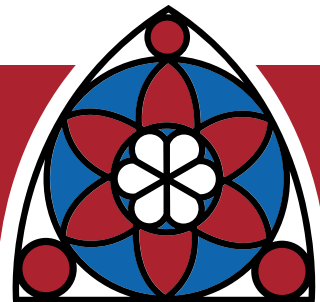


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

FEBRUARY 2019

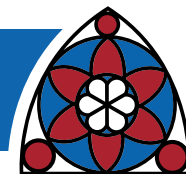
Please Join Us For Choral Evensong sung by the Howells Scholars

Sunday 24 February at 4pm – Directed by Cathedral Organist Mark Babcock



Choral Evensong is a unique Anglican/Episcopal tradition. We are the only place in central Iowa that offers this beautiful, contemplative worship experience of sung prayer. It's one of the ways we answer the question, "What does it mean to be a Cathedral?" We offer this service to the glory of God and for all who need to be reminded of the hope, healing, and peace found in Christ the Light of the World. Please join us and invited members of the community to experience this special Epiphany Choral Evensong.

815 High Street, Des Moines, IA 50309
(515) 288-7297 • cathedralchurchofstpaul.org



ST. PAUL'S
EPISCOPAL CATHEDRAL

Parishioners Scheduled for “Tea and Talk at Terrace Hill”

Parishioners Shelly Thompson and John Zickefoose will be 2 of 4 distinguished speakers at Terrace Hill in February as part of “Tea and Talk at Terrace Hill,” 4 timely programs held at 2:00 pm each Saturday . The programs will last about 1 hour, and are followed by refreshments and tasty tid-bits. Tickets, which are available at the door, are \$10 per program or \$25 for a season pass.

Presented by the Terrace Hill Partnership, 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 complete schedule is below.

Saturday, February 2

- John Zickefoose, celebrating Terrace Hill's 150th anniversary this year, will talk about Terrace Hill's architect, W. W. Boyington.

Saturday, February 9

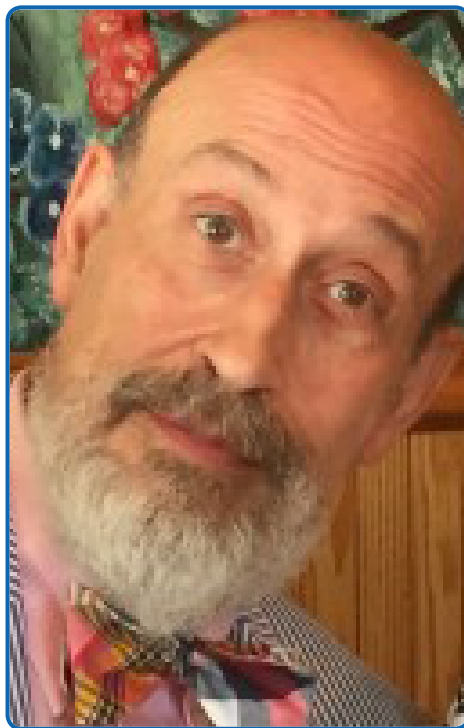
- Shelley Thompson will talk about her work as a potter.

Saturday February 16

- Jordan Scheibel will talk about Middle Way Farm, the organically managed market garden he founded.

Saturday, February 23

- Jennifer Madara will talk about her work as the Creative Director for Better Homes & Gardens magazine.



The Way Of Love

The Way of Love is a series focusing on Developing a Rule of Life based on seven steps: Learn, Pray, Worship, Bless, Go, Rest, Turn. Led by Deacon John Doherty with materials from Bishop Curry and The Episcopal Church during Epiphany, 7:00 PM beginning January 9th. Class will be held online. All you need is a phone or a computer with a camera.

John Doherty is inviting you to a scheduled Zoom meeting. To join, visit the events page of our website CathedralChurchofStPaul.org and simply click the link provided to join the Zoom Meeting. There you can also download the Reflection and Discernment Guide and/or Covenant prior to the meeting which may be of benefit.

We can learn in the comfort of our home or office.

Every week on Wednesday:

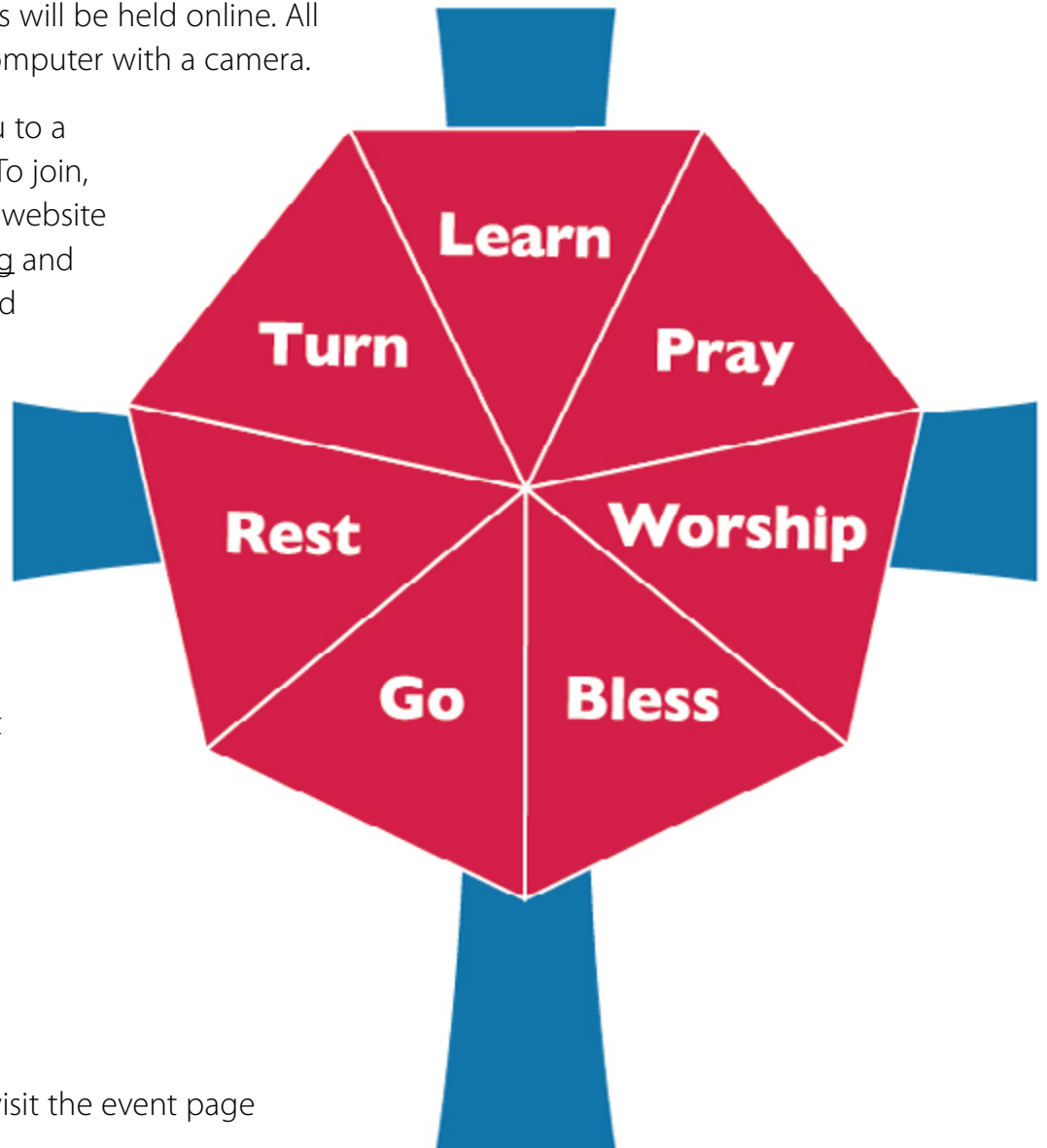
- › Feb 6, 2019 7:00 PM
- › Feb 13, 2019 7:00 PM
- › Feb 20, 2019 7:00 PM

To join the Zoom Meeting visit the event page on our website or type this URL into your browser:

<https://zoom.us/j/452489239>.

There is also a call in option:
+1-720-707-2699 US

Meeting ID: 452 489 239.



THE WAY OF LOVE
Practices for Jesus-Centered Life



Cold & Flu Season

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.

Perhaps 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

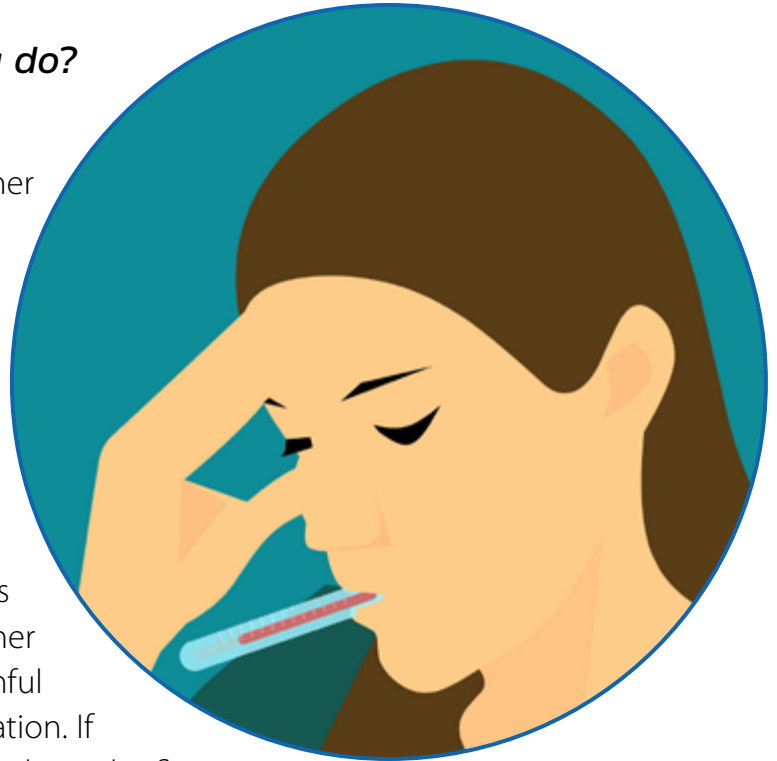
SHOULD YOU COME TO EUCHARIST?

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.

Continued on Page 5



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)

NEW! Lenten Choral Evensongs

5:45p during the Thursdays of Lent – March 14, 21, 28 March and April 4 and 11

This beautiful, simple, 30-minute Evensong Service will elevate and emphasize this important, holy season.

Please consider attending as part of your personal Lenten discipline.

Invite our downtown neighbors and those who may be downtown for work.

A simple soup supper will follow each Lenten Evensong. Please visit with Mark Babcock if you would be willing to help with the soup dinner one or more evenings.



Prayer Shawl Group

The Prayer Shawl group meets the last Saturday of every month from 10:00 to noon in the Guild Hall. We invite anyone with hand work to join us for fellowship, conversation, coffee, and sometimes treats. So please feel free to come with your knitting, crocheting, embroidery, needlepoint, etc. and build on relationships with others. The projects do not have to be destined for use at the church. And if you are interested in learning any of those skills, there will likely be someone willing to teach you.

We look forward to seeing new and old friends!

- The Prayer Shawl Group



Connection Cafe

All are welcome to help make sandwiches after the ten o'clock service on Sunday, February 10. If you would like to help, please go to our website and click on that date in the calendar to sign up. If you work in downtown Des Moines, please consider helping to serve here at St. Paul's on Monday, February 11th from 12 – 1 p.m. You will be greeted enthusiastically!



Des Moines' Ecumenical Eatery

February Shelter Meal

Sunday, February 24, 2019

Our next Shelter Meal will be Sunday, 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



Food Bank Needs

Below is a list of the most needed items for the Food Bank of Iowa.



Healthy versions of the following items:

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

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!



LET'S celebrate

HAPPY FEBRUARY BIRTHDAY

Sharpe Smith, Feb. 1

Jean Stauffer, Feb. 1

Jill Southworth, Feb. 2

Kevin LaGree, Feb. 8

Henry Harmon, Feb. 10

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

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 visit <http://www.cathedralchurchofstpaul.org/about-us/contact-us/>

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
March issue will be
Thursday, February 14.***

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



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See inside for February Outreach Opportunities!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

