



# THE CATHEDRAL CHIMES

THE NEWSLETTER OF THE CATHEDRAL OF ST. JOHN THE EVANGELIST



## St. John's Magnificent Choral Scholars

BY ANDREA OLSEN

Cho·ral /'kôrəl/ Schol·ar /'skälər/: a specialist engaged in choral activities receiving a stipend (or scholarship) for their talent and leadership.

In the Anglican tradition, the role of a choral scholar has a long and important history. It stems from post-Reformation cathedral choir structures that utilized polyphonic music often requiring specialized or trained singers to provide a stable 'core' for the volunteer singers in the choir.

St. John's choral scholars provide vocal and musical expertise to the music ministry and provide solo voices for more technically challenging music, while continuing their study of classical church music. Our senior choral scholars often have careers as music teachers and performers and join our program to fill out their need for music-making or to deepen their involvement in their worship experience. Our junior choral scholars are often recent graduates from local university music programs and are beginning to pursue their musical careers. As scholars, they want to hone their skills as section leaders, soloists, and choral directors. At St. John's, they have the

opportunity to gain a deeper knowledge of Anglican choral music traditions, while sustaining that tradition in a commitment to high musical standards that reinforces the role of the trained, robed choir. Now, meet our scholars:

### Emily McKinney Soprano Senior Choral Scholar

After graduating with a B.A. in Music Education from Whitworth University, Emily spent a year in Oxford as a choral scholar at St. Andrew's Parish Church and a member of the Oxford Bach Choir. In 2019 she began teaching at Mead High School, where she teaches choir and provides vocal direction for musicals. Recently she earned an M.S. in Curriculum and Instruction from Western Governors University. At St. John's, she serves on the YABS (Young Adults Bible Study) leadership team and is married to contralto scholar, Jane McKinney; they live in the Logan neighborhood with their very small cat, Hildegard.



CONTINUED ON PAGE 2

CONTINUED FROM PAGE 1



**Catherine Lupien**  
**Mezzo-Soprano Senior Choral Scholar**

Catherine earned her B.M. (Bachelor of Music) at Shenandoah Conservatory and then went to UNC Greensboro, where she earned an M.M. (Master of Music) in Voice Performance and a certificate in musicology. She has performed numerous opera roles, including Donna Elvira (*Don Giovanni*) and Nella (*Gianni Schicchi*), and has won awards at the Birmingham International Music Competition and the Shenandoah Conservatory Bach-Handel Competition. At St. John's, Catherine also serves as the pianist for the scholars and Junior Choir, participates in the handbell choir, and will soon be taking on duties as carillonneur.



**Autumn Tucker**  
**Alto Junior Choral Scholar**

Autumn earned her B.M. from Eastern Washington University. Autumn started teaching music in 2015 with a band and string program for middle school students, and currently she teaches voice at Bartell Music Academy in musical theater, classical, and pop genres. She started her musical career playing cello and performed in the EWU orchestra, performing notable pieces such as Rimsky-Korsakov's *Scheherazade*, Mendelssohn's *Symphony No. 3*, and Vivaldi's *Gloria*.



**January (Jane) McKinney**  
**Contralto Senior Choral Scholar**

Jane has been making music since her parents plopped her down in front of a Yamaha piano at age three. Her first foray as an Anglican choral scholar came in 2018 when she and her wife, Emily, attended St. Andrew's Church in Headington, England. Whether on piano, cello, solo voice, church chorale, or the duct-tape bagpipe she built for a physics class in college, Jane is an itinerant musical meddler whose only consistent thread is her desire to bring people closer together. She holds a Masters in Medieval History from the University of Oxford, and it should come as no surprise that her beloved cat's name is Hildegard.

**Jayden Salazar**  
**Tenor Junior Choral Scholar**

Jayden holds a B.A. in Music from Eastern Washington University. Currently he performs and teaches around the region, including two seasons with the Spokane Symphony Chorale, a premiere of an opera at Gonzaga, and an operetta with Spokane Valley Summer Theatre. Additionally, Jayden teaches voice in multiple genres including classical, musical theatre, and pop at Bartell Music Academy in Spokane and West Plains Musical Discovery in Cheney. He plans to return to EWU to pursue his master's in music education.



**Miles Provencher**  
**Baritone Senior Choral Scholar**

Miles grew up in Hawaii, where he found a love for choral music at a young age. He studied music at St. Olaf College and the University of Hawaii while working as a singer across genres from opera to jazz. He is also a wilderness guide and has led trips trekking and paddling all over the country. Each summer, he leads backpacking expeditions designed for music composers to seek inspiration from nature. Miles is new to the area and is currently a student pilot.



**Nathan Lansing**  
**Bass Senior Choral Scholar**

Nathan has been a professional educator, choral arranger, and lyricist since 1995. He has an M.M. in choral conducting and now works with the music program at SFCC in various capacities—directing choirs, teaching music theory and history, and conducting or coaching choruses for musical theatre. His work has been featured on collegiate recordings from Ellensburg to Kalamazoo. He previously served as a section leader and soloist at St. Stephen's Episcopal Church for twelve years before joining the St. John's music ministry, where he also directs the Cathedral Ringers.



I, Andrea, began at St. John's as choral scholar in 2004 and witnessed the impact of a great music team. Since stepping into my director role, I have endeavored to grow and enrich the choral scholar program. I am truly blessed to have such a great music team! ●

# Q & A: Sacred Gestures

BY JAMES ROSENZWEIG

No matter how many liturgical services you've attended, you may still sometimes wonder—why do some people in the pews take certain actions during worship (bowing, kneeling, etc.), and when are you “supposed” to do them? Keeping in mind that the best responses are “it's different for everyone” and “whenever you want,” here's a simple guide to some common questions.

## Why and when do people kneel?

Kneeling is a traditional physical expression of our humility before God, and our penitence for sin. In worship, you may see people kneeling (using the cushioned “kneeler” rail) while saying the confession or the prayers of the people, during the Eucharistic prayer, when receiving communion, or when praying after returning to their pew. You will also often see people standing instead of kneeling, which is a liturgical adaptation the Episcopal Church has made in recent years, imitating the practice of the early church in which standing was a more common posture of prayer.

## Why and when do people make the sign of the cross?

Using your hand to trace a cross over your head and heart is an ancient prayer practice, and traditionally it's an expression of belief in the Trinity—God as Father, Son, and Holy Spirit—or a physical expression of the word “Amen.” In worship, you'll most often see people making the sign when the Trinity is mentioned (e.g., at the end of the opening and closing prayers, and the absolution after confession), or when our liturgy describes some kind of personal blessing (e.g., the passage in the Eucharistic prayer where the priest asks God to sanctify us, and the final passage of the Creed).



## Why and when do people bow?

Two distinct kinds of bowing are seen in the church: profound bowing, which involves bending forward at the waist while standing, and genuflection, in which the whole body is lowered onto one knee before standing again. You will most often see someone genuflect in the aisle just prior to entering or after leaving their pew as a gesture of reverence for Christ's presence in the consecrated bread and wine. Profound bows occur more widely in the liturgy, as similar expressions of reverence for Jesus: you may see people bow as the processional cross is carried past them at the beginning and end of the liturgy, or during the passage in the Creed that describes Christ's incarnation, or at the moments in the Eucharistic prayer where Christ's Words of Institution are repeated. ●





# Entering Worship: Head, Heart, and Community

HEATHER VANDEVENTER

DEAN

What is worship? In some ways, that question feels like asking someone what walking is. There are many ways to answer with fact—one foot in front of the other, or a way to get from place to place. There are also ways to answer through a poetic lens—it's movement for listening to the birds and encountering springtime, or it's locomotor movement at a Goldilocks pace. It is a simple question with a variety of answers.

The word worship—with roots in the word “worth”—was first used in English before 1150. As a noun, it means reverence towards a divine being, or a form of religious practice with its creed or ritual. That's the meaning when we say “I'll see you at worship” as shorthand for “I'll see you at the worship service.” As a transitive verb, it means to honor or show reverence for a divine being or supernatural power, as well as to regard with great honor, respect, or devotion.

Acts of worship involve prayer and praise, song and silence, stillness and movement. The Catechism (Outline of the Faith) in the Book of Common Prayer addresses prayer and worship. It specifies how Christians pray, the seven types of prayer, and other ways of worship in addition to prayer. “In corporate worship, we unite ourselves with others to acknowledge the holiness of God, to hear God's Word, to offer prayer, and to celebrate the sacraments.”

That's a lot of head-stuff about worship. The liturgy staff—me, Fr. Arlen, Deacon Barbara, Director of Music Ministries Andrea Olsen, and Sam, the cathedral administrator and bulletin creator—spends a lot of time with the head-stuff when planning and crafting the Cathedral's worship services. The hymns and anthems are matched with the Bible passages assigned for the Sunday or the liturgical season. Eucharistic prayers support themes of different liturgical seasons, as do some forms of the Prayers of the People. At our weekly staff meeting, we take time to share what went well in worship in the past week, and also talk about where we fumbled. We

want our corporate worship to be a space of prayer and adoration where everything is done to God's glory.

During worship, whether the Eucharist, monthly Taizé service, or occasional Morning Prayer or Evensong service, there is a gift of being fully present in body, mind, and spirit along with others. My prayers are offered to God in concert with others. I hear the nuances that different readers bring to Scripture, and wonder what the Spirit has for me in their interpretation. As someone who loves music and singing, I'm drawn into the hymns and anthems (and not worrying about whether I sing a note off-key). As we receive communion, standing one after another or kneeling shoulder to shoulder with other beloved children of God, the bread and wine offer a foretaste of the heavenly banquet.

Those of us who lead and facilitate the worship service may be partially in that space of worship, and partially in the space of managing. This is a whole slew of people, not just the clergy, director of music ministry, and organist. Ushers, acolytes, readers, communion ministers, vergers, choir members, sound system and livestream techs—all of these folks lead, facilitate, and support the congregation's worship, and so they too have a degree of divided attention. That is why it is so important to have regular times of worship when one is part of the congregation and fully able to be in the head and heart space of worship. One of the great gifts of my sabbatical time was to be able to worship and be in worship, and not need to think about those behind-the-scenes mechanics.

Across Eastertide and into the season after Pentecost, whether on Sundays mornings, Saturday evenings, or Wednesdays, I invite you to center yourself and be deeply in the head and heart space of worship. Leave behind the outside world or the incomplete items of your to-do list. Give yourself over to being in the presence of God, with your fellow sojourners in the faith. ●

# Worship Ministry

## A PLACE FOR EVERYONE

BY MEREDITH SHIMIZU

Serving in worship is a deeply meaningful aspect of life in the Episcopal Church. It's more than just "helping out"—it's an active way for us to contribute to the life of the church, help others encounter God in worship, and grow spiritually ourselves.

There are many ways to serve in worship. As you read on, think about which of these roles resonate in you—your personality, your interests, or perhaps a calling.



Usher Caroline Murwayi collects the offering.

Greeters and ushers practice hospitality by welcoming people as they come into our church. Ushers also serve as hosts throughout the service. They pass out bulletins and help people feel at home, pointing them to the nursery or toward the restrooms. During communion, they direct everyone to the altar so newcomers don't feel awkward.

Acolytes assist the priests so worship flows with grace and reverence. During the procession, they carry the symbols of our faith—the cross, the Gospel book, candles and banners to draw the congregation into worship. During the service, they hold the Gospel book, receive the offering, help set the table for Eucharist, and assist in other ways. This is a particularly meaningful way to serve in worship for children, youth, and adults.

Lectors read scripture during worship services. When reading the Old and New Testament lessons, they strive to help people hear the Word of God clearly,



Acolytes Bennett, Liza, and Sage prepare for the processional.

and also hear it in a fresh way. They also read the prayers, leading people to pray for the world, the earth, the church near and far, and individuals.

Eucharistic ministers are laypeople—meaning “not ordained”—who assist in the distribution of the Eucharist during the service. Some also refer to this ministry as chalice bearing. Because specific training is needed for this role, eucharistic ministers need to be licensed by the diocese.

Members of the Altar Guild care for the vessels and fine linens of the altar, set up for the Eucharist, and oversee the flowers and other decorations. Their work before and after the services may go unnoticed, but it is vitally important to our worship as a community.

If you are interested in serving in any of these ways, or want to learn more, contact Sam in the office and he'll connect you to the right person. ●



Beverley Briggs, who is also a verger, serves as a Eucharistic Minister.

BRENDAN BIELE

# Man behind the Cameras

BY NEIL SHURTZ

To attendees of the 10:30 service, Brendan Biele is a familiar figure behind the tripod-mounted iPad in the north transept, livestreaming nearly every service, largely on his own.

St. John's only began livestreaming services at the beginning of the pandemic lockdowns in 2020, but Brendan has been part of the life of St. John's since childhood. His Roman Catholic mother immigrated from Ireland and settled in Oroville, where the family first became involved with the Episcopal Church.

As the diocesan cathedral, St. John's became a touchstone in Brendan's life. "In youth group we'd go on excursions to Silverwood, and then we would spend the night in this cathedral. Well, really the basement," he says. "I've had a long connection with this place going back to those trips."

Brendan studied music composition at Eastern and Audio Engineering at Spokane Falls Community College, reflecting a lifelong fascination with sound and technology. "I started with technology by hooking up the VCR to the stereo system. I'd record MTV and make mix tapes—that's how I learned signal flow."

After beginning to attend St. John's regularly around 2011, he became a fixture of the choir, where he brought his audio engineering talents to bear. "I became the de facto choir recording guy. I was recording all of the

services with this portable little thing," he says. "I've got this huge collection of anthems going back to probably 2014."

When the world changed in March of 2020, Brendan was tapped to orchestrate the emergency shift to virtual worship. "I saw Dean Heather being interviewed on the news, and she said, 'We're going to livestream the church service.' And I thought, how is she going to do that?" he recalls. "So I called Father Arlen and asked, 'What are you guys going to do for livestreaming?' He said, 'Oh yeah, we were going to call you.'"

The livestreaming system has evolved significantly since that first emergency single-camera setup, now involving a complex arrangement of Brendan's devising involving multiple smartphone cameras that can be flexibly adapted to capture a variety of camera angles and suit different services and events.

The time involved in creating the livestream also goes far beyond the service itself. Brendan explains, "I start with the bulletin, and I use Photoshop, and I start chopping out parts of it. I create a graphics package—and I'm doing that Friday night, Saturday, sometimes even Sunday morning, because the bulletin isn't done until late."

Much of the equipment is also his own, donated to the cause of continuing to provide viewers beyond the cathedral walls a window into the life and liturgy of this community. Though he has proven his capability and dedication to do all this work largely on his own, he has recently welcomed help and would gladly welcome more. "Eventually Cody stepped up, and he's like, cool, I'll do it. And then Jake actually helped out with getting a router."

As Brendan continues to make technical and creative tweaks, one thing is clear: It is Brendan Biele's talent, dedication, and creativity that allow St. John's to offer a consistent, engaging livestream that rivals vastly more expensive systems. ●



Brendan (middle) performing at the Renaissance Fair.

# Cathedral News



The Bishop on March 17!

## A PATHWAY OF HEALING

Bishop Gretchen Rehberg received a double lung transplant at the University of Washington hospital in Seattle on March 14. She had been on the transplant list since 2022 because of worsening pulmonary fibrosis perhaps due to exposure in her work in response to the events on September 11, 2001. She has been recovering steadily on her pathway of healing, taking walks and feeling better every day.

Please continue to pray for healing, strength, and protection from infection.

Please pray for the family of the person who died, for comfort for them in their time of grief, and for the gift of life that their loved one has shared with Bishop Gretchen. We also pray for the repose of the soul of their loved one.

## BREAD FOR THE WORLD PROJECT

Recently in Sunday School, we wrote letters to representatives in Congress, asking them to provide funds for the Farm Bill, WIC, SNAP and Bite2Go. Through this experience, we are advocating for the hungry throughout our state and country, but also for those within our school communities, some of which have a high number considered low-income.

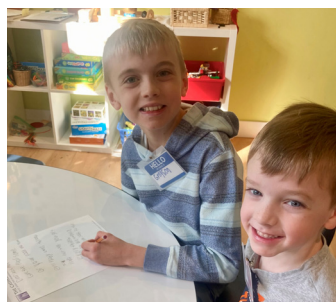
We wrote in our letters about Madison Elementary, where they went from providing around 80 Bite2Go bags a week down to close to 30 (which is very high for a small neighborhood school!). Due to reduced funding, the parent organization must now provide food to fill the gap for kids who would otherwise go hungry. At North Central High School, more students have depended on snacks provided by teachers, as well as breakfast and lunch from the Farm Bill, which has gotten smaller because of less funding from the government. These are needs that we see ourselves, but we know there are so many more.

We now encourage you to write a letter to local representatives asking for more funding.

--Liza Starwalt and Gwyneth Newton



Ira, Gwyneth, and Liza



Greyson and Killian

Dear Representative Baumgartner,

Not getting enough food can affect children's brains as well as their bodies. I want our government to help poor families by helping them with the food they need to live healthy and happy lives.

Sincerely,  
Greyson Loucks

Dear Senators and Representatives,

All around the world and even in America, people are starving. If you've ever been hungry you know it's not fun and when you're ages 0-16 you need the right food to help your brain grow and develop and if you don't have it you could struggle in the future. My school gives out bags to kids who don't have enough food at home but I know that there are other kids and people who need food but can't get it because of cuts in programs such as SNAP and WIC. These programs are very important to people around us even if you can't see it. I'm asking you to support these important programs so they get the money they need to help hungry people so they can have the food they have every right to.

Sage Robertson

# APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 7a Worship 12p Worship	<b>2 MAUNDY THURS</b> 530p Agape 7p Worship	<b>3 GOOD FRI</b> 7a Worship 12p Office closes 12p Worship 7p Good Friday concert	<b>4 HOLY SAT</b> 10a Service 7p Great Vigil of Easter
<b>5 EASTER</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 530p HS Youth	<b>6</b> CATHEDRAL AND OFFICES CLOSED	<b>7</b> 430p Finance	<b>8</b> 7a Morning Prayer 12p Worship 7p Taize	<b>9</b> 5p Property 530p Bells 7p Choir	<b>10</b> 10a Knitting 12-3p Tours 630p Al-Anon	<b>11</b> 530p Worship
<b>12 FLOWERING OF THE CROSS</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 1130a Party	<b>13</b>	<b>14</b>	<b>15</b> 7a Worship 12p Worship 7p Worship with music	<b>16</b> 530p Bells 7p Choir	<b>17</b> 10a Knitting 12-3p Tours 630p Al-Anon	<b>18</b> 530p Worship
<b>19</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 3p Music Series	<b>20</b>	<b>21</b>	<b>22</b> 7a Morning Prayer 12p Worship 7p YABS	<b>23</b> 530p Bells 7p Choir	<b>24</b> 10a Knitting 12-3p Tours 630p Al-Anon	<b>25</b> 10a Knitting day 530p Worship
<b>26</b> 8a Worship 10:30a Worship 530p HS Youth	<b>27</b>	<b>28</b> 5p Grief group	<b>29</b> 7a Morning Prayer 12p Worship 7p YABS	<b>30</b> 530p Bells 7p Choir		



# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10a Knitting 12-3p Tours 630p Al-Anon	2 530p Worship
<b>3 BLOOMSDAY</b> 8a Worship 9a Jr Choir 915a Forum 1030a Worship 2p AGO concert 530p HS Youth	4 4p Service League	5 430p Finance 530p Contempl. prayer	6 7a Morning Prayer 12p Worship 7p YABS	7 5p Property 530p Bells 7p Choir	8 10a Knitting 12-3p Tours 630p Al-Anon	9 530p Worship
<b>10</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 430 Evensong 530p HS Youth	11 6p St. Monica's	12 430p Finance	13 7a Morning Prayer 12p Worship 7p Taize	14 5p Property 530p Bells 530p LaDonne concert 7p Choir	15 10a Knitting 12-3p Tours 630p Al-Anon	16 11am SAYC concert 530p Worship
<b>17</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 530p HS Youth	18	19 530p Contempl. prayer 6p Chapter	20 7a Morning Prayer 12p Worship 7p YABS	21 530p Bells 7p Choir 730 Spokane Symphony concert	22 10a Knitting 12-3p Tours 630p Al-Anon	23 530p Worship
<b>24 PENTECOST</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 1p Blood drive 530p HS Youth	25	26 5p Grief group	27 7a Morning Prayer 12p Worship 7p YABS	28 530p Bells 7p Choir 7p Le Donne concert	29 10a Knitting 12-3p Tours 530p Mead HS concert 630p Al-Anon	30 530p Worship
<b>31</b> 8a Worship 9a Jr Choir 915a Forum 915a Sun School 1030a Worship 3p Concert 530p HS Youth						

CONCERT + EVENSONG WITH  
**Icantori**  
 OF WALLA WALLA UNIVERSITY  
 MAY 10 AT 4:30P

 ST. JOHN'S CATHEDRAL **MUSIC SERIES**

**COMMUNITY GARDEN**

**PLOTS AVAILABLE!**  
**GET YOURS TODAY FOR \$30/PLOT**  
**APPLY IN THE CATHEDRAL OFFICE.**



**PENTECOST**  
**BLOOD DRIVE**  
 MAY 24 1-3PM

CELEBRATE THE FEAST OF THE  
 LIFEGIVING SPIRIT BY GIVING  
 THE GIFT OF LIFE!

*knitting in the  
 cathedral  
 april 25  
 10am-noon*



**SING  
 TO THE  
 LORD!**

AN ECUMENICAL CHORAL CONCERT  
 WITH CHOIRS FROM SPOKANE FIRST PRESBYTERIAN,  
 ST. STEPHEN'S SPOKANE, & ST. LUKE'S COEUR D'ALENE  
 FEATURING VIVALDI'S GLORIA AND MORE!

MAY 31<sup>ST</sup> AT 3PM

 ST. JOHN'S CATHEDRAL **MUSIC SERIES** \$10 SUGGESTED DONATION

**senior high  
 youth group**

SUNDAYS 5:30-8  
 dinner | connection | faith  
 conversation | prayer




The Cathedral of St John the Evangelist (Episcopal)  
 127 East 12th Avenue Spokane, WA 99202-1199  
 P: 509-838-4277 | [stjohns@stjohns-cathedral.org](mailto:stjohns@stjohns-cathedral.org)