

The Journey

Newsletter from St Paul's Episcopal Cathedral

815 High Street † Downtown Des Moines, Iowa 515-288-7297

September and October, 2023





The Rev. Nicola Dance. Dean Elect actingdean@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

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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 Haaften Rosa Walker

GREETINGS from the DEAN ELECT

Dear People of St. Paul's,

It is with joy that I have accepted the nomination by Bishop Monnot and the call of St. Paul's Cathedral Chapter to become the 5th Dean of St. Paul's.

I was called to serve as priest at St. Paul's in December 2019 at an unusual time in the life of the Cathedral community. Dean Troy Beecham had recently taken disability leave, the Undercroft had recently flooded and, although unknown to us



at that moment, a pandemic was coming. The Bishop election in 2021 added another layer of change and special responsibility to the life of the Cathedral during that year.

With the effects of the pandemic receding and the Bishop transition accomplished, St. Paul's turned intention in 2022 to casting a vision. This work importantly involved rewriting St. Paul's Mission Statement, writing a Vision Statement (see page 13), and creating a plan for growth. We are now working together to implement aspects of this plan. In the past three years I have assisted in casting a vision, providing oversight, and offering support as you, the People of St. Paul's, have discerned how to fulfill your calling as Cathedral Community.

At the same time, I regret to announce that, in a process begun in early 2022, my marriage to John R. Bowler has been legally dissolved. Seeking wise counsel from trusted sources over the course of several years, I determined that the best course of action amid a complex and painful set of circumstances was to pursue dissolution of marriage. This decision was made slowly, prayerfully, with the support of Bishop Monnot, and ultimately in the confidence that it was in the best interests of all the members of my family. It is undoubtedly hard when any of us has to make a decision, like this, that we would never have imagined. I am grateful for the support of our Bishop and other close advisers as I have walked this difficult path. Signifying a new beginning, I have chosen to resume my unmarried name Nicola Dance. I request your support and understanding at this juncture, for me and the members of my family.

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@sttimothysiowa.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

Thursday, October 4 at 6:00 pm

St. Francis' Day Animal Blessing

Friday, October 20 at 7:00 pm

Opening Eucharist for Diocesan Convention

Sunday, October 22 at 10:00 am

Sending Eucharist for Diocesan Convention

Choral Evensong—third Sunday of the month

Sunday, October 15 at 4 pm

WEEKLY AND MONTHLY GROUP MEETINGS

JOYFUL HEARTS PRAYER GROUP

Fourth Sunday of the month September 24 and October 22 9:00 am in the Chapel.

YOUTH GROUP

Beginning October 11th, all middle and high school students are invited to join us for Exploring Our Faith. We meet the second Wednesday of every month at 6:00 pm in the Youth Room. Contact formation@stpaulsdm.org for more information.





ABOVE: On August 13, St. Paul's welcomed pilgrims from companion Dioceses of Iowa, Brechin (Scotland), and Eswatini (Swaziland).

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Please be sure to visit our website:

www.stpaulsdm.org

Find Us on Facebook:

https://www.facebook.com/stpaulscathedraldsm

ON THE COVER: Sunday, August 13 with Bishops Dalcy Dlamini, Betsey Monnot, and Andrew Swift at our 10:00 am service. Also pictured are the Rev. Kathleen Milligan, and Deacons Jean Davis and John Doherty.

The Chapter is Pleased to Announce that the Reverend Nicola Dance has accepted the call to become the Fifth Dean of the Cathedral

A Letter from the Senior Warden

Dear People of St. Paul's,

It is my pleasure to write to you on behalf of the Chapter of St. Paul's Episcopal Cathedral. On August 8th, with the full support of Bishop Betsey Monnot and in accordance with the canons of the Episcopal Diocese of Iowa the Chapter made the decision to call Amma Nicola as the 5th Dean of the Cathedral of St. Paul's, and she has accepted the call.

Following is a portion of Amma's pastoral letter to the Congregation. I share this again as it so clearly reflects the feelings of the Chapter when making this call.

"It is with joy that I have accepted the nomination by Bishop Monnot and the call of St. Paul's Cathedral Chapter to become the 5th Dean of St. Paul's."

At the Diocese of Iowa's Summer Ministry School and Retreat in 2022, Bishop Monnot spoke on three tenets of Benedictine spirituality. One of these, stability, resonated with me strongly. This is the idea that, in our Christian journey, we may be called to a particular place and a particular community. Since being called to St. Paul's in December 2019 I can honestly say that I have not felt called to another community or role. On the contrary, I feel more strongly called to St. Paul's and Des Moines now than I did then. I have gotten to know you, and you me, and on that basis I feel that we

are better placed to continue to minister together. There have been some hard times these past years and there may be more to come. There have been some wonderful, joyous moments these past years and I expect there are more to come! Most of all I hope that we will continue in that steady faith trajectory of being Grounded in Worship, Deepening in Faith, and Reaching Out in Love in the unique way that this community is called to be. This is a call that I can commit to, and I have confidence that you can too."

So on behalf of the Chapter of St. Paul's Episcopal Cathedral, I cordially invite you to participate in the installation of Amma Nicola Dance as the 5th Dean of the Cathedral. The installation service will be on Thursday, September 28th at 7:00 PM with a light reception to follow.

It has been our tradition that the new Dean is presented with a gift and/or purse from the congregation at the time of the installation. If you would like to contribute to this end, please use the enclosed envelope and either mail or bring it to the church by September 18th.

I look forward to seeing you at the installation and celebrating this new ministry together.

In faith and love, Phyllis Melton, Senior Warden

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 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 Rt. Rev. Betsey Monnot, Bishop of Iowa, The Chapter, and the Congregation Request your prayers and presence for



A Celebration of New Ministry St. Paul's Episcopal Cathedral with the Installation of

the Very Reverend Nicola Dance as the Fifth Dean

Thursday September 28th
Two thousand twenty-three
at seven o'clock in the evening
815 High Street, Des Moines, Iowa

Clergy are invited to vest and process
Liturgical color is white Light reception to follow
Streaming available

From the Dean Elect, continued

At the Diocese of Iowa's Summer Ministry School and Retreat in 2022, Bishop Monnot spoke on three tenets of Benedictine spirituality. One of these, stability, resonated with me strongly. This is the idea that, in our Christian journey, we may be called to a particular place and a particular community. Since being called to St. Paul's in December 2019 I can honestly say that I have not felt called to another community or role. On the contrary, I feel more strongly called to St. Paul's and Des Moines now than I did then. I have gotten to know you, and you me, and on that basis I feel that we are better placed to continue to minister together. There have been some hard times these past years and there may be more to come. There have been some wonderful, joyous moments these past years and I expect there are more to come! Most of all I hope that we will continue in that steady faith trajectory of being Grounded in Worship, Deepening in Faith, and Reaching Out in Love in the

unique way that this community is called to be. This is a call that I can commit to, and I have confidence that you can too.

You are most warmly invited to A Celebration of a New Ministry to be conducted by Bishop Monnot on Thursday, the 28th of September at 7 o'clock in the evening. Please do mark your calendars and plan to join in this special service at which I will be formally recognized as Dean, with reception following.

Yours in Christ who loves us and gave himself for us,

Amma Nida

The Rev. Nicola Dance, BSc MDiv PhD Dean Elect, St. Paul's Episcopal Cathedral

New Art Exhibit and Artist's Talk in the Guild Hall

Our Guild Hall continues to be a space for art, and we look forward to our next exhibit by The Rev. Milton Cole Duvall which will be on display beginning Sunday, September 17. That morning, following the 10:00 am service, Milton will give a short talk about his paintings.

Milton began painting during his senior year at the College of William and Mary by taking a course in watercolors, because the advanced Latin reading course he really wanted to sign up for was full. In school he had found drawing people very difficult, but as time passed, he began thinking in terms of movement and lines which

made him see the human form differently. Painting has proved to be a satisfying hobby for him ever since.

The artworks on display were drawn while Milton served as an Appointed Missionary for four years at the U.S. Territory of Guam, where he oversaw three small missionary churches and the Episcopal High School on the island.

"Art allows people to look deep inside themselves and connect with joys, brokenness, emptiness, the heights of life," says Duvall. "Coming out of that connection we oftentimes can share our lives with others or be a party to the life of the artist, and that's how we grow. That's how we live life to the fullest."

BIBLE SERIES BEGINNING IN OCTOBER

By The Rev. Michael Monnot

The Bible is a difficult book.

There, I've said it.

It is something that many people have opinions about, still more have been taught about; yet really, how much of a chance have we had to really attempt to understand what it says, and what its purpose is.



Beginning Sunday, October 4, I will be leading a series at St. Paul's which I am calling **Reading, Thinking About and Talking About the Bible.** Part class, part reflection, and very much a discussion, I want to explore how we can better understand what the significance of the Bible is to our faith, both as a church and personally. I am particularly interested in how as Episcopalians/Anglicans we understand our relationship to scripture as part of the 'three legs' of scripture, tradition, and reason.

We will begin with Bible Basics, an opportunity to get up to speed with some of the basic issues like when it was written, translations and some of the important 'technical details' which it is useful to know when thinking about scripture. Then, we will have a chance to discuss ideas that we have had around us all our lives, yet may not have had a chance to really engage with, such as scriptural authority, literalism, and interpretation (and some other issues as well). Toward the end, we will explore some bible passages as a group.

We will meet after the 10:00 am service (and after a few minutes of Coffee Hour), beginning on October 1. Feel free to ask me questions about it.

St. Paul's Episcopal Cathedral Leaders

The Rt. Rev. Betsey Monnot Bishop of The Diocese of Iowa
The Rev. Nicola Dance Dean Elect of the Cathedral

The Rev. Jean McCarthy Priest Associate
The Rev. Michael Monnot Priest Associate

The Rev Jean Davis Deacon
The Rev. John Doherty Deacon

Canon Mark Babcock Organist/Choirmaster
Jonathan Hansen Formation Missioner

News of Companion Dioceses

Sunday, August 13 was a very special day at the Cathedral, when we hosted three Bishops and twenty-two Pilgrims from our companion Dioceses in Brechin and Eswatini. We celebrated mass together at 10:00 am, followed by a well-attended Bishops' forum in the nave, pictured below.

A special thank you to all those who made their visit a success!

Thank you to those who prepared and served the delicious lunch!



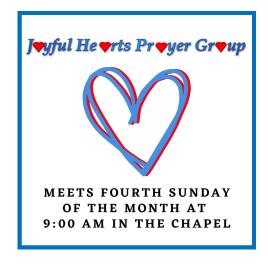


All good things crust come to an end. . . .



Summer quiches in our courtyard is over for the year, and we want to thank the following people who truly have what it *bakes*:

Barbara Matthes, Betsy Van Haaften, Austin Rozendaal, Alex Kane, Ian Heetland, Mark Babcock, and Tony Braida.





We celebrate St. Paul's Cathedral Arts' 31st Season

The festive fun of Summer may be past, but we now anticipate the return of many things, especially St. Paul's Cathedral Arts program.

Whether it calls us to quiet our hearts or to ring the rafters, music at the Cathedral is uniquely suited to show our devotion to God. Through Cathedral Arts services and concerts, we seek to fulfill our role as a Cathedral - encouraging one another here, and reaching out to people in the city. The carillon bells will ring, the organ pipes will resound, and the melodies will soar in the 2023-2024 season.

Cathedral Arts begins its thirty-first season on Sunday, September 24 with a garden party at the home of Mark Babcock and Anthony Braida, and the first Choral Evensong will be on Sunday, October 15. New this season will be organ concerts prior to the service. The concerts will feature local and guest organists. The concerts begin at 3:30 p.m., and the Evensong service follows immediately afterwards at 4:00 p.m.

Sunday, September 24th at 4 p.m.

Cathedral Arts Patron Garden Party at the home of Mark Babcock and Tony Braida Festive Refreshments and Live Music!
RSVP babcockm@central.edu or 515-577-5138

Sunday, October 15

3:30 p.m. Organ Recital, Mark Babcock

4 p.m. Choral Evensong led by the Howells Scholars, conducted by Dr. Josh Boggs, Assistant Choirmaster

Sunday, November 19

 $3:30\ p.m.\ Organ\ Recital,\ Hudson\ Lourenço-Feld$

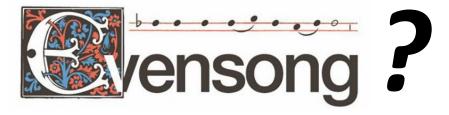
4 p.m. Choral Evensong led by the Howells Scholars

Sunday, December 17

4 p.m. Advent Lessons and Carols

More information can be found here: stpaulsdm.org/cathedral-arts

What Is



Deeply rooted in the history of the Anglican church, evensong is a form of evening worship that integrates song and prayer. We offer Choral Evensong in gratitude for all God's goodness, grace, and presence in our lives. Even in a challenging year, God is here. We still find reasons to be thankful. At St. Paul's we cherish this sung service at the close of the day; it is not found anywhere else in Des Moines, and you are warmly invited to attend.

Farewells Kirsten Buniak Departs for Graduate School



Kirstin Buniak has departed for graduate school in the UK this fall, and we wish her Godspeed!

Kirsten was a member of the Cathedral Choir, a Cantor and soloist, a Communications Team member, and a member of the Cathedral Chapter, who also served as the Chapter clerk. She did much for St. Paul's and enriched our community greatly. Blessings on your new adventure, Kirsten!

Kenneth Messer Steps Down as Priest Associate

We give thanks for Ken Messer's service in this role and wish him and Susie all the best.

Welcomes



New Chapter Member John Wetherell

John Wetherell recently joined the Chapter to fill out Kirsten Buniak's term.

John is a lifelong Episcopalian. He was baptized and confirmed at St. Paul's growing up and rejoined the Congregation over 30 years ago. He served on the Chapter for one term from 1998-2001. Since 2015 he has served as President of Jacobs Place Apartments in Des Moines. (For those who are not aware of Jacobs Place, it is a residential housing facility. It was launched in 1982 by St Paul's and for over 40 years it has fulfilled its mission of providing quality and affordable senior housing.) Welcome to Chapter, John!

Joshua Boggs Named Assistant Choir Director



Dr. Joshua Boggs is thrilled to be a part of the community at at Grand View University where he directs the Grand View Choir and oversees music programs. He previously taught at institutions in Indiana,

Iowa, Tennessee, and Virginia, including a term position as Assistant Professor of Music at Grinnell College last year.

Josh holds the Doctor of Musical Arts degree in Choral Conducting from the University of Notre Dame where he studied with Carmen-Helena Téllez. While there, he

conducted ensembles including Collegium Musicum, Notre Dame Vocale, the and Concordia Choir. Josh was one of the first to organize and conduct an St. Paul's. He is the new interdisciplinary performance of Craig Hella Johnson's Director of Musical Arts oratorio Considering Matthew Shepard in February of 2019 at Notre Dame. He guest conducted the Toronto Mendelssohn Choir, under the dir. of Jean-Sébastien Valée, after being named an Emerging Conductor in 2022. Prior conducting fellowships include the Norfolk Chamber Music Festival, Princeton Festival and Big Sky Choral Initiative, studying with Simon Carrington, Jan Harrington, and Donald Nally.

> A countertenor, Josh maintains an active profile as a soloist and chorister. He has performed as a soloist on tour in Mexico, Italy, Chile, and the US, singing with professional choirs.

Bring your creatures, great and small, to the

St. Francis of Assisi Day Animal Blessing



October 4 at 6:00 PM St. Paul's Episcopal Cathedral Rain Garden



Rose Stole Returns from Exhibition at Plymouth Church

Our lovely rose stole was recently featured in an exhibit of vestments at Plymouth Congregational Church. Created by Sheila Brown in 2022, it is made of damask silk with orphrey ribbon embellishments.

Rose vestments are only worn twice in the liturgical year, on the third Sunday of Advent, and the fourth Sunday in Lent, and they are worn on these days to show the joy and love in Christ. The color is *rose*, not pink, strictly speaking. The color pink has a connotation of a weaker red color, whereas, the color rose provides the proper sense of penitential attitude and joyful anticipation. On both of these days, the Entrance Antiphon calls us to rejoice, so the pink vestments mark a softening of the penitential tone of the season, symbolizing the lightening of penance as we anticipate the approach of Christmas and Easter.



Above, our rose stole on display at Plymouth Church



Greetings everyone,

I hope your school year is treating you well, and that you are all having a good year so far.

I wanted to take a moment to tell you all about what is in store this Fall for our young folk at St Paul's:

First of all (and the one that I'm probably most excited about) is our upcoming tent camping trip at the Star Field Campground at Whiterock Conservancy near Coon Rapids. All ages are welcome to join us on September 24th – 25th, so long as they are accompanied by a guardian. We will be gathering at St Paul's that Sunday at 3 pm, caravanning out together and returning the following afternoon. There will be hiking, grilling out (dinner, breakfast, and lunch), and beholding of God's beautiful creation. Let Jonathan know by Friday September 15 if you plan to come. It should be a good time.

Also this Fall, our junior high and high schoolers are invited to join me in exploring our common faith tradition on the second Wednesday of each month at 6 pm in the new improved youth room at St Paul's Cathedral. We will talk of Scripture, prayer, history, and theology; welcoming any and every question that may arise. No holds barred. These get-togethers should be fun and inspiring in their own right, but will also double as a means for confirmation, should anyone wish to pursue that. So, I encourage anyone involved to hold that possibility in discernment as we meet.

And regarding these meetings further, if there are any parents or parishioners out there that feel led by the Spirit to provide **food** during these nights, please reach out so we can better schedule that.

The first of these get-togethers will take place on October 11th, when we will begin planning a youth-officiated

All Saints' worship service that will take place on November 1st at 7:00pm. All are invited to attend, and, if the Tenebrae service is anything to go by, it should be a moving and beautiful experience for us all.

And finally, we are very excited about Amma Nicola's installation as our Dean. This service will take place on Thursday, Sept 28th at 7 pm, and will provide plenty of opportunities for our younger folks to show their support and excitement by either banner-bearing, torch-bearing, crossbearing, thurifering, and boat-bearing. There will also be opportunity to present Amma with a Spark Bible. So, please contact me if any of our kids would like to participate, or, just wait around a bit, and I'll come asking.

Looking forward to spending time with you all this fall,

In Christ, Jonathan Hansen





Diocesan Workshop

We want to share the information about this upcoming Diocesan Workshop with our readers. This four-part series begins Saturday, October 28. Please register to receive the Zoom link.

More information can be found here: Upcoming Events — Episcopal Diocese of Iowa (iowaepiscopal.org)

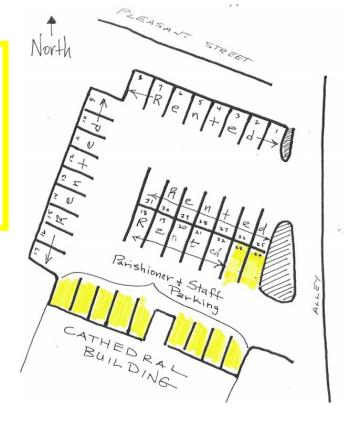


Macomber Donation Recognition

We gratefully acknowledge our receipt of this year's J. Locke & Harriet S. Macomber Cathedral Church of St. Paul Endowment in memory of J. Locke & Harriet S. Macomber.

Parish Parking Lot

During the day our parking lot is rented to our next door neighbor, PACE Juvenile Center. However, we retained several spaces for staff and parishioners to use during normal business hours (9:00 am – 5:00 pm). Please see the map, on the right – the yellow highlighted spaces are reserved for St. Paul's at all times. The entire lot is available for visitors and parishioners outside of normal business hours.





SHIIP-SMP

Medicare plans can change each year—and so can your healthcare needs. The Medicare Open Enrollment Period which occurs each year from Oct. 15 to Dec. 7, gives you the chance to review and make changes to your current Medicare coverage. Senior Health Insurance Information Program (SHIIP) Senior Medicare Patrol (SMP) is a federally-funded program operated in Iowa through the Department of Insurance. The program's mission is to provide trained volunteer counselors to assist seniors, disabled persons on Medicare, and those about to turn 65 navigate through the complex world of Medicare.

Counselors assist, on a no-fee basis, those about to enroll in Medicare, helping them select Medigap plans, choosing between regular Medicare and Medicare Advantage plans, as well as aiding them in selecting and enrolling in a prescription drug plan (Medicare Part D).

Four downtown Des Moines congregations are members of The Bridge, which is a sponsor organization for SHIIP. If you are a member of one of these congregations and would like assistance, you can call SHIIP directly at 800-351-4664. A volunteer counselor will then contact you to help make appropriate Medicare decisions.

St. Paul's Aspiring Mystery?

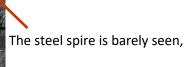
We recently received an old photograph of St. Paul's, seen here on the right, taken in 1965.

The caption reads

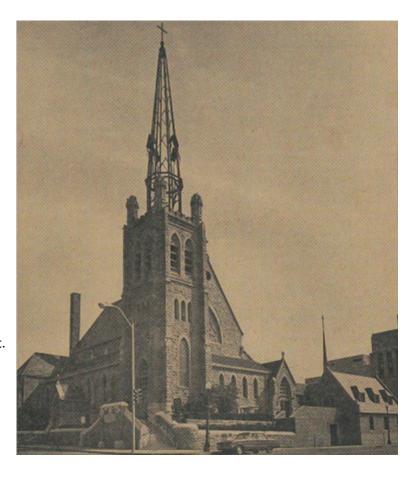
This is St. Paul's Church, located at Ninth and High streets in downtown Des Moines. Spire, of new type material called "Cor-Ten Steel" was installed in May of this year as gift from Edith Usry in memory of her brother, Eldon Leonard Usry, who sang in St. Paul's boy's

choir before the turn of the century.

Until this picture arrived, the only photograph we had in our archives of the steel spire is printed on the left, and the angle makes it difficult to distinguish the spire from the telephone building across the street.



but it is in place.



What is COR-TEN Steel?

The most visible example of COR-TEN steel in Des Moines is the Ruan Center. Also known as weathering steel, it was

developed to eliminate the need for painting, and form a stable rust-like appearance after several years' exposure to weather. Other examples are the panels in our rain garden.

We do not know if the original 1885 design included a spire, though one can clearly be seen in the photo (left), which was taken in the late 1890s. According to correspondence in the church records, the spire was added "and paid for by Vestryman Judge H. K. Love. The cost was \$1000.00."

Removed entirely in the late 1930s due to deterioration and storm damage, we believe the steel spire was added to reflect, in a way, the framework of the 19th century design (see enlarged detail on the right).

When the majority of the bells in our carillon were installed in the late 1980s, the replacement steel spire was removed possibly due to concerns about the combined weight of the spire and the bells. Our application for the National Register

of Historic Places states that the "Cor-Ten steel tower is reported to be extant at the rural residence of a parishioner." Since then it has been alleged that it was washed away during the floods of 1993, (although that seems unlikely considering its size and weight). At present, its actuality is a mystery. If you have any information of its whereabouts, we would be delighted to hear from you!



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: actingdean@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/stpaulscathedraldsm



If you would like to contribute altar flowers, please contact the Cathedral Office 515-288-7297 or email execadmin@stpaulsdm.org Thank you!



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..

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 November/December issue will be Monday, October 23, 2023.

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, 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.