



ST. JAMES CATHEDRAL
Eighth Sunday in Ordinary Time
February 26, 2017

ORDER OF CELEBRATION FOR

The Eighth Sunday in Ordinary Time

RITE OF RECEPTION INTO FULL COMMUNION (10:00am)

FAREWELL TO THE ALLELUIA (Noon)

PRELUDE

(Noon)

Meditation

Macmillan

“Prelude and Fugue” from *Symphony*, op. 5

Barié

ENTRANCE

Sing praise to God

MIT FREUDEN ZART



1. Sing praise to God who reigns a - bove, The
2. What God's al - might - y power has made, His
3. Then all my glad - some way a - long, I
4. Let all who name Christ's ho - ly name, Give



God of all cre - a - tion, The God of power, the
gra - cious mer - cy keep - ing; By morn - ing glow or
sing a - loud your prais - es, That all may hear the
God all praise and glo - ry; All you who own his



God of love, The God of our sal - va - tion;
eve - ning shade His watch - ful eye ne'er sleep - ing;
grate - ful song My voice un - wea - ried rais - es;
power, pro - claim A - loud the won - drous sto - ry!



With heal - ing balm my soul he fills, And ev - ery faith - less
With - in the king - dom of his might, Lo! all is just and
Be joy - ful in the Lord, my heart, Both soul and bod - y
Cast each false i - dol from its throne, The Lord is God, and



mur - mur stills: To God all praise and glo - ry.
all is right: To God all praise and glo - ry.
sing your part: To God all praise and glo - ry.
he a - lone: To God all praise and glo - ry.

PENITENTIAL ACT

Missa de angelis

Vatican VIII



Have _____ mer - cy on us.

GLORIA

Missa de angelis
Vatican VIII

Presider Gloria in excelsis Deo.
Choir *Et in terra pax hominibus bonæ voluntatis.*

Glory to God in the highest,
and on earth peace to people of good
will.

ALL 
Lau-da - mus te.

We praise you,

Choir *Benedicimus te.*

we bless you,

ALL 
A-do-ra - mus te.

we adore you,

Choir *Glorificamus te.*

we glorify you,

ALL 
Gra-ti-as a-gi - mus ti - bi prop-ter mag-nam glo-ri-am tu-am.

we give you thanks
for your great glory,

Choir *Domine Deus, Rex cælestis, Deus Pater omnipotens.*

Lord God, heavenly King,
O God, almighty Father.

ALL 
Do-mi-ne Fi-li u-ni-ge-ni-te Je-su Chri-ste.

Lord Jesus Christ,
Only Begotten Son,

Choir *Domine Deus, Agnus Dei, Filius Patris.*

Lord God, Lamb of God,
Son of the Father,
you take away
the sins of the world,
have mercy on us;

ALL 
Qui tol-lis pec-ca-ta mun-di, mi-se-re - re no-bis.

Choir *Qui tollis peccata mundi, suscipe deprecationem nostram.*

you take away the sins of the world,
receive our prayer;

ALL 
Qui se-des ad dex-te-ram Pa-tris, mi-se-re-re no-bis.

You are seated at the right hand
of the Father, have mercy on us.

Choir *Quoniam tu solus sanctus.*

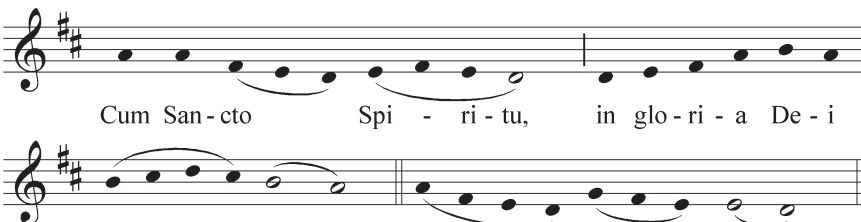
For you alone are the Holy One,

ALL 
Tu so-lus Do-mi-nus.

you alone are the Lord,

Choir *Tu solus Altissimus, Iesu Christe.*

you alone are the Most High, Jesus
Christ,

ALL 
Cum San-cto Spi-ri-tu, in glo-ri-a De-i
Pa-tris. A-men.

with the Holy Spirit,
in the glory of God the Father.
Amen.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Isaiah 49:14-15

PSALM RESPONSE

Psalm 62

Guimont



SECOND READING

I Corinthians 4:1-5

INVITATION OF THE CHILDREN (Noon)

*During the penitential season of Lent, which begins this coming Wednesday, the Alleluia is not sung.
The children are invited to come forward around the altar for the last singing of the Alleluia.
This ancient song of joy will return at Easter.*

ALLELUIA

Berthier



GOSPEL

Matthew 6:24-34

HOMILY

Father Michael G. Ryan

CALLING OF THE CANDIDATES FOR FULL COMMUNION (10:00am)

CREED

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.

ACT OF RECEPTION (10:00am)

ANOINTING WITH CHRISM (10:00am)

PRAYER OF THE FAITHFUL

Schubert



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Alleluia

Thompson

SANCTUS

Compostela Mass


Holst, adapt. Ryan



Ho - ly, Ho - ly, Ho - ly Lord God of Hosts,
heav'n and earth are full of your glo - - - ry.
Ho - san - na in the high - est, ho - san - na in the high - est.
Blest is he who comes in the name of the Lord.
Ho - san - na, ho - san - na in the high - - - est.

MYSTERY OF FAITH

Holst, adapt. Ryan



Save us, Sa - vior of the world, for by your cross and re - sur -
rec - tion you have set us free, you have set us free.

AMEN

Holst, adapt. Ryan



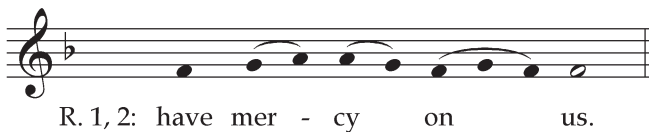
A - men, a - men, a - - - men.

LORD'S PRAYER

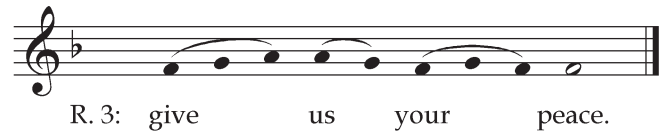
AGNUS DEI

Missa de angelis

Vatican VIII



R. 1, 2: have mer - cy on us.



R. 3: give us your peace.

COMMUNION

Primum querite
Mode VIII

Seek first the kingdom of God, and all the rest will be given to you in addition, says the Lord.

(10:00)

Let all mortal flesh keep silence
Bairstow

Let all mortal flesh keep silence, and with fear and trembling stand;
Ponder nothing earthly minded, for with blessing in his hand
Christ our God to earth descendeth, our full homage to demand.

Liturgy of St. James (5th century)

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

When you return to your place, please kneel or be seated.

HYMN OF PRAISE

Father, we thank thee
RENDEZ A DIEU

1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from
Name with - in our hearts. Knowl - edge and faith and life im -
e - vil, guard it still, Per - fect it in thy love, u -
mor - tal Je - sus, thy Son, to us im - parts.
nite it, Cleansed and con-formed un - to thy will.
Thou, Lord, didst make all for thy plea - sure, Didst give us
As grain, once scat - ter'd on the hill - sides, Was in this
food for all our days, Giv - ing in Christ the Bread
bro - ken bread made one, So from all lands thy Church
e - ter - nal; Thine is the power, be thine the praise.
be gath - er'd In - to thy king - dom by thy Son.

PROCESSION

(Noon)

"Final" from *Symphony No. 6*
Widor
"Final" from *Symphony, Op. 5*
Barié

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 North transept stained-glass window. Via, the Way. Charles Connick, artist.

FLOWERS AT THE ALTAR are offered in thanksgiving for the ministry of Father Ryan, from Lisa and Michael Forbes.

CHILDREN'S PROCESSION at the beginning of the Noon Mass today. Meet in the West Vestibule at 11:50. Parents, please accompany very young children.

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.

THE CATHEDRAL BOOKSTORE, open after all weekend Masses, features contemporary and classic Catholic spirituality, missalettes, Bibles, children's books, rosaries, medals, and gift items. DVDs of the Christmas Mass are available for a short time. Also, stop by and take a look at our titles for Black History Month.

MUSIC FROM MEDIEVAL SPAIN THIS WEEKEND At the Sunday 5:30pm Mass on February 26, a group of singers led by instrumentalist Shira Kammen will sing music from the late 14th-century manuscript *Llibre Vermell de Montserrat*, "Red Book of Montserrat." The songs in the book are devotional prayers to Mary that were sung by pilgrims who kept watch at night in the church of the Blessed Mary of Montserrat. Shira will play a medieval bowed string instrument called a *vielle*, which was a precursor to the modern violin.

SEATTLE PRO MUSICA CONCERT Saturday, February 25 and Sunday, February 26, 8:00pm. In our current climate of conflict and division, Seattle Pro Musica presents a concert on the theme of compassion and tolerance, expressing the desire of humankind to seek social justice and peace. This program centers on Bernstein's beloved *Chichester Psalms* for choir, harp, organ and percussion. This will be paired with James MacMillan's deeply moving *Cantos Sagrados* on Latin American liberation theology poetry, addressing contemporary issues of political repression and the disappearances of political prisoners in Latin America. *Information and passes*, www.seattlepromusica.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 remember in prayer the parishes of Holy Disciples in Puyallup and St. Yves Mission in Harmony.*

TRAINING FOR PREPARES VOLUNTEERS

PREPARES, which stands for Pregnancy and Parenting Support, is a partnership with Catholic Community Services and other Catholic agencies. In this new ministry, teams of parishioners will provide unconditional, safe and nurturing care to pregnant women and needy families through a child's 5th birthday. PREPARES puts in action our Catholic teachings, calling us to respect all human life and to observe a preferential option for the poor. Our next volunteer training session has been scheduled for Tuesday, February 28 from 6:00 to 9:00pm in the Pastoral Outreach Center at 907 Columbia. *Information and registration*, Suzanne Lee slee@stjames-cathedral.org or 206-654-4640.



ST VINCENT DE PAUL THANKS YOU We visited a man who was recently released from prison after serving a long sentence. While there, he was taught to crochet. It is now his favorite pastime, and the handiwork he showed us displays skill, artistry and joy. All the hats, scarves, toys for children and other items the prisoners crocheted were donated to charity. Now this man dreams of “giving back” by continuing to help others, even while he struggles to adjust to life outside prison walls. All he needed from SVdP was a little help with rent, and your support made that possible – thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

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.

“I WAS SICK AND YOU CARED FOR ME” We are building a team of volunteers to bring communion to patients at Swedish Hospital. This is a wonderful and meaningful ministry in which you have the privilege of bringing Christ to the sick, and encountering Christ in them. Volunteers will serve 1-2 times per month for about two hours. You do not need to be an experienced communion minister to join the team--all training will be provided. Please attend an upcoming information session: Thursday, March 2 at 2:00pm in Cathedral Place, Room 1, or Sunday, March 5 at 11:15am in the Cathedral Chapel. *If you are interested but cannot attend one of the information sessions, please contact* Corinna Laughlin, claughlin@stjames-cathedral.org, or 206-264-2086.

YOUTH MINISTRY

OSCAR PARTY Come enjoy popcorn, prizes and the 89th Academy Awards with other Cathedral youth this Sunday. The watch party will begin at 5:30pm in the Fireside Room, on the ground floor of the Pastoral Outreach Center, and will run until approximately 9pm. Stay for as long or as little as you are able.

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

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

OSCAR PARTY COME TAIZE PRAYER AND SIMPLE SUPPER this Friday, March 3. Join us after the communal prayer for a simple Lenten meal with other young adults in the Pastoral Outreach Center (across Columbia Street on the south side of the Cathedral).

ST. MARY'S FOOD BANK Help distribute food to those in need this Saturday, March 4, from 9am to 1pm at St. Mary's Food Bank (611 20th Ave. S.). Even if you can't stay for the whole event you are still more than welcome!

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

ENCOUNTER LENT Join the St. James community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with the Catholic Relief Services (CRS) Rice Bowl. Pick up your family's CRS Rice Bowl on Ash Wednesday or in the vestibules during Lent, and don't forget to download the CRS Rice Bowl app! May these 40 days better prepare us to encounter ourselves, our neighbors and our God.

40 DAYS FOR LIFE is an international, ecumenical, campaign of prayer to end abortion, taking place in 675 cities of 40 nations throughout the world. Participants are encouraged to engage in prayer, fasting, and community outreach, while maintaining a peaceful, prayer vigil in front of an abortion facility. The spring campaign runs from Ash Wednesday, March 1st, through Palm Sunday, April 9. In Seattle, the vigil will be held 7:00am to 7:00pm on the public sidewalk in front of Planned Parenthood at 2001 Madison. The goal is to have at least two persons engaged in prayer—not demonstrations—during each two-hour shift. A kick-off event will be held Sunday, February 26 from 2:00 to 4:00pm at the Greenlake Guest House, 1911 N. 63rd St. *Information*, www.40daysforlife.com/local-campaigns/seattle.

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.

SUNDAY HOSPITALITY VOLUNTEERS NEEDED FROM 1PM-2PM

St. James hosts a Coffee Hour in the Cathedral Hall on Sundays after the 8am, 10am, and 12pm Masses. It 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.

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.

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!

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. *If you are not sure whether or not you're registered, call the Parish Office, 206-622-3559.*

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.

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.

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.

Pilgrim People

PARISH PROGRAM FOR LENT 2017



Where will you
journey this Lent?
Where is God
calling you?

This Lent, we embark as a parish on a four-week scripture study, exploring stories of pilgrimage in the Old and New Testaments. Using resources from the renowned *Little Rock Scripture Study*, this series involves—

- **Four weekly lessons**—The Call of Abraham and Sarah, Exodus and Entry, Exile and Return, and Come, Follow Me
- **Daily personal study** of scripture, setting aside twenty minutes each day to reflect on Scripture and on reflection questions provided
- **Small-group meeting**, the heart of the program, sharing the insights from our personal prayer, reading, and reflection

Materials are available in the Cathedral Bookstore, and registration for small groups is available online. Groups will gather both at the Cathedral and in various neighborhoods—look for a group that fits with your schedule.

Even if you are unable to join in a small group, please consider joining in the daily meditation and reflection on scripture. This will be a wonderful way for us to draw together as a parish community during Lent.

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

For information and registration
www.stjames-cathedral.org

Information,
Maria Laughlin, 206-382-4284
mlaughter@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 18, 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.**

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
mlaughter@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

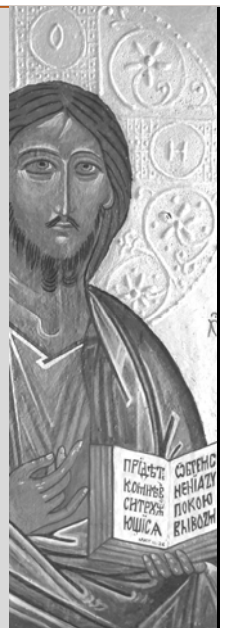
7:00pm, Holy Names Room

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

Lent 2017 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 I'm sure I'll need all six.

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.

Part one is **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.

If you haven't already done so, I urge you to consider being a part of one of our *Pilgrim People* bible study groups this Lent. The groups are offered in response to our parish survey, where so many of you asked for more chances to do Bible Study and for more opportunities to get to know one another and form relationships. This is your chance!

And here are some more possibilities: 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; joining Contemplative Prayer around the Cross on First Friday evenings; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in the Lenten Holy Hour on Friday afternoons.

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 and in the parish hall during the first few weeks of Lent, each one with the name of one of our Elect. If you take a card, (and I really hope you do), in addition to your prayer, you will be invited close to Easter time to write a card or short note telling your "adopted" friend of your prayerful support. 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!

Part two of the Lenten regimen is **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?

Part three is **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 Program 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

ASH WEDNESDAY is celebrated Wednesday, March 1. Masses are at 8:15am, 10:30am (with O'Dea High School), 12:10pm, and **6:00pm**. (Please note the start time for the evening Mass of Ash Wednesday!) All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

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.

CONTEMPLATIVE PRAYER ON FIRST FRIDAYS Mark your calendar! Our monthly prayer with music from Taizé will be on Friday, March 3 and Friday, April 7 at 6:30 pm in the Cathedral. All are invited to join in this meditative evening prayer with song, scripture, and silence.

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.

PILGRIM PEOPLE: OUR PARISH PROGRAM FOR LENT This Lent, we embark on a four-week scripture study, exploring stories of pilgrimage in the Old and New Testaments. Using resources from the renowned Little Rock Scripture Study, this series involves –

- **Four weekly lessons** – The Call of Abraham and Sarah, Exodus and Entry, Exile and Return, and Come, Follow Me
 - **Daily personal study** of scripture, setting aside twenty minutes each day to reflect on Scripture
 - **Small-group meeting**, the heart of the program, sharing the insights from our personal prayer, reading, and reflection
- Materials are available in the Cathedral Bookstore, and registration for small groups is online. Groups will gather both at the Cathedral and in various neighborhoods – look for a group that fits with your schedule. This will be a wonderful way for us to draw together as a parish community. The series will culminate with an all-parish retreat led by Helen Oesterle, Saturday, April 1, from 9am-11am. *Information, www.stjames-cathedral.org.*

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 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.

This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. 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 16, 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, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is March 1, 2017. Good Friday is April 14, 2017.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

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 ...

Dear friends, Lent is the favorable season for renewing our encounter with Christ, living



in his word, in the sacraments and in our neighbour. 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. I encourage all the faithful to express this spiritual renewal also by sharing in the Lenten Campaigns promoted by many Church organizations in different parts of the world, and thus to favor the culture of encounter in our one human family. 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

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

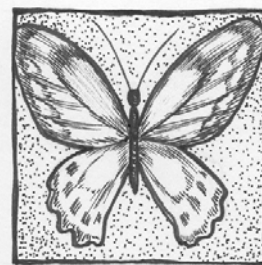
The men of Cappella Romana perform powerful chants and choral works in Slavonic that inspired the Russian orchestral masters Tchaikovsky, Rachmaninoff, and Rimsky-Korsakov. *Information and passes, www.cappellaromana.org.*

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.