

St. James Cathedral The Second Sunday of Lent March 12, 2017

ORDER OF CELEBRATION FOR

The Second Sunday of Lent'

INTROIT

adapt. Stratman,



GREETING

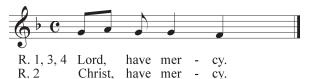
PENITENTIAL ACT

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.



DISMISSAL TO THE CHILDREN'S LITURGY OF THE WORD (Noon) OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING Genesis 12:1-4a

PSALM RESPONSE

Psalm 33

Proulx



SECOND READING 2 Timothy 1:8b-10

TRACT



GOSPEL Matthew 17:1-9

HOMILY Father Michael Raschko

DISMISSAL OF THE ELECT 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)

O nata lux Lauridsen

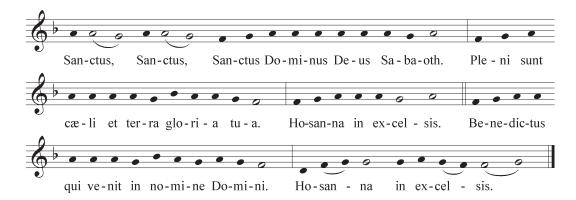
O Light born of Light, Jesus, redeemer of the world, with loving-kindness deign to receive suppliant praise and prayer. Thou who once deigned to be clothed in flesh for the sake of the lost, grant us to be members of thy blessed body.

Hymn for the Transfiguration

SANCTUS

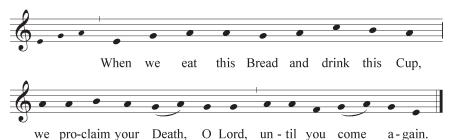
Missa Deus genitor alme

Vatican XVIII



MYSTERY OF FAITH

Roman Missal



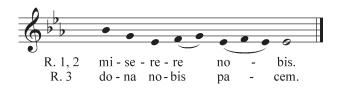
AMEN Christus vincit



The Communion Rite

LORD'S PRAYER AGNUS DEI

Vatican XVII



COMMUNION

Visionem quam vidistis

Mode I

Tell no one about the vision you have seen until the Son of Man has risen from the dead.

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)

Jesu dulcis memoria

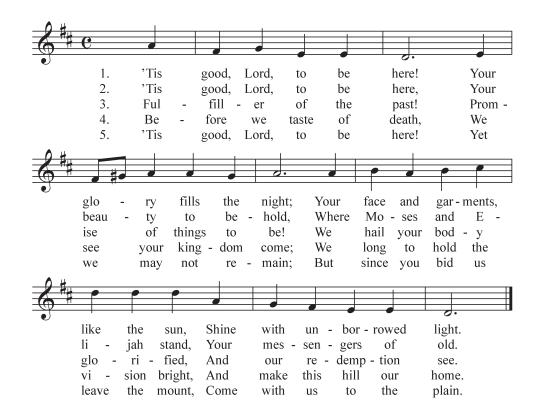
Victoria

Hide not thou thy face
Farrant

HYMN OF PRAISE

'Tis good, Lord, to be here

SWABIA



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
Glenda Caldwell, ESL Specialist; Patrick Suhrbier, Immigrant Legal
Services; Caroline Okello, Community Activation Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

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

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

TELCOME! 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 Icon of the Transfiguration of the Lord. Joan Brand-Landkamer, Cathedral iconographer.

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. We will gather 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.

NOTRE DAME WOMEN'S LITURGICAL CHOIR from the University of Notre Dame will be visiting St. James as a guest choir at the Sunday Noon Mass this weekend, March 12. Led by Interim Director Andrew McShane, they will present a prelude beginning at 11:50am and sing Offertory and Communion anthems during Mass. We welcome them to St. James during their spring tour to Seattle and Portland.

YOUTH NIGHT TONIGHT Join us for an evening of fun activities, prayer and community-building to start your week off right. Sunday night from 6:30-8:30pm in the Pastoral Outreach Center. Informatin, Curtis Leighton, cleighton@stjames-cathedral.org.

ST. PATRICK'S DAY DISPENSATION Archbishop J. Peter Sartain has granted to the faithful of the Archdiocese of Seattle a dispensation from the Lenten obligation to abstain from meat on Friday for March 17, the feast of St. Patrick. The archbishop encourages anyone who wishes to take advantage of this dispensation to abstain from meat on another day of that week, or to substitute abstinence from meat with a personal penitential act offered for the success of the proclamation of the Gospel in western Washington, in honor of St. Patrick.

YOUNG ADULT THIRD SUNDAY SOCIAL St. Patrick's Day edition! Next Sunday, March 19 after 5:30pm Mass. Come for refreshments and fellowship. All young adults are welcome! Information, Curtis Leighton, 206-264-2082, cleighton@stjamescathedral.org.

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 pray for the parishes of St. Joseph in Seattle, Tacoma, and Lynden, and St. Joseph Mission in Kalama.

OPUS 7 CONCERT-"BLESSED" On Saturday, March 18 at 8:00pm, join resident ensemble Opus 7, directed by Loren Pontén, for a stunning concert of dramatic choral music for the Lenten season by Northwest composer Bern Herbolsheimer. This performance will feature Herbolsheimer's Stabat Mater; his monumental Seven Last Words; the deeply moving David Mourns; as well as Blessed. This concert is featured in the Herbolsheimer Festival, a year-long celebration of the musical legacy of Bern Herbolsheimer. Information and passes, www.opus7.org.

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. Pastoral Outreach Center, Holy Names Room, 6:30 – 8:00 pm on Tuesday, March 14. Can't make it? Join us via Facebook Live, where you can submit and have your questions answered during the event. *Information*, Christopher Koehler, 206-382-4511 or ckoehler@stjames-cathedral.org

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@stjamescathedral.org. Applications due by April 30.

"WE ARE IMMIGRANTS" Take part in a new photograph project for Immigrant Assistance. 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.

PRAYER PARTNERS MINISTRY 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.

visited a woman who had been hospitalized with a respiratory illness after inhaling cleaning chemicals used in her job. She asked for our help because she could not pay her rent after missing work, without pay, while she recovered. Your assistance helped keep a roof over her head while she pursued a worker's compensation claim for lost wages and medical benefits. Your support made this possible—thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

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.

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 TALLIS SCHOLARS IN CONCERT Wednesday, April 5 at 7:30pm, 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*, www.cappellaromana.org. Sure to sell out.

SUNDAY HOSPITALITY VOLUNTEERS NEEDED FROM 1PM-2PM Coffee Hour is a welcoming space in which parishioners and neighbors 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@stjamescathedral.org or 206-382-4235.



ENCOUNTER LENT
ENCOUNTER OURSELVES
ENCOUNTER OUR NEIGHBORS
ENCOUNTER OUR GOD

This week, we encounter
Evelina in Zambia as she
and other mothers in her
community learn new
ways to provide
nutritious meals for their
families. How do we
ensure that those who
are hungry have not only food but true
nourishment?



- nourishment?Did you know that the CRS Rice Bowl supports CRS
- 75% of your gift supports international agricultural projects to improve farmers' harvests, water and sanitation projects to provide clean drinking water, microenterprise support for small businesses, health and nutrition projects for mothers and children, and education.

programs around the world AND right here at home?

 25% of your gift supports hunger projects and addresses poverty right here in our own community.

Contact your Cathedral CRS Ambassadors:
Marina Furtado, <u>furtadomarina@hotmail.com</u>
Joyce Mork-O'Brien, <u>jamob14@comcast.net</u>
Patrick Barredo, <u>pbarredo@stjames-cathedral.org</u>

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.

REGISTRATION FOR THE 2017 ART OF FAITH DAY CAMP for youth now open. Explore Cathedral art and make your own art using several different drawing techniques. Display your work in the Cathedral Chapel. July 17-21, 2107. For youth entering 7th through 12th grades. Information, Brenda Bellamy 206-661-5094, bbellamy@stjames-cathedral.org.

THE 40 DAYS FOR LIFE CAMPAIGN of prayerful vigil in front of the Planned Parenthood facility at 20th Ave. and Madison continues from 7:00am-7:00pm 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.

CD OF SUNDAY MASS Do you know someone who is unable to attend Sunday Mass but would appreciate staying connected by listening to the Mass on CD? Each Sunday, a faithful volunteer records and masters the 10:00am Mass, including the music, prayers, reading, and homilies. This CD is mailed at no charge to homebound parishioners and to "long-distance" parishioners around the country, along with a Sunday bulletin. If you or someone you know would like to be added to the list, contact Maria Laughlin, mlaughlin@stjames-cathedral.org or 206-382-4284.

CATHEDRAL BOOKSTORE OPEN AFTER MASS Visitors and regulars alike are invited to stop by the Cathedral Bookstore, open following each weekend Mass thanks to our volunteers. Books, rosaries, religious items, Cathedral souvenirs, and much more! The Bookstore is located in the Archbishop Murphy Courtyard just south of the Cathedral.

BAPTISM OF INFANTS & YOUNG CHILDREN (under the age of 7) is celebrated monthly at one of the weekend Masses. To prepare for this most important sacrament, parents and godparents participate in a series of classes to update their understanding of baptism, to reflect on their responsibility to guide their children in the practice of the faith, and to learn about the many ways our parish supports families. Please allow at least two months for preparation. *Information*, Julianna Castro, jcastro@stjames-cathedral.org or 206-619-0816.

ADVOCATE ON CATHOLIC ADVOCACY DAY (MARCH 16) AND BEYOND

It's not too late to sign up for Catholic Advocacy Day, which is this Thursday, March 16. Join Catholic from throughout the state as we converse with our elected officials about issues including housing. Register at www.ipic.org.

Attend a Town Hall this week! Directly with your legislators, you can raise your voice with and on behalf of poor and vulnerable people in our communities. Please consider attending the Town Hall meeting in your district:

- 11th District: Sat., March 18, 10:30am 12pm, Office of Emergency Management, Renton 37th District: Sat., March 18, 10am – 12pm,
- Rainier Beach Community Center Gym

You can ask legislators to support:

- preserving funding for the Housing and Essential Needs program;
- restoring and increasing the Temporary Assistance for Needy Families monthly grant;
- and funding the Housing Trust Fund at the highest level possible.
- House Bill 1570: Concerning access to homeless housing and assistance. This supports funding for homeless housing programs.
- Senate Bill 5407 / House Bill 1633: Concerning preservation of housing options for tenants. This supports prohibiting landlords from discriminating based on source of income.
- To read or check on a bill, go to http:// app.leg.wa.gov/billinfo/

Did you know? The federal Earned Income Tax **Credit** (EITC) is a proven anti-poverty program, returning tax dollars to poor families and individuals. It is underutilized, so please spread the word! There is a short video, at the Center on Budget and Policy's website, to describe the EITC and the impact it has for working families as part of the Get It Back Campaign. Nationwide, in 2016, more than 27 million received more than \$67 billion in EITCs. The average amount of EITC received nationwide was more than \$2,455.

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!). You can now register online at www.stjamescathedral.org. If you are not sure whether or not you're registered, call the Parish Office, 206-622-3559.

Pilgrim People

WEEK TWO: EXODUS AND ENTRY



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.

- Read Exodus 1:12b-2:10. Moses' life is preserved by God's hand, seen partly through the hands of the midwives, the hands that wove a basket, the hands that put him into the water to hide him. Who have been the hands of God in your life?
- Read Exodus 2:11-15a. Can you think of a time when God seems to have used unfortunate circumstances in your life to move you forward in your spiritual journey?
- Read Exodus 2:23-3:14. What could "I am who am" indicate about God's identity and nature?
- Read Exodus 16:4-15. What do you believe motivates he grumbling of the Israelite community? Is some of our own grumbling similar? What it is about human nature that always seems to want more?
- Read Deuteronomy 32:49-51. Have you ever had an experience of not seeing the fulfillment of a dream or a plan, as Moses did? Even falling short, were you aware of God in the process?
- If you were to offer two or three important lessons from the exodus and journey to the Promised Land, what would they be for you?

Questions adapted from Little Rock Scripture Study

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

Information, Maria Laughlin, 206-382-4284 mlaughlin@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



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

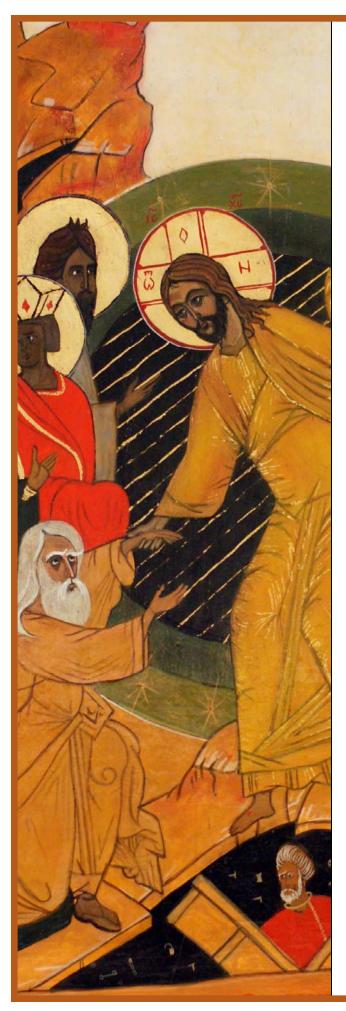
(\$3 for kids under 12)

There will also be a **raffle** with some great prizes; Irish Dance performances courtesy of Tara Academy; 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 today, March 12 after the 10am and Noon Masses. 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 and lowincome men and women. This year, there is a special need for bus passes, which cost \$36 each. The last breakfast raised \$3,500. Let's beat that this year!

LOTS OF VOLUNTEERS ARE NEEDED!

Information, Hunt Hoffman, 206-382-4235 or e-mail hhoffman@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,
mlaughlin@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 taxsaving 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

RSV	P Wills → Estate Planning YES, I/we plan to attend the WI on Wednesday, March 29, 2017 □ 3:00pm-4:30pm	LLS & ESTATE PLANNING SEMI	
Name(s) _			······································
Address _		Сіту	ZIP
Phone	E-MAIL _		
	Please drop this form in the Maria Laughlin, St. James Cathedral, 804 N	e offering basket or mail to: Ninth Avenue, Seattle, Washington les-cathedral.org or call 206-382-4284	98104

Lenten Caring for Creation Calendar



Morch 2017

SUNDAY

SATURDAY are a way to help you grow in your commitment to care for God's creation and for the poor. We invite you to Catholic Climate Covenant suggests the following spiritual reflections and sacrificial actions during Lent. They use this Lenten calendar creatively in your preparation for Easter. THURSDAY TUESDAY MONDAY



Wednesday reminds u ncarnate Jesus Himsel y on how you've inters tion and all people, esp	Ash Wednesday reminds us that "[we] are dust and to dust [we] shall return." These words teach us that, like the incarnate Jesus Himself, we are a part of God's creation and in constant interaction with the earth. Reflect today on how you've interacted with God's creation, and how you can cultivate a better relationship with God, creation and all people, especially the poor this Lent.	dust [we] shall return." These words teach us that, like ation and in constant interaction with the earth. Reflect nd how you can cultivate a better relationship with Goo	` `	2 Join the 10,000+ people and organizations working to care for creation and the poor by taking the <u>St. Francis Pledge.</u>	"This, rather, is the fasting that I wish." - Reflect on Isaiah 58:1-9 and how eating less meat may be a way to fast as the Lord desires (bit <u>W/2IX9w2</u>)).	4 Talk with your pastor about ordering "eco-palms" for Palm Sunday. These palms standards and protect forests in Mexico and Guatemala (EcoPalms.org).
Embrace silence today. Turn off everything unnecessary. Reflect on God's glory in Creation: "The heavens are telling the glory of God; and the firmament proclaims his handiwork." (Psalm 19:1)	Embrace silence today. Turn off Make plans to join the People's everything unnecessary. Reflect Climate March on April 29. The on God's glory in Creation: Covenant is hosting a free lobby "The heavens are telling the training the day before. More glory of God; and the info: bit ly/2m2NZEQ firmament proclaims his handiwork." (Psalm 19:1)	Calculate your carbon footprint. Minimize disposables at home. Understanding which activities Use cloth napkins. Wipe up with are carbon-intensive allows you a dishcloth instead of paper to know where you can take towels. Replace loofahs with action. (http://bti.ly/1Xlc/pa) washcloths.		eries	eal as iving. All ims and inse of ant.org/D	11 Sign up to receive the Covenant's Earth Day toolkt and share it with your pastor. CatholicClimateCovenant.org /EarthDay)
12 In prayer today thank God for the beauty of creation. Reflect on Psalm 148 and share with someone what you learned.	13 Purchase more thoughtfully and question your need before question your need before bying. Use alternative giff giving that benefits creation and the poor, like CRS' Gift Catalog. (bit byZIOIICQ)	15 Use your thermostat well. Keep Check out the "Teachings and your home cooler in the winter Resources" page on the and warmer in the summer. Covenant's website. Covenant's website. Covenant's website. An output of the "Teachings and "Teachings and the "Teachings and		16 When driving obey the speed Ilmit. Every 10 mph in speed reduces fuel economy by 4 mpg.	Minimize disposables at work. Use a mug for coffee and water. Carry funch in reusable food containers. Use reusable cutlery instead of plastic.	Celebrate Spring! Plant a native tree, shrub, flower, or grasses, or support tree-planting in other places. Plant a tree for only \$1. (http://bit.ly/2mg7gv7)
Reclaim the Sabbath as a day of rest. Reflect on how you can honor the Lord's Day more intentionally. Consider reading Marthew Sleeth's book, 24/6: A Prescription for a Healthier, Happier Life.	20 21	<u>ب</u> و	Travel without flying. If you Consider composting your food must fly, balance out the carbon waste, returning nutrients to the impact by purchasing offsets . soil. Learn about composting. Prevent one ton of greenhouse by your trip. (NativeEnergy.com)		24 As you fast from meat today, consider vegan dishes for Easter Sunday. (stfancisalliance.com/copy-of: recipes)	At 8:30pm, join millions of people around the world who will be switching off all lights for one hour to commit to global climate action and mindful energy use.
26 Reflect on Pope Francis. "mercy to Earth message" and consider how you can be more merciful to creation and the poor. bit (NOSPETSVG)	26 Reflect on Pope Francis: "mercy Make your journeys more to Earth message" and consider environmentally friendly today. how you can be more merciful Could you combine two trips? to creation and the poor. Garpool rather than driving solo. (bit.lu/2bFEXG) Bike, walk, or take public stransit.	28 Tum off lights that you're not using. Shut off the lights as you leave a room.	Give your dishwasher a rest: run Wash laundry in cold water and it only when full and skip the hang it to dy to save energy an energy intensive drying cycle. Inoney. Read more here: Just open the door to dry. Application	Р	31 Talk to your pastor about him giving a creation care homily around Earth Day (April 22). Send your pastor the Covenant's homily helps. (bit.ly/2).599xu)	ng a creation care homily your pastor the Covenant's

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CO TE					Invite one of the Covenant's Catholic Climate Amba s speak to your parish, school, place of work, or other community. Find an ambassador in your area: CatholicClimateCovenant.org/Ambassadors	Invite one of the Covenant's Catholic Climate Ambassador to speak to your parish, school, place of work, or other community. Find an ambassador in your area: CatholicClimateCovenant.org/Ambassadors
"The environment is God's gift to everyone, and in our use of it we have a responsibility towards the poor, towards future generations, and towards humanity." (Benedict XVI, Caritas in Veritate, n. 48)	The average family uses 40 gallons of water a day in showers in the US. Set a 5-minute timer for your shower today and consider installing an EPA certified shower kead to reduce your water consumption. (bit I/V/2IMixSIX)	Consider the cost of buying water in disposable plastic bottles to both your pocketbook and the environment.	Write to your local newspaper. Always print hewspaper. Writing a letter to double-sided. Put your next the editor has effects beyond present in a reusable gift bag. your local community. Legislators see LTEs as important barometers of constituents' interest. (http://bit.ly/2kU/mqo)	Save paper: always print double-sided. Put your next persent in a reusable gift bag. I always print cecipt when you buy ligher. Samething. Save paper: always print beging organic. Grow your consider how you can consider how you can present in a reusable gift bag. I always and garden without toxic continue your efforts to care chemicals. Leave grass for creation and the poor. Start a Creation Care Team in something. Catholic Climate Covenant or grass higher. Catholic Climate Covenant or grass always print and cut your grass continue are community.	Begin spring gardening by going organic. Grow your lawn and garden without toxic chemicals. Leave grass clippings and leaves on the lawn and cut your grass higher.	With Lent coming to an end, consider how you can continue your efforts to care for creation and the poor. Start a Creation Care Team in your community. (Catholic Climate Covenant or g/CCI)
Reflect and pray on Pope John Paul II's teaching on congressional representative creation, "Peace with God the is home for a "state work Creation." Google the title to find it. Petition policy makers. Your congressional representative congressional representative work congression." Sea up a meeting to period." Set up a meeting to creation." Google the title to find it. Petition policy makers. Your congressional representative work congression	Petition policy makers. Your congressional representative is home for a "state work period." Set up a meeting to educate him/her about the responsibility to care for creation and the poor.	Keep in touch after Lent. Follow Catholic Climate Covenant on Facebook and Twitter.	Be aware of how much food you discard. Eat leftovers and you discard. Eat leftovers and wasting food. Holy Thursday: Reflect on your discard. Eat leftovers and hope Benedict XVI's message avoid wasting food. Good Friday: Meditate on the holy Saturday: Remember your dispatch and the wonder wood of the cross, on which wonder of the world. Throwing away food is like Peace. "If You Want to stealing from the table of Cultivate Peace, Protect Come, let us worship." 4ho your dispatch and the wonder of water. Thank God for this peace who are poor and creation." Google the title. Come, let us worship." and children, which all reveal god's love.	Holy Thursday: Reflect on Pope Benedict XVI's message for the 2010 World Day of Peace: "If You Want to Cultivate Peace, Protect Creation." Google the title.	Good Friday: Meditate on the Holy Saturday: Remember mystery of love: "Behold the your Baptism and the wonde wood of the cross, on which hung the Savior of the world. gift and ask God to help you Come, let us worship." better care for God's gifts and children, which all reveal God's love.	Holy Saturday: Remember your Baptism and the wonder of water. Thank God for this gift and ask God to help you better care for God's gifts and children, which all reveal God's love.

equilibria. I think especially of those areas affected by climate change, which not infrequently causes drought or violent flooding, which then lead to food crises in different parts of Easter Sunday: "On this glorious day, 'let the earth rejoice, in shining splendor,' even though it is so often mistreated and greedily exploited, resulting in an alteration of natural the world." (Pope Francis, "Urbi et Orbi, Easter 2016") Take some time today to reflect on all of the activities that you have performed during Lent, and how they have brought you into greater harmony with God's plan for creation and

continue to cultivate a relationship with creation and act in deeper harmony with it Take this as an opportunity to read or reread Laudato Si', Pope Francis' Easter Monday: Hopefully this Lent is just the beginning of a life-long journey to care for creation and care for the poor. As we begin the Easter season, encyclical on creation. Pray with slowly over many days. (http://bit.ly/1Gi1BTu)

Be sure to complement reflection with action. Get involved in one or more of Catholic Climate Covenant's free programs, like the Feast of St. Francis or consider starting a Creation Care Team. More information on all our free programs and resources can be found on our website. www.catholicclimatecovenant.org



Catholic Climate Covenant"
Care for Creation. Care for the Poor.