



ST. JAMES CATHEDRAL  
*Sixth Sunday in Ordinary Time*  
February 16, 2020

ORDER OF CELEBRATION FOR THE  
*Sixth Sunday in Ordinary Time*

THE RITE OF RECEPTION INTO THE FULL COMMUNION OF THE CATHOLIC CHURCH (10:00am)

PRELUDE

“Choral” from *Symphony No. 2*

Vierne

*Dies sind die heiligen zehn Gebot*, BWV 678

Bach

*The Introductory Rites*

ENTRANCE No. 511 in Red Worship Hymnal

*Thy strong word did cleave the darkness*

EBENEZER

PENITENTIAL ACT

*Missa de angelis*

Vatican VIII



Have mer - cy on us.

GLORIA

*Missa de angelis*

Vatican VIII

Presider *Gloria in excelsis Deo.*

Choir *Et in terra pax hominibus bonæ voluntatis.*

*Glory to God in the highest  
and on earth peace to people of good will*

ALL



Lau - da - mus te.

*We praise you*

Choir

*Benedicimus te.*

*we bless you*

ALL



A - do - ra - mus te.

*we adore you*

Choir

*Glorificamus te.*

*we glorify you*

ALL



Gra - ti - as a - gi - mus ti - bi prop - ter mag - nam glo - ri - am tu - am.

*we give you thanks  
for your great glory*

Choir

*Domine Deus, Rex celestis, Deus Pater omnipotens.*

*Lord God, heavenly King,  
O God, almighty Father*

ALL



Do - mi - ne Fi - li u - ni - ge - ni - te Je - su Chri - ste.

*Lord Jesus Christ  
Only Begotten Son*

Choir

*Domine Deus, Agnus Dei, Filius Patris.*

*Lord God, Lamb of God  
Son of the Father*

ALL



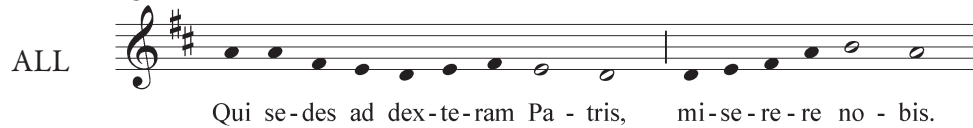
Qui tol - lis pec - ca - ta mun - di, mi - se - re - re no - bis.

*you take away  
the sins of the world,  
have mercy on us*



Choir *Qui tollis peccata mundi, suscipe deprecationem nostram.*

*you take away the sins of the world  
receive our prayer*



*You are seated at the right hand  
of the Father; have mercy on us*

Choir *Quoniam tu solus sanctus.*

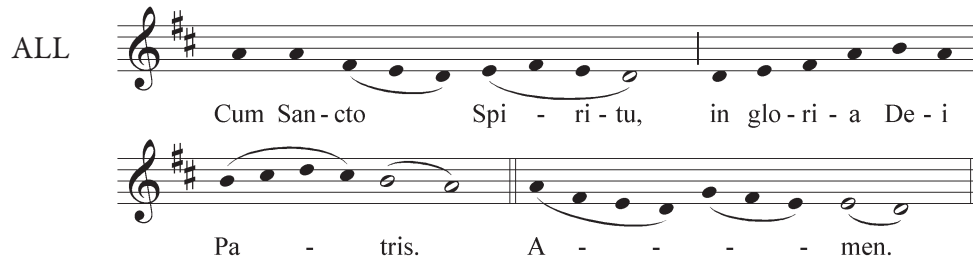
*For you alone  
are the Holy One*



*you alone are the Lord*

Choir *Tu solus Altissimus, Iesu Christe.*

*you alone are the Most High Jesus Christ*



*with the Holy Spirit  
in the glory  
of God the Father*

*Amen.*

## OPENING PRAYER (COLLECT)

### *The Liturgy of the Word*

FIRST READING

Sirach 15:15-20

PSALM RESPONSE

Psalms 119

Guimont



SECOND READING

I Corinthians 2:6-10

ALLELUIA

Mode VII



GOSPEL

Matthew 5:17-37

HOMILY

**Father Michael G. Ryan** (10:00am)

**Father David A. Brant** (all other Masses)

CALLING OF THE CANDIDATES FOR FULL COMMUNION (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.

ACT OF RECEPTION (10:00am)

CELEBRATION OF THE SACRAMENT OF CONFIRMATION (10:00am)

PRAYER OF THE FAITHFUL

Berthier



*The Liturgy of the Eucharist*

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

(Sunday evening)

*If ye love me*

Tallis

*All my hope on God is founded*

Howells

SANCTUS

*Mass for the City*

Proulx



## 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

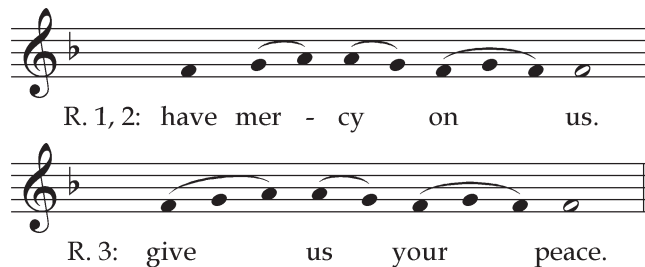


A - men, a - men, a - - - men.

## LORD'S PRAYER

### AGNUS DEI

*Missa de angelis*  
Vatican VIII



R. 1, 2: have mer - cy on us.  
R. 3: give us your peace.

## COMMUNION

*Manducaverunt, et saturati sunt nimis*

They ate and were fully satisfied; the Lord gave them all that they desired;  
they were not deprived of their wants.

chant, Mode I

(10:00)

*Lass dich nur nichts nicht dauren*

Do not be sorrowful or regretful; be calm, as God has ordained,  
and thus my will shall be content.

Brahms

What do you want to worry about from day to day?  
There is One who stands above all who gives you, too, what is yours.  
Only be steadfast in all you do, and stand firm;  
what God has ordained will be and must be the best. Amen.

Paul Fleming (1609–1640)

(Sunday evening)

*Magnificat "Washington"*  
Hogan

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

*I sing the mighty power of God*

MOZART



1. I sing the might - y pow'r of God That made the moun-tains rise,  
2. I sing the good-ness of the Lord That filled the earth with food;  
3. There's not a plant or flower be-low But makes your glo - ries known;



That spread the flow - ing seas a-broad, And built the loft - y skies.  
That formed cre - a - tion with a word, And then pro - nounced it good.  
And clouds a-rise, and tem - pests blow, By or - der from your throne;



I sing the wis - dom that or-dained The sun to rule the day;  
Lord, how your won - ders are dis-played Wher - e'er I turn my eye;  
While all that bor - rows life from you Is ev - er in your care,



The moon shines full at God's com-mand And all the stars o - bey.  
If I sur - vey the ground I tread, Or gaze up - on the sky!  
And ev - 'ry-where that I may be, O God, be pres - ent there.

# PROCESSION

“Final” from *Symphony No. 2*

Vierne

*Preludium in G Minor*, BuxWV 148

Buxtehude

## 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

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### 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](mailto: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](http://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 Sixth Sunday in Ordinary Time February 16, 2020

**ON THE COVER** "Go first and be reconciled with your brother, and then come and offer your gift." Stained-glass window, West Nave Clerestory, St. James Cathedral.

**FLOWERS AT THE ALTAR** are offered in loving memory of Annabelle Morgan on the first anniversary of her death, from her daughters Sandy and Trish.

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

### 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](mailto: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.

### 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](mailto:cokello@stjames-cathedral.org) or 206-382-4511.

**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 Holy Disciples in Puyallup and the St. Yves Mission in Harmony.*



## YOUTH MINISTRY

**SAVE THE DATE** 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!

**ST VINCENT DE PAUL THANKS YOU** We visited an elderly woman whose agoraphobia causes her to suffer severe panic attacks when outside her home. Her governmental benefits pay for weekly "caregiver hours," but those hours are almost entirely consumed traveling to and from and sitting with the caregiver in doctors' offices. The little time left each week is used by the caregiver to take her to the grocery store. Plus, she is estranged from her family, who she thinks believes she is "crazy." She asked us for rent help, which we gave. We prayed that the time we spent talking with and listening to her was at least as valuable as our rent voucher. Your support makes visits like this possible – thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

**CARE FOR CREATION TIP** This year marks the 50th anniversary of Earth Day. To celebrate, St. James Cathedral has joined many faith communities, non-profits, sports team and businesses to honor Earth Day's legacy, and to celebrate the next five decades by asking all people to take action for the environment and our communities. To learn more, visit <https://earthdaynw2020.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.

**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

## Sacred Steps

**REST IN PEACE** Please pray for the repose of the soul of *Ken Van Dyke*.

## Opportunities to Serve

**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.

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

**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). If you cannot volunteer but still want to help, consider donating men's razors and spray deodorant. Items can be dropped off or shipped to the Parish Office or Sunday Coffee Hour. *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 and cooking what will be served on Sunday morning. **Sunday, 6–8 am:** tasks include preparing fresh fruit, making coffee, warming the hot entrée, welcoming guests, serving breakfast, doing dishes, and clean up. Come and join this great team and help our homeless neighbors. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.



# THE SPIRIT OF THE LITURGY

PART 4 OF 5

FEBRUARY 16, 2020

## EUCCHARISTIC PRAYER AND COMMUNION RITE

### The Eucharistic Prayer

The altar is prepared; the bread and wine are placed upon it; now we enter into the Eucharistic Prayer.

The first part of the prayer is called the Preface. This is not a preface in the sense of foreword or introduction. (We usually skip those!) This is a preface in the Latin sense of the word, something spoken before the people. The preface is a prayer, addressed (like the entire Eucharistic Prayer) to God the Father, in which we give thanks to God. The Missal contains more than fifty different prefaces, each of which praises God for a different aspect of the mystery of salvation: for the coming of Christ in human flesh at Christmas, for his glorious Resurrection at Easter, for God's provident care for humanity, for the saints, for the gift of the liturgy itself, with its times for penance and rejoicing. Every preface concludes with an invitation to join in the hymn of the angels, the Sanctus, the Holy, Holy, Holy.

The Sanctus is a song of praise, recognizing the power of God, whose glory fills heaven and earth. The text is drawn from two passages of Scripture. The first part is from Isaiah's vision of seraphim worshiping before the throne of God: "'Holy, holy, holy is the LORD of hosts! All the earth is filled with his glory!'" (6:2-3). The second part, beginning "Blessed is he," has deep Scriptural roots as well. Most directly, it recalls the words of those who welcomed Jesus to Jerusalem a few days before his Passion: "'Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest'" (Matthew 21:9). In the Sanctus, we lift up our hearts and unite our voices and prayer with the unending prayer of heaven. At the altar, the distance between earth and heaven narrows to a vanishing point.

Following the Sanctus, we kneel as the priest prays the words of the Eucharistic Prayer. Addressing God the Father, the priest prays on behalf of the community. This prayer is the heart of the Mass. The Missal includes ten different Eucharistic Prayers, all of which following the same pattern. We praise and give thanks. The priest calls down the Holy Spirit on the gifts of bread and wine, extending hands over them in what is called the epiclesis. Then comes the institution narrative—the story of what happened on the night of



ABOVE: The beginning of the Eucharistic Prayer in the Gellone Sacramentary, which dates to the 700s.

the Last Supper is told, as the priest takes first the bread, and then the cup. While the entire Eucharistic Prayer is consecratory, the words of Jesus in the institution narrative are especially important. We sing an acclamation of remembrance and praise. Christ, crucified for our salvation, is present upon the altar.

In the second part of the Eucharistic Prayer, the Church offers the Body and Blood of Christ to the Father in the Holy Spirit, and we ask that we may offer ourselves in the same way, so that all may be one in God. The priest then offers a series of intercessions—prayers for the members of the Church, both living and dead. The Pope and the bishop of the diocese are mentioned by name. The Eucharistic Prayer ends with a doxology of praise—"Through him, with him, in him"—and we join in and assent to all of this with our sung "Amen."

### Sacrament and Sacrifice

Catholics call the Eucharist by many names: we call it Eucharist (Greek for "thanksgiving"), "Breaking of

the Bread,” “Lord’s Supper,” “Holy Sacrifice,” “sacrifice of praise” (cf. CCC, 1328-32). The many names reflect the many different dimensions of this great mystery. We will never plumb its depths or understand it fully.

What does it mean to call the Mass a sacrifice? Jesus died on the cross, once, for all; that sacrifice cannot be not repeated. But the sacrifice of Jesus on the cross cannot be contained, either. In the Mass, we are not simply remembering a past event; the mystery of Christ’s dying and rising is made present to us. Thus the Eucharist we celebrate and the sacrifice of Christ on the cross are not different things, but one single sacrifice.

As we remember what Jesus does for us, the Church’s offering is united with Christ’s sacrifice. Thus, as we pray the Mass, we can offer our lives, our praise, our suffering, our prayer, our work, to be united with Christ’s self-offering, and they gain new value (CCC, 1368). Thus the Mass is Christ’s sacrifice and the Church’s sacrifice, too.

Our liturgical remembering of Christ’s sacrifice at Mass comes to life in our own lives when we imitate Christ’s self-emptying and self-sacrificing love. We participate in the life of Christ by dying to self, so that we can live the sacrificial sacrament in which we share.

## The Communion Rite

Following the Amen of the Eucharistic Prayer, we enter into the fourth part of the Mass, the Communion Rite. We have gathered in Christ’s name, we have listened to Christ’s word; Christ’s saving action has been remembered and renewed in the Liturgy of the Eucharist. Now we receive the sacrament we celebrate in the high point of our participation, the reception of the Body and Blood of Christ in Holy Communion.

The communion rite begins with the recitation of the Lord’s Prayer. As we pray this prayer, we enter into the prayer of Jesus himself: a prayer that praises God, that seeks only daily bread—and that makes a bargain: “Forgive us our trespasses, as we forgive those who trespass against us.” Before we come to the altar, we pray for forgiveness and reconciliation. The Lord’s Prayer flows naturally into the exchange of peace, in which we turn to those who are already one with us in the Body of Christ, and share the peace of Christ.

The “breaking of the bread” was one of the most ancient names for the Eucharist. It was in the breaking of bread that the disciples on the road to Emmaus finally recognized that their companion was Jesus himself. In the Mass, the host is broken and divided as we pray to Christ as the Lamb of God. This prayer is at once universal and individual—we acknowledge Christ as the one who takes away the sins “of the world,” and we ask mercy for ourselves. Christ, the Savior of all, comes to each of us.

The Eucharistic species, the bread and wine, are not brought to us or passed through the pews. Instead, we move towards the altar in procession. Communion isn’t something that just happens to us. Communion is something we assent to; something we do. The host can be received in the hand or on the tongue. Receiving in the hand is the more ancient practice; receiving on the tongue became common, and then mandatory, in the Middle Ages. The measure of our devotion is not, of course, in whether we open our hands or our mouth to receive, but whether we open our hearts to Christ and to those with whom we share this life.

Communion: we use the word to describe the consecrated bread and wine—“receiving communion.” But the word implies more than that. When we receive the Body and Blood of Christ, we are incorporated into the Body of Christ—we become one with him and with all the others who are joined to him in this sacrament. “As grain, once scattered on the hillsides, was in this broken bread made one,” we sing in the ancient hymn, “so from all lands thy Church be gathered into thy kingdom by thy Son.” Communion means communion with this community, these people. The Body of Christ is not a thing. It is a living reality. The sacrament we receive is a sacrament of unity.

This is the spirit of the liturgy: thanksgiving and praise; remembrance and presence; transformation.

—Corinna Laughlin, *Pastoral Assistant for Liturgy*

## A Prayer before Communion

Lord Jesus Christ,  
as I come to this feast of faith,  
strengthen my faith in your presence.  
Receiving your Body,  
may I be united with you  
and with all who share at this table.  
Receiving your Blood,  
may my sins be washed away.  
In this holy moment,  
I bring before you  
my needs, my sufferings, my regrets;  
my hopes, my thanksgiving.  
As I walk towards the altar,  
I bring with me those I love  
and those I find it difficult to love.  
As I join in this holy banquet,  
I pray for all families and all nations,  
that peace and unity may flow from here  
to touch every corner of the world. Amen.

MUSIC AT  
**ST. JAMES**  
CATHEDRAL  
2019-2020 SEASON

**2020 Vierne Complete Organ Works**

**FRIDAY, February 21 ♦ 7:30pm**

Cathedral Organist

**Joseph Adam**

**Louis Vierne:**

*Organ Symphony No. 2, Op. 20 (1902)*

*Organ Symphony No. 3, Op. 28 (1911)*



*Throughout 2020, Music at St. James Cathedral presents the complete organ works of composer Louis Vierne (1870–1937), the principal organist at Notre-Dame Cathedral from 1900–1937, in commemoration of the 150<sup>th</sup> anniversary of his birth. Our second concert in this celebration features Joseph Adam, Resident Organist of the Seattle Symphony and Cathedral Organist & Director of Music at St. James Cathedral.*

**Suggested donation \$18**

**ST. JAMES CATHEDRAL | 804 Ninth Avenue | Seattle, WA 98104 | 206-382-4874**  
**[www.stjames-cathedral.org/music](http://www.stjames-cathedral.org/music) | [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org)**

A CITY SET ON A HILL CANNOT BE HIDDEN.

MATTHEW 5:14





## Your Impact on Climate Change in Vietnam

**Saturday, February 22, 2020 | 9:30am—11:30am**

**St. James Cathedral Pastoral Outreach Center**

**Holy Names Room, 907 Columbia Street**

Changing climate and frequent and severe storms are impacting vulnerable farmers in Vietnam, whose 2,000-mile coastline puts it at high risk for floods, droughts and rising sea levels. Families are losing their farms, homes and livelihoods, making it difficult to survive.

**Truong Tung**, Country Manager of CRS Vietnam, is helping families identify these risks and develop plans to protect their businesses, homes and families. His own experience shaped his desire to work on programs aimed at reducing poverty and alleviating hunger.

"My dream during my childhood was about food and I wished I could do anything to provide people with food," Tung says. "I wanted to work for CRS because I feel they bring significant impact to the lives of vulnerable people in Vietnam."



As Lent and a new CRS Rice Bowl campaign begin, come hear **Truong Tung** share how the CRS Disaster Risk Reduction Program is working with vulnerable farming families in Vietnam in the face of climate change.

Co-Sponsored by the Intercommunity Peace and Justice Center.



*Information, Patrick Barredo, Director of Social Outreach & Advocacy  
206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org)*



## 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](mailto: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.



# 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](mailto:rmichaels@stjames-cathedral.org).

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