

ST. JAMES CATHEDRAL
The Third Sunday in Ordinary Time
January 22, 2017

ORDER OF CELEBRATION FOR

The Third Sunday in Ordinary Time

CELEBRATION OF THE SACRAMENT OF BAPTISM (10:00am)

PRELUDE

“Andantino” from *Sonata No. 14 in C Major*

Rheinberger

(Noon)

Praeludium in E Major, BuxWV 142

Buxtehude

ENTRANCE

Lord, whose love in humble service

HYFRYDOL

1. Lord, whose love in hum - ble ser - vice Bore the
2. Still your chil - dren wan - der home - less; Still the
3. Called from wor - ship in - to ser - vice Forth in

weight of hu - man need, Who did on the Cross for -
hun - gry cry for bread; Still the cap - tives long for -
your great name we go, To the child, the youth, the

sak - en Show us mer - cy's per - fect deed;
free - dom; Still in grief we mourn our dead.
a - ged, Love in liv - ing deeds to show;

We, your ser - vants, bring the wor - ship Not of
As, O Lord, your deep com - pas - sion Healed the
Hope and health, good - will and com - fort, Coun - sel,

voice a - lone, but heart: Con - se - crat - ing to your
sick and freed the soul, Use the love your Spir - it
aid, and peace we give That your chil - dren, Lord, in

pur - pose Ev - 'ry gift save which you im - part.
kin - dles Still to save and make us whole.
free - dom, May your mer - cy know and live.

WELCOMING OF THE CHILDREN TO BE BAPTIZED (10:00am)

PENITENTIAL ACT

St. James Mass for Peace
Herbolsheimer

1, 3. Ky - ri - e e - le - i - son.
2. Chri - ste e - le - i - son.

GLORIA

Congregational Mass
Lee

ALL

| | |
|--|---|
| Glory to God in the highest, We praise you, we bless you, we glorify you, we give you thanks Lord God, heavenly King, Lord Jesus Christ, Only Begotten Son, you take away the sins of the world, you take away the sins of the world, You are seated at the right hand of the Father, For you alone are the Holy One, you alone are the Lord, with the Holy Spirit, | and on earth peace to peo- ple of good will. we a- dore you, for your great glory. O God, almighty- y Fa-ther. Lord God, Lamb of God, Son of the Father, have mer-cy on us; re- ceive our prayer; have mer-cy on us. you alone are the Most High Je-sus Christ, in the glory of God the Father, A - - - men. |
|--|---|

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Isaiah 8:23-9:3

PSALM RESPONSE

Psalms 27
Willcock

The Lord is my light and my sal - va - tion; the
Lord is my light and my sal - va - tion.

SECOND READING

I Corinthians 1:10-13, 17

ALLELUIA

St. James Mass for Peace
Herbolsheimer

Al-le-lu - ia, al-le-lu - ia.

GOSPEL

John 1:29-34

HOMILY

Father Michael G. Ryan

CREED (except at 10:00am)

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.

The Rite of Baptism (10:00am)

INTERCESSIONS AND LITANY OF SAINTS No. 827

BLESSING OF BAPTISMAL WATER

PROFESSION OF FAITH *All join in the response, I do.*

ACCLAMATION FOLLOWING EACH BAPTISM

Vulpius

SPRINKLING WITH BAPTISMAL WATER

Hurd

ENTRANCE OF THE NEWLY BAPTIZED

EXPLANATORY RITES

Anointing with Chrism, White Garment Prayer, Presentation of a Lighted Candle

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Laudate Dominum

Rheinberger

SANCTUS

St. James Mass for Peace


Herbolsheimer

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. Bles - sed is he who comes in the name of the
Lord. Ho - san - na in the high - est, ho - san - na in the high - est.

MYSTERY OF FAITH

St. James Mass for Peace

Herbolsheimer



Save us, Sav - ior of the world, for by your
Cross and Res - sur - rec - tion you have set us free.

AMEN

St. James Mass for Peace

Herbolsheimer



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

LORD'S PRAYER

AGNUS DEI

St. James Mass for Peace

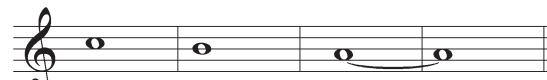
Herbolsheimer

Response 1, 2



Have mer - cy on us.

Response 3



Grant us peace. _____

COMMUNION

Venite post me

Mode VIII

"Follow me; I will make you fishers of men. Whereupon they, leaving their nets and their boat, followed the Lord.

(10:00)

O salutaris

Villette

O saving Victim, opening wide
The gate of Heaven to us below;
Our foes press hard on every side;
Thine aid supply; thy strength bestow.

Text attributed to St. Thomas Aquinas

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.

1. "Go make of all dis - ci - ples": We hear the call, O

2. "Go make of all dis - ci - ples": Bap - tiz - ing in the

3. "Go make of all dis - ci - ples": We at your feet would

4. "Go make of all dis - ci - ples": We wel - come your com -

Lord, That comes from you, our Fa - ther, In your e - ter - nal
name Of Fa - ther, Son, and Spir - it— From age to age the
stay Un - til each life's vo - ca - tion Ac - cents your ho - ly
mand; "Lo, I am with you al - ways": We take your guid-ing

Word. In - spire our ways of learn - ing Through earn - est, fer - vent
same. We call each new dis - ci - ple To fol - low you, O
way. We cul - ti - vate the na - ture God plants in ev - 'ry
hand. The task looms large be - fore us— We fol - low with - out

prayer, And let our dai - ly liv - ing Re - veal you ev - 'ry - where.
Lord, Re - deem - ing soul and bod - y By wa - ter and the Word.
heart, Re - veal - ing in our wit - ness The Mas - ter Teach - er's art.
fear. In heav'n and earth your pow - er Shall bring God's king - dom here.

PROCESSION

(Noon)

"Präludium: Maestoso" from *Sonata No. 14 in C Major*

Rheinberger

Fugue in F Major, BWV 540

Bach

St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

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

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

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

FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

LITURGY

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

MUSIC MINISTRY (206-382-4874)

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

SOCIAL OUTREACH and ADVOCACY

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

MENTAL HEALTH and WELLNESS MINISTRY

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

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

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

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

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

FACILITIES and GROUNDS

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

CELEBRATIONS of the SACRAMENTS

MASS

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

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

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

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

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

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

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

CONTEMPLATIVE ECUMENICAL PRAYER, First Fridays, 6:30 pm

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

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

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

804 Ninth Avenue, Seattle, WA 98104

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

Website: www.stjames-cathedral.org

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

FLOWERS AT THE ALTAR are offered in loving memory of Mairead Corrigan from her family.

PARENTS OF CFF CHILDREN: It's time again for PFF, Parents' Faith Formation. This time, you'll have opportunity to learn about our greatest prayer, the Mass. The series runs for four Sundays beginning January 22, from 11:05 – 11:40 in Room 211 of O'Dea High School. Sessions are held while your children are in their classes. It's a great way to meet other parents, enjoy coffee and donuts, and learn about your faith. *Information*, Rosanne Michaels, 206-654-4658, or rmichaels@stjames-cathedral.org.

ON THE SEARCH FOR ENOUGH: A MEN'S DAY OF REFLECTION Saturday, January 28, 9am – 3pm in the Pastoral Outreach Center. As the new year begins, give yourself the gift of time to sift through what's most important in life. Presenter Mike Schut will help you explore the themes of scarcity and abundance in your life commitments and relationships, and in a modern economy. Sponsored by the Ignatian Spirituality Center. **COST:** \$45 includes breakfast, snacks and lunch. Scholarships available. *Information/registration*, www.ignatiancenter.org

HOUSING AND HOMELESSNESS ADVOCACY DAY Do you passionately believe that everyone in Washington should have the opportunity to live in a safe, healthy, and affordable home? If the answer is yes, then join the Washington Low Income Housing Alliance, the St. James Housing Advocacy Committee and more than 600 advocates on February 2 in Olympia. There you will be given the tools to be an effective advocate for affordable homes and an end to homelessness, followed by an opportunity to deliver your message to lawmakers. To register, and find out about carpools, contact Patrick Barredo (pbarredo@stjames-cathedral.org, 206-382-4515). Can't make it to Olympia? You can still be an advocate! Check out wliha.org on Thursday, February 2 to find out how you can still participate by contacting your lawmaker from home or work.

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

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

YOUTH MINISTRY

YOUTH NIGHT TONIGHT Come this Sunday for an evening of community, faith and fun. If you have new toiletries or gently used winter gear to donate, bring them tonight! We'll meet in the Pastoral Outreach Center from 6:30-8:30pm.

NICARAGUA MISSION TRIP The first of six prep sessions for our July service trip to NPH Nicaragua will be Monday, January 23, 2016 at 7:00pm in the Pastoral Outreach Center. If you've expressed interest or already registered for the trip, it's important that you be there. Questions or to RSVP, contact Curtis.

SAVE THE DATE We'll be distributing coats, gloves and toiletries to those in need on Saturday, January 28 from 10am to 1pm. RSVP to Curtis to be part of the coat patrol!

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

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

TRIVIA TONIGHT! Join us this Sunday for the first edition of St. Joseph/St. James Young Adult Catholic Trivia Night. Bring your A-Game to eat, drink, and do trivia at the Chieftain Irish Pub from 7-9pm! The Chieftain is located at 908 12th Avenue, one block south of Madison St.

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

ST VINCENT DE PAUL THANKS YOU We visited a middle-aged woman who recently got her own apartment after being homeless for a long time. Lacking a high school education and having few job skills, she has spent much of her adult life being treated like she isn't worth much. But, with a new home to call her own, she had a bright smile on her face and a new attitude, saying "I'm not going to let nobody stop me!" She's now working toward her high school diploma and starting to find occasional babysitting and other short-term jobs to cobble together a small income. We helped with food and basic household items. Otherwise, she told us she will be fine because "the Lord will provide." Your support made our help possible—thank you! *Information, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com*

THREE WALKING PILGRIMAGES Jan Vallone Roberts, known for facilitating writing groups at St. James, will provide an overview of Catholic pilgrimages and discuss her recent experiences walking two sections of the Camino de Santiago in Spain and one section of the Via Francigena in Italy. This informal presentation will include many beautiful pictures and will provide information and enjoyment for those contemplating a walking pilgrimage, as well as for those who prefer armchair traveling! Sunday, February 12, 1:15 pm, Mother Mary Rose Room, Pastoral Outreach Center. Coffee and donuts will be served!

CONFRONTING PORNOGRAPHY St. James has an anonymous support group for those who want to overcome pornography use in their lives. Meetings are each Tuesday from 7:30-8:30 pm in the Pastoral Outreach Center. *Information, Curtis Leighton, 206-264-2082.*

MINDFUL ALTERNATIVE SUPPORT GROUP meets at St. James monthly on the last Saturday. The next meeting is Saturday, January 28 at 3pm. Family and friends of individuals with mental illness are invited to share ideas, resources and experiences. *Information, Terry Proctor, mindfulalternative@gmail.com or visit the website: mindfulalternative.org*

RESTORATIVE JUSTICE FOR YOUTH You can have a profound impact in the lives of teenagers charged with an offense in Juvenile Court. St. James Cathedral's Juvenile Justice Commission invites you to learn about the traditional Court process, and about a new opportunity for youth in King County to resolve criminal conflicts using Peacemaking Circles, rather than the traditional Court system. To learn how you can help, please join us, as well as speakers from both the Courts and the Peacemaking Circles, for one of three introductory information sessions in the Mother Cabrini Room on the ground floor of the Pastoral Outreach Center: Thursday, February 9, 7pm; Sunday, February 12, 1pm; and Wednesday, February 15, 2:30pm. Questions? Curtis Leighton, cleighton@stjames-cathedral.org or Patrick Barredo, pbarredo@stjames-cathedral.org.

TROUBLED MARRIAGE? HOPE IS A PHONE CALL AWAY Are you struggling in your marriage? You are not alone. *Retrouvaille* (pronounced retro-vi) has helped tens of thousands of couples worldwide, and can help you too. For confidential information, or to register for our upcoming program beginning February 10-12, 2017, call 206-706-2608 or visit our website at www.HelpOurMarriage.com.

SENDING YOUR CHILD TO A CATHOLIC ELEMENTARY SCHOOL? THERE'S HELP! Did you know that St. James has SIX elementary schools? Our Rainbow Schools include: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family in Seattle. These schools provide in-parish tuition rates for St. James parishioners. Parishioners needing financial assistance may apply for a Rainbow Schools scholarship if attending one of these schools this fall. For the requirements and an application packet, contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org. Applications must be submitted by April 30, 2017.

SENDING YOUR CHILD TO A CATHOLIC HIGH SCHOOL? THERE'S HELP! Parishioners with a child attending O'Dea, Holy Names, Bishop Blanchet, or Kennedy Catholic may apply for financial assistance from our new Simperman Scholars High School Scholarship program. For the requirements and an application packet, contact Theresa Van de Ven, 206-219-5822 or at tvandeven@stjames-cathedral.org. Applications must be submitted by April 30, 2017.

*We, though many, are
one body in Christ*
ROMANS 12:5



Sacrificial Sunday Giving 2017

"We, though many, are one body in Christ." Our giving makes possible so many of the good things that go on here at the Cathedral parish, week in and week out. Our giving allows us, in a very real way, to reach out to one another and to the poorest in our midst with love and compassion.

**RESULTS THROUGH
JANUARY 18, 2017**

Total pledges received.....873
Average pledge amount.....\$185/month
Participation goal 40%
% participation 36%
Total goal \$2,200,000
% of goal reached 88%

We still need 107 pledges to reach our participation goal. If you haven't already made your pledge for 2017, please do so TODAY!

You can also make your pledge online at www.stjames-cathedral.org

WINTER SHELTER REQUEST Over the holidays, two generous donors gifted new pillows for our Winter Shelter. (Imagine sleeping without a pillow!) In order to make our guests as comfortable as possible, we would like to provide pillowcases with the pillows. Donations of gently-used or new pillowcases can be brought to Sunday Coffee Hour or to the Parish Office. Thank you!

YOUTH MUSIC PROGRAM The spring semester of the St. James Youth Music Program has begun! Do you have a child who loves to sing or wants to learn? Choral singing is not just about music - it builds social skills, community, and cooperation in addition to making music to the glory of God. The Schola Cantorum choir, for girls and boys ages 8-13, provides the music at the noon "First Sunday Youth Celebrations," the 5:30 Christmas Eve Vigil, and various archepiscopal liturgies. Jubilate!, the Cathedral's ensemble for young women of high school age, sings regularly at the noon Mass on the third Sunday of the month as well as various special liturgies and occasional Vespers. This year, Jubilate! will sing the *Stabat Mater* by Pergolesi, with orchestra at the Good Friday Tre Ore service. New choristers are requested to complete a short interview to assess musical aptitude - to schedule an interview, please call Youth Music Program director, Ms. Stacey Sunde at 206-941-9450. There is an \$80 tuition fee assessed for each child per semester, and financial aid scholarships are available. Registration is ongoing throughout the semester - for more information or to register online, visit www.stjames-cathedral.org/music/youthmusic.

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.*

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

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.

INTRODUCING PREPARES

*This weekend, we introduce
to our parish a new ministry*



PREPARES, which stands for **Pregnancy and Parenting Support**,
is a unified effort of the Catholic community throughout Washington State.

In partnership with Catholic Community Services,
Catholic Health Care, & Catholic Schools,
St. James and other parishes will offer pregnant women and their families
unconditional, safe, and nurturing care
from pregnancy through the child's fifth birthday.

PREPARES responds to our Catholic teachings
on the preferential option for the poor and respect for human life
by training parish volunteers to walk in compassion and solidarity
with low-income families as they face the challenges
of providing a nurturing home for their children.

Looking for a way live out your commitment to life and justice?

Attend a brief information session after Mass this weekend.

Rectory Parlors after Sunday Morning Masses

Cathedral Chapel after Saturday & Sunday Evening Masses

More information, Suzanne Lee, 206-654-4640

slee@stjames-cathedral.org



MASS FOR LIFE

Monday, January 23, 2017

9:30 A.M.

Marcus Pavilion

Saint Martin's University, Lacey

Image from USCCB 2016 Respect Life Program

“Anyone who is Christian has a duty to bear witness to the Gospel: to protect life courageously and lovingly in all its phases.”

Pope Francis

Due to limited parking, all are encouraged to use buses or carpool.

Directions to campus and parking are available online at www.seattlearchdiocese.org/CFF/Resources.aspx.

For Mass details: Liturgy Office, 206-382-4878. For parking and other questions: ocff@seattlearch.org.

All are encouraged to participate in the March for Life at the Capitol Building in Olympia and to schedule a time to meet with your legislators after the March. More information at www.washingtonmarchforlife.org.

**Sponsored by the Liturgy Office • Office of Catholic Faith Formation
ARCHDIOCESE OF SEATTLE • 710 Ninth Avenue • Seattle, WA 98104**

Transportation for St. James Cathedral parishioners will be provided.

Cathedral vans will leave at 8:00AM

Information or to reserve a seat on the van,

Suzanne Lee slee@stjames-cathedral.org or 206-654-4640

Welcome Back

A CATHEDRAL PROGRAM FOR NON-PRACTICING CATHOLICS

*Come back to the Lord with all your heart!
God is gracious and compassionate,
slow to anger, rich in faithful love. Joel 2*



Have you drifted away from your Catholic faith? Are you disillusioned by what you hear about your Church? Do you desire a life filled with faith?

St. James Cathedral offers a 10-week “Welcome Back” program for Catholics out of touch with a Church that once may have been home. It’s a safe place to ask questions, learn about changes in the Church, and begin to experience a small community of faith. If you desire, we’ll help you return to the sacraments, and to becoming an active part of this faith community.

The winter program begins Monday, January 23, 2017, and continues Mondays through March. Sessions are held 7:00 – 9:00 pm in Cathedral Place, 803 Terry Avenue.

For more information, without any obligation, contact Rosanne Michaels at 206-654-4658 or rmichaels@stjames-cathedral.org.



CATHOLIC 101

Throughout the coming year, the last Wednesday of each month will be devoted to a refresher course in the basics of Catholic life and teaching.

WEDNESDAY, JANUARY 25

7:00pm—Vespers

Cathedral Chapel

7:30pm—Talk

Pastoral Outreach Center

This month's presentation explores the **Liturgy of the Hours**. Ever wondered what Lauds, Vespers, and Compline are all about? Or what the Breviary is? This is your chance to find out!

The evening will begin in the Cathedral Chapel with a sung celebration of Vespers for the Conversion of St. Paul at 7:00pm.

Then we will head over to the Outreach Center for a talk by **Andrew Casad**, Director of Liturgy for the Archdiocese of Seattle. We'll close the evening by praying Compline together.

It promises to be a dynamic and fascinating exploration (and experience!) of the Liturgy of the Hours.

All are welcome.

*Information, Maria Laughlin,
206-382-4284*

m laughlin@stjames-cathedral.org

Icon of SS Peter and Paul

Joan Brand-Landkamer, Cathedral Iconographer

Grief Support Group



Wednesdays, January 25—March 1, 2017
7:00pm-8:30pm, Mother Mary Rose Room
Pastoral Outreach Center, St. James Cathedral

Are you grieving the death of someone close to you?
Grief and loss can have a significant impact on our lives
long after the death of the person we love.

The grieving process has no timeline and is unique to each individual,
but meeting with others who are going through a similar experience
can provide support and help us cope.

You are invited to join a new 6-week grief support group
facilitated by St. James Cathedral Staff
Nancy Granger, Suzanne Lee, and Rosanne Michaels

*Information and registration, Suzanne Lee, 206-654-4640
or slee@stjames-cathedral.org*

St. James Young Adults are reading *The Spirituality of Paul*



In your 20s and 30s? Want to see how Paul's spirituality can enhance your own?

Join us for one or all of our sessions to discuss *The Spirituality of Paul* by Father Tom Tobin, SJ, professor of New Testament.

Books may be purchased on a sliding scale of \$10-\$20 while supplies last.

Contact Curtis at cleighton@stjames-cathedral.org to get you copy today!

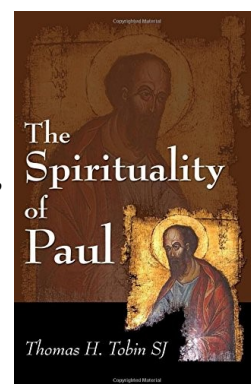
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| Session 1 | Jan. 30 | Paul's Life and "Conversion" |
| Session 2 | Feb. 13 | Paul's Experience of God and Faith in Christ |
| Session 3 | Feb. 27 | Freedom, Suffering and Hope for the Future |

— 7:00-8:30pm in the Pastoral Outreach Center —

Now I live, no longer I, but Christ lives in me. *Galatians 2:20*

From the back cover:

We know more about Paul of Tarsus than we know about any other New Testament author. During his lifetime he was also one of the most controversial figures in early Christianity. He was a Pharisee, a Christian missionary, a community organizer, and someone who was both deeply committed and highly opinionated. Tobin gives the reader an understanding of Paul as a human being as well as a sense of his faith, his vision, the major themes of his theology, and especially the overarching metaphors that lie at the root of his religious outlook.



COUNT US IN

The St. James Housing Advocacy Committee



invites you to be a part of
the 2017 "COUNT US IN"

(formerly known as the One Night Count)

All Home seeks volunteers, working in groups of 4, to count how many
unsheltered people are in every neighborhood of King County on

FRIDAY, JANUARY 27, 2-6AM

The 2016 One Night Count of unsheltered homeless people
in King County was 4,505 people,
a 19% increase from the 2015 count.

For further information or to get involved as a volunteer, visit
www.allhomekc.org.





Celebrate the Sacrament of Confirmation at St. James Cathedral

ADULT CONFIRMATION

A 10-week preparation series for adult Catholics who have been baptized but have not yet been confirmed.

This is a wonderful opportunity to reconnect with your faith, have your questions answered, and become part of a small community of other adults seeking Confirmation.

Sessions begin **Wednesday, February 22**, 6:30–8:30pm in Cathedral Place, and continue each Wednesday evening through early May.

For more information, or to register,
Rosanne Michaels, 206-654-4658,
rmichaels@stjames-cathedral.org

YOUTH CONFIRMATION

Any youth who will turn 16 by May, 2017, is eligible to participate in our 10-week Youth Confirmation Program.

Sessions will be held Thursday evenings in the Pastoral Outreach Center, 6:30–8:30pm beginning **Thursday, February 16** and continuing each Thursday evening through early May.

For more information, or to register,
Curtis Leighton, 206-264-2082,
cleighton@stjames-cathedral.org

www.stjames-cathedral.org

The Sacrament of Anointing of the Sick

A communal celebration of the Sacrament of the Anointing of the Sick will take place at St. James Cathedral on Saturday, February 11, 2017, the Memorial of Our Lady of Lourdes, at a special 10:30am Mass. Father Ryan will preside. All are welcome to attend the Mass.

What is the sacrament of Anointing of the Sick?

The sacrament of the Anointing of the Sick is one of the seven sacraments of the Catholic Church. Like the sacrament of reconciliation (confession), it is a sacrament of healing. Our understanding of this sacrament has changed with time. In the early Church it was seen as a sacrament of healing, but later it came to be known as "Extreme Unction" – literally, "last anointing" – and was not administered until death was imminent. With the reforms of the Second Vatican Council, the Church has returned to the more ancient practice with regard to this sacrament.

Who can receive this sacrament?

Catholics, both children and adults, who are *seriously ill, facing surgery, or experiencing the weakness that comes with old age* should seek this sacrament. Those with serious, chronic mental or physical illness may also receive the anointing of the sick.

What happens during the Rite of Anointing?

The Rite of Anointing will be celebrated in the context of a special Mass on Saturday, February 11 at 10:30am.

After the homily, the Liturgy of Anointing begins. The priest leads a litany in which all pray for the healing and forgiveness of the sick person, as well as for doctors, nurses, and caregivers. Then, in silence, the priest lays his hands on the head of the sick person, an ancient gesture of prayer that is used in connection with many of the sacraments, especially the Sacrament of Reconciliation and Holy Orders.

After the laying on of hands, each sick person is anointed with the Oil of the Sick (pure olive oil, blessed each year by the Archbishop at the Chrism Mass). The sick person is anointed on the forehead and then on the hands, and simple words accompany the anointing: "Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up." A concluding prayer follows, and if the sacrament takes place in the context of the Mass, the Liturgy of the Eucharist continues as usual.

No RSVP is required. *Information*, Corinna Laughlin, 206-264-2086, or e-mail claughlin@stjames-cathedral.org.

