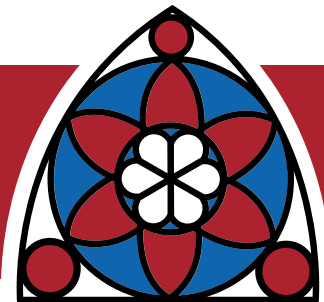


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

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

APRIL 2019

Please Join Us for Holy Week and Easter

Palm Sunday: Blessing of the Palms & Passion Gospel

Episcopal 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 arrived in Jerusalem.

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

Maundy Thursday: The Lord's Supper

The Mass commemorates the Great Commandment and washing of feet, as well as the institution of the Eucharist at the Last Supper. The service includes the stripping of the altar and the reservation of the Sacrament. The High Street Chapel will be open until midnight for prayer vigil. **Maundy Thursday Service is April 18 at 7:00 p.m.**

Good Friday

This day commemorates the Passion, Cross, and death of Jesus Christ. The liturgy is profoundly austere, the most simple and stark of the entire year. Good Friday Service is April 19 at Noon. The Howells Scholars will sing "The Passion According to John" by Craig Phillips. **Good Friday Stations of the Cross at 7:00 p.m.**



The Great Vigil of Easter

The Paschal candle is lighted from a new fire, and this evening service is filled with an abundance of readings, symbols, ceremony and sacraments. **Easter Vigil is Saturday April 20 at 8:00 p.m.**

Easter Sunday

With festive music and flowers, Easter celebrates the resurrection of Jesus, the foundation of our faith, and establishes Jesus as the powerful Son of God. 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.
Good Friday Stations of the Cross at 7:00 p.m.

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.



From the Dean

Hello friends,

In the Early Church the season of Lent was a time of preparation for those who wished to be baptized, confirmed, or received into the Episcopal Church.

Baptism is one of the primary sacraments of the Church. We believe Holy Baptism, by water and the Holy Spirit, to be the outward sign by which we are initiated into Christ's Body, the Church. Baptism is open to all who seek a deeper life in Jesus Christ. The Episcopal Church welcomes any, regardless of age, to receive the sacrament of Baptism. In baptism we are united to God in Jesus Christ and receive the Holy Spirit, and promise to be active members of the worshipping community, growing in the Faith by worship, study, and supporting

the church, and to help make disciples of Jesus wherever we are.

Confirmation is one of the sacramental rites of the Church whereby a baptized candidate makes a mature profession of faith in the presence of a Bishop. Confirmation is the commitment of one's life to Jesus Christ. The Bishop then "confirms" the gift of the Holy Spirit through the laying-on-of-hands as a means of strengthening the candidate on their life's journey.

The Episcopal Church recognizes the baptism and confirmation by a priest and/or bishop in historic succession (Roman Catholic, Lutheran, Orthodox). Reception offers the candidate a chance to reaffirm their baptismal vows and to be welcomed as a full member in the Episcopal Church.



Now through April 14 from 9:00 - 9:45 a.m., I will be offering the opportunity for those who are interested to prepare for baptism, confirmation, and those who would like to be received into the Episcopal Church from another Church body.

If you have any questions, please email me or speak to me on Sunday!

Fr. Troy

NEW! Lenten Choral Evensongs



5:45p during the Thursdays of Lent – 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.



Social Justice - Immigration Group

The Social Justice-Immigration Group continues to meet every month with the goal of learning, understanding and offering radical hospitality as followers of Christ in the world. In the recent months, our meetings have been focused on how we can move from understanding into living hospitality.

One of the ongoing commitments of the Iowa sanctuary movement, of which St. Paul's is an active supporter, is the support of persons and families seeking asylum here in Iowa. If a person passes their initial asylum screenings, they are required to have a sponsor in the US who can provide for them financially and socially while their case is being heard, as they are not given a work permit for their first six months and do not receive acculturation resources. ISM is supporting four asylum seekers in Des Moines. Their

combined financial need is around \$3700/month (including basic rent, food, medical, and transportation needs). We, as the immigration group of the social justice committee, will begin a monthly contribution to their support in the name



of the Cathedral. These designated gifts we offer are over and above our pledge support of the Cathedral.

In January and early March, the group invited Sol Varisco Santini, Executive Director of Iowa JFON, and Mary Ellen Barber, Des Moines Clinic Coordinator of Iowa JFON, to explain the work of JFON

(Justice for our Neighbors) and share volunteer opportunities available to individuals. JFON is a national organization supported by the Methodist Church which does pro-bono legal work for low income immigrants and refugees. Every month, JFON holds legal clinics around the state in which they assess the help needed for those seeking immigration assistance. Volunteers are needed at these intake clinics to take basic information before an attorney is assigned.

Because the work is sensitive and confidential, a brief training was done at the March 3 meeting for anyone interested in volunteering at the Des Moines clinic. The need is great, and several members of this St. Paul's Immigration Group have made the commitment of one-time-a-month help as they are able. If others are interested in living the word by volunteering for this program, please contact either Traci Petty at trpetty17@gmail.com or Jolene Phelps at jolenephelpsvh@gmail.com.



Palm Sunday Procession for Peace

Sunday, April 14, 2019 "To Love and Defend our Sacred Earth"

By 2:45 pm

Gather on the south patio
& lawn at Central
Presbyterian Church
3829 Grand Ave. Des Moines, IA

We will be walking "To Love and Defend our Sacred Earth" in a Procession led by a donkey, followed by a Prayer Service for Peace.

We will raise our prayers and strengthen our resolve to express a vision of peace and justice, a position against war and support for the

3:00 pm

Proceed to Plymouth
Congregational UCC
4126 Ingersoll Ave.
Des Moines, IA

well-being of the sacred earth. Our speaker is Matt Russell, Executive Director of Iowa Interfaith Power and Light. Participants are invited to carry placards with their commitments to love and defend the sacred earth.

Des Moines Faith Committee for Peace

3:30 pm

Worship at Plymouth
Congregational UCC
4126 Ingersoll Ave.
Des Moines, IA

Good Friday Annual Downtown Way of the Cross Procession

Friday, April 19 at 1:30

Join the annual downtown Way of the Cross procession & reflection on Good Friday, April 19, 2019. We will begin at 1:30 in front of First United Methodist Church (10th & Pleasant) and will proceed to St. Paul's Episcopal Cathedral, Elsie Mason Manor, Cowles Commons, the Polk County Courthouse, St. Ambrose Cathedral, St. John's Lutheran Church and CenturyLink Park (North side of the CenturyLink building at 9th and Pleasant).

Each stop will feature a reflection on Scripture. You are



welcome to join at any point on the procession, and are welcome to carry the cross for a small part of the solemn walk. Families and children are encouraged to participate.

The Way of the Cross is sponsored by The Bridge, an ecumenical initiative among the four downtown churches (First United Methodist, St. John's Lutheran, St. Ambrose Catholic Cathedral, and St. Paul's Episcopal Cathedral).



Holy Week Cathedral Clean Up Day!

In order to prepare for Holy Week and Easter we are having a Cathedral Clean Up Day on Friday, April 12th. Please consider helping us as we beautify and prepare for Holy Week.

10:00 a.m. – Noon:

Court Yard and outside areas

1:00 - 3:00: Indoor cleanup projects



Volunteer 1 hour or all day. For more information, please call the Cathedral Office: 515-288-7297.

Many thanks!



CHORAL EVENSONG

Sunday, April 28 | Four o'clock in the afternoon

Sung by the Simpson College Chamber Singers
Under the direction of Dr. Timothy A. McMillin

Come early for the Carillon Concert
A festive reception follows the service and all are invited!



Young Adults Group

We meet monthly for dinner, plus other events and activities (play readings, baseball games, service projects, etc.), and would love for you to join!

Upcoming:

April 23-27 Habitat for Humanity
Build in Marshalltown

Dates for April & May dinners TBD

If you'd like more information, or are not currently receiving our communications (via our facebook group or email) and would like to, please contact Traci Ruhland-Petty trpetty17@gmail.com.



Connection Cafe

Sunday, April 7

All are welcome to help make sandwiches after the ten o'clock service on Sunday, April 7. 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, April 8th from 12 – 1 p.m. You will be greeted enthusiastically! Thank you!



Des Moines' Ecumenical Eatery

April Shelter Meal *Wednesday, April 24*

Our next Shelter Meal will be Wednesday April 24. 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!



LET'S celebrate

HAPPY APRIL BIRTHDAY

Barbara J. Alvord, April 7
Scott Jeneary, April 7
Jessy Sadler April 7
Katie Doherty, April 8
Christine Halbrook, April 8
Quinn Marron, April 13
Duane Sand, April 16
Timothy Hird, April 17
Simon Casady, April 18
Mary Jane Blystone April 21
Nanette Johnson, April 22
Robert Brenton, April 24
Michael Piper, April 26
Suzanne Peterson April 26
John McKinney, April 27

HAPPY ANNIVERSARY

Tom Tarbox and Jessica
Rowe, April 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/>

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
May issue will be
Thursday, April 11.***

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



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Return Service Requested

You're invited to join us for our Holy Week and Easter Services!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

