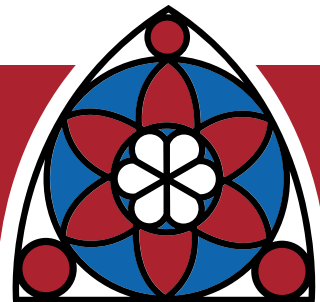


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

JULY/AUGUST 2018

From the Dean

Often, folks tend to put their relationships on Sunday morning worship "on hold" for the summer months. "After all, the choir goes on break, why shouldn't I too?" some may think. My question, rarely spoken aloud, is how can anyone put important, life-supporting relationships "on hold"?

Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.
Hebrews 13:1-2

We humans have this tendency to develop new habits rather quickly, and if we put our most important relationship, which is with God in Jesus Christ, on hold, or our beloved friends whom we often only see on Sunday mornings, "on hold", we fill that time and space with other things. When the time comes in our minds to take God and our friends off of being "on hold", we may find it difficult to give up our lovely new habit of sleeping in on Sundays, and each year, following national statistics, more and more folks are simply not returning, leaving God and people whom they formerly held close to their hearts, permanently "on hold".

The truth is that while the choir may be on summer break, we still have vibrant

choral music and choristers each Sunday morning! Even more, we have so many lovely social gatherings planned for this summer, ways for us to remain connected, to grow deeper in our bonds of loving friendship and support with each other, and the amazing gift of worshipping the God who created all things and who thought it important to create you!

Another thing that I would like to commend to all of us is to remember that summer months are often times when folks are moving to town, and are looking for a community of faith with whom to worship the Lord and to find their spiritual home. It is so important for each of us to take on

the beloved ministry of hospitality, to remember that we gather for worship not only for ourselves, but for each other, and especially for our guests who come seeking the love of God in a community of loving disciples of Jesus, and a half empty nave rarely attracts folks back for a second visit.

So, let us all be encouraged and empowered by the Holy Spirit to live into our covenant of love with God and with each other, and with the guests whom the Lord is sending our way each and every Sunday. In case you have not noticed, we are having more and more guest each Sunday, guests hungry for a community of faith, hope, and love, and for the life giving, life

transforming experience of worship that lifts us all out of our fears and anxieties and instead renews our hope and joy through the presence of the Holy Spirit and in receiving the most precious gift of Jesus in the Blessed Sacrament.

Trusting in the Lord to prosper our beloved parish, and trusting all of you, I look forward to an amazing summer of fellowship, deepened relationships, and transformative worship of the God who is Love.

Fr. Troy+

July/August Outreach Opportunities

Hunger does not take a vacation. Help keep people fed this summer! Sign up to volunteer for Connection Café and the Central Iowa Shelter Meal at CathedralChurchofStPaul.org/food-ministries

July 9 - Connection Cafe Luncheon

July 24 - Central Iowa Shelter Meal

August 13 - Connection Cafe Luncheon

August 24 - Central Iowa Shelter Meal

Bring food and donations for DMARC Food Pantry. Every Sunday!



25th Celebration Steering Committee Summary

Dear Fellow Parishioners: plans continue for the 25th celebration of St. Paul's as the liturgical center for the Diocese of Iowa.

We will host the convention Eucharist on Friday, 10/26/18 and the Saturday Evensong on 10/27/18. This will not only

be inspirational, but fun as well. Our chance to demonstrate the gift of hospitality.

Don't forget your story – even a sentence will do. It's your story to tell.

Mark your calendar now for the event of the year – November 18, 2018. One service at 10:00 to rededicate our cathedral and celebrate with a great party to follow.

What a year to be part of the Cathedral Church of St. Paul!



For any questions or ideas to share, please contact a member of the celebration steering committee: Mark Babcock, Sally Bates, Fr. Troy Beecham, Deacon John Doherty, Dr. Rebecca Gruber, Sue Kerss (PR chair), Elvin McDonald, Jolene Phelps (chair), Laurie Theis, Skeet Wootten, John Zickefoose.

Opportunity for Deepening your Faith and Ministry: EfM (Education for Ministry)

Education for Ministry (EfM) finished the 2017-2018 year on Pentecost Sunday in May. We will begin again in September. EfM is a unique four-year distance learning certificate program in theological Education based upon small group study and practice.

EfM is designed to prepare Christians to live out by word and deed the promises made at baptism: to love God, to serve Christ, and to proclaim the Gospel. It is administered by The School of Theology Programs Center of the University of the South in Sewanee, Tennessee.

One of our participants, LeCretia Burton, lived in Atlanta and worked in Des Moines, so joined us for the year. She has returned to Atlanta and will continue her studies there. We will miss her presence in the group. She shared her experience with us:

The gift I have re-discovered and affirmed is the gift of community. Having spent 2 and 1/2 years away from home and somewhat isolated, I realized the importance of community. Community is an essential of faith as we grow into faith and learn more about what faith looks and feels like. The sharing of our individual journeys, including thoughts, ideas, knowledge, and opinions, without judgment, leads to an expanded knowledge of God resulting in a deepening of faith. Through true community a greater

understanding of and appreciation for each of God's children is gained. When we take the time to understand and appreciate all of God's family, we honor God by placing faith in his creation and plan for all communities. Thank you for allowing me to be a part of

your community. I will miss all of you. Blessings, LeCretia



Jean Davis just finished her first year. She says: EFM has something for everybody. The weekly biblical, historical, and theological readings

and reflections assist participants in exploring faith and theological questions in a safe and nurturing environment. EFM participants are truly enriched by the weekly sharing of camaraderie, knowledge and prayer. To me, EFM provides the building blocks for understanding how we are all called to ministry.

Consider this opportunity to explore and deepen your faith in a supportive community – that also likes to have a bit of fun doing it. Jean McCarthy and Diana Wright are the mentors for the group. There are still openings for participants. We will form the 2018-2019 group this summer, with a deadline of August 1 for registration.

Jean McCarthy will be glad to talk with you about any questions you have, as well as the tuition and the details. Call or email: 515-321-7232 or therevjeanmccarthy@gmail.com.

Summer Socials



What: Cathedral Summer Socials!

When: Thursday 26 July, and Thursday 16 August

Where: 5 – 7pm in the Courtyard

Why: 1) Celebrate the rhythm and beauty of summer and 2) Deepen our relationships and the hospitality offered by our congregation.

The Cathedral Summer Socials came out of a recent Staff Retreat. Our growth and vitality as a faith community is rooted in knowing each other, building relationships, and offering hospitality. Come celebrate summer, invite friends, and enjoy great conversations!

Please let the church office know if you would be willing to help host one of the informal Summer Socials.



Stories of the People of St. Paul's

My relationship with St. Paul's has been quite literally "on-off-on."

I grew up in the Methodist church, baptized just up the street at First Methodist. We attended Collegiate Methodist in Ames, and then Aldersgate in Urbandale when we moved back to my father's native Des Moines.

During my senior year at Simpson College in Indianola, I was asked if I'd like to sing at St. Paul's. So every Sunday I drove with Maria DiPalma and Vickie Brandt to sing in the choir with Paul Dieka conducting. It was my first time in an Episcopal church. We weren't a Cathedral yet, and we were alternating

Rites 1 and 2, every other Sunday. The choir member I got to know best was Sally Bates, and I still have her recipe for cheese Danish. I grew to love the Book of Common Prayer. Some Sundays the same words were an easy comfort; some Sundays it was as though I was hearing them for the first time.

After college I moved away to Dallas, Texas, and back to the United Methodists; then to Chicago, Ill., where I was received into the Episcopal Church by Bishop Frank Griswold; then St. Paul's Indianapolis, Ind., and finally back to Des Moines to take care of my Mom.

Returning to St. Paul's was like coming home! Sally was still in the choir, the organ was a wonderful treat, and Rebecca Gruber, a college friend, was directing the choir. What more could I want! So I'm back, no plans to go anywhere. Sad that my mother is gone, but thrilled to be able to become more involved in my church home.

Thanks for listening.

Submitted by Diane Hayes



A Guide to Writing your Story

If you're having trouble coming up with how to write or even start your story, we here, at the St. Paul's Writing Workshop, have come up with a few pointers.

First, let us say that your story is unique – whoever you are. We are a diverse community and have come to St. Paul's in many different ways. In order to understand and learn about each other, we would like to have your story to publish on our website's blog (CathedralChurchofStPaul.org/stories-of-the-people-of-st-pauls).

It doesn't have to be 300 words – it can be 10 words. The 300 is a maximum guideline so that Elvin and I don't get too bleary eyed.

Secondly, by answering the following five questions: Who? What? Where? Why? When? and How (optional)? You will be on your way.

Answers to these five questions provide the basis for your story. Anything else you write is gravy.

So, it goes like this – tell us Who you are; What brought you to St. Paul's; Where did you come from; When did you join St. Paul's, Why did you pick St. Paul's, and How did you get here (optional).

Answer the parts you are comfortable with. These are tips to help you get started.

And, if you are still having trouble, plan on staying after the 10 o'clock service (or returning after the 8) the first three Sundays in August. Several of us will be available to help you.

We are designating Aug. 5, 12 and 19 as writing workshop Sundays.

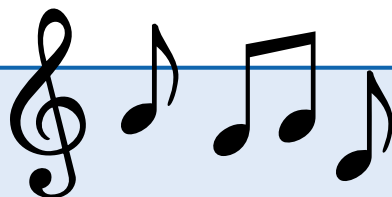
We want each of you represented in the fabric of the community of St. Paul's Cathedral Church. Thank you.

Respectfully submitted,
Sue Masid Kerss and Elvin McDonald

Choral Evensong *Sunday, July 8, 4pm*

Our next Choral Evensong service will be Sunday, July 8th at 4:00 p.m. Sponsored by St. Paul's Cathedral Arts, this is a wonderful opportunity to invite people to this beloved place. Our organ and the

Cathedral music traditions are worth sharing with the community. A wonderful reception provided by the Cathedral Arts Committee follows the service. Invite your friends, come, and enjoy.



From the Senior Warden

A View from the Pew

I thought it would be a good idea to add a comment about where I see things as your Senior Warden. We have an active, engaged Chapter that has a wonderful cross section of our membership, from folks who have been members only a short time to those of us who have been around here for a while. This group brings many varied viewpoints to our leadership group.

We had an excellent Chapter retreat a few weeks ago that helped us focus on the strengths of our Parish, acknowledge and recognize our shortcomings, and plan strategies for our future. We have an

outstanding liturgical presence with Fr. Troy and Deacon John's spiritual gifts, an amazing organist in Mark Babcock, who plays a world class organ; a choir whose names are too many to list, but under Rebecca Gruber's direction, bring the joy of sound and harmony to our church, and our members, who ARE St. Paul's.

Our church has shown attendance trends that are in opposition to national trends. We have grown membership, not as much as we'd like, but grown nonetheless. I'd like to challenge each and every one to speak to someone you don't know, say hello and welcome them to worship with us. You are our best source of outreach. So reach out.

I do have a request, however. As you know from our report at the annual meeting, St.

Paul's, like many churches, is struggling financially. While we are in no danger currently, we do face increasing costs going forward. So my request to you is simply this. Please prayerfully consider putting an extra dollar into the collection plate each Sunday. That's only \$52.00 per year. And, while a single \$52.00 pledge won't resolve our needs, if each family did, it would help tremendously in our efforts to be the spiritual center of downtown Des Moines.

In closing, if you have a comment, a criticism, a platitude, a complaint or a compliment, please feel free to call or email me. I'm in the directory. Part of my job is to listen. Feel free to make my ears burn.

See you at Church!

Evangelism Matters

When warm weather arrives, we will begin to show hospitality to people waiting for the buses which stop at 9th and High. Cold water will be available on our sidewalk with our church information. Contact Deacon John at deacon@cathedralchurchofstpaul.org if

you would be interested in helping. You can also visit Cathedralchurchofstpaul.org/bus-stop-water-hospitality to sign up to volunteer. Weekdays after 4:00 is when the traffic is the heaviest. We hope to set up near that time and take down by 6:00 depending on our schedules. You will only be responsible for set up or tear down as you choose. Thank you for volunteering!



Faith Sharing Dinners

What are the Sharing Faith gatherings? The gatherings are designed to come together over a simple meal and get to know each other by sharing faith stories based on questions on story cards. Sharing personal faith stories help us to deepen our own faith, and hearing others' stories of God's presence in their lives brings us into deeper relationship with each other.

Moderated by Deacon John Doherty

When are the dinners? The groups will meet on August 23rd and on September 27th at 5:30 PM. Plan to stay for one hour.

Where are the dinners? The dinners are at the church. Small groups of 6-8 people gather at each table. There is no cost to attend although we ask for RSVP's so we can plan the meal. You can RSVP by visiting our website,

click on the calendar, and then click on the date (8/23), which will give you an RSVP form to fill out and submit.

Who will attend? All members of any worshiping congregation, along with friends, are encouraged to participate. This is a shared experience. People of all ages are welcome. There are age appropriate questions and no one is required to answer.



Christian Formation Class with Fr. Troy

Beginning September 9

In anticipation of the Bishop's visit to St. Paul's in November, Fr. Troy will be giving a series of Christian Formation Classes in September. The classes will meet between services beginning Sunday, September 9 and will conclude on Sunday, October 14. If you are interested, please speak with Fr. Troy.



Letter to the Editor

Letters to the Editor are always welcome. Please note that published letters represent the opinion of the writer and do not necessarily reflect the diverse views of the Cathedral parish.

To The Editor:

My heart is broken; my child is stolen. I think of all children as precious and the gift of God; therefore, when evil befalls any single child – that child is mine to look after as well. Oh, I'm not foolish – I can't take care of them all, but I can speak up when I see a child abused or neglected. As a Christian, that's my vow in the baptismal service – I am responsible.

How can I honor that vow for those children ripped from their parents at our US border whether I know them or not? No matter where any of us come down theoretically on immigration, no matter if parents have made a wise and good decision for their children, we as humans, as Christians, as mothers and fathers have a responsibility in our response to see that those children are not traumatized by taking them from the arms of their parents.

As another mother said to me, "I would be frantic if someone stole my child for whatever reason – I would be ready to kill to get them back." I absolutely understand. It's how we are wired as humans, to cling to our children and they to us. When that is broken either by will or by force, it becomes an almost insurmountable barrier to good mental health and later adult adjustment.

I can hear my father saying – "two wrongs don't make a right", usually said when one of us children blamed our bad response to another child's bad behavior. Isn't that the point of compassion – to answer behaviors we want to change with love, understanding and wisdom. Stealing children from their parents is wrong, just wrong. We (yes, WE) in our silence are complicit in creating thousands of traumatized children by our government's decision. Because we are people of the cross, we are responsible and have a mandate to do something about it.

Yes, my heart is broken,
my child is stolen.

Jolene Phelps

Mid-Year Stewardship Message

As we arrive at the middle of our calendar year we have so much to be grateful for at St. Paul's. At the fore front is the overwhelming response to this year's Stewardship Campaign. The level of participation in both the total number of pledges and the financial contribution level has steadily grown over the past five years bucking the national trends of all

main stream churches in the country. It is a testament to the commitment of our membership to sustain and enhance our mission in the community. In addition, the time and talent segments of stewardship at St. Paul's continues to prosper. So many doing so much – we are truly blessed!

Submitted by Rick Stearns



Training for Liturgical Ministers

We will be training for active and newly interested Acolytes, Readers, Ushers, and Eucharistic Ministers on the following dates after both services at 9am and 11:15am.

July 1 - Acolytes

July 15 - Readers

July 22 - Ushers

July 29 & August 5 -
Eucharistic Ministers

If you cannot attend but are interested, let Deacon John know by emailing Deacon@cathedralchurchofstpaul.org.

Connection Cafe and Shelter Meal

I am writing to invite you to participate in our food ministries at St. Paul's. I am so proud to be part of this congregation for many reasons, but especially because of our commitment to the hungry in our community. We have a number of food ministries, but the ones we need the most help with right now are the Connection Cafe and the Shelter Meal. We are blessed to be able to host the Connection Cafe in the church basement at noon 5 days a week. We provide the space every day but provide the food only on the second Monday of each month. There are sign up sheets as you leave the church and online to provide food, help make sandwiches on Sunday after church and to serve on that Monday. We are

in dire need of more people to participate in this ministry. This month, we had only 2 people making sandwiches during the 10:00 service, then 3 more after church. We made 150 sandwiches. Then there were only 2 of us to serve the 5 different items of the meal. We need help! Please consider providing food or serving- it only takes 30 minutes to make the sandwiches after church and an hour to serve on Monday. Also, please consider signing up to provide food or help serve at the Central Iowa Shelter meal which is served on the 24th of each month. You will be blessed by the appreciation from our hungry brothers and sisters.

Thank you,
Marilyn Sand



St. Paul's Offers Text Giving!



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.

Give online, It is easy.

Do it once or you can set up reoccurring gifts. Print a record of your giving anytime. No cash, no check book? No problem. You can text 515-207-8133 to give to the church.

ONLINE GIVING GUIDES

Getting Started:

- Would you like to give without setting up a donor account? Click "Quick Give".
- First Time Donor? Click "First Time" and setup your Donor Profile.
- Already a registered donor? Simply enter your Email and Password.
- Forget your password? Click "Forgot Password".

Setting Up Your Donor Profile:

- Enter your email address and password.
- Password must be at least 8 characters and must contain a combination of letters and numbers.
- Remember these login credentials! You will need them to access your Donor Profile.

One Time Gift - Cards:

- Login by entering your email address and password.
- Select which fund you would like to donate to from the drop down list.
- Enter your donation amount.
- Add your card information and billing details.
- Click "Submit" to process your donation.

One Time Gift - eChecks:

- Login by entering your email address and password
- Select to "Use Check" located at the top right of your screen
- Select which fund you would like to donate to from the drop down list
- Enter your donation amount

- Add your bank account information
- Click "Authorize" to submit donation

Automatic Recurring Donations - Cards:

- Login by entering your email address and password
- Select "Scheduled Giving" on the left hand navigation
- Select which fund you would like to donate to from the drop down list
- Enter your donation amount
- Select the frequency, number of installment and start date
- Add your card information and billing details
- Click "Activate Schedule" to start your recurring donation schedule

TEXT GIVING GUIDES

Donor Guide:

1. Text the amount you would like to give to your church's designated number.
2. If you are a first time, text-giving donor you will be prompted to visit a secure URL.
3. Once you click the registration link, you will enter your credit or debit card information.
4. At this point your donation will process.
5. You will see a confirmation text showing your donation and registration were successful.

Tips for Future Text-Giving Donations:

- If you only text a monetary value, the funds are attributed to your church's default fund. (Ex: \$50 = will go to default fund)
- If you text "Funds" you will receive a reply text including a list of the fund names they can choose to donate to.
- If you text the amount + fund name—the funds will be attributed to that fund name. (Ex: \$10 Building)
- If the fund name you texted does not match— you will receive a message

with a list of fund names for you to choose from. Respond with the number of the correlating fund.

- If you text "Help" you will receive a reply text that states: "To give enter the amount you want to give, such as 100. You can also give to a specific fund by typing it after your amount, such as 100 building fund".
- If you text "Reset" you will receive a reply text that states: "Saved card information successfully removed. Please register your card information again when making your next gift by texting an amount to this number."



LET'S Celebrate

JULY

HAPPY BIRTHDAY to the following July people!

Dennis Bates, July 4
Twyla Anderson, July 7
Barbara Briggie Smith, July 8

Martha Hippee, July 11
Bruce Beeston, July 14
Scott Green, July 15
Tom Thompson, July 17
Vicki Ingham, July 18
Laurie Theis, July 23
Margaret Lozier, July 30

HAPPY ANNIVERSARY to the following July people!

Al and Nancy Geiger, July 5
Dawn and Hulbert Bannister, July 8

AUGUST

HAPPY BIRTHDAY to the following August people!

Sally Bates, Aug. 3
Jill Ferguson, Aug. 3
John Doherty, Aug. 5
Cynthia Ingham, Aug. 5
Ted Lozier, Aug. 7
Charlie Wheeler, Aug. 7

Bill Graham, Aug. 9
Robin Kline, Aug. 10
Barbara Jeneary, Aug. 11
Samuel Wheeler, Aug. 12
Kathryn Wheeler, Aug. 18
David Wheeler, Aug. 21
Tom Tarbox, Aug. 22
Carol Clay Hall, Aug. 24
Russell Benda, Aug. 27
H. Buck Wheeler, Aug. 31

HAPPY ANNIVERSARY to the following August people!

Robert & Laura Wootten, Aug. 9
Alan & Donna Scarfe, Aug. 23
Melanie & Richard Scupham, Aug. 23

Would you like your birthday or anniversary included in the Journey? Please contact the Cathedral Office (515-288-7297) or visit <http://www.cathedralchurchofstpaul.org/about-us/contact-us/>

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 September issue will be Monday, August 13.

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



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Return Service Requested

Read our first submission of “Stories of the People of St. Paul’s” and learn how you can share your story!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

