



**March 2009
GoodNewsLetter**

Formation

Forums in March

Sundays at 10:10 AM in the Garden Gallery

How Do We Encounter Sin? How Do We Transition Into Forgiveness?

March 1 – Presenter: Bo Cox

Meet Bo Cox, author of *In Transition*, and hear Bo reflect on his life both in and out of prison.

This Forum will introduce a series on forgiveness to be offered on Wednesday evenings in Lent.

How Big Is Your God? The Heart's Code

March 8 – Presenter: Richard Hicks

Can transplant recipients feel the memories of the donors? A visit with the book “The Heart’s Code: Tapping the Wisdom and Power of Our Heart Energy” (Pearsal). New findings about cellular memories and their role in the mind/body/spirit connection.

How Big Is Your God? Prayer and DNA

March 29 – Presenter: Richard Hicks

Can prayer change DNA? Or, are we pre-determined prisoners of our DNA? A visit with the book “The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles” (Lipton).

Pilgrimage 2009

The pilgrimage continues in March with classes covering the following topics:

Schedule for Sundays

- 3/1 Worship
- 3/8 Bible
- 3/15 Daily Prayer
- 3/22 Death
- 3/29 Stewardship

Schedule for Wednesdays

- 3/4 Holy Eucharist
- 3/11 Oklahoma Pilgrims
- 3/18 Cathedral Tour
- 3/25 Downtown

Worship

Taizé Service

Sunday, March 1 at 5:00 PM

The Taizé service is based on the method of prayer utilized in the Taizé community of Taizé, France. It is a time of listening, a time to leave things before God, a time to be before God, to have one’s soul open for God.

The Taizé Choir, under the leadership of Mary Reynolds, provides instrumental and choral music for the Taizé Service on the first Sunday of the month.

Music

Evensong with the Cathedral Choir

March 15 at 5:00 PM

Choral music for the season of Lent

Choral Evensong with Musica Sacra

March 29 at 5:00 PM

J.S. Bach's monumental Motet, *Jesu Meine Freude*

Brightmusic – Vox Flûte

March 24 at 7:30 PM



Concert with guest flutist Craig Goodman. Concert pieces include *Duos for Clarinet and Piano* by Robert Muczynsky, “Military” Septet, *Op. 114* by J. N. Hummel, *Vox Balaenae for Flute, Cello and Piano* by George Crumb, and

Craig Goodman *Chant de Linos* by André Jolivet.

Blessed Days

- March 10 Given by Linda R. Rosser In Thanksgiving for the Birthday of their Grandchild, Amanda Michelle Hunt
- March 23 Given by William & Meredith Cunningham In Celebration of the Birthday of William Cunningham
- March 28 Given by George & Linda Massad In Celebration of their Forty-fifth Wedding Anniversary

Youth

Lent/Easter Youth Choir

The Youth Choir is meeting in the undercroft with Mary Reynolds at 6:30 PM on the Wednesdays during Lent to prepare for the 9:00 service on Easter Sunday, April 12. Youth of all ages are welcome to join us on March 4, 11, 18, 25 and April 1. Remember, “all God’s critters got a place in the choir.”

Senior High Spring Break Mission Camp

“I Will Make a Difference,”

March 16 – 20 at St. Crispin’s

Pick up a flyer in the reception area, or e-mail Evie Garren: evie4971@yahoo.com.

New Beginnings

a retreat week-end for junior high youth (grades 6-9), April 4-5 at St. Crispin’s, is led primarily by youth, and focuses on the relationships young teens have with their Friends, Family, Self and God. Registration materials are in the reception area or classrooms.

St. Crispin’s Summer Camp 2009

For those who have finished grade 3 through high school:

Registration information and forms are available on the Diocesan web-site:

<http://www.episcopaloklahoma.org>

One Body-One Spirit, Unity in Diversity promises to be “transforming, nurturing, empowering, unforgettable and fun!” If you are uncertain about sending your child, talk to a former camper.

Summer Planning: Camp Cathedral 2009

Camp Cathedral will revert to the traditional morning format, and will be held at St. Paul’s the week of July 27. Please mark your calendars now for *The Earth Is The Lord’s*. The need for many hands may entail taking a morning off work to play with our wonderful children. Check out the hallway bulletin board to sign-up as the time draws nearer.

Memorials & Contributions

Endowment

In memory: **Michael Knapp**

Donors: Mr. & Mrs. Michael Mahaffey

St. George’s Guild

In memory: **William J. Holloway**

Donors: Ms. Patricia Lester

In memory: **Kenneth Morrison**

Donors: Ms. Patricia Lester

Lenten Paths

Choose One Path or Meander

Make the most of the penitential season of Lent through the offerings at St. Paul's. We offer you the following paths to help you on your Lenten journey.

Schedule for Wednesday Evenings in Lent

March 4, 11, 18, 25 and April 1

5:30 PM Evening Prayer in St. Nicholas Chapel

6:00 PM Dinner in Dean Willey Hall

6:45 PM Programs

Forgiveness and Reconciliation Path

Kick-off Forum – Sunday, March 1 at 10:10 AM in the Garden Gallery

Parlor Talks on Forgiveness on Wednesday evenings

Facilitators: Robert Dennis and Lucy Smith, with special guest Bo Cox.

Meet Bo Cox, author of *In Transition* (available for \$5), at the March 1 Forum. Bo reflects on his life both in and out of prison, and writes, “regardless of our surroundings – we can all walk away, letting our chains drop around our ankles and stepping out of them, toward real freedom and real happiness.” This poignant series will allow us to get in touch with the ways we free ourselves and others from the imprisonment of sin.

Literature Paths

Mark Twain's Letters from the Earth

Sunday mornings at 10:10 AM, in the Library Book available from the Cathedral Bookstore

Presenters: Gary Derrick and Jim Jarvis

The Poetry of Pilgrimage

Wednesday evenings in St. Nicholas Chapel

Presenters for this group will be Steve Parker and Cristina McQuiston

Contemplative Path

Sunday, March 29 – Wednesday, April 1 at Subiaco Abbey

Join Canon Joplin for a contemplative retreat at Subiaco Abbey, a Benedictine facility in the foothills of the Ozark Mountains in Subiaco, Arkansas. Place yourself in the rhythm of monastic life, allowing the bells of the monastery to invite you into prayer time with the monks. Cost: Travel plus \$205 (private room) or \$155 (shared room), with meals Sunday evening through Wednesday lunch included. To reserve your space, call John Dunn at 942-2172, or send an email to jpadunn@earthlink.net

Lenten Paths (continued)

Pilgrimage 2009 Path

Deepen Faith. Broaden Mind. Make Friends.

Sunday mornings at 10:10 AM through Holy Week in Dean Willey Hall

Classes include Worship, Bible, Daily Prayer, Death, Stewardship and a special class with Bishop Ed Konieczny, Bishop of Oklahoma, on Palm Sunday, April 4.

Wednesday evenings include classes on Holy Eucharist, Downtown, a Cathedral Tour, Oklahoma Pilgrims and Music. The pilgrimage concludes with Confirmation, Reaffirmation, Reception and Baptism at the Easter Vigil on April 11, as these pilgrims enter more deeply into the body of the Church.

2nd Century Eucharist

*Sunday, March 22 at 5:00 PM,
at Canon Hampton's House, 1414 N Hudson*

What was Holy Eucharist like in the 2nd Century? Here's a chance to see for yourself, celebrated in a house church as it was back then. This event is open to all.

Health Path

Beginning Tai Chi

Kick-off Forum on Sunday, February 22 at 10:10 AM in the Garden Gallery

Beginning Tai Chi class on Thursdays at 11:00–11:30 AM, February 26–April 2 in Dean Willey Hall

Presenters: Members of the ongoing Tai Chi class

Tai Chi Chuan, sometimes called “moving meditation,” is a unique and ancient Chinese martial art.

Why is Tai Chi so popular these days? And why do 180 million people worldwide practice Tai Chi every day? Those who practice daily have a longer, more active life. Come to the Forum and see if this is something for you!

Youth Path

Pilgrimage 2009

(see Pilgrimage 2009 Path for details)

Youth Choir with Mary Reynolds

*Wednesday evenings at 6:30–7:45 PM
in the Undercroft*

Palm Cross Making

Saturday, April 4, 9:00 AM, in Reception area

Fellowship

Second Century Eucharist

Participate in a 2nd Century Eucharist

Sunday, March 22 at 5:00 PM, at Canon Hampton's House, 1414 N. Hudson

What was Holy Eucharist like in the 2nd Century? Here's a chance to see for yourself, celebrated in a house church as it was back then. This event is open to all.

Oklahoma ECW Spring Retreat At St. Crispin's

Friday–Saturday, March 20–21 at St. Crispin's

The ECW Spring Retreat will be held from Friday evening to Saturday afternoon, March 20-21. The Rev. Canon Susan Joplin is the spiritual director and promises “Celtic Flavor.” This is a wonderful overnight in a beautiful setting, and a chance to view the “new” facilities if you've not yet done so. Check the reception area bulletin board, or the ECW web-site: www.texhoma.net/~ecw_ok/ for registration details.

Health

CPR & AED Training Course

Wednesday, March 18 at 5:30 PM, Parlor

There will be a CPR training course on Wednesday night, March 18 from 5:30-8:30 PM in the Parlor. The cost is \$10.00. St Paul's now has two AED's (Automatic External Defibrillators) which can assist in CPR. You will notice at many different public facilities that the AED is becoming a mainstay. Come learn more about these lifesaving skills.

Foyer Dinner Groups

New Foyer Dinner Groups are forming in April. These are very informal groups meeting for a meal and fellowship; the groups stay together approximately six months. Each couple or person hosts one meal, furnishing the main course, while others supply the rest of the meal. You are in Foyers until you notify us that you are dropping out. Please contact us if you no longer wish to participate so we have an accurate count for forming new groups. Fill out the coupon below or call Julie or Leonard Mills at 848-4142.

Foyer Dinner Groups

- I want to join Foyer Dinner Groups!
- I'm in Foyer Dinner Groups now, but won't be participating this time around.

Please fill in this coupon and mail to St. Paul's or turn in at the reception desk.

Name _____

Phone _____

Email _____

Number Attending _____

A Vestry Review

by Gypsy Hogan

There's nothing like tough times to make people more grateful, and your vestry is one grateful group these days! Several resolutions of thanks were passed at the February meeting.

First thank you to all those who have signed up to sponsor one of St. Paul's Blessed Days. As of the Feb. 17 meeting, St. Paul's had received 36 requests for Blessed Days. That leaves many more to go, but certainly this is a wonderful start to celebrating individual blessings while knocking down the deficit budget.

Another big thank you goes to the St. Paul's ECW (Episcopal Church Women), which has made a gift of \$3,000 to the church's deficit budget.

In addition, the church has received a \$2,000 gift toward installing an electric door into the Parish House from the handicap access ramp. This would make St. Paul's more accessible. Estimates are now being sought for the cost of such a project.

In addition, the St. Paul's Altar Guild has volunteered to make a \$500 donation on behalf of the Cathedral to a newly established fund to purchase seasonal vestments for Bishop Ed. An expected \$5,000 to \$7,500 expense, these would be for him to wear in his visits to Oklahoma churches.

Thank you, thank you and thank you all!

Speaking of the Bishop, he is leading an inter-denominational effort to stop Oklahoma House Bill 1725, a bill that would declare that the owner of church property is whatever name is on the deed, as opposed to being under the authority of church law. While there is a general belief that such legislation, when challenged, would be declared a violation of the U.S. Constitution, it is hoped that the bill can be stopped from passage

to avoid the expense of litigation. Please contact your legislative representatives and friends to oppose this attempt to by-pass the centuries old structures of church governance.

Thanks also goes to Rachel Pringle, who accepted the vestry's unanimous vote for her continuing to be Vestry Clerk, and to Rick Hill, for accepting a unanimous vote for his continuing to be St. Paul's treasurer. Congratulations to vestry and the Cathedral communities for again having these two volunteers agree to serve.

New vestry member Bart Wells took office running, volunteering during his first meeting to put together a slide show for the Shrove Tuesday dinner, just a week away. Thank you, Bart!

New Junior Warden Robert Dennis has had a change in duties. Traditionally, junior wardens have dealt with grounds and property up-keep. Those duties are now going to St. Paul's Parish Administrator Allen Christ. Our new Junior Warden Robert Dennis is going to focus on parish development.

In light of the junior warden change, vestry member Todd Olberding volunteered to work with the parish administrator to keep vestry informed and active in physical property issues. Problems with the Cathedral roof date back to original design issues and have been chronic for almost a century. "Truth is, the Cathedral has never been sound in terms of water issues," commented Dean Back. Keep Todd and Allen in your prayers as the rain falls not just justly on the outside and also unjustly on the inside.

CPR anyone? Deacon Marilyn Robertson announced that she will offer another CPR class from 5:30-8 p.m. March 18 at the Cathedral. CPR saves lives, and for that, many are grateful.

Back Talk

Dear Friends,

There was a documentary film from India some years ago showing worshippers at a temple throwing food to an immense horde of temple rats. The thin arms that threw this food were obviously malnourished. Some viewers made comments about how stupid these people were. None of these commentators had ever suffered chronic hunger.

Our government no longer measures 'hunger', but publishes statistics on 'food insecurity'. In our nation food insecurity has risen dramatically along with obesity. Eating and anxiety, like necessity and fear, are intimately entwined. The anxious human ego can never be satisfied with enough stuff or enough financial security. Out of fear of need many hoard resources that could alleviate suffering.

In recent times over five hundred families a month have come to our doors for groceries. These are the largest numbers since St. George's Guild opened twenty-five years ago. Many of these are working poor. Hunger, insecurity, anxiety and fear are all of one thread. Lately, many fairly secure people have similar uneasy feelings as they open their monthly retirement savings statement.

The food tossing was not the action of ignorant brains, but the sacrifice of devout souls. These impoverished people would not let fear overwhelm them. Their act of faith bluntly faced up to the forces oppressing them. Their ritual food sacrifice proclaimed the dignity of the human soul over the hunger that drove the rats.

Old folk tales among subsistent peasants were filled with stories about turning straw into gold, stones into jewels and frogs into princes. Such peasants generated body heat in a cold hovel,

warm faith in the midst of disabling fear and large souls in the midst of material want.

The spiritual journey from earth to heaven has many forms of one basic motion, it moves from fear to faith, from complaining to thanksgiving, from fretting to singing, from hunger to fasting, from worrying to praying, from cussing to blessing, and from indulging to serving. Today life is still about letting spiritual wealth emerge from economic insecurity. We have truly travelled when we have moved from 'never enough' to 'always having something to share'.

The sacrifice of food means something to the chronically hungry. The sacrifice of Christ on the cross means that suffering, pain, poverty and death are not signs of an outcast humanity but of the paschal mystery, the passage of a beloved child into the presence of divine love. Blessed are those who digest the truth of insecurity, for theirs is the Kingdom of Heaven.

Faithfully yours,

Gene H. Back

