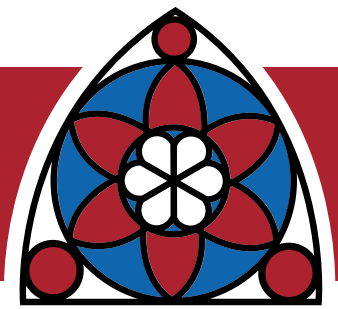


# THE JOURNEY



*A Newsletter of The Cathedral Church of St. Paul*

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

DECEMBER 2019 – JANUARY 2020

## From The Dean

Hello friends,

This month we continue our discussion regarding proposed changes to the language of the liturgies of the Book of Common Prayer. At the General Convention of 2018, the proposed changes were authorized for trial use, with the permission of the diocesan bishop. Our bishop has given permission for any parish that would like to use the 'expansive language' versions to do so. In this article, we will look at what those changes are side by side with the liturgy of the Book of Common Prayer. The first portion will be from the Book of Common Prayer and the one following will be the 'expansive language' version of the same. For the sake of space, I will present a selected portion rather than the entire liturgy. Let's look at the introductory rite (found on page 355 of the Book of Common Prayer). The left column is the current Book of Common Prayer, and the right column are the highlighted changes.

As we can see, the proposed changes have primarily to do with using gender neutral language for the members of the Holy Trinity, as well as alternative language for words such as 'kingdom' or other expressions of sovereignty. (NB, many dioceses and parishes are already experimenting with the use of female pronouns for God in the liturgy, though this has not been approved for trial use by the General Convention). While the changes will be welcomed by many, others will feel

The Holy Eucharist: Rite Two (Book of Common Prayer)	The Holy Eucharist: Rite Two (Expansive Language)
<p>The people standing, the Celebrant says Blessed be God: Father, Son, and Holy Spirit. <i>People:</i> And blessed be his kingdom, now and forever. Amen.</p>	<p>The people standing, the Celebrant says Blessed be God: most holy, glorious, and undivided Trinity. or Blessed be God: Father, Son, and Holy Spirit. <i>People:</i> And blessed be God's reign, now and forever. Amen.</p>
<p>In place of the above, from Easter Day through the Day of Pentecost Celebrant: Alleluia. Christ is risen. <i>People:</i> The Lord is risen indeed. Alleluia.</p>	<p>In place of the above, from Easter Day through the Day of Pentecost Celebrant: Alleluia. Christ is risen. <i>People:</i> Christ is risen indeed. Alleluia.</p>
<p>In Lent and on other penitential occasions Celebrant: Bless the Lord who forgives all our sins. <i>People:</i> His mercy endures forever</p>	<p>In Lent and on other penitential occasions Celebrant: Blessed be God who forgives all our sins. <i>People:</i> God's mercy endures forever. Amen.</p>

that the underlying theological truths will be altered where these changes are adopted, whether intentionally or not.

I do know several of the members of the Standing Commission on Liturgy and Music, the body of people who are charged with guiding the process of prayer book revision, and they are collectively very sensitive to the many concerns already being expressed, whether in favor of the proposed changes becoming normative or of retaining the current use as normative for Sunday worship. It is highly probable

that the trial use expansive language will become normative where allowed by the diocesan bishop as well as in whatever future published versions of the Book of Common Prayer. It is also almost certain that the current liturgies of the Book of Common Prayer 1979 will also remain normative where allowed by the diocesan bishop.

Of this I am sure: we must all be in constant prayer for each other, our parish, our diocese, and our Church. As our Church continues to seek how to be faithful to the Gospel of

*Continued on Page 2*



From the Dean ... continued from Page 1

Jesus, we who are disciples of Jesus must remember our calling to follow Jesus first, and uphold each other in prayer and in love. Wherever each of us might position ourselves in regards to these matters, as Christians - disciples of Jesus - we are all called to love God with all of our heart, soul, and mind, and our neighbors as ourselves.

St. Paul's Cathedral parish will always be first and foremost a community of faithful people who gather each week to worship God in the beauty of holiness, a community of disciples of Jesus, a people seeking daily transformation of life through the Holy Spirit. As such a people, all manner of differences among us are held in love, which St. Paul describes as: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

More information and examples can be found on our website.

Let us remember that before we are anything, we are disciples of Jesus, called to walk in love as Jesus loves us, who loved us and gave himself for us as an offering and sacrifice to God.

Fr. Troy+

## Changes in Our Publication and Mailing

We are changing the publication dates of the Journey in 2020.

The major change is that it will be published only online on our website. This represents a considerable savings in paper and postage. However, if you wish to receive a copy in the mail, please make that request by contacting the Cathedral Office (515-288-7297).

The other change is that it will be published quarterly, and in order to plan for the new schedule, this

is a double issue. The publication of the quarterly issues will begin in February. This schedule coincides with the liturgical calendar.

Your articles, news, photos are welcome!! Please mail to [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org) or bring your submission to the Cathedral Office.

The deadline for the February, March, April issue will be Monday, January 20.

### Advent Tea

Tuesday, December 3 | 4:00 – 7:00pm

Park Fleur Condos, 3131 Park Fleur  
(enter off Willomere Drive)

Please contact Stephanie Preusch at 515-229-7737 or Barbara Willey at 515-243-9003 if you would like to volunteer, donate food or if you have questions.



## Advent Cathedral Arts Events

**Thursday, December 12**

Advent Organ Recital at Noon, Canon David Raymond, organist

**Thursday, December 19**

*(please note there are 2 events on this day)*

Advent Organ Recital at Noon, Cathedral Organist Mark Babcock

Advent Evensong at 5:45 p.m.

## Greening the Cathedral

Before we know it, Advent will be over and Christmas will arrive. Our tradition at St. Paul's is to "green the Cathedral." This year this event will take place on the 4th Sunday of Advent, December 22nd. This is a parish family event that all are invited and encouraged to participate in.

We gather in the Undercroft right after the 10:00 service, where the decorations are laid out ready to be taken upstairs. There are many chores, and even our youngest and oldest can participate. A lunch is provided when we are finished.

*Continued on Page 3*





*Greening the Cathedral ... continued from Page 2*

Because of the size and weight of the Crismon trees, we will only be able to put them up if we have sufficient help. So please plan on joining your St. Paul's family to share in the joy of preparing the church for the birth of our Savior. Many hands make light work, and the lunch will be good, too!

The Altar Guild

## Saturday, December 14 Ordination Service at 2:00pm

God willing and the people consenting The Right Reverend Alan Scarfe Bishop of Iowa will ordain

**Elizabeth Walters Gillman**  
**Stephanie Anne Ruth Jones**  
**Jennifer Briggs Latham**  
**Catherine Harriet Mears**  
**Kevin Thomas Powell**

to the Sacred Order of Deacons  
in Christ's holy catholic Church

Saturday, December 14  
two thousand nineteen  
at two o'clock in the afternoon  
Cathedral Church of St. Paul  
815 High Street, Des Moines, Iowa

Your prayers and presence are requested  
Liturgical color is red | Reception following



## Christmas Services 2019

Our services 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, Tuesday, December 24

Three Services:

Carols and Communion at 3:00 pm  
You are invited to a simple, family oriented service of Christmas Carols and Communion.

A Festival of Nine Lessons and Carols with Holy Eucharist at 5:00 pm, sung by the Cathedral Choir

Christmas Eve Festival Eucharist at 10:30 pm  
Organ Prelude begins at 10:10 p.m.

### Christmas Day, Wednesday, December 25

Holy Eucharist at 10:00 a.m.



## About our Lessons & Carols Service

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 Tuesday, 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!



## LESSONS & CAROLS

the promise of the Messiah - the birth of Jesus  
Scripture - carols - choral music - hymns



# Social Justice Immigration Team

## *The day I became a Naturalized U.S. Citizen*

**By Priscila Palomino Piper**

On Friday, August 2nd, 2019 I became a Naturalized U.S. Citizen. Yes, I finally did it!

I applied for citizenship on October 2018, and almost a year later I was sworn in as a citizen. It took me a long time, but I finally did it. You see, I've been a legal resident since 1988, and besides not being eligible to vote, I enjoy all the privileges and rights of a normal U. S. Citizen, so I didn't see the need to become one. I have now come to realize what an incredible privilege it is to become a citizen, and the great importance this event represents. I feel deeply grateful for every moment and every experience that God has allowed me to live thru both, in my native country, Mexico, and in the U.S.

I was born and raised in Mexico City, I am one of nine siblings, my parents were both God-fearing, Godly Christians who instilled in each of us the love of God and His saving Grace. I was very aware of God's presence in the home and I grew up knowing of God's love, not just for me, but for all humans. I was baptized as an infant and made a profession of faith at 12 years old in the Presbyterian Church. I'm convinced that knowing and believing in God, Christ the Son of God and the Holy Spirit are the foundation for the journey I was to begin. I left the comfort and security of my home to explore other opportunities and so my journey began.

I came to the U.S. the first time, as a foreign student and completed my BA in Communication-Linguistics. After

graduation, I worked for an NGO (Non-Governmental Organization), and traveled to Guatemala, Venezuela and Mexico training local teachers and creating material about how to teach people to read in their own native languages. As my journey continued, I met my former spouse, a U.S. Citizen. We got married in Mexico City in 1988 and shortly thereafter, I obtained my legal resident status. We worked in Mexico for the Summer Institute of Linguistics and after 10 years we moved back to Cedar Falls, Iowa. I was able to complete two master degrees, and a few years later we moved to Des Moines where I worked as an educator at several institutions such as Des Moines Public Schools, Drake University and more recently, Des Moines Area Community College. I love being an educator! I feel blessed to be part of my students' journey through life, and I am proud to be able to watch them grow and succeed in their careers and become respectable citizens in their communities.

During my tenure at DMAAC, I have had the privilege to work with students from all over the world, who like many others, come to this country in search of freedom, security, prosperity, and to further their education goals. Many are fleeing wars, or political or religious persecution in their countries. They are looking for opportunities to better themselves and become active contributors and participants in this great country's economic progress. For many, becoming a legal resident, or a U. S. Citizen, is a very stressful and costly experience.

The current political atmosphere is not working in their favor, and many find themselves targeted or insulted and victimized by the system. I believe that Immigration Reform in this country is desperate and urgently needed. I became a U.S Citizen so I can Vote and make my voice heard by our elected officials. This is a responsibility I don't take lightly.

I am very proud of the Cathedral Church of St. Paul for being a "Sanctuary Supporting Congregation," for actively supporting and welcoming immigrants. Here, our mission is "to seek and serve Christ in all persons, loving your neighbors as yourselves, and strive for justice and peace among all people and respect the dignity of every human being.

This is a country of immigrants; our diversity is our heritage and our strength. That's what makes this a great Nation!

As an immigrant myself, I was lucky to have obtained my citizenship status fairly quickly. I am forever thankful for the many opportunities and blessings I have received. I thank the many who have been a part of my journey, and I am especially grateful to my brothers and sisters of my congregation at Cathedral of St. Paul for your prayers and moral support when I needed it most. I love you all.

May God continue to bless you as you seek to serve others with love and compassion following the example of Jesus, your work is not in vain. Your reward is in heaven!

## A Luminescent Rutter Requiem on All Saints' Sunday

**By Jed Leland**

On Sunday, November 3 we gave thanks for the saints, in glory and on

earth, who have led us to Christ. A tremendous addition to our celestial surroundings was the Cathedral Choir's luminescent performance of several selections from John Rutter's Requiem under the direction of Choirmaster and Organist Mark Babcock.

Composed in 1985, it has become one of the most popular works of 20th century choral literature. Following precedents

established by Brahms and Fauré, among others, this work is not a strict setting of the Catholic Requiem Mass, but a message of hope and comfort expressed by the composer's personal selection of texts – some taken from the Requiem Mass and some from the 1662 Book of Common Prayer. Rutter's composition subtly walks the line between modern style and the composer's characteristic romantic affinity for melody.

*Continued on Page 5*



*A Luminescent Rutter Requiem on  
All Saints' Sunday ... continued from Page 4*

In addition to the splendid Cathedral Choir, the performance was enhanced by soprano soloist Hannah Stephenson, and musicians Sue Odem (oboe), Stephen Dorff (cello), Raegan Matthews (flute), Kristin Maahs (harp), and organist David Raymond.

More poignant than morose, the Requiem is serene, consoling, and overpoweringly moving. Articulated through the beauty of the chosen texts and Rutter's uplifting music, it is unmistakably optimistic in its message of hope, comfort, and reassurance. Our heartfelt thanks to everyone for their contributions to this profoundly beautiful service.

## Thank You Cheryl Stearns for Coordinating Coffee Hour!

After more than a decade, Cheryl Stearns is retiring as our Coffee Hour Coordinator. Her devotion to the Parish is outstanding, and we offer our heartfelt thanks!



## Church Coffee Hour and Fellowship

Can you help?

A new coffee hour guild is being formed to replace the coffee hour coordinator.

Mark Thompson will head the guild which will help distribute the responsibility for coffee hour amongst several people. Coffee, creamer, and sugar are provided by the Cathedral. Please contact Mark at 415-297-2836 or email at [mathompson@comcast.net](mailto:mathompson@comcast.net). Your help will be greatly appreciated.



## Looking Forward Challenge Group

### Mandate: Accepting and Growing Into Our Vocation As A Cathedral

As this group moves forward to fulfill our mandate, we are discovering new ways of being together in our quest to support the diverse directions in which God moves within the parish, the diocese and the community.



In hearing recent and inspired messages from Bishop Scarfe – have the courage to step outside our boundaries to seek faithful innovations; from Fr. Troy – do not be afraid to reach; from Fr. Zeb – do not be deceived about reality, knowing I (Jesus) will be beside you – it is clear that our committee is being asked to look at finding new wine skins for new wine.

Using the idea of this committee as an incubator for guidance and support, seeking training in how to become mentors and guides, we are exploring the idea of “coming alongside” in our daily lives – to listen, to seek.

Does this sound nebulous and uncharted – Yes. We are discovering what this means and are committed to supporting each other in that discovery. If this sounds inviting to you – please join us. Committee members are listed below.

**Bishop Alan Scarfe**  
**Dean Troy Beecham**  
**Fr. Zeb Treloar**  
**Deacon John Doherty**  
**Jolene Phelps**  
**Mark Babcock**  
**Matt Petty**  
**Derek Sadler**

**Nancy Morton**  
**Diane Hayes**  
**Phyllis Merton**  
**Elvin McDonald**  
**Skeet Wootten**  
**Thomas Smith**  
**John Zickefoose**

## Connections Cafe: December and January

### December Meal

All are welcome to help make sandwiches after the ten o'clock service on Sunday, December 8, and we will serve at Noon on Monday, December 9.

### January Meal

All are welcome to help make sandwiches after the ten o'clock service on Sunday, January 12, and we will serve on Monday, January 13 at Noon.

If you would like to help, please go to our website and click on that date in the calendar to sign up. Thank you!



Des Moines' Ecumenical Eatery



# Word from the Bridge

Did you know that last year, 26,548 hungry people were fed 35,335 meals in the St. Paul's Undercroft under the auspices of the Bridge, a 501(c)3 ecumenical non-profit?

The Bridge had its beginnings as a joint effort of St Paul's, under Dean Michael Barlowe, and St. John's Lutheran, under Pastor Roy Nilsen, to minister to our downtown neighbors. Soon joined by St Ambrose Cathedral and First United Methodist, the group selected

homelessness as our focus. A dedicated team of board members researched and developed a plan for what has become the Connection Café, a Monday through Friday meal program that welcomes anyone who is hungry. More than fifteen years later, these four churches continue to be the support and administrative backbone of this program, assisted by our able Coordinator Rob Hoover and the many serving groups from other churches, schools, and businesses throughout central Iowa.



Donations are always welcome, and we hope you will consider an end-of-year donation. Thank you!

## 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. Thanks to everyone for their contributions who helped 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!



## 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](http://www.MoveTheFood.org).

Thank you!



## 12th Night Party on Saturday, January 4 Celebrating 12th Night

We will celebrate The 12th day of Christmas a day early, and hope you will join us on Saturday, January 4th with a potluck supper, a gift exchange, and singing the last carols of the Christmas season. We will also have a Children's Pageant that all children may participate in. St. Nicholas will also be present to share the joy of the season!



The process is simple--bring a dish to share, an inexpensive gift (\$5 limit), and a joyful hope for the promise of Christmas for all. Mark your gifts for either an adult or child so everyone can receive a gift. The evening will begin at 4:00 with dinner at 4:30. We should be done by 6:30. Please look for a sign-up sheet in the Narthex over the next couple of weeks; foods may reflect one of your own holiday traditions.

### De-Greening the Cathedral

#### What Goes Up Must Come Down

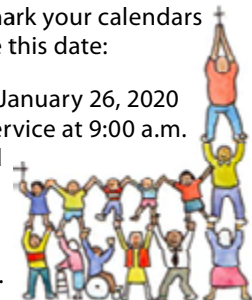
On Sunday, January 5, please stay for a few minutes after the 10 a.m. service to help take down all the Christmas decorations and put them away for another year. With many hands, this should take less than 30 minutes, and the Altar Guild would appreciate your help. Thank you!

## Annual Meeting

### Annual Parish Meeting

Please mark your calendars and save this date:

Sunday, January 26, 2020  
~ One service at 9:00 a.m. followed by the Annual Parish Meeting.



## 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), Matt Petty, (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

## Give Online, It Is Easy.

Do it once or you can set up recurring 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.

## Your Cathedral Preservation Dollars at Work

*A new door was installed on Friday, November 8th.*

O God, make the door of this house wide enough to receive all who need human love and fellowship, narrow enough to shut out all envy, pride, and strife. Make its threshold smooth enough to be no stumbling block to children, nor to straying feet, but rugged and strong enough to turn back the tempter's power. God, make the door of this house the gateway to Thine eternal Kingdom.



*"From a prayer on the door of St. Stephen's in London"*

## 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**.

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***The deadline for the February, March, April issue will be Monday, January 20.***

Your articles, news, photos are welcome! Please email to [administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org) or bring your submission to the Cathedral Office.

## Our Mission Statement

The Cathedral Church of St. Paul, the Cathedral and liturgical center of the Episcopal Diocese of Iowa, is a vital metropolitan Christian community. We are committed to accepting and giving Christ's unconditional love through worship, fellowship, education, and service within and beyond our parish church.



Cathedral Church of St. Paul  
815 High Street  
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***And more!***

**PLEASE BE SURE TO VISIT OUR WEBSITE: [CATHEDRALCHURCHOFSTPAUL.ORG](http://CATHEDRALCHURCHOFSTPAUL.ORG)**

