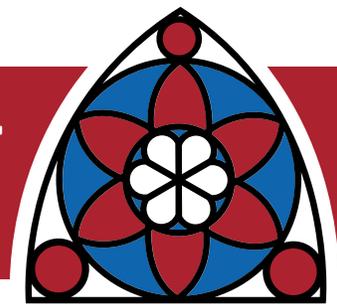


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

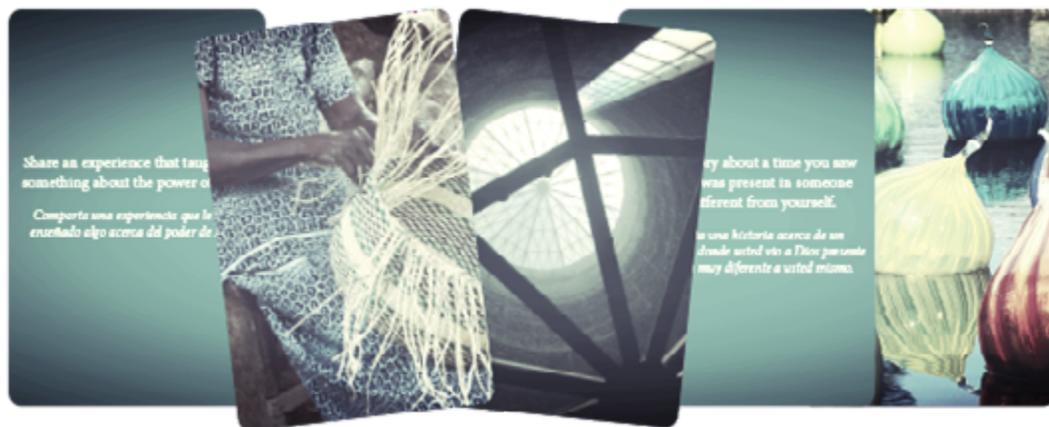
SEPTEMBER 2018

Faith Sharing Dinners *Moderated by Deacon John Doherty*

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.

When are the dinners? The groups will meet 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 (9/27), which will give you an RSVP form to fill out and submit.

Who will attend? All members of any worshipping 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.

September Outreach Opportunities

Sign up to volunteer for Connection Café and the Central Iowa Shelter Meal at CathedralChurchofStPaul.org/food-ministries

September 10th - Connection Cafe Lunch

September 24th - Central Iowa Shelter & Services Dinner

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



From the Dean

Hello friends,

As our families begin to have their children return to school, and we take up again the familiar patterns of family life, I am mindful that sometimes those patterns formerly included weekly Sunday worship, but new priorities were set in place for the summer and it is often difficult to take on the holy discipline of weekly Sunday worship together.

The importance of weekly gathered worship came up in a recent article that I read. In it, the author addresses one of the great, prevailing ailments of our age, what is being called the “loneliness epidemic”, and it asks the important question about how the Church can be a part of addressing this troubling aspect of our present cultural landscape.

The author begins the article thusly:

“By now, you’ve probably seen the headlines:

- ▶ “Surgeon General Says There’s a Loneliness Epidemic” (The Washington Post)
- ▶ “Young People Report More Loneliness Than the Elderly” (USA Today)
- ▶ “The Biggest Threat Facing Middle-Aged Men Isn’t Smoking or Obesity. It’s Loneliness” (The Boston Globe)
- ▶ “The Surprising Effects of Loneliness on Health” (The New York Times)
- ▶ “Loneliness Begets More Loneliness” (The Atlantic)
- ▶ “How Social Isolation Is Killing Us” (The New York Times)
- ▶ “Social Isolation Kills More People Than Obesity” (Slate)

Americans are lonelier than ever—even though opportunities for social connection have exponentially increased. Even with affordable phone calls and free email, we’re talking to each other less. Despite the prevalence of car ownership and the low cost of cross-country air travel, we’re spending less time with our families.”

So, how can gathering together every week, and through each week, begin to address this most human need for belonging, to feeling connected and helping to bring healing to our loneliness?

First, a diagnosis of the origins of the epidemic of loneliness: Me before We. That is, our highly individualistic society bristles as being told what to do, or believe, and so we are left trying to “find our true selves” on our own, usually following all the least healthy paths, in ways that leave us disconnected from others.

Vanishing Relationships are at the heart of the epidemic of loneliness as more and more of our interactions are mediated and digital/electronic rather than in person. Being made in the image of God, we are deeply relational beings, and the lack of real, personal, lived human contact leaves us lonely and disconnected from life.

So, how may the Church help us to become more attuned to our need for living, breathing relationality, and provide ways in which we may become connected to each other and to God?

The author has a few suggestions:

The Church must learn to establish membership through a sense of belonging; not just a commitment to a place, but a belonging to a community of loving people.

We must prioritize Life-Giving Community over simply being busy together.

We must also prioritize shared, Spirit guided leadership through the engagement of every member of the parish.

We must embrace Friendship and Community in the way that Jesus was intensely relational.

Finally, we must Be Devoted to One Another, as St. Paul writes:

“Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord’s people who are in need. Practice hospitality.”



I commend the article to you to read in full at www.thegospelcoalition.org/article/church-respond-loneliness-epidemic. It is not very long, but is packed with practical ways that we can begin to address our societies epidemic of loneliness, and be a beacon of hope and love in a world that is full of shadows and hopelessness.

Fr. Troy+

Hospitality Sale

Many thanks to all who helped with the “rummage sale” that was held in June, with set-up, clean-up, and especially those who made purchases. We raised a little over \$300 for use by the Hospitality Cloister for future parish events. It was a lot of fun, and some wonderful treasures went to new homes.

We donated several boxes of goods to Goodwill. But even better, we were able to donate a significant number of household and kitchen items to The Free Store. The Free Store is a charitable organization started by St. Timothy’s that provides free items to women who have been victims of domestic abuse and violence. Many of our dishes, pots and pans, and cooking utensils were taken to that organization.



FOOD TRUCK FRIDAY



OPEN TO THE PUBLIC
FREE ADMISSION

**815 HIGH STREET,
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DES MOINES**

**CATHEDRALCHURCHOFSTPAUL.ORG
FACEBOOK.COM/CATHEDRALSTPAUL**

PRESENTED BY



**CELEBRATING 25 YEARS
OF THE CATHEDRAL
- 1993-2018 -**





Stories of the People of St. Paul's

After years of being unsettled, I moved to Des Moines and have now been in one place for five years. I joined St. Paul's Cathedral in the summer of 2013, and I'm very happy I did.

I have experienced some wonderful and challenging moments with the people of the Cathedral parish. This community has a richness in cultural values that date back centuries. Newcomers join in with everyone at our worship services, along with many returning visitors.

I have shared a camaraderie and love with the people of St. Paul's Cathedral that is new and joyful for me. Also, I have, myself,

become a member of this parish. The building and the location are in the heart of downtown. We are now celebrating 25 years as a Cathedral, but our church is over 100 years old.

I have shared much and learned to grow with God and in unity with mankind. This can change the direction of negative thoughts from our societal views by learning to love self and one's fellow man. These are learning keys to survival in a world so complex. I have some peace of mind in a calming atmosphere. This means keeping a positive attitude and sharing a meaningful relationship.

Why did I choose St. Paul's?

Well, I had been searching for the truth about understanding religious practice and teaching since worshipping at a Lutheran church in Minnesota. It, too, like St. Paul's was close to where I lived.

I made a great choice in joining this church. I never would have imagined the positive outcome of being five years in one location, which is a milestone in history for me and being in the same place of worship.

I know this was God's plan for me. I just kept the faith. I will follow where he leads me.

**Story Submitted by
Harold Alexander**



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.

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



Respectfully submitted,
Sue Masid Keress & Elvin McDonald

You Won't Want To Miss Any Of This!

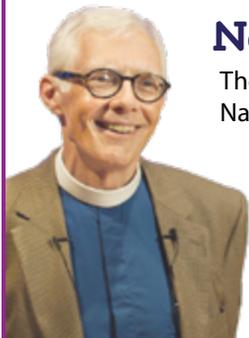
You are invited to two special events for our 25th Anniversary of Being a Cathedral.

November 3, 2018

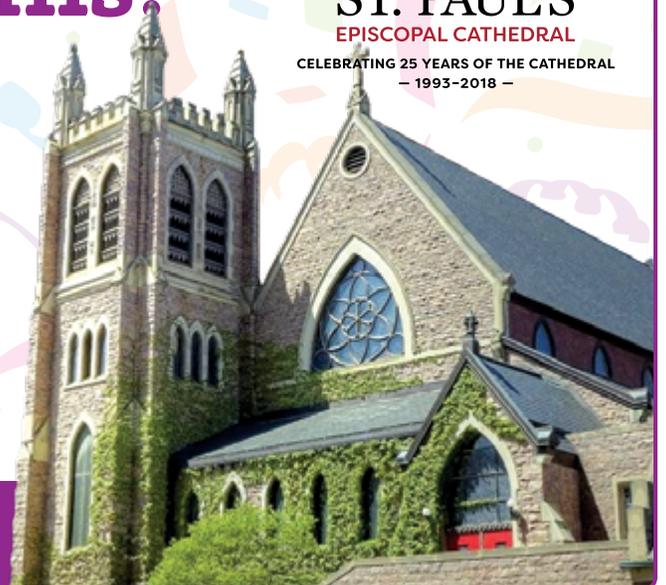
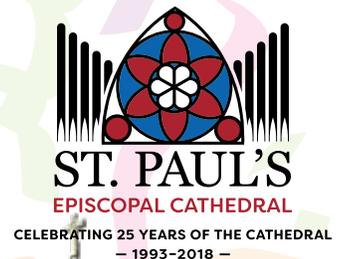
The Rev. Canon Gary Hall, former Dean of the National Cathedral, will lead with a lecture and panel discussion "What it Means to be a Cathedral" followed by a reception.

November 18, 2018

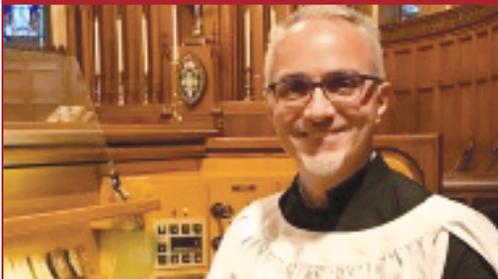
Worship and party celebrating 25 years as the Liturgical Cathedral of the Diocese of Iowa.



WATCH THE WEEKLY EBLAST AND JOURNEY FOR DETAILS AND MARK YOUR CALENDAR



Organ Concert



Sunday, September 16 at 4pm

Cathedral Organist, Mark A. Babcock will present an organ recital in celebration of the 25th Anniversary of the Casavant Pipe Organ and St. Paul's being named the Cathedral. Retired organist, David Raymond, will be a special guest. David was instrumental in bringing this spectacular instrument to life. Celebrate with us! Cathedral Arts will host a reception.

Sanctuary Movement

Why I am part of the sanctuary discernment team:

In 1985, I was introduced to a young man from El Salvador who had fled his country in fear for his life. Both of his parents were killed by the government soldiers and he was told that he would be next. He lived in a Methodist church in Cedar Rapids and had church and community members come and stay at the church 24 hours a day to protect him from deportation back to El Salvador, where he would surely be killed. As we got to know Guillermo, it was clear that he had gone through terrible suffering and needed compassion and protection. After we moved to Des Moines the next year, I became part of a group of women called Women For Guatemala who

studied the history of U.S., involvement in that country and the suffering that came from the resulting overthrow of their democratically- elected government. We gave presentations about Guatemala, its history, culture and people and we sold weavings to help support poor indigenous women. So why be involved in sanctuary now? I believe that these countries (and others) are still dangerous places for many families to live. And I believe that, as a Christian, I am called to help those suffering pain and injustice in any way I can. For right now, our role is accompaniment of families to their immigration hearings, but if a greater need arises, our committee are trying to discern what God calls us to do to help our fellow human beings. I am proud to be part of a church that has such a committee.

- Marilyn Sand

LET'S celebrate

HAPPY BIRTHDAY to these children of September!

Amelia Allaway, September 1
Paul Meginnis, September 1
Becky Hird, September 2
John Halbrook, September 6
Judy Bannister, September 7
Jo Anna Hebberger, September 9
John Kerss, September 13
Bill Hornaday, September 14
Terry Melton, September 14
Sylvia Gillespie, September 25

Al Geiger, September 28
Ellen Cleveland, September 28
Julianne Allaway, September 29

SEPTEMBER
REALLY IS
THE WEDDING
MONTH!

HAPPY ANNIVERSARY to

Marilyn and Duane Sand, September 8
Katy Gammack and Alex Ervanian, September 16
Judy and James Bannister, September 17
Patti and Bill Graham, September 18
Muffy and Henry Harmon, September 18
Dee and Jim Vickery September 19
Elayne and Dean Bice, September 25

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/>



Property Committee News

Look for changes coming soon to the Guild Hall! New lighting will be installed; paint and carpeting will be new as well. Chair covering will be updated, and new seating options will be located around the area. Many thanks to the individuals who spear-headed this endeavor, particularly Elvin MacDonald and his committee.

Repairs are being done to the entrance area to the Undercroft off the lower High Street door. The committee also has approved a bid to do stone repair to the exterior.

The next major restoration effort will be new flooring in the nave and choir, and plaster/paint repair. Samples of flooring are being evaluated, with bids to follow. Hopefully we will be able to proceed early next year.



St. Paul's Offers Text Giving!

TEXT TO GIVE

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. 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. If you need to update or change your information, call the Cathedral Office (515-288-7297).

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 Tuesday, September 11.

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



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Join Us for Faith Sharing Dinner on September 27!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

The Cathedral Church of St. Paul • The Journey

