



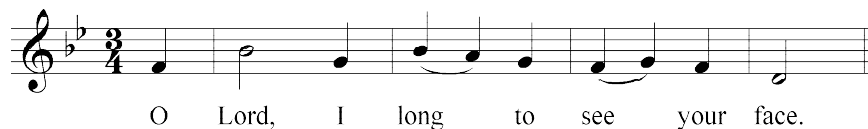
ST. JAMES CATHEDRAL  
*The Second Sunday of Lent*  
February 21, 2016

ORDER OF CELEBRATION FOR  
*The Second Sunday of Lent*

THE INTRODUCTORY RITES

INTROIT

*Tibi dixit*  
chant, adapt. Stratman

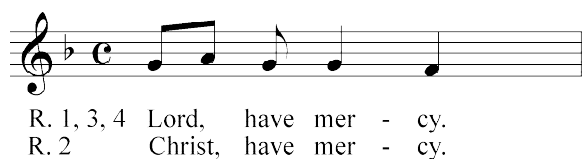


GREETING

PENITENTIAL ACT

chant, Vatican XVII

Priest Have mercy on us, O Lord.  
ALL **For we have sinned against you.**  
Priest Show us, O Lord, your mercy.  
ALL **And grant us your salvation.**



DISMISSAL TO THE CHILDREN'S LITURGY OF THE WORD (Noon)

OPENING PRAYER (COLLECT)

THE LITURGY OF THE WORD

FIRST READING

Genesis 15:5-12, 17-18

RESPONSORIAL PSALM 27

Willcock

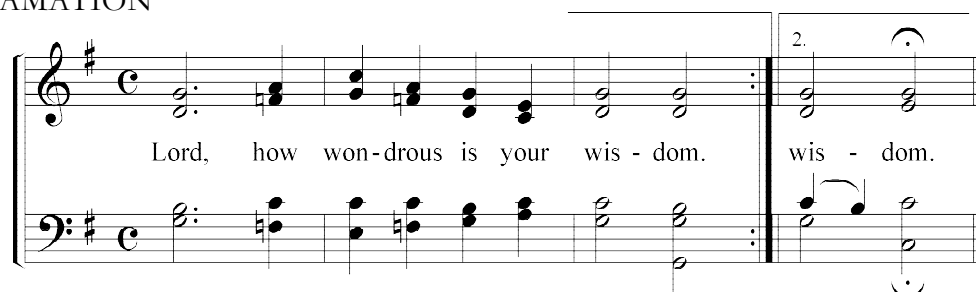


SECOND READING

Philippians 3:17-4:1

GOSPEL ACCLAMATION

Stratman



GOSPEL

Luke 9:28b-36

HOMILY

Cantor: I give them life long and full. **All: And I show them my power to save, says the Lord.**

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

**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ,  
his only Son, our Lord,  
*ALL BOW*  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
*ALL STAND UPRIGHT*  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;**

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

PRAYER OF THE FAITHFUL

Litany of Saints



Lord, we ask you, hear our prayer.

## THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

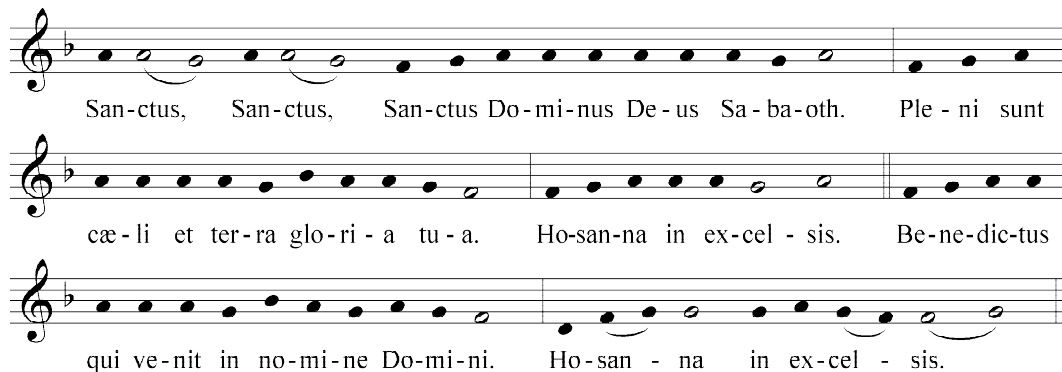
Offertory (10:00am)

O Light born of Light, Jesus, redeemer of the world,  
mercifully receive the praise and prayer offered to you.  
You, who once were clothed with our flesh for the sake of the lost,  
make us members of your blessed body.

*O nata lux*  
Laurdisen

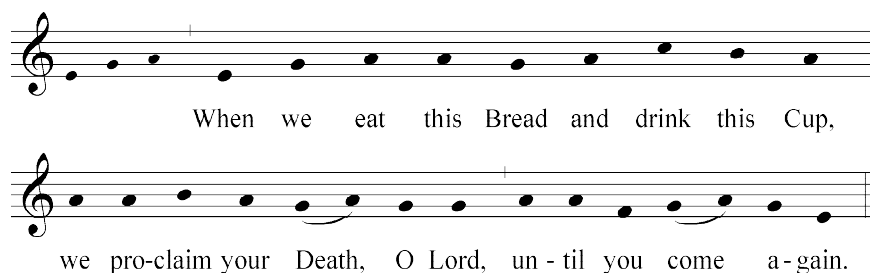
SANCTUS

chant



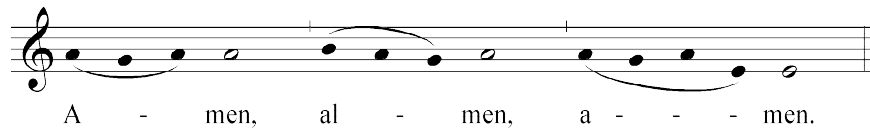
MYSTERY OF FAITH

chant, *Roman Missal*



AMEN

chant

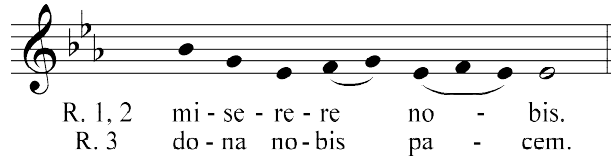


## THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

chant, Mode III

Tell no one about the vision you have seen  
until the Son of Man has risen from the dead.

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.*

(10:00am)

*Jesu dulcis memoria*

Victoria

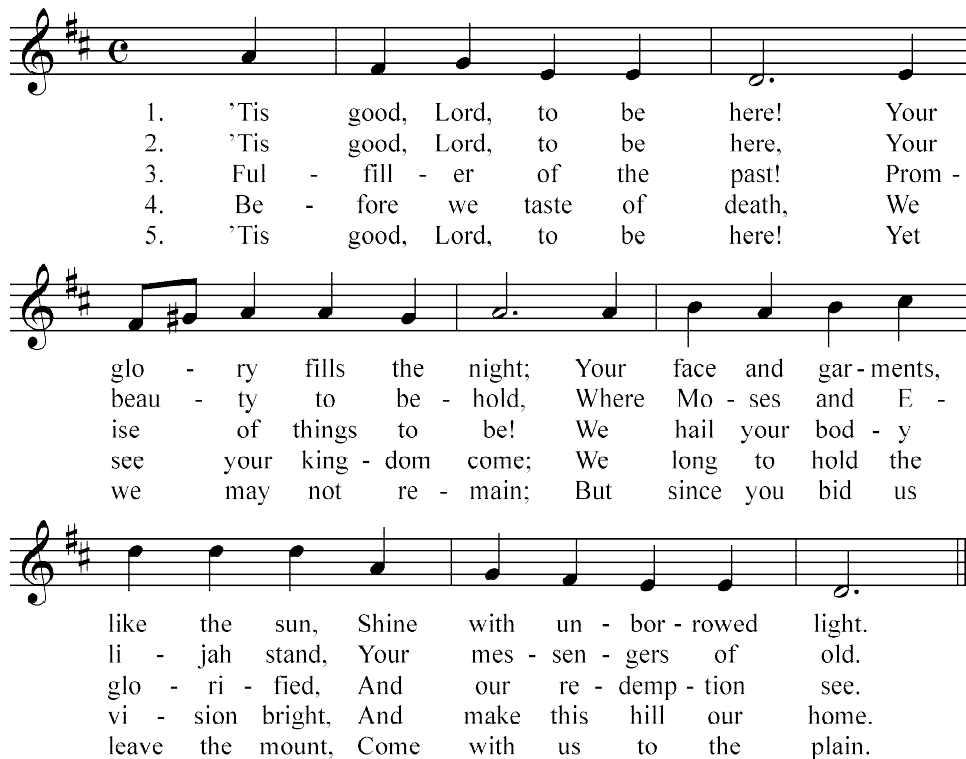
*Hide not thou thy face*

Farrant

HYMN OF PRAISE

*'Tis good, Lord, to be here*

SWABIA





# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

804 Ninth Avenue, Seattle, WA 98104

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

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

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

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 (206-661-5094)

Rosanne Michaels, Faith Formation (206-654-4658)

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)

Peter Burns, Ward Johnson, John Marquez, 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

Patty Bowman, Director (206-382-4515)

Tom Frasene, Outreach Ministries, Young Adults (206-382-4235)

Teddi Callahan, Carol DeMatteis, 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

Joe Cotton, 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.

**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 regularly. In other situations (anticipated surgery, emergency) please call the parish office.

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

**"TAIZÉ" ECUMENICAL PRAYER**, Fridays at 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, 206-622-3559

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

**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. Thanks, in part, to the generosity of visitors like you, we are able to celebrate the Church's liturgy here in a fitting and beautiful way. We are also able to offer a wide range of services to needy people living in the central district of our city. 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.*

**COVER ART** Icon of the Transfiguration of the Lord.  
Joan Brand-Landkamer, Cathedral Iconographer.

**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. The banner at the ministers' pier, by fabric artist Juanita Yoder, was commissioned for the Year of Mercy. It suggests the overflowing streams of mercy which God pours out on us, and which we are invited to experience more deeply in the Year of Mercy.

**ST VINCENT DE PAUL THANKS YOU** After every Mass this weekend, the ushers will accept your donations to SVdP. After the 10:00am Sunday mass this weekend, Cathedral Vincentians will stand alongside the ushers as a visible sign of our deep gratitude to all of you—whether you donate to SVdP or simply say an occasional prayer for us and for those we seek to help. Our SVdP group at St James could not exist without your loyal support. Thank you! *Information*, Christine Henderson, 253-973-1441, or e-mail [christinehsvdp@gmail.com](mailto:christinehsvdp@gmail.com).

**GATHERING FOR PARENTS BEGINS TODAY** "Are you listening, God?" is a four-week, drop-in class for parents. Explore your relationship with God while your children are in Faith Formation classes. February 21 and 28, March 6 and 13, 11:05–11:40 in Room 425 of Cathedral Place. *Information*, Rosanne Michaels [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org), 206-654-4658.

**WANT TO GET MORE INVOLVED AT ST. JAMES?** Come visit the Sunday Help Desk at Coffee Hour! Here, you can register as a parishioner, find out how to volunteer for a ministry, arrange to have a Mass offered, and discover more about this community.

**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. Peter in Seattle and the St. Peter Mission Churches in Deming, Suquamish, and Tenino.*

## YOUTH MINISTRY

**YOUTH NIGHTS** Sunday evenings from 6:30–8:30pm in the Pastoral Outreach Center. Open to 8th–12th grade students. Please join us for prayer, catechesis, and lively activities designed to integrate faith into everyday life. This week will be youth planned and led. All are welcome!

**SPECIAL NEEDS MASS & DANCE** Saturday, March 12. Join us as we help to host the annual Mass for people with special needs followed immediately by a special dance in the O'Dea gym. We are seeking youth volunteers to run the event. Contact Joe to volunteer.

**LENTEN YOUTH RETREAT MARCH 19-20** See the full-page ad in this week's bulletin.

**QUESTIONS?** Joe Cotton, 206-264-2082, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)

## YOUNG ADULT MINISTRY

*For parishioners in their 20s and 30s*

**THIRD SUNDAY RECEPTION TONIGHT!** On Sunday, February 21, we'll have a wine and cheese reception following the 5:30pm Mass in the Rectory Parlors. After we get some food and drink, stick around for our Lenten small group!

**TAIZE SIMPLE SUPPER, RICE BOWL EDITION** Join us on Friday, March 4 for our first Friday simple supper. We'll start in the Cathedral for Taizé prayer at 6:30pm, and then we'll meet in the north entrance for the supper made from a Rice Bowl recipe. We'll have a special guest, Kelly Hickman of the Archdiocese of Seattle, tell us about her recent Catholic Relief Services trip to Laos.

*Information,* Tom Frasene,  
[tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org)  
[Facebook.com/StJamesYoungAdultMinistry](https://www.facebook.com/StJamesYoungAdultMinistry)

**THE CATHEDRAL KITCHEN** needs a volunteer dishwasher on Fridays. The shift is from 4:00-5:30pm. We are also in need of a few more volunteers on Thursday and Friday to help with preparing the meal. The shifts are from 2:00-4:00 and 4:00-6:00 PM. If you would like to join us and help out please contact Teddi Callahan at 206-264-2091 or email [tcallahan@stjames-cathedral.org](mailto:tcallahan@stjames-cathedral.org).

**ART EXHIBIT: IMPRINT OF MERCY BY TRUNG PHAM, SJ** During this Lent of the Year of Mercy, we are pleased to welcome to the Chapel a series of paintings by Father Trung Pham, SJ, Assistant Professor of Art and Art History at Seattle University. These paintings invite us to meditate on wounds—Christ's wounds and ours. Father Pham writes: "Pope Francis affirms that the name of God is Mercy. The deepest way one can experience mercy fully is to keep in touch with one's own wounds and the wounds of others. The Imprint of Mercy series will help viewers to meditate upon the meaning of mercy and experience the power of vulnerability through the arts." Father Pham will give a brief talk on the series on Sunday, February 28 immediately following the 10:00am Mass.

**SAVE THE DATE! THE POWER OF NUTRITION FOR BODY, MIND AND SPIRIT** Four classes on Tuesdays beginning March 1, 6:30pm, in the Gallagher Center. Learn key elements of nutrition to help achieve our best emotional and physical health. Facilitator: Judith Ames, Nutritional Therapist, Wellness Coach, Mental Health Nutrition Coach. *Information,* Nancy Granger, RN at 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

**WINTER SHELTER HYGIENE NEEDS** The overflow Winter Shelter is currently in need of spray deodorant, cough drops, and disposable razors. You can drop off donations at Coffee Hour on Sunday mornings or at the front desk, Monday-Friday, 9am-5pm. Thanks in advance for your generosity! *Information,* Tom Frasene, [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org).

**ANTI-PORNOGRAPHY SUPPORT GROUP** St. James holds an anonymous support group to overcome habits of porn use on Tuesdays, 8-10 pm in Cathedral Place (803 Terry Ave). All are welcome. *Information,* Tom Frasene, [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org).

**THE CATHEDRAL KITCHEN GARDEN LEADERSHIP TEAM** is excited to announce the start of our third season growing vegetables for the Cathedral Kitchen! Our first work party will take place from 9:00am to 1:00pm on Saturday, March 5. This work party will include topping existing beds with compost and other soil amendments, planting seeds, and planting starts. We hope many of you consider this an opportunity to respond locally to Pope Francis call in *Laudato Si'* to care for our common home. We are encouraging people who want to come help for this one event, or those who want to make the garden part of your 2016 volunteer commitments, to RSVP to Gary Scheider at [alpinist@comcast.net](mailto:alpinist@comcast.net).

**VAN DRIVERS NEEDED** Our Sunday van ministry is an important outreach to senior parishioners who would not be able to get to 10:00am Mass on Sunday if it weren't for our drivers. The commitment is for one Sunday a month and we have several openings. We're also looking for people who might be willing to be trained in order to substitute when needed. All training provided; background check required. *Information,* Maria Laughlin, [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org) or 206-382-4284.

**CD OF SUNDAY MASS** Do you know someone who is unable to attend Sunday Mass but would appreciate staying connected by listening to the Mass on CD? Each Sunday, a faithful volunteer records and masters the 10:00am Mass, including the music, prayers, reading, and homilies. This CD is mailed at no charge to homebound parishioners and to "long-distance" parishioners around the country, along with a Sunday bulletin. If you or someone you know would like to be added to the list, contact Maria Laughlin, [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org) or 206-382-4284.

# THE WORKS OF MERCY

*In the coming weeks, as part of the Year of Mercy, we will explore the Corporal Works of Mercy in a series of essays by Cathedral parishioner Lisa Casterella. The traditional Corporal Works of Mercy are: to feed the hungry; to give drink to the thirsty; to clothe the naked; to harbour the harbourless; to visit the sick; to ransom the captive; to bury the dead. What are some of the ways we are living out these works of mercy at St. James Cathedral?*



## GIVE DRINK TO THE THIRSTY

Every weekday afternoon, the Cathedral Kitchen is a hive of activity. Twelve to fifteen volunteers prepare food daily for 150-210 homeless and low-income guests. Vegetables are chopped, soup is stirred, bacon sizzles, milk is poured and chocolate cake is sliced for what will be a five-course meal. Volunteers glean donated food from area grocery stores. The menu changes daily.

Upon arrival, guests are often greeted by name by kitchen employee David Grech. Guests Theresa and her tablemate Al both agree, "The food here is great." Often this will be the only meal some will receive for the day. Director Teddi Callahan wants to emphasize that beyond the meals, each guest is given a sense of belonging during the dinner hour. Volunteer listening companions provide the comfort of a friend to talk to. "Everyone here is somebody's son or daughter." Teddi goes on to say, "The people we serve are also our teachers. We were short on coffee one evening and a guest gave me a pound of Starbucks coffee he had received from the Food Bank. A lot of these people have big hearts."

*Lisa Casterella*





# Lent 2016 at St. James Cathedral

## PRAYING THE STATIONS

is a wonderful Lenten tradition in the Church.

There are *three* opportunities to pray the Stations each week: on Mondays following

12:10pm Midday

Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). The unique Stations of the Cross in the Cathedral are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault.

You can also pray the stations online at [www.stjames-cathedral.org](http://www.stjames-cathedral.org).



**LITURGY OF THE HOURS** Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

**LENTEN HOLY HOUR** Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour includes the Liturgy of the Hours, meditations, and rosary.

**VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT** This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

**THE RICE BOWL PROGRAM** is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

**CONTEMPLATIVE PRAYER ON THE FRIDAYS OF LENT** Every Friday evening at 6:30 pm in the Cathedral, you are invited to join in this meditative evening prayer with song, scripture, and silence, featuring the music of the ecumenical community of Taizé in France. All are welcome.

**SACRAMENT OF RECONCILIATION** This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions will be heard each Saturday from 4:00 – 5:00pm. In addition, on **Saturday, March 5**, we will host the Archdiocesan-wide observance of the **Day of Mercy**, with confessions heard in the Cathedral from 9:00am until 5:00pm. Our annual communal celebration of the Sacrament of Penance will be Monday, March 14 at 7:30pm.

**JOURNEY OF THE ELECT** Lent is a time of intensive prayer and preparation for our Elect, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction.

*Please pray for:*

**Alan Brimelow + Dakota Cruz + Randi Evans + Vicky Fisher + William Lie + Courtney Turnbaugh + Joshua Warren + Mark Warren + Matthew D. Warren + Matthew B. Warren + Annemarie Weiss + Derek Yost**

Please pick up a prayer card at the Place of Prayer in the south aisle and pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support.

**OPUS 7: PHOENIX Saturday, February 27, 8:00pm** Join resident ensemble Opus 7 for a stunning concert of dramatic choral music for the Lenten Season. A featured work for this concert will be "Phoenix" by the renowned Seattle composer Peter Hallock. This evocative setting for choir, cello and harp is from an ancient Christian poem which references several Psalms depicting images of restoration and rebirth. Other striking music for Lent by Mendelssohn, Homilius, Pizzetti, Koszewski and Penderecki. *Information*, visit [www.opus7.org](http://www.opus7.org).

**SEATTLE PRO MUSICA: PEACE Saturday, March 12 & Sunday, March 13 8:00pm** Seattle Pro Musica explores the deep connections between three Abrahamic faiths: Judaism, Christianity, and Islam. The concert features works by Turkish-American composer Kamran Ince, Bernard Hughes, Renaissance Jewish composer Salomone Rossi and contemporary Latvian composer Ēriks Ešenvalds, along with Islamic and Maronite chants. *Information*, [www.seattlepromusica.org](http://www.seattlepromusica.org).



# Grief Support Group



Thursday evenings, beginning February 25  
6:30pm, Rectory Parlors  
(enter through Parish Office on Columbia Street)

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 a new 8-week grief support group  
facilitated by St. James Cathedral Staff  
Nancy Granger, Suzanne Lee, & Rosanne Michaels

*Information and registration, Rosanne Michaels, 206-654-4658,  
[rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org)*





# Day of Mercy

**Celebrating the Sacrament of Mercy in the Year of Mercy**

**Saturday, March 5, 2016  
9:00am—5:00pm**

“Let us place the Sacrament of Reconciliation at the center once more in such a way that it will enable people to touch the grandeur of God’s mercy with their own hands. For every penitent, it will be a source of true interior peace.”

*Pope Francis, Misericordiae Vultus*

During Lent of this YEAR OF MERCY, all are invited to participate in the Day of Mercy at St. James Cathedral. Confessors will be available throughout the day, beginning at 9:00am and concluding at 5:00pm. All are welcome to stop in, to spend time in prayer, and to celebrate the sacrament of Reconciliation, where we encounter the mercy of the Father.

St. James Cathedral  
804 9th Avenue  
Seattle, WA 98104

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







# Cathedral Blood Drive

Sunday, March 6, 2016

O'Dea High School Gym

8:30am to 2:30pm (*closed 10:30am-11:15am*)

## *The Perfect Lenten Gift*

What could be a more personal, caring and meaningful gift than the gift of blood to someone in our community who has the need? Donating blood invites us to consider a different aspect of stewardship: the gift of ourselves in a way that is fundamental and essential to life itself.

## *Who needs blood?*

It is very likely that someone you know at St. James has had a need for blood. People who need blood transfusions include those who have been in accidents or require surgery or chemotherapy. Often transfusions enable those receiving chemotherapy to continue with treatment. To meet the needs in our community, over 900 people must donate blood through the Puget Sound Blood Center every weekday.

## *St. James & Bloodworks Northwest*

St. James has been sponsoring Lenten and Fall blood drives since 2006. Bloodworks Northwest (formerly the Puget Sound Blood Center) is always enthusiastic about our partnership in this effort, but most especially about the number of *new donors* at our blood drives. **We invite those who have not yet donated to consider donating for the first time. We ask those who have generously donated in the past to please do so again!**

**Sign up at coffee hours on 2/21 or 2/28.**

Or e-mail [crobl@comcast.net](mailto:crobl@comcast.net) to sign up or to find out more.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

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





# The Power of Nutrition for Mind, Body & Spirit

Four Week Educational & Interactive Workshop  
Tuesdays, 6:30 – 8:00pm, Gallagher Center, St. James Cathedral

**Please join Nutritional Therapist, Wellness Coach and Mental Health Nutrition Coach,  
JUDITH AMES, for an interesting and educational experience.**

Explore key nutritional strategies that provide our bodies with what they need to achieve a greater level of physical vitality, mental clarity and peace of mind. Ancestral wisdom, current research, clinical and personal experiences will guide our learning.

## **Class I – Tuesday, March 8**

Identify personal hopes and goals for this workshop? How can the foods we eat bring greater calmness and relief from anxiety? What role do healthy fats play in our diet?

## **Class II- Tuesday, March 15**

What is a pro-recovery diet and how does it support emotional health? How can ancestral diets guide our food choices? We will look at the history and science of mental health and mood.

## **Class III – Tuesday, March 22**

What are Super Foods? What is the key role they play in supporting mental health and wellness? Do you know the important role zinc plays in your overall health? Take a zinc test to learn if your body may be deficient in this important mineral.

## **Class IV – Tuesday, March 29**

These days we hear a lot about probiotics. In this class we will explore foods that support healthy gut flora and promote optimal digestion and learn why this impacts our mental health and wellness.

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

# Lenten Youth Retreat

for young people in Grades 8-12

**March 19th & 20th**

## **Christian Brother's Residence**

During this season of Lent, please consider taking some time away from your daily routine to grow closer to Christ in community with others.

The retreat theme will be:

**Preparation for Passion, Death, and Resurrection!**

The experience will be facilitated by Master Retreat Leader,

**Sr. Christine Still, OSF**

You don't want to miss this! Submit your permission form today!

There is no charge for this retreat experience.  
Please join us!

**For more information, please contact:**

**Joe Cotton, Cathedral Youth Minister**  
(206) 264-2082 / [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)



## **St. James Youth Ministry**

[www.stjames-cathedral.org/youthministry](http://www.stjames-cathedral.org/youthministry) \* [www.facebook.com/cathedral.youth](https://www.facebook.com/cathedral.youth) \* @SaintJamesYouth



*"Wake up the world!  
Be witnesses of a different  
way of doing things, of  
acting, of living!"*

Pope Francis



**Single Catholic Young Adult Women & Men**  
**are invited to a**  
**REFLECTION DAY on CONSECRATED LIFE**  
*to explore a Call to Religious Life as Sisters, Brothers or Priests*



**Saturday, March 19, 2016**

**9:30 a.m. to 2:30 p.m.**

at

**University of Washington Newman Center**

**4502 20th Ave. NE, Seattle 98105**

*corner of 20<sup>th</sup> NE & NE 45<sup>th</sup>*



**HOSTED BY**

**Religious Communities of Women and Men  
serving in the Archdiocese of Seattle**



**COFFEE & DONUTS when you arrive.  
LUNCH PROVIDED**



**Includes prayer, quiet time, multi-media info on religious life,  
time to meet with religious Sisters, Brothers and Priests.**



**Please SIGN UP by March 14<sup>th</sup>**

**E-mail Sister Jo-Anne Miller, CSJP: [jmiller@csjp-olp.org](mailto:jmiller@csjp-olp.org)**

**or call/text 206-920-8560**

