

The Journey

A Newsletter of St Paul's Episcopal Cathedral



March and April, 2020



WE RESPOND TO COVID-19

To Our Readers:

This first issue in our new bimonthly format was designed before the outbreak of COVID-19, and services and other events we scheduled are now cancelled.

In the rapidly emerging situation in which nations across the globe are responding to the outbreak of the COVID-19 virus, it may become necessary to make adjustments to the events that are advertised in this publication. All postponements or cancellations will be made known through St. Paul's weekly eNewsletter "*This week at St. Paul's*," that is delivered by email, and via the Cathedral's website. If you need to sign up for the weekly eNewsletter, please contact the Cathedral Office, which remains open for business: 515-288-7297.

For two thousand years the Church has endured through persecutions, wars, plagues, and disasters of all kinds without giving in to fear. In these uneasy times we remember that "God is our refuge and strength, a very present help in trouble" (Ps. 46:1)

Suspension of Worship Services: Presiding Bishop Michael Curry Encourages Online Worship, Including Holy Week and Easter

A word to the Church regarding Holy Week and Easter Day from the Presiding Bishop of The Episcopal Church:

Dear People of God,
Christ has died.
Christ is risen.
Christ will come again.

These affirmations are at the very heart of our faith as followers of Jesus Christ. In public services of Holy Week and Easter we solemnly contemplate, commemorate, and rededicate our lives as witnesses to life made possible in the passion, death, and resurrection of Jesus. Together with Christmas, Holy Week and Easter are the holiest of days in our life together in Christ.

On March 16th officials of the federal government asked persons in the U.S. to "avoid gatherings of more than 10 people" for the next 15 days. It is reasonable to assume that some form of recommendations restricting public gatherings will continue for some time.

Considering this changing landscape, I believe that suspension of in-person public worship is generally the most prudent course of action at this time, even during Holy Week and on Easter Day.

It is important to emphasize that suspension of in-person gatherings is not a suspension of worship. I very much encourage and support online worship.

It is out of this love for our fellow humans, our neighbors, that we forego the blessing of being physically together for worship. In so doing we seek to promote health and healing needed at this time.

God bless you and keep the faith,
+Michael
The Most Reverend Michael B. Curry
Presiding Bishop and Primate
The Episcopal Church



ST. PAUL'S
EPISCOPAL CATHEDRAL

From Amma Nicola



March 17, 2020

Dear People of St. Paul's,

This is the second letter that I have written to you for this issue of The Journey. The first letter talked of opportunities to gather during Lent, for Community Lenten Evensong and soup suppers, among other things. In the past few days, though, everything has changed. American society prepares to mitigate against or even suppress the spread of the new coronavirus COVID-19.

This morning, Cathedral staff met via online video conferencing to discuss ways of being together in community even as we are separated, physically. Through announcements in this publication and in the weekly eNewsletter, you will find suggestions of how to continue to engage in worship and Lenten preparation for Easter. We will be hosting a virtual coffee hour online on Sunday March 22nd, after the Bishop leads the Diocese in Morning Prayer at 10 am online. Look out for the announcement in this week's eNewsletter. The Bishop plans to lead online Palm Sunday and Easter Sunday services as well.

Last Sunday, Lent III, I learned how to record a homily to my computer, and it is now available on the [Cathedral website](#) for those who would like to take a few minutes to listen. We will continue the practice of recording weekly homilies even while we are apart. We anticipate homilies from Father Zeb for Lent IV and from Jean Davis for Lent V.

The gospel reading last Sunday (John 4:5-42) described an encounter between Jesus and a woman of Samaria. The Jews and Samaritans were enemies, and one of their points of dispute concerned the proper place for worship – should God be worshipped on their sacred mountain, as the Samaritans claimed, or in Jerusalem at the temple, as the Jews claimed? Today we find ourselves in the strange and unusual circumstance of having been directed by [Presiding Bishop Curry](#) and by our Diocesan Bishop Alan, acting in accordance with the best advice available, to *not* meet in person for worship until after Easter. As for the Samaritan woman, the question of the proper place to worship is on our hearts and minds too. Like you, my heart feels heavy at the prospect of not being able to gather together in person for worship at Easter this year. But Jesus reminds us that we worship the living God and we can worship God *everywhere*. Jesus pointed the Samaritan woman to a time “when true worshippers will worship in spirit and truth.” Jesus told her, and tells us, “God is spirit, and it is necessary to worship God in spirit and truth.”

As we enter into this time of furlough I invite us to look for new ways of worshipping God in spirit and in truth. I invite us to look for the unexpected blessing. As one person wryly put it, “I did not expect to have to give up church, for Lent!” And, yet, these new habits of stepping away from our normal routines, of considering the greater good as we restrict our own behavior, and of seeking new ways to serve one another, are all powerful Lenten practices in their own way. As we learn these new ways of worshipping God in spirit and in truth, I invite you to a Holy Lent and a Blessed Easter. My love and prayers are with us all.

Faithfully,

Amma Nicola

An update from Amma Nicola on coronavirus (COVID-19) Precautions

The following recommendations are extracted from Bishop Scarfe's recent update on the subject of COVID-19 precautions. I encourage you to read the Bishop's recommendations in full, at <https://www.iowaepiscopal.org/news-blog/from-bishop-scarfe-suspension-of-in-person-worship>

In summary, for self-care and community-care:

- Please stay home at the slightest hint of becoming symptomatic. If you are diagnosed with COVID-19, please let the church office know on (515) 288-7297 for both practical and pastoral reasons.
- Be attentive to ways we can assist others beyond the church who are affected by illness—by offering grocery shopping, for example.

I invite us all to work together to restrict the impact of this disease both on ourselves and our community. Please be assured that we are monitoring the latest information on best practices from various sources and we are always open to hearing your suggestions and concerns.

Faithfully,

Amma Nicola

Resources for Faith Formation at Home

While we aren't physically meeting, there are a number of ways to grow in faith and find time with God during this time of physical distancing.

There are a number of websites offering free resources to help out:

Faith @ Home: For the entire family, from the youngest to the eldest, an online forum for daily lectionary readings, reflections, and activities that you can use throughout your day. <https://www.dofaithathome.org>

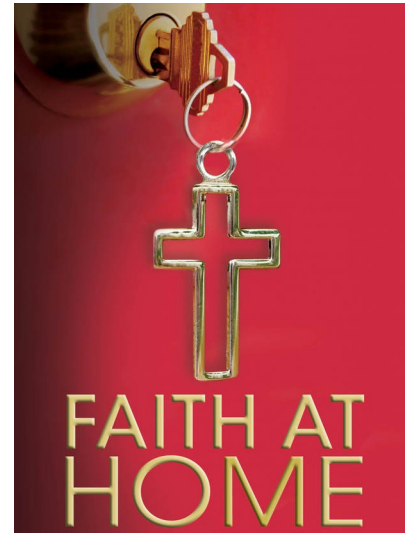
Church Next: 3 Free Courses to grow in faith and action at home.

- 1) Prayer and Worship in Our Homes, exploring different ways to pray. <https://www.churchnext.tv/library/alternative-formation-for-christians-in-quarantine/114762/about/>
- 2) Bridging the Political Divide with Parker Palmer. <https://www.churchnext.tv/library/bridging-the-political-divide/39206/about/>
- 3) Make Me an Instrument of Peace: A Guide to Civil Discourse with The Episcopal Church's Office of Government Relations. <https://www.churchnext.tv/library/make-me-an-instrument-for-groups/109669/about/>
- 4) Morning, Noonday, Evening Prayer and Compline updated daily at [Daily Office from the Order of St. Claire](https://www.dailyoffice.org/)

Illustrated Ministries- For those who like to be creative and color, perfect for young kids. They are offering free weekly emails of materials you can download. <https://www.illustratedministry.com/>

Forward Day by Day: Forward Day By Day is not just a booklet, it's also an online community where you can always access the day's meditation as well as the daily office. <https://prayer.forwardmovement.org/>

The Diocese also has a list of resources and ideas available at: <https://www.iowaepiscopal.org/covid19>



A Prayer for People Facing Great Uncertainty

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart; bring hope and courage to all who wait or work in uncertainty. Bring hope that you will make them the equal of whatever lies ahead. Bring them courage to endure what cannot be avoided, for your will is health and wholeness; you are God, and we need you.

Taken from A New Zealand Prayer Book—He Karakia Mihinare o Aotearoa' (adapted)



ST. PAUL'S
EPISCOPAL CATHEDRAL



Des Moines' Ecumenical Eatery

April Connection Café: We will serve at St. John's Lutheran on Monday, April 13

Below is the most recent directive from Connection Cafe concerning food preparation and service. 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: <https://volunteersignup.org/MDB7F>

COVID-19 and The Connection Café

Please read this announcement from the Bridge Board.

The bullet items in bold are the most relevant for us as we prepare our meal in April.

In light of the CDC recommendations of no gatherings of more than 50 people and our efforts to keep everyone safe, we are immediately implementing a Lunch To Go plan at the Connection Cafe.

- We will continue to serve lunch for as long as possible from Noon until 1:00
- Lunches will be To Go Only. In most instance this will be sack lunches to include a sandwich, chips, fruit and dessert
- Tables for distribution will be set up (weather permitting they will be set up outside, if necessary we will set them up inside)
- **Groups are asked to limit the number of people preparing the meals, using gloves or washing hands properly**
- **2-4 people (those not in high risk groups please) can help with distribution if able**
- **if possible we would like groups to prep 120 lunches, these numbers may change as we figure out how many people we will be serving**
- **Lunches should be placed in a paper sack with the type of sandwich written on the bag**
- Each person will be limited to one lunch unless approved by Rob. If food is available we will allow one more lunch per person beginning at 12:45
- if lunch sacks are not available, we can bag the lunches at St. John's
- Meals should be dropped off between 11:00 and 11:30 if possible..

If a group is unable to provide please call or text Rob Hoover as soon as possible at 515-771-1481.

This could all change. If you have questions or concerns please call the Cathedral Office (515-288-7297).



In addition to our 3 regular Ash Wednesday services, "Ashes to Go" has become a tradition at St. Paul's, and is another sign of our continuing community outreach. Here are some photos of Deacon John setting up and delivering ashes to passers-by. Ashes to Go was also featured by *The Des Moines Register*. You can see the photographs on their website at <https://www.desmoinesregister.com/picture-gallery/news/2020/02/26/iowa-christians-celebrate-ash-wednesday/4883085002/>



Music at St. Paul's

University of South Dakota Chamber Singers' Concert Delights with Variety



By Jed Leland

On Sunday, March 8th the nationally-recognized University of South Dakota Chamber Singers presented a delightful concert of great range and variety.

Under the direction of their conductor, David Holdhusen, Ph.D., this group of 37 singers offered their 2020 musical program, "Passion," which included classical and contemporary musical selections spanning a variety of languages and cultures..

Conceived with the idea of telling the Christian Church's Holy week story, their music shared with us the passion which can be instilled through the power of music.

The choir's repertoire, primarily a cappella, is comprised of music from the Renaissance to the present and offered a wide variety of styles, and the program at St. Paul's included classical and contemporary musical selections from the Renaissance to today, featuring composers like Josquin, Byrd, Jonny Priano and Randall Thompson, as well as several folk songs and spirituals.

The Social Justice/Immigration Team Planning an Art as Theology Exhibit to Promote Prayer and Conversation on the Issue of Family Separation at the Southern Border



Immigration + Social Justice

Did you know that since July 2017, an estimated 5,400 children have been separated from their parents at the southern United States border? (NBC News Report, October 25, 2019). During the time period July 1, 2017 through July 1, 2018, 207 of those children separated were younger than 5 years old. (Id.). Many of those separated were sent to one of 121 facilities in 17 different states. (Family Separation by the Numbers, ACLU.org).

Although federal court litigation challenging this family separation policy has resulted in some family reunifications, reunification has not been

possible in all cases and has been complicated by the deportation of the parents.

As part of a public policy awareness and advocacy project created through the Diocesan "Engaging All Disciples" initiative, the St. Paul's Social Justice/Immigration team is planning to host a pop-up art project aimed at raising consciousness and promoting prayer and conversation regarding the theological questions raised by this family separation policy. Pop-up art displays as a part of public theology conversations have been used successfully in the U.K. and the U.S. One powerful piece, created in December 2017, at St. James Church in Piccadilly, London featured 700 articles of clothing from refugees hung from the ceiling of the nave of the church.

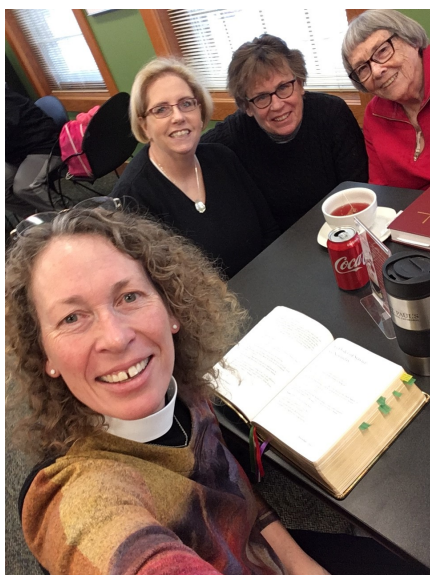
The display planned by the St. Paul's team features a clothes line with children's clothing hung on the line along with a simple sign stating "Where are the Children"? Some data on the number of children affected will also be displayed. The idea for this type of display started with some high school students in Maryland who staged the

event on International Children's Day two years ago. Since then, this type of display has been used by churches and non-profit groups. The display being used by the St. Paul's team will also be used by other churches in the metro area, at different times.

Since the display is done as a pop-up display, it is up and visible for a short period of time, even just a day, but the community may take more time to pray and reflect on the issue and the ways that people of faith may respond.

Episcopal Migration Ministries (EMM) estimates that world-wide there are over 22 million refugees in the world, half of whom are children. EMM also encourages us all to pray, learn, and engage on the issue of refugees and to teach the values of welcome and inclusion. It is our hope that this proposed pop-up display will encourage the St. Paul's community to do the same...pray, learn and engage, not in a partisan way, but as Christians seeking justice for those whose voices can not be heard.

If you are interested in working on this project, please contact Jean Davis at jeanmdavis9@gmail.com.



Above, Amma Nicola, Kate Hedderich, Jean Davis, and Nancy Morton pose for a selfie.

Morning Prayer Rite II at 9 am Is Now Online

Wednesday Morning Prayer is now meeting online, and all are welcome to join us. If you are interested, please email Amma Nicola (ammanicola@cathedralchurchofstpaulorg) and she will provide you with the ZOOM information.

Plymouth Grounds at 4126 Ingersoll Avenue is a not-for-profit coffee shop staffed by intellectually disabled students from the Des Moines-area schools who, by working in the coffee shop, have opportunity to practice academic, social and work skills that they have learned in the classroom and apply them to the real world. They also offer a selection of very fine cookies!

Read more at <https://www.plymouthchurch.com/connecting-caring/caring/plymouth-grounds/>



Youth Summer Fine Arts Camp

Planning for the 2020 Youth Summer Fine Arts Camp has already begun. Dates for the next camp are August 3 through August 7, 8:30AM to 12:30PM for young artists ages 8 through 13.

Curriculum will incorporate music theory, church music, vocal exercise, dance, hand bells, architecture, prayer. Lexie Thiessen, currently the acting children’s music director at St. Paul’s, will be the Artistic Director for the Camp. The musical to be performed has been announced as *The Three Trees*.

Plan now for your children, grandchildren and neighbors to be part of this wonderful adventure the week of August 3-7. And include yourself in the adventure by volunteering to help or to sponsor a student scholarship. If you have questions, please call the Cathedral Office (515-288-7297).

Looking Forward Challenge Group

Mandate: Accepting and Growing into our Vocation as a Cathedral

In a recent sermon, Amma Nicola asked what we were looking for. This is a question that Looking Forward Challenge Group continues to ask of ourselves in our vocation as a cathedral. We ask that not only in how The Cathedral Church of St. Paul impacts the



community, the diocese and the parish, but of ourselves as well. The exploration of this question continues once a month with some slight assignment in preparation for the meeting. If the question challenges you – please watch the church calendar for meeting times, contact the church office to request the meeting time each month or email Jolene Phelps at jolenephelpsvh@gmail.com.

An Invitation to Faithful Innovations

Do you have a talent for listening ...

A passion for thinking outside the box?

Do you want to see God through new eyes ...

To be a guide to energize the vision of others?

If you feel called to this work and are hungry for an adventure, you are invited to participate in “Faithful Innovations,” a six-month learning experience facilitated by the Diocese of Iowa. With six to eight others from St. Paul’s you will seek new and vibrant ways of reaching out to our community, our diocese and our parish. Three workshops (on Saturdays July 11, September 26, and a future date to be determined) form the core learning component of Faithful Innovations. For more information please talk to Traci Petty or visit www.iowaepiscopal.org/faithful-innovations. To get involved please contact Amma Nicola (ammanicola@cathedralchurchofstpaul.org) or Jolene Phelps (jolenephelpsvh@gmail.com)



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.

Meet Our Chapter

Class of 2021



Leighton Carlson

Leighton Carlson retired in December 2014 after 18 years as senior pastor at Capitol Hill Lutheran Church in Des Moines. Born in Minneapolis, he was active in student ministry at the University of Minnesota for 14 years before seminary and ordination in the Evangelical Lutheran Church in America. Before Des Moines, he served parishes in Minnesota and North Dakota. His wife, Carla, was born and raised in Germany. They met at the U

of M and were married in 1981. Carla retired in 2015 after 30 years in management at Marriott Corporation and Sodexo Corporation. Leighton and Carla live in Windsor Heights with their golden retriever Champ.



Matthew Petty

Matt is a new transplant to Des Moines from Tennessee originally, and most recently from Kansas City. He is currently working as a Pediatrician at Mercy Medical Center, and has an interest in children's health and development if anyone has any questions or concerns.

He grew up in the Church of Christ, but he and his wife Traci chose to be married in the Episcopal Church in 2010 and join the church officially in 2017. Traci and Matt love the liturgy, the academic theology, and the communities of the Episcopal Church they've encountered in Tennessee, Missouri, and here in Des Moines. Matt loves hiking, reading, good beer and bourbon, and good company.

Matt and Traci live in a condo downtown with their Shih-Tzu Emmett. Due to Matt's proximity to the church and irregular working hours, he'd like you all to know he's often available for any social or spiritual concerns on short notice and at odd hours if needed. Please don't hesitate to call, text, or email if you would like to meet him or discuss church matters."



Jolene Phelps

Transferred membership from St. Benedict Episcopal Church in Lacey, WA to the Cathedral Church of St. Paul's in September, 2016

Twenty years ago, I moved from Des Moines after raising two sons and building a company. The sons moved on to experience their own adventures and create their own families; the business I

took with me to Arkansas and then to Washington state. When deciding in what part of the world I wanted to retire – downtown Des Moines and old friends became my heart's choice. I moved to Des Moines, July 4, 2016 and retired, July 1, 2017.

Raised a Methodist and educated as a Presbyterian, the church has always been my framework for relationships, growth and nurturing – even when it was a love/hate relationship. Life experiences coalesced into what would become my mantra of "I get by with a little help from my friends". Always seeking, I read about a start-up Episcopal Church in Bentonville, AR. Given a booklet titled, "A People Called Episcopalians", I read the following: "Orthodoxy for us is right worship and not right belief. Our life of prayer shapes our beliefs and behaviors." I was captured! Much of my church life was butting my head against dogma, and I was now free to experience the mystery of worship focused on the Eucharist. I became a founding member with the reception of the first class at All Saints Episcopal Church on July 1, 2007.

What an experience as three quarters of our congregation came from other denominations or were unchurched. Those of us on the first vestry were grappling with Anglican polity, trying to figure out the Book of Common Prayer and rejoicing in learning worship fundamentals. We were bursting our doors with new arrivals seeking communion and community. Taking the four years of EfM was again a growth experience only the church and those relationships can provide. It was a heady experience and I learned much.



Jill Southworth

Life long Episcopalian. Member of St. Paul's Episcopal Cathedral since 1978. Served on Chapter twice in past. Presently I serve on the St. Paul's Investment Committee and occasionally help with Shelter Meals. I taught Sunday school and was a chaperone for the 2000 youth group trip to Brechin, Scotland. Served as 'wardrobe mistress' for the 1990's production of *Noeh's Flude*.

Professional Background: Semi-retired general practice attorney. I received my Juris Doctorate degree from Drake University Law School. Prior to obtaining my law degree, I was a professional writer with concentration in science-medical features. I received the Claude Bernard Science Journalism Award for an article written while I was Public Relations Officer for the University of Missouri School of Veterinary Medicine. I received my Bachelor of Journalism degree from the University of Missouri School of Journalism.

Meet Our Chapter

Jill Southworth, cont'd

Present Commitments: Chair, Special Olympics Iowa. West Des Moines Plan and Zoning Commission. Polk County Health Services Foundation. West Des Moines Historical Society.

Personal: Mother of three adult children, Rachel, Alex and Brian, all of whom served as acolytes and were active in church activities. Brian is an active acolyte now. Three grandsons.

Class of 2022



Diane Hayes

I was born in Ames, raised in Urbandale. My dad's family has been in Polk County/Des Moines since the 1850's. My Mom's family is from Illinois for longer than that, so I guess you could say I'm an ethnic midwesterner. I was baptized at First Methodist, just up the street, and raised in the Methodist church. I am twice

married, this time for 26 years (so far). Between us, Tom and I have 6 children (his, mine, and ours) 5 grandchildren, a grand-dog, and 2 grand-cats. We live about 3 minutes from St. Paul's in our new 119-year-old house.

My first introduction to the Episcopal Church was singing here at St. Paul's my senior year at Simpson College (1978-79) during Paul Dieka's tenure as conductor. After receiving my M.Music at Northwestern, I started singing at St Matthew's Episcopal church in Evanston, where I was received into the church by Bishop Frank Griswold.

As an adult, I have lived in Dallas, Chicago, Schaumburg, Indianapolis, Urbandale, and now back to Des Moines. I have taught music in public schools, performed at Renaissance Faires for 10 years, taught voice, sung in the Dallas Symphony Chorus for 5 years and the Chicago Symphony Chorus for 14 years (on several recordings and in 1 movie), taught private voice lessons, taught early childhood music classes for The Music Playhouse and done customer service for them, done admin work for my choir director in Indianapolis, cared for my mother for 6 years until her death from Alzheimer's this past spring, taught voice at Simpson College for 1 year as an adjunct. I've just celebrated my fifth anniversary as the admin assistant to the Director of Music & Fine Arts at Plymouth Church.

Here at the Cathedral Church of St. Paul, I sing in the choir, I am part of the Committee for Social Justice (formerly the Sanctuary Discernment Team), I sing with Howell's Scholars, I'm a lector, occasionally a cantor. I've been privileged to be a delegate to our Annual Convention for the past two years, and an alternate delegate the year before that.

Recently I co-chaired the "What it means to be a Cathedral" event in early November.

I hope to help us continue working to maintain our historical building while bringing it into the 21st Century. I hope to work to help us grow as a Cathedral, as a congregation, and a vital voice for the community.



Tom Thompson

I'm committed to serving St Paul's as my "church home" and I'm dedicated to improving the Church in any capacity.

I believe I have a lot to offer, and from a potentially different perspective than most of the other candidates.

I spent most of my adult life in a Law Enforcement career after graduating Cum Laude from North East Missouri State University (now Truman University). I served with distinction, in all of the rolls involved. I served as Department Spokesman, Detective, Evidence Custodian, Evidence Technician, Field Training Officer and Firearms instructor for twenty years.

I was drafted to the Board of Directors of the Iowa Police Combat League, working with the Director of the Iowa Law Enforcement Academy as well as numerous Sheriffs and Chiefs of Police to coordinate efforts of competitions and awarding commendations.

I worked with the Iowa Legislature drafting a new law regarding deer hunting in the state of Iowa.

More recently I started and ran a business in private investigations, "Precision Investigations," then closed that business and now am running a successful pottery business, "Shell T Pots," with my wife, Shelley.

I'm articulate and educated. I work well with others and communicate effectively orally and in writing. I already have several ideas, mine and those of others, which have been brought to my attention for improving the Cathedral.

I have a lot to offer and am very pleased to serve on the Chapter.



ST. PAUL'S
EPISCOPAL CATHEDRAL

Meet Our Chapter



Stephanie Wells

Stephanie is a life-long Episcopalian. She joined St. Paul's in 1995 with her family and was confirmed at the Cathedral in 1996. Prior to St. Paul's her family attended St. Timothy's and St. Andrew's where she was baptized by Father Kem. Stephanie works in Product Management at Nationwide Insurance. She earned her Bachelors of Journalism and Mass

Communication and a Master in Public Administration from Drake University and a Master in Business Administration from the University of Iowa. Stephanie has served on the board including most recently as President of the Iowa Chapter of Chartered Property Casualty Underwriters and serves on several committees with the National Chartered Property Casualty Underwriters Society. She has volunteered with Mentor Iowa and the Ronald McDonald House and is a current adviser for the women of the Drake chapter of Kappa Kappa Gamma Fraternity.



Robert Wootten

Robert H. (Skeet) Wootten has been an Episcopalian most of his life and originally joined St. Paul's in 1989. He has served the Cathedral as Treasurer and was Senior Warden during the term of the transition from the Parish to the Cathedral. He also served on the Diocesan Investment Committee. He is married to Laura and they have two adult children, Richard, who

works for ConocoPhillips in Houston and Catherine, who is a ballerina for the Minnesota Ballet in Duluth.

Class of 2023



Mike Gillespie

Mike lives in Urbandale with his wife Susan and a cat named Frankie. He is retired after 30 years as co-owner of Mid America Sales Inc., a manufactures representative sales agency. In 1980, Mike and Susan a long time member of St Paul's were married in the Church. Brian their son and Brooke Yang were married at St Paul in 2017 and have made us proud grandparents of a grandson

Rhett who was baptized in 2019. Along the way Mike and Susan taught Sunday school-Godly Play and attend the 8:am service where Mike helps with the audio. Originally a Roman Catholic, it was past time to become an Episcopalian and a member of St. Paul which he did in 2019



Jonathan Hansen

Born in Cedar Falls, IA in 1978, Jonathan Hansen had a wonderful Midwestern upbringing with his Baptist parents and two older brothers. He found an early interest in religious practice and study after a formative period in his teenage years. His interests lead him to Spurgeon's College, London in 2004 where he fell in love with the Book of Common Prayer,

became Episcopalian, and earned his Bachelors of Divinity. His time in London also afforded him the privilege of serving at the London City Mission- providing clothes, showers, food and recreation for any who had need. During his stay in London, he also worked as an Assistant Chaplain at the Royal Academy of Arts and Music, and Imperial College of Science and Medicine. Jonathan continued his studies at the Episcopal Seminary of the Southwest in Austin, TX, earning his M.Div., after which he served as a Resident Chaplain for a year at Unity Pointe here in Des Moines, IA. Soon after, Jonathan was blessed with the call to be a lay pastor for two Methodist Churches while living among the Redwoods in Anderson Valley, CA.



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



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The Cathedral Church of St. Paul - Episcopal

Meet Our Chapter

Jonathan Hansen, cont'd

With this, over the years Jonathan has worked largely in the food service industry, owning his own restaurant for 10 years in Harlan, IA to help pay for his education. His interest in fine food has lead him to work in wine production and vineyard work in CA, as well as starting a small farm with his wife, selling organic and foraged foods to restaurants in Anderson Valley. He also enjoys finish carpentry, walks in the woods, and reading. Currently, he is waiting table in Des Moines at Lucca Restaurant, and leads and Bible Study and Book Study at St. Paul's. He is married to a wonderful, hardworking, entrepreneur named Marissa who hails from the deserts of the Southwest; and the two of them somehow created an angel together named Wilhelmina, who is 4 years old.

spokes-person for Commercial Recycling in Honolulu, planned events and worked Marketing for the BSA, Managed 19 employees and 2 million in revenue for Standard Parking Corporation, planned seminars and worked with attorneys around the nation for National Business Institute, but most importantly has enjoyed being a stay at home Mom for their daughter Kai and our two chocolate Labradors, Woodrow and Dutch. Currently she is the 3's Preschool teacher at Norwalk Christian Academy. They are excited to be here in your community and are looking forward to the new year!



Rachel Hill

Rachel Hill is our Sunday school teacher for St. Paul's Cathedral. She is originally from the Garden Island of Kauai and a cradle Episcopalian growing up at St. Michael's Episcopal Church and baptized at All Saints Episcopal Church in Kapa'a where her parents still attend. Parents Vikki and Nelson Secretario still run the couples and women's Bible study for

St. Michaels for the last 25 years. She received her Bachelors in Political Science from The University of Hawaii Manoa. She was a recipient of the Congress Bundestag Scholarship to study aboard in Germany, Rotary student exchange to Japan, and was a Fulbright Scholar in college in South Africa. Her husband Matt and their daughter Kai live in Norwalk and are new to the area. Matt is the new CEO/Scout Executive for the Boy Scouts of the Mid-Iowa Council, and their daughter Kai just turned five and is in Kindergarten this year.

They just moved here from Kansas City where they were for two years when Matt was the VP/ Deputy Scout Executive for the Boy Scouts. Before that they were in Eau Claire, Wisconsin for three and a half years where he was the CEO/Scout Executive for the Boy Scouts there. Rachel was also on the Vestry, the Sunday school coordinator and teacher, and marketing person for Christ Church Cathedral in Eau Claire. Matt and Rachel met in Hawai'i when he was the Field Director of the Boy Scouts. Through this time she has had the honor of substitute teaching in Kansas City, Eau Claire, Wisconsin, and in Honolulu, Hawaii. She has been the



Elvin McDonald

This will be my third term on the Chapter and my 18th year at St. Paul's. I help with the gardens and sing in the choir. I am retired from Meredith and the Greater Des Moines Botanical Garden. I have served in an advisory capacity to Terrace Hill for about 20 years, ditto on the board of the Des Moines Metro Opera. I have a lifetime

experience of what you could call "good housekeeping" and I want to help oversee the needs of the Cathedral--a swift redo of the Undercroft so we can get back to doing the work we are called to do. Next year I hope we can reactivate flooring and painting plans for the nave, narthex and hallways. The most exceptional thing about me may be that I do not have an iPhone and to this end I pledge to encourage the Chapter to embrace and take advantage of the latest technology while taking care not to leave behind us 80 and over members.

Safe and Secure Online Giving!



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 Cathedral

Preservation Fund, or 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 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.



Prayer for a Pandemic

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other, let us find ways to be the loving embrace of God to our neighbor.

Amen.

Attributed to Cameron Bellm, in her Instagram account krughthethinker



ST. PAUL'S
EPISCOPAL CATHEDRAL

The Journey

The Journey is published bi-monthly. Your articles, news, photos are welcome!! ***The deadline for the May/June issue will be Monday, April 13.*** Please mail to administrator@cathedralchurchofstpaul.org; Or bring it to the Cathedral Office.