



# The Journey

*Newsletter from St. Paul's Episcopal Cathedral*

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

November and December, 2023



171ST ANNUAL CONVENTION  
EPISCOPAL DIOCESE OF IOWA  
OCTOBER 21-22, 2023



**ST. PAUL'S**  
EPISCOPAL CATHEDRAL

The Very Rev. Nicola Dance, Dean  
[dean@stpaulsdm.org](mailto:dean@stpaulsdm.org)

The Rev. Jean McCarthy, Priest Associate  
[therevjeanmccarthy@gmail.com](mailto:therevjeanmccarthy@gmail.com)

The Rev. Michael Monnot, Priest Associate  
[michaelmonnot@comcast.net](mailto:michaelmonnot@comcast.net)

The Rev. Jean Davis, Deacon  
[jeandeacon@stpaulsdm.org](mailto:jeandeacon@stpaulsdm.org)

The Rev. John Doherty, Deacon  
[johndeacon@stpaulsdm.org](mailto:johndeacon@stpaulsdm.org)

Canon Mark A. Babcock, Organist/Choirmaster  
[BabcockM@central.edu](mailto:BabcockM@central.edu)

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Austin Rozendaal, IT Specialist  
[it@stpaulsdm.org](mailto: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 Haaften

Rosa Walker

Dear People of St. Paul's,

Grounded in Worship!

It is with a sense of surprise that I sit to write this letter for the final issue of *The Journey* in 2023. Daylight Savings Time has ended, and this evening darkened quickly. Not dreary, however, have been our recent special Festal Services: for the Dean's Installation on September 28<sup>th</sup>, Diocesan Convention on October 20<sup>th</sup> and 22<sup>nd</sup>, and All Saints' Day (November 1<sup>st</sup>) and Sunday (November 5<sup>th</sup>). Thank you to all who attended and to all who assumed liturgical roles for these services. I hope you enjoy the selection of photographs found in this issue.



Photograph by William J. Gentsch

We experienced some wonder-filled moments during these times of worship together: The strong sense of prayerful intention among all who gathered on All Saints' Day itself, the delightful sense of affirmation and reaffirmation at November 5<sup>th</sup> baptismal service during which one of St. Paul's younger pilgrims whispered to their father "I am the happiest I have ever been." We give thanks to God for the Holy Spirit moving among us on these and other occasions when we gather.

Again, it is with a sense of surprise that I see Advent and Christmas quickly approaching. New Advent candles have been delivered to St. Paul's office. We look forward to socializing with one another at the Advent Tea on Wednesday, December 6, to Advent Lessons and Carols on December 17<sup>th</sup> at 4:00 pm – do invite your friends! – and to Christmas Eve Services with Bishop Monnot and Christmas Day with the Rev. Jean McCarthy. Mark your calendars please with those services that you plan to attend and we will be delighted to worship with you.

Reaching Out in Love!

During Diocesan Convention on October 21<sup>st</sup> I was glad to be given the opportunity to address delegates briefly on what I hope will be an engaging listening exercise to take place during 2024, in which St. Paul's will invite parishes throughout the Diocese of Iowa to comment on what makes for a good Cathedral-parish partnership that will support our growth and work as Christians and Episcopalians throughout the Diocese. If you are a person of vision, and feel committed to St. Paul's ministry in the wider context of the Diocese of Iowa, please do express to me your interest in becoming a member of a lively team doing this Holy Work.

*Continued on page 5*

## 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](mailto: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](http://bcponline.org).

### Wednesday Noon Eucharist

12:05 pm in the Chapel.

## SELECTED SEASONAL SPECIAL SERVICES

### Choral Evensong — third Sunday of the month

Sunday, November 19 at 4 pm (organ concert at 3:30 pm)

### Advent Lessons & Carols

Sunday, December 17 at 4 pm

## WEEKLY AND MONTHLY GROUP MEETINGS

### JOYFUL HEARTS PRAYER GROUP

Fourth Sunday of the month

November 26 and December 24

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 [formation@stpaulsdm.org](mailto:formation@stpaulsdm.org) for more information.



**ON THE COVER:** Convention delegates exchange the Peace with one another at the Sending Eucharist on Sunday, October 22.



**ABOVE:** Getting ready for the sending Eucharist of the 171st Convention of the Diocese of Iowa, the Revs. Eric Rucker, Tom Early, Lizzie Gilman and Nora Boerner with Dean Nicola.

## NOVEMBER AND DECEMBER 2023

### Contents

- 4 2024 Stewardship Campaign
- 5 October Animal Blessing photos
- 6 1885 Building Revitalization Update
- 7 Congregational gift to the Dean
- 8 Advent and Christmas at the Cathedral
- 12 Parish Profiles: Grace Hanley & Meredith Ackerman
- 13 Looking Ahead to 2024

Please be sure to visit our website:

[www.stpaulsdm.org](http://www.stpaulsdm.org)

Find Us on Facebook:

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

## 2024 Stewardship Campaign

Our 2024 Stewardship Pledge Campaign is underway. Please read this letter from Stewardship Chair Thomas Smith and consider pledging, using this link to our website: [Pledge — St. Paul's Episcopal Cathedral \(stpaulsdm.org\)](https://stpaulsdm.org) Thank you!



St. Paul's Episcopal Cathedral  
815 High Street  
Des Moines, IA 50309  
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**STEWARDSHIP**  
*Managing God's Gifts To Us*

1 November, 2023

Dear Brothers and Sisters of St. Paul's Cathedral,

It is my great pleasure to offer you greetings as we start to bid farewell to 2023. With just about a month until the beginning of Advent, and the parallel bustle of the holiday season, a time of great preparation will soon be upon us all.

Another sort of preparedness is taking place, as your Chapter members and Dean Nicola create the Cathedral's operating budget for 2024, projected as of now to be approximately \$450,000. The Cathedral leadership has been vigilant, especially in the years since 2020, of examining all expenses to ensure that they efficiently contribute to the mission of St. Paul's. The budget includes all of the things that make our place of worship special, from our dedicated clergy and staff, to our liturgical responsibilities, to important community outreach through music and compassionate care, and the needs of a historic church facility.

Those expenses are funded by two primary sources of income – plate and pledge offerings (75%) and distributed income from the endowment (20%). The reality is that for the last two years, pledge income has not kept pace with our expenses, and it has been necessary to draw additional funds from our endowment to cover that gap. We are fortunate to have this resource available, but this is not a viable long-term solution.

We are working hard to build membership and engagement, but to ensure that we continue to operate and grow our presence in the community, being a source of light and joy and respite to all who enter our doors while remaining fiscally stable, we as a cathedral congregation must pull together and provide the funding necessary to balance our budget.

**I ask that you prayerfully discern what a healthy and dynamic Cathedral looks like for you and make a pledge for 2024 that helps to achieve that vision.**

If you made a pledge in 2023, please consider an increase in your giving, and thank you. If you have given in years past, please renew your relationship with St. Paul's, and thank you. And if you have not yet offered your first pledge to the Cathedral, please make a commitment today at the amount that is right for you, and thank you!

I believe that Advent is a season of excitement, and anticipation, and most of all, of hope. Perhaps now more than ever, the world needs beacons of hope, and love, and peace. The world needs places like St. Paul's, and with your help, we can proudly proclaim God's love, and that all are welcome within our glorious house.

Your plans help direct the budget plan. Please use the enclosed pledge card and envelope to make your 2024 commitment to St. Paul's, or visit [www.stpaulsdm.com/pledge](https://www.stpaulsdm.com/pledge) to make a secure pledge online before December 31.

Thank you, and please accept my good tidings for a miraculous holiday season.  
With warm regards,

Thomas Smith  
Stewardship Chair

Greetings from the Dean, continued

Deepening in Faith!

For those of you who may be new to the Episcopal tradition, or for all who seek a deeper life in Christ, we will prepare for the Bishop's visitation to St. Paul's on April 14<sup>th</sup>, 2024 by studying together *Walk in Love: Episcopal Beliefs and Practices* by Scott Gunn and Melody Wilson Shobe. Beginning in January/February we will "walk through the liturgical year, the sacraments of the church, habits of daily prayer, and the teachings of Anglican Christianity. See how our prayer shapes our belief and our lives and how our beliefs lead us into a deeper relationship with Jesus Christ." There will be opportunity to receive the sacrament of Holy Baptism, to be Received, or to be Confirmed in the Episcopal Church on April 14<sup>th</sup>. Watch for further information!

Wishing you a blessed Advent and Christmas.

Faithfully,

Amma Nicola

**A Prayer for Peace and Advent Reflection**

I pray for your peace in troubled lands, in places where people fear each day, in cities or villages under threat of danger. I pray your peace into the hearts of those who hate, into the minds of those who live in anger, of those who long for revenge. The hot winds of war sweep over so many lives, dear God, terror and cruelty following in their wake, I do not know what else to do, but stand here making my appeal to heaven. Peace I pray. Peace against all the odds, peace without compromise, peace strong and enduring, peace so children never worry as they go to sleep.

— Steven Charleston, Episcopal bishop and citizen of the Choctaw Nation

**October Animal Blessings**

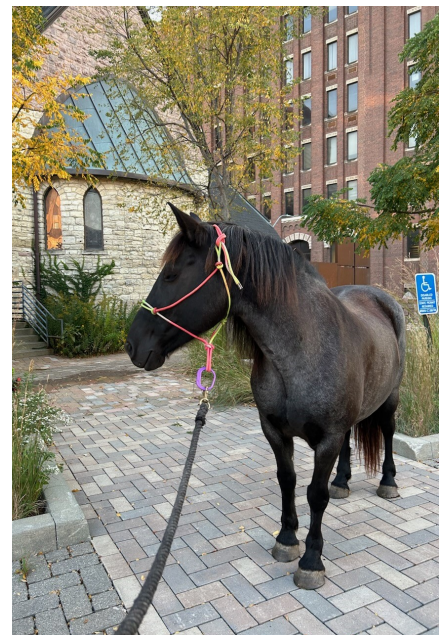
Our St. Francis of Assisi Day animal blessing on October 4 brought creatures great and small to our rain garden, with parishioners and local residents bringing their dogs, cats, and two horses to be blessed, and we thought you might enjoy these photographs.



"Stella"



St. Paul's Financial Specialist Lisa Nelson and her friend Rose with horses "Stella" and "Luna."



"Luna"

## 1885 Building Revitalization Project Update

Asbestos removal began on November 27 and will take two or three weeks to complete at a cost of approximately \$30,000.

On October 12, St. Paul's leaders met with Mr. Al Sievers of Environmental Protection Solutions which has been engaged to remove asbestos from the undercroft. Asbestos is found in the floor, wall panels, adhesive, and ceiling tile in some areas of the Undercroft and must be removed before the general contractor can install a new heating and cooling system. The work will conclude with testing of air samples to ensure no airborne asbestos remains.

Please respect all signage and keep out of work areas while abatement work is conducted!



Asbestos abatement work began with work on the smaller rooms first. On the left is the presently sealed-off entrance to a room which had served various functions: an office for the Sexton, a Diocesan Loan Closet, and most recently a store room for Connection Café. Middle, a former storage room. On the right is a detail showing asbestos-containing glue pucks which must all be removed.



The image above shows the large drums being used for the proper disposal of asbestos-laden waste.



Thank you to Property Committee Chair Mike Gillespie and Sexton Christopher Smith for cleaning out the "tower closet" (located at the base of the bell tower on the southeast corner of the building) and storing furniture there.

## Congregational Gift to the Dean

Many thanks to the generosity of the Parish for gifts to the Very Reverend Nicola Dance as the 5<sup>th</sup> Dean of the Cathedral. One of the gifts was a cassock suitable for a Cathedral Dean, as seen in the accompanying photograph. It was custom made for her by the North East Church Supply Company in England.

The cassock is considered everyday wear for a priest; in the Anglican tradition, the Dean's cassock is piped and trimmed in red. This cassock has 33 buttons in embroidered red. The cassock always includes 33 buttons, signifying the tradition of Christ's age at the time of his crucifixion and resurrection.

You will see Amma wearing it on occasions such as Evensong, and other events that do not include the Eucharist.

The remaining funds from the designated gifts will be used for the Clergy Continuing Education Fund. Again, thank you so much for your generosity.



## Memorial Stone Mystery?

This memorial stone was found while clearing out the "tower closet."

Archivist Vicki Ingham is working on uncovering Corp. McFawn's history and his relationship with St. Paul's. If you have information to share on this, please contact the Cathedral Office.

## Advent and Christmas at the Cathedral

Advent begins a new liturgical year - a time of expectant waiting and preparation for the celebration of the Nativity of Jesus. This year Advent begins on Sunday, December 3rd. *"Prepare the way, O Zion, your Christ is drawing near!"*



### The Advent Wreath



St. Paul's always has an Advent wreath near the chancel steps, and we mark our progress toward Christmas by lighting an additional candle every Sunday. Our Advent Wreath is given by Scott & Denise

Linn, Marshall & Julie Linn, and Douglas & Barbara L. Hein in loving memory of Barbara N. & Marshall G. Linn.

### Please join us for the Annual Cathedral Advent Tea



**Wednesday December 6, 2023**

**4:00 - 7:00 pm**

**Park Fleur Condos**

**3131 Fleur Drive, Des Moines**

Christmas Carol sing-a-long at 5:15

*What is the Advent Tea?*

It is an opportunity for the adults at St. Paul's to gather for light refreshments at the beginning of the Advent Season. In the past, it has been held at private homes, event spaces and the Diocesan Office. Some people join for the whole time (4:00 -7:00 pm) and others for an hour.

Come as you are, straight from work or dressed for the holiday season. If you would like to bring a sweet or savory to share, please sign up at Coffee Hour or by contacting Stephanie Murphy (515-229-7737) or by contacting Sue Wetherell (515-720-8738).

We can arrange to receive your contribution at an earlier time if that works best for you. You can bring your item in a plastic or disposable dish and we will plate it for the event. Tea, wine and sparkling water will be served.



# Advent Lessons and Carols

Sunday, December 17 at 4:00 pm



As we prepare for the birth of Jesus at Christmas, join St. Paul's Episcopal Cathedral for this popular seasonal service. Readings from Holy Scripture, hymns, and seasonal choral music proclaim the coming of the Promised One.

## 'Tis the Season! ~ Greening of the Cathedral! Can you help us prepare?

In the Anglican tradition, we save decorating the church for Christmas for the end of Advent. All are welcome to help, and this year we will prepare to green the Cathedral on Saturday, December 23 at 10:00 am, when we will move the decorations into the Guild Hall and prepare them ahead of time.

We also need volunteers to help us put the decorations up in the Narthex and the Nave after the 10:00 am service on Sunday, December 24th. If you would like to help, please contact the Cathedral Office: 515-288-7297 or email [execadmin@stpaulsdm.org](mailto:execadmin@stpaulsdm.org)

# 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!



## The Giving Tree is Back!

**Please help us provide a Merry Christmas for families in need**

The St. Paul's Giving Tree can be found in the hallway near the Dean's office, and it will be out throughout Advent to collect needed winter items for adult clients served at the Connection Cafe. We need new and gently used winter outer wear such as hats, gloves, mittens, scarves and coats for adults or children and hand warmers are always appreciated.

# EXPERIENCE ADVENT & THE JOY OF CHRISTMAS

## ADVENT WORSHIP

Sundays 8:00 am & 10:00 am

## ADVENT LESSONS & CAROLS by candlelight

December 17 4:00 pm

## CHRISTMAS EVE

Bishop Monnot  
preaching and presiding

December 24 5:00 pm & 10:30 pm

## CHRISTMAS DAY

December 25 10:00 am

## THE EPIPHANY

January 6 7:00 pm



**ST. PAUL'S**  
EPISCOPAL CATHEDRAL

815 High Street, Des Moines, IA 50309  
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Grace Hanley,  
Cathedral Choir Librarian

Grace Hanley is a native Iowan, growing up in Ankeny and currently living in Norwalk. A graduate from Central College in 2021, Grace has been a dedicated choral singer for years and is now a member of St. Paul's Cathedral Choir and Howells Scholars. Currently working as a middle school librarian in Indianola, Grace continues enriching her career as she completes her Masters in Library and Information Science. Besides her commitment to St. Paul's Cathedral, Grace is a world traveler who loves to "paint, drink tea and read fantasy books".

Meredith Ackerman is a 2022 graduate in Fine Arts Performance and Promotion from Central College. She and her twin sister, both accomplished musicians, grew up in Kansas City, MO. Meredith is enjoying her new full-time position with P.E.O. International and continues as a part-time librarian at Johnston Public Library. Involved as a singer for both the Cathedral Choir and Howells Scholars, Meredith states, "I am excited to be more involved with cathedral arts. I value the wonderful relationships I have made with my fellow singers and I believe that this is an incredibly special place to be."



Meredith Ackerman,  
Cathedral Choir Vestment Coordinator

**Left, a detail of the Nativity Window in our High Street Chapel.**



The suite of windows in the High Street Chapel was ordered in 1953 during the rectorship of the Reverend P.M. Casady and installed in late 1954. Designed and fabricated by Connick Associates in Boston. In terms of "pedigree," these windows may be the most significant ones at St. Paul's. Connick Associates, which closed in 1986, traced its origins to stained-glass artist Charles J. Connick (1875-1945). Reacting against the proliferation of opalescent, Tiffany-style glass at the turn of the century, Connick became a leading proponent of the Gothic Revival in the early 20th century. He advocated a return not only to the principles of Gothic art but also to the collaborative working methods of the medieval guilds. Connick and his artists helped spread a new appreciation for the architecture and stained glass of 12th- and 13th-century England and France. The firm supplied windows for an international clientele. Like their medieval prototypes, these windows ignore the "rational," three-dimensional pictorial space that Western eyes have become used to. Instead, figures stack up on top of each other, and multiple events in the story share the same pictorial space. Figures may be larger or smaller depending on their importance rather than their relationship in space. The Nativity window honors former members of the St. Paul's Guild. *Editor's note: This article has been freely adapted (with permission) from parishioner Vicki Ingham's delightful book on the history of our stained glass windows. If you would like to learn more about them, the book is available on Amazon; sale proceeds to go St. Paul's. Here's the link: [https://www.amazon.com/Illuminated-History-Stained-Cathedral-Church/dp/1500933821/ref=sr\\_1\\_5?crid=UH3NZNXDT1M6&keywords=Vicki+Ingham&qid=1689605019&s=books&sprefix=vicki+ingham%2Cstripbooks%2C175&sr=1-5](https://www.amazon.com/Illuminated-History-Stained-Cathedral-Church/dp/1500933821/ref=sr_1_5?crid=UH3NZNXDT1M6&keywords=Vicki+Ingham&qid=1689605019&s=books&sprefix=vicki+ingham%2Cstripbooks%2C175&sr=1-5)*

## Looking ahead to 2024!



### *Have You Considered . . .*



Our Annual Parish Meeting will be held on Sunday, January 28, 2024, and at that time new Chapter Members will be elected.

The Chapter is

the governing board of the Cathedral. Many of its duties are prescribed by canon law, such as the responsibility for parish finances and care of church property.

However, in a real sense, the Chapter serves to represent the members of the parish, provides leadership as the Cathedral moves forward in prayer and commitment to vision, and serves as the communication body between parish members and the clergy/staff of the Cathedral. The term limit is 3 years, and members are expected to attend the monthly meetings and to serve on other standing or ad hoc committees.

At the Annual Meeting the parish will be asked to elect four new members to the Chapter. If you are interested in serving on the Chapter, or would like to nominate someone you feel would be a good candidate, please contact Sr. Warden Stephanie Wells or Jr. Warden Phyllis Melton. You can also speak with the Acting Dean. If you are nominating someone else, please be sure you have his or her permission first. Our goal is to have a slate of candidates published in early January.

*The Nominating Committee*

## Looking ahead to 2024!



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.

If you would like to contribute altar flowers in 2024, please contact the Cathedral Office 515-288-7297 or email [execadmin@stpaulsdm.org](mailto: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**



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](mailto:dean@stpaulsdm.org)  
Deacon Jean: [jeandeacon@stpaulsdm.org](mailto:jeandeacon@stpaulsdm.org)  
Deacon John: [johndeacon@stpaulsdm.org](mailto:johndeacon@stpaulsdm.org)  
John Zickefoose: [execadmin@stpaulsdm.org](mailto:execadmin@stpaulsdm.org)

**Please be sure to visit our website:**

[www.stpaulsdm.org](http://www.stpaulsdm.org)

**Find Us on Facebook:**

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



### **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: click [here](#) 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 January/February 2024 issue will be Monday, December 18, 2023.***

**Please contact us at [execadmin@stpaulsdm.org](mailto:execadmin@stpaulsdm.org)**

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

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

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