



Christ the King Sunday, Nov. 24

The Cathedral chimes

Grace Episcopal Cathedral
Topeka, Kansas

November 2024
Vol. 97, No. 9

From the Dean



Dear friends,
I'm not sure when this newsletter will appear in your mailboxes in relation to Election Day. Destination

dates are unpredictable, as are elections! As it is, while I sit at my desk now and write, I'm aware that I speak into a time of the unknown. We've been told that we should expect for there to be a good long wait before we can say for sure what's next. Things may drag on for a while. At the very least, going to bed on election night, we shouldn't expect to have anything definitive to go on.

I've learned quite a bit about anxiety in the past few years, and it's safe to say that it is opportunistic. It looks for times and chances to pounce on a person and take over. There's no better opportunity for anxiety than when we find ourselves facing a profound lack of clarity about what's going to happen. I can't think of a more opportunistic moment than this one we're in!

It is in times such as these that we need the natural undergirding of the Word of God – not to delude us into false comforts and old bromides, but to help us embrace reality and faithfully shape the future with God's help.

Continued on page 2.

JOIN US for Thanksgiving



Community Thanksgiving Day Service with Holy Communion

Thursday, November 28, 10 a.m.

Join us for our traditional Thanksgiving Day worship!
The celebration of Holy Communion begins at 10 a.m.
and will last about one hour. This is a community-wide celebration
so invite your neighbors, family and friends!

Stay for a traditional Thanksgiving lunch!

If you don't have other plans, you are welcome to attend
lunch following the service, featuring a traditional meal.
Watch for sign-up's and more details soon.

From the Dean continued

Hear, then, these words of assurance that were written to generations of anxious people.

“I am not ashamed, for I know the one in whom I have put my trust, and I am sure that he is able to guard until that day the deposit I have entrusted to him.” (1 Timothy 1:12)

“It is vain for you to rise up early, to sit up late, to eat the bread of anxiety.” (Psalm 127:2)

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

“There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love.” (1 John 4:18)

Added to these, we might remember that the Bible tells us not to fear some 365 times! Do you see the pattern here?

I think it would be easy to read this list and conclude that fear and anxiety are sinful impulses. They aren't. If anything, they're reassurances that we are human beings. They're nature's gift, meant to help us stay safe and out of danger. But we seem to gorge on them these days, and this is not good for us.

Instead, give yourself to prayer, to walks, to some quiet, to a cup of tea with a trusted friend. Continue to work for the good and be a voice for sanity. And do it all for the sake of the one who loved us and gave himself for us, Jesus Christ our Lord.

—Dean Torey

Stewardship, 2024

This year you have received a simple letter from the clergy, along with a pledge card for our 2025 operations budget. Please take some time to consider your pledge and whether you can increase your giving to the church. I think you'll agree that over the years, your church leaders have been good stewards with what has been given to us. We pledge to continue to make good and wise decisions in meeting the budgetary needs of the church with your gifts.

In order to help us in our budgeting for 2025, we ask that you complete your pledge cards and return them no later than Sunday, November 17 (Commitment Sunday). There are pledge boxes set up at each of the Cathedral's worship space entrances. You can also return your pledge card by mail, but please do return it before November 17 so we can place all our pledges on the altar that Sunday for God's blessing. Thanks!



Adult Forum in November

November 10, 17, & 24—*Filled with the Spirit* led by Steve Roth
Throughout history humans have had a most unique and pervasive relationship with alcohol. Starting November 10 and continuing until November 24, the Adult Forum will examine the history, practices and ethics of this relationship from a biblical and Christian perspective in the series, *Filled with the Spirit*. Among the topics discussed will be the story of America's experiment with prohibition and the lessons learned.

The Adult Forum will meet at 9:30 a.m. in All Saints Hall.

Senior Saints luncheon, Wednesday, November 13

Join us for social time at 11 a.m., followed by a catered lunch at 11:30 in All Saints Hall. Tim Bascom will be the guest speaker.

A \$10 donation is appreciated for the lunch. The deadline to RSVP is November 11.



Cathedral outreach ministries receive financial boost



Grace Cathedral's ministries to our neighboring community will greatly benefit from several grants recently awarded to our Outreach efforts, according to

Ministry Coordinator Ruth Ohm.

- At the Diocesan Annual Convention in October, "Nutritional Benefits for Neighbors" was awarded the *Alleluia Grant* in the amount of \$2,883.30. This money, along with a \$750 grant from Walmart and \$2,133.30 from the Cathedral's budget, will be used to provide 120 bottles (8 oz each) of shelf-stable milk to neighbors weekly with the Sandwich Ministry.
- Another \$750 from the Walmart grant will be used for the Sandwich Ministry. In addition, Walmart has given us a \$450 gift card to be used to purchase Christmas Trees for Ukrainian refugees living in Topeka.
- The Topeka Community Foundation has awarded \$4,000 for bus passes (15 per month), and an increase in Blessing Bags from 36 to 42 each month. Blessing Bags are canvas bags that hold shelf-stable food that is distributed the first Saturday of each month. The bus passes provide 10 rides and cost \$18 each. These are gratefully received by our neighbors.

Grace Cathedral has provided sack lunches every Saturday for over 10 years. In the past year, we have seen a steady increase in participation by our neighbors. A year ago, we averaged about 130 sacks per week. We have been consistently distributing about 220 sacks per week for the past several months and have been running out of supplies an hour earlier due to this demand. Our church budget for Outreach Ministries increased by about 20% for 2024, but Sandwich Ministry funds were spent faster than anticipated.

Our parishioners are dedicated to this ministry — we currently have five teams of four people each preparing sandwiches and sack lunches (two sandwiches, chips and cookies) one Saturday each month (their time commitment is from 8-11:30 a.m.). We also have occasional participation from United Way volunteers on Saturdays. With the increased need for sandwiches, we hope to increase the Saturday volunteers to a minimum of five each week. In addition, a "head start" ministry has recently developed to prepare approximately 150 sandwiches on Fridays to help the Saturday teams meet early morning demands of neighbors. These are teams of three people, working 1.5 hours on Fridays, engaging an additional 12 participants in this ministry.

More volunteers for the Sandwich Ministry will be cheerfully welcomed.

Special thanks to Ruth, along with Kent Wingerson, who worked on these grant applications!



Left: Accepting the Alleluia Grant on behalf of Grace Cathedral are: Convention delegates, Ken Alexander and Ted Yunclas; Clergy, Canon Jody Carroll, Deacon Carl Edwards and Dean Torey Lightcap; and representing the Diocese of Kansas, Canon Patrick Funston and Deacon Fran Wheeler.

Right: Kent Wingerson loads cases of milk on his truck bed to deliver to the Cathedral.



MEMBERS in MINISTRIES

Stephen Ministry

By Ruth Ohm

In the *Acts of the Apostles*, Chapter 6, the apostles decided to assign “the Magnificent Seven” from the disciples of Christ, to provide service to widows and others in need. These men were chosen based on “good reputation, filled with the Spirit and with wisdom” (Acts 6:3). Stephen was among the chosen and he “was filled with grace and power and began to work miracles and great signs among the people” (Acts 6:8).

The Stephen Ministry is named after the disciple Stephen, and, like Stephen, every Stephen Minister has a compassionate heart. They help the church pastors by extending caregiving capacity, offering ongoing care for more people than pastors could care for alone. Stephen Ministers participate in an extensive training course and then are typically assigned one care receiver at a time, to meet weekly to offer spiritual and emotional support by listening, praying, encouraging and caring.

Stephen Ministers are sometimes called “The After People” as they provide emotional and spiritual support after a troubling, devastating or disrupting life event (see the graphic on the next page for specific examples). All contacts are confidential and a Stephen Minister from a different church may be enlisted if preferred.

Grace Cathedral currently has seven Stephen Ministers, led by Gweneth McClain. Gwen became a Stephen Minister Leader for Grace Cathedral in 2012. She had been working as a grief counselor and art therapist at Midland Care, and states that Grace provided a strong spiritual base necessary for work as a grief counselor. Gwen’s talent as an artist (you’ve seen her beautiful works in the Cloister gallery) emerged as a type of self-therapy. As a child, if she drew something, she would feel better. That awareness of the therapeutic benefits of artistic expression continues today. She smiled and said, “sometimes Steve will tell me it’s time to paint something.”

Gwen is married to Steve Page (they met at Grace Cathedral) and is mother to three sons (Russ, Jeff, and Chad) and four grandchildren. She also is a horse owner, and frequently rides Alegre

de Fenix, her 24-year-old Peruvian show horse.

Stephen Ministers find that their participation in this ministry is very satisfying and personally rewarding. Active listening, which results in a flow between two people, can be healing and transformative for both the Stephen Minister and the care receiver. Weekly contact with a care receiver facilitates development of this caring, healing relationship. The Stephen Minister is a Christ-like presence. Being with, being truly present with someone in a time of need is powerful. Gwen states, “a person can be healed if listened to long enough.”

Stephen Ministers meet monthly to provide support, continuing education, and spiritual growth for each other. If you are interested in becoming a Stephen Minister, contact Gweneth McClain. There may be a training session to become a Stephen Minister in January, 2025. Karel Ramsey, also a Stephen Ministry Leader, helps with the training of new members.

If you are interested in speaking with a Stephen Minister, please notify Dean Torey or Canon Jody.



Pictured above, Gwen and Steve Page are also coordinators of the Cathedral’s Blessing Bag ministry (read more about that on page 3).

Pictured right is Gwen’s horse, Alegre.



STEPHEN MINISTERS

The After People

Sometimes people ask,
“What exactly *is* a Stephen Minister?”

Stephen Ministers are trained lay caregivers who provide emotional and spiritual support to people going through difficult times in life, providing hope and healing in the midst of their pain.

STEPHEN MINISTERS ARE THERE . . .

- ... *after* the phone call in the middle of the night that changes life forever.
- ... *after* after the baby comes home, demanding more of her than she ever imagined possible.
- ... *after* the funeral, when everyone has left and his emotions held at bay come crashing in.
- ... *after* the email announcing a new round of layoffs suddenly appears in her inbox.
- ... *after* the doctor says, “I’m sorry, but there’s nothing else we can do.”
- ... *after* the youngest child pulls out of the hug and heads into the dorm—followed by a long drive back to an empty house.
- ... *after* the retirement community director says, “Welcome to your new home.”
- ... *after* the divorce papers are served and she wonders if she’ll ever trust anyone again.
- ... *after* the gavel goes down, the handcuffs go on, and his loved one is led away.
- ... *after* the fire, when rebuilding a home feels impossible.
- ... *after* family and friends have heard his story one too many times, but he still needs to talk it out.

Through Stephen Ministry, your congregation can build a team of Stephen Ministers ready to come alongside members of your church and community. This proven system for high-quality lay caring ministry offers the structure, training, and resources for providing distinctively Christian care for people during the “afters” in life.

To learn more about how to get Stephen Ministry started, visit
stephenministries.org/begin

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Dean announces retirement of Cathedral Office Administrator

Dear friends,

I'm writing to let you know that Connie Vosburgh, the cathedral's Office Administrator for the past 23 years, has let me know of her intention to retire as of December 31st.

I can't tell you what working with Connie for the last four-and-a-half years has meant to me. She is just always there for all of us as an invaluable part of our team. Even on a hard day, her competence, memory, and wit are unmatched.

Connie tells me she has been pondering this change for a couple of years. "It's been one of the hardest decisions I've ever had to make. I've loved this job but realize that I've reached a point of burn-out and feel that some new blood might be able to bring fresh ideas and renewed energy that I'm lacking. I'm also ready to be open to new projects that might come my way but that will allow me more flexibility in my schedule."

She has been a fixture at Grace Cathedral for many years as both a member of the staff and, before that, a member of the church. Her husband Mason began attending in the mid-1980's; when their son Max was baptized in January 1989, Connie started coming regularly as well. In 1998, she was doing freelance desktop publishing and accepted Provost Bob Terrill's request to take on the Chimes newsletter. Early in the days of Dean Steve Lipscomb, she welcomed an invitation to be a part of staff. "He asked if I would work in the office. I told him I'd do it part-time and temporarily. That worked out well."

In retirement, Connie looks forward to "a morning routine that doesn't involve watching the clock and getting ready to be somewhere at a particular time." She adds, "I'm kind of looking forward to seeing what else God has in store for me because I honestly didn't see this gig coming my way 23 years ago ... so I can't even guess what might be next! Stay tuned."

Whatever else comes her way, she will be at church. "Mason and I will continue to be active members of the Cathedral as long as we're in Topeka, and I will continue to manage the livestream of the services as a volunteer along with the others you see at the livestream booth each Sunday."

With Connie's retirement effective December 31st, my hope is to have someone ready to slot in and start training by December 9th, and that means finding her replacement in the month of November. I'm therefore writing today to give you the position description for what I'm calling Office & Communications Manager of Grace Cathedral. You can read about the position responsibilities and see salary and other information at <https://bit.ly/gracecathedralofficemgr>.

May God bless her and her family as she moves forward.

Yours in Christ,
Dean Lightcap



Ongoing Neighborhood Outreach Projects

- **Sandwich Ministry:** Providing sack lunches every Saturday morning, 8:30-11:30 a.m.
- **Blessing Bags:** Distribution of a week's worth of nonperishable food items the first Saturday morning of each month.
- **Sharing Table:** Distribution of personal care products on the first Saturday morning of each month.
- **Blessing Box:** An ongoing ministry of providing nonperishable food available in our Blessing Box located on the south exterior of All Saints Hall. A formal collection is held on the third Sunday of each month, but donations can be made at any time.



November Flower Memorials

- 1 Departed members of the Women's Guild
- 2 Deacon Joseph A.T. Thompson
- 4 Hilda Eliza Burrow
Edmund Stawicki
- 5 Luella O. Stanfield
- 7 Hilda Mary Burrow
- 9 Willard T. Geiger
- 10 Kenneth Marti
Grace E. Marti
George W. Reed
- 11 Jemima Saunders
- 12 Mabelle C. Caldwell
Russell R. Poteete
Deborah M. Nelson
John Hugo Nelson
- 13 Richard Clyde Glenn
- 15 Maria W. Sheafor
- 19 Darryl "Dode" Lesser
- 20 Ida B. Groshong
Helen Crosby Porter
John Leslie Howard
- 22 Bishop Frank R. Millspaugh
- 24 John Nicholas Strotz
Gertrude McClintock Whitcomb
- 25 Bennett Rollin Wheeler
- 28 Fred D. Gibson
- 30 Katherine F. Clough
Adelaide Milspaugh Zanner
Mary Elizabeth Rinker Bearman

November birthdays

- 2 John Finch
Matt Vogelsberg
Dix Waugh
Melodie Woerman
- 3 Kathy Chestnut
Tom Harrington
- 5 Sharon Durrell
Elizabeth Massey
- 6 Vanessa Evans
- 7 Judy Bray
- 10 Ginger Cain Davis
- 12 Tim Carkhuff
Kitty Fapp
- 13 Pennie Carter
- 16 Judy Seitz
- 17 David Woods
- 19 Jonathan Shermoen
- 20 Marci Genevieve
- 22 Merlin Nelson
Karel Ramsey
- 24 Mark Synovec
- 26 Marvin Stottlemire
- 28 Norman Nellis
- 29 Pam Alexander
- 30 LeRoy Dagg
Ken Park

EARLY 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 (several logos to choose from)

Order What you Want, When You Want It!
GraceCathedral.qbstores.com/home





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November 2024

Sunday Services

8:30 a.m. – Holy Communion,
Rite I

9:30 a.m. – Adult Forum
(Sept.-May)

10:30 a.m. – Club Jesus

10:30 a.m. – Holy Communion,
Rite II

Morning Prayer Circle

9 a.m. each Tuesday and
Thursday in St. Mary's Chapel

GRACE CATHEDRAL CLERGY

The Right Reverend Dr. Cathleen Chittenden Bascom,
Bishop of the Diocese of Kansas
The Very Reverend Torey Lightcap, *Dean*
The Reverend Jody Carroll, *Canon*
The Reverend Sarah Shipman, *Curate*
The Reverend Donald Chubb, *Deacon*
The Reverend Carl Edwards, *Deacon*

CATHEDRAL STAFF

Kent Wingerson, *Cathedral Verger/Finance and Facilities Manager*
Connie Vosburgh, *Office Administrator*
Donald Livingston, *Organist*
Eduardo García-Novelli, *Choirmaster*
Zachary Cope, *Associate Choirmaster*
Kathy Smith, *Director of Youth and Children's Ministries*
Ruth Ohm, *Ministry Coordinator*
Michael Godfrey, *Sexton*

VESTRY OF GRACE CATHEDRAL

Vanessa Hill, Alan Johnson (Senior Warden), Mark Quintana
LeRoy Dagg, Arceile Ridgeway, David Woods (Junior Warden)
Vanessa Evans, Norman Nellis, Evelyn Wilson
Lance Royer, *Treasurer*,
Cynthia Sheppard Langston, *Chancellor*