



# The Most Holy Body and Blood of Christ

As a matter of courtesy and respect for the prayer of others,  
please turn off your cell phone when you enter the Cathedral.

PROCESSION WITH THE BLESSED SACRAMENT (10:00)

PRELUDE

*The Celestial Banquet*

Messiaen

ENTRANCE

*Draw us in the Spirit's tether*

UNION SEMINARY

1. Draw us in the Spir - it's teth - er, For when  
2. As dis - ci - ples used to gath - er In the  
3. All our meals and all our liv - ing Make as

hum - bly in your name, Two or three are met to -  
name of Christ to sup, Then with thanks to God the  
sac - ra - ments of you, That by car - ing, help-ing,

geth - er, You are in the midst of them; Al - le - lu - ia! Al - le -  
Fa - ther Break the bread and bless the cup, Al - le - lu - ia! Al - le -  
giv - ing, We may be dis - ci - ples true. Al - le - lu - ia! Al - le -

lu - ia! Touch we now your gar - ment's hem.  
lu - ia! So now bind our friend - ship up.  
lu - ia! We will serve with faith a - new.

PENITENTIAL RITE No. 231

*Confiteor*

Litany of Saints

GLORIA

LAUDA ANIMA

Glory be to God in heaven,  
Songs of joy and peace we bring;  
Thankful hearts and voices raising,  
To creation's Lord we sing:  
Lord, we thank you, Lord, we bless you,  
Glory be to God our king.

Lamb of God who on your shoulders  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within:  
Lord, have mercy, Christ, have mercy,  
Now your glorious reign begin.

You, O Son of God, are holy,  
You we praise with one accord;  
None in heav'n or earth is like you,  
Only you are Christ the Lord,  
With the Father, and the Spirit,  
Ever worshiped and adored.

(Text by Edwin LeGrice)

# LITURGY OF THE WORD

READINGS [*Deuteronomy 8:2-3, 14b-16a; I Corinthians 10:16-17; John 6:51-58*]

PSALM RESPONSE

Psalm 147

Proulx



SEQUENCE (10:00)

*Lauda Sion*

chant

*Sion, praise thy Saviour singing,  
Hymns with exultation ringing  
Praise thy King and Shepherd true.*

*Honor Him, thy voice upraising,  
Who surpasseth all thy praising;  
Never canst thou reach his due.*

*Let the Bread, life-giving, living,  
Be our theme of glad thanksgiving,  
Now indeed before thee set;*

*As of old the Lord provided  
When the twelve, divinely guided,  
At the holy table met.*

*Very Bread, good Shepherd, tend us,  
Jesus, of thy love befriend us,  
Thou refresh us, thou defend us.  
Thine eternal goodness send us  
In the land of life to see;*

*Thou who all things canst and knowest,  
Who on earth such food bestowest,  
Grant us with thy saints, though lowest,  
Where the heavenly feast thou showest,  
Fellow heirs and guests to be. Amen.*

(Attributed to St. Thomas Aquinas)

ALLELUIA

chant



HOMILY

**Father David A. Brant** (Sunday Evening)

**Father Michael G. Ryan** (all other Masses)

CREED No. 238 *chanted on one tone*

GENERAL INTERCESSIONS

Berthier



# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Panis angelicus*

Franck

The bread of angels has become the bread of human beings.  
O miraculous wonder! The poor and humble servant  
consumes his Lord. (Attributed to St. Thomas Aquinas)

## SANCTUS

*Corpus Christi Mass*

Proulx

*Cantor, then All:*



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might.

*Cantor: Heaven and earth are full of your glory.*

*Cantor, then All:*



Ho - san-na in the high - est, in the high - est.

*Cantor: Blessed is he who comes in the name of the Lord.*

*Cantor, then All:*



Ho - san-na in the high - est, in the high - est.

## MEMORIAL ACCLAMATION

*Corpus Christi Mass*

Proulx

*Cantor, then All:*



Christ has died, Christ is ri - sen, Christ will come a - gain.

## AMEN

*Corpus Christi Mass*

Proulx

*All:*



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

## LORD'S PRAYER No. 246

### AGNUS DEI

*Corpus Christi Mass*

Proulx



have mer-cy on us.



Grant us peace, grant us peace.

## COMMUNION

He who eats my flesh and drinks my blood,  
abides in me, and I in him, says the Lord.

(10:00)

*Ave verum corpus*

Mozart

Hail, true body, born of the Virgin Mary!  
Truly having suffered, and been offered on the cross for all,  
whose pierced side flowed with blood and water,  
be an example for us in the trial of death.

When you return to your seat after receiving holy communion, **PLEASE KNEEL OR BE SEATED.**  
This is the norm for large assemblies in the Archdiocese of Seattle and we thank you for  
following our practice.

## EUCCHARISTIC PROCESSION (10:00)

***PLEASE JOIN IN THE PROCESSION AT THE DIRECTION OF THE USHERS.***

**See the concluding pages of this Order of Celebration for music to sing during the procession.**

The procession will begin with those seated in the south transept,  
followed by the east nave, the north transept, and the west nave.

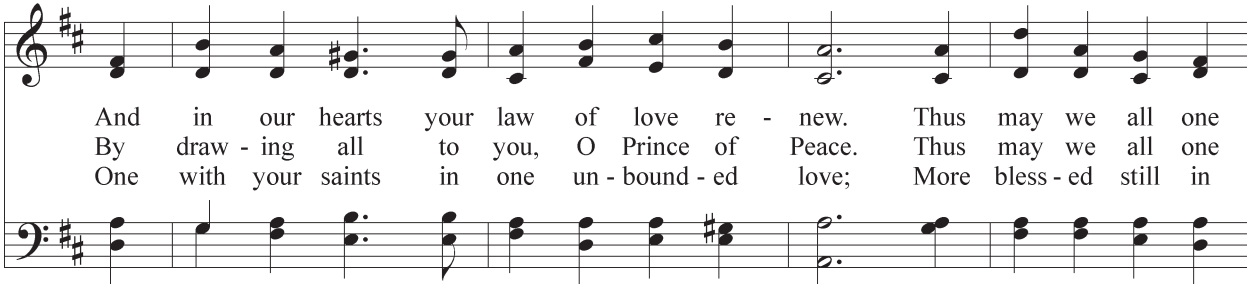
The different groups are led by representatives of Cathedral ministries,  
including EUCHARISTIC MINISTERS, READERS, CHOIRS, CHILDREN'S RELIGIOUS EDUCATION,  
OUTREACH MINISTRIES, RCIA, WELCOME BACK, AND CONFIRMATION.



1. At that first Eu - cha - rist be - fore you died, O Lord, you prayed that  
 2. For all your church, O Lord, we in - ter - cede; O make our lack of  
 3. So, Lord, at length when sac - ra - ments shall cease, May we be one with



all be one in you; At this our Eu - cha - rist a - gain pre - side,  
 char - i - ty to cease; Draw us the near - er each to each we plead,  
 all your Church a - bove, One with your saints in one un - end - ing peace,



And in our hearts your law of love re - new. Thus may we all one  
 By draw - ing all to you, O Prince of Peace. Thus may we all one  
 One with your saints in one un - bound - ed love; More bless - ed still in



Bread, one Bod - y be; Through this blest Sac - ra - ment of Un - i - ty.  
 Bread, one Bod - y be; Through this blest Sac - ra - ment of Un - i - ty.  
 peace and love to be One with the Trin - i - ty in Un - i - ty.

# Procession with the Blessed Sacrament

PLEASE JOIN IN THE PROCESSION AT THE DIRECTION OF THE USHERS.

## MUSIC FOR ALL TO SING DURING THE PROCESSION

*Nostra phalans (in the courts of the angels)*

12th c., Santiago de Compostela, Codex Calixtinus



*Jesus here present, our living Savior*

12th c., Cortona, adapt. Stratman

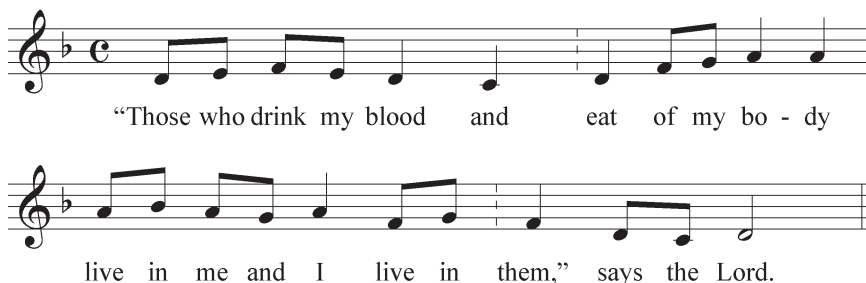
Cantor: Jesus here present, our living Savior,

All:



*Jesus, the font and foundation of loving*

12th c., Cortona, adapt. Stratman



## BENEDICTION OF THE BLESSED SACRAMENT on Terry Avenue

### HYMN

*Pange lingua gloriosi* ALL BOW OR KNEEL

Sing my tongue, the Savior's glory,  
Of His flesh the myst'ry sing,  
Of the blood all price exceeding,  
Shed by our immortal king.  
Destined for the world's redemption,  
From a noble womb to spring.

Tantum ergo sacramentum  
Veneremur cernui,  
Et antiquum documentum  
Novo cedat ritui,  
Præstet fides supplementum  
Sensuum defectui. Amen.

Father Ryan: You have given them bread from heaven.

ALL: Having all sweetness within it.

### EUCCHARISTIC COLLECT

All: Amen.

### EUCCHARISTIC BLESSING

*All make the sign of the cross as Father Ryan blesses the assembly with the Blessed Sacrament, exposed in the monstrance.*

## DIVINE PRAISES

Blessed be God.  
Blessed be God's holy name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy sacrament of the altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious assumption.  
Blessed be the name of Mary, virgin and mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in the angels and in the saints.

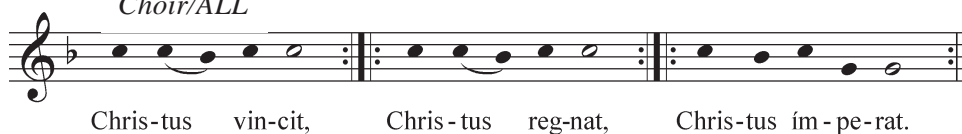
## REPOSITION OF THE BLESSED SACRAMENT

### THE CORPUS CHRISTI ACCLAMATION *ALL RISE*

*Christus vincit*, 9th century

*(This ancient acclamation, naming Christ as Victor, Ruler and Conqueror, is begun by the choir and repeated by the assembly.)*

*Choir/ALL*



## FESTIVAL PEAL of the South Tower bells

### MARIAN ANTIPHON

*Salve Regina*

chant, 11th century

Sal-ve, Re-gí-na, ma-ter mi-se-ri-cór-di-æ; Vi-ta, dul-cé-do  
et spes no-stra sal-ve. Ad te cla-má-mus, éx-su-les fí-li-i E-væ.  
Ad te sus-pi-rá-mus, ge-mén-tes et flen-tes in hac la-crí-ma-rum val-le.  
Ei-a er-go, ad-vo-cá-ta no-stra, il-lo-s tu-os mi-se-ri-cór-des ó-cu-los  
ad nos con-vér-te. Et Je-sum, be-ne-dí-ctum fruc-tum ven-tris tu-i,  
no-bis post hoc ex-sí-li-um o-sten-de. O——cle-mens,  
o——pi-a, o——dul-cis Vir-go Ma-rí-a.

# 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)

### PASTORAL CARE MINISTRIES

John Simpson, Pastoral Care Minister (206-274-3173)  
Beth Rose, Parish Mental Health Nurse (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)  
Suzanne Lee (206-654-4640)  
Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)  
Brenda Bellamy, Bryan Long, 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; Director of Youth Music  
Stacey Sunde, Music Assistant  
Ian Newhall, Coordinator of Special Projects

### FAITH FORMATION

Helen Oesterle, Director/RCIA (206-382-4514)  
TerryAnn Bowen, "Welcome Back" & Confirmation (206-382-2018)  
Marianne Coté, Youth & Family Ministry (206-382-4512)  
Lita McBride, Children's Faith Formation (206-654-4658)  
Theresa Van de Ven, Administrative Assistant (206-219-5822)

### MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director  
Glenda Caldwell, ESL Specialist  
Jim Hodges, Citizenship  
Cecilia Erin Walsh, ESL Coordinator  
Lupita Gonzalez, ESL Coordinator

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)  
Peggy Behnken, Receptionist (206-622-3559)  
Marilyn Maddeford, Administrative Assistant (206-622-3559 x3971)

### WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)  
Bev Mauser, Louise Mennella, Wedding Coordinators

### FACILITIES and GROUNDS

Dennis Morse, 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, June through August. Groups of 6 or more may arrange a tour by calling Maria Laughlin, 206-382-4284

**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, SUMMER VISITORS! *St. James is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today. Last week, we had visitors from Parker, AZ; Sutherland Springs, TX; Dayton, OH, and many other places! The winner of our drawing was from Flourtown, PA.*

**FLOWERS IN THE CATHEDRAL** Flowers at the altar are in loving memory of Joy Allan on the first anniversary of her death, from Peggy, Elizabeth, Anna, and Matthew Behnken. Flowers at the Shrine of the Blessed Virgin Mary in the north transept are from Jess and Elizabeth Hernandez in memory of Linda Condes on the second anniversary of her death. Flowers in the Cathedral are also from the Saturday weddings of Sonali Roy and Aaron Son, and Heidi Rise and Gerald Macheso.

**PETER'S PENCE COLLECTION** This weekend we take up our annual collection to support the works and ministries of the Holy Father, Benedict XVI.

**THE CATHEDRAL ESPRESSO CART** is up and running! Your friendly Cathedral baristas will be serving espresso drinks after the 10:00 Mass. During the month of June, all proceeds will go towards scholarships for the Schola Cantorum Choir Camp. Try our special drink of the month: the Jubi-latte! *Please note that the espresso cart will be closed during the months of July and August.*

**SUMMER TOURS** During the summer months, June, July, and August, we offer a tour of the Cathedral each Wednesday at 1:00pm. This is a great opportunity to share your Cathedral with out-of-town guests. No reservations are necessary; gather in the west vestibule.

**PRAYER WITH MUSIC FROM TAIZÉ** Each Friday at 6:30pm in the Cathedral, all are invited to join in an ecumenical service of readings, silence, candlelight, and the music of the ecumenical community of Taizé in France. This simple, reflective prayer is the perfect way to end a busy week.

**YOUTH MIGRANT PROJECT MISSION TRIP 2011** It is not too late for high school students to sign up for a week of service and fun as we work with migrant workers and their families. Opportunities include working with children in the daycare, and assisting at the food and clothing banks. Don't miss out! *Application and information*, Christine Henderson, 253-973-1441, [ch Henderson@stjames-cathedral.org](mailto:ch Henderson@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. John the Baptist in Covington and SS Peter and Paul in Tacoma and Aberdeen..*



I AM IN YOUR MIDST  
AS ONE WHO SERVES...

*Volunteer Opportunities at St. James*

**COFFEE HOUR HOSPITALITY NEEDS YOU!** As we move into the warmer summer weather, we will again be offering hospitality "al fresco" in the Archbishop Murphy courtyard following the Sunday morning masses. But we need your help to make this happen! We are looking for several outgoing people to help with set-up, serving and clean-up for this very important ministry of hospitality. We especially need help following the 12:00 Mass. *Information*, Patty Bowman, 206-382-4515 or [pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org).

**IS GOD CALLING YOU TO A MINISTRY AMONG CHILDREN**, helping them to grow in their relationship with Jesus? The wonderful children in our parish need volunteers to help in Sunday school as catechists (teachers), assistants, a third supportive adult presence in class or as the welcoming presence at the doors. *Information*, Lita McBride, 206-654-4658, Marianne Coté, 206-382-4512, or Theresa Van de Ven, 206-219-5822.

**EMMAUS COMPANIONS** are parishioners who are available during the weekend Masses and coffee hours to assist people who have come to the Cathedral in crisis or with special needs. We are looking for a few new people to join us in this important ministry of welcoming and presence. All that is needed is a listening ear and an open heart. Training and mentoring are provided. *Information*, Patty Bowman, 206-382-4515.

**VOLUNTEERS NEEDED FOR HOSPITALITY** Looking for a "few good people" to assist in setting up, greeting participants, and putting things away for our weekly RCIA gathering. The time commitment is once a month from 6:00-9:30pm. It is a great way to meet new people and support an important parish ministry. *Information*, Helen Oesterle, 206-382-4514, [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org)

**SUMMER FILM FESTIVAL—"OF GODS AND MEN"** Join us on Tuesday, July 12 in Cathedral Place, 2nd floor at 7:00pm to watch this critically acclaimed film. It centers on the monastery of Tibhirine, where nine Trappist monks lived in harmony with the largely Muslim population of Algeria, until seven of them were kidnapped and assassinated in 1996 during the Algerian Civil War. (Rated R) *This is the movie Father Ryan talked about in his homily on Easter Sunday.* Popcorn and lemonade will be provided and you are welcome to bring your favorite movie treats. *Information*, Helen Oesterle 206-382-4514 or [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org)

*Sacred Steps*

**Sacramental Celebrations at St. James**

**CONGRATULATIONS AND GOD'S BLESSINGS** to Donna Fung and Remigio Isla, married in the Cathedral on Saturday, June 18. Please keep them in your prayers as they begin their new life together.

**CHOIR CAMP** St. James Cathedral's Youth Music Program is now registering students in grades 4-8 (treble voices) for our annual Choir Camp, August 15-21. This exciting week-long camp provides children training in music fundamentals, Orff instruments, and proper singing techniques; and fosters their active participation in the liturgy through music. *For audition and general information*, Music Office, 206-382-4874, or [musicoffice@stjames-cathedral.org](mailto:musicoffice@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, July 13 at 7:00 pm in Cathedral Place, second floor. *Information*, Helen Oesterle, 206-382-4514, [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org).

*Annual CATHOLIC Appeal*

Results through June 20, 2011

Pledges received	<b>811</b> (of 2,477 households)
% of parishioners participating	<b>33%</b>
Archdiocesan goal	\$310,773
Rebate goal for Cathedral Kitchen	\$175,000
Still need to raise	<b>\$54,867</b>

Thank you to all who turned in or mailed in your pledge last week. **As you can see, WE STILL HAVE A LONG WAY TO GO TO MEET OUR GOAL! At this point, all pledges turned in will directly benefit our Cathedral outreach ministries, in particular our Cathedral Kitchen.** Please turn in your pledge TODAY and be a part of this important Appeal. You may make a one-time gift or spread your gift out over as many as ten months. Visit [www.seattlearchdiocese.org/aca](http://www.seattlearchdiocese.org/aca) for more information.

# We welcome our visitors

St. James Cathedral, Seattle

June 26, 2011

## WELCOME, SUMMER VISITORS!

*St. James is glad to welcome visitors from near and far throughout the summer months. Each week this summer, a page in the bulletin will offer some historic and artistic highlights of St. James Cathedral. This week, we highlight the Cathedral's Blessed Sacrament Chapel and tabernacle.*

*In addition, each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence today.*

**S**t. James is the Cathedral Church for the Catholic Archdiocese of Seattle. It is also a parish church for a large and vital community. Noted for its beautiful liturgies and its extensive outreach to the poor, the Cathedral also serves the city of Seattle as an important gathering place, a crossroads for learning, and a center for the arts.

**Built in 1907**, St. James Cathedral is an impressive Italian Renaissance-style building whose twin towers soar to a height of 167 feet. St. Frances Xavier Cabrini, the first American citizen to be canonized, worshiped in the Cathedral in its early years. In 1994, a nationally acclaimed restoration and renovation completely renewed the beauty of this beloved Seattle landmark, transforming it into a dynamic space for the celebration of the Church's liturgy as well as for ecumenical, cultural, and civic events.

**Artistic highlights** of St. James include magnificent ceremonial bronze doors and tabernacle by German artist Ulrich Henn; an award-winning Shrine to the Blessed Virgin Mary; and a large collection of stained glass by renowned artists Charles Connick and Hans Gottfried von Stockhausen. The Cathedral Chapel is home to a remarkable 15th-century Renaissance altarpiece by Neri di Bicci.

**St. James Cathedral is also a vibrant parish community** of more than 2,400 households, coming from more than 180 ZIP codes around the entire Puget Sound region.



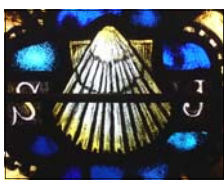
## BLESSED SACRAMENT CHAPEL

The Cathedral's Blessed Sacrament Chapel brings together old and new in a space that speaks to the Church's faith in Christ present among us in the sacrament of his Body and Blood.

The Chapel itself dates from 1994. a skylight allows natural light to stream into this space, creating a visual link with the Cathedral's altar. The transparent gates allow the tabernacle to be seen from all parts of the Cathedral, and also allow the Chapel to be closed during Mass. The gates can also be opened wide—for First Friday devotions and for Holy Thursday adoration, for example. The north gates incorporate a beautiful stained glass triptych by Charles Connick (dating from around 1917). These windows were originally placed in the East Apse of the Cathedral, and were moved here in 1994 to allow for the installation of larger windows by Hans Gottfried von Stockhausen. Inside the Chapel, a carving of the Last Supper, placed on the south wall, dates from 1907 and was originally part of the Cathedral's high altar. The sanctuary lamp, which hangs high on the wall just outside the Chapel, also dates from 1907.

The tabernacle itself is the work of Ulrich Henn. It suggests the story of the burning bush from Exodus – Moses' mysterious encounter with God at the bush which was on fire, but not consumed by the fire. It is the perfect image for this place of encounter with the living presence of Christ in our midst. An inscription in the floor near the altar reminds us: "the place where you stand is holy ground."

*Learn more about our Cathedral & take a virtual tour at [www.stjames-cathedral.org/tour](http://www.stjames-cathedral.org/tour)*



# Praying at Home

July 2011

## What is prayer?

My "holy hours" will be made in the truest sense not during the peaceful hours of these pious devotions here in church. My real "holy hours" are those hours when sufferings of body and soul come to overwhelm me. Those hours when I call out to your Father, O Jesus, and do not seem to be heard.... These are the real "holy hours" in my life, those hours when your grace working in my heart draws me mysteriously into your agony in the garden. When those hours come upon me, O Lord, have mercy on me.

Karl Rahner

## Morning Prayer

O God, early in the morning I cry unto you.  
Help me to pray and to think only of you.  
I cannot pray alone.  
In me there is darkness but with you there is light.  
I am lonely but you do not leave me.  
I am feeble in heart but you do not leave me.  
I am restless but with you there is peace.  
In me there is bitterness, but with you there is patience.  
Our ways are past understanding,  
but you know the way for me.

Dietrich Bonhoeffer

## A Summer Meal Prayer

God of light and love,  
we thank you for this season of summer,  
a time of warmth, of growth, and of fun.  
May the brightness of the sun remind us of your love.  
May the coolness of the waters renew us in your care.  
As we rejoice in this season,  
help us to be grateful for all your gifts,  
especially the food on our table.  
Make us mindful too of those who are hungry,  
and teach us how to care for them.  
We ask this through Jesus, our light and our Lord. Amen.

From *Let's Say Grace* by Robert M. Hamma

## Celebrating our Patron, James

On Sunday, July 24, we celebrate our patronal feast.

St. James!  
We come to you in eager pilgrimage.  
We come as part of a great throng of pilgrims  
who through the centuries have come to this place,  
where you are pilgrim and host, apostle and patron.  
We come to you today  
because we are on a common journey.  
Place yourself, patron of pilgrims,  
at the head of our pilgrimage.  
Teach us, apostle and friend of the Lord,  
the WAY which leads to him.  
Open us, preacher of the Gospel,  
to the TRUTH you learned from your Master's lips.  
Give us, witness of the faith,  
the strength always to love the LIFE Christ gives.  
We pray in Jesus' name. Amen.

## On Prayer

"Speak to me about everything in a completely simple and human way; by this you will give Me great joy. I understand you because I am God-Man. This simple language of your heart is more pleasing to Me than the hymns composed in My honor. Know, My daughter, that the simpler your speech is, the more you attract Me to yourself."

Words of our Lord to St. Faustina Kowalska

## Holy Father's Prayer Intentions for July

**GENERAL INTENTION:** That Christ may ease the physical and spiritual sufferings of those who are sick with AIDS, especially in the poorest countries.

**MISSION INTENTION:** That religious men and women in mission territories may be witnesses of the joy of the Gospel and living signs of the love of Christ.

## Aspirations for July

Some of the words of Jesus to our patron James make good aspirations for this month of July.

**Come after me.** (Matthew 4:19)

**What do you wish me to do for you?** (Mark 10:35)

**Can you drink the cup that I drink?** (Mark 10:38)

## On Vocation

Venerable Cardinal Newman will be beatified this September by Pope Benedict XVI. Here, Newman reflects on the mystery of our Christian vocation.

God has created me to do him some definite service;  
He has committed some work to me which he has not committed to another. I have my mission; I never may know it in this life, but I shall be told it in the next. I have a part in a great work; I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good, I shall do His work; I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling.

## Praying to Mary

On July 17, we observe the Feast of Our Lady of Mount Carmel, and we pray in gratitude for the presence of our own Carmelite Sisters in Shoreline.

O Mary, Beautiful flower of Mount Carmel,  
Fruitful vine, Splendor of Heaven,  
Virgin Mother of the Son of God,  
assist us in our present necessities... (*here mention intentions*)  
O Star of the Sea, come to our aid  
and show yourself a Mother to us.  
O Holy Mary, Mother of God, Queen of Heaven and Earth,  
we humbly ask you from the bottom of our hearts to help us,  
for nothing can withstand your powerful intercession.  
O show us that you are our Mother.



# HELP US HELP THEM

Following all morning masses on **Sunday, July 10**, St. James and St. Mary's Youth Migrant Project volunteers will collect donations for migrant farm families.

These much needed items will be distributed during our mission trip.

Please bring your donations to Coffee Hour or drop them off in the Parish Office by July 9.

**Thank you!**

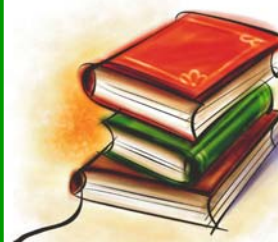


The youth will be selling **tostadas** on **July 17** following morning masses. The funds raised from the tostada sale will help to buy books, food, art and school supplies for the migrant families, as well as offset trip costs.



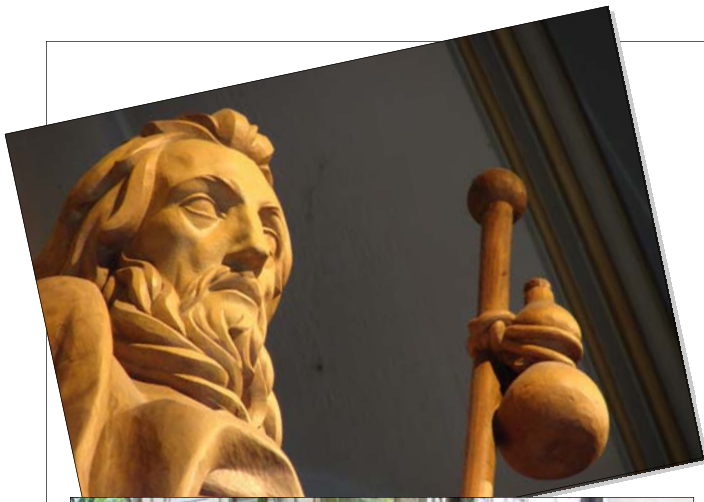
## Items needed:

- Children's Arts and Crafts supplies
- Rice, beans, flour, and sugar and non perishable food items.
- Baby formula, especially Enfamil in powder form with the yellow label
- Disposable diapers in all sizes, wipes, baby bottles, baby blankets
- Sleeping bags and blankets
- Casual coats, jackets, and sweaters
- School supplies and new children's books
- Farm workers' needs do not end with summer. Your donations continue to help families in need year-round. Cash or checks payable to St. James and marked "**Migrant Ministry.**"



***For I was hungry  
and you gave me food,  
I was thirsty and  
you gave me drink,  
a stranger and  
you welcomed me,  
naked and you  
clothed me.  
Matthew 25:35***





# PARISH PICNIC

on the Feast of  
St. James

Sunday, July 24, 2011  
11:30am-3:00pm



This year we celebrate our beloved pilgrim patron, Saint James, at Masses on July 23-24.



The celebration continues at the annual parish picnic on Terry Avenue, Sunday, July 24, 11:30am-3pm, with friends, food, games, prizes, and more. This is a great moment to be together and celebrate!

**Many volunteers are needed!**  
Please contact Alex Mummery if you are available to help out!  
Call 206-484-8434 or e-mail [alexandramummery@gmail.com](mailto:alexandramummery@gmail.com).

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

