



ST. JAMES CATHEDRAL  
*The Fourth Sunday of Easter*  
May 7, 2017

# A FUTURE FULL OF HOPE

PASSION  
FOR OUR FAITH

PROMISE FOR  
OUR FUTURE

CARE FOR OUR  
COMMUNITY

LOVE FOR  
OUR FAMILY

DONATE NOW



Annual  
**CATHOLIC**  
Appeal 2017

This weekend kicks off the 2017 Annual Catholic Appeal campaign in our parish.  
More than ever, your support is essential to more than 60 ministries and services throughout Western Washington.  
Gifts of any amount are welcome; your gift is essential to our mission. What will your gift be this year?

[WWW.SEATTLEARCHDIOCESE.ORG/DONATE](http://WWW.SEATTLEARCHDIOCESE.ORG/DONATE)

ACA17-B1-E

ORDER OF CELEBRATION FOR

# The Fourth Sunday of Easter

FIRST COMMUNION SUNDAY (Noon)

Please refrain from flash photography or light-aided videography.  
Please do not leave your seat to take photos. No photos during communion.

## The Introductory Rites

PRELUDE

(Noon)

O Lamb of God, BWV 656

Bach

Fugue in D

Reger

ENTRANCE No. 609 in red Worship hymnal

The King of love my shepherd is

ST. COLUMBA

THANKSGIVING OVER BLESSED WATER

During the season of Easter, we are sprinkled with water from the font, blessed during the great Easter Vigil.

Presider:

ALL:



Praised be the Lord, the Creator. Praised be the name of the Lord.  
Praised be the Lord, the Resurrection and the Life. Praised be the name of the Lord.  
Praised be the Lord, the Spirit - it of holiness. Praised be the name of the Lord.

RITE OF SPRINKLING WITH BAPTISMAL WATER

Vidi aquam

Schubert, adapted

GLORIA

chant, adapt. Lee

Glory to God in the highest,  
We praise you, we bless you,  
we glorify you, we give you thanks  
Lord God, heavenly King,  
Lord Jesus Christ, Only Begotten Son,  
you take away the sins of the world,  
you take away the sins of the world,  
You are seated at the right hand  
of the Father,  
For you alone are the Holy One,  
you alone are the Lord,  
with the Holy Spirit,

and on earth peace to peo- ple of good will.  
we a- dore you,  
for your great glory.  
O God, almighty y Fa- ther.  
Lord God, Lamb of God, Son of the Father,  
have mer- cy on us;  
re- ceive our prayer;  
have mer- cy on us.  
you alone are the Most High, Je- sus Christ,  
in the glory of God the Father, A - - men.

OPENING PRAYER (COLLECT)

## *The Liturgy of the Word*

FIRST READING

Acts 2:14a, 36-41

RESPONSORIAL PSALM

Psalm 23

Murray

The Lord is my shep-herd, noth-ing shall I want: he  
leads me by safe paths, noth-ing shall I fear.

SECOND READING

I Peter 2:20b-25

ALLELUIA

Murray

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

GOSPEL

John 10:1-10

HOMILY

**Father Michael G. Ryan** (Noon)

**Father David A. Brant** (all other Masses)

### *Renewal of Baptismal Promises of the First Communicants* (Noon)

LIGHTING OF CANDLES

RENEWAL OF BAPTISMAL PROMISES All “echo” the response of the children, **I DO!**

PROFESSION OF FAITH (*chanted on one tone at Saturday 5:30pm and 8:00*)

Mode V

Presider *Credo in unum Deum,*

Choir Patrem omnipotentem factorem cæli et terræ,  
visibilium omnium et invisibilium.

ALL

Et in u - num Do - mi - num Je - sum Chri - stum,

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things  
visible and invisible.

Fi - li - um De - i u - ni - ge - ni - tum.

I believe  
in one Lord Jesus Christ,  
the Only Begotten  
Son of God,  
born of the Father  
before all ages.

Choir ALL

Et ex Patre natum ante omnia sæcula.

God from God,  
Light from Light,  
true God from true God,

De - um de De - o, lu - men de lú - mi - ne,

begotten, not made,  
consubstantial with the Father;  
through him  
all things were made.

Choir

Genitum, non factum, consubstantiale Patri:  
per quem omnia facta sunt.

ALL

Qui pro-pter nos hó - mi - nes et prop-ter no-stram  
sa - lú - tem de - scén - dit de cæ - lis.

*All bow at the words of incarnation, sung by the Choir:*

Choir Et incarnatus est de Spiritu Sancto ex Maria Virgine,  
et homo factus est.

ALL

Cru-ci - ffí - xus é - ti - am pro no - bis  
sub Pón-ti - o Pi - lá-to; pas-sus et se - púl - tus est.

Choir Et resurrexit tertia die, secundum Scripturas.

ALL

Et a - scén - dit in cæ - lum,  
se - det ad déx - te - ram Pa - tris.

Choir Et iterum venturus est cum gloria,  
judicare vivos et mortuos, cuius regni non erit finis.

ALL

Et in Spí - ri - tum San-ctum, Dó - mi - num et vi - vi - fi -  
cán - tem: qui ex Pa - tre Fi - li - ó - que pro - cé - dit.

Choir Qui cum Patre et Filio simul adoratur et conglorificatur:  
qui locutus est per prophetas.

ALL

Et u - nam, san - ctam, ca - thó - li - cam  
et a - pos - tó - li - cam Ec - clé - si - am.

Choir Confiteor unum Baptisma in remissionem peccatorum.

For us men  
and for our salvation  
he came down from heaven,

and by the Holy Spirit  
was incarnate of the Virgin Mary, and  
became man.

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

ALL

Et ex-spe-cto re-sur-re-cti-o-nem mor-tu-o-rum.

and I look forward  
to the resurrection of the dead

Choir Et vitam venturi sæculi.

and the life  
of the world to come.

ALL

A - - - men.

Amen.

### PRAYER OF THE FAITHFUL

Schubert, adapt.

Lord, hear our pray - er.

## *The Liturgy of the Eucharist*

### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Jubilate Deo*

Britten

### SANCTUS

*German Mass*

Schubert, adapt. Proulx

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

Heav - en and earth are full,\_\_\_\_\_ full of your glo - ry. Ho -

san - na in the high - est. Ho - san - na in the high - est.

Bless-ed is he who comes\_\_\_\_\_ in the name of the Lord.\_\_\_\_\_ Ho -

san - na in the high - est. Ho - san - na in the high - est.

## MYSTERY OF FAITH

Schubert, adapt. Proulx

We pro-claim your Death, O Lord, and pro-fess your Re-sur-rec - tion,  
we pro-claim your Death, O Lord, un - til you come a - gain.

AMEN

Schubert, adapt. Proulx

A - men, a - men, a - men, a - men, a - men.\_\_\_\_\_

## LORD'S PRAYER No. 246

### AGNUS DEI

Schubert, adapt. Proulx

R 1, 2 Have mer - cy on\_\_\_\_\_ us.  
R 3 Give\_\_\_\_\_ us\_\_\_\_ your peace.

## COMMUNION

*Ego sum pastor bonus*  
Mode II

I am the good shepherd; I know my sheep and my own know me, alleluia, alleluia.

(10:00)

*Love bade me welcome*  
Tavener

LOVE bade me welcome; yet my soul drew back,  
Guilty of dust and sin.  
But quick-eyed Love, observing me grow slack  
From my first entrance in,  
Drew nearer to me, sweetly questioning  
If I lack'd anything.

'A guest,' I answer'd, 'worthy to be here.'  
Love said, 'You shall be he.'  
'I, the unkind, ungrateful? Ah, my dear,  
I cannot look on Thee.'  
Love took my hand and smiling did reply,  
'Who made the eyes but I?'

'Truth, Lord; but I have marr'd them: let my shame  
Go where it doth deserve.'  
'And know you not,' says Love, 'Who bore the blame?'  
'My dear, then I will serve.'  
'You must sit down,' says Love, 'and taste my meat.'  
So I did sit and eat. (George Herbert)

When you return to your place after receiving Holy Communion, please KNEEL OR BE SEATED.  
Low-gluten hosts are distributed at the credence table near the presider's chair.

## HYMN OF PRAISE

*I heard the voice of Jesus say*  
KINGSFOLD

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

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

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

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

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

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

## ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY (10:00am, Noon, 5:30pm)

(10:00am)

*Ave Maria*  
Bruckner

(Noon)

*Ave Maria*  
Dupré

(5:30pm)

*Regina cæli jubila*  
Prætorius*Please, no applause following this choral prayer.*

## PROCESSION

*Hymne*

(Noon)

Vierne

*Toccata in D Minor*  
Reger

# 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

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)

Dr. Paul A. Thornock, Director of Music

Joseph Adam, Associate Director of Music & 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)

Teddi Callahan, Carol DeMatteis, David Wilson,

Cathedral Kitchen (206-264-2091)

### MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director

Glenda Caldwell, ESL Specialist; Patrick Suhrbier, Immigrant Legal Services; Caroline Okello, Community Activation Coordinator

### STEWARSHIP 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 (206-654-4650)

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

### FACILITIES and GROUNDS

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

Keith Emry, Alan Frasher, Melina McCombs, Steve Raab

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8 - 10 - 12 & 5:30 pm

Weekdays 8:15 & 5:30 pm

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

### LITURGY of the HOURS

Weekdays at 12:10 pm

### VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

**BAPTISM** Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Julianna Castro for information, 206-619-0816.

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

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

**ANOINTING of the SICK** A communal celebration is held twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the Parish Office for information.

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

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

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

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

**PARISH OFFICE HOURS:** Monday through Friday, 9:00 am - 5:00 pm. After-hours Emergency answering service for parishioners: 206-467-3049

**804 Ninth Avenue, Seattle, WA 98104**

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

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

**WELCOME!** If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. 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.

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

**ON THE COVER** *The Seattle Madonna.* Stained-glass window by Hans Gottfried von Stockhausen, 1994. St. James Cathedral Sacristy.

**TODAY AT THE NOON MASS** we have the privilege of celebrating with 30 young people as they receive the Eucharist for the first time. So that they may focus on the sacrament, please do not take pictures during the Mass, or leave your seat while they are receiving Communion. Thank you for your understanding.

**ST. VINCENT DE PAUL THANKS YOU** for making our April 30 "Stuff the Truck" event a big success! We filled the truck in only 3 hours, and SVdP had to bring a second truck to pick up all the clothes, warm coats, business suits, baby items, household goods, etc., you gave us. Your generosity is amazing, and we thank you for helping us help our neighbors in need. Thinking about joining us? *Information*, Bob Clifford, 206-718-4158 or [bobclifford53@gmail.com](mailto:bobclifford53@gmail.com)

**IMPROVING SAFETY THROUGH PURPOSEFUL COMMUNICATION AND BEHAVIOR.** Wednesday, May 17, 5:30pm–7:30pm, Pastoral Outreach Center, 907 Columbia Street. We can help improve the safety of our environment by learning key concepts of productive verbal and non-verbal communication that are most helpful when interacting with people in distress. Join Marty Reinsel, MA, LMHC, Clinical Educator and Therapist at Navos Psychiatric Hospital to learn basic intervention and de-escalation approaches including verbal and non-verbal communication, environmental and safety considerations and basic non-violent physical defense. Essential for all who volunteer and work in ministries providing outreach to our less advantaged brothers and sisters in Christ who experience serious mental illness and/or addiction. RSVP to Nancy Granger, 206-382-4269.

**THANK YOU FROM THE CATHEDRAL KITCHEN** Thank you, Pagliacci Pizza, for providing your tasty pizza on Thursday, April 20. With your help we served more than 180 guests! And thank you, Pemco, for supplying, cooking and serving baked ziti, salad, and delicious desserts on Tuesday, April 25, for more than 180 meal guests.

**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. Rita in Tacoma and Sacred Heart in Battle Ground and Enumclaw.

**IMMIGRATION EMERGENCY RESPONSE TEAM** Join our team of volunteers ready to spring into action in the event of a local immigration raid. Can you help provide hospitality? Are you fluent in a language in addition to English? Would you be willing to help families gather important family documents? We also need people willing to provide prayers or a comforting presence, and to help in other ways. To find out more or to sign up, contact Chris Koehler at 206-382-4511 or [ckoehler@stjames-cathedral.org](mailto:ckoehler@stjames-cathedral.org)

**SEATTLE PRO MUSICA CONCERT** Friday, May 19 and Saturday, May 20 at 8:00pm – Ralph Vaughan Williams' *Dona nobis pacem* (Grant us peace). Written between WWI and WWII, Vaughan Williams' masterful anti-war cantata is one of the composer's best-known works. Scored for soloists, choir, and orchestra, it is an impassioned plea for peace, incorporating Biblical text with the emotionally charged anti-war poetry of Walt Whitman, creating a searing indictment of the tragedy of war. *Information and passes*, [www.seattlepromusica.org](http://www.seattlepromusica.org).

**A CHORAL CELEBRATION OF THE FRIENDS OF CATHEDRAL MUSIC** –Sunday, May 21 at 7:30pm. St. James welcomes the Friends of Cathedral Music to a concert in your honor in thanks for the generosity displayed to our Cathedral music program. The Cathedral Choir will present an evening of music selected from our favorite pieces from the church year – the concert is open to the public (free admission, no passes required). To learn how to become a Friend, visit [www.stjames-cathedral.org/music/donate](http://www.stjames-cathedral.org/music/donate).

**NEW FIRST HILL SHELTER** The City of Seattle, Compass Housing Alliance and First Presbyterian Church will be partnering to provide a new enhanced shelter for 100 people starting this summer. There will be a community meeting at the shelter's location, First Presbyterian Church (1013 – 8th Ave), on Monday, May 22 at 6:30pm to discuss the shelter. Come learn more, and get involved through service partnerships, meal service or preparation, and more.

**"WELCOME BACK" REUNION** All those connected with the Cathedral "Welcome Back" program, including former participants or team members... you are invited to a reunion on Tuesday evening, May 23, from 7:00 – 9:00 pm in the Pastoral Outreach Center, 907 Columbia St. It will be a time to share food and laughter, to reminisce, to connect with friends old and new. RSVP to Rosanne Michaels, 206-654-4658 or [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org).

## Sacred Steps

### SACRAMENTAL CELEBRATIONS AT ST. JAMES

**REST IN PEACE** to Please pray for the repose of the soul of Marianne Cote, longtime staff member at St. James Cathedral and known to many. A rosary for Marianne will be Sunday, May 7 at 7:30pm in the Cathedral Chapel, and the Funeral Mass will be Monday, May 8 at 10:00am in the Cathedral. "Well done, good and faithful servant. Enter your master's joy!"

## YOUTH MINISTRY

**YOUTH NIGHT TONIGHT** Join us for an evening of fun activities, prayer and community-building to start your week. Sunday night from 6:30-8:30pm in the Pastoral Outreach Center.

**NICARAGUA INFO MEETING** Families traveling to NPH Nicaragua this July will be meeting Monday, May 8 at 7pm in Cathedral Place, Rm. 411 (please note the new location).

**MOTHERS' DAY** No Youth Night next Sunday, May 13, Mothers' Day.

**QUESTIONS?** Curtis Leighton, 206-264-2082, [cleighton@stjames-cathedral.org](mailto:cleighton@stjames-cathedral.org)

## Opportunities to Serve

*Do you long to get more involved in the Cathedral parish and find ways to meet fellow parishioners and form community here? The best way to do that is by getting involved in one of our many ministries! Here are some current opportunities.*

**MINISTRY OF PRESENCE IN THE CATHEDRAL** Each weekday in the Cathedral, a volunteer sits at a desk in the northeast corner of the Cathedral near the Mary Shrine, available to answer questions, accept prayer requests, and greet visitors who stop in between 1:00pm-4:00pm. It's a quiet time to pray, read, and be present to those who come to the Cathedral, often people in need. If you'd like to spend one afternoon a week in the Cathedral, we'd love to have you be a part of this ministry. *Information*, Maria Laughlin, 206-382-4284 or [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org).

**OPENING IN THE CATHEDRAL BOOKSTORE** We are currently looking for volunteers after the Saturday evening Mass. The volunteer opens the bookstore immediately following Mass and closes up about 7:00pm or 7:15pm. If you love books, holy cards, and religious items, you'll enjoy this ministry! All training provided; background check required. *Information*, Maria Laughlin, 206-382-4284 or [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org).

**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.

**BAPTISM OF INFANTS & YOUNG CHILDREN** (under the age of 7) is celebrated monthly at one of the weekend Masses. To prepare for this most important sacrament, parents and godparents participate in a series of classes to update their understanding of baptism, to reflect on their responsibility to guide their children in the practice of the faith, and to learn about the many ways our parish supports families. Please allow at least two months for preparation. *Information*, Julianna Castro, 206-619-0816.

# Who Is My Neighbor?

## *The Face of Poverty in Washington State*

A three-week study of the Pastoral letter  
of the Catholic Bishops of Washington State



***"Jesus taught us to pray. He also commanded us to act (Matthew 7:21). May we always pray and act in his name to promote the common good for our neighbors, our family—his family."***

— from the *Pastoral Letter on Poverty by the Catholic Bishops of the State of Washington*

A year ago, Pope Francis announced a Jubilee Year of Mercy and urged Catholics throughout the world to bring the Corporal and Spiritual Works of Mercy to life and to risk going to those living on the peripheries of our hearts and our society, to women, men and children struggling with the debilitating effects of poverty. During the Year of Mercy, our bishops met with those living with material poverty in our state, listening to their struggles and their hopes. They now call all Catholics across the state also to listen with new ears and hearts to families and communities "on the peripheries" and to renew our commitment to respond in prayer, concrete outreach and advocacy.

We will study the Pastoral Letter in small groups during the month of May. The study guide process is designed for three 2-hour sessions. The sessions are The Face of Poverty, Responsibility to Our Neighbor, and Pray and Act. Each session incorporates reflection on scripture and on the Bishops' Pastoral.

Please consider joining one of these two opportunities:

- Monday afternoons, May 8, 15, and 22, 3:00pm, Mother Mary Rose Room
- Thursday afternoons, May 11, 18, and 25, 2:00pm, Fireside Room

All are welcome to the conclusion of the series, facilitated by Patty Bowman, on Thursday, June 1 at 7:00pm in the Holy Names Room.

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



# Measure for Measure

## Exploring Shakespeare's "Problem Play"

Mondays, May 8, 15, & 22, 2017  
7:00pm-8:30pm  
Holy Names Room,  
Pastoral Outreach Center

Justice and morality, crime and punishment: these are serious themes for a play which was long counted among the comedies of Shakespeare. In this series, we'll explore this "problem play," one of the most explicitly religious of Shakespeare's works, and discover what it has to say about love, mercy, justice, and religion. The three sessions will be led by CORINNA LAUGHLIN (Pastoral Assistant for Liturgy and PhD in English Literature). Cathedral readers SCOTT WEBSTER and SUSAN PATELLA will perform key speeches from the play. All are welcome!

It is recommended, but not required, that participants read or watch the designated scenes in advance of each session. An inexpensive edition of the play is available in the Cathedral Bookstore.

**May 8** – Acts I and II

**May 15** – Act III through Act IV, Scene 2

**May 22** – Act IV, Scene 3 through Act V

For more information, contact Corinna Laughlin, [claughlin@stjames-cathedral.org](mailto:claughlin@stjames-cathedral.org), 206-264-2086.

*Claudio and Isabella.* Wm. Holman Hunt, 1850

# **May is Mental Health Awareness Month**

*Mental illnesses are far more common than cancer, diabetes, heart disease, or arthritis.*

*Our faith communities can be an important part of the recovery process through education, support and by helping individuals and families feel part of a caring community. Please join St. James Cathedral, St. Louise and St. Luke Parishes in our efforts to increase mental health awareness and decrease stigma by attending one or more of the following events:*

## **MENTAL HEALTH FIRST AID (MHFA) CERTIFICATION COURSE**

**Friday, May 12, 5-9pm AND Saturday, May 13, 10am-2pm, St. Louise Parish, Bellevue**

**Cost: \$50 (Sliding scale fee available if needed)**

**Information, Cathy Callans, [cathy@stlouise.org](mailto:cathy@stlouise.org) or 425-614-6225**

Mental Health First Aid is an 8-hour training course that teaches participants, through discussion, role playing, videos and exercises, how to recognize and address symptoms of mental health challenges and implement appropriate support strategies. It is an evidence-based program that is currently being taught in over 23 countries.

## **DE-ESCALATION TRAINING:**

## **IMPROVING SAFETY THROUGH PURPOSEFUL COMMUNICATION & BEHAVIOR**

**Wednesday, May 17, 5:30 - 7:30pm, St. James Cathedral Pastoral Outreach Center**

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

With empathy as a cornerstone, we can consciously influence individuals who are emotionally and behaviorally challenging in a healing way. Marty Reinsel, MA, LMHC, Clinical Educator and Therapist at Navos Psychiatric Hospital will teach basic intervention and de-escalation approaches including verbal and non-verbal communication, environmental and safety considerations and basic non-violent physical defense. Essential for all who volunteer and work in ministries providing outreach to our less advantaged brothers and sisters in Christ who experience serious mental illness and/or addiction.

## **MENTAL HEALTH OPEN FORUM**

**Wednesday, May 24, 6-8pm, St. Louise Parish, Bellevue**

**Facilitated by Cecilia P. Margret, MD, PhD, MPH & Cathy Callans, MA, LMHC**

This discussion will revolve around the mental health needs and concerns of our communities. Please come with questions and concerns related to your or a loved one's mental health challenges. We are looking to assess the needs of our parish communities so that parish staff can better meet the identified needs.

## **MENTAL HEALTH CONNECTIONS:**

## **EDUCATION, AWARENESS & HEALING IN THE SPIRIT**

**Saturday, May 27, 1 - 5pm, St. Luke Parish in Shoreline**

**Information, Anisa Ralls, [anisa0401@gmail.com](mailto:anisa0401@gmail.com)**

Speakers include young adults, Deacon Jim Decker, Vietnam Vet Chuck Valen and other Mental Health Professionals. This event will feature an art exhibition of original works that depict stories of mental illness and healing and will conclude with the option to attend 5:00pm mass at St Luke Parish, which will include prayers for healing.

**For more ideas on how to support efforts to help those who are impacted with mental illness, go to <http://mentalhealthministries.net/>.**

# Staying Connected

## Early Stage Memory Loss Group

**Staying socially active and engaged can benefit your mood and memory.**

In four-weeks you and your partner learn:

- How to cope and live with early memory loss
- Strategies for enjoyable pastimes
- How to communicate memory loss to others



**Wednesday Afternoons**

**June 7, 2017—June 28, 2017**

## How to sign up:

1. Open to public and free to attend. Partner and pre-registration is required.
2. No cost
3. Contact Jackie Aviles: 206-529-3870 \ [javiles@alz.org](mailto:javiles@alz.org)
4. Location: St. James Cathedral



**alzheimer's  association®**

Alzheimer's Association, Washington State Chapter  
1-800-272-3900 | [www.alzwa.org](http://www.alzwa.org)



R. Michaels



C. Laughlin

M. Laughlin



# The Art of Faith

A visual arts day camp for youth  
entering grades 7 through 12

July 17– 21, 2017

St James Cathedral, Seattle

*Explore different drawing techniques  
Be inspired by Cathedral art  
Connect faith to art and art to faith  
Produce your own artwork  
Display your work in the Cathedral Chapel*

*Cathedral tours, lectures by area artists  
and field trips included*

*\$100, materials included; scholarships available*

Information: Brenda Bellamy  
(206) 274-3108 [bbellamy@stjames-cathedral.org](mailto:bbellamy@stjames-cathedral.org)

# Choir Camp 2017



## Magnificat!

My Soul Magnifies the Lord

Get ready for Schola Cantorum Choir Camp at St. James Cathedral! For five days, campers sing, laugh, and play in a beautiful and welcoming environment. Choristers grades 3-8 will learn a variety of music spanning the Church's history, from ancient to modern. Campers share their music through a mid-week mini-concert at a nearby retirement community and a Friday Cathedral concert; and on Sunday, they provide the music for the 10:00am Mass.

Each day begins with the sung Morning Praise service and continues with rehearsal, fun activities on the Cathedral grounds, and lessons on topics in the life of the Church. Over the course of the week, senior choristers have an opportunity to take over and get a taste of being a leader of the liturgy.

**Monday, August 7 – Friday, August 11 \* 9:00am-3:00pm  
Sunday, August 13 \* 9:00am-11:15am**

Registration is open to girls and boys who will be entering grades 3-8 in September 2017. A short audition with Youth Music director Stacey Sunde is required to assess the ability to match pitch and reproduce rhythmic patterns, and admittance is dependent upon a successful audition.

Tuition is \$100 for the week; need-based scholarships are available. Campers bring a bag lunch, two snacks are provided each day. Each camper receives a free t-shirt!

To schedule an audition, contact Stacey Sunde at (206) 941-9450 or email:  
[YouthMusic@StJames-Cathedral.org](mailto>YouthMusic@StJames-Cathedral.org)

Visit us online at:  
[www.stjames-cathedral.org/music/youthmusic](http://www.stjames-cathedral.org/music/youthmusic)



St. James Cathedral  
Youth Music  
804 Ninth Avenue  
Seattle, WA 98104  
(206) 382-4874





## Best Summer Ever! REGISTER NOW! FUN • FAITH • FRIENDS

**CYO Campers are given life-changing experiences that can't be gained from smartphones!**

Campers lift others up to overcome challenges, learn outdoor life-skills, and work though differences to deepen face to face friendships and form an unforgettable Christian community!



**Day Camp Bus Routes!**  
Daily from Seattle, Bellevue,  
Renton and Issaquah - Only \$50

**Camp Don Bosco Open House &  
EASTER EGG HUNT  
Saturday April 8 at 1:00pm**

**FREE FUN FOR THE WHOLE FAMILY!**  
**SNACKS | ACTIVITIES | TOURS**  
**PETTING ZOO | EGG HUNT**



**More Information at [OYYAE.ORG/CAMPS](http://OYYAE.ORG/CAMPS)**  
NOW OFFERING PAYMENT PLANS IN ADDITION TO OUR GENEROUS FINANCIAL AID!

St. James Cathedral

# Sandwich Ministry



*Christ of the Breadlines.* Illustration by Fritz Eichenberg.

St. Martin de Porres Shelter provides safe and dignified night shelter for men age 50 and older experiencing homelessness.

Volunteers from St. James Cathedral make sandwiches in their homes for the men at St. Martin de Porres Shelter on the 2nd, 4th, and 5th Mondays of each month. Sandwiches are dropped off at the Cathedral on Sunday at coffee hour or on Mondays at the parish office.

The Sandwich Ministry is a great way to make a practical difference in the lives of people experiencing homelessness. It's an especially great way for families to serve together. Make sandwiches once, twice, or three times a month!

If you are interested in being a part of this ministry or have any questions about it, please contact Hunt Hoffman, 206-382-4235 or e-mail [hoffman@stjames-cathedral.org](mailto:hoffman@stjames-cathedral.org).