

The Journey

A Newsletter of St Paul's Episcopal Cathedral

815 High Street ♦ Downtown Des Moines, Iowa

515-288-7297

March and April, 2021



“If winter comes, can spring be far behind?”



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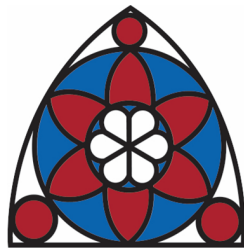
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And much more!



ST. PAUL'S

EPISCOPAL CATHEDRAL



From the Provost

Dear People of St. Paul's,

The average daily number of new coronavirus infections in the State of Iowa has been decreasing steadily since November. Meanwhile, some of you have received your first

and even second vaccinations and the availability of vaccine to protect against effects of the new coronavirus is increasing. St. Paul's is now open for two services each Sunday of up to 25 congregants per service, at 8:00 am and 10:00 am. To ensure sufficient distance between members of different households, and in case of need for contact tracing, you are encouraged to register for each service that you plan to attend. Links to the registration page for all services can be found on the Cathedral website. After registering, you will receive a confirmation email that allows you to cancel your registration if needed. You may also register by calling the cathedral office on (515) 288-7297.

No one is obliged to attend in-person worship. Drive-up communion will be offered on Sundays at 9:00-9:30 am and the Sunday service at 10:00 am will be continue to be livestreamed.

Detailed information on what to expect at indoor worship in Winter 2021 is also available at the Cathedral webpages. Here are the highlights:

- Register beforehand;
- If you are able to climb stairs please enter/exit via the chapel door on High Street;
- Wear a face covering at all times;
- Bulletins will be available for pick-up at the door;
- Maintain 6' physical distance between members of different households;
- Fill available pews from the front and allow those in the rear to depart first;
- Remain in your pew throughout the service;
- There will be no congregational singing;
- Communion will be brought to you in your pew;
- Please wait until you are outside to visit with one another and remain socially distanced as you do so.

Cathedral Clergy and Chapter will continue to monitor the health metrics in Polk County and the State of Iowa and will revise these guidelines if necessary. Please do contact me or Senior Warden Stephanie Wells with any questions or concerns.

Faithfully,
Amma Nicola

Amma Nicola



On our cover:

The quotation "O wind, if winter comes, can spring be far behind," from Percy Bysshe Shelley's poem *Ode to the West Wind*, reminds us that if something bad or unfortunate happens, we mustn't lose heart because there is definitely something better and much more fortunate that will soon follow. Taken recently by Amma Nicola, this winter photograph of the crab apple tree in our courtyard reminds us that God's beauty abounds, no matter the season.

From the Senior Warden



As we enter spring and see signs of new life they are a welcome sight after a cold, snowy winter. This year it will also mark a year of our lives changed by the global pandemic but also the hope of a return to a more normal existence. We have begun indoor worship services in

a manner that is safe, small groups are meeting partially in-person and partially on Zoom, the Undercroft Task Force is actively working on the plans for a reimagined Undercroft, and plans are being made for 2021.

The Chapter held its annual retreat February 19 and 20 and while there has been much worry, stress, and sadness during the last year, there were also things to celebrate. As a Chapter we celebrated the carillon concerts, livestreaming services, learned new ways of doing things, staying strong financially, and the fact we're still strong. We learned in 2020 that we are resilient, we don't want to go back to the complacency of years past, we don't take things for granted, and we can change and be adaptable.

We also discussed our hopes and dreams for 2021 including if there were no limitations, what would we want St. Paul's to look like at the end of 2021, heading into 2022. All of these hopes and dreams had something in common, they all were ways of fulfilling our mission. We narrowed our scope to action items for our role within the Diocese, our role as a parish church,

and our role within the downtown community. You can read more about these goals for 2021 from Amma Nicola.

Thank you to our Chapter members whose terms ended in January; Leighton Carlson, Matt Petty, Jill Southworth, and Jolene Phelps.

We had five new Chapter members join us in January; Henry Harmon, Phyllis Melton, Chuck Seel, John Stender-Custer, and Jolene Phelps who agreed to serve a second term. This group brings a wealth of Chapter experience and institutional knowledge which will serve the Chapter well over the coming years. You can read about each of these members in this edition of *The Journey*.

As part of the transition, a new Executive Committee was also elected by the Chapter. Mike Gillespie is serving as Junior Warden, Phyllis Melton as Clerk, and Rick Stearns agreed to return as Treasurer.

One final thank you to our outgoing Senior Warden, Skeet Wootten. While I couldn't convince him to serve long enough to break Ira Cook's record, he did serve for three consecutive terms as Senior Warden. I am grateful for his leadership, advice, friendship, and dedication to St. Paul's.

I strongly believe in hearing the thoughts and opinions of the parishioners of St. Paul's; as a Chapter member and Senior Warden I am here not only to ensure the financial and physical strength of the parish but to also represent your views. If you ever have any questions or would like to talk, you are welcome to contact me via email at steph2016@gmail.com or phone (515-778-0097).

Stephanie Wells, Senior Warden

Welcome to the Hybrid World



As we cautiously step into our abilities to do some things in-person, we are beginning to start hybrid options for gathering, with some participants online and some in-person. We are very thankful that our Diocese several years ago helped each congregation purchase smart TVs that connect to the internet. They had no idea how necessary this technology would become! Our smart TV allows us to both stay socially distanced while together in-person and still see and hear everyone in the Zoom room.

This has opened up a lot of possibilities for what we can do together, even as we necessarily have smaller numbers of people at in-person events. We were able to host a Chapter retreat and are offering a Lenten Bible study in a hybrid way. This way of being together opens us up to more options for meetings, gatherings and growing together. Those who can't make it to a meeting after work might be able to make it to the Zoom room. Someone who isn't comfortable driving at night might still be able to make an evening Bible study. People who join us from out of town (and maybe even out of state!)

are able to participate more fully in the life of the parish. Welcome to our new, hybrid way of connecting. I'm excited for all it has to offer us.

Fr. Zeb, Assisting Priest



Reminder:

Daylight saving time 2021 in Iowa will begin at 2:00 AM on Sunday, March 14. Be sure to set your clocks ahead 1 hour.

The **Care of Creation Committee** is going to begin meeting again, in part to plan a celebration around Earth Day this year, which is Thursday, April 22. If you are interested in joining us, please contact Marilyn Sand at mmsand@aol.com or 515-287-5546. We hope you can join us!



WEEKLY EVENTS OPEN TO ALL

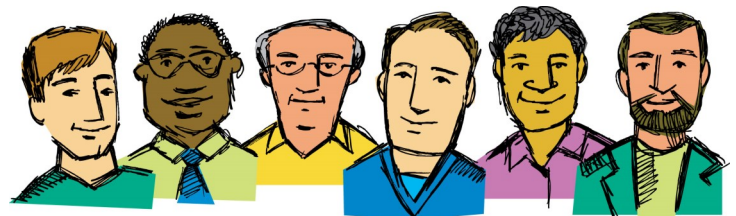


**Wednesday Morning Prayer
9:00 AM every week, via Zoom**

Please contact Deacon [Jeannie Smith](#) to receive a weekly email invitation to the Zoom meeting room. 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 10:00 am

They are reading Kathy Brown Douglas' *Stand Your Ground: Black Bodies and the Justice of God*, and connecting via Zoom. All are welcome. Please contact [Amma Nicocla](#) or [Deacon John](#) to receive a weekly email invitation to the Zoom meeting



MEN'S GROUP

Meet Our Chapter

Class of 2022

Diane Hayes



Hi, I'm Diane Hayes. 2021 starts my third year as a member of the Chapter at St. Paul's. Like many of us on the Chapter, I was raised in the Methodist church (baptized up the street at First Methodist!).

My first introduction to the Episcopal Church was singing here at St. Paul's my senior year at Simpson College (1978-79) during Paul Dieka's tenure as conductor. After receiving my M. Music at Northwestern, I started singing at St. Matthew's Episcopal church in Evanston, where I was received into the Episcopal Church by then Bishop of Chicago, Frank Griswold.

As an adult I've lived in Ames, Dallas TX, Chicago, Schaumburg IL, Indianapolis IN, Urbandale, and Des Moines. I don't remember a time in my life when I wasn't singing in some choir or other, from pre-school choir at Collegiate Methodist in Ames to the Dallas and Chicago Symphony Choruses, and many church choirs. I currently sing here at St. Paul's, and in a small choir recorded for online services at Plymouth. I've also been a teacher for most of my adult life; in public schools, college, as teacher of early childhood music classes, and as a private voice teacher.

Here at the Cathedral Church of St. Paul, I sing in the choir, I am on the Committee for Social Justice, I sing with Howell's Scholars, I'm a lector, and a cantor. I've been privileged to be a delegate to our Annual Convention for the past few years. I co-chaired with Barbara Willey the "What it means to be a Cathedral" event as part of the 25th Anniversary of Becoming a Cathedral.

I hope to help us continue working to maintain and repair our historical building while bringing it into the

21st Century. I hope to work to help us grow as a Cathedral, as a congregation, and a vital voice for the community.

Tom Thompson

I'm committed to serving St Paul's as my "church home" and I'm dedicated to improving the Church in any capacity.



I believe I have a lot to offer, and from a potentially different perspective.

I spent most of my adult life in a Law Enforcement career after graduating Cum Laude from North East Missouri State University, (now Truman University). I served with distinction, in all of the rolls involved. I served as Department Spokesman, Detective, Evidence Custodian, Evidence Technician, Field Training Officer and Firearms instructor for twenty years.

I was drafted to the Board of Directors of the Iowa Police Combat League, working with the Director of the Iowa Law Enforcement Academy as well as numerous Sheriffs and Chiefs of Police to coordinate efforts of competitions and awarding commendations.

I worked with the Iowa Legislature drafting a new law regarding deer hunting in the state of Iowa.

More recently I started and ran a business in private investigations, "Precision Investigations", then closed that business and now am running a successful pottery business, "Shell T Pots", with my wife, Shelley.

I'm articulate and educated. I work well with others and communicate effectively orally and in writing. I already have several ideas, mine and those of others, which have been brought to my attention; for improving the Cathedral.

Meet Our Chapter

Class of 2022, Continued Stephanie Wells



Stephanie is a life-long Episcopalian. She joined St. Paul's in 1995 with her family and was confirmed at the Cathedral in 1996. Prior to St. Paul's her family attended St. Timothy's and St. Andrew's where she was baptized by Father Kem. Stephanie works in Product Management at

Nationwide Insurance. She earned her Bachelors of Journalism and Mass Communication and a Master in Public Administration from Drake University and a Master in Business Administration from the University of Iowa. Stephanie has served on the board including most recently as President of the Iowa Chapter of Chartered Property Casualty Underwriters and serves on several committees with the National Chartered Property Casualty Underwriters Society. She has volunteered with Mentor Iowa and the Ronald McDonald House and is a current adviser for the women of the Drake chapter of Kappa Kappa Gamma Fraternity.

Robert Wootten



Robert H. (Skeet) Wootten has been an Episcopalian most of his life and originally joined St. Paul's in 1989. He has served the Cathedral as Treasurer and twice as Senior Warden. He also served on the Diocesan Investment Committee. He is married to Laura and they have two adult children, Richard,

who is Vice President of ARM Energy in Houston specializing in energy marketing and supply chain management and Catherine, who is a Spine and Biologics products specialist with Medtronic.

Class of 2023 Mike Gillespie



Mike lives in Urbandale with his wife Susan and their cat named Frankie. Mike retired after 30 years as co-owner of Mid America Sales Inc., a manufactures representative sales agency. In 1980, Mike and Susan, daughter of Pat and Rick McClintic long time members of St Paul's, were married in the

Church. Brian, their son and former acolyte, and Brooke Yang were married at St Paul's in 2017 and have made us proud grandparents of a grandson Rhett who was baptized in 2019. Along the way Mike and Susan have taught Godly Play and attend the 8:am service. Currently Mike is a driver for the Iowa Donor Network, serving his second year on the Chapter, Chairman of the Property Committee, and recently became Junior Warden. 2021 will prove to be challenging. However, with so many gifted members of St. Paul's willing to offer their time and efforts, I am confident we can not only meet these challenges, but go beyond and continue to strengthen St. Paul's Cathedral's place in the downtown community.

Jonathan Hansen



Born in Cedar Falls, IA in 1978, Jonathan Hansen had a wonderful Midwestern upbringing with his Baptist parents and two older brothers. He found an early interest in religious practice and study after a formative period in his teenage years. His interests lead him to Spurgeon's

College, London in 2004 where he fell in love with the Book of Common Prayer, became Episcopalian, and earned his Bachelors of Divinity. Study at St. Paul's.

Continued on the next page

Meet Our Chapter

Jonathan Hansen, *Continued*

His time in London also afforded him the privilege of serving at the London City Mission- providing clothes, showers, food and recreation for any who had need. During his stay in London, he also worked as an Assistant Chaplain at the Royal Academy of Arts and Music, and Imperial College of Science and Medicine. He received his M. Div. from the Episcopal Seminary of the Southwest in Austin, TX.

Over the years Jonathan has worked largely in the food service industry, owning his own restaurant for 10 years in Harlan, IA to help pay for his education. His interest in fine food has lead him to work in wine production and vineyard work in CA, as well as starting a small farm with his wife, selling organic and foraged foods to restaurants in Anderson Valley. Currently, he is waiting table in Des Moines at Lucca Restaurant, and leads and Bible Study and Book Study at St. Paul's.

Henry Harmon



I was born February 10, 1940, in Fulton, Missouri not quite 2 years before the attack on Pearl Harbor. My family moved to Des Moines in 1941 where my Father took the position as the President of Drake University. I attended Greenwood Elementary School, Callanan Junior High School and in 1958

I graduated from Theodore Roosevelt High School all in Des Moines. I graduated from Drake University with a major in political science in 1962. I then graduated from the University of Minnesota Law School in June of 1965 with a Juris Doctorate degree.

I was enlisted into the United States Marine Corps Reserve on July 1, 1965. I rose to the rank of Lance Corporal before receiving a Direct Commission into the U.S. Navy Judge Advocate General Corps as a Lieutenant Junior Grade(E2). I retired from the Navy reserves after 26 years, as a Commander (E5).

I began the practice of Law in Des Moines in February, 1966, a practice which I have pursued for the last 55 years. I practiced civil trial law and tried cases all over the state and in the State and Federal courts. I was admitted to the Bar of the Supreme Court of the United States on the 6th day of April, 1970. I am a 50+ year member of the Iowa State Bar Association for which I served on the Board of Governors, several committees and Chaired the Litigation Section.

I was raised in the Disciples of Christ (Christian) Church. My wife, Muffy, and I were married in St. Pauls Episcopal Church, now the Cathedral, on June 18, 1966 by Fr. Bill Jacobs. I have been a pledging attending member ever since. Our children were baptized and confirmed in the Church/Cathedral, Muffy was ordained Deacon and our younger daughter was married here. At least one of our grandchildren was baptized at St. Pauls.

I have served on many community boards including The Prescribed Activities Center, The Child Guidance Center and Orchard Place the last two of which I chaired.

I first served a term on the Vestry of St. Paul's under Fr. Jacobs in the 1970's. I sang in the Choir for a while. I have served on the Investment Committee of the Parish and the Cannons Committee of the Diocese. I currently serve as co-chair of the Finance Committee for the Parish and have now agreed to serve the last two years of an unexpired term on the Chapter.

Elvin McDonald



This will be my third term on the Chapter and my 18th year at St. Paul's. I help with the gardens and sing in the choir. I am retired from Meredith and the Greater Des Moines Botanical Garden. I have served in an advisory capacity to Terrace Hill for about 20 years, ditto on the board of the Des Moines Metro Opera.

Continued on the next page

Meet Our Chapter

Elvin McDonald, *Continued*

I have a lifetime experience of what you could call "good housekeeping" and I want to help oversee the needs of the Cathedral--a swift redo of the Undercroft so we can get back to doing the work we are called to do. Next year I hope we can reactivate flooring and painting plans for the nave, narthex and hallways. The most exceptional thing about me may be that I do not have an iPhone and to this end I pledge to encourage the Chapter to embrace and take advantage of the latest technology while taking care not to leave behind us 80 and over members.

Class of 2024

Jolene Phelps



Member of The Cathedral Church of St. Paul as of September, 2016 with a transfer of membership from St. Benedict Episcopal Church in Lacey, WA. Twenty years ago, I moved from Des Moines after raising two sons and building a company. The sons moved on to experience their own adventures and create their

own families; the business I took with me to Arkansas and then to Washington state. When deciding in what part of the world I wanted to retire – downtown Des Moines and old friends became my heart's choice. I moved to Des Moines July 4, 2016 and retired July 1, 2017.

Raised a Methodist and educated as a Presbyterian, the church has always been my framework for relationships, growth and nurturing – even when it was a love/hate relationship. Life experiences coalesced into what would become my mantra of "I get by with a little help from my friends". Always seeking, I read about a start-up Episcopal Church in Bentonville, AR. Given a booklet titled, "A People Called Episcopalians", I read the following: "Orthodoxy for us is right worship and not right belief. Our life of prayer shapes our beliefs and behaviors." I was captured! Much of my past church experience had included butting my head against dogma, and with that statement I was now free to experience the mystery of worship focused on the Eucharist.

I became a founding member with the reception of the first class at All Saints Episcopal Church on July 1, 2007.

What an experience as three quarters of our congregation came from other denominations or were unchurched. Those of us on the first vestry were grappling with Anglican polity, trying to figure out the Book of Common Prayer and rejoicing in learning worship fundamentals. We were bursting our doors with new arrivals seeking communion and community. Taking four years of EfM was again a growth experience only the church and those relationships can provide. It was a heady experience and I learned much.

More new experiences were afforded in my move to Lacey, WA where a small, tired parish church became energized through prayer to become a caring community focused on serving our neighborhood. I learned that God's grace has many manifestations.

My faith journey continued in Des Moines as I was embraced by the Cathedral community. As always, becoming part of a church family, particularly this one that has a leadership role beyond the parish into the diocese and larger community, has been an instrument of growth, learning, delight and challenge. I am honored to serve for a second term in the 2021 class for St. Paul's Chapter. My gratitude goes to our congregational family as I ask for your prayers in this service.

Phyllis Blood Melton



My husband Terry and I have been members at St. Paul's since 1978.

We were married here, and both of our sons were baptized, confirmed, and married here. We have a wonderful history through the years with the Cathedral.

Continued on the next page

Meet Our Chapter

Phyllis Blood Melton, *continued*

I have served on the Chapter twice, was Senior Warden when we were consecrated as the Liturgical Cathedral for the Diocese of Iowa. I have served in many other capacities over the years--Christian Formation, Liturgy Commission, Hospitality, Acolyte Mistress, choir, Women of St. Paul's, and Altar Guild. I also served on a committee to renovate the downstairs kitchen.

I have also served the Diocese through being on the Board of Directors, Congregational Life Commission, and helped write two long range-plans for the Diocese. I currently am the Directress of the Altar Guild, serve on the Property Committee and the Undercroft Task force, serve as an acolyte, and Eucharistic minister. I am committed to serving St. Paul's mission and its members, and look forward to addressing the challenges ahead as we navigate these unusual circumstances.

John Stender-Custer



John is a 7th generation Iowan who lives with his husband, Tom, and their twins, Mary & Arlo, in the Owl's Head neighborhood of Des Moines. He grew up on his family farm in Western Iowa and attended St. Ambrose University in Davenport where he received a B.A. in Theology and History. After college he spent an Americorps volunteer year

with the Marist Brothers in Lawrence, Massachusetts before studying Law at Western Michigan University.

He spent his professional career in higher education where he served in various capacities. From Director of Service Learning at St. Ambrose University to Associate Professor and Chair of the Social and Criminal Justice program at Ashford University in San Diego, John has maintained his commitment to teaching his students the value of civic engagement and social justice. The Stender-Custers were married at St. Paul's Episcopal Cathedral in San Diego where they were active members and returned to Iowa in 2018.

John is now a stay-at-home-dad and in his spare time is the president of the board of Iowa Interfaith Power and Light and also serves on the alumni board of St. Ambrose. His favorite pastimes include baking, listening to audiobooks while cleaning the house, and spending time at their farmhouse near Massena.

Chuck Seel



Chuck and Nancy have been members at St Paul's since 1992. Including his time here and two other Episcopal parishes, Chuck has served many years as Parish Treasurer and a member of Finance Committees. Counting all three

Parishes, in the past he has served as a Senior Warden, Junior Warden, several terms as member of Chapter/Vestrys, Clergy Search/Discernment, Communications, and Property Committees. He has also served as a Lector, Usher, and Sunday School teacher. Under Bishop's Epting and Righter, Chuck served on Diocesan Committees for New Church Starts, Communications, Des Moines 5 Parish Council and as Episcopal representative to the DMARC Communications Committee.

Making all of the above possible was about 45 years in the secular world, mostly in management positions in Broadcasting, Public Relations, and Customer Service. Other community service included board and leadership positions in several youth, civic and professional organizations and as an appointed member on some local government committees and commissions.

Pre pandemic confinement, Chuck and Nancy traveled the lower 48 states and liked including visits to local Episcopal parishes, especially Cathedrals, observing how other folks do things. This travel includes visiting children, grandchildren, grand cats, and a grand dog in Wisconsin and Texas.

Children's Bibles

The younger children of St. Paul's have been given Spark Story Bibles to help them grow in their faith this Lenten season. It has been a joy to come around to their houses, deliver the Bibles, along with coloring booklets, to the children. We pray that our children may grow in faith as they learn about all that God has done for us. It has brought a lot of excitement!



Derek and Freddy Sadler read together.



Sebastian Sadler ready for a story!



Des Moines' Ecumenical Eatery

We will serve at Connection Café on Monday, March 8 and on Monday, April 12. We need 2 volunteers to help serve.

You can sign up by visiting our website:

<http://cathedralchurchofstpaul.org/>

Cathedral Arts Choral Evensong

This beautiful service of sung prayer will lift your heart in worship during this Holy season. Cathedral Arts at St. Paul's offers sacred beauty in a suffering world.



Monthly Choral Evensong will be lived streamed on the 3rd Sunday of each month at 4:00 pm.

March 21

April 18

May 16

We hope you will join us!

Eucharist In Time of Pandemic

By Nicola Bowler

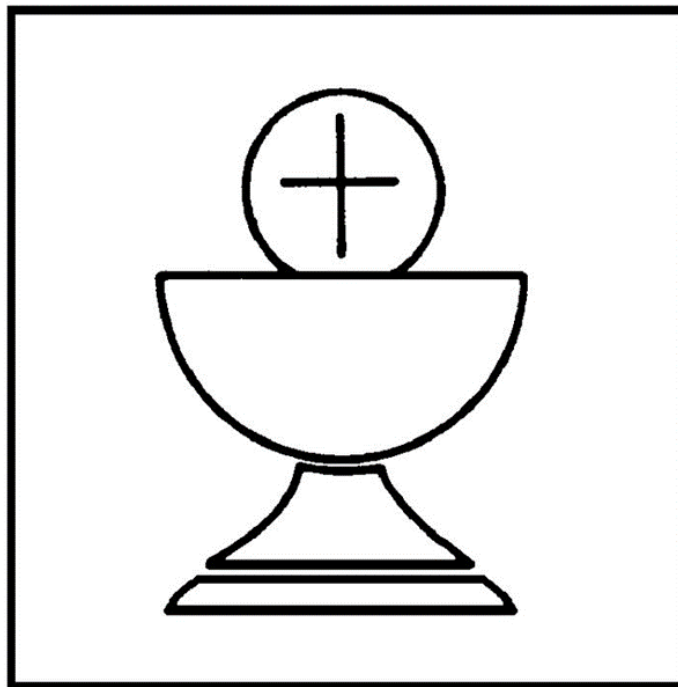
All kinds of questions of sacramental theology have arisen concerning the celebration of Holy Eucharist during this time of pandemic. Some of these questions revolve around how to receive communion while participating in services of worship online. Some questions that have been asked of me are: Can I commune myself at home while observing the distribution of Eucharist online at my place of worship? Can I commune myself later, after the consecrated elements have been delivered to me? Why can't I receive the wine? More broadly than this, how do we define an assembly of the people of God? Must we be together in the same physical room, or in the same Zoom room at the same time? Are we considered to be a part of the assembly if we join a service via an online recording, after it has happened and everyone who was there at the time has now gone home?

What is customary?

There are some pre-pandemic Eucharistic practices that illuminate our response to these questions. The Episcopal Church is accustomed to situations in which a member of the community is not able to be present at the celebration of Holy Eucharist due to illness or infirmity. Under such circumstances the Church provides for a Eucharistic visit in which a clergy person or licensed Eucharistic Visitor can bring consecrated elements to the individual in question and administer those, often within a short service such as Communion under Special Circumstances which is *"intended for use with those who for reasonable cause cannot be present at a public celebration of the Eucharist"* (BCP p. 396). Traditionally the consecrated elements are brought to absent community members as soon as possible

following the conclusion of the service, to heighten the sense of connection. At St. Paul's, a prayer of sending is prayed near the end of the service, further strengthening the sense of connection between the assembly and the absent member: "In the name of this congregation, I send you forth bearing these holy gifts, that those to whom you go may share with us in the communion of Christ's body and blood." To this, the congregation responds "We who are many are one body, because we all share in the one bread, one cup."

Another circumstance under which a communicant may, out of necessity, be prevented from frequently making their communion is during military service. In that case, an act of Spiritual Communion is provided in



The Armed Forces Prayer Book that incorporates the following key prayer: "In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, and embrace you

with all the affections of my soul. Let nothing ever separate you from me. May I live and die in your love. Amen." The Prayer for Spiritual Communion attributed to St. Alphonsus de Liguori that is currently incorporated into St. Paul's live-streamed services of Holy Eucharist is similar to the Armed Forces Prayer for Spiritual Communion.

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Eucharist In Time of Pandemic, *continued*

What is new?

The 2020-1 coronavirus pandemic dramatically changed our practices. Accustomed to gathering for worship in person as a community of the baptized - the body of Christ - we now customarily gather online. And worshipping online takes many forms. We can join together in real time with high levels of mutual interaction, on the Zoom platform. We can participate in worship at St. Paul's or the National Cathedral or any number of other places that we may choose, via a real-time livestream where we may be able to interact by posting written comments to Facebook or YouTube as the livestream progresses. We can also watch a video of either of these after they occur. But are we truly *remembering* (putting together) the Body of Christ as we watch a video of a service that may have occurred some time ago? Are we truly participants or merely viewers? Does this matter?

And in these uncharted waters of a 21st century pandemic, new questions come up all the time. In the middle of a recent 10 am service at St. Paul's came a voice from the back of the room - "I'm sorry to interrupt, but... the livestream isn't working. In fact, it hasn't been working all this time but we only just found out." In that moment, the question uppermost in my mind was: Who are we doing this for? Is this an act of worship for the people here present, or for those we thought were present online, or for those who we think will be online later?! Is it a production - a product - that demands our striving for excellence? If it is simply

an act of worship for the people present in person then we can simply pick up where we left off. If it is a production, then we need to start over and create the best product that we can. Different voices presented themselves: "This is live worship. Things happen. It's not a product. Let's pick up where we left off" versus (I must admit) my own tendency to perfectionism that leaned towards starting all over again! In the end, as is often the case, pragmatics took charge. Some of the participants had other commitments to go to and did not have time to begin again.

Many of these questions do not resolve easily. I hope that some of them, such as the question of how we define an assembly of the people of God when using an online platform, will be addressed in due course by the Standing Liturgical Commission of the General Convention of the Episcopal Church. Meanwhile, I am glad to continue to receive your questions and suggestions as they come up for you. And we are given an important reminder by The Rev. Kelly Brown Douglas in a recently-published essay titled *The Challenge to the Church during Covid-19* that "we cannot be so focused on eucharistic and other rituals of the church that we forget about the meaning of our gathering in the first place ... the call of God requires that we move beyond our altars to embody the very ministry of Jesus in our world." Amen.

Kelly Brown Douglas, "The Challenge to the Church during Covid-19," in We Shall be Changed: Questions for the Post-Pandemic Church, ed. Mark D. W. Edington (New York: Church Publishing Incorporated, 2020), 59-60.

Dealing with Fatigue

By Fr. Zeb



I've seen a variety of Facebook posts and articles about fatigue. I know I regularly have these issues as well. We have had a year of distancing, of cancellations and alterations of our traditions and our plans. That's just the pandemic! Add in political and social stressors and there are a lot of reasons for us to feel down and exhausted.

In Lent, we often take something away or work on self-improvement. This is great, and if it is going well for you, keep it up! But if you're in a constant state of fatigue, I invite you to instead add in some small moments just for you. Maybe you don't need to read the news while drinking your coffee. You could just enjoy the sensation of the warmth and caffeination. You can read about the state of the world later. Maybe you can put away the pile of books that you *should* read and simply read that novel you've been eyeing. Maybe you really need a nap time. Indulge in something simple that is life giving for you.

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Undercroft Task Force (UTF)

By co-chair Elvin McDonald

At a recent Chapter retreat Amma Nicola asked us to answer some, as they say, "good questions." I would like to share my responses here because they form the very foundation of my work on this task force.

What can we celebrate from 2020? While the pandemic has kept us apart, in the end it will draw us together--more than ever in our lifetimes.

What can we learn from 2020? One can hold God's hand without liturgy and a proper nave.

Which are priorities for 2021? Overhaul of the Undercroft, plans for which are moving right along. This is my top priority for 2021.

The most preliminary of visuals for the renewed Undercroft show that it will feel like a much grander space owing to removal of the outdated dropped ceiling. It will also be a space surrounded by variously useful and supporting spaces such as the newly renewed kitchen, the choir room and the courtyard.

The overhauled space invites a multitude of uses, first to help us serve the needs of the food challenged but for countless other events, weddings, memorial services, parish get-togethers, potlucks, and the needs of the Diocese. Our cultivation of the arts will be inspired by the renewed Undercroft--whether artwork or plays or recitals or you name it.

The UTF, led by Amma Nicola, co-chair Tony Braida and myself, with team members Deacon John Doherty, Phyllis Melton, Anne Reasons and John Zickefoose continues to meet weekly or as needed to resolve an issue expeditiously. Sometimes we gather masked and socially distanced, others are by Zoom. Virtually we have become adept, able to conduct a meeting without a single "Can you hear me now?"

In addition to structural matters and organization of the space, working with our OPN architects, we have begun to get serious about the awesome task of raising funds.



Photograph showing the capital of one of the columns in the Undercroft, which are presently hidden by the dropped ceiling. Made of cast iron, the columns are original to the Cathedral.



Financial Update

As of February 29, St. Paul's has received 73 pledge commitments for a total of \$211,174. This is an average of \$2,893.

St. Paul's continues to raise money for the livestream video system. We have had a significant amount of money raised but it is still short of the amount needed. We received a \$5,000 grant from the Diocese of Iowa, a \$5,000 matching gift, and \$4,965 in individual donations. Please consider a gift to this important ministry. Thank you.

Our 2020 giving was very close to what was budgeted. The plate offerings were the only significant shortfall and this constitutes a very small portion of our income.

During this time of uncertainty, our members have been very loyal in financial support. THANK YOU!



Dealing with Fatigue, *continued*

The Diocesan Lenten program is called “Living Kindness” and I love the idea of focusing on small things you can do to help others. I encourage you to live with that same kindness for yourself. You aren’t super human. God never called you to carry the world on your shoulders. You’re allowed to take a break. God loves rest so much, God created a whole day for it. Fatigue is something you may live with for a while. It doesn’t naturally disappear. But creating those bliss points during the day, those times that are just for you, even if it’s just a few minutes with a warm beverage, can help. It’s been a stressful year. You’ve given up a lot. Maybe this year, God doesn’t need you to give up more. Maybe God is simply inviting us to rest.



Following Up On Eldon Usry

In our last issue we featured this 1896 photograph of St. Paul’s Crucifer, Eldon Usry, and thanks to our readers we have learned a bit more about Eldon. He was born in Ft. Dodge in 1884, raised in Des Moines, and graduated from West High School. (West High School was built in 1888 and stood at the SE corner of 15th and Center Streets – the present site of the Oakridge Neighborhood.) After graduation Eldon got an engineering degree in Ames, and in 1906 he married Kathryn Bartlett in a ceremony at St. Paul’s. He later accepted a position at Ohio State University in Columbus, Ohio. At the time of his death at age 42 (in 1926) he was working on a PhD at Columbia University in New York City. He is buried in Columbus, Ohio.

Many years later his sister Edith gave all the money required to create and install the Cor-ten steel spire which rose above the bell tower. (The skeletal steel spire replaced the original wooden one, which had deteriorated badly, and was removed in the 1930’s.) Edith dedicated the spire to her brother. It was installed in 1965, and removed some years later. The cross he’s holding in the above photograph is still in use, and is typically carried by the Second Crucifer. When not in use for service, it hangs in the Narthex with our other crucifixes.



ELDON L. USRY,

Des Moines, Iowa.

He was carried away in a dream
Of wonderful melodies come to him.
May he sing the celestial hymn
'Till the lights are low and dim.



Palm Sunday Procession for Peace

Organized by Des Moines Faith Committee for Peace
Sunday, March 28, 2021, Service at 3:00 pm
Livestreamed from Capitol Hill Lutheran Church

The keynote speaker will be The Rev. Lizzie Gillman, recently ordained Episcopal Priest in the Diocese of Iowa, and Scripture read by The Rev. Zebulun Treloar. This year's theme is "Protests and Palms"

Due to the pandemic, there will be no procession this year, but we will still gather virtually to raise our voices in support of justice and peace, with a focus on racism. We recognize that the US almost entirely uses military force against people of color in conflicts around the world. Further, this past year we saw military and paramilitary force being used against protestors of racial violence, many of whom were people of color, as well as against indigenous people protesting the pipeline in South Dakota. We will lift our voices and prayers calling for diplomacy and an end to war and sanctions that kill in Iran, N. Korea, Syria, Yemen and Palestine/Israel, and for racial justice here at home.

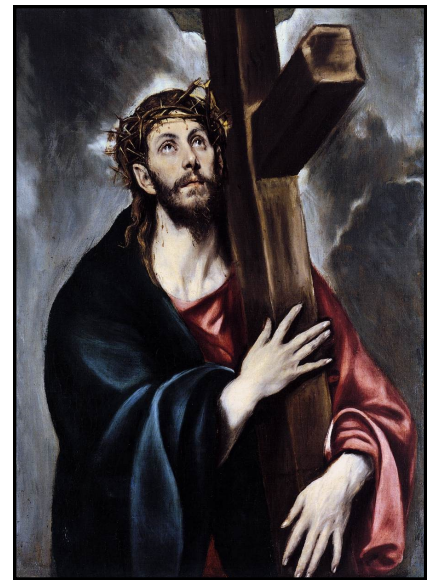


Maundy Thursday

Christ Washing the Feet of the Apostles
Meister des Hausbuches, 1475.

The Easter Triduum

From the evening of Maundy Thursday to the evening of Easter Sunday we celebrate the Easter Triduum. Deriving from the Latin for "three days" and adding "Easter," it celebrates the proclamation of Jesus' resurrection "on the third day," and it helps us to realize what we celebrate during these three days – Jesus's passion, death, and resurrection – is such an immense, awe-inspiring mystery that we need three days to enter into its truth. With that in mind, we include these images on which to ponder and reflect.



Good Friday

Jesus Carrying the Cross
El Greco, 1580



Easter

The Morning of the Resurrection
Sir Edward Coley Burne-Jones,
1886



Holy Week and Easter at St. Paul's

Our Holy Week and Easter Services Are Opportunities to Focus Deeply
on the Mystery Of Jesus' Death and Resurrection

Palm Sunday – March 28

8:00 am and 10:00 am Holy Eucharist (with livestream at 10:00 am)

Blessing of the palms and Passion Narrative

Chrism Mass – Monday, March 29 at 11:00 am via Diocese of Iowa livestream

Includes reaffirmation of baptismal and ordination vows and blessing of holy oils.

Holy Eucharists –

(Tuesday, March 30 and Wednesday March 31)

12:00 Noon

Maundy Thursday – April 1

7:00 pm – Holy Eucharist and Stripping of Altar (with livestream)

8:00 pm to Midnight – Prayer Vigil in the High Street Chapel

Good Friday – April 2

12:00 Noon – Liturgy

Virtual Downtown Way of the Cross with The Bridge Churches (details forthcoming)

7:00 pm Liturgy with sung Passion (with livestream)

The Great Vigil of Easter – Saturday, April 3

8:00pm – Lessons and Lighting of the Paschal Fire with the First Eucharist of Easter to follow (with livestream)

Easter Sunday – April 4

8 :00 am – Holy Eucharist

10:00 am – Festival Eucharist (with livestream)



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!



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**.

Please remember the church's financial needs during this suspension of in-person services. Visit our website at <https://my.e360giving.com/App/Giving/cath815166>.

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

The deadline for the May/June issue will be Monday, April 19, 2021.

Please contact us at administrator@cathedralchurchofstpaul.org

or call the Cathedral Office: 515-288-7297. Thank you!

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

Find Us on Facebook:
<https://www.facebook.com/CathedralStPaul/>



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.