



The Journey

Newsletter from St. Paul's Episcopal Cathedral

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

January and February, 2024



“ . . .O Wind, if Winter comes can Spring be far behind?”

Ode to the West Wind—Percy Bysshe Shelly



ST. PAUL'S EPISCOPAL CATHEDRAL

GREETINGS *from the DEAN*

The Very Rev. Nicola Dance, 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
jeandeacon@stpaulsdm.org

The Rev. John Doherty, Deacon
johndeacon@stpaulsdm.org

Canon Mark A. Babcock, Organist/Choirmaster
BabcockM@central.edu

Jonathan Hansen, Formation Missioner
formation@stpaulsdm.org

John Zickefoose, Executive Assistant to the Dean
execadmin@stpaulsdm.org

Lisa Nelson, Finance Specialist
financial@stpaulsdm.org

Austin Rozendaal, IT Specialist
it@stpaulsdm.org

Christopher Smith, Sexton

The Chapter

Class of 2024

Jolene Phelps, *Clerk*

Phyllis Melton, *Sr. Warden*

Duane Sand, *Jr. Warden*

Abigail Allard

Class of 2025

Stephanie Murphy

Tom Smith

Stephanie Wells

John Wetherell

Class of 2026

Nathan Brown

Samuel Hutchisson

Betsy Van Haften

Rosa Walker

Dear People of St. Paul's,

An activity that I enjoy is counted cross stitch. In early 2001 (yes, 23 years ago) I began a new project that would look nice, so I thought, near my daughter's crib and from which I could teach her the wildlife of the English countryside. In the image below you will see this near-completed project, now 23 years in the making! I recently calculated that there are more than 15,000 stitches in this project and counted 25 or more different colors. In the six months before Charlotte was born, I made just a little progress on this work and then, of course, it was sidelined while two more daughters entered our family and all the attendant activity of raising them made it impossible, for me, to devote concentrated time to this project!



Photograph by William J. Gentsch

I picked up this project again around a year ago. I have discovered that, while I am counting and stitching, I have good time for prayer and contemplation. In building a community of faith it seems to me that every conversation, every encounter, is like a stitch in the fabric of the community. Sometimes an error might be made and it is necessary to undo a stitch, that is to revisit a conversation or work to repair a relationship. At other times the stitches flow swiftly, and a pattern emerges easily while people work together comfortably and well. After a time, we take a step back and observe the beautiful fabric of community coming into view.



Continued on page 4

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

Choral Evensong — third Sunday of the month

Sunday, February 18 at 4 pm (organ concert at 3:30 pm)

WEEKLY AND MONTHLY GROUP MEETINGS

JOYFUL HEARTS PRAYER GROUP FOR EPIPHANY

January 7, 14, 21, February 4, 11

11:30 am in the Godly Play Room

YOUTH GROUP

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

ANNUAL PARISH MEETING

Sunday, January 28, following the 10:00 am service



ON THE COVER: Cathedral courtyard in the snow



ABOVE: Early service, Christmas Eve

JANUARY AND FEBRUARY 2024

Contents

- 4 Annual Parish Meeting
Preparation for the Bishop's Visitation
- 5 Lent and Liturgical Calendar
- 6 New Guild Hall Art Show
- 7 Searching for Loris David McFawn
By Vicki Ingham
- 9 News from our Companion Diocese of Brechin through a Personal Lens
By Kirsten Buniak
- 12 Diocesan Youth Ministry Ski Trip

Please be sure to visit our website:

www.stpaulsdm.org

Find Us on Facebook:


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

Greetings from the Dean, continued

Like any community of faith (and my counted cross stitch project!), St. Paul's is a work in progress. We are all needed and important in this work. The apostle St. Paul wrote, in his letter to the Philippians, "if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others." (Phil. 2:2-4) This is my prayer too for our community of St. Paul's Cathedral and parish, for the City of Des Moines, for Greater Des Moines, and indeed for the Episcopal Diocese of Iowa as a whole. In 2024 let us work first at nurturing Christian love for one another, paying attention to those words of the apostle St. Paul. And as we do so let the light of the gospel flow out to our neighbors and build up the community around us. In Jesus Name, I ask it, and I wish you a blessed and beautiful 2024.

Faithfully,

Amma Nicola



Annual Parish Meeting
January 28, 2023

The annual meeting will follow the 10:00 am service.
Come and hear updates and news concerning the coming year(s) at St. Paul's! Please plan on attending. Your participation is an important part of our life as a parish.

Prepare Yourself for the Bishop's Spring 2024 Visits

For those of you who may be new to the Episcopal teachings of Anglican Christianity. See how our tradition, or for all who seek a deeper life in Christ, prayer shapes our belief and our lives and how our we will prepare for the Bishop's visits to St. Paul's beliefs lead us into a deeper relationship with on March 30, April 14th, and May 19th 2024 by Jesus Christ." There will be opportunity to receive studying together Walk in Love: Episcopal Beliefs the sacrament of Holy Baptism, to be Received, or and Practices by Scott Gunn and Melody Wilson to be Confirmed in the Episcopal Church on the Shobe. Beginning in January/February we will dates mentioned. Please contact Amma Nicola "walk through the liturgical year, the sacraments (dean@stpaulsdm.org) if you would like to join of the church, habits of daily prayer, and the the group.



Connection Café Update, Monday, 12/11

We served 150 lunches. Women and men, young and "experienced," folks in a hurry and those who stop and visit with us, new guests and those we've served for years, one baby and many who express their thanks on a windy cold day. The clothes St. Paul's generously donated were appreciated, too. I think I speak for all who serve, we receive good experiences which lift us as well. Rob Hoover and his staff are also very thankful for the donations!

Ro Ruth-Bany



Liturgical Calendar

February

Ash Wednesday – February 14

Holy Eucharist and Imposition of Ashes

7 am

(service in the High Street Chapel)

Noon

7 pm

Sunday Services in Lent are 8:00 am & 10:00 am

Sunday, February 18—The First Sunday in Lent

Sunday, February 25—The Second Sunday in Lent

March

Sunday Services in Lent are 8:00 am & 10:00 am

Sunday, March 3—The Third Sunday in Lent

Sunday, March 10—The Fourth Sunday in Lent

Sunday, March 17—The Fifth Sunday in Lent

Holy Week

Sunday, March 24—**The Sunday of the Passion: Palm Sunday**

Thursday, March 28, **Maundy Thursday**

Friday, March 29—**Good Friday**

Saturday, March 30—**The Great Vigil of Easter**

Sunday, March 31—**The Sunday of the Resurrection: Easter Day**

Life in The Episcopal Church offers plenty to laugh about, and priest and artist Jay Sidebotham sees the humor everywhere. Father Sidebotham serves as Director of RenewalWorks, a ministry of Forward Movement, and is also an Associate Rector at St. James Church in New York City. Image used with permission: thanks to Church Pension Group — www.cpg.org/global/online-resources/cartoons/



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New Guild Hall Art Show—January through March 2024

When we freshened the Guild Hall in 2018 it was agreed informally to devote the walls to ever-changing art, by ourselves and our friends. Take a moment to visit the new show, photography by Ronet Ruth-Bany, known simply as "Ro." She and her husband Michael are frequent readers, she sings in choir, he ushers. Ro has a remarkable eye for beauty and indeed finding God through the lens of her camera. It will remain in the Guild Hall through March. Enjoy



Upper left - the Japanese Garden in Portland
Upper right - Hawaiian blossoms, pulmaria from behind
Lower right - the flowering maple blossom (Oregon)



Above - In the midst of the Christmas tree

Meet the Artist: Ronet Ruth-Bany ("Ro")

By Elvin McDonald

Ro says, "I was mesmerized as a young girl with my Grandparents' farm and all the wonderful things to discover there, my most sincere interests include gardens blooming with flowers, critters and barns. "It was in the barn that the weathered wooden ladder led to the hay on the second floor, orange tabby barn cats and bright sunlight streaming through the separation of faded scarlet siding."

Later, as a teen, Ro got to know "the mysterious ocean, and as an adult, the National and State parks which drew my photographer's fascination and the desire to capture and document the moment."

Today, Ro says, "Mike and I walk through parts of the Greenbelt trail and these memories have returned, like a cherished and faithful friendship."

Finally, Ro says, "Photography equates my attempt to capture that JOY. The celebration of our Creator's love in each new discovery as well as the established and worn items that make us smile lends to the appreciation of how we are loved unconditionally."



Above, molten glass ready to be blown into a vase

Searching for Loris David McFawn

By Vicki Ingham, St. Paul's Archivist

When the stone memorial tablet was discovered in the store room at the base of the bell tower, Amma Nicola naturally googled the name Loris D. McFawn and found his burial information on Findagrave.com.

After the photo of the memorial appeared in November/December 2023 issue of *The Journey*, Bruce Carr turned to ancestry.com and found more information, and Paul Meginnis suggested contacting the Gold Star Museum at Camp Dodge. Vicki Ingham searched through the parish registers and discovered that on March 21, 1915, Loris was confirmed at St. Paul's.

Reading through St. Paul's vestry minutes for 1919-1921, a conversation with Sherrie Colbert of the Gold Star Museum, and more internet research yielded the following:

McFawn was born Aug. 9, 1887, in Alpena, Michigan, the fifth of 10 children born to David and Harriet A. McFawn. David immigrated to the U.S. from Ireland in 1873, when he was 17 years old. Harriet was born and raised in Detroit. According to the 1880 US Federal Census, David was a minister. In 1883 the family moved to the Arizona Territory long enough for David to be naturalized and a daughter, Grace, to be born. By 1900 the family was back in Michigan, with all but the second oldest son (Fred) living in the same household. (Fred had married.) David had traded the ministry for selling life insurance.

Sometime between 1900 and 1910, David McFawn died. The 1910 US Federal Census shows 23-year-old Loris—tall, slim, with blue eyes and brown hair—living in San Francisco and working as an engineer of some type. Four years later he appears in the Des Moines city directory, listed as a clerk at Watrous Acme Manufacturing on SW 9th Street. In 1915 he was a shipping clerk with the company, which made wrought metal products, and by 1917 he had risen to foreman.

Back in Detroit, his widowed mother headed a household that included two daughters, two sons, and a brother, all of whom worked, as well as her widowed mother. In spite of the money these adult children brought in, McFawn apparently felt duty bound to send money home; when he joined the army in 1918, he reported that his mother depended on him for support.

During his time in Des Moines, McFawn boarded in a series of rooming houses in the downtown area, including Linden and

16th Street. What drew him to St. Paul's is unknown, but he was confirmed by the Rev. Elmer Nelson Owen on the Fifth Sunday in Lent, March 21, 1915.

On April 24, 1918, McFawn was inducted into the U.S. Army with the rank of private. He went to Camp Dodge for training and was then assigned to Company A 351 Infantry Regiment, which was part of the 88th Infantry Division in Europe. Before being sent to Europe, however, he was transferred on May 16 to Company E of the 315th Engineer Regiment, 90th Division. In the 315th, he was promoted to Private First Class on June 1 and August 1, to Corporal.

McFawn served in Europe from June 13, 1918, until his death.

The 90th Division built bridges, roads, and railway facilities to facilitate troop movements; cleared and rebuilt roads destroyed by shelling; dug trenches and put up barbed wire barricades. It was dangerous work, and the soldiers often had to labor at the front lines under fire from the German troops.

McFawn participated in the Saint-Mihiel offensive, the first major offensive led primarily by the United States Army. The success of the attack, which took place Sept 12-16, 1918, raised the status of the American forces in the eyes of the French and British allies, even though the campaign failed to take Metz as planned. McFawn also participated in the campaigns in the Villers-en-Haye sector August 21-September 11, and

Puvenelle sector September 17-October 10, 1918. He died on October 15 of wounds received in action.

Although the tablet states that he died at Metz, this was surely a misunderstanding, because the well-fortified town of Metz was never actually a battle site in World War I. What is clear is that Corporal Loris David McFawn is buried at Saint Mihiel American Cemetery and Memorial at Thiaucourt-Regnieville, Departement de Meurthe-et-Moselle, Lorraine, France, in Plot A, Row 29, Grave 11..

McFawn was survived by his mother and all of his siblings--four sisters and five brothers. It was not the family that commissioned the memorial tablet, however. In 1919 longtime parishioner Julia Antoinette Baldwin asked Mr. Fletcher of the St. Paul's vestry to present to the group her petition for "permission to erect a tablet in memory of Corporal L.D. McVaughn [sic]." At the March 12 meeting, the motion was made, seconded by the clerk of the vestry, and carried. The Rev. Elmer Nelson Owen was asked to write a Resolution of Permission to Miss Baldwin.

Continued on the next page



Searching for Loris David McFawn, continued

Julia was born in New York in 1843. By 1870, she was living with her parents in Des Moines, where her father worked as a hotel steward. (Later he owned the National File Works.) She never married, and the family was sufficiently comfortable financially that she never worked and was able to live independently after her parents died. A lifelong Episcopalian, Miss Baldwin was a faithful member of the St. Paul's Helping Hand Guild into her 80s.

The tablet she ordered was clearly intended to be mounted on a wall somewhere, but no mention of its installation has been found in the archives (yet). A question that will probably never

be answered: Why did 72-year-old Julia Baldwin make this gesture of remembrance for 31-year-old Loris McFawn, whom she could only have known for four years at the most?

(Many thanks to Sherrie Colbert, Museum Director/Executive Director II, Iowa Gold Star Museum for sharing McFawn's induction records. Other sources consulted included familysearch.org, Des Moines/Polk County city directories, San Francisco city directory, <https://history.army.mil/curriculum/wwi/docs/AdditionalResources/BattleParticipationOfOrgsOfAEFinFranceBelgiumItaly1917-1918.pdf>, American Battle Monuments Commission, and our dear, still-run-by-humans friend, Wikipedia)

From the Dean:

Thank you Vicki, and other contributors, for your interest and expertise in uncovering this story so far. A question that this story raises for me is following: Are there other St. Paul's parishioners who might be appropriately recognized for their military service? If you know of any, please convey their story to: execadmin@stpaulsdm.org

2023 Cathedral Advent Tea

Our most recent Advent Tea was a great success, and we took immense delight in gathering together in Advent. Many thanks to Stephanie Murphy, Sue Wetherell, and Henry Harmon for their planning and organizing, and thanks as well to everyone who brought savory and sweet treats and to those who helped to serve them.



The carol sing-along was certainly a highlight of the evening. Additionally, celebrating the Dean's birthday greatly added to the festivities!



News from our Companion Diocese of Brechin Through a Personal Lens

By Kirstin Buniak

My friends at St. Paul's Des Moines, and all beyond,

During September of 2023, I moved to Guildford, England to begin my Masters Program in Medical Physics at the University of Surrey. I was sad to leave St. Paul's behind, including my involvement with the Cathedral Choir, as Vestry Clerk, and as a member of this lovely parish. St. Paul's had become my home, and it was a scary step to move across the pond to start the next steps in my life.

However, in December, 2023, I made sure to represent St. Paul's Cathedral and the Diocese of Iowa, as I was able to spend a few days for Christmas at our companion diocese in Scotland! As you might be well aware, the Diocese of Iowa is companions with the Diocese of Eswatini/ Swaziland and the Diocese of Brechin. It was through the assistance of our lovely Dean, Amma Nicola, that I was able to contact the Diocese of Brechin. I was not only able to be placed with a host family for Christmas, but also had the opportunity to sing in the Cathedral Choir for Midnight Mass on Christmas Eve!

For the past three weeks I have been traveling through Scotland on a 'Grand Tour'. I have visited Glasgow, Glencoe, Fort William, the Isle of Skye, Inverness, Aberdeen, Stonehaven, Dundee/Broughty Ferry, and Edinburgh! There is so much I have seen, and so much I did not have time to see. Scotland is such a rich country, of nature, history, and people. Each place I visited, I felt welcomed and I was greeted with amazing experiences. (Please view my Facebook page for all the photos, or send me an email!)

However, all these experiences would have not happened if I was never invited to stay with the rector of St. Mary's Episcopal Church, Broughty Ferry, and his family this Christmas! I was blessed to be able to stay with Mark-Aaron Tisdale, his wife Çiğil, and their son Winston-James. They were all so incredibly welcoming, and made me feel right at home! It also helped to be able to talk with another American, as Mark-Aaron is originally from Pittsburgh!

Mark-Aaron picked me up from the Dundee train station on the 23rd of December, and gave me a tiny tour of Dundee. Because it was raining, and I had my backpack with me, the tour was short, but I learned a lot about Dundee in the short amount of time we spent! I got to walk past the larger Cathedrals of the area, including the Scottish Episcopal Cathedral, also called St. Paul's Cathedral! Then, we left for Broughty Ferry, only 5

miles down the coast from Dundee, where Mark-Aaron is rector of St. Mary's Church. He and his family reside in the rectory only 1 mile from the church. It is nestled in a cute neighborhood, surrounded by lots of walking paths, which we utilized in the later days of my stay. After a nice cup of tea and drying off from the rain, Mark-Aaron, Winston-James, and I all piled into the car for lunch in town! After lunch, we briefly met up with Çiğil, who had recently returned from Edinburgh and was finalizing

On Sunday morning, Çiğil, Winston-James, and I all attended the 11 am service, where we enjoyed the sermon by Mark-Aaron. I was briefly introduced by Mark-Aaron to the congregation during the announcements, much to my embarrassment, and I got to talk with some of the parish in coffee hour. Then, we rushed home for a quick lunch, where Mark-Aaron made a quick exit, as he had a total of 2 other services to preside over that day! Çiğil, Winston-James, and I took a walk down to the shoreside, where we enjoyed the sea breeze and tried to not get sand in our eyes.



Above, St. Mary's Broughty Ferry, ready for Christmas Eve Midnight Mass

Continued on the next page

News from our Companion Diocese of Brechin, continued

Later in the evening, around 10 pm, Çiğil dropped me off at St. Paul's Cathedral, where I was immediately fitted with a cassock, cotta, and a cravat. The Cathedral Choir then had a rehearsal, where I was sight-reading (mostly) everything, from the hymn settings, the choir responses, and the choral pieces. The Midnight Mass service was quite a whirlwind! The whole Cathedral was filled, and the ushers ran out of candles to hand out! Quite a good problem to have, I would say. We had a lovely sermon from Bishop Andrew Swift, and enjoyed singing with the congregation on the hymns. Afterwards, I briefly talked with Bishop Swift and the Rector & Provost, Dr. Elizabeth Thomson. They were very happy to have a visitor from the Diocese of Iowa, and especially happy that I was able to sing in the choir. One of the members of the choir was kind enough to give me a ride home to St. Mary's rectory, and I got to chat with them about their experience at St. Paul's Cathedral and how they remembered that members of our St. Paul's visited Scotland in the past on a choir tour!

On Christmas Day, we all attended Christmas morning Mass, where I got to talk to more of the parish afterwards. We also all took a lovely photo together (pictured below), and then returned back to the rectory. We opened presents together, and I got a few Scotland related items, which sit on my desk now! I gave them a vintage map of Dundee & surrounding areas, a book about Dundee, and a small jar of jam, and some seashells I picked up from the Dunnottar Castle seaside. Then, it was time to prepare for Christmas dinner. I helped by stirring the gravy and setting the table! We were joined by another member of the parish, as she also would have spent Christmas alone, so we had quite a full table for dinner. There was plenty of food, and many stories shared, which made it a wonderful and nap-inducing experience. We all ended the night with a cup of tea and shared more stories with one another.

On the 26th, we took a drive into Dundee to enjoy the view from the Dundee Law (a hill in the center of Dundee, the highest point in the city) and a quick lunch before my bus to Edinburgh! Unfortunately, my bus was late, so we kept an eye on the tracking and estimated time, and then I said my goodbyes to the family before setting off to finish the remainder of my 'Grand Tour' of Scotland.

In my time in Dundee/Broughty Ferry, I have felt welcomed and loved, and I am eternally grateful for everyone who helped to feel at home this Christmas. It was a joy and an honor to be in the Diocese of Brechin, and to represent the Diocese of Iowa!

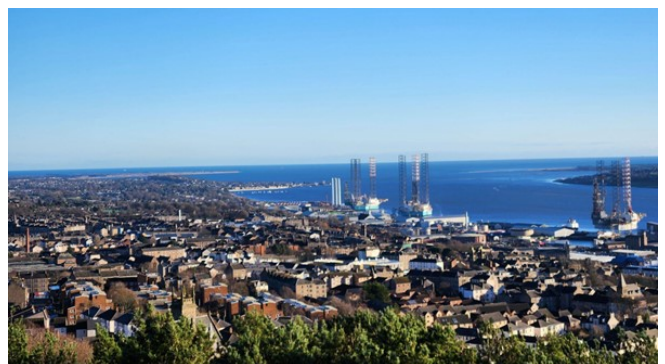
Yours in Christ,
Kirsten Buniak (kirstenbuniak@gmail.com)



In my cassock, cotta, and cravat, ready to sing!



After Christmas Day Mass, (from left to right) Çiğil, Mark-Aaron, me, and Winston-James



View on Dundee and Broughty Ferry from the Dundee Law

Radio Broadcasts:

In honor of upcoming Ecumenical Week, January 18 to 25, the Dean was interviewed for Iowa Catholic Radio by Bishop William Joensen of the Roman Catholic Diocese of Des Moines. The recorded interview will be aired twice, on Saturday, January 20 at 8:00 am and Sunday, January 21 at 11:00 am. It will also be available online at www.IowaCatholicRadio.com/podcasts or if you download the free Iowa Catholic Radio app. The show will post online and the app after it airs.

Left to right, Jeanne Thill of Iowa Catholic Radio, Dean Nicola, and Bishop William Joensen of the Roman Catholic Diocese of Des Moines at the recording studio on January 3, 2024.



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**

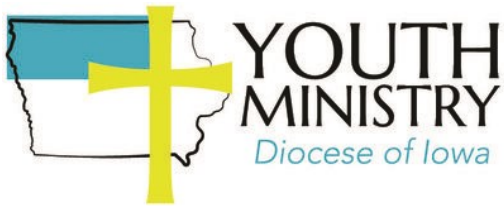
Thank you for your help!



St. Paul's Blessing Box

Food insecurity is reaching record highs in the Des Moines metro. 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 left. Thank you!



Ski Trip 2024

February 2-4 (Grades 4th-12th)

Ski Trip is a annual winter-fun weekend! This year's Ski Trip will take place February 2-4 at Seven Oaks Ski Resort, Boone, and overnight at St. John's, Ames. We hope that youth (grades 4-12) and adults from your congregation will join us!

Families will register individually for lodging and skiing/snowboarding, instead of by congregation. **Chaperones from each congregation will be necessary**, so please check in with your congregational leaders before registering. Registrations are due January 26, 2024.

Youth Overnight Fee (includes t-shirt) - \$50
T-shirt - \$10
Ski/Snowboard (12 & under) - \$60.94
Ski/Snowboard (13 & up) - \$78.22

Includes: lift ticket, ski/snowboard rental & helmet. You can pay by check or cash. Checks will need to be made out to Seven Oaks for skiing/snowboarding and lunch.

Lunch can be purchased ahead of time or will be on your own. Meal Deal information below.

You will register and pay for TUBING ONLY directly with Seven Oaks. You can visit their website here: <https://sevenoaks.whitepeakstechnologies.com/tubing>

Financial scholarships are always available for the registration fee and are confidential.



December 18, 2023

Dear The Very Rev. Nicola Dance and the people of St. Paul's Episcopal Cathedral,

Thank you for your ongoing support of AMOS (A Mid-Iowa Organizing Strategy)! Check out the attached summary of our growing collective power, including these highlights from an impactful fall of action which engaged over 500 central Iowans!

- **Institutional Leader Training-** 23 institutional leaders attended 2-day training on relational organizing skills to strengthen their organization and develop new leaders
- **Des Moines School Action-** 140 leaders secured commitments from 4 school board candidates and Des Moines Superintendent to work with AMOS and Let's Talk Now. As a result, DMPS has changed their hiring practices for those with criminal records.
- **Ankeny School Board Forum-** 210 residents secured commitments from 4 school board candidates around supporting teachers and addressing mental health and bullying.
- **Community Land Trust Kick-Off-** 50 AMOS, community, and city leaders committed to work to make expanded affordable home ownership a reality in the coming year.
- **AMOS Variety Show Fundraiser-** 150 central Iowans raised \$11,279 with a wide array of AMOS institutional talent represented on stage.

Your organization's support of AMOS played a crucial role in our work to strengthen our communities and institutions, develop citizen leaders, and improve the lives of Iowans.

As of Dec. 2023, St. Paul's Episcopal Cathedral has contributed \$3,300 of your \$3,300 2023 pledge. Thank you!

As St. Paul's Episcopal Cathedral enters your new budget year, we ask that you consider your institution's pledge for 2024 and complete the enclosed form. Please let us know if a presentation to your decision-making board would be helpful for clarifying the current work of AMOS.

We invite you to join us at the upcoming Delegate Assembly to continue the important work of your organization of organizations. The Delegate Assembly is **Sunday, February 25th at 3:00pm at Central Presbyterian Church – 3829 Grand Ave, Des Moines.**

Wishing you all the best in 2024 and thank you again for your support,

Sally Boeckholt
First Unitarian

Jim Johnson
New Beginnings
Christian

John McMichael
St. Theresa's Catholic

Jason Paull
Ames UCC

Looking ahead to 2024!



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	<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>
Jonathan Hansen	<i>Formation Missioner</i>

Joyful Hearts Prayer Group



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

Joyful Hearts Prayer Group for Epiphany

Coming January 7, 14, 21, February 4, 11

Weekly prayer practices and meditations in the light of God's love. Conversations Sundays at 11:30 am. Suggested daily activities for thank you, welcome, listening, healing, guidance, joy, and observing God at work today. Each Sunday features a different type of prayer, includes a personal story, and an excerpt from the current day's lessons. Learn about prayer practices such as "laying on of hands" and "blessing." Let the light of God's abounding love strengthen you to be Jesus's hands and heart in this world in the name of the Holy Trinity. Amen.



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 March/April 2024 issue will be Monday, February 19, 2024

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.