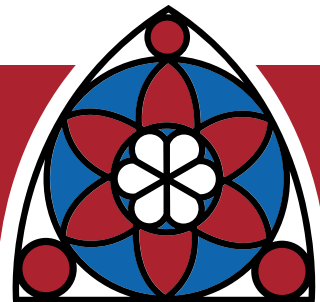


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

The Very Rev. Fr. Troy C. Beecham, Dean

January 2018

Join Us to Celebrate 12th Night

Friday, January 5th

Potluck Supper!

Games!

*Gift
Exchange!*



*Visiting
Kings!*

*Carol
Singing!*

And you thought the holidays were over?

Technically, no—not until January 6th, when Christians throughout the world celebrate Epiphany.

The 12th day of Christmas for our parish family will be celebrated on Thursday, January 5th with games, a potluck supper, a visit from the three Magi, a gift exchange, and singing the last carols of the Christmas season (but not 12 lords a leaping), and a brief Epiphany service.

The process is simple--bring a dish to share, an

inexpensive gift (\$5 limit) for each person attending, and a joyful hope for the promise of Christmas for all. Mark your gifts for either an adult or child so everyone can receive a gift from the kings, who will be identified during the meal.

The evening will begin at 6:00 with dinner at 6:30. We should be done by 7:30. Please look for a sign-up sheet in the narthex over the next couple of weeks; foods may reflect one of your own holiday traditions. Wassail, coffee, and table service will be provided.

We hope to see you!

815 High Street, Des Moines, IA 50309
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ST. PAUL'S
EPISCOPAL CATHEDRAL

EPIPHANY 2018

Adult Christian Formation

Join us for the six Sundays of Epiphany as we explore The Episcopal Church's ministry of refugee resettlement and welcome



#EpiphanyWithEMM #SupportRefugees

Epiphany Class Begins January 7, 2018

On Sunday mornings during Epiphany, starting January 7th and lasting through Feb 11th, learn about Episcopal Migration Ministries EMM. This six-week Adult Christian Formation curriculum is based on the Sunday Lectionary readings. Classes will last between 30 and 45 minutes.

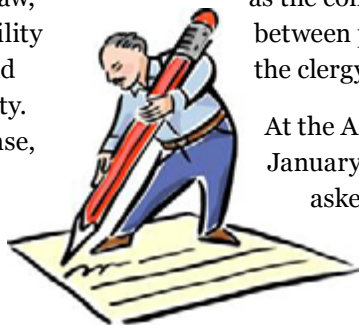
Each session includes opening and closing prayer, revisiting group norms, a teaching for the day, and questions for dialogue and reflection. Some classes are information rich while others are primarily experiential learning and discussion. There is something for everyone.

Because information will be provided to all participants, we would appreciate knowing your interest. Email Deacon John at deacon@cathedralchurchofstpaul.org.

We will meet in Room 113, lower level, East side of the courtyard.

Chapter Nominations

The Chapter is the "governing" board of the Cathedral Church of St. Paul. Many of its duties are prescribed by canon law, such as the responsibility for parish finances and care of church property. However, in a real sense, the Chapter serves as representatives of the members of the parish, provides



leadership and vision as the parish moves forward in prayer and commitment to mission, and serves as the communication body between parish members and the clergy/staff of the Cathedral.

At the Annual Meeting in January, the parish will be asked to elect four new members to the Chapter. If you are

interested in serving on the Chapter, or would like to nominate someone you feel would be a good candidate, please contact any member of the nominating committee: Stephanie Preusch, Marilyn Sand, John Kerss, and Tim Whipple.

If you are nominating someone else, please be sure you have his or her permission first.

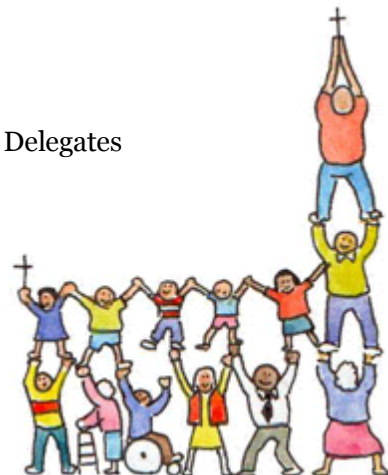
The Nominating Committee

Annual Meeting January 28, 2018

ONE SERVICE AT 9 A.M.

- Election of Chapter Members
- Presentation of 2018 Budget
- Selection of 2018 Diocesan Convention Delegates
- Reports from Cloisters
- Garden and Building Updates

Meeting & Brunch in the Undercroft at 10:30 a.m. Please plan on attending. Your participation is an important part of our life as a parish.



Foyer Groups

Would you be interested in joining a **Foyer Group**?

We will be forming new groups for 2018. If you are interested, please sign up at church or visit our website under ministries, small groups, foyer groups, and fill out a form. You will be contacted soon afterwards with more details.

Contact Jim Vickery at alexestelle@msn.com or Deacon John at deacon@cathedralchurchofstpaul.org for more details.



FOYER - A French word meaning "hearthside" implying the warmth of a close, small group of friends sharing a common love and concern for each other.

History - After the World War II bombing of Coventry Cathedral, small groups of people began meeting to rebuild their community: a short litany, a modest meal, conversation. In time, FOYER GROUPS began springing up in parishes all over Britain and in America. Many Episcopal churches have foyer groups.

Foyer Group Considerations

1. The role of host/hostess rotates by month among the group members.
2. People should make every effort to accommodate those with food allergies or strong dislikes.
3. Conclude the festivities close to the stated time, usually two to two and one-half hours in length.
4. It is a good idea to email or call all members during the week before a get-together to remind them of the date and time and confirm menu item bringing.
5. Before the meal, the host/hostess should assume the responsibility for the Prayer for the Parish Family and Grace or asking someone else to lead.
6. Meals range from simple and inexpensive to more substantial when holidays or birthdays are a factor. Variety and all types of meals are good. Sometimes groups make dinner reservations, have a picnic or order pizza! Some Hosts like to provide the entire meal. It is up to the group to decide how they want to manage the food part.
7. Ordinarily, each couple or single members serve as host/hostess for the meetings. However, there should never be any feeling of neglect of responsibility or embarrassment on anyone's part if this is not possible. Members of the group may choose to co-host with other members of the group which is appropriate.
8. Each group selects a time to gather that is convenient for all members. The time selected for the first month's gathering does not determine the time selected for the following month. Everyone should bring his or her calendar, i-phone, scrap of paper, photographic memory or whatever device used to keep track of where you are supposed to be for your Foyers meeting.
9. Regular attendance by all members is very important. Something vital is missing when someone is absent. If it is impossible to attend, let the host/hostess know in advance. In the case of illness, consider rescheduling.
10. Groups will be reformed each year so people can meet new others in various groups. Each group determines the frequency of their get-togethers although once a month or every other month often works for people and is often enough to allow each other to know one another.

*For more information,
please turn to page 7.*





Thank you to everyone who made the 2017 Advent Tea a successful parish event. A special thank you to the St. Paul's parishioners who hosted us at Scottish Rite Park Place. The festive event is possible because of everyone that prepared food, greeted and served during the tea, and most importantly took time to share in fellowship with each other. Thank you for your efforts and participation.

Submitted by Stephanie Preusch

What Goes Up Must Come Down

De-Greening the Cathedral

On Sunday, January 7, please stay for a few minutes after the 10 a.m. service to help take down all the Christmas decorations and put them away for another year. With many hands, this should take less than 30 minutes, and the Altar Guild would appreciate your help. Thank you!

Please join us for Choral Evensong on Sunday, January 21 Sung by the Simpson College Chamber Singers

Evensong at St. Paul's

What Is Evensong?

Evensong is a liturgy used in the Anglican Communion and is celebrated in the late afternoon or evening, especially when the office is rendered chorally, as it is at St. Paul's.

Why Celebrate Evensong?

Evensong offers to us the opportunity to gather and spend time in prayer while listening and participating in music that is especially selected to bring us into deeper understanding of the mysteries of our faith.

The music includes two canticles, the Magnificat and the Nunc dimittis, both of which have

often inspired composers to vivid word painting and the exuberant musical expression of God's salvific acts. Though we may come to an Evensong service longing for the contemplative nature of the liturgy,

our canticles and Psalms often lead us to more extravagant expression.

St. Paul's is the only church in the Des Moines metro area which offers Evensong regularly throughout the year, and we hope you will join us.



January Shelter Meal

Wednesday, January 24, 2018

Our next Shelter Meal will be Wednesday, January 24th. Please check the sign-up poster located in the parish house corridor and think/decide what food you can contribute. Please sign up if you will be bringing food so we don't purchase more than necessary. Monetary contributions are welcome anytime, and will be credited to your personal St. Paul's contributions. Thank you!



More Joyful Conversations Ahead

Previously: The report in the Journey for June 2017 spoke of unexpected pages in the Cathedral's spiritual story. It pointed with joy and awe new things that God is showing us. There was a special sense of belonging and togetherness

in coming forward to anoint and pray for Fr. Troy for healing.

One month later 60 people in small groups shared their own experiences over lunch. Some had been present at the original services. Many had not.

COMMUNITY was the most mentioned experience during the Conversation. *Healing Prayer* was next, followed by *Amazement*, *Holy Spirit* and *Love*.

Nancy Morton

AN INVITATION TO JOIN A PLANNING TEAM FOR JOYFUL CONVERSATIONS IN 2018

Planners needed from: Congregation, clergy, chapter, cloisters, choir, committees, ministries, and newcomers. The 60 people at the Joyful Conversation on 7/9/17 and anyone who missed it. People at 8am and 10am services on 5/28/17 and others who want to hear more.

Planning topics: Generate thoughtful questions for conversations around Community in the context of Healing Prayer, Amazement, Holy Spirit, and Love. Review format to make sure speakers and listeners can participate comfortably and safely. Consider welcoming suggestions and experience from Peter Block's book, "COMMUNITY -- The Structure of Belonging." Choose dates for scheduling Conversations in Lent.

Planning Session: 10 am to noon on Saturday, January 13, 2018

Where: St. Paul's Cathedral (please use Pleasant Street door.) *Note: Please let John Zickelfoose know of your interest at 515-288-7297 or administrator@cathedralchurchofstpaul.org*

amazement
healing prayer

love

Holy Spirit
Community



"Better a witty fool than a foolish wit."

William Shakespeare, Twelfth Night

Twelfth Night Traditions Around the Globe



Detail from painting, "Twelfth-Night (The King Drinks)" 1634-40 by David the Younger Teniers show the Court Jester entertaining a crowd.

In England, the celebration of the night before Epiphany is known as Twelfth Night, and is celebrated with buffoonery and wassail. The yule log was left burning until this day, and the charcoal left was kept until the next Christmas to kindle next year's yule log.

Children in Spain leave their shoes outside in the hopes they will be filled with candy and presents if the youngsters have been good. Naughty ones are told they'll only get lumps of coal. In some European countries children leave out straw for the three King's horses. (Not quite the same as cookies for Santa, but the horses probably don't mind.)

Greek Orthodox priests bless the waters by throwing a cross into the sea and the men dive in, competing to get to it first.

A traditional Venetian regatta that started as a joke in the late 1970's has been incorporated into the celebrations. Gondoliers mark the day by dressing in drag and cruising down the Grand Canal.

This night was an occasion of great merriment in Colonial Virginia, and was considered especially appropriate as a date for balls and dancing, as well as for weddings. A "Great Cake" was prepared, consisting of two giant layers of fruitcake, and filled with royal icing. Custom dictated that the youngest child present, cut, and serve the cake, and whoever found the bean or prize baked therein was crowned "King of the Bean" a tradition similar to the European King Cake custom. Anything spicy or hot, like ginger snaps and spiced ale was considered proper Twelfth Night fare, recalling the costly spices brought by the Wise Men.

LET'S celebrate

Happy Birthday to the
following January people!

Nyajur Majok & Jacob Wal, Jan. 1
Ivy Ward, Jan. 6
Bill Gentsch, Jan. 7

Matt Petty, Jan. 8
Carol Kempkes, Jan. 11
Dawn Bannister, Jan. 14
Bob Krause, Jan. 15
Nancy Seel, Jan. 18

Jim Windsor, Jan. 19
Leyna Wilson, Jan. 26

Happy Anniversary to

Nancy and Chuck Seel, Jan. 12



Questions and Answers About Foyer Groups

Q. How are Foyer Groups set up?

A. Once you sign up, you'll be randomly grouped with three or four other singles and/or couples, potentially from different circles of the parish community and in varying phases of life.

Q. I'm not much of a cook. Do I really have to be able to prepare a full meal for eight or ten people in order to join a Foyer Group?

A. Foyer Group gatherings are intended to be shared meals which include the preparation. Typically, the host provides the main dish and beverages, with other members contributing the appetizer, salad, and dessert. Many grocery stores and restaurants offer tasty, freshly prepared take-out dishes that you can serve. Those with the inspiration and capability to prepare a full meal on

their own are, of course, welcome to do so, but that's not the expectation.

Q. I'm afraid my home isn't grand enough to host other parishioners. Will my standard of living be judged if I join a Foyer Group?

A. Here's what Foyer Groups are not: They are not a House Beautiful tour; they're not a Martha Stewart showcase, and they're not an Iron Chef cooking competition. They are casual gatherings where the focus is on fellowship, friendship, fun, and conversation. We meet each other where we live and accept our surroundings as they are, just as God does.

Q. My home/condo/apartment isn't large enough to hold eight to ten people for a sit-down dinner. Can I still join a Foyer Group?

A. Who says the meal must be a sit-down dinner? There are several alternatives. You could plan a menu of finger and fork food that can be eaten from plates held on laps while sitting

on sofas, chairs, or the floor. Or, when it's your turn to host, arrange for the group to meet at a local buffet-style restaurant, or reserve the picnic area at a county park and host a cookout.

Q. I have food allergies. How can I be sure that other group members' meal contributions will be suitable for me?

A. If you have food allergies, dietary restrictions, or strong taste preferences, please simply inform your group of your concerns at the beginning so that everyone understands what they must consider when planning the menu. All participants should make their best effort to accommodate the needs of their fellow group members.

Q. Are Foyer Groups for adults only, or are children welcome to participate?

A. Normally, Foyers are open to all. Groups are encouraged to offer appropriate food for children and include them in all ways possible. Some groups may wish to form which are mostly people with children.

St. Paul's Offers Text Giving!

TEXTTOGIVE

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.

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 February issue will be Friday, January 19.

Please mail to administrator@cathedralchurchofstpaul.org Or bring to the Cathedral Office.



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Return Service Requested

- Twelfth Night Party
- Epiphany Class
- Foyer Groups
- Joyful Conversations
- Evensong
- Annual Meeting

ALL INSIDE!



PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

