



Christ Church Cathedral Catedral Iglesia de Cristo

The Grapevine

MARCH 2014

From the Vicar's Desk

Lenten Journey: A pilgrimage of transformation



"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word."

-Book of Common Prayer, p.265

These words of the Book of Common Prayer can be found in the invitation to Lent that is part of the Ash Wednesday service. We are invited to take a good look at our lives, turn back to God and to engage in spiritual practices that will deepen our relationship with him. The invitation above refers to practices that, in my opinion, should be an integral part of our rule of life as Christians during Lent and throughout the liturgical year.

A rule of life in the spiritual arena refers to the ways in which we live our spirituality. The C. S. Lewis Institute describes a rule of life as *"an intentional pattern of spiritual disciplines that provides structure and direction for growth in holiness. A rule establishes a rhythm for life which is helpful for being formed by the Spirit, a rhythm that reflects a love for God and respect for how he has made us. The disciplines which we build into our rhythm of life help us to shed the 'old self' and allow our 'new self' in Christ to be formed. Spiritual disciplines are means of grace by which God can nourish us. Ultimately a rule*

should help you to love God more, so if it becomes a legalistic way of earning points with God or impressing others, it should be scrapped. If the traditional, ancient term 'rule' concerns you because it sounds legalistic, think of 'rule' as a 'rhythm of life.'"

What is then the regular rhythm of your spiritual life? What is the space and place we give to the Holy Spirit as we allow our "new self" to grow in the Lord?

The spiritual practices emphasized during Lent provide us an opportunity to renew our relationship with the Lord. When as mature Christians, we choose to engage intentionally in practices of self-examination and self-denial it suggests that we have, if not a clear, at least a vague understanding of our fallen nature, vulnerabilities and shortcomings as well as the willingness to recognize our own wrongdoings, sins and needs to make amends. It implies a place in our spiritual journey where we have surrendered our pride and ego, inviting and allowing God to be the one shaping our lives and inspiring our behaviors.

The way we see and nurture our individual and collective spiritual lives will have a significant impact in how we engage in the world around us. **When we incur in spiritual practices that foster a deeper understanding of who we are, subsequently we come into a greater understanding of whose we are;** our growth becomes evident to the extent that our words, actions and emotions are visible signs of the transformative power of God's grace, love and forgiveness in our lives.

And it is God's grace, love and forgiveness that Lent is about. It is about the sacrifice of God himself on the cross to give us life and life abundant. Lent is not only about

evaluating our patterns of behaviors and the ways in which we express our spirituality, it is also about a journey in which we engage with the Word, Jesus, inviting HIM to renovate us to the very core of our beings so that our hearts, our lives may reflect God's unchangeable love.

Lent is a yearly friendly reminder of our need to center in the Lord, a callback to God. It is an invitation to spend quality time with the Lord and with ourselves in a pilgrimage of transformation and adjustments. It is a time to ask important questions about our spiritual lives. It is a time to move away from self-indulgence, self-reliance, self-centeredness and self-fulfillment.

As you consider your personal Lenten journey, if you have not done so, I invite you to create a rule of life and explore spiritual resources that could inform your spirituality. As a simple good start, I would like to recommend to you *Living Intentionally: a Workbook for Creating a Personal Rule of Life* by Br. David Vryhof. It can be downloaded from the website of The Society of St. John the Evangelist: www.ssje.org You may also like to sign up for daily Lenten meditations, which I find very helpful in keeping us focused in an intentional 40-days journey of fasting and prayer. These websites offer good resources:

- www.episcopalrelief.org/church-in-action/church-campaigns/lent
- www.churchpublishing.org/media/custom/catalogs/Lent2014_Cat.pdf
- www.ignatianspirituality.com/lent/
- episcopalcredo.org/publications/credo-reflection-series/lent-2013/

If you already have a rule of life and would like to deepen your walks with the Lord, I would be happy to provide further recommendations and resources.

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From the Vicar's Desk

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As a community, we will have many opportunities to be blessed in this Holy Season. Our liturgies are carefully designed to help us center in the Lord and to meditate on Jesus's earthly journey and its important lessons for our lives. Our Christian Formation and Pastoral Care Teams are working in collaboration, hosting a Lenten Series that seeks to teach us to listen to one another and care for one another more effectively.

May this Lent at Christ Church Cathedral and our lives be life-giving and centered in GOD.

Lina+

The Rev. Miguelina Howell, Vicar

Ash Wednesday Services

The observance of Lent begins on Ash Wednesday, March 5, with services at 7 a.m., Holy Eucharist; noon, Holy Eucharist with music; 5:30 p.m., Santa Misa con musica; and at 7 p.m., Holy Eucharist with music. The Cathedral Choir will sing at noon and at 7 p.m. Distribution of ashes will be made at all services.

Ashes to Go

Ashes are a symbol of repentance—of being sorry for hurting others or doing the wrong thing. The imposition of ashes on our forehead is an outward sign of our repentance as we begin our journey through Lent and prepare for Easter. The ashes remind us of our sinfulness before God and our human mortality. The sign of the cross reminds us of our baptisms and our covenant or promise to love God and each other.

During the lunch hours on Ash Wednesday, clergy will offer ashes in front of the Cathedral on Main Street, in Bushnell Park, in the Cathedral House soup kitchen and at the Hartford train station to all who wish to receive. A pamphlet explaining the use of ashes and about the worship services at the Cathedral will be handed out.

Looking Ahead: Palm Sunday, Holy Week and Easter

The most important season in the Christian Year will start on April 13 with Palm Sunday. There will be only one service that day at 10:30 a.m., bilingual and featuring music by Handel and Felix Anerio.

Here is a brief look at what will take place during Holy Week:

- **Wednesday, April 16**—7 p.m., Tenebrae (Latin for “darkness”); simplified version of the service with music and extinguishing of candles
- **Maundy Thursday, April 17**—service of washing of feet; 5:30 p.m. in Spanish; 6:30 p.m. Agape meal; 7:30 p.m., service with music

- **Good Friday, April 18**—noon, Stations of the Cross; 5:30 p.m., service in Spanish; 7 p.m., Veneration of the Cross; Choir at noon and 7 p.m.
- **The Great Vigil of Easter, April 19**—beginning at 7:30 p.m., incorporating the Service of Light, the Service of Lessons, Christian Initiation, and the Holy Eucharist
- **Easter Sunday, April 20**—8 a.m., Holy Eucharist with music; 10 a.m., Holy Eucharist with music by Handel and Willan; 12:30 p.m., Holy Eucharist in Spanish with traditional Latin-American music

2014 Lenten Program: Being Neighbors: Building Skills for Caregiving

As followers of Jesus Christ, we are called to care for our neighbors both near and far. We show our care by using our best instincts, but there are specific skills we can learn as well. The Pastoral Care and Christian Formation Teams are joining together to present a three-part Lenten Series which will teach some of those skills so that we can be more effective caregivers at home at church, in the workplace and in the community.

- **March 23—Active Listening Skills: Listening so that Others Feel Heard** will be led by the Rev. Jay Cooke, Director of Pastoral Services, Hartford Hospital; Priest Associate at Christ Church Cathedral
- **March 30—Aiming for Win-Win Solutions** led by the Rev. Tom Beveridge, Pastoral Counselor and Ecumenical Associate, Christ Church Cathedral
- **April 6—Truth and Reconciliation: Speaking Our Own Truth as a Path to Healing** led by the Rev. Margaret Keyser, founding director of a consulting practice which seeks to bring reconciliation in relationships

All sessions will be held in the Cathedral House Auditorium following the 10 a.m. worship service. All are welcome. For more information, please contact: Amy Beveridge, Pastoral Care Team, amyknits@yahoo.com; Tom Beveridge, Christian Formation Team, tandaosl@yahoo.com; Tom Smith, Christian Formation Team, wqtqfm@yahoo.com

Cathedral Finances – Year-end Report from the Treasurer

The following is a summary of the report given to the Annual Parish Meeting in January by Robert Coykendall, Treasurer.

At the end of 2013, the Cathedral's finances were in very good shape: our endowment increased, expenses were under budget and there was money left over. Our endowment is invested in Donations and Bequests,

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Treasurer's Report

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a financial management organization sponsored by the Diocese of Connecticut that pools investments of participating parishes. Our endowment total increased from \$8, 577,681 to \$10, 395,496 by a bequest from George Cox, the incorporation of the former St. James' Parish endowment, and investment gains.

We have three sources of revenue: 1) from pledges; 2) as a beneficiary of private foundations managed by the Bank of America; and 3) withdrawals from our own endowment.

Pledges totaled \$109,904, representing only 9.5% of our expenditures for 2013. All gifts came to \$187,153 or 16.2% of our needs.

The Bank of America commits to sending us 3.5% of the average value of the private foundation funds. In 2013 we were promised \$189,224 and received \$242,707. Because the value of those trusts increased, our 3.5% share for our 2014 budget will be larger than what we received in 2013.

In 2013 we withdrew \$666,043 from our endowment, which covered 57.7% of our expenditures. It represents a withdrawal of 7.75% of the value of the endowment at the start of that year. This large rate of withdrawal raises two concerns:

- For any endowment intended to last "forever," the long-accepted standard for withdrawals is 5%. More than that risks spiraling down the endowment to zero. We were fortunate with increases last year but we cannot expect 30% gains in the stock market every year.
- The Cathedral borrowed some years ago to pay for necessary maintenance work on our buildings. Though we make regular payments as with a mortgage, there is a "balloon payment" of \$1.3 million due in September 2016. We should be preparing for that payment by reducing our annual withdrawal rate, watching our expenditures, and increasing our pledge income.

For 2014, we have budgeted expenditures totaling \$1,296,150 and projected total income of \$1,209, 310. Pledges are projected at \$152,000, 11.7% of expenses; total gifts, \$242,500, 18.7% of expenses. We will draw \$751,122 from our endowment, a withdrawal percentage of 7.2%, a slight improvement over 2013 but still too large.

Editor's Note: To help members to be kept informed about the Cathedral's finances, The Grapevine will periodically carry reports from the Treasurer.

March Calendar

- 2 Pancake Brunch following the 10 a.m. service, Cathedral House Auditorium
- 4 Cathedral Crafters, 10 a.m.
- 5 Ash Wednesday
(see separate item for services schedule)
- 8 Women's Global Mission Meeting, noon– 2 p.m.
- 16 Parish Forum, 11:30 a.m. (see separate item)
- 18 Soup & Services, 5 p.m.
- 23 First in Lenten Series on Caregiving, 11:30 a.m.
(see separate item)
- 30 Second in Lenten Series on Caregiving, 11:30 a.m.

Happy March Birthdays

Drucilla Conway	Glenn Scanlan
Jose Espinoza	Laurie Scinto
David Ingram	Gilbeean Scott
Yvonne Inness-Brewer	Wilston Scott
Merwood Jones	Chelsea Slater
Sharon Mansfield	George Spooner
Andrew May	Tiarra Teles
Maria McBride	Karen Warner
Samantha Mengual	Norma Wassell

From the Register

Death - Lance Jefferson, January 20, 2014

Annual Parish Meeting Report Available Online

At the Annual Parish Meeting in January, a comprehensive printed report was provided covering last year's activities and the 2014 plans of various teams and ministries. There is also a full accounting of the Cathedral's finances. Included are a financial narrative as well as 11 pages giving line-by-line information on the balance sheet, final budget accounting for 2013, and the budget for 2014. To view or download, go to www.cccathedral.org/documents/AnnualMeeting2014.pdf For the Spanish version, go to www.cccathedral.org/document/AnnualMeeting2014_Spanish.pdf

Parish Forum on Deanery Scheduled

Following the 10 a.m. service on March 16, a parish-wide conversation will take place in the Cathedral House Auditorium. Over the past months, the Chapter and Parish Committee have been considering the property in Hartford's West End that has been a residence for deans for decades. The forum will allow parishioners to share memories of the Deanery as well as express opinions and concerns about the Cathedral's ongoing relationship with the property. The forum will be led by the Rev. Harlon Dalton, Priest-in-Charge, and the Rev. Miguelina Howell, Vicar.

From the Priest-in-Charge

When I arrived at the Cathedral 15 months ago, Paul Fletcher was serving as the Cathedral's de facto music director, backed up by a series of substitute organists. In one of my first conversations with Paul, I asked whether it would be possible to get someone to play the organ on a regular basis. "Funny you should ask," he said, or words to that effect. He had just received an email from an organ student at Yale inquiring about whether we might have a position available. "He is quite young," said Paul, "just a sophomore or junior in college, but his resume is impressive. Maybe we should invite him to play at a service and see what we think." "Great idea," I said.

That next Sunday, or perhaps the one after, I wandered into the Cathedral between the 8 and 10 a.m. services and noticed a lanky, floppy-haired young man sitting on the organ bench. I strolled over and introduced myself. He smiled that gentle inviting smile of his, reached out his hand, and said "Hi, my name is Deniz Uz." I said "Pardon me?" Deniz laughed. "I know, my last name is kind of unusual. And it is really short. It is spelled 'U' 'Z.'" As we continued to chat, I was struck by how comfortable Deniz seemed—in the Cathedral, at the organ, and in his own skin.

Later, as the 10 a.m. service unfolded, I noticed how engaged he was with the liturgy. To the parts that demanded his attention of course, but to all the other parts as well. The lessons, the sermon, the Prayers of the People, the Confession—all of it. At the Eucharist, the look on his face as I pressed the Host into his hand told me everything I needed to know. This was not someone who was just looking for a steady gig.

Over the ensuing months, I discovered that there was no part of our common life that did not intrigue Deniz. He delighted in Christian community, and soon developed a special fondness for the quirky, faithful, polyglot corner of the kingdom aborning that is Christ Church Cathedral.

From the beginning, Deniz's musical chops were evident. He is a master at the organ, and I knew we would be lucky to have him. My only concern was with how proficient he would be at accompanying the choir and supporting the congregation during the hymns. These are distinctly different skills from concertizing, and it is common for exceedingly gifted musicians like Deniz to take them for granted. However, I trusted that someone as committed to congregational life as is Deniz would be eager to develop in these ways, and I was proven right.

At the outset, I asked Deniz to commit to remaining at the Cathedral for six months. I secretly hoped that he would stick it out for at least four. Little did I suspect that he would become a symbol of continuity in the music program, and our anchor during times of transition and change. Deniz's calm, steadfast presence has been an enormous gift to the Cathedral, and to me personally as well. I knew he would not stay forever. But part of me hoped that he would just forget to leave.

A couple of weeks ago, Deniz asked whether I had time to get together to discuss "a matter of some

importance." We met that same afternoon, and after a bit of desultory conversation Deniz said, "Well, you have probably guessed what I have to say." He then spoke about how formative his time at the Cathedral has been to him, and how delighted he is that the music program is in such great shape under Josh Slater's leadership. He stressed how much he has enjoyed working with Josh, and has learned from him. "So in that sense," he said, "this is the perfect time to leave." Deniz then described how overburdened his life is at the moment, and his dawning realization that he needs to devote more time and energy to school work, including completing his senior thesis, and to his personal life, including sorting out what he will do after graduating in May. He noted, somewhat ruefully, that laying the groundwork for an orchestral conducting career has proved much more daunting than he had anticipated.

At some point I interrupted Deniz to say "I understand." Which is true. In fact, I have been worried for some time about how he could possibly keep all those balls in the air. Knowing how loyal Deniz is, I had been thinking that perhaps I should be the one to ask whether he needed to step away. I am ashamed to admit that my narrow self-interest kept get me from speaking out. So the truth is that I was relieved when Deniz asked if we could meet. Not for the first time, this remarkable young man turned out to be the adult in the room.

By the time you read this, Deniz will have served his last Sunday at the Cathedral. He will be sorely missed, both as a musician and as a beloved member of the community. He will not, however, be forgotten, and I look forward to his return whenever he is in the zip code.

Deniz, if you are reading this, please know that we will always keep a light on.

Harlon+

The Rev. Harlon Dalton, Priest-in-Charge



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