

# GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



The Last Sunday after the Epiphany

March 2, 2025 • 10:30 a.m.

## Welcome!

Thank you for joining us for worship today at Grace and Holy Trinity Cathedral. If you are new to the Cathedral, we invite you to fill out our welcome card. Welcome cards are available in the pews or fill out the online form using the QR code.



Welcome Card or  
Email Sign Up

## Subscribe to Our Newsletter

Sign up for email news about special events, worship and ways to connect with our community.

## Children

Children are welcome in all our services and activities for them are available on a shelf in the back aisle.

- Childcare for those 4 years old and younger is available in the nursery in Haden Hall.
- We observe *Family Worship* one Sunday of each month so there is no Cathedral Kids. Worship Boxes with resources for children are in the back cross aisle. Upcoming Family Worship Sundays: March 23, April 27, May 11.
- For elementary age children, 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.
- To get to Haden Hall: From the Tower entry, go up the stairs and straight ahead to the adjoining building. Follow signs or ask an usher for directions.

## Restrooms

Gendered restrooms are available in Founders' Hall. A non-gendered and accessible restroom is available at west end (rear) of the Cathedral.

## Hearing Assist Devices

Connect your Bluetooth enabled devices through the Listen Everywhere app. Detailed instructions are available on the table near the entrance. Other (not Bluetooth) hearing assist devices are also available on the table near the entrance.

## Ways to Give

- Give online with the QR code.
- Place in the offering plate. Envelopes are available in the pew racks.
- Text "GIVetoGHTC" to 73256.



Give Online

*Thank you for your generosity.*

## Service Notes

Please rise, as able, for portions of the service marked with an asterisk (\*). Page numbers listed are from red The Book of Common Prayer and hymn numbers are from *The Hymnal 1982*.

## Following the Service

Please join us for a cup of coffee or tea and lively conversation in Founders' Hall.

## Our Mission

As the Episcopal Cathedral Church in the heart of Kansas City we seek and serve Christ in all people, loving our neighbors as ourselves while striving for justice, peace and respect for every human being. Our worship, prayer and formation support the restorative strength of our community, reconciling all people to God and one another through Christ.



@kccathedral

*Please be advised that our services are livestreamed to YouTube. Your participation in the service serves as your consent to the broadcast of your image and voice and to the broadcast of the image and voice of your participating minor children.*

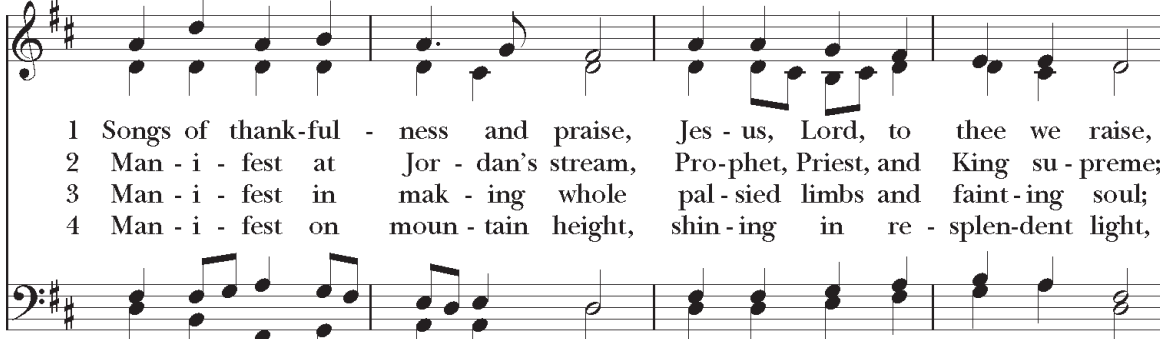
# HOLY EUCHARIST

VOLUNTARY: "Preludio sine nomine"

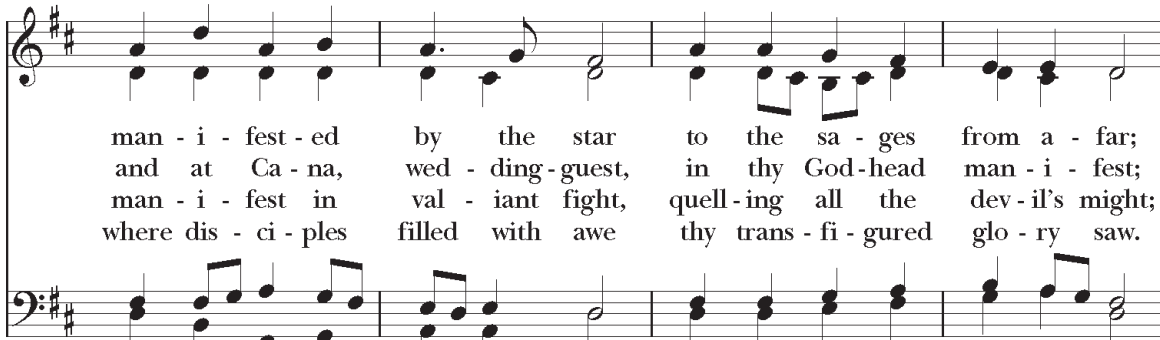
Herbert Howells (1892-1983)

## The Word of God

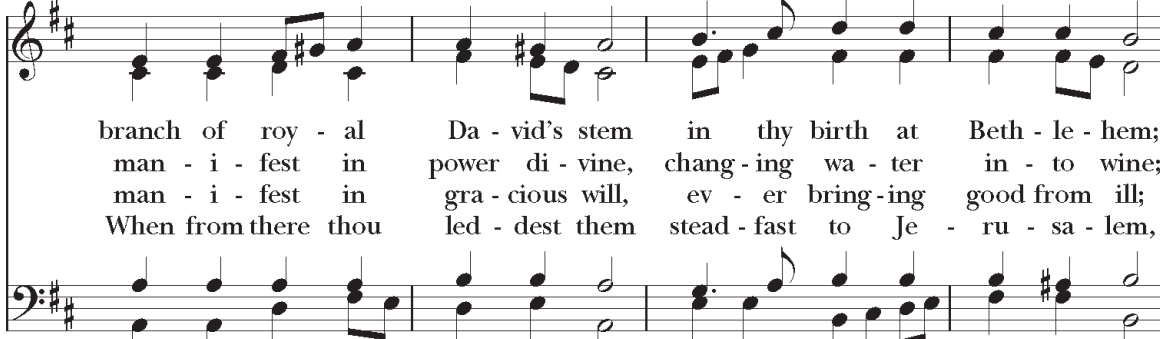
\* ENTRANCE HYMN: 135 "Songs of thankfulness and praise"



1 Songs of thank-ful - ness and praise, Jes - us, Lord, to thee we raise,  
2 Man - i - fest at Jor - dan's stream, Pro-phet, Priest, and King su - preme;  
3 Man - i - fest in mak - ing whole pal - sied limbs and faint - ing soul;  
4 Man - i - fest on moun - tain height, shin - ing in re - splen - dent light,



man - i - fest - ed by the star to the sa - ges from a - far;  
and at Ca - na, wed - ding - guest, in thy God - head man - i - fest;  
man - i - fest in val - iant fight, quell - ing all the dev - il's might;  
where dis - ci - ples filled with awe thy trans - fi - gured glo - ry saw.



branch of roy - al Da - vid's stem in thy birth at Beth - le - hem;  
man - i - fest in power di - vine, chang - ing wa - ter in - to wine;  
man - i - fest in gra - cious will, ev - er bring - ing good from ill;  
When from there thou led - dest them stead - fast to Je - ru - sa - lem,



an - thems be to thee ad - dressed, God in man made man - i - fest.  
an - thems be to thee ad - dressed, God in man made man - i - fest.  
an - thems be to thee ad - dressed, God in man made man - i - fest.  
cross and Eas - ter Day at - test God in man made man - i - fest.

Words: Sts. 1-3, Christopher Wordsworth (1807-1885); st. 4, F. Bland Tucker (1895-1984). Music: Salzburg, melody Jakob Hintze (1622-1702); harm. Johann Sebastian Bach (1685-1750). Copyright: Words: St. 4, © The Church Pension Fund. All rights reserved. Reprinted under OneLicense.net #A-710278.

Presider Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be God's kingdom, now and for ever. Amen.**

Presider Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

\* SONG OF PRAISE: S278 Canticle 20, Glory to God: *Gloria in excelsis*

1. Glo-ry to God in the high-est, and  
 peace to his peo - ple on earth. 2. Lord God, heaven - ly King, al -  
 might - y God and Fa - ther, we wor - ship you, we give you thanks, we  
 praise you for your glo - ry. 3. Lord Je - sus Christ,  
 on - ly Son of the Fa - ther, Lord God, Lamb of God, 4. you  
 take a - way the sin of the world: have mer - cy on us;  
 5. you are seat - ed at the right hand of the Fa - ther: re -  
 ceive our prayer. 6. For  
 you a - lone are the Ho - ly One, you a - lone are the Lord,

7. you a-lone are the Most High, Je-sus Christ, with the  
 Ho-ly Spi-rit, in the glo-ry of  
 God the Fa-ther. A-men.

Music: William Mathias (1934-1992). Copyright: © 1976, Oxford University Press, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

**\* COLLECT FOR THE DAY**

**Presider** The Lord be with you.

**People** And also with you.

**Presider** Let us pray.

O God, who before the passion of your only begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

**THE LESSONS**

**First Lesson: Exodus 34:29-35**

**Lector** Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterward all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

The Word of the Lord.

**People** Thanks be to God.

**Psalm 99** *by the choir, chant by Thomas Attwood*

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The Lord is King; let the people tremble; \*  
 he is enthroned upon the cherubim; let the earth shake.

The Lord is great in Zion; \*  
 he is high above all peoples.

Let them confess his Name, which is great and awesome; \*  
 he is the Holy One.

“O mighty King, lover of justice, you have established equity; \*  
 you have executed justice and righteousness in Jacob.”

Proclaim the greatness of the Lord our God and fall down before his footstool; \*  
 he is the Holy One.

Moses and Aaron among his priests, and Samuel among those who call upon his Name, \*  
they called upon the Lord, and he answered them.  
He spoke to them out of the pillar of cloud; \*  
they kept his testimonies and the decree that he gave them.  
O Lord our God, you answered them indeed; \*  
you were a God who forgave them, yet punished them for their evil deeds.  
Proclaim the greatness of the Lord our God and worship him upon his holy hill; \*  
for the Lord our God is the Holy One.

## Second Lesson: 2 Corinthians 3:12-4:2

**Lector** Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

The Word of the Lord

**People** **Thanks be to God.**

\* GOSPEL HYMN: 665 "All my hope on God is founded"



1 All my hope on God is found - ed; he doth still my  
 2 Mor - tal pride and earth - ly glo - ry, sword and crown be -  
 3 God's great good - ness e'er en - dur - eth, deep his wis - dom  
 \* 4 Dai - ly doth the al - might - y Giv - er boun - teous gifts on  
 5 Still from earth to God e - ter - nal sac - ri - fice of



1 trust re - new, me through change and chance he  
 2 tray our trust; though with care and toil we  
 3 pass - ing thought: splen - dor, light, and life at -  
 4 us be - stow; his de - sire our soul de -  
 5 praise be done, high a - bove all prais - es



1 guid - eth, on - ly good and on - ly true. God un -  
 2 build them, tower and tem - ple fall to dust. But God's  
 3 tend him, beau - ty spring - eth out of nought. Ev - e -  
 4 ligh - teth, plea - sure leads us where we go. Love doth  
 5 prais - ing for the gift of Christ, his Son. Christ doth



1 known, he a - lone calls my heart to be his own.  
 2 power, hour by hour, is my tem - ple and my tower.  
 3 rmore from his store new-born worlds rise and a - dore.  
 4 stand at his hand; joy doth wait on his com - mand.  
 5 call one and all: ye who fol - low shall not fall.

Words: Robert Seymour Bridges (1844-1930), ali.; after Joachim Neander (1650-1680). Music: Michael, Herbert Howells (1892-1983). Copyright: Music: Copyright © 1968, Novello & Company Limited. Used by permission. All rights reserved. Reprinted under OneLicense.net #A-710278.

\* THE HOLY GOSPEL: Luke 9:28-43a

Gospeller The Holy Gospel of our Lord Jesus Christ according to Luke.

People **Glory to you, Lord Christ.**

Gospeller Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"--not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted, "Teacher, I beg you to look at my son; he is my only child. Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not." Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God.

The Gospel of the Lord.

People

Praise to you, Lord Christ.

## SERMON

### \* THE NICENE CREED

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All

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.

Through him all things were made.  
For us and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary,  
and was made man.

For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.

On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven

and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshiped and glorified.  
He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come. Amen.



\* PRAYERS OF THE PEOPLE

adapted from *Hear Our Prayer: Prayers of the People for the Revised Common Lectionary*

Intercessor Led by the Holy Spirit we pray for the church and the world, saying, Lord in your mercy, hear our prayer.

For the church in all its forms, in every land and in every language, may your Word be known.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For our next bishop, Amy, watch over and her family as they prepare to join us in our life and ministry.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For all who seek to follow Christ Jesus, that they may be steadfast in their love and faith and that they may work together for greater unity as Christ's body.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For peace in all places and in the hearts of all people throughout the earth.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For our community, especially for those struggling in economic transitions, that we might find strength and hope together.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For the natural world and its abundance, that we might use that abundance wisely and sustainably.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For all who are suffering, that they might find solace in your presence and wholeness in your love. We pray especially for those on the Cathedral's Prayer List, and for those whom we now name silently or aloud.

Lord in your mercy,

**People Hear our prayer.**

Intercessor For the saints in every generation, that their lives might inspire ours and that we might be faithful stewards of their legacy. We pray especially for those we now name, either silently or aloud.

Lord in your mercy,

**People Hear our prayer.**

Presider God of wisdom and love, hear the prayers of your beloved children in this community of faith. Bring your help to all in need, granting our prayer through Christ our Lord. Amen.

## CONFESSION AND ABSOLUTION

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Deacon Let us confess our sins against God and our neighbor.

All Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.

Presider Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

## \* THE PEACE

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Presider The peace of the Lord be always with you.

People And also with you.

## ANNOUNCEMENTS

### CELEBRATION PRAYER

All O God, our times are in your hand: Look with favor, we pray, on your servant(s) as *they* begin another year. Grant that *they* may grow in wisdom and grace, and strengthen *their* trust in your goodness all the days of *their* lives; through Jesus Christ our Lord. Amen.

# Daughters of the King

## THE SERVICE OF INSTITUTION OF A SENIOR CHAPTER

*Presented by diocesan assembly president, Cyndi Troyer*

Clergy We are gathered here in the sight of God and before this congregation to institute the Crowned with Grace Chapter in The Order of the Daughters of the King®, and to receive and admit the members of the chapter. We commend them to your earnest prayers that they may have grace to perform and keep the vows and obligations of the Order and that the Crowned with Grace Chapter and its members may work to the glory of God and for the spread of Christ's Kingdom. Will the Diocesan Assembly President, or her- representative, please present the Charter?

Presenter It is my privilege to present to you the Charter of the Crowned with Grace Chapter of The Order of the Daughters of the King® so that you may formally institute the chapter.

*Facing the altar*

Clergy O God, the strength of all who put their trust in you, bless and hallow this Charter of the Crowned with Grace Chapter of The Order of the Daughters of the King®, that all your servants who shall take the vows of prayer and service may have the strength and courage to faithfully fulfill them for the sake of Jesus Christ our Lord. Amen.

*Facing the congregation*

Clergy In accordance with the constitution of The Order of the Daughters of the King® and by my authority as clergy of the parish, I hereby declare the Crowned with Grace Chapter duly instituted in this parish. We are now ready to admit its members.

## THE SERVICE OF ADMISSION FOR SENIOR MEMBERS

Presenter It is my privilege to present

Connie Boyd  
Sarah Burr  
Emily Casteen  
Jackye Finnie  
Valerie Johnson  
Heather Shore  
Clare Stern-Burbano

as candidates for membership in The Order of the Daughters of the King®.

Clergy We are gathered here in the sight of God and before this congregation to admit these women into The Order of the Daughters of the King®. We commend them to your earnest prayers that they may have grace to fulfill the obligations of the Order and that their labors may be to the glory of God and to the welfare of all His people.

*Addressing the candidates*

Clergy The Daughters of the King is an Order for women whose mission is the extension of Christ's Kingdom, especially among women and girls, through prayer, service, and evangelism. Do you desire to become a member of The Order of the Daughters of the King®?

Candidates I do.

Clergy Do you promise to obey faithfully the two Rules of the Order, the Rule of Prayer and the Rule of Service? To offer your support to the clergy for the good of the parish and the extension of Christ's kingdom? To wear faithfully the cross of the Order? And to work for its purposes, as God may give you the opportunity?

Candidates I do with God's help.

Clergy In the name of the Father and of the Son and of the Holy Spirit, I receive and admit you as members of The Order of the Daughters of the King®.

*Addressing the congregation*

Clergy Will you support these women in their ministry of prayer and service?

**Congregation We will.**

*The clergy blesses the crosses.*

Clergy Bless, O Lord, these crosses and grant to your servants now admitted into this Order such an abundance of your grace that they may wear this sacred symbol in the spirit of humility and with devotion to the service of the King of kings. Amen.

*Each new member is presented her cross with the following words*

“Accept and wear faithfully the cross of the Order, remembering the words of our Lord Jesus Christ, “Take up your cross and follow me.”

New Members Almighty God, help me to pray so faithfully that I may draw near to you and learn your will. Help me to serve so joyfully that others may be drawn to you. May your Holy Spirit guide me each day, that all I think, do, or say may be pleasing in your sight. I ask it all for the sake of Him whose cross I wear, my King and Savior, Jesus Christ. Amen.

All Members O Eternal Father, you have sent us your Son to teach us things pertaining to your heavenly Kingdom. Give your blessing to our Order wherever it may be throughout the world. Grant that we, your Daughters, ever may discern your truth and bear the cross through the battles of our earthly life. Give us strength to overcome temptation and the grace to work to spread your Kingdom and to gather your scattered sheep within your fold. Pour out upon us the sevenfold gift of the Holy Spirit that we may always remember it is your work we are called to do; that all we think, do, or say may be pleasing in your sight. We ask it all For His Sake, our King and Savior, Jesus Christ. Amen.

Clergy May your love, O Lord, help the Daughters live lives of love, and may your holiness lead them to be examples of virtue, that they, strengthened by your Holy Spirit, may pray and serve you all their days, through Jesus Christ our Lord. Amen.

Clergy The blessing of God Almighty, Father, Son, and Holy Spirit be upon you and remain with you always. Amen.

## The Holy Communion

### OFFERTORY SENTENCE

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Presider Walk in love, as Christ loved us and gave himself for us, a fragrant offering and sacrifice to God.  
*Ephesians 5:2*

### OFFERTORY ANTHEM: “Christ is the world's true light”

Walter Kendall Stanton (1891-1978)  
text: G.W. Briggs

Christ is the world's true Light, its Captain of salvation;  
the Daystar clear and bright of every man and nation.  
New life, new hope awakes where'er men own his sway;  
freedom her bondage breaks, and night is turned to day.

In Christ all races meet, their ancient feuds forgetting,  
the whole round world complete, from sunrise to its setting.  
When Christ is throned as Lord, men shall forsake their fear;  
to ploughshare beat the sword, to pruning hook the spear.

One Lord, in one great Name unite us all who own thee;  
cast out our pride and shame, that hinder to enthrone thee.  
The world has waited long, has travailed long in pain;  
to heal its ancient wrong, come Prince of Peace and reign.

\* PRESENTATION HYMN: 129 "Christ upon the mountain peak"

1 Christ up - on the moun - tain peak stands a - lone in  
 2 Trem - bling at his feet we saw Mo - ses and E -  
 3 Swift the cloud of glo - ry came. God pro - claim - ing  
 4 This is God's be - lov - ed Son! Law and pro - phets

glo - ry blaz - ing; let us, if we dare to speak,  
 li - jah speak - ing. All the pro - phets and the Law  
 in its thun - der Je - sus as his Son by name!  
 fade be - fore him; first and last and on - ly One,

with the saints and an - gels praise him. Al - le - lu - ia!  
 shout through them their joy - ful greet - ing. Al - le - lu - ia!  
 Na - tions cry a - loud in won - der! Al - le - lu - ia!  
 let cre - a - tion now a - dore him! Al - le - lu - ia!

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\* THE GREAT THANKSGIVING, Eucharistic Prayer B

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*Celebrant* *People*  
 The Lord be with you. And al - so with you.

*Celebrant* *People*  
 Lift up your hearts. We lift them to the Lord.

*Celebrant*  
 Let us give thanks to the Lord our God.

*People*  
 It is right to give our thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

*Here a Proper Preface is sung or said on all Sundays, and on other occasions as appointed.*

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

All

S128: The Holy Eucharist II, Holy, holy, holy Lord: *Sanctus*

Ho - ly, ho - ly,  
ho - ly Lord, God of power and might,  
heaven and earth are full of your glo - ry. Ho-san-na in the  
high - est. Bless - ed is he who  
comes in the name of the Lord. Ho-san-na in the high-est.

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Presider

We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to be your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

All

**We remember his death,  
We proclaim his resurrection,  
We await his coming in glory;**

Presider And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with [\_\_\_\_\_ and] all your saints, we may enter the everlasting heritage of your children; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation. By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever.

All AMEN.

Presider And now, as our Savior Christ has taught us, we are bold to say,

All Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom, and the power,  
and the glory, for ever and ever. Amen.

### Breaking of the Bread

Presider Alleluia. Christ our Passover is sacrificed for us;

People Therefore let us keep the feast. Alleluia.

All S165: The Holy Eucharist, Fraction Anthem: Jesus, Lamb of God: *Agnus Dei*

Je - sus, Lamb of God: Have mer - cy

on us. Je - sus, bear - er of our sins: Have mer - cy

on us. Je - sus, re - deem - er of the world: Give us your peace.

Music: William Mathias (b. 1934). Copyright: © 1976, Oxford University Press, Inc. All Rights Reserved. Reprinted under OneLicense.net #A-710278.

Presider The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

*All are welcome to receive communion or a blessing.*

*For gluten-free bread, cross your hands palms down. For a blessing, cross your hands over your chest.*

*On the first Sunday of each month, prayer for healing is offered at the prayer desk until the close of worship.*

### Prayer for Spiritual Communion

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen.

— From *The Prayer Book for the Armed Services*

### Communion Anthem: “Christ, whose glory fills the skies”

Jonathan Dimmock (b. 1957)

text: Charles Wesley

Christ, whose glory fills the skies,  
Christ, the true, the only Light,  
Sun of Righteousness, arise,  
Triumph o'er the shades of night;  
Dayspring from on high, be near;  
Day-star, in my heart appear.

Dark and cheerless is the morn  
Unaccompanied by thee;  
Joyless is the day's return  
Till thy mercy's beams I see;  
Till they inward light impart,  
Glad my eyes, and warm my heart.

Visit then this soul of mine,  
Pierce the gloom of sin and grief;  
Fill me, radiance divine,  
Scatter all my unbelief;  
More and more thyself display,  
Shining to the perfect day.



Communion Hymn: 133 "O Light of Light, Love given birth"

1 O Light of Light, Love giv - en birth; Je - sus, Re -  
 2 Two pro - phets, who had faith to see, with your e -  
 3 May all who seek to praise a - right through pur - er

deem - er of the earth: more bright than day your face did  
 lect found com - pan - y; the heavens a - bove your glo - ry  
 lives show forth your light. To you, the King of glo - ry,

show, your rai - ment whit - er than the snow.  
 named, your Fa - ther's voice his Son pro - claimed.  
 now all

*Final Ending*  
 faith - ful hearts a - dor - ing bow.

Words: Latin, 10th cent.; tr. Laurence Housman (1865-1959), alt. Music: *Elmhurst*, Cary Ratcliff (b. 1953). Copyright: Music: © 1982, Cary Ratcliff. All rights reserved. Reprinted under OneLicense.net #A-710278.

BURIAL OF THE ALLELUIA

\* POSTCOMMUNION PRAYER

page 366

Presider Let us pray.

All Almighty and everliving God,  
 we thank you for feeding us with the spiritual food  
 of the most precious Body and Blood  
 of your Son our Savior Jesus Christ;  
 and for assuring us in these holy mysteries  
 that we are living members of the Body of your Son,  
 and heirs of your eternal kingdom.  
 And now, Father, send us out  
 to do the work you have given us to do,  
 to love and serve you  
 as faithful witnesses of Christ our Lord.  
 To him, to you, and to the Holy Spirit,  
 be honor and glory, now and for ever. Amen.

\* THE BLESSING

\* DISMISSAL

*Following the dismissal,*

People Thanks be to God.

\* CLOSING HYMN: 473 "Lift high the cross"

*Refrain*

Lift high the cross, the love of Christ pro - claim  
 till all the world a - dore his sa - cred Name.

Led on their way by this tri - um - phant sign,  
 Each new - born ser - vant of the Cru - ci - fied  
 O Lord, once lift - ed on the glo - rious tree,  
 So shall our song of tri - umph ev - er be:

*Repeat Refrain*

the hosts of God in con - quering ranks com - bine.  
 bears on the brow the seal of him who died.  
 as thou hast prom - ised, draw the world to thee.  
 praise to the Cru - ci - fied for vic - to - ry.

Words: George William Kitchin (1827-1912) and Michael Robert Newbolt (1874-1956) Music: *Crucifer*, Sydney Hugo Nicholson (1875-1947); desc. Richard Proulx (1937-2010). Copyright: Words: Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). Used by permission. Music: Copyright © 1974 by Hope Publishing Co., Carol Stream, IL. 60188). Used by permission. All rights reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Postlude on *Michael*

Arthur Wills (1926-2020)

Serving Today

Presider	The Very Rev. Dr. Andrew C. Keyse
Preacher	The Rev. W. James Yazell
Deacon of the Word	The Rev. Barbara Wegener
Deacon of the Table	The Rev. CJ Duffie
Musicians	The Trinity Choir, Dr. Lucas Fletcher, Dr. William McCandless
Lector	Ken Stewart
Intercessor	Mike Bennett
Eucharistic Ministers	Curtis Hamilton, Ric Sweeting
Acolytes	Jonah Fahnestock, Brenda Colburn, Harrison Mattson, Athan Nichols
Ushers	Nigel Jones, Greg Smith, Steve Moore
Greeters	Bob Packett, Sheri Packett
Altar Guild	Phaedra Fahnestock, Paget Higgins, Claudia Risebig, Sharon Hudson
Sound/Livestreaming	Julian Mattson, Chris Morrison
Cathedral Kids	Clare Stern-Burbano, Joan Bergstrom
Holy Hands Hospitality	Shrove Sunday Pancake Volunteers
Oblation Bearers	Joyce Gillespie, Donna Knoell
Healing Minister	Janet Sweeting

# Cathedral Prayer List

**Pray for:** Phineas Gitta; Sally Livengood; Sheri Packett; Meribeth Risebig; Rebecca Rezaei; 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; Sandra Fuhrman; Glen and Terri Wesner; Those impacted by fire in California; Those injured by gun violence in Queens, NY; Those injured in New Orleans; Diego Garcia; Gail; Leesa Fanning; Lisa Helgenkamp; Isaiah Russell III; All families affected by gun violence; Charlotte Colburn; Joyce Morrow; All those fighting cancer; Mike Barzee & Family; Larry McMullen; Gloria Stocks; Jim Royer; Thaddeus Samuel Withers; Yvonne Kehoe Meier; First Responders

**Comfort and Peace:** the family and friends of Doyle White; all families affected by gun violence; 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 Randy Mueller; the family and friends of those lost and injured in the Wisconsin school shooting; 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

**Pray for the Departed:** Doyle White; 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; those lost in war; those who have died from gun violence

**Diocesan Prayer Cycle:** The Moravian Church Center, Bethlehem, PA — The Rev. Dr. Elizabeth D. Miller, PEC President, Northern

Priests of the Diocese of West Missouri

To place a person on this prayer list, please contact Deacon Barbara Wegener, [bwegener@kccathedral.org](mailto:bwegener@kccathedral.org).

Requests are held in prayer for 90 days.

View the prayer list anytime: [kccathedral.org/prayers](http://kccathedral.org/prayers)

# Birthdays & Anniversaries

## March 2

Chris Morgan  
Zoë Jones  
Hayden McNeil

## March 3

Phyllis Biddle  
James Norris

## March 4

Mia McKeown  
Bob Richmond

## March 5

Mathias Nichols

## March 6

Jim Clark  
Cliff Dubroc

## March 7

Byron McNeil  
Emily Featherston

## March 6

Paul Morel

Please contact the Cathedral office if we have omitted your birthday or anniversary: [jtoma@kccathedral.org](mailto: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](http://kccathedral.org/flowers) or contact Julie Toma, [jtoma@kccathedral.org](mailto: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](mailto:smoore@skeltonmoore.com); Nigel Jones, *Junior Warden*, [redbox712@gmail.com](mailto:redbox712@gmail.com), (405) 747-6550; Chip Buckner, *Treasurer*; Blain Lagergren, *Clerk*; Bill Boyd; Julie Brogno; Colin Chambers; Pat Decker; Paget Higgins; Steve King; Christine Morrison; Mathias Nichols; Charles Shipley

# Today's Focal St. John's Bible Illumination

## “The Transfiguration” (Luke 9:28-36)

Utilizing the Illumination from Mark 9:2-10 [See bulletin cover for image]

The narrative of Jesus' transfiguration closes the season of Epiphany and is immediately followed by Lent with its focus upon the events that will complete Jesus' messianic mission. The transfiguration's "metamorphosis" (or "complete change of form") depicts one of the greatest "epiphanies" (i.e., manifestations, unveilings, or disclosures) of the entire Bible. Its significance to the gospel tradition is expressed through the fact that all three synoptic writers include it in their accounts (Matthew 17:1-8, Mark 9:2-10, and Luke 9:28-36).

Several pivotal declarations provide important foundations for understanding the transfiguration and supply contextual clues which help clarify its meaning. These include: Peter's confession of Jesus' messiahship, Jesus' prediction of his crucifixion, Jesus' assertion that the disciples must be willing to die for him, and Jesus' announcement that the Kingdom of God would come in power before some of them died. In light of this, Jesus' transfiguration, like his baptism, confirms his sonship and authority at a critical juncture in his mission.

Aidan Hart's illumination connects several fundamental elements which have significance for Jesus' identity: the creation, the Exodus, the prophetic tradition, the incarnation ("The Word became flesh"), and the triune Godhead. In this depiction the brightness of his face and clothes symbolizes the radiant glory of God in Jesus as well as his role as the

bearer of God's glory to humanity. The crosses in Jesus' robe are the same as those in the John frontispiece ("The Word Made Flesh" illumination). Here his robe is dazzling. Gold shoots through the crosses manifesting all that is being revealed through this metamorphosis – Jesus' divine, cosmic, and transcendent nature and redemptive acts.

The presence of Moses (the lawgiver) and Elijah (the prophetic tradition) symbolize the completion of the old order through the work of Jesus. The cloud is reminiscent both, of the cloud that guided the Israelites during the Exodus, and of God's abiding presence with trusting disciples throughout history. As at Jesus' baptism, God's voice confirms Jesus' divine identity and his authority via the words, "This is My son, the Beloved. Listen to him." In addition, the sky points back to the Word's role (see John 1) in creation as well as to the significance of the transfiguration on the cosmic scale of God's workings.

Note that "The Transfiguration" illumination has no border. Why is this feature significant? What does it suggest about God's nature and activity? Also, note that Moses' and Elijah's feet are planted on the ground but the transfigured Jesus' feet are not. What does this suggest to you about the truth this "unveiling" event intends to convey?

Cover Art: *Transfiguration*, Donald Jackson with contributions from Aidan Hart, Copyright 2002, *The Saint John's Bible*, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

## 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
- 6:30 p.m. Rehearsal: Bell Choir

### Thursday

- 7 p.m. Rehearsal: Trinity Choir

Learn more about our weekly services and opportunities for study and fellowship: [kccathedral.org](http://kccathedral.org)

# 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.

### 10:30 a.m. • Worship

### 6 p.m. • Youth Group

Join us for dinner and fellowship in the Youth Room.

## Prayers for GHTC Youth

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](mailto: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](http://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](http://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](http://kccathedral.org/adultformation/lbs) for more details.

# News & Events from the Diocese

For RSVP/registration & more info: [diowestmo.org/events](http://diowestmo.org/events)

## Bishop's Farewell Eucharist & Party Friday, March 14 • 6-9 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. We look forward to celebrating this meaningful occasion with all of you as we bid farewell to Bishop Diane.

## 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 Dafler 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](mailto:info@diowestmo.org) for further details. Donate online at [diowestmo.org](http://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.

## 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.

# 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. Friendly volunteers are needed to break down pallets of shelf-stable and frozen food 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:

March 15, April 19

To volunteer or for more information, contact Deacon Barbara 816.739.8032 or [bwegener@kccathedral.org](mailto:bwegener@kccathedral.org).

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

Sign up for a shift at [petesgarden.org/volunteer](http://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. 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.

Sign up for a shift at [theprospectkc.org/nourish-kc](http://theprospectkc.org/nourish-kc).

# Announcements & Upcoming Events

## **March: Food Drive for JFSKC Pantry in Brookside**

We are collecting food for Jewish Family Services Pantry in Brookside. *Suggested items to bring:* Canned Meat, Canned Fruit or Vegetables, Macaroni & Cheese and Packaged Mashed Potatoes, Packaged Dessert Mixes.

The JFS Food Pantries in Kansas and Missouri distributes over 29,000 pounds of food to over 400 families each month. Your donation goes directly to the shelves in the pantry, helping people right in our community. You may leave items in the box in the Tower.

## **Lenten Preparation: Making a Spiritual Assessment & Developing a Rule of Life**

**Ash Wednesday, March 5 • 5:30-6:45 p.m.**

### **Common Room**

*“All of Lent is moving towards the passion and resurrection of Jesus, culminating at Easter with baptisms or the renewal of baptism. Lent prepares us for this grace by taking us into the mystery of the cross, our bridge from death to life. It is the season to probe sources of bondage and diminishment: What feels like death just now? What is holding us back from fullness of life in Christ? Our renewing of baptism entails searching self-examination and repentance. We must undergo a death to sin and all forms of resistance to God.” -Julia Gatta*

Lent is a time to check in on our spiritual life, to renew our commitment to life in Christ, and to take on new practices to deepen that life. In this workshop, you will be guided through a self-assessment of your current spiritual life and explore the use of a systematic approach to the spiritual life known as a Rule of Life. This workshop is for anyone looking to develop a guide for their spiritual practice or to review and renew their current practice.

## **New Women’s Ministry at the Cathedral: The Order of the Daughters of the King**

Today, during the 10:30 a.m. service, we celebrate the official establishment of a new women’s ministry at Grace and Holy Trinity Cathedral—the *Crowned with Grace Chapter* of the Order of the Daughters of the King®. During this special service, new members will be admitted into the Order, committing to a lifelong dedication of prayer, service, and sharing the love of Christ.

The Order of the Daughters of the King® is a community of women who desire a deeper relationship with God and seek to support one another through prayer and service. This Order is open to all women who feel called to strengthen their faith and grow in discipleship.

If you are interested in learning more, we invite you to reach out to chapter president Kelsey Leftwich-Yazell.

## **Lenten Study: Women’s Bible Study Starts March 4**

The Women’s Bible Study group (WBS) meets on Zoom Tuesdays at 12:30 p.m. for an hour or so. We use various study series that lead us into discussion which are lively, thought-provoking and often irreverent. We’d love to have you join us whether or not you have the book. WBS will be starting a Lenten study based on the book *Give Up Something Bad For Lent* by James Moore. This study focuses on giving up something that is destructive in our spiritual lives. For more information contact Lissa Hoeplich ([lhoeplich@gmail.com](mailto:lhoeplich@gmail.com)).

Zoom Meeting ID: 810 8837 7522

Passcode: 746100

## **The Daily Office: Morning Prayer Starts this 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.

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.

## **Evensong: Sunday, March 16 • 5 p.m.**

Choral Evensong is a service offered by members of the Trinity Choir. This contemplative service lasts about 45 minutes and includes hymns, scripture readings, prayers, chanted Psalms, canticles and a choir anthem. With its origins in Archbishop Thomas Cranmer’s Book of Common Prayer (1549), Evensong is one of the most uniquely Anglican liturgies and is sung in cathedrals and parishes throughout the world.

# Announcements & Upcoming Events

## The Last Hurrah before Lent: Pancakes & Jambalaya

Signups at [kccathedral.org/upcoming-events](http://kccathedral.org/upcoming-events)

### Shrove Sunday Pancake Breakfast TODAY • 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.

### Invite friends or neighbors!

Grab invite cards at the back of the Nave or  
find shareable graphics at  
[kccathedral.org/upcoming-events](http://kccathedral.org/upcoming-events).



# ASH WEDNESDAY

## MARCH 5

7 A.M. + 12:05 P.M. + 7 P.M.

Ash Wednesday is a solemn day in the Episcopal Church. We gather to reflect on our mortal nature, confess our sins, and receive God's grace.

This day also marks the beginning of Lent, a time of preparation for the great festival of Easter.

The 7 a.m. service is spoken.

The 12:05 service will include hymns and organ music.

The 7 p.m. service will include the Trinity Choir.

*Noonday Prayer will be broadcast at noon and the 7 p.m. service will be livestreamed.*

## Praying the Lenten Gospels: Embodying Ourselves in the Wilderness

Wednesdays, March 12, 19, 26, April 2 • 6:30-7:45 p.m.

Dean Keyse will lead four Lenten meditations in which participants will listen to the corresponding Gospel for the upcoming Sunday, Year C, and begin to picture themselves within the story. Each meditation will utilize images and music associated with that particular Gospel. With the image before us, we will hear the reading and immerse ourselves within the wilderness of Lent. Time for reflection and discussion will follow. The Gospels we will use are Luke 13:31-35; Luke 13:1-9; Luke 15:1-3, 11b-32; and John 12:1-8.

Registration is required. [Link at kccathedral.org/upcoming-events](http://kccathedral.org/upcoming-events)  
Use the coupon code **GRACE** to register for free.

