



ST. JAMES CATHEDRAL  
*The Third Sunday in Ordinary Time*  
January 26, 2020

# SUNDAY of the WORD OF GOD

**T**oday the Church observes, for the first time, the **Sunday of the Word of God**, a new observance which will take place each year on the Third Sunday in Ordinary Time. It is a day to be devoted to the celebration, study, and dissemination of the word of God.

In his letter announcing this new observance, *Aperuit Illis*, Pope Francis writes, "without the Lord who opens our minds to them, it is impossible to understand the Scriptures in depth. Yet the contrary is equally true: without the Scriptures, the events of the mission of Jesus and of his Church in this world would remain incomprehensible. Hence, Saint Jerome could rightly claim: 'Ignorance of the Scriptures is ignorance of Christ.'"

Through the Bible, we come to know Christ. That is why it is important for every Christian to know and claim the Bible: "These words contain a great teaching. The Bible cannot be just the heritage of some, much less a collection of books for the benefit of a privileged few. It belongs above all to those called to hear its message and to recognize themselves in its words.... The Bible is the book of the Lord's people, who, in listening to it, move from dispersion and division towards unity. The word of God unites believers and makes them one people" (Pope Francis).



## 10 POINTS FOR FRUITFUL SCRIPTURE READING

1. **Bible reading is for Catholics.** The Church encourages Catholics to make reading the Bible part of their daily prayer lives. Reading these inspired words, people grow deeper in their relationship with God and come to understand their place in the community God has called them to in himself.
2. **Prayer is the beginning and the end.** Reading the Bible is not like reading a novel or a history book. It should begin with a prayer asking the Holy Spirit to open our hearts and minds to the Word of God. Scripture reading should end with a prayer that this Word will bear fruit in our lives, helping us to become holier and more faithful people.
3. **Get the whole story! When selecting a Bible, look for a Catholic edition.** A Catholic edition will include the Church's complete list of sacred books along with introductions and notes for understanding the text. A Catholic edition will have an *imprimatur* notice on the back of the title page. An *imprimatur*

indicates that the book is free of errors in Catholic doctrine.

4. **The Bible isn't a book. It's a library.** The Bible is a collection of 73 books written over the course of many centuries. The books include royal history, prophecy, poetry, challenging letters to struggling new faith communities, and believers' accounts of the preaching and passion of Jesus. Knowing the genre of the book you are reading will help you understand the literary tools the author is using and the

- meaning the author is trying to convey.
5. **Know what the Bible is – and what it isn't.** The Bible is the story of God's relationship with the people he has called to himself. It is not intended to be read as history text, a science book, or a political manifesto. In the Bible, God teaches us the truths that we need for the sake of our salvation.
  6. **The sum is greater than the parts.** Read the Bible in context. What happens before and after – even in other books – helps us to understand the true meaning of the text.
  7. **The Old relates to the New.** The Old Testament and the New Testament shed light on each other. While we read the Old Testament in light of the death and resurrection of Jesus, it has its own value as well. Together, these testaments help us to understand God's plan for human beings.
  8. **You do not read alone.** By reading and reflecting on Sacred Scripture, Catholics join those faithful men and women who have taken God's Word to heart and put it into practice in their lives. We read the Bible within the tradition of the Church to benefit from the holiness and wisdom of all the faithful.
  9. **What is God saying to me?** The Bible is not addressed only to long-dead people in a faraway land. It is addressed to each of us in our own unique situations. When we read, we need to understand what the text says and how the faithful have understood its meaning in the past. In light of this understanding, we then ask: What is God saying to me?
  10. **Reading isn't enough.** If Scripture remains just words on a page, our work is not done. We need to meditate on the message and put it into action in our lives. Only then can the word be "living and effective." (Hebrews 4:12).

Mary Elizabeth Sperry

<http://www.usccb.org/bible/understanding-the-bible/index.cfm>

## Ten Things Every Catholic Needs to Know about the Bible

Following the 8:00am and 10:00am Masses, come to the CATHEDRAL CHAPEL for a short, lively presentation by **Patty Bowman**.

ORDER OF CELEBRATION FOR THE

*Third Sunday in Ordinary Time*

PRELUDE

*Christ, der du bist Tag und Licht*

Böhm

*Vater unser in Himmelreich*

Böhm

ENTRANCE No. 358 in Red Worship hymnal

*The voice of God goes out through all the world*

TOULON

PENITENTIAL ACT

*St. James Mass for Peace*

Herbolzheimer

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

GLORIA

*New Mass for Congregations*

Andrews

Glo - ry to God in the high - est, and on earth peace to peo-ple of good will. We  
praise you, we bless you, we a - dore you, we glo-ri-fy you, we give you thanks for  
your great glo - ry, Lord God, heav'n-ly King, O God, al - might-y Fa - ther.

*Cantor or Choir:*

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you a - lone are the Ho - ly One, you a - lone are the Lord,  
you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,  
in the glo - ry of God the Fa - ther. A - - - - men.

OPENING PRAYER (COLLECT)

# The Liturgy of the Word

FIRST READING

Isaiah 8:23-9:3

PSALM RESPONSE

Psalm 27  
Guimont



The Lord is my light and my salvation.

SECOND READING

I Corinthians 1:10-13, 17

ALLELUIA

*St. James Mass for Peace*  
Herbolsheimer



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

GOSPEL

Matthew 4:12-23

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CANDIDATES AND CATECHUMENS (10:00)

*I sought the Lord*  
FAITH

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.

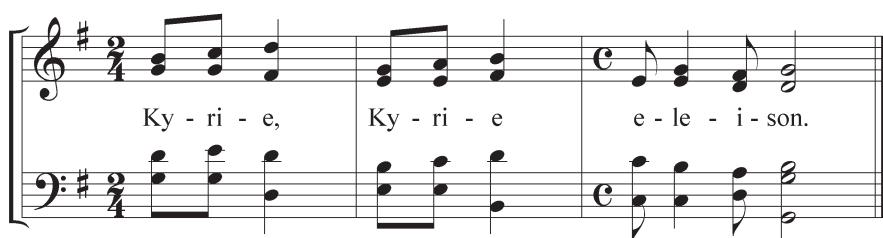
I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

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

Berthier



Ky - ri - e, Ky - ri - e e - le - i - son.

# The Liturgy of the Eucharist

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

O be joyful in the Lord, all ye lands:  
serve the Lord with gladness, and come before his presence with a song.  
Be ye sure that the Lord he is God:  
it is he that hath made us, and not we ourselves;  
we are his people, and the sheep of his pasture.

*Jubilate Deo*

Howells

(Sunday evening)

*O frondens*

St. Hildegard of Bingen

SANCTUS

*St. James Mass for Peace*

Herbolsheimer

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

MYSTERY OF FAITH

Herbolsheimer

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

AMEN

Herbolsheimer

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

LORD'S PRAYER

AGNUS DEI

Response 1, 2

Have mer - cy on us.

Response 3

Grant us peace.

*St. James Mass for Peace*

Herbolsheimer

## COMMUNION

*Venite post me*

Mode VIII

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

(10:00)

*Psalm 8: Domine, Dominus noster*

O Lord, our Lord, who awesome is your name through all the earth.  
I will sing of your majesty above the heavens with the mouths of babes and infants.

Lassus

(Sunday evening)

*Two fishermen*

Toolan

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

*A year of God's favor*

ST. DENIO

1. A year of God's fa - vor Christ prom - ised, and more:  
2. This word is ful - filled in be - liev - ers to - day,  
3. Ful - filled in our liv - ing be God's word to - day,

Good news to the pris - 'ner, the weak, and the poor,  
In wom - en and men who would fol - low Christ's way.  
Ful - filled in our lov - ing, our work, and our play,

Re - cov - 'ry of sense to the deaf and the blind,  
Re - spond, then, with glad - ness, in all that you do:  
Ful - filled now in jus - tice, in mer - cy and peace,

Full heal - ing for spir - it, for bod - y and mind.  
A life - time of fa - vor is of - fered to you!  
In joy - ful thanks - giv - ing and praise with - out cease.

## PROCESSION

*Præludium in C Major*

Böhm

*Fantasia and Fugue in G Minor, BWV 542*

Bach

*You are FELLOW CITIZENS with the SAINTS  
Θ MEMBERS of the HOUSEHOLD OF GOD*

EPHESIANS 2:19



## SUNDAY GIVING AT ST JAMES CATHEDRAL

**RESULTS THROUGH JANUARY 20, 2020**

Total pledges received .....	857
Average pledge .....	\$46 weekly
% participation so far (out of 2,639 households) .....	32%
Participation goal.....	1,000 pledges
<b>Pledges still needed to reach goal .....</b>	<b>143</b>

A huge THANK YOU to the 857 households who have turned in a pledge! If you haven't already done so, please drop your commitment card for 2020 in the offering basket this weekend or make your pledge online. If you donate via *Our Sunday Visitor*, be sure to login and update your giving preferences there.

*Information*, Maria Laughlin, 206-382-4284  
or [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org).

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

**SUNDAY GIVING AT ST. JAMES CATHEDRAL 2020**

## ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

Reverend David A. Brant

### 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, Peter Burns, sacristy (206-654-4646)

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

Joseph Adam, Director of Music & Cathedral Organist

Samuel Libra, Associate Cathedral Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

### SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Cathedral Kitchen: Teddi Callahan (Director), John Givins,

Mick McHugh, Ray Cisneros (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

Patrick Suhrbier, Immigrant Legal Services; Sayuko Setvik, Tutoring Coordinator; Caroline Okello, Community Activation Coordinator

### STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### PARISH OFFICE

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

Micki-Jo Palmer, Executive Assistant for Finance (206-654-4650)

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

Bev Mauser, Louise Mennella, Wedding Coordinators

### FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)

Alan Frasher, Melina McCombs, Gebregziabher Abay, Lino Nillas

### 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)

**W**ELCOME, VISITORS! 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. Be sure to stop by the **Cathedral Bookstore** after Mass for a wide selection of Cathedral souvenirs as well as Catholic books and gifts.

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

## The Third Sunday in Ordinary Time January 26, 2020

**ON THE COVER** James, the fisherman, hears the call of the Lord. Doorstop of the Ceremonial Bronze Doors. Ulrich Henn, sculptor.

**FLOWERS AT THE ALTAR** are offered in loving memory of Mairead Corrigan from her family. *Flowers are a wonderful way to remember a deceased loved one, celebrate an anniversary, or give thanks for a prayer that has been answered. We currently have openings for floral offerings on May 3, 10, and 17. Information, Micki-Jo Palmer, mpalmer@stjames-cathedral.org or 206-654-4650.*

**NORTHWEST CATHOLIC COLLECTION** Through *Northwest Catholic* magazine, NWcatholic.org and social media, the Church is able to enter every home with a message of hope that the world so desperately needs. For this reason, *Northwest Catholic* is sent free of charge to every registered Catholic household in Western Washington. Your donation is a great way to share the gift of faith with others. Thank you for your support.

**FIND OUT MORE ABOUT BECOMING CATHOLIC** Are you, a family member, or a friend interested in learning more about the Catholic Church? You're invited to a no-strings-attached gathering to ask questions and find out more on Wednesday, February 5, at 7:00pm in the Fireside Room (lower level of the Pastoral Outreach Center at 907 Columbia Street). Please use the courtyard entrance to access the Fireside Room. All are welcome, no RSVP needed.

**ANOINTING OF THE SICK** On Saturday, February 15 at 10:30am, Father Ryan will celebrate a special Mass with the Anointing of the Sick. Those who struggle with chronic illness, who are facing surgery, or who deal with the weakness that comes with age are especially encouraged to participate.

**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 pray for the parishes of St. Thomas Aquinas in Camas and St. John Bosco in Tacoma.

## YOUTH MINISTRY

**YOUTH NIGHT FEBRUARY 2** Join us on Sunday, February 2 for Youth Night, 6:30pm in the Holy Names Room! Parents are welcome to join this special meeting as we talk about big changes to Youth Ministry at the Cathedral and exciting plans for the months ahead.

**SAVE THE DATE** We're planning a Youth Ministry social activity on Sunday, February 8. Following that, our next Youth Night will be Sunday, February 23. Beginning in March, our new schedule will kick in. Keep an eye on the bulletin for further details.

**BYRD ENSEMBLE CONCERT** Flemish Masters on Saturday, February 1 at 8:00pm. The program features Orlando Lassus's mass setting *Missa super Bell' Amfitrit' altera*, scored for eight voices. Accompanying the mass are two stunning motets by Josquin and Gombert, based on King David's lament over his beloved son Absalom. *Information and reserved passes:* 206-919-2471 or [www.brydensemble.com](http://www.brydensemble.com); pay-as-able parishioner passes: 206-382-4874 or [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org).

**CATHEDRAL ESPRESSO** This month, all proceeds benefit our Mental Health and Wellness Ministry. The espresso cart is open at coffee hour after 10:00am Mass.

**ST VINCENT DE PAUL THANKS YOU** Two cousins sharing an apartment asked for help. One of their mothers had been in a near-fatal accident and spent at least a month in the hospital. After she was sent home, her son missed several weeks of work while staying with and caring for her. As a result, the cousins were short on rent. When we visited, we wrote a voucher for rent. Then, as we continued to talk, we learned that both cousins work in a homeless shelter. Encouraged by strong faith, they "try to bring hope" to those they meet on the streets and in the shelter. Your support makes our help possible - thank you! *Information*, Bob Clifford, 206-718-4158 or [bobclifford53@gmail.com](mailto:bobclifford53@gmail.com)

### THANK YOU FROM THE CATHEDRAL KITCHEN

Thanks, Pagliacci Pizza for providing your amazing pizza to more than 180 dinner guests on January 16. And thank you, Horizon House, for donating freshly made lasagna. They were enjoyed and appreciated by all. Thank You,

**GRIEF SUPPORT GROUP** Are you grieving the death of someone close to you? Grief and loss can have a significant impact on our lives long after the death of the person we love. The grieving process has no timeline and is unique to each individual, but meeting with others who are going through a similar experience can provide support and help us cope. You are invited to join this 8-week grief support group, Wednesdays, January 22 through March 11, 6:30pm-8:00pm in the Gallagher Center. *Information and registration*, Rosanne Michaels, 206-654-4658 or [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org).

**ADVOCACY DAYS IN OLYMPIA** Housing and Homelessness Advocacy Day, Monday, February 3 Join advocates from around Washington State to talk to your lawmakers about key housing and homelessness policies. You'll also participate in workshops to build skills in advocating for equitable housing policy. *Registration*, Patrick Barredo, Director of Social Outreach and Advocacy, [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org) or 206-382-4515.

**CONSIDERING SEPARATION OR DIVORCE?** Wait! There is an alternative. Retrouvaille (pronounced retro-vi) has brought healing to tens of thousands of troubled marriages worldwide. Your situation may seem hopeless, but there is always hope, and you are not alone in your struggle. Confidential information and registration for upcoming program on February 21-23, 2020, 206-706-2608 or [www.helpourmarriage.org](http://www.helpourmarriage.org).

**BABYSITTING** is available for children up to four years of age on Sundays during the 10:00am and Noon Masses, during baptism preparation classes, and during special events for parents and families. The program is located in the Mother Cabrini Room on the first floor of the Pastoral Outreach Center; enter through the courtyard at Ninth and Columbia. *Information*, Suzanne Lee, 206-654-4640.

## Opportunities to Serve

**FUNERAL RECEPTION VOLUNTEERS** If you have ever lost a loved one (and who hasn't?) you know how important it was to have friends and neighbors reach out when you were in the raw stages of grief. Our Funeral Reception Committee does just that! After a funeral Mass, St. James volunteers welcome and serve bereaved families and friends as they gather to tell stories and comfort one another. With the recent retirement of several long-time volunteers, we need additional help. *Information*, Suzanne Lee 206-654-4640 or [slee@stjames-cathedral.org](mailto:slee@stjames-cathedral.org).

**OPERATION NIGHTWATCH:** Buy groceries, make sandwiches, cook or serve dinner for homeless persons at a local shelter once a month. Availability: 1st or 3rd Tuesday (4pm-6pm or 8:30pm-10pm) and 2nd Sunday (8:30pm-10pm). *Information*, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**MEN'S WINTER SHELTER** Openings for overnight hosts and breakfast providers, assisting homeless men over 50 years old. Overnighters commit once a month (Fri., Sat., Sun. or Mon., 8pm-7:30am). Breakfast providers bring and serve food once a month (Sat., Sun., Mon. or Tues., 6am-7:30am). *Information*, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**WINTER SHELTER** Consider donating men's razors, spray deodorant and toothbrushes. Items can be dropped off or delivered to the Parish Office or Sunday Coffee Hour. Thank you!

# THE SPIRIT OF THE LITURGY

PART I OF 5

*In this series, we're going to delve deeper into the Mass—our daily prayer, our weekly worship, the most familiar as well as the most profound of Christian rituals. As we begin, we'll look at what liturgy is and explore the Introductory Rites of the Mass. Over the course of this series, our purpose will be to uncover ways to pray the Mass more deeply and intentionally.*

## THE MASS BEGINS

### What is liturgy?

Liturgy comes from a Greek term that means “work of the people” or “public work” and is used in many different contexts, mostly religious. For Catholics, “liturgy” refers to the formal worship offered by the Church and includes the Mass, the Liturgy of the Hours, celebrations of the sacraments, rites, and blessings.

The definition of liturgy as “work” is worth pondering. Catholic isn’t just something we are—Catholic is something we *do*. Faith is not passive, but something to be lived. When we gather for the liturgy, we are doing something: we are uniting our prayer with that of others, not only those in the pews with us, but with the Church throughout the world, throughout time, and throughout history. The ordered and repeated patterns of the liturgy allow us to enter into the tradition of the Church and to touch the mystery of faith. Through the liturgy, we are being built into a community, one Body in Christ.

The “work” of the liturgy is carried out, first and foremost, by Christ himself. It is Christ who gathers the community together, Christ who fills and gives meaning to the rites and makes them fruitful. Christ works with and through us when we come together to celebrate the Church’s liturgy. There are many different roles and functions: readers, cantors and musicians, Extraordinary Ministers of Holy Communion, ushers and greeters, altar servers, deacons, and priests, sometimes a bishop or archbishop as well—and members of the assembly. Each of these has a function to perform in the carrying out of the liturgy. When we all come together for the liturgy, we are more than a crowd attending a public event—a concert, sporting event, or lecture. We are not spectators, but a worshiping assembly, being formed, through the presence of Christ, into the very body of Christ.



So what is liturgy? Liturgy is God gathering people together to offer worship. Liturgy follows patterns, many of which are extremely ancient. Liturgy requires a diversity of people performing a variety of functions. Liturgy speaks many languages—the languages of movement, sound, silence, gesture, and symbol as well as spoken language. Liturgy employs many different art forms—music, poetry, architecture, and rhetoric, among others. In short, liturgy does not exist on paper. Liturgy is something that happens, when a community gathers to pray.

### The Introductory Rites

Mass begins with a procession, as the ministers of the liturgy enter the worship space. The procession is practical (those with particular roles to perform in the liturgy need to get into the sacred space somehow!) but, more importantly, the procession is symbolic of the gathering of the people of God around the cross of Christ. In Eucharistic Prayer III, the priest prays: “Listen graciously to the prayers of this family whom you have summoned before you.” That phrase tells us two remarkable things: first, that we are a family. Since we are all children of God by adoption, we are brothers and sisters to each other. And second: we didn’t decide to come to Mass on our own. We were “summoned.” In other words, every time we come to Mass, it’s not so much a decision as a response to the invitation of God. The procession is a visual reflection of this invitation, as the ministers are drawn into the space following the cross. The song we sing at the entrance expresses praise of God. The simple act of singing together both expresses and reinforces the reality that we are family,

we are a community together.

In the procession, we honor the presence of Christ. Candles are carried with the cross and the Book of the Gospels, both of which point to Christ. At the end of the procession, the priest kisses the altar because, in the words of the early Church Fathers, “the altar is Christ.”

After the entrance, the introductory rites of the Mass unfold with four prayers. We begin with the Sign of the Cross: *in the name of the Father, and of the Son, and of the Holy Spirit.* This is a profession of faith in miniature, a reminder of who we are and in whose name we gather. The sign of the cross marks the beginning and the end of the Mass, of this time consecrated to God.

The Penitential Act which follows is a public acknowledgment of sin. When, in one of his first public interviews, Pope Francis was asked who he was, he replied, “I am a sinner. This the most accurate definition. It is not a figure of speech, a literary genre. I am a sinner.” We acknowledge our sinfulness not so that we can feel bad about ourselves. We acknowledge our sinfulness because it reminds us of our need for God. How can we recognize God’s power without recognizing our own weakness? We acknowledge our sins so that we can praise God, the source of forgiveness: “May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.” This pattern—sin and mercy; humanity and divinity—will be repeated many times in the course of the Mass. We acknowledge who we are so we can, as the saying goes, “let God be God.”

That pattern is reflected in the Gloria, the song of praise which is sung on Sundays (except in Advent and Lent), Feasts, and Solemnities. The Gloria is an ancient song which begins with the words of the angels to the shepherds on Christmas night: “Glory to God in the highest, and on earth peace to people of good will.” The rest of the Gloria is an ancient “riff,” if you will, on those words of Scripture, a rhapsody of praise which almost seems to exhaust the vocabulary of praise and thanksgiving: “We praise you. We bless you. We adore you. We glorify you. We give you thanks.”

Following the Gloria, the Introductory Rites of the Mass conclude with the opening prayer, called a “Collect” because it gathers or “collects” the prayers of the assembly into one. The Collect always includes a specific petition, sometimes for the community gathered, sometimes much broader: “that we may grow in understanding of the riches hidden in Christ” (First Sunday of Lent); “that the course of our world may be directed by your peaceful rule” (8th Sunday); “that... we may rise up in the light of life” (Easter Sunday). With this prayer, the Introductory Rites come to an end. The entire assembly sits to listen to the Word of God.

## The Spirit of the Liturgy

*Sacrosanctum Concilium* (1963), the Constitution on the Sacred Liturgy, was the first document to emerge from the Second Vatican Council. This document is full of teachings which have become familiar over the years: liturgy is “source and summit,”



and we are called to participate in the liturgy “fully, consciously, and actively.” Less familiar is the phrase, used no fewer than three times in the document, “deeply imbued with the spirit of the liturgy.” This is said with regard both to priests and to laypeople who assist with the liturgy. What is “the spirit of the liturgy”? And what would it mean for us to be “imbued with the spirit of the liturgy?” Looking at the Introductory Rites of the Mass, we can answer that question in this way: the spirit of the liturgy is entering into community. The spirit of the liturgy is wonder and awe in the presence of God. The spirit of the liturgy is humility and joy.

As our exploration of the Mass unfolds over the coming weeks, we’ll add new layers to our answer to this question.

—Corinna Laughlin, *Pastoral Assistant for Liturgy*

### A Prayer before Mass

O God, my God,  
Mass is about to begin.  
You have called me to be part of this liturgy:  
you want me to be here today.  
Help me to enter into the Mass  
with heart, mind, and voice:  
with my whole self.

Around me are the others you have called:  
not strangers, but my family in faith.  
Help me to recognize your presence in them.  
May we honor each other’s gifts,  
put up with each other’s weaknesses,  
treasure our unity and rejoice in our diversity.  
As we celebrate Mass together,  
may we truly become what we receive:  
the Body of Christ for a world in need.  
Amen.



*Stained glass window, Seattle University*

*Take time to pray...*

# The First Spiritual Exercises

a classic retreat in Catholic spirituality

*As originally conceived by St. Ignatius and adapted by Michael Hansen, S.J.*

Five Mondays: January 27, February 3, 10, 17, and 24, 2020 | 7:00 – 9:00 pm  
Cathedral Place, Room 411, 803 Terry Avenue  
Retreat guide: Rosanne Michaels

## Inner Peace in Darkness and Light

**A guided retreat, given in the context of everyday life,  
focusing on different expressions of God's love for you.  
(This is the second of four retreats in this series; each can stand alone.)**

### *Requirements*

- 30 minutes of prayer each day, guided by Michael Hansen's text (available for purchase in the Cathedral Bookstore and during the first class)
- Weekly gatherings for spiritual listening, small group conversation and guidance

*Registration for this retreat is required.*

Rosanne Michaels, 206-654-4658 or [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org)



Photo: Sister Anne Herkenrath with her great-uncle, Solanus Casey

# Blessed Solanus Casey

Tuesday, January 28, 2020 | 7:00-8:30pm

Holy Names Room, Pastoral Outreach Center, 907 Columbia Street

Learn about the legendary Blessed Solanus Casey, a Capuchin friar who is one miracle away from Catholic sainthood. The late friar's family has descendants here in the Pacific Northwest, including his great-niece and our great friend, Sister Anne Herkenrath!

Detroit-based author Patricia Montemurri, an award-winning journalist, will give a slide show presentation about Blessed Solanus. She'll also be selling and signing her book, *Blessed Solanus Casey*, which is filled with 200 photos chronicling the life and legacy of the beloved Capuchin. The presentation illustrates the impact of Blessed Solanus, who died in 1957 and who was known for working wonders in his Capuchin ministry. Nearly 70,000 people attended his beatification ceremony in Detroit in November, 2017. Blessed Solanus Casey could become the first American-born male Catholic saint. All are welcome!

Information, Maria Laughlin, [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org)

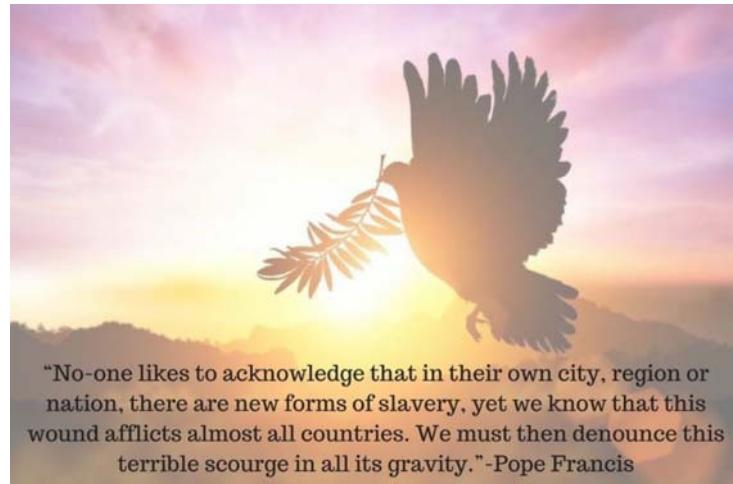
# Human Trafficking

Migration and Refugee Services

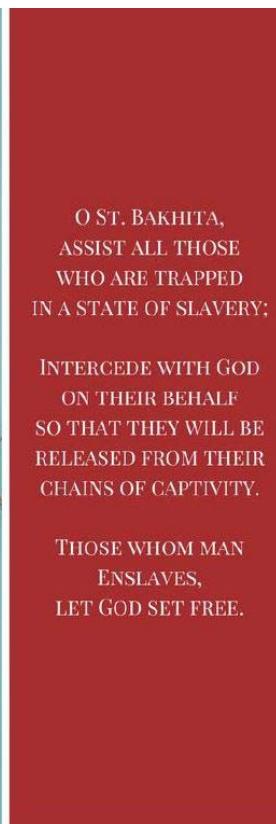
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## Facts about Human Trafficking

- There are an estimated 40.3 million victims of modern-day slavery worldwide. Of these, 25 million are victims of labor or sex trafficking and 15 million are people trapped in forced marriages.
- Individuals in situations of forced migration, such as refugees and unaccompanied children, are particularly vulnerable to labor and sex traffickers.
- Victim identification remains a significant challenge to U.S. efforts to prevent trafficking, prosecute perpetrators, and protect victims.
- Calculated as a 150-billion-dollar industry, modern day slavery has become the fastest growing source of illicit profit for criminals worldwide.



"No-one likes to acknowledge that in their own city, region or nation, there are new forms of slavery, yet we know that this wound afflicts almost all countries. We must then denounce this terrible scourge in all its gravity." -Pope Francis



## Day of Prayer, February 8

February 8 has been designated by the Pontifical Council for Justice and Peace and the International Union of Superiors General as an annual day of prayer and awareness against human trafficking. February 8 is the feast day of St. Josephine Bakhita, who was kidnapped as a child and sold into slavery in Sudan and Italy. She learned from Canossian nuns that she was created in the image of God and possessed human dignity. Once she asserted herself and refused to be enslaved, Josephine became a Canossian sister and dedicated her life to sharing her testament of deliverance from slavery and comforting the poor and suffering. She was declared a Saint in 2000.

To Learn More and Make a Difference visit [www.stjames-cathedral.org/immigrant](http://www.stjames-cathedral.org/immigrant)  
or [www.ipjc.org/human-trafficking](http://www.ipjc.org/human-trafficking)



# 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 15, 2020, 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 23 at Noon.

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).

# CATHOLICS *for the* COMMON GOOD

2 | 20 | 2020



## Catholic Advocacy Day

### Thursday, February 20, 2020

### Olympia, WA • 9:00am–4:00pm

Join with members and staff of Catholic parishes and organizations as we bring the Gospel message of care for our sisters and brothers to Olympia.

#### Events

Issue Briefings  
Legislative Visit Training  
Meetings with Legislators

#### Register by

**February 7, 2020**  
at [www.ipjc.org/cad](http://www.ipjc.org/cad)

#### Bus Transportation from

*Bellevue, Bellingham,  
Burlington, Everett,  
Federal Way, Kirkland,  
Renton, Seattle,  
Tacoma, Vancouver*

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

Sponsored by



With Support from



# ST. JAMES CATHEDRAL

# YOUTH MUSIC

St. James Cathedral has a robust Youth Music Program, directed by **Ms. Stacey Sunde**, comprised of three choirs, as well as the Schola Cantorum Choir Camp that takes place each August (the 2020 camp will run from August 10–16). **Registration is open now for the Spring 2020 semester** (January–June). For more information and/or to schedule an interview, please contact the Youth Music Office at 206-382-4876 or email [YouthMusic@stjames-cathedral.org](mailto>YouthMusic@stjames-cathedral.org).



**Jubilate! Young Women's Ensemble** is St. James' advanced ensemble for young women ages 13–18. These amazing singers come from all over the region on Mondays from 4:45–6:45pm to rehearse some of the Church's finest sacred repertoire at an advanced level. Jubilate! sings for the noon Mass on the third Sunday of each month from October–May as well as for many other Cathedral liturgies and events.



**Seraphim Choir** gives children in grades 1–3 an opportunity to develop their musicianship before they graduate to singing regular masses. They rehearse Thursdays from 4:45–6:15pm and sing at occasional special liturgies throughout the year.

**Schola Cantorum** is for singers grades 4–8 from all over the region. It is a fun and exciting opportunity for boys and girls to learn to sing a wide variety of high-level repertoire, with emphasis placed on teaching age-appropriate vocal technique and excellent musicianship skills (and having fun!). Rehearsals are Thursdays from 4:45–6:45pm. Schola Cantorum provides the music for the First Sunday Youth Celebration at the noon Mass from October–May.

The youth choirs participate in the yearly Service of Readings and Carols, the 5:30pm Vigil Mass of Christmas on Christmas Eve, and the procession at the 10am Mass on the Feast of Corpus Christi. Singing in a choir not only gives children musical training, but also builds social skills, community, friendships, and cooperation.

*Follow "Music at St. James Cathedral" on Facebook to learn more about musical life at St. James Cathedral!*

# February 2020

at St. James Cathedral

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>2</b> <b>THE PRESENTATION OF THE LORD</b>  Children's Faith Formation, 11am Youth Epiphany Celebration, Noon Youth Night, 6:30pm	<b>3</b> <i>Blase</i>  Blessing of Throats, 8:15am, 5:30pm	<b>4</b>  Operation Nightwatch	<b>5</b> <i>Agatha</i>  Cathedral Tour, 1pm LPJ, 4:00pm Care for Creation Committee, 6:30pm Interested in becoming Catholic? 7:00pm RCIA, 7:00pm	<b>6</b> <i>Paul Miki &amp; companions</i>	<b>7</b> <b>FIRST FRIDAY</b>  Exposition, 9-12 Holy Hour, Noon Contemplative Prayer, 6:30pm	<b>1</b>  <b>The Sacrament of Anointing of the Sick</b>  A communal celebration of the Sacrament of the Anointing of the Sick will take place at St. James Cathedral on Saturday, February 15, 2020, at a special 10:30am Mass. Father Ryan will preside. All are welcome to attend the Mass.
<b>9</b> <b>5TH SUNDAY IN ORDINARY TIME</b>  Children's Faith Formation, 11am Operation Nightwatch	<b>10</b> <i>Scholastica</i>  Sandwiches for St. Martin de Porres Shelter	<b>11</b> <i>Our Lady of Lourdes</i>	<b>12</b>  Cathedral Tour, 1pm Juvenile Justice, 5:00pm RCIA, 7:00pm	<b>13</b>	<b>14</b> <i>Cyril &amp; Methodius</i>	<b>15</b>  Mass with Anointing of the Sick, 10:30am
<b>16</b> <b>6TH SUNDAY IN ORDINARY TIME</b>	<b>17</b> <i>Seven Holy Servite Founders</i>  PRESIDENTS' DAY <i>Parish Office Closed</i>	<b>18</b>  Operation Nightwatch	<b>19</b>  Cathedral Tour, 1pm Care for Creation, 6:30pm Grief Support, 6:30pm RCIA, 7:00pm	<b>20</b>	<b>21</b> <i>Peter Damian</i>  Catholic Advocacy Day, Olympia Joseph Adam Concert, 7:30pm	<b>22</b> <i>Chair of St. Peter</i>
<b>23</b> <b>7TH SUNDAY IN ORDINARY TIME</b>  Children's Faith Formation, 11am Youth Night, 6:30pm	<b>24</b>	<b>25</b>	<b>26</b> <b>ASH WEDNESDAY</b> <i>The beginning of Lent</i>  Masses at 8:15am, 12:10pm, 6:00pm Grief Support, 6:30pm	<b>27</b>	<b>28</b>	<b>29</b>  Housing Advocacy, 6:00pm Rite of Election, 7:30pm  Rite of Election, 11:00am