

The Journey

January and
February, 2021

A Newsletter of St Paul's Episcopal Cathedral

815 High Street ✦ Downtown Des Moines, Iowa
515-288-7297

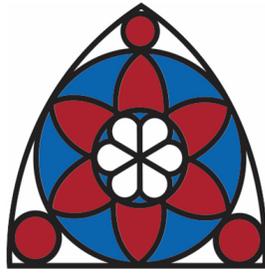


“Snow Cake”



***“Announced by all the trumpets of the sky, arrives the snow . . .
Come, see the north wind’s masonry, the mad wind’s night-work,
The frolic architecture of the snow.”***

Adapted from “The Snow-Storm” by Ralph Waldo Emerson



ST. PAUL'S

EPISCOPAL CATHEDRAL

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From the Provost

A Year of Surprises

Dear People of St. Paul's,

I am sure that I speak for many of us when I say that 2020 has been a year of surprises. We associate 20/20 with good vision yet there have been several moments in 2020 when I wished that I had a much clearer view of what lay ahead. 2020 is a year in which our ability to adapt has been challenged and our resiliency has been tested.

I am pleased to say that I think St. Paul's has risen to the challenge. We have offered online services on several different platforms as the year has progressed and soon you will see the improved quality offered by the new multi-camera livestream system to which so many of you have contributed time, talent, and treasure (*thank you*). In warmer months many of us worshipped together at the rain garden altar, adapting to the noises and distractions of the city close around us. In these colder months we continue to reshape our connections, offering online services of worship and drive-up communion on Sunday mornings. Holding everything together has been the constant thread of outstanding musical worship in voice, carillon and organ, all of which has been livestreamed by talented, dedicated volunteers and staff. Again, *thank you*.

What will 2021 bring? I am sure that, by now, none of us expects a swift end to the global pandemic but I do take heart from the vaccines that are becoming available and I am continually inspired by the steadfast commitment of healthcare professionals. We continue to take their advice, adopting practices that are designed to slow the rate of viral transmission. I am not able to provide you with a certain date when we will return to in-person worship although I am encouraged to see that in Iowa the rate of coronavirus infection is presently in decline. What I *can* tell you is that we are ready and looking forward to welcoming you back to worship in person as soon as we can.

Continued on page 3



On our cover: "Snow Cake"
Special thanks to Vicki Ingham
for her photograph of the courtyard.

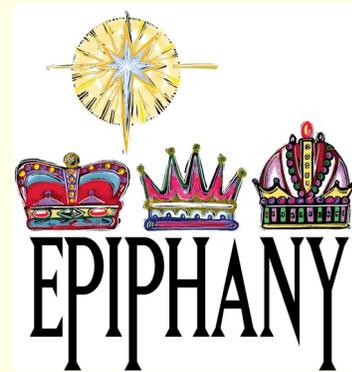
From the Provost, continued

At various stressful times in my own life I have been guided and comforted by these words from Proverbs 3:5-6: "Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths." These words do not invite us to mindless automation but they do remind us that our right attitude is to trust God and to frame our responses to the challenges of this life in reference to God who ultimately loves and cares for us. I was surprised recently when a friend asked "What is there that you *like* about the pandemic?" His question caused me to stop and consider. Does this question surprise you, too? I invite you to reflect upon it and then give thanks for those things that have surprised you positively in 2020 ~ and for those positive gifts that are surely to come.

Yours in Christ,

Amma Nicola

**We Celebrate Epiphany
Chanted Epiphany Evening Prayer
January 6th at 7 pm.**

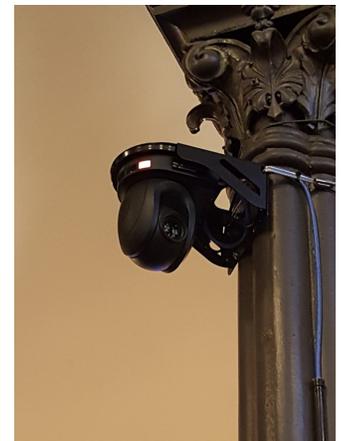


You are invited to join Fr. Zeb and his husband, Br. Jamie, for a special service of chanted Evening Prayer for Epiphany from their home. The service will be livestreamed to St. Paul's Facebook and YouTube pages.

Video Live Stream System Installed in the Nave



In December work was completed on the installation of video equipment for livestreaming from the Cathedral. Three cameras are mounted in fixed positions in the sanctuary. The cameras are controlled from a central mixer and each camera can be remotely controlled to zoom the lens in or out for just the right picture. The cameras (one is pictured on the right) may also be swiveled to cover most of the room.



Livestreaming will permit the regular telecast of select services and programs taking place in the Cathedral. We will begin using the equipment in January for livestreaming Sunday services of Holy Eucharist at 10 am.

"It will make us more attractive to young families – who are increasingly opting for convenience – and it will let our older membership continue to worship with us if they become unable to leave their homes. Offering high-quality livestreaming will also allow us to support Diocesan worship more effectively and will raise the profile of St. Paul's and the Diocese of Iowa locally, nationally, and beyond," said Provost Amma Nicola. "We're excited about the possibilities."



A photograph of the new control board.

Rick Stearns has overseen the installation by Triad Productions and Baker Electric, and identified a new hourly employee qualified to run the system professionally.

"We faced some interesting challenges caused by the age of our building, and we had to modify original plans several times along the way to protect it," said Stearns. "The pictures from the new cameras are stunning and show off the beauty of our Cathedral."

From the Senior Warden

Please plan on joining the Chapter and Wardens for the Cathedral Annual Meeting after service on January 24, 2021, where we will present a recap of the year's operations for 2020, outline our budget expectations for 2021, elect new members for the Chapter and answer questions you may have for the Clergy or the Wardens. Additionally, if you would like to serve on the Chapter, or nominate someone who you think would, please contact Amma Nicola, Stephanie Wells or me.

Skeet Wootten



Annual Parish Meeting

Save the Date:

Sunday, January 24, 2021 at 11:00am
(The meeting will follow the 10:00 Service)

A ZOOM webinar

A special invitation with detailed instructions will be sent to all members in good standing. Watch for this in your email and weekly e-newsletter.

Election of Chapter Members
Presentation of 2021 Budget
Selection of 2021 Diocesan
Convention Delegates
Reports from Cloisters
Garden and Building Updates

Please plan on attending. Your participation is an important part of our life as a parish.

On the left: A ZOOM webinar in progress.



Have You Considered . . .



Our Annual Parish Meeting will be January 24th, and at that time new Chapter Members will be elected.

The Chapter is the governing board of the Cathedral Church of St. Paul. Many of its duties are prescribed by canon law, such as the responsibility for parish finances and care of church property.

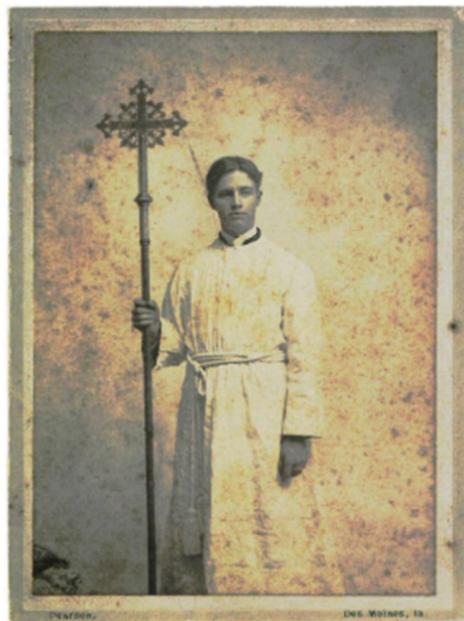
However, in a real sense, the Chapter serves to represent the members of the parish, provides leadership and vision as the parish moves forward in prayer and commitment to mission, and serves as the communication body between parish members and the clergy/staff of the Cathedral. The term limit is 3 years, and members are expected to attend the monthly meetings and to assist with possible Cloister assignments.

At the January meeting, the parish will be asked to elect four new members to the Chapter. If you are interested in serving on the Chapter, or would like to nominate someone you feel would be a good candidate, please contact Sr. Warden Skeet Wootten or Jr. Warden Stephanie Wells. You can also speak with the Provost. If you are nominating someone else, please be sure you have his or her permission first.
The Nominating Committee

From Our Archives

This 1896 photograph of St. Paul's Crucifer, Eldon Usry was recently discovered in our archives. The cross he's holding is still in use here, (usually by the Second Crucifer) and hangs in the Narthex.

Unfortunately, we cannot find any information about Eldon, and we're wondering if any of our readers might be able to provide something?



Des Moines' Ecumenical Eatery

We will serve at Connection Café on Monday, January 11 and Monday, February 8 and we need 2 volunteers to help serve. You can sign up by visiting our [website](#)



To Die A Good Death: A Series on Advanced Planning Begins January 28th at 7pm

Planning for our last days and beyond can feel overwhelming sometimes. We want to make sure we have everything in place and provide for those we love. St. Paul's is here to help you sort things out and find peace in the process of death planning.

We are hosting a five week webinar series, Thursday evenings at 7pm starting on January 28th to help with your planning. With the help of guest experts we will explore the areas of:

- Palliative care & hospice,
- Legal documents such as advanced directives and living wills,
- Planned giving,
- Funeral preparation, and
- Spiritual preparation for death.

You may register to join the Zoom meetings, where you can ask questions and interact with our guests, or watch later as we will record and post these conversations on Facebook and YouTube. To register, please email [To register, please email administrator@cathedralchurchofstpaul.org](mailto:administrator@cathedralchurchofstpaul.org).

Rounding Out 2020: We want to share these recent parish events with you!

St. Paul's Kids: On the Road to Neal Smith and Zooming with St. Nick

By Fr. Zeb

The children of St. Paul's have been staying active, using devotional materials at home and meeting for monthly activities. We've adapted well to colder weather, finding fun things to do together that are safe and warm.

At the end of November, a group of children met with Amma Nicola and explored the Neal Smith Wildlife Refuge together, taking their driving tour. It was good for everyone to get out for a bit of a drive and see some bison!

On December 6th, St. Paul's teamed up with the Diocese to offer a special Zoom with St. Nick for children across Iowa. We even had a family from New York join us! Amy Mellies, our Diocesan Missioner for Children and Youth sent each family supplies in the mail with coloring pages and candy for the big day. St. Nick shared his story with the kids, answered questions and prayed for them. We all had a blast.

A special thanks goes to Mike McCarthy, who played the important role of St. Nicholas.

St. Paul's families enjoyed a driving tour and short outdoor walk together at the Neal Smith National Wildlife Refuge (near Prairie City, Iowa) on November 21st. It was Amma Nicola's third visit there - and the first one in which it was possible to see bison and elk without the use of binoculars! All agreed that the Neal Smith refuge is a 'hidden gem' and that a future visit is in order when the visitor center re-opens.



"St. Nick"



Ready to hit the trail.



"Home on the range," and the skies are not cloudy

Cathedral Arts Notes

Evensong Services, Carillon Concerts Continue with an Iowa Debut Broadcast

By Jed Leland

In the closing months of 2020, St. Paul's notable Cathedral Arts Series hosted a number of events which greatly increased our presence in the community and the state. Our livestreaming of services and carillon concerts continues to expand. Our Sunday, November 22 Evensong Service was broadcast throughout the Diocese, an Iowa first. An Advent Evensong service was also broadcast locally on Sunday, December 13. St. Paul's is the only church in Central Iowa offering this uniquely beautiful, soothing worship service at the end of the day.

The keystones of Evensong are the Magnificat (also known as The Song of Mary) and the Nunc Dimitis (also known as the Song of Simeon), and although in the past the musical settings for both were composed by such composers as Herbert Howell or John Rutter, for these services – with limited rehearsal time and a small choir – Choirmaster/Organist Mark Babcock turned to our ever-resourceful Hymnal for these parts of the service, which also meant that those watching the livestream could sing along with both of these as well as the services' hymns.

Advent Organ Concerts

This long-time St. Paul's seasonal tradition continued with Babcock offering two Noon Organ Concerts (on December 10 and December 17), both of which highlighted the seasonal music in our Hymnal. Advent hymns correspond with the lectionary, and the subconscious effect on our mood and our attitudes is substantial: for instance, "There's a Voice in the Wilderness Crying" (Hymn 75) and "On Jordan's Banks the Baptist's Cry" (Hymn 76) supplement the readings about John the Baptist, and settings of "The Angel Gabriel" (Hymn 265) increase our appreciation for Advent's contemplation and quiet reassurance that a new life is coming into the world. In the past these concerts have been well attended by the public, but this year – as we know well – was unusual because our customary audience could not be present, which meant that

both concerts were necessarily livestreamed on our Facebook page and YouTube channel.

Cocoa Carols and Carillon

New this year for our Cathedral Arts series was the December 20th Christmas Carols concert and outdoor sing-a-long. Many attendees dressed in festive attire: stocking caps and hats with applied elf ears were popular. Babcock's musicianship – equal to any and rivaled by none – guaranteed that the 45-minute concert emphasized our wonderful two-octave carillon, as well as the beautiful music of both Advent and Christmas.

Thanks to All

We offer our heartfelt thanks to Mark and the Choir for the Evensong music, to the lectors, and the clergy (most notably The Rev. Tom Early, who stepped in to assist for the November event) for their outstanding efforts for these services. Thanks as well to Austin Rozendaal for his help with the broadcasts for the all services and concerts and to cocoa-servers Tony Braida, Austin Rozendaal, and Betsy VanHaften.



Above: Although the day was cloudy, cocoa, carols and carillon made us merry and bright.

New Vestments

New Ordinary Time vestments were purchased by the Altar Guild to replace the old ones purchased in the 1960's.



The full set contains a frontal, pulpit hanging, veil, burse, chasuble, priest's stole, and deacon's stole. They were designed and made by Gretchen Herdrich, Artist with a Needle.



Derecho Damage to St. Paul's Roof Is Repaired

Based on analyses from the public and private sectors, no single thunderstorm event in modern times – not even a tornado – wrought as much economic devastation as the derecho that slammed the nation's Corn Belt on Aug. 10. Fortunately damage to St. Paul's was minimal, the winds tore away some of the roof's copper flashing (conveniently leaving it on the 9th Street parking). The accompanying photo shows the workers repairing the damage.

New Life for the Undercroft

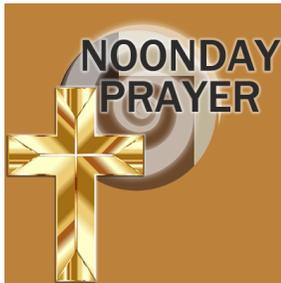
The Undercroft Task Force (UTF) has voted unanimously in favor of the OPN architecture firm and the Chapter has approved.

Our choice was based on their attention to details and in particular the intense interest and understanding revealed by OPN principal architect Rick Seely. OPN has recently turned the 1904 Carnegie Library in Indianola into a 21st century home for the Des Moines Metro

Opera and they served as principal on-site architects for the Renzo Piano designed Kum & Go headquarters overlooking the Western Gateway sculpture park.

Going forward, the development of Part 1 of the project will yield figures and visuals that will provide the materials the church will need to secure funding for the complete and necessary overhaul of the Undercroft. The UTF is led by Amma Nicola, co-chairs Tony Braidia and Elvin McDonald, and team members John Doherty, Phyllis Melton, Anne Reasons, and John Zickefoose.

WEEKLY EVENTS OPEN TO ALL



Weekday Prayer at Noon

St. Paul's is open at noon and you are invited to enter the sanctuary for a time of quiet: to sit, pray, reflect. A clergy person will be available. Please wear your facemask, sign in, and observe physical distancing guidelines.



Wednesday Morning Prayer

9:00 AM every week

[Join Zoom Meeting](#)

Meeting ID: 845 3872 9653

If you do not have a copy of the Book of Common Prayer at home, you may access it online at bcponline.org.

St. Paul's Men's Group Meets Wednesday at 10 am

They are reading William Stringfellow's Essential Writings and connecting via Zoom. All are welcome. Please contact Jonathan Hansen, Deacon John, or Amma Nicola if you would like further information.

Zoom Meeting ID: 818 0718 1718

Passcode: 393941



Do you need to talk or want a visit?

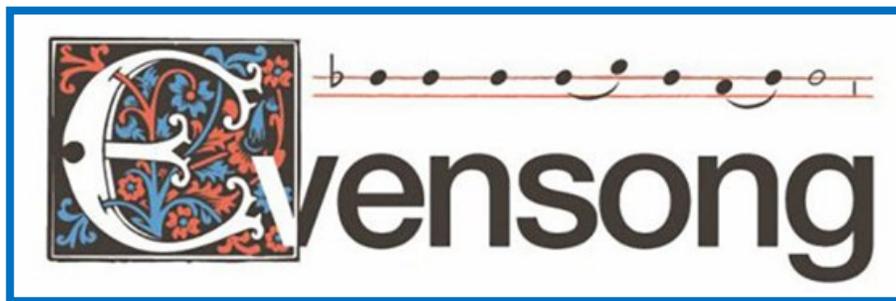
It's been a hard year. Many people are feeling lonely and stressed. You might need someone to pray or chat with you. All our clergy are available for phone calls and video chats as well as Covid responsible visits.

We recognize however that some members of our community are particularly high risk and vulnerable to the coronavirus. Father Zeb, as the spouse of a high risk person, is taking charge of providing visitation for high risk individuals and is taking extra measures to ensure he does not contract the virus. Here are just a few of the steps he is taking to ensure the safety of those he visits:

- He does not engage in high risk activities, including large group gatherings.
- If he feels he needs to attend a gathering of more than 10 people, he will get a Covid-19 test done before resuming pastoral care visits.
- He limits in-store shopping as much as possible. He gets contactless delivery and orders online whenever possible. (He's fallen in love with services like Target Drive Up)

- He does not eat inside restaurants and gets contactless delivery whenever possible. He does the majority of his work virtually and limits in-person interactions with co-workers to essential meetings.
- He uses safety measures when gathering in small groups (less than 10 people) with others outside their household, requiring that all wear masks, socially distancing, washing and sanitizing hands frequently and gathering outdoors if possible.
- He will keep a log of visits for contact tracing if it is necessary.

We believe that everyone should have pastoral care available to them, no matter their risk levels. If you need an in-person visit, but worry about your risk level, Fr. Zeb is available for you and wants you to know that he is limiting his risk of exposure for your benefit. If you'd like a visit from him, you may call his cell phone: 319-325-4990 or email fatherzeb@cathedralchurchofstpaul.org.



Cathedral Arts Presents a Series of Choral Evensong in 2021

Monthly Choral Evensong will be lived streamed on the 3rd Sunday of each month at 4pm.

January 17

February 21

March 21

April 18

May 16

We hope you will join us for these beautiful services!



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

"The frolic architecture of the snow."

By John Zickefoose

The recent blizzard prompted a search for Vicki Ingham's cover photo (detail here), and the storm's aftermath made me again recall the last line of the wonderful poem, *Snow-Storm*, by Ralph Waldo Emerson (1803 – 1882) which he wrote in 1834.



Shortly after the storm Fr. Zeb posted on Facebook this image of his neighbor's Christmas display with the observation "My neighbor's Mary has the best hairdo," another example of Nature's frolic.



These storms always remind me of the illustrations of American artist Eyvind Earle (1916 – 2000), noted for his contribution to the background illustration and styling of Walt Disney's animated films in the 1950s. One of his winter illustrations is below; appealingly the weight of the snow has fashioned the tree boughs into Gothic arches suggesting a cathedral. Emerson's complete poem is below as well.



The Snow-Storm

Announced by all the trumpets of the sky,
Arrives the snow, and, driving o'er the fields,
Seems nowhere to alight: the whited air
Hides hills and woods, the river, and the heaven,
And veils the farm-house at the garden's end.
The sled and traveller stopped, the courier's feet
Delayed, all friends shut out, the housemates sit
Around the radiant fireplace, enclosed
In a tumultuous privacy of storm.

Come see the north wind's masonry.
Out of an unseen quarry evermore
Furnished with tile, the fierce artificer
Curves his white bastions with projected roof
Round every windward stake, or tree, or door.
Speeding, the myriad-handed, his wild work
So fanciful, so savage, nought cares he
For number or proportion. Mockingly,
On coop or kennel he hangs Parian wreaths;
A swan-like form invests the hidden thorn;
Fills up the farmer's lane from wall to wall,
Maugre the farmer's sighs; and, at the gate,
A tapering turret overtops the work.
And when his hours are numbered, and the world
Is all his own, retiring, as he were not,
Leaves, when the sun appears, astonished Art
To mimic in slow structures, stone by stone,
Built in an age, the mad wind's night-work,
The frolic architecture of the snow.

Ralph Waldo Emerson



Liturgical Calendar for February

Lent Begins on Ash Wednesday, February 17 Holy Eucharist and Imposition of Ashes

Details on services and “Ashes to Go” are presently being finalized. Please see our website for more information.

What Is “Ashes to Go?”

St. Paul's Episcopal Cathedral in Downtown Des Moines. is offering "Ashes to Go" at 815 High Street. People who are not regular church goers have a sense of ritual, and look for that at significant times. We can bring God and community to people who need both and don't know where to look for either. This is an effort to make it accessible for people who need the church but don't feel sure of their welcome. On Ash Wednesday, many of God's people are rushing to work, to pick up the kids, to get through the places and chores of our over scheduled lives. “Ashes to Go.” is one way to bring the gifts of ritual out of our buildings and into the byways of life, where those gifts may be most needed.



Safe and Secure Online Giving!



We offer safe and secure online giving on our website. An account allows you to set up a donation schedule and/or track your donations. Quick giving allows you to bypass this step. You may choose to give to our general budget, to the Clergy Discretionary Fund, the Cathedral Preservation Fund, or to Cathedral Arts. You can also automatically give by texting the amount you wish to donate to this number: **515-207-8133**.

Thank you for remembering the church's financial needs during this suspension of in-person services. Visit our [website](#) and click “Donate Online Now.”

Cathedral Office Hours

The Cathedral Office is open from 9:00am until 2:00pm Monday through Friday.

Visitors are required to sign in and to wear masks.

Voice mails may be left for staff at 515-288-7297 and will be checked regularly. Emails are also welcome.

Amma Nicola: ammanicola@cathedralchurchofstpaul.org
Fr. Zeb: fatherzeb@cathedralchurchofstpaul.org
Deacon John: deacon@cathedralchurchofstpaul.org
John Zickefoose: administrator@cathedralchurchofstpaul.org

What do you think about The Journey? We'd like to know.

Please contact us at administrator@cathedralchurchofstpaul.org

or call the Cathedral Office: 515-288-7297

The Journey is published bi-monthly. Your articles, news, photos are welcome!

The deadline for the March/April issue will be Monday, February 22, 2021.

Please email your submissions to the address above. Thank you!

Please be sure to visit our website:
<http://cathedralchurchofstpaul.org/>

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<https://www.facebook.com/CathedralStPaul/>