



ST. JAMES CATHEDRAL
The First Sunday of Lent
March 5, 2017

ORDER OF CELEBRATION FOR

The First Sunday of Lent

INTROIT

Psalm 91: *Qui habitat*
adapt. Stratman

Cantor I give them life long and full,



and I show them my power to save, says the Lord.

GREETING

PENITENTIAL ACT

chant, Vatican XVII

Priest Have mercy on us, O Lord.
ALL **For we have sinned against you.**
Priest Show us, O Lord, your mercy.
ALL **And grant us your salvation.**



R. 1, 3, 4 Lord, have mer - cy.
R. 2 Christ, have mer - cy.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Genesis 2:7-9, 3:1-7

PSALM RESPONSE

Psalm 51
Craig



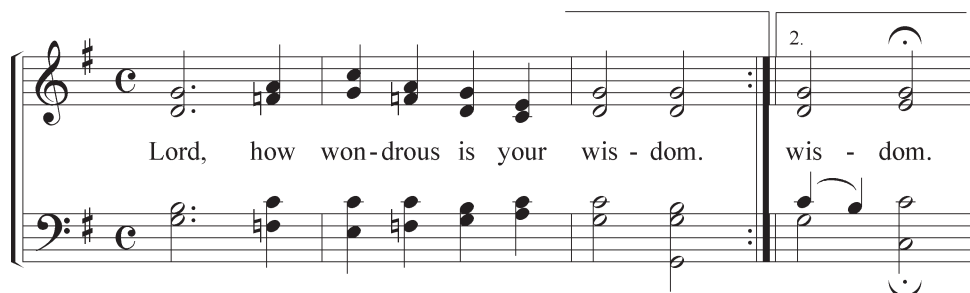
Be mer - ci - ful, O Lord, for we have sinned.

SECOND READING

Romans 5:12-19

TRACT

Stratman



Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

Matthew 4:1-11

HOMILY

Father Peter Ely, SJ

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

PROFESSION OF FAITH *This Lent, we pray the Apostles' Creed.*

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;

he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

PRAYER OF THE FAITHFUL

Litany of Saints



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

Denn er hat seinen Engeln

Mendelssohn

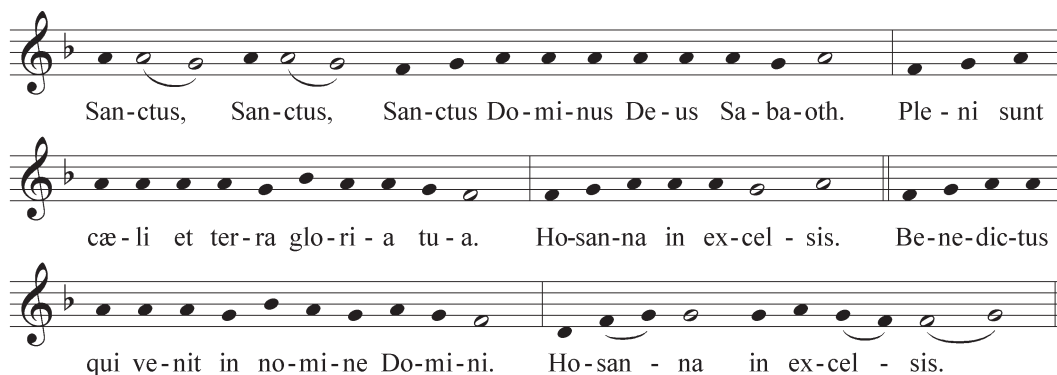
He will give his angels charge over you, to keep you in all your ways.

Psalms 91:11

SANCTUS

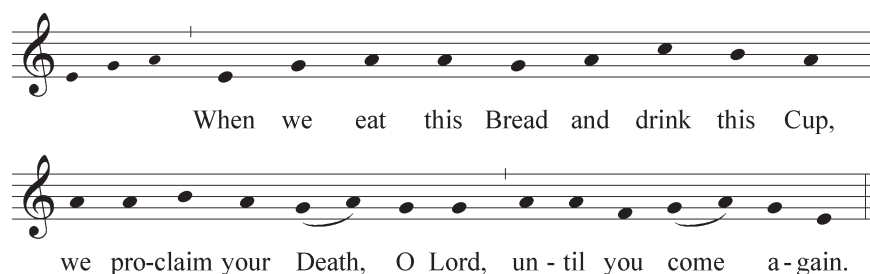
Missa Deus genitor alme

Vatican XVIII



MYSTERY OF FAITH

Roman Missal



AMEN

Cantor, then ALL:

Christus vincit

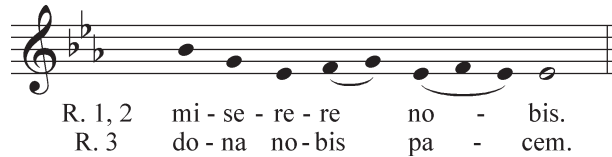


The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

Scapulis suis

Mode III

He will overshadow you with his pinions, and you will find refuge under his wings.
His faithfulness will encompass you with a shield.

Upon returning to your place after Holy Communion, please kneel or be seated.

Low-gluten hosts are distributed at the credence table near the presider's chair.

(10:00am)

Woe is me

Amner

Woe is me, that I am a stranger so long, and that I dwell in the tents of Kedar.

My soul hath too long dwelt in a strange place.

O that I had wings like a dove, then would I fly away and be at rest.

Ps. 120:4; Ps. 55:6

HYMN OF PRAISE

The glory of these forty days

ERHALT UNS HERR



St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant, The Reverend Richard J. Ward

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)
Brenda Bellamy, Children's Faith Formation (206-274-3108)
Rosanne Michaels, Faith Formation (206-654-4658)
Julianna Castro, Baptism Coordinator (206-619-0816)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)
John Marquez, Julie Sharples, Ward Johnson, Peter Burns,
Stephen Pace, sacristans (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Dr. Paul A. Thornock, Director of Music
Joseph Adam, Associate Director of Music & Organist
Stacey Sunde, Director of Youth Music
Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)
Hunt Hoffman, Hospitality and Administrative Support (206-382-4235)
Teddi Callahan, Carol DeMatteis, David Wilson,
Cathedral Kitchen (206-264-2091)

MENTAL HEALTH and WELLNESS MINISTRY

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director
Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist,
Patrick Suhrbier, Immigrant Legal Services

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)
Margaret Lynch, Wedding Office (206-382-4288)
Bev Mauser, Louise Mennella, Wedding Coordinators
Jane Mueller, Receptionist (206-654-4650)
Lee Bedard, Administrative Assistant (206-622-3559 x3971)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)
Keith Emry, Alan Frasher, Melina McCombs, Steve Raab

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8 - 10 - 12 & 5:30 pm
Weekdays 8:15 & 5:30 pm
Saturdays 8:15 & "Vigil" 5:30 pm

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Julianna Castro for information, 206-619-0816.

RECONCILIATION Saturdays, 4:00 - 5:00 pm. A communal celebration of the Sacrament of Reconciliation is celebrated four times yearly in preparation for Christmas and Easter.

MARRIAGE A formal program of marriage preparation over a period of several months is required, however, registered parishioners may begin the scheduling process 14 months in advance.

ANOINTING of the SICK A communal celebration is held twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the Parish Office for information.

FUNERALS for parishioners, contact Suzanne Lee, 206-654-4640.

CONTEMPLATIVE ECUMENICAL PRAYER, First Fridays, 6:30 pm

TOURS of the CATHEDRAL Wednesdays at 1:00 pm. Groups of 4 or more may arrange a tour by calling Corinna Laughlin, 206-264-2086.

CATHEDRAL BOOKSTORE Open 11:00 am to 3:00 pm weekdays, after Masses on weekends. Call 206-382-4500 for information

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm.
After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org

WELCOME! *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. For more information about the parish, to register, or to ask a question, visit our **Sunday Help Desk at Coffee Hour**. A Cathedral staff person will be on hand to assist you.*

ON THE COVER Expulsion of Adam and Eve from Eden. Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

PARENTS OF CFF CHILDREN It's time again for PFF, Parents' Faith Formation. This time, we'll share ideas on living Lent as a family, and spend time reflecting on the Sunday gospels. The series runs for four Sundays beginning March 5, from 11:05 – 11:50 in Room 211 of O'Dea High School. Sessions are held while your children are in their classes. It's a great way to meet other parents, enjoy coffee and donuts, and learn about your faith. *Information*, Rosanne Michaels, 206-654-4658, or rmichaels@stjames-cathedral.org.

ROSARY All are welcome to join with a group of parishioners who pray the rosary together in the Chapel, Monday through Saturday at 7:40am.

CATHOLIC HOME MISSIONS This campaign of the US Bishops funds a wide range of pastoral services including religious education, mission parishes, the training of seminarians, and ministry to ethnic groups, including African American and Native American communities. There are special envelopes for this important cause in the pews and chairs this weekend.

WELCOMING THE STRANGER IN OUR MIDST Mark your calendar for Thursday, March 9, 6:30-8:00pm, in the Mother Cabrini Room. Learn how you can share your time and talents in welcoming immigrants and refugees. At St. James Immigrant Assistance volunteers provide one-to-one tutoring in English and Citizenship Preparation, serve on our advisory board, assist with legal services, promote Elder Integration, and provide office support. *Information*, Cecilia Erin Walsh, 206-382-4511 or cwalsh@stjames-cathedral.org.

CRS RICE BOWL: ENCOUNTER INNOVATION This week, we meet the Singh family in India, where a mother and father are using innovative farming techniques to feed their family amidst a flood. How is God inviting us to think outside the box in service to others this Lent? Visit crsricebowl.org for more. Be sure to pick up your Rice Bowl if you haven't done so already.

FOR YOUR SAFETY At each of the weekend Masses a Seattle police officer or a private security guard is present on the Cathedral campus.

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Louise in Bellevue and St. Patrick in Seattle and Tacoma.*

WINTER SHELTER DONATION REQUESTS Body lotion, cough drops, shaving cream, men's razors, toothbrushes, deodorant (spray can only). Donations can be dropped off at Sunday Coffee Hour or at the Parish Office during the week. Thank you!

SCHOLARSHIP ASSISTANCE FOR CATHOLIC ELEMENTARY AND HIGH SCHOOLS Did you know that St. James has SIX elementary schools? Our Rainbow Schools are St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family in Seattle. These schools provide in-parish tuition rates for St. James parishioners. And we now support FOUR Catholic High Schools through our Simperman Scholar program: O'Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic. For the requirements and an application packet, contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org. Applications must be submitted by April 30, 2017.

LEARN MORE ABOUT ST VINCENT DE PAUL Would you like to learn more about how SVdP helps our neighbors in need in St James parish and throughout King County? Do you donate to SVdP in the monthly (third Sunday) special collection and have questions about how your money is put to good use? Have you wondered what it is like to volunteer with SVdP? Please bring your questions to the SVdP table at Coffee Hour after the 10:00am Mass this Sunday or contact Bob Clifford at 206-718-4158 or bobclifford53@gmail.com.

SUNDAY HOSPITALITY VOLUNTEERS NEEDED FROM 1PM-2PM Coffee Hour is a welcoming space in which persons experiencing homelessness and parishioners can come together to drink coffee, eat pastries, relax, and socialize. It is also a great place to learn about the array of ministries and volunteer opportunities at St. James. We are especially in need of volunteers to serve coffee and pastries and help clean up from 1pm-2pm after the Noon Mass. *Information*, Hunt Hoffman, hhoffman@stjames-cathedral.org or 206-382-4235.

THE 40 DAYS FOR LIFE CAMPAIGN of prayerful vigil in front of the Planned Parenthood facility at 20th Ave. and Madison continues from 7:00 am - 7:00 pm daily except Sunday until April 9. Participants must sign a pledge that they will not harass anyone, block the passage of anyone, or be violent in any way. If you would like to participate, sign up at www.40daysforlife.com/local-campaigns/seattle.

"WE ARE IMMIGRANTS" Take part in Immigrant Assistance's new photography project. We are taking portraits of immigrants to feature on Instagram and Facebook. No words, just faces. If you or someone you know would like to be photographed for this project, please contact Jesson Mata, 206-919-2637 or jessonlimmata@gmail.com.

IMMIGRATION UPDATE Do you have questions or concerns about immigration? Are you confused or hearing contradictory information? Come get your questions answered at this informative event. Holy Names Room, Pastoral Outreach Center, 6:30 – 8:00 pm on Tuesday March 14th. *Information*, Christopher Koehler at 206-382-4511 or ckoehler@stjames-cathedral.org

YOUTH MINISTRY

YOUTH NIGHT We'll be talking about Lent this Sunday: what it is and how this season can help us to grow into friends, daughters, sons and siblings filled with faith, love and joy come Easter. Join us in the Pastoral Outreach Center from 6:30-8:30pm this Sunday night!

QUESTIONS? Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

PILGRIM PEOPLE Are you interested in developing a practice of personal prayer this Lent and walking with others on the spiritual journey from Ash Wednesday to Easter? If so, take a look at the insert in this week's bulletin, and contact Curtis Leighton to become part of our parish's Pilgrim People young adult group.

Information, Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

MASS WITH THE SPECIAL NEEDS COMMUNITY OF THE ARCHDIOCESE OF SEATTLE All are welcome and encouraged to join in this joyful celebration, led by Catholics with special needs from across the Archdiocese of Seattle. Saturday, April 1 at 11:00am. Archbishop Sartain will preside.

THE JUVENILE JUSTICE COMMISSION is holding a half-day training on juvenile court practice, restorative justice, and peacemaking circles for anyone interested in participating in St. James' efforts to provide alternative resolutions for juveniles involved in the court system. Please join us from 9:00 am to Noon in the Cathedral Hall on Saturday, March 11, 2017. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.

Sacred Steps

SACRAMENTAL CELEBRATIONS AT ST. JAMES

CONGRATULATIONS AND GOD'S BLESSINGS to the following children, baptized in the Cathedral on Sunday, February 19: *Joseph Michael Craig, Eliana Josephine Rallanka, Wesley Panna Sheker, and Robin Dequito Smith, Jr.* We welcome with joy these newest members of the family of faith!

WE ALSO WELCOME three new Catholics, *Kenny Alokolaro, Zaldy Hidalgo and Rick Pfeil*, who celebrated the Rite of Reception Into Full Communion this past Sunday.

ATTENTION, PARENTS On March 12, 2017, Children's Faith Formation and the Youth Ministry will offer one sexual abuse prevention course to the children and youth who participate in those programs. In our efforts to protect our vulnerable population, the Archdiocese of Seattle has integrated abuse prevention material into our faith formation and youth ministry curriculum in the context of teaching our youth about our Catholic faith. To help you understand what your youth will be offered, we ask you to visit: <http://www.seattlearchdiocese.org/SEP/faithformation.aspx>. This will provide you with "Parent/ Guardian Resources," to inform you about the curriculum being used while also making available the actual lessons. As the guardian, you have the right to opt your child/youth out of this lesson. You may do so by clicking on the link "Opting Out." You will need to fill this form with your Catechetical Leader. This announcement is to notify you of our new initiative to provide abuse prevention curriculum to our youth in Faith Formation/Youth Ministry. Unless you would like to opt your youth out of this lesson you are not required to do anything. *Information*, Brenda Bellamy, bbellamy@stjames-cathedral.org or Curtis Leighton, cleighton@stjames-cathedral.org.

PRAYER PARTNERS MINISTRY *Don't be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God (Phil 4:6).* Prayer Partners is a parish ministry that allows participants to support our brothers and sisters in Christ others through prayer. This is a wonderful opportunity for those who may not have the ability to get involved in other parish activities due to health, work schedules, or other reasons. You can pray on your own time, in your own way. *Information*, Nancy Granger, 206-382-4269 or ngranger@stjames-cathedral.org.

MINDFUL ALTERNATIVE SUPPORT GROUP meets at St. James monthly on the last Saturday of the month. The next meeting is March 25 at 3pm. Join us as we grapple with how to help someone close to us, who lives with a profound mental illness, have the best quality of life and find the support services he or she needs. *Information*, Terry Proctor, 206-915-3555 or mindfulalternative@gmail.com.

ARE YOU INTERESTED IN BECOMING CATHOLIC? If you are an adult who has never been baptized, an adult who has been baptized in another Christian tradition or a Catholic who has been baptized, but not received First Eucharist or Confirmation, you are invited to participate in the RCIA, a process of initiation into the Catholic Church. You can learn more by going to www.stjames-cathedral.org/RCIA. *Information*, Kathleen McCabe, kmccabe@stjames-cathedral.org.

BABYSITTING is available for children up to four years of age on Sundays during the 10:00am and Noon Masses, during baptism preparation classes, and during special events for parents and families. The program is located in the Mother Cabrini Room on the first floor of the Pastoral Outreach Center; enter through the courtyard at Ninth and Columbia. *Information*, Suzanne Lee, slee@stjames-cathedral.org or 206-654-4640.

Archdiocesan Planning Study

Campaign planning study announcement

Over the last several years it has become apparent that the archdiocesan priest pension and post-retirement medical plans are seriously underfunded. Similarly, our women religious must rely on dwindling resources within their own communities to meet their retirement needs. In addition, parishes have their own needs to address.

At the recommendation of the Archdiocesan Finance Council and in dialogue with the Presbyteral Council, the Priest Pension Board and other leadership, Archbishop Sartain has decided to explore the possibility of a major campaign to address the retirement needs we face today and are projected to face in the future, as well as local parish needs.

This planning study is an assessment to gauge support for a major campaign to address some or all of our identified priorities. The study is being administered by outside counsel, the Steier Group, a Catholic development firm. They will survey the entire archdiocese to determine which of our needs are deemed most urgent by parishioners, and identify potential support of a major campaign.

All parishioners are invited visit the Archdiocese of Seattle's website to learn more about the study's proposed goals and participate in the study.

To participate in this important study, please go online to www.seattlearchdiocese.org and click on the "Planning Study Survey" link under the Archdiocesan Events and Activities section to learn more and provide comments. Use password: Catholic.

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Are you among the more than 5,000 who follow St. James on Facebook? It's a great way to stay abreast of current events at the Cathedral. Find us at www.facebook.com/stjamesseattle. You can also find us on Instagram at @stjamescathedral and on Twitter, @StJamesSeattle.

ARE YOU A REGISTERED PARISHIONER AT ST. JAMES? Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. *We strongly encourage you to register.* Registered parishioners receive important mailings from the Cathedral (including offering envelopes!). Registration cards can be found in the vestibule and at the welcome table in Cathedral Hall. **You can now register online! www.stjames-cathedral.org.** *If you are not sure whether or not you're registered, call the Parish Office, 206-622-3559.*

Lenten Prayer and Faith Formation Opportunities

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

PRAYING THE STATIONS is a wonderful Lenten tradition in the Church.

There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). The unique Stations of the Cross in the Cathedral are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault. *You can also pray the stations online at www.stjames-cathedral.org.*



LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour includes rosary, the Liturgy of the Hours, and the Litany of the Most Holy Eucharist.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

THE RICE BOWL PROGRAM is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard each Saturday from 4:00–5:00pm. Our communal celebrations of the Sacrament of Penance will be Saturday, April 1 at 4:00pm and Monday, April 3 at 7:30pm.

CATHOLIC 101: THE SACRED TRIDUUM Wednesday, March 29, 2017, 7:00pm, Cathedral Place, Room 1EW. Director of Liturgy Corinna Laughlin leads us on a guided tour through the great liturgies of Holy Week.

From Pope Francis' Lenten Message 2017

Lent is a new beginning, a path leading to the certain goal of Easter, Christ's victory over death. This season urgently calls us to conversion. Christians are asked to return to God "with all their hearts" (Joel 2:12), to refuse to settle for mediocrity and to grow in friendship with the Lord. Jesus is the faithful friend who never abandons us. Even when we sin, he patiently awaits our return; by that patient expectation, he shows us his readiness to forgive. Lent is a favorable season for deepening our spiritual life through the means of sanctification offered us by the Church: fasting, prayer and almsgiving. At the basis of everything is the word of God, which during this season we are invited to hear and ponder more deeply ...

Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. The Lord, who overcame the deceptions of the Tempter during the forty days in the desert, shows us the path we must take. May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need.... Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor. Then we will be able to experience and share to the full the joy of Easter.

Read the whole message at www.vatican.va

RCIA During Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for:

**Lance Bergstrom Kate Cheyne
Lynda Hardwick Mike Lowe Adriana Neagu
Yi Wang Julia Smith**

Please pick up a prayer card at the Place of Prayer in the south aisle and pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support.

The following are some important dates in the journey of our Catechumens:

RITE OF ELECTION, MONDAY, MARCH 6
We begin a season of intensified preparation by celebrating the Rite of Election. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 19, March 26, and April 2.

SATURDAY, APRIL 15, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year.

Choral Prayer during Lent

Saturday, March 18, 8:00pm

Blessed

Join resident ensemble Opus 7, directed by Loren Pontén, for a stunning concert of dramatic choral music for the Lenten season by Pacific Northwest composer Bern Herbolzheimer. This performance will feature Herbolzheimer's *Stabat Mater*; his monumental *Seven Last Words* and the deeply moving *David Mourns*, both for a cappella choir; as well as *Blessed* for women's choir and piano. This concert is featured in the Herbolzheimer Festival, a year-long celebration of the composer's musical legacy. *Information and passes*, www.opus7.org.

Friday, March 31, 7:30pm

Russian Chant Festival

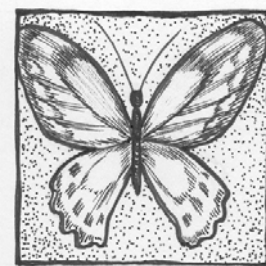
The men of Cappella Romana perform powerful chants and choral works in Slavonic that inspired the Russian orchestral masters Tchaikovsky, Rachmaninoff, and Rimsky-Korsakov. *Information and passes*, www.cappellaromana.org.

Wednesday,

April 5, 7:30pm

Metamorphosis

In a presentation by Cappella Romana and St. James Cathedral, Peter Phillips conducts his Grammy-award winning Tallis Scholars in the program *Metamorphosis*, including Renaissance masterpieces and music by modern composers John Tavener, Arvo Pärt, Igor Stravinsky, and Gustav Holst. *Information and passes* at www.cappellaromana.org.



Wednesday, April 13, 7:30pm

Office of Tenebrae

Cathedral musicians chant this office as well as excerpts from the *Leçons de Ténèbres* by François Couperin, the *Miserere Mei*, *Deus of Allegri*, and other works for this solemn occasion. Father Ryan, presider. Free will offering.

Pilgrim People

WEEK ONE: ABRAHAM AND SARAH



This Lent, about 150 parishioners are participating in small group scripture study both here at the Cathedral and in neighborhoods. Please consider joining in the prayer and study by reflecting at home! Here are some questions to reflect on this week.

- What does the term “pilgrimage” mean to you? How does it differ from simple travel?
- *Read Genesis 15:1-6.* “Abram put his faith in the Lord” (Gen 15:6). Can you think of a time when you had to simply trust, not in a particular outcome, but simply in God’s goodness?
- *Read Genesis 16:1-16.* Sarai manipulates her situation in order to provide a way for God’s plan to unfold. How do the results of her action differ from her intent? Can you think of any time in your life when you grew impatient for God’s plan to unfold and tried to take matters into your own hands? What lessons are you learning from those times?
- *Read Genesis 22:1-3.* What are your initial feelings when you read about Abraham’s willingness to sacrifice his child? If Abraham was being tested to discover his motives for being faithful, would this affect how you respond to the story?
- Is there a particular insight from studying the journey of Abraham and Sarah that is significant for you at this time in your life?

Questions adapted from Little Rock Scripture Study

SAVE THE DATE! The series will culminate with an all-parish retreat led by Helen Oesterle, Saturday, April 1, from 9am-11am.

Information,
Maria Laughlin, 206-382-4284
mlaughterlin@stjames-cathedral.org



Cathedral Blood Drive

Sunday, March 12, 2017
O'Dea High School Gym

8:30am to 2:30pm (*closed 10:30am-11:15am*)

The Perfect Lenten Gift

What could be a more personal, caring and meaningful gift than the gift of blood to someone in our community who has the need? Donating blood invites us to consider a different aspect of stewardship: the gift of ourselves in a way that is fundamental and essential to life itself.

Who needs blood?

It is very likely that someone you know at St. James has had a need for blood. People who need blood transfusions include those who have been in accidents or require surgery or chemotherapy. Often transfusions enable those receiving chemotherapy to continue with treatment. To meet the needs in our community, over 900 people must donate blood through Bloodworks Northwest every weekday.

St. James & Bloodworks Northwest

St. James has been sponsoring Lenten and Fall blood drives since 2006. Bloodworks Northwest (formerly the Puget Sound Blood Center) is always enthusiastic about our partnership in this effort, but most especially about the number of *new donors* at our blood drives. **We invite those who have not yet donated to consider donating for the first time. We ask those who have generously donated in the past to please do so again!**

Sign up at coffee hours on 2/26 and 3/5.

Or e-mail crobl@comcast.net to sign up or to find out more.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

www.stjames-cathedral.org

THE FOURTH ANNUAL St. Patrick's Day Pancake Breakfast

BENEFITING THE SOLANUS CASEY CENTER



Sunday, March 19, 2017

following the **10:00am & Noon Masses**
Cathedral Hall

You're invited to a fun
and delicious breakfast of...

Pancakes

"Irish" whipped cream

Sausages

Roast Potatoes

...all for a suggested donation of

\$7!

(\$3 for kids under 12)

There will also be a raffle with some fun Irish prizes; as well as prizes for the best "wearin' o' the green." So wear your green and join us! Skip the line! Breakfast tickets and raffle tickets will be available at coffee hour on Sunday, March 5 and March 12.

Please consider buying a ticket for a person in need!

This event is a fundraiser for our own Solanus Casey Center, with its special mission of providing referrals and basic services for homeless men and women. The last breakfast raised \$3,500. Let's beat that this year!

VOLUNTEERS ARE NEEDED!

Information, Maria Laughlin,
206-382-4284 or e-mail
mllaughlin@stjames-cathedral.org

WWW.STJAMES-CATHEDRAL.ORG



CATHOLIC 101: **THE GREAT WEEK**

WEDNESDAY, MARCH 29 at 7:00pm
Room 1EW, Cathedral Place
803 Terry Avenue

“Have you ever heard such a song
as this? - such a wealth of divine
contradiction, delirious paradox,
and childlike wisdom?”

Msgr. Robert Hugh Benson

Holy Week is the heart of the liturgical year. Corinna Laughlin, Pastoral Assistant for Liturgy, helps us prepare for these great days with a walk through Holy Week, from Palm Sunday to Easter. We'll delve into the rich history and meaning of the liturgies of Holy Week in this “guided tour.” All are welcome!

Information,
Maria Laughlin, 206-382-4284,
mlaughterlin@stjames-cathedral.org

SAVE THE DATE

The last Wednesday of each month is devoted to a refresher course in the basics of Catholic life and teaching, Catholic 101

April 26: RESURRECTION 101

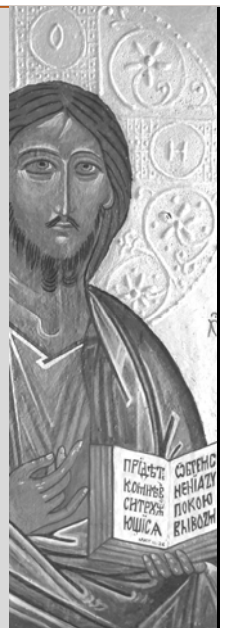
7:00pm, Holy Names Room

Theologian FATHER MIKE RASCHKO explores the question of suffering in the light of Christ's resurrection

June 28: MUSIC 101

7:00pm, Holy Names Room

DR. PAUL THORNOCK explores the basics of liturgical music, and the role it plays in the celebration of the Mass. Some singing may be involved!



Wills & Estate Planning Seminar

Wednesday, March 29, 2017 3:00pm-4:30pm OR 7:00pm-8:30pm
St. James Cathedral, Pastoral Outreach Center

Did you know that an estimated 55% of Americans do *not* have a will?

The Cathedral parish will provide a free seminar on Wills and Estate Planning on **Wednesday, March 29** from 3:00pm-4:30pm and again from 7:00pm-8:30pm. **Celeste McDonell**, Cathedral parishioner and estate planning attorney, and the **Planned Giving Office** of the Archdiocese of Seattle will offer their broad knowledge and expertise. You'll have a chance to ask questions and get good advice on what to do next. The whole session is short, simple, and to the point! You'll also receive useful materials to take home and study.

All are welcome. This session will benefit people of *all ages* and is offered with no strings attached. Please sign up by detaching the form below and dropping it in the offering basket or returning it to the parish office. Or simply RSVP to Maria Laughlin, Director of Stewardship and Development, 206-382-4284, e-mail mLaughlin@stjames-cathedral.org.

This is a FREE presentation to learn more about...

- How to prepare a will
- How to distribute your estate
- Guardianship issues
- Estate gifting techniques and tax-saving options
- Methods of increasing your retirement income
- How to leave a legacy to your parish community
- Assurance that "putting your affairs in order" is easier than you may think

RSVP Wills & Estate Planning Seminar

YES, I/we plan to attend the WILLS & ESTATE PLANNING SEMINAR
on Wednesday, March 29, 2017 in the Pastoral Outreach Center

☐ 3:00pm-4:30pm ☐ 7:00pm-8:30pm

NAME(S) _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ E-MAIL _____

Please drop this form in the offering basket or mail to:
Maria Laughlin, St. James Cathedral, 804 Ninth Avenue, Seattle, Washington 98104
You may also e-mail mLaughlin@stjames-cathedral.org or call 206-382-4284