

St. James Cathedral's Eighth Annual

# HEALTH & ENVIRONMENT FAIR



*Nurture Nature; Nurture Health*

**Sunday, March 10, 2013**

**11:00 am to 2:00 pm in Cathedral Hall**

Our health and the health of our environment are intimately connected. This year's Health Fair continues our focus on how, by being responsible stewards of one, we can also be caring and effective stewards of both.

More than twenty local health, environmental and government organizations will be on hand to demonstrate and speak to you about our health and the health of our environment, and show how those areas are connected. Join us in Cathedral Hall for a chance to collect valuable information and ask questions. Bring family and friends!

**Our exhibitors include:**

New Beginnings • American Lung Association •  
WA Poison Center • Full Lifecare • Cummins  
Chiropractic & Wellness • Massage for Seattle, Inc •  
Earth Ministry • Dental Health • NW Foot Doc • Seattle  
Tilth • Valley Medical Center • American Society of  
Consultant Pharmacists • American Diabetes Association  
• Seattle King County Public Health, Environmental  
Health Division • Mental Health Ministry •  
YWCA—Women's Wellness • and more!

*"The frog does not drink up the pond in which he lives."  
Native American proverb*

*Sponsored by St. James' Health and Healing Ministry & the Environmental Justice Group*

# ORDER OF CELEBRATION FOR *The Fourth Sunday of Lent*

SECOND SCRUTINY OF THE ELECT (Sunday 10:00am)

PRELUDE

*O man, bewail thy grievous sin*, BWV 622

Bach

## THE INTRODUCTORY RITES

INTROIT

Introit for the Fourth Sunday of Lent

adapt. Stratman



PENITENTIAL ACT

Priest Have mercy on us, O Lord.

ALL **For we have sinned against you.**

Priest Show us, O Lord, your mercy.

ALL **And grant us your salvation.**

Vatican XVII



COLLECT (OPENING PRAYER)

## THE LITURGY OF THE WORD

FIRST READING

I Samuel 16:1b, 6-7, 10-13a

RESPONSORIAL PSALM 23

Kreutz



SECOND READING

Ephesians 5:8-14

GOSPEL TRACT

Stratman



GOSPEL

John 9:1-41

HOMILY

Father Michael G. Ryan

PRAYER FOR THE CHURCH

**Come, Holy Spirit! Come to the Church in our time of need: Heal, cleanse, and renew us.  
Be with the Cardinals who will soon gather in Conclave / to elect a new leader for the Church.  
Raise up for us a prophetic leader, a humble, compassionate shepherd,  
with wisdom to read the signs of the times in the light of the Gospel.  
Come, Holy Spirit, with the wind and fire of a new Pentecost.**  
Priest: *Come, Holy Spirit, fill the hearts of your faithful,* **ALL: And kindle in them the fire of your love.**  
Priest: *You send forth your Spirit, and they are created,* **ALL: And you will renew the face of the earth.**

CREED *chanted on one tone*

(Sunday Evening)

Credo III

Presider *Credo in unum Deum,*

Schola Patrem omnipotentem factorem cæli et terræ,  
visibilium omnium et invisibilium.

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things  
visible and invisible.**

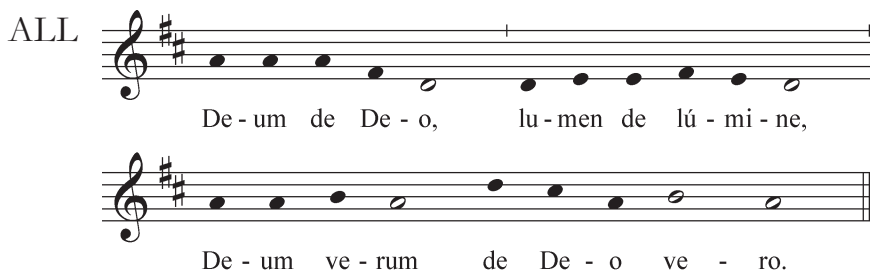
**I believe  
in one Lord Jesus Christ,  
the Only Begotten Son of God,**



**born of the Father  
before all ages.**

Schola Et ex Patre natum ante omnia sæcula.

**God from God, Light from Light,  
true God from true God,**



Schola Genitum, non factum, consubstantialem Patri:  
per quem omnia facta sunt.

**begotten, not made,  
consubstantial with the Father;  
through him all things were made.**

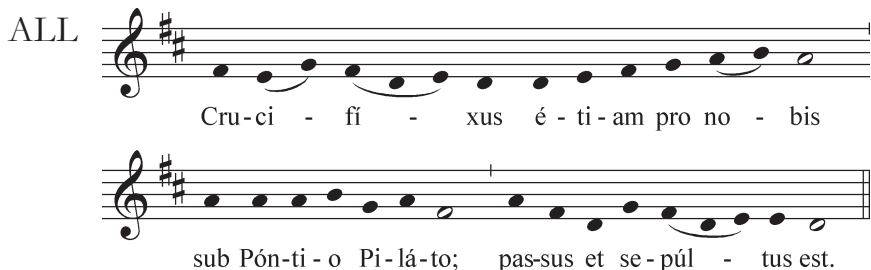


**For us men and for our salvation  
he came down from heaven,**

*ALL BOW AT THE WORDS OF INCARNATION, SUNG BY THE SCHOLA:*

Schola Et incarnatus est de Spiritu Sancto ex Maria Virgine,  
et homo factus est.

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



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

Schola Et resurrexit tertia die, secundum Scripturas.

**and rose again on the third day**

ALL

Et a - scén - dit in cæ - lum,

se - det ad déx - te - ram Pa - tris.

in accordance  
with the Scriptures.

**He ascended into heaven  
and is seated  
at the right hand of the Father.**

Schola Et iterum venturus est cum gloria,  
judicare vivos et mortuos, cuius regni non erit finis.

**He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

ALL

Et in Spí - ri - tum San - ctum, Dó - mi - num et vi - vi - fi -

cán - tem: qui ex Pa - tre Fi - li - ó - que pro - cé - dit.

**I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from  
the Father and the Son,**

Schola Qui cum Patre et Filio  
simul adoratur et conglorificatur:  
qui locutus est per prophetas.

**who with the Father and the Son  
is adored and glorified,  
who has spoken  
through the prophets.**

ALL

Et u - nam, san - ctam, ca - thó - li - cam

et a - pos - tó - li - cam Ec - clé - si - am.

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

Schola Confiteor unum Baptisma in remissionem peccatorum.

**I confess one Baptism  
for the forgiveness of sins**

ALL

Et ex - spe - cto re - sur - re - cti - o - nem mor - tu - o - rum.

**and I look forward  
to the resurrection of the dead**

Schola Et vitam venturi sæculi.

**and the life  
of the world to come.**

ALL

A - - - - - men.

**Amen.**

## SECOND SCRUTINY OF THE ELECT (Sunday 10:00am)

INTERCESSIONS

**Lord, we ask you, hear our prayer.**

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

*Come, open, Lord, the heart and earr of these Elect*  
chant

DISMISSAL OF THE ELECT (10:00am)

chant, adapt. Stratman

*Cantor: I give them life long and full, ALL: And I show them my power to save, says the Lord.*

# THE LITURGY OF THE EUCHARIST

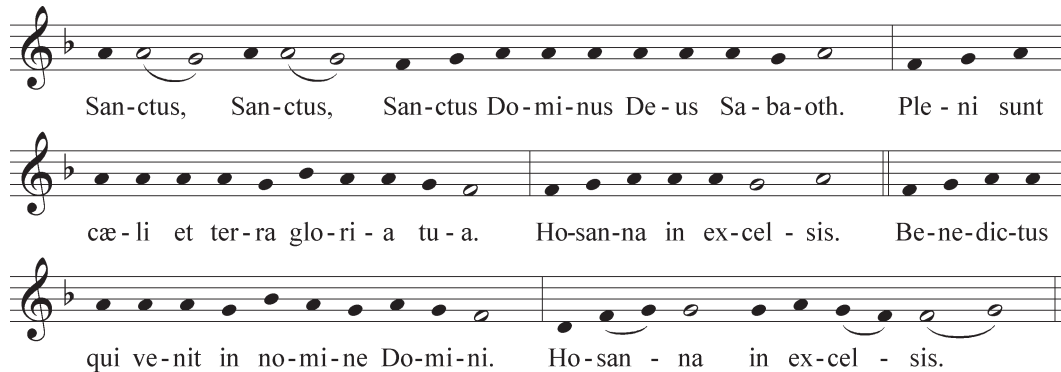
## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Jesus said to the blind man*  
Vulpius

## SANCTUS

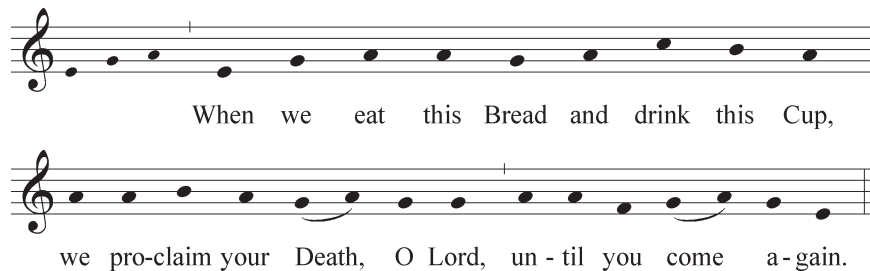
Vatican XVIII



San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt  
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus  
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

## MEMORIAL ACCLAMATION

chant, *Roman Missal*



When we eat this Bread and drink this Cup,  
we pro-claim your Death, O Lord, un-til you come a-gain.

## AMEN

chant

## THE COMMUNION RITE

### 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

The Lord made some clay with his spittle, and he spread it on my eyes;  
and I went forth, and washed myself, I began to see,  
and I put my faith in God.

(10:00)

*O radiant luminary*  
Vaughan Williams

Upon returning to your place after Holy Communion, please **kneel or be seated**.  
*Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.*

## HYMN OF PRAISE **No. 607 in Worship hymnal**

*I heard the voice of Jesus say*  
KINGSFOLD

## PROCESSION (Saturday 5:30 & Noon)

*Prelude & Fugue in C Minor, BWV 549*  
Bach

(8:00 & 10:00)

*Prelude & Fugue in C Major, BWV 547*  
Bach



# THE FIRST ANNUAL ST. Patrick's Day Pancake Breakfast

BENEFITING THE SOLANUS CASEY CENTER

**Sunday, March 17, 2013**

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

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

Pancakes  
Irish whipped cream  
Sausages  
Potatoes

*...all for a suggested donation of*  
**\$5!**

There will also be a raffle with some fun  
Irish (and not so Irish) prizes; as well as  
awards for the best "wearin' o' the  
green." So wear your green and join us!

This brand-new event is a fundraiser for our own  
Solanus Casey Center, with its special mission of  
providing Washington State IDs for homeless men  
and women. IDs cost \$45 each. Our goal is to  
provide FIFTY IDs!

*Information, Caitlin Lanigan,*  
206-382-4235 or e-mail  
clanigan@stjames-cathedral.org



[WWW.STJAMES-CATHEDRAL.ORG](http://WWW.STJAMES-CATHEDRAL.ORG)

# 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

TerryAnn Bowen, Director of Religious Education (206-382-2018)

Lita McBride, Children's Faith Formation (654-4658)

Brenda Bellamy, Children's RCIA/Confirmation (206-274-3108)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

### FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)

Brenda Bellamy, Peter Burns, John Marquez, Stephen Pace, sacristans

### MUSIC MINISTRY (206-382-4874)

Dr. James Savage, Director of Music

Joseph Adam, Organist (206-382-4597)

Dr. Clint Kraus, Associate Organist

Stacey Sunde, Director of Youth Music

Thomas Thompson, Coordinator of Special Projects

### PASTORAL CARE MINISTRIES

John Simpson, Pastoral Care Minister (206-274-3173)

Rick Martin, Interim Parish Mental Health Director (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Caitlin Lanigan (206-382-4235)

Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

### ST. JAMES ESL/MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist,

Jim Hodges, Citizenship

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)

Bev Mauser, Louise Mennella, Wedding Coordinators

### PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)

Jane Mueller, Receptionist (206-654-4650)

Lee Bedard, Administrative Assistant (206-622-3559 x3971)

### FACILITIES and GROUNDS

Tang Nguyen, Facilities Manager (206-622-3559)

### 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. Please call the parish office for an appointment.

**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 regularly. In other situations (anticipated surgery, emergency) please call the parish office.

**"TAIZÉ" ECUMENICAL PRAYER**, Fridays at 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, 206-622-3559

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

### ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104

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

Website: [www.stjames-cathedral.org](http://www.stjames-cathedral.org)

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**W**ELCOME! *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. Thanks, in part, to the generosity of visitors like you, we are able to celebrate the Church's liturgy here in a fitting and beautiful way. We are also able to offer a wide range of services to needy people living in the central district of our city.*

**OUR ELECT DURING LENT** At our 10:00am Mass you are seeing our newly Elect wear brown robes while attending Mass and other liturgies during Lent. This helps them to know, in a concrete way, that they have entered a new and significant stage in their final preparations for Easter. It also anticipates another change that will take place when they emerge from the baptismal waters at the Easter Vigil and change to white robes. Seek them out in our midst and, if possible, introduce yourself to them after Mass. Let them know you are praying for them and looking forward to Easter when they will join us at the Eucharistic table.

### NEW!!! ST. PATRICK'S DAY PANCAKE BREAKFAST

Next Sunday is our first annual pancake breakfast on St. Patrick's Day, Sunday, March 17, after the 10:00am and Noon Masses. The breakfast will benefit our own Solanus Casey Center, which provides essential services to homeless and low-income people in the downtown area. Breakfast will be \$5. Be sure to wear your green!

**LENTEN HOLY HOUR** Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour, which includes the Liturgy of the Hours, meditations, and rosary, is the perfect midday retreat!

**OPERATION RICE BOWL** Fostering Community Banking in the Dominican Republic. CRS Rice Bowl invites us to learn about the Dominican Republic this week, where CRS helps women form savings and lending communities that help them save money and access small loans for new businesses. Pray for these women who have the courage to start their own businesses, and make a contribution to your Rice Bowl to support people working to provide a better livelihood for their families. Learn more at [www.crsricebowl.org](http://www.crsricebowl.org).



**DO YOU LOVE TO SING?** You are invited to join a small festival choir which will sing at a Mass for those with Special Needs, Saturday, March 23, at 11:00am; Archbishop Sartain, presider. Rehearsal will be Monday, March 18, 6:00-7:30pm. *Information*, Music Office, 206-382-4874 or e-mail [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org).

**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. Joseph in Chehalis, Vancouver, Pe Ell, Ferndale, Issaquah, Elma, and Sequim; and the St. Joseph Mission in Kalama.*

**THE GOSPEL OF LUKE: GOOD NEWS FOR THE POOR**

It's not too late to join our parish Lenten series on the Gospel of Luke and its message of care for the poor. Presenters: Father James Eblen and Patty Bowman, Mondays during Lent, February 25 through March 25, 7:00 pm, Pastoral Outreach Center. *Information*, Patty Bowman, 206-382-4515 or pbowman@stjames-cathedral.org.

**LENTEN SMALL GROUP BIBLE STUDY** continues on the Tuesdays of Lent up to and including March 19. We will read through and reflect on passages from the Book of Job. Meetings will take place in the Holy Names Room at the Pastoral Outreach Center, Tuesday evenings from 6:30 to 8:30. All are welcome.

*Information*, John Marquez 206-654-4646, jmarquez@stjames-cathedral.org.

**DONATE FOR A CHANCE TO WIN DINNER AND A SHOW** Donate to the St. James ESL Program by March 31 for your chance to win a dining gift card to FX McRory's and a ticket for 2 to any show at the Unexpected Productions Theater in Pike Place Market. Suggested donation is \$35. Four winners will be notified on April 5. Your donation will help St. James ESL continue to help low-income refugees and immigrants to learn English, become citizens and connect to community resources. Find out more at [www.stjames-cathedral.org/ESL](http://www.stjames-cathedral.org/ESL). *Information*, Mali Main, mmain@stjames-cathedral.org or 206-382-4511.

**CATHEDRAL SCHOLARSHIPS FOR RAINBOW SCHOOLS STUDENTS** Our parish has a scholarship fund to assist families in meeting the financial obligation involved in sending their elementary school age children to any one of the Rainbow Schools (Sts. George, Edward, Paul, Theresa, and Joseph). Applications are available for the 2013-2014 school year. Families are required to be registered in our parish, have Sacrificial Giving and Annual Catholic Appeal pledge cards on file (whether able to make a monetary pledge or not), and be active in the parish in some capacity. Applications are due by April 30. *Information*, TerryAnn Bowen, 206-382-2018, tbowen@stjames-cathedral.org

**LENTEN PRAYER PARTNERS FOR THE ELECT** Now is the time to "adopt" one of our Elect as they prepare to celebrate the sacraments of Baptism, Confirmation and Eucharist. You are asked to pray every day for him/her asking for God's blessings and guidance. Also, notes and cards will be collected during Holy Week to be given to the Elect before Easter. Prayer Partner cards are available at the place of prayer located at the Baptismal Font where you can also learn more about each of them in our Book of the Elect. Prayer Partner cards are also located in the bookstore and in Cathedral Hall during Sunday morning hospitality. You can also meet our Elect by going to our parish website: [www.stjames-cathedral.org](http://www.stjames-cathedral.org). Your prayers make a difference!!! *Information*, TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org.

**ARE YOU INTERESTED IN LEARNING MORE ABOUT THE CATHOLIC CHURCH AND/OR BECOMING CATHOLIC?** You are invited to participate in the RCIA, a process of initiation into the Catholic community of faith. It is a process which encompasses the study of Scripture, Catholic teaching, and Christian values—the development and deepening of a life of prayer and action—all with the support and involvement of the parish community. You can learn more by going to [www.stjames-cathedral.org/RCIA](http://www.stjames-cathedral.org/RCIA). A new inquiry session will begin Wednesday, April 10, 2013 at 7:00 pm in Cathedral Place, second floor. *Information*, TerryAnn Bowen, 206-382-2018 or tbowen@stjames-cathedral.org.

**ARE YOU A CATHOLIC WHO HAS BEEN AWAY FROM THE CHURCH?** Our Welcome Back program provides a safe place, in the company of others who are also examining their faith, to ask questions about returning to regular church attendance, returning to the sacraments, and to learn about changes in the church. The sessions are offered on Mondays, April 8 through July 1, 7:00-9:00pm on 2nd floor Cathedral Place. Classes are offered without any obligation. *Information*, TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org.

**THE FIRE OF CHRIST'S LOVE** Rekindle your spirit by engaging in prayer with six lively saints as we prepare for Pentecost. The format of our sessions will be light and life-restoring, including both exploration and meditation. Open to all, come as you are, as often as you can. We will meet on six Tuesday mornings from April 9 through May 14, 10:30-Noon, 2nd floor Cathedral Place. *Information*, TerryAnn Bowen, 206-382-2018, tbowen@stjames-cathedral.org

**THE ST VINCENT DE PAUL** conferences of St. James thank cathedral parishioners for their generous donations last month. During December we made 68 home visits to our low income neighbors. Your contributions allowed us to help 58 individuals and families pay their rent and stay safely in their homes. In addition, we prevented 5 utility shut-offs, provided food for 39 families, beds and furniture for 15 households, clothes for 14 people, state identification cards for 2 people, and transportation assistance for 3 individuals. Our priority is preventing homelessness. This makes your contributions go a long way. Helping our neighbors pay their rent is far cheaper than picking up the pieces after they lose their homes. Members of the St. Vincent de Paul Society follow Jesus through service to those in need. Please consider joining our ministry to the poor among us. *Information*, Rob Millar 206-954-8902 or Tammy Bendix 206-595-9158.

## *Sacred Steps*

### **Sacramental Celebrations at St. James**

**REST IN PEACE** Please pray for the repose of the soul of *Connie Peterman*.





# Come back to the Lord

## PREPARING FOR THE SACRAMENT OF RECONCILIATION

**This Lent, there are two special opportunities to make your confession before Easter: Saturday, March 16 at 3:30pm, and Monday, March 18 at 7:30pm.**

The celebration of the Sacrament of Reconciliation is an important part of our Lenten observance. There is no better way to prepare for the celebration of the Resurrection of the Lord at Easter than by this sacrament, "which brings about a true spiritual resurrection, restoration of the dignity and blessings of the life of the children of God" (Catechism 1468).

### *Did you know?*

- **In the early Church, the Sacrament of Penance could be received only once in a lifetime.**  
The penances assigned were often very long and severe, sometimes lasting several years. During this time penitents usually had special places in church, wore special clothes, and commonly left the Sunday liturgy after the homily, just like the catechumens.
- **At one time the Church had a two-track system of public Penance and private Penance.** Public sins required public penance and private sins required private penance.
- **For centuries penitents were required to do their assigned penance and then return to receive absolution.** Practical difficulties with this became apparent when the confessor was a wandering missionary and when the penances sometimes took the penitent on a pilgrimage to foreign lands.

### *History of the Sacrament*

A glance at the history of this sacrament makes it clear that Penance has had a lively and varied past. The primary sacrament of forgiveness in the early Church was baptism. To the first Christians it seemed unthinkable that anyone who had been converted to Christ would return to sin after they had been baptized. Nevertheless, the Church soon found that it had to deal with post-baptismal sin. Through the centuries the Church has continued to develop in its understanding of this sacrament so it can be more responsive to the needs of the people and more meaningful in their lives.

Reconciliation, like all sacraments, has a fundamental community dimension. This was most obvious in the early Church with the Order of Penitents. But even with the later development of private penance, the Church has always insisted on the importance of the priest in the experience of reconciliation. This is *not* because God will not forgive us directly (God always forgives those who repent), but because the priest is the representative of the Church community. Reconciliation with the Church community is the sacramental sign of reconciliation with the Lord. The priest is the representative of the community, as well as the representative of Christ.

## Frequently Asked Questions

**Is this sacrament called confession, penance or reconciliation?** Yes! This sacrament involves all three elements and historically has been called by all three names. Today the Church refers to it as the Sacrament of Penance or the Sacrament of Reconciliation.

**Why do we need a sacrament of Reconciliation?** "Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church..." (Catechism of the Catholic Church [CCC] 1440). Only God forgives sins. Christ has willed that in her prayer and life and action his whole Church should be a sign and instrument of the forgiveness and reconciliation (CCC 1442). The priest "is not the master of God's forgiveness, but its servant" (CCC 1466).

**What happens in the Sacrament of Penance?** "Through the sacrament of penance, we, the faithful, acknowledge the sins we have committed, express our sorrow for them, and, intending to reform our ways, receive God's forgiveness and become reconciled with God and with the Church" (USCCB Committee on Pastoral Practices). "Jesus' call to conversion and penance... does not aim first at outward works... but at the conversion of the heart, interior conversion" (CCC 1430). Conversion is first of all a work of the grace of God who makes our hearts return to him.

**What sins should be confessed?** The Church teaches that "all serious (mortal) sins of which penitents after a diligent self-examination are conscious must be recounted by them in confession, even if they are most secret... for these sins sometimes wound the soul more grievously and are more dangerous than those which are committed openly" (CCC 1456). *At the same time*, confession of everyday faults (venial sins) "is strongly recommended... for it helps us to form our conscience, fight against evil tendencies (patterns of weakness that can lead us to sin), let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful" (CCC 1458).

**What are the effects of this sacrament?** "The forgiven penitent is reconciled with himself in his inmost being... He is reconciled with his brethren whom he has in some way offended and wounded. He is reconciled with the Church. He is reconciled with all creation" (John Paul II). "The whole power of the sacrament of Penance consists in restoring us to God's grace and joining us with him in an intimate friendship" (CCC 1468), "for those who receive the sacrament with contrite heart and religious disposition, reconciliation is usually followed by peace and serenity of conscience with strong spiritual consolation" (CCC 1551).

## Baptism: the First Sacrament of Forgiveness

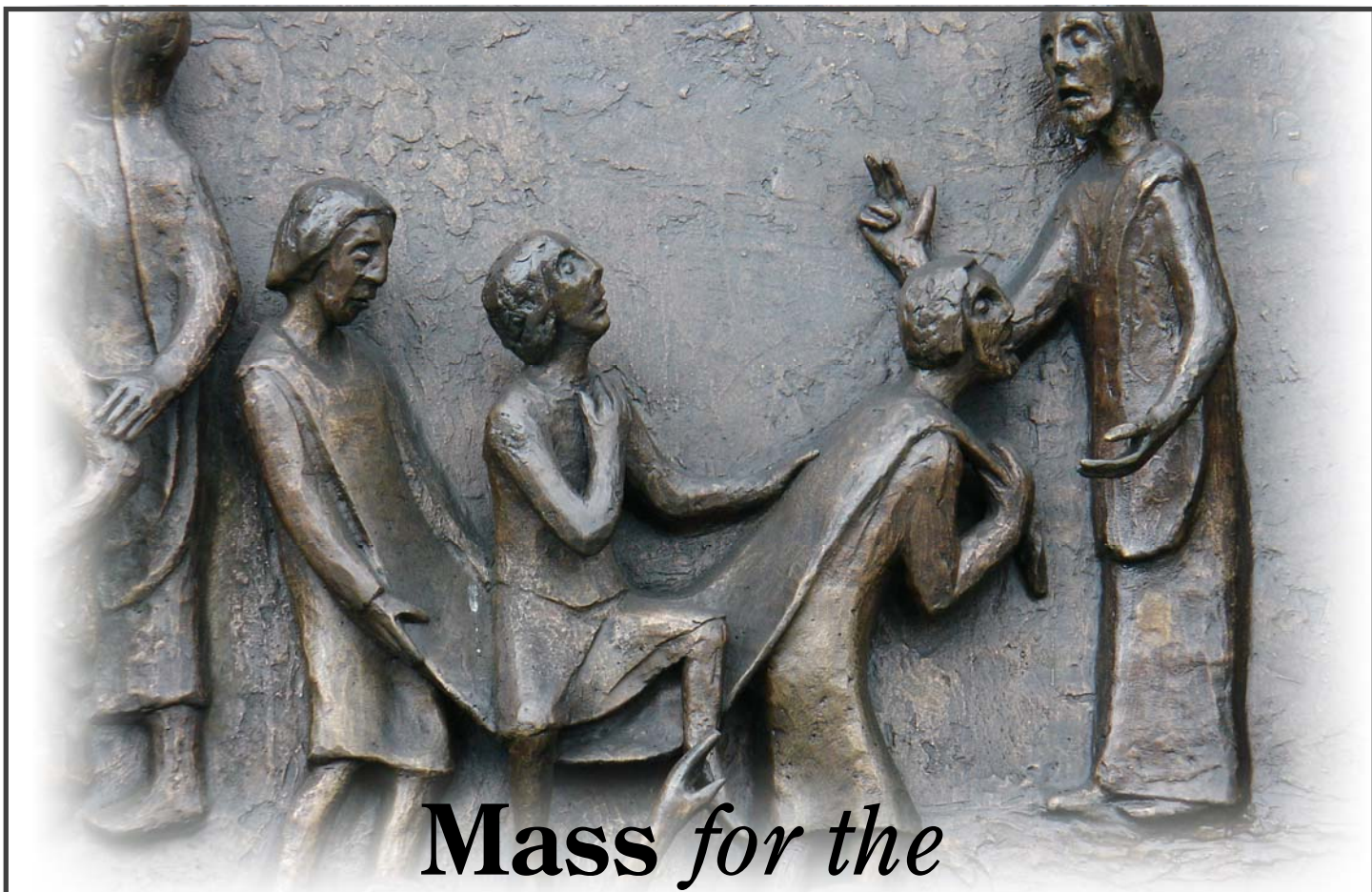
The Church Fathers saw a close connection between baptism and penance; in fact, penance was sometimes referred to as "the more difficult baptism." St. Ambrose said: "There are water and tears; the water of baptism, and the tears of repentance." Penance is a sacrament celebrating conversion, a basic dynamic of the Christian life. Adults and older children preparing for the sacrament of baptism enter an intense period of purification during the Lent season prior to baptism. The Elect reflect upon the stories of the Samaritan woman, the man born blind, and the raising of Lazarus. Then on the third, fourth and fifth Sundays of Lent the Elect celebrate the Scrutinies in the midst of the community. During these celebrations the Church prays the ancient prayers of exorcisms over the Elect, calling upon God to protect them from Satan and the power of evil and surrounding them with the love of God.



*Text prepared by Helen Oesterle*

**Visit the Cathedral's website for a Practical Guide to Celebrating the Sacrament**  
<http://www.stjames-cathedral.org/Events/2006/penance.aspx>





# Mass *for the* Special Needs Community

Saturday, March 23, 2013 | 11:00am  
St. James Cathedral – Seattle

Archbishop J. Peter Sartain invites us to celebrate  
a Mass for our special needs community,  
including families, friends and our faith communities.  
A reception will follow the Mass. "Everyone is welcome!"

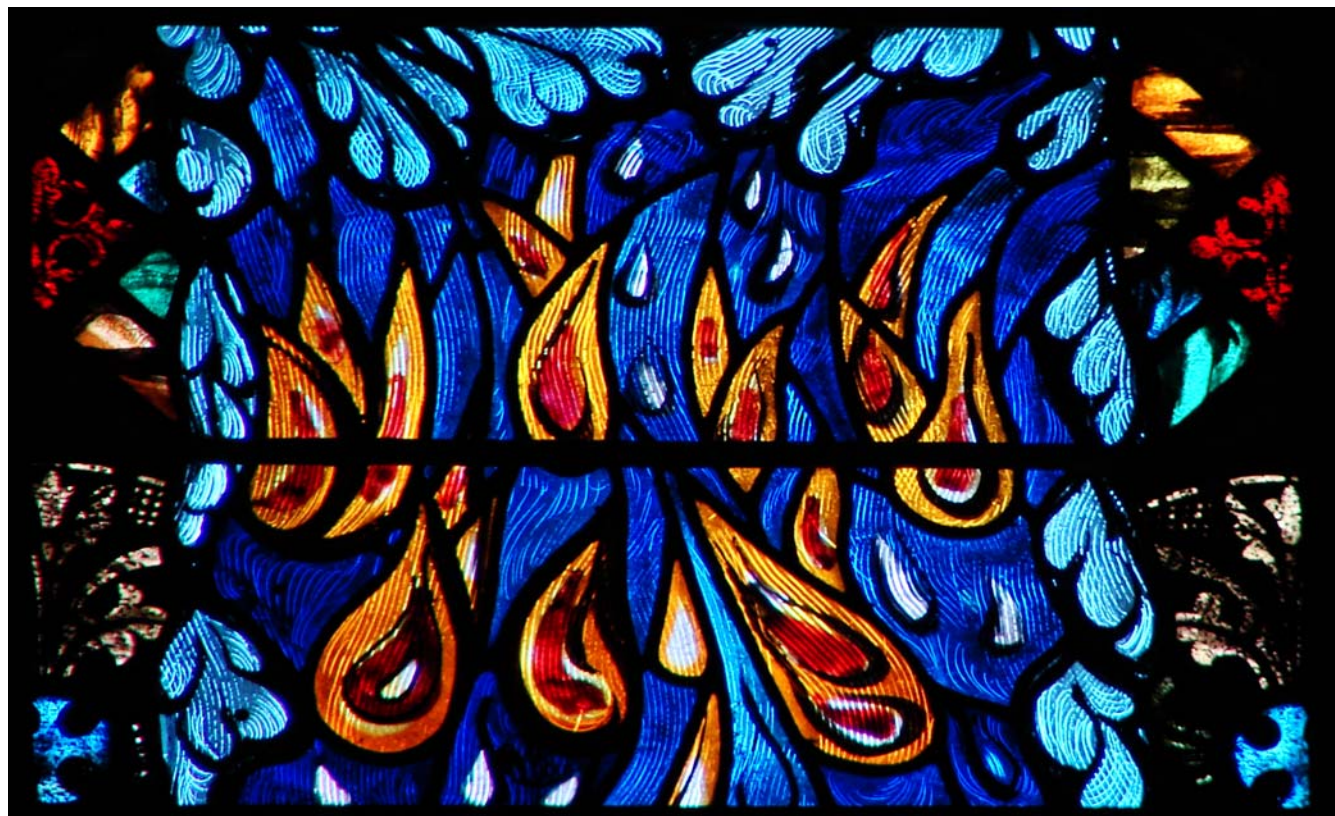
*"All persons with disabilities have the capacity to proclaim the Gospel and  
to be living witnesses to its truth within the community of faith and offer  
valuable gifts. Their involvement enriches every aspect of Church life."*

—United States Conference of Catholic Bishops, 2005



Information, Erica Cohen Moore, (206) 382-4852,  
or e-mail [ericac@seattlearch.org](mailto:ericac@seattlearch.org)

[www.stjames-cathedral.org](http://www.stjames-cathedral.org)



Tongues of flame. Detail of the Central East Apse Stained-Glass Window, Hans Gottfried von Stockhausen, artist.

# *The Fire of Christ's Love*

*Meditating on the lives of six Doctors of the Church*

**Tuesdays at 10:30am | April 9 through May 14**  
Cathedral Place, Second Floor

Rekindle your spirit by engaging in prayer with six lively saints as we prepare for Pentecost.

April 9	<b>Augustine</b>	April 16	<b>Anselm</b>
April 23	<b>Thomas Aquinas</b>	April 30	<b>Catherine of Siena</b>
May 7	<b>Teresa of Avila</b>	May 14	<b>Thérèse of Lisieux</b>

Facilitated by Beaton Brown, the format of the sessions will be light and life-restoring, including both exploration and meditation. All are welcome.

Come as you are, as often as you can.

Information, TerryAnn Bowen 206-382-2018 or [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org)

St. James Cathedral 804 Ninth Avenue Seattle [www.stjames-cathedral.org](http://www.stjames-cathedral.org)