

St. James Cathedral The Eighteenth Sunday in Ordinary Time July 31, 2016

#### ORDER OF CELEBRATION FOR

## The Eighteenth Sunday in Ordinary Time

PRELUDE (Saturday

Chaconne in D Minor
Buxtehude

(Sunday)

Psalm Prelude, op. 32, no. 2
Howells

#### THE INTRODUCTORY RITES

**ENTRANCE** 

God whose giving knows no ending HYFRYDOL

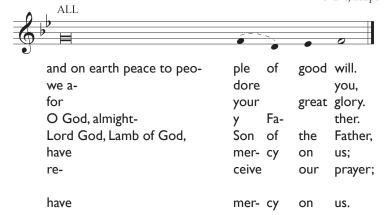


PENITENTIAL ACT

St. James Mass for Peace
Herbolsheimer



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,

OPENING PRAYER (COLLECT)

#### THE LITURGY OF THE WORD

you alone are the Most

in the glory of God the Father,

FIRST READING Ecclesiastes 1:2; 2:21-23

RESPONSORIAL PSALM

Psalm 90 Proulx

Herbolsheimer

Christ,

men

High le- sus



SECOND READING

Colossians 3:1-5, 9-11

ALLELUIA



GOSPEL Luke 12:13-21

**HOMILY** 

#### PROFESSION OF FAITH

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

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

[ALL BOW]

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

[ALL STAND UPRIGHT]

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

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

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



#### THE LITURGY OF THE EUCHARIST

#### PREPARATION OF THE ALTAR AND THE GIFTS

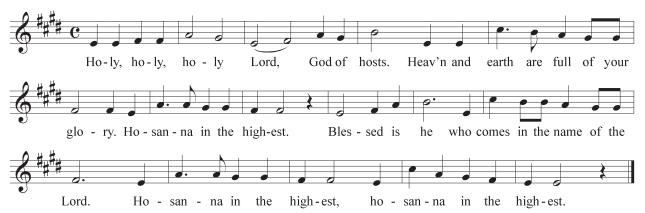
Offertory (10:00 & Noon)

O Lord, in thee is all my trust Tallis

SANCTUS

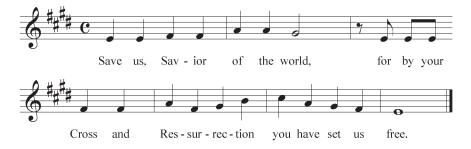
St. James Mass for Peace

Herbolsheimer



MYSTERY OF FAITH

Herbolsheimer



**AMEN** 

Herbolsheimer



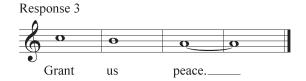
#### THE COMMUNION RITE

#### LORD'S PRAYER

AGNUS DEI

Herbolsheimer





**COMMUNION** 

You gave us bread from heaven, O Lord, having in it all that is delicious and the sweetness of every taste.

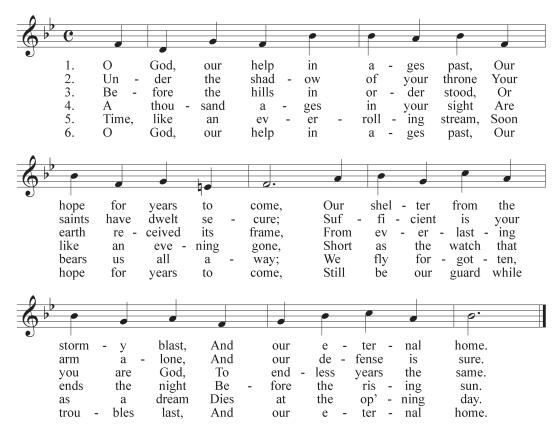
chant, Mode V

Lienas

## Upon returning to your place after Holy Communion, please **kneel or be seated**. Low-gluten hosts are distributed at the credence table near the presider's chair.

HYMN OF PRAISE

O God our help in ages past ST. ANNE



#### BLESSING AND DISMISSAL

PROCESSION (Saturday)

Prelude and Fugue in A Minor, BWV 543

Bach Hymne

(Sunday)

#### 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)

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

#### **FAMILY MINISTRY**

Suzanne Lee, Director (206-654-4640)

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086) John Marquez, Peter Burns, Ward Johnson, 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

#### **SOCIAL OUTREACH and ADVOCACY**

Patrick Barredo, Director (206-382-4515)
Tom Frasene, Outreach Ministries, Young Adults (206-382-4235)
Teddi Callahan, Carol DeMatteis, David Wilson, David Grech, 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

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist, Patrick Suhrbier, Immigrant Legal Services

#### 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)

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

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.

**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, please contact Suzanne Lee, Family Ministry, 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

ELCOME, SUMMER VISITORS! St. James Cathedral is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today.

**COVER ART** Detail of Chapel stained-glass window. Charles Connick, artist.

#### CATHEDRAL BOOKSTORE OPEN AFTER MASS

Visitors and regulars alike are invited to stop by the Cathedral Bookstore, open following each weekend Mass thank to our volunteers. Books, rosaries, religious items, Cathedral souvenirs, and much more! The Bookstore is located in the Archbishop Murphy Courtyard just south of the Cathedral.

**YEAR OF MERCY** We welcome all pilgrims to St. James Cathedral during this Year of Mercy. Whether you are a visitor or a regular at St. James, you can walk through the Holy Doors of Mercy, the four bronze doors at the Cathedral's west entrance. The center doors are opened before and after each Mass. A self-guided pilgrimage of prayer, The Way of Mercy, is available as well—pick up a flyer just inside the Holy Doors.

**HUNTHAUSEN GOLF TOURNAMENT IS JUST ONE** MONTH AWAY Do you golf? And do you believe in the Cathedral's many outreach ministries, especially the Cathedral Kitchen? Then this event is for you! On Monday, August 29, at Glendale Country Club in Bellevue, we will hold our 20th annual Hunthausen Golf Tournament. Over the years, this tournament has raised hundreds of thousands of dollars to support Cathedral outreach ministries. Please be a part of it this year, by golfing, attending the dinner, sponsoring a hole, or donating an item to our auction! *Information*, Maria Laughlin, 206-382-4284 or mlaughlin@stjamescathedral.org. Download registration materials at www.stjames-cathedral.org/golf.

**BABYSITTING** is available for children up to four years of age on Sundays during the 10:00am and Noon Masses. The program is located in the Mother Cabrini Room on the first floor of the Pastoral Outreach Center; enter through the courtyard at Ninth and Columbia. *Information*, Suzanne Lee, slee@stjamescathedral.org or 206-654-4640.

**HUNTHAUSEN AUCTION DONATIONS** A fun part of our August 29 Hunthausen Golf Tournament is a silent auction with a wide range of donated items. We are looking for dinner gift cards, bottles of wine, tickets to concerts and special events. We are especially in need of sports tickets. Information, Margaret Lynch, 206-382-4288 or mlynch@stjames-cathedral.org.

**PARISH REMEMBRANCE** Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Alphonsus, Seattle; St. John Vianney in Kirkland, Vashon, and Darrington; and St. Ignatius Chapel at Seattle University.

### YOUTH MINISTRY

WORLD YOUTH DAY PILGRIMS This week a group from our parish will set out on pilgrimage to Krakow, Poland for World Youth Day. Thanks to the many stockholders who helped make this trip possible! Please keep these pilgrims and their safety in your prayers. Check our Youth Ministry Facebook page for updates on what the pilgrims are up to.

QUESTIONS? Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

#### YOUNG ADULT MINISTRY

For parishioners in their 20s and 30s

FIRST FRIDAY PRAYER AND SIMPLE SUPPER On Friday, August 5, come for the monthly Taizé prayer at 6:30 in the Cathedral and stay for a simple supper. We'll meet in the Archbishop Murphy Courtyard after the prayer and then head over as a group for dinner (Please note the new meeting spot).

Information, Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

**GENTLE CHAIR YOGA** Increase flexibility, strength and balance in a comfortable atmosphere with gentle yoga practice on Thursdays, 6:30–7:30pm in the Pastoral Outreach Center, 907 Columbia Street. *Information*, Nancy Granger, 206-382-4369.

**REGISTRATION FOR THE 2016-2017 CHILDREN'S FAITH FORMATION SESSION OPEN.** Drop by the CFF table during today's picnic. Or register online through the Cathedral's website. Click on the Kid's Page tab and then click on the Register Now! button. *Information*, Brenda Bellamy 206-274-3108.

**SUMMER BLOOD DRIVE** Did you know that it is incredibly difficult to generate enough donations during the summer, yet the need for blood never takes a vacation? Please support patients in need this summer by donating! Sunday, August 7, Bloodworks NW will be in the Parking Lot on Terry Ave at Columbia Street from 8:30am to 2:30pm (closed 10:30am-11:30am). To make an appointment, please visit: https://www.psbc.org/programs/drive.asp? URL=2909. To schedule by phone or for questions about eligibility, please call 800-398-7888.

st vincent de paul thanks you A Capitol Hill resident needed emergency, life-saving surgery that left him unable to work. He lived on savings as long as he could, but his savings ran out. He applied for governmental assistance but was refused because one of his doctors incorrectly reported an important fact related to his application. With nowhere else to turn, he called the SVdP Helpline (206-767-6449). We visited and helped pay his rent so he would not lose housing while he continues to seek long-term governmental assistance. Your financial support made our help possible – thank you!

WHEEL IS A GRASSROOTS ORGANIZING EFFORT of homeless/formerly-homeless women, well-regarded in Seattle. For the past 16 years they've operated a loving, low-barrier, night-time women's shelter, which is currently seeking a new home. Starting August 1, St James will allow use of Cathedral Hall for WHEEL, so that 50-60 women, along with 2 WHEEL staff, may have a safe and secure place to sleep. WHEEL will only be here at night, and will not interrupt the daily life of the Cathedral. Because of the Cathedral's commitment to the Winter Shelter, WHEEL is actively pursuing a new and permanent host site and will stay only until late September. If you are aware of a possible new site in or very near to Downtown for WHEEL, or if you have questions, contact Patrick Barredo, 206-382-4515.

JESUIT VOLUNTEER ENCORPS (JV ENCORPS), a program of JVC Northwest, facilitates



transformative opportunities for intentional service, community and spiritual formation for older adults committed to social and ecological justice. During their ten months of part-time volunteer service, participants ages 50 and older meet together regularly in community to deepen their spirituality and explore the values of simple living and social and ecological justice. You are invited to attend an information session on Sunday, July 31 after the 10am Mass in the Holy Names Room, or at the coffee hours after the 8:00 and 12:00 Masses. *Information*, 206-305-8911, email JVESeattle@jvcnorthwest.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.

ARE YOU A FAST TYPIST? We have a special transcription project if you are detail-oriented, a fast typist, and are looking for a Cathedral ministry you can do from your own home! Our senior oral history project is underway and we are seeking able people to help transcribe the interviews. Training and guidelines will be provided. *Information*, Maria Laughlin, mlaughlin@stjames-cathedral.org or 206-382-4284.

SHARE YOUR LOVE OF GOD AND THE CHURCH WITH THE CHILDREN OF ST JAMES The Children's Faith Formation team has a few openings for catechists and doorkeepers. Those who attend Mass regularly and are able to donate up to two hours a week September through June are encouraged to consider this important ministry. Training, support and materials provided. A background check is required. *Information*, Brenda Bellamy, 206-274-3108.

## Bummer Drgan Recital Beries



## CRAIG CRAMER

PROFESSOR OF ORGAN

UNIVERSITY OF NOTRE DAME

#### WED. AUGUST 17 | 7:00 PM

As Professor of Organ at the University of Notre Dame, Craig Cramer has helped to form Catholic organists and church musicians for over thirty years, with students serving in prominent parishes, cathedrals, and universities around the country. He is the winner of numerous competitions and awards, including the Kaneb distinguished faculty award from



Notre Dame. Dr. Cramer has performed around the globe and has received rave reviews for his concerts and recordings alike. His recent performance at the American Guild of Organists convention in Boston was lauded as "brilliantly and fearlessly played" in Choir & Organ magazine (Oct. 2014). Dr. Cramer will perform works by Bach and Reger, as well as lesser-known composers Fauchard and Zahnbrecher.

Advance passes for our summer recitals are \$15 each. Information at www.stjames-cathedral.org/music

## A guide to Sunday parking at the Cathedral

We know that parking in this area is at a premium and we do our best to make it available to you. In consideration of our neighbors, please note these important Do's and Don'ts!

#### PLEASE DO park:

- In the O'Dea High School lot.
- In the Cabrini Tower Garage on Marion Street across from O'Dea High School for the Saturday 5:30 pm Mass and all Sunday Masses. *The Cathedral pays for parking (and for official traffic officers from the Seattle Police Department) during these times, and you are encouraged to take advantage of it.*

Did you know that there is also parking underground at Cabrini Garage? Dozens of spots sit empty every weekend. Try it if you arrive late.

- In the P-1 parking lot under the Chancery building at 9th and Marion.
- In the Cherry and Terry Parking lot, *only* in spaces **1-22**.

#### Please **DO NOT** park:

- In any parking spot blocked with an orange cone.
- In the Cherry and Terry Parking lot, spaces 23-40 (the south side of the L shaped lot). *These are clearly marked with signs; we do appreciate your not parking there.*
- In the lot adjacent to the Envoy Apartments on 9th Avenue, directly across from the Cathedral.
- In the Blood Bank parking lot at the corner of Terry and Columbia.
- In the Frye Museum parking lots on Terry Avenue.
- In the parking places at the Pastoral Outreach Center, 907 Columbia Street.
- In the spaces on Terry Avenue reserved for loading and unloading of the parish vans.

### We welcome our visitors

St. James Cathedral, Seattle July 31, 2016

### TELCOME, SUMMER VISITORS!

St. James is glad to welcome visitors from near and far throughout the summer months. Each week this summer, a page in the bulletin will offer some historic and artistic highlights of St. James Cathedral. This week, we highlight the Cathedral's Blessed Sacrament Chapel and tabernacle.

In addition, each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence today. Last week, we had visitors from Yorba Linda, CA; Peoria, IL; and Pocatello, ID. The winner of our drawing was from Tucson, AZ.

t. James is the Cathedral Church for the Catholic Archdiocese of Seattle. It is also a parish church for a large and vital community. Noted for its beautiful liturgies and its extensive outreach to the poor, the Cathedral also serves the city of Seattle as an important gathering place, a crossroads for learning, and a center for the arts.

Built in 1907, St. James Cathedral is an impressive Italian Renaissance-style building whose twin towers soar to a height of 167 feet. St. Frances Xavier Cabrini, the first American citizen to be canonized, worshiped in the Cathedral in its early years. In 1994, a nationally acclaimed restoration and renovation completely renewed the beauty of this beloved Seattle landmark, transforming it into a dynamic space for the celebration of the Church's liturgy as well as for ecumenical, cultural, and civic events.

Artistic highlights of St. James include magnificent ceremonial bronze doors and tabernacle by German artist Ulrich Henn; an award-winning Shrine to the Blessed Virgin Mary; and a large collection of stained glass by renowned artists Charles Connick and Hans Gottfried von Stockhausen. The Cathedral Chapel is home to a remarkable 15th-century Renaissance altarpiece by Neri di Bicci.

St. James Cathedral is also a vibrant parish community of more than 2,400 households, coming from more than 180 ZIP codes around the entire Puget Sound region.



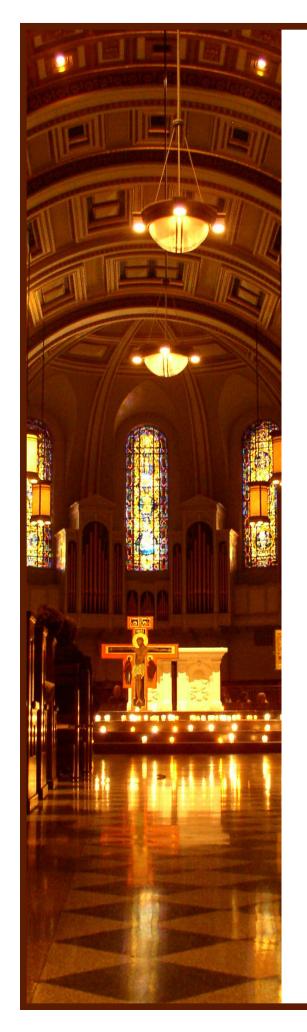
#### **BLESSED SACRAMENT CHAPEL**

The Cathedral's Blessed Sacrament Chapel brings together old and new in a space that speaks to the Church's faith in Christ present among us in the sacrament of his Body and Blood.

The Chapel itself dates from 1994. A skylight allows natural light to stream into this space, creating a visual link with the Cathedral's altar. The transparent gates allow the tabernacle to be seen from all parts of the Cathedral, and also allow the Chapel to be closed during Mass. The gates can also be opened wide – for First Friday devotions and for Holy Thursday adoration, for example. The north gates incorporate a beautiful stained glass triptych by Charles Connick (dating from around 1917). These windows were originally placed in the East Apse of the Cathedral, and were moved here in 1994 to allow for the installation of larger windows by Hans Gottfried von Stockhausen. Inside the Chapel, a carving of the Last Supper, placed on the south wall, dates from 1907 and was originally part of the Cathedral's high altar. The sanctuary lamp, which hangs high on the wall just outside the Chapel, also dates from 1907.

The tabernacle itself is the work of Ulrich Henn. It suggests the story of the burning bush from Exodus – Moses' mysterious encounter with God at the bush which was on fire, but not consumed by the fire. It is the perfect image for this place of encounter with the living presence of Christ in our midst. An inscription in the floor near the altar reminds us: "the place where you stand is holy ground."

Learn more about our Cathedral & take a virtual tour at www.stjames-cathedral.org/tour



# CREATION

Contemplative Prayer with music from Taizé

Friday, August 5, 2016 | 6:30pm St. James Cathedral

God of all kindness, everything that exists comes from you. You renew our joy in your creation, and give us a heart attentive to those we meet.
And then we can better show your luminous presence for every human being.

—Brother Alois of Taizé

On the first Friday of each month, all are welcome to a contemplative prayer in the Cathedral, with song, silence, and candlelight. The service includes the meditative chants of the ecumenical Taizé community in France, founded by Brother Roger Schutz as a sign of reconciliation after World War II.

#### ST. JAMES CATHEDRAL AND PAGLIACCI PIZZA PRESENT THE 20TH ANNUAL

## ARCHBISHOP RAYMOND G. HUNTHAUSEN Charity Golf Tournament & Benefit Dinner



Since 1997, the Hunthausen Charity Golf Tournament and Benefit Dinner has raised hundreds of thousands of dollars to support the neediest of our community. This year the event will be held at the Glendale Country Club in Bellevue.

And the need is greater than ever before. This important event makes possible our Cathedral Kitchen, serving 150+ hot, nutritious meals every weeknight, all year round, to homeless and low-income men, women, and children in the downtown area. The tournament also supports other important Cathedral outreach ministries, including our Solanus Casey Center, Immigrant Assistance Program, and Mental Health Ministry.

Every dollar given to the Kitchen makes a huge difference. Look at it this way:

Serve one guest for a month	\$75
Keep the kitchen open one day	-
Keep the kitchen open a week	

On behalf of Archbishop Hunthausen and the countless people who are helped through the programs of St. James Cathedral, thank you for your generous support of the Archbishop Hunthausen Charity Golf Tournament and Benefit Dinner.

For more information, call 206-382-4284 or e-mail mlaughlin@stjames-cathedral.org or visit www.stjames-cathedral.org/golf

MONDAY, AUGUST 29, 2016 | GLENDALE COUNTRY CLUB, BELLEVUE Benefiting the Cathedral Kitchen

ST. JAMES CATHEDRAL, SEATTLE www.stjames-cathedral.org/golf

Sponsor Information
Sponsorship Category*
Sponsor/Corporate Name*
Address
City/State/ZIP
Contact Person
Phone
E-Mail
* Include name as you would like it to appear on all tournament literature and signage. If you would like your corporate logo to appear on signage, please e-mail logo to mlaughlin@stjamescathedral.org.
Player Registration If you are registering as a single player, you may list names of other golfers you would like in your foursome.
Player #1
Name
Address
City/State/ZIP
Phone
E-Mail
Player #2
E-Mail
Player #3
E-Mail
Player #4
E-Mail
Dinner Only Registration
Address
City/State/ZIP
Phone

E-Mail .

## Archbishop Hunthausen Charity Golf Tournament & Dinner

Monday, August 29, 2016 Glendale Country Club, Bellevue

#### **SPONSORSHIP OPPORTUNITIES**

(be sure to complete SPONSOR INFO box at left)

Dinner Sponsor\$	275
Hole Sponsor\$	275
Tournament Sponsor\$	500
Birdie Sponsor\$	1,000
Beverage Cart Sponsor\$	1,500
Eagle Sponsor\$	2,500
Major Sponsor\$	5,000
Golf Cart Sponsor\$	7,500
Co-Sponsor\$	10,000
Freewill offering/gift\$	
GOLFERS (be sure to complete PLAYER REGISTRATE)	「ION box at left)
Single Golfer\$	250
Foursome\$	1,000
BENEFIT DINNER & AUCTIO (be sure to complete DINNER ONLY box	= =
Dinner Only\$	50
TOTAL AMOUNT	\$
☐ Check enclosed (payable Hunthause☐ Bill my VISA/MasterCard (circle or	
Credit Card Number	
Name as it appears on card	
\$	
Expiration date Total amount	to charge
If you prefer, you may make your cor payment at our secure we	

www.stjames-cathedral.org/contribute



The Seattle Housing Levy has a track record of allowing families, young people, and seniors to remain in the city. It also provides supportive housing for people experiencing homelessness, safe housing for victims of domestic violence and their children, and emergency rental assistance to keep families from losing their homes.

Join a phone bank...

Monday, August 1

5:00 p.m. till 8:00 p.m.

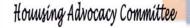
Catholic Community Services
100 23rd Ave. So. (23rd & Yesler)

Sign up, get more info: Kerry Cooley-Stroum: (206) 910-1400 kerrycs@ccsww.org

OR Just show up!

Use your or one of ours. Refreshments provided; parking available.

## Help remind people to vote For Homes!







#### SUPPORT GROUP FOR MOTHERS OF YOUNG CHILDREN

#### Mondays, 10:00am to Noon Mother Cabrini Room Pastoral Outreach Center ~ 907 Columbia

(Enter through the courtyard gate at the corner 9th Avenue and Columbia.)

Our support group offers mothers of young children an opportunity to connect with and support each other through the journey of motherhood. Facilitated by Ansebe Bicoff-Smit, a child, couple, and family psychotherapist, the group explores topics such as child development, emotional attachment, positive parenting, transitioning into the role of being a mother, and reconnecting with one's partner. Moms have a chance to get out of the house, enjoy conversations with one another, share each other's laughter, and sometimes tears.

#### If you are not sure this group is for you, consider these statements:

- 1. I am new to Seattle and don't know a lot of people yet.
- 2. I lack social and emotional support in my life at this time.
- 3. I sometimes feel insecure about my ability to be a good mom.
- 4. I often feel stuck at home with my young child.
- 5. I have a hard time asking for help or support from others.
- 6. Sometimes I feel overwhelmed by the responsibility of being a parent.
- 7. I feel inundated by all the information about child rearing that is on the internet.
- 8. I find myself struggling with low energy and feel depressed at times.
- 9. My anxiety has increased since my baby's birth.
- 10. I rarely have time to take care of myself, and I have stopped participating in the activities I enjoyed before becoming a mom.
- 11. Disagreements between my partner and me have increased since we became parents.
- 12. I find it very difficult to trust others, even my partner, to care for my child.

#### All mothers are welcome.

*Information*, Ansebe Bicoff- Smit 240-516-6762 or abicoffsmit@hushmail.com.