



ST. JAMES CATHEDRAL  
*Fifth Sunday in Ordinary Time*  
February 5, 2017

ORDER OF CELEBRATION FOR

*The Fifth Sunday in Ordinary Time*

PRELUDE

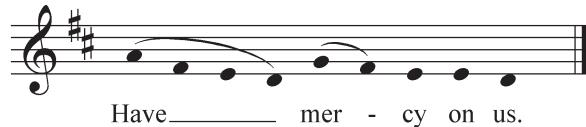
*Schmücke dich, o liebe Seele*, BWV 654  
Bach

ENTRANCE No. 547 in red Worship hymnal

*Praise to the Lord*  
LOBE DEN HERREN

PENITENTIAL ACT

*Missa de angelis*  
Vatican VIII



GLORIA

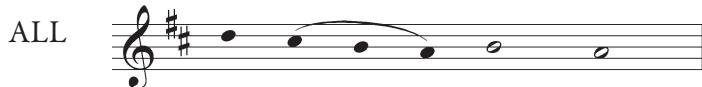
*Missa de angelis*  
Vatican VIII

Presider *Gloria in excelsis Deo.*

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

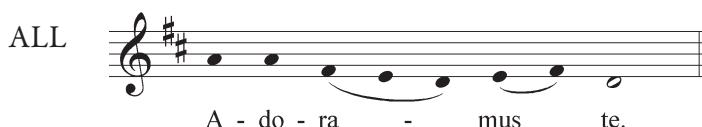
Choir *Et in terra pax hominibus bone voluntatis.*

**We praise you,**



Choir *Benedicimus te.*

**we bless you,**



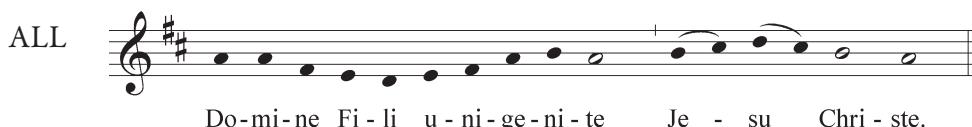
Choir *Glorificamus te.*

**we glorify you,**



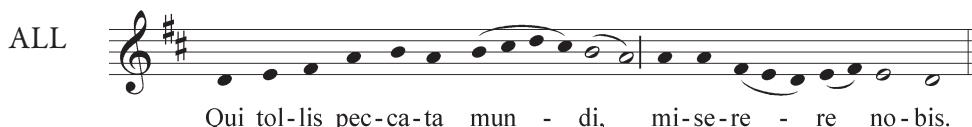
Choir *Domine Deus, Rex cælestis, Deus Pater omnipotens.*

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



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

**Lord God, Lamb of God,  
Son of the Father,**



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

**you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;**

ALL

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

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

*Choir* Quoniam tu solus sanctus.

ALL

Tu so - lus Do - mi - nus.

For you alone are the Holy One,

you alone are the Lord,

*Choir* Tu solus Altissimus, Iesu Christe.

you alone are the Most High, Jesus Christ,

ALL

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

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

## OPENING PRAYER (COLLECT)

### *The Liturgy of the Word*

FIRST READING

Isaiah 58:7-10

PSALM RESPONSE

Psalm 112

Guimont

The just one is a light in dark-ness to the up - right.

SECOND READING

I Corinthians 2:1-5

ALLELUIA

Mode VII

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

GOSPEL

Matthew 5:13-16

HOMILY

Father Michael G. Ryan

CREED

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

*All BOW*  
and by the Holy Spirit was incarnate  
of the Virgin Mary, and became man.  
*All STAND UPRIGHT*

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son

is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

### PRAYER OF THE FAITHFUL

Schubert



### *The Liturgy of the Eucharist*

#### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Christ, whose glory fills the skies*

Candlyn

Christ, whose glory fills the skies, Christ, the true and only Light,  
Sun of Righteousness, arise, triumph o'er the shade of night;  
Day-spring from on high, be near; Day-star, in my heart appear.

*Charles Wesley, 1707-1788*

#### SANCTUS

*Compostela Mass*

Holst, adapt. Ryan

The musical score consists of five staves of music in common time and a key signature of one flat. The lyrics are as follows:

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

#### MYSTERY OF FAITH

Holst, adapt. Ryan

The musical score consists of three staves of music in common time and a key signature of one flat. The lyrics are as follows:

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

AMEN

Holst, adapt. Ryan



LORD'S PRAYER

AGNUS DEI

*Missa de angelis*

Vatican VIII

R. 1, 2: have mer - cy on us.  
R. 3: give us your peace.

COMMUNION

*Introibo ad altare Dei*

Mode VIII

I will go in to the altar of God, to the God who gives joy to my youth.

(10:00)

*Ego sum panis vivus*

Byrd

I am the living bread that came down from heaven;  
whoever eats this bread will live forever; Alleluia.

*John 6:50*

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

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

## HYMN OF PRAISE

*God, we praise you*

NETTLETON

1. God, we praise you! God, we bless you! God, we  
 2. True a - pos - tles, faith - ful proph - ets, Saints who  
 3. Je - sus Christ, the king of glo - ry, Ev - er -  
 4. Christ, at God's right hand vic - to - rious, You will

name you sov - reign Lord! Might - y King whom an - gels  
 set their world a - blaze, Mar - tyrs, once un - known, un -  
 last - ing Son of God, Hum - ble was your vir - gin  
 judge the world you made; Lord in mer - cy help your

wor - ship, Fa - ther, by your church a - dored:  
 heed - ed, Join one grow - ing song of praise,  
 moth - er, Hard the lone - ly path you trod:  
 ser - vants For whose free - dom you have paid:

All cre - a - tion shows your glo - ry, Heav'n and  
 While your church on earth con - fes - ses One ma -  
 By your cross is sin de -feat - ed, Hell con -  
 Raise us up from dust to glo - ry, Guard us

earth draw near your throne, Sing - ing "Ho - ly, ho - ly,  
 jes - tic Trin - i - ty: Fa - ther, Son, and Ho - ly  
 front - ed face to face, Heav - en o - pened to be -  
 from all sin to - day; King en - throned a - bove all

ho - ly, Lord of hosts, and God a - lone!"  
 Spir - it, God, our hope e - ter - nal - ly.  
 liev - ers, Sin - ners jus - ti - fied by grace.  
 prais - es, Save your peo - ple, God, we pray.

## PROCESSION

*Praeludium in E Minor, BWV 548*

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 Bundy, 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

### STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

### PARISH OFFICE

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

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

Jane Mueller, Receptionist (206-654-4650)

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](http://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.

**PARENTS OF CFF CHILDREN:** It's time again for PFF, Parents' Faith Formation. We are currently learning about our greatest prayer, the Mass. Join us today 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](mailto:rmichaels@stjames-cathedral.org).

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

**LEARN MORE ABOUT ST VINCENT DE PAUL** Would you like to learn more about how SVdP helps our neighbors in need in St James parish and throughout King County? Do you donate to SVdP in the monthly (third Sunday) special collection and have questions about how your money is put to good use? Have you wondered what it is like to volunteer with SVdP? Then please stop by the SVdP table at Coffee Hour after the 10:00am Mass this Sunday or contact Bob Clifford at 206-718-4158 or [bobclifford53@gmail.com](mailto:bobclifford53@gmail.com)

**IT'S NOT TOO LATE TO JOIN WELCOME BACK**, our parish program designed to help people return to the sacraments and to regular church attendance. If you are a Catholic who has been away from the Church, or if you know someone who has been away, please consider this wonderful opportunity. Sessions are held Monday evenings, 7:00–9:00 pm in Cathedral Place, 803 Terry Avenue, and continue each Monday through March. **Information**, Rosanne Michaels, 206-654-4658, or [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org)

**THREE WALKING PILGRIMAGES** Jan Vallone Roberts, will provide an overview of Catholic pilgrimages and her recent experiences in Spain and Italy. Sunday, February 12, 1:15 pm, Mother Mary Rose Room, Pastoral Outreach Center. Coffee and donuts will be served!

**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. Bernadette in Seattle, Our Lady of Lourdes in Seattle and Vancouver, and Our Lady of Lourdes Mission in Wilkeson.

**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](mailto:tvandeven@stjames-cathedral.org). Deadline: April 30.

**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](mailto:tvandeven@stjames-cathedral.org). Applications must be submitted by April 30, 2017.

**PLEASE JOIN HUNDREDS GOING TO CATHOLIC ADVOCACY DAY**, Thursday, March 16, in Olympia. To register, go to: [www.ipjc.org](http://www.ipjc.org) and be a neighbor and advocate for all. Invite your friends along! The day will include briefings on legislative issues, Mass and appointments with legislators. Sponsored by: *Washington State Catholic Conference, Catholic Community/Housing Services, Archdiocese of Seattle, Pierce County Deanery, St. Vincent de Paul Society and Intercommunity Peace & Justice Center.*

**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. New choristers are requested to complete a short interview to assess musical aptitude. To schedule an interview, please call Youth Music Program director, Stacey Sunde, 206-941-9450.

**CABRINI TRAINING ANNUAL DINNER & AUCTION** To be part of the miracle! Join us for an evening of dinner, drinks, bidding and fun on Saturday, February 11, 2017 from 6:00 to 9:00PM at Our Lady of the Lake Event Center, 8900 35th Ave NE, Seattle. Register by February 3 at [cabriniministry.org](http://cabriniministry.org) or 206-760-0583.

**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. *Information*, Curtis Leighton, 264-2082 or Patrick Barredo, 382-4515.

## Courage & Compassion in the Midst of Fear

Interfaith Prayer Service



We commemorate the 75th anniversary of Executive Order 9066 which mandated Japanese-American relocation to designated military areas. Join with the Abrahamic faith community for this prayer service & pilgrimage!

SUN, FEB 19TH | 1:00PM  
PLYMOUTH UCC | 6TH AVE & UNIVERSITY

Organized by:  
Intercommunity Peace & Justice Center  
Kids4Peace  
Maryknoll Society  
Missions Office of the Archdiocese of Seattle

After the service, we will pilgrimage together to the Seattle Public Library where at 2:00pm Densho & the Washington branch of the Council on American-Islamic Relations (CAIR) will host a panel discussion on connections between WWII incarceration of Japanese-Americans and the situation of American Muslims today. For more information: [densho.org](http://densho.org).

HOW DO OUR FAITH TRADITIONS CALL US TO RESPOND TO A CLIMATE OF DIVISION?

QUESTIONS?  
CONTACT MARYKNOLL AT 206-322-8831 | [SEATTLE@MARYKNOLL.ORG](mailto:SEATTLE@MARYKNOLL.ORG)

## CATHOLICS CALLED TO ACCOMPANIMENT: AN IMMIGRATION SUMMIT

February 11, 2017 | 9:00 am-4:00 pm  
Seattle University, Student Center Rm 160

Free registration at:  
<https://goo.gl/forms/5WYrnaR9562InoIn2>

Join other parishioners, service providers, and community leaders for a day of reflection, information, and connection. The day concludes with a mass with Bishop Eusebio Elizondo in the Chapel of St. Ignatius. Check-in begins at 8:30 am.

**SEATTLEU.**  
INSTITUTE FOR  
CATHOLIC THOUGHT AND CULTURE  
[seattleu.edu/ictc](http://seattleu.edu/ictc)

In partnership with the Archdiocese of Seattle, Pastoral Care and Outreach & St. James Immigrant Assistance

For questions, please contact Chris Koehler ([ckoehler@st.james-cathedral.org](mailto:ckoehler@st.james-cathedral.org)) or Joe Cotton ([joe.cotton@seattlearch.org](mailto:joe.cotton@seattlearch.org)).

## TRAINING FOR PREPARES VOLUNTEERS

PREPARES, which stands for Pregnancy and Parenting Support, is a partnership with Catholic Community Services and other Catholic agencies. In this new ministry, teams of parishioners will provide unconditional, safe and nurturing care to pregnant women and needy families through a child's 5th birthday. PREPARES puts in action Catholic teachings, which call us to respect all human life and give a preferential option for the poor.



Thanks to the overwhelming response of parishioners who attended PREPARES information meetings in January, we have scheduled our first volunteer training for Saturday, February 11 from 9:00AM to Noon in Room 1EW on the 2nd floor of Cathedral Place. Additional training sessions will be scheduled soon.  
*Information and registration, Suzanne Lee slee@stjames-cathedral.org or 206-654-4640.*

**WINTER SHELTER DONATION REQUESTS** We are in need of clean, new or gently used pillowcases, travel-size lotion, men's razors, men's deodorant, dental floss, tissue packets, lip balm, toothbrushes, and cough drops. Donations can be dropped off during Coffee Hour on Sunday or at the parish office during the week. Thank you!

**LET YOUR VOICE BE HEARD!** St. James Immigrant Assistance promotes an inclusive society and this means you. Join us in advocating for justice for immigrants and refugees. Visit our website at [www.stjames-cathedral/immigrant](http://www.stjames-cathedral/immigrant); scroll to the bottom right of the page and click on 'ways to be politically active at the local level.' Visit the US Catholic Bishops campaign at <http://justiceformigrants.org/take-action/>. Follow us on Facebook by searching for St. James Immigrant Assistance. *Information, Chris Koehler at 206-382-4511 or ckoehler@stjames-cathedral.org.*

**NEXT WEEKEND, START TO HEAL YOUR MARRIAGE**  
 Do you long for a more loving and caring marriage? You are not alone. Retrouvaille (pronounced retro-vé) has helped tens of thousands of couples just like you. There is still time to register for our upcoming program beginning next weekend, February 10-12, 2017. *For confidential information or to register, 206-706-2608 or www.HelpOurMarriage.com.*

## YOUTH MINISTRY

**YOUTH TABLE** Join us in the Cathedral Hall after the Noon Mass this Sunday for fun and food after the First Sunday Youth Celebration. Find our table in the Cathedral Hall after Mass!

**YOUTH NIGHT TONIGHT** Join us for an evening of fun activities, prayer and community-building to start your week off right. Sunday night from 6:30-8:30pm in the Pastoral Outreach Center.

**NICARAGUA TRIP** Our second info session for the mission trip to Nicaragua is this Monday, February 6. This is also the last day to turn in registration forms and deposits. See you at 7:00pm in the Pastoral Outreach Center.

**NORTHWEST HARVEST** We'll be sorting and boxing food for the hungry at Northwest Harvest on Saturday, February 11. This is a great chance to give back and earn service hours. We'll leave from the Outreach Center at 11am and return by 2:30pm. RSVP to Curtis.

**QUESTIONS?** Curtis Leighton, 206-264-2082, [cleighton@stjames-cathedral.org](mailto:cleighton@stjames-cathedral.org)

## YOUNG ADULT MINISTRY

*For Catholics in their 20s and 30s*

**SPIRITUALITY OF PAUL BOOK GROUP** We've sold out of Thomas Tobin's *Spirituality of Paul*, but it's not too late to join us on February 13 and 27 as we discuss the second and third part of the book. Our discussions will take place on Monday evenings from 7pm to 8:30 in the Pastoral Outreach Center. Copies available from most online booksellers.

**HELP STOP HUNGER** Young Adults will be boxing up donated food at Northwest Harvest on Saturday, February 25 from Noon to 2pm. RSVP to Curtis if you'd like to be a part of this opportunity to stop hunger in our region.

**DO YOU GET "THE SCROLL"?** Stay up to date with events for Catholics in their 20s and 30s all around greater Seattle by signing up for this weekly email from the Office of Youth and Young Adult Evangelization (OYYAE) at [www.oyyae.org/youngadults/](http://www.oyyae.org/youngadults/)

*Information, Curtis Leighton, 206-264-2082, [cleighton@stjames-cathedral.org](mailto:cleighton@stjames-cathedral.org)*

**CONFRONTING PORNOGRAPHY** St. James has an anonymous support group for those who want to overcome pornography use in their lives. Meetings are at each Tuesday from 7:30-8:30 pm in the Pastoral Outreach Center. *For more information or questions, Curtis Leighton, [cleighton@stjames-cathedral.org](mailto:cleighton@stjames-cathedral.org).*

# February 2017

at St. James Cathedral



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cathedral Tour, 1pm Life, Peace, and Justice Committee, 4:00pm Grief Support, 7pm RCIA, 7:00pm	2 <i>Presentation of the Lord</i>	3 <i>Blase, bishop &amp; martyr</i> FIRST FRIDAY Exposition of the Bl. Sacrament, 9am Holy Hour, Noon Contemplative Prayer, 6:30pm	4 Liturgy & Outreach Day, 9am-1pm
5 5TH SUNDAY IN ORDINARY TIME Rites of Acceptance & Welcome, 10am Children's Faith Formation, 11am Youth Night, 6:30pm Operation Nightwatch	6 <i>Paul Miki</i>	7 Operation Nightwatch Winter Bible Study: Exodus, 7pm Welcome Back, 7pm	8 <i>Jerome</i> Cathedral Tour, 1pm RCIA, 7:00pm Grief Support, 7pm	9	10 <i>Scholastica</i>	11 <i>Our Lady of Lourdes</i> Communal Celebration of Anointing of the Sick, 10:30am
12 6TH SUNDAY IN ORDINARY TIME Care for Creation Committee, 11:00am Youth Night, 6:30pm	13 Welcome Back, 7pm Sandwiches for St. Martin de Porres Shelter	14 <i>Cyril &amp; Methodius</i> Winter Bible Study: Exodus, 7pm	15 Cathedral Tour, 1pm RCIA, 7:00pm Grief Support, 7pm	16	17 <i>Seven Founders of the Servites</i>	18
19 7TH SUNDAY IN ORDINARY TIME Children's Faith Formation, 11:00am Baptisms, Noon Youth Night, 6:30pm	20 PRESIDENTS' DAY <i>Parish Office Closed</i> Welcome Back, 7pm	21 <i>Peter Damian</i> Winter Bible Study: Exodus, 7pm	22 <i>Chair of St. Peter</i> Cathedral Tour, 1pm Grief Support, 7pm Catholic 101: Flannery O'Connor, 7pm	23 <i>Polycarp</i> Housing Advocacy Group, 6:30pm	24	25 Seattle Pro Musica Concert, 8:00pm
26 8TH SUNDAY IN ORDINARY TIME Children's Faith Formation, 11:00am Youth Night, 6:30pm Seattle Pro Musica Concert, 8:00pm	27 Welcome Back, 7pm Sandwiches for St. Martin de Porres Shelter	28 Winter Bible Study: Exodus, 7pm		<p><b>CATHOLIC 101</b></p> <p>The last Wednesday of each month is devoted to a refresher course in the basics of Catholic life and teaching</p> <p>On Wednesday, February 22, 2017, at 7pm in the Holy Names Room, join us for GRACE 101: FLANNERY O'CONNOR. Through O'Connor's story "Revelation," Father Stephen Rowan walks us through the often violent ways that grace transforms people in a secular age.</p>		



# 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](mailto:claughlin@stjames-cathedral.org).



# GRACE 101: FLANNERY O'CONNOR

**WEDNESDAY, FEBRUARY 22 at 7:00pm**  
**Holy Names Room**  
**Pastoral Outreach Center**

Through Flannery O'Connor's story "Revelation," **Father Stephen Rowan** walks us through the often violent ways that grace transforms people in a secular age.

All are welcome. It's recommended you read the story "Revelation" in advance of the session. Copies are available in the Cathedral Bookstore.

*Information, Maria Laughlin,  
206-382-4284  
mlaughlin@stjames-cathedral.org*

## SAVE THE DATE

The last Wednesday of each month is devoted to a refresher course in the basics of Catholic life and teaching, Catholic 101

### March 29: HOLY WEEK 101

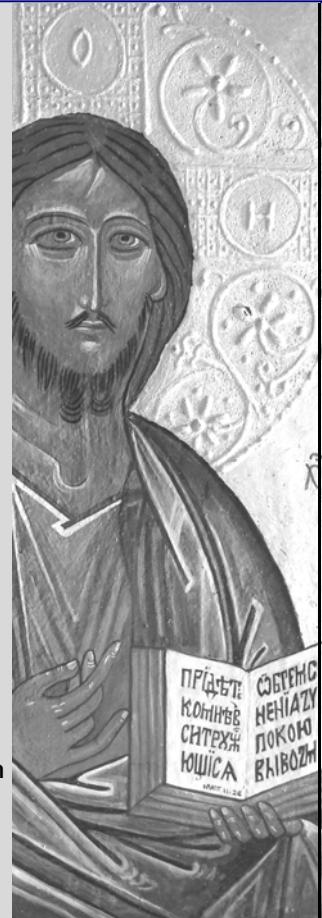
7:00pm, Room 1EW, Cathedral Place  
Director of Liturgy CORINNA LAUGHLIN leads us on a guided tour through the great liturgies of Holy Week. The perfect way to prepare for the coming holy days.

### April 26: RESURRECTION 101

7:00pm, Holy Names Room  
Theologian FATHER MIKE RASCHKO explores the question of suffering in the light of Christ's resurrection

### June 28: MUSIC 101

7:00pm, Holy Names Room  
DR. PAUL THORNOCK explores the basics of liturgical music, and the role it plays in the celebration of the Mass. Some singing may be involved!





# 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](mailto: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.

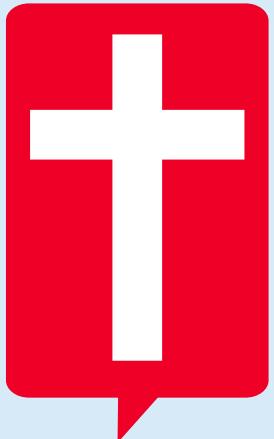
Sessions will be held Thursday evenings in the Pastoral Outreach Center, 6:30–8:30pm beginning **Thursday, February 16** and continuing each Thursday evening through early May.

*For more information, or to register,  
Curtis Leighton, 206-264-2082,  
[cleighton@stjames-cathedral.org](mailto:cleighton@stjames-cathedral.org)*

AND

# BE A NEIGHBOR ADVOCATE

FOR ALL



## CATHOLIC ADVOCACY DAY 2017

# MARCH 16<sup>TH</sup>

9:00 AM TO 3:00 PM • OLYMPIA, WA

**Online registration begins January 9, 2017 at [ipjc.org](http://ipjc.org)**

**Please register by February 24, 2017**

For registration questions, call 206.223.1138 or email [catholicadvocacyday@ipjc.org](mailto:catholicadvocacyday@ipjc.org)

### **Act on the Washington State Bishops' Pastoral on Poverty: Who Is My Neighbor?**

#### **AGENDA**

**8:45-9:15:** Registration  
*St. Michael Church, Olympia*

Legislative Briefings

Mass

Legislative Appointment Preparation

**12:30:** Legislative Appointments

*\*Lunch is on your own.  
A brown bag is suggested.*

#### **Chartered bus for registered participants!**

Free Will Offering

**Multiple Departing Sites:**  
Bellevue, Bellingham, Burlington,  
Everett, Federal Way, Kirkland,  
Renton, Seattle, Tacoma,  
Vancouver

*—Others TBA based on participants*

**Meet us at St. Michael Church**  
for our program and a legislative briefing before going to scheduled appointments with your legislators at the capitol.

All parish members, staff, and Catholic organizations are invited to join us to ensure that the Gospel message to care for our neighbors is heard in Olympia.

**Catholic Advocacy Day is sponsored by:**

Intercommunity Peace & Justice Center • Washington State Catholic Conference

Catholic Community/Housing Services of Western WA • Archdiocese of Seattle • Pierce County Deanery • St. Vincent de Paul