



# The Journey

*Newsletter from St Paul's Episcopal Cathedral*

815 High Street ☩ Downtown Des Moines, Iowa

515-288-7297

March and April, 2023





## GREETINGS *from the* ACTING DEAN

The Rev. Nicola Bowler  
Acting Dean of the Cathedral  
[actingdean@stpaulsdm.org](mailto:actingdean@stpaulsdm.org)

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

The Rev. Kenneth Messer, Priest Associate  
[kenbmesser@gmail.com](mailto:kenbmesser@gmail.com)

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

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

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

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

Jonathan Hansen, Formation Missioner  
[formation@stpaulsdm.org](mailto:formation@stpaulsdm.org)

John Zickefoose, Executive Assistant to the Dean  
[execadmin@stpaulsdm.org](mailto:execadmin@stpaulsdm.org)

Lisa Nelson, Finance Specialist  
[financial@stpaulsdm.org](mailto:financial@stpaulsdm.org)

Rick Stearns, Business Manager  
[business@stpaulsdm.org](mailto:business@stpaulsdm.org)

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

Christopher Smith, Sexton

### The Chapter

*Class of 2024*

Jolene Phelps

Phyllis Melton, Sr. Warden

John Stender-Custer

Duane Sand, Jr. Warden

*Class of 2025*

Kirsten Buniak, Clerk

Stephanie Murphy

Tom Smith

Stephanie Wells

*Class of 2026*

Nathan Brown

Samuel Hutchisson

Betsy Van Haaften

Rosa Walker

Dear People of St. Paul's,

Our Lenten journey of 2023 is, to me, infused with greater energy than in recent years. This observation leads me to wonder: Can Lent be energetic? Can repentance be energetic? Do we tend to associate repentance with a depressive state, with heads hung low and a dragging of our feet?

Repentance in the Christian context means turning away from all that distracts us from following and practicing the teachings of Jesus and turning towards Jesus and his message, which brings renewal of life. Lent offers us, each year, this opportunity of an intentional reset, a recommitment to our journey towards new life in Christ. So, yes! Lent may indeed be energetic. Our Lenten journey may be pursued vigorously!

In my homily of the first Sunday in Lent, February 26<sup>th</sup>, I recited Edward Hays' *Lenten Psalm of the Royal Road* that identifies four pathways by which we may make our Lenten journey: prayer & worship, study & reading, alms-giving & working for the poor, and discipline, fast, & abstinence. The author identifies our destination as homeward, to "my Beloved." Christian historian, author and Episcopalian Diana Butler Bass suggested, in her emailed



devotional on Ash Wednesday, that we are journeying toward "the unnerving moment of being present with God and God alone." My prayers accompany you, dear friends, as you make your Lenten journey towards God, your Beloved.

Later in this issue of *The Journey*, page 13, you will find a full listing of Holy Week and Easter services. Bishop Monnot will accompany us at St. Paul's for many of those. New this year is a candle-lit service of Tenebrae, on Wednesday evening April 5 at 7:00 pm in the High Street chapel, led by St. Paul's youth (see page 14). Join us for this contemplative and deeply reflective service.

Faithfully,

*Amma Nicola*

## 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** at 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

**Holy Week and Easter**

Please see page 13.

**Choral Evensong — third Sunday of the month**

Sunday, March 19 at 4 pm and Sunday, April 16 at 4 pm

**Litany of Blessing — fourth Sunday of the month**

Sunday, March 26 and Sunday, April 23 following both services, gather at the side altar to receive prayer for special needs

### WEEKLY GROUP MEETINGS

Sunday Morning Book Study at 9:00 am, meet in the Library

### YOUTH GROUP

March 29—Meet at 6:00 pm and as announced. Contact [formation@stpaulsdm.org](mailto:formation@stpaulsdm.org) for the full schedule.



**ON THE COVER:** Terrific photo of the Cathedral tower and our neighboring tower at 801 Grand. We're easy to find—right across the street from the tallest building in downtown Des Moines.



**ABOVE:** A mourning dove in the church windowsill recently. Its mate was down in the courtyard pecking through the foliage. *Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young-- a place near your altar, LORD Almighty, my King and my God.* (Psalm 84:3)

## MARCH AND APRIL 2023

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St. Paul's Annual Parish Meeting was held on Sunday, January 22, 2023, and a new Cathedral Chapter was elected. We invite you to meet them.

**Class of 2024**  
**Jolene Phelps**



Member of The Cathedral Church of St. Paul as of September, 2016 with a transfer of membership from St. Benedict Episcopal Church in Lacey, WA.

Twenty years ago, I moved from Des Moines after raising two sons and building a company. The sons moved on to experience their own adventures and create their own families; the business I took with me to Arkansas and then to Washington state. When deciding in what part of the world I wanted to retire – downtown Des Moines and old friends became my heart's choice. I moved to Des Moines July 4, 2016 and retired July 1, 2017.

Raised a Methodist and educated as a Presbyterian, the church has always been my framework for relationships, growth and nurturing – even when it was a love/hate relationship. Life experiences coalesced into what would become my mantra of “I get by with a little help from my friends”.

Always seeking, I read about a start-up Episcopal Church in Bentonville, AR. Given a booklet titled, “A People Called Episcopalians”, I read the following: “Orthodoxy for us is right worship and not right belief. Our life of prayer shapes our beliefs and behaviors.” I was captured! Much of my past church experience had included butting my head against dogma, and with that statement I was now free to experience the mystery of worship focused on the Eucharist.

I became a founding member with the reception of the first class at All Saints Episcopal Church on July 1, 2007.

What an experience as three quarters of our congregation came from other denominations or were unchurched. Those of us on the first vestry were grappling with Anglican polity, trying to figure out the Book of Common Prayer and rejoicing in learning worship fundamentals. We were bursting our doors with new arrivals seeking communion and community. Taking four years of EfM was again a growth experience only the church and those

relationships can provide. It was a heady experience and I learned much.

More new experiences were afforded in my move to Lacey, WA where a small, tired parish church became energized through prayer to become a caring community focused on serving our neighborhood. I learned that God's grace has many manifestations.

My faith journey continued in Des Moines as I was embraced by the Cathedral community. As always, becoming part of a church family, particularly this one that has a leadership role beyond the parish into the diocese and larger community, has been an instrument of growth, learning, delight and challenge. I am honored to serve for a second term in the 2021 class for St. Paul's Chapter. My gratitude goes to our congregational family as I ask for your prayers in this service.

**Phyllis Blood Melton**



My husband Terry and I have been members at St. Paul's since 1978.

We were married here, and both of our sons were baptized, confirmed, and married here. We have a wonderful history through the years with the Cathedral.

I have served on the Chapter twice, was Senior Warden when we were consecrated as the Liturgical Cathedral for the Diocese of Iowa. I have served in many other capacities over the years-- Christian Formation, Liturgy Commission, Hospitality, Acolyte Mistress, choir, Women of St. Paul's, and Altar Guild. I also served on a committee to renovate the downstairs kitchen.

I have also served the Diocese through being on the Board of Directors, Congregational Life Commission, and helped write two long range-plans for the Diocese. I currently am the Directress of the Altar Guild, serve on the Property Committee and the Undercroft Task force, serve as an acolyte, and Eucharistic minister. I am committed to serving St. Paul's mission and its members, and look forward to addressing the challenges ahead as we navigate these unusual circumstances.

## Meet the Chapter—continued

### John Stender-Custer



John is a 7th generation Iowan who lives with his husband, Tom, and their twins, Mary & Arlo, in the Owl's Head neighborhood of Des Moines. He grew up on his family farm in Western Iowa and attended St. Ambrose University in Davenport where he received a B.A. in Theology and History. After college he spent an Americorps

volunteer year with the Marist Brothers in Lawrence, Massachusetts before studying Law at Western Michigan University.

He spent his professional career in higher education where he served in various capacities. From Director of Service Learning at St. Ambrose University to Associate Professor and Chair of the Social and Criminal Justice program at Ashford University in San Diego, John has maintained his commitment to teaching his students the value of civic engagement and social justice. The Stender-Custers were married at St. Paul's Episcopal Cathedral in San Diego where they were active members and returned to Iowa in 2018.

John is now a stay-at-home-dad and in his spare time is the president of the board of Iowa Interfaith Power and Light and also serves on the alumni board of St. Ambrose. His favorite pastimes include baking, listening to audiobooks while cleaning the house, and spending time at their farmhouse near Massena.

### Duane Sand



Duane and his wife Marilyn reside in Norwalk and have been Cathedral members for about 20 years. They enjoy spending time with their 2 children and 4 grand children, as well as spending time in nature. Duane is retired from a career in soil and water conservation.

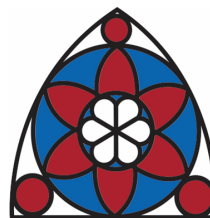
### Class of 2025

#### Kirsten Buniak



Kirsten Buniak was recently elected to a vacancy in the 2022 class of Chapter members. Kirsten is a 2021 graduate of Central College in Physics, with minors in Mathematics and Music. While a student at Central, Kirsten was invited by Mark Babcock to be a Choral Scholar in St. Paul's

Cathedral Choir and Howell Scholars. Kirsten says "It was this introduction to the Episcopal Church - as well as some college courses I had taken called 'Christian Heritage' and 'Religion & Sustainability' - where my love for the Episcopal Church began to grow. I eventually took the great leap to move away from my childhood denomination to officially be confirmed in the Episcopal Church in April of 2021. As a member of the St. Paul's Chapter, I hope to bring a 'younger' perspective to the Chapter. I am a strong advocate for social justice, and environmental advocacy, and I believe that Christ has called us to be servants of justice, and that we must care for this Earth that He has created for us. I value the strong traditions that the Episcopal church follows, but I also understand that the context in which some of it was written was written in a way to uplift some groups and to push down other groups. With this understanding, I hope to be able to assist in creating a space where anyone can enter our cathedral and feel welcome as who they are - beloved in Christ."



**ST. PAUL'S**  
**EPISCOPAL CATHEDRAL**

## Meet the Chapter—continued

### Stephanie Murphy



I have been a member of St. Paul's since 1993. My children, Elliot Burke (28) and Murphy Burke (25) were both baptized and raised at St. Paul's. In April 2020, I married Tim Murphy and we live at the Park Fleur Condos in Des Moines (my last name used to be Preusch). We hope to have a ceremony at St. Paul's as originally planned in the next year. Tim has lived in

Des Moines his whole life, and I have lived here for 30 years. I have spent about 20 years organizing and volunteering in the nursery and served one-term on the Chapter, serving as Junior and Senior Warden. I have spent 35 years working on affordable housing issues, and for the past 8 years as the Executive Director of Neighborhood Finance Corporation. I feel my experience in the non-profit world was helpful last time I served on the Chapter. I know I am blessed to be part of such a loving community at St. Paul's and am ready to be of service as we transition to our "new normal".

### Thomas Smith



Thomas "Tom" Smith is a resident of Indianola, having moved to Iowa in 2006, and has been a regular attendee at St. Paul's since returning from Naples, FL in 2013. His career began with twenty years in the field of arts administration, primarily in leadership roles with opera companies. He is currently the Advancement Officer for Drake Law School, and owner of a property

development and management company in Warren County. A native of Virginia, Tom holds a BBA in Finance from The College of William and Mary, an MBA in Finance from the University of Cincinnati, and a Masters of Arts from the College Conservatory of Music, also in Cincinnati.

Tom has been active in the Episcopal church for more than 35 years, primarily as a chorister and cantor. He has also served as a vestry and committee member at various parishes throughout the country. While at William and

Mary, Tom helped to lead weekly Evensong services at the historic Bruton Parish Church in Colonial Williamsburg.

Free time interests for Tom include reading, golf, the piano, and discussing whether or not it is in fact dinner time with his 18 year old cat, Spot.

### Stephanie Wells

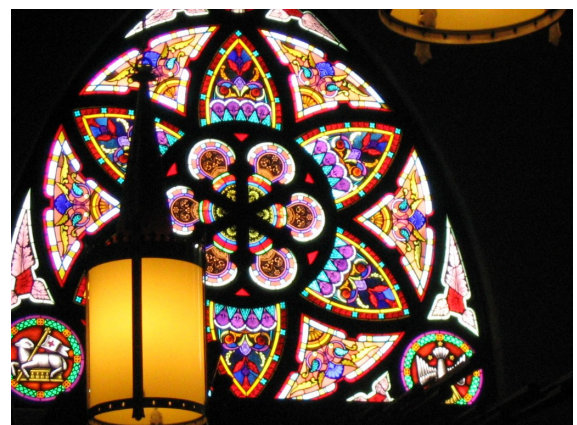


Stephanie is a lifelong Episcopalian. She joined St. Paul's in 1995 with her family and was confirmed at the Cathedral in 1996. Prior to St. Paul's her family attended St. Timothy's and St. Andrew's.

Stephanie is an Underwriting Product Specialist at EMC

Insurance. She earned her Bachelor of Journalism and Mass Communication and a Master in Public Administration from Drake University and a Master in Business Administration from The University of Iowa.

Stephanie has served on the board of the Iowa Chapter of Chartered Property Casualty Underwriters (serving as President in 2018), currently serves on several committees with the global Chartered Property Casualty Underwriters Society, and advisor for the women of the Drake chapter of Kappa Kappa Gamma. Stephanie is currently completing her third year as a member of St. Paul's Chapter having served as Clerk, Junior Warden, and Senior Warden. She has also served as Directress for the Diocese of Iowa Altar Guild.



## Meet the Chapter—continued

### Class of 2026

#### Nathan Brown



Thank you for considering me for St. Paul's Cathedral Chapter. Originally from Newcastle, Australia via California and Kansas my wife Sheila and I moved to Des Moines in 2021 when she got a job in Des Moines Public Schools. I work as a database developer for Powers Engineering and Inspection. In late 2021, we were confirmed in The

Episcopal Church. St. Paul's has felt like home for us since we moved to Des Moines and have found great joy in this welcoming community. I have enjoyed being part of many different ministries including EFM, ushering, vision task force, and communications. I hope to bring my passion and talents to the Chapter as I am excited about contributing to my worshiping community.

#### Sam Hutchisson



My name is Sam Hutchisson and I am pleased to have been elected to serve on the vestry of St. Paul's Cathedral. Service has always been deeply rooted to not only my view of Christianity but also my view of the world. When I was 14 years old, I got my first job working as a docent

at Grace Episcopal Church Cathedral in Charleston, South Carolina. That job made sense to me. Cleaning church pews and picking up bulletins became my own language that I would use to speak to God. I'm lucky to have grown up Episcopalian because it taught me the values of service, kindness, forgiveness, and how to welcome strangers into my life. My journey in faith has taken me to different parts of the country—from working at an Episcopal summer camp in the Appalachian Mountains to ultimately relocating to Iowa in order to work in refugee and immigrant services. I am a rather new Iowan (3 years) and an even newer St. Paul's parishioner (1 year), but I've worked really hard to call Des Moines "home" and I believe there's something special about this community.

In my professional life, I serve as the Refugee Services Program Manager at Catholic Charities of Des Moines, so I oversee the entire refugee resettlement program at the agency. What I love most about working in refugee resettlement is the intersectionality of issues. In this field, you tackle everything from affordable housing shortages to racial discrimination to food insecurity. Through my work, I have built strong connections with community partners in all walks of life ranging from the West Des Moines Police Department to the Des Moines Public Library to Broadlawns Hospital. I sit on the board of the Refugee Alliance of Central Iowa (RACI), have worked for 3 different refugee resettlement agencies (Lutheran Services Iowa and US Committee for Refugees and Immigrants), and am a TEFL certified English teacher that taught ESL at West Des Moines Community Schools. I also am seeking an MPA degree at Drake University. Over the years, I have honed the skill of organizing community members and developing initiatives to solve issues plaguing the refugee and immigrant community in Des Moines. I believe that these skills and my ability to connect with people are what makes me a good candidate for the St. Paul chapter. Moreover, I believe myself and other vestry members share the most important thing in common: the ability to love one another no matter who they are.

#### Betsy Van Haaften



Betsy has been singing with St Paul's since 2016 but officially joined St. Paul's Cathedral Choir in the summer of 2018 when she moved to Des Moines and began attending Des Moines University. Before her training in DMU's

physician assistant program, she attended Central College where her love for choral music began. She grew up in a contemporary Reformed church in Pella, but has since come to love the rhythm and tradition of the Episcopal liturgy. Since graduating from DMU in 2020 and establishing her career as a physician assistant, she fills her spare time singing with the Howells Scholars, snuggling with her cat, Wilbur, and occasionally winning Monday night trivia with her friends.

## Meet the Chapter—continued

### Rosa Walker



My life has been a very interesting journey, because I have a lot to tell. However, I will do my best to tell you a little about me in this document. For starters, my life started out with my being born with an eye condition called Microphthalmia. This was

caused by my dad's exposure to a chemical called Agent Orange that was used during the war in Vietnam to kill the vegetation in the jungles, and unfortunately this led to my visual impairment. But, no matter how great the challenges have been in my life over the years, it still has not stopped me from being the person that I am today. I have to admit that it has only made me stronger in more ways than one. On the other hand, I have also attended many different churches throughout the years, and have only felt comfortable

being in the Episcopal Church. My reason for this is, because I have always felt more welcomed as an individual. And furthermore, once I began to attend the Episcopal Church, many doors have opened up for me as well. For example, Not only I was a motivational speaker for the past 6 years, I have served as a motivational speaker for Christian women's ministry, along with being a chapter president for a local chapter for the National Federation of the Blind: At the same time, I also served on the state board in Kansas for this same organization. My time serving in these positions lasted for 3-4 years until I moved here to Des Moines 3 years ago. As all of you know, I am still a lector for this church, and now I continue to serve as an acolyte. I am also still a motivational speaker, and hope to continue with that as well. The reason I'd like to serve on the chapter, is because I made a promise to our Lord and Savior many years ago that I would help others that have been in my shoes when I didn't have the help when it was needed the most. If I am able to serve on this chapter, then I promise to do my best for the people. Thank you so much and God bless you.



We hope you will shop at our online store, featuring many selections of St. Paul's merchandise including artwork, T-shirts, stickers, travel mugs, and much more!

Proceeds will go to the 1885 Building Revitalization.

To visit our store click here: [Cathedral Church of St. Paul Shop | Redbubble](https://www.stpaulsdm.org)



## Notes from the Senior Warden

As the Senior Warden this year, I write this brief article for the Journey highlighting some of the activities of the Chapter, and ideas or thoughts for parish members to consider.

On Saturday, February 18th, the Chapter had a “kick-off” event to start our year together. It may seem counter-intuitive, but the Chapter’s year actually begins in February after the January Annual Meeting of the parish.

Our agenda allowed us time to learn about each other, review St. Paul’s By-laws and the Canons of the Diocese of Iowa governing the Cathedral and duties and responsibilities of parishes. These documents set out the basic governance structure for the Chapter.

We also spent a significant amount of time on the Vision Task Force Report to the Chapter. The Chapter accepted and approved the report in November of 2022, setting a vision and road map for the Chapter to engage in for the next 2 years. A summary of the Report was provided at the Annual Meeting, and the full document is available on our website.

The main challenge is to double our Sunday attendance within the next two years. The Task Force identified several areas of emphasis to achieve this ambitious goal. The Chapter spent our time learning more about these areas, exploring ways to implement some of them, and identifying those areas with energy and enthusiasm. Every Chapter meeting will include time for discussion on the Vision; and we will be reaching out to members of the parish for additional input and

feedback. I encourage everyone to read the document and engage with this vision. Questions and comments are welcomed by the Chapter and clergy. You will hear more in the coming months.

The part of our agenda that really resonated with me was the presentation by Courtney Dufford from AMOS (A Mid-Iowa Organizing Strategy). The Chapter voted last year to join with 40 other partners representing faith groups and non-profits to address issues in Central Iowa. Being a part of AMOS will give us access to resources to strengthen our institution, develop relational leadership roles, and the ability to act together with other AMOS partners.

What spoke to me was the concept of thick versus thin organizations. In a quote by David Brooks, an op-ed columnist, provided to us by Courtney: “A thick institution is not one that people use instrumentally, to get a degree or to earn a salary. A thick institution becomes a part of a person’s identity and engages the whole person: head, hands, heart and soul. “ And that is what St. Paul’s means to me. It is an integral part of my life, my soul, my very being. St. Paul’s, its faith, members, activities, clergy, gives me strength to face challenges, solace in times of sorrow, joy in the precious moments given to each of us.

My hope and my prayer is that together we can build St. Paul’s to be a thick institution for everyone who walks through our doors, either physically or through technology.

Peace,  
Phyllis Melton, Senior Warden



## 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. Kenneth Messer	<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>



**ST. PAUL'S LENTEN SERIES**  
**Spirituality of Aging, Important Legal Documents, and Burial Planning**



Join us for a three part Lenten Series focusing on the spirituality of aging, important legal documents to consider as you age and burial planning in the Episcopal Church. This series is hosted by the Clergy staff of St. Paul's and will held both in person and on Zoom. The in-person sessions will take place from 10:00 to 11:30 am on three consecutive Saturday mornings and the ZOOM sessions will repeat the same content on three consecutive Wednesday evenings from 6:30 to 7:30 pm. Attend which ever suits your interests and your schedule.

***The Spirituality of Aging***  
**Led by Deacon John Doherty**  
*(Online 3/8; In person 3/11)*

***Important Legal Documents to Consider as You Age***  
**Led by Deacon Jean Davis**  
*(Online 3/15; In person 3/18)*

***Burial Service Planning in the Episcopal Church***  
**Led by Acting Dean Nicola Bowler**  
*(Online 3/22; In person 3/25)*



**St. Paul's Cathedral Arts Offers Choral Evensong**  
**Sunday, March 19 at 4:00 pm**

Featuring music for Lent, led by the Howells Scholars  
*A reception provided by the Cathedral Arts Committee follows the liturgy in the Guild Hall.*

**Canned Food Drive in Lent**



Hunger and food insecurity remain problems in the Des Moines metro area and local DMARC food pantries are straining to meet the need. You can help fill the DMARC food pantry shelves by contributing to the canned food drive that St. Paul's will be conducting during Lent. To participate, simply bring canned food items to St. Paul's anytime during Lent. Collection boxes will be conveniently located at all entrance doors. Please provide canned goods only. Thank you for your consideration and support!

**Lenten Art History Lessons by Susie Messer**



**Sunday, March 26<sup>th</sup>, following the 10:00 am service**  
**and Wednesday, March 29<sup>th</sup>, 6:30 pm,**  
**via Zoom and in person**

Join us in a short presentation discovering how the 15<sup>th</sup> and 16<sup>th</sup> century artists in the Netherlands (Belgium and Holland) depicted the season of Lent. The main artists, Aertsen, Bosch, and Bruegel, relied on common proverbs to communicate important aspects of lent. Some of the images are comical and some are serious which illustrate how this area was divided in their Christian beliefs at the time.



**. . .and fed up with fish?  
Have you considered muskrat,  
beaver, or hippopotamus?**  
by John Zickefoose

In medieval times, Lent was considered the most important period of fasting in the Christian calendar. This 40-day fast, lasting until Easter, was seen as an act of sacrifice, representing Jesus' fasting in the wilderness. In 866 A.D., Pope Nicholas I made Friday abstinence from meat a universal rule of the church; although fish was allowed, as it was considered humble and pure, and had associations with Jesus. (In the Middle Ages fish was thought of as a "simple" source of protein whereas meat from land animals was considered rich and therefore more "sinful." Not just meat was forbidden: root vegetables were often avoided too, as their habit of growing downwards in the soil was seen as taking them closer to the Devil.)

In some locations, abstinence from meat created a significant

problem, particularly in some places where fish are not as plentiful as in others, and therefore, people's diets would be protein deficient. When the Europeans arrived in North America, two of their primary objectives were to collect as many beaver pelts as possible, and to convert the native population

to Catholicism. The locals liked to eat the beaver meat, which was convenient for the Europeans, who cared only for the skin. Nevertheless, the newcomers shortly changed their bill of fare during the liturgical season of Lent. Forbidden from eating meat from land-dwelling animals, they turned to the beaver. In the 17th century, the Bishop of Quebec petitioned the Church to make beaver meat permissible during Friday fasts. The Bishop reasoned that since fish were permitted, and since the semi-aquatic rodent spent much of its time in the water, it should be classified not as land-dwelling, but water-dwelling. The Church granted the request, thereby solving the problem, and eventually added other animals to the approved list, including muskrats, turtles, alligators, capybaras (native to South America, and the largest rodent in the world), and in an abatement granted to Portuguese settlers in Africa, hippopotamus (it's alleged to "taste like beef.") Additionally,

iguana tail soup is a favorite for Lenten meals in Nicaragua

Beaver still serves as a Lenten meat substitute in some areas of the country, particularly in St. Louis, Missouri, where barbecue pit masters often add a dry rub and savory or spicy sauce to counter its gaminess. Diners, who may enjoy the smoked meat in tacos, gumbo, or stuffed mushrooms, liken it to chewy beef. Some even claim that you can detect slight woody notes from the animal's diet. In Michigan muskrats are a popular tradition, a custom dating back to the War of 1812, when area battles devastated harvests and farmers lost most of their livestock leading to their emergence as an important source of protein. Catholics living south of Detroit enjoy a longstanding informal dispensation to eat muskrat. A document from the Archdiocese of Detroit confirms "there is a long-standing permission to permit the consumption of muskrat on days of abstinence, including Fridays of Lent." Bishop Kenneth Povish of Lansing described the practice as an "immemorial custom" adding "anyone who could eat muskrat was doing penance worthy of the greatest saints."

We wholeheartedly agree; however, we refer the curious to the chapter on game in *Joy of Cooking* (Bobbs-Merrill, 1964 edition).



Muskrat  
*Ondatra zibethicus*



North American beaver  
*Castor canadensis*



Hippopotamus  
*Hippopotamus amphibius*

# Palm Sunday Procession for Peace

Organized by Des Moines Faith Committee for Peace  
Sunday, April 2, 2023, Procession at 3:00 PM and Service at 3:30 PM

There will be a Procession and In-Person Service this year, with live streaming. We will gather to raise our voices in support of justice and peace. We will lift our voices and prayers calling for diplomacy in Ukraine/Russia; an end to war and sanctions that kill in Iran, N. Korea, Syria, Yemen and Palestine; and for an end to violence here at home.

**The Procession will begin in the parking lot of the Union Park United Methodist Church, 2305 E. 12<sup>th</sup> Street, and proceed to Community of Christ Church, 1645 Pennsylvania Ave. for the Service.**

This prayer service will express a vision of peace and justice and a position against violence and war. We will remember the true meaning of Palm Sunday (a challenge to first century economic/political powers) and renew our commitment to be instruments of God's peace.

## Good Friday Downtown Way of the Cross April 7, 2023

Join us for the annual downtown Way of the Cross and reflection on Good Friday, April 7, 2023. We will begin at 1:30 in front of First United Methodist Church (10th & Pleasant) and will proceed to seven other stops: - St. Paul's Episcopal Cathedral (9th & High) - Catholic Pastoral Center (6th & Grand), - Elsie Mason Manor (5th & Grand), - Cowles Commons (Locust & 3rd), - Polk County Court House (Northwest Corner), - St. Ambrose Cathedral (6th and High), -St. John's Lutheran Church (600 6th Ave.) Each stop will feature a reflection on Scripture. You are welcome to join at any point on the procession, and are welcome to carry the cross for a small part of the solemn walk. Families and children are encouraged to participate. The Way of the Cross is sponsored by The Bridge, an ecumenical initiative among the four downtown churches (First United Methodist, St. John's Lutheran, St. Ambrose Catholic Cathedral, and St. Paul's Episcopal Cathedral). The Bridge is the parent organization of The Connection Café, which serves lunch to the homeless and low income community downtown, five days a week.



## You are invited to these activities during Holy Week and Easter

### Making Palm Crosses



On Saturday, April 1, the Altar Guild will be making palm crosses for distribution the next day, Palm Sunday. We invite six people to join us by contacting the Cathedral Office

[execadmin@stpaulsdsm.org](mailto:execadmin@stpaulsdsm.org) (515-288-7297) anyone who is interested in learning how to make the crosses to come join us. We will be getting started around 10:30 that morning. Bring a pair of scissors and nimble fingers; we always have an enjoyable time

doing this ministry. Coffee and donuts will be on hand. We need to make about 150 crosses, so help will be greatly appreciated.

**Holy Saturday** - St. Paul's Altar Guild is inviting parish members to join us on Holy Saturday, April 8, to prepare the church for the Great Vigil and Easter Sunday. There are many things to do, such as polishing silver, arranging flowers, replacing linens, cleaning followers, and preparing congregational candles. We start at 10:00 am in the morning, and we welcome anyone interested in helping. Please join us in the preparation of this most joyous of services.



# Holy Week



## **April 2: Palm & Passion Sunday**

8:00 am Holy Eucharist  
10:00 am Choral Eucharist #+

## **April 3: Monday in Holy Week**

11:00 am Chrism Mass #+

## **April 4: Tuesday in Holy Week**

12:00 pm Holy Eucharist \*

## **April 5: Wednesday in Holy Week**

12:00 pm Holy Eucharist \*  
7:00 pm Tenebrae Service led by St. Paul's Youth \*

## **April 6: Maundy Thursday**

7:00 pm Holy Eucharist & Stripping of the Altar #+  
8:00 pm Contemplation in the High Street Chapel \*

## **April 7: Good Friday**

12:00 pm Liturgy  
7:00 pm Liturgy & Sung Passion #+

## **April 8: Holy Saturday**

8:00 pm The Great Vigil of Easter ^#+

## **April 9: Easter Sunday**

8:00 am Holy Eucharist +  
10:00 am Festival Eucharist ^#+

^ Incense In Use  
\* In High Street Chapel  
# Livestream Available  
+ Bishop Monnot Present

*Wherever you are on your spiritual journey,  
you are welcome here.*

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## Wednesday in Holy Week Tenebrae Service - An invitation to the dark

By Jonathan Hansen, Formation Missioner

Tenebrae means darkness, or shadow, as in the Latin word used in Jerome's translation of John 23:44, "It was about the sixth hour, and there was darkness over the land until the 9th hour." And so, Tenebrae has also become the name of a service occurring during Holy Week intended to bring to mind the passion and resurrection of Jesus through related readings, and the symbolic use of light, darkness, and cacophony.

The Tenebrae service was first practiced in the 8th century western Church tradition on the three days preceding Easter. Actually, its evolution is rather more jumbled than that: Originally, it was a form of Matins and Lauds, typically observed a couple hours after midnight, and 5:00am, respectively; but, in this case, observed the evening before, just as the sun was setting. That is, it was Thursday, Friday, and Saturday Matins and Lauds prayer service held during Holy Week, on Wednesday, Thursday, and Friday at sundown. Easy peasy.

However, as in a kind of liturgical shell game, in 1955, Pope Pius XII reformed the observation of Holy Week by pushing Maundy Thursday and Holy Friday into the evening, and by moving the Easter service to Saturday night, thus pushing the three-night Tenebrae service out. Homeless, Tenebrae settled into the closest slot available, and so we now find ourselves observing it on Wednesday at the gloming.

You might be tempted to throw up your hands and follow our Eastern sisters and brothers by foregoing Tenebrae altogether, but for the beauty of the service.

It's haunting, solemn, dark, and mysterious- and so what's not to like?

With the deliberate reading, or singing of selections from the Psalms, Lamentations, the Gospels, and even one of St Augustine's sermons, the participants descend into ever strengthening darkness as one candle is quenched, then another, then another, until all fourteen are emptied of light, leaving only one- recalling Christ's growing loneliness, as he is left to complete his magnum opus alone, as it always must have been.

At this point, the room is held in tentative light by one mere candle, which is then collected, and lowered behind the altar or taken away, allowing the worshippers a rare gift in an electric world- the gift of collective darkness- which is then underscored by a crashing noise, as that of the earthquake following Christ's death. Finally, the candle is returned, and all depart in quietness without dismissal.

As you can see, Tenebrae is unique, and can be quite formative as an experience of darkness, light, and sound, arresting aspects of our senses seldom purposed in the telling of the Gospel. And so I invite you this Holy Week into the shadows for a time - into Tenebrae as an aged, and creative expression of Western Paschal observance.



The Cathedral's Executive Assistant prepares for Holy Week and Easter

## St. Paul's Gardens

By Elvin McDonald



As I write at the beginning of March, I see by a datebook kept in 2012 we were in the throes of planting the rain garden.

Soon we will be working on that again, following naturalist Kelly Norris' recommendations, especially for controlling some over-exuberant plants that in general we welcome, and evicting poison ivy and an invasive dogwood.

The annual cutting-back and weed control will be done again this year by Justin Trevillyan and then on **Saturday, May 13, 9:00 am to noon**, members of the newly formed **Youth Group** will each receive a St. Paul's branded trowel to do new planting and then take home, but not before each has planted their own patch of earth in the rain garden.

Good news! **You don't have to be a Youth to help**, to assist, to show-how. We will be planting a host of native plants recommended for rain gardens, making a home for transplants from Prairie Moon Nursery. Join us!



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Grounded in Worship.  
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† Wednesdays 12:05 pm  
Sundays 8:00 am & 10:00 am



## Cathedral Office Hours

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

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The Journey is published bi-monthly..  
Your articles, news, photos and views are welcome!  
***The deadline for the May/June issue will be Monday, April 24, 2023.***  
**Please contact us at [execadmin@stpaulsdm.org](mailto:execadmin@stpaulsdm.org)**  
or call the Cathedral Office: 515-288-7297. Thank you!

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