



ST. JAMES CATHEDRAL
Seventh Sunday in Ordinary Time
February 23, 2020

ORDER OF CELEBRATION FOR THE
Seventh Sunday in Ordinary Time

THE SPIRIT OF THE LITURGY - REFLECTING ON THE MASS

PRELUDE

"Allegro vivace" from *Symphony No. 2*
 Vierne

"Menuet" from *Symphony No. 4*
 Vierne

The Introductory Rites

REFLECTION - GATHERING

ENTRANCE

Joyful, joyful, we adore you
 ODE TO JOY

1. Joy - ful, joy - ful, we a - dore you, God of glo - ry,
 2. All your works with joy sur-round you, Earth and heav'n re -
 3. Al - ways giv - ing and for - giv - ing, Ev - er bless-ing,
 4. Mor - tals join the might - y cho - rus, Which the morn - ing

Lord of love; Hearts un - fold like flowers be - fore you,
 flect your rays, Stars and an - gels sing a - round you,
 ev - er blest, Well - spring of the joy of liv - ing,
 stars be - gan; God's own love is reign - ing o'er us,

Open - ing to the sun a - bove. Melt the clouds of sin and
 Cen - ter of un - bro - ken praise; Field and for - est, vale and
 O - cean depth of hap - py rest! Lov - ing Fa - ther, Christ our
 Join - ing peo - ple hand in hand. Ev - er sing - ing, march we

sad - ness; Drive the dark of doubt a - way; Giv - er of im -
 moun-tain, Flow - ery mea - dow, flash - ing sea, Chant - ing bird and
 broth - er, Let your light up - on us shine; Teach us how to
 on - ward, Vic - tors in the midst of strife; Joy - ful mu - sic

mor - tal glad - ness, Fill us with the light of day!
 flow - ing foun - tain, Prais - ing you e - ter - nal - ly!
 love each oth - er, Lift us to the joy di - vine.
 leads us sun - ward In the tri - umph song of life.

PENITENTIAL ACT

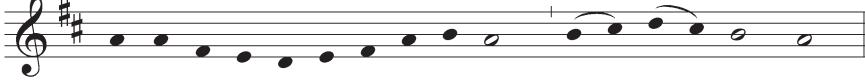
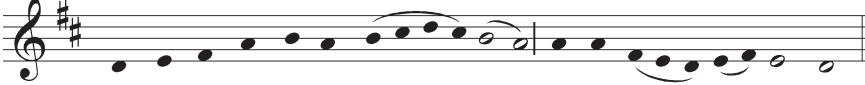
Missa de angelis
 Vatican VIII

Have mer - cy on us.

GLORIA

Missa de angelis

Vatican VIII

Presider	<i>Gloria in excelsis Deo.</i>	<i>Glory to God in the highest and on earth peace to people of good will</i>
Choir	<i>Et in terra pax hominibus bona voluntatis.</i>	
ALL		<i>We praise you</i>
Choir	<i>Benedicimus te.</i>	<i>we bless you</i>
ALL		<i>we adore you</i>
Choir	<i>Glorificamus te.</i>	<i>we glorify you</i>
ALL		<i>we give you thanks for your great glory</i>
Choir	<i>Domine Deus, Rex caelstis, Deus Pater omnipotens.</i>	<i>Lord God, heavenly King, O God, almighty Father</i>
ALL		<i>Lord Jesus Christ Only Begotten Son</i>
Choir	<i>Domine Deus, Agnus Dei, Filius Patris.</i>	<i>Lord God, Lamb of God Son of the Father</i>
ALL		<i>you take away the sins of the world, have mercy on us</i>
Choir	<i>Qui tollis peccata mundi, suscipe deprecationem nostram.</i>	<i>you take away the sins of the world receive our prayer</i>
ALL		<i>You are seated at the right hand of the Father, have mercy on us</i>
Choir	<i>Quoniam tu solus sanctus.</i>	<i>For you alone are the Holy One</i>
ALL		<i>you alone are the Lord</i>
Choir	<i>Tu solus Altissimus, Iesu Christe.</i>	<i>you alone are the Most High Jesus Christ</i>
ALL		<i>with the Holy Spirit in the glory of God the Father</i>
		<i>Amen.</i>

OPENING PRAYER (COLLECT)

The Liturgy of the Word

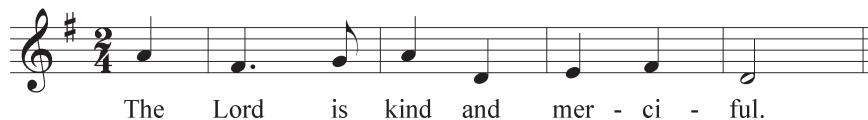
REFLECTION - THE LIVING WORD

FIRST READING

Leviticus 19:1-2, 17-18

PSALM RESPONSE

Psalm 103



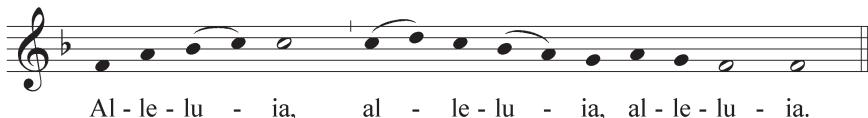
Haas

SECOND READING

I Corinthians 3:16-23

ALLELUIA

Mode VII



GOSPEL

Matthew 5:38-48

HOMILY

Father Michael G. Ryan

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

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.

The Liturgy of the Eucharist

REFLECTION - OFFERINGS AT THE ALTAR

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

“Silent Devotion and Meditation” from *Sacred Service*

O Lord, may the words of my mouth and the meditations of my heart
be acceptable before Thee, my Lord, my Rock, and my Redeemer.

Bloch

(Sunday evening)

Christe qui lux
Stratman

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 de angelis
Vatican VIII

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

R. 3: give us your peace.

REFLECTION - BECOMING WHAT WE RECEIVE

COMMUNION

I will relate all your wondrous deeds.
 I will be glad and rejoice in you;
 I will sing to the honor of your name, O Most High.

Narrabo omnia mirabilia tua
chant, Mode II

(10:00)

Thou wilt keep him in perfect peace

Wesley

Thou wilt keep him in perfect peace, whose mind is stayed on thee.

The darkness is no darkness with thee,

but the night is as clear as the day.

The darkness and the light to thee are both alike.

God is light, and in him is no darkness at all.

O let my soul live, and it shall praise thee.

For thine is the kingdom, the power, and the glory for evermore.

Isaiah 26:3; Ps. 139:11; John 1:5; Ps. 119:175; The Lord's Prayer

(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

Father, we thank thee

RENDEZ A DIEU

1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from

Name with - in our hearts. Knowl - edge and faith and life im -
e - vil, guard it still, Per - fect it in thy love, u -

mor - tal Je - sus, thy Son, to us im - parts.
nite it, Cleansed and con-formed un - to thy will.

Thou, Lord, didst make all for thy plea - sure, Didst give us
As grain, once scat - ter'd on the hill - sides, Was in this

food for all our days, Giv - ing in Christ the Bread
bro - ken bread made one, So from all lands thy Church

e - ter - nal; Thine is the power, be thine the praise.
be gath - er'd In - to thy king - dom by thy Son.

REFLECTION - SENT FORTH

PROCESSION

"Allegro moderato" from *Symphony No. 2*

Vierne

"Hymne au soleil" from *Pièces de fantaisie*

Vierne

ICON OF THE MYSTICAL BANQUET by Cathedral Iconographer Joan Brand-Landkamer. ACKNOWLEDGEMENTS: Psalm response by Haas, Eucharistic acclamations from *Mass for the City* by Proulx, copyright © 1986, 1995, 2003, 2010, by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Alleluia and Prayer of the Faithful response by Berthier, copyright © 1978, 1980, 1981 by Les Presses de Taizé (France), GIA Publications, Inc., Chicago, IL, exclusive agents. Reprinted under OneLicense.net #A706828. All rights reserved.

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

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); Luke Henkel (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

David Buchholz, Christina Buchholz, youth@stjames-cathedral.org

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

FACILITIES and GROUNDS

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

Alan Frasher, Melina McCombs, Gebregziabher Abay, Lino Nillas

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

Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Margaret Lynch, 206-382-4288 or mlynch@stjames-cathedral.org.

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.

The Seventh Sunday in Ordinary Time February 23, 2020

ON THE COVER Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

FLOWERS AT THE ALTAR are offered by the ushers at the 10:00am Mass in appreciation of our faith community.

CATHEDRAL ESPRESSO This month, all proceeds benefit our Youth Music Program. The espresso cart is open at coffee hour after 10:00am Mass.

CRS RICE BOWL BEGINS ON ASH WEDNESDAY: WE ARE CALLED On Ash Wednesday, every parish in the Archdiocese of Seattle, and more than 14,000 Catholic communities across the United States will begin a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl at Mass this Ash Wednesday. During the 40 days of Lent, we will reflect on the challenge of global hunger and how it affects our human family. More CRS Rice Bowls resources can be found at www.CRSRiceBowl.org.

DID YOU MISS THE CHANCE TO TAKE MARYKNOLL IMMERSION TRIP TO EL PASO, TEXAS LAST YEAR?

Here is another chance! Join our Immigrant Assistance team on a Maryknoll immersion trip to El Paso, TX, as we put a human face on complex border issues. We will explore the realities, challenges, and interconnectedness with our sisters and brothers on the border. Experience first-hand how economic and immigration policies affect people. Deepen your faith through encounter with their hopes, joys, and struggles. *Information*, Caroline Okello, cokello@stjames-cathedral.org or 206-382-4511.

TAI CHI CLASSES ARE FREE AND OPEN TO ALL AGES

Thursdays, 5:30–6:30pm in the Pastoral Outreach Center. *Information or to register*, Nancy Granger, 206-382-4269 or nganger@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 pray for the parish of St. Peter in Seattle and St. Peter Mission in Deming, Suquamish, and Tenino.

CARE FOR CREATION TIP As the effects of climate change become more evident, more than half of U.S. adults (56%) say climate change is the most important issue facing society today, yet 4 in 10 have not made any changes in their behavior to reduce their contribution to climate change, according to a new poll by the American Psychological Association.

DE-ESCALATION & PERSONAL SAFETY THROUGH A TRAUMA-INFORMED LENS Tuesday, March 10, 2020, 6:30pm—8:30 pm, Pastoral Outreach Center. Martin Reinsel, MA, LMHC shares his vast clinical experience to help you learn de-escalation skills, and how to engage with challenging behaviors, exceptional situations and unusual circumstances. Registration Patrick Barredo 206-382-4515 or pbarredo@stjames-cathedral.org.

ST VINCENT DE PAUL ANNOUNCES that our annual “Stuff the Truck” event will take place on Sunday, March 15 in the O’Dea parking lot from 7:30am to 1:30pm. Big sellers in our thrift stores include books, dishes, pots, pans and clothes. The money raised from selling your items in SVdP stores supports SVdP activities that help low income residents throughout King County. Thank you! Information, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

SCHOLARSHIPS AVAILABLE FOR CATHOLIC SCHOOLS St. James has SIX Catholic Elementary Schools in Seattle: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family Bilingual. These schools provide in-parish tuition rates for registered St. James parishioners. We also support FOUR Catholic High Schools (O’Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic) through the Simperman Scholar program. Please contact Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org for requirements and an application packet for the 2020-2021 school year. Completed applications must be submitted by April 30, 2020.

FUNERAL RECEPTION VOLUNTEERS If you have ever lost a loved one (and who hasn’t?) you know how important it was to have friends and neighbors reach out when you were in the raw stages of grief. Our Funeral Reception Committee does just that! After a funeral Mass, St. James volunteers welcome and serve bereaved families and friends as they gather to tell stories and comfort one another. With the recent retirement of several long-time volunteers, we need additional help. Information, Suzanne Lee 206-654-4640 or slee@stjames-cathedral.org.

TUESDAY GLEANER NEEDED: Tuesday Gleaners drive the Cathedral Kitchen van and go out in the morning to local supermarkets and collect food (fruits, vegetables, milk, deli items, etc.) These items are used in our daily meals. It’s a fun and rewarding outreach! Information, Teddi Callahan, tcallahan@stjames-cathedral.org or 206-264-2091.

Sacred Steps

REST IN PEACE Please pray for the repose of the soul of Josef Gray.

YOUTH MINISTRY

YOUTH NIGHT NEXT SUNDAY Our next Youth Night will be Sunday, February 23, at 6:30pm in the Pastoral Outreach Center. We’ll be joined by Joe Cotton for a presentation on Juvenile Restorative Justice and have the opportunity to write letters to imprisoned youth. All teens welcome!

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 weekday afternoon each month, beginning in March or April.** If you’d some quiet time in the Cathedral, we’d love to have you be a part of this ministry. Parking is provided. Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.

MEN’S WINTER SHELTER: Openings for overnight hosts and breakfast providers, assisting homeless men over 50 years old. Overnights commit once a month (Fri., Sat., Sun. or Mon., 8pm-7:30am). Breakfast brings and serves food once a month (Sat., Sun., Mon. or Tues., 6am-7:30am). Information, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

OPERATION NIGHTWATCH: Buy groceries, make sandwiches, cook or serve dinner for homeless persons at a local shelter once a month. Availability: 1st or 3rd Tuesday (4pm-6pm or 8:30pm-10pm) and 2nd Sunday (8:30pm-10pm). Information, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

SUNDAY EARLY BREAKFAST: There are two opportunities to assist with the early Sunday breakfast that is served to the homeless. Saturday, 3-5 pm: food preparation; Sunday, 6-8 am: final food prep, serving, and clean up. Information, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

CENSUS 2020 – BE COUNTED! It’s about Federal Funding: The distribution of more than \$675 Billion in federal funds, grants and support to states, counties and communities are based on census data. That money is spent on schools, hospitals, roads, public works and other vital programs. Be counted and make sure your community benefits from your tax dollars. “The Catholic Church and other service providers rely on the national Census to provide an accurate count in order to effectively serve those in need,” said Bishop Dewane of the USCCB. Look for your invitation to respond to the census on or between March 12 and 20. New this year is an online form. Your invitation postcard will have the code you need to fill out the form. Please consider helping others complete the Census during Sunday Coffee Hour or at the Cathedral Kitchen. Especially needed are bilingual speakers of any language! Information, Patrick Barredo 206-382-4515 or pbarredo@stjames-cathedral.org.

THE SPIRIT OF THE LITURGY

PART 5 OF 5

FEBRUARY 23, 2020

CONCLUDING RITES

The Eucharist and the Poor

Following our reception of communion, we pray in silence or sing a hymn of praise. This time is for us to reflect on what has happened at Mass: something both awesome and familiar. A mystery we cannot fathom has come very near to us; in the Eucharist, we touch and receive something as familiar as bread and wine, something as mysterious as God.

The Eucharist is many things: daily bread, food for the journey, pledge of eternal life, Body and Blood of Christ. The Eucharist is the meeting-place of earth and heaven, the Incarnation present, here and now. "The Lord, in the culmination of the mystery of the Incarnation, chose to reach our intimate depths through a fragment of matter. He comes not from above, but from within, he comes that we might find him in this world of ours" (Pope Francis, *Laudato Si*, 236).

And there is more. The Eucharist calls us to live according to Christ's law of love, and thus the Eucharist calls us not only to be transformed but to be agents of transformation in the world. The recent Popes have all put great emphasis on this aspect of Eucharist. "We cannot delude ourselves," said St. John Paul II in announcing the Year of the Eucharist in 2004: "by our mutual love and, in particular, by our concern for those in need we will be recognized as true followers of Christ. This will be the criterion by which the authenticity of our Eucharistic celebrations is judged" (*Mane Nobiscum Domine*, 24). Pope Benedict XVI echoed these words: "A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented" (*Deus Caritas Est*, 14). There are no two ways about it: the Eucharist commits us to the poor. Long ago, St. Paul wrote to the Christian community at Corinth, where class divisions were evident even in the way they celebrated the Eucharist. "I hear that when you meet as a church there are divisions among you, and to a degree I believe it... When you meet in one place, then, it is not to eat the Lord's supper, for in eating, each one goes ahead with his own supper, and one goes hungry while another gets drunk. Do you not have houses in which you can eat and drink? Or do you show contempt for the church of God and



ABOVE: Pope Francis celebrates Eucharist (Photo from America Magazine). BELOW: Pope Francis welcomes homeless people to breakfast on his 80th birthday (Photo from the Tablet). In the words of the *Catechism of the Catholic Church*, "the eucharist commits us to the poor."

make those who have nothing feel ashamed? What can I say to you? Shall I praise you? In this matter I do not praise you" (I Corinthians 11:18-22).

The Eucharist and Transformation

Pope Francis has repeatedly emphasized that the Eucharist "is not a prize for the perfect but a powerful medicine and nourishment for the weak" (*The Joy of the Gospel*, 47). If we waited until we had achieved some imagined purity or perfection, we would have to avoid the sacrament altogether. That would be like waiting until our symptoms disappeared to take the

prescription the doctor gave us! The Eucharist is not the reward of our labors, but food for the journey. In the Prayer after Communion at every Mass, the priest asks for the fruits of the Eucharist—and there are many. Among other things, the Eucharist...

- ...increases our union with Christ
- ...separates us from sin
- ...wipes away venial sins
- ...preserves us from future mortal sin
- ...brings about the Unity of the Mystical Body
- ...commits us to the poor
- ...brings about the unity of Christians

Sometimes, we put limits on the Eucharist, thinking of it as purely “spiritual,” impacting our personal relationship with God, but not much else. But the Eucharist is never “mine”; the Eucharist is always “ours.” By its very nature, Eucharist is communal, touching all our relationships—with God, with each other, with those we know and love and those we struggle to love.

Blessed and Sent

The word “Mass” derives from the Latin words for the dismissal, the very last part of the Mass. *Ite, missa est: Go, you are sent.* It is ironic, perhaps, that the entire liturgy came to be known by its last word, and yet it is appropriate as well. Because ultimately, the Eucharist is not an escape from the world; the Eucharist is ordered towards the transformation of the world. At the end of Mass, we are sent forth, not to clear the pews, but to fill the world – to carry the Gospel into the places it can reach only through us.

The Spirit of the Liturgy

In the course of this series, we have reflected on the phrase “the spirit of the liturgy,” which appears three times in *Sacrosanctum Concilium*, the Constitution on the Sacred Liturgy of the Second Vatican Council. What is the spirit of the liturgy in which we participate? The spirit of the liturgy is wonder and awe, humility and joy, in the presence of God. The spirit of the liturgy is listening and response, gift and offering. The spirit of the liturgy is thanksgiving, memory, communion, and mission. The spirit of the liturgy is transformation. May we all become more deeply imbued with the spirit of the liturgy.

—Corinna Laughlin, *Pastoral Assistant for Liturgy*



The procession at the end of Mass is a powerful reminder that the Eucharist sends us forth with a mission, to be a leaven of transformation in our families, schools, workplaces, and world.

A Prayer after Mass

Lord Jesus Christ,
you welcomed sinners and dined with them.
Today, you invited me to your table,
not because I am worthy
but because of the greatness of your love.
The Bread of Life and the cup of salvation,
your very Body and Blood,
you have placed in my hands.
May my participation in this mystery
help me to pattern my life on yours,
to empty myself of self
and serve you in others
until I gather once more
with this beloved family of yours
around the table of life.
Amen.

OUR LENTEN SERIES 2020



New heart, new spirit

A FOUR-WEEK STUDY, REFLECTION, AND PRAYER
WITH THE SCRIPTURES OF LENT

Ron Ryan, D.Min., presenter

Mondays, March 2, 9, 16, and 23

7:00-8:30pm | Holy Names Room

Pastoral Outreach Center, 907 Columbia Street

This year, our Lenten series focuses on the scriptures for the Sundays of Lent, including the stories of the transfiguration of the Lord, the woman at the well, the healing of the man born blind, and the raising of Lazarus. How are we being called to allow the living water, light, and life, to break through in our journey of life? Time will be provided for quiet reflection and conversation in small groups. All are welcome.

Information, Maria Laughlin, mlaughlin@stjames-cathedral.org
or 206-382-4284



About our Presenter

Ron Ryan, D. Min., has served in full-time lay ecclesial ministry in various parish and catechetical roles for 43 years. He is currently Special Projects Coordinator for the Archdiocese of Seattle.

Marriage Enrichment Dinners

Food for the Soul for Married Couples



Rembrandt, The Jewish Bride (detail). c. 1665.

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*, no. 218, 221).

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.

JOIN US FOR OUR NEXT DINNER!

Saturday, March 7, 2020

SAVE THE DATE

Saturday, May 2 | Saturday, June 27

Pastoral Outreach Center - 907 Columbia - 6:30 to 8:30 pm
Babysitting provided in the Mother Cabrini Room

RSVP is required.

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

BLOOD DRIVE

► Bettering our community, drop by drop.

**Wednesday, March 18
12:30 pm to 6:30 pm**

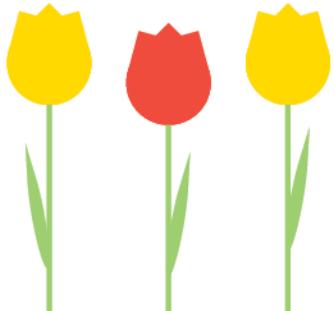
(closed 2:30 pm to 3:30 pm)

**ST JAMES CATHEDRAL
BLOOD DRIVE
Holy Names Room,
Pastoral Outreach Center**

Sign up at Coffee Hour on Sunday or

Schedule an appointment at www.bloodworksnw.org/drives

Reference Sponsor Code 2909 or Call 1-800-398-7888





Adult Confirmation at St. James Cathedral

A 10-week preparation series
for adult Catholics who have not
yet been confirmed.

This is a wonderful opportunity
to reconnect with your faith,
have your questions answered,
and become part of a small
community of other adults
seeking Confirmation.

Sessions begin Wednesday,
March 18, 6:30–8:30 pm in
Cathedral Place, and continue
each Wednesday evening
through early June.

*For more information, or to
register, Rosanne Michaels,
206-654-4658, or email
rmichaels@stjames-
cathedral.org.*

Lent 2020 at St. James Cathedral

Dear Friends,

We had quite a long lead-up to Lent this year—which, of course, means a late Easter. Maybe that's good. Maybe we're a little readier for Lent this year than last! One advantage of a late Lent is that it's more likely to seem like spring, and that's appropriate. From the early days in the Church, Christian writers often referred to Lent as "sacred springtime." And did you know that the very word Lent is an Old English word—a variation on the word "lengthen." Spring is definitely in the wings: the days are lengthening, and we are moving steadily from the grip of winter into the arms of spring.

Most of us welcome spring with open arms. I hope we will welcome Lent every bit as warmly! Lent means penance and denial and most of us are not much attracted to such things. I know I'm not. But penance and denial can be paths to deeper growth and freedom, and the Church's time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something wonderfully worthwhile. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include extending your family prayer at meal times, or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays, Wednesdays, and Fridays; and joining in Adoration after Mass on Thursday evenings.

This year for Lent we are offering, in addition to many special opportunities for prayer, a four-week series exploring the Sunday gospels. Led by Ron Ryan, a gifted local lay minister, the Monday evening series will offer time for study, quiet reflection, and sharing in small groups. I hope a great many of you will take advantage of this opportunity to explore in depth the great Gospels of these Lenten Sundays. You will not be disappointed. Still one other wonderful

opportunity for prayer this Lent is to pray for our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). Prayer cards will be available in the north aisle of the Cathedral, each one with the names of our Elect. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something absolutely everyone can do! Please also consider writing a note of welcome and assurance of prayers to our Elect to welcome them into the parish and the Christian community. These will be collected in the days leading up to Holy Thursday—keep an eye on the bulletin for details.

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world—the hungry, the homeless, the hopeless—than by tasting, even in a small way, their cup of suffering?

This year one way you might observe the call to fast during Lent is to reach out to those who are hungry. Why not volunteer to help one weekend with our new hearty breakfast for homeless men and women on Sunday mornings? Whether you come to help prepare the meal on a Saturday afternoon, or serve the meal early on Sunday, this is a great way to be in solidarity with those who experience a "forced fast" every day.

ALMSGIVING. The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Lenten Prayer and Faith Formation Opportunities

ASH WEDNESDAY is celebrated Wednesday, February 26. Masses are at 8:15am, 10:10am (with O'Dea High School), 12:10pm, and **6:00pm.** (**Please note the start time for the evening Mass of Ash Wednesday!**) All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

THE WAY OF THE CROSS

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 April 5). The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.



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.

NEW HEART, NEW SPIRIT: A FOUR-WEEK STUDY, REFLECTION, AND PRAYER WITH THE SCRIPTURES OF LENT

presented Ron Ryan, D.Min. Mondays, March 2, 9, 16, and 23 from 7:00-8:30pm in the Holy Names Room, Pastoral Outreach Center, 907 Columbia Street. This year, our Lenten series focuses on the scriptures for the Sundays of Lent, including the stories of the transfiguration of the Lord, the woman at the well, the healing of the man born blind, and the raising of Lazarus. How are we being called to allow the living water, light, and life, to break through in our journey of life? Time will be provided for quiet reflection and conversation in small groups. All are welcome. *Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.*

ADORATION ON THURSDAY EVENINGS On Thursday evenings (except for February 27 and April 2), a time of Exposition of the Blessed Sacrament will follow the 5:30pm evening Mass. It is a time for silent prayer in the presence of Christ. Stay for the whole prayer or drop in for a few minutes.

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.

FIRST FRIDAY On Fridays, March 6 and April 3, Exposition will begin following the 8:15am Mass and continue until 1:00pm, with Holy Hour at Noon, including the rosary and Liturgy of the Hours.

THE RICE BOWL 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 in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard each Saturday from 4:00 – 5:00pm. Our communal celebrations of the Sacrament of Penance will be Saturday, March 21 at 4:00pm and Monday, March 30 at 7:30pm.

MASS WITH THE SPECIAL NEEDS

COMMUNITY OF THE ARCHDIOCESE OF SEATTLE On Saturday, March 7 at 11:00am, Archbishop Etienne will celebrate Mass with the Special Needs Community of the Archdiocese of Seattle. In this joyful Mass, we recognize and celebrate the gifts we all bring to the Body of Christ. All are welcome.

REMEMBERING ST. OSCAR

ROMERO This year marks the 40th anniversary of the martyrdom of St. Oscar Romero, the heroic Archbishop of El Salvador who was canonized by Pope Francis in 2018. All are invited to honor him at a special Archdiocesan celebration on Saturday, March 21 at 10:00am. After Mass, there will be an opportunity to attend a short presentation on the life and witness of the new saint. Saint Oscar Romero, pray for us!

RCIA During Lent

JOURNEY OF THE ELECT

Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "Elect," following the celebration of the Rite of Election. 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. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for those to be baptized at the Easter Vigil:

Alex Bratt • Lisa Finch • Christine Flogel
Brian Igleheart • Marcos Olazabal
Linda Ta • Obed Torres • Allie Vincent

And for our youth elect:

Samuel Sproule • Brielle Oh • Jessica Oh

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.



The following are some important moments in the journey of our Catechumens:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on February 27. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 15, March 22, and March 29.

SATURDAY, APRIL 11, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinenec from meat on all Fridays of the year.

Ash Wednesday is February 26, 2020. Good Friday is April 10, 2020.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

Pope Francis on Lent

Jesus said: "Where your treasure is, there will your heart be also" (Mt 6:21). Our heart always points in some direction: it is like a compass seeking its bearings. We can also compare it to a magnet: it needs to attach itself to something. But if it only attaches itself to earthly things, sooner or later it becomes a slave to them: things to be used become things we serve. Outward appearance, money, a career or hobby: if we live for them, they will become idols that enslave us, sirens that charm us and then cast us adrift. Whereas if our heart is attached to what does not pass away, we rediscover ourselves and are set free. Lent is the time of grace that liberates the heart from vanity. It is a time of healing from addictions that seduce us. It is a time to fix our gaze on what abides.

Where can we fix our gaze, then, throughout this Lenten journey? It is simple: upon the Crucified one. Jesus on the cross is life's compass, which directs us to heaven. The poverty of the wood, the silence of the Lord, his loving self-emptying show us the necessity of a simpler life,



free from anxiety about things. From the cross, Jesus teaches us the great courage involved in renunciation. We will never move forward if we are heavily weighed down. We need to free ourselves from the clutches of consumerism and the snares of selfishness, from always wanting more, from never being satisfied, and from a heart closed to the needs of

the poor. Jesus on the wood of the cross burns with love, and calls us to a life that is passionate for him, which is not lost amid the ashes of the world; to a life that burns with charity and is not extinguished in mediocrity. Is it difficult to live as he asks? Yes, it is difficult, but it leads us to our goal. Lent shows us this. It begins with the ashes, but eventually leads us to the fire of Easter night; to the discovery that, in the tomb, the body of Jesus does not turn to ashes, but rises gloriously. This is true also for us, who are dust. If we, with our weaknesses, return to the Lord, if we take the path of love, then we will embrace the life that never ends. And surely we will be full of joy.

From Pope Francis' homily for Ash Wednesday, 2019

Choral Prayer during Lent

Saturday, March 7 at 8:00pm

Opus 7: Show us your mercy

Opus 7, critically acclaimed choir known for performing at "the highest level of artistry" presents powerful choral music for the Lenten season. Music includes works by Howells, Parry, Szymanowski, Pizzetti, Penderecki, Imogen Holst, Lennox Berkeley, Seattle composer Peter Hallock and others. Loren Pontén conducts this annual concert for the penitential season of Lent.

Information and passes, www.opus7.org or 206-782-2899.

Friday, March 13 at 2:00pm and 7:30pm

A Marian Devotional

Chapel Concerts feature our own Cathedral musicians in the intimate space of the Cathedral Chapel, with Friday performances at 2:00pm and 7:30pm. Cathedral cantor Linda Strandberg, soprano and Cathedral Organist Joseph Adam are joined by bass-baritone Peter Becker, a member of ARTEK, New York City's premier early music ensemble. The program, honoring the Blessed Virgin Mary, will feature various settings of the

Magnificat; medieval chant, pilgrimage and troubadour songs; music of J. S. Bach, and more. *Information and passes, www.stjamescathedral.org/music or 206-382-4874.*

Sunday, March 29 at 8:00pm

The Choir of St. John's College, Cambridge

The Choir of St John's College, Cambridge, founded in the 1670s, is one of the finest collegiate choirs in the world, known for its rich, warm and distinctive sound; expressive interpretations; and ability to sing in a variety of styles. Directed by Andrew Nethsingha, the Choir will bring its trademark 'St John's Sound' to audiences across the Atlantic, performing in Atlanta, Chicago, Grand Rapids, Seattle and San Francisco. This will be the Choir's first visit to the USA since 2016.

Information and passes, www.stjamescathedral.org/music or 206-382-4874.

