



ST. JAMES CATHEDRAL  
*The Third Sunday of Lent*  
February 28, 2016

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

FIRST SCRUTINY OF THE ELECT (10:00)

## THE INTRODUCTORY RITES

INTROIT

*Oculi mei*  
chant, adapt. Stratman



I will pour clean wa - ter u - pon you.

GREETING

PENITENTIAL ACT

chant, Vatican XVII

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.**



R. 1, 3, 4 Lord, have mer - cy.  
R. 2 Christ, have mer - cy.

DISMISSAL TO THE CHILDREN'S LITURGY OF THE WORD (Noon)

OPENING PRAYER (COLLECT)

## THE LITURGY OF THE WORD

FIRST READING

Exodus 17:3-7

RESPONSORIAL PSALM 95

Proulx



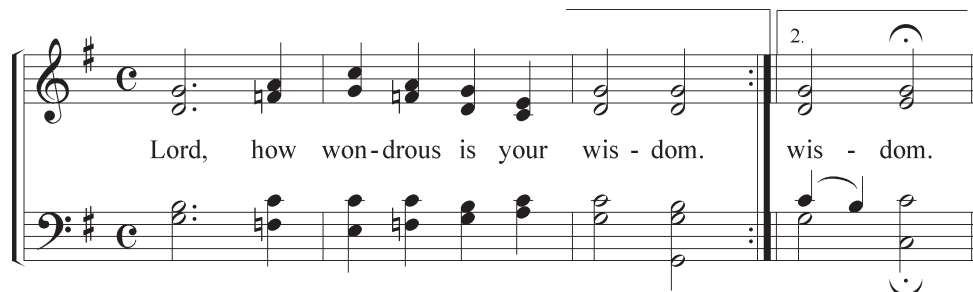
If to-day you hear God's voice, O har-den not your hearts.

SECOND READING

Romans 5:1-2, 5-8

TRACT

Stratman



Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

John 4:5-42

HOMILY

PROFESSION OF FAITH (except at 10:00am) *This Lent, we pray the Apostles' Creed.*

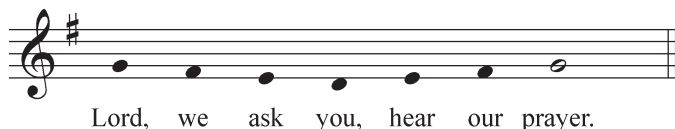
**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ,  
his only Son, our Lord,  
ALL BOW  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
ALL STAND UPRIGHT  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;**

**on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand  
of God the Father almighty;  
from there he will come  
to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.**

## FIRST SCRUTINY OF THE ELECT (10:00)

INTERCESSIONS

Litany of Saints



PRAYER OF EXORCISM

LAYING ON OF HANDS

*At noon you came to Jacob's well*  
chant

DISMISSAL OF THE ELECT

## THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

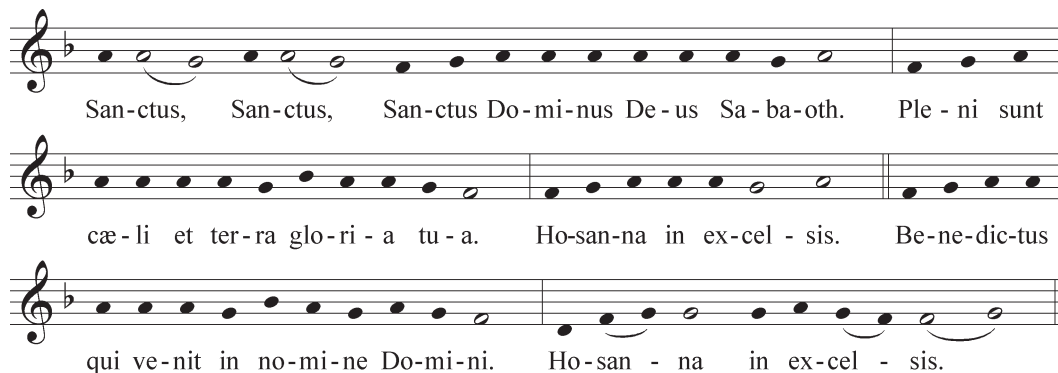
Offertory (10:00am)

*Ad te levavi*  
Palestrina

To you, O Lord, I lift up my soul; I trust you, let me not be disappointed.  
Do not let my enemies triumph. (Psalm 24:1-2)

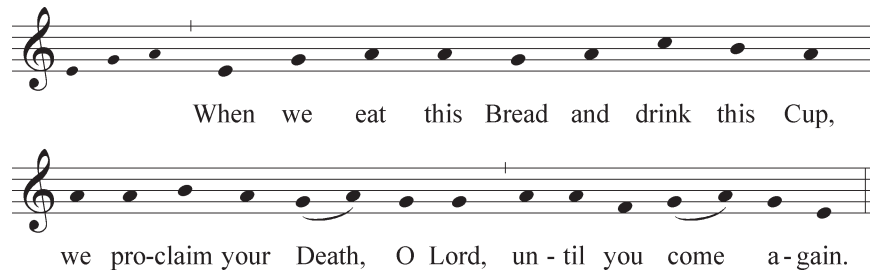
SANCTUS

chant



## MYSTERY OF FAITH

chant, *Roman Missal*



## AMEN

Christus vincit



## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI

Vatican XVII



## COMMUNION

chant, Mode III

“Whosoever drinks the water that I shall give,” said the Lord  
to the Samaritan woman, “shall have a spring of water within,  
welling up to eternal life.”

Upon returning to your place after Holy Communion, please **kneel or be seated**.  
*Low-gluten hosts are distributed at the credence table near the presider's chair.*

(10:00am)

Psalm 119

Amner

Woe is me that I am a stranger so long  
and that I dwell in the tents of Kedar.  
My soul hath too long dwelt in a strange place.  
O that I had wings like a dove,  
then would I fly away and be at rest.



1. I heard the voice of Je - sus say, "Come  
 2. I heard the voice of Je - sus say, "Be -  
 3. I heard the voice of Je - sus say, "I

un - to me and rest; Lay down, O wear - y  
 hold, I free - ly give The liv - ing wa - ter;  
 am this dark world's light; Look un - to me, your

one, lay down Your head up - on my breast." I  
 thirst - y one, Stoop down, and drink, and live." I  
 morn shall rise, And all your day be bright." I

came to Je - sus as I was, So wea - ry worn and sad;  
 came to Je - sus, and I drank Of that life - giv - ing stream;  
 looked to Je - sus, and I found in him my star, my sun;

I found in him a rest - ing place  
 My thirst was quenched, my soul re - vived,  
 And in that light of life I'll walk

and he has made me glad.  
 And now I live in him.  
 Till trav - 'ling days are done.

## PROCESSION

# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

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

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)

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)

Peter Burns, Ward Johnson, John Marquez, 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

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Tom Frasene, Outreach Ministries, Young Adults (206-382-4235)

Teddi Callahan, Carol DeMatteis, David Grech,

Cathedral Kitchen (206-264-2091)

### MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director

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

Patrick Suhrbier, Immigrant Legal Services

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### YOUTH MINISTRY

Joe Cotton, 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.

**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.

**FUNERALS** for parishioners, please contact Suzanne Lee, Family Ministry, 206-654-4640.

**"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

**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. 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. 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.*

**COVER ART** Detail of the Cathedral's Tabernacle, Ulrich Henn, artist.

**YEAR OF MERCY** We welcome all pilgrims to St. James Cathedral during this Year of Mercy. Whether you are a visitor or a regular at St. James, you can walk through the Holy Doors of Mercy, the four bronze doors at the Cathedral's west entrance. The center doors are opened before and after each Mass. A self-guided pilgrimage of prayer, *The Way of Mercy*, is available as well—pick up a flyer just inside the Holy Doors. The banner at the ministers' pier, by fabric artist Juanita Yoder, was commissioned for the Year of Mercy. It suggests the overflowing streams of mercy which God pours out on us.

### WANT TO GET MORE INVOLVED AT ST. JAMES?

Come visit the Sunday Help Desk at Coffee Hour!

Here, you can register as a parishioner, find out how to volunteer for a ministry, arrange to have a Mass offered, and discover more about this community.

**ART EXHIBIT: IMPRINT OF MERCY BY TRUNG PHAM, SJ** During this Lent of the Year of Mercy, we are pleased to welcome to the Chapel a series of paintings by Father Trung Pham, SJ, Assistant Professor of Art and Art History at Seattle University. These paintings invite us to meditate on wounds—Christ's wounds and ours. Father Pham writes: "Pope Francis affirms that the name of God is Mercy. The deepest way one can experience mercy fully is to keep in touch with one's own wounds and the wounds of others. The Imprint of Mercy series will help viewers to meditate upon the meaning of mercy and experience the power of vulnerability through the arts." **Father Pham will give a brief talk on the series TODAY, Sunday, February 28 immediately following the 10:00am Mass.**

**GATHERING FOR PARENTS CONTINUES** "Are you listening, God?" is drop-in class for parents. Explore your relationship with God while your children are in Faith Formation classes. February 28, March 6 and March 13, 11:05 – 11:40 in Room 411 of Cathedral Place. *Information*, Rosanne Michaels [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org), 206-654-4658.

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



**SAVE THE DATE! THE POWER OF NUTRITION FOR BODY, MIND AND SPIRIT** Four classes on Tuesdays beginning March 1, 6:30pm, in the Gallagher Center. Learn key elements of nutrition to help achieve our best emotional and physical health. Facilitator: Judith Ames, Nutritional Therapist, Wellness Coach, Mental Health Nutrition Coach. *Information*, Nancy Granger, RN, ngranger@stjames-cathedral.org.

**WINTER SHELTER HYGIENE NEEDS** The overflow Winter Shelter is currently in need of spray deodorant cough drops, and disposable razors. You can drop off donations at Coffee Hour on Sunday mornings or at the front desk, Monday-Friday, 9am-5pm. Thanks in advance for your generosity! *Information*, Tom Frasene, tfrasene@stjames-cathedral.org.

**ANTI-PORNOGRAPHY SUPPORT GROUP** St. James holds an anonymous support group to overcome habits of porn use on Tuesdays, 8-10 pm in Cathedral Place (803 Terry Ave). All are welcome. *Information*, Tom Frasene, tfrasene@stjames-cathedral.org.

**ST VINCENT DE PAUL THANKS YOU** We visited a formerly homeless man and gave him a small rent voucher and a bit of help with groceries. Never having asked SVdP for help before, he was so moved by our visit that he serenaded us with two songs: one he had written about life in low-income housing and the other a beautiful rendition of "Somewhere Over the Rainbow." Your support made it possible for this grateful man to remind us all that "the dreams that you dare to dream" really can come true – thank you! *Information*, Christine Henderson, 253-973-1441 or christinehsvdp@gmail.com.

**THE CATHEDRAL KITCHEN GARDEN LEADERSHIP TEAM** is excited to announce the start of our third season growing vegetables for the Cathedral Kitchen! Our first work party will be 9:00am-1:00pm on Saturday, March 5. This work party will include topping existing beds with compost and other soil amendments, planting seeds, and planting starts. Whether you want to come help for this one event, or make the garden part of your 2016 volunteer commitments, RSVP to Gary Scheider, alpinist@comcast.net.

**MAKE YOUR MARRIAGE A PRIORITY THIS LENTEN SEASON** It's not too late to focus on something positive during Lent: making your marriage everything God intended it to be. Retrouvaille (pronounced retro-vī) can help you rediscover your spouse and move forward in a more positive and loving way. The next program starts April 8, 2016. Confidential *information and registration*, 360-671-6479 or www.HelpOurMarriage.com.

**VAN DRIVERS NEEDED** Our Sunday van ministry is an important outreach to senior parishioners who would not be able to get to 10:00am Mass on Sunday if it weren't for our drivers. The commitment is for one Sunday a month and we have several openings. We're also looking for people who might be willing to be trained in order to substitute when needed. All training provided; background check required. *Information*, Maria Laughlin, mlaughlin@stjames-cathedral.org or 206-382-4284.

## YOUNG ADULT MINISTRY

*For parishioners in their 20s and 30s*

**TAIZE SIMPLE SUPPER, RICE BOWL EDITION** Join us on Friday, March 4 for our First Friday simple supper. We'll start in the Cathedral for Taizé prayer at 6:30pm, and then we'll gather for the supper, made from a Rice Bowl recipe. We'll have a special guest, Kelly Hickman of the Archdiocese of Seattle, tell us about her recent Catholic Relief Services trip to Laos!

**CORPORAL WORKS OF MERCY** We're providing opportunities to perform (almost!) all of the corporal works of mercy this Lent! Feed the hungry and give drink to the thirsty at St. Mary's Food bank on Saturday, March 5 and Saturday, March 26 at 9am; clothe the naked at DESC's Rainer Beach House on Thursday, March 10 at 5:30pm, and bury the dead at Calvary Cemetery on Saturday, March 19, 9:30am. RSVP to Tom.

**THEOLOGY ON TAP!** On March 2, join us for a special edition of Theology on Tap with Catholic Relief Services' Thomas Awiapo. Orphaned before the age of 10, Thomas survived poverty and hunger in a small village in Ghana with the help of a CRS Food for Education program. Now, Thomas works for CRS training community leaders in his home country and traveling through the US sharing his story. The evening will begin with 6:30pm mass at Christ our Hope (1902 2nd Ave) and the speaker will begin at 7:15pm at Kells Irish Pub (1916 Post Alley).

**HOLY THURSDAY PILGRIMAGE** Save the date for March 24 for this powerful evening with Archbishop Sartain and hundreds of young adults from around the entire archdiocese.

*Information*, Tom Frasene,  
tfrasene@stjames-cathedral.org  
Facebook.com/StJamesYoungAdultMinistry

**THE ART OF FAITH** is a summer day camp for youth entering grades 6 -12. The camp will be from July 18 to July 22 and artwork from the camp will be displayed in the Cathedral Chapel for the weekend of the Feast of St James on July 24. Details to come. *Information*, Brenda Bellamy bbellamy@stjames-cathedral.org, 206-274-3108.

**THANK YOU FROM THE CATHEDRAL KITCHEN** Thanks, **Horizon House**, for donating fresh green salads to our Cathedral Kitchen on February 11. They were enjoyed and appreciated by all. Thank you, **Pagliacci Pizza** for providing your wonderful pizza to our Cathedral Kitchen on Thursday, February 18. With your help we served more than 180 dinner guests. And thank you **St. James Youth Group, St. James Young Adults** and additional volunteers for your help in preparing and serving the lentil soup at the Ash Wednesday Simple Supper on February 10. Your enthusiasm and service were appreciated by many!

## YOUTH MINISTRY

**YOUTH NIGHTS** Sunday evenings from 6:30 – 8:30pm in the Pastoral Outreach Center. Open to 8th-12th grade students. Please join us for prayer, catechesis, and lively activities designed to integrate faith into everyday life. This week will be devoted to community building. All are welcome!

**SPECIAL NEEDS MASS & DANCE** – Saturday, March 12. Join us as we help to host the annual Mass for people with special needs followed immediately by a dance in the O'Dea gym. We are seeking youth volunteers to run the event. Please contact Joe to volunteer.

**LENTEN YOUTH RETREAT** – March 19-20. Join us for an overnight retreat experience in the Christian Brother's residence here on campus. The theme is: Preparation for the Passion, Death, and Resurrection. To register, please contact Joe.

**QUESTIONS?** Joe Cotton, 206-264-2082, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)

**CD OF SUNDAY MASS** Do you know someone who is unable to attend Sunday Mass but would appreciate staying connected by listening to the Mass on CD? Each Sunday, a faithful volunteer records and masters the 10:00am Mass, including the music, prayers, reading, and homilies. This CD is mailed at no charge to homebound parishioners and to "long-distance" parishioners around the country, along with a Sunday bulletin. If you or someone you know would like to be added to the list, contact Maria Laughlin, [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org) or 206-382-4284.

### MEET MARINA ORTIZ, SALVADORAN HUMAN RIGHTS

**LEADER** Marina was disappeared as a child during the war and found her identity and family through the work of human rights organization Pro-Busqueda. She founded the Salvadoran Human Rights Association in response to cases of disappearance happening in the context of current social violence. Free and open to public. Co-sponsored by St. James Immigrant Assistance, St. Patrick's, and Wallingford United Methodist. Friday March 4, 6-8:30 pm at St. Patrick's, 2702 Broadway E, Seattle. *Information*, Betania Renata Loberg at [betaniarenataes@gmail.com](mailto:betaniarenataes@gmail.com) or Debi Covert-Bowlds at 206-375-7276.

**NEXT MEETING OF PIZZA & PROBLEM SOLVING COLLEGE STUDENT SUPPORT GROUP** will be Sunday, March 6, 3-4:30pm in the Pastoral Outreach Center, Fireside Room. *Information*, Nancy Granger, 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

**DO YOU HAVE AN INTEREST IN BEING A PART OF THE MENTAL HEALTH & WELLNESS MINISTRY TEAM?** If so, please contact Nancy Granger if you would like to learn more about what we do. *Information*, Nancy Granger, 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

## ST. JAMES CATHEDRAL YOUTH MUSIC PROGRAM

St. James' renowned Youth Music Program is accepting registrations for our 2016 spring semester.

The Youth Music Program consists of four choirs for treble voices, ages 6-18. Schola Cantorum sings for our monthly First Sunday Youth Celebration at noon, as well as our two training choirs, the Saint Gregory Choir and Saint Cecilia singers. Jubilate! Young Women's Ensemble sings for the third Sunday of the month and is comprised high school and beginning college students. In addition to offering music in worship once a month, each choir has opportunities to participate in other musical celebrations throughout the year, such as our much-beloved Service of Readings and Carols each December. Schola Cantorum and Sts. Gregory and Cecilia choirs rehearse on Thursdays at 4:45pm. Jubilate! rehearses on Mondays at 4:30pm.

Please email us at [Youthmusic@stjames-cathedral.org](mailto:Youthmusic@stjames-cathedral.org) or give us a call at 206-382-4874!



*Make a joyful noise to the Lord, all the earth.  
Worship the Lord with gladness; come into his presence with singing.  
Psalm 100*

Any interested choristers and families may contact the Music Office at any time for more information. All children over the age of 9 would require a brief interview with director, Ms. Sunde to assess appropriate placement within the program.



# THE WORKS OF MERCY

*In the coming weeks, as part of the Year of Mercy, we will explore the Corporal Works of Mercy in a series of essays by Cathedral parishioner Lisa Casterella. The traditional Corporal Works of Mercy are: to feed the hungry; to give drink to the thirsty; to clothe the naked; to harbour the harbourless; to visit the sick; to ransom the captive; to bury the dead. What are some of the ways we are living out these works of mercy at St. James Cathedral?*



## RANSOM THE CAPTIVE

A teenage boy is arrested for stealing a stereo from his neighbor's house. The boy pleads guilty and is incarcerated. The boy stole to buy food for his nine siblings while his single mother worked three jobs. It was his first offense.

What if the outcome could have been different?

The Juvenile Justice Commission, consisting of St James volunteers, recently simulated this actual case as part of a training exercise from Seattle Restorative Justice. Each volunteer played a part: the boy, the neighbor, family members, community support advocates, all while sitting in a circle together, moderated by a discussion facilitator. Each person was able to discuss the effects of the theft. A very different outcome resulted. Reconciliation occurred: the boy cleaned the neighbor's yard and in return, the neighbor taught the boy cooking skills.



"Real healing occurred. A spiritual power takes over when people come from a place of mercy rather than vengeance," says Joe Cotton, Youth Minister. St James is currently becoming a hub for Restorative Justice, where real cases are heard. Volunteer training is available. If you're interested in being part of this new ministry, contact Joe Cotton for details, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org) or 206-264-2082.

*Lisa Casterella*

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



# The Power of Nutrition for Mind, Body & Spirit

Four Week Educational & Interactive Workshop  
Tuesdays, 6:30 – 8:00pm, Gallagher Center, St. James Cathedral

**Please join Nutritional Therapist, Wellness Coach and Mental Health Nutrition Coach,  
JUDITH AMES, for an interesting and educational experience.**

Explore key nutritional strategies that provide our bodies with what they need to achieve a greater level of physical vitality, mental clarity and peace of mind. Ancestral wisdom, current research, clinical and personal experiences will guide our learning.

## **Class I – Tuesday, March 1**

Identify personal hopes and goals for this workshop? How can the foods we eat bring greater calmness and relief from anxiety? What role do healthy fats play in our diet?

## **Class II- Tuesday, March 8**

What is a pro-recovery diet and how does it support emotional health? How can ancestral diets guide our food choices? We will look at the history and science of mental health and mood.

## **Class III – Tuesday, March 15**

What are Super Foods? What is the key role they play in supporting mental health and wellness? Do you know the important role zinc plays in your overall health? Take a zinc test to learn if your body may be deficient in this important mineral.

## **Class IV – Tuesday, March 22**

These days we hear a lot about probiotics. In this class we will explore foods that support healthy gut flora and promote optimal digestion and learn why this impacts our mental health and wellness.

**For information or to RSVP: Nancy Granger, RN,  
206-382-4269, [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org)**





# Day of Mercy

**Celebrating the Sacrament of Mercy in the Year of Mercy**

**Saturday, March 5, 2016  
9:00am—5:00pm**

“Let us place the Sacrament of Reconciliation at the center once more in such a way that it will enable people to touch the grandeur of God’s mercy with their own hands. For every penitent, it will be a source of true interior peace.”

*Pope Francis, Misericordiae Vultus*

During Lent of this YEAR OF MERCY, all are invited to participate in the Day of Mercy at St. James Cathedral. Confessors will be available throughout the day, beginning at 9:00am and concluding at 5:00pm. All are welcome to stop in, to spend time in prayer, and to celebrate the sacrament of Reconciliation, where we encounter the mercy of the Father.

St. James Cathedral  
804 9th Avenue  
Seattle, WA 98104

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







# Cathedral Blood Drive

Sunday, March 6, 2016

O'Dea High School Gym

8:30am to 2:30pm (*closed 10:30am-11:15am*)

## *The Perfect Lenten Gift*

What could be a more personal, caring and meaningful gift than the gift of blood to someone in our community who has the need? Donating blood invites us to consider a different aspect of stewardship: the gift of ourselves in a way that is fundamental and essential to life itself.

## *Who needs blood?*

It is very likely that someone you know at St. James has had a need for blood. People who need blood transfusions include those who have been in accidents or require surgery or chemotherapy. Often transfusions enable those receiving chemotherapy to continue with treatment. To meet the needs in our community, over 900 people must donate blood through the Puget Sound Blood Center every weekday.

## *St. James & Bloodworks Northwest*

St. James has been sponsoring Lenten and Fall blood drives since 2006. Bloodworks Northwest (formerly the Puget Sound Blood Center) is always enthusiastic about our partnership in this effort, but most especially about the number of *new donors* at our blood drives. **We invite those who have not yet donated to consider donating for the first time. We ask those who have generously donated in the past to please do so again!**

**Sign up at coffee hours on 2/21 or 2/28.**

Or e-mail [crobl@comcast.net](mailto:crobl@comcast.net) to sign up or to find out more.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

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



# Lenten Youth Retreat

for young people in Grades 8-12

**March 19th & 20th**

## **Christian Brother's Residence**

During this season of Lent, please consider taking some time away from your daily routine to grow closer to Christ in community with others.

The retreat theme will be:

**Preparation for Passion, Death, and Resurrection!**

The experience will be facilitated by Master Retreat Leader,

**Sr. Christine Still, OSF**

You don't want to miss this! Submit your permission form today!

There is no charge for this retreat experience.  
Please join us!

**For more information, please contact:**

**Joe Cotton, Cathedral Youth Minister**  
(206) 264-2082 / [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)



## **St. James Youth Ministry**

[www.stjames-cathedral.org/youthministry](http://www.stjames-cathedral.org/youthministry) \* [www.facebook.com/cathedral.youth](https://www.facebook.com/cathedral.youth) \* @SaintJamesYouth



*"Wake up the world!  
Be witnesses of a different  
way of doing things, of  
acting, of living!"*

Pope Francis



**Single Catholic Young Adult Women & Men**  
**are invited to a**  
**REFLECTION DAY on CONSECRATED LIFE**  
*to explore a Call to Religious Life as Sisters, Brothers or Priests*



**Saturday, March 19, 2016**

**9:30 a.m. to 2:30 p.m.**

at

**University of Washington Newman Center**

**4502 20th Ave. NE, Seattle 98105**

*corner of 20<sup>th</sup> NE & NE 45<sup>th</sup>*



**HOSTED BY**

**Religious Communities of Women and Men  
serving in the Archdiocese of Seattle**



**COFFEE & DONUTS when you arrive.  
LUNCH PROVIDED**



**Includes prayer, quiet time, multi-media info on religious life,  
time to meet with religious Sisters, Brothers and Priests.**



**Please SIGN UP by March 14<sup>th</sup>**

**E-mail Sister Jo-Anne Miller, CSJP: [jmiller@csjp-olp.org](mailto:jmiller@csjp-olp.org)  
or call/text 206-920-8560**

