



During the month of November, we remember all the deceased parishioners of St. James Cathedral.

In a special way, we remember our benefactors, 1988-2019, whose generous bequests continue to sustain the mission of our parish:

*Edmund S. Adams • Genevieve Albers • David Anderson
• Anna Arseth • Ellen Ashmore • Katherine Baillargeon • Monica Bambenek • Maude D. Baudizzone • Leone Beck • Angela Beck • Clyde Bennett • Kenneth "Al" and Bernice Bennett • Frances Irene Bisey • Frances M. Bradford • Arthur Brazil • Roland J. & Dorothy S. Brennan • Eileen Brown • Barbara Brown • Ralph Bruno • Patricia Callaghan • Virginia Callahan • Marguerite Campbell-Gambrell • Robert Chamberlain • Domenico Christofero • Rose Circo • Gary Clampett • Gene J. Colin • Alberta Corkery • George Corkery • Marianne Coté • Florence Dassell • Mary McGovern Denney • Robert DeWitt • Purita Dimalanta • Christine Dolence • Frances Dorosh • Mary Alice Driscoll • Moya Martin Duplica • Yvonne L. Dupont • Madeline Fishbach • Florence Foley • Harry Folven • Mary L. Forbes • Joseph Forte • Malvina Foubert • Marie J. Franklin • Rev. William E. Gallagher • James Gatling • Charles Giese • Bertha Gladys Giffin • Robert Givens • Andy Graytak • Barbara Hainley • Elizabeth Hansmann • Hank Harman • Charles Harmen • Sam Haviland • Alice Henderson • Sara Hennessey • Virginia Henning • Betty Hill • Agnes Holland • Mary Horrigan • Howard Hoyt • Glen Lee Hughes • Robert Hyssop • Iris Ivey • Yvonne Jackson • Emil Jobb, MD • Frances Kelly • Mary Beth Kelly • Kathro Kidwell • Mary Alice Kirkpatrick • Patricia Koon • Alma Kramer • Helen Lamb • Shirley Lambert • Joanna Lass • Naomi LaVigne • Helen Leonard • Peggy Leuschen • Mabel Luby • May Har Luke • James Lyons • Marilyn Maddeford • Marie M. Mallon • Viola M. Maloca • Mary Ann Martin • P. Martin • Elsie Martin • Moya Martin • Paul Martinis • Keith McCaw • Joan Conner McDonell • Margaret McDonnell • Marie McLaughlin • Faye McTague • Mary C. Miller • Emily and Roger Moe • Lucille Morin • Marie C. Murphy • Charles Karoly Nemeth • Elizabeth and Rosa Nimmers • Eileen O'Neil • Marguerite O'Neill • Regina and Eugene Parolik • Timothy Louis Prior • Margaret and Marie Purtell • N. Reinhardt • Robert E. Ricks • Frank Robl • Capitola Rockwell • Claretta Russell • Kevin E. Ryan • Marjorie C. Ryan • Elizabeth Grace Scott • Dennis Shea • Helena Sheridan • Diane Simperman • Helen Skahill • Pauline Smith • Margaret Smith • Marion C. Smith • Francis H. Smith • Haisik Smith • Jack Southall • Anthony Spakowsky • Sophia Stebbins • Evelyn Casey Steen • Virginia Stewart • Thomas Stratman • Raymond F. Strojny • Nellie Suchadolski • Lillian Sullivan • Dennis Thoenes • Darlene Trucco • Carl van Hollebeke • Barbara Vance • Marijke Vreeburg • John William Warren • Gertrude Wineholt • Mary Winihan • Jeanette Woodward • David Yozamp • Wesley Zeman • Cacilia and Elmars Zemgalis •*

*The Thirty-Second Sunday
in Ordinary Time*
ST. JAMES CATHEDRAL November 10, 2019

ST. JAMES CATHEDRAL

November 10, 2019

Dear Friends,

We began the month of November with beautiful celebrations of the liturgy on both All Saints and All Souls Days. Particularly memorable was the Mass a week ago Friday, the Vigil of All Souls, when the Cathedral Choir and Orchestra performed the Mozart *Requiem*. The Cathedral was full of people from near and far. The Mass was riveting in its prayerfulness and the music was, of course, magnificent. It was a fitting way to remember and to commend to a merciful and loving God all the people—many of them family members and friends—who have died, some of them recently, others long years ago. Happily, the Church each year gives us the whole month of November to remember the souls of the faithful departed in our prayers. It's both our duty and our privilege to do this and it should draw all of us more closely together in the great Communion of Saints.

Speaking of the Communion of Saints: you are no doubt aware that every November, on the front of the weekly bulletin, we print the names of a growing list of people I have come to think of as among the “saints” of St. James Cathedral. They are generous people who, over the years, have made a bequest to the Cathedral in their will. I hope you will look over that list of names. Some of them you may recognize but whether you do or not, please do take a moment to offer a prayer for them and to give thanks to God for their generosity. The largest of the bequests represented among those names were as much as one million dollars; the smallest were in the hundreds. In each case, whether large or small, their generosity has helped us to carry on our mission as a parish. We would never be able to do what we do were it not for their help. May God grant each one of them eternal light, rest, and peace!

At the end of the 10:00 Mass today we will take a moment to thank Sister Anne Herkenrath for her decades of service to our parish. In the near future, she will be moving to Marylhurst, Oregon (near Portland), where she will join other Sisters of the Holy Names of Jesus and Mary in a retirement community. It will be coming full circle for her because that's exactly where she began her religious life as a postulant and novice some seventy years ago!

Bidding farewell to Sister Anne is a painful thing for me and for everyone who knows and loves her. In so many ways, she has been right at the heart of this parish for all the many years she has served here. When I arrived here as pastor in 1988, Sister Anne is the one I depended upon more than anyone else to show me “the ropes,” and to help me find my way. I could never have done it without her. Over the years, we became dear friends as she guided me with her down-to-earth wisdom, put up with my idiosyncrasies, inspired me by her love for Jesus and for the Church, and got me to slow down and smile when the challenges were great. So many of us have our Sr. Anne stories and we will tell them as long as we live!

I hope you will find an opportunity today or in the near future to express your gratitude to her and to wish her well on this newest stage of her pilgrimage of life and faith. And please join me in praying for her—that her transition to Marylhurst will be a smooth one, that she will know deep peace, and that she will continue to enjoy the love and company of family and friends who love her beyond measure!


Father Michael G. Ryan

ORDER OF CELEBRATION FOR THE

Thirty-Second Sunday in Ordinary Time

PRELUDE

“Scherzo: quasi Presto” from *Symphony No. 2*
Vierne
“Étoile du soir” from *Pièces de fantaisie*, op. 54/1
Vierne

ENTRANCE No. 537 in red Worship hymnal

The God of Abraham praise
LEONI

PENITENTIAL ACT

New Plainsong Mass
Hurd

Cantor, then ALL

Ky - ri - e e - le - i - son. Chri - ste e - le - i - son.
 Ky - ri - e e - le - i - son.

GLORIA

Mass in Honor of St. Benedict
LeBlanc

ALL:

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

Cantor or Choir:

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

ALL:

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

OPENING PRAYER (COLLECT)

The Liturgy of the Word,

FIRST READING

2 Maccabees 7:1-2, 9-14

RESPONSORIAL PSALM

Psalm 17
Hughes



Lord, when your glo-ry ap-pears, my joy will be full.

SECOND READING

2 Thessalonians 2:16-3:5

ALLELUIA

Vulpius



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

GOSPEL

Luke 20:27-38

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CANDIDATES AND CATECHUMENS (10:00)

Litany of Saints

CREED CHANTED ON ONE TONE

(10:00 and Sunday Evening)

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

Choir Et ex Patre natum ante omnia sæcula.

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,

ALL

De - um de De - o, lu - men de lú - mi - ne,
De - um ve - rum de De - o ve - ro.

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

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.

ALL

Qui propter nos homines et propter nostram
sa - lu - tem de-scén-dit de cæ - lis.

Qui propter nos homines et propter nostram

sa - lu - 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.

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

ALL

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

Cru-ci - fi - 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.

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,

ALL

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

Et a - scén - dit in cæ - lum,

se - det ad déx - te - ram Pa - tris.

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

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.

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.

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.

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,

ALL

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

Et u - nam, san - ctam, ca - thó - li - cam

et a - pos - tó - li - cam Ec - clé - si - am.

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.

Choir Confiteor unum Baptisma in remissionem peccatorum.

ALL

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

I confess one Baptism
for the forgiveness of sins
and I look forward
to the resurrection of the dead

Choir Et vitam venturi sæculi.

ALL

A - - - - men.

and the life of the world to come.

Amen.

PRAYER OF THE FAITHFUL

Berthier

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Jubilate Deo

Britten

(Sunday evening)

A Prayer of St. Richard of Chichester

White

SANCTUS

Mass for the City
Proulx

2

Ho - ly, ho - ly, ho - ly, Lord God of hosts._____

Heav - en and earth____. are full of your glo-ry. Ho - san - na, ho -

san - na, ho - san-na in the high - est. Bless - ed is he____ who

comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the high - est. Ho - san - na, ho - san - na, ho - san-na in the high - est.

MYSTERY OF FAITH

Proulx

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

AMEN

Proulx

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

LORD'S PRAYER

AGNUS DEI

Missa Orbis factor
Vatican XI

Cantor, then ALL:

1., 2. Have mer - cy on us.
3. Grant us peace.

COMMUNION

Dominus regit me
Mode II

The Lord is my shepherd and I shall want nothing;
he has set me in a land of abundant pastures;
he has led me to life-renewing waters.

(10:00)

Jesu, the very thought of thee
Proulx

(Sunday evening)

O esca viatorum
Anon.

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

When you return to your place, please kneel or be seated.

HYMN OF PRAISE

God of grace and God of glory

CWM RHONDDA

1. God of grace and God of glo - ry, on your peo - ple
 2. Lo! the hosts of e - vil round us scorn your Christ, as -
 3. Cure your chil - dren's war - ring mad - ness, bend our pride to
 4. Save us from weak res - ig - na - tion to the e - vils

pour your power; Crown your an - cient Chur - ch's sto - ry;
 sail his ways! From the fears that long have bound us
 your con - trol; shame our wan - ton, self - ish glad - ness,
 we de - plore; let the gift of your sal - va - tion

bring her bud to glo-rious flower. Grant us wis-dom, grant us cour-age,
 free our hearts to faith and praise: Grant us wis-dom, grant us cour-age,
 rich in things and poor in soul. Grant us wis-dom, grant us cour-age,
 be our glo - ry ev - er - more. Grant us wis-dom, grant us cour-age,

for the fac - ing of this hour, for the fac - ing of this hour.
 for the liv - ing of these days, for the liv - ing of these days.
 lest we miss your king-dom's goal, lest we miss your king-dom's goal.
 serv - ing you whom we a - dore, serv - ing you whom we a - dore.

PROCESSION

“Allegro” from *Symphony No. 2*

Vierne

“Carillon du Longpoint” from *Pièces en style libre*, op. 21/21

Vierne

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; Reverend Bryan Hersey

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)

Jamerika Haynes, Hospitality and Administrative Support, Alpha

Dylan Hogan, Hospitality and Administrative Support (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 and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

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

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

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

Bev Mauser, Louise Mennella, Wedding Coordinators

Jane Mueller, Receptionist (206-622-3559)

FACILITIES and GROUNDS

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

Alan Frasher, Melina McCombs, Gebregziabher Abay

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

VEPERS 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

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.

32nd Sunday in Ordinary Time November 10, 2019

ON THE COVER During the month of November we pray for all our beloved dead, and in a special way those who remembered the Cathedral in their will over these past thirty years.

FLOWERS AT THE ALTAR are offered by John and Sue Ferguson in loving memory of John B. Ferguson on the 20th anniversary of his death.

CATHEDRAL ESPRESSO This month, all espresso sales benefit the Cathedral Kitchen. The Espresso Cart is open at coffee hour after the 10:00am Mass.

WHITE POPPIES FOR PEACE The Veterans for Peace of Seattle have once again shared white poppies for peace with Cathedral parishioners. You are invited to pick one up in Cathedral Hall this morning, to remember the victims of war, and to honor them by working to prevent future wars. The White Poppy Movement started over eighty years ago in Britain by the Peace Pledge Union, and is intended to honor all victims of war, both military and civilian.

POSITION OPEN: CUSTODIAN St. James Cathedral has an opening for a custodian to perform basic janitorial and floor care responsibilities. This person will also work with the Cathedral Facilities staff in setting up for special events and basic maintenance tasks. This is a full time position with an Archdiocesan Benefits package. To receive a job description and details, interested applicants should download the Seattle Archdiocesan Job Application at: http://www.seattlearchdiocese.org/Assets/HR/6652_EmploymentApp2016Parish.pdf and send it with a resume, via e-mail, to Tang Nguyen, tnguyen@stjames-cathedral.org.

THURSDAY EVENING ADORATION Immediately following the 5:30pm Mass on Thursday evenings, all are invited to a time of quiet prayer and adoration with Exposition of the Blessed Sacrament.

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. Hubert in Langley, St. Frances Cabrini in Tacoma, and St. Martin of Tours in Fife.

FREE TAI CHI CLASSES AT ST. JAMES Tai Chi classes have resumed after a summer hiatus. Instructor Mark Krimmel has recently been trained in Tai Chi for Rehabilitation by Dr. Paul Lam's Tai Chi Institute for Health, and enjoys sharing this practice with his patients and community. Tai Chi practice improves balance, wellness and mindfulness. We are grateful to Mark for sharing his time and expertise with the Cathedral community. Join us Thursdays from 6-7pm in the Holy Names Room, Pastoral Outreach Center. *Information*, Nancy Granger, 206-382-4269 or ngranger@stjames-cathedral.org.

ASSISTED LISTENING DEVICES If you have trouble hearing the spoken word during Mass, the Cathedral offers assisted listening devices which provide crystal clear sound. Listening devices are always available to borrow—just ask an usher. In addition, if you are a regular who would like to purchase your own listening device to use whenever you come to Mass, please contact Corinna Laughlin at claughlin@stjames-cathedral.org or 206-264-2086.

THANKSGIVING FOOD COLLECTION At the Thanksgiving Day Mass on November 28 at 9:30am, please bring your offerings of non-perishable food for the Cathedral Kitchen and the Food Bank at St. Mary's. Your support is greatly appreciated! *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

SAVE THE DATE The annual St. James Advent Bazaar will be on Sunday, December 8 after all three morning Masses. This is a time to shop for crafts, music and Ethical/Fair Trade goods. If you are interested in being a vendor, contact Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

SAVE THE DATE: CHILDREN'S CHRISTMAS PARTY—TO BETHLEHEM AND BEYOND! Mark your calendar for our annual gathering of fun, food and faith. Saturday, December 21 from 10am to 1pm in Cathedral Hall. All families with at least one child and at least one adult welcome! RSVP required. *Information* Theresa Van de Ven [\(206\) 219-5822](mailto:tvandeven@stjames-cathedral.org)

CARE FOR CREATION TIP Cooler temperatures can lower tire pressure and under-inflated tires reduce your car's fuel efficiency. Check that your tires are inflated to the proper pressure. And while you're at it, check your car service records; is it time to rotate your tires yet? By regularly rotating your tires, you make sure your tires wear evenly. Regular rotation can extend your tire life and improve your gas mileage.

MARRIAGE ENRICHMENT DINNER: NOVEMBER 16 Many couples do not have the support of extended family because they are transplants to the Seattle area. All the more reason for our parish to offer opportunities for married couples to connect with others who are in the same boat and to build community in the process! Please join us for our next dinner on Saturday, November 16, at 6:30pm in the Pastoral Outreach Center. Babysitting provided in the Mother Cabrini Room. RSVP is required. *Information and registration*, Suzanne Lee, slee@stjames-cathedral.org or 206-654-4640.

Opportunities to Serve

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. **We are currently looking for volunteers who might cover one afternoon each month, beginning in December.** If you'd enjoy some quiet time 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.

ST VINCENT DE PAUL SEEKS NEW MEMBERS

Do you seek spiritual growth? Do you want to help the poor in our parish? Do you enjoy meeting people and listening as they tell you about their joys and burdens? Can you carve a few hours out of your busy life a few times each month to volunteer? Then please consider volunteering with St Vincent de Paul at the Cathedral! To learn more, visit us at our Ministries Fair table at coffee hour or contact Bob Clifford, 206-718-4158 or bobclifford53@gmail.com.

VOLUNTEERS ARE THE BACKBONE OF OUR MENTAL HEALTH & WELLNESS MINISTRY!

If you have experience in supporting those who live with mental health challenges and are interested in volunteering, contact Nancy Granger, 206-382-4269 or ngranger@stjames-cathedral.org.

SUPPORT THE WINTER SHELTER Thank you to all who support the St. James Winter Shelter, in your prayers, your service, and your support. At this time, we are in need of Spray deodorant, Large tubes of toothpaste, Cough drops, Hand Warmers, Travel-size Tissues and Lip Balm. Items can be brought to Coffee Hour, or dropped off or mailed to the Parish Office. Thank you! *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

Sacred Steps

CONGRATULATIONS AND GOD'S BLESSINGS to Kenny Salvador Lewis, Maylee Lourdes Lewis, Sophie Torrella Mark, Charlotte Blake Noonan, Madelyn Patricia Peck, Emery Grace Hi'ilani Totten, & Jeremiah John Ka'ulupali Totten, baptized in the Cathedral on Sunday, October 27. We welcome with joy these newest members of the family of faith.

REST IN PEACE Please pray for the repose of the soul of Albert Acena.

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

EPHESIANS 2:19



SUNDAY GIVING AT ST JAMES CATHEDRAL

Please drop your pledge in the basket TODAY.

Your generous support makes it possible for St. James Cathedral...

- To celebrate the Church's liturgy with beauty and dignity;
- To reach out with love to the poor, the needy, and the elderly;
- To offer educational programs to children, teens, and adults;
- To pay our staff a just and living wage;
- To sustain our highly acclaimed musical and cultural programs;
- To maintain our magnificent cathedral and other parish buildings.

If you prefer, you can make your pledge online at
www.stjames-cathedral.org.

SUNDAY GIVING AT ST. JAMES CATHEDRAL 2020

Ministries Fair

SUNDAY, NOVEMBER 10, 2019 *after the morning Masses in Cathedral Hall*



God has created me
to do Him some definite service.
He has committed some work to me
which He has not committed to another.
I have my mission.
I am a link in a chain,
a bond of connection between persons.
He has not created me for naught.
I shall do good; I shall do His work.
—St. John Henry Newman

On Sunday, November 10, we have our annual MINISTRIES FAIR after each of our morning Masses. This is our chance to explore the many different opportunities for service at St. James Cathedral. It's also a time to celebrate the rich and varied ministries of our Cathedral parish. About 1,000 (!!) people volunteer in dozens of different ministries at St. James each year. Come celebrate the ministries that make St. James the great parish it is and find out how you can share your own unique gifts with the community!

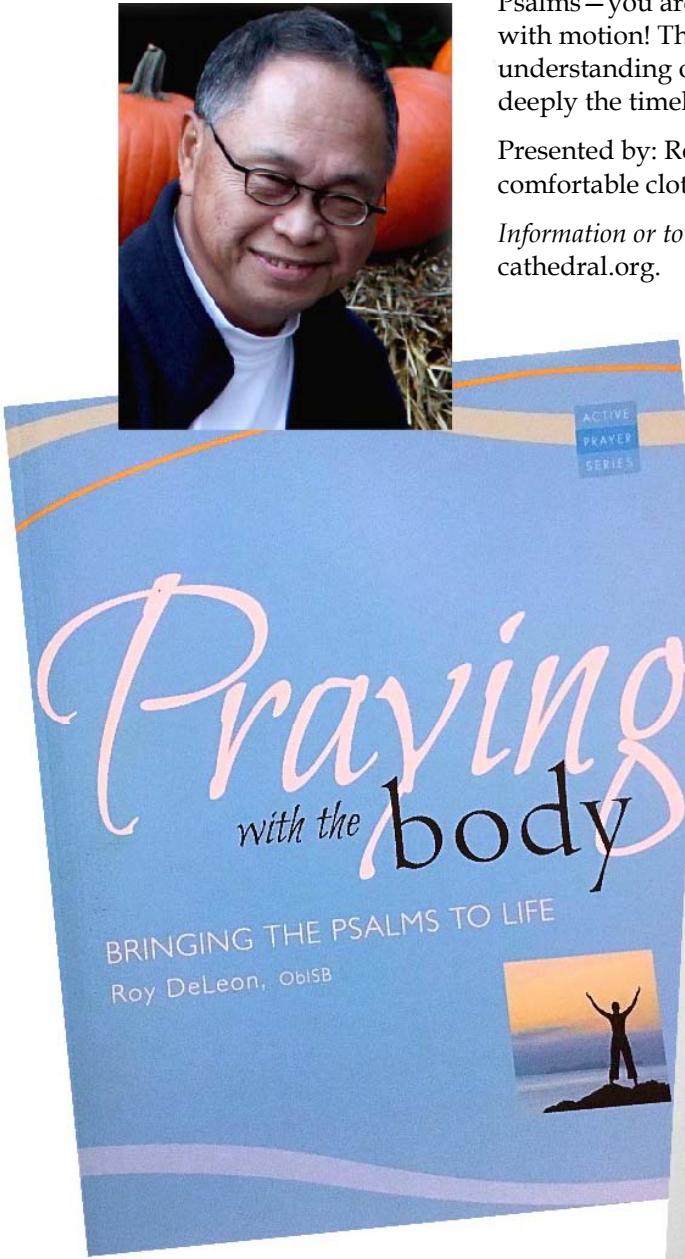
Information, Maria Laughlin, Director of Stewardship and Development, 206-382-4284 or e-mail mlaughlin@stjames-cathedral.org.

Praying with the Body

BRINGING THE PSALMS TO LIFE

Saturday, November 16, 2019 | 10:00am-12 Noon

Holy Names Room, Pastoral Outreach Center



In this session, you are invited to do more than read or listen to the Psalms – you are invited to *move* in prayer by expressing the Psalms with motion! This way of praying helps deepen and broaden our understanding of God as “Holy One” – and helps us explore more deeply the timeless texts of the psalms.

Presented by: Roy DeLeon, OblSB. Bring an exercise mat and wear comfortable clothing. Chairs available for the physically challenged.

Information or to RSVP, Corinna Laughlin, clauthlin@stjames-cathedral.org.

Praying with the Body, Heart, and Soul



My Redeemer, My Savior,

Inhale: Open your heart and let those words pour in.



You protect me from harm.

Exhale: Feel God's love casting out everything you fear.



I look at your radiance.

Inhale: Radiate your arms from your heart like rays of the morning sun.



And my face lights up.

Exhale: Radiate God's goodness with a smile.



You call me your beloved child.

Inhale: Look up like a little child would to a loving mother.



Gently, you teach me obedience.

Exhale: Feel the acceptance that a much-loved, well-cared-for child might feel.



Only your beauty I will speak of.

Inhale: Left foot forward, right hand on your front knee, raise your left hand, and acknowledge the beauty of all creation. Repeat on other side.



Only your truth I shall proclaim.

Exhale: Bring your right hand to your front knee. Swing your left hand toward the back, spreading God's love wherever you are. Repeat on other side.



Leave, vanity of vanities.

Inhale: Open your heart and release worldly attachments.



It is time for me to seek peace.

Exhale: Let your body go and rest in God's peace.

Roy is an Oblate of St Benedict with St Placid Priory, Lacey, Washington. He leads workshops regularly at St Placid Priory. He is the illustrator for Jon Sweeney's The Pope's Cat series of children books. He and his wife are members of St Brendan's Parish in Bothell.



ANNUAL HOLIDAY WREATH & POINSETTIA FUNDRAISER

ACC Marjorie Ryan Circle

Order Form: St. James Cathedral

Marjorie Ryan Circle was formed in 2004 and named in honor of Fr. Michael Ryan's mother Marjorie, who was a longtime 'Advocacy & Caring for Children' member. She spent many years working in her own ACC Circle raising funds for vulnerable children and families in NW Washington, in much the same way we are doing today. As we continue her work, we keep her in our hearts, especially as we hear from her friends and family that they are fondly reminded of Marjorie each year, at this time. Our fundraiser delivers you locally grown mixed noble fir wreaths from Hood Canal Evergreens and florist quality poinsettias from Star Lake Nursery. All profits directly benefit charitable organizations ACC supports.

ORDER FORM

22" Mixed Noble Fir Wreath

Quantity Price = Total

_____ x \$20

6" Red Poinsettia

_____ x \$16

6" White Poinsettia

_____ x \$16



Direct delivery for wreaths only (continental U.S.)

22" Wreath w/bow Delivery via UPS* _____ x \$48

**Include all key shipping info for each Delivery via UPS*

All prices include tax

Grand Total _____ \$ _____



St. James Cathedral on-site pick-up dates

Check one or both:

Wreath only pick-up Sunday, Dec., 1st 8 AM and 10 AM @St James Coffee Hour

Wreath &/or Poinsettia pick-up Sunday Dec., 8th @St James Advent Bazaar

Name: _____

Address: _____

Email: _____ Phone: _____

All Order Forms Due Friday, November 15th, 2019

Please return this form with a check made payable to Marjorie Ryan Circle

Mail to: Gayle Kaplan

6524 E. Green Lake Way N. Seattle, WA 98103

Questions? Gayle 206-714-9258 gayle@kaplan1.com

Visit us: www.advocacyandcaringforchildren.org