



ST. JAMES CATHEDRAL
The First Sunday of Lent
February 18, 2018

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

Vatican XVII



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 9:8-15

PSALM RESPONSE

Psalm 25
Guimont



Your ways, O Lord, are love and truth to



those who keep your cov - e - nant.

SECOND READING

I Peter 3:18-22

TRACT

Stratman

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

GOSPEL

Mark 1:12-15

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE ELECT AND CANDIDATES (10:00)

Draw us in the Spirit's tether
Friedell

PROFESSION OF FAITH

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

All BOW

and by the Holy Spirit was incarnate
of the Virgin Mary, and became man.

All STAND UPRIGHT

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,

and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

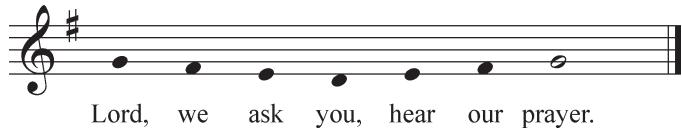
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic
and apostolic Church.

I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

Litany of Saints



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

I have lifted my eyes up unto you, who dwell in the heavens.
Behold, as the eyes of servants look to the hands of their master,
and as the eyes of a maid-servant to the hands of her mistress,
so do our eyes look unto the Lord our God until he have mercy on us. (Psalm 122:1-3)

Psalm 122: Ad te levavi

Palestrina

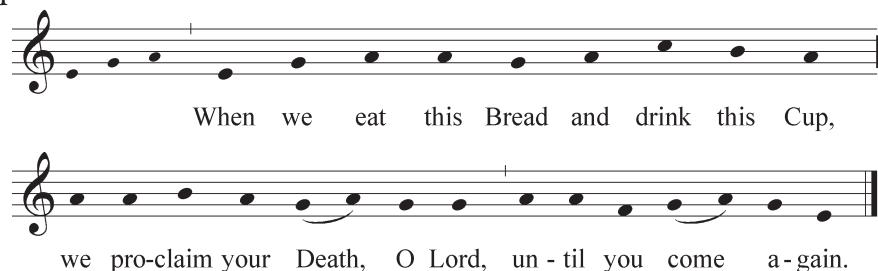
SANCTUS

Missa Deus genitor alme
Vatican XVIII



MYSTERY OF FAITH

Roman Missal



AMEN

Cantor, then ALL:

A - men, A - men, A - men.

Christus vincit

LORD'S PRAYER

AGNUS DEI

Vatican XVII

R. 1, 2 mi - se - re - re no - bis.
R. 3 do - na no - bis pa - cem.

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. (Ps. 91:4-5)

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)

Christus factus est
Anerio

For our sake, Christ was obedient, accepting even death, death on a cross.

God therefore exalted him and gave him a name excelling all others. (Philippians 2:8-9)

HYMN OF PRAISE

The glory of these forty days
ERHALT UNS HERR

1. The glo - ry of these for - ty days We
2. A lone and fast - ing Mo - ses saw The
3. So Dan - iel trained his mys - tic sight, De
4. Then grant that we like them be true, Con -

cel - e - brate with songs of praise; For Christ, by whom all
lov - ing God who gave the law; And to E - li - jah,
liv - ered from the li - on's might; And John, the Bride - groom's
sumed in fast and prayer with you; Our spir - its strength - en

things were made, Him - self has fast - ed and has prayed.
fast - ing, came The steeds and char - i - ots of flame.
friend, be - came The her - ald of Mes - si - ah's name.
with your grace, And give us joy to see your face.



Looking for meaning this Lent?



What is Alpha?

Alpha is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge.

- If you're new to the parish and want to get to know your fellow parishioners, Alpha is for you.
- If you want to go deeper in your faith, Alpha is for you.
- If you know someone--a friend, a family member, a spouse--who wants to talk about life's big questions, invite them to join you for Alpha!

Alpha originated in London, England, and now runs in churches, bars, coffee shops, and homes all over the world. Alpha has around ten sessions and includes food, a short talk, and time to share thoughts and questions.

You're Invited!

Starting February 20, 2018
Tuesday nights, food at 6:30pm

Bring a friend with you who might want to explore the Christian faith

St. James Cathedral
Holy Names Room
907 Columbia Street
Seattle, WA 98104

RSVP 206-382-4284
mlaughlin@stjames-cathedral.org
www.stjames-cathedral.org/alpha



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

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)

Joseph Adam, Director of Music & Cathedral Organist

Stacey Sunde, Director of Youth Music

Marjorie Sunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Hunt Hoffman, Hospitality and Administrative Support (206-382-4235)

Cathedral Kitchen: Teddi Callahan (Director), Carol DeMatteis,

Keith Emry (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

STEWARSHIP 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 (206-622-3559)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)

Alan Frasher, Melina McCombs, Steve Raab, David Wilson

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, VISITORS! 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. Be sure to stop by the **Cathedral Bookstore** after Mass for a wide selection of Cathedral souvenirs as well as Catholic books and gifts.

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

ON THE COVER *The Sacrifice of Noah*. Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

CATHOLIC HOME MISSIONS This weekend we will be taking up our annual collection for 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.

NO YOUTH NIGHT TONIGHT There will be no Youth Night this Sunday evening. Enjoy the long Presidents' Day Weekend!

THIRD SUNDAY SOCIAL Join other young adults after the Sunday evening Mass for refreshments and light appetizers in the Rectory Parlors. The parlors are located across the courtyard on the south side of the Cathedral near the bookstore.

ST VINCENT DE PAUL THANKS YOU for your donations to the special collection taken for SVdP on the third Sunday of the month. Without your support, we could not provide material aid to residents of St James parish who call the SVdP Helpline (206-767-6449). For many of you, it is truly a sacrifice to drop a dollar or more in the SVdP collection basket or to donate to SVdP online at the Cathedral website. We know it is important to you to help our neighbors in need, whose deep gratitude we accept on your behalf during every home visit we make. In the past 12 months, your donations took us on nearly 650 visits in our parish, funding our aid to more than 900 people – thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

A WEEKLY TIP ON CARING FOR OUR COMMON HOME

An average U.S. home receives as much as 40 pounds of junk mail a year. You can cut down on the clutter and help the environment by registering (for a small fee) with the Data & Marketing Association to reduce the amount of junk mail you receive. Go to <https://dmachoice.thedma.org/register.php>.

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. Bernadette in Seattle, Our Lady of Lourdes in Seattle and Vancouver, and the mission of Our Lady of Lourdes in Wilkeson.

APPLICATIONS FOR CATHOLIC SCHOOL SCHOLARSHIPS

SCHOLARSHIPS St. James supports SIX Catholic Elementary Schools in Seattle: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family Bilingual. These schools provide in-parish tuition rates for registered St. James parishioners. We also support FOUR Catholic High Schools (O'Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic) through the Simperman Scholar program. Contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org for requirements and an application packet for the 2018-2019 school year. Completed applications must be submitted by April 30.

NEW! NAMI FAMILY & FRIENDS SEMINAR

Saturday February 24, 9am – 1pm, Holy Names Room, 907 Columbia Street. NAMI Family & Friends is a free, 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition.

Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition. *To register contact NAMI Seattle Program Manager Katie Mahoney, katie@namiseattle.org or 206-783-9264*

ADDRESSING TRAUMA AND BUILDING RESILIENCE

Cabrini Ministry Training, St. James Mental Health & Wellness Ministry and the Archdiocese of Seattle invite you to attend this workshop for caregivers interested in building strong communities. Saturday, February 24, 9am-2pm, Isaac Orr Center, 910 Marion Street. Presented by Avery Haller and Sierra Quintana, Bastyr University MPH candidates. This event is free and open to the public and is offered in partnership with the Archdiocesan Office of Discipleship.

PILATES AT SAINT JAMES CATHEDRAL Thursday, March 8, 4:15-5:15pm, Holy Names Room. This class taught by parishioner and certified Pilates teacher Jenny Dailey classes will be held once a month on second Thursdays Pilates heals old injuries and helps to correct postural imbalances. Bring a mat if you have one; some will be provided. Free and appropriate for all ages. *Information, Nancy Granger, ngranger@stjames-cathedral.org or 206-382-4269*

YOUNGER ONSET ALZHEIMER'S RESEARCH & EDUCATION DAY Wednesday, February 21, 10:30am-3:00pm, Shoreline Center, 18500 1st Ave NE. Were you or a loved one diagnosed with Alzheimer's before age 65? You are not alone! Attend this free event offered by UW Medicine Memory and Brain Wellness Center. *Information, Mari Becker 206-744-2017 or mbecker1@uw.edu.*

VAN DRIVER NEEDED Our Sunday van ministry is an important outreach to senior parishioners who would not be able to get to 10:00am Mass on Sunday if it weren't for our drivers. It's a simple but important way to reach out to some of our senior parishioners! **Right now we have a need for just one driver on the fourth Sunday of the month.** All training provided; background check required. *Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.*

HAVE YOU DRIFTED AWAY FROM YOUR CATHOLIC FAITH? Do you have a desire to return to your faith, and to the sacraments? Come join our Cathedral Welcome Back team for a single session. We'll listen to your needs, and offer ways you can deepen your understanding of your own Catholic faith whether in the context of a daytime group, an evening series, or even an individual meeting. Single sessions will be Monday afternoon, March 12, from 3:00–4:30 pm, OR Monday evening, March 12, from 7:00–8:30 pm., in Cathedral Place, 803 Terry. *Information, Rosanne Michaels, rmichaels@stjames-cathedral.org, or 206-654-4658.*

WINTER SHELTER WISH LIST Thank you to all of you who support the St. James Winter Shelter, as volunteers and as benefactors! This week, we are requesting cough drops and spray deodorant. Donations can be brought to Sunday Coffee Hour or to the Parish Office.

Join a pilgrimage of prayer

From February 28-March 8, some 254 Cathedral parishioners and choristers will join Father Ryan on a pilgrimage to Florence, Siena, Assisi, and Rome. Father Ryan and the pilgrims will be praying for our entire parish community each step along the journey, and especially at each of the six pilgrim Masses.

Please join in this pilgrimage of prayer by submitting your own prayer intention online. All intentions will be included in a book that will be carried along and placed near the altar at each Mass celebrated along the way.

Visit www.stjames-cathedral.org and submit your intention by February 27.



Sacred Steps

SACRAMENTAL CELEBRATIONS AT ST. JAMES

REST IN PEACE Please pray for the repose of the souls of *Charles (Chuck) Holmes, Jr., Prescilio Credo, and Margaret Jernberg.*

CONGRATULATIONS AND GOD'S BLESSINGS to the following children, baptized in the Cathedral on Sunday, February 11: *Shinji Byer, Arlo Sverre Gordon-Maclean, Charlotte Marie Grondal Waller, Elsie Marie Krijger, Fendall James Lyon, Nicolas Wen Marriott, Benjamin Norman Martin, and Logan Valen Sebastian Olanday.* We welcome with joy these newest members of the family of faith!

Lent 2018 at St. James Cathedral

Dear Friends,

Whether it comes early or late, Lent always has a way of sneaking up on me. This year it's neither early nor late, but it has still caught me unawares. Happily, there are six weeks to get over my surprise and get used to it! And there are plenty of good things to fill up those six weeks, plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something great. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

This Lent, some 250 of you will be joining me on a pilgrimage to Florence, Siena, Assisi, and Rome. Whether you are coming along, or staying at home, let us be united in prayer during those eight memorable days. I invite you to submit your own prayer intentions online so that we can take them with us and pray for you each step of the way, and especially at the different Masses we celebrate in holy places along the way. Let's make this a true pilgrimage of prayer for our whole parish community!

Another possibility for making this Lent a meaningful one: consider taking part in our Alpha program, which begins February 20. Alpha is a wonderful opportunity to explore life and the Christian faith over a meal, in an open and engaging conversation. Each of us knows someone who might be open to exploring issues of faith. This could be someone who was raised Catholic but who no longer practices; or it could be someone with no little or no faith background at all but who might be interested in doing some searching; it could even be your spouse or 'significant other!' Think about who this might be and then consider inviting that person to come along with you. What better way to explore faith than in the company of sincere, open-minded people over a meal?

Other Lenten prayer possibilities might include extending your family prayer at meal times, taking some time each day to read and reflect prayerfully on the Gospels; attending Vespers and Benediction of the Blessed Sacrament

on Sunday afternoons; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in the Lenten Holy Hour on Friday evenings.

Still one other wonderful opportunity for prayer this Lent is the "adoption" of one of our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). "Adoption" means that you will take it on yourself to pray for that person in a special way all during Lent. Prayer cards will be available in the north aisle of the Cathedral, each one with the name of one of our Elect. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something everyone can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world—the hungry, the homeless, the hopeless—than by tasting, even in a small way, their cup of suffering?

ALMSGIVING. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles—the spiritual equivalent of strutting about the gym—if it is not related to reaching out to others. And again this year the Church offers you the perfect way to do just that. The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Father Michael G. Ryan

Lenten Prayer and Faith Formation Opportunities

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, inspired by the work of 20th-century French artist Georges Rouault.



LENTEN ADORATION ON FRIDAY EVENINGS

Each Friday during Lent, we will have an hour of Exposition of the Blessed Sacrament following the 5:30pm evening Mass. It is a time for silent prayer in the presence of Christ, lasting until 7:00pm. Stay for the whole prayer or drop in for a few minutes.

HOLY HOUR DURING LENT This year, we will have our regular First Friday Holy Hour on Friday, March 2 at 12 Noon, with rosary and Liturgy of the Hours. *Please note that we will not have weekly noontime Holy Hours on the Fridays of Lent this year – instead, we will have an hour of adoration after the 5:30pm Mass on the Fridays of Lent so that more people can participate.*

PARISH PILGRIMAGE TO ITALY

More than 250 Cathedral parishioners will be joining Father Ryan on pilgrimage to Rome. You are invited to submit prayer intentions online (visit www.stjames-cathedral.org/pilgrimage). Your intentions will be prayed for at all the holy places visited along the journey. You can also take a “virtual” pilgrimage by following us on Facebook or Instagram!

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, March 10 at 4:00pm and Monday, March 19 at 7:30pm.

ALPHA, beginning February 20, is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge. If you’re new to the parish and want to get to know your fellow parishioners, Alpha is for you. If you want to go deeper in your faith, Alpha is for you. If you know someone—a friend, a family member, a spouse—who wants to talk about life’s big questions, invite them to join you for Alpha! Enjoy food, a short talk, and time to share thoughts and questions. *Information, www.stjames-cathedral.org/alpha.*

Choral Prayer during Lent

Saturday, February 17, 8:00pm

The Road of Mercy

Opus 7 presents a program of choral music for the Lenten season, which includes Benjamin Britten’s great masterpiece, *Cantata Misericordium*. A dramatic retelling of the parable of the Good Samaritan, it compels us to show mercy to our neighbor. *Information and passes, www.opus7.org.*

Friday, February 23, 8:00pm

Rome Pilgrimage Concert

The Cathedral Choir and Jubilate! Young Women’s Ensemble offer Italian audiences a flavor of the music-making in Seattle. Join us for this send-off concert. *Information and passes, www.stjames-cathedral.org/music.*

Friday, March 16, 2018, 8:00pm

Moody: The Akathistos Hymn

Rev. Dr. Ivan Moody, British composer, conductor, and Orthodox priest, returns to direct his stunning setting of the 6th-century hymn to the Mother of God, composed expressly for Cappella Romana. *Information and passes, www.cappellaromana.org.*

Saturday, March 17, 8:00pm

Evolution of Chant

The Byrd Ensemble explores motets based on chant from Thomas Tallis’s *Loquebantur variis linguis* to American composer Eric Whitacre’s *Sainte-Chapelle*. *Information and passes at www.byrdensemble.com.*

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: Clayton Hatridge — Johnna Jones — Khoi Nguyen — Jason Wayne



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:*

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 4, March 11, and March 18.

From Pope Francis' Message for Lent 2018

The Church, our Mother and Teacher, along with the often bitter medicine of the truth, offers us in the Lenten season the soothing remedy of prayer, almsgiving and fasting.

By devoting more time to prayer, we enable our hearts to root out our secret lies and forms of self-deception, and then to find the consolation God offers. He is our Father and he wants us to live life well.

Almsgiving sets us free from greed and helps us to regard our neighbor as a brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! How I would like us, as Christians, to follow the example of the Apostles and see in the sharing of our possessions a tangible witness of the communion that is ours in the Church! For this reason, I echo Saint Paul's exhortation to the Corinthians to take up a collection for the community of Jerusalem as something from which they themselves would benefit. This is all the more fitting during the



Lenten season, when many groups take up collections to assist Churches and peoples in need. Yet I would also hope that, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God Himself. When we give alms, we share in God's providential care for each of His children. If through me God helps

someone today, will He not tomorrow provide for my own needs? For no one is more generous than God.

Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbor. It revives our desire to obey God, who alone is capable of satisfying our hunger.



URGENT

Life & Religious Liberty at Risk!

The Washington State House of Representatives is expected to vote soon on SB 6219 that would mandate abortion coverage in insurance plans in our state. The Catholic Bishops of Washington strongly oppose this bill because it would promote abortions while violating the constitutionally-protected conscience rights of individuals, churches, businesses and others.

Email your representatives and urge them to protect conscience rights by opposing SB 6219. No person should be compelled to do something contrary to his or her individual conscience.

Contact Your State Representatives TODAY:

Go to the Action Center of the Washington State Catholic Conference (WSCC): www.thewssc.org and click on the “Join Our Advocacy Network” link. You can also call 1-800-562-6000 and leave a message for your representatives.

Make a Difference – Protect Conscience Rights

Lenten Evenings of Reflection

MONDAY EVENINGS, 7-9PM
PASTORAL OUTREACH CENTER, ST. JAMES CATHEDRAL

FEBRUARY 19: LAURIE CASSIDY, PH.D.

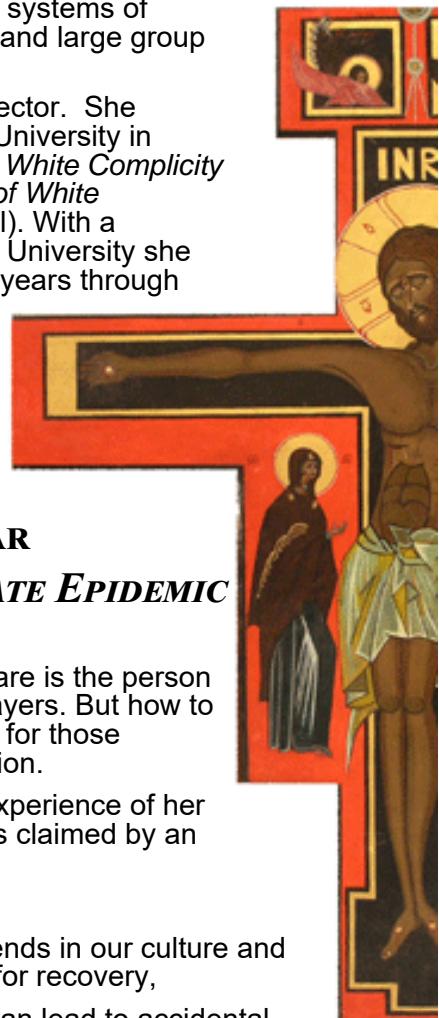
BUILDING THE CITY OF GOD DESPITE INTERNALIZED OPPRESSION

Frightening current events give an urgency to building the City of God! For Jesus the Kingdom of God is not the result of our strategic planning, building or accomplishment. We will explore how American cultural norms can reduce discipleship into a "spiritual way" of accomplishing more and being more productive on behalf of building the Kingdom of God. At our collective moment in history we may be invited to allow the "transformation of our minds" (Romans 12:2) to challenge our images of discipleship and heal from all forms of internalized oppression. With insights from Ignatius of Loyola and John of the Cross we will explore how we surrender to God's Love emerging in history to enact new patterns of relationship beyond systems of oppression. The evening will bring together input, quiet reflection and small and large group sharing.



LAURIE CASSIDY, PH.D. is a theologian and spiritual director. She chaired the religious studies department at Marywood University in Scranton, PA. Cassidy's latest book is *The Scandal of White Complicity in U.S. Hyper-Incarceration: A Non-Violent Spirituality of White Resistance* (co-authored Alex Mikulich and Margie Pfeil). With a master's degree in Christian Spirituality from Creighton University she has ministered in the area of spirituality for the past 30 years through spiritual direction and retreats in the U.S.

Her teaching and research explore how Christian mysticism can be a resource for personal and social transformation.



FEBRUARY 26: MELISSA WEIKSNAR

ACCOMPANYING OUR LOVED ONES CAUGHT IN THE OPIATE EPIDEMIC THROUGH THE STATIONS OF THE CROSS

Our communities are struggling with prescription opiate misuse addiction. Rare is the person who has not been impacted by a loved one with addiction and needs our prayers. But how to pray for them? We will use the Stations of the Cross as a vehicle for praying for those suffering -- directly or indirectly -- from the epidemic disease of opioid addiction.

Ms. Weiksnar will share how the epidemic has hit home through the tragic experience of her 20-year-old daughter Amy, a Boston College nursing student, whose life was claimed by an overdose.



The evening will be a time to learn:

- The facts about the disease of addiction, current trends in our culture and community, options for treatment, and the realities for recovery,
- How prescription drug abuse and opioid addiction can lead to accidental death,
- How the illness and deaths affects all members of our community,
- How community prevention is a vital component of the solution

MELISSA WEIKSNAR has been using her daughter's story to educate about how addiction can impact any family. She is the author of *Heroin's Puppet -Amy (and her disease)* and *It's Not Gunna Be an Addiction*. She most recently worked at the Center for Adolescent Substance Abuse Research at Boston Children's Hospital.

Parish Pilgrimage 2018

The parish pilgrimage is coming right up, February 28-March 8. Whether you're joining Father Ryan and the Cathedral Choir in Italy, or undertaking a vicarious pilgrimage here at home, you are invited to join in some of the fun events we have planned to get us ready for Italy!



Lecture: *The Age of the Saints*

Wednesday, February 21, 2018, 7:00pm, Cathedral Hall
Father Mike Raschko provides historical background into the holy places and shrines we'll encounter on the pilgrimage, including stories of the great reformers Dominic and Catherine, Francis and Clare. "All the way to heaven is heaven, because Jesus said, 'I am the way.'" (St. Catherine of Siena). No charge; all are welcome!

Concert: *Rome Pilgrimage Farewell*

Friday, February 23, 2018, 8:00pm
Joseph Adam, Organist, the Cathedral Choir, Jubilate! Young Women's Ensemble and a large group of St. James pilgrims travel to Florence, Siena, Assisi, and Rome for ten days of concerts, Masses, and exploration of holy sites. Along the way, the choirs will sing works by composers associated with these churches. The choirs will also perform works from their standard repertoires and offer Italian audiences a flavor of the music-making in Seattle. Join us for this send-off concert! *Information and passes*, www.stjames-cathedral.org/music.

Pray along with the pilgrims

Let's make the pilgrimage a journey of prayer for the entire parish community! You are invited to submit prayer intentions online (visit www.stjames-cathedral.org/pilgrimage). All intentions will be recorded in a book which will be carried on the pilgrimage and placed at the altar at each Mass along the way. You can also take a "virtual" pilgrimage by following St. James Cathedral on Facebook or Instagram!



Information,
www.stjames-cathedral.org/pilgrimage

ROME PILGRIMAGE CONCERT

CATHEDRAL CHOIR & JUBILATE YOUNG WOMEN'S ENSEMBLE



Florence
San Lorenzo



Siena
San Domenico



Rome
St. Ignatius



Rome
St. Paul Outside the Walls

Rome
St. Peter's Basilica



Assisi
St. Francis

FRIDAY, FEBRUARY 23, 2018 AT 8:00PM

Joseph Adam, Director of Music

Stacey Sunde, Director of Youth Music. Music of Italy by composers associated with our pilgrimage sites: Agazzari, Anerio, Marenzio, Palestrina, Viadana. Music performed liturgically at St. James Cathedral: Bruckner, Byrd, Carter, Dawson, Herbolzheimer, Mendelssohn, Tallis, and the Requiem of Maurice Duruflé (Clint Kraus, organist).

Suggested donation: \$18 • Advance passes available online www.stjames-cathedral.org/music

St. James Cathedral • 804 Ninth Avenue • Seattle • 206-382-4874 • musicoffice@stjames-cathedral.org



إن تحريري مرتبط بتحريركم

Second Annual Catholic **Immigration Summit**

My liberation is bound up with yours

Join fellow Catholics as we share our immigrant journeys – old and new – and discern where we go together from here. Check-in begins at 8:30 am. The day concludes with mass with Bishop Mueggenborg in the Chapel of St. Ignatius at 3 pm. Lunch, refreshments and parking are provided at this free event. Registration is required.

Saturday, March 10, 2018

9 am - 4 pm | Seattle University | Campion Ballroom

Register by March 6 at seattleu.edu/ictc

For questions: Chris Koehler (c.koehler@stjames-cathedral.org) or Joe Cotton (joe.cotton@seattlearch.org)



Share the Journey [#sharejourney](#)

For more information on #sharejourney, visit seattlearchdiocese.org/stj/
This Share the Journey event is co-sponsored by:



ARCHDIOCESE
OF SEATTLE

CATHOLIC COMMUNITY SERVICES
CATHOLIC HOUSING SERVICES
OF WESTERN WASHINGTON



Intercommunity
Peace & Justice Center

St. James
Immigrant Assistance

SEATTLEU
CAMPUS MINISTRY
INSTITUTE FOR
CATHOLIC THOUGHT AND CULTURE

THE FIFTH ANNUAL St. Patrick's Day Pancake Breakfast

BENEFITING THE SOLANUS CASEY CENTER



Sunday, March 18, 2018
following the 10:00am MASS
Cathedral Hall

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

**Pancakes ★ "Irish" whipped cream
Sausages ★ Roast Potato Hash**
...all for a suggested donation of

\$10!
(\$6 for kids under 12)

This fun annual event is a fundraiser for our own Solanus Casey Center, with its special mission of providing referrals and basic services for homeless and low-income men and women. **This year, there is a special need for bus passes, which cost \$36 each. Let's try to raise enough to distribute 100 bus passes!**

There will also be a **raffle** with some great prizes; Irish dance courtesy the young dancers of **Tara Academy**, as well as prizes for the best St. Patrick's Day outfits (children and adults!). So wear some green and join us! **Skip the line: Breakfast tickets and raffle tickets will be available at coffee hour on Sundays, March 4 and 11 after the 8am and 10am Masses. Please consider buying a breakfast for a person in need.**

MANY VOLUNTEERS ARE NEEDED!
Information, Hunt Hoffman, 206-382-4235
or e-mail hoffman@stjames-cathedral.org

CARBON FAST FOR LENT | February and March 2018

FROM THE ST. JAMES CATHEDRAL CARE FOR CREATION COMMITTEE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ash Wednesday reminds us to be faithful in action even when no one is paying attention. If we were all living in harmony with the rest of God's Creation, especially when no one is looking, our households, our churches, and our society would also be transformed. <i>These tips have come from a number of sources, including Washington Interfaith Power and Light, Earth Ministry, the University of Notre Dame's Office of Sustainability and the St. James Cathedral Care for Creation Committee.</i>	14 ASH WEDNESDAY Remove one light bulb (without creating an unsafe situation) or unplug one light. Live without its light for the next 40 days. This will decrease your energy use and act as a reminder of your Lenten Carbon Fast.	15 Refrain from using bottled water. 200 billion plastic water bottles are consumed worldwide every year – about 31 bottles for every person on the planet.	16 Avoid eating meat today and every Friday during Lent. Choosing meat-free meals is a powerful choice you can make to reduce your carbon footprint. Day of Abstinence	17 Reduce plastic and paper waste by bringing reusable bags to get groceries or other shopping.		
18 FIRST SUNDAY OF LENT Find the most environmentally friendly way to get to the Cathedral today (walk, bike, bus or car share). Remember, carpooling helps you to get to know your fellow parishioners better!	19 Turn down your thermostat by at least one degree. Aim for 68 degrees during the day and 60 degrees at night during the winter. Turn the heat down when you leave home.	20 Make an effort to have zero food waste at home. Take only the amount of food that you will eat.	21 Unplug the chargers for your cell phone and laptop when you leave your home or office today to minimize vampire energy. Many electronics and appliances continue to draw power even when they are off.	22 Minimize disposables today. Bring a reusable mug to a coffee shop (you might even get a discount!). Use silverware rather than plastic utensils.	23 Clean a room in your house today. Find out what's recyclable and make sure to recycle everything you can! Day of Abstinence	24 Plant trees or shrubs next to your house. This cuts down on cooling costs in warm weather.
25 SECOND SUNDAY OF LENT Refresh your memory regarding which items your city or town allows for curbside recycling. Start adding items to your bin that you normally haven't recycled. Remind your family, friends and co-workers to recycle.	26 It's Monday! Challenge yourself to drink only water today. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.	27 Take a shower rather than a bath. Showers use less water than filling a bathtub, but remember to keep it short. Even a 5-minute shower uses almost 13 gallons of water!	28 Put out some bird food. Birds will almost certainly find it wherever the location. Enjoy the gift of these and other creatures on God's Earth.	March 1 Pray and fast today. Join with others around the world who pray and fast for the environment on the 1st of each month.	2 Stop unwanted junk mail to save trees, cut down on carbon emissions, and to reduce waste. Look into these websites: www.donotmail.org www.41pounds.org www.dmachoice.org Day of Abstinence	3 Purchase more mindfully today. Every dollar you spend is a statement about the kind of world you want and the quality of life you value. Buy wisely, asking yourself: <i>Do I need this & do I need it now? Was it made sustainably? Is it worth the money?</i>

CARBON FAST FOR LENT | March 2018

FROM THE ST. JAMES CATHEDRAL CARE FOR CREATION COMMITTEE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 THIRD SUNDAY OF LENT When driving long distances, make sure to use cruise control in your car. You could increase your mileage by 15%.	5 Check your car today to see if it needs any maintenance. A car that is well maintained will have better mileage and a longer lifespan. And check your tire pressure. Low tire pressure means high energy/fuel consumption.	6 Save paper today! ◆ Print on both sides of paper. ◆ Use hand dryers rather than paper towels in the restrooms.	7 Don't leave taps running excessively, especially when brushing your teeth or washing dishes. If you have children, teach them to do the same.	8 Air dry your clothes and let your dryer rest. Dryers consume a lot of energy and shorten the lifespan of your clothes.	9 Pick up at least one piece of litter today and dispose of it properly.	10 Use Recycled Content – if you buy paper or paper towels, make sure they're made from recycled materials.
11 FOURTH SUNDAY OF LENT Think about the environment Jesus lived in and how it affected his ministry. Reflect on examples of Jesus drawing on his environment for illustrations and inspiration.	12 When boiling or heating water on the stove, use a pan with a lid. Only use as much water as you need.	13 Only charge electronics when the battery is in the red (under 10% - 20% left) and charge to full. Unplug the charger when you're finished.	14 Clean or replace your home's air filter as recommended. Replacing a dirty furnace filter can save 15% of the energy used.	15 Check windows and doors for drafts with a ribbon or feather. If it flutters, put in a request for maintenance to seal the leaks. Sealed doors and windows save energy and money.	16 Keep your windows shut during the winter and close your blinds at night to help capture heat.	17 Combine your errands when leaving your home. By combining your errands into a single outing, you will save time and reduce the amount of gas your car consumes driving back and forth.
18 FIFTH SUNDAY OF LENT Reflect prayerfully on the fact that the richest 20% of the world's population consumes 80% of its resources, while 80% of the population has to make do with the remaining 20%.	19 Recycle batteries, light bulbs, and printer cartridges in proper receptacles.	20 Replace all incandescent light bulbs with CFLs or LEDs. Replacing one incandescent saves hundreds of pounds of climate pollution a year.	21 Plug all chargers into a powerstrip and turn the powerstrip off when you leave your home. Many electronics draw power even when the item is turned off.	22 Save energy by turning off your TV, computer, or tablet today. Read a book instead.	23 Have a "Buy Nothing Day" today - or all weekend.	24 Celebrate Spring! Take a walk to appreciate the Earth's natural beauty. Greet your neighbors with a smile. Listen to the birds, look at the trees, and feel the rain or sun on your face.
25 PALM SUNDAY Read the <i>Canticle of the Sun</i> by St. Francis of Assisi and reflect on it with friends and family.	26 Run the washing machine with only full loads on the "cold/cold" setting. Washing clothes in cold water uses half the energy and gets them just as clean as using hot water.	27 Change the settings on your computer so it hibernates automatically if you haven't used it in 15 minutes.	28 Turn off lights that you aren't using. You can put reminders on your switch plates!	29 HOLY THURSDAY Before you walk out your door to go to the Cathedral for Holy Thursday Mass, don't forget to bring your Rice Bowl to support our brothers and sisters throughout the world who face hardship and oppression.	30 GOOD FRIDAY Think about the role of our church in its local environment. Could our community better care for Creation and the environment?	31 HOLY SATURDAY Replace the bulb/light from Ash Wednesday with a more efficient bulb/light. Just as the Light of the world appeared, let this light serve as a reminder that you too are making a difference!
1 EASTER SUNDAY: The Resurrection of the Lord Take some time today to reflect on all of your Lenten activities , and how they have brought you into greater harmony with the Earth and with all life. Conclude your Carbon Fast by making a personal pledge to serve God and serve others by pursuing a more sustainable way of life. "Jesus' appearance changed the world. His disciples were being asked: speak truth to power, love your enemies, but most of all love God and your neighbor. This was a new way of being in relationship. Today's seemingly 'impossible appearance' is that humans are changing the climate. This calls for a new way of being in the world."					<p><i>These tips have come from a number of sources, including Washington Interfaith Power and Light, Earth Ministry, the University of Notre Dame's Office of Sustainability</i></p>	

ST. JAMES CATHEDRAL PARISH

We are the cathedral for the Catholic Archdiocese of Seattle and its Archbishop, The Most Reverend J. Peter Sartain. We are also a parish church for a vibrant faith community with a long history that reaches back to Seattle's early days.

We are an inner-city parish with an outreach to many who live on the edge of poverty and loneliness. We are a diverse community that welcomes, accepts, and celebrates the differences we all bring. We exist in the heart of the city, yet sometimes our parishioners come from considerable distances to worship here.

St. James Cathedral is a crossroads where ideas and challenges both old and new are explored in the light of the Gospel of Jesus Christ.

Our cathedral is also the center for many cultural and ecumenical events which both reflect and help to shape the fabric of a vital metropolitan community.

Above all, St. James Cathedral is a community of prayer.

