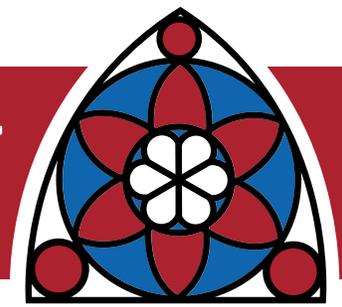


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

MARCH 2019



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.

Hello friends,

As you know, we are quickly approaching the beginning of Lent. I'm reminded that not everyone comes from a Church background, or from one that observes the Christian calendar as does the Episcopal Church. In this article, I'll give some insights into the season of Lent, and a short guide as to how we all may live into the purposes of Lent in our lives as disciples of Jesus.



First of all, how did the word "Lent" enter into our Christian practice and vocabulary?

Since the earliest times of the Church, there is evidence of some kind of Lenten preparation for Easter. For instance, St. Irenaeus (d. AD 203) wrote to Pope St. Victor I, commenting on the celebration of Easter and the differences between practices in the East and the West: "The dispute is not only about the day, but also about the actual character of the fast. Some think that they ought to fast for one day, some for two, others for still more; some make their 'day' last 40 hours on end. Such variation in the observance did not originate in our own day, but very much earlier, in the time of our forefathers" - always an expression for the apostles — a 40-day period of Lenten preparation existed.

In the Early Church, when all liturgy and public reading of the Holy Scriptures were done in Greek, this 40 day period

Continued on Page 2



was known as Tesseract – meaning “fortieth day” (similar to Pentecost – the “fiftieth day” after the Resurrection of Jesus). By the 6th century AD, the Church began to see the emergence of liturgies and the reading of the Holy Scriptures in regional languages, such as Latin, Syriac, and Coptic. In Latin, “fortieth” is Quadragesima, and so it was officially called throughout the Western Church until the Continental Protestant and English Reformations of the 16th c. Of course, in daily use, people used their own nation’s languages, and this brings us to the word “Lent”. Lent comes from the Anglo-Saxon language, meaning “lengthening”, acknowledging that the days were getting longer as we approach the Spring equinox and the celebration of the Lord’s resurrection at Easter.

Secondly, what is the purpose of Lent?

Lent is a special time of prayer, penance, sacrifice, and good

works undertaken by every Christian in preparation of the celebration of the Lord’s resurrection at the Great Vigil of Easter. The three traditional practices to be taken up with renewed vigor during Lent are prayer, fasting, and almsgiving.

However, in modern times, some Christians give up partaking in vices and often invest the money saved as a special offering. Many Christians also add a Lenten spiritual discipline, such as praying Morning and Evening Prayer daily, reading the Holy Scriptures appointed for each day, to draw ourselves near to God. Many churches remove flowers from their altars, while crucifixes, religious statues, and other religious symbols are often veiled in violet fabrics in solemn observance of Lent. Throughout Christendom, some adherents mark the season with the traditional abstention from the consumption of meat, most notably among Anglicans, Roman Catholics, and Lutherans.

One of the most important aspects of Lent is for folks who wish to be baptized, confirmed, or received into the Church at the great Vigil of Easter. A fast was initially undertaken by the catechumens to prepare them for the reception of this sacrament.

The Gloria in excelsis Deo, which is usually said or sung on Sundays at Mass is omitted on the Sundays of Lent, but the Gloria is used on Maundy Thursday, to the accompaniment of bells, which then fall silent until the Gloria in excelsis of the Easter Vigil.

I hope this brief introduction into the origins and purposes of the season of Lent is both informative and received as an outline as to how we may integrate this time of preparation into our lives.

May the Lord Jesus give us all the grace to draw closer to him,

Fr. Troy

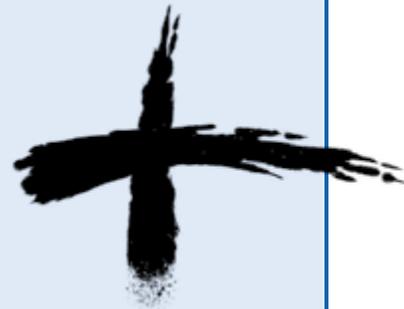
Lent Begins Ash Wednesday

Ash Wednesday – March 6
Holy Eucharist and Imposition of Ashes at 7 a.m.
(service in the High Street Chapel) Noon at 7 p.m.



Ashes to Go

In addition to 3 Ash Wednesday services, St. Paul’s Episcopal Cathedral in Downtown Des Moines. is offering “Ashes to Go” at 815 High Street at 8:00 AM and at 4:00 PM.



Shrove Tuesday Pancake Lunch

Tuesday, March 5, 11 a.m. to 2:00 p.m.

Please note that the Pancake Lunch will be the day we serve at Connections Café in March. Continue the tradition at St. Paul's of ending Epiphany and beginning Lent with pancakes! Please invite your friends and co-workers to enjoy this last "feast" before the beginning of Lent. The tickets are \$5, and the funds raised support our various Outreach ministries.



We will be asking for volunteers as well, to help in the kitchen, do set-up and clean-up, wait tables, and do garbage detail. If you would like to volunteer, please let us know – we need servers, bussers, dishwashers, cooks and other

kitchen help. You may sign up on the Cathedral website. You can also call the Cathedral office at 515-288-7297.

Preparing the undercroft for this annual event will begin at 5:00 p.m. on Monday, March 4.

Volunteer opportunities on the 5th begin at 9:45 a.m. and run to 2 p.m. Any amount of time you contribute is appreciated, and there is much to do!

We will need the help of every parish member to get ready for this last celebration before Ash Wednesday and the 45 days of Lent.

This will be a fun, busy evening with longtime friends and newcomers, so please join us!



Daylight Savings Time

Daylight saving time 2019 in Iowa will begin at 2:00 AM on Sunday, March 10

Meet the Chapter

Class of 2020

Derek Sadler



I was born and raised with 4 siblings in northwest Iowa near Correctionville and after high school attended Maryville University in St. Louis. After graduating and working in St. Louis I moved back to Iowa via Des Moines in 2003. In 2008 I left actuarial work for small business and currently own and operate a small renewable energy company based in Iowa.

I met my wife, Jessy, in 2013, and we both became members of St. Paul's in 2014. We were married in 2015 and added our first child, Frederick (Freddy) in June of 2016. Both my younger brother and sister as well as Jessy's parents are located in the metro area and we enjoy spending time with them and our nieces and nephews as much as we can. We look forward to raising our family at St. Paul's and are excited to grow with the church.

Brad Schaefer



Brad Schaefer moved to Des Moines from Beatrice, Nebraska. For the past ten years he has worked at Sammons Financial

Group where he's a proven himself an effective leader and has a knack for reducing costs across the organization.

In his free time, Brad loves to attend live shows with his wife, Abby. He also has a passion for all things Husker sports related. Brad and Abby were married here at St Paul's and recently moved to the Valley Junction area where they hope to raise a family.

Grateful for an amazing family and group of friends, Brad makes sure to give back to the community by volunteering for causes such as Special Olympics, Big Brothers Big Sisters of Central Iowa, and Habitat for Humanity. Through the vestry, he hopes to learn more about his own faith, and give back to St Paul's and the church community.

Rick Stearns



My wife Cheryl and I have been active members at St. Paul's for nearly 14 years. We live in

Urbandale and together have 4 children and 9 grandchildren. I was educated at Dowling High School and Northwest Missouri State University. I am recently retired having sold my business of 25 years. I have served on the Finance Committee and as Chairman on the Stewardship Committee for the past 2 years.

Laurie Fischer Theis



I was born, raised, and educated in Wisconsin. At Rippon College I received a B.A. in History and Education. After

graduation I taught fifth grade in the Bloomington MN schools and then worked for Northwestern Bell in Duluth and St. Paul. After marrying I moved to London, England for two years and then to Luxembourg for two years where our daughter was born.

Continued on Page 4



Meet the Chapter ... continued from Page 3

Returning to Minneapolis, we had a son and officially joined the Episcopal Church there. In 1977 we moved to Des Moines and joined St. Paul's in early 1978. I initially taught Sunday school and then joined the Choir where I remain today. During this time I have participated in many aspects of life in St. Paul's including Vestry Member, co-chair of the Rummage Sale, co-chair of the Pancake Luncheon (twice) and composing the "Pancake Song." (!) as well as participating in all the musical productions. I have also been a Lector, Lay Minister, Lay Eucharistic Minister, Cathedral Choir, and the Howell's Scholars.

I graduated from EfM (Education for Ministry) in 1994 and found this to be the most valuable thing I have ever done to increase my spiritual growth. During the storms of my life St. Paul's has been a bulwark through the loss of my parents in 1987, a divorce in 1995, and the loss of my husband, Steve, in 2016. After leaving St. Paul's for four years and attending many other churches, I gained a unique appreciation of the treasure that is St. Paul's. There is no other place like it in the greater Des Moines area, and I believe we have a lot to do to spread the word about our work here as well as looking at ways we can increase our outreach to the community around us.

Class of 2021

Leighton Carlson



Leighton Carlson retired in December 2014 after 18 years as senior pastor at Capitol Hill Lutheran Church in Des Moines.

Born in Minneapolis, he was active in student ministry at the University of Minnesota for 14 years before seminary and ordination in the Evangelical Lutheran Church in America. Before Des Moines, he served parishes in Minnesota and North Dakota. His wife, Carla, was born and raised in Germany. They met at the U of M and were married in 1981. Carla retired in 2015 after 30 years in management at Marriott Corporation and Sodexo Corporation. Leighton and Carla live in Windsor Heights with their golden retriever Champ.

Matthew Petty



Matt is a new transplant to Des Moines from Tennessee originally, and most recently from Kansas City. He is currently working as a Pediatrician at Mercy Medical Center, and has an interest in children's health and development if anyone has any questions or concerns.

He grew up in the Church of Christ, but he and his wife Traci chose to be married in the Episcopal Church in 2010 and join the church officially in 2017. Traci and Matt love the liturgy, the academic theology, and the communities of the Episcopal Church they've encountered in Tennessee, Missouri, and here in Des Moines. Matt loves hiking, reading, good beer and bourbon, and good company.

Matt and Traci live in a condo downtown with their Shih-Tzu Emmett. Due to Matt's proximity to the church and irregular working hours, he'd like you all to know he's often available for any social or spiritual concerns on short notice and at odd hours if needed. Please don't hesitate to call, text, or email if you would like to meet him or discuss church matters."

Jolene Phelps



Transferred membership from St. Benedict Episcopal Church in Lacey, WA to the Cathedral Church of St. Paul's in September, 2016

Twenty years ago, I moved from Des Moines after raising two sons and building a company. The sons moved on to experience their own adventures and create their own families; the business I took with me to Arkansas and then to Washington state. When deciding in what part of the world I wanted to retire – downtown Des Moines and old friends became my heart's choice. I moved to Des Moines, July 4, 2016 and retired, July 1, 2017.

Raised a Methodist and educated as a Presbyterian, the church has always been my framework for relationships, growth and nurturing – even when it was a love/hate relationship. Life experiences coalesced into what would become

my mantra of "I get by with a little help from my friends". Always seeking, I read about a start-up Episcopal Church in Bentonville, AR. Given a booklet titled, "A People Called Episcopalians", I read the following: "Orthodoxy for us is right worship and not right belief. Our life of prayer shapes our beliefs and behaviors." I was captured! Much of my church life was butting my head against dogma, and I was now free to experience the mystery of worship focused on the Eucharist. I became a founding member with the reception of the first class at All Saints Episcopal Church on July 1, 2007.

What an experience as three quarters of our congregation came from other denominations or were unchurched. Those of us on the first vestry were grappling with Anglican polity, trying to figure out the Book of Common Prayer and rejoicing in learning worship fundamentals. We were bursting our doors with new arrivals seeking communion and community. Taking the four years of EfM was again a growth experience only the church and those relationships can provide. It was a heady experience and I learned much.

I am honored and grateful to be nominated to serve on the 2018 class for St. Paul's Chapter. If chosen, I will ask your prayers to serve God, you and St. Paul's with whatever gifts I have been blessed.

Jill Southworth



Life long Episcopalian. Member of St. Paul's Episcopal Cathedral since 1978. Served on Chapter twice in past. Presently

I serve on the St. Paul's Investment Committee and occasionally help with Shelter Meals. I taught Sunday school and was a chaperone for the 2000 youth group trip to Brechin, Scotland. Served as 'wardrobe mistress' for the 1990's production of Noeh's Flude.

Professional Background: Semi-retired general practice attorney. I received my Juris Doctorate degree from Drake University Law School. Prior to obtaining my law degree, I was a professional writer with concentration in science-medical features. I received the Claude Bernard Science Journalism Award for



an article written while I was Public Relations Officer for the University of Missouri School of Veterinary Medicine. I received my Bachelor of Journalism degree from the University of Missouri School of Journalism.

Present Commitments: Chair, Special Olympics Iowa. West Des Moines Plan and Zoning Commission. Polk County Health Services Foundation. West Des Moines Historical Association.

Personal: Mother of three adult children, Rachel, Alex and Brian, all of whom served as acolytes and were active in church activities. Brian is an active acolyte now. Three grandsons.

Class of 2022

Diane Hayes



I was born in Ames, raised in Urbandale, My dad's family has been in Polk County/Des Moines since the 1850's. My Mom's family is from

Illinois for longer than that, so I guess you could say I'm an ethnic midwesterner. I was baptized at First Methodist, just up the street, and raised in the Methodist church. I am twice married, this time for 26 years (so far). Between us, Tom and I have 6 children (his, mine, and ours) 5 grandchildren, a grand-dog, and 2 grand-cats. We live about 3 minutes from St. Paul's in our new 119-year-old house.

My first introduction to the Episcopal Church was singing here at St. Paul's my senior year at Simpson College (1978-79) during Paul Dieka's tenure as conductor. After receiving my M.Music at Northwestern, I started singing at St Matthew's Episcopal church in Evanston, where I was received into the church by Bishop Frank Griswold.

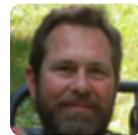
As an adult, I have lived in Dallas, Chicago, Schaumburg, Indianapolis, Urbandale, and now back to Des Moines. I have taught music in public schools, performed at Renaissance Faires for 10 years, taught voice, sung in the Dallas Symphony Chorus for 5 years and the Chicago Symphony Chorus for 14 years (on several recordings and in 1 movie), taught private voice lessons, taught early childhood music classes for The Music Playhouse and done customer service for them, done admin work for my choir director

in Indianapolis, cared for my mother for 6 years until her death from Alzheimer's this past spring, taught voice at Simpson College for 1 year as an adjunct. I've just celebrated my fifth anniversary as the admin assistant to the Director of Music & Fine Arts at Plymouth Church.

Here at the Cathedral Church of St. Paul, I sing in the choir, I am part of the Committee for Social Justice (formerly the Sanctuary Discernment Team), I sing with Howell's Scholars, I'm a lector, occasionally a cantor. I've been privileged to be a delegate to our Annual Convention for the past two years, and an alternate delegate the year before that. Recently I co-chaired the "What it means to be a Cathedral" event in early November.

I hope to help us continue working to maintain our historical building while bringing it into the 21st Century. I hope to work to help us grow as a Cathedral, as a congregation, and a vital voice for the community.

Tom Thompson



I'm committed to serving St Paul's as my "church home" and I'm dedicated to improving the Church in any capacity.

I believe I have a lot to offer, and from a potentially different perspective than most of the other candidates.

I spent most of my adult life in a Law Enforcement career after graduating Cum Laude from North East Missouri State University, (now Truman University). I served with distinction, in all of the rolls involved. I served as Department Spokesman, Detective, Evidence Custodian, Evidence Technician, Field Training Officer and Firearms instructor for twenty years.

I was drafted to the Board of Directors of the Iowa Police Combat League, working with the Director of the Iowa Law Enforcement Academy as well as numerous Sheriffs and Chiefs of Police to coordinate efforts of competitions and awarding commendations.

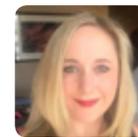
I worked with the Iowa Legislature drafting a new law regarding deer hunting in the state of Iowa.

More recently I started and ran a business in private investigations, "Precision Investigations", then closed that business and now am running a successful pottery business, "Shell T Pots", with my wife, Shelley.

I'm articulate and educated. I work well with others and communicate effectively orally and in writing. I already have several ideas, mine and those of others, which have been brought to my attention; for improving the Cathedral.

I have a lot to offer and would be very pleased to serve on the Chapter.

Stephanie Wells



Stephanie is a life-long Episcopalian. She joined St. Paul's in 1995 with her family and was confirmed at the Cathedral in 1996.

Prior to St. Paul's her family attended St. Timothy's and St. Andrew's where she was baptized by Father Kem. Stephanie works in Product Management at Nationwide Insurance. She earned her Bachelors of Journalism and Mass Communication and a Master in Public Administration from Drake University and a Master in Business Administration from the University of Iowa. Stephanie has served on the board including most recently as President of the Iowa Chapter of Chartered Property Casualty Underwriters and serves on several committees with the National Chartered Property Casualty Underwriters Society. She has volunteered with Mentor Iowa and the Ronald McDonald House and is a current adviser for the women of the Drake chapter of Kappa Kappa Gamma Fraternity.

Robert Wootten



Robert H. (Skeet) Wootten has been an Episcopalian most of his life and originally joined St. Paul's in 1989. He has served the

Cathedral as Treasurer and was Senior Warden during the term of the transition from the Parish to the Cathedral. He also served on the Diocesan Investment Committee. He is married to Laura and they have two adult children, Richard, who works for ConocoPhillips in Houston and Catherine, who is a ballerina for the Minnesota Ballet in Duluth.



Please Join Us for Holy Week and Easter

Palm Sunday: Blessing of the Palms & Passion Narrative

In Episcopal and other denominations worship services on Palm Sunday include a procession of the faithful carrying palms, representing the palm branches the crowd scattered in front of Jesus as he rode into Jerusalem.

Palm Sunday Services are April 14 at 8:00 & 10:00 a.m.

Holy Thursday: The Lord's Supper

The evening Mass which commemorates when the Eucharist was instituted at the Last Supper by Jesus.

Maundy Thursday Service is April 18 at 7:00 p.m.

Good Friday: Veneration of the Cross

This day commemorates the Passion, Cross, and death of Jesus Christ. The liturgy is profoundly austere, perhaps the most simple and stark liturgy of the entire year. Although Communion is given and received, this liturgy is not a Mass; this practice dates back to the earliest years of the Church and is meant



to emphasize the somber, mournful character of the day.

Good Friday Service is April 19 at Noon

Holy Saturday and the Easter Vigil

This evening service is filled with an abundance of readings, symbols, ceremony and sacraments.

Easter Vigil is April 20 at 8:00 p.m.

Easter celebrates the resurrection of Jesus, a foundation of our faith, and establishes Jesus as the powerful Son of God and proof that God will judge the world in righteousness. For those who trust in Jesus' death and resurrection, "death is swallowed up in victory." Any person who chooses to follow Jesus receives "a new birth into a living hope through the resurrection of Jesus Christ from the dead".

Easter Sunday Services are April 21 at 8:00 & 10:00 a.m.



Liturgical Calendar

Palm Sunday – April 14

Palm Sunday Services at 8:00 & 10:00 a.m.

Maundy Thursday – April 18

Maundy Thursday Service at 7:00 p.m.

Good Friday – April 19

Good Friday Service at Noon.

Easter Vigil – April 20

Easter Vigil Service at 8:00 p.m.

Easter Day – April 21

Easter Sunday Services at 8:00 & 10:00 a.m.



March Shelter Meal

Sunday, March 24, 2019

Our next Shelter Meal will be Sunday, March 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!

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.

LET'S
celebrate

HAPPY MARCH
BIRTHDAY

- Judy Spence, Mar. 4
- Stephanie Preusch, Mar. 7
- Mark Pritchard, Mar. 10
- Sue Masid Kerss, Mar. 10
- Murphy Burke, Mar. 11
- Clancy Lamoureau, Mar. 19
- Denise Linn, Mar. 21
- Kevin Cooney, Mar. 26
- Marian Jacobs, Mar. 30
- Derek Sadler, Mar. 30

HAPPY ANNIVERSARY

Anne & Buck Wheeler, Mar. 22

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, April 11.

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

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/>



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Join us for Lent as we prepare the Way of the Lord!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

