



The Journey

Newsletter from St. Paul's Episcopal Cathedral

815 High Street † Downtown Des Moines, Iowa

515-288-7297

November and December, 2022



THE 170TH ANNUAL
CONVENTION OF THE
EPISCOPAL DIOCESE OF IOWA



OCTOBER 29-30, 2022

Des Moines

Downtown Marriott



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The Chapter

Class of 2023

Mike Gillespie
Jonathan Hansen
Henry Harmon, *Treasurer*
Elvin McDonald

Class of 2024

Jolene Phelps
Phyllis Melton, *Jr. Warden*
John Stender-Custer
Duane Sand

Class of 2025

Kirsten Buniak, *Clerk*
Stephanie Murphy
Tom Smith
Stephanie Wells, *Sr. Warden*

GREETINGS *from the* ACTING DEAN

Dear People of St. Paul's,

Drenched in the Spirit!
Thank you to all who participated in and supported the two services of Holy Eucharist that opened and sent us forth from Diocesan Convention October 28 through 30. I found the weekend to be a blessed time of renewed connection with many Episcopalians from all around the Diocese and our worship was truly uplifting and revitalizing. We have received many comments of thanks which I now pass on to you: Thank you!

A little goes a long way...
Your Communications Committee experimented with online advertising in September, applying \$50 to Facebook advertising for Choral Evensong officiated by Bishop Monnot on September 18. The experiment resulted in 1,300 YouTube views, an amazing number in itself and a 14-fold increase over the average number of views for prior services of Choral Evensong. Well done!

Principal Feasts All Saints' Day on November 1 is one of the Principal Feasts observed in the Episcopal Church. To mark All Saints' Day this year St. Paul's offered an evening service of Holy Eucharist in the chapel, with bagpipe prelude and postlude offered by



Deacon Jean.

It was especially lovely to welcome visitors to this service who had seen the service information advertised online. A service will also be offered on the Feast of the Epiphany, January 6 at 7:00 pm, with Bishop Monnot presiding and preaching and with opportunity for baptism, confirmation or reception into the Episcopal Church that day. If you would like to prepare, please contact Amma Nicola.

Stewardship and capital campaigns You will soon be receiving a communique from St. Paul's fundraising team concerning the annual budget for 2023. Did you know that it costs over \$1,000 per day to operate St. Paul's? Please consider your current level of financial support and how you can help.

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

Wednesday Morning Prayer

9:15 am every week, 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 at 12:05 pm

In the Chapel

SELECTED SEASONAL SPECIAL SERVICES

Sunday, November 20

Thanksgiving Choral Evensong at 4:00 p.m.

Sunday, December 18

Advent Lessons & Carols at 4:00 p.m.

Saturday, December 24

Christmas Eve services at 5:00 p.m. & 10:30 p.m.

Sunday, December 25

Christmas Day Eucharist at 10:00 a.m.



ON THE COVER: Convention delegates exchange the Peace with one another at the Sending Eucharist on Sunday, October 30.



ABOVE: Bishop Betsey Monnot preaches the homily during the Diocesan Convention's Sending Eucharist

NOVEMBER AND DECEMBER 2022

Contents

- 4 St. Paul's New Vision Statement
- 6 Convention Photos
- 7 St. Paul's Artists
- 8 2023 Stewardship Campaign
Ugly Sweater Advent Tea
- 10 Advent & Christmas at the Cathedral
- 11 St. Paul's New Online Merchandise Store
- 12 Lesbia Scott's All Saints' Day Hymn

From the Acting Dean, continued

And the holidays are nearly upon us! I wish you a wonderful Thanksgiving, Advent, and Christmas. You are invited to celebrate with us at Thanksgiving Choral Evensong and Advent Lessons & Carols at 4:00 pm on Sundays November 20 and December 18. Both of these are wonderful opportunities to invite friends to experience these special expressions of our Anglican tradition. Other events and services are listed on page 10.

In closing I truly celebrate and wonder at the gift of Christ's presence among us. Only in community do we find true communion and it is in ministry with each and everyone that we find our true identity in Christ. God bless you, God keep you, and you keep the faith.

Faithfully,

Amma Nicola



St. Paul's New Vision Statement

The Vision Statement was presented to the Cathedral Chapter by the Vision Task Force on October 18, 2022 and was adopted by Chapter vote at that meeting.

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

Justification: These three phrases capture the core values and aspirations of the St. Paul's community.

Grounded in Worship reflects both present and future core values of the St. Paul's community as indicated by the 2022 survey whose results were presented to Chapter in May and June 2022 of this report. Approximately 73% of survey respondents currently associate the words 'Worship', 'Music & Arts' and 'Sacred Space' with St. Paul's, and that percentage declined only a little, to approximately 62%, when respondents were asked what they would most like to see associated with St. Paul's in the future. The phrase therefore fits as part of St. Paul's Vision Statement.

Deepening in Faith is a phrase brought to us by Bishop Monnot from the Presiding Bishop who has observed that congregations in the Episcopal Church that are growing presently are active in two areas: 1) going deeper in their faith and 2) reaching out into their surrounding communities. In combination with the phrase **Reaching Out in Love**, both of these active areas are reflected. Further, the phrase Reaching Out in Love aligns with the core aspirations of the St. Paul's community derived from the survey in which over 26% of respondents desire 'Service' and 'Outreach' to become more strongly associated with St. Paul's in the future.

Diaconate Ordinations to be at St. Paul's in December—all are welcome.



**God willing and the people consenting,
The Right Reverend Betsey Monnot
Bishop of Iowa
will ordain**

**Elizabeth Abbott Wells McElroy
Catherine Ann Schroeder**

**to the Sacred Order of Deacons
in Christ's holy catholic Church**

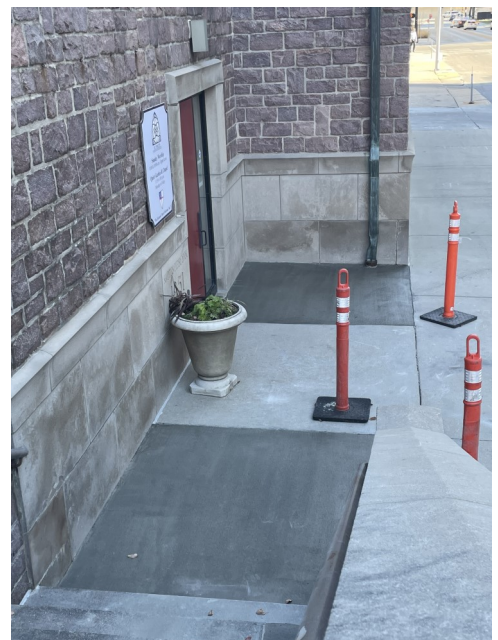
**Saturday, December 3rd
Two thousand twenty-two
at two o'clock in the afternoon
St. Paul's Episcopal Cathedral
815 High Street, Des Moines, Iowa**

**Your prayers and presence are requested
The festal color is red Streaming is available**

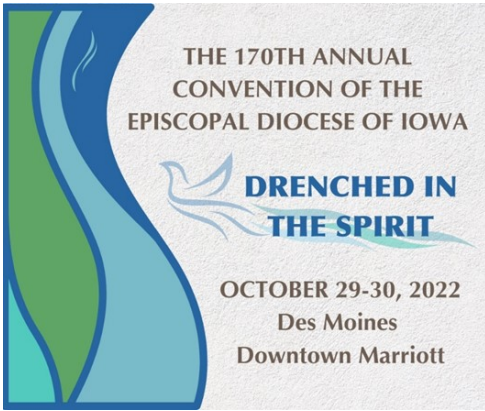


Property update

As seen in these photographs, the deteriorating cement near the High Street Chapel entrance and the landing above it have been repaired. Thank you to Mike Gillespie for his hard work coordinating these repairs.



Photographs from the 170th Annual Convention



Convention Banquet Keynote Speaker: Brother James Michael Dowd, Prior of The Benedictine Way in Omaha, Nebraska, speaking about “The Existential Crisis of Community and the Path Forward”



During Friday night’s Gathering Eucharist, Tammy Rae Schirmer (St. John’s, Mason City), and Lily Anne Mellies (St. John’s, Ames) presented to the Bishop for Confirmation.



Photos above and below:
Convention delegates meet at the hotel



St. Paul's Artists

By Elvin McDonald

Two St. Paul's members, an 8 o'clocker – Bill Gentsch – and a 10 o'clocker – Sue Owens – share their devotion to the creation of art as an act of worship.

As you enter the main hallway in the education building, the grand corridor, slow your hurry and pause to take in the newly hung images, which include a portrait of Betsey Monnot, our Bishop. The one larger photograph of St. Paul's exterior is by Walter Gentsch, the grandson of Bill Gentsch, the man behind the newly displayed photographs that are captured moments of light in the nave.

As you enter the main hallway in the education building, the grand corridor, slow your hurry and pause to take in the newly hung images.



Above, Bill Gentsch with one of his photographs.
(Photo credit: Kirsten Buniak)

Bill asks that we imagine a collection of reflective items photographed unconventionally, yet faithfully, as sunlight bounces from various sacred items. "This idea evolved from attending weekly 8 o'clock Cathedral services and watching the rising sun light up each of the six east-facing stained-glass windows – one by

one in quiet cadence and then return to semidarkness. In early spring, the light show lasts for about 15 minutes before retiring."

Speaking of retiring, Bill is just the sort who could wear a T-shirt proclaiming Retired, Not Expired. His days working for the Younkers Video Department prepared him to help build our outward reaching services by a thoroughly modern communications tool. After the Younkers gig Bill took a position in Riyadh, Saudi Arabia, working for the Royal Saudi Air Force Printing Press Directorate. "I worked in still photography," he says, "and studio video production. In my final month I was contracted by British Airways to video tape take off from Riyadh and the landing at London's Heathrow while on the flight deck of the Concord."

Back home, Bill worked as an independent producer, mostly for Iowa Public Television and, in addition, several cinema and film productions, including "Cora Unashamed" starring Regina Taylor and featuring Ellen Muth and Kohl Sudduth.

Now that the Guild Hall walls are graced by the artwork of Sue Owens, stepping into the room is like entering a flower garden with signs of life all about.

Continued on the next page

Right, Bob and Sue Owens.
(Photo credit: Kirsten Buniak)



St. Paul's Artists, continued,

What led you to pick up a brush and start painting, I ask, to which Sue replied, "I had admired other artists' works. I looked at art supplies constantly and I did buy a set of pastels and experimented with them. Bob, my husband and I, lived in Maryville, Missouri, and looked in a paint supply store, hoping to find art supplies. I ran into a man who was a professional artist. He told me that he taught a class one night each week in town. I signed up and he taught me oil painting for about two years. I didn't like the smell or the cleanup with oil paints.

"Bob was going to Kansas City, so I went along to seek an art supply store. I purchased watercolor paints, brushes, paperback book about watercolor painting. Later I set up a card table in our bedroom and began watercolor painting. I still have my first attempt and it is a treasure to me. At the time I did not know that watercolor is considered the most difficult medium for artists. Had I known, I might not have tried."

How old were you? "I began painting in oils at age 45 and watercolor at 47. Our boys were both in college. I am now 87 and planning a Christmas card watercolor for my husband."

When do you paint? "As time allows. Of course, I have always put daily have-to-chores first. I have a studio in our home."

Tell me about your husband, how has he helped you? "Bob has always supported and encouraged my artistic endeavors. He is an expert with the computer, scanner and copier, and makes all my brochures, printing about 28 years of original painted Christmas, birthday, get-well, anniversary, and sympathy cards. Also, I have produced 11 books for which he has handled all the submissions."

You mention being in juried shows. Tell me about "juried." "This means an art show that has definite rules of medium and quality."

What advice have you about how to being a painter? "Take art classes, workshops, and paint a lot. One learns much by painting and self-study."

Editor's Note: One large painting of St. Paul's in the Guild Hall is by another member, John Keress, and is hung parallel with the table, its presence a reminder of who, where, and what we are.



STEWARDSHIP

Managing God's Gifts To Us

Our 2023 Stewardship Campaign is underway. Please look for your letter in the mail. For more information, please call the Cathedral Office (515-288-7297) or email: execadmin@stpaulsdm.org. Thank you for your generosity!

Ugly Sweater Advent Tea

Be sure to mark your calendar and save the date! December 13 from 5:30 – 7:30 p.m. in the Guild Hall. Please bring a seasonal dish to share

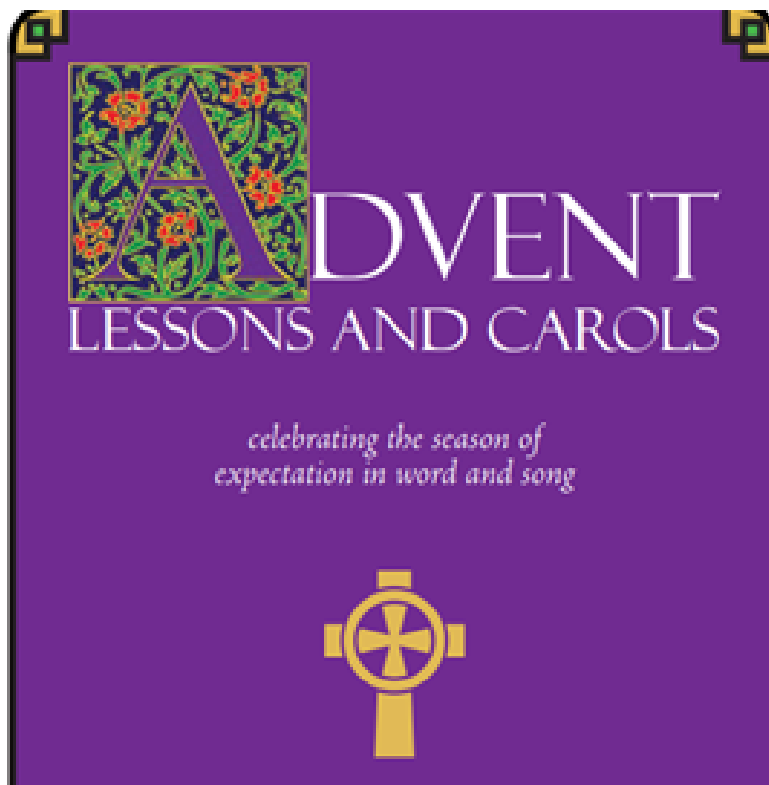




We celebrate St. Paul's Cathedral Arts' 30th Season



An Advent Service of Lessons & Carols
Sunday, December 18 at 4:00 p.m.





Advent & Christmas

AT THE CATHEDRAL

DOWNTOWN DES M[★]INES

Service of Advent Lessons and Carols

December 18: 4:00 p.m.

Christmas Eve

December 24: 5:00 p.m. & 10:30 p.m.

Christmas Day

December 25: 10:00 a.m.

The Epiphany

January 6: 7:00 p.m.



ST. PAUL'S
EPISCOPAL CATHEDRAL

815 High Street
www.stpaulsdm.org

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



New Cathedral Merchandise Store

Does Santa shop here? We'll never tell!

Just in time for your Christmas Shopping, with many selections including artwork, T-shirts, stickers, and travel mugs, some of which are seen in the screen shot below. Proceeds will go to the 1885 Building Revitalization. For even more gift ideas [click here](#)



Have You Considered . . .



Our Annual Parish Meeting will be held on Sunday, January 22, 2023, 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

Lesbia Scott's All Saints' Day Hymn

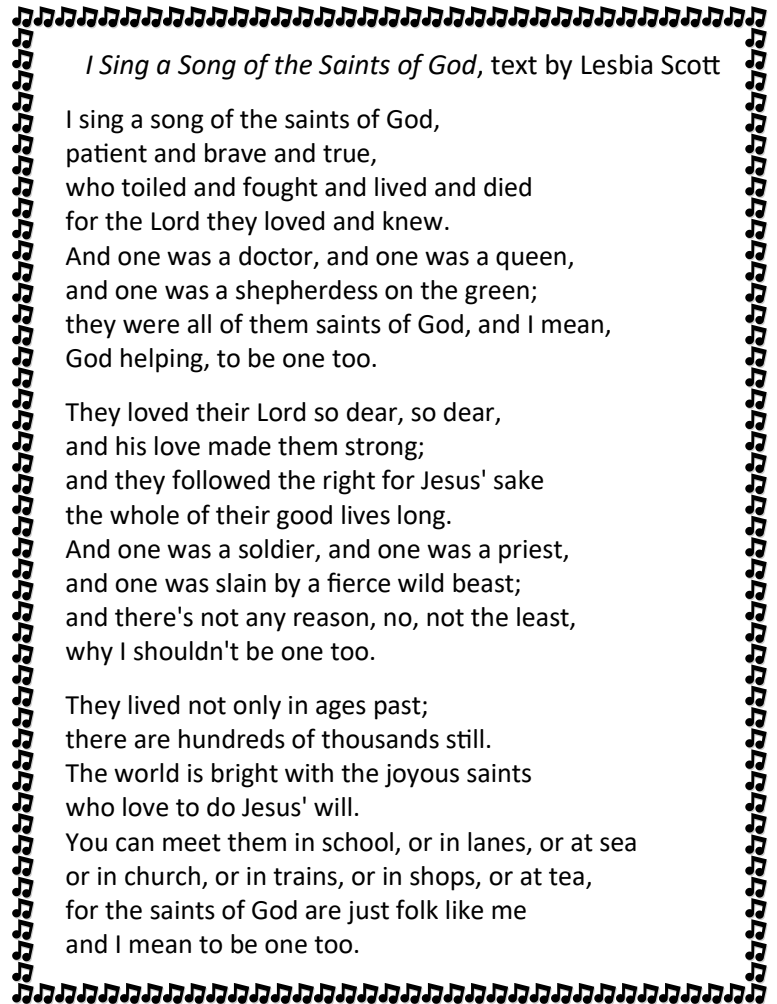
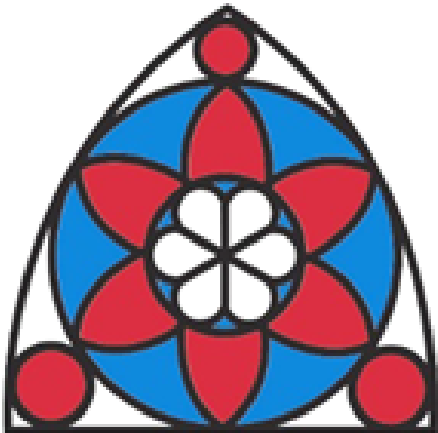
By John Zickefoose

We are indeed blessed that our Hymnal is extraordinarily rich, contributing so much to our worship. Not only musically rich (Bach, Purcell, Beethoven, Sullivan, Vaughn Williams, Howells, Proulx, to name only a few of the composers included).

But it is equally rich in glorious poetry: Martin Luther (*A Mighty Fortress is our God*), Isaac Watts (*Joy to the world*), John Wesley (*Love divine, all loves excelling*), John Donne (*Wilt thou forgive that sin where I begun*), Sabine Baring-Gould (*The angel Gabriel from heaven came*). Three American poets are also included: John Greenleaf Whittier (*Dear Lord and Father of mankind, forgive our foolish ways*), James Weldon Johnson (*Lift every voice and sing*), and Richard Wilbur (*A stable lamp is lighted whose glow shall wake the sky*).

Since our recent All Saints' Day service I've been contemplating Lesbia Scott and her sole contribution to our Hymnal *I Sing a Song of the Saints of God* (hymn number 293).

During the 1920s, Lesbia Leslie Lockhart Scott (1898 – 1986, and still living when our Hymnal was published in 1983) wrote educational and inspiring hymns at the request of her three children. "Mum, make a hymn for a picnic," or "Mum, make a hymn for a foggy day." When her children asked, "What is a saint?" Scott – wife of an Anglican priest – combined her knowledge of church history with her poetic talents, and wrote them a hymn to sing on All Saints' Day. Although her compositions of family faith were not originally intended for publication, this hymn was added to our Hymnal in 1940 (having been published earlier in England).



I Sing a Song of the Saints of God, text by Lesbia Scott

I sing a song of the saints of God,
patient and brave and true,
who toiled and fought and lived and died
for the Lord they loved and knew.
And one was a doctor, and one was a queen,
and one was a shepherdess on the green;
they were all of them saints of God, and I mean,
God helping, to be one too.

They loved their Lord so dear, so dear,
and his love made them strong;
and they followed the right for Jesus' sake
the whole of their good lives long.
And one was a soldier, and one was a priest,
and one was slain by a fierce wild beast;
and there's not any reason, no, not the least,
why I shouldn't be one too.

They lived not only in ages past;
there are hundreds of thousands still.
The world is bright with the joyous saints
who love to do Jesus' will.
You can meet them in school, or in lanes, or at sea
or in church, or in trains, or in shops, or at tea,
for the saints of God are just folk like me
and I mean to be one too.

Given the song's humble, domestic origins the author was "a little disconcerted by its popularity," (according to sources) since this was neither her favorite hymn nor the favorite of her children.

"I sing a song of the saints of God" became so popular that when the commission preparing the 1982 Hymnal tried to exclude it because of what they argued was a lack of theological profundity, a vigorous letter-writing campaign assured its inclusion in our present hymnal.

Nevertheless, Scott's poetry, set to music by John Henry Hopkins, remains popular in the Episcopal Church, notwithstanding its inclusion in our worship just once a year.

Continued on the next page

Until recently, I thought Scott's images were simple and straightforward, meant to be appreciated from the cultural context of rural England (references to a doctor, a shepherdess, rural shops and lanes, having tea). However, the subject matter of this hymn is anything but lightweight, although it is suited for children's voices and the tune is decidedly buoyant. In the history of our faith, saints have been ordinary people, sometimes as deeply flawed as ourselves, who have done extraordinary things, often under duress. The author's references in the first two stanzas are six specific examples of people deemed worthy of the

word "Saint," calling us to be brave for our beliefs, push the boundaries of our fear, and live lives of humble courage and generosity. Scott's examples are just a few who, in the words of our Prayer Book, have been the "chosen vessels of [God's] grace, and the lights of the world in their generations," who have "given us an example of righteousness," "a glorious pledge of the hope of our [own] calling," and who have "confessed before the rulers of this world the great Name of [God's] only Son" (BCP 380-81).

Let's look at the Saints referenced in the first two stanzas:

"One was a doctor"



Denotes **St. Luke**, the "Beloved Physician," and author of the Gospel associated with his name and its sequel, the Acts of the Apostles.

"One was a shepherdess on the green"



Denotes **Joan of Arc** (1412 – 1431), who in the fifteenth century heard heavenly voices and left her sheep to put on armor and do battle against France's enemies, being captured and killed.

"One was a queen"



Denotes **Margaret, Queen of Scotland**, (c. 1045-1093), known for not only having a good influence on manners (something in itself not to be underrated) but also for her care of the poor and orphans.

"One was a soldier"



Denotes **Martin of Tours** (unknown – 397), who dismounted his horse, and cut his cloak in half to give it to a shivering beggar in whom he saw the face of Christ. Later, he became a "soldier for Christ" and the Bishop of Tours.

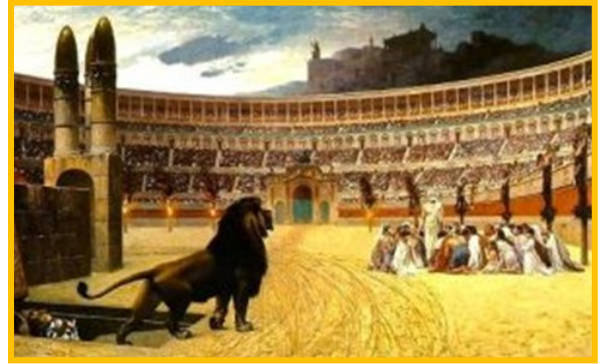
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All Saints' Day Hymn, continued
"One was a priest"



Denotes **John Donne** (1573-1631), who in the seventeenth century at the age of 41 yielded to the King's wishes and became a priest in the Church of England and the Dean of Saint Paul's Cathedral, London. Famed earlier for his rakish poems, he went on to be a skilled preacher and a writer of divine poetry and sublime meditations.

"One was slain by a fierce wild beast"



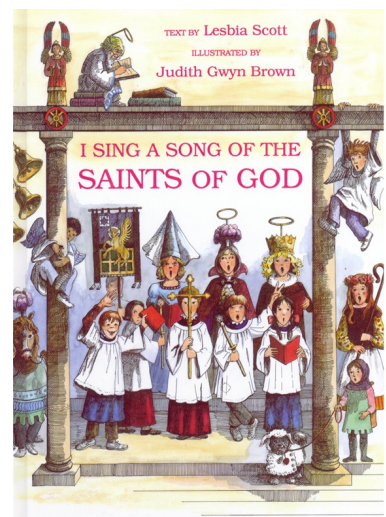
Denotes **Ignatius of Antioch** (c. 35-107) who wrote important letters in the late first and early second century which are still extant. He was rewarded for his faithfulness by being thrown to the lions in the Coliseum. Upon hearing his death sentence, Ignatius said fearlessly, "Let me follow the example of the suffering of my God."

Scott's poetry throughout refers to persons from all walks of life who were "faithful their whole lives through." They are in all kinds of trades, from all income levels, in all age categories and who lived and died living faithful lives. The final stanza of this remarkably simple hymn encompasses Scott's uplifting implication for us today: sainthood is within reach of anyone who courageously tries to do the right thing, wherever we may find ourselves in our daily lives.

Further, these remarkably courageous and generous people can be found all around us — in school, on the street, at the store, and yes, at tea. The world needs saints filled with the love of God in their hearts. Why should you not be one like these saints? Keep your eyes open. You might even see one in the mirror.

A Life of its own?

This hymn appears to have a life of its own. Ironically, Scott's hymn is more popular in the United States than it is in England. On the right is the cover of an American children's book published in 1982 with delightful illustrations by Judith Gwyn Brown. A copy can be found in the Cathedral Library.



Cathedral Office Hours

Please note that the Cathedral Office will be closed on the following days:
Thursday, November 24 and Friday, November 25
Monday, December 26 and Tuesday, December 27

The Cathedral Office is open from 9:00 am until 2:00 pm Monday through Friday.
Voice mails may be left for staff at 515-288-7297 and will be checked regularly. Emails are also welcome.

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

St. Paul's Episcopal Cathedral Leaders

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

Online Giving: Visit stpaulsdm.org and click "Donate Now"
Thank you for your generosity!

The Journey is published bi-monthly. Your articles, news, photos are welcome!
The deadline for the January/February issue will be Monday, December 19.

What do you think about The Journey? We'd like to know.

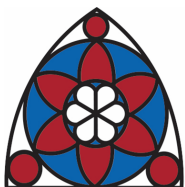
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or call the Cathedral Office 515-288-7297

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ST. PAUL'S
EPISCOPAL CATHEDRAL

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.