



The Journey

Newsletter from St Paul's Episcopal Cathedral

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

July and August, 2023

Welcome to
St. Paul's Episcopal Cathedral!

GROUNDING IN WORSHIP ~ DEEPENING IN FAITH ~ REACHING OUT IN LOVE



(515) 288-7297 ☩ STPAULSDM.ORG



ST. PAUL'S
EPISCOPAL CATHEDRAL



GREETINGS *from the* ACTING DEAN

The Rev. Nicola Bowler
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actingdean@stpaulsdm.org

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The Chapter

Class of 2024
Jolene Phelps
Phyllis Melton, Sr. Warden
Duane Sand, Jr. Warden
Abigail Allard

Class of 2025
Kirsten Buniak, Clerk
Stephanie Murphy
Tom Smith
Stephanie Wells

Class of 2026
Nathan Brown
Samuel Hutchisson
Betsy Van Haaften
Rosa Walker

Dear People of St. Paul's,

Summer greetings to you! I am writing to invite you to participate in St. Paul's *Summer Census*. You may have already responded to an invitation that arrived in your email in-box. If not, please read on...

Guided by St. Paul's Vision Statement:

Grounded in Worship. Deepening in Faith. Reaching Out in Love.

St. Paul's leaders are working to build a thriving Cathedral whose ministries fulfill our mission to be "a welcoming, worshiping community committed to living Christ's unconditional love through fellowship, service, and kindness."

This summer, you can help by completing the *Summer Census*. We are eager to learn more about you, and to discover ways in which we can better serve you. Your unique gifts and talents are important, and St. Paul's leaders desire to create a welcoming, worshiping community in which you can use and share your gifts and talents.

Kindly follow the link provided below, or in your eNews. The *Summer Census* takes approximately six minutes to complete. Your responses will be reviewed, and St. Paul's leaders will follow up with you.

Should you have any questions, encounter any difficulties while taking the survey or would like help taking the survey, please do not hesitate to contact Nathan Brown (nathan.brown2111@gmail.com) and assistance will be provided.

Thank you in advance for your time, thoughtfulness, and willingness to actively participate in this important effort. Your feedback and input are invaluable in shaping the future of St. Paul's Episcopal Cathedral.

Faithfully,

Amma Nicola



[2023 Census — St. Paul's Episcopal Cathedral](https://stpaulsdm.org/2023-Census)
stpaulsdm.org

IN-PERSON AND ONLINE SERVICES SUNDAYS

8:00 am

Holy Eucharist, Rite I

10:00 am

Holy Eucharist Rite II [livestreamed](#) and on Facebook

WEEKDAYS

Morning Prayer at Wesley Acres

The first Tuesday each month at 9:15 a.m.

Wednesday Morning Prayer at 9:15 a.m. every week, via Zoom, Please contact Deacon [Jeanie Smith](mailto:jeanie@sttimothysiowa.org) (deacon@sttimothysiowa.org) 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.

Wednesday Noon Eucharist

12:05 p.m. in the Chapel.

SELECTED SEASONAL SPECIAL SERVICES

Sunday, July 30 – Lower hall Parish House open house.

Sunday, August 13 – Visit from Companion Dioceses with pilgrims and Bishops of Eswatini and Brechin.

WEEKLY AND MONTHLY GROUP MEETINGS

The Sunday Morning book study has concluded the current book and the group will pick up again in September with a new title (TBD). Members of the group are still participating in the 4th-Sunday “Joyful Hearts” prayer group in the Chapel at 9:00 am on July 23 and August 27

JOYFUL HEARTS PRAYER GROUP

Fourth Sunday of the month

9:00 a.m. in the Chapel.

SUMMER YOUTH GROUP

All middle and high school students are invited to join us for Bible study on Wednesday nights from 7:00 p.m. to 9:30 p.m. Light snacks and lively conversation, and parents are also welcome. Contact formation@stpaulsdm.org for more information.

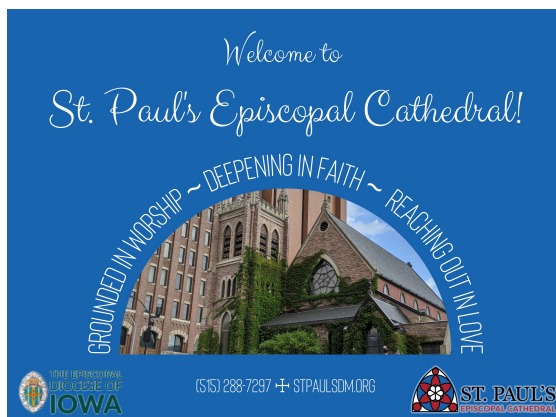


ABOVE: Summer Youth Group mid-summer meeting.

JULY AND AUGUST 2023

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ON THE COVER: Welcome to St. Paul's Episcopal Cathedral

Please be sure to visit our website:

www.stpaulsdm.org

Find Us on Facebook:

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



ST. PAUL'S
EPISCOPAL CATHEDRAL

CATHEDRAL

Summer Census



STPAULSDM.ORG/CENSUS

St Paul's Cathedral Clergy and Chapter invite you to take our Summer Census. As we explore strengthening our ministries, we want to learn more about you, how to better serve you, and help you find a place where you can use your gifts here at St. Paul's.



ST. PAUL'S
EPISCOPAL CATHEDRAL



Pastoral Letter concerning the special session of the Iowa legislature, July 11, 2023

Dear People of St. Paul's,

Many of you will already have seen the message from Bishop Monnot concerning the outcome of Tuesday's special session of the Iowa legislature, reproduced below.

To the Bishop's message, I add the invitation to you to talk with me or another of the St. Paul's clergy if you are troubled by this legislative decision and its impact on our State, our communities, yourself, or someone close to you.

Human sexuality, that has wonderful potential to create closeness between two people who love one another and, potentially, allow them to become co-creators of new life, is

a gift of God. Many of us have experienced pregnancy ourselves or are close to someone who has. The stories of those pregnancies are important in our own lives and in the lives of those we are close to.

As a mother to three young women, it is my sincere hope that their future experiences of pregnancy – if that is their choice – will be intentional, timely, positive and joy-filled. There are myriad reasons why the discovery of, or experience of a pregnancy may be stress-filled, emotionally devastating, or threaten the health of a pregnant woman. At times like those, people need support. The church offers numerous "rites for a woman who

has endured the risks involved with the reproductive process" (*Enriching Our Worship, Vol. 5, New York: Church Publishing 2009*) including, for example, the "Blessing of a Pregnant Woman" and "A Rite for Mourning the Loss of a Pregnancy."

Again, if you would appreciate the opportunity to talk with someone on this subject, please do contact me or another of St. Paul's clergy.

Prayerfully,
Amma Nicola



Statement on the special session of the Iowa legislature, July 11, 2023

Dear siblings in Christ,

Last night the Iowa state legislature passed a bill to restrict reproductive healthcare in the state of Iowa. This bill bans abortions after "cardiac activity" is detected in the fetus: usually this happens before most people even realize that they are pregnant. What this means is that pregnant people will no longer have the right to make their own decisions about the healthcare that is right for them. Their right to bodily autonomy will be violated. The burden of this new law will fall disproportionately on people who are marginalized: people who are poor, people of color, people who for various reasons will not be able to travel to a nearby state with more humanitarian laws.

I want to be clear: as a Christian, as a bishop in The Episcopal Church, and as a human being, I oppose this legislation.

As a disciple of Jesus, a Christian, I strive to follow Jesus' commandments to love God and to love my neighbor. Christians believe that our neighbors are not just whoever happens to be near us, but our neighbors are anyone in need, no matter whoever and wherever they are. In The Episcopal Church, when we are baptized, we promise to respect the dignity of every human being. We reaffirm this promise regularly in our worship. Working to respect the dignity of every human being is one of the ways that Christians in The Episcopal Church do our best to fulfill Jesus' commandment to love our neighbor.

Christians are called to love our neighbors at the time of difficult decisions that sometimes have to be made around the termination of a pregnancy. There are many variables in any pregnancy, and in the life of every pregnant person and their family. Persons in Iowa who become pregnant should be able to make their own healthcare decisions in consultation with their doctors and, if they choose, with their own faith leaders or clergy. That is how we respect their dignity.

Continued on the next page

From Bishop Monnot, continued

The Episcopal Church, which I serve as bishop, has been in favor of abortion rights since 1967. We are unequivocally opposed to any government legislation which would abridge or deny the right of individuals to reach informed decisions about the termination of pregnancy or that would limit access to safe means of acting on that decision. We believe that reproductive health and reproductive health procedures should be treated as all other medical procedures.

The Episcopal Church supports the right of every person to make the best decisions regarding their own reproductive health care for themselves and for their families. We oppose attempts to enshrine religious values into secular law.

As Christians, we believe that religious freedom means that every person should have the right to practice their own religion in this country, but not to force their religion onto others. In this week's special session of the

legislature, Iowa politicians have voted to restrict all Iowans to following the teaching of one particular section of Christianity in the area of reproductive healthcare. This is an inappropriate use of our system of government, and it will prevent Christians like myself and those I lead from exercising our own deeply held religious convictions to respect the dignity of every human being and to love our neighbors, especially our neighbors in need of reproductive healthcare.

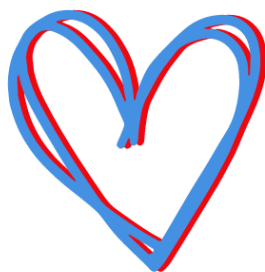
In the abundant life of Christ,
+Betsey
The Rt. Rev. Betsey Monnot
(she/her)
Bishop



St. Paul's Episcopal Cathedral Leaders

The Rt. Rev. Betsey Monnot	<i>Bishop of The Diocese of Iowa</i>
The Rev. Nicola Bowler	<i>Acting Dean of the Cathedral</i>
The Rev. Jean McCarthy	<i>Priest Associate</i>
The Rev. Kenneth Messer	<i>Priest Associate</i>
The Rev. Michael Monnot	<i>Priest Associate</i>
The Rev. Jean Davis	<i>Deacon</i>
The Rev. John Doherty	<i>Deacon</i>
Canon Mark Babcock	<i>Organist/Choirmaster</i>
Jonathan Hansen	<i>Formation Missioner</i>

Joyful Hearts Prayer Group



**MEETS FOURTH SUNDAY
OF THE MONTH AT
9:00 AM IN THE CHAPEL**

It's time to restock the Blessing Box!

items needed:

- canned meat
- canned fruit and vegetables
- canned soups or stews
- toiletry items
- toilet paper
- cleaning supplies

**ST. PAUL'S
BLESSING BOX**

Thank you for your help!



A Group Read during July and August, led by Deacon John Doherty

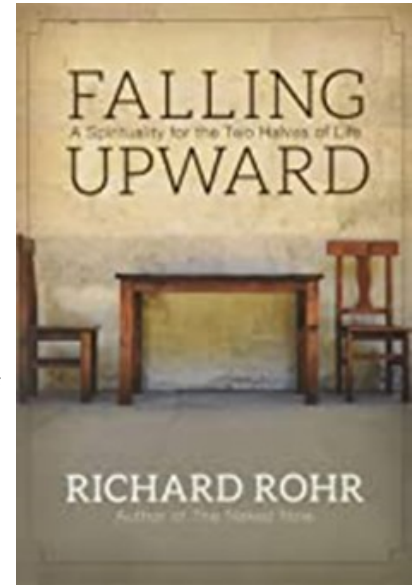
This group will be of value for everyone but is primarily for those who are in, or nearing, the second half of life. There is, however, never a time too early to reflect on one's life and to grow in wisdom.

"One cannot live the afternoon of life according to the program of life's morning; for what was great in the morning will be of little importance in the evening, and what in the morning was true will at evening have become a lie." CARL JUNG

"No wise person ever wanted to be younger". NATIVE AMERICAN APHORISM

A spirituality for the Two Halves of Life.

In *Falling Upward*, Fr. Richard Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness. The second half of life can and should be full of spiritual richness. A view of how spiritual growth happens, where loss is gain.



Available in various formats (large print, kindle) where ever you like to purchase your books.

If you need the church to secure a copy for you, please contact Deacon John at johndeacon@stpaulsdm.org .

The group meets at 11:30 until 12:30.

QUICHES
IN THE COURTYARD

Please join us for quiche, fruit, and pastries in the Courtyard on the last Sunday of each month after the 10:00 am service.

LAST SUNDAY OF THE MONTH THIS SUMMER

Invite a friend to our church lunches this summer and introduce them to our vibrant, warm faith community!

Sunday, July 30
Sunday, August 27
(No charge)



Our heartfelt thanks to Canon Mark Babcock and members of St. Paul's Cathedral Choir for their glorious music throughout the year! On hiatus for the summer, the full Choir returns this fall.

This past May St. Paul's parishioners and Youth Group replanted our rain garden, and we thought you might enjoy seeing these photographs of their Day in the Sun (with fun).



New Bible Study

BEGINNING IN SEPTEMBER!



The Bible is a difficult book.

There, I've said it.

It is something that many people have opinions about, still more have been taught about; yet really, how much of a chance have we had to really attempt to understand what it says, and what its purpose is.

In the Fall, after Labor Day, I will be leading a series at St. Paul's which I am (tentatively) calling **How Do We Read, Think About and Talk About the Bible?** Part class, part reflection, and very much a discussion, I want to

explore how we can better understand what the significance of the Bible is to our faith, both as a church and personally. I am particularly interested in how as Episcopalians/Anglicans we understand our relationship to scripture as part of the 'three legs' of scripture, tradition, and reason.

We will begin with Bible Basics, an opportunity to get up to speed with some of the basic issues like when it was written, translations and some of the important 'technical details' which it is useful to know when thinking about scripture. Then, we will have a chance to discuss ideas

that we have had around us all our lives, yet may not have had a chance to really engage with, such as scriptural authority, literalism, and interpretation (and some other issues as well). Toward the end, we will explore some bible passages as a group.

We will meet after the 10:00 a.m. service (and after a few minutes of Coffee Hour), beginning in September. More details will follow as we get closer to the Fall.

The Rev. Michael Monnot

EfM Fall 2023 Fall Group Forming



Do you have an interest in theology, biblical study, or church history? We would love to hear from you about joining the St. Paul's/Des Moines Metro EfM Group. For more information contact Anna Whipple (anna.whipple@gmail.com)

Save the Date

Cathedral Arts Garden Party

Sunday, September 24 — 4:00 p.m.

At the home of Mark Babcock and Anthony Braid

More information coming soon!

Please mark your calendars and join us for these upcoming Parish Events!

RENEW & RECONNECT

FOOD ~ FRIENDS ~ FUN

Community Picnic hosted by
St. Paul's Episcopal Cathedral

**FREE ENTRANCE!
FREE FOOD!**

Free Carousel Rides for Children!

10 September 2023

From 12 pm (noon) - End

Union Park Open Air Shelter
2009 Saylor Rd
Des Moines, IA 50313

 **ST. PAUL'S**
EPISCOPAL CATHEDRAL

www.stpaulsdm.org

**Animal Blessing, Feast of St. Francis
Wednesday, October 4**

Cute. Hearty. Cuddly. Livelihood. Sustenance. Friend. These words all can describe animals. For some, animals are pets. In other circumstances, animals help bring money to a household or put food on a table. In all cases, animals are God's creatures. No saint is more closely associated with animals than St. Francis of Assisi. He rejoiced in the value and beauty animals bring to creation. Mark your calendars and join us on his feast day d(more information coming soon!)

Illuminated History— Our Stained Glass Windows The Spofford Window

Our stained glass windows are beautiful treasures, and in this issue we want to highlight a window which may often be overlooked: the Spofford window, which is located at the back of the nave by the audio-visual technology desks.

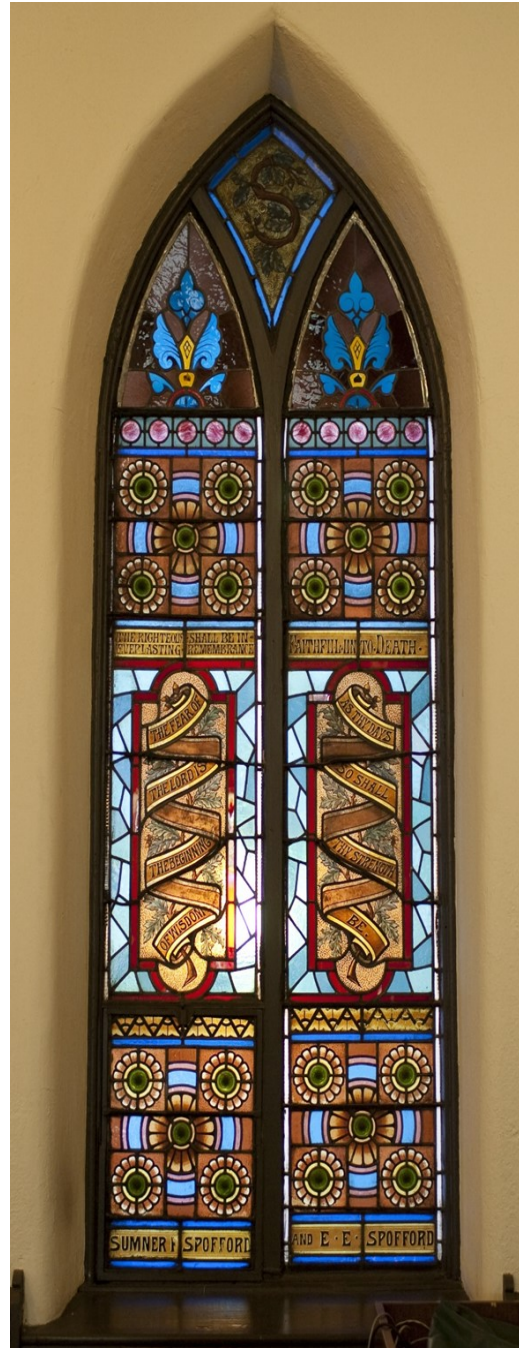
Most of the Cathedral's stained glass windows date to 1885 and 1886 and reflect two artistic influences: Gothic Revival and the Aesthetic movement, and the eclectic designs of the windows and the memorial quotations suggest that each person or couple who donated a window determined its content themselves, rather than having an overall program decided by clergy or the architect. By the time St. Paul's began constructing the present building in 1884, the idea of incorporating nonreligious, Aesthetic designs in memorial windows was well-established, not cutting edge, but not old fashioned either. Aesthetic influence at St. Paul's appears throughout – geometric blocks arranged symmetrically, the myriad plant-based decorative designs, and the repeated use of lilies and sunflowers as a design motif.

Commissioned by the Old Settlers Association of Polk County, (no doubt with authorization from his family) this window may be the one which primarily reflects the Aesthetic style; it is purely geometric with no religious symbols, and its color scheme of rich brown, avocado, and blue certainly contrasts with the other windows in the nave.

Spofford and his wife came to Des Moines in 1855, where he bought a half-interest in the Demoine [sic] House , one of the few hotels in town at the time.

City histories do not mention whether Spofford (who looked exactly like Abraham Lincoln) fought in the Civil War, but it seems likely that he did. He was also elected mayor, and served as a director of several organizations, including the State Agricultural Society, the Citizens National Bank, the Iowa & Minnesota Railroad, and the Central Iowa Insurance Company. He also served several times on the Vestry. Sadly, Spofford died just after the new church was completed, and his wife and children had all died earlier, so his daughter-in-law or grandson may have contracted the window for the nave.

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Our Stained Glass Windows The Spofford Window

The window features two lancets – Colonel Spofford’s on the left, and his wife, Emeline’s, on the right.

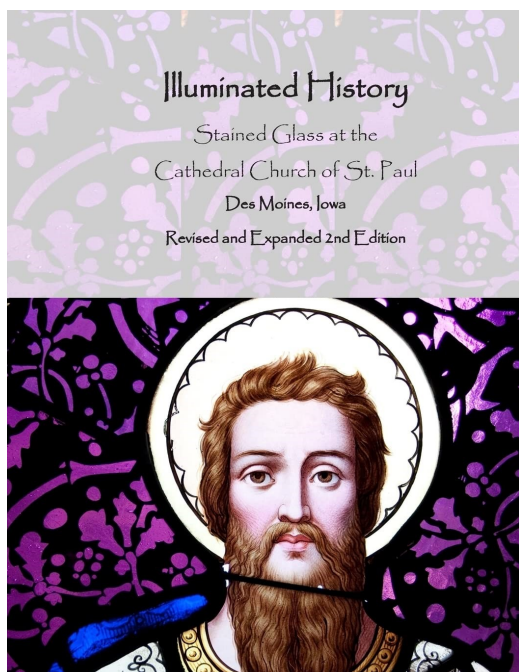
In a single nod to symbolism, the ribbons within each cartouche wrap a branch of oak leaves, representing strength, steadfastness, and endurance.

Despite its lack of obvious religious images, Colonel Spofford (or whoever ordered the window) seems to have left a sermon in glass for succeeding generations.

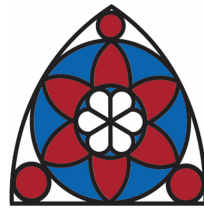
The ribbon in his lancet reads “The fear of the Lord is the beginning of wisdom,” (Psalm 111:10) and the rest of the verse continues “all those who practice it have a good understanding.” The border above his cartouche excerpts from Psalm 112, which enumerates the blessings heaped upon the righteous and concludes verse 6 with “The righteous shall be in everlasting remembrance.” The ribbon in Emeline’s cartouche quotes from Deuteronomy, “As thy days so shall thy strength be,” (Deuteronomy 33:25), a portion of Moses’ blessing on the tribe of Asher before he died. And above her cartouche the verse “Faithful unto Death” (Revelation 2:10) refers to the message given to John for the church in Smyrna: “Be faithful until death, and I will give you the crown of life.”



Detail of the Spofford window lancets, with a “sermon in glass.”



Editor’s note: This article has been freely adapted (with permission) from parishioner Vicki Ingham’s delightful book on the history of our stained glass windows. If you would like to learn more about them, the book is available on Amazon; sale proceeds to go St. Paul’s. Here’s the link: https://www.amazon.com/Illuminated-History-Stained-Cathedral-Church/dp/1500933821/ref=sr_1_5?crid=UH3NZNXDT1M6&keywords=Vicki+Ingham&qid=1689605019&s=books&sprefix=vicki+ingham%2Cstripbooks%2C175&sr=1-5



ST. PAUL'S EPISCOPAL CATHEDRAL

The Cathedral Office is open from 10:00 am until 2:00 pm Monday through Friday. Voice mails may be left for staff at 515-288-7297 and will be checked regularly. Emails are also welcome.

Amma Nicola: actingdean@stpaulsdm.org
Deacon Jean: jeandeacon@stpaulsdm.org
Deacon John: johndeacon@stpaulsdm.org
John Zickefoose: execadmin@stpaulsdm.org



If you would like to contribute altar flowers, please contact the Cathedral Office 515-288-7297 or email execadmin@stpaulsdm.org Thank you!



Safe and Secure Online Giving!

We offer safe and secure online giving on our website by clicking "Donate Now" at the top of the page. You may choose to give to our general budget, to the Clergy Discretionary Fund, the Cathedral Preservation Fund, to Cathedral Arts, or a number of other causes..

The Journey

Newsletter from St Paul's Episcopal Cathedral

The Journey is published bi-monthly..

Your articles, news, photos and views are welcome!

The deadline for the September/October issue will be Monday, August 21, 2023.

Please contact us at execadmin@stpaulsdm.org

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

Mission Statement: St. Paul's Episcopal Cathedral is a welcoming, worshiping community committed to living Christ's unconditional love through fellowship, service, and kindness.

Vision Statement: Grounded in Worship. Deepening in Faith. Reaching Out in Love.