



THE BULLETIN

CHRIST CHURCH CATHEDRAL

An Episcopal Community in the Heart of Houston, Texas

JULY 2018

CHRISTCHURCHCATHEDRAL.ORG

AFTER-HOURS EMERGENCY CARE LINE | 713-826-5332

A constant volunteer

Among the many volunteers who support or have supported Christ Church Cathedral, few have been as hands-on — both figuratively and literally — for as long as **Dieter Ufer**, a faithful parishioner since 1960.

A volunteer who is constant in many senses of the word, he deeply believes in helping where needed and to the best of his abilities. Fortunately for the church, Ufer's abilities are broad-based and his commitment steadfast, providing continuity through the years during turnover in church leadership, vestry, and committees.

The retired civil engineer, 80, received the 2016 Dean's Cross for his extraordinary, long-term service. He wears the cross each day. It reminds him of the much appreciated support he gladly gives to the church and community that have been his and wife **Amy's** faith home for six decades. They were married at the Cathedral and raised their family within its community.

Among his many volunteer roles at the church has been Clerk of the Works — a



Dieter Ufer with one of the floor vases his father made for the Cathedral.

position tasked with identifying, pricing, and coordinating projects. With his professional expertise in structural and hydraulics engineering, he remains an advocate for structural

CONSTANT, page 6

Parishioners in the pews

It was in early 2015, two full years after I'd arrived at Christ Church Cathedral, that I looked out at the congregation during Holy Eucharist and noticed someone missing. We average more than two hundred fifty people at each 9 a.m. and 11 a.m. service. That's a lot of people to keep track of. How could I tell who was present and who wasn't?



THE VERY REV.
BARKLEY
THOMPSON

It helps that Episcopalians are notorious creatures of habit, and never more so than with regard to their favorite seat in church. During Lent this year, priest and cartoonist the **Rev. Jay Sidebotham** shared with us his cartoon in which a smiling woman leans over to a newcomer in the pew and says, "I'm so glad you're visiting our church! Now move over; you're sitting in my place."

Cathedral parishioners would never treat a newcomer this way — which is why we see so many newcomers! — but it's true that we tend to feel proprietary over our favorite spot in the pew. In fact, on that day in 2015 our habitual seating patterns made me emotional with gratitude and joy. I glanced from the empty spot that first drew my attention to other places across the nave. I saw scores of Cathedral parishioners worshipping contentedly in their favorite spots. And I realized for the first time since becoming dean that 1.) I knew very many of my parishioners and 2.) I cared deeply for them. It was the first moment that I truly felt like the dean rather than someone sitting in the seat of **Dean Richardson**, **Dean McGehee**, or **Dean Reynolds**.

After that Sunday, when I would go into the quiet and empty Cathedral to pray on weekday mornings, I would move around the nave and sit in the favorite pews of people I knew were in

PEWS, page 8

Minding your mind at The Hines Center

BY KATHARINE BARNES



DR. ANN FRIEDMAN

As we attempt to multitask the daily demands of life in an anxiety-filled world, mindfulness can help us alleviate stress and improve our overall health and daily focus. The Hines Center will host an Introduction to Mindfulness class on Wednesday, July 11, from 6:30–8:00 p.m. featuring **Dr. Ann Friedman** of Mindful Being. Dr. Friedman is a local, certified mindfulness expert and psychologist who will introduce us to this life-transforming practice that can help us deal with stressful thinking, physical pain, and emotional pain in more skillful and intentional ways.

INTRODUCTION TO
MINDFULNESS

July 11, 6:30–8 p.m.

MINDFULNESS, page 3

On “Sacred Spaces,” a Cathedral Youth photography exhibition

BY JOE C. AKER, CURATOR AND PHOTOGRAPHER

From May 4 to June 15 in the Cloister Gallery at the Cathedral, I had an opportunity to show “Sacred Places,” an exhibition of my photography of sacred places from around the world. It included work from Tibet to the Holy Lands to South America to the United States, all in places where people found safety or peace of mind in their surroundings.

As I said in my artist statement, “A sacred place in the dictionary is defined as where one meets and feels the power of her/his creator and God. In my travels, I have visited many places considered sacred to others. Some are man-made and some are just a piece of land and sky. Each is unique to the people that live and worship there. Somehow I was able to identify in these places with my own loving God and feel a presence that both comforted me and surrounded me.”

Cloister Gallery co-curator **Robin Bullington** approached Minister for Youth **Jeremy Bradley** and me to see if we would work together to produce an exhibition of sacred spaces as photographed by Cathedral youth. We were thrilled with the idea, and I was honored to curate it.

We challenged Cathedral youth to look at and photograph their own sacred or safe

places. Their subjects ranged from the Cathedral grounds to their homes and other locales. The show of their work goes up in the Cloister Gallery Friday, July 20.

Today’s youth see the world in a different way than previous generations. They live in the quick snap and the fleeting moment; they

are the digital generation. Hopefully these images will give viewers insight into their thinking, how they look at the world, and what is sacred to them.

In curating this show, the youths’ photography made me observe and think more

EXHIBIT, page 8

SACRED SPACES

July 20 to August 23,
Cloister Gallery



Two images from the upcoming show entitled “Sacred Spaces” of photography shot by Cathedral youth.

OUR CATHEDRAL FAMILY

We celebrate with

- new members **Mr. Hunter Carr**, **Mrs. Anne Gallagher**, **Mr. Mark Estes** and **Mrs. Paige Hewit-Estes**, and **Mrs. Anne Reed**, and returning members **Mr. and Mrs. John and Heather Collins**.
- Anne Turner Howell** and **John Dillon**, who were married in the Cathedral on May 5.
- Susannah Bowen** and **Payson Tucker**, who were married in the Cathedral on May 19.
- the newly baptized: **Eloise Lusk**, **Jason Dugat**, **Robert Kuehm**, **Harper Schwartz**, **Campbell Keating**, **Beatrice Matthews**, **Emma Walther**, **Lavender Zapffe**, **Allyne Amarantos**, **Connor Dix**, **Baylor Dix**, **Wyatt Lehman**, **Solange Castelv**i, and **Abigail Escamilla**.

We extend heartfelt sympathy to

- the family of **Charles Edward Holland**, who died on Monday, May 28, 2018. Charles was the father of member **Susan Taylor**.

Cathedral Bookstore to support book ministry for Harris County jail

BY LUCY CHAMBERS

Since the Cathedral Bookstore’s inception, the Christ Church Cathedral community has been generous with donations of used books. Donated books receive a second life: filling our used book section, which supports the ministries of the Cathedral, filling the shelves of New Hope Housing, and providing Beacon clients with reading materials.

Beginning this summer, the Bookstore will house and support Book In Hand, a volunteer-run initiative that donates books to inmates in the Harris County Jail Re-Entry Program, designed to “reduce recidivism, increase public safety, and assist inmates in becoming healthy productive members of society, using a holistic systems approach,” according to its website.

Book In Hand was created by **Catherine Lippincott**, a regular volunteer for Inside Books in Austin, a group that provides books to federal inmates. Lippincott wanted to share the positive power of books with incarcerated men and women in our Houston community, and she worked with Bookstore Manager **Lucy Chambers** to devise Book In Hand.

There is a growing awareness worldwide that reading has a humanizing effect, and books improve outcomes for the incarcerated. **Andre Kehdi**, a Brazilian lawyer who heads a book donation project for prisons, says access to books allows a person to “leave

MINISTRY, page 8



Reading at This is My Story, This is My Song

BY LISA VIKTORIN

As an elementary school librarian, I spend a lot of my time surrounded by books and cute, energetic kids. I read stories to the younger kids and use storytelling strategies to introduce lessons or support a point to older kids.

According to the National Education Association, children who are read to at home have a higher success rate in school. I seldom turn down a kid who wants me to read a book to them. I am always amazed when the most challenging student will slow down long enough to listen to me read a book.

The book I shared during This Is My Story, This Is My Song was *Chicks and Salsa*. It's about a rooster who likes to solve barnyard problems and watch cooking shows from a perch outside a kitchen window.

At the Cathedral, I coordinate Sunday and holiday flowers and work with weddings. Like my favorite characters, I talk to a lot of people, hear many good stories, and try to figure out things along the way. Here at the Cathedral, I have found a perfect setting to rejuvenate and refresh myself.

This Is My Story, This Is My Song is a program that highlights favorites stories and songs as told/performed by Cathedral friends. It happens Sundays in the Bookstore at 10 a.m.

**THIS IS MY STORY,
THIS IS MY SONG**

**Sundays, 10 a.m.,
the Cathedral
Bookstore**

MINDFULNESS, from cover

What is mindfulness anyway? Mindfulness is training the mind so that we can be more present and focused in our lives. Mindfulness was introduced in America about thirty years ago at the University of Massachusetts Medical Center as a way to help patients cope with pain, and later, to help cardiac patients with stress. Mindfulness practice has been so successful that it is now used in corporations, schools, nonprofit organizations, health institutions, and the U.S. military. With about 7,000 scientific studies on its efficacy to date, mindfulness has been shown to reduce stress, manage and/or reduce pain, decrease anxiety and depression, and improve physical health.

Dr. Friedman is a Certified Mindfulness Facilitator through the Mindful Awareness Research Center at the Semel Institute for Neuroscience and Human Behavior at UCLA. Dr. Friedman completed her clinical residency at UT Medical School and her post-doctorate in Neuropsychology and Behavioral Science at Baylor College of Medicine. She is a gifted and engaging

teacher who is passionate about the benefits of mindfulness.

The July 11 introduction provides a brief presentation on recent scientific research on mindfulness, easy practices for you to do at your home or office, and a basic understanding of what mindfulness is all about. The registration cost for this event is \$15 for non-members and \$10 for members of the Hines Center. Register now on the Hines Center website at hinescenter.org or by calling the Hines Center at 713-590-3302.

The July 11 Introduction to Mindfulness class will also prepare interested participants for an upcoming six-week evening series beginning Thursday, August 16, and continuing through September 27. This Mindfulness series will feature three classes of learning how to ground in the body using various postures (sitting, standing, walking, and lying down) and three classes of practices for physical pain, strong emotions, and challenging thoughts. Registration is now open for the full series on the Hines Center website at hinescenter.org.



Recipes from the Pentecost Salsa Contest and Service Day

Thank you to everyone who contributed, tasted, helped with the service project, and enjoyed. Here are two recipes from the day for parishioners and friends to make at home, one of which won first prize.

Prize-Winning Watermelon Mango Salsa

By Alan Kulpaca

Ingredients: 1/2 baby seedless watermelon; 1 large mango, diced; 1/2 red onion, diced; 1 jalapeno, seeded and diced; 2 limes, zested and juiced; 1 pinch salt; 1/4 cup cilantro, chopped

1. With a spoon, scoop out the watermelon flesh, forming a bowl. Dice the watermelon flesh in to bite-size pieces.
2. Combine and toss the diced watermelon, mango, onion, jalapeno, lime juice, lime zest, salt, and cilantro into a large mixing bowl.
3. Spoon the salsa into the watermelon bowl and refrigerate for 20-30 minutes. The salsa tastes better as the flavors sit.
4. Serve with chips or your favorite grilled fish.

Clyde's Tortilla Chips

By Clyde Neal

1. Get a pack of fresh corn tortillas. White or yellow corn.
2. Cut into quarters.
3. Zap in the microwave for about 3 minutes until slightly brown.
4. Put in the oven at 225 degrees for 30 minutes to an hour to reach full crispness.

For complete instructions and tips, see Clyde's YouTube Video: youtu.be/v5CbB7blql4 or search YouTube for "Clyde's Tortilla Chips"

Restoration Project, Reynolds Hall Worship, Mission Trip, and more

IN PICTURES

Below: The Cathedral has been emptied of pews and the Restoration Project has begun.



Above, right: Good times, good food, and good company at the 20s & 30s Crawfish Boil.



Above left, left, above: The Cathedral Houston Mission Trip in June did service work for the Houston Food Bank, New Hope Housing, World Vision, the Beacon, Attack Poverty, and Friends of Northside. Below left: The choir gets great seats for the children's sermon this summer during worship in Reynolds Hall.



Above: Our heroic team of sextons sets up and tears down Reynolds Hall every weekend for worship Sundays (and for Treebeards weekdays).

maintenance, preferably preventive, when funds permit. Many of his observations made their way into the work scope of the Cathedral's restoration project.

Observe. Fix. Repeat.

"I like working with my hands and keeping the place as best I can," Ufer says of his ongoing participation.

He considers himself "an extra set of eyes on the physical campus." But he's also an extra set of hands, since he has been known to identify a need, then take steps fix it himself when possible. The dining chairs in the conference rooms, for example, he has tackled at least once, each. Ditto staining the recurring scratches that pop up on the wooden paneling. He has climbed three levels of scaffolding to re-attach ceiling woodwork in Reynolds Hall (where nails were never used), and crawled beneath the floor of the nave to point out a deteriorating foundation.

He's typically on campus twice a week to check structural conditions as well as special contents. The latter include the Cathedral's collection of metalwork pieces crafted by his late father, **Bernhard Ufer**. Most are rendered in brass or copper, or both. Several were later gold-plated.

The elder Ufer was not a Cathedral member, but his self-taught skills and talent earned him several commissions, in the late-1940s to early '50s, for altar pieces that are still in use in the sanctuary and Chapel of the Christ Child. (See sidebar.)

While the commissioned collection is the artisan's legacy to the church, Bernhard Ufer also instilled in his sons the importance of helping those really in need.

Keeping connections

On Sundays, as Ufer passes the baptismal font cover handcrafted by his father, he alights his fingers across its textured finish. It is a momentary family reconnection, he says, pausing to collect his composure. "It's almost like shaking hands with my father."

He is proud of the pieces contributed by his artistic father's talented hands. The baptismal font cover has particular meaning, he says. First, it is the only one bearing the artisan's signature and date rather than his mark.

And second, Ufer clearly remembers coming to the church with his family at age nine for the baptismal font dedication in the sanctuary. That experience was his first visit to the church; its beauty impressed him and drew him back years later, while "church shopping" as a young man with his intended (now wife of 58 years). He returned, fully appreciating that the people in the pews are as great an asset as

Commissioned pieces then and now

Artisan **Bernhard Ufer** crafted a collection of altar pieces for the Cathedral in the late 1940s to early 1950s. He was commissioned to do so on two occasions, both times by **Mrs. Lella Dixon Cain**, a devoted and active churchwoman and arts patron. She was aware of Ufer's skill and talent in metalwork.

Most of the altar pieces he produced were in brass or copper — or both — and many were later gold-plated. The first commission included two pairs of flower vases for the altar, a pair of floor vases for use by the Altar Guild, a baptismal font cover, the piscina in the Altar Guild sacristy, a pair of baptismal shell vases for the ends of the choir pews, and a pair of vases for the World War II memorial on the bell porch.

A second commission was completed in 1953 for the Chapel of the Christ Child, a gift to the Cathedral in memory of **James Walker Cain Jr.**, son of Mrs. Cain. Several of the altar pieces were lost to theft in 1970 and recreated thereafter from the extremely detailed drawings of the originals stored in Ufer's workshop cabinet drawers. This commission included a pair of three-branch candelabras, a pair of eucharistic candlesticks, an altar cross, three alms basins, a missal (service book) stand, and a piscina basin and cover.

Found!

An ornate, child-scaled processional cross from this set was believed lost to that theft as well. Earlier this year, however, its whereabouts proved to be right on campus. The cross, having been used at times in the past by the Cathedral House Episcopal School, has been in use as of late by the 1 o'clock Spanish language service.

The **Rev. Simón Bautista Betances** had contacted Dieter Ufer to possibly repair the piece. When Ufer arrived in the Rev. Bautista Betances' office, he was stunned to see the cross revealed from under its storage cloth. Having seen the cross made by his father, Ufer instantly recognized it and checked the original portfolio to confirm its provenance.

"It's just a miracle," he says of the discovery. "I am so pleased it is being used."

The chapel's other pieces, however, many of them gold-plated, have not been employed for many years. When tarnish appeared in the crevices of the metal work and restoration was deemed too expensive, the pieces were packed carefully and stored in the upper sacristy of the Cathedral.

Earlier this year, funding approved from the Cain Foundation in support of the Chapel of the Christ Child enabled several of the pieces to be re-plated.

Source: "Dieter Ufer Remembers" interview by Sue Green. 2008, revised in February 2018.



the venerable stained glass windows and rood screen.

Recently, Ufer spent an afternoon polishing the Chapel of the Christ Child's piscina basin and cover, also made by his father, since they are in use during the Cathedral Restoration Project. As with the font cover, he remembers his father working only with hand tools in his workshop.

After the elder Ufer's passing, the brothers occasionally tried metalwork using the scraps and tools in their father's shop. Metal, however, is not easy to work with. Ufer prefers woodworking, such as producing desktop-scale Christmas trees, easily recognizable in the Bookstore by their cheery paint and candle-lit boughs.

Six decades of service

As church legacies go, Dieter Ufer's is one of constancy, even in the face of challenge. His steadfast support survived the bleak period in Cathedral history in which membership plummeted to about 70 pledges. "We were

within a whisper of becoming a museum," he recalls. The 9 o'clock service rallied a mere 39 attendees.

With so few to serve the church at the time, he says, those who did wore many, many hats by necessity, often filling out the unfinished terms of others who left.

So why did Ufer and his family remain while so many did not? "Someone had to stay" so that the Cathedral could carry on, he explains. "Amy and I prayed about it and never felt the Lord wanted us to leave."

In staying, Ufer served on the church vestry three times, including as junior warden, chaired the Every Member Canvass many times, and thrice served the Diocese of Texas as delegate to Council, according to previous accounts of his service. He also was an Episcopal Youth Community (EYC) sponsor, acolyte master, and Clerk of the Works.

"I've done everything here but preach from the pulpit, sing in the choir, or serve the communion," he says.

CALENDAR OF EVENTS

Visit christchurchcathedral.org or call **713-222-2593** to learn more about these and other events at the Cathedral.

● Registration recommended ▲ Registration required ✕ Registration closed ★ Childcare available (3 mo. to 12 yrs.) 🧑 Bring a friend!

JULY

JULY 4 WED

Cathedral offices closed

For the Independence Day holiday.

JULY 6 FRI

Cathedral Bridge Night

6:30–9:30 p.m., McGehee Conference Room. Bring a dish to share with the group.



JULY 11 WED

Justice & Peace Documentary Night ★

6–9 p.m., Reynolds Hall. Free dinner, screening, and discussion of "Cries from Syria," a well-documented historic account of Syria from 1972–2016. Please note: there is some violence.



JULY 13 FRI

Episcopal Night at the Astros Pre-Game Cookout and Game

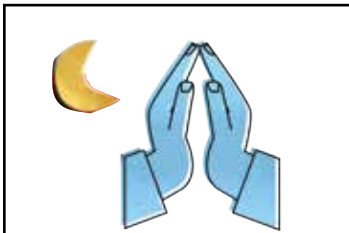
5 p.m. Nancy's Garden (next to the parking garage and the diocesan offices). We'll start with a free pre-game cookout featuring hot dogs, popcorn, and cool beverages. At 6:30 p.m., we will walk the five blocks to Minute Maid Park in time to see the first pitch. (\$)



JULY 14 SAT

Family Vacation Bible School in the Park 🧑

9 a.m. to noon, Tom Bass Regional Park III, 3452 Fellows Road (77047). This park has an NFL-themed ninja warrior park. Look for the red balloons to find Cathedral friends for a morning of connection and fun. We will meet at the covered playscape/pavilion area.



JULY 22 SUN

The Well ★ + Potluck + Compline

5–7 p.m., Cathedral. After the 5 p.m. Well service, join us in Huffington Courtyard at 6 p.m. for a potluck dinner and short Compline service. Surnames A–K please bring a salad or veggie, L–Z please bring dessert.

JULY 22–27 SUN–FRI

Missionpalooza ✕

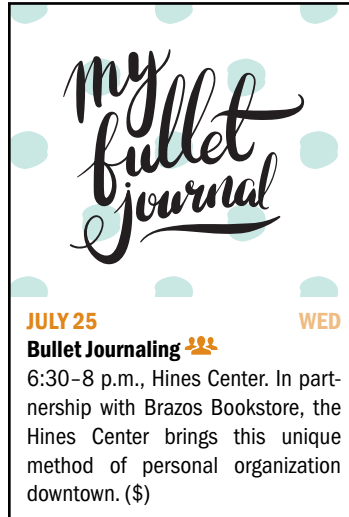
Rockport and Port Aransas. Diocesan mission trip to help with hurricane recovery.



JULY 25 WED

Learn to Play Bridge 🧑

6:30–8:30 p.m., McGehee Conference Room. Learn how to play this fascinating and fun game. Additional bridge lessons will be August 1 and 8. Register on our website.



JULY 25 WED

Bullet Journaling 🧑

6:30–8 p.m., Hines Center. In partnership with Brazos Bookstore, the Hines Center brings this unique method of personal organization downtown. (\$)

WEEKLY

SUNDAYS

Summer Place ★

10–11 a.m., Downstairs in Latham Hall. Snacks, drinks, and fellowship sponsored by a different ministry each week: Adult Formation/Religion and the Arts (7/1), Hines Center (7/8), Cathedral 20s & 30s (7/15), Stewardship Council (7/22), Mission Outreach Council/Latino/Hispanic Ministry (7/29).

This is My Story, This is My Song

10–11 a.m., Cathedral Bookstore. Hear Cathedral staff and friends read their favorite stories and sing their favorite songs.

Celtic Eucharist, "The Well" ★ 🧑

5 p.m., Cathedral. Drawing inspiration and music from the Celtic tradition, this service focuses on prayer, silence, meditation, and grace.

MONDAYS

Centering Prayer ●

11:15–11:45 a.m., Hines Center.

Healing Service

12:05 p.m., Golding Chapel.

Bible "By the Glass" 🧑

6:30–8 p.m., OKRA, 924 Congress. Fellowship at 6:30 p.m. and Bible study at 7 p.m.

TUESDAYS

Bible by the Glass North 🧑

7 p.m., Brixology in the Vintage; 110 Vintage Park. An extension of our popular downtown bible study, hosted in Spring Cypress.

WEDNESDAYS

Women's Morning Bible Study

9:30–11 a.m., Jeffers Conference Room. Please note this bible study will be co-ed during the summer.

Bilingual Eucharist

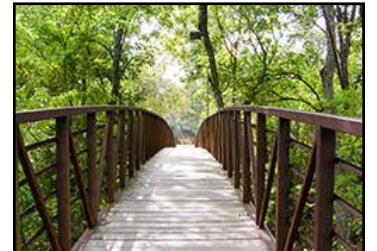
6–6:30 p.m., Golding Chapel.

THURSDAYS

Youth Summer Shade 🧑 ●

Every Thursday this summer, Cathedral youth venture out for movies, outings, and service projects: iFly (7/5), WHAM (7/12), "Skyscraper" (7/19), Museum of Fine Arts (7/26). More on the youth section of the website (Under "Learn").

UPCOMING



AUGUST 4 SAT

Family Vacation Bible School in the Park 🧑

9 a.m. to noon, Terry Hershey Park 15200 Memorial Drive (77079) Almost a year ago, most of this park was completely under water. Look for the red balloons to find Cathedral friends for a morning of connection and fun.



AUGUST 15 WED

Justice & Peace Documentary Night ★

6–9 p.m., Reynolds Hall. Free dinner, screening, and discussion of "13th," a documentary by Ava DuVernay exploring racial inequality in the United States.



CHRIST CHURCH CATHEDRAL

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PEWS, from cover

particular need of prayer. As I prayed, I imagined them with me there in the pew, as they had been on Sundays past and would be on Sundays to come, saying their own prayers, making their confession, and singing praises to God. It was a potent experience, and it enabled my prayers for them to be concrete and clear.

This summer as we worship in Reynolds Hall, we find ourselves in unfamiliar seats. Our pews are not present; there are no transepts; and kneelers are nowhere to be found. Even so, worshiping in Reynolds Hall gives us the opportunity to move around, sit next to someone we've seen in church for years but never met, and consider worship from a different vantage point. I encourage each parishioner to do all three. You can do so without worry, because when we move back into the Cathedral in August, I promise your favorite pew will be right where you left it.

MINISTRY, from page 2

prison more enlightened and with an enlarged vision of the world." Changing Lives Through Literature founder **Bob Waxler** says "Reading teaches empathy, complexity, how to face shame, and how to build personal dignity." And when Lippincott and Chambers toured the re-entry program cell blocks, both inmates and staff expressed how meaningful books are to them.

Lippincott chose the name Book In Hand because of the nature of the program. Books are brought into the Bookstore by hand. Volunteers hand-pick titles based on inmate request letters and include a handwritten note in the packet. The packets are hand-delivered to the Re-entry Program's director. As Lippincott explains, "By the time the inmates receive the books, they

have been handled lovingly and deliberately by so many — with both purpose and intention."

While the Cathedral Bookstore accepts all kinds of well-loved, used books, Book In Hand is looking specifically for the following paperbacks: fiction, business skills/motivation, dictionaries (including Spanish-English), spiritual self-help, history, sports, how-to, Bibles, Bible study workbooks/guides, and blank journals (no wire-bound, please). Bring donations to the Bookstore on Sundays from 9 a.m. to 12:30 p.m. or to **Lisa Cantu** at the reception desk during regular business hours.

Look for more news about Book In Hand activities and volunteer opportunities in the fall, and in the meantime, enjoy your own summer reading!

EXHIBIT, from page 2

about this future generation and how they react to the world. I invite you to visit their sacred spaces as revealed in this compelling photography show in the Cloister Gallery this summer.

From July 20 to August 23, the Cloister Gallery proudly presents a show of Sacred Places by the Cathedral Youth Group. Youth Group members were requested to photograph what they consider their sacred space.