

ST. JAMES CATHEDRAL  
*The First Sunday of Lent*  
March 1, 2020

ORDER OF CELEBRATION FOR

# *The First Sunday of Lent*

INTROIT

Psalm 91: *Qui habitat*  
adapt. Stratman

Cantor I give them life long and full,

ALL:

and I show them my power to save, says the Lord.

GREETING

PENITENTIAL ACT

chant, Vatican XVII

Priest Have mercy on us, O Lord.

ALL For we have sinned against you.

Priest Show us, O Lord, your mercy.

ALL And grant us your salvation.

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

OPENING PRAYER (COLLECT)

## *The Liturgy of the Word*

FIRST READING

Genesis 2:7-9, 3:1-7

PSALM RESPONSE

Psalm 51  
Craig

Be mer - ci - ful, O Lord, for we have sinned.

SECOND READING

Romans 5:12-19

TRACT

Stratman

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

GOSPEL

Matthew 4:1-11

HOMILY

Father Bill Heric (Sunday 5:30pm)  
Father Michael G. Ryan (all other Masses)

DISMISSAL OF THE ELECT, CATECHUMENS, AND CANDIDATES (10:00)

PROFESSION OF FAITH *This Lent, we pray the Apostles' Creed.*

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ,  
his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;

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

PRAYER OF THE FAITHFUL

Litany of Saints

Lord, we ask you, hear our prayer.

*The Liturgy of the Eucharist*

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

Jesu, the very thought of Thee with sweetness fills my breast;  
But sweeter far Thy face to see, and in Thy presence rest.

*St. Bernard of Clairvaux*

*Jesu, the very thought of thee*

Bairstow

SANCTUS

*Missa Deus genitor alme*

Vatican XVIII

San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa - ba - oth. Ple - ni sunt  
cæ - li et ter - ra glo - ri - a tu - a. Ho-san - na in ex - cel - sis. Be-ne-dic-tus  
qui ve - nit in no - mi - ne Do-mi - ni. Ho-san - na in ex - cel - sis.

MYSTERY OF FAITH

*Roman Missal*

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

AMEN

*Christus vincit*

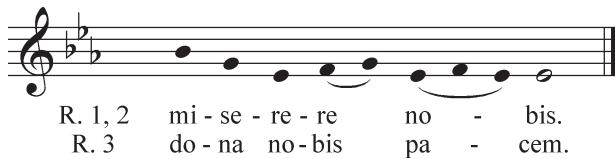


## *The Communion Rite*

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

*Scapulis suis*

Mode III

He will overshadow you with his pinions, and you will find refuge under his wings.

His faithfulness will encompass you with a shield.

(10:00am)

*Psalm 51: Miserere mei, Dei*

Have mercy on me, God, in your kindness. In your compassion blot out my offense.

Allegri

O wash me more and more from my guilt and cleanse me from my sin.

Upon returning to your place after Holy Communion, please kneel or be seated.

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

HYMN OF PRAISE

*Forty days and forty nights*

HEINLEIN



1. For - ty days and for - ty nights You were fast - ing in the wild:
2. Shall not we your sor - row share And from world - ly joys ab - stain,
3. Then if Sa - tan on us press, Flesh or spir - it to as - sail,
4. So shall we have peace di - vine: Ho - lier glad - ness ours shall be;
5. Keep, O keep us, Sav - ior dear, Ev - er con - stant by your side;



For - ty days and for - ty nights Tempt - ed and yet un - de - filed.  
Fast - ing with un - ceas - ing prayer, Strong with you to suf - fer pain?  
Vic - tor in the wil - der - ness, Grant we may not faint nor fail!  
Round us, too, shall an - gels shine, Such as served you faith - ful - ly.  
That with you we may ap - pear At the\_e - ter - nal East - er - tide.

## *The Way of the Cross (Noon)*

Immediately following the Noon Mass, Father Ryan and the children of the Cathedral Parish will lead the Way of the Cross. If you do not wish to remain for this brief prayer, **please depart as quietly as possible.**

Father Ryan We adore you, O Christ, and we praise you.

ALL Because by your holy Cross you have redeemed the world.

## 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); Luke Henkel (206-382-4235)

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)

### YOUTH MINISTRY

David Buchholz, Christina Buchholz, youth@stjames-cathedral.org

### PARISH OFFICE

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

McKee-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** Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Margaret Lynch, 206-382-4288 or mlynch@stjames-cathedral.org.

**ANOINTING of the SICK** A communal celebration is held twice yearly.

In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

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

**CONTEMPLATIVE ECUMENICAL PRAYER**, First Fridays, 6:30 pm

**TOURS of the CATHEDRAL** Wednesdays at 1:00 pm. Groups of 4 or more may arrange a tour by calling Corinna Laughlin, 206-264-2086.

**CATHEDRAL BOOKSTORE** Open 11:00 am to 3:00 pm weekdays, after Masses on weekends. Call 206-382-4500 for information

**PARISH OFFICE HOURS:** Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

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

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

**WELCOME, 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 First Sunday of Lent March 1, 2020

**ON THE COVER** Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

**FIND OUT MORE ABOUT BECOMING CATHOLIC** Are you, a family member, or a friend interested in learning more about the Catholic Church? Come and See! You're invited to a no-strings-attached gathering to ask questions and find out more on Wednesday, March 4th, 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.

**CENSUS 2020 – BE COUNTED!** It's about Federal Funding: The distribution of more than \$675 Billion in federal funds, grants and support to states, counties and communities are based on census data. That money is spent on schools, hospitals, roads, public works and other vital programs. Be counted and make sure your community benefits from your tax dollars. "The Catholic Church and other service providers rely on the national Census to provide an accurate count in order to effectively serve those in need," said Bishop Dewane of the USCCB. Look for your invitation to respond to the census on or between March 12 and 20. New this year is an online form. Your invitation postcard will have the code you need to fill out the form. Please consider helping others complete the Census during Sunday Coffee Hour or at the Cathedral Kitchen. Especially needed are bilingual speakers of any language! Information, Patrick Barredo 206-382-4515 or pbarredo@stjames-cathedral.org.

**CRS RICE BOWL** Hunger in Our World When Jesus fed the 5,000, he said, "Give them some food yourselves." Reflect on the challenge of global hunger. How can you contribute to support the hungry in your community? More CRS Rice Bowls resources can be found at [www.CRSRiceBowl.org](http://www.CRSRiceBowl.org).

**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 Sacred Heart in Battle Ground and Enumclaw.

## **YOUTH MINISTRY**

SAVE THE DATE!

- **Saturday, March 7:** Inclusion Ministry Mass, Social, and Dance! 11:00am-2:00pm, St. James Cathedral
- **Sunday, March 8:** Youth Night with Luke Henkel on how we can care for creation, 6:30pm, Pastoral Outreach Center
- **Saturday March 14:** Hope Festival, Bellevue (details tba!)
- **Sunday, March 22:** Youth Night: Exploded Prayer! 6:30pm, Pastoral Outreach Center
- **Saturday, March 28:** Youth Ministry activity (details tba!)
- **Sunday, April 5:** Youth Night, 6:30pm, Pastoral Outreach Center

**CARE FOR CREATION TIP** The 50th anniversary of Earth Day is coming in less than 60 days! Earth Day Northwest 2020 is organizing local efforts to celebrate this historic moment, focusing on three aspects: To protect and preserve the natural environment, To expect and commit to equity and inclusion, and To ensure our built communities – cities and towns – are safe, livable and healthy. To learn more, go to <https://earthdaynw2020.org/>.

**TAI CHI CLASSES ARE FREE AND OPEN TO ALL AGES**  
Thursdays, 5:30–6:30pm in the Pastoral Outreach Center. *Information or to register*, Nancy Granger, 206-382-4269 or [nganger@stjames-cathedral.org](mailto:nganger@stjames-cathedral.org).

**SCHOLARSHIPS AVAILABLE FOR CATHOLIC SCHOOLS** 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. Please contact Theresa Van de Ven at 206-219-5822 or [tvandeven@stjames-cathedral.org](mailto:tvandeven@stjames-cathedral.org) for requirements and an application packet for the 2020-2021 school year. Completed applications must be submitted by April 30, 2020.

**MATT TALBOT CENTER ST. PATRICK'S DINNER** St. James Cathedral is pleased to host this annual dinner, which will be held on Sunday, March 15 in the Cathedral Hall. It will feature Irish cultural performances, former Prime Minister of Ireland Enda Kenny, current Mayor of Galway Mike Cubbard, a program member featured speaker, good food, and good company! Online registration is open at <https://www.mtccenter.org/event-info/st-patricks-dinner-1>. Doors open at 5:45pm; program begins at 6:30pm; dinner is from 7pm-9pm. Established in 1985, the Matt Talbot Center is a recovery program and treatment center for the addicted, the homeless and mentally ill. Located in Belltown, the Matt Talbot Center offers hope, services and support to individuals ready to commit to their recovery. *Information*, Zelda Buck, [zeldab@ccsww.org](mailto:zeldab@ccsww.org) or 206-707-6228.

## *Opportunities to Serve*

**TUESDAY GLEANER NEEDED:** Tuesday Gleaners drive the Cathedral Kitchen van and go out in the morning to local supermarkets and collect food (fruits, vegetables, milk, deli items, etc.) These items are used in our daily meals. It's a fun and rewarding outreach! *Information*, Teddi Callahan, [tcallahan@stjames-cathedral.org](mailto:tcallahan@stjames-cathedral.org) or 206-264-2091.

**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 brings and serves 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).

**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).

**SUNDAY EARLY BREAKFAST:** There are two opportunities to assist with the early Sunday breakfast that is served to the homeless. Saturday, 3-5 pm: food preparation; Sunday, 6-8 am: final food prep, serving, and clean up. *Information*, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**FUNERAL RECEPTION VOLUNTEERS** 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).

**SUNDAY COFFEE HOUR:** Hospitality after each of the morning Masses requires a team behind-the-scenes to serve food and clean-up. Please consider helping, with particular need after the 12 noon Mass. *Information*, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

## *Sacred Steps*

Congratulations and God's Blessings to Tawney Briggs and Igor Draskovic who received the Sacraments of Confirmation and First Communion on February 16. We welcome with joy these newest members of the family of faith.

## OUR LENTEN SERIES 2020



# *New heart, new spirit*

A FOUR-WEEK STUDY, REFLECTION, AND PRAYER  
WITH THE SCRIPTURES OF LENT

Ron Ryan, D.Min., presenter

Mondays, March 2, 9, 16, and 23

7:00-8:30pm | Holy Names Room

Pastoral Outreach Center, 907 Columbia Street

This year, our Lenten series focuses on the scriptures for the Sundays of Lent, including the stories of the transfiguration of the Lord, the woman at the well, the healing of the man born blind, and the raising of Lazarus. How are we being called to allow the living water, light, and life, to break through in our journey of life? Time will be provided for quiet reflection and conversation in small groups. All are welcome.

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



### About our Presenter

Ron Ryan, D. Min., has served in full-time lay ecclesial ministry in various parish and catechetical roles for 43 years. He is currently Special Projects Coordinator for the Archdiocese of Seattle.

# DE-ESCALATION AND PERSONAL SAFETY THROUGH A TRAUMA-INFORMED LENS



**Tuesday, March 10, 2020, 6:30pm—8:30 pm**  
St. James Cathedral Pastoral Outreach Center  
907 Columbia Street

Drawing from over 25 years of experience in professional behavioral health and integrated care settings, **Martin Reinsel, MA, LMHC** will lead a two-hour course with the following goals:



- To identify preventative approaches to avoid problematic situations,
- To identify intervention approaches to manage challenging behavioral situations
- To prepare for the psychological/emotional impact of challenging behavioral situations & how to maintain composure,
- To prepare for effective verbal approaches to difficult behavioral situations,
- To enhance your physical and/or environmental safety.

This workshop is free for Cathedral parishioners and volunteers.  
Suggested donation of \$10 for the public.

Registration for this presentation is required.

*Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org*

# **“Stuff the Truck” to Help Our Neighbors in Need!**



**St Vincent de Paul donation truck  
in O’Dea High School parking lot  
on Sunday, March 15, 2020**

**7:30am to 1:30pm**

*Clean your closets & de-clutter your living space!* Then bring your gently used (resellable) items to our truck. Your treasures will be sold through local St Vincent de Paul (“SVdP”) thrift stores, with proceeds used to support SVdP activities in King County, all benefiting our neighbors in need.

**Our #1 need is always clothing:** For men, women, children & babies ... including jackets & shoes.

**Other items that sell well in our stores:** Books, CDs, DVDs, bedding, lamps, kitchen items (pots & pans, silverware, dishes, etc.) and other household goods. Framed artwork. TVs, radios & DVD players in good working condition. Sports gear.

**Sorry, but our truck canNOT accept:** Furniture, carpets, large appliances, toilets, car parts, hot water tanks, construction materials, paint or anything torn, ripped, stained or hazardous.

Accepted items are eligible for tax deduction.



**Thank you for your generous support!**

*For more information about this event,  
contact event chair Ken Goddard, 206-981-7185.*

# BLOOD DRIVE

► Bettering our community, drop by drop.

**Wednesday, March 18  
12:30 pm to 6:30 pm**

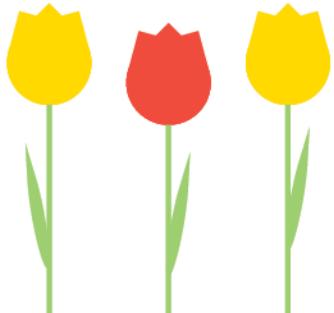
(closed 2:30 pm to 3:30 pm)

**ST JAMES CATHEDRAL  
BLOOD DRIVE  
Holy Names Room,  
Pastoral Outreach Center**

Sign up at Coffee Hour on Sunday or

Schedule an appointment at [www.bloodworksnw.org/drives](http://www.bloodworksnw.org/drives)

\*Reference Sponsor Code 2909\* or Call 1-800-398-7888



 **Bloodworks**  
Northwest



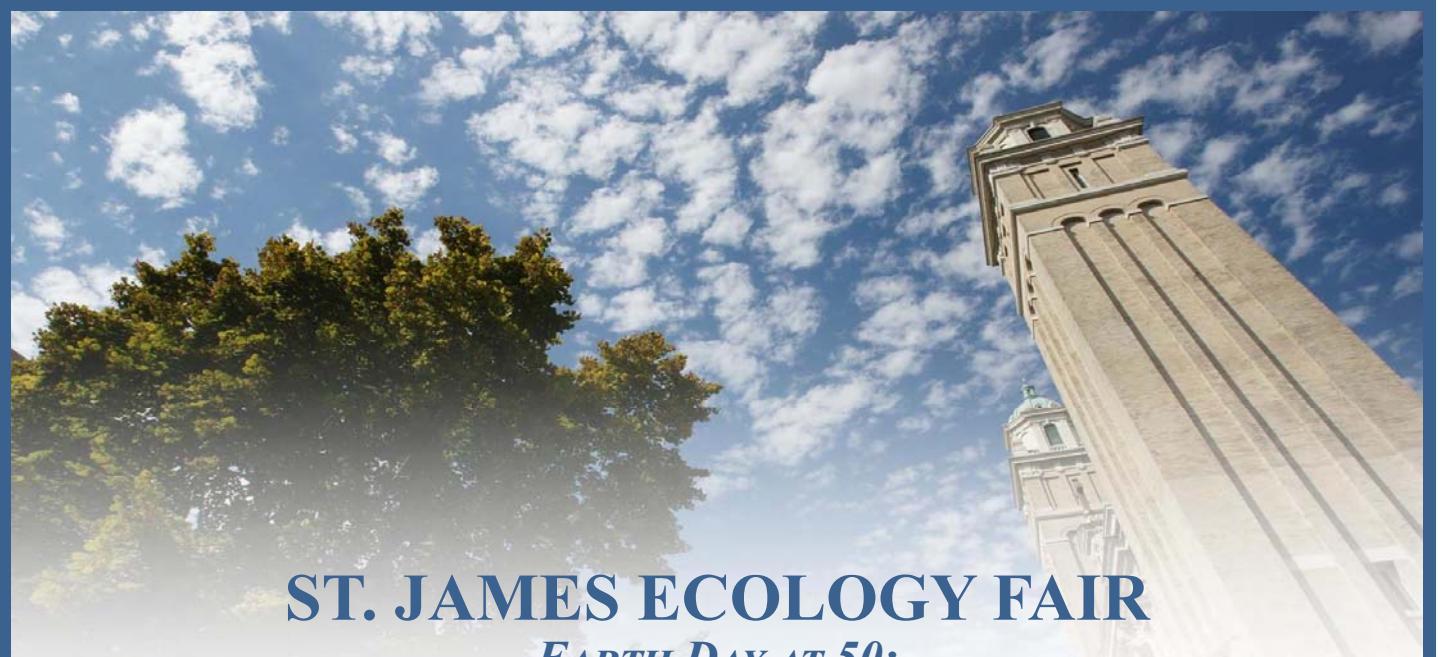
# Adult Confirmation at St. James Cathedral

A 10-week preparation series  
for adult Catholics who 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,  
March 18, 6:30–8:30 pm in  
Cathedral Place, and continue  
each Wednesday evening  
through early June.

*For more information, or to  
register, Rosanne Michaels,  
206-654-4658, or email  
rmichaels@stjames-  
cathedral.org.*



# ST. JAMES ECOLOGY FAIR

*EARTH DAY AT 50:*

***INCLUDING EVERYONE IN CARING FOR OUR COMMON HOME***

**Sunday, March 29, 2020 after the 10am and 12 Noon Masses  
Cathedral Hall, 803 Terry Avenue, Seattle**

The 50th anniversary of Earth Day will draw millions around the world together in solidarity and celebration of this planet. Later this spring, Pope Francis' encyclical on the environment, *Laudato Si'*, celebrates its 5th anniversary. Come to the Fair to learn:

- The importance of acting urgently to address a climate crisis that is adversely and disproportionately affecting those on the margins of society,
- How various organizations around western Washington are engaging in community building in their environmental efforts, so as to involve all sectors,
- What the “average” person can do to engage on climate action.

May we answer the call “*for a new dialogue about how we are shaping the future of our planet. We need a conversation which includes everyone*” (*Laudato Si'*, 14)

Exhibitors include:



**Citizens' Climate Lobby**



**PUGET SOUNDKEEPER®**



## Pregnancy and Parenting Support

### Annual Breakfast Fundraiser: “Strengthening Children & Families in our Community.”

**WHAT:** Breakfast, fellowship, and join us on our mission to empower children and families in King County!

**WHEN:** Saturday, April 4<sup>th</sup> 2020. Doors open at 8:00am and our program will start at 8:30am

**WHERE:** St. Edward Parish Hall, 4212 S. Mead St., Seattle 98118

Please RSVP to the event at: <http://bit.ly/2tUpSXl>



Unable to join us?

Please contact [alondraa@ccsww.org](mailto:alondraa@ccsww.org) for questions

You can still support us by donating to:

Pregnancy and Parenting Support 100 23rd Avenue S.  
Seattle, WA 98144

Or by going online <http://bit.ly/30PzoXJ>



# March 2020

at St. James Cathedral

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> FIRST SUNDAY OF LENT  Children's Faith Formation, 11am	<b>2</b>  Stations of the Cross, 12:25pm New Heart, New Spirit: Lenten Bible Study, 7pm	<b>3</b> Katharine Drexel  Operation Nightwatch	<b>4</b> Casimir  Cathedral Tour, 1pm Stations of the Cross, 6:00pm Interested in becoming Catholic? 7:00pm RCIA, 7:00pm	<b>5</b>	<b>6</b> FIRST FRIDAY  Exposition, 9-12 Holy Hour, Noon Contemplative Prayer, 6:30pm	<b>7</b> Perpetua & Felicity  Marriage Enrichment Dinner, 6:30pm Opus 7 Concert, 8:00pm
<b>8</b> SECOND SUNDAY OF LENT  Children's Faith Formation, 11am Operation Nightwatch Youth Night, 6:30pm	<b>9</b> Frances of Rome  Stations of the Cross, 12:25pm Sandwiches for St. Martin de Porres New Heart, New Spirit: Lenten Bible Study, 7pm	<b>10</b>  De-Escalation Workshop, 6:30pm	<b>11</b>  Cathedral Tour, 1pm Stations of the Cross, 6:00pm RCIA, 7:00pm	<b>12</b>	<b>13</b>  Stations of the Cross, 8:45am	<b>14</b>
<b>15</b> THIRD SUNDAY OF LENT  Children's Faith Formation, 11am	<b>16</b>  Stations of the Cross, 12:25pm New Heart, New Spirit: Lenten Bible Study, 7pm	<b>17</b> Patrick  Operation Nightwatch	<b>18</b> Cyril of Jerusalem  Blood Drive, 12:30pm-6:30pm Cathedral Tour, 1pm Stations of the Cross, 6:00pm Grief Support, 6:30pm Adult Confirmation, 6:30pm RCIA, 7:00pm	<b>19</b> Joseph, spouse of Mary  Stations of the Cross, 8:45am	<b>20</b>  Stations of the Cross, 8:45am	<b>21</b>  Lent Communal Penance Service, 4pm
<b>22</b> FOURTH SUNDAY OF LENT  Children's Faith Formation, 11am Youth Night, 6:30pm	<b>23</b> Turibius of Mogrovejo  Stations of the Cross, 12:25pm Sandwiches for St. Martin de Porres New Heart, New Spirit: Lenten Bible Study, 7pm	<b>24</b>	<b>25</b> ANNUNCIATION OF THE LORD  Stations of the Cross, 6:00pm Adult Confirmation, 6:30pm	<b>26</b>  Housing Advocacy, 6:00pm	<b>27</b>  Stations of the Cross, 8:45am	<b>28</b>  Support Group for loved ones of those with mental illness, 3pm
<b>29</b> FIFTH SUNDAY OF LENT  Ecology Fair, after 10 & Noon Masses Children's Faith Formation, 11am Choir of St. John's College, Cambridge, 8pm	<b>30</b>  Stations of the Cross, 12:25pm Sandwiches for St. Martin de Porres Lent Communal Penance Service, 7:30pm	 <b>New heart, new spirit</b> Mondays, March 2, 9, 16, and 23   7:00-8:30pm				

VISIT [WWW.STJAMES-CATHEDRAL.ORG](http://WWW.STJAMES-CATHEDRAL.ORG) FOR UP-TO-DATE INFORMATION ON CATHEDRAL EVENTS

This year, our Lenten series focuses on the scriptures for the Sundays of Lent, including the stories of the transfiguration of the Lord, the woman at the well, the healing of the man born blind, and the raising of Lazarus. How are we being called to allow the living water, light, and life, to break through in our journey of faith?

All are welcome.

# Lent 2020 at St. James Cathedral

Dear Friends,

We had quite a long lead-up to Lent this year—which, of course, means a late Easter. Maybe that's good. Maybe we're a little readier for Lent this year than last! One advantage of a late Lent is that it's more likely to seem like spring, and that's appropriate. From the early days in the Church, Christian writers often referred to Lent as "sacred springtime." And did you know that the very word Lent is an Old English word—a variation on the word "lengthen." Spring is definitely in the wings: the days are lengthening, and we are moving steadily from the grip of winter into the arms of spring.

Most of us welcome spring with open arms. I hope we will welcome Lent every bit as warmly! Lent means penance and denial and most of us are not much attracted to such things. I know I'm not. But penance and denial can be paths to deeper growth and freedom, and the Church's time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

**PRAAYER.** 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 wonderfully worthwhile. 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.

Other Lenten prayer possibilities might include extending your family prayer at meal times, or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays, Wednesdays, and Fridays; and joining in Adoration after Mass on Thursday evenings.

This year for Lent we are offering, in addition to many special opportunities for prayer, a four-week series exploring the Sunday gospels. Led by Ron Ryan, a gifted local lay minister, the Monday evening series will offer time for study, quiet reflection, and sharing in small groups. I hope a great many of you will take advantage of this opportunity to explore in depth the great Gospels of these Lenten Sundays. You will not be disappointed. Still one other wonderful

opportunity for prayer this Lent is to pray for our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). Prayer cards will be available in the north aisle of the Cathedral, each one with the names 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 absolutely everyone can do! Please also consider writing a note of welcome and assurance of prayers to our Elect to welcome them into the parish and the Christian community. These will be collected in the days leading up to Holy Thursday—keep an eye on the bulletin for details.

**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 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?

This year one way you might observe the call to fast during Lent is to reach out to those who are hungry. Why not volunteer to help one weekend with our new hearty breakfast for homeless men and women on Sunday mornings? Whether you come to help prepare the meal on a Saturday afternoon, or serve the meal early on Sunday, this is a great way to be in solidarity with those who experience a "forced fast" every day.

**ALMSGIVING.** 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!



# Lenten Prayer and Faith Formation Opportunities

**ASH WEDNESDAY** is celebrated Wednesday, February 26. 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.

## THE WAY OF THE CROSS

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 March 6). The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.



**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.

## NEW HEART, NEW SPIRIT: A FOUR-WEEK STUDY, REFLECTION, AND PRAYER WITH THE SCRIPTURES OF LENT

presented Ron Ryan, D.Min. Mondays, March 2, 9, 16, and 23 from 7:00-8:30pm in the Holy Names Room, Pastoral Outreach Center, 907 Columbia Street. This year, our Lenten series focuses on the scriptures for the Sundays of Lent, including the stories of the transfiguration of the Lord, the woman at the well, the healing of the man born blind, and the raising of Lazarus. How are we being called to allow the living water, light, and life, to break through in our journey of life? Time will be provided for quiet reflection and conversation in small groups. All are welcome. *Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.*

**ADORATION ON THURSDAY EVENINGS** On Thursday evenings (except for February 27 and April 2), a time of Exposition of the Blessed Sacrament will follow the 5:30pm evening Mass. It is a time for silent prayer in the presence of Christ. 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.

**FIRST FRIDAY** On Fridays, March 6 and April 3, Exposition will begin following the 8:15am Mass and continue until 1:00pm, with Holy Hour at Noon, including the rosary and Liturgy of the Hours.

**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.crsricebowl.org](http://www.crsricebowl.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 21 at 4:00pm and Monday, March 30 at 7:30pm.

## MASS WITH THE SPECIAL NEEDS

**COMMUNITY OF THE ARCHDIOCESE OF SEATTLE** On Saturday, March 7 at 11:00am, Archbishop Etienne will celebrate Mass with the Special Needs Community of the Archdiocese of Seattle. In this joyful Mass, we recognize and celebrate the gifts we all bring to the Body of Christ. All are welcome.

## REMEMBERING ST. OSCAR ROMERO

This year marks the 40th anniversary of the martyrdom of St. Oscar Romero, the heroic Archbishop of El Salvador who was canonized by Pope Francis in 2018. All are invited to honor him at a special Archdiocesan celebration on Saturday, March 21 at 10:00am. After Mass, there will be an opportunity to attend a short presentation on the life and witness of the new saint. Saint Oscar Romero, pray for us!

# 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 those to be baptized at the Easter Vigil:*

Alex Bratt • Lisa Finch • Christine Flogel  
Brian Igleheart • Marcos Olazabal  
Linda Ta • Obed Torres • Allie Vincent

*And for our youth elect:*

Samuel Sproule • Brielle Oh • Jessica Oh

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 moments in the journey of our Catechumens:*

**RITE OF ELECTION** We begin a season of intensified preparation by celebrating the Rite of Election on February 27. 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 15, March 22, and March 29.

**SATURDAY, APRIL 11, 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

**F**or 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 abstinenec from meat on all Fridays of the year.

**Ash Wednesday is February 26, 2020. Good Friday is April 10, 2020.**

**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

Jesus said: "Where your treasure is, there will your heart be also" (Mt 6:21). Our heart always points in some direction: it is like a compass seeking its bearings. We can also compare it to a magnet: it needs to attach itself to something. But if it only attaches itself to earthly things, sooner or later it becomes a slave to them: things to be used become things we serve. Outward appearance, money, a career or hobby: if we live for them, they will become idols that enslave us, sirens that charm us and then cast us adrift. Whereas if our heart is attached to what does not pass away, we rediscover ourselves and are set free. Lent is the time of grace that liberates the heart from vanity. It is a time of healing from addictions that seduce us. It is a time to fix our gaze on what abides.

Where can we fix our gaze, then, throughout this Lenten journey? It is simple: upon the Crucified one. Jesus on the cross is life's compass, which directs us to heaven. The poverty of the wood, the silence of the Lord, his loving self-emptying show us the necessity of a simpler life, free from anxiety about things. From the cross, Jesus teaches us the great courage involved in



renunciation. We will never move forward if we are heavily weighed down. We need to free ourselves from the clutches of consumerism and the snares of selfishness, from always wanting more, from never being satisfied, and from a heart closed to the needs of the poor. Jesus on the wood of the cross burns with love, and

calls us to a life that is passionate for him, which is not lost amid the ashes of the world; to a life that burns with charity and is not extinguished in mediocrity. Is it difficult to live as he asks? Yes, it is difficult, but it leads us to our goal. Lent shows us this. It begins with the ashes, but eventually leads us to the fire of Easter night; to the discovery that, in the tomb, the body of Jesus does not turn to ashes, but rises gloriously. This is true also for us, who are dust. If we, with our weaknesses, return to the Lord, if we take the path of love, then we will embrace the life that never ends. And surely we will be full of joy.

*From Pope Francis' homily for Ash Wednesday, 2019*

## Choral Prayer during Lent

**Saturday, March 7 at 8:00pm**

***Opus 7: Show us your mercy***

Opus 7, critically acclaimed choir known for performing at "the highest level of artistry" presents powerful choral music for the Lenten season. Music includes works by Howells, Parry, Szymanowski, Pizzetti, Penderecki, Imogen Holst, Lennox Berkeley, Seattle composer Peter Hallock and others. Loren Pontén conducts this annual concert for the penitential season of Lent. *Information and passes, www.opus7.org or 206-782-2899.*



**Sunday, March 29 at 8:00pm**

***The Choir of St. John's College, Cambridge***

The Choir of St John's College, Cambridge, founded in the 1670s, is one of the finest collegiate choirs in the world, known for its rich, warm and distinctive sound; expressive interpretations; and ability to sing in a variety of styles. Directed by Andrew Nethsingha, the Choir will bring its trademark 'St John's Sound' to audiences across the Atlantic, performing in Atlanta, Chicago, Grand Rapids, Seattle and San Francisco. This will be the Choir's first visit to the USA since 2016. *Information and passes, www.stjames-cathedral.org/music or 206-382-4874.*