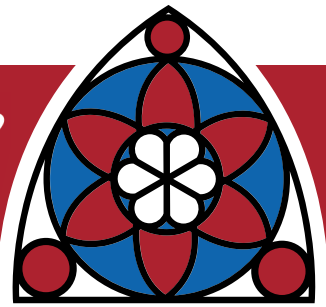


# THE JOURNEY



*A Newsletter of The Cathedral Church of St. Paul*

*September 2017*

## *Goodbye August, hello September*

Although summer is winding down, September is always a season of renewal at the Cathedral.

On Sunday, September 10, we will welcome one another back with a flair! The Choir returns and Godly Play resumes, so mark your calendars, and please join us as we continue welcoming all people here at the Cathedral of St. Paul to worship God with us on Sunday mornings, and look for ways to joyfully include new members into the life of our congregation.



**A SPECIAL  
WELCOME BACK  
CELEBRATION  
SUNDAY,  
SEPTEMBER 10TH**

**Welcome back St. Paul's Godly Play! Welcome back to our wonderful Cathedral Choir!**

We will gather on Sunday, September 10th in the Undercroft and in the Courtyard to celebrate our community. Hot dogs, Sloppy Joes, lemonade and iced tea will be provided. Please bring a side dish or dessert to share. There will be sidewalk chalk and bubbles on the Courtyard to enjoy.

A donation of \$5.00 per person or \$10.00 for a family would be appreciated.

*This event will be held in place of the Second Sunday Brunch in September.*

*Please join us!*

815 High Street, Des Moines, IA 50309  
(515) 288-7297 • [cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org)



**ST. PAUL'S**  
EPISCOPAL CATHEDRAL

## FROM THE DEAN

In case you missed Sunday mass on August 20th, I have some very interesting news to report, which I hope encourages your hearts.

I still have Parkinson's. A brain scan that I had done six months ago showed a marked asymmetric hormone metabolizing/producing area of my brain, which is part of the spectrum of issues that cause movement disorders like Parkinson's. I've been saying how, since Ascension Sunday, when the whole congregation anointed me and prayed for my healing, that I have been feeling stronger, and folks have remarked on it frequently, how my speech has improved, and that I look stronger.

Well, I had the same brain scan done on Friday, and that part of my brain that was not working is now working normally! It baffled the neurologist at Mayo, who could only reason that the first scan was wrong. I told him that my family, friends, and church have been praying for my

healing, and that this was a gift from God to glorify him and to be an encouragement and sign of hope a joy for me and St. Paul! I am cautious about calling something a miracle, especially since I still have Parkinson's, and the brain changes may take time to show improvement. But, wow! The brain scans are polar opposites after prayer and anointing.

I truly believe it to be the manifestation of the healing touch of Jesus! I don't know what this means for my future health, but I will continue to trust in the Lord and in your continued love and prayers.

Because the people of St. Paul so lovingly anointed me and prayed for me, and continue in prayer full of hope . . . because of love . . . the Lord has done something wonderful, and yes, miraculous!

The Lord is with us, and is working in and through us, and has much for us to become and do through his Son, Jesus Christ, and in the power of his Holy Spirit!



**THE VERY REV. FR.  
TROY C. BECHAM, DEAN**

God is real, and doing something within us, and has plans for us! God is transforming our ideas of what is possible for us here at St. Paul's. Come be part of it!

All glory and praise to the God who is love!

Fr. Troy+

## STAFF CHANGES

It is with great pleasure that I get to introduce our newest Cathedral Canon, the Revd. Deacon John Doherty, who has been called to a new ministry here at St. Paul's. He will now serve as the Canon for Administration and Ministry Development.

In his new role as Administrator, Deacon John will be working primarily to help develop a new and thriving staff culture, with emphasis on helping to improve staff communication and organizing the daily functioning of the many moving parts of our cathedral life. In his role as Ministry Developer, he will be working even more closely with our outreach ministries, renewing our volunteering opportunities and training, working to help incorporate new inquirers into the



**DEACON JOHN DOHERTY**

life of our Church, and redeveloping our ministries with acolytes and youth.

If that sounds like a big job, it is! Having said that, these are where his strengths are most evident, and I have every confidence in him. As with all of the staff, Deacon John will need the daily prayers and support of every one of us. I am very happy and excited to begin to working together with Deacon John as the Canon for Administration and Ministry Development as the staff continues to develop and grow in new ways to support all the wonderful new members and new ministries that are taking place at St. Paul's!

We are getting geared up for growth in the Lord, who has wonderful and marvelous plans for us to be a shining beacon of hope in downtown Des Moines!



**TRACEY KOLESAR**

It is with equal pleasure that I ask you to welcome Tracy Kolesar, who joins us as the new financial bookkeeper. You can reach Tracey by email at [financial@cathedralchurchofstpaul.org](mailto:financial@cathedralchurchofstpaul.org) or by calling 288-7297 x 202. She will be working Monday, Wednesday, and Friday 1-5 p.m. and Tuesday 9 a.m. - 5 p.m. Welcome Tracey!



## JULY 9TH CONVERSATION UPDATE:

*amazement*  
**love** *Holy Spirit*  
**Community**  
*healing prayer*

Community was most-mentioned experience during the recent Conversation about events involving praying for Fr. Troy in May.\* Healing prayer was next, followed by Amazement, Holy Spirit and Love. Seated six to a table, 60 people shared stories and experiences on July 9. About 30 wrote down thoughts and ideas. Although many had not been in church on 5-28, by the end of the conversation they were ready to add their thoughts.

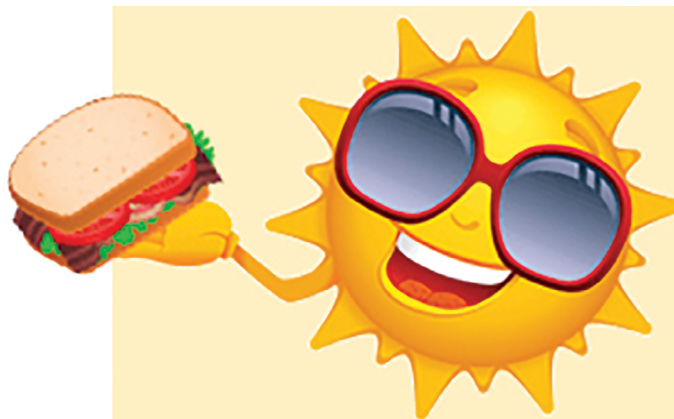
Beyond these categories came compassion for the visitor; enjoyment of telling and listening to stories; opportunity for healing in Sunday worship with clergy and prayer teams, and a fresh look at the "Prayers of the People" as a community activity.

*This is an update. The conversations have just begun. Watch for further announcements.*

*\*May 28, 2017 8 o'clock service: Dean Troy Beecham, invited the congregation to come, lay hands on him, and pray for healing. All responded. Fr. Troy was anointed with holy oil for healing in body, mind and spirit. During communion, a visitor strode up the aisle, cursing the building and the people in it. Fr. Troy calmly declared God's love and ours. The woman left. Fr. Troy rebuked the curses and blessed us including the strange visitor. 10 o'clock service: Fr. Troy again requested healing prayer. The congregation, joined by the choir, gathered around him, praying silently or aloud in English or their native language.*

## SAINT PAUL'S SUMMER FOOD PROGRAM

It was a very successful year! We served an average of 12,000 meals, including breakfast, lunch and snack. United Way is working on **OpportUNITY** Community Plan regarding food insecurity in central Iowa with a video production company and they have been to 3 of our sites. Our thanks to everyone at St. Paul's who contributed!



## ST. PAUL'S CHILDREN'S FORMATION SUNDAY PROGRAMS RESUME ON SEPTEMBER 10

We kickoff another year of spirit-filled Christian education on Sunday, September 10!

Please note that youth formation hour starts at 9:45 am. Youth and children are always welcome both in worship and in our formation programs. We are presently looking for volunteers for this program—could this be your mission? More information about children's formation may be directed to Catherine Gillespie: [catherinewilsongillespie@gmail.com](mailto:catherinewilsongillespie@gmail.com)

### Nursery care

Infant to pre-K (4 years old)

**Where:** Main Level

**When:** 9:30 a.m. to 11:30 a.m.

### Godly Play

Pre-K (4 years old) to 4th grade

**Where:** Main Level

**When:** The Godly Play circle gathers at 9:45 a.m. Children rejoin their families during service around 10:50.

### Youth Participation in Worship

Grades 5 and older

Youth in grade 5 and older are invited to participate in worship and, if interested, learn to acolyte. Contact Catherine Gillespie ([catherinewilsongillespie@gmail.com](mailto:catherinewilsongillespie@gmail.com), 770-8863) about acolyte training.

### Confirmation

A confirmation class is being formed in the fall. Please contact Deacon John Doherty ([deacon@cathedralchurchofstpaul.org](mailto:deacon@cathedralchurchofstpaul.org), 515-288-7297) if you are interested.





## SEPTEMBER "SINGLES AND DOUBLES" WE WILL GATHER AT CHAMBERLAIN HOUSE IN DES MOINES



### CHAMBERLAIN HOUSE

**Please Join Us for the Opening Gathering of  
St. Paul's Singles and Doubles.**

**A great time with fellow parishioners and enjoying  
some great food.**

We haven't had a Singles and Doubles gathering in quite a while, and hosts Barbara Duro, Babette and Bob Brenton, Jo Sloan, and Paul Meginnis thought it time to host this delightful gathering which is open to everyone. We especially want to encourage our newest members to attend.

**What can you bring?** Please bring an Hors d'oeuvre or a light salad to share. There will be a donation basket to cover the cost of beverages; \$3.00 per person is the recommended amount to donate.

### Where:

Chamberlain House (Wesley Acres)  
3520 Grand Avenue, Des Moines

### When:

Friday, September 15, 2017

### Time:

5:30 p.m. to 7:30 p.m.

### Cost:

A donation will be taken at the gathering

**Please RSVP by going to [our website](#), and then clicking on the calendar and the event. Or you can call the Cathedral Office (515-288-7297).**

# LET'S celebrate

## SEPTEMBER BIRTHDAYS

*Happy Birthday to these Children of September:*

### September 1

Amelia Allaway  
Paul Meginnis

### September 2

Becky Hird

### September 6

John Halbrook

### September 7

Judy Bannister

### September 9

Jo Anna Hebberger

### September 13

John Keress

### September 14

Bill Hornaday  
Terry Melton

### September 25

Sylvia Gillespie

### September 28

Al Geiger  
Ellen Cleveland

### September 29

Julianne Allaway

## SEPTEMBER ANNIVERSARIES

*September really IS the Wedding Month!*

### September 8

Marilyn and Duane Sand

### September 19

Dee and Jim Vickery

### September 16

Katy Gammack and  
Alex Ervanian

### September 25

Elayne and Dean Bice

### September 17

Judy and James Bannister

### September 18

Patti and Bill Graham  
Muffy and Henry Harmon



**Submitted by Sr. Warden,  
Stephanie Preusch**

Also, many thanks to Elvin McDonald and John Zickefoose for hosting us for a potluck dinner on Friday night before the retreat. We are very appreciative to St. Timothy's for hosting the retreat.

## WON'T YOU CONSIDER BEING AN ACOLYTE?

At St. Paul's, acolytes vest in a black cassock and white surplice. An acolytes service begins before many people even get to church! Acolytes arrive early, vest, then light the



Acolytes can be children or adults, the only requirement is a solemn desire to serve God and our fellow parishioners. Anyone interested in becoming an acolyte should check with the Deacon John Doherty deacon so training can be arranged. Deacon John can be contacted via email ([deacon@cathedralchurchofstpaul.org](mailto:deacon@cathedralchurchofstpaul.org)) or by calling the Cathedral Office at 515-288-7297.

□



## SANCTUARY DISCERNMENT TEAM UPDATE

In the July/August issue of the Journey, we provided a brief overview of the New Sanctuary Movement, including what it is and what the options are for participating. The issue also looked at St. Paul's history with justice and mercy, and we gave a brief recap of our team discussions centering around our call as a church in light of St. Paul's specific history. Below is a summary of what we talked about over the summer.

1. Deacon John led us in a theological reflection on hospitality. Here are some of our salient takeaways from that conversation:

Grace is going along with something as it happens and as it grows, rather than having to jump into the totality of something all at once.

It is better to have failed at something than to never have tried it.

It is a good (and difficult) practice to become comfortable being uncomfortable.

Self-knowledge (individual and collective) is super important for making decisions.

2. We talked about the intersection of spiritual and civic identity; how we think about being "American" and how our faith influences the way engage in politics and public life. Many people mentioned that being American to them means having a great deal of privilege and freedom, and along with that a great deal of responsibility to use those things well. We also talked about how arbitrary national identity is, being based on the random lottery of where you were born, and yet how deeply it informs who we are and how we are able to move about the world. Finally, we talked about

how being American can mean holding a lot of tension internally and socially - between ideals and practices, or between community and governance. This was the last formal conversation in our initial step of self-reflection and internal probing of identity, values, and motivations.

Keep an eye out in the weekly bulletin and e-blast for announcements on upcoming meetings and events. As always, please feel free to join us at our next meeting – you do not need to have attended previously. If you have any questions or would like more information, contact Traci Petty: [trpetty17@gmail.com](mailto:trpetty17@gmail.com) or Spivey Knapik: [svspivs@gmail.com](mailto:svspivs@gmail.com).

## CATHEDRAL ARTS

Our 2017 - 2018 Cathedral Arts season began in August with a Choral Evensong and a festive reception. Listed are the Cathedral Arts events planned for this fall. Please join us!

### **Choral Evensong**

Sunday, September 24 at 4:00 p.m.

### **Choral Evensong**

Sunday, October 15 at 4:00 p.m.

### **Choral Evensong**

Sunday, November 12 at 4:00 p.m.

### **Advent Music**

Thursday, December 14 at Noon

Thursday, December 21 at Noon

### **Festival of Nine Lessons & Carols with Holy Eucharist**

Sunday, December 24 at 5:00

You can always donate to our Cathedral Arts Series on our website: [cathedralchurchofstpaul.org](http://cathedralchurchofstpaul.org)



We express so much when we sing – gratitude, fear, love – what a beautiful way to offer our deeply held feelings to our Creator!

If singing is your thing, have you considered lending your voice to the Cathedral Choir? Here is the commitment:

Rehearsing weekly Thursdays at 7 pm

Singing Eucharistic Service Sundays at 10 am

Singing special services throughout the Christian year.

Questions? Choirmaster Rebecca Gruber or Organist Mark Babcock can help!





## SEPTEMBER SHELTER MEAL

Sunday, September 24th is our opportunity to provide a meal to the people of Central Iowa Shelter at 1410 Mulberry Street. Up to 300 meals are provided. Please either sign up at Church or use the online sign up sheet.



## KITCHEN UPDATE

Progress on the kitchen renovation is moving apace: the painting of walls and trim has begun, and the cabinets and counter tops have been ordered. They should be ready for installation in late September.



## ST. PAUL'S OFFERS TEXT GIVING!

We have added text giving to our online giving account, and you can automatically give by texting the amount you wish to donate to this number: 515-207-8133.

## SAFE AND SECURE ONLINE GIVING NOW AVAILABLE!

We now offer safe and secure online giving on our website by scanning the QR 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.



## NEXT ISSUE

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

**The deadline for the October issue will be Monday, September 18.**

**Please mail to [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org) Or bring to the Cathedral Office.**



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## JOIN US IN SEPTEMBER!

**WELCOME BACK CELEBRATION SERVICE AND PICNIC**  
**SUNDAY, SEPTEMBER 10**

**SINGLES AND DOUBLES**  
**FRIDAY, SEPTEMBER 15**

**CHORAL EVENSONG**  
**SUNDAY, SEPTEMBER 24**

**SEE INSIDE FOR DETAILS**

PLEASE BE SURE TO VISIT OUR WEBSITE: [CATHEDRALCHURCHOFSTPAUL.ORG](http://CATHEDRALCHURCHOFSTPAUL.ORG)

The Cathedral Church of St. Paul • The Journey

