Grace and Holy Trinity EPISCOPAL CATHEDRAL

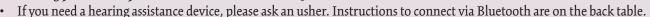


The Third Sunday in Lent

March 23, 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.



• 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: Aus tiefer Not schrei ich zu dir ("From deep affliction I cry out to you") G.F. Kauffmann (1679-1735)

* Penitential Order page 351

Presider Bless the Lord who forgives all our sins;

People His mercy endures for ever.

The Celebrant will add one of the sentences from page 351-352.

CONFESSION OF SIN please kneel, as able

page 352

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.

People Amen.

Presider Kyrie eleison. (Lord, have mercy.)

People Christe eleison. (Christ, have mercy.)

Presider Kyrie eleison. (Lord, have mercy.)

The Word of God

* Collect of the Day

Presider The Lord be with you.

People And also with you.

Presider Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; 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 3:1-15

Lector

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain."

But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." He said further, "Thus you shall say to the Israelites, 'I am has sent me to you." God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever, and this my title for all generations."

The Word of the Lord.

People Thanks be to God.

O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.

Therefore I have gazed upon you in your holy place, * that I might behold your power and your glory.

For your loving-kindness is better than life itself; * my lips shall give you praise.

So will I bless you as long as I live *
and lift up my hands in your Name.

My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips,

When I remember you upon my bed, * and meditate on you in the night watches.

For you have been my helper, * and under the shadow of your wings I will rejoice.

My soul clings to you; *
your right hand holds me fast.

Second Lesson: 1 Corinthians 10:1-13

Lector

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

The Word of the Lord.

People Thanks be to God.

* THE HOLY GOSPEL: Luke 13:1-9

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

People Glory to you, Lord Christ.

Gospeller At that very time there were some present who told Jesus about the Galileans whose blood Pilate had

mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down."

The Gospel of the Lord.

People Praise to you, Lord Christ.

SERMON

* The Nicene Creed page 358

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

Loving God who is our refuge and our strength; hear us we beg you; listen to our words and the longings of our hearts as we turn to you in prayer, saying, Lord in your mercy, hear our prayer.

Give strength to your people across the whole earth, that we may be the lights of the world in our

generations.

Lord in your mercy,

People

Hear our prayer.

Intercessor Give mercy to those in authority over us that they might be leaders in service to the well-being of all

people.

Lord in your mercy,

People Hear our prayer.

Intercessor Give hope and courage to this congregation, that together, we might be bold and courageous in taking

up Christ's ministries as our own.

Lord in your mercy,

People Hear our prayer.

Intercessor Give peace to our next bishop, Amy, and her family as they prepare to join us in our life and ministry.

Lord in your mercy,

People Hear our prayer.

Intercessor Give wisdom and determination to us and to all people, so that we might create a sustainable future for

the equitable use of the abundance of creation.

Lord in your mercy,

People Hear our prayer.

Intercessor Give wholeness to those bent and broken by sickness, pain, fear, oppression, or abuse, that they might

hold on to their own dignity as your beloved children. 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 Give comfort those who grieve and care to those who have died, and grant that we might all know

resurrected life in your new age. We pray especially for those we now name, either silently or aloud.

Lord in your mercy,

People Hear our prayer.

Presider God of creation and salvation; you have promised to answer when we knock. We offer these prayers

and all the intentions of our own hearts in the confidence of your promises, and we ask these through

our advocate and Lord, Christ Jesus. Amen.

* The Peace page 360

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



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.

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

page 364

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

page 365

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 Look mercifully on this your family, Almighty God, that by your great goodness they may be governed

and preserved evermore; through Christ our Lord. Amen.

* Dismissal

Following the dismissal,

People Thanks be to God.

* CLOSING HYMN: 344 "Lord, dismiss us with thy blessing"



Words: Att. to John Fawcett (1739/40-1817). Music: Sizilian Mariners, Sicilian melody; first published The European Magazine and London Review, 1792, alt. All rights reserved. Reprinted under OneLicense.net #A-710278.

VOLUNTARY: Herzlich tut mich verlangen ("I do desire dearly a blessed end")

J.P. Kirnberger (1721-1783)

Serving Today	
Presider	The Rev. W. James Yazell
Preacher	The Rev. CJ Duffie
Assisting	The Very Rev. Dr. Andrew C. Keyse
Organist	Dr. Lucas Fletcher
Lector	Joan Bergstrom
Eucharistic Minister	Terri Curran
Usher	Jim Crum
Altar Guild	Candy McDowell, Caroline John
	mags 10

Cathedral Prayer List

Pray for: David Ting; Glen and Terri Wesner; Phineas Gitta; David Barker; Luke "Skippy" Harbur; Rebecca Rezaei; Christine Copeland; Those injured in the school shooting in Nashville; Bob Sherwood; Ellen Goheen; Penny Sullivan; Meribeth Risebig; Sheri Packett; Sally Livengood; Rev. Miranda Cully; All those fighting cancer; Mike Barzee & Family; Larry McMullen; Those impacted by fire in California; Those injured by gun violence in Queens, NY; Those injured in New Orleans; Eric Anderson; Joyce Morrow; Gloria Stocks; Jim Royer; Thaddeus Samuel Withers; Yvonne Kehoe Meier; Ann Ryder; Juliana Johnson; Jonathan; First Responders; Sandra Fuhrman; Those impacted by the apartment fire in Independence; Isaiah Russell III; Charlotte Colburn; All families affected by gun violence;

Comfort and Peace: the family and friends of Jack Whitacre; the family and friends of Doyle White; 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; all families affected by gun violence

Pray for the Departed: Jack Whitacre; 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; those lost in war; those who have died from gun violence

Diocesan Prayer Cycle: The Episcopal Diocese of Missouri, St. Louis, Missouri — The Rt. Rev. Deon Johnson, Bishop The Stewardship Committee

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

Please contact the Cathedral office if we have omitted your birthday or anniversary.

March 24 Arica Clay

Frank Swyden

March 27

George & Joselyn Verschelden

March 25

Ho & Susan Ahn

March 28

Peg Brown

March 26

Helen Windsor Day Kerr March 29

Brooke Atwell

Today's flowers are dedicated to the glory of God and in celebration of the life of Ted Derrick.

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.

Mail your check to the Cathedral, text "GIVETOGHTC flowers" to 73256 to give using your mobile device or use the "Give" button on our website (top right side of the main menu).



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; Balin 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: Today, 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 19 March 30: Chapter 20

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.

Today's Focal St. John's Bible Illumination

Third Sunday of Lent – God's Presence and Guidance

"Isaiah 55:1-3 Annotation" (Isaiah 55:1-9 text)

How might you draw attention to a specific portion of text you wish to emphasize? Might you place an asterisk in the margin, or draw a box around the passage, or, perhaps, underline the words you wish to feature? When the Committee on Illumination and Text (CIT) of the Saint John's Bible project asked Donald Jackson to find a way to highlight the Isaiah 55:1-3 text, he decided to annotate the verses the same way many of us do when we find something meaningful while reading — he simply underlined it.

In the chapters preceding today's Old Testament lectionary reading, we encounter the narrative and illumination describing the "Suffering Servant." Following the horrors characterizing the servant's suffering in Isaiah chapters 52 and 53, Isaiah 55 offers a comforting invitation: "everyone who thirsts come to the waters, and you who have no

money, come, buy and eat!" Christians throughout the centuries have seen parallels between this passage and John's description of Jesus as the living water and of the eucharistic meal. Today's lectionary reading from Psalm 63 asserts that we all have a deep hunger and thirst — a palpable deep-seated longing for something that no amount of power, wealth, prestige, possessions, or earthly attainment can satisfy. The highlighted Isaiah text is an invitation for anyone who is suffering to come and be satisfied.

Isaiah 55:2 asks the haunting question, why would a person spend their limited years of life accumulating assets that lose value every day. When life's clock stops ticking and time ends, that person's life will not

consist of possessions, power, or position. As all were reminded at the start of Lent on Ash Wednesday, "from dust we came, to dust we shall return." The window of opportunity for responding to God's offer doesn't stay open forever. Isaiah advises, therefore, that we listen to God's invitation and heed his promises so that we might live — "Seek him while he may be found, call upon him while he is near" (v. 6).

Why do you think the CIT wanted the Saint John's Bible to draw special attention to the Isaiah 55:1-3 text? Does Jackson's method of annotation catch your attention? Does it cause you to pause and ask yourself, why are these verses underlined? If it does, then how do you find yourself responding – by listening; by searching for the food God offers here; by calling upon God; by turning to God; by seeking God's mercy; by pursuing

God's thoughts; by searching out God's ways?

After Isaiah's words of warning and invitation there comes a promise for those who accept God's offer, "your soul will delight

in the richest of fare" (v. 2). Lenten attentiveness can open our awareness to symbols and messages we often overlook in the normal rush of life. Indeed, what meaningful insights reside within the innocuous parameters of a seemingly simplistic annotation?

Jo, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.
Why do you spend your money for
that which is not bread,
and your labor for that which does not satisfy?
Listen carefully to me, and eat what is good,

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.

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:

April 19 May 17

June 21

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 quidelines.

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 hungerfree 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^

*In person and streamed on YouTube @kccathedral

+On Zoom

^In Person and streamed on Facebook @kccathedral

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 Eucharist6:30 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



TAKE, EAT, REMEMBER.



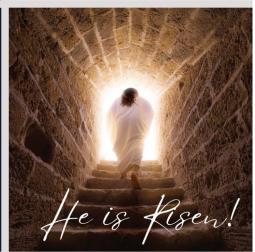
IT IS FINISHED.



IN THE WAITING...



HOLY WEEK & EASTER APRIL 13-20, 2025



Palm Sunday 8 & 10:30 a.m. & 5 p.m.

Monday & Wednesday in Holy Week 12:05 p.m.

Tuesday in Holy Week 11:00 a.m. Blessing of Oils & Renewal of Vows **Maundy Thursday** 7 p.m.

Good Friday 9 a.m. & 12:05 p.m.

Holy Saturday 9 a.m.

Easter Vigil 7 p.m.

Easter Day 8 & 10:30 a.m.

Announcements & Upcoming Events

Ramadan Iftar Dinner

Today • 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. Cathedral participants are asked to bring 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.

New Church Texting Service:

Text us at (816) 310-1888

- Text LOOP to stay in the loop about Cathedral updates (weather closures, reminders).
- Text GUEST if you are new with us & want to know more.
- Text PRAYER to submit prayer requests.

You'll then receive a return text with a link to a form requesting your name and email. Once you've completed the form for the first time, the system will recognize you when you text again. Note: this number is for texts only, not voice calls.

March: Food Drive for IFSKC Pantry

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.

Your donation goes directly to the shelves in the IFS Food Pantries, helping 400 families monthly, right in our community. You may leave items in the box in the Tower.

Praying the Lenten Gospels: Embodying Ourselves in the Wilderness

Wednesdays, March 12-April 9 • 6:30-7:45 p.m.

Dean Keyse will lead four Lenten mediations 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. Registration is required. Link at kccathedral.org/upcoming-events. Use the coupon code GRACE to register for free.

Safe Church Training Seminar Saturday, April 5 • 10 a.m. • GHTC Common Room

Safe Church, Safe Communities trainings are intended to aid in creating safe and welcoming communities for all people, and to communicate adopted policies of the church that protect all people, especially those most vulnerable or susceptible to power imbalances in our communities.

Safe Church training can be completed online or you can attend this in-person training at GHTC. These trainings are encouraged for everyone to participate and mandatory for all clergy, staff, and volunteer leaders of any church, institution, or ministry associated with The Diocese of West Missouri. RSVP for the in-person training at diowestmo.org/ events. If you would like to take the training online, contact Julie Toma (jtoma@kccathedral.org).

Egg Hunt Candy Donations

Bring your donations of candy (individually wrapped, in small packages) to the basket in the Tower by April 6.

Palm Cross Making

Sunday, April 6 • 9 & 11:45 a.m. • Founders' Hall

Enjoy a cup of coffee and make crosses out of palm leaves for distribution on Palm Sunday. Please bring your scissors. Someone will help if you've never made palm crosses before!

Easter Basket Packing Palm Sunday, April 13 • 9 a.m.

Come help us pack Easter baskets for Crittenton Children's Center, Camber Children's Center and Sheffield Place.

Consecration of Bishop-elect Amy Dafler Meaux Saturday, May 3 • 10 a.m.

Cathedral Nave & Founders' Hall

God-willing, Bishop-elect Amy Dafler Meaux will be consecrated as the IX Bishop of The Diocese of West Missouri. The Presiding Bishop Sean Rowe will be administering Communion in Founders' Hall, the overflow seating area. Following the service there will be a reception at the Cathedral.

Register by March 29 at diowestmo.org/events.