

THE CATHEDRAL TIMES

News from St. Peter's Episcopal Cathedral

February 2024



FROM THE DEAN

SOAR!

There is a story once shared by James S. Hewett in a sermon he gave. It went like this:

There was a certain

man who went through the forest seeking any bird of interest he might find. He caught a young eagle, brought it home and put it among the fowls and ducks and turkeys, and gave it chicken food to eat even though it was the king of birds.

Five years later, a naturalist came to see him and, after passing through the garden, said 'That bird is an Eagle, not a chicken.'

'Yes,' said the owner, 'but I have trained it to be a chicken. It is no longer an eagle.'

'No,' said the naturalist, 'it is an eagle still; it has the heart of an eagle, it has the wingspan of an eagle, and I will help it soar high up in to the heavens.'

'No,' said the owner. 'it is a chicken and will never fly.'

They agreed to test it. The naturalist picked up the eagle, held it up and said with great intensity.

'Eagle, you are an eagle; you belong to the sky and not to this earth; stretch forth your wings and fly.'

The eagle turned this way and that, and then looking down, saw the chickens eating their food, and down he jumped.

The owner said; 'I told you it was a chicken.'

'No,' said the naturalist, 'it is an eagle. Give it another chance tomorrow.'

So, the next day he took it to the top of the house and said: 'Eagle, you are an eagle; stretch forth your wings and fly.' But again the eagle, seeing the chickens feeding, jumped down and fed with them.

Then the owner said: 'I told you it was a chicken.'

'No,' asserted the naturalist, 'it is an eagle, and it has the heart of an eagle; only give it one more chance, and I will make it fly tomorrow.'

The next morning, he rose early and took the eagle outside the city and away from the houses to the foot of a high mountain. The sun was just

rising, gilding the top to the mountain with gold, and every crag was glistening in the joy of the beautiful morning.

He picked up the eagle and said to it: 'Eagle, you are an eagle; you belong to the sky and not to the earth; stretch forth you wings and fly.'

The eagle looked around and trembled as if new life were coming to it. But it did not fly. The naturalist then grabbed its head and made it look straight at the sun. Suddenly it stretched out its wings and, with the screech of an eagle, it flew out of his hands and mounted higher and higher and never returned. Though it had been kept and tamed as a chicken, it was an eagle.

Here is the point. WE ARE EAGLES! God made us to soar. God made us to bring light. God did not make us to be timid or distracted. If we embrace a life of limitations and fear, we become limited and fearful. If we settle for chicken feed, we will miss the feast the is being set for us. However, when we look to God and to God's Son, when we embrace who we were meant to be, when we shed what we confine ourselves by and with, we will soar with amazement.

We are being invited over the coming year to shed anything that would keep us rooted to the ground. We have the heart of a disciple, the strength of a disciple, and the mind of a disciple. Embrace the coming year with excitement, because, within it and beyond, God promises a life beyond our imaginations.

Alleluia!



The Very Rev. Scott Anderson
Dean & Rector
St. Peter's Cathedral

Drawing near to God to make and equip disciples
and to live as faithful followers of Christ.

St. Peters is holding the first **ULTREYA** on February 10th in the undercroft starting at 10:30 am and ending about 2 pm. We will hold the reunion portion first followed by communion and then a potluck lunch. St. Peters will provide the meat, rolls and potatoes and beverages. So attendees can bring salads, sides and desserts. If you can make your dish gluten free, that would be nice as some folks are gluten intolerant.

If you play an instrument, please let me know so I can get music to you ahead of time and then bring it along. Oh and if any of you have bright table decorations and Roosters or Chicken statues, bring those.

Anyone who has attend a weekend like Cursillo, Walk to Emmaus, Koinonia & Pathways is invited as well as anyone who's curious about what the Episcopal Cursillo is about. Let the Cathedral office know you are coming if possible so we can make sure we have ordered enough meat.

DeColores!
-Kathy Johnson



Let's hit the trail, folks! Saturday, February 17 at 10am at Centennial Park (at the big flag west of North Main). Walking-prayer in community under God's Big Sky. We'll figure out the pace as we go (this is probably not an aerobic workout!) and we'll walk until we're done—up to 90 minutes! Lots of options. Join us for some or all. The path is asphalt—city crew keeps it clear of snow. Walks are weather dependent. Leashes required for dogs and optional for children! Mother Robin sends out text reminders and—if needed—cancellation. If you've not participated before, contact her to be added to the list! 208-310-0895. (Photo: From a summer-time walk!)

-Robin Biffle



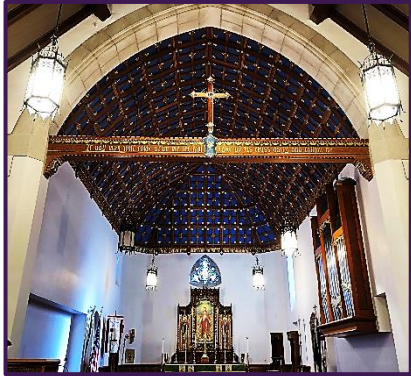
February 24, 2024 - Please come and help Family Promise, as Impact Montana enters this evening as the defending champion in this rematch with Family Promise. Enjoy a fun night of singing along, dancing comedy, and outrageous piano playing! It's a great variety show, mixing humor with classics to contemporary and country hits based on audience requests. Tickets are available online funevents.yapsody.com/event/book/762407/31521585

EPISCO--SPEAK

No matter where you are in your life in the Episcopal Church—five months or 50 years—you may encounter words whose meaning everyone else seems to know—and you're left in the dark. The Episcopal Church provides a glossary for some of them, and we'll get in the habit of including one here. If you want to look up others, check out www.episcopalchurch.org/glossary

ROOD SCREEN

The term “rood,” (rhymes with mood) from Old English, means cross. Rood screens were used as early as the 12th century to separate the

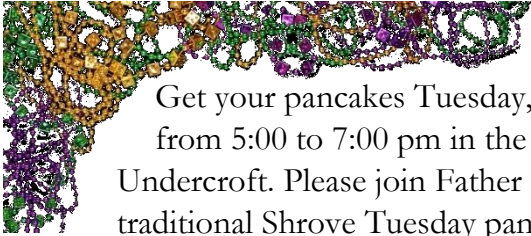


chancel and sanctuary (the “upper” parts of the worship space where the choir and clergy sit) from the nave (where the congregation sits.) The rood screen was surmounted with a rood beam on which was placed a cross or other Christian symbol. Such divisions of the worshipping congregation have not been encouraged in modern liturgical practice, and rood screens are rarely used today. Modern Episcopal Church architecture removes the divisions entirely and “levels” the worshipers—literally and figuratively.

FAMILY PROMISE BENEFIT

February 24, 2024, 10:30am to 9:30 pm. Eat at Panda Express 3075 N Sanders St. Helena and tell the employee that you are there for fundraiser code 366761 and **20% of event sales will be donated to Family Promise.**



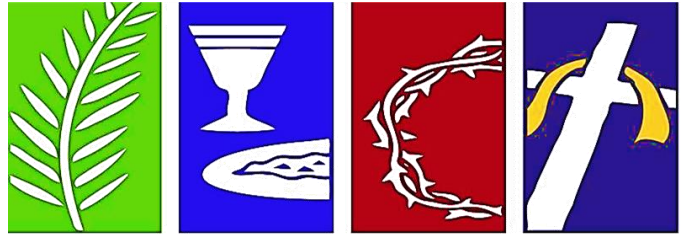


Get your pancakes Tuesday, February 13 from 5:00 to 7:00 pm in the Undercroft. Please join Father Scott for a traditional Shrove Tuesday pancake meal as we prepare to enter the season of Lent.



We begin the season of Lent at the Cathedral with two services with the Imposition of the Ashes and Holy Communion on Wednesday, February 14. Please join us at 12:00 pm and 6:00 pm.

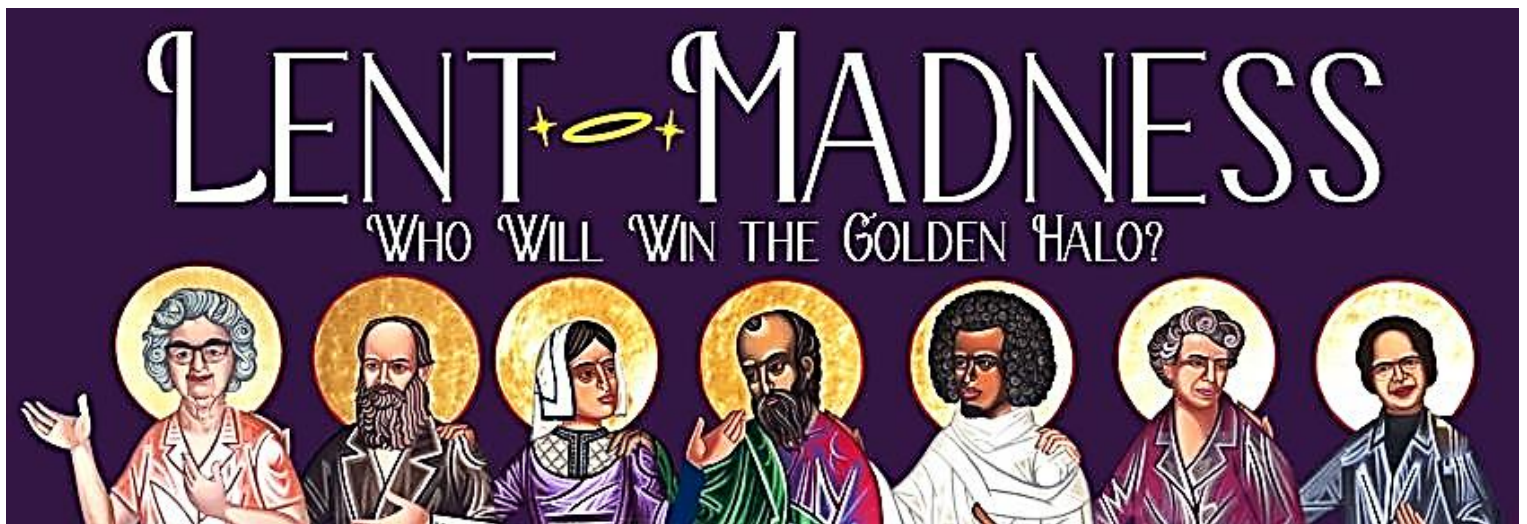
Please join us at 4:00 pm on each Sunday during Lent for a contemplative service of prayer, silence, and song. Our Taizé services give us the opportunity to tune out the commotion of the outside world and find peace within ourselves. All are welcome.



COMMUNITY *Lenten Luncheons*

St. Peter's Episcopal Cathedral's ECW is again sponsoring their annual Lenten Luncheon Series and the public is invited to attend. Mark your calendars for Thursdays in Lent beginning February 22 for noontime meals and presentations.

Feb 22- Jacob Kuntz from Habitat for Humanity
Feb 29- Carrie Krepps from Florence Crittenton
Mar 7- Eric Parsons Friendship Center
Mar 14- Theresa Ortega from Good Samaritan Ministries
Mar 21- Patty Dean and Dan Anderson



Returning fans rejoice! New fans take heed! This year's saintly smackdown commences on Ash Wednesday, March 14th. Now in its 15th year, Forward Movement (which you may know as home to Forward Day by Day) offers this "sport" for inspirational Lenten fun with hosts Scott and Tim. Ably assisted by their stable of creative writers, the dynamic duo pair some of the Church's saints head-to-head in a spirited, educational, and zany competition through the Saintly Sixteen and the Faithful Four—to the ultimate, coveted Golden Halo! Bracket posters, colorable calendars, and more info available now at www.lentmadness.org. Be there or be ... left out!



Christian Church. Join with your friends to provide holy hospitality. To learn more and to find information on how to help, please contact Donna Church

Maggie Stockwell

Tammy Andridge

WOW!!! 205 families and 502 children were assisted in 2023.

Thank you for your continued help, prayers and support.

February 11-17, 2024 – St Peter’s next host week at First
406.439.6811

Donna3439@msn.com

406.465-0707

magnolia9@hotmail.com

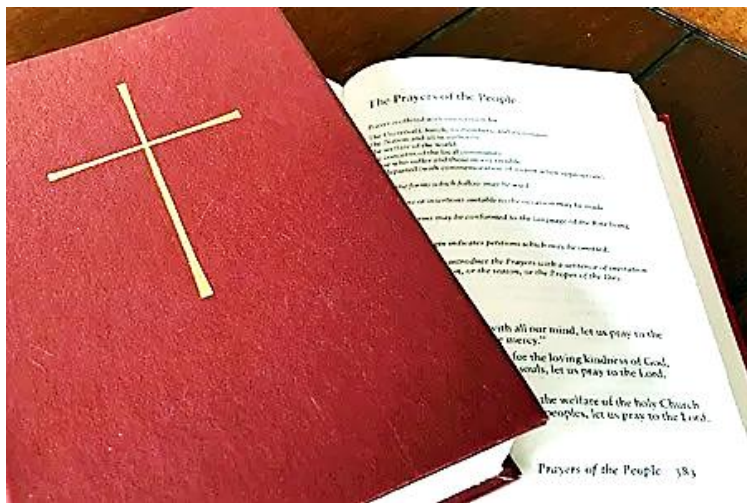
406.465.5976

tammyandridge@aol.com

MEET OUR MINISTRIES “There are many members yet one body. The eye cannot say to the hand, ‘I have no need of you,’ nor again the head to the feet, ‘I have no need of you,’ ... but the members may have the same care for one another.” — from 1 Cor. 12

Each month we’ll share stories of a ministry offered by St. Peter’s Cathedral (SPC) community. Some ministries will be newer (e.g., Wonder-Full Walks), some have been here since before any of us (e.g., Altar Guild). Some focus on socializing (e.g., Foyers), some

on service (e.g., Family Promise), some on worship and music (e.g., Schola), and some on spirituality and prayer, such as this month’s feature—Morning Prayer. Across the board, one of the things SPC’s ministries hold in common is that each is an expression of the community St. Paul envisioned.



MORNING PRAYER Stepping into an ancient tradition with new technology, SPC has offered Zoom Morning Prayer six days a week since May 2020. Part of an office (i.e., pattern) of prayer that covers the day, Morning Prayer—a lay-led liturgy in the Book of Common Prayer—has its roots in Jewish daily prayer, further developed in Christian monasteries, and now enriches lives of Episcopalians and Anglicans around the globe.

Recently returned to St. Peter’s Cathedral (SPC)—and just in time for COVID—Mother Robin Biffle suggested Zoom Morning Prayer as part of a larger

pastoral effort to help keep SPC’s folks connected during the pandemic shutdown. Dean Scott worked to get the Zoom link up and running and we were off! Although clergy officiated in the early days, once folks were trained, almost everyone who comes steps up to lead or read.

Charlie Briggs was among the first on board. For him, Morning Prayer offers a depth of “liturgical richness ... tied together with bow.” He added, “It’s so grounding: it makes you want to come back.” Before SPC started offering a Zoom option, Charlie prayed alone in the morning. It was the addition of community that hooked him: “It guides me. What a way to start the day.”

Sara Argabright first came just once a week, not sure it would be a good fit. Living in Toston, an in-person offering is impossible for her. She’s now a regular, even though farm and family tasks sometimes keep her away. Morning Prayer has enriched her scriptural knowledge and deepened her spiritual life, she said, and she concurred with Charlie—she can (and does) pray alone every morning, “But it’s better with someone else.”

Nyla Newman moved to Helena during the pandemic and found her way to Morning Prayer not long after. On days she doesn’t make it, she said, “My day doesn’t go nearly as well.” Although she’s absolutely not a techie, she’s grateful for this online offering. And, for her too, it’s the “camaraderie” that brings her back.

Tammy Andridge discovered Morning Prayer as she poked around SPC’s website, church-shopping at a time of deep grief, and wondering what “this pretty church” might offer. “I had nooo idea,” she exclaimed. “I found my people,” in the Morning Prayer group, “my church family! We just love each other.” When she started coming to

Morning Prayer, “I didn’t know anything about The Episcopal Church,” she said, but was drawn into the larger community through this gentle ministry. The Morning Prayer community is for her “a safe place.”

For Maggie Stockwell too, “The main benefit is daily fellowship, sharing our gladness and our prayers for help and healing,” and praying for others. Maggie finds that the liturgy’s longer scripture readings give her a better understanding of the texts, including Jesus’ teachings. “It’s been an unlikely blessing from the pandemic. It brightened my days at the time and continues to do so. We have become a community in Christ.”

Jean O’Connor added, “As the prayer of St. Chrysostom says, ‘...you have promised that when two or three are gathered together in [Jesus] Name you will be in the midst of them....’ Morning Prayer gives me the time to share joys and concerns and remember Jesus’ love.”

Lizzie Carlson-Thompson has found Morning Prayer deepened her relationship with Jesus, and her understanding of scripture. Her workday begins before we gather so she joins as she can, as do others whose work or appointments interfere sometimes.

When folks travel, grateful for Zoom’s accessibility, they still pop in as they can—from the beaches of Hawaii, resorts in Mexico, far-flung hotel rooms, and even backyards of distant family members. The community endures over distance and time. Some join for a day or two here and there, some for weeks or months, and step back as they need to.

During SPC’s pandemic “Call and Connect” ministry, Connie Sluder came into the group when she learned we were praying for her as she lived with late-stage cancer. Over the months, as her health declined and she was homebound, members of the group brought food, tended her cat, and even helped with end-of-life planning. Finally at Elkhorn Healthcare in her last weeks in Hospice, she still Zoomed in, though she no longer could pray aloud. Even in Clancy, group members visited, brought her communion, and prayed with her almost daily. After Connie’s death, it was the Morning Prayer group that received and welcomed her body to the church for the Burial Rite. A member of the community who found the group as a new Episcopalian in Kalispell, drove from his home to share in the burial.



The power of the community Morning Prayer nurtures is deep, rich, and transformational. From its embrace, Tammy furthered her engagement in The Episcopal Church and was confirmed in May 2023. Lizzie spoke to the holiness of the daily connection: “I look forward to it and miss it when I can’t be there.” Charlie added, “Without it, my day doesn’t feel complete.”

“I originally envisioned we’d just keep it online during the pandemic,” Mother Robin said, “and then transition to in-person at the Cathedral. We’ve learned that its power is actually inherent in its accessibility. Not what the monks imagined!”

SPC offers Morning Prayer Monday through Saturday 8:30-9:00am. Access through the “Virtual Center” link at www.stphelena.org.

February Readings

	First Lesson	Psalm	Epistle	Gospel
Feb 4	Isaiah 40:21-31	147:1-12, 21c	1 Corinthians 9:16-23	Mark 1:29-39
Feb 11	2 Kings 2:1-12	50:1-6	2 Corinthians 4:3-6	Mark 9:2-9
Feb 14	Isaiah 58:1-12	103	2 Corinthians 5:20b-6:10	Matthew 6:1-6,16-21
Feb 18	Genesis 9:8-17	25:1-9	1 Peter 3:18-22	Mark 1:9-15
Feb 25	Genesis 17:1-7, 15-16	22:22-30	Romans 4:13-25	Mark 8:31-38

February Altar Flowers

Feb 4	In loving memory of departed family members from Dan and Lizzie Carlson-Thompson.
Feb 11	In loving memory of Tom and Mary Kelly and Les and Blanche Nielsen from Sharon Nielsen.

SUNDAY		4 Epiphany 5 Flipper Sunday 8:a HE Rite I 9:30a Cath Choir 10a Sunday School 10:15a HE Rite II 1p Touchmark	11 Last Epiphany Family Promise 8a HE Rite I 9:30a Cath Schola 10a Sunday School 10:15a HE Rite II	18 Lent 1 Celebration Sun 8:a HE Rite I 9:30a Cath Schola 10a Sunday School 10:15a HE Rite II 1p Touchmark 4p Taizé	25 Lent 2 8a HE Rite I 9:30a Cath Choir 10a Sunday School 10:15a HE Rite II 4p Taizé
MONDAY		5 8:30a MP (virtual) 10:15a Bible Study 6:00p GA	12 Family Promise 8:30a MP (Virtual) 10:15a Bible Study 12p BB Lunch 6p GA	19 Office Closed 8:30a MP (Virtual) 10:15a Bible Study 6p GA	26 8:30a MP (virtual) 9a Newsletter Deadline 10:15a Bible Study 6p GA
TUESDAY		6 7a Men’s F-ship 8:30a MP (virtual) 6:30p Musikanten	13 Family Promise 7a Men’s F-ship 8:30a MP (virtual) 5p Pancake Dinner 6:30p Musikanten	20 7a Men’s F-ship 8:30a MP (virtual) 12p Staff meeting 6:30p Musikanten	27 7a Men’s F-ship 8:30a MP (virtual) 6:30p Musikanten
WEDNESDAY		7 8:30a MP (virtual) 10:30a HE 5p God & Grog	14 Ash Wed Family Promise 8:30a MP (virtual) 12p Ash Wed 6p Ash Wed	21 8:30a MP (virtual) 10:30a HE 5p God & Grog	28 8:30a MP (virtual) 10:30a HE 5:30p Won Wed
THURSDAY	1 8:30a MP (virtual) 9a Happenings deadline	8 8:30a MP (virtual) 9a Happenings deadline	15 Family Promise 8:30a MP (virtual) 9a Happenings Deadline 9:30a Prayer Shawl	22 8:30a MP (virtual) 9a Happenings Deadline 12p Lenten Lunch	29 8:30a MP (virtual) 9a Happenings Deadline 12p Lenten Lunch
FRIDAY	2 8:30a MP (virtual)	9 8:30a MP	16 Family Promise 8:30a MP	23 8:30a MP	
SATURDAY	3 8:30a MP 12p Art Center	10 8:30a MP 5p Togendowagan	17 Family Promise 8:30a MP 12p Art Center	24 8:30a MP 5p Togendowagan	



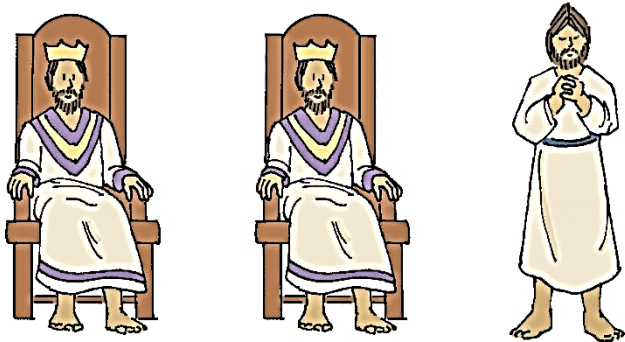
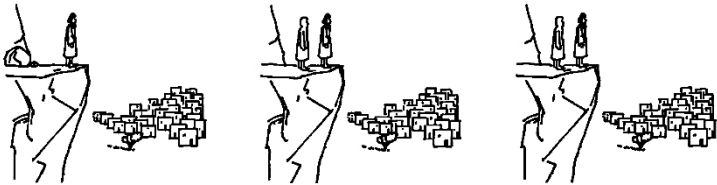
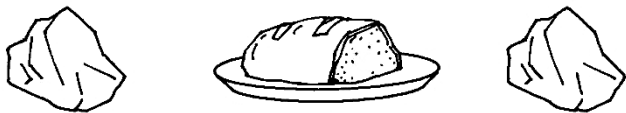
February Ministry Schedule

	LEM	Lector	Usher	Altar	Coffee Hour	Nursery
Feb 4 8a	Larry N.	Quincey H	Mark B. Susan B.	Jean S.	Flipper Club	Lesley Maggie
Feb 4 10:15a	Sarah M.	Bill S.	Marsha B. Cathy M.			
Feb 11 8a	Lizzie CT.	Chris S.	Margaret B. Robin E.	Edie L.	Nyla N.	Lesley Mari
Feb 11 8a	Charlie B.	Patty D.	Donna L. Phil W.		Merideth Cody	
Feb 14 12p	Larry N.	Jane A.	TBD	Edie L.		
Feb 14 6p	Ruth Ann S.	Melinda S.	TBD			
Feb 18 8a	Rick H.	Lizzie CT.	Jennie E. Sam G.	Janet K.	Celebration Sunday hosted	Lesley TBD
Feb 18 10:15a	Ruth Ann S.	Ruth Ann M.	Mark K. Brandon K.		by Comfort and Care	
Feb 25 8a	Hope S.	Sharon N.	Chris S. Maggie S.	Marlene C.	TBD	Lesley TBD
Feb 25 10:15a	Lizzie CT.	Melinda S.	Robin M. Sarah M.		TBD	

For Kids Only

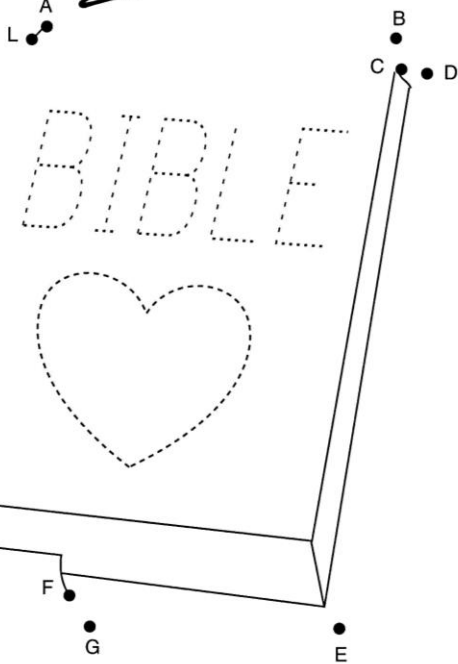
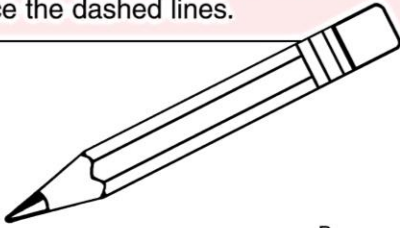
Jesus was tempted to sin,
but He always did what was right.

Circle the 1 that is different.



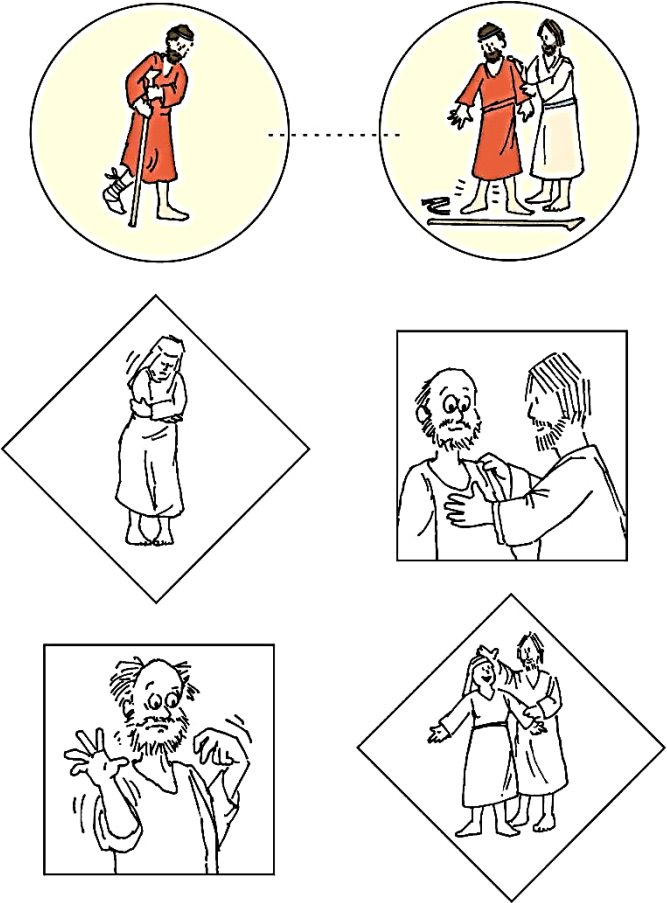
“O Lord, teach me wisdom.”

How can we learn to be wise in God’s sight?
Connect the dots. A B C D E F G H I J K L
Trace the dashed lines.



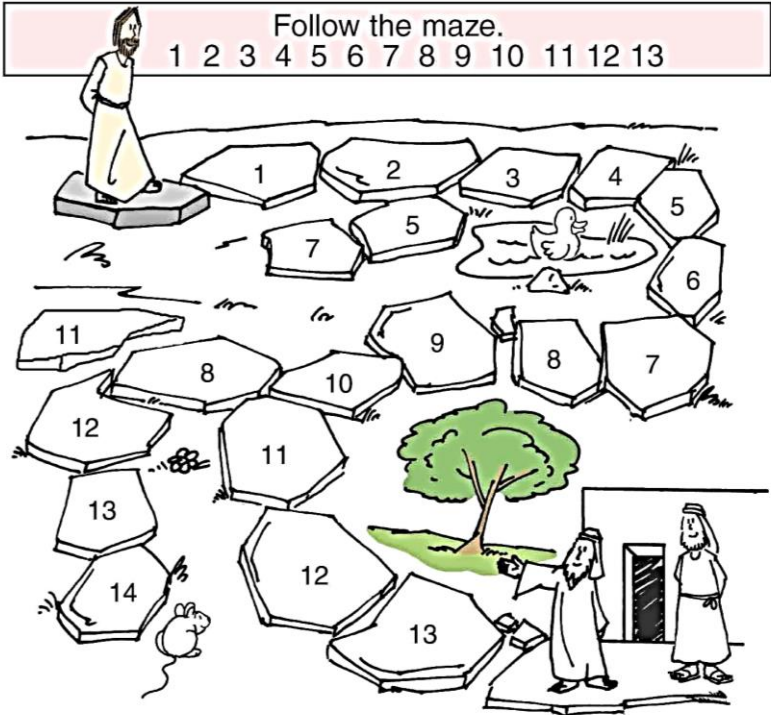
Many people came from the town to be healed by Jesus.

Find the matching shapes.



Jesus Heals Many People

Jesus went to the home of Simon and Andrew.



What did the psalmist say in his prayer about what God wants to be inside of us?

Fill in the missing letters of these parts of the body to complete the prayer.



HEAR__
A__M
L__NGS
__HIGH
TEET__



__RIST
VE__NS
__KULL
EAR__RUM
B__NES
__USCLES

Surely You desire _____
in the inner parts;
You teach me _____
in the inmost place.

Who did the psalmist say we are really sinning against when we commit sins?

Use the shapes below the lines to find the correct words in the picture.



Against _____ ,
_____ only, have I sinned
and done what is evil in _____ sight.