

The Cathedral chimes

Grace Episcopal Cathedral
Topeka, Kansas

December 2021
Vol. 95, No. 4

From the Dean



One of the most important things you can do for yourself these days is to just slow down for a minute or two.

This is especially true this time of year, when we place irrationally high expectations on ourselves. Yet we must remind ourselves: Jesus stopped and prayed. A lot.

Slowing down – again, even for a minute – is harder for some than it is for others. When I’m in my mode of “getting stuff done,” it’s almost impossible to tear myself away from whatever task I have in front of me. I grew up in a time and place where productive and tangible work was valued above almost anything else, and it haunts me to this day. There’s still a part of me that believes that if I’m not churning something out, if I’m not actively producing, then I’m just not filling my role of being a responsible, contributing member of society. That’s a lie and we all know it, but it is highly seductive thinking.

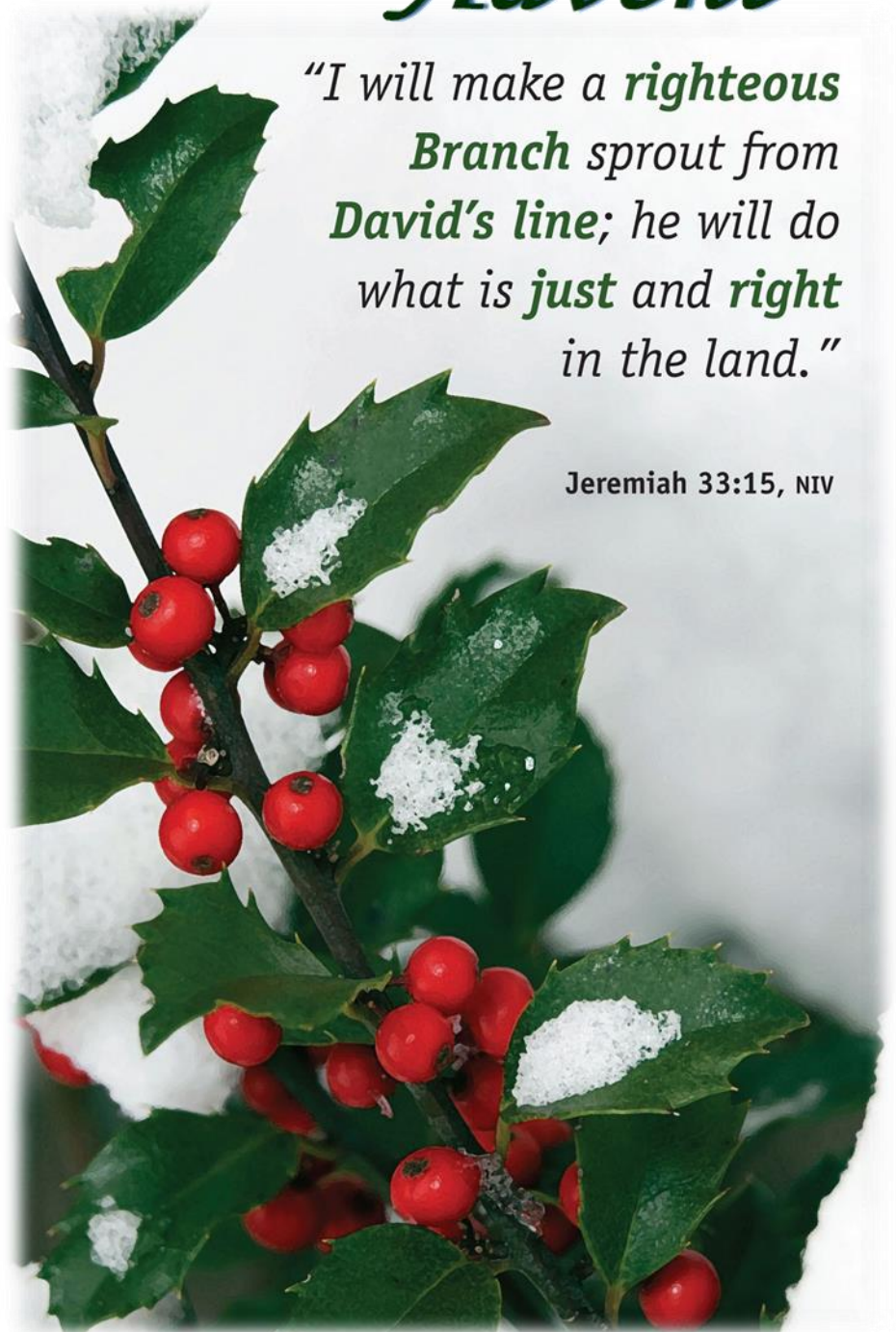
However, I’ve also been around long enough to know that you can’t run on this sort of adrenaline forever. Sooner or later things may begin to fall apart, and some of those things may be critically important – like people and

Continued on page 2.

the season of **Advent**

*“I will make a righteous
Branch sprout from
David’s line; he will do
what is just and right
in the land.”*

Jeremiah 33:15, NIV



From the Dean continued

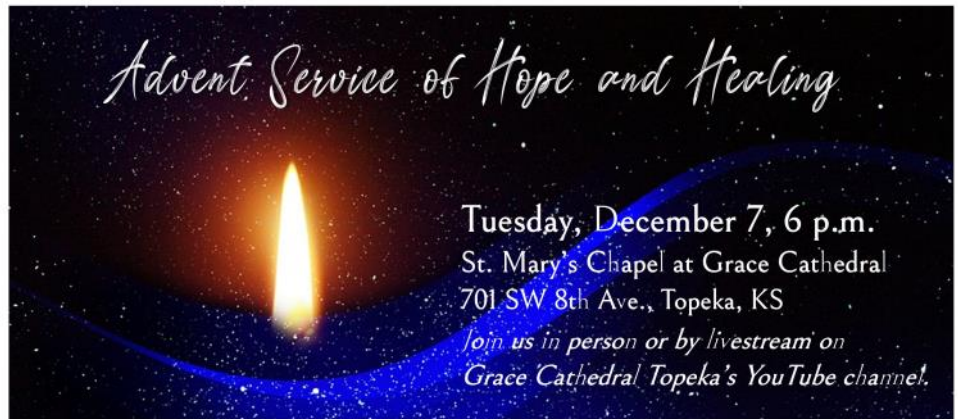
relationships. Slowing down or stopping for even the smallest time can help to buy back some of the peace we've lost. It may also remind us that if we don't look after ourselves, we won't be able to look after the ones we love.

Often it's in these little stolen moments of sanity that I feel myself returning to a certain reflective stillpoint within. My heart slows down and my breathing deepens. My eyes open up and I take in my surroundings. I think more expansively. I get reminded that as my mentor Will used to say, "God is God and I am not," and that this is a cause for great celebration.

I have come to call these little moments of rest my "interstitial sabbaticals," because they support me and help me move to the next thing on my calendar with a deeper sense of calm and purpose. To the rest of the world it only seems that I'm standing still, but within me the energy shifts from frenetic to calm, and a prayer of gratitude ensues.

My prayer for us is that we all might move by degrees to see the world through more contemplative eyes, and that starts by adjusting the speed with which we move through our life.

Torey+



The holidays are a time when most everyone seems to be happy and having a good time, but it can be a challenging season for those who have experienced loss or grief. Grace Cathedral's Stephen Ministry is offering an Advent Service of Hope and Healing for those feeling sadness or stress. You are invited to join us in this safe and sacred space.



Advent Quiet Day

Saturday, December 11, 2021
9 a.m. – 2 p.m. at Grace Cathedral

Sponsored by the Episcopal Diocese of Kansas
Registration Fee: \$20, includes lunch
Deadline to register: December 7, 2021

Canon Lisa Senuta invites you to spend some time with the Merciful One in community and nurture the seeds of new life in your spiritual heart during the season of waiting. Expect large group learning, small group conversation and guided periods of silence with individual reflection time.

Sign up online: <https://edok.formstack.com/forms/quietday2021>
Questions? Contact Canon Lisa Senuta at lsenuta@episcopal-ks.org.



About the window...

This month's cover features the St. Nicholas window which is located in the exterior door of the West Transept. This popular window combines ancient and modern symbols. St. Nicholas became known as the "Protector of Children and Sailors." He poured out his fortune to care for poor children and others in need, as symbolized by the three gold balls and money bags. The boat represents the countless legends of his deeds of kindness to sailors who frequented the seaport of Myra, and later his "captaining" of the church as Bishop of Myra. Over the generations, St. Nick evolved into our modern Santa Claus, shown in the lower left corner.

St. Nicholas Tree makes return appearance

This year's St. Nicholas Tree, a project of the Cathedral's Youth Group, is in the Common Room through December 5. Take an ornament off the tree and donate the gift listed. All gifts are going to the Topeka Public Schools Community Cupboard. The Cupboard, located in the old Quinton Heights Elementary School, provides food, clothing and hygiene items for USD 501 families in need.

Each ornament on the tree will have an item, or a group of items. You simply make the purchase and return the item(s) to the Cathedral on or before December 5.



Sunday School children to receive St. Nick visit!

**Sunday, December 5, 9:30 a.m.,
Sloan Hall (2nd floor)**

We'll have a visit from St. Nicholas, cookie decorating, ornament making and more. ALL kids, grandkids, and kids at heart are welcome!

AND...the return of the Mitten Tree!



All Cathedral members are invited to help decorate the "Mitten Tree" in the Cathedral with new mittens, gloves, hats and scarves in children's sizes. After Christmas, the items will be distributed to several social service agencies in Topeka.

The Mitten Tree, located on the Cathedral's east transept, is a long-time Cathedral tradition and is a wonderful reminder during this Advent season of the many children in need of a little warmth and love.



**Sundays, 9:45-10:15 a.m.
in All Saints Hall.**

Biblical Holiday Foods

As we celebrate the holiday season with many beloved traditional foods and beverages, learn about the important role some of these items played in the lives and nourishment of people during Jesus's lifetime.

Food writer and vestry member Linda Ditch will do presentations on bread for Week 1 (Dec. 5), wine for Week 2 (Dec. 12), and fish for Week 3 (Dec. 19), complete with recipe handouts for you to try at home.

Adult Forum will not be held on Dec. 26 or January 2.

**Christmas shopping?
Check out the
GRACE CATHEDRAL
Online Apparel Shop**
Name brands in a wide range of
apparel and accessories
embroidered with the
Cathedral logo



GraceCathedral.qbstores.com

Stewardship

UPDATE

As of the printing of this month's *Chimes*, our 2022 Annual Stewardship Campaign stands at 144 pledges for \$537,376.

If you have not yet turned in a pledge card for 2022, please do so as soon as possible. The Cathedral Finance Committee is working to finalize next year's budget for recommendation to the Vestry. If you need a pledge card, please call the Cathedral office at 785-235-3457. THANK YOU!

Also, please check the status of your 2021 pledge. If you are not paid up on this year's pledge, please do so as soon as possible, as many of the Cathedral's bills are due in December. If you are not sure where you are on your pledge, call Kent in the church office and he can give you an up-to-date report.

We ask that you please make every effort to get your payments in before Christmas as the last week of the year is very busy. Thank you!

GREAT SPACES

Music & Arts Series

The Spire Chamber Ensemble presents "The Messiah"



Tuesday, December 21, 7 p.m., Grace Cathedral

Composed in a mere 24 days, Handel's Messiah continues to be the composer's most popular work and may well be the most performed classical work of all time. The Spire Chamber Ensemble and Baroque Orchestra from Kansas City performs this masterpiece under candlelight with period instruments like you have never heard before...inspiring, dazzling, joyous. This is a Christmastime concert experience not to be missed!

Tickets: \$20/adults; \$5 students/ 12 and younger, free available at www.GreatSpaces.org (credit card) or at the Cathedral office (cash/ check only)



The Advent Wreath

There are five candles in the Advent wreath — four blue ones spaced evenly around the ring and a single white candle in the center. The four blue candles represent the four weeks of Advent. Each week an additional one is lighted to show that the light of Christ's love and joy is shining brighter and drawing nearer. Finally, on Christmas Eve, the white candle in the center of the wreath is lighted (white being the Church's color for purity and great joy) to show that the light of Christ has come into the world.



This Ministry of Compassion needs you!

Are you a good listener who has a caring heart? If so, prayerfully consider becoming a Stephen Minister.

- ◆ Stephen Ministry offers private, high quality, Christ-centered, one-to-one, distinctively Christian care to individuals experiencing life difficulties.
 - ◆ A Stephen Minister is someone who keeps confidences, is reliable and consistent.
 - ◆ A Stephen Minister is committed to the ministry, the education connected with it and their care receivers.
 - ◆ Stephen Ministers receive 50 hours of initial training and ongoing supervision to equip and empower laypeople in the ministry.
- Applications for a new training class are currently being accepted. For more information, contact Gweneth McClain at 785-506-6929.

Stephen Ministers are ready to walk with you

Transitions — that almost-but-not-quite -yet time — can be days of excitement, anxiety, confusion and curiosity. Some transitions are anticipated, some are dreaded. In some cases, what's coming is positive; in others, challenging. No matter what the experience is like, it can be useful to have someone to talk to, someone who will listen to your thoughts and feelings. That someone could be a Stephen Minister at Grace Cathedral.



The relationship between a care receiver and a Stephen Minister is always confidential and men are matched with men, women with women.

There are as many reasons to reach out for a Stephen Minister as there are challenging situations in a person's life. We have a group of Stephen Ministers at Grace Cathedral, each ready to be a listening ear, a compassionate sounding board, or other companion on the journey.

If you, or someone you know, is interested in having a companion for a time of transition, you are encouraged to contact Stephen Minister leaders Gwen McClain (506-6929) or Karel Ramsey (232-1452).

December Birthdays

- 1 Jarius Todwong
- 3 John Atchley
Gweneth Page
- 4 Jan Buckley
Vivienne Shermoen
Amy Smith
Roger Wilcox
- 8 Jackie Sommers
- 9 Debbie Sesler
- 10 John Barber
- 11 Cynthia Toth
- 12 Kelli Benson
Marty Brewer
- 14 Don Chubb
Karolyn Sharp
- 15 Ron Langston
Michael Massey
- 16 Janet Chubb
- 17 Dennis Benson
Bo Turney
- 18 Brian Wilson
Rusty Steinmeyer
- 19 Al Benson
Russell Greene
Ben Neill
- 20 John Salisbury
- 27 Kathy Smith
- 28 Brenda Kebert
Sarah Wilson
- 29 Linda Ditch
Bill Stelzner
- 30 Lawton Nuss
Lorelai Quintana
Connie Vosburgh
- 31 Paul Smith

*O God, our times are in your hand: Look with favor, we pray, on your servants as they begin another year. Grant that they may grow in wisdom and grace, and strengthen their trust in your goodness all the days of their lives; through Jesus Christ our Lord.
Amen. —Book of Common Prayer*

(Please contact the office if we have missed your birthday or have incorrect information.)

Christmas at the Cathedral



Christmas Eve, December 24

- 5:10 p.m. Prelude for Christmas** (Childcare provided)
A combination of traditional favorites and hymn arrangements featuring the treble and bass voices of the Cathedral Choir, organ, and harp. - Erin Wood, harp
- 5:30 p.m. Choral Worship and Holy Communion** (Childcare provided)
Festive settings of traditional carols led by the Cathedral Choirs
The early prelude and service will be livestreamed on the Cathedral's website and YouTube channel.
- 9:40 p.m. Prelude for Christmas**
A combination of traditional favorites and hymn arrangements featuring the treble and bass voices of the Cathedral Choir, organ, and harp. - Erin Wood, harp
- 10 p.m. Festal Choral Worship and Holy Communion**
Festive settings of traditional carols led by the Cathedral Choirs

Christmas Day, December 25

- 10 a.m. Carols & Holy Communion**

Grace Cathedral
701 Southwest 8th Avenue
Topeka, Kansas

Christmas Flower Memorials

Donations are being accepted for Christmas Flowers. If you would like to have someone remembered with flowers used to decorate the Cathedral this Christmas, please send your donation to: *Flower Memorials, Grace Cathedral, 701 SW 8th Ave., Topeka, KS 66603*. Make checks payable to *Grace Cathedral* with a notation that the money goes to Christmas Flowers.



In memory of or In thanksgiving for (PLEASE PRINT)

Given by (PLEASE PRINT) _____

The deadline to have these names printed in the Christmas Eve service bulletins is December 17.



701 SW Eighth Avenue
Topeka, Kansas 66603-3219
(785) 235-3457
E-mail: info@GraceCathedralTopeka.org
Website: www.GraceCathedralTopeka.org

December 2021

Sunday Services

8:30 a.m. – Holy Communion,
Rite I
9:30 a.m. – Sunday School
(Sept.-May)
10:30 a.m. – Holy Communion,
Rite II

**Masks are currently required
for all services and events at
Grace Cathedral.**

GRACE CATHEDRAL CLERGY

The Right Reverend Dr. Cathleen Chittenden Bascom,
Bishop of the Episcopal Diocese of Kansas
The Very Reverend Torey Lightcap, *Dean*
The Reverend John Bullock, *Assistant Priest*
The Reverend Donald Chubb, *Deacon*
The Venerable Anne Flynn, *Archdeacon*

CATHEDRAL STAFF

Kent Wingerson, *Cathedral Verger/Finance & Facilities Manager*
Connie Vosburgh, *Office Administrator*
Sylvia Hamilton, *Interim Organist*
Zachary Cope, *Interim Choirmaster*
Kathy Smith, *Director of Youth and Children's Ministries*
And Interim Music Administrator
Michael Godfrey, *Sexton*

VESTRY OF GRACE CATHEDRAL

Chris Shermoen (Sr. Warden), Rick Backlund (Jr. Warden),
Ron Langston, Suzanne DeWeese, Brenda Kebert, Susan Weber,
Linda Ditch, Marilyn Trubey, Dennis Weikel
Lance Royer, *Treasurer*;
Cynthia Sheppard Langston, *Chancellor*