



The Journey

Newsletter from St Paul's Episcopal Cathedral

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

May and June, 2023

This joyful Eastertide



away with sin and sorrow!



GREETINGS *from the* ACTING DEAN

The Rev. Nicola Bowler
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The Rev. Jean McCarthy, Priest Associate
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The Rev. Kenneth Messer, Priest Associate
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The Rev. Michael Monnot, Priest Associate
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The Chapter

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

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,

The Season of Eastertide is filled with joy, wonder, and new life. The disciples gathered in an upper room experienced joy in the presence of the risen Jesus (Luke 24:41). The two disciples returning from Emmaus to Jerusalem after their encounter with the risen Jesus said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" (Luke 24:32), and Peter was restored in his commission to build the church, hearing "Feed my sheep," through his encounter with the risen Jesus on the shore of the Sea of Tiberius (John 21:17).

Following wonderful Lent and Holy Week services, that attracted around 40% more people for in-person worship this year than in recent years, we now journey through forty days of the church calendar that will bring us to Ascension Day, Thursday May 18, and a further ten days to Pentecost Sunday, May 28.

On Ascension Day, Bishop Monnot will join us to preside and preach at a 7:00 pm Service of Holy Eucharist. We will kick off our evening together with a potluck supper at 5:30 pm (lasagna provided, please bring a side dish or a



dessert to share!) and a short presentation of Ascension-related fine art history at 6:00 pm after which we will move to the sanctuary for our service together at 7:00 pm.

Pentecost Sunday May 28 falls on Memorial Day weekend this year and we invite you to celebrate with any graduates among us, or families with graduates, or children making transitions from one school to another. To have your name or that of someone you know included in St. Paul's recognition, please contact the cathedral office on (515) 288-7297 or email to execadmin@stpaulsdm.org. Please also stop by after the 10:00 am service on Pentecost Sunday to enjoy a celebration cake together!

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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

Wednesday Morning Prayer at 9:15 am every week, via Zoom, Please contact Deacon [Jeanie Smith](#) (deacon@sttimothyksiowa.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

Ascension Day—Thursday, May 18 at 7:00 pm

Pentecost—Sunday, May 28 – services at 8 & 10 a.m.

Trinity Sunday—June 4 – services at 8 & 10 a.m.

WEEKLY AND MONTHLY GROUP MEETINGS

Sunday Morning Book Study at 9:00 am, meet in the Library.

NEW Joyful Hearts Prayer Group

Fourth Sunday of the month

9:00 a.m. in the Chapel.

YOUTH GROUP

Saturday, May 13 – Replanting our Garden at 2:00 p.m.

Contact formation@stpaulsdm.org for more information.



ON THE COVER: A detail from the Mitchell window located in the Nave. Given in memory of Frank R. Mitchell by his parents, Ira and Catherine Mitchell, this window is a splendid example of Aesthetic style.



ABOVE: Easter Vigil, Saturday, April 8, 2023.

MAY AND JUNE 2023

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Please be sure to visit our website:

www.stpaulsdm.org

Find Us on Facebook:

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

From the Acting Dean, continued

Inspired by the journey to Emmaus recounted in Luke chapter 24 and our Gospel reading on the third Sunday of Easter, April 23rd, I asked: How is the risen Jesus coming near to you? How is the risen Jesus questioning you? How is the risen Jesus calling you forward into new life? Today I invite you to join me on life's transformative journey with the risen Christ. Please don't hesitate to speak with me or another of St. Paul's clergy or lay leaders if you would like to explore these questions with us.

Alleluia, Christ is Risen! The Lord is Risen Indeed. Alleluia!

Faithfully,

Amma Nicola



History of Bishop Scarfe's Episcopacy

Parishioners are invited to submit your story, long or short, of how Bishop Scarfe's ministry touched you, and send them to Diocesan Historiographer Dr. Hal Chase.

Please submit by E-mail to halchasebeyondrace@gmail.com



Replanting Our Rain Garden – Saturday, May 13

Please note time change

Beginning at 2 p.m. the Youth Group under the leadership of Jonathan Hansen will gather in the Rain Garden and adult gardeners led by Elvin McDonald will coach the Youthful gardeners as they plant about 200 new native and worthy plants. All the transplants are herbaceous (i.e., not woody) and considered eligible for the Xeriscape landscape, a garden that does not require undue irrigation during normal times of dry weather. Each Youth will receive a brand new trowel to take home and we hope it will inspire their own gardening efforts.

More Gardening Opportunities

Wednesday, June 7 – Metro-wide Youth Event

Meet us from 6:00–8:00 p.m. in the garden at St. Timothy's in West Des Moines. Food and refreshments will be provided.

St. Paul's Cathedral Arts Central College A Capella Choir Concert Sunday, May 14 at 4:00 p.m.

All are welcome to join us as we close this year's season with a concert by the Central College A Capella Choir, under the direction of Cathedral Organist/Choirmaster Mark Babcock. A festive reception in the Guild Hall follows the concert.



CENTRAL COLLEGE A CAPPELLA CHOIR CONCERT

Upcoming Principal Feasts on Our Calendar


There are seven great feasts in the Church year: Easter, Ascension Day, The Day of Pentecost, Trinity Sunday, All Saints' Day, Christmas, and The Epiphany. Three are imminent, and our service plans are highlighted in this issue.

We look forward to your joining us!



The poster features a background of a bright, cloudy sky with a sunburst effect at the bottom. The title 'Feast of the Ascension' is written in a large, elegant, black cursive font. Below the title is the logo for St. Paul's Episcopal Cathedral, which consists of a colorful geometric design. The event details are listed in a white rounded rectangle with black text.

Feast of the Ascension

 **ST. PAUL'S**
EPISCOPAL CATHEDRAL

May 18, 2023

Potluck Supper 5:30 pm

Art History Presentation 6:00 pm

Bishop Monnot Presiding Holy Eucharist 7:00 pm

Worship In Person or Online


815 High Street Des Moines † www.stpaulsdm.org

The Feast of the Ascension

Ascension Day, Thursday, May 18.

The observance of this feast is of great antiquity (perhaps dating to the 4th Century) and it marks the occasion on which the risen Christ is taken into heaven after appearing to his followers for forty days.

Potluck supper begins at 5:30 p.m.; lasagna will be provided, and parishioners are encouraged to bring a salad, side dish, or a dessert to share. At 6:00 p.m., Susie Messer will give an art history presentation, and Bishop Monnot will preside at our 7:00 p.m. Holy Eucharist.



ST. PAUL'S
EPISCOPAL CATHEDRAL

ST. PAUL'S EPISCOPAL CATHEDRAL


Pentecost Sunday

Celebrating Our Graduates

To have your name or that of someone you know included in St. Paul's recognition, contact the Cathedral office (515) 288-7297

MAY 28, 2023: 8:00 AM & 10:00 AM
CELEBRATION CAKE WILL FOLLOW 10:00 AM SERVICE

Come see what the Holy Spirit is doing!
815 High Street Des Moines † www.stpaulsdm.org



Pentecost takes place on the 50th day (the seventh Sunday) after Easter Sunday. It commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks (an agricultural event that focused on the harvesting of the first fruits), as described in the Acts of the Apostles (Acts 2:1–31). Pentecost forcefully represents to us the work of the Spirit, which creates and re-creates communities of faith, even if it remains out of their control.

We will celebrate Pentecost at both services on Sunday, May 28, with special recognition of graduates and celebration cake following the 10:00 service. Please contact the Cathedral office to have your name or that of someone you know included in our recognition.

Joyful Hearts Prayer Group
Beginning on Pentecost all are welcome to join our new Joyful Hearts Prayer Group. We will meet at 9:00 am in the Chapel, and all ages welcome, no experience necessary, bring your friends. We meet the fourth Sunday each month. See page 13 for more details.

Trinity Sunday celebrates “the one and equal glory” of the Father, Son, and Holy Spirit, and calls us to acknowledge both the breadth of our experience of God and the limitations of our knowledge.

This day is notable for being the only major Christian festival that celebrates a *doctrine* of the church rather than an event in its sacred history. It is dedicated to the Christian belief in the Trinity – Father, Son and Holy Spirit – and falls on the Sunday following Pentecost each year. The belief of one God in three elements is distinctive of the Christian faith but the early church was plagued by contrary views. Trinity Sunday spread throughout the western church around the 14th century.



Trinity Sunday

GOD THE FATHER, SON & HOLY SPIRIT



THE BLESSING OF GOD, THE FATHER, THE SON, AND THE HOLY SPIRIT, BE UPON YOU AND REMAIN WITH YOU FOR EVER. AMEN.

 ST. PAUL'S EPISCOPAL CATHEDRAL June 4: 8:00 am & 10:00 am
815 High Street Des Moines † www.stpaulsdm.org



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>

Highlighting St. Paul's Staff

Priest Associate

The Reverend Jean McCarthy



I am happy to serve as an Associate Priest at the Cathedral. I was received into the Episcopal Church at Easter in 1996, and have had a close connection with St. Paul's ever since. I served as Rector of St. Mark's in Des Moines until my retirement in 2015. I have been

working with two other retired priests who have served as long-term supply at Grace Church in Boone and Church of the Good Shepherd in Webster City since COVID shut down normal life in 2020. Together we put both churches on Zoom that is continuing and developing to this day. The Spirit does move us to try new things and see where the Spirit takes us as a church. Zoom works for study and connecting people across the divide of distance. Mike and I live in Beaverdale in Des Moines, and have a daughter Amy in Urbandale and two grandchildren, Katie in Cedar Falls and Chris attending Waukee West High School.

Priest Associate

The Reverend Kenneth Blaine Messer



Kenneth was born on a Christmas morning (8:30 AM) "many years ago." Books of almost any kind/nature were and are a constant allure, with degrees in Speech Pathology and Audiology, Dentistry, Orthodontics, and Ministry (Nashotah House Theological

Seminary, and two 6 month extended units of Clinical Pastoral Education leading to 10 years as a part-time hospital Chaplain. Returning to the metro Des Moines area (2022) where he was raised, his orientation is visiting with home-bound residents, volunteering in the Des Moines Public Schools, as well as volunteering at the St. Timothy's Episcopal Church green house and vegetable gardens. His wife Susie is a cradle Episcopalian, and they are parents of 4 adult children (3 daughters and 1 son) and 10 grandchildren. Prayers are often directed *to* and *through* the Holy Spirit. Amen.

Continued on the next page

Priest Associate
The Reverend Michael Monnot



Michael serves as an Associate priest at St. Paul's, having arrived at the Cathedral and in Des Moines late in 2022. Michael was born and raised in northern California and graduated with a

degree in History from UC Berkeley. While a young adult, he was employed in the graphics industry in the San Francisco Bay Area, mostly in small businesses, and spent some time as a small business owner himself. He gradually discerned a call to ministry in a local Episcopal church (St. James' in San Francisco), where he served as youth minister. He attended seminary at CDSP (Church Divinity School of the Pacific), where he met his wife, Betsey (yes, that would be Bishop Betsey!).

Michael was ordained a priest in 2005. His first call was as Assistant Rector at St. Patrick's, Kenwood. Later he served for sixteen years at All Saints' in Sacramento, first as co-rector with Betsey, and for the last five years, as rector. He also served for a number of years in various capacities for the Diocese of Northern California: as Campus Ministry coordinator for five years, and as a member of the Board of Trustees for six years and as vice-president of the Board for five years.



Come to VBS!

This year's Vacation Bible School will be July 24th-27th, 6pm-8pm. It will be for 3 year-olds, to 5th grade. Adult, Junior High, and High School volunteers are needed. There will be dinner and a snack every night, and will consist of crafts, story telling, and games. The theme will be 'Holy Troublemakers' and we will be exploring Biblical and historical figures who caused trouble for the sake of righteousness and equality.

Jonathan Hansen, MDiv
Formation Missioner



Born in Iowa, Jonathan Hansen's family comes from Harlan, a small town in the western part of the state located in Shelby County, which his predecessors homesteaded eight

generations ago. During his high school years he acquired a piqued interest in Christian thought and devotion, which eventually spurred him on to pursue a seminary education at Spurgeon's College, London, a Baptist seminary, where he curiously became Episcopalian, upon first encountering progressive Christian theology, and the use of the Book of Common Prayer. After this transition, his home church of St Paul's, Harlan, and his pastor, Rev. Glenn Rankin recognized in him a potential call to priesthood, and, after a period of discernment, shipped him off to Austin, TX for further study at the Seminary of the Southwest.

After completion of his studies, Jonathan served briefly as a curate at St Paul's Cathedral, Des Moines, during which time he met his wife, who was passing through town on her way from Brooklyn, NY to San Francisco, CA. In keeping with traditional love stories, Jonathan's life promptly turned upside-down. Hitching his wagon to her pony, he followed her to California where they grew organic vegetables for local restaurants, and a baby girl-Wilhelmina, the jewel of their lives. While there, Jonathan also studied finish carpentry, and served as a lay-pastor at Anderson Valley Methodist Church, and Philo Methodist Church for several years.

Heeding a call back to live near family and friends, Jonathan, his wife Marissa, and their daughter Wilhelmina returned to the Mid-West and settled back into life in Des Moines, where they currently own and operate Marissa Kay Apothecary, and worship once again at St Paul's Cathedral, where he also serves as Formation Missioner to youth.

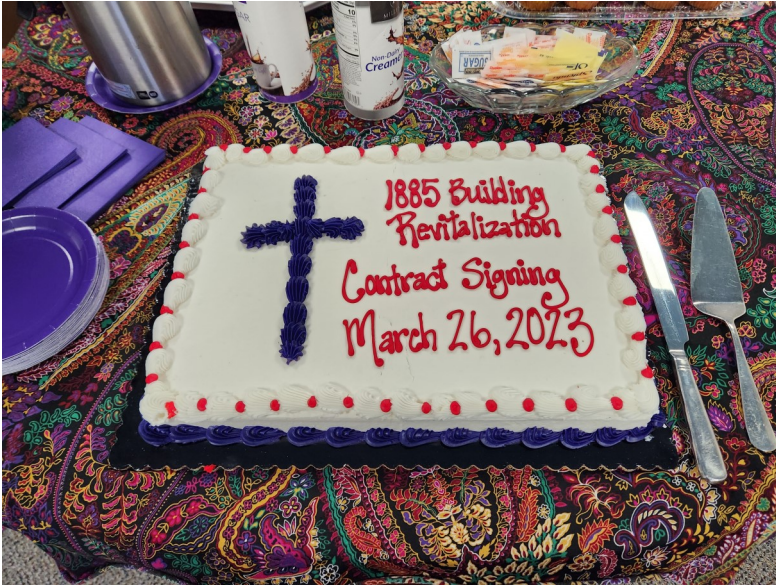
This joyful Eastertide



We have celebrated Easter in our present church building for 138 years. The first service held here was Easter Sunday, April 5, 1885. We hope you enjoy these photos from this year's Easter Vigil and Easter Sunday services.



1885 Building Revitalization Project Underway



Many thanks to Kenneth and Susie Messer for the celebratory cake during Coffee Hour! Above right, Senior Warden Phyllis Melton, and Amma Nicola signing the contracts after the 10:00 a.m. service on the last Sunday in March. Please see the message below from Stewardship Chair Tom Smith.

Dear People of St. Paul's

Saint Paul's has long been a leader in the spiritual presence of the Des Moines community. We stand committed to providing a sanctuary of peace and welcome to all, whether that be every Sunday morning, an occasional Evensong, or as part of one of the outside groups that call our church a home.

Being effective in achieving the mission of any organization requires a stable financial plan, and the resources to maintain and grow operations to maximize the positive impact on the community. Saint Paul's is no different, and to that end, we have taken a more proactive role in stewardship to ensure that the Cathedral remains fiscally sound.

Our short-term goals focus on the involvement of members in pledging for the current fiscal year. The budget includes more than \$200,000 in pledges and plate collections, and we are coming ever closer to meeting that target. However, we need to push past that as far as possible, to minimize the need for additional endowment funds to cover our costs. I ask for your help in that effort.

If you have made your financial commitment to Saint Paul's in 2023, I thank you! If you have not yet taken that step, or might consider an additional gift of support, know that your participation is important and appreciated, at whatever level you discern is right for you. Please reach out if you have questions about how you can make a difference.

As details for the revitalization project continue to take shape, we begin to identify prospective funding that will help cover the costs of this significant project. Legacy giving to cement one's relationship to Saint Paul's forever will be a key component of our success. Again, I am happy to have conversations about your involvement in this extraordinary campaign.



May God bless and keep you!
Tom Smith

When Perfect Pitch Has Nothing to do With Baseball

By Elvin McDonald

On any given Sunday St. Paul's is blessed with a twenty-something baritone who not only sings in the choir, he is blessed with what the world knows as "perfect pitch." Oh, he'll adjust if your middle C is too high or too low and be in perfect harmony. When our organist and choirmaster Mark Babcock changes keys midstream for dramatic effect, Alex knows and automatically (or so it seems) adjusts to sing in the new key. This is not to say he is the only choirster who makes these adjustments--lots more of us are known for having relative pitch and then there are those who claim tone deafness and one hopes they will at least hum along as the hymns are sung.

"Tone deaf" applied to both my mother and mother-in-law. I suppose it is no wonder my daughter Jeannene, their granddaughter, was asked to move her lips but not make sounds in school choir. She was big enough to laugh about it and is today the mother of two children who hear, thanks to cochlear implants and Jeannene herself is manager of the national Hands and Voices organization.

At a recent Evensong I knew I was in a special place when I saw in the program notes the names of two composers, Thomas Tallis and our very own Alex Kane, pictured here.

I know Alex, from the choir, from his singing the Psalms, and sometimes serving as an acolyte Thurifer, carrying a censer spreading incense.

But Thomas Tallis? I am confident no one among us knows him as he was born in Kent, England, January 30, 1504, and died 1585 having become one of England's greatest composers, especially of sacred choral works.

Considering I majored in performing opera and got through years of sight-singing and ear-training at Mannes College of Music in New York, I should be able to tell the difference between what I was to hear from Tallis and then from Alex. Instead I let myself be swept away by each composer's work and in my way chose not to get in the weeds of judging. I can say Alex is more daring, somehow taking the same notes and combining them in more dynamic combinations.

Alex lives in Urbandale where he graduated from high school. A visionary piano teacher encouraged him to pursue music composition and early English literature

at the University of Iowa. A motet he composed was performed while he was still in high school. Today Alex works in fund raising and development at the Civic Center and confesses, "Sometimes I get nuggets in my head and have to get it written down on any scrap of paper I can get my hands on." I take from this that we can look forward to more music creations from Alex, to lead us all in worship.

As a freshman at Oklahoma Baptist University I took a course in sight-singing and ear

-training along with about 75 others. We did it all together and I thought I was pretty good. Then I took the same course at Mannes College with barely a half dozen others and we were required to sing lessons solo. I flunked the first semester, learned to apply myself and had the end of year exam waived. I credit the learning to listen as one of the most valuable tools for what I became – a journalist.



Can you find St. Paul's in this photo?

Taken from the intersection of 10th and High Streets about 1928, the photo shows the Northwestern Bell Telephone Building (across 9th Street from St. Paul's) under construction. **St. Paul's belltower and steeple** (purple star) can be glimpsed through the steel beams. Portions of three other churches are also visible: **First Christian** (blue star) and **First Baptist** (yellow star, both now demolished). The steeple in the distance to the right is **St. Ambrose Cathedral** (green star).



In this recent photo St. Paul's can be seen just east of the Telephone Company building. Modern buildings now block the view of St. Ambrose.



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

Cathedral Office Hours

Please note: The Cathedral Office will be closed on Monday, May 29 for Memorial Day.

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@cathedralchurchofstpaul.org

Deacon John: johndeacon@cathedralchurchofstpaul.org

John Zickefoose: execadmin@stpaulsdm.org

Joyful Hearts Prayer Group
Coming Sunday, May 28 — 9:00-9:45 am

EVERYONE WELCOME!

ALL AGES!
Bring your kids, parents, siblings, spouse ...

NO EXPERIENCE NECESSARY!

INVITE YOUR FRIENDS!

Free offer—no payment required!

Be watching your weekly emails and Sunday Bulletins for more information!



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..

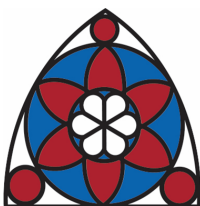
The Journey is published bi-monthly..

Your articles, news, photos and views are welcome!

The deadline for the July/August issue will be Monday, June 19, 2023.

Please contact us at execadmin@stpaulsdm.org

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



ST. PAUL'S
EPISCOPAL CATHEDRAL

Mission Statement: St. Paul's Episcopal Cathedral is a welcoming, worshipping 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.



Please be sure to visit our website:

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