



The Journey

Newsletter from St. Paul's Episcopal Cathedral

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

May and June, 2024



“The light of Christ. Thanks be to God.”



ST. PAUL'S EPISCOPAL CATHEDRAL

GREETINGS *from the DEAN*

The Very Rev. Nicola Dance Chase, Dean
dean@stpaulsdm.org

The Rev. Jean McCarthy, Priest Associate
therevjeanmccarthy@gmail.com

The Rev. Michael Monnot, Priest Associate
michaelmonnot@comcast.net

The Rev. Jean Davis, Deacon
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The Rev. John Doherty, Deacon
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Canon Mark A. Babcock, Organist/Choirmaster
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Lisa Nelson, Finance Specialist
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Nathan Brown, IT Specialist
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Jolene Phelps, Development Coordinator
development@stpaulsdm.org

The Chapter

Class of 2025

Stephanie Murphy
Tom Smith
Stephanie Morrison
John Wetherell, Clerk

Class of 2026

Nathan Brown, Jr. Warden
Samuel Hutchisson
Betsy Van Haaften
Rosa Walker

Class of 2027

Duane Sand, Sr. Warden
Al Geiger
Michael Prough
Vacancy*

*Please talk with either of the Wardens if you would like to serve in filling this Chapter vacancy.

Dear People of St. Paul's,

Resurrection, marriage, and the church

"This joyful Eastertide" I give thanks for our celebration of the resurrection of Jesus. It is a great wonder to me, when we gather in worship, to greet you with "Alleluia. Christ is Risen." Even though we remember Christ's death and resurrection every time we celebrate Holy Eucharist together, we do so with particular poignancy and exultation during Holy Week and Easter. I hope that our recent holy days have provided a time of special spiritual meaning for you. I also give thanks for all of you who served during St. Paul's Lenten, Holy Week, and Easter services. Liturgy (from the Greek, *leitourgia*) means "the work of the people" and it really is. Thank you!



Photograph by William J. Gentsch

Sunday April 14, 2024, was another day of deep and special meaning for me and it was marvelous to be able to celebrate my and Hal Chase's wedding with so many of you. I first met Hal when he visited St. Paul's in his role as Diocesan Historiographer, at that time seeking to conduct research into African American families connected with St. Paul's. One way that I describe what happened next is that Hal was an answer to a prayer that I did not know I had, but God did. Some of you know Hal well, and others not at all, so I asked him to write a short introduction to himself that is found on page 9 of this issue of *The Journey*. In consultation with Bishop Monnot, we determined to marry one another within the heart of St. Paul's Sunday morning celebration of Holy Eucharist to give proper place to these communal promises that are made within the marriage ceremony:

Celebrant Will all of you witnessing these promises do all in your power to uphold these two persons in their marriage?

People **We will.**

As we also do at Baptism, the Christian community promises to support one another at these profound moments in our earthly lives together. It is deeply meaningful and important as we build the fabric of Christian community together. We thank you for your prayers and presence.

Continued on page 4

Please be sure to visit our website:

www.stpaulsdm.org

Find Us on Facebook:

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

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 Wednesday each month at 9:15 am in the Serenity Room.

Wednesday Morning Prayer at 9:15 am, via Zoom.

Please contact Deacon [Jeanie Smith](#)

(deacon@sttimothyiowa.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 pm in the Chapel.

SELECTED SEASONAL SPECIAL SERVICES

Thursday, May 9, 7:00 pm — Ascension Day

Sunday, May 19 — The Day of Pentecost

Sunday, May 26 — Trinity Sunday

Sunday, June 2 10:00 am — Choral Mass in F

MONTHLY GROUP MEETINGS

JOYFUL HEARTS PRAYER GROUP

Meets the fourth Sunday of the month at 9:00 am in the Chapel

YOUTH GROUP

All middle and high school students are invited to join us as we explore our faith. Contact dean@stpaulsdm.org for more information.



ON THE COVER: Easter Vigil begins in the garden



ABOVE: The outdoor chapel in the garden

MAY AND JUNE 2024

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Summer Bible Study and Social

Get ready! Members of St. Paul's Formation Cloister are preparing a parish-wide Bible study (and social!) in the *Book of Acts*, to take place during Ordinary Time.* We hope as many members of St. Paul's as possible will participate in learning about discipleship and the early church.

*Ordinary Time runs from the day after Pentecost Sunday through the beginning of Advent; in 2024 from May 20 through November 30.

Greetings from the Dean, continued

Next, a few words about the church, that “wonderful and sacred mystery” (Book of Common Prayer, p. 291). It has been a delight to me to accompany several of our members as we have explored *Walk in Love: Episcopal Beliefs & Practices* (Melody Wilson Shobe and Scott Gunn, Forward Movement, 2018) together as a way of preparing for Confirmation or Reception in the Episcopal Church. We look forward to a number of Confirmations and

Receptions during the Bishop’s next visit to St. Paul’s, on Pentecost Sunday, May 19. Please hold in your prayers those who are preparing for this heartfelt step in their Christian journeys and plan to join us for worship and celebration on Pentecost Sunday!

Faithfully,

Amma Nicola

Annual Parish Meeting

Our annual Parish Meeting was held on Sunday, January 23, and the agenda included Chapter introductions, Vision Task and Building Revitalization Reports. Henry Allard spoke about the Youth Group Room Renovation project. The business agenda included approval of the 2022 Annual Meeting minutes. Henry Harmon gave the financial report as well as a report of the Nominating Committee. Amma Nicola introduced staff members, Tom Smith gave a fundraising report, and Mark Babcock spoke about music at the Cathedral. A link to the Annual Report can be found here: [Annual+Report+2024PDF.pdf \(squarespace.com\)](https://www.squarespace.com/Annual+Report+2024PDF.pdf)



Outgoing Sr. Warden Phyllis Melton introduces Chapter members (left to right) Jolene Phelps, Nathan Brown, Stephanie Morrison, Tom Smith, Samuel Hutchison, Rosa Walker, Phyllis Melton, Duane Sand, and Stephanie Murphy. Not pictured: John Wetherell, Betsey Van Haften, Al Geiger, Michael Prough.



Parishioner Henry Allard Becomes an Eagle Scout

On Saturday, February 10 we hosted the Eagle Scout Court of Honor ceremony for Henry Allard and his work renovating the Youth Group Room in the Undercroft. The rank of Eagle Scout may be earned by a Scout who has been a Life Scout for at least six months, has earned a minimum of 21 merit badges, has demonstrated Scout Spirit, and has demonstrated leadership within their troop. Additionally they must plan, develop, and lead a

service project— (the Eagle Project) — that demonstrates both leadership and a commitment to duty. After all requirements are met, they must complete an Eagle Scout board of review. Henry's Eagle Project was the renovation of the downstairs Youth Room. We hope you will enjoy seeing photographs of this special ceremony.

Photo credits: Peggy Aerisolphal



The “Kitchen Stuff in Lent” Project was a Success!

Thank you to everyone who donated to our “Kitchen Stuff in Lent” project which benefitted the Free Store, a local non-profit. The project was a big success! We collected 31 bags and boxes of great kitchen ware which was delivered to the Free Store in late April. As you can see in these pictures, the volunteers at the Free Store were most grateful for the donations. Remember also that the Free Store accepts donations year round if you have other items to donate and they can pick up larger items. Last year alone, the Free Store assisted over 500 families in central Iowa.



St. Paul's Cathedral Arts wraps up its 31st season with three upcoming events

Sunday, May 12 at 4:00 pm — The Central College A Cappella Choir Pre-NYC Tour Concert

The select 72-voice collegiate choir will share their pre-tour program at St. Paul's. Repertoire spans centuries and cultures, including both familiar and new choral music.

Sunday, June 2 at 10:00 am — Choral Mass in F by Marcel Tyberg

The Cathedral Choir will conclude its season singing The Choral Mass in F by Marcel Tyberg

Sunday, June 16 at 4:00 pm — Taylor Mayne, Voice Recital, Two Voices One Diva

Unlike other musical instruments, the human voice is the performer and the instrument. This has caused controversial decisions over the centuries on the topic of gender and voice. Today the voice is the only instrument that is still socially acceptable to refer to with gender. The term countertenor frequently refers to a cis gender male singing in a treble clef octave. Ranges of these countertenors vary, but we also have the term mezzo-soprano that primarily refers to a cis gender female singing in the same treble clef octave. However, with the welcoming of the trans community, the terms countertenor and mezzo-soprano get used sporadically without any logical explanation. *Two Voices One Diva* is a recital developed to challenge the idea that the vocal instrument has a gender. As a cis male, Taylor Mayne sings through a variety of tenor, castrati, and mezzo-soprano repertoire to argue the outdated concept of gendered voice types.



CENTRAL COLLEGE A CAPPELLA CHOIR CONCERT



St. Paul's Gardens

Calling all green thumbs to do some gardening Saturday May 4, 9:00 am until noon. There will be some planting of transplants from my garden and Mark Babcock has already promised hostas. If you too have spare hostas, bring them, also any hardy ferns. There will also be some weeding and possibly some pruning. Bring your favorite garden tools, wear gloves and probably long sleeves to protect against any poison ivy we may have missed. I should explain, the major spring cutting back and litter removal has already been done by landscaper Justin Trevillyan. I'll bring doughnuts and orange juice.

Elvin McDonald



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.

THIRD SUNDAY OF THE MONTH THIS SUMMER

Quiches in the Courtyard
Mark your calendars and plan to join us
Sunday, June 16
Sunday, July 21
Sunday, August 18

St. Paul's Blessing Box

Food insecurity is reaching record highs in the Des Moines metro area. Looking at issues of the added pressure households are facing to afford basic needs like food, sometimes it is easy to forget that this is happening in our community.

St. Paul's Blessing Box is an important part of community outreach, and many of our downtown neighbors (and even some parishioners) depend upon your generosity. Sometimes it is the only help we can offer, and it's always deeply appreciated. Please help us keep the Blessing Box stocked with the items listed at right. Thank you!

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!

Upcoming Principal Feasts on Our Calendar

There are seven Principal Feasts in the Church year: Easter Day, Ascension Day, The Day of Pentecost, Trinity Sunday, All Saints' Day, Christmas Day, and The Epiphany. Three are imminent, and our service plans are highlighted in this issue. We look forward to your joining us!



Ascension Day, Thursday, May 9th, 7:00 pm

Ascension Day is one of the principle feasts of the church, though one we often overlook. It is always celebrated on the Thursday ten days before Pentecost - which may be why we overlook it. It is the day on which we commemorate the event described in the Gospel of Luke and the Acts of the Apostles where Jesus is taken up into heaven in the presence of the Apostles, after the Resurrection and before the coming of the Holy Spirit at Pentecost.

But in a deeper sense, Ascension Day is not simply about a Bible story, or something that happened at a particular

moment. It is about a recognition of something experienced by Christians all the time, in that Jesus is both present and absent to us; a reality present in our lives, yet no longer experienced as someone walking and talking with us in an everyday sense. Or, in another way of thinking about it, as a counterpart to the Incarnation: God first came to be part of our humanity, and now part of our humanity is taken up into God. either way, Ascension Day expresses part of the beauty and mystery of the Christian faith.

We will be celebrating all of this at St. Paul's on Thursday night, May 9 at 7pm with a Eucharist. Please join us if you can.

The Day of Pentecost, Sunday, May 19th, 8:00 am & 10:00 am

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 re-presents 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 19, with Confirmations and Receptions at 10:00 am. Confirmands and those Received will be celebrated with cake and sparkling wine or juice, after which the Bishop will provide teaching on the Purpose and Work of Any Congregation. Please plan to attend.



Trinity Sunday May 26th, 8:00 am & 10:00 am

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. We will celebrate Trinity Sunday at both services on Sunday, May 26.

Introducing Hal Chase

I was born in Des Moines in 1943, but did not encounter the Episcopal Church until 1951 when I was moved to Frankfort, KY when my mother remarried a man from there. My first memory was my being an acolyte for the 8:00 am service for which I lit and snuffed out the candles.

This connection was broken when I attended the 8th grade of the Kentucky Military Institute. But it was revived when I attended The Lawrenceville School in NJ where all students attended morning chapel Monday through Friday and every Sunday. However, that regular, close and enjoyable relationship ended after I won a bet with my mother to return to Frankfort and its high school if I made the Honor Roll at Lawrenceville which led to a pattern of irregular attendance at church that continued throughout my college years at Washington & Lee Univ. and my graduate school years at Stanford (M.A. in Am. History) and the U. of Pennsylvania. (Ph.D. in Am. Civilization) that led to three one-year jobs at NCCU, Simpson College and the University of Maryland, College Park and a tenured position at Ball State University from 1976-1989 which I left for a position at DMACC and my involvement in Farmers & Merchants State Bank.

Right, Hal & Nicola signing the marriage book of St. Paul's Episcopal Cathedral

Settling in Des Moines, my first wife Avril & I began, alternatively, to attend St. Paul's and Central Presbyterian which led to attending St. Luke's and St. Andrew's. When Avril died in 2020, I began attending St. Paul's where I met Nicola Dance at its alter rail over a year ago which led to our marriage on April 14th of 2024 and my transfer to St. Paul's which I plan to attend for the rest of my life.

In 2022, I was appointed Historiographer for the Diocese of Iowa and commissioned by Bishop Monnot to lead an effort to create a chapter on the episcopacy of Bishop Alan Scarfe composed of a historical narrative of the issues during his term as Bishop and the stories of parishioners influenced by their relationship with Alan. If you have such a story, please contact me by calling the Cathedral Office (515-288-7297).



JOIN ST. PAUL'S THIS EASTER SEASON
NOTICING THE BLESSINGS IN YOUR LIFE.

UTO
UNITED THANK OFFERING

NOTICE
THE GOOD THINGS THAT HAPPEN EACH DAY


GIVE
THANKS TO GOD FOR YOUR BLESSINGS

MAKE
AN OFFERING FOR EACH BLESSING

BLESS
YOUR BLESSING BECOMES A BLESSING FOR OTHERS

Please take a UTO envelope home,
add an offering each time you notice a blessing, and
bring it back to St. Paul's on Pentecost Sunday, May 19.

100% of all funds given to UTO are granted the following year to
support innovative mission and ministry in the Episcopal Church.

 ST. PAUL'S
815 High Street, Des Moines IA
www.stpaulsdm.org

United Thank Offering

St Paul's is participating in the United Thank Offering (UTO) during this upcoming Easter season. UTO is a ministry of The Episcopal Church for the mission of the whole church. Through UTO, individuals are invited to embrace and deepen a personal daily spiritual discipline of gratitude. UTO encourages people to notice the good things that happen each day, give thanks to God for those blessings and make an offering for each blessing. UTO is entrusted to receive the offerings, and to distribute 100% of what is collected to support innovative mission and ministry throughout The Episcopal Church and Provinces of the Anglican Communion. Please take your UTO envelope home and bring it back to St. Paul's on Pentecost Sunday, May 19. "Every coin and bill transforms lives"!

Beloved Community Initiative, a ministry of the Episcopal Diocese of Iowa, is again offering a “Sacred Ground Dialogue Series”. Sacred Ground is a series of study circles exploring race and faith.

From the website...

“WHAT IS THE SACRED GROUND RACE DIALOGUE SERIES?”

This is a race dialogue series designed for these times. It is an attempt to be responsive to the profound challenges that currently exist in our society. It is focused on the challenges that swirl around issues of race and racism, as well as the difficult but respectful and transformative dialogue we need to have with each other about them. It invites participants to walk back through history in order to peel away the layers that brought us to today, and to do so in a personal way, reflecting on family histories and stories, as well as important narratives that shape the collective American story. It holds the vision of beloved community as a guiding star – where all people are honored and protected and nurtured as beloved children of God, where we weep at one another’s pain and seek one another’s flourishing. Christ and the power of scripture, prayer, God’s grace, and the Holy Spirit to help us step closer to the dream of beloved community.”

Some of the key characteristics include:

- It is built around powerful documentary films and readings, which serve as the jumping-off point for dialogue.
- The series brings participants’ attention to various key chapters in U.S. history of race and racism, as well as some of the latest thinking by scholars and practitioners of racial healing, racial equity, and whiteness.
- It focuses on Indigenous, Black, Latino, and Asian American histories as they intersect with European American histories.
- It emphasizes personal story-sharing and deepening relationships.
- It invites exploration of how people of color have been harmed by racism, and how white people have been hurt in other ways, creating a shared – if deeply unequal – brokenness that compels us to overcome these legacies in deliberate partnership.
- It puts attention on issues related to race, while also examining how those issues intersect with family history, class status, regional identity (regional cultures, urban/rural divides, coasts versus heartland), and political identity.
- This series, framed as a spiritual journey, is grounded in the Christian faith – in the example of Jesus Christ and the power of scripture, prayer, God’s grace, and the Holy Spirit to help us step closer to the dream of beloved community.”



Details:

This 11 session series will generally be on the 2nd and 4th Wed. of each month for 6 months beginning in May 2024. Actual dates would be: May 8, 22; June 5, 19*; July 10, 24; Aug 14, 28; Sept 11, 25; Oct 9. Note the June dates are the first and third Wed.

All gatherings are on Zoom. This allows more people to attend. Time on zoom will either be from 9:00am – 10:00am or 7:00pm – 8:00pm depending on preference of those registering. Each session will be an hour. There is often more conversation than the hour allows and the group may decide to extend each session to 90 min.

Much of our time will be in small group conversations. It is expected that all the learning (articles, book chapters, videos) be completed prior to the actual session. The time on zoom is for dialogue. It is time to raise questions that have arisen from the study material and one's thoughts. It is a time to explore the concepts we each hold around the topics opened by the study material. It is also a time to listen to the other thoughts and ideas expressed which contribute to our own growth.

Most of the learning material will be available online for no charge. There are two books that participants will be asked to purchase. They are usually low cost and can be obtained through used-book vendors.

There is no charge for this dialogue series. However, registration is necessary – we need a minimum of 4 people and a maximum of 12 – the dialogue works better. Your host for this dialogue series is Ellen Bruckner on behalf of Beloved Community Initiative.

To register:

Email Ellen Bruckner, ebruckner7@gmail.com and please indicate your preference for time, either 9—10 am or 7—8 pm



The Cathedral Seal in Stained Glass

Not long after St. Paul's was named a Cathedral and the liturgical center of the Episcopal Diocese of Iowa in 1992, the rector, the Rev. Michael Barlowe, contacted the American College of Heraldry in Tuscaloosa, Alabama, about designing a coat of arms for the new cathedral.

Why a coat of arms for a church?

Coats of arms originated in Western Europe in the 12th century as a means of identifying individual knights, kings, princes, and noblemen on the field of battle and, later, in competitive tournaments. As a visual personal logo, each heraldic device was unique, designed according to an elaborate system of strict rules.

Fairly quickly, however, heraldic devices were adopted by universities, ecclesiastical institutions, guilds, cities, governments, and corporations. They came to represent corporate identity and to serve as seals guaranteeing the authenticity and integrity of legal documents.

In England and Scotland, the design and use of arms was (and still is) regulated by the College of Arms in each country. In the United States, anyone can design and claim a coat of arms and, if they wish, register it with a heraldic society, but there are no protections for uniqueness except for federal and state insignia. In 1782, the U.S. Continental Congress adopted as a national symbol the Great Seal that appears on the back of our dollar bill. A few states also have coats of arms, as do some cities and universities.

Many, if not most, Episcopal dioceses in the United States have coats of arms or seals, as do their cathedrals and even some parishes. Like the seals for the Diocese of Iowa and for St. Paul's, most diocesan seals enclose the heraldic design within a pointed oval (technically referred to as vesica-shaped). This shape, formed by the overlap of two circles, has a long symbolic history in the Christian church. Framing the image of Christ or a saint, it indicates divine glory. (In art, it's called an aureole or mandorla.)

"Reading" the St. Paul's Seal

Within the pointed oval of the Cathedral seal, the symbolic elements are organized according to a grid system that goes back to the Middle Ages. The shield shape (called the escutcheon) is divided into chief (top) and base (bottom), sinister (left) and dexter (right). There are additional arcanelly named divisions that fortunately don't really apply to the Cathedral's seal.

Dean Barlowe designed the Arms of St. Paul's after discussions with former wardens of the Chapter (Linda Miller, Phyllis Melton, and Skeet Wooten), as well as a friend, the Rev. Keith McCoy, a deacon and a librarian interested in heraldry, and the Rev. Paul Burrows. "I wanted something that spoke of our location (the two rivers); our history of mission in the city and diocese..., our patron (the shield), and our new role as cathedral," Michael recalls.



The resulting design features a green shield with four silver crosses across the top ("in chief"), representing the four churches that St. Paul's helped establish in Des Moines: St. Mark's (1884), St. Luke's (1905), St. Andrew's (1950), and St. Timothy's (1956). Below the crosses, a gold chevron symbolizes the conjunction of the Des Moines and Raccoon Rivers, where the city of Des Moines was founded. At the bottom ("in base"), a vertical sword behind an open book represents St. Paul, who exhorted the Ephesians (6:17) to take up the helmet of faith and the "sword of the spirit, which is the word of God."

Above the shield, a white bishop's miter with gold trim, red crosses, and red ribbons fringed with gold symbolizes the Cathedral as the Bishop's church. At the suggestion of Paul Burrows, the border bears the cathedral's name in Latin, to tie the new cathedral to the ancient tradition of those in Western Europe.

The arms were registered with the American College of Heraldry on March 22, 1993. A line drawing by artist Richard McNamee Crossett put Dean Barlowe's design into polished form, ready for reproduction in color or black and white.

Continued on the next page

In honor of his 40th birthday, on May 16, 1995, the chapter presented Dean Barlowe with this 16x21-inch stained glass panel featuring the Cathedral seal. "It has always been in my office, wherever I have served," he wrote to St. Paul's fifth Dean, the Very Rev. (Amma) Nicola Dance, in January. For the last 11 years, the Rev. Canon Michael Barlowe has served as the 26th secretary of the General Convention and executive office. "Right now," he continued, "it is at the Church Center in New York, where it is a daily reminder of the ministry in Des Moines and Iowa."

Now that Michael is preparing to retire to Scotland, he has offered to donate the panel to the Cathedral. Amma Nicola expressed delight to accept this gift on St. Paul's behalf. It will be displayed in the Guild Hall during Eastertide 2024 before moving to its permanent location in the stairwell window overlooking the cathedral courtyard from the

south. "I am so happy that the glass will have a permanent home at St. Paul's," Michael writes, "a place that played such an important part of my life and which continues to be a light to the church and the world."



Vicki Ingham, Archivist

Guild Hall Artist, Vicki Ingham



Our new art exhibit in the Guild Hall presents parishioner and artist Vicki Ingham's oil paintings, and we have included below Vicki's own description of her work.

I have sketched, painted, and crafted for most of my life but really began painting seriously in 1992, after attending a month-long painting workshop in Assisi, Italy. Over the next 20 years I went back to Italy many times, as well as to Ireland and France, to paint outdoors and take photos for making finished paintings at home. During that time, I was very fortunate to be represented at several galleries in Iowa and Alabama and to be part of group and solo exhibitions around Des Moines and in Ames.

In 2020 I moved away from landscapes and began doing very detailed studies of sycamore bark and birch bark. I also tried making still life paintings that incorporated book covers salvaged from the Planned Parenthood Book Sale.

Then I found an excellent book on how to paint still life in the traditional, Old Master style and began experimenting with the technique. It requires

looking closely and carefully at objects, and in the process, seeing and appreciating the colors, patterns, shapes, and character of ordinary things. I'm trying to duplicate what I see in a way that's realistic but still painterly, rather than in a photorealistic, fool-the-eye way.

My art education included undergraduate studio art courses at the University of Alabama at Birmingham and classes at the Des Moines Art Center, Birmingham Museum of Art, and the Greater Birmingham Arts Alliance, as well as workshops in Italy and Ireland. I earned a master's degree in art history from the University of Alabama at Birmingham in 1994.

The exhibit will be up through June.



Episcopal Diocese of Iowa Summer Ministry School & Retreat
Dancing on the Water – June 14 through June 16, 2024
Fun, Learning, and Worship

Register here: <https://wmt.suran.com/tool?guid=94c65d0af1dd11ee9dc2bb9c85ccace2>

Episcopal Diocese of Iowa

DANCING ON THE WATER

Summer Ministry School & Retreat



June 14-16
2024

2024 TRACK OFFERINGS

Strengthening Congregations

TRACK 1: Yes, God is Calling You! The Only Question is: How?
The Rt. Rev. Betsey Monnot

TRACK 2: Dismantling Racism
TBD

TRACK 3: Soul Shop™ (faith based suicide prevention)
David Galvan

Supporting Clergy and Lay Leadership

TRACK 4: Ethics
Suzanne Messer

TRACK 5: Responding to Christian Nationalism
The Rev. Jean McCarthy & the Rev. Canon Kathleen Milligan

**TRACK 6: A Bible Study, Three Early Christological Hymns,
Their Texts and Significance For Us**
Paul Muhle

TRACK 7: New Thoughts on the New Testament
The Rev. Alice Haugen

Deepening Our Connection to God

TRACK 8: Dance on the Water thru Art
Alescha Caldwell

TRACK 9: Into the Oneness
The Rev. Catherine Quehl-Engel

TRACK 10: Dreams as Spiritual Guidance
Helen L. Keefe

TRACK 11: Spiritual Direction/Solo Retreat
The Rev. Mary Jane Oakland



Learn More & Register: iowaepiscopal.org/smsr

Join Us for the 34th Annual Summer Ministry School and Retreat



A Weekend of Fun, Learning, & Worship

Join us at Grinnell College for a weekend of worship, learning, and relaxation. During the weekend, 8 hours are set aside for "track time" to get in-depth study in one track topic of your choice, or choose to do a solo retreat. Catch up with friends and make new ones as we worship, learn, and eat together. Register by May 10, 2024, to take advantage of early bird pricing.

Registration deadline: May 31, 2024

2024 RETREAT SCHEDULE

Friday, June 14, 2024

2:00pm-7:00 REGISTRATION CHECK-IN
 5:00pm-5:45 Dinner
 6:00pm-6:30 Welcome and Orientation Exercise
 6:45pm-8:15 GATHER IN TRACK GROUPS
 8:30pm-9:00 Evening Worship
 9:00pm Night Owl Social Time

Saturday, June 15, 2024

6:45am-7:30 Early Bird Social Time
 7:30am-8:00 Morning Worship
 8:00am-8:45 Breakfast
 9:00am-11:30 GATHER IN TRACK GROUPS
 11:30am-11:50 Noonday Prayer
 Noon-12:45 Lunch
 1:00pm-2:15 GATHER IN TRACK GROUPS
 2:15pm-4:00 FREE TIME
 4:00pm-5:45 GATHER IN TRACK GROUPS
 6:00pm-6:45 Dinner
 7:00pm-8:00 GATHER IN TRACK GROUPS
 8:15pm-8:45 Evening Worship
 9:00pm Night Owl Social Time

Sunday, June 16, 2024

6:30am-8:00 Early Bird Social Time
 8:00am-8:45 Breakfast
 8:45am-10:00 Check Out & Load out of dorms
 10:00am-11:15 Holy Eucharist
 11:15am-Noon Guided Fellowship & Coffee
 Noon-12:45 Lunch



Children through age 10:
 free childcare available during track times
 if requested by May 31st.

Learn More & Register:
iowaepiscopal.org/smsr



Episcopal Diocese of Iowa Summer Ministry School & Retreat Dancing on the Water – June 14 through June 16, 2024 Fun, Learning, and Worship

Register here: <https://wmt.suran.com/tool?guid=94c65d0af1dd11ee9dc2bb9c85ccace2>



Coffee Hour

Our Sunday Coffee Hour is a great opportunity to support a very important ministry to St Paul's. No experience is necessary and no baking is required! If you would like to volunteer next year or if you have questions, please speak with Mark Thompsen or call the Cathedral Office.

Altar Flowers

If you would like to contribute altar flowers in 2024, please contact the Cathedral Office 515-288-7297 or email execadmin@stpaulsdm.org Thank you!



St. Paul's Episcopal Cathedral Leaders

The Rt. Rev. Betsey Monnot	<i>Bishop of The Diocese of Iowa</i>
The Very Rev. Nicola Dance Chase	<i>Dean of the Cathedral</i>
The Rev. Jean McCarthy	<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>
Dr. Joshua Boggs	<i>Assistant Choirmaster</i>

Joyful Hearts Prayer Group

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



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: dean@stpaulsdm.org
Deacon Jean: jeandeacon@stpaulsdm.org
Deacon John: johndeacon@stpaulsdm.org
John Zickefoose: execadmin@stpaulsdm.org

Please be sure to visit our website: www.stpaulsdm.org

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



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. New this year: “Pledge Now” on the same page to make your 2024 commitment.

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 July/August 2024 issue is Monday, June 24

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, 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.