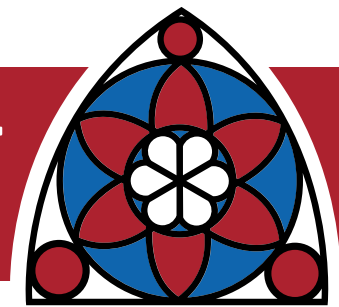


THE JOURNEY



A Newsletter of The Cathedral Church of St. Paul

The Very Rev. Fr. Troy C. Beecham, Dean

SEPTEMBER 2019

Special welcome from the Dean



to our team!

I am excited to announce that, with the financial support of the diocese through grants, we are able to bring Fr. Zeb onto the clergy staff of the Cathedral starting this September!

I look forward to Fr. Zeb more fully bringing his gifts and love of Jesus in leading our parish in Christian Formation and Evangelism.

We are blessed to have such a loving, faithful priest joining us! Welcome Fr. Zeb to this increased presence and ministry among us!

Fr. Troy+

From the Dean

Over the last two weeks, we have had two spectacular storms. I have seen on the sides of roads all over my neighborhood, and others have shared pictures of their own yards, the numbers of tree limbs and entire trees knocked down by the violence of the storms.

There is an old saying, "Everyone you meet is fighting a battle that you know nothing about. So, be kind, always."

Some of us have visible signs of our struggles, like the downed trees and limbs in their front yards. Others, perhaps most of us, hide our struggles behind big smiles in public and silent weeping behind closed doors. Sometimes folks set fire to their lives just so someone will know something is wrong and offer to help.

Jesus is many things to us: Savior, Lord, Shepherd, King, Judge. In all these roles and titles, there is something that under-girds it all: Jesus loves us all

with a kind, compassionate, humble love. He comes to us in our weakness, our loneliness, our broken lives, and he gently offers to heal us, restore us, and carry us in his loving embrace.

He says that the world will know that we are his disciples by how we love each other. So, may our loving Jesus give to each of us compassionate, humble hearts, and eyes to see behind the facade of "being ok", and ears to hear the cry for help behind the casual "I'm fine" that we so often use. And if someone is genuinely ok and fine, may we also be perceptive and keen to rejoice with them, and ask them to take up the work of love,

of being sensitive to the Holy Spirit to discern when others are in need.

And so, to the one who heals the broken and is a safe refuge for those embattled by the rigors of life, let us offer thanksgiving for his humble, powerful love. And to those who are fighting battles, let us always be kind. Let us always be kind.

Fr. Troy+



Fr. Zeb joins the St. Paul's Staff

A Letter from the Assisting Priest

Dear Friends,

It is with great joy that I officially increase my ministry at St. Paul's into a 20 hour per week position as the assisting priest. I am grateful to the chapter and the dean for the opportunity to serve this wonderful parish in this increased capacity.

My two areas of concern will be Christian formation and evangelism. I am already at work building programming for the youngest members of our community (ages 0-5) and their families. I am excited about the possibilities for our children to grow in the knowledge and love of Jesus. Please join me on this journey, praying for our kids, their parents, and all those who will lead and guide them.

I am also planning more opportunities for adults to grow as well. I hope to begin several weekly Bible study groups where we will focus on the beauty of Scripture, digging deep and discovering the Holy Spirit enlivening us through the pages. If you feel called to host a study group, whether in your home or at a community location (such as a coffee shop or restaurant), please let me know. I will provide you with outlines, materials, and mentorship as you begin this important ministry.

Finally, I'm going to be out and about, talking with people, praying, and sharing God's love. This will be at Connection Café, as well as at local coffee houses and community gathering places. I want to meet people who typically don't come on Sunday mornings and build relationships. I'd love to go places with you and meet new people as well. Let's spread love together and have fun enjoying the rich diversity of God's people.

I will also have another ministry setting. I will be the part time pastor at The Shores at Pleasant Hill, a senior living community run by Immanuel Pathways, an ELCA (Lutheran) affiliated organization. I will be leading worship and Bible study, as well as engaging in pastoral visitation. It will be a wonderful experience being both a community pastor and assisting priest, engaging with the youngest and oldest children of God.

Please pray for me, for all the leaders of St. Paul's, for our members and regular visitors, and for all those who will find new or renewed life in Jesus through our



Cathedral Office Closed Monday, September 2

Please note the Cathedral Office will be closed on Monday, September 2nd in observation of Labor Day. Have a happy holiday! Because of the Labor Day Holiday, there will be no noon Mass.

All activities resume next week, Monday, September 9th. Please note that beginning on September 9th our weekly Monday mass will be at 12:30.

ministry. May all our lives overflow with love for God and love for our neighbors.

Sincerely,

Fr. Zeb Treloar

Connections Cafe

All are welcome to help make sandwiches after the ten o'clock service on Sunday, September 8. If you would like to help, please go to our website and click on that date in the calendar to sign up. If you work in downtown Des Moines, please consider helping to serve here at St. Paul's on Monday, September 9th from 12 - 1 p.m. You will be greeted enthusiastically!



Des Moines' Ecumenical Eatery

Thank you!

September Shelter Meal

Tuesday, September 24, 2019

Our next Shelter Meal will be Tuesday, September 24th. Please check the sign-up poster located in the parish house corridor and think/decide what food you can contribute. Please sign up if you will be bringing food so we don't purchase more than necessary. Monetary contributions are welcome anytime, and will be credited to your personal St. Paul's contributions. Thank you!



Jack Jezreel, founder of JustFaith Ministries to Speak at St. Paul's

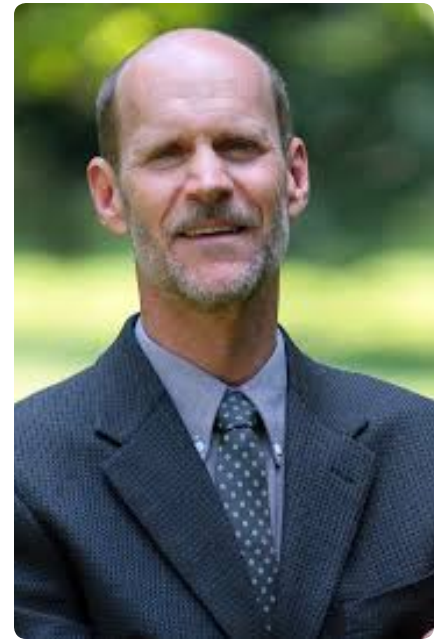
Wednesday, September 18, 2019 from 7-8:30 p.m.

Taking the Next Step!

Saint Paul's Episcopal Cathedral, 815 High Street, Des Moines

Please join us for an evening with Jack Jezreel, originator of JustFaith and the founder of JustFaith Ministries. He will share some thoughts from his new book, *A New Way to Be Church*, including some thoughts on how to move our faith into action with vitality and impact. He will also share some exciting news about some changes

at JustFaith Ministries. Come see your JustFaith graduate colleagues and get re-energized! This event is open to the public, and is \$25 to attend. All proceeds from the evening will be divided between the Center for Social Ministry and JustFaith Ministries.



Cathedral Arts News



ST. PAUL'S
EPISCOPAL CATHEDRAL

815 High Street
Des Moines, IA 50309
515-289-7297
cathedralchurchofstpaul.org

St. Paul's Cathedral Arts
Our 2019 - 2020 Season is Coming!

Choral Evensongs



Organ Concerts



Lessons and Carols

And much more!

*Please look for details in our monthly Journey
or online at cathedralchurchofstpaul.org*

Social Justice – Immigration Team

The July/August Journey article focused on how a small step can make a difference in Immigration when it feels overwhelming. One thing we have discovered in our Sunday meetings is how listening makes a difference. That same lesson was part of the 25th celebration of becoming a cathedral when we read the People's Stories. The heart of the parish was open to us through our stories.

Now here is another story.....

Donna is a native of El Salvador, a country where the only rule of law is the rule of gangs. Karla is from Mexico. They are transgender women in their early twenties. Each has experienced extraordinary, personal violence because of her sexual orientation. Each had to leave the family who loved them to risk the difficult and dangerous journey to the United States in order to survive. It was not just unsafe for them to be who they are in their home countries; it was unspeakable. Separately, they came to New Mexico last year to apply for asylum.

Donna was held in federal detention for 3 months upon arriving. Her actual court hearing on the merits of her application is April of 2021. Karla was detained for 2 months and her hearing is scheduled for January of 2021. They would still be jailed, but a local, Iowa couple agreed to sponsor them as asylum applicants. Their cases have been assigned to the Omaha Investigation Court to join over 10,000 other immigrants who are on a 2 to 3 year waiting list with this court. They must regularly appear

Continued on Page 4



before the court to show they are following our laws while they await the official hearings on the merits of their applications. Only a very small percentage of asylum cases are ever approved – usually only for countries in which the state is identified as the unsafe player—not gangs or cartels which actually control life on the ground. Neither El Salvador nor Mexico are identified as state sanctioned violence – so their chances are slim. Without a family member who is a naturalized citizen, their chances of approval for a green card are less than slim.

Donna and Karla are prohibited from working for the first 6 months in the U.S., and it will take over a year before they might qualify for a work permit. They are learning English, and like all refugees and immigrants, they are anxious to become financially self-sufficient, pay their way and pay taxes. However, until they are allowed to work, they continue to be totally dependent on the generosity of strangers for their well-being. The grace in their lives is made manifest by the church members of the Iowa Sanctuary Movement which has been raising about \$1,000.00

per month to cover food, housing, transportation and medical needs.

Members of the Social Justice-Immigration Team have chosen to listen to the story of Donna and Karla and support their care as they struggle to step forward and find peace in their lives. All those who would like to join this effort can place their designated "Social Justice" donation in the Sunday offering or simply mail it to the church office. Please help us demonstrate the radical hospitality that Episcopalians profess.

Our Church Garden

As you may know the garden surrounding the parking lot was started by the Rt. Rev Cathleen Bascom while she was Dean of the Cathedral here. The garden was planted in native Iowa plants, mostly forbs native to our prairies, but also some native trees. I took over the care of the garden shortly after it was planted, about nine years ago and it has been a joy to take care of it and watch it grow and change. I am now in the process of leaving Des Moines as my husband's job has changed and we will be moving to Minnesota in the near future. While working in the garden there have been two faithful helpers that I have been so grateful for. Vicky Ingram has helped me with the native planting around the parking area in the back and has really done a great job of learning which are the native, and which are the non-

native plants. We try to keep the garden all natives. John Nielson has been the keeper of the front garden which is more non-native and some annuals. He also helps in the back and we have all worked on the side gardens on the west side of the church.



Since I am leaving, these two great people will need some help. The biggest job is the spring clean-up which some of you have helped with in the past, and bodies will be needed again next spring, no plant knowledge needed. Also some regular workers throughout the growing season would really be helpful and necessary to keep the weeds out of the garden, and Vicky can answer your questions about the natives. Please keep the gardens in mind if you would like to work outdoors and help at the church. If you feel intimidated because you cannot recognize the native

Continued on Page 5

Coffee Hour Coordinator Needed

Can You Help Us?

Cheryl Stearns is stepping down as our Coffee Hour Coordinator in December, and we are looking for someone to help us. This is a wonderful way to engage with parishioners, guests as well as Coffee Hour Hosts. The Coordinator's functions include:

- Providing and posting the monthly sign-up sheets on the Guild Hall bulletin board
- Encouraging people to host
- Making sure the tablecloths are clean ready to use
- Shopping, when necessary (a receipt can be turned in for reimbursement)
- Thank you notes (to be written at the end of the year)



If you are interested, please contact the Cathedral Office: 515-288-7297

Thank you!



Our Church Garden ... continued from Page 4

plants, there is always help needed to keep the labyrinth and the paved area around the altar clean. Keeping this looking nice requires no plant knowledge as everything growing between the bricks needs to be kept free of plants, and who knows you may even learn some of the natives. If you are interested, let me know before I leave and I will pass the information on to Vicky, or contact her directly. Right now

we work on Friday mornings, weather permitting, but Vicky may want to change that time, it will be up to her now.

Thank you all for your friendship, encouragement, and for the opportunity to work here at the Cathedral doing something I love.

Blessings to you all, Jo Anna Hebberger

June's Art Week Highlights *Organ Concert and Art Week*

By Jed Leland

On Friday, June 28 St. Paul's hosted its second annual Art Week and Organ Concert, an outstanding evening filled with music and art of all kinds. Cathedral Organist Mark Babcock presented a lively musical performance with a variety of music including works by Albert Travis, Dietrich Buxtehude, J. S. Bach, and Maurice Duruflé. Anticipating the July 4th holiday, the program included a sparkling arrangement of variations on "The Star Spangled Banner" by Dudley Buck. Immediately following the half-hour concert, guests were encouraged to visit the Undercroft where a great variety of art by various local artists was on display. The range

of art included oil and acrylic painting, pottery, photography, assemblage, Pysanka (Ukrainian Easter eggs), woodcuts, and fabric art. The artists included Layne Andrews, Sally Bates, Melvin Bobo, Tammy Campos, Martha Henrichs, Vicki Ingham, Spivey Knapik, Elvin McDonald, Hillary Navin, MeLinda Ogaard, Sue Owens, Priscila Palomino, Dot Prater, Shelly & Tom Thompson, Irene Tower, Laura Travnicek.

Many thanks to the Cathedral Arts Committee: Harold Alexander, Mark Babcock, Sally Bates, Martin Chevalier, Bruce Carr, Jean Davis, Barbara Duro, Donna Hendrick, Becky & Tim Hird, Elvin McDonald, Debi O'Connell, Robert Thelen, and Mark Thompsen. Thanks



as well to Traci & Matt Petty, Jamie & Lars Larson, Ken & Spivey Knapik, John Zickefoose, and those who helped in other ways to create a special evening!

The art submitted by parishioners was diverse and beautiful, and we give our heartfelt thanks to Jennifer Norum for the photographs.



Sally Bates: Pysanka



Priscila Piper: New Beginning



Vicki Ingham: Below Montepulciano



Elvin McDonald: Duane Anderson



Shelly Thompson: Pottery



Spivey Knapik: Inheritance



Irene Tower: Untitled



Sue Owens: The Wild Animal Alphabet



Youth Summer Fine Arts Camp Highlights



Camp members in rehearsal



Lunch!



Cast members performing for an enthusiastic audience

St. Paul's Youth Summer Fine Arts Camp Is a Great Success

By Jed Leland

Our first Summer Fine Arts Camp was a tremendous success! Camp Leaders Lexie Thiessen, Beth DeVries, and eighteen lucky young folks had a fun-filled week,

and ten camp members capped their week's work with a lively performance of "It's Okay to be Different," written by Gene Grier, Natalie Sleeth, and Lowell Everson. This charming cantata for younger singers reveals that discipline, purpose, and love promote understanding of ourselves

and others in an ever-changing world. Special thanks to leaders Lexie and Beth, and thanks as well to Laurie Theis, Jo Anna Heberger, Bev Duffy, Jesse Sadler, Mark Babcock, and John Zickefoose.

Save The Date Connection Cafe Cabaret Fundraiser

Sunday, October 20

Please join the members of the Bridge Board as we host an evening of cabaret to benefit the Connection Café on Sunday, October 20. This year's benefit features John Zickefoose singing songs by Kurt Weill, Jerome Kern, the Gershwins, Cole Porter, Harold Arlen and Others. Musical Direction is by Bruce Martin.

The benefit will be held in the Undercroft at St. Paul's. Doors open at 4:30 for the Silent Auction, refreshments and light hors d'oeuvres, and the performance is at 5:30. Tickets are \$40 per person, and \$350 for a table of 10. Tickets are sold by members of Bridge Board Churches or by contacting Sally Bates at sallybat38@mchsi.com.

A Cabaret Evening Benefiting the Connection Café

John Zickefoose
sings
Songs I Taught My Mother

Sunday October 20, 2019
4:30 pm

St. Paul's Episcopal Cathedral
815 High Street
Des Moines, IA

Satiric, Sentimental & Silly Selections
By Kurt Weill, Jerome Kern, the Gershwins, Cole Porter, Harold Arlen and Others

Musical Direction by Bruce Martin

Silent Auction, Refreshments and light hors d'oeuvres
Tickets: \$40
Table of 10: \$350




For tickets please contact
sallybat.38@mchsi.com




LET'S celebrate

HAPPY BIRTHDAY TO THESE CHILDREN OF SEPTEMBER:

Amelia Allaway, September 1
Paul Meginnis, September 1
Becky Hird, September 2
John Halbrook, September 6
Judy Bannister, September 7

Jo Anna Hebberger,
September 9
John Kerss, September 13
Bill Hornaday, September 14
Terry Melton, September 14

Dean Bice, September 25
Sylvia Gillespie, September 25
Al Geiger, September 28
Julianne Allaway,
September 29

HAPPY ANNIVERSARY TO THE FOLLOWING:

Marilyn and Duane Sand, September 8
Judy and James Bannister, September 17
Patti and Bill Graham, September 18

Muffy and Henry Harmon, September 18
Dee and Jim Vickery September 19

Would you like your birthday or anniversary included in the Journey?
Please contact the Cathedral Office (515-288-7297) or visit <http://www.cathedralchurchofstpaul.org/about-us/contact-us/>



Financial Questions?

Due to staffing changes, please direct all financial questions to Deacon John Doherty at this address:

deacon@cathedralchurchofstpaul.org

Thank you!

Give Online, It Is Easy.

Do it once or you can set up reoccurring gifts. Print a record of your giving anytime. No cash, no check book? No problem. You can text 515-207-8133 to give to the church. If you need to update or change your information, call the Cathedral Office (515-288-7297).

St. Paul's Offers Text Giving!

TEXT TO GIVE

You can automatically give by texting the amount you wish to donate to this number: **515-207-8133**.

Safe and Secure Online Giving Now Available!

We now offer safe and secure online giving on our website. Credit and debit cards are accepted. You can set up an account or quick give. 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 Cathedral Preservation Fund, or Cathedral Arts.

The Journey is published 11 times a year, usually on the third Thursday of the month to reach homes by the first of the following month. Your articles, news, photos are welcome!!

The deadline for the October issue will be Tuesday, September 18.

Please email to administrator@cathedralchurchofstpaul.org
Or bring to the Cathedral Office.

Our 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.



Cathedral Church of St. Paul
815 High Street
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Phone: 515-288-7297

Email: administrator@cathedralchurchofstpaul.org

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St. Paul's Youth Summer Fine Arts Camp Is a Great Success

See Inside for Details!

PLEASE BE SURE TO VISIT OUR WEBSITE: CATHEDRALCHURCHOFSTPAUL.ORG

