



ST. JAMES CATHEDRAL
The Twenty-Fourth Sunday in Ordinary Time
September 15, 2019

ORDER OF CELEBRATION FOR THE

Twenty-Fourth Sunday in Ordinary Time

PRELUDE

“Andante sostenuto” from *Sonata for Organ*

Tinel

Solemn Melody

Davies

The Introductory Rites

ENTRANCE No. 588 in red Worship hymnal

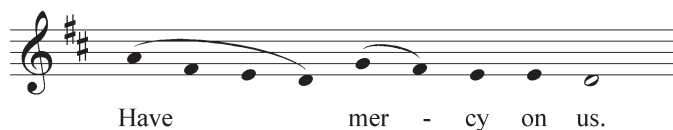
Love divine, all loves excelling

HYFRYDOL

PENITENTIAL ACT

Missa de angelis

Vatican VIII



GLORIA

New Mass for Congregations

Andrews



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.



OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Exodus 32:7-11, 13-14

RESPONSORIAL PSALM

Psalm 51
Guimont

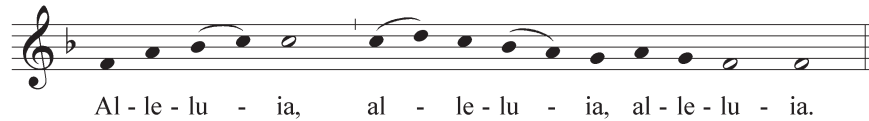


SECOND READING

I Timothy 1:12-17

ALLELUIA

Mode VII



GOSPEL

Luke 15:1-32

HOMILY

Father David Brant (Saturday 5:30pm)
Father Peter Ely, SJ (all other Masses)

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00am)

I want to walk as a child of the light
Toolan

CREED

**I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,**

All BOW

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

All STAND UPRIGHT

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,**

**and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

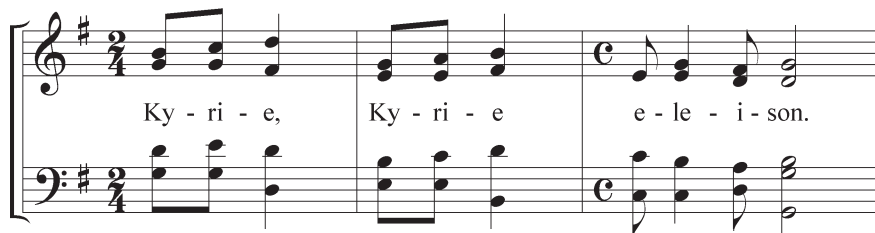
**I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic
and apostolic Church.**

**I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

PRAYER OF THE FAITHFUL

Berthier



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 & Noon)

(Sunday evening)

Dear Lord and Father of mankind

Parry

Come, my way, my truth, my life!

Harris

SANCTUS

Compostela Mass

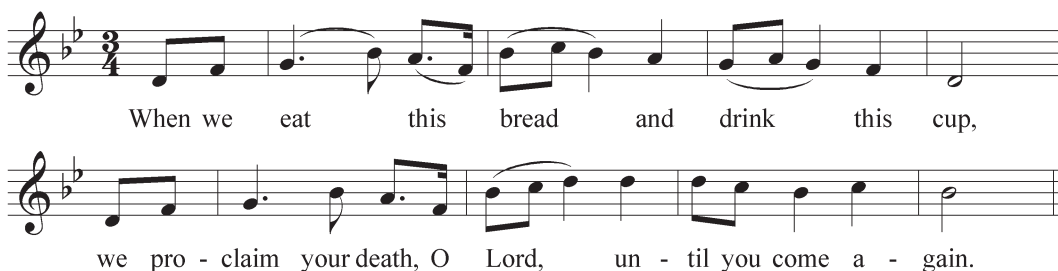
Holst, adapt. Ryan



Ho - ly, Ho - ly, Ho - ly Lord God of Hosts,
heav'n and earth are full of your glo - - - ry.
Ho - san - na in the high - est, ho - san - na in the high - est.
Blest is he who comes in the name of the Lord.
Ho - san - na, ho - san - na in the high - - - est.

MYSTERY OF FAITH

Holst, adapt. Ryan



When we eat this bread and drink this cup,
we pro - claim your death, O Lord, un - til you come a - gain.

AMEN

Holst, adapt. Ryan




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

LORD'S PRAYER


AGNUS DEI

Missa de angelis

Vatican VIII



R. 1, 2: have mer - cy on us.



R. 3: give us your peace.

COMMUNION

I say unto you: there is joy among the Angels of God
for one single sinner who repents.

Dico vobis

Mode V

(10:00)

O salutaris hostia

Elgar

(Sunday evening)

Ecce panis angelorum

Dubois

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. Cure your chil - dren's war - ring mad - ness, bend our pride to
3. Save us from weak res - ig - na - tion to the e - vils

pour your power; Crown your an - cient Church - 's sto - ry;
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,
rich in things and poor in soul. Grant us wis - dom,
be our glo - ry ev - er - more. Grant us wis - dom,

grant us cour - age, for the fac - ing of this hour,
grant us cour - age, lest we miss your king - dom's goal,
grant us cour - age, serv - ing you whom we a - dore,

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

PROCESSION

Preludium in G Minor, BuxWV 148

Buxtehude

Fantasia and Toccata in D Minor

Stanford

St. James Cathedral - Seattle

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, Stephen Pace, sacristans (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

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

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

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8 - 10 - 12 & 5:30 pm
Weekdays 8:15 & 5:30 pm
Saturdays 8:15 & "Vigil" 5:30 pm

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

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

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

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

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

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

CONTEMPLATIVE ECUMENICAL PRAYER, First Fridays, 6:30 pm

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

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

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

804 Ninth Avenue, Seattle, WA 98104

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

Website: www.stjames-cathedral.org

WELCOME, VISITORS! *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. For more information about the parish, to register, or to ask a question, visit our **Sunday Help Desk at Coffee Hour**. A Cathedral staff person will be on hand to assist you. Be sure to stop by the **Cathedral Bookstore** after Mass for a wide selection of Cathedral souvenirs as well as Catholic books and gifts.*

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

ON THE COVER Moses leads the people of Israel through the Red Sea. East Apse stained glass window. Hans Gottfried von Stockhausen, artist.

CATHEDRAL ESPRESSO IS UP AND RUNNING This month, all espresso sales will benefit Children's Faith Formation.

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH How can you respond? Consider participating in SafeTalk Training, Sunday, September 15, 1:15-5:15 pm, Pastoral Outreach Center. This suicide alertness training prepares anyone over the age of 15 to become alert to people with thoughts of suicide. Most people don't truly want to die, but are struggling with the pain in their lives. SafeTALK-trained helpers can recognize expressions of those seeking help and act by connecting them with life-saving intervention resources. \$25 registration fee. Fee waived upon request. Walk-ins welcome.

STRIVING FOR CLIMATE JUSTICE The St. James Care for Creation committee is co-sponsoring its Fall Ecology Film Series, October 7, 14 and 21, 6:30pm-8:30pm in the Holy Names Room of the Pastoral Outreach Center. Offerings include: *Paris to Pittsburgh*, *Cowspiracy*, and *The Reluctant Radical*. All are welcome. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

MATT TALBOT CENTER DINNER AND AUCTION The Matt Talbot Center provides a shared path for those desiring to change their lives by becoming clean and sober. Their annual fundraiser will be held Friday, October 18, 2019, at Hyatt Regency at Renton Landing. *Information or to register*, 206-707-6228 or ZeldaB@ccsww.org.

HEALING THE CULTURE is an organization dedicated to pro-life advocacy, delivering respect life education to millions of people in the United States and around the world. Their annual gala fundraiser will be held Friday, September 27, 2019, at the Bellevue Hilton. *Information*, www.healingtheculture.com/event/2019-gala-west/.

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 Our Lady of Sorrows in Snoqualmie, St. Matthew in Seattle, and SS. Cosmas and Damian in Orting.*

***Celebrate the World Day for Migrants
and Refugees on September 29***

Help eradicate food insecurity: In celebration of World Day for Migrants and Refugees, help families who are currently experiencing food insecurity due to the detention of a family member. In conjunction with Alternative Food Bank Project, Immigrant Assistance will be collecting food items such as: dry beans and lentils, rice and grains, pasta, oats, Flour (especially unique ones like cassava flour!), coffee and tea, cooking oil and olive oil, sugar, salt, etc. Drop off your donations on **Sunday, September 29, 2019, between 8:00am and 12:00pm** at the Cathedral Hall. *There will be no collection of donations after 12:00pm.*

Information, Caroline Okello, cokello@stjames-cathedral.org or 206-382-4511.

St. James Cathedral Immigrant Assistance
www.stjames-cathedral.org/immigrant

ST VINCENT DE PAUL THANKS YOU We visited a young man who works for a local nonprofit that helps the homeless in Seattle. In his job, he walks many of the streets downtown in the late evenings, seeking homeless persons who need help. We were deeply moved by his gentleness and the way he spoke about his faith in Christ as motivation for his personal ministry to the poor. He needed help with rent and, because of your donations, it was our privilege to be able to help – thank you! *Information, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com*

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Be sure to follow the Cathedral on social media for up-to-date information about ongoing events in the life of the Cathedral! On Instagram: @stjamescathedral. On Facebook and Twitter: @stjamesseattle. Did you know the Cathedral has a podcast? Father Ryan's homilies are available on iTunes. Just search "St. James Cathedral, Seattle" on Apple podcasts. And of course, you can always visit the Cathedral website at www.stjames-cathedral.org for up to date information on Cathedral happenings. *If you aren't getting our semi-weekly e-newsletters, be sure to check your spam and junk folders and add St. James to your "safe senders" list!*

Sacred Steps

CONGRATULATIONS AND GOD'S BLESSINGS to *Tawney Briggs* and *Chris Schofield* who celebrated the Rite of Welcome last Sunday. Congratulations to *Marcos Olazabal* and *Obed Torres* who celebrated the Rite of Acceptance into the Order of Catechumens on Sunday.

REST IN PEACE Please pray for the repose of the souls of *Marie Materi* and *Ed Bossart*.

Opportunities to Serve

JOIN THE ST. JAMES WINTER SHELTER TEAM!

The Winter Shelter ministry, which welcomes 14 homeless men over the age of 50 to stay overnight in Cathedral Hall, will re-open on Friday, October 4. This year, overnight volunteers are most needed for Friday, Sunday and Monday nights. Please do consider becoming an overnight volunteer, and invite a family member or friend to join you. Training will be on Sunday, September 22 after the 5:30pm Mass in Cathedral Hall (803 Terry Ave., enter on Columbia St.). *Information, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.*

VOLUNTEERS NEEDED FOR OPERATION

NIGHTWATCH On alternating Tuesdays, teams from St. James prepare and serve the late-night meal at Operation Nightwatch, an organization that seeks to reduce the impacts of poverty by providing food, clothing and other resources to people experiencing homelessness. Right now, we are looking for volunteers who can shop for ingredients and cook the meal on First Tuesdays of every month. This is perfect for culinary enthusiasts, or for those with busy schedules who only have time to serve once a month. *Information, Dylan Hogan, dhogan@stjames-cathedral.org or 206-382-4235.*

OPENINGS IN THE CATHEDRAL BOOKSTORE

We currently have several openings for volunteers in the Cathedral Bookstore, on Saturday evenings and Sundays after the 8:00am, Noon, and 5:30pm Masses. If you love books and religious items, and can handle basic computer tasks, this might be the ministry for you! *Must be a registered parishioner; background check required.* All training will be provided! *Information, Maria Laughlin, 206-382-4284 or mlaughlin@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.

A WEEKLY TIP ON CARING FOR OUR COMMON HOME In this season of harvest which coincides with the Season of Creation, may we pray for farmers, their crops, their energy and work. May we all be blessed by the God of abundance and share generously with those most in need.

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.*



Redemption and Grace

The Letters of Paul

PATTY BOWMAN, PRESENTER

Tuesdays, October 1
through November 5
7:00pm-9:00pm, Cathedral Place

*"Since we have been justified by faith,
we have peace with God
through our Lord Jesus Christ."
(Romans 5:1)*

The impact of St. Paul on Christian
thought cannot be overstated. Join us
for an exploration of the writings and
theology of this most influential
apostle of the early church.

Registration required.

Information, Kathleen McCabe,
206-382-2018 or kmccabe@stjames-
cathedral.org

Grief Support Group



Wednesdays, October 2—November 20, 2019
6:30pm-8:00pm, Gallagher Center (enter on Columbia St.)
St. James Cathedral

Are you grieving the death of someone close to you?
Grief and loss can have a significant impact on our lives
long after the death of the person we love. The grieving
process has no timeline and is unique to each individual,
but meeting with others who are going through a similar
experience can provide support and help us cope.

You are invited to join this 8-week grief support group
facilitated by St. James Cathedral Staff, Nancy Granger,
Suzanne Lee, and Rosanne Michaels

Information and registration, Rosanne Michaels, 206-654-4658
or rmichaels@stjames-cathedral.org

Marriage Enrichment Dinner

Food for the Soul for Married Couples



Did you know the Catholic Church really cares about your
marriage and wants it to succeed? And did you know that St.
James is committed to helping married couples live out their
vocation? Good marriages can always be made better! Pope
Francis has described marriage as "a project to be worked on
together" and a "process of growth" (*Amoris Laetitia*).

We also know that 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! Married
couples of any age are welcome.

Saturday, October 5, 2019, 6:30pm-8:30pm
Pastoral Outreach Center, 907 Columbia Street
Babysitting provided in the Mother Cabrini Room

RSVP is required.

Information and registration,
Suzanne Lee, slee@stjames-cathedral.org or 206-654-4640



ST. JAMES IMMIGRANT ASSISTANCE
PRESENTS

IMMIGRATION FORUM

PANEL DISCUSSION

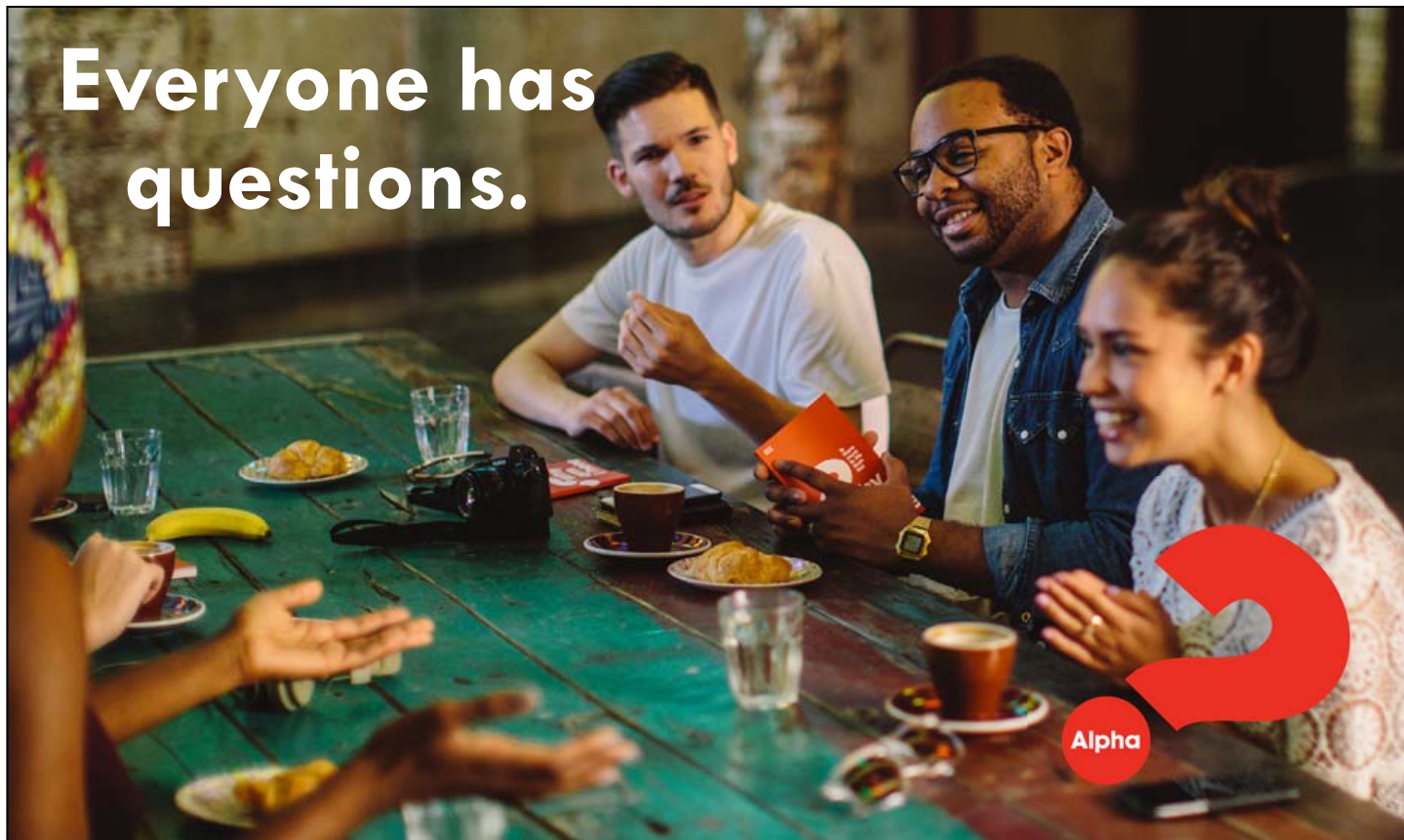
Immigration Landscape, Catholic Social
Justice Teaching, Personal Experience,
Policy, and Action

THURSDAY, OCTOBER 3, 2019
ST. JAMES CATHEDRAL HALL
6:30-8:30 (PANEL BEGINS AT 7)

For more information or to RSVP,
contact Caroline at
cokello@stjames-cathedral.org or
206-382-4511



Everyone has questions.



What is Alpha?

Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation. Alpha is run all around the globe, and everyone is welcome. All Alphas have three key things in common: food, a talk and good conversation.

"Alpha is a great way to connect with others in a big city who share in a faith tradition. Highly recommended to build more intentional prayer in your life." —Adam S.

"I trust that God is running the Alpha program, which brought about the change I was looking for in my life. The entire process—the videos with examples of others who changed their lives, the discussions, and so many other things—have increased my desire to know God and my commitment in new ways." —Gina L.

"I am so glad to have found a new way to grow in my Catholic faith with this great community." —Patrick M.

You're Invited!

Starting September 17, 2019
Tuesday nights, food at 6:30pm

Bring a friend or relative with you who might want to learn more about the Christian faith

St. James Cathedral

Holy Names Room
907 Columbia Street
Seattle, WA 98104

RSVP Jamerika Haynes
206-382-4235
alpha@stjames-cathedral.org
www.stjames-cathedral.org/alpha

#TryAlpha
alphausa.org



www.stjames-cathedral.org/alpha

St. James Youth Ministry

www.stjames-cathedral.org/youthministry * www.facebook.com/cathedral.youth

YOUTH NIGHTS

START SEPT. 22



Sunday Evenings | 6:30 - 8:30 PM

**Pastoral Outreach Center
for youth in grades 8-12**

**Join our community for a weekly
gathering filled with fun and faith. All are welcome!**

**Contact Curtis Leighton, Cathedral Youth Minister
(206) 264-2082 / cleighton@stjames-cathedral.org**

Be part of our Day of Service!

At Our Common Home Farms in Lacey (recently featured in *NW Catholic* magazine)

Sept. 28 from 7:30am to 4:00 pm

Cathedral Vans leave at 7:30 am for a day of learning, harvesting, and talking about our relationship to the earth, and how community-based organic farming can help reduce our impact on the environment.

Contact Curtis for a permission form.





THE LORD IS MY LIGHT

An evening of prayer and reflection
with Brothers from the Taizé community in France

Friday, September 27, 2019 | 6:30pm

St. James Cathedral | 804 9th Avenue | Seattle

All are welcome to join in this contemplative evening prayer in company with Brother John and Brother Émile of the ecumenical community of Taizé, France, who are visiting the United States this month. Whether you never miss our monthly prayers with music from Taizé, or whether this is your first time, you are welcome! Consider inviting a friend from another Christian tradition to join you.

Established by Roger Schutz in the years following World War II, the community of Taizé is a radical sign of unity in a world torn by division. It is a community of brothers determined, in the words of Brother Roger, "to give their whole life and who would always try to understand one another and be reconciled, a community where kindness of heart and simplicity would be at the center of everything." The Taizé community is known all over the world for their outreach to young adults and for their distinctive sung prayer.

Information, Corinna Laughlin, claughlin@stjames-cathedral.org.

SIMPLE SUPPER & CONVERSATION WITH YOUNG ADULTS | FRIDAY, SEPTEMBER 27, 7:30PM

Following the prayer in the Cathedral, adults in their 20s and 30s are invited to a simple supper and a time for conversation with Brother John and Brother Émile in the Cathedral's Pastoral Outreach Center, 907 Columbia Street. We'll share a meal and talk about what it means to live the Christian life in our world today.

Welcome Back

COMING HOME TO THE CATHOLIC CHURCH

*Come back to the Lord with all your heart!
God is gracious and compassionate,
slow to anger, rich in faithful love. Joel 2*



Have you drifted away from your Catholic faith? Are you disillusioned by what you hear about your Church? Do you desire a life filled with faith?

St. James Cathedral offers “Welcome Back,” a nine-week parish program designed to help anyone who might be thinking about returning to the Catholic Church. It’s a safe place to ask questions, learn about changes in the Church, and begin to experience a small community of faith. If you desire, we’ll help you return to the sacraments, and to becoming an active part of the faith community.

The fall session begins Monday, September 30, 2019, and continues Mondays through November. Sessions are held 7:00–9:00pm in Cathedral Place, 803 Terry Avenue.

For more information, without any obligation, contact Rosanne Michaels at 206-654-4658 or rmichaels@stjames-cathedral.org.



Opportunities for Adult Faith Formation

2019-2020 | St. James Cathedral

Tuesdays beginning September 17	Alpha Alpha is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge.	6:30pm-8:30pm Holy Names Room, Pastoral Outreach Center
Friday September 27	The Lord is my light: Prayer with the Brothers of Taizé All are welcome to join in this contemplative evening prayer in company with Brother John and Brother Émile of the ecumenical community of Taizé, France, who are visiting the United States this month.	6:30pm Cathedral
Tuesdays beginning October 1	Bible Study: Redemption and Grace in the Letters of Paul The impact of St. Paul on Christian thought cannot be overstated. Join us for an exploration of the writings and theology of this most influential apostle of the early church. Presenter: PATTY BOWMAN.	7:00pm Room 1EW, Cathedral Place
Thursday October 3	Immigration Forum: Panel Discussion Join us as a panel of experts discusses current immigration issues, and answers your questions.	7:00pm Cathedral Hall
Mondays October 7, 14, 21	Ecology Film Series Join us for a series of films and discussions around the ecological crisis: <i>Paris to Pittsburgh</i> , October 7; <i>Cowspiracy</i> , October 14; <i>The Reluctant Radical</i> , October 21.	6:30pm-8:30pm Holy Names Room, Pastoral Outreach Center
Saturday November 16	Praying with the Body: Bringing the Psalms to Life Bring an exercise mat and wear comfortable clothing! A wonderful way to pray together. Roy DeLeon is an artist, retreat leader, and an Oblate of St. Benedict with St. Placid Priory, Lacey.	10:00am-12 Noon Holy Names Room, Pastoral Outreach Center
THE FIRST SUNDAY OF ADVENT is SUNDAY, DECEMBER 1, 2019		
Tuesday December 3	Advent Retreat ROSANNE MICHAELS leads an Advent Retreat for the parish.	7:00pm—9:00pm Holy Names Room, Pastoral Outreach Center
Wednesday December 4	The Gospel of Matthew As we begin a new liturgical year, FATHER JAMES EBLEN guides us through the Gospel of Matthew. We'll explore the nature of a gospel and how the lectionary is constructed, and how Matthew's approach is rooted in the Jewish background and bible of his community.	7:00pm—9:00pm Holy Names Room, Pastoral Outreach Center
Wednesday December 11	Caryll Houselander's <i>The Reed of God</i> We will explore the spirituality of 20th-century artist, writer, and mystic Carryl Houselander (1901-1954). Cathedral reader SCOTT WEBSTER will read passages from her classic for Advent and Christmas, <i>The Reed of God</i> . CORINNA LAUGHLIN will provide commentary and facilitate conversation.	7:00pm Holy Names Room

CHRISTMAS IS WEDNESDAY, DECEMBER 25

Saturday January 4, 2020	New Year Retreat 2020 Rosanne Michaels offers a retreat to help us get the new year started right.	9:00am–3:00pm Holy Names Room
Tuesdays beginning January 21	Alpha Alpha is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge.	6:30pm–8:30pm Holy Names Room, Pastoral Outreach Center
Mondays beginning January 27	Ignatian Spirituality Series Rosanne Michaels presents a series for the parish based on the Spiritual Exercises of St. Ignatius.	Room 411, Cathedral Place
Wednesday January 29 TENTATIVE	Who was Chief Seattle? Chief Seattle wrote nothing down during his life, yet his words—both real and imagined—are known throughout the world. He was a warrior, an orator, a benefactor, and a visionary who helped found the city that bears his name, Seattle, the largest city in the world named after a Native American. DAVID M. BUERGE, a biographer and a historian to the Duwamish Tribe, Seattle's mother's people, spent more than 20 years exploring the man from a variety of sources to reveal a leader of epic character.	7:00pm Holy Names Room
Wednesdays February 5, 12, 19	Thirst: Poetry of the Spirit We will explore the spiritual writing of three women poets: Jessica Powers (1905–1998), Denise Levertov (1923–1997), and Mary Oliver (1935–2018). Cathedral reader SCOTT WEBSTER will read selected poems; CORINNA LAUGHLIN will provide commentary and facilitate conversation about these wonderful writers, whose Catholic faith helped shape their unique ways of seeing the world.	7:00pm Rectory Parlors
ASH WEDNESDAY is FEBRUARY 26, 2020		
Mondays March 2, 9, 16 & 23	Lenten Book and Supper Series This Lent, we'll explore Pope Francis' <i>Gaudete et Exsultate (Rejoice and Be Glad)</i> . This beautiful exhortation reminds us that holiness is for everyone. "We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves."	7:00pm Holy Names Room
Good Friday April 10	Tre Ore During Tre Ore (Three Hours), we remember the last words of Christ proclaimed from the cross. The seven words are punctuated by Domenico Scarlatti's <i>Stabat Mater</i> (1711) for ten voices with continuo; and homilies by FATHER MICHAEL RASCHKO, a priest of the Archdiocese of Seattle, theologian, and longtime professor at Seattle University.	12 Noon–3:00pm Cathedral
EASTER is SUNDAY, APRIL 12, 2020		
Thursdays beginning April 23	Alpha Alpha is an opportunity to explore life and the Christian faith in a friendly, open, and informal environment. No pressure. No follow up. No charge.	6:30pm–8:30pm Holy Names Room, Pastoral Outreach Center
Wednesday April 29	Seattle's First Catholic Parish: Our Lady of Good Help In 2020, we mark 150 years since the dedication of Our Lady of Good Help, Seattle's pioneer church. This presentation will explore the fascinating history of Seattle's first parish. Though the church building was razed in 1949, its spirit is alive in Seattle's Catholic parishes today. CORINNA LAUGHLIN, presenter.	7:00pm Holy Names Room