



ST. JAMES CATHEDRAL
Sixth Sunday in Ordinary Time
February 11, 2018

ORDER OF CELEBRATION FOR

The Sixth Sunday in Ordinary Time

CELEBRATION OF THE SACRAMENT OF BAPTISM (10:00am)

FAREWELL TO THE ALLELUIA (Noon)

PRELUDE

(Noon)

“Andante” from *Symphony No. 4*

Viernes

To God alone be the glory

Bach

ENTRANCE **No. 530 in red** Worship hymnal

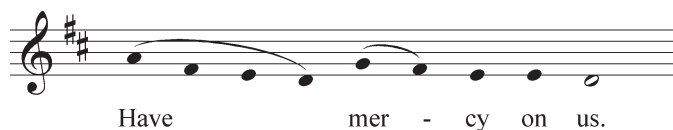
Praise, my soul, the King of Heaven

LAUDA ANIMA

PENITENTIAL ACT

Missa de angelis

Vatican VIII



WELCOMING OF THE CHILDREN TO BE BAPTIZED (10:00am)

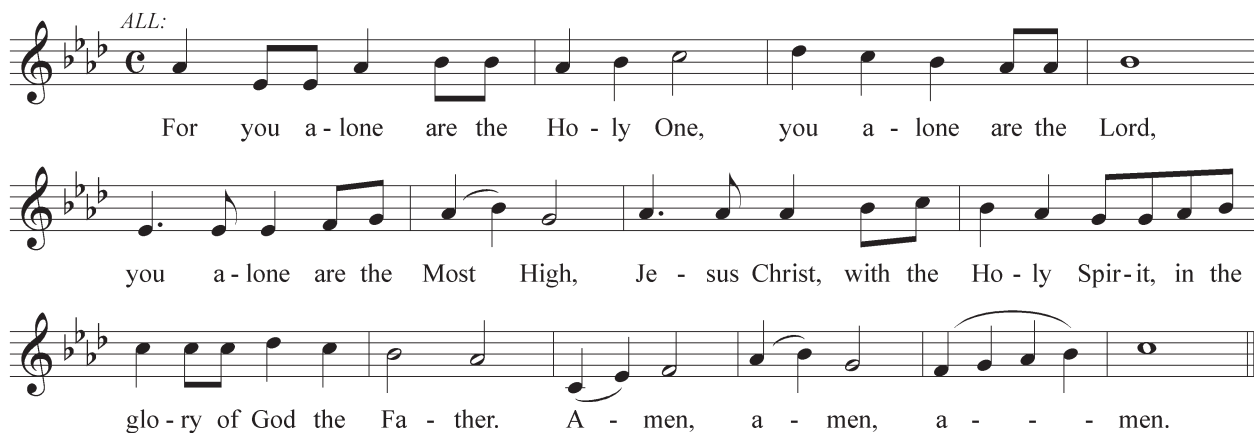
GLORIA

Mass in Honor of St. Benedict

LeBlanc



*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.*



OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Leviticus 13:1-2, 44-46

PSALM RESPONSE

Psalms 32

LeBlanc



SECOND READING

I Corinthians 10:31-11:1

ALLELUIA

Berthier



GOSPEL

Mark 1:40-45

HOMILY

Father Michael G. Ryan

CREED (except at 10:00am)

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.

The Rite of Baptism (10:00am)

INTERCESSIONS AND LITANY OF SAINTS Lord, we ask you, hear our prayer.

BLESSING OF BAPTISMAL WATER

PROFESSION OF FAITH *All join in the response, I do.*

ACCLAMATION FOLLOWING EACH BAPTISM

Herbolsheimer

Please, no applause following the baptisms.

SPRINKLING WITH BAPTISMAL WATER

Hurd

ENTRANCE OF THE NEWLY BAPTIZED *Please remain seated*

EXPLANATORY RITES

Anointing with Chrism, White Garment Prayer, Presentation of a Lighted Candle

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

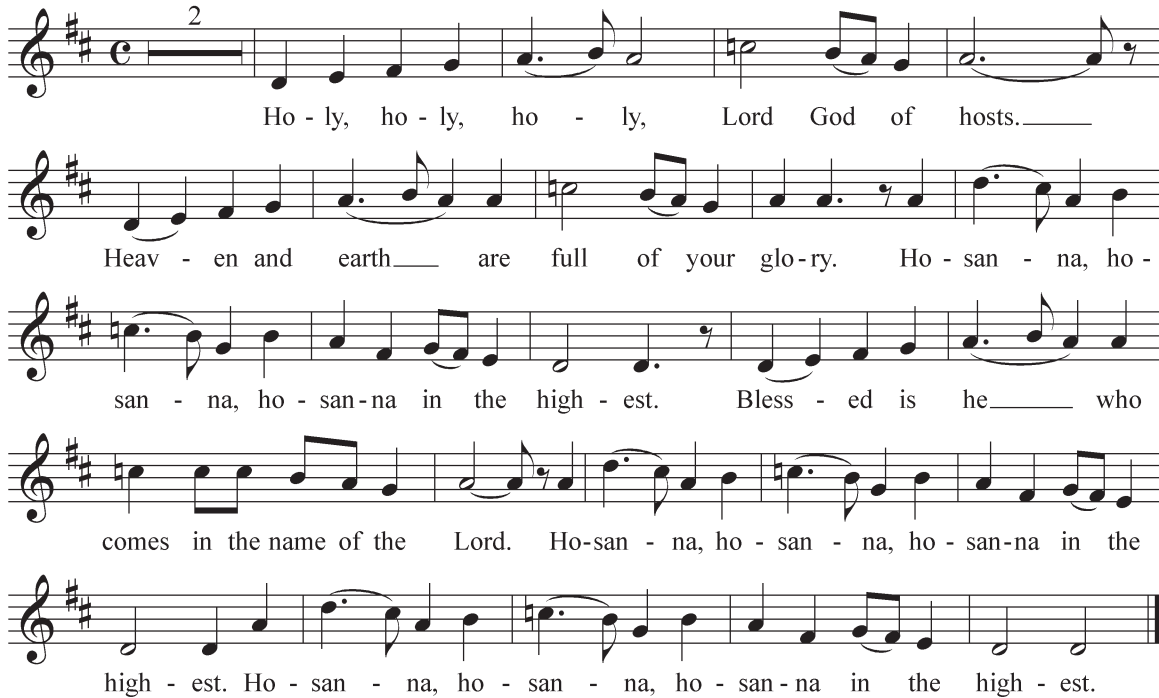
Offertory (10:00)

It was not you who chose me, but I who chose you,
and appointed you to go and bear fruit that will remain.
This I command you: love one another. (John 15:16-17)

It was not you
Herbolsheimer

SANCTUS

Mass for the City
Proulx



Ho - ly, ho - ly, ho - ly, Lord God of hosts.____
Heav - en and earth____ are full of your glo-ry. Ho - san - na, ho -
san - na, ho - san-na in the high - est. Bless - ed is he____ who
comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the
high - est. Ho - san - na, ho - san - na, ho - san-na in the high - est.

MYSTERY OF FAITH

Proulx



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

AMEN

Proulx



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


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

Manducaverunt
Mode I

They ate and were fully satisfied; the Lord gave them all they desired; they were not deprived of their wants.

(10:00)

Alleluia
Thompson

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

O God beyond all praising
THAXTED



1. O God be-yond all prais-ing, We wor-ship you to-day
2. Then hear, O gra-cious Sav-ior, Ac-cept the love we bring,
And sing the love a-maz-ing That songs can-not re-pay;
That we who know your fa-vor May serve you as our king;
For we can on-ly won-der At ev-'ry gift you send,
And wheth-er our to-mor-rows Be filled with good or ill,
At bless-ings with-out num-ber And mer-cies with-out end:
We'll tri-umph through our sor-rows And rise to bless you still:
We lift our hearts be-fore you And wait u-pon your word,
To mar-vel at your beau-ty And glo-ry in your ways,
We hon-or and a-dore you, Our great and might-y Lord.
And make a joy-ful du-ty Our sac-ri-fice of praise.

PROCESSION

(Noon)

“Allegro maestoso” from Symphony No. 4
Vierne
Prelude and Fugue in G Major, BWV 541
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

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)

Joseph Adam, Director of Music & Cathedral Organist
Stacey Sunde, Director of Youth Music
Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)
Hunt Hoffman, Hospitality and Administrative Support (206-382-4235)
Cathedral Kitchen: Teddi Callahan (Director), Carol DeMatteis,
Keith Emry (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
Glenda Caldwell, ESL Specialist; Patrick Suhrbier, Immigrant Legal
Services; Caroline Okello, Community Activation Coordinator

STEWARDSHIP 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 (206-622-3559)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)
Alan Frasher, Melina McCombs, Steve Raab, David Wilson

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.

ANOIDING 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

WELCOME, 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 is present on the Cathedral campus.

ON THE COVER *Icon of Christ the Teacher.* Joan Brand-Landkamer, Cathedral iconographer.

CHILDREN'S PROCESSION AT THE BEGINNING OF THE NOON MASS All children are invited to help the assembly bid Farewell to Alleluia. Meet in the West Vestibule at 11:53. Parents, please accompany very young children.

PARENTS, JOIN OTHER PARENTS FOR A DROP-IN DISCUSSION around Family Life in a High-Tech Age. Meet in Room 206 of O'Dea High School from 11:05 to 11:40 this Sunday, February 11. *Information*, Rosanne Michaels rmichaels@stjames-cathedral.org.

SKYLINE OPEN HOUSE Skyline, a 62+ retirement community across the street from St. James, will be hosting an exclusive Open House for Cathedral parishioners following Noon Mass TODAY Sunday, February 11 from 1:30–3pm. One and two bedroom independent living apartment homes will be available to tour. Come enjoy a beverage and appetizer as you learn about the benefits and amenities of Skyline. RSVP to 206-405-4100 or email fjahan@skylineseattle.org.

WINTER SHELTER NEEDS We are close to depleting our supply of spray deodorant, toothbrushes and razors. Donations would be most appreciated and can be brought to Sunday Coffee Hour or the Parish Office. Thank you!

APPLICATIONS FOR CATHOLIC SCHOOL

SCHOLARSHIPS St. James has SIX Catholic Elementary Schools in Seattle: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family Bilingual. These schools provide in-parish tuition rates for registered St. James parishioners. We also support FOUR Catholic High Schools (O'Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic) through the Simperman Scholar program. Contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org for requirements and an application packet for the 2018-2019 school year. Completed applications must be submitted by April 30.

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

OPUS 7 VOCAL ENSEMBLE CONCERT: THE ROAD OF MERCY On Saturday, February 17 at 8:00pm, Opus 7, under the direction of conductor Loren Pontén, presents a program of choral music for the Lenten season, which includes Benjamin Britten's great masterpiece, *Cantata Misericordium* for choir, soloists, harp, percussion, piano, and string orchestra. A dramatic retelling of the parable of the Good Samaritan, it compels us to show mercy to our neighbor. Also featured are multiple settings of the "O vos omnes" text, alternating with inspiring works by Rheinberger, Parry, Barber, Casals, and Elgar. *Information and passes*, www.opus7.org.

OPERATION RICE BOWL On February 14, we begin the Lenten season with 40 days of prayer, fasting, and almsgiving. Almsgiving at St. James has always involved the Catholic Relief Services Rice Bowl – the humble little box in which we place our donations for the many programs CRS supports throughout the world, and in our own community. Last year, parishioners at St. James contributed an amazing \$17,490.28 through the Rice Bowls, an increase of 17% from 2016. This year, as you pick up your Rice Bowl after Mass, remember the important contribution the Rice Bowl program plays in providing food, education, medical care, disaster relief, and other humanitarian needs to people in over 110 countries, including our own, and give as generously as you can. If you give online using Our Sunday Visitor, you can make your Rice Bowl gift online as well!

ST VINCENT DE PAUL THANKS YOU We visited a young woman with an infectious smile and deep depression. Like several other women in her family, she was diagnosed with breast cancer. She hoped to take a leave of absence from her job for surgery. But she feared telling her supervisors about her condition and worried about the loss of income while recuperating. We helped with rent and urged her to apply to certain governmental agencies for more financial help. We also recommended other charities that help breast cancer survivors in hope they can help her build the happy life she deserves. Thank you for your support, which makes our help possible! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

IMMIGRATION SUMMIT We are called to imitate Christ who brought glad tidings to all, especially those who are marginalized. How can we be a better Church committed to all, especially to migrants in our midst? Join the *Your Liberation is Bound Up with Mine* Second Annual Archdiocesan Immigration Summit at Seattle U on Saturday, March 10 to pray and talk through how we can better be welcoming for migrants in our communities. Registration, www.seattleu.edu/ictc. *Information*, Christopher Koehler, cckoehler@stjames-cathedral.org, 206-382-4511.

ROSARY All are welcome to join with a group of parishioners who pray the rosary together in the Chapel, Monday through Saturday at 7:40am.

Rome Pilgrimage Concert

FRIDAY, FEBRUARY 23 AT 8:00PM

JOSEPH ADAM, Cathedral Organist and Director of Music, the CATHEDRAL CHOIR OF ST. JAMES, JUBILATE! YOUNG WOMEN'S ENSEMBLE and a large group of pilgrims travel with FATHER RYAN to Florence, Siena, Assisi, and Rome for days of prayer, concerts, Masses, and exploration of holy places. Along the way, the choirs will sing works by composers associated with these historic churches, as well as works from their standard repertoire.

Join us for this send-off concert, which will follow the same program as the concert to be presented in Rome at the Church of Sant'Ignazio. The \$18 suggested donation will help offset costs of the pilgrimage. All are welcome. Let's fill the Cathedral and help to send our pilgrims on their way!



Drawing of St. Peter's Basilica by Thomas Allsopp

YOUTH MINISTRY

YOUTH NIGHT TONIGHT Join us for the last of our three youth nights focused on different forms of spirituality. This week we're diving into Ignatian forms of prayer. We meet from 6:30-8:30 most Sunday evenings in the Pastoral Outreach Center.

NO YOUTH NIGHT NEXT SUNDAY February 18. Enjoy the long President's Day weekend.

CATHOLIC ADVOCACY DAY brings legislators, policy-makers and Catholics from all over our region together to advocate for Catholic Social Teaching at the State Capital. St. James Youth Ministry will send a delegation to on Wednesday, Feb. 21 for a day that will include issue briefings, Mass, stories from people living in poverty and meetings with legislators. You can learn more at www.ipjc.org/cad. To reserve your spot for this day long trip to Olympia, RSVP to Curtis

Information, Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

SAVE THE DATE Our days of enjoying the Old Seattle grandeur of the Rectory Parlors on Sunday evenings will be coming to a close next Sunday, February 18. We hope you can be there for our final Third Sunday Social and learn about what new things will be taking its place in March. We'll meet, as usual, across the courtyard in the Rectory after the Sunday evening Mass.

Information, Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

NEW! NAMI FAMILY & FRIENDS SEMINAR Saturday February 24, 9am – 1pm, Holy Names Room, 907 Columbia Street. NAMI Family & Friends is a free, 4-hour seminar that informs and supports family members, partners, friends and significant others who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders are also family members and know what it is like to have a loved one with a mental health condition. *To register contact NAMI Seattle Program Manager Katie Mahoney: katie@namiseattle.org or 206-783-9264*

ADDRESSING TRAUMA AND BUILDING RESILIENCE Cabrini Ministry Training, St. James Mental Health & Wellness Ministry and the Archdiocese of Seattle invite you to attend this workshop for caregivers interested in building strong communities. Saturday, February 24, 9am-2pm, Isaac Orr Center, 910 Marion Street. Presented by Avery Haller and Sierra Quintana, Bastyr University MPH candidates. This event is free and open to the public and is offered in partnership with the Archdiocesan Office of Discipleship.

PILATES AT SAINT JAMES CATHEDRAL Thursday, March 8, 4:15-5:15pm, Holy Names Room. This class taught by parishioner and certified Pilates teacher Jenny Dailey classes will be held once a month on second Thursdays Pilates heals old injuries and helps to correct postural imbalances. Bring a mat if you have one, some will be provided. Free and appropriate for all ages. *Information, Nancy Granger, ngranger@stjames-cathedral.org or 206-382-4269*

YOUNGER ONSET ALZHEIMER'S RESEARCH & EDUCATION DAY Wednesday, February 21, 10:30am-3:00pm, Shoreline Center, 18500 1st Ave NE. Were you or a loved one diagnosed with Alzheimer's before age 65? You are not alone! Attend this free event offered by UW Medicine Memory and Brain Wellness Center. *Information: Mari Becker 206-744-2017 or mbecker1@uw.edu.*

HAVE YOU DRIFTED AWAY FROM YOUR CATHOLIC FAITH? Do you have a desire to return to your faith, and to the sacraments? Come join our Cathedral Welcome Back team for a single session. We'll listen to your needs, and offer ways you can deepen your understanding of your own Catholic faith whether in the context of a daytime group, an evening series, or even an individual meeting. Single sessions will be Monday afternoon, March 12, from 3:00-4:30 pm, OR Monday evening, March 12, from 7:00-8:30 pm., in Cathedral Place, 803 Terry. *Information, Rosanne Michaels, rmichaels@stjames-cathedral.org, or 206-654-4658.*

ARE YOU INTERESTED IN BECOMING CATHOLIC? If you are an adult who has never been baptized, an adult who has been baptized in another Christian tradition or a Catholic who has been baptized, but not received First Eucharist or Confirmation, you are invited to participate in the RCIA, a process of initiation into the Catholic Church. You can learn more by going to the RCIA website. *Information, Kathleen McCabe, 206-382-2018.*

MUFFIN MAKER NEEDED FOR SUNDAY COFFEE HOUR We are in immediate need of a volunteer to help make muffins on the fourth Sunday of each month from about 7am-10am. *Information, Hunt Hoffman, hhoffman@stjames-cathedral.org or 206-382-4235.*

VAN DRIVER 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. It's a simple but important way to reach out to some of our senior parishioners! **Right now we have a need for just one driver on the fourth Sunday of the month.** All training provided; background check required. *Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.*

A WEEKLY TIP ON CARING FOR OUR COMMON HOME Use matches instead of disposable lighters to light the grill or fireplace or for other uses. Estimates are that 1.5 billion lighters end up in landfills each year, and they are made of plastic and contain butane, neither of which is environmentally friendly. Paper matches are preferred because they are made from recycled paper.

Lent 2018 at St. James Cathedral

Dear Friends,
Whether it comes early or late, Lent always has a way of sneaking up on me. This year it's neither early nor late, but it has still caught me unawares. Happily, there are six weeks to get over my surprise and get used to it! And there are plenty of good things to fill up those six weeks, plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something great. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

This Lent, some 250 of you will be joining me on a pilgrimage to Florence, Siena, Assisi, and Rome. Whether you are coming along, or staying at home, let us be united in prayer during those eight memorable days. I invite you to submit your own prayer intentions online so that we can take them with us and pray for you each step of the way, and especially at the different Masses we celebrate in holy places along the way. Let's make this a true pilgrimage of prayer for our whole parish community!

Another possibility for making this Lent a meaningful one: consider taking part in our Alpha program, which begins February 20. Alpha is a wonderful opportunity to explore life and the Christian faith over a meal, in an open and engaging conversation. Each of us knows someone who might be open to exploring issues of faith. This could be someone who was raised Catholic but who no longer practices; or it could be someone with no little or no faith background at all but who might be interested in doing some searching; it could even be your spouse or 'significant other!' Think about who this might be and then consider inviting that person to come along with you. What better way to explore faith than in the company of sincere, open-minded people over a meal?

Other Lenten prayer possibilities might included extending your family prayer at meal times, taking some time each day to read and reflect prayerfully on the Gospels; attending Vespers and Benediction of the Blessed Sacrament

on Sunday afternoons; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in the Lenten Holy Hour on Friday evenings.

Still one other wonderful opportunity for prayer this Lent is the "adoption" of one of our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). "Adoption" means that you will take it on yourself to pray for that person in a special way all during Lent. Prayer cards will be available in the north aisle of the Cathedral, each one with the name of one of our Elect. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something everyone can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

ALMSGIVING. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles – the spiritual equivalent of strutting about the gym – if it is not related to reaching out to others. And again this year the Church offers you the perfect way to do just that. The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Father Michael G. Ryan

Lenten Prayer and Faith Formation Opportunities

ASH WEDNESDAY is celebrated Wednesday, February 14. Masses are at 8:15am, 10:10am (with O'Dea High School), 12:10pm, and **6:00pm. (Please note the start time for the evening Mass of Ash Wednesday!)** All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

PRAYING THE STATIONS is a wonderful Lenten tradition in the Church. There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). The unique Stations of the Cross in the Cathedral are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault. *You can also pray the stations online at www.stjames-cathedral.org.*



LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

LENTEN ADORATION ON FRIDAY EVENINGS Each Friday during Lent, we will have an hour of Exposition of the Blessed Sacrament following the 5:30pm evening Mass. It is a time for silent prayer in the presence of Christ, lasting until 7:00pm. Stay for the whole prayer or drop in for a few minutes.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

PARISH PILGRIMAGE TO ITALY More than 250 Cathedral parishioners will be joining Father Ryan on pilgrimage to Rome. You are invited to submit prayer intentions online (visit www.stjames-cathedral.org/pilgrimage). We will pray for your intentions at all the holy places along our journey. You can also take a "virtual" pilgrimage by following us on Facebook or Instagram!

HOLY HOUR DURING LENT This year, we will have our regular First Friday Holy Hour on Friday, March 2 at 12 Noon, with rosary and Liturgy of the Hours. *Please note that we will not have weekly noontime Holy Hours on the Fridays of Lent this year – instead, we will have an hour of adoration after the 5:30pm Mass on the Fridays of Lent so that more people can participate.*

NO TAIZE PRAYER IN MARCH Because the Cathedral musicians will be on pilgrimage in Rome, there will be no Taizé on Friday, March 2. You are invited to join in an hour of silent adoration of the Blessed Sacrament from 6:00pm to 7:00pm that evening.

THE RICE BOWL is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.csricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard each Saturday from 4:00 – 5:00pm. Our communal celebrations of the Sacrament of Penance will be Saturday, March 10 at 4:00pm and Monday, March 19 at 7:30pm.

ALPHA, beginning February 20, is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge. If you're new to the parish and want to get to know your fellow parishioners, Alpha is for you. If you want to go deeper in your faith, Alpha is for you. If you know someone--a friend, a family member, a spouse--who wants to talk about life's big questions, invite them to join you for Alpha! Enjoy food, a short talk, and time to share thoughts and questions. *Information, www.stjames-cathedral.org/alpha.*

RCIA During Lent

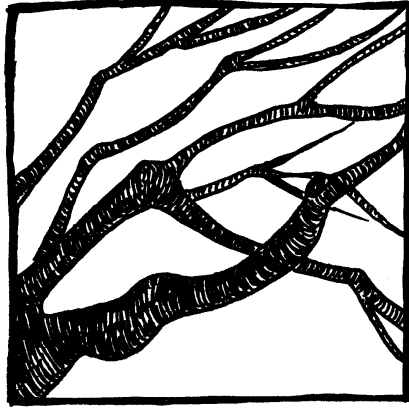
JOURNEY OF THE ELECT

Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for:

Clayton Hatridge
Johnna Jones
Khoi Nguyen
Jason Wayne

Please pick up a prayer card at the Place of Prayer in the south aisle and pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support. *The following are some important dates in the journey of our Catechumens:*



RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those

preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 4, March 11, and March 18.

SATURDAY, MARCH 31, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is February 14, 2018. Good Friday is March 30, 2018.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

Pope Francis on Lent

Lent is a path: it leads to the triumph of mercy over all that would crush us or reduce us to something unworthy of our dignity as God's children. Lent is the road leading from slavery to freedom, from suffering to joy, from death to life. The mark of the ashes with which we set out reminds us of our origin: we were taken from the earth, we are made of dust. True, yet we are dust in the loving hands of God, who has breathed his spirit of life upon each one of us, and still wants to do so.

Lent is the time for saying no. No to indifference – no to thinking that other people's lives are not my concern, no to every attempt to trivialize life. Lent means saying no to the toxic pollution of empty and meaningless words, of harsh and hasty criticism, of simplistic analyses that fail to grasp the complexity of problems, especially the problems of those who suffer the



most. Lent is the time to say no to forms of spirituality that reduce the faith to a culture of exclusion.

Lent is a time for remembering. It is the time to reflect and ask ourselves what we would be if God had closed his doors to us. What would we be without his mercy that never tires of forgiving us and always gives us the chance to begin

anew? Lent is the time to ask ourselves where we would be without the help of so many people who in a thousand quiet ways have stretched out their hands and in very concrete ways given us hope and enabled us to make a new beginning?

Lent is the time to start breathing again. It is the time to open our hearts to the breath of the One capable of turning our dust into humanity.

From Pope Francis' homily for Ash Wednesday, 2017

Choral Prayer during Lent

Saturday, February 17, 8:00pm

The Road of Mercy

Opus 7 presents a program of choral music for the Lenten season, which includes Benjamin Britten's great masterpiece, *Cantata*

Misericordium for choir, soloists, harp, percussion, piano, and string orchestra. A dramatic retelling of the parable of the Good Samaritan, it compels us to show mercy to our neighbor. Loren Pontén conducts this annual concert for the penitential season. *Information and passes*, www.opus7.org.



Friday, February 23, 8:00pm

Rome Pilgrimage Concert

The Cathedral Choir, Jubilate! Young Women's Ensemble and a large group of St. James pilgrims travel to Florence, Siena, Assisi, and Rome. The choirs will offer Italian audiences a flavor of the music-making in Seattle. Join us for this send-off concert. *Information and passes*, www.stjames-cathedral.org/music.

Friday, March 16, 2018, 8:00pm

Moody: The Akathistos Hymn

Rev. Dr. Ivan Moody, British composer, conductor, and Orthodox priest, returns to direct his stunning setting of the 6th-century hymn to the Mother of God, blending Byzantine chant with richly textured Russian-style choruses, composed expressly for Cappella Romana, in English with Greek refrains. Join Alexander Lingas for a pre-concert talk at 7:00pm in Room 1EW, Cathedral Place. *Information and passes*, www.cappellaromana.org.

Saturday, March 17, 8:00pm

Evolution of Chant

Chant has been the cornerstone of Western music since the 9th century, from the Gregorian era to the Renaissance, Baroque, and even contemporary music. The Byrd Ensemble explores motets based on chant from Thomas Tallis's *Loquebantur variis linguis* to American composer Eric Whitacre's *Sainte-Chapelle*. *Information and passes* at www.byrdensemble.com.



Looking for meaning this Lent?



What is Alpha?

Alpha is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge.

- If you're new to the parish and want to get to know your fellow parishioners, Alpha is for you.
- If you want to go deeper in your faith, Alpha is for you.
- If you know someone--a friend, a family member, a spouse--who wants to talk about life's big questions, invite them to join you for Alpha!

Alpha originated in London, England, and now runs in churches, bars, coffee shops, and homes all over the world. Alpha has around ten sessions and includes food, a short talk, and time to share thoughts and questions.

You're Invited!

Starting February 20, 2018
Tuesday nights, food at 6:30pm

Bring a friend with you who
might want to explore the
Christian faith

St. James Cathedral

Holy Names Room
907 Columbia Street
Seattle, WA 98104

RSVP 206-382-4284
mclaughlin@stjames-cathedral.org
www.stjames-cathedral.org/alpha



#TryAlpha
alphausa.org

www.stjames-cathedral.org/alpha



Parish Pilgrimage 2018

The parish pilgrimage is coming right up, February 28-March 8. Whether you're joining Father Ryan and the Cathedral Choir in Italy, or undertaking a vicarious pilgrimage here at home, you are invited to join in some of the fun events we have planned to get us ready for Italy!

Lecture: The Age of the Saints

Wednesday, February 21, 2018, 7:00pm, Cathedral Hall
Father Mike Raschko provides historical background into the holy places and shrines we'll encounter on the pilgrimage, including stories of the great reformers Dominic and Catherine, Francis and Clare. "All the way to heaven is heaven, because Jesus said, 'I am the way.'" (St. Catherine of Siena). No charge; all are welcome!

Concert: Rome Pilgrimage Farewell

Friday, February 23, 2018, 8:00pm
Joseph Adam, Organist, the Cathedral Choir, Jubilate! Young Women's Ensemble and a large group of St. James pilgrims travel to Florence, Siena, Assisi, and Rome for ten days of concerts, Masses, and exploration of holy sites. Along the way, the choirs will sing works by composers associated with these churches. The choirs will also perform works from their standard repertoires and offer Italian audiences a flavor of the music-making in Seattle. Join us for this send-off concert! *Information and passes*, www.stjames-cathedral.org/music.

Pray along with the pilgrims

Let's make the pilgrimage a journey of prayer for the entire parish community! You are invited to submit prayer intentions online (visit www.stjames-cathedral.org/pilgrimage). All intentions will be recorded in a book which will be carried on the pilgrimage and placed at the altar at each Mass along the way. You can also take a "virtual" pilgrimage by following St. James Cathedral on Facebook or Instagram!

Information,
www.stjames-cathedral.org/pilgrimage





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 21**, 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

YOUTH CONFIRMATION

Any youth who will turn 16 by May, 2018, is eligible to participate in our 10-session Youth Confirmation Program.

Sessions will be held Wednesday evenings beginning **Wednesday, February 14**.

For more information, or to register,
Curtis Leighton, 206-264-2082,
cleighton@stjames-cathedral.org

www.stjames-cathedral.org

Lenten Evenings of Reflection

MONDAY EVENINGS, 7-9PM
PASTORAL OUTREACH CENTER, ST. JAMES CATHEDRAL

February 19: Laurie Cassidy

BUILDING THE CITY OF GOD DESPITE INTERNALIZED OPPRESSION



Frightening current events give an urgency to building the City of God! For Jesus the Kingdom of God is not the result of our strategic planning, building or accomplishment. We will explore how American cultural norms can reduce discipleship into a "spiritual way" of accomplishing more and being more productive on behalf of building the Kingdom of God.

Laurie Cassidy's most recent book is *The Scandal of White Complicity in U.S. Hyper-Incarceration: A Non-Violent Spirituality of White Resistance*. Her teaching and research explore how Christian mysticism can be a resource for personal and social transformation.

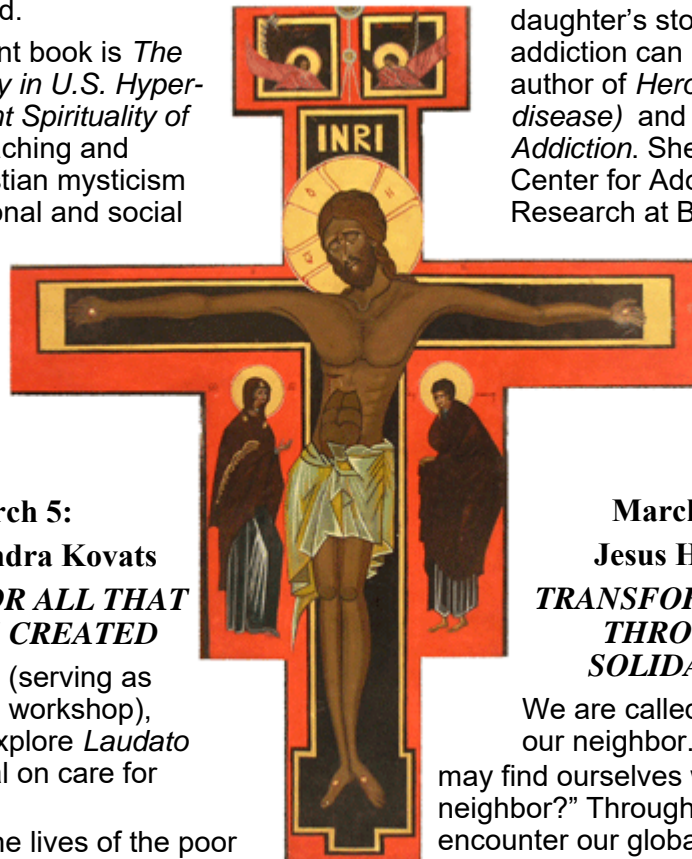
February 26: Melissa Weiksnar

PRAYING ABOUT ADDICTION WITH THE STATIONS OF THE CROSS



Rare is the person who has not been impacted by a loved one with addiction and needs our prayers. But how to pray for them? We will use the Stations of the Cross as a vehicle for praying for those suffering -- directly or indirectly -- from the epidemic disease of opioid addiction.

Melissa Weiksnar has been using her daughter's story to educate about how addiction can impact any family. She is the author of *Heroin's Puppet - Amy (and her disease)* and *It's Not Gunna Be an Addiction*. She most recently worked at the Center for Adolescent Substance Abuse Research at Boston Children's Hospital.



March 5:

Sr. Alexandra Kovats CARING FOR ALL THAT GOD HAS CREATED



In this prayshop (serving as both retreat and workshop), Sr. Alexandra Kovats will explore *Laudato Si'*, Pope Francis' encyclical on care for our common home.

If we are called to protect the lives of the poor and the vulnerable, how do we extend that care to our planet, as an integral part of our faith?

Alexandra Kovats, CSJP has served as adjunct professor at the School of Theology and Ministry at Seattle University since 1989. She travels extensively to facilitate retreats, and is executive director of *GreenHearth Collective*, a nonprofit that focuses on urban ecology and spirituality.

March 12:

Jesus Huerta TRANSFORMATION THROUGH SOLIDARITY



We are called to love our neighbor. But, like the scholar, we may find ourselves wondering, "Who is my neighbor?" Through the CRS Rice Bowl, we encounter our global neighbors as our sisters and brothers, and are transformed by their lives.

As Relationship Manager for Catholic Relief Services (CRS), Jesús Huerta is responsible for managing CRS' relationships with their partners in Oregon, Washington, Alaska, Montana and Idaho. Jesús takes the lead in the promotion of CRS Rice Bowl and with clergy outreach along the West Coast.



STANDING WITH OUR NEIGHBORS

Responding to the Washington State Bishops' Pastoral Letter: Who Is My Neighbor?

CATHOLIC ADVOCACY DAY

PROCLAIMING JUSTICE AND LIFE FOR ALL

WEDNESDAY, FEBRUARY 21, 2018

Olympia, WA • 9:00AM TO 4:00PM

- Mass at Saint Michael's
- Issue Briefings
- Legislative Visit Training
- Meetings with Legislators

Join us at the State Capitol to ensure that the Gospel message of solidarity with our neighbors is heard by our elected representatives.

Register by February 2 at www.ipjc.org/cad

For questions, call 206.223.1138 or email catholicadvocacyday@ipjc.org

Bus Transportation Provided From

Bellevue	Burlington	Federal Way	Renton	Tacoma
Bellingham	Everett	Kirkland	Seattle	Vancouver

Catholic Advocacy Day is sponsored by



THE FIFTH ANNUAL St. Patrick's Day Pancake Breakfast

BENEFITING THE SOLANUS CASEY CENTER

Sunday, March 18, 2018

following the **10:00am MASS**
Cathedral Hall

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

**Pancakes ★ "Irish" whipped cream
Sausages ★ Roast Potatoes**

...all for a suggested donation of

\$10!

(\$5 for kids under 12)

This fun annual event is a fundraiser for our own Solanus Casey Center, with its special mission of providing referrals and basic services for homeless and low-income men and women. **This year, there is a special need for bus passes, which cost \$36 each. Let's try to raise enough to distribute 100 bus passes!**

There will also be a **raffle** with some great prizes; Irish dance, as well as prizes for the best St. Patrick's Day outfits (children and adults!). So wear some green and join us! **Skip the line: Breakfast tickets and raffle tickets will be available at coffee hour on Sundays, March 4 and 11 after the 8am and 10am Masses. Please consider buying a breakfast for a person in need.**

MANY VOLUNTEERS ARE NEEDED!

Information, Hunt Hoffman, 206-382-4235
or e-mail hhoffman@stjames-cathedral.org

WWW.STJAMES-CATHEDRAL.ORG

ST. JAMES CATHEDRAL PARISH

We are the cathedral for the Catholic Archdiocese of Seattle and its Archbishop, The Most Reverend J. Peter Sartain. We are also a parish church for a vibrant faith community with a long history that reaches back to Seattle's early days.

We are an inner-city parish with an outreach to many who live on the edge of poverty and loneliness. We are a diverse community that welcomes, accepts, and celebrates the differences we all bring. We exist in the heart of the city, yet sometimes our parishioners come from considerable distances to worship here.

St. James Cathedral is a crossroads where ideas and challenges both old and new are explored in the light of the Gospel of Jesus Christ.

Our cathedral is also the center for many cultural and ecumenical events which both reflect and help to shape the fabric of a vital metropolitan community.

Above all, St. James Cathedral is a community of prayer.

