

GRACE AND HOLY TRINITY
EPISCOPAL CATHEDRAL

I AM THE
Light
OF THE WORLD.

JOHN 8:12



The Sixth Sunday after the Epiphany

February 16, 2025 • 5 p.m.

Welcome! We are glad you are here.

- If you are a visitor or new attendee, we invite you to fill out a welcome card, found in your pew, and place it in the offering plate or complete the form online. Use this QR code to access the form.
- If you need a hearing assistance device, please ask an usher. Instructions to connect via Bluetooth are on the back table.
- Gendered restrooms are available in Founders' Hall. A non-gendered, accessible restroom is available at west end (rear) of the Cathedral.



Service Notes

- Please rise, as able, for portions of the service marked with an asterisk (*).
- Donations may be placed in the offering, made through the Cathedral website: kccathedral.org, by scanning the QR code to the right or by texting "GIVEtoGHTC" to 73256. *Thank you for your generosity.*



VOLUNTARY: Chorale prelude on "Te lucis"

Healey Willan (1880-1968)

* PRECES

Richard Ayleward (1626-1669)

- Officiant O Lord, open thou our lips.
Choir *And our mouth shall show forth thy praise.*
- Officiant O God, make speed to save us.
Choir *O Lord, make haste to help us.*
- Choir *Glory be to the Father, and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be, world without end. Amen.
Praise ye the Lord.
The Lord's Name be praised.*

* HYMN: 34 "Christ, mighty Savior"



- 1 Christ, might - y Sa - vior, Light of all cre - a - tion, you make the
2 Now comes the day's end as the sun is set - ting; mir - ror of
3 There - fore we come now eve - ning rites to of - fer, joy - ful - ly
4 Give heed, we pray you, to our sup - pli - ca - tion: that you may
5 Though bo - dies slum - ber, hearts shall keep their vi - gil, for ev - er



- 1 day - time ra - dant with the sun - light and to the night give
2 day - break, pledge of re - sur - rec - tion; while in the hea - vens
3 chant - ing ho - ly hymns to praise you, with all cre - a - tion
4 grant us par - don for of - fens - es, strength for our weak hearts,
5 rest - ing in the peace of Je - sus, in light or dark - ness



- 1 glit - ter - ing a - dorn - ment, stars in the hea - vens.
2 choirs of stars ap - pear - ing hal - low the night - fall.
3 join - ing hearts and voic - es sing - ing your glo - ry.
4 rest for ach - ing bo - dies, sooth - ing the wear - y.
5 wor - ship - ing our Sa - vior now and for ev - er.

Psalm 19 *sung by the choir; chant by Thomas Attwood Walmisley (1814-1856)*

The heavens declare the glory of God *
and the firmament sheweth his handywork.
One day telleth another *
and one night certifieth another.
There is neither speech nor language *
but their voices are heard among them.
Their sound is gone out into all lands *
and their words into the ends of the world.
In them hath he set a tabernacle for the sun *
which cometh forth as a bridegroom out of his chamber, and rejoiceth as a giant to run his course.
It goeth forth from the uttermost part of the heaven, and runneth about unto the end of it again *
and there is nothing hid from the heat thereof.
The law of the Lord is an undefiled law, converting the soul *
the testimony of the Lord is sure, and giveth wisdom unto the simple.
The statutes of the Lord are right, and rejoice the heart *
the commandment of the Lord is pure, and giveth light unto the eyes.
The fear of the Lord is clean, and endureth for ever *
the judgements of the Lord are true, and righteous altogether.
More to be desired are they than gold, yea, than much fine gold *
sweeter also than honey, and the honey-comb.
Moreover, by them is thy servant taught *
and in keeping of them there is great reward.
Who can tell how oft he offendeth *
O cleanse thou me from my secret faults.
Keep thy servant also from presumptuous sins, lest they get the dominion over me *
so shall I be undefiled, and innocent from the great offence.
Let the words of my mouth, and the meditation of my heart be alway acceptable in thy sight, *
O Lord my strength, and my redeemer.

LESSON: Genesis 29:20-35 (KJV)

Lector And Jacob served seven years for Rachel; and they seemed unto him but a few days, for the love he had to her. And Jacob said unto Laban, Give me my wife, for my days are fulfilled, that I may go in unto her. And Laban gathered together all the men of the place, and made a feast. And it came to pass in the evening, that he took Leah his daughter, and brought her to him; and he went in unto her. And Laban gave unto his daughter Leah Zilpah his maid for an handmaid. And it came to pass, that in the morning, behold, it was Leah: and he said to Laban, What is this thou hast done unto me? did not I serve with thee for Rachel? wherefore then hast thou beguiled me? And Laban said, It must not be so done in our country, to give the younger before the firstborn. Fulfil her week, and we will give thee this also for the service which thou shalt serve with me yet seven other years. And Jacob did so, and fulfilled her week: and he gave him Rachel his daughter to wife also. And Laban gave to Rachel his daughter Bilhah his handmaid to be her maid. And he went in also unto Rachel, and he loved also Rachel more than Leah, and served with him yet seven other years.

And when the Lord saw that Leah was hated, he opened her womb: but Rachel was barren. And Leah conceived, and bare a son, and she called his name Reuben: for she said, Surely the Lord hath looked

upon my affliction; now therefore my husband will love me. And she conceived again, and bare a son; and said, Because the Lord hath heard I was hated, he hath therefore given me this son also: and she called his name Simeon. And she conceived again, and bare a son; and said, Now this time will my husband be joined unto me, because I have born him three sons: therefore was his name called Levi. And she conceived again, and bare a son: and she said, Now will I praise the Lord: therefore she called his name Judah; and left bearing.

The Word of the Lord.

People

Thanks be to God.

* MAGNIFICAT

Magnificat in D

Herbert Brewer (1865-1928)

My soul doth magnify the Lord,
and my spirit hath rejoiced in God my Savior.
For he hath regarded
the lowliness of his handmaiden.
For behold from henceforth
all generations shall call me blessed.
For he that is mighty hath magnified me,
and holy is his Name.
And his mercy is on them that fear him
throughout all generations.
He hath showed strength with his arm;
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat,
and hath exalted the humble and meek.
He hath filled the hungry with good things,
and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel,
as he promised to our forefathers, Abraham and his seed for ever.
Glory be to the Father and to the Son and to the Holy Ghost; *
as it was in the beginning, is now, and ever shall be, world without end. Amen.

LESSON: John 8:12-19 (KJV)

Lector

Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. The Pharisees therefore said unto him, Thou bearest record of thyself; thy record is not true. Jesus answered and said unto them, Though I bear record of myself, yet my record is true: for I know whence I came, and whither I go; but ye cannot tell whence I come, and whither I go. Ye judge after the flesh; I judge no man. And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me. It is also written in your law, that the testimony of two men is true. I am one that bear witness of myself, and the Father that sent me beareth witness of me. Then said they unto him, Where is thy Father? Jesus answered, Ye neither know me, nor my Father: if ye had known me, ye should have known my Father also.

The Word of the Lord.

People

Thanks be to God.

* NUNC DIMITTIS

Nunc dimittis in D

Herbert Brewer (1865-1928)

Lord, now lettest thou thy servant depart in peace,
according to thy word;

For mine eyes have seen thy salvation,
which thou hast prepared before the face of all people,

To be a light to lighten the Gentiles,
and to be the glory of thy people Israel.

Glory be to the Father and to the Son and to the Holy Ghost; *
as it was in the beginning, is now, and ever shall be, world without end. Amen.

* APOSTLES' CREED *chanted on a monotone*

All

I believe in God, the Father almighty, maker of heaven and earth;
And in Jesus Christ his only Son our Lord;

who was conceived by the Holy Ghost, born of the Virgin Mary,
suffered under Pontius Pilate, was crucified, dead, and buried.
He descended into hell.

The third day he rose again from the dead.

He ascended into heaven, and sitteth on the right hand of God the Father almighty.

From thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

* PRAYERS

Officiant The Lord be with you;

Choir *And with thy spirit.*

Officiant Let us pray.

Choir *Lord, have mercy upon us.*

Christ, have mercy upon us.

Lord, have mercy upon us.

* LORD'S PRAYER *chanted on a monotone*

All

Our Father, which art in heaven,

Hallowed be thy Name,

thy kingdom come, thy will be done,
in earth as it is in heaven.

Give us this day our daily bread, and
forgive us our trespasses,

as we forgive them that trespass against us.

And lead us not into temptation,

but deliver us from evil. Amen.

* RESPONSES

Officiant O Lord, show thy mercy upon us.

Choir *And grant us thy salvation.*

Officiant O Lord, save the state.

Choir *And mercifully hear us when we call upon thee.*

Officiant Endue thy ministers with righteousness.

Choir *And make thy chosen people joyful.*

Officiant O Lord, save thy people.

Choir *And bless thine inheritance.*

Officiant Give peace in our time, O Lord.

Choir *Because there is none other that fighteth for us, but only thou, O God.*

Officiant O God, make clean our hearts within us.

Choir *And take not thy Holy Spirit from us.*

* COLLECT OF THE DAY

O God, the strength of all who put their trust in thee: Mercifully accept our prayers; and because through the weakness of our mortal nature, we can do no good thing without thee, give us the help of thy grace, that in keeping thy commandments we may please thee both in will and deed; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

* COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give, that our hearts may be set to obey thy commandments, and also that by thee, we, being defended from the fear of all enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Savior. **Amen.**

* COLLECT FOR AID AGAINST PERILS

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Savior Jesus Christ. **Amen.**

ANTHEM: "Evening Hymn"

Henry Balfour Gardiner (1877-1950)

Text: Compline office hymn; trans. John Mason Neale

*Te lucis ante terminum,
Rerum Creator, poscimus,
Ut pro tua clementia,
Sis praesul et custodia.*

*Procul recedant somnia,
Et noctium phantasmata:
Hostemque nostrum comprime,
Ne polluantur corpora.*

*Praesta, Pater piissime,
Patrique compar Unice,
Cum Spiritu Paraclito,
Regnans per omne saeculum. Amen.*

To thee before the close of day,
Creator of the world, we pray
That, with thy wonted favor, thou
Wouldst be our guard and keeper now.

From all ill dreams defend our sight,
From fears and terrors of the night;
Withhold from us our ghostly foe,
That spot of sin we may not know.

O Father, that we ask be done,
Through Jesus Christ, thine only Son,
Who, with the Holy Ghost and thee,
Doth live and reign eternally. Amen.

* THE PRAYERS

* PRAYER OF ST. CHRYSOSTOM

All Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee, and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

* HYMN: 692 "I heard the voice of Jesus say"

1 I heard the voice of Je - sus say, "Come un - to me and rest;
 2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
 3 I heard the voice of Je - sus say, "I am this dark world's light;

and in your wea - ri - ness lay down your head up - on my breast."
 the liv - ing wa - ter; thirst - y one, stoop down and drink, and live."
 look un - to me, your morn shall rise, and all your day be bright."

I came to Je - sus as I was, so wea - ry, worn, and sad;
 I came to Je - sus, and I drank of that life - giv - ing stream;
 I looked to Je - sus, and I found in him my Star, my Sun;

I found in him a rest - ing place, and he has made me glad.
 my thirst was quenched, my soul re - vived, and now I live in him.
 and in that light of life I'll walk till pil - grim days are done.

Words: Horatius Bonar (1808-1889), alt. Music: *The Third Tune*, Thomas Tallis (1505?-1585?); ed. John Wilson (1905-1992). Copyright: Music: By permission of Oxford University Press. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE GRACE

VOLUNTARY: Carillon

Herbert Brewer (1865-1928)

Holy Eucharist will be offered in the chapel for those who would like to partake.

ORGAN RECITAL

From Dawn to Darkness

Wie Schön Leuchtet

arr. Paul Manz (1919-2009)

How brightly beams the morning star! The slumbering world prepares to awaken.

Bb Major Allegro Maestoso from Sonata IV

Felix Mendelssohn (1809-1847)

The sun bursts forth over the horizon with Mendelssohn's rising arpeggios, the green flash energizing the land. With militant rhythms, we recognize the duties that the upcoming day holds for us.

Fuga in g minor

Jan Adam Reincken (1643-1722)

Busy, busy, busy, without a second to rest, we toil about the to-do list, driven by the Western ideal to achieve. There is no room here for "il dolce far niente" (the sweetness of doing nothing).

"Anitra's Dance" from Peer Gynt Suite

Edvard Grieg, trans. Harvey B. Gaul (1843-1907)

As the afternoon winds down, we're a bit off balance, not quite resolved. Did we achieve our goals? Are we finished for the day?

The Lone Wild Bird

arr. Emma Lou Diemer (1927-2024)

"Each secret thought is known to Thee/ My whole life's path, whate'er it be;/ My days, my deeds, my hopes, my fears,/ My deepest joys, my silent tears." The Spirit wanders, a bit restless as the sun goes down. The brain wonders: did I do everything I ought to have done today?

Now Rest beneath Night's Shadow

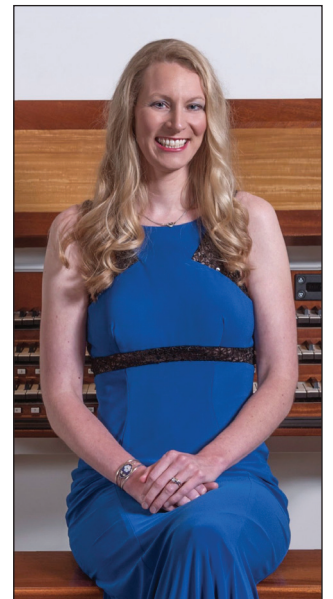
arr. Paul Manz (1919-2009)

"My loved ones, rest securely, For God this night will surely/ From peril guard your heads./ Sweet slumbers may he send you And bid his hosts attend you/ And through the night watch o'er your beds." The day is done and you have served the world well. Be at peace.

After the performance, please join us for refreshments in the Common Room.

Elisa Williams Bickers is the Principal Organist and Co-Director of Music Ministry at Village Presbyterian Church in Prairie Village, Kansas, where she leads the Alegría Adult Choir and the Village Ringers hand bell ensemble. She is also the harpsichordist for the Bach Aria Soloists, a chamber music group dedicated to performing the works of Bach and those inspired by him. Bickers has performed world-wide as a solo and collaborative organist and harpsichordist. She has worked with such musical groups as the Te Deum Chamber Ensemble, the Spire Chamber Ensemble, and the Grammy award-winning Kansas City Chorale, as well as the Kansas City Symphony. Her degrees in church music and organ performance are from Texas Christian University and the University of Kansas. She holds the Fellowship certificate from the American Guild of Organists, the Guild's highest certification.

Bickers is represented by Concert Artist Cooperative.



Serving Today

Officiant	The Very Rev. Dr. Andrew C. Keyse
Lector	Harrison Mattson
Greeter	Nigel Jones
Musicians	The Trinity Choir, Dr. Lucas Fletcher

Today's Focal St. John's Bible Illumination

“Two Ways of Living” (Luke 6:17-26)

[Utilizing the “Beatitudes” Illumination from Matthew 5]

In Luke’s narrative, Jesus had chosen his twelve Apostles just prior to delivering the body of teachings often titled “The Sermon on the Mount” (Matthew’s account) or “The Sermon on the Plains” (Luke’s account) of which the Beatitudes constitute one section. In Luke’s version, emphasis is given to a view of God’s kingdom that stands in stark contrast to our society’s usual way of thinking about values and priorities. In doing this, Jesus informs his would-be disciples of what following him truly involves. God’s blessings accrue to the poor, hungry, sad, and expendable while woe is announced for the rich, full, happy, and popular. Biblical exegetes have struggled for centuries over how to correctly interpret and apply these teachings to everyday Christian living. Most agree that the truth of these teachings does not reside with wallowing in guilt, romanticizing poverty, and avoiding happiness, but disagreements over exactly what they do teach make efforts to visually portray the Beatitudes enormously challenging.

Saint John’s Bible Committee on Illumination and Text (CIT) chose to illumine the Matthew 5 version of the Beatitudes rather than the Luke 6 version. Consequently, focus is placed on their application to the Christian’s spiritual life in contrast to the physical realm of concern. Matthew speaks of the “poor in spirit” and “those who hunger and thirst after righteousness” whereas Luke writes of God’s favor resting on the most wretched, grieving, starving, and destitute of persons.

The “Beatitudes” was Thomas Ingmire’s first illumination for the Saint John’s Bible project. Later, he

also did the “Ten Commandments” illumination for Exodus 20. Frequently parallels are made between Moses’ ascending Mount Sinai to receive the Law and Matthew’s depiction of Jesus “going up the mountain” to deliver a new

rendering of God’s law. In the “Ten Commandments” illumination, notice how the words shift from orderly and coherent to fragmented and incomprehensible when viewed from a descending perspective but progress from fragmented to coherent when approached from an ascending perspective. In the “Beatitudes” illumination, note what happens with the word “blessed” as you shift perspectives on the page.

What parallels do you see between these two illuminations? Do you detect any differences between them? In Matthew 5:17 Jesus declares that he came to fulfill the Old Testament law, not abolish it. In what ways do the “Ten Commandments” and the “Beatitudes” illuminations convey this relationship?



Cathedral Prayer List

Pray for: Luke “Skippy” Harbur; Penny Sullivan; Ellen Goheen; Bob Sherwood; Rev. Miranda Cully; Those impacted by the apartment fire in Independence; Those injured in the school shooting in Nashville; David Barker; Ann Ryder; Juliana Johnson; Eric Anderson; Phineas Gitta; Sally Livengood; Sandra Fuhrman; Those impacted by fire in California; Glen and Terri Wesner; Those injured by gun violence in Queens, NY; Those injured in New Orleans; Diego Garcia; Gail; Leesa Fanning; Lisa Helgenkamp; All families affected by gun violence; All those fighting cancer; Charlotte Colburn; Doyle White; First Responders; Gloria Stocks; Isaiah Russell III; Jim Royer; Joyce Morrow; Larry McMullen; Mike Barzee & Family; Thaddeus Samuel Withers; Yvonne Kehoe Meier

Comfort and Peace: the family and friends of Ann Spicer; the family and friends of Katherine Reynolds Stamps; the family and friends of Martha Taylor Johnson; the family and friends of the McShann family; the family and friends of those lost and injured in the school shooting in Nashville; the family and friends of Roger Kirby; the family and friends of all those lost in the California fires; the family and friends of Dennis Sharkey; the family and friends of Charlotte, Jeffrey and Zachary Hatcher; the family and friends of those lost and injured in the Wisconsin school shooting; the family and friends of Randy Mueller; the family and friends of Sandra Hornbeck; the family and friends of Barbara O’Hearne; the family and friends of Lynn Schneider; the family and friends of James Shaffer; the family and friends of Bonita White; the family and friends of Donald Bradley; all families affected by gun violence

Pray for the Departed: the family and friends of Ann Spicer; those lost in the plane crash in Philadelphia; those lost in the crash in Washington DC; Katherine Reynolds Stamps; Martha Taylor Johnson; Dennis Sharkey; Roger Kirby; those lost in the California fires; Charlotte, Jeffrey and Zachary Hatcher; Randy Mueller; those lost in the school shooting in Wisconsin; Sandra Hornbeck; Barbara O’Hearne; Lynn Schneider; Bonita White; James Shaffer; Donald Bradley; Gabriel Kney; Robert Boehm; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: All Saints’ Episcopal Church, West Plains — *The Rev. Dr. James W. Harris, Jr., Priest in Charge*
The Order of Naucratus

To place a person on this prayer list, please contact Deacon Barbara Wegener, bwegener@kccathedral.org.

Requests are held in prayer for 90 days.
View the prayer list anytime: kccathedral.org/prayers

Birthdays & Anniversaries

February 16
Jennifer Mason
Pat Martin
Patty Wood
Chip Buckner
Carody Atherton
Joseph Lewandowski

February 17
Gary Bressman
Jon Royal

February 18
Penny Citro
Mattie Ransom

February 19
Phineas Gitta
Mark Galus
Jeri Gore

February 20
Bruce Reed

February 21
Michael Wells

February 22
Abby Moore Belozor
Marie Whitacre
Brad Carter

Please contact the Cathedral office if we have omitted your birthday or anniversary: jtoma@kccathedral.org or 816.474.8260.

Today’s flowers are dedicated to the glory of God.

Sponsor the Altar Flowers

Altar flowers are a great way to beautify the sanctuary and remind your fellow worshipers of the new life that Jesus brings. They are also a great way to commemorate an event near a specific date, or honor/remember someone close to your heart.

Donations toward the weekly flowers can be given by anyone and are accepted in any amount. You can mail a check to the Cathedral office, put your donation in the offering or make a payment through our online payment site.



For more information:
kccathedral.org/flowers
or contact Julie Toma, jtoma@kccathedral.org.

Cathedral Staff: The Very Rev. Dr. Andrew C. Keyse, *Dean*; The Rev. W. James Yazell, *Associate Priest*; The Rev. Barbara Wegener, *Deacon*; The Rev. CJ Duffie, *Deacon*; Dr. Lucas Fletcher, *Director of Music*; Clare Stern-Burbano, *College, Youth & Children’s Minister*; Julie Toma, *Cathedral Administrator*; Holly Campbell, *Events Coordinator*; Steve Berman, *Finance Coordinator*; Dr. Joan Bergstrom, *Sacristan & Volunteer Coordinator*; Angie Graham, *Facility Manager*; Bianca Jackson, *Assistant Facility Manager*; The Very Rev. Peter J. DeVeau, *Dean Emeritus*; Canon John Schaefer, *Canon Musician Emeritus*

The Vestry: Steve Moore, *Senior Warden*, smoore@skeltonmoore.com; Nigel Jones, *Junior Warden*, redbox712@gmail.com, (405) 747-6550; Chip Buckner, *Treasurer*; Blain Lagergren, *Clerk*; Bill Boyd; Julie Brogno; Colin Chambers; Pat Decker; Steve King; Christine Morrison; Mathias Nichols; Charles Shipley

Formation for All Ages

Children: Sundays

Cathedral Kids • 10:30 a.m.

Cathedral Kids meets during the first half of the 10:30 a.m. worship service and during this time we weave together our sacred stories and our Episcopal identity with the Weaving God's Promises curriculum. Children attending Cathedral Kids will meet their parents or guardians inside the tower doors during the passing of the peace.

Once a month, we observe **Family Worship Sundays**. These Sundays provide an opportunity for families to worship together. Worship Boxes with resources for children are in the back cross aisle. Upcoming Family Worship Sundays: February 23, March 23, April 27, May 11.

Youth: Sundays

Youth Confirmation • 9:15 a.m.

Youth meet in the Haden Hall Youth Room for confirmation preparation with a light breakfast.
No class February 16.

10:30 a.m. • Worship

6 p.m. • Youth Group

Join us for dinner and fellowship in the Youth Room.

Prayers for GHTC Youth

This weekend, five GHTC youth and our youth minister, Clare, have joined youth and leaders from St. Andrew's Episcopal Church for their Winter Ski Retreat, an annual weekend of skiing, games, and fellowship in the Colorado Rockies.

Eight youth are preparing for confirmation at the Easter Vigil. Please pray for those who are enriching their faith and starting their journey as a confirmand in the Episcopal Church.

Adults: Sundays

The Path • 9:15 a.m. • Common Room

In our Adult Formation this year we will take a journey using Forward Movement's *The Path*, an excerpted version of the Bible that covers most of the major stories chronologically. Through *The Path*, we will become familiar with the grand overarching narrative of the entire Bible. We will learn the story of God's extraordinary and unrelenting love for us in its many dimensions. Copies of *The Path* are available in the Cathedral Bookstore if you would like to own a personal copy. Each chapter will be printed out weekly and made available so that everyone can follow along.

New attendees welcome at any time!

Adult Confirmation/Inquirers Class Sundays, February 9-April 6 • 9:15 a.m. Multipurpose Room

Would you like to formally join the Cathedral and the Episcopal Church? Interested in exploring confirmation, reaffirmation or reception? If so, please prayerfully consider joining us for our Adult Confirmation/Inquirers class. Contact Dean Andy (akeyse@kccathedral.org) if you have questions.

Adults: Tuesdays

GHTC's Virtual Cafe • 7:30 a.m. • Zoom

Please join us for our weekly conversation in GHTC's Virtual Cafe! Tuesday mornings from 7:30-9 a.m. For details, visit kccathedral.org/other-activities.

Women's Bible Study • 12:30 p.m. • Zoom

Conversation is lively, thought-provoking, and often irreverent. All are welcome. Visit the WBS page, kccathedral.org/adultformation/wbs for more information.

Lectionary Bible Study • 6:45 p.m. • Zoom

We study the lessons for the upcoming Sunday. Join the Lectionary Bible Study group in Realm or visit the LBS page, kccathedral.org/adultformation/lbs for more details.

Upcoming Events for Children & Youth



*Mark your calendars!
Mega Camp Registration
Now Open!*

June 1-7, 2025
Camp Wood YMCA, Elmdale, KS
For students in grades 3-12 for 2024-25 school year

Join us June 1-7, 2025 for Episcopal Summer Mega Camp!

Mega Camp is a 1-week overnight summer camp experience for young people who have finished grades 3-12. There's boating, horseback riding, archery, climbing tower, hiking, arts & crafts, plus Episcopal worship and formation. The camp community is like nothing else: campers will feel accepted and loved for who they are and be able to build their faith with others their age.

Camp is not restricted to Episcopalians or regular churchgoers. All are welcome, so feel free to invite friends and family.

Contact Clare (cstern@kccathedral.org) for details about registration, cost and scholarship availability.

Fun things happen at a Jr. High retreat! Games, activities, music and worship will expand on the theme and there'll be plenty of time to be with old and new friends. This year's weekend retreat homes in on the question "Who do you say that I am?" based on Matthew 16:15-19.

When: Friday, March 21, 7 p.m.-Saturday, March 22, 9 a.m.

Where: Good Shepherd Episcopal Church, 4947 NE Chouteau Drive, Kansas City, MO 64119

Who: Grades 6-9

Fee: \$25. Scholarships are available

There's a service component this year, too! Each youth needs to be a non-perishable item or new socks/underwear to support an community-based ministry.

Register & get more info at wemoyouth.diowestmo.org.

Questions? Contact Clare (cstern@kccathedral.org).



**YOUTH
LOCK-IN**

**MARCH
21ST - 22ND**

JUNIOR HIGH RETREAT

[HTTPS://WEMOYOUTH.DIOWESTMO.ORG/](https://wemoyouth.diowestmo.org/)

Outreach Volunteer Opportunities

The Emergency Food Assistance Program

In partnership with St. Paul's on Main, we have been invited to help organize and distribute food as part of TEFAP (The Emergency Food Assistance Program). We meet from about 9:30 a.m. to noon.

St. Paul's receives delivery of several pallets of shelf-stable and frozen food from Harvesters each month. Friendly volunteers are needed to break down the pallets and repackage the food into family-sized boxes and bags. Then we open the doors to those in need and start handing out the food.

Upcoming TEFAP dates:

February 15

March 15

To volunteer or for more information, contact Deacon Barbara 816.739.8032 or bwegener@kccathedral.org.



TEFAP
The Emergency Food Assistance Program

Pete's Garden

In the lower level of Founders' Hall, Pete's Garden is a food rescue committed to less food waste and more family meals. They collect unserved prepared food from caterers, restaurants and food service operations each day.

Pete's Garden meals are distributed through social service agencies that serve children and their families. Most of the families who receive Pete's Garden meals are headed by single women in low paying jobs, living below federal poverty guidelines.

Volunteers work together to portion and package donated food so it can be redirected to social service agencies who get meals to families.

Sign up for a shift at petesgarden.org/volunteer.



Nourish KC

Volunteers are the heart and soul of NourishKC. Every meal served, every pantry stocked, and every food item redistributed is made possible because of the time, energy, and dedication of our volunteers. Your support ensures that we can continue providing nutritious meals, offering essential pantry staples, and building a hunger-free community.

By volunteering with us, you become part of a compassionate movement that transforms lives—one meal at a time. Whether it's lending a hand in our Community Kitchen, assisting with pantry distribution, or helping with events, your contribution makes a lasting impact.

Together, we can achieve more. Join us today and help nourish Kansas City!

Sign up for a shift at theprospectkc.org/nourish-kc.



NOURISHKC

Weekly Calendar

Sunday

- 8 a.m. Holy Eucharist
- 9 a.m. Coffee Hour/Hospitality Time
- 9:15 a.m. Formation for Adults & Youth
- 10:30 a.m. Holy Eucharist*
- 10:30 a.m. Cathedral Kids
- 11:30 a.m. Coffee Hour/Hospitality Time
- 5 p.m. Order for Evening and Holy Eucharist
[Choral Evensong, 3rd Sundays]
- 6 p.m. Youth Group

*Streamed on YouTube @kccathedral
+On Zoom

Tuesday

- 7:30 a.m. GHTC's Virtual Cafe+
- 12:30 p.m. Women's Bible Study+
- 6:45 p.m. Lectionary Bible Study+

Wednesday

- 12:00 p.m. Noonday Prayer*
- 12:00 p.m. AA Meeting in Multipurpose Room
- 12:05 p.m. Holy Eucharist

Thursday

- 7 p.m. Rehearsal: Trinity Choir

Learn more about our weekly services and opportunities for study and fellowship: kccathedral.org

News & Events from the Diocese

For RSVP/registration & more info: diowestmo.org/events

Getting From Here to There: Congregational Development for Congregational Vitality February 22 • 10 a.m. to 4 p.m. • Founders' Hall

As we continue our work with Congregational Vitality in the diocese, we are pleased to welcome Bishop Melissa Skelton for a one-day workshop for clergy and lay leaders of our churches. In this workshop, we'll learn how we can develop our congregations to "get from here to there" to be more faithful, healthy, and fruitful local manifestations of the Body of Christ.

This free workshop will offer exposure to some of the frameworks and tools for congregational development that have been used by the College of Congregational Development, founded by Bishop Skelton, and hosted now by twelve Episcopal Dioceses and one Canadian province in The Anglican Church of Canada.

All clergy and lay leaders are encouraged to attend. Registration is free on the Diocesan website.

Celebrate Bishop Diane's Ministry with a Motown Dance Party

March 1 • 6-9 p.m. • Founders' Hall

Everyone from across the diocese is invited to celebrate Bishop Diane's ministry with a Motown Dance Party! Join us for an evening of music, dancing, and fun! Be sure to RSVP. Refreshments and snacks will be provided.

Bishop's Farewell Eucharist & Party

Friday, March 14 • 6 p.m. – 9 p.m.

The Metro-Northwest Deanery of The Diocese of West Missouri is inviting you to the Bishop's Farewell Party to commemorate Bishop Diane's service and ministry to our diocese.

The evening begins at 6 p.m. in the Nave for Eucharist then a potluck-style dinner in Founders' Hall! The Diocese of West Missouri will provide the main dish, vegetable trays, and mac and cheese, and we are all invited and encouraged to bring a side dish and/or dessert to share.

If you need ideas on what to bring, here is a list made with different dish ideas you can bring based on your last name. Keep in mind this is not a requirement, but a suggestion.

A-G: Salads (Potato, green, pasta, cole slaw, deviled eggs, etc.)

H-L: Fruit (Salad, tray, jello, etc.)

M-P: Baked Beans or Potato Casserole

Q-R: Rolls and Butter

S-W: Desserts

X-Z: Chips and Dip

Be sure to RSVP, and if you have any questions, please don't hesitate to reach out to your dean, or contact the diocesan office. We look forward to celebrating this meaningful occasion with all of you as we bid farewell to Bishop Diane.

Prayer for the Transition of Our Next Bishop

Gracious and Loving God, we give thanks for the election of our next Bishop, Amy. Watch over Amy, her husband Jared, and their children Elise, Jacob, and Woodrow as they prepare to leave friends, colleagues, and neighbors to join us here in the Diocese of West Missouri. Open our hearts to receive your inspiration and wisdom so that we may joyfully welcome them into our life and ministry in You. This we ask in grateful thanksgiving. AMEN.

Donate to the IX Bishop Gifts Fund

The Diocese of West Missouri is now accepting donations to the IX Bishop Gifts Funds. These funds will be used to procure the gifts for our Bishop-elect Amy Daffer Meaux, which will be presented at her ordination as the Ninth Bishop of West Missouri on May 3, 2025. These gifts will include a stole, pectoral cross, ring, cope, mitre, and crozier. Individuals or groups wishing to inquire about covering the cost of a particular item should contact the diocesan office at info@diowestmo.org for further details. Donate online at diowestmo.org or send a check made payable to **The Diocese of West Missouri** to 420 West 14th Street, Kansas City, MO 64105. Please include "IX Bishop Gifts" in the memo line.



Announcements & Upcoming Events

Evensong, Organ Recital & Reception February 16 • 5 p.m.

Choral Evensong is a service offered by members of the Trinity Choir that includes hymns, scripture readings, prayers, chanted Psalms, canticles and a choir anthem. Following the service, all are welcome to take communion in the Chapel.

Immediately following Evensong, stay for a 30-minute organ recital by Dr. Elisa Williams Bickers. Elisa is the Principal Organist and co-director of music at the Mission campus of Village Presbyterian Church.

Following the recital, all are invited to a reception in the Common Room.

Calling All Bell Ringers

The Trinity Handbell Ensemble will be meeting for three to four rehearsals before ringing at a service March 23. If you have ever wanted to ring handbells, this is a great time to try it out! For more information, please contact Lucas Fletcher, lfletcher@kccathedral.org.

Paper Drive for Sheffield Place

Bring donations of toilet paper, paper towels and tissues to the basket in the Tower during the month of February. Sheffield Place assists homeless women and children in making the difficult journey from homelessness to self-sufficiency.

Office Closed: Monday, February 17

The Cathedral office will be closed Monday, February 17 for Presidents Day. If you have a pastoral emergency during this time, contact Dean Andy at 256.762.5889, Father James at 816.739.2930 or Deacon Barbara at 816.739.8032.

The Daily Office

On Thursday, March 6, Grace and Holy Trinity Cathedral will begin to offer Morning Prayer at 9 a.m. Monday through Thursday in-person and livestreamed.

The value of the Office is its objectivity. It is a means by which we pray with the whole church, uniting our prayer with that of millions of other Christians living and dead. This is true whether one is alone or in a group, for the Office is essentially a corporate act. It is objective too in that it does not depend on our feelings, but gives our prayer life a regularity and a disciplined framework. – Kenneth Leech, True Prayer

If you would like more information about our Morning Prayer service or guidance on how to say the Office yourself, please speak with Fr. James.

The Last Hurrah before Lent: Pancakes & Jambalaya

Signups at kccathedral.org/upcoming-events

Shrove Sunday Pancake Breakfast Sunday, March 2 • after both morning services Founders' Hall

What is Shrove Sunday? Well, it involves pancakes, laughter, and fellowship! Shrove Tuesday is the day before Lent. Lent is a season of simple living, and historically people did not eat rich foods, like milk, butter, or eggs during Lent. The day before Lent, people would clean out their kitchens by indulging in these rich foods. They would make pancakes, which use all of these ingredients plus flour. We celebrate Shrove Tuesday on Sunday at the Cathedral so we can all be together for the pancake feast. Join us for delicious breakfast plus fun events.

Mardi Gras Dinner

Tuesday, March 4 • 6 p.m. • Haden Hall

Join us for a festive Mardi Gras dinner featuring jambalaya, good company, lively music, and the joyous spirit of Fat Tuesday as we prepare for Lent. We look forward to celebrating with you! Jambalaya will be provided. Please bring cornbread/bread, a salad or a dessert.

Both of these events are perfect opportunities to invite friends or neighbors. Grab invite cards at the back of the Nave or find shareable graphics at kccathedral.org/upcoming-events.