

GRACE AND HOLY TRINITY EPISCOPAL CATHEDRAL



"The Temptation of Christ" by Ilya Repin (1844-1930). Public Domain.

The First Sunday in Lent

March 9, 2025 • 8 a.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.*



HOLY EUCHARIST

VOLUNTARY: *Sei gegrüßet, Jesu gütig* ("Hail to you, kind Jesus"), BWV 768 - Chorale, Var. 1 & 2 J.S. Bach (1685-1750)

The Word of God

THE GREAT LITANY *Please kneel, as able.*

from *Enriching Our Worship 1*

Leader	Holy God, Creator of heaven and earth,
People	Have mercy on us.
Leader	Holy and Mighty, Redeemer of the world,
People	Have mercy on us.
Leader	Holy Immortal One, Sanctifier of the faithful,
People	Have mercy on us.
Leader	Holy, blessed and glorious Trinity, One God,
People	Have mercy on us.
aLeader	From all evil and mischief; from pride, vanity and hypocrisy; from envy, hatred and malice; and from all evil intent,
People	Savior deliver us.
Leader	From sloth, worldliness and love of money; from hardness of heart and contempt for your word and your laws,
People	Savior deliver us.
Leader	From sins of body and mind; from deceits of the world, the flesh and the devil,
People	Savior deliver us.
Leader	From famine and disaster; from violence, murder, and dying unprepared,
People	Savior deliver us.
Leader	In all times of sorrow; in all times of joy; in the hour of our death and at the day of judgment,
People	Savior deliver us.
Leader	By the mystery of your holy incarnation; by your birth, childhood and obedience; by your baptism, fasting and temptation,
People	Savior deliver us.
Leader	By your ministry in word and work; by your mighty acts of power; by the preaching of your reign,
People	Savior deliver us.
Leader	By your agony and trial; by your cross and passion; by your precious death and burial,
People	Savior deliver us.
Leader	By your mighty resurrection; by your glorious ascension; and by your sending of the Holy Spirit,
People	Savior deliver us.

Leader Hear our prayers, O Christ our God.
People Hear us, O Christ.
 Leader Govern and direct your holy Church; fill it with love and truth; and grant it that unity which is your will.
People Hear us, O Christ.
 Leader Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.
People Hear us, O Christ.
 Leader Enlighten your bishops, priests and deacons with knowledge and understanding, that by their teaching and their lives they may proclaim your word.
People Hear us, O Christ.
 Leader Give your people grace to witness to your word and bring forth the fruit of your Spirit.
People Hear us, O Christ.
 Leader Bring into the way of truth all who have erred and are deceived.
People Hear us, O Christ.
 Leader Strengthen those who stand; comfort and help the fainthearted; raise up the fallen; and finally beat down Satan under our feet.
People Hear us, O Christ.

Leader Guide the leaders of the nations into the ways of peace and justice.
People Hear us, O Christ.
 Leader Give your wisdom and strength to the President of the United States, the governors of our states and the mayors of our cities, that in all things they may do your will, for your glory and the common good.
People Hear us, O Christ.
 Leader Give to the Congress of the United States, the members of the President's Cabinet, those who serve in our state legislature, and all others in authority the grace to walk always in the ways of truth.
People Hear us, O Christ.
 Leader Bless the justices of the Supreme Court and all those who administer the law, that they may act with integrity and do justice for all your people.
People Hear us, O Christ.
 Leader Give us the will to use the resources of the earth to your glory and for the good of all.
People Hear us, O Christ.
 Leader Bless and keep all your people,
People Hear us, O Christ.

Leader Comfort and liberate the lonely, the bereaved and the oppressed.
People Hear us, O Christ.
 Leader Keep in safety those who travel and all who are in peril.
People Hear us, O Christ.
 Leader Heal the sick in body, mind or spirit, especially those on the Cathedral Caregivers prayer list and provide for the homeless, the hungry and the destitute.
People Hear us, O Christ.
 Leader Guard and protect all children who are in danger.
People Hear us, O Christ.
 Leader Shower your compassion on prisoners, hostages and refugees, and all who are in trouble.
People Hear us, O Christ.
 Leader Forgive our enemies, persecutors and slanderers, and turn their hearts.
People Hear us, O Christ.
 Leader Hear us as we remember those who have died and grant us with them a share in your eternal glory.
People Hear us, O Christ.

Leader Give us true repentance; forgive us our sins of negligence and ignorance and our deliberate sins; and grant us the grace of your Holy Spirit to amend our lives according to your word.

People **Holy God,
Holy and Mighty,
Holy Immortal One,
Have mercy on us.**

* COLLECT OF THE DAY

Presider The Lord be with you.

People **And also with you.**

Presider Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

THE LESSONS

First Lesson: Deuteronomy 26:1-11

Lector When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

The Word of the Lord.

People **Thanks be to God.**

Psalm 91:1-2, 9-16 *read by alternating whole verse*

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He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

**He shall say to the Lord, "You are my refuge and my stronghold, *
my God in whom I put my trust."**

Because you have made the Lord your refuge, *
and the Most High your habitation,

There shall no evil happen to you, *
neither shall any plague come near your dwelling.
 For he shall give his angels charge over you, *
 to keep you in all your ways.
They shall bear you in their hands, *
lest you dash your foot against a stone.
 You shall tread upon the lion and adder; *
 you shall trample the young lion and the serpent under your feet.
Because he is bound to me in love, therefore will I deliver him; *
I will protect him, because he knows my Name.
 He shall call upon me, and I will answer him; *
 I am with him in trouble; I will rescue him and bring him to honor.
With long life will I satisfy him, *
and show him my salvation.

Second Lesson: Romans 10:8b-13

Lector "The word is near you,
 on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

The Word of the Lord.

People **Thanks be to God.**

* THE HOLY GOSPEL: Luke 4:1-13

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

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

Gospeller After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,
 and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,
 to protect you,'

and

‘On their hands they will bear you up,
so that you will not dash your foot against a stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’” When the devil had finished every test, he departed from him until an opportune time.

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.

* 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.

The Holy Communion

OFFERTORY SENTENCE

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

* OFFERTORY HYMN: 142 "Lord, who throughout these forty days"

1 Lord, who through-out these for - ty days for us didst fast and pray,
2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
5 A - bide with us, that so, this life of suf - fering o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
2 O give us strength in thee to fight, in thee to con-quer sin.
3 to die to self, and chief - ly live by thy most ho - ly word.
4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Hernaman (1838-1898). Music: *St. Flavian*, melody from *Day's Psalter*, 1562; adapt. and harm. Richard Redhead (1820-1901). All Rights Reserved. Reprinted under OneLicense.net #A-710278.

* THE GREAT THANKSGIVING, Eucharistic Prayer A

Presider The Lord be with you.
People And also with you.
Presider Lift up your hearts.
People We lift them to the Lord.
Presider Let us give thanks to the Lord our God.
People It is right to give God thanks and praise.

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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 **Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Presider Holy and gracious Father: In your infinite love you made us for yourself; and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, 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 we proclaim the mystery of faith:

All **Christ has died.**

Christ is risen.

Christ will come again.

Presider We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ. 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

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Presider Christ our Passover is sacrificed for us;
People Therefore let us keep the feast.
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.

COMMUNION

*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.

* POSTCOMMUNION PRAYER

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Presider Let us pray.
All Eternal God, heavenly Father,
 you have graciously accepted us as living members
 of your Son our Savior Jesus Christ,
 and you have fed us with spiritual food
 in the Sacrament of his Body and Blood.
 Send us now into the world in peace,
 and grant us strength and courage
 to love and serve you
 with gladness and singleness of heart;
 through Christ our Lord. Amen.

* PRAYER OVER THE PEOPLE

Presider Grant, Almighty God, that your people may recognize their weakness and put their whole trust in your strength, so that they may rejoice for ever in the protection of your loving providence; through Christ our Lord. Amen.

* DISMISSAL

Following the dismissal,

People Thanks be to God.

* CLOSING HYMN: 448 "O love, how deep, how broad, how high"



1 O love, how deep, how broad, how high, how pass - ing
 2 For us bap - tized, for us he bore his ho - ly
 3 For us he prayed; for us he taught; for us his
 4 For us to wick - ed hands be - trayed, scourged, mocked, in
 5 For us he rose from death a - gain; for us he
 6 All glo - ry to our Lord and God for love so



1 thought and fan - ta - sy, that God, the Son of
 2 fast and hun - gered sore; for us temp - ta - tions
 3 dai - ly works he wrought: by words and signs and
 4 pur - ple robe ar - rayed, he bore the shame - ful
 5 went on high to reign; for us he sent his
 6 deep, so high, so broad; the Trin - i - ty whom



1 God, should take our mor - tal form for mor - tals' sake.
 2 sharp he knew; for us the tempt - er ov - er - threw.
 3 ac - tions, thus still seek - ing not him - self, but us.
 4 cross and death; for us gave up his dy - ing breath.
 5 Spi - rit here to guide, to strength - en, and to cheer.
 6 we a - dore for ev - er and for ev - er - more.

Words: Latin, 15th cent.; tr. Benjamin Webb (1819-1885), alt. Music: *Deus tuorum militum*, from *Antiphoner*, 1753; adapt. *The English Hymnal*, 1906, alt.; harm. after Basil Harwood (1859-1949). All rights reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Fugue in D minor, Op. 37

Felix Mendelssohn (1809-1847)

Serving Today

Presider	The Rev. W. James Yazell
Preacher	The Very Rev. Dr. Andrew C. Keyse
Deacon of the Word	The Rev. CJ Duffie
Deacon of the Table	The Rev. Barbara Wegener
Organist	Dr. Lucas Fletcher
Lector	Chuck Ritter
Eucharistic Minister	Terri Curran
Ushers	Jim Crum
Altar Guild	Sharon Hudson

Cathedral Prayer List

Pray for: Christine Copeland; 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; Phineas Gitta; Sally Livengood; 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; 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 Anglican Communion, London, England — Archbishop of Canterbury
Episcopal Relief and Development

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

March 9

Ron Michka

March 10

Jane Pfeffer
Janet Sweeting
Cecil Neal

March 11

Richard Moore

March 12

Larry McMullen
Cathy Thomas

March 13

Christopher Kirby

March 14

Doris Biellier

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; Paget Higgins; 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.

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

Today: Chapter 18

March 16: Chapter 19

In our Adult Formation this year we are taking 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. 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.

Episcopal Relief & Development Sunday

A Day to Remember Those in Need

Congregations are invited to observe Episcopal Relief & Development Sunday on the first Sunday in Lent or another convenient Sunday. This year Episcopal Relief & Development Sunday officially falls on March 9, 2025. We invite all Episcopalians to join together on Episcopal Relief & Development Sunday, and throughout the Lenten season, to pray for those living in need.

Each year, Episcopal Relief & Development facilitates healthier, more fulfilling lives for more than 3 million people around the world struggling with hunger, poverty, disaster and disease. The organization works with Anglican partners to create long-term development strategies focused on delivering results in three signature program areas: **Women**, **Children** and **Climate**. In addition, our **US Disaster Program** offers critical resources and training to help people prepare for disasters and provide emergency support so vulnerable communities can make a full and sustained recovery. Visit www.episcopalrelief.org to learn more about our programs for women, children and climate.

Sow Seeds of Lasting Change

Your generous contribution will strengthen communities and make a lasting difference in fighting poverty, hunger, disease and disasters around the world.

Please make checks payable to Episcopal Relief & Development
Mail to: P.O. Box 7058, Merrifield, VA 22116-7058
Donate online: www.episcopalrelief.org/donate



News & Events from the Diocese

For RSVP/registration & more info: 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 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.

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.

Today's Focal St. John's Bible Illumination

First Sunday of Lent, Jesus' Temptation (Luke 4:1-13)

Utilizing the "Baptism of Jesus" Illumination (Mark Frontispiece)

The illuminations in Saint John's Bible often unite multiple biblical lessons into a single depiction. This is certainly the case with the "Baptism of Jesus" illumination. During Advent, focus was placed on the image of John the Baptist and the illumination's portrayal of his role as the forerunner of the Messiah. Then, during the season of Epiphany, emphasis was given to the illumination's message concerning Jesus' baptism and its role in the inauguration of his earthly ministry. Now, during Lent, we once again return to the same illumination, this time concentrating upon a portion of the panel that portends the temptations awaiting Jesus immediately following his baptism. Thus, this illumination constitutes a complex visual depiction which connects multiple scriptural narratives into a more comprehensive theological overview.

Notice that just above the horizon on the left side of the panel are several pairs of red eyes, two large arachnids, and several shadowy entities (possibly implying spiritual forces of darkness) intimating danger which is hidden alongside the amazing divine activity that is being unveiled. According to the gospel text, following his baptism, Jesus immediately headed into the desert where he was tempted. The Saint John's Bible does not include artwork portraying the nature of these temptations but hosts of commentators over the centuries have suggested that they symbolize seductions that we all face during the course of life. First, there is the temptation to be relevant (turning a stone into bread), which might include being driven to

control and be efficient. It involves the achievement of an outcome regardless of its costs, its consequences, or who might get destroyed in the process. Second, comes the temptation to do something spectacular (jumping from the pinnacle of the temple) as a means to attract attention, win followers, and gain influence. Finally, there is the temptation to power (gaining authority over all the kingdoms of the world) a human drive for domination over people and things which is a mode of being that stands in stark contrast to the Christ who "did not cling to his divine power but emptied himself and became as we are."

In this illumination we are taught that being a disciple of Christ is not likely to engender a life of ease. Hidden among the amazing wonders of God's actions (which may be attractive to us) are the often-unseen forces of temptation and evil at work seeking ways to thwart and overturn the workings of God (forces which may challenge us should we choose the way of discipleship).

This illumination's attention to Jesus' humanity is intended to assure us that God knows our fragile human condition under these circumstances. God is close to us even during periods of temptation in part because he has been where we are. God accepts us in our frailties and forgives us when we sincerely confess and repent of sin. Because of God's work through Christ ("he was tested in every way as we are"), we can live in hope.

Note that in the sky above the head of John the Baptist is an image of the arches of the Cathedral of Santiago de Compostela. What might the image of this renowned pilgrimage center suggest about the nature and purpose of Lent? How does it fit into the message portrayed by this illumination?



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:

March 15

April 19

To volunteer or for more information, contact Deacon Barbara 816.739.8032 or 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.

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.

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

Monday

- 9 a.m. Morning Prayer*

*Streamed on YouTube @kccathedral
+On Zoom

Tuesday

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

Wednesday

- 9 a.m. Morning Prayer*
- 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

- 9 a.m. Morning Prayer*
- 7 p.m. Rehearsal: Trinity Choir

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

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 Study: Women's Bible Study

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 Hoeprich (lhoeprich@gmail.com).

Zoom Meeting ID: 810 8837 7522 Passcode: 746100

The Daily Office: Morning Prayer

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.

Ramadan Iftar Dinner

Sunday, March 23 • 6:30 p.m. • Founders' Hall

The Cathedral is partnering with the Dialogue Institute for a "Breaking of the Fast" (Iftar) during Ramadan.

The main dish and dessert will be provided by Turkish families within our community. We will provide salads and side dishes (vegetarian only). There will be a presentation and information sharing on what Ramadan means to our Muslim friends and to us. Please RSVP at kccathedral.org/upcoming-events.

Easter Flowers

Your generous gifts, in memory of or in thanksgiving for a loved one, help provide flowers. The Easter flower envelopes are available at the back of the Nave. Return the envelope to the office by Sunday, April 13, for your name to be included in the Easter bulletins. You can also give online (onrealm.org/GraceHolyTrinit/give/flowers) or text "GIVETOGHTC flowers" to 73256.

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.

