

ORDER OF CELEBRATION FOR

# *The Third Sunday in Ordinary Time*

RITE OF RECEPTION INTO FULL COMMUNION (10:00am)

PRELUDE

*Scherzetto*  
Vierne

## THE INTRODUCTORY RITES

ENTRANCE

*Day of grace and day of favor*  
HYMN TO JOY

**Day of grace and day of favor, day of mercy from above,  
Mystery of our redemption, gift of God's abundant love.  
Praise the Lord now, all you nations, and all peoples give God praise:  
God is faithful now and ever, and to God our song we raise.**

**Jesus came into the temple, young, and in the Spirit bold,  
And he took the scroll to read what great Isaiah had foretold.  
"God's own Spirit is upon me, and anointed, forth I go,  
To proclaim God's tender mercies and God's mighty strength to show.**

**"To the poor I bring glad tidings, and I set the captives free;  
To deliver those who suffer, I proclaim the jubilee."  
Rolling up the scroll he faced them; all their eyes were fixed on him.  
"Friends, this scripture is fulfilled; now let the time of grace begin."**

**God of might and God of mercy, ever-present, then, as now,  
Pour out on your holy people all your richest blessings now.  
See, your children come before you; for a newer grace we pray:  
Consecrate us to your service, let us feel your love today.**

PENITENTIAL ACT

*St. James Mass for Peace*  
Herbolsheimer



GLORIA (Sunday Evening - No. 341 in Worship hymnal)

(all other Masses)

*Missa de angelis* – Vatican VIII  
to the tune LAUDA ANIMA

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

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

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

*(Text by Edwin LeGrice)*

# THE LITURGY OF THE WORD

FIRST READING

Nehemiah 8:2-4a, 5-6, 8-10

RESPONSORIAL PSALM

Psalm 19  
Proulx

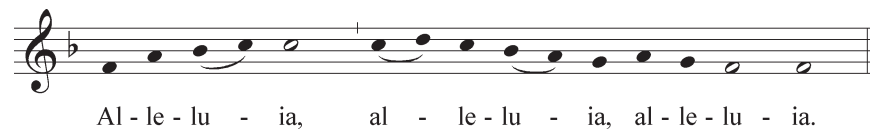


SECOND READING

I Corinthians 12:12-30

ALLELUIA

chant, Mode VII



GOSPEL

Luke 1:1-4, 4:14-21

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (Sunday Evening)

## RITE OF RECEPTION INTO FULL COMMUNION (10:00)

CALLING OF THE CANDIDATES FOR FULL COMMUNION

PROFESSION OF FAITH

**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.**

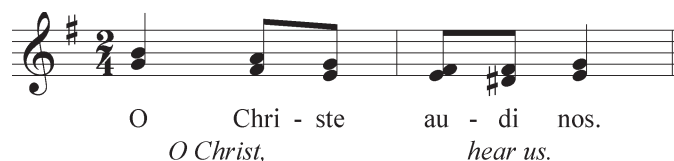
**I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism  
for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.**

ACT OF RECEPTION

CELEBRATION OF THE SACRAMENT OF CONFIRMATION

PRAYER OF THE FAITHFUL

Berthier



# THE LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Psalm 40: *I waited for the Lord*

I waited for the Lord, he inclined unto me.

Mendelssohn

O blessed are they that hope and trust in the Lord.

## 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.

## MEMORIAL ACCLAMATION

Herbolsheimer

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

## AMEN

Herbolsheimer

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

## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI

Herbolsheimer

Response 1, 2

Have mer - cy on us.

Response 3

Grant us peace. \_\_\_\_\_

(10:00)

Vatican XVIII/Mozart

## COMMUNION

Go, eat rich meat, and drink sweet wine, and send portions to those who have prepared nothing for themselves; for this is a holy day in honor of the Lord; do not be sad; for the joy of the Lord is our strength.

chant

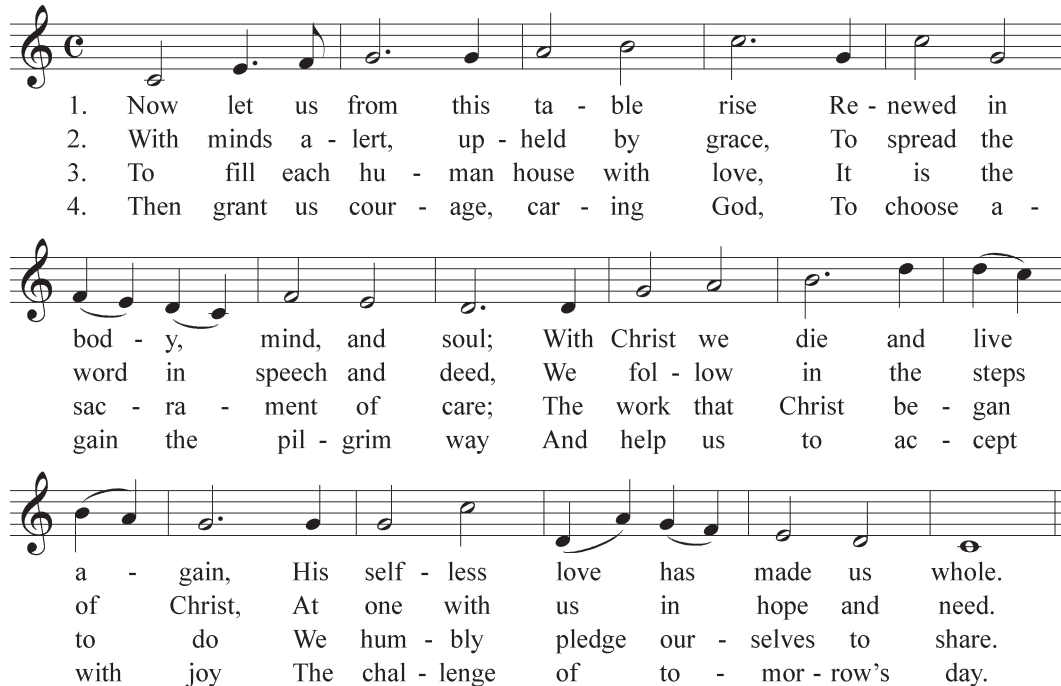
(10:00)

Psalm 84: *How lovely is thy dwelling place*  
Brahms

Upon returning to your place after Holy Communion, please **kneel or be seated**.  
*Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.*

## HYMN OF PRAISE

*Now let us from this table rise*  
TRURO



1. Now let us from this ta - ble rise Re - newed in  
2. With minds a - lert, up - held by grace, To spread the  
3. To fill each hu - man house with love, It is the  
4. Then grant us cour - age, car - ing God, To choose a -  
bod - y, mind, and soul; With Christ we die and live  
word in speech and deed, We fol - low in the steps  
sac - ra - ment of care; The work that Christ be - gan  
gain the pil - grim way And help us to ac - cept  
a - gain, His self - less love has made us whole.  
of Christ, At one with us in hope and need.  
to do We hum - bly pledge our - selves to share.  
with joy The chal - lenge of to - mor - row's day.

## THE CONCLUDING RITES

### BLESSING AND DISMISSAL

### PROCESSION

(Noon)

*Prelude and Fugue in A Minor*  
Brahms  
*Präludium in F Major*  
Lübeck

# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

The Reverend David A. Brant, The Reverend Richard J. Ward

### PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

### FAITH FORMATION

TerryAnn Bowen, Director of Religious Education (206-382-2018)

Lita McBride, Children's Faith Formation (654-4658)

Brenda Bellamy, Children's RCIA/Confirmation (206-274-3108)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

### FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)

Brenda Bellamy, Peter Burns, John Marquez, Stephen Pace, sacristans

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

Dr. James Savage, Director of Music

Joseph Adam, Organist (206-382-4597)

Dr. Clint Kraus, Associate Organist

Stacey Sunde, Director of Youth Music

Thomas Thompson, Coordinator of Special Projects

### PASTORAL CARE MINISTRIES

John Simpson, Pastoral Care Minister (206-274-3173)

Rick Martin, Interim Parish Mental Health Director (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Caitlin Lanigan (206-382-4235)

Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

### ST. JAMES ESL/MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director

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

Jim Hodges, Citizenship

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)

Bev Mauser, Louise Mennella, Wedding Coordinators

### PARISH OFFICE

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

Jane Mueller, Receptionist (206-654-4650)

Lee Bedard, Administrative Assistant (206-622-3559 x3971)

### FACILITIES and GROUNDS

Tang Nguyen, Facilities Manager (206-622-3559)

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8 - 10 - 12 & 5:30 pm

Weekdays 8:15 & 5:30 pm

Saturdays 8:15 & "Vigil" 5:30 pm

### LITURGY of the HOURS Weekdays at 12:10 pm

### VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

**BAPTISM** Communal celebrations are held monthly. A preparation program for parents and godparents is required. Please call the parish office for an appointment.

**RECONCILIATION** Saturdays, 4:00 - 5:00 pm. A communal celebration of the Sacrament of Reconciliation is celebrated four times yearly in preparation for Christmas and Easter.

**MARRIAGE** A formal program of marriage preparation over a period of several months is required, however, registered parishioners may begin the scheduling process 14 months in advance.

**ANOINTING of the SICK** A communal celebration is held regularly. In other situations (anticipated surgery, emergency) please call the parish office.

**"TAIZÉ" ECUMENICAL PRAYER**, Fridays at 6:30 pm.

**TOURS of the CATHEDRAL** Wednesdays at 1:00 pm. 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

### ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

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

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**W**ELCOME! *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.*

**FLOWERS AT THE ALTAR** Last Sunday, flowers were offered by Aurora Turla and family, in memory of Jose Turla on the anniversary of his death. This Sunday's flowers are in loving memory of Fel L. Ordonia, Sr. from his wife Aurora, his daughter Audrey Ghali, and family.

**CATHEDRAL BOOKSTORE** A new book by Archbishop Sartain, *Strengthen Your Brothers*, is now in stock, as well as some great new books on St. Francis of Assisi. Monthly missals are in as well, including *Give Us This Day*, a new monthly publication from Liturgical Press, with readings and prayers for each day, as well as excellent meditations by contemporary spiritual authors. Highly recommended. We are in search of new bookstore volunteers to help out one Saturday or Sunday each month. *Information*, Maria Laughlin, 206-382-4284 or e-mail [mlaughter@stjames-cathedral.org](mailto:mlaughter@stjames-cathedral.org).

**CATHEDRAL ESPRESSO CART** Please come by after the 10:00 Mass. All proceeds for the month of January benefit the St. James ESL Program. The Espresso Ministry is also looking for volunteers willing to run the cart after the noon Mass. *Information*, Katherine Berry, 425-772-0897.

**MHM RESOURCE CENTER IS OPEN** 9am – 2pm TODAY. Please drop in! The resource center provides information related to mental health/illnesses, emotional distress, living well; referrals to professional and medical assistance, as well as someone to listen, talk to, guide you through. We will have brochures, reference books and other reading materials available – all in a relaxed, comfortable and welcoming environment. Come and visit. *Information*, Rick Martin, 206-382-4269.

**FIRST FRIDAY DEVOTIONS** On Friday, February 1, we observe First Friday with Exposition of the Blessed Sacrament following the 8:15am Mass, and Holy Hour from Noon until 1:00pm. Holy Hour includes Liturgy of the Hours, Rosary, and adoration in silence. All are welcome!

**PARISH REMEMBRANCE** *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Thomas Aquinas in Camas and St. John Bosco in Tacoma.*

**OUR NEXT ST. JAMES FILM OFFERING** is on Tuesday, January 29. The movie will be *My Sister's Keeper*. This is a powerful story in which young daughter, Anna, fights for "medical emancipation" from her mother in order to discontinue the medical procedures she has endured. (Film rating PG13). We will include an opportunity for discussion following the film. The film will be shown in Cathedral Place, 2nd floor at 7:00pm. Popcorn and lemonade will be provided and you are welcome to bring your favorite movie treats. *Information*, TerryAnn Bowen 206-382-2018 or [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org).

**CELEBRATING CATHOLIC SCHOOLS – RAINBOW SCHOOLS COALITION.** On Sunday, February 3, we will celebrate Catholic Schools, and in a particular way the Cathedral children who attend one of the five Rainbow Schools. Our parish is a contributing member of the Rainbow Schools Program whereby children from our parish can attend at "parishioner" tuition rates. Approximately 60 cathedral children are enrolled in one of these terrific schools. On February 3 representatives of St. Edward, St. George, St. Paul, St. Joseph and St. Therese Catholics Schools will be available following the 10:00am and Noon Masses during hospitality. In addition, our parish has established the Cathedral Scholarship Fund to assist families in meeting the financial obligation involved in sending their elementary school aged children to any one of the Rainbow Schools. Please note: Children attending Catholic schools are encouraged to come to Mass in their uniforms! *Information*, TerryAnn Bowen, 206-382-2018, [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org)

**WOULD YOU CONSIDER ASSISTING A PERSON** who wants to become Catholic? We have a number of new inquirers starting our Christian Initiation process (RCIA) to learn more about the Catholic Church. We need St. James parishioners to be companions with some of our new inquirers to help welcome them to our community. The time commitment is reasonable – two Wednesday evening sessions a month. Training and support are provided. The rewards are many, including renewal and update of your own faith and "kudos" in heaven. *Information*, TerryAnn Bowen 206-382-2018 or [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org).

**IS HOSPITALITY YOUR GIFT, SOMETHING YOU ENJOY?** We are looking for a "few good people" to assist in setting up, greeting participants, and putting things away for our weekly RCIA gathering. The time commitment is once a month from 6:00-9:30 PM. It is a great way to meet new people and support an important parish ministry. *Information*, TerryAnn Bowen, 206-382-2018, [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org)

**TOILETRY DONATIONS** We are collecting donations of toiletries for our Winter Shelter and for the Solanus Casey Center. Please bring in donations of individual packets of tissues, razors, deodorant, toothbrushes, combs, and shaving cream. Drop them off at Coffee Hour after masses or at the parish office Monday-Friday 9am-5pm.

**HELP FEED THE HUNGRY** Operation Nightwatch is an ecumenical Christian ministry providing hot meals and shelter referrals to 150-200 homeless people every night. St. James parishioners cook and serve dinner at the Nightwatch Center three times a month. We currently need four volunteers to serve dinner the first and third Tuesday of the month from 8:30-10:30pm. We are also in need of food donors. *Information*, Mary Nichols, [marynichols@hotmail.com](mailto:marynichols@hotmail.com) or 206-420-8788. To learn more about Operation Nightwatch, go to [www.seattlenightwatch.org](http://www.seattlenightwatch.org).

**SACRIFICIAL GIVING 2013** Our Sacrificial Giving campaign is winding to a close. We have received a grand total of 957 pledges, representing 38% of registered parish households. Please note that we are still \$91,000 behind last year! It's not too late to make your pledge for 2013. Please consider doing so online at [www.stjames-cathedral.org/contribute](http://www.stjames-cathedral.org/contribute). Your ongoing support of St. James makes a tremendous difference! *Information*, Maria Laughlin, 206-382-4284 or [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org).

**YEAR END CONTRIBUTION STATEMENTS** Last week, statements were e-mailed to all parish households for whom we have e-mail addresses. This represents a large savings in printing and postage costs. All households for whom we do not have e-mails will receive their statement via US Mail sometime this week. If you do not receive your statement by January 31, contact Sister Mary Slater, [snjm](mailto:snjm), 206-382-4564.

**BLESSING OF CANDLES ON THE FEAST OF THE PRESENTATION** The Feast of the Presentation of the Lord, which includes the traditional blessing of candles, is Saturday, February 2. You are invited to bring your own candles from home for the blessing during the 8:15am Mass. *Please note that there is just one Mass for the feast day this year.*

**SANTO NIÑO CELEBRATION** Visit the Cathedral website for an album of last Sunday's celebration. A huge thank you to the Friends of Santo Niño, a group of Cathedral parishioners who worked for many weeks to prepare this wonderful fiesta for the entire parish. Thank you! Maraming salamat po!

## *Sacred Steps*

### Sacramental Celebrations at St. James

**REST IN PEACE** Please pray for the repose of the souls of *Concetta Migliore, Frank Robl, and Catherine Loretta Reid.*

**CONGRATULATIONS AND GOD'S BLESSINGS** to *Louis Thanh Cong Tran* and *Camilleava Bonoan Alnas*, baptized in the Cathedral on Sunday, January 13. We welcome with joy these newest members of the family of faith!



# The Rainbow Schools

An opportunity for St. James Cathedral children to attend a Catholic school  
St. Edward ♦ St. George ♦ St. Joseph ♦ St. Paul ♦ St. Therese

St. James Cathedral Parish is a contributing member of the Rainbow Schools Coalition, a program whereby several parishes without schools contribute to the support of the five Catholic Elementary Schools in the central area of the city. Our participation not only makes it possible for Catholic education to continue in this area, it also allows children from our parish to attend one of the schools at "parishioner" tuition rates.

The Cathedral parish contributes upwards of \$300,000 annually to the Rainbow Schools. Approximately 60 of our children are presently enrolled in one or another of these fine schools. Last year, fifteen of these children received financial assistance from the Cathedral's scholarship program.



**ST. GEORGE PARISH SCHOOL** is a Catholic school for students in pre-school through eighth grade, and since 1921 St. George has been providing excellent education to families in and around the Beacon Hill neighborhood of Seattle,

Washington.

The first teachers at Saint George were the Sisters of Charity of the Blessed Virgin Mary. Since 1978, a primarily lay faculty and staff have operated the school, overseen by the pastor of St. George Parish. Saint George Parish shares a pastor, personnel, some fundraising events and other resources with St. Edward's and St. Paul's. St. George has more than 240 students who reflect the rich ethnic diversity of the Beacon Hill neighborhood.

[www.saintgeorgeseattle.org](http://www.saintgeorgeseattle.org)  
206-762-0656



Since its founding in 1911, **ST. EDWARD PARISH SCHOOL** has been a beacon of hope for indigenous and immigrant families in our community. Our student body reflects the diversity of the larger community of the Puget Sound region, bringing together a richness unequalled in single ethnic communities. St. Edward School is located at 4212 S. Mead Street in Seattle's Columbia City district.

[www.saintedwardseattle.org](http://www.saintedwardseattle.org)  
206-725-1774

**ST. JOSEPH SCHOOL** is a Catholic school located on Capitol Hill in the heart of Seattle. The Jesuit priests and the sisters of Holy Names founded St. Joseph School in 1908. The school is one of the largest Catholic schools in the Pacific Northwest. There are 624 students in grades kindergarten through eight. Approximately 76% of the children are Catholic. The school has a 19% minority population.



[www.stjosephsea.org](http://www.stjosephsea.org)  
206-329-3260

Founded in 1954, **ST. PAUL SCHOOL** is a Catholic elementary and middle school located at 10001 57th



**St. Paul School**

Avenue South in Seattle. The staff and student body of more than 200 students reflect the rich racial, ethnic, socio-economic and religious diversity of the Skyway neighborhood where the school is situated.

[www.seattlestpaul.org](http://www.seattlestpaul.org)  
206-725-0780

## St. Therese School

igniting minds, dreams, and faith

Founded in 1927, **ST. THERESE SCHOOL** is a Catholic elementary and middle school located in the heart of Seattle's Madrona community. The staff and student body of more than 220 students reflect the rich racial, ethnic, socio-economic and religious diversity of the community in which the school resides.

[www.sttheresesseattle.org](http://www.sttheresesseattle.org)  
206-324-0460

## THIS IS RAINBOW SCHOOLS WEEK

During the Coffee Hour following the 10:00am and 12 Noon Masses on Sunday, February 3, find out more about Catholic education. Representatives of each of the five Rainbow Schools will be available to answer your questions and tell you more!

# The World Day of the Sick

*On Monday, February 11, 2013, the Memorial of Our Lady of Lourdes, the Church observes the World Day of the Sick – a day to pray for the sick and all who care for them. At St. James Cathedral, we will mark this day with a communal celebration of the Sacrament of the Anointing of the Sick, which will take place in the context of the 5:30pm Mass. Father Ryan will preside. All are welcome to attend the Mass. **If you would like to receive the sacrament of Anointing of the Sick at this Mass, or have questions, please contact John Simpson, Pastoral Care Minister, at 206-274-3173, or e-mail [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).***

## The Story of Lourdes

The story of Our Lady of Lourdes began on February 11, 1858, when the Blessed Virgin Mary appeared to a peasant girl named Bernadette Soubirous on the outskirts of the French village of Lourdes. Bernadette was about 14 years old, the eldest child in a peasant family that had been hard hit by a recent economic recession – to the point that they were living rent-free in the town's abandoned jail. She and some friends were out collecting firewood by the river Gave when Bernadette saw "a beautiful lady" in a niche of the natural grotto adjacent to the river. The two prayed together, and the lady asked Bernadette to return to that place each day for fifteen days.

During this time, the message of the Virgin began to unfold. It was very simple: Pray. Do penance. But when the Lady told Bernadette, "go and wash in the spring," the girl was confused, for there was no spring nearby. Bernadette moved towards the river – but the Lady called her back, and pointed to a place under the grotto. Bernadette went down on her hands and knees to search, at last finding a tiny trickle of water coming from the ground. The waters of Lourdes had begun to flow.





Before the end of that day, the sick were coming to wash in the miraculous spring, and they have continued to make the journey to Lourdes every day since then, for more than 150 years.

## **A Spring of Living Water**

In a homily at Lourdes last year, Pope Benedict XVI said, “Mary’s smile is a spring of living water.... From her believing heart, from her maternal heart, flows living water which purifies and heals. By immersing themselves in the baths at Lourdes, so many people have discovered and experienced the gentle maternal love of the Virgin Mary, becoming attached to her in order to bind themselves more closely to the Lord! ... Like every mother, and better than every mother, Mary is the teacher of love. That is why so many sick people come here to Lourdes, to quench their thirst at the ‘spring of love’ and to let themselves be led to the sole source of salvation, her son Jesus the Savior.”

## **Christ the Healer**

Bernadette suffered greatly from asthma and other ailments, and received the sacrament of the sick four times before she died at the age of 35. “The grace of this sacrament,” said Pope Benedict, “consists in welcoming Christ the healer into ourselves. However, Christ is not a healer in the manner of the world. In order to heal us, he does not remain outside the suffering that is experienced; he eases it by coming to dwell within the one stricken by illness, to bear it and live it with him. Christ’s presence comes to break the isolation which pain induces. We no longer bear our burden alone....

“Without the Lord’s help, the yoke of sickness and suffering weighs down on



us cruelly. By receiving the sacrament of the sick, we seek to carry no other yoke than that of Christ, strengthened through his promise to us that his yoke will be easy to carry and his burden light.”

## **Prayer to Our Lady of Lourdes**

*Composed for the 150th Jubilee, and prayed by Pope Benedict at Lourdes in 2008*

Because you are the smile of God,  
the reflection of the light of Christ,  
the dwelling place of the Holy Spirit,  
Because you chose Bernadette  
in her lowliness,  
because you are the morning star,  
the gate of heaven  
and the first creature  
to experience the resurrection,  
Our Lady of Lourdes,  
with our brothers and sisters  
whose hearts and bodies are in pain,  
we pray to you!

*Text prepared by Corinna Laughlin*