

# ST. JAMES CATHEDRAL

September 29, 2013

Dear Friends,

Summer is officially over. Happily, I can say that Mass attendance was surprisingly good through the summer months, although honesty compels me to acknowledge that visitors filled in a good number of the empty seats! Now, with visitor season over, it's going to be up to our regulars to do that. And if you're a 'regular' who has been a little less than regular through the summer months, it's good to have you back at St. James.

I suppose I shouldn't say too much about such things because I left for vacation this past week. Summer vacations don't work so well for me because of weddings (and, this year, an exceptionally large number of funerals), so fall is my time. Among other things, I'm planning to spend more than a week on pilgrimage in the Holy Land with my sister and brother-in-law. You can be sure I will be remembering you in prayer in those holy places.

If you've been following the bulletin the last couple of weekends, you are aware that things are 'full steam ahead' at St. James, with a number of our wonderful ministries cranking up as well as some exciting new educational events and programs. Please keep an eye on the bulletin and on our great website. And, speaking of the bulletin, I encourage you to take your bulletin home when you leave Mass each weekend. There are more than enough bulletins to go around and the reason we have so many printed is because we hope that you will keep up on what's happening at the Cathedral by referring to the bulletin during the week.

I hope you will take advantage of some of the wonderful offerings we have in store in the months ahead. See you in a couple of weeks!



Father Michael G. Ryan

ORDER OF CELEBRATION FOR

# *The Twenty-Sixth Sunday in Ordinary Time*

PRELUDE

*Trio Sonata No. 1 in E-flat, BWV 525*

Bach

## THE INTRODUCTORY RITES

ENTRANCE

*Jerusalem, my happy home*

LAND OF REST



1. Je - ru - sa - lem, my hap - py home, When  
2. Your saints are crowned with glo - ry great; They  
3. There Da - vid stands with harp in hand As  
4. There La - za - rus, who once was poor, Is  
5. There Mag - da - lene has left her tears, And  
6. Je - ru - sa - lem, Je - ru - sa - lem, God



shall I come to thee? When shall my sor - rows  
see God face to face; They tri - umph still, they  
mas - ter of the choir: Ten thou - sand times that  
blessed be - yond com - pare, For all the low - ly  
cheer - ful - ly does sing With bles - sed saints, whose  
grant that I may see Your end - less joy, and




have an end? Your joys when shall I see?  
still re - joice: In that most ho - ly place.  
we were blest That might this mu - sic hear.  
of the earth Find joy - ful wel - come there.  
har - mo - ny In ev - 'ry street does ring.  
of the same Par - tak - er ev - er be!

PENITENTIAL ACT


*German Mass*

Schubert, adapt. Proulx


ALL



Lord, have mer - cy. Lord, have mer - cy.  
Christ, have mer - cy. Christ, have mer - cy.



Lord, have mer - cy. Lord, have mer - cy.



Lord, have mer - cy, have mer - cy.

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

GLORIA (Sunday Evening) *Missa de angelis*, **No. 341 in Worship hymnal**

(all other Masses)

Schubert, adapt. Proulx



*f* *p*

Glo-ry, glo - ry to God in the high - est, and on earth peace to  
 Lord Je-sus Christ, On - ly be - got - ten Son, Lord God,  
 For you a - lone are the Ho - ly one, you a - lone

*f*

peo - ple of good will. We praise you, we bless you, we a - dore you, we  
 Lamb of God, Son of the Fa - ther, you take a - way the sins of the world, have  
 are the Lord. You a - lone are the Most High, Je - - - sus

*p*

glo - ri - fy you, we give you thanks for your great glo - ry, Lord  
 mer - cy on us; you take a - way the sins of the world, re - ceive our  
 Christ, with the Ho - ly Spi - rit in the glo - ry of

*f*

God, heav - en - ly King, O God, al - might - y Fa - ther.  
 prayer; you are seat - ed at the right hand of the Fa - ther, have mer - cy on us.  
 God the Fa - - - ther. A - - - men. A - men.

COLLECT

THE LITURGY OF THE WORD

FIRST READING

Amos 6:1a, 4-7

RESPONSORIAL PSALM

Psalm 146

Proulx



Praise the Lord, my soul! Praise the Lord!

SECOND READING

I Timothy 6:11-16

ALLELUIA

chant, Mode VI



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

GOSPEL

Luke 16:19-31

HOMILY

Father Ignatius Ohno, SJ

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.

## PRAYER OF THE FAITHFUL

Berthier



Te ro - ga-mus au - di nos, te ro - ga-mus au - di nos.

*Lord, we ask you, hear our prayer.*

## THE LITURGY OF THE EUCHARIST

### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Poor man Lazarus*  
 arr. Hairston

### SANCTUS

*German Mass*  
 Schubert, adapt. Proulx

*mp*  
 Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

*f* Heav - en and earth are full,\_\_\_\_\_ full of your glo - ry. Ho - *mp*

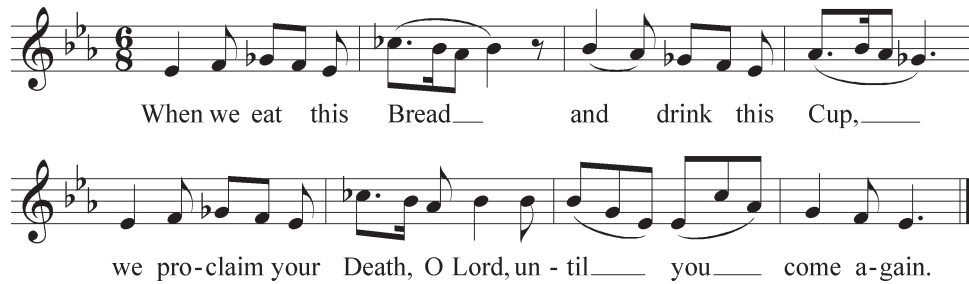
san - na in the high - est. Ho - san - na in the high - est. *mp*

*f* Bless - ed is he who comes\_\_\_\_\_ in the name of the Lord.\_\_\_\_\_ Ho - *mp*

san - na in the high - est. Ho - san - na in the high - est.

## MEMORIAL ACCLAMATION

Schubert, adapt. St. James Cathedral



## AMEN

Schubert, adapt. Proulx



## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI

Schubert, adapt. Proulx



### COMMUNION

Be mindful of your word to your servant, O Lord, in which chant  
you caused me to hope; this has been my comfort in affliction.

(10:00)

*There is a balm in Gilead*  
arr. Carol Sams

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

### HYMN OF PRAISE **No. 535 in Worship hymnal**

*Te Deum: God we praise you*  
to the tune NETTLETON

## THE CONCLUDING RITES

### PROCESSION

*Passacaglia in C Minor, BWV 582*  
Bach

# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

The Reverend David A. Brant, The Reverend Richard J. Ward

### PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

### FAITH FORMATION

Patty Bowman & Corinna Laughlin, Interim Directors (206-622-3559)

Lita McBride, Children's Faith Formation (654-4658)

Brenda Bellamy, Children's RCIA/Confirmation (206-274-3108)

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

### FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)

Peter Burns, John Marquez, Stephen Pace, sacristans

### MUSIC MINISTRY (206-382-4874)

Dr. James Savage, Director of Music

Joseph Adam, Organist (206-382-4597)

Dr. Clint Kraus, Associate Organist

Stacey Sunde, Director of Youth Music

Thomas Thompson, Coordinator of Special Projects

### PASTORAL CARE MINISTRIES

John Simpson, Pastoral Care Minister (206-274-3173)

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Caitlin Lanigan, Outreach Ministries, Young Adults (206-382-4235)

Teddi Callahan, Carol DeMatteis, Cathedral Kitchen (206-264-2091)

### ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist,

Jim Hodges, Citizenship

### 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)

Jane Mueller, Receptionist (206-654-4650)

Lee Bedard, Administrative Assistant (206-622-3559 x3971)

### FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-622-3559)

### 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. Please call the parish office for an appointment.

**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.

**"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

### ST. JAMES CATHEDRAL PARISH

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

**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.*

**CHILDREN'S FAITH FORMATION (CFF)** starts this Sunday, September 29! We look forward to seeing your dear families again, and to welcoming families new to St. James Children's Faith Formation program! Classes are from 11:00 to 11:50am. Come to the second floor of Cathedral Place before 11:00 to help your child get settled in her/his classroom by 11:00. *Information*, Lita McBride, 206-654-4658, [lmcbride@stjames-cathedral.org](mailto:lmcbride@stjames-cathedral.org), or Theresa Van De Ven, 206-219-5822, [tvandeven@stjames-cathedral.org](mailto:tvandeven@stjames-cathedral.org).

**CATHEDRAL ESPRESSO** Please come by after the 10:00 and Noon Masses. All proceeds for the month of September benefit Children's Faith Formation. The Espresso Ministry is also looking for volunteers willing to run the cart after the Noon Mass. *Information*, Katherine Berry, 425-772-0897.

**BECOMING CATHOLIC** Are you, a family member, or a friend interested in learning more about the Catholic Church? A new inquiry session—a chance to ask questions about the Church with no strings attached—begins this coming Wednesday, October 2, at 7:00pm on the second floor of Cathedral Place. For more information, please contact Patty Bowman, 206-382-4515, or Corinna Laughlin, 206-622-3559 x3996, or e-mail [RCIA@stjames-cathedral.org](mailto:RCIA@stjames-cathedral.org). Please feel free to take one of the cards in the pews and chairs in front of you and share it with a friend or family member!

**FIRST FRIDAY EXPOSITION AND HOLY HOUR** On Friday, October 4, we mark the Feast of St. Francis with traditional First Friday devotions. Exposition of the Blessed Sacrament begins immediately following the 8:15am Mass and continues until 1:00pm, with Holy Hour, including hymns, the Liturgy of the Hours, and the rosary, starting at 12 Noon. All are welcome.

**YOUNG ADULTS "FIRST FRIDAYS"** On the first Friday of every month join St. James Young Adults at Taizé. Following Taizé we go out for dinner on Capitol Hill. It is a great way to unwind from the work week and to meet other Catholics in their 20's and 30's. Join us on Friday, October 4. *Information*, Caitlin Lanigan, [clanigan@stjames-cathedral.org](mailto:clanigan@stjames-cathedral.org).

**PARISH REMEMBRANCE** *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Michael in Olympia and Snohomish, St. Gabriel in Port Orchard, St. Jerome in Ocean Shores, St. Therese in Seattle and St. Theresa in Federal Way.*

**THIS YEAR'S LAST SENIOR TRIP** will be Wednesday, October 9. Join us as we visit the Museum of Flight, one of the largest air and space museums in the world. The Museum's collection includes more than 150 historically significant airplanes – including Air Force One and the Concorde – as well as spacecraft, and the Red Barn® — the original manufacturing facility of The Boeing Co. Space is limited and priority will be given to registered parishioners! *Information, or to reserve your place*, John Simpson, Pastoral Care Minister, at 206-274-3173 or [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).

**THEOLOGY UNCORKED: FOR THE ST. JAMES CATHEDRAL ADULT COMMUNITY OVER 40** Are you interested in a social gathering where we can have a glass of wine, hear a brief talk, and ask questions in order to gain a deeper understanding of our faith? We are in the early stages of developing a program for adults over 40. If this is something you are interested in being a part of, let us know! *Information*, Margaret Lynch, Family Ministry Office, [mlynch@stjames-cathedral.org](mailto:mlynch@stjames-cathedral.org)

**"COME, FOLLOW ME..." EXPLORING A VOCATION TO THE PRIESTHOOD OR RELIGIOUS LIFE** Are you a young man or woman who has considered the possibility of a vocation to priesthood or the religious life? This event is for you. Presenter: Father Bryan Dolejsi, Director of Vocations, Archdiocese of Seattle. The event begins with Mass in the Cathedral at 10:00am followed a talk in Isaac Orr Center, 910 Marion Street. Simply curious? Eager and interested? Either way, you're invited and most welcome! Free event; lunch provided. *Information*, Glenn Ruiz: 253-852-4795, [grfiero@gmail.com](mailto:grfiero@gmail.com) or Lita Foster 206-931-3352, [litaf@magdesk.com](mailto:litaf@magdesk.com).

**MUSICAL TEENAGE GUYS NEEDED** to share their musical talent in the liturgy at St. James. We are looking for 1) Keyboardists to play electronic keyboard with several other teenage young men in great new music for the Mass; 2) singers to participate in our St. Edward's Vocal Ensemble for young men. Opportunities for vocal coaching, musical training, musical leadership in the Mass. as well as to sing with Jubilate! Young Women's Ensemble or the men of the Cathedral Choir. *Information*, Music Office, 206-382-4874.

**REMEMBER THE CATHEDRAL IN YOUR WILL** The generous bequests of parishioners and friends is critical to fulfilling the mission of St James Cathedral. Each year, we rely on bequests to help us carry out our mission of prayer and outreach here on First Hill. *Information*, Maria Laughlin, 206-382-4284 or e-mail [mlaughter@stjames-cathedral.org](mailto:mlaughter@stjames-cathedral.org).

**CATHEDRAL BOOKSTORE** Visitors and regulars alike are invited to stop by and see what's new in the Bookstore! Open after each of our weekend Masses and weekdays 11:00am-3:00pm.

## YOUTH MINISTRY

### YOUTH MINISTRY KICK-OFF BBQ BLAST-

**OCTOBER 6** All high school youth (Grades 9-12) are invited to an epic kick-off BBQ event hosted by the Youth Leadership Team on Sunday, October 6, at 6:30pm in the Pastoral Outreach Center. This event will officially jumpstart our program year! Come meet fellow young people and explore what youth ministry is all about. The event will be packed with food, friends, and interactive games and activities. Don't miss it! *Information*, Joe Cotton, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org).

### HIGH SCHOOL YOUTH NIGHTS (GRADES 9-12)

Beginning in October, St. James Youth Ministry will offer gatherings every Sunday evening from 6:30-8:30pm in the Pastoral Outreach Center. Youth Nights offer games, prayer opportunities, and activities designed to help you apply your faith to everyday life. Please join us! *Information*, Joe Cotton, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org).

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

## *I am in your midst....* OPPORTUNITIES TO SERVE

**BABYSITTERS NEEDED** The Family Ministry department is working to improve the facilities in our Children's Corner and provide babysitting during additional parish events. To do that, we need to expand our roster of paid babysitters. If you love working with children and are age 18 or older, this is the part time job for you! *Information*, Suzanne Lee, [slee@stjames-cathedral.org](mailto:slee@stjames-cathedral.org) or 206-654-4640.

**COFFEE HOUR HOSPITALITY NEEDS YOU!** Our Coffee Hour hospitality ministry is in need of extra hands. We are looking for several outgoing people to help serve and clean up during and after coffee hour. Please consider joining this is a very important ministry of welcome and hospitality. It is a fun ministry with a small time commitment. *Information*, Caitlin Lanigan, 206-382-4235 or [clanigan@stjames-cathedral.org](mailto:clanigan@stjames-cathedral.org).

## *Sacred Steps*

### Sacramental Celebrations at St. James

**REST IN PEACE** Father William Gallagher, Cathedral Pastor from 1973-1988, died peacefully at Mount St. Vincent on Thursday, September 26. His funeral Mass will be held at the Cathedral on Wednesday, October 2, at 11:00am. We give thanks for this remarkable priest and pastor. May he rest in the peace of the God he served so well!





# Symbols that Surround Us

## THE ART OF SACRED SYMBOLS A WORKSHOP WITH DR. JOHAN VAN PARYS

MONDAY, SEPTEMBER 30, 2013 | 7:00PM | HOLY NAMES ROOM, PASTORAL OUTREACH CENTER

We are surrounded by Christian symbols. We place them in our towns, our churches, our homes, and even hang them around our necks. These symbols speak of our faith and they are constant reminders of the hope that results from our belief in the Resurrection. Many people have lost the art of interpreting these symbols and thus have lost access to these daily reminders of our Christian faith, hope and love. In this workshop we will look at the origin of some of the most important Christian symbols, and the role they have played in our history. And we will discuss ways in which to return these symbols to their due place of importance in our lives. Do Christian symbols, imagery, and ritual gestures from the time of Jesus still have meaning to us today? What do the symbols mean? Why are they so important to the Church? And how can you use them to help you grow in faith?

**JOHAN M. J. VAN PARYS, PH.D.**, a native of Belgium is director of liturgy and the sacred arts at the Basilica of Saint Mary in Minneapolis. He is the curator of the Basilica's Pope John XXIII art gallery and directs the archival efforts of the Basilica of Saint Mary. In addition, Johan teaches Pastoral Liturgy in the School of Theology of St. John's University, Collegeville, MN and he is the founding art director of [www.EnVisionChurch.org](http://www.EnVisionChurch.org), an on-line resource in liturgical art, architecture and spirituality. Johan has served as liturgical consultant to numerous dioceses and parishes, both in the USA and abroad. His publications include many articles ranging from art history to liturgical theology. His book, *Symbols that Surround Us* was published by Liguori Publications in 2012. He has lectured throughout the country on liturgy and art.



*INFORMATION*, Maria Laughlin, 206-382-4284 or e-mail [m laughlin@stjames-cathedral.org](mailto:m laughlin@stjames-cathedral.org)  
ART CREDIT. Pelican feeding her young. East Clerestory stained-glass window, St. James Cathedral.

St. James Cathedral | 804 9th Avenue | Seattle, WA 98104 | [www.stjames-cathedral.org](http://www.stjames-cathedral.org)





# Cathedral Blood Drive

**Tuesday, October 1, 2013**  
**Pastoral Outreach Center**

**12:30pm to 6:30pm (closed 3:00pm-3:45pm)**

## *A Unique Gift*

What could be a more personal, caring and meaningful gift than the gift of blood to someone in need in our community? The urgent and ongoing need for blood donors invites us to give of ourselves in a way that is essential to life itself. This year's Blood Drive is in memory of Frank Robl, a founding member of the Health and Healing Ministry. Frank died January 20, 2013 after a long battle with cancer.



## *Who needs blood?*

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

## *St. James & the Puget Sound Blood Center*

St. James has been sponsoring Spring and Fall blood drives since 2006. The Puget Sound Blood Center is enthusiastic about our partnership in this effort, especially about the number of new donors at our blood drives. **We ask 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 consider doing so again.**

**Sign up at coffee hours on 9/15, 9/22, 9/29.**

Or e-mail [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org) to sign up or to find out more. Or call 206-274-3173.

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

*Sponsored by St. James Cathedral's Health and Healing Ministry*



# Cathedral Kitchen Garden

*providing produce for the Cathedral Kitchen  
& opportunities to connect with the earth  
& each other*

From weeds to vegetables! The vacant lot at the corner of Terry Avenue and Cherry Street is becoming a garden.

We are adding layers and layers of organic material that will compost over the Winter so that in the Spring there will be a new, deep, weed-free layer of soil to plant in – the “lasagna” method. All in all we will be adding 300 cubic yards of donated material. (Special thanks to Cedar Grove, the Woodland Park Zoo, Starbucks, Seattle University, and the City of Seattle.)

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## You are invited to participate!

### **1<sup>st</sup> Work party, Saturday, October 5, 10am-2pm**

- ✓ Twenty people needed to lay down cardboard and spread wood chips, compost and other amendments

### **2<sup>nd</sup> Work party, Saturday October 12, 10am-2pm**

- ✓ Twenty people needed to spread soil, “Zoo Doo,” leaves, burlap bags and other amendments

### **Other ways to participate**

- ✓ Haul materials in your pick-up truck, various dates and times
- ✓ Loan your wheel barrow, shovel and/or broom for the work parties
- ✓ Planning meetings in the Winter and work parties in the Spring, dates and times to be determined

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To volunteer, contact Brenda Bellamy, [bbellamy@stjames-cathedral.org](mailto:bbellamy@stjames-cathedral.org)  
For more information about the project, contact Gary Scheider, [alpinist@comcast.net](mailto:alpinist@comcast.net)

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The harvest of justice is sown in peace for those who cultivate peace  
(James 3:18)

# St. James Youth Ministry



It's time to kick-off our weekly  
High School Youth Night program!  
Please join us for:

## An Epic BBQ Blow-out Bash!

Food \* Games \* Friends \* Prizes

**SUNDAY, OCTOBER 6TH**  
**6:30—8:30 PM**

**AT THE PASTORAL OUTREACH CENTER**

High School Youth Nights occur every **SUNDAY** evening  
from 6:30—8:30 PM in the Pastoral Outreach Center.  
Youth Nights (Grades 9-12) are filled with games, prayer  
experiences, and activities designed to help you apply your  
faith to everyday life.



# CATHOLICISM

A SIX-WEEK SERIES EXPLORING WHAT WE BELIEVE



**Mondays beginning October 14**  
Holy Names Room, Pastoral Outreach Center

You are invited to discover Father Robert Barron's extraordinary multimedia presentation of the faith. Traveling to more than fifty locations in sixteen different countries, Barron brings our Catholic tradition and teaching to life. We'll watch one episode each week and have time for discussion. Come for one episode or for all six!

**Monday, October 14, 7:00pm**

*Amazed and Afraid: The Revelation of God Become Man*

**Monday, October 21, 7:00pm**

*The Ineffable Mystery of God:  
That Than Which Nothing Greater Can Be Thought*

**Monday, October 28, 7:00pm**

*A Vast Company of Witnesses: The Communion of Saints*

**Monday, November 4, 7:00pm**

*The Fire of His Love: Prayer and the Life of the Spirit*

**Monday, November 11, 7:00pm**

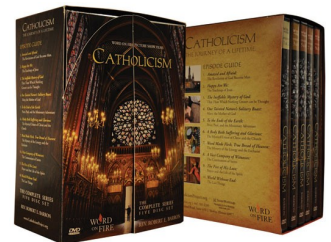
*Word Made Flesh, True Bread of Heaven:  
The Mystery of the Liturgy and the Eucharist*

**Monday, November 18, 7:00pm**

*Happy are we: the teachings of Jesus*

**FATHER ROBERT BARRON** is the creator and host of *CATHOLICISM*, a groundbreaking, award winning documentary series about the Catholic Faith. The series has aired across the country on PBS, and has been seen and broadcast in parishes, universities, schools and media outlets throughout the world.

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



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

# Mental Health Ministry

## COMING EVENTS

ST. JAMES CATHEDRAL/ORDER OF MALTA

SEPTEMBER 2013

**GRIEF AND LOSS GROUP** every Wednesday at 10:30 AM in the Fireside Room of the Parish Outreach Center. Enter at the patio level. Freewill donation of \$15 is suggested; however attendance is strongly encouraged regardless of ability to pay.

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)** 12-week Family-to-Family Education Program starts October 1. Learn valuable information about various types of mental illness, and addictive disorders, as well as current treatment strategies and research. Learn about the personal experience of the person living with mental illness. Discuss problem solving strategies and gain support from others in the similar situation of being a caregiver to a loved one with mental illness. Tuesdays October 1 through December 17, Gallagher Center, 6:30-9:00pm.

**MENTAL HEALTH FIRST AID TRAINING (MHFA)** October 5, 8:30am-5:00pm. Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. It introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and reviews common treatments. Those who take the course to learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. This benefits those from all walks of life, including professionals, volunteers, young people, families and the general public. NAMI is providing a \$100 scholarship to cover the cost for residents of King County. Space is limited.

**THIRD ANNUAL MENTAL HEALTH FAIR** October 6 in Cathedral Hall, after the morning Masses. Learn about programs that are available in the community and how to take first steps to access mental health treatment. Friendly exhibitors from various local organizations in the field of mental

health and wellness will be on hand to answer questions.

### OPUS 7 CHORALE

**ENSEMBLE** *Beautiful Minds*  
Concert, October 12 at 8:00pm

at St. James Cathedral. This concert will feature works by composers and poets who created works of magnificent beauty in the midst of their own personal struggles with mental illness. Works by Albright, Britten, Bruckner, Distler, Mahler, Schubert, Schumann, and Wolf will be featured. Their determination to persevere in their artistic endeavors, no doubt with support of others, is an example and an encouragement to all who face personal afflictions, whether physical or mental. Tickets may be purchased for \$18 in advance for reserved seating or \$20 at the door. Students, Seniors and those with limited income, pay as able.

### BOOK PRESENTATION: *SHAKING SHAME*

**FROM MENTAL ILLNESS** October 23, 7:00pm, Holy Names Room, Parish Outreach Center. With sensitivity, author, Evonne Agnello presents her personal experience of dealing with family members' suicides. Her memoir sends a message of hope to anyone who has suffered from depression or trauma.

**CREATIVE ARTS WORKSHOP** October 27, 1:30pm, Parish Outreach Center, Fireside Room. Join Peter Jabin, M.Div., LMHCA and Darcy Marlow, M. Ed., MHCA for a free, co-facilitated workshop designed to open an exploration of your original and most authentic self, before the influence of the outside world seeped in. Through discussion, meditation and creative expression, Peter and Marcy will provide a safe and thought provoking forum for self-discovery, engaging the power of spirituality and creativity.



ALL ARE WELCOME. FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS, OR TO RSVP, CONTACT NANCY GRANGER, PARISH MENTAL HEALTH NURSE, 206-382-4269 OR [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org)