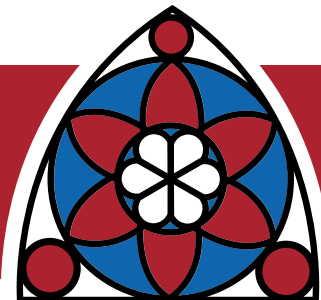


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

February 2018

Join Episcopalians around the world on a great journey.

Read the Gospel of Luke and the Book of Acts



THE
GOOD BOOK
CLUB

The Good Book Club | Lent — Easter, 2018

You are invited to explore the entire story of Jesus' life as told by St. Luke and to read about the earliest Christians, their encounters with the Holy Spirit, and their passion for sharing the Good News of the Resurrection of Jesus Christ.

The Good Book Club reading begins with Chapter 1 of the *Gospel of Luke* on the Sunday before Lent, February 11, and finishes the *Book of Acts* on the Day of Pentecost, May 20.

Sign up and learn more at www.goodbookclub.org and to access printable lists of the daily readings and resource links. Listen

to words of welcome from the Presiding Bishop, Michael Curry.

The Good Book Club at St. Paul's

Sunday Forum
9–9:45 a.m.

Read the daily scriptures on your own and then meet with others to share inspiration and impressions. Each week Deacon John Doherty will convene a Good Book Club Meeting for Bible Study and conversation about the Good News that touched readers during the previous 7 days. Didn't read the material? Come to listen and be inspired. The first meeting is on February 18.

Wonderful Wednesdays!

6 p.m. Simple Supper
6:30–8:00 p.m. Bible Study

St. Paul's has a history of evening programs midweek in Lent. This year the Wednesday Bible Study Group will host a simple supper each week at 6 p.m. followed by Bible Study around the scriptures specified by the Good Book Club for that Wednesday. The first session is February 21.

Watch weekly bulletins, posters, the Journey and eNewsletters, and be sure to check our website cathedralchurchofstpaul.org for updates.



Meet the New Chapter!

Sitting with the Dean are the members of the 2018 Chapter: (left to right) Derek Sadler, Skeet Wootten, Jolene Phelps, Jill Southworth, Leighton Carlson, Elvin McDonald, Rick Stearns, Barbara Willey, and Brad Schaefer. (Not pictured, Matt Petty, Rich Jacobs).



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.

Continued on page 6





Lent Begins Ash Wednesday

We regret to inform you that we will not be serving a Shrove Tuesday Pancake Lunch this year. Please join us for our Ash Wednesday Services.

Liturgical Calendar

FEBRUARY

Ash Wednesday ~ February 14

Holy Eucharist and
Imposition of Ashes

7 a.m.

(service in the High Street Chapel)

Noon

7 p.m.

MARCH / APRIL

Palm Sunday ~ March 25

Maundy Thursday ~ March 29

Good Friday ~ March 30

Easter Vigil ~ March 31

Easter Day ~ April 1

Choral Evensong



4 pm, Sunday, February 18
Sung by the Choirs of Central College

This choral evensong will feature the select 60-voice Central College A Cappella Choir. The Magnificat and Nunc Dimittis are by Peter Klatzow. The Offertory Anthem will be *O Vos Omnes* by Pablo Casals.

**25th Anniversary Celebration of The
Casavant Pipe Organ — Saturday, April 14**



**Organist
Christopher Houlihan**

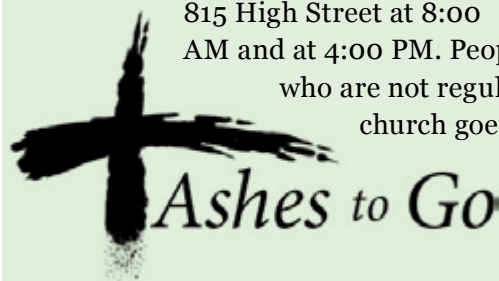
5:30pm ~ Dinner in the
Undercroft (ticketed event)

7:30pm ~ Recital by world acclaimed
young organist, Christopher Houlihan.

The recital is free and
open to the public.



In addition to 3 Ash Wednesday services, St. Paul's Episcopal Cathedral in Downtown Des Moines is offering "Ashes to Go" at 815 High Street at 8:00 AM and at 4:00 PM. People who are not regular church goers



have a sense of ritual, and look for that at significant times. We can bring God and community to people who need both and don't know where to look for either. This is an effort to make it accessible for people who need the church but don't feel sure of their welcome. On Ash Wednesday, many of God's people are rushing to work, to pick up the kids, to get through the places and chores of our over scheduled lives. "Ashes to Go." is one way to bring the gifts of ritual out of our buildings and into the byways of life, where those gifts may be most needed.



Awesome Experiences for Youth Coming this Spring! Don't Miss Out!



During these bitterly cold days, here are some wonderful opportunities for our youth that will surely warm you, heart and soul!

Please spread the word about the following to the families in your congregation! All event information and links to registration/applications, as well as downloadable medical forms and the 2018 youth event calendar can be found on the diocesan website's youth page:

<http://www.iowaepiscopal.org/Ministries/children-youth.html>

Happening #44

Happening #44 will be held March 2-4, 2018, at St. John's, Mason City, Iowa.

All youth in grades nine through twelve are encouraged to attend a Happening weekend. The cost is \$30 per participant. Scholarships are always available. Youth who have attended at least one Happening weekend are welcome to apply to be on staff for the weekend (staff are required to attend an overnight training February 17-18 at St. John's, Mason City).

Please register participants by February 23. Staff registration deadline is February 10.

Iowa Youth visitors to General Convention of the Episcopal Church

The Episcopal Diocese of Iowa is offering a trip to General Convention 2018 in Austin, Texas, July 4-8, to up to five youth currently in grades 8 through 12.

We will be flying to Austin, Texas, on July 4 (time TBD). We will be staying at a local condominium booked through AirBnB. Expect to share rooms, as well as bath facilities. Meals included are: Wednesday dinner, three meals Thursday, Friday, Saturday, Sunday breakfast. You will need to bring money for snacks, sodas, etc, as well as any shopping you do in the exhibit hall or around town. We will fly home the afternoon/evening of Sunday, July 8 (time TBD).

The cost per youth includes General Convention registration, lodging, transportation, meals as listed. Most of the cost is being subsidized from the diocesan budget and we are asking each family/parish to contribute \$400. If needed, check with your parish office or the diocesan office about scholarship possibilities.

Applications must be received by March 1, 2018.

New Beginnings #20

New Beginnings #20 will be held April 27-29, 2018 at St. Paul's Episcopal Church, Council Bluffs.

Youth in grades 6-9 are encouraged to register. The cost is \$30 per participant. Scholarships are always available! Youth who have attended at least two NB weekends are welcome to apply to be on staff for the weekend (staff are required to attend an overnight training April 14-15 at location TBD).

Each congregation sending youth to New Beginnings is asked to make an attempt to send an adult to participate in the program as well. Any adults who participate must be trained in Safeguarding God's Children.

Please register participants by April 23. Staff registration deadline is April 7.

There are fees to attend youth events, but scholarships are always available!

Simply email Lacey at lhoward@iowaepiscopal.org to ask for a scholarship; it really is just that easy!



Cold & Flu at Eucharist: What should you do?

Whenever two or more people gather, some sharing of germs is inevitable. When Episcopalians gather in Jesus' name to celebrate the Eucharist, our first concern is sharing our gratitude, our faith and our belief in Christ among us.

However, with the cold and flu season underway, each of us has the responsibility of taking precautions to prevent the spread of these illnesses.

We need to wash our hands frequently, take care where we cough and sneeze, and scrutinize our habits and procedures where the spread of infection seems most possible. Hand sanitizers are available in the narthex and in the sanctuary.

Pererhaps at this time, a greater risk to us may be allowing fear to dominate our worship, rather than faith. Statistics actually show that regular recipients of communion are healthier than those who are not. Here are some things to keep in mind.

SHOULD YOU COME TO EUCHARIST? The Obligation to attend Mass on Saturday or

Sunday and other Feast Days is the ordinary expectation for Episcopalians. However, extraordinary circumstances such as sickness or severe weather excuse the faithful from this obligation. If you suspect you have the flu or are suffering from a serious cold, please stay at home and do not risk spreading the infection to others.



THE SIGN OF PEACE: Please don't be offended if someone chooses not to shake hands with you during the Sign of Peace. An appropriate gesture for those who are concerned about spreading the flu virus might be to strive for eye contact rather than physical contact. You could clasp your hands together and bow gently to those around you, and with a smile say, "Peace be with

you," or "Peace of Christ", still others may "fist or elbow bump".

RECEIVING HOLY COMMUNION: Episcopalians believe that the whole of Christ is contained in the Holy Eucharist under either form of the consecrated host. If you are feeling sick, please receive the host only and refrain from receiving communion from the cup. It is not appropriate to dip your host into the cup yourself as this can contaminate the cup. It is best practice for the Eucharistic Minister to dip and then serve you. On the rare occasion that a wafer is dropped into the chalice, do not retrieve it with your fingers.

PERSONS WITH COMPROMISED IMMUNE SYSTEMS: If you've been told by your medical advisor that you are particularly susceptible to infection or to complications due to flu, please refrain from practices that might make you sick, including shaking hands, and drinking the from the Chalice, etc.

(ADAPTED FROM DIOCESE OF GRAND RAPIDS OFFICE FOR WORSHIP)

February Shelter Meal

Saturday, February 24, 2018

Our next Shelter Meal will be Saturday, February 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!*



I am honored and grateful to be nominated to serve on the 2018 class for St. Paul's Chapter. If chosen, I will ask your prayers to serve God, you and St. Paul's with whatever gifts I have been blessed.

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.

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

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.

Vicki Ingham to Give Younkers Talk at Terrace Hill

Parishioner Vicki Ingham will be one of 4 distinguished speakers at Terrace Hill this month. On Saturday, February 24th she will talk about her work as an independent artist and her delightfully informative book about Younkers Department Store. Her talk is part of "Tea and Talk at Terrace Hill," four timely programs followed by tea and tasty tid-bits. The talks will be held in the Drawing Room, and all proceeds will go to the gardens of Iowa's National Historic Landmark



Governor's Residence. The cost is \$10.00 per program, or \$25,00 for a season pass. Tickets are available at the door.

The full schedule is highlighted below:

Saturday, February 3

Impresario Michael Egle speaks about the Des Moines Metro Opera

Saturday, February 10

Author Darcy Maulsby speaks about her work and her latest book, "Culinary History of Iowa."

Saturday

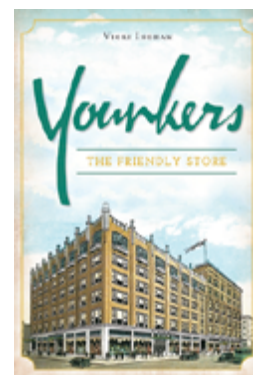
February 17

Gardener and Director of Horticulture at the Greater Des Moines Botanical

Garden speaks about his work there and his gardening plans.

Saturday, February 24

Artist and author Vicki Ingham speaks about her work as an independent artist and her new book about Younkers Department Store.



LET'S celebrate

Happy Birthday to the following February people!

Sharpe Smith, Feb. 1
Jean Stauffer, Feb. 1
Jill Southworth, Feb. 2
Kevin LaGree, Feb. 8
Henry Harmon, Feb. 10

Rebecca Gruber, Feb. 11
Donna Scarfe, Feb. 11
Grafton Gillespie, Feb. 14
James Luke, Feb. 17
Elvin McDonald, Feb. 17
Brad Schaefer, Feb. 18
Nick Stürtz, Feb. 18

Jo Sloan, Feb. 20
Ian Marron, Feb. 22
Herman Graham, Feb. 23
Elliot Burke, Feb. 24
Spivey Knapik, Feb. 24
Phyllis Melton, Feb. 24
John Spence, Feb. 28

Happy Anniversary to

Nyajur Majok & Jacob Wal, Feb. 1

Would you like your birthday or anniversary included in the Journey? Please contact the Cathedral Office (515-288-7297) or go to our website and click on this link: <http://www.cathedralchurchofstpaul.org/about-us/contact-us/>





At a recent meeting, Daisy and Brownie scouts used the open floor space in the newly renovated downstairs classroom to create a mini-golf course from upcycled materials.



Girl Scouts Meet at St. Paul's

Girl Scout Troop #7050 is very grateful to St. Paul's for providing a meeting space where we can learn and grow. We are a troop of nine 1st and 2nd graders from downtown and nearby elementary schools led by Anna Whipple and Mackenzie Cowden. Girl Scouts is all about empowering girls with creativity and confidence. This year are working towards an outdoor journey including hiking, outdoor art, and camping. When we outgrew our previous meeting space, St. Paul's enthusiastically accepted our request to use the downstairs classroom with access to the courtyard. Thank you!



Of course we also sell cookies! **Girl Scout Cookie Sales run February 1 to March 18.** Cookies will be for sale in Guild Hall during that time. You can also contact Anna Whipple at anna.whipple@gmail.com or 515-371-2303 to find out where the troop will be selling or to place an order. Even if you don't care for cookies, you can purchase cookies to be donated in the community. Last year, the troop donated several packages to Connection Cafe, and we will deliver to the local charity of your choice.

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 Monday, February 19.

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



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ALL INSIDE!

- Ash Wednesday Services
- Choral Evensong
- The Good Book Club
- Youth Ministry Experiences



PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

