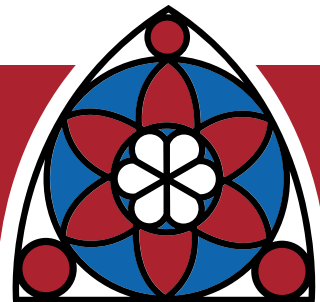


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

DECEMBER 2018

Christmas Services 2018 *Please join us!*

◆ Christmas Eve Early Service

A Festival of Nine Lessons and Carols with Holy Eucharist – 5:00 p.m.

The 5:00pm Lessons and Carols with Holy Eucharist and the 10:30pm Choral Holy Eucharist will be surrounded by music

appropriate for this great Festival in the Church Year, and will surely inspire those of us who wait again this Advent Season for the “Savior of the Nations” to come bringing peace and redemption to a broken world.

◆ Christmas Eve Late Service

Organ Prelude – 10:10 p.m.
Festival Eucharist – 10:30 p.m.

◆ Christmas Day One service

Holy Eucharist – 10 a.m.
in the Cathedral.



CHRISTMAS IS THE CELEBRATION OF THE BIRTH OF JESUS, THE SAVIOUR OF MANKIND

Lessons & Carols

The promise of the Messiah – the birth of Jesus Scripture – carols – choral music – hymns

The Festival of Nine Lessons and Carols is a service of Christian worship celebrating the birth of Jesus. The story of the fall of humanity, the promise of the Messiah, and the birth of Jesus is told in nine short Bible readings which are



interspersed with the singing of Christmas carols, hymns and choir music, and traditionally opens with the carol “Once in Royal David’s City.”

The service originated in England in the 19th century, and has since been adapted and used by other churches all over the world, most often in Anglican churches.

This year’s service will be on Monday, December 24 at five o’clock. Sung by the Cathedral Choir under the direction of Cathedral Organist Mark A. Babcock, this beautiful service is a well-loved St. Paul’s tradition.

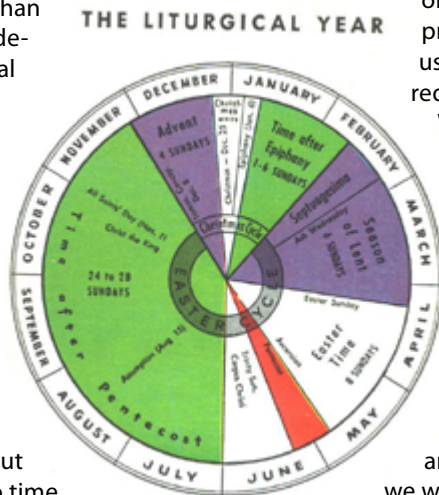
Come to sing, listen, pray—and be richly blessed!



From the Dean

Another year draws to a close, and another year begins! Unlike the secular calendar, the Christian year begins on Sunday, 2 December 2018 with the first Sunday of Advent. Why is it important to draw a distinction? What difference does it make other than it being a curious side-note for ecclesiastical specialists like me?

The answer has to do with how we think about time as a creature of God even as we are, and that time has a purpose as do all things in God's creation. Time is a gift of love and grace, for without it there would be no time to change and be changed, time to hear the word of love spoken, time to be transformed by God's gracious love ever more closely into the image of his Son, Jesus Christ our Lord. Unlike the secular calendar, the Christian calendar calls us to a wholeness of life in which time, each day, each Church season has a role to play in calling us to remember that we are headed somewhere.



We are not stuck in the simple repetition of purposeless and random events leading us nowhere. We headed towards the dawning of the kingdom of God, that great and glorious day when heaven and earth are made one, and the we are finally and fully transformed into the likeness of Jesus. Time when understood as being more than the accumulation

of moments becomes a promise, a vehicle taking us towards the promised redemption of the world.

When we learn to live into the gift of time as Christians, and follow a pattern of life that is focused each day upon a cycle of prayer, reading our holy Scriptures, giving of our time and our wealth to the work of the Church, and the worship of God, we will begin to experience liberation and transformation each and every moment of every day, year upon year, as we step closer to the great and glorious day when God makes heaven and earth one.

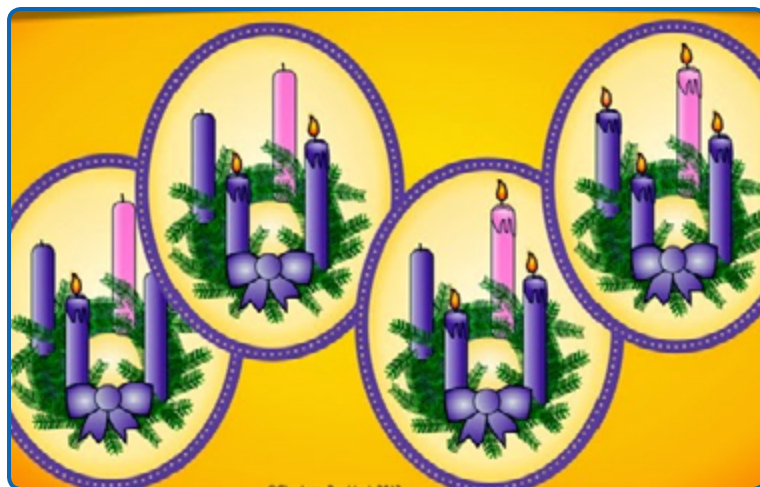
I encourage each of us to begin to learn how to engage time as Christians, as disciples of Jesus Christ, as a people of hope on the way to the consummation of our love in Jesus. I invite each of us to take up a Rule of Life, that is, a patterned



and focused manner of life that intentionally shapes our days around the life-giving cycle of prayer, reading our Scriptures, growing into ever increasing giving of our time and wealth to the work of the Church, and gathering every Sunday to worship God together. As we faithfully learn to live life in this way, we will find ourselves grow increasingly aware of the presence of God in our lives, our priorities will become clarified by the life of the Gospel, and we will discover a freedom from anxiety and worry, a life filled with hope and joy, that has always been just out of reach.

My prayer for each of us is that we will begin this new Christian year with the determination to grow as disciples of Jesus Christ our Lord. If we will all do this, there is no telling just how much we will grow in grace and joy!

Fr. Troy+



Advent Cathedral Arts Events

Sunday, December 2

Advent Choral Evensong at 4:00 p.m.

Sung by the Howells Scholars

Festive Reception Following by Cathedral Arts

Thursday, December 13

Advent Organ Recital at Noon

Canon David Raymond, organist

Thursday, December 20

Advent Organ Recital at Noon

Cathedral Organist Mark Babcock



What is a Cathedral?

By Nancy Morton

In November 2018 The Cathedral Church of St. Paul celebrated 25 years as a Cathedral. As the anniversary approached, questions surfaced. What is a Cathedral? What does it mean for St. Paul's?

Fifty members met on Nov. 3-4 at St. Paul's to discover the purpose of a Cathedral. The Rev. Canon Gary Hall, former dean of the National Cathedral in Washington D.C. was invited to share his experiences and observations while pointing out challenges and opportunities. A panel consisting of a deacon, two cathedral deans, a bishop, a parish priest and a senior warden reflected on topics at intervals during the presentation.

"A Cathedral," Canon Hall said, "is a movement not an institution." Everything he recommended called for actively going out, speaking out, listening, dialoging, praying together, inviting in, loving and serving.

By definition a Cathedral is the Bishop's Church and supports the Bishop's ministry in unique ways. Hall used "apostolic, prophetic, justice, theological, prayerful, pastoral, and empowering as adjectives to describe Cathedral ministry.

Apostolic provides a link to the apostles who were "sent out into the community with a Prophetic voice. Thus today's



Panel L to R: Deacon John Doherty, St. Paul's; Dean John Horn, Trinity Cathedral, Davenport; Bishop Alan Scarfe; Canon Gary Hall; Dean Troy Beecham, St. Paul's; The Rev. Kim Turner Baker, rector, St. John's, Ames; and Robert Wootten, senior warden, St. Paul's

Cathedral becomes a "public church, an intersection of faith and civic life."

Hall suggested members attend city councils, school boards and chambers of commerce to recognize emerging issues before points of view become political. A Cathedral offers space for bringing diverse people together for conversation. The prospect of expanded visibility for Justice issues generated lively how-to questions from participants.

The Cathedral Church of St. Paul, Liturgical Center of the diocese, is well acquainted with formal worship and hosting ordinations and church events. Theological implications of faith, unity and gospel values in a public-church context add richness to congregational life. Wider participation in downtown activities leads to exploring Prayerful new forms of praying together. Events built around music and the arts attract people with and without faith.

The speaker noted that the type of Pastoral care at a Cathedral adjusts with its location and circumstances. Cathedrals may not need to duplicate programs and services of parish churches.

Empowering by supporting all the baptized in their gifts and ministries is a hallmark of Bishop Alan Scarfe's ministry throughout the Episcopal Diocese of Iowa.



The Rev. Canon Gary Hall

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



Have You Considered 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. The term limit is 3 years, and

members are expected to attend the monthly meetings and to assist with possible Cloister assignments.

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: Skeet Wootten (Sr. Warden), Elvin McDonald (Jr. Warden), Rich Jacobs, and Barbara Willey. You can also speak with the Dean.

If you are nominating someone else, please be sure you have his or her permission first. Our goal is to have a slate of candidates published in early January.

-The Nominating Committee

Updates from the Outreach Committee

The Sanctuary Discernment Team has been meeting monthly over the last year and a half to discuss our role in the New Sanctuary Movement and to prayerfully and thoughtfully consider how to move forward. We are pleased to announce that the resolution we presented to the Chapter for consideration was approved. The resolution represents not only a culmination of these months of work, but also a call into further action.

Resolution to Support Immigrants
Approved by the Chapter of the Cathedral Church of St. Paul on October 16th, 2018.

Be it resolved, that the Cathedral Church of St. Paul will actively and publicly welcome and support immigrants, honoring our common humanity regardless of legal status; and further,

Be it resolved, that the Cathedral Church of St. Paul will accompany and walk alongside our immigrant neighbors to the best of our ability, bringing comfort to the afflicted, empowering the voices of those directly affected, and working in collaboration with like-minded faith groups and others in the community; and further,

Be it finally resolved, that in order to support this ministry of compassion, action, and presence, the Cathedral Church of St. Paul will publicly designate itself as a "Sanctuary Supporting Congregation" of the Iowa Sanctuary Movement, to be listed on the ISM website.

In this season of Advent, we are reminded that amidst the darkness and brokenness of our world, in the middle of the fear and hatred that divides us, the

loneliness and selfishness that isolates us, God came to us – all of us - in the most unexpected of ways: as one of us. A baby, born in the lowliest and dirtiest of places; a family, then forced to flee to a foreign country for sanctuary, for fear of persecution in their own. If this story took place today, if it wasn't history, but present, would we recognize God in Jesus, born to this refugee family? Would we recognize Jesus today, if he was born to parents who were undocumented? The amazing and wonderful part of the Christmas story, is that it is taking place today – we are all made in the image of God, and God is in each and every one of us, so we have endless opportunities to recognize and affirm God in each other. This is why the Sanctuary Discernment Team started meeting together, and this was the driving force of the resolution. Jesus' self-sacrificial love is what we are all called into. It's not an easy call, by any means; it calls us into discomfort; it calls us to accompany each other along whatever difficult journey we're walking. But there is such hope, and comfort, and even joy, in this call – it's a promise that we are not alone. It's a promise that the divisions of this world become meaningless when we affirm God in each other. It's a promise that God wasn't just a figure of history past born in a manger, but is present today in you and me, in undocumented immigrant and citizen, in Republican and Democrat, in atheist and Christian, in whoever we are, wherever we are. God came to us in Jesus, and comes to us in each other, because we are beloved: treasured, precious, adored. This Advent and Christmas season, let us find strength and comfort in the story of Jesus' birth, hope in God's promise to us, and joy in knowing that we are beloved. Let us be examples of

Sanctuary Discernment Team

God's love by living into the idea that we are beloved, and treating each other as so.

Our next few meetings will shift to planning specific action items and how to live out Jesus' call of welcoming the stranger in the new year. We usually meet the 3rd Sunday of the month, following the 10am service – please feel free to join us. You do not need to have attended previously. Keep an eye out in the weekly bulletin and e-blast for announcements on upcoming meetings and events. If you have any questions or would like more information, contact me: trpetty17@gmail.com or Spivey Knapik: syvspivs@gmail.com.

We wish you all a joyous Christmas and a wonderful holiday season!

-Traci Petty

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.



Stewardship *"IN SUPPORT OF OUR GROWTH" IS WELL RECEIVED!*

Participation in the 2019 Annual Stewardship Campaign has been outstanding. If you have not yet returned your pledge card we encourage you to do so. Support for St. Paul's, financial as well as participation in our ministries and parish life, is a collective effort that makes us strong and promotes our growth. Your

gifts of time, talent and treasure not only touch the lives of your fellow parishioners they touch the lives of people in our community you will never meet. Your gifts make a difference for so many. If you have not pledged in the past there has never been a better time to test the waters. Obviously, no gift is too

big but conversely no gift is too small. As a pledging member of St. Paul's you join the majority of parishioners who are committed to making us a strong and vibrant part of Des Moines community and you support our continued growth. Thank you for your support this year's campaign.

Youth Ski Trip 2019

January 18-20, 2019

New location: Camp Sacajawea
and Seven Oaks, Boone

Here's the link to the Dio website youth event page with all the info you need and the TWO form downloads (one for leaders, one for participants):
<http://www.iowaepiscopal.org/Ministries/children-youth.html>

The one and only registration deadline: December 17!

- Group registrations (for food and lodging) are due to the diocese by December 17, 2018 via online, fax, or snail mail.
- You do not need to register your group with the ski hill.



If you have questions or concerns, please email them to registration@youthskitrip.com. Dale Schirmer of Grace, Cedar Rapids, and Amy Mellies of St. Johns, Ames, are this year's ski trip coordinators. They will be happy to assist you!

Stay in the know about all things YOUTH by joining us in the Facebook group "Diocese of Iowa YOUTH" and following [@dioiaiyouth](#) on Instagram!

Stories of the People of St. Paul's

Story Submitted by Carol Clay Hall

As a young teen, I was immersed in the baptismal pool of the Vernon Baptist Church in Chicago. Years later I was drawn to St. Bartholomew's Episcopal Church when I became a Boy Scout volunteer there.

I welcomed the ways and teachings of the Episcopal Church and was confirmed by Suffragan Bishop, Quintin Primo (The Rev. Stanford Carmichael, priest) on Easter Eve, 1975.

Soon after moving to Des Moines in 1979, with husband, two sons, and one daughter, I joined St. Paul's. I chose this parish out of

three churches I visited because of its beauty, order, and ceremony.

I've always enjoyed and mostly attended the 8 o'clock services. I've particularly enjoyed the 10 o'clock services during Pentecost, Easter, and Christmas.

I've been honored to serve on the Altar Guild, as a UTO coordinator, and as an intercessor.

"Experiencing God" study sessions and Healing Prayer meetings have added to my spiritual nourishment of The Word, Holy Communion, and God's Peace.

Carol Clay Hall & UTO

Our heartfelt thanks and deep gratitude to Carol Clay Hall, who has retired as our United Thank Offering Coordinator. She accepted an invitation to this ministry from Deacon Muffy Harmon 9 years ago, and since then Carol has been instrumental in helping to raise \$14,741.60. For those of you who may not know Carol, we are including her blog entry in this issue as well.

The United Thank Offering (UTO) is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings and make an offering for each blessing using a UTO Blue Box. UTO is entrusted to receive the offerings, and to distribute the 100% of what is collected to support innovative mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion. Each diocese can be awarded a grant if they apply.

We also wish to acknowledge Donna Hendricks, who has agreed to help coordinate our UTO program for the future.



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!

Finance Update

There is still time to hang your leaf on the tree!



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.



LET'S celebrate

HAPPY BIRTHDAY
December Folks!

- William Summers, Dec. 4
- Martha Benda, Dec. 6
- Diana Palmer, Dec. 6
- Ladu Boyo, Dec. 12
- David Butler, Dec. 17
- Isabel Allaway, Dec. 22
- Cheryl Stearns, Dec. 23
- Scott Linn, Dec. 27
- Patti Graham, Dec. 28
- Skeet Wooten, Dec. 28
- Peggy Aerisolphal, Dec. 29
- James Bannister, Dec. 30
- Margaret Brennan, Dec. 31

HAPPY ANNIVERSARY to

- Phyllis Blood and Terry Melton, Dec. 2
- Judy and John Spence, Dec. 29

*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/>*



December Shelter Meal

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

Annual Parish Meeting

Please mark your calendars and save this date:

Sunday, January 27 2019
~ One service at 9:00 a.m.
followed by a brunch and the
Annual Parish Meeting.

Look for more information
in the January issue
of the Journey.



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 January, 2018 issue will be Monday, December 10.

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



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Email: administrator@cathedralchurchofstpaul.org

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Return Service Requested

Join us for our 2018 Christmas Services!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

