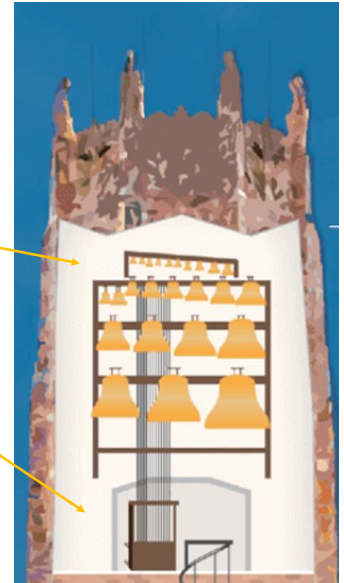
**Mission Statement:** The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ’s unconditional love through worship, fellowship, education, and service within and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

## How Does A Carillon Operate?

A traditional manual carillon is played by striking a keyboard – the stick-like keys of which are called batons – with the fists, and by pressing the keys of a pedal keyboard with the feet. The keys mechanically activate levers and wires that connect to metal clappers that strike the inside of the bells, allowing the performer on the bells to vary the intensity of the note according to the force applied to the key.

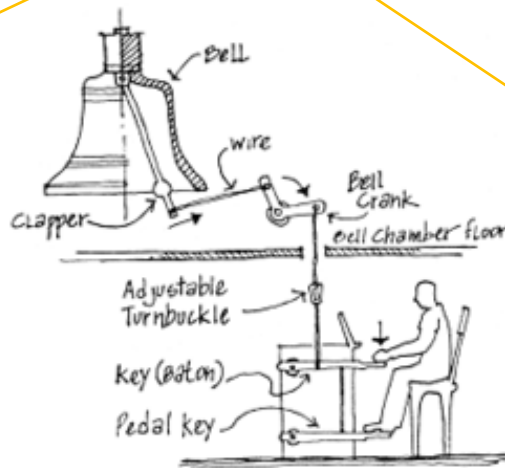


Left, St. Paul's exterior. Right, a detail of the Bok Tower Gardens showing a typical carillon interior construction.



Bell Chamber

Playing Cabin



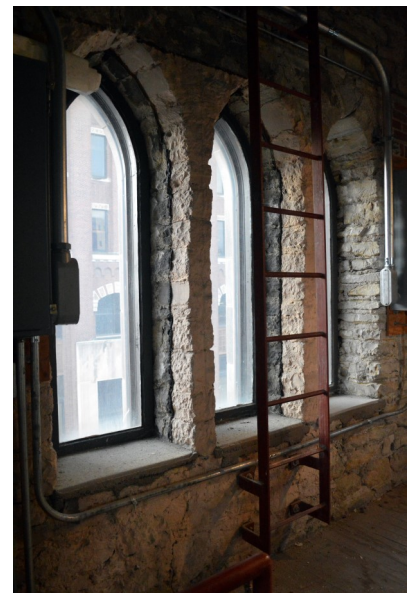
Simplified drawing of carillon playing action



Not for the faint of heart or the acrophobic. This is the ladder our carillonnerus must climb to the keyboard console.



St. Paul's carillon keyboard



The ladder up to the bell chamber



Mark Babcock climbs up the ladder to the bell chamber.

### St. Paul's Carillon Specifics

- Musical instruments are anywhere from 16 to 45 pounds; the weight of a grand piano can range between 500 to 800 pounds.
- Some, like violins, are bowed or plucked.
- Some, like flutes are blown into. Percussion instruments, of which a carillon is one, are sounded by being struck.
- There are many instruments within this family, and they have a great variety in sizes, shapes, materials, and weights. For example castanets, weigh only a few ounces; marching snare drums can weigh

The approximate total weight of the carillon contained within the Mary Bell Windsor Tower is 12,538 pounds. The largest bell, known as the "bourdon bell" because it has the lowest pitch weighs 2660 pounds, and is approximately the size of a Volkswagen. The smallest bell weighs 70 pounds.

### Did You Know?

- Our carillon is unique: it is the only one in Iowa attached to a church.
- Thanks to a recent gift from the Windsor family for which the Cathedral is sincerely grateful, the bell control system is computerized. In addition to striking the hour and quarter-hours, seasonal hymns are played daily at noon and at five o'clock in the evening.
- On Good Friday at 3:00 p.m., the carillon tolls 33 times evoking Christ's age and hour of death, as mentioned in the Gospels of Matthew, Mark, and Luke.



Unlike a piano keyboard, the bells are not arranged in chromatic order. Big bells are mixed with small bells in order to fit



A close up shot of the large "bourden bell. 2660 pounds of solid bronze. This bell strikes the hour, and can be heard throughout downtown Des Moines.



# YOUTH SUMMER FINE ARTS CAMP

Monday, August 3—Friday, August 7



8:30 am — 12:30 pm

Ages: 8 — 13

Registration Fee: \$50

(Includes all materials and snacks. Scholarships are available if needed)

**Deadline for Registration: Monday, July 20**

**Registration fees will be refunded if the camp is cancelled due to Covid-19.**

Attendees will get to express their creativity, make new friends, and learn more about music—particularly with vocal and dramatic educational components. At the core of the camp is a short musical *The Tale of the Three Trees*, by Allen Pote and Tom S. Long. Based on an old Christian folktale, it is about 3 trees wanting to do something great. The story takes place before the birth of Christ, during the birth of Christ, and during the crucifixion of Christ. This beautiful story is celebrated in song, drama, and movement.

#### Camp Leaders:

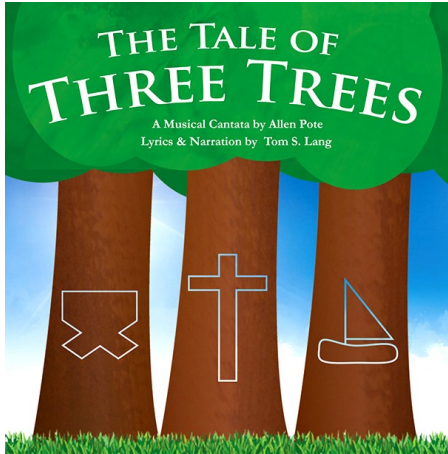
**Mrs. Lexie Thiessen** is a local elementary music teacher, St. Paul's Children's Music Director, and Member of the Cathedral Choir

**Mr. Xavier Bryant** is a senior at Central College pursuing a degree in music performance

The week will culminate with a performance of the musical on Friday August 7th at 11am.

**Please register online at [www.cathedralchurchofstpaul.org](http://www.cathedralchurchofstpaul.org)**

If you have questions, please contact Jolene Phelps ([jolelephelpsvh@gmail.com](mailto:jolelephelpsvh@gmail.com))



**THE TALE OF  
THREE TREES**  
A Musical Cantata by Allen Pote  
Lyrics & Narration by Tom S. Lang

Based upon an American folk tale, this musical tells the story of Jesus' life in a timeless way by exploring the aspirations of 3 trees and what they would like to become as mature trees. Essentially, they reach their ambitions by becoming a key object in the birth, life and death of Jesus finishing at Easter time.



Heartfelt thanks to the Diocese, especially Meg Wagner and John Doherty for their work and efforts to create the interfacing for services and meetings held in the past 2 months.

Many thanks to Mark Thompsen and to Tom Thompson for their work on reupholstering the Guild Hall chairs.

Sincere thanks as well to Mark Babcock, Tony Braida, Muffy and Henry Harmon, and Marilyn and Duane Sand for preparing and serving lunches for the April 13th Connection Café!

### Easter Flowers

*We thank those who donated money towards this year's Easter flowers, which were donated to Jacobs Place Apartments here in Des Moines. They were greatly appreciated!*

John & Jan Doherty

Harriet Macomber

Phyllis & Terry Melton

Tom & John Stender-Custer

Rick Williams

*In memory of Joe & Nia Doherty, Frank & Jean Cate*

*In memory of J. Locke*

*In memory of Thomas & Suzanna*

*In memory of Mary Stender, Don & Mary Custer, & Theodore Hubbard*

*In memory of our parents Marvin F. Williams & Betty M. Williams, & our sister, Sue Williams Deever*

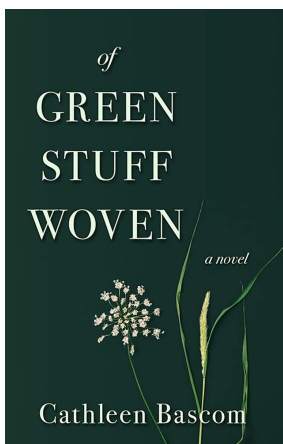
### In Bookstores Now

What are the chances that two married writers would have books published at the same time and by the same press? Slim, no doubt, but our former Dean, Cathleen Bascom (now the Episcopal Bishop of Eastern Kansas), and her husband Tim (pictured) have achieved this with the recent publication of their latest books.



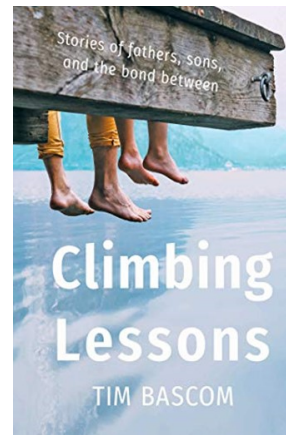
One is an environmental novel about a cathedral dean dealing with devastating floods in Des Moines, Iowa. The other is a collection of stories about fathers and sons.

Both books are published by Light Messages Publishing and are on sale in bookstores and on line.



"This new novel by 'writing bishop' Cathleen Bascom is **a book you won't want to put down!** Filled with delightful characters and page-turning situations, it's also an important book dealing with important issues around our responsibility for God's creation. And for the sake of us all, it's **a book with a message that we can't put down.**"

The Most Rev. Michael B. Curry  
Presiding Bishop of the Episcopal Church



"Anyone can tell family stories, but few can tell them with such **warm-hearted and arresting details.** These stories will warm every reader's heart and will set their memory files burning. **Bascom is an amazing writer."**

Jim Heynen  
Author, *The One-Room Schoolhouse* and *Ordinary Sins*

### 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:

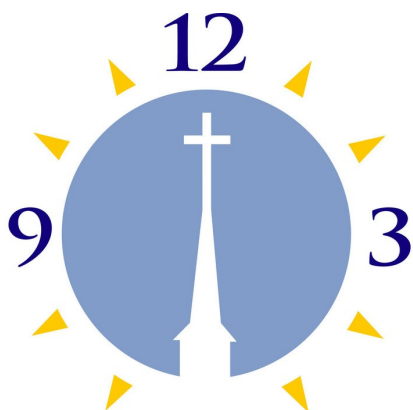
**515-207-8133.**

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 through the end of May. The Cathedral Office is closed except by appointment and for essential needs only. Voice mails may be left for staff at 515-288-7292 and will be checked regularly. Emails are also welcome.

Amma Nicola  
[ammanicola@cathedralchurchofstpaul.org](mailto:ammanicola@cathedralchurchofstpaul.org)

Fr. Zeb  
[fatherzeb@cathedralchurchofstpaul.org](mailto:fatherzeb@cathedralchurchofstpaul.org)

Deacon John  
[deacon@cathedralchurchofstpaul.org](mailto:deacon@cathedralchurchofstpaul.org)

John Zickefoose  
[administrator@cathedralchurchofstpaul.org](mailto: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](mailto:administrator@cathedralchurchofstpaul.org)

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

***The deadline for the July/August issue will be Monday, June 22.***

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



**ST. PAUL'S**  
EPISCOPAL CATHEDRAL

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

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