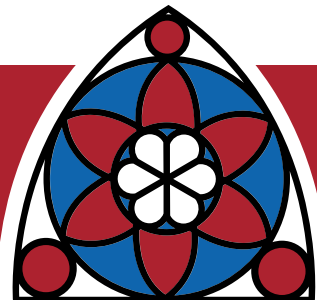


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

NOVEMBER 2018

Join Us in Celebrating the 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.

As a part of the continuing celebration of The Cathedral Church of St. Paul's 25th Anniversary as a Cathedral Church, the Rev. Canon and Interim Rector Gary Hall, of Trinity Church, Santa Barbara, Calif., has been invited by the Episcopal Diocese of Iowa to participate in several events. He is also

being sponsored by Growing Iowa Leaders: Called, Fed, and Sent.

Over the years, the Rev. Canon Hall has spoken and written

much about what it means to be a Cathedral Church. Visit anglicantheologicalreview.org/static/pdf/articles/hall.pdf to read Dean Hall's article, "The Purpose of Cathedrals," which appeared in "The Anglican Theological Review".

On Nov. 3, the Rev. Canon Hall will conduct two sessions at the Cathedral, which will feature several invited panelists. The event will be from 10 a.m. to 3 p.m., with a provided lunch.

On Nov. 4 (All Saints Day), the 8 a.m. service will be Holy Eucharist-only. Following the service, from 8:45 to 9:45 a.m., The Rev. Canon Hall will conduct a special class on "Being a Cathedral." He then will deliver the sermon at 10 a.m. service, which includes Faure Requiem.

November 18, 2018

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

On Oct. 23, 1993 --- 25 years ago -- the-then 139-year-old downtown Des Moines parish of St. Paul's Episcopal Church became The Cathedral Church of St. Paul. St. Paul's will celebrate the great honor of having been named the Liturgical Cathedral for the Diocese of Iowa on Sunday Nov. 18.

It will be a magnificent celebration with Diocesan Bishop Alan Scarf presiding and with Bishop Christopher Epting, who served the Diocese at the time, as a liturgical participant.

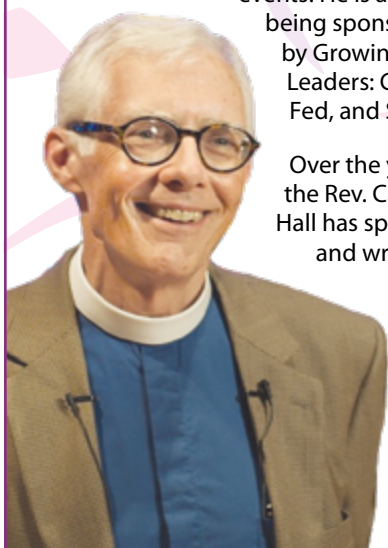
A musical tribute, composed by Cathedral organist Mark Babcock, will be presented as a new choral work.

Joyful pageantry will highlight the beauty of the ancient and welcoming Eucharist service at 10 a.m. on Nov. 18. Note --- there will only be one service.

Everyone is invited to participate in this special occasion. Following the service, the celebration will continue with a party in the Undercroft.

You won't want to miss this celebratory event. So mark your calendars now for a very special day of joyful praise and gladness.

It's not too late to RSVP for the November 3 Event! Please RSVP to the Cathedral Office by calling (515) 288-7297. Deadline for a luncheon reservation is October 31.



COME, LET US SING
FOR JOY TO THE LORD

From the Dean

Our recently concluded Diocesan Convention was an amazing weekend for the diocese and for St. Paul's! And the celebrations will continue!

On Sunday, November 18th, we will have a special festal celebration of the Holy Eucharist with one combined service at 10:00 a.m. and grand reception following!

This is a season of special thanksgiving and celebration for the many gifts given to us by God, the honor of being the Diocesan Cathedral, and moving into God's future with renewed



clarity of our mission to bring the good news of the Gospel of Jesus Christ to downtown Des Moines, the Diocese, and the world!

We are truly blessed by God!

Fr. Troy

The Art of Creation

By Mark Babcock

The Cathedral's 25th Anniversary Steering Committee Chair, Jolene Phelps, presented the idea of a commissioned choral/organ composition early on in the planning process. I was immediately intrigued and energized by the idea. Given the Cathedral's historic embrace of the arts, this seemed like a highly appropriate undertaking. What better way to celebrate the artistic personality of the building, the Cathedral Choir, the sacred space maintained for Choral Evensong, the world-class organ, and the treasured beautiful singing than to dedicate a new piece of music for such an occasion?

After the academic year ended, I began to think about texts and musical ideas that might be included in the composition. I also set some parameters for the composition:

1. The Casavant organ must be featured,
2. It should be a four-part composition both for artistic and practical reasons,
3. It's mood and style should reflect the joyous nature of the occasion while honoring the Anglican choral/organ tradition,
4. It should have lasting qualities and be usable for the future,
5. The text should reflect this faith community, and

6. It would be in a neo-romantic style in terms of harmonies (added note chords, dissonances, chromatics, key relationships, and the use of quartal/quintal ideas) and structure.

I eventually settled on Psalm 100 from the Book of Common Prayer:

Be joyful in the Lord all ye lands,

Serve the Lord with gladness and come before his presence with a song.

Know that the Lord Himself is God. It is He that has made us and we are his.

We are His people and the sheep of His pasture.

Enter His gates with Thanksgiving, go into His courts with praise.

Give thanks to Him and call upon His name.

For the Lord is gracious; His mercy is everlasting and His faithfulness endures from age to age.

The themes of joy, song, thanksgiving, and faithfulness in this Psalm spoke to me as being authentically St. Paul's past and present. This Psalm proclaims the long arc of God's grace and faithfulness which seemed relevant to a momentous anniversary. It also uses action verbs that encourages current responses from us to God's goodness over time. It is a Psalm that reflects and calls simultaneously. It is an important Psalm to consider as we ask "What does it mean to be a Cathedral?"

Musically, the varied themes of the Psalm also inspired varied musical motives, rhythms, textures, and harmonies. The



opening melodic motive is two ascending fourths followed by a descending half-step. This marked motive and the festive organ introduction/interludes provide artistic unity for the entire work. The warm, comforting words "Know that the Lord Himself is God" and "For the Lord is gracious" inspired harmonic richness and a related legato, homorhythmic texture.

I composed this for you. The Cathedral Church of St. Paul has been a place of solace and refuge for me. I have experienced the grace, beauty, love, joy, peace, and hope of the Gospel in these walls and through inspiring worship. I was honored to create a piece of music expressing joy and thanksgiving for God's faithfulness and for your's. As a music theorist, organist, choral director, and faithful Episcopalian, all of my passions came together to create this piece. I sincerely hope you enjoy it.



Food Bank Needs

With the holidays approaching, below is a list of the most needed items for the Food Bank of Iowa.



Healthy versions of the following items:

- ✓ 100 percent juice
- ✓ Canned fruit
- ✓ Canned vegetables
- ✓ Beans
- ✓ Peanut butter
- ✓ Canned meat
- ✓ Pasta
- ✓ Crackers
- ✓ Canned spaghetti sauce
- ✓ Hot cereal
- ✓ Cold cereal

Other Needed Items:

- ✓ Diapers and wipes
- ✓ Infant/baby formula

Cash donations are also accepted for wholesale food purchases and fresh products. When doing your own grocery shopping, please be mindful of others in need. For a full listing of needs and ways to help, please visit www.MoveTheFood.org.

Thank you!

Greening of the Cathedral

After 23 years, Terry and Phyllis Melton are retiring from being the in-charge folks for the Greening of the Cathedral.

We are looking for volunteers to take over this task. We will be happy to train our replacements this year; we also have detailed written documentation of the process to pass along.

The Altar Guild will still be responsible for the decorations, and will purchase any approved replacements. We will also continue to be responsible for the

flowers, and are willing to help with lunch plans for after the decorating.

Please give us a shout-out if you would like to take up this ministry. And thank you to all the St. Paul members who have faithfully helped with this undertaking year after year.

- Terry and Phyllis

Advent Tea

Please Join Us for the Annual Cathedral Advent Tea

Tuesday, December 4th

- Hosted by Cathedral parishioners living at Scottish Rite Park
- Four o'clock until seven o'clock in the evening
- Scottish Rite Park Penthouse Party Room
- 2909 Woodland Avenue in Des Moines



Parking is limited, so please car pool when possible. If you are able please park on the street.

Please contact Barbara Willey at 515-243-9003 or barbie50@icloud.com to sign up to bring a savory or sweet as well as to serve and greet during the tea.

November Is a Musical Feast!

Sunday 4 November – 10a Requiem by Gabriel Faure
Cathedral Choir and Chamber Orchestra

Sunday 11 November – 10a Festival Choral Eucharist
Central College 60-voice A Cappella Choir

Sunday 18 November – 10a Festival Choral Eucharist
Celebrating 25 Years at the Cathedral
Special Commissioned Choral and Organ Composition Premier

Plan to be present every Sunday. Bring your family, friends, neighbors, and co-workers to experience the musical riches of the Cathedral that point us toward God's abundant love, joy, and peace.



2019 Annual Stewardship Campaign

Frequently Asked Questions

Thanks to all who pledged in 2018 we will end the year debt free. In order to continue this practice we will need the continued support of all members in this year's campaign.

However, giving is not just about covering the overhead. In fact, it's about so much more. Sometimes we lose track of just how many lives are touched when we support St. Paul's. Not only the lives of your fellow parishioners but all the people who benefit from our outreach ministries

– individuals you will probably never see or meet. Stewardship, in one sense, is about your contribution to St. Paul's and other people's lives.

We invite you to participate in this year's campaign. Your generosity will make a difference for your parish family and positively touch the lives of countless more in our community. Complete your pledge card online at CathedralChurchofStPaul.org/Stewardship/Annual-Giving. Thank you for your support!

I donate on a regular basis. Why is it important that I pledge?

All donations are appreciated; however, pledges are important because they permit St. Paul's to budget each year. St. Paul's is committed to a balanced budget, and pledges are necessary for estimating revenue. With increased contributions St. Paul's can add programs and services for our members and our community. If pledges are low St. Paul's could be forced to reduce programs, staff, services or defer other needed services.

I pledged last year. Do I need to pledge again?

You need to renew and update your pledge annually. If you are currently donating by a recurring debit charge or withdrawal that will continue at the same level unless you make a change. Nevertheless, we ask that you complete a pledge card, or update your donation online, so we know you have made a pledge decision for 2019.

What if I am uncertain about the future and am reluctant to pledge?

Your pledge is not an enforceable contract. Although we ask that all pledges be a reflection of a real intent to donate, if you have a change in circumstance, you can change your pledge at any time during the year by submitting a revised pledge card or electronic authorization.

Does the amount of my pledge affect my standing at St. Paul's?

No. St. Paul's is an open and affirming church, and membership is not conditioned upon you pledging a certain amount. However, failure to pledge, failure to keep your pledge current or not having a record of giving can affect your voting status on matters that require an active membership vote.

Who should I contact with questions?

You can visit with Fr. Troy, Deacon John, Skeet Wooten, Rick Stearns or Matt Petty. All conversations remain confidential.

Congratulations, Deacon Zebulun Treloar!



Bishop Alan Scarfe, and the newly ordained Deacon Zebulun Treloar



On Saturday, September 29th Deacon Zebulun Treloar was ordained at St. Paul's.

A Note From Your New Deacon Zeb Treloar

I am excited to begin my journey as an ordained person with everyone here at the Cathedral. I have been a member of this community for three years as a lay person and I'm excited to see where God is calling us as we work together in new ways. I'd like to share a little about myself.

I grew up in Iowa City and was raised in the United Methodist Church. My mother, Sharon has been a pastor both in the United Methodist Church and the Friends Quaker Church. She is currently a realtor in Iowa City. She instilled in me a love for worship and music. Some of my favorite memories

Continued on Page 5



from my teen years were driving to church with Mom and talking about faith. My father is a retired probation officer. He is passionate about learning and his favorite part of church has always been Sunday School. He also has a deep admiration for the Jewish faith and has taken classes at his local synagogue to increase his understanding of the faith. My brother, Jason, is an agnostic and reminds me that so much about God is a mystery.

I became an Episcopalian after my first semester of seminary at Candler School of Theology, Emory University in Atlanta, GA. After falling in love with the liturgy and finding myself in a community that could embrace all of who I was, I took the plunge into Episcopalianism. I am more in love with the tradition today and hope to be more in love with it

tomorrow. During that first semester of seminary, I also met a group of Episcopal monastics, the Order of St. Anthony the Great. One of those monks became my husband, Jamie. Jamie is a mystic and critic of the Church. He continually calls me to work alongside the oppressed and reminds me that we are all made in God's image and have sacred worth.

Jamie and I moved to Des Moines after I finished seminary, in the summer of 2015. I joined the Cathedral then because I had met Fr. Troy once previously in Atlanta and we had mutual friends. I stayed because I found a truly diverse community, with people from all walks of life. I love that there are so many differences, yet we are all in love with Jesus and committed to being in relationship with one another. I hope in

my ministry to foster greater relationships across differences and divisions.

Most days, you will find me at Iowa Methodist Medical Center, where I am doing a chaplaincy residency program. I am spending this year intentionally examining myself as a minister and working on my pastoral care skills so I can be truly present to people's needs. I am also available to your needs as well. You can come to Father Troy, Deacon John, or me for any pastoral care needs or concerns. Feel free to contact me at zebuluntreloar@gmail.com.

Because of the unpredictability of my schedule, it is best to email me.

I look forward to growing in Christ together as we explore new ways of being in ministry with each other!

LET'S celebrate
HAPPY BIRTHDAY
November Folks!

Alex Ervanian, Nov. 3
Jan Doherty, Nov. 4
Richard Wootten, Nov. 8
Catherine Gillespie, Nov. 12
Connie Tartt Guiberson, Nov. 13
Muffy Harmon, Nov. 15
Shelley Thompson, Nov. 20
James Vickery, Nov. 30
Laura Wootten, Nov. 30

HAPPY ANNIVERSARY to

11th Anniversary of
The Rev. Canon Deacon
John's Doherty's Ordination, Oct. 7
Jim and Jill Ferguson, Oct. 19
Diane Hayes and Tom Creviston, Oct. 31

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/>

United Thank Offering (UTO) Fall Ingathering November 4

"Count Your Blessings"

"Count your blessings" - those coins you have put in the Blue Box in thanksgiving for large and small daily gifts from God that brighten your life and the lives around you.

On Sunday, November 4th, United Thank Offering (UTO) envelopes will be available in Sunday bulletins, the Narthex, and the Guild Hall. Please enclose your cash or check for the amount of your blessings. Checks should be made payable to the Cathedral Church of St. Paul with UTO on the memo line. Please send or bring the envelope to church on Ingathering Sunday so that it can be joined with the thank offerings of other Episcopalians.



Daylight Savings Time

Reminder: Daylight Savings Time ends at 2:00 a.m. on Sunday, November 4, so be sure to set your clocks back!



The United Thank Offering Memorial and Gift Trust Fund was established as a permanent trust. Gifts enable ongoing prayer and remembrance. The names of those honored or memorialized are permanently recorded in a book that is kept in the UTO office at the Episcopal Church Center. The book is displayed at each Triennial Meeting of the Women of the Church.

Gifts to the United Thank Offering Memorial and Gift Trust Fund may be made at any time. A special tribute of thanksgiving is appropriate in loving recognition of devoted leadership, ministry and faithful service. Special events as birthdays, anniversaries, graduations may be recognized. Gifts also may be made in loving memory of a cherished friend, relative, or church leader. Brochures with attached mailing envelopes will be available with the UTO Ingathering envelopes, and your gift is tax-deductible.





Stories of the People of St. Paul's



My name is Skeet Wootten, and I have the honor and privilege of serving as your Senior Warden.

My journey at St. Paul's began in the summer of 1989 when my wife Laura, six-month-old son, and I first moved to Des Moines. We were living downtown at the Plaza, having relocated from Dallas, Texas. Laura and I are both Episcopalians by choice. We were married in the Episcopal Church and wanted to continue our spiritual journey here.

When we moved to town, we decided to look at different churches to find our new church home. Living downtown, we saw that St. Paul's was downtown, and it made sense to look there first. So we got up one Sunday morning and came to St. Paul's, and it's fair to say we never left. We were greeted by a warm and welcoming group of people (having an adorable baby helps!), who made us feel at home. There were young couples our age, some with children and some not, who we could relate to and befriend. Truthfully, I'm not sure we would have been allowed to leave!

We became involved in the spiritual part of the church, as well as the social part. At the time, the church had a gathering called "Singles and Doubles, a casual event with a potluck dinner. We attended the first one that we could after joining. We met a delightful couple called Chris and Pam, who were a little older than us, but were fun and engaging. We shared laughs; I casually told a slightly off-color joke, which was met with gregarious laughter. A really fun evening.

However, the next day after church, I happened to notice, in the Guild Hall, a picture of a very regal man, who happened to be the Bishop of Iowa, Christopher Epting, the aforementioned "Chris" of "Chris and Pam". Needless to say, I've told that story many times about embarrassing myself in front of the Bishop!

St. Paul's has changed markedly in the time we've been members. Some people have moved, some have passed on, new people have joined and babies have been born. Our community is different than it was in 1989, but our presence

has remained. As our Mission Statement says, "...We are committed to accepting and giving Christ's unconditional love..." which we see our church doing every day. And we should be proud of that.

St. Paul's has been, and is, a very meaningful place in our lives. My daughter was baptized here. It has been a place where we have shed tears of joy and tears of grief. A place where we've prayed and worshiped, made lifelong friends, and felt the presence of God.

As we celebrate 25 years as the Liturgical Cathedral, each of us has a connection to St. Paul's and how it impacts our lives. As for me, it's now part of my soul.

THANK YOU, ST. PAUL'S PEOPLE

Thank you all for responding to our request for your stories during this 25th Anniversary Celebration of being a cathedral church.

Elvin McDonald and I have had the pleasure of reading your stories first. They are delightful, interesting and inspiring. Each story is different, and yet we all come together as one big family.

Elvin will be compiling the stories into a booklet that will be available Nov. 18. So, if you have or haven't been able to access the blog, you will have a keepsake to read, enjoy and be inspired.

Blessings to All --

Susan Masid Kerss and Elvin McDonald, editors

SHIIP

Senior Health Insurance Information Program (SHIIP) is a federally-funded program operated in Iowa through the Department of Insurance. The program's mission is to provide trained volunteer counselors to assist seniors, disabled persons on Medicare, and those about to turn 65 navigate through the complex world of Medicare.

Counselors assist, on a no-fee basis, those about to enroll in Medicare,

helping them select Medigap plans, choosing between regular Medicare and Medicare Advantage plans, as well as aiding them in selecting and enrolling in a prescription drug plan (Medicare Part D).



Four downtown Des Moines congregations are members of The Bridge, which is a sponsor organization for SHIIP. If you are a member of one of these congregations and would like assistance, you can call SHIIP directly at 800-351-4664. A volunteer counselor will then contact you to help make appropriate Medicare decisions.



November & December Shelter Meal

Because of the holidays, St. Paul's will not be serving the Shelter Meal in November and December.



We can take a well-deserved rest! Our heartfelt thanks to everyone who contributed to this important Outreach program this year. Special thanks to Jo and John Wetherell for helping to make it a success for us and for our community.

Monetary contributions are welcome anytime, and will be credited to your personal St. Paul's contributions. Thank you!

Kitchen Reminders

Just a quick reminder--the kitchen refrigerator and freezer is cleaned out on the last Saturday of every month. If you have placed something in either appliance that will be used the following month, please be sure to put a note on the items with the event and date it will be used. Unmarked items, or items with older dates will be thrown out.

Thank you from the Property Committee.

Altar Guild

The Altar Guild needs some new members. Several of our Guild are retiring, and this will create some shortages of coverage for Sunday services. The work is not difficult, and generally takes 15 to 20 minutes. Couples are welcome, as well as individuals. This is a beautiful way to support our liturgies.

We particularly need new members for the 1st and 2nd Sundays after the 10:00 service, and before/after the 8:00 service on 4th and 5th Sundays. Training is free, and may include treats. If you are willing to serve, please call or e-mail Phyllis Melton at 255-1100 or fmelton515@aol.com.

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).

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.

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**.

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 December issue will be Monday, November 12.

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



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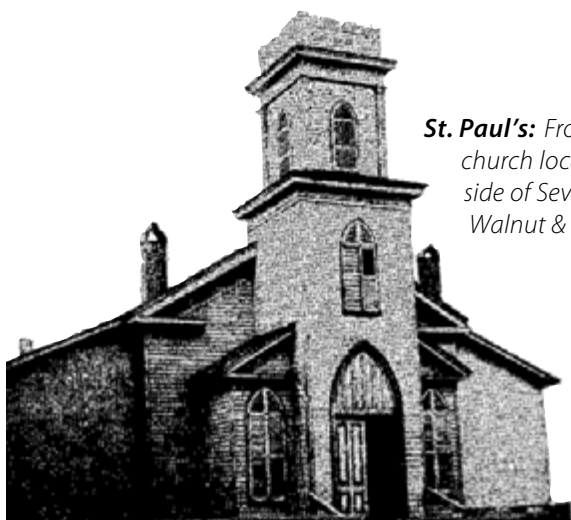
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Our Anniversary Celebration is Almost Here!

See Inside for Details!



***St. Paul's:** From a humble parish church located on the west side of Seventh Street, between Walnut & Locust Streets*

To a historic Cathedral located at Ninth and High



PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

