

St. James Cathedral The Twenty-Eighth Sunday in Ordinary Time October 9, 2016

The Twenty-Eighth Sunday in Ordinary Time

PRELUDE

Sonata No. 3 in A Major

Mendelssohn

THE INTRODUCTORY RITES

ENTRANCE

Sing praise to the Lord LAUDATE DOMINUM



PENITENTIAL ACT

Kyrie cum jubilo Vatican XIV





Glory to God in the highest,
We praise you, we bless you,
we glorify you, we give you thanks
Lord God, heavenly King,
Lord Jesus Christ, Only Begotten Son,
you take away the sins of the world,
you take away the sins of the world,
You are seated at the right hand
of the Father,
For you alone are the Holy One,
you alone are the Lord,
with the Holy Spirit,

and on earth peace to peo- we a- for O God, almight- Lord God, Lamb of God, have	ple of dore your y Fa- Son of	great the	will. you, glory. ther. Father, us;
	mer- cy	on	,
have	mer- cy	our	prayer; us.
you alone are the Most in the glory of God the Father,	High Je	· sus -	Christ, men.

OPENING PRAYER (COLLECT)

THE LITURGY OF THE WORD

FIRST READING 2 Kings 5:14-17

RESPONSORIAL PSALM

Psalm 98 Guimont



SECOND READING 2 Timothy 2:8-13

ALLELUIA Berthier



GOSPEL Luke 17:11-19

HOMILY

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

PROFESSION OF FAITH

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

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.
God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father;

through him all things were made.

For us men and for our salvation he came down from heaven,

[ALL BOW]

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

[ALL STAND UPRIGHT]

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,

who with the Father and the Son is adored and glorified, who has spoken through the prophets.

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

PRAYER OF THE FAITHFUL

Berthier



THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

(10:00)

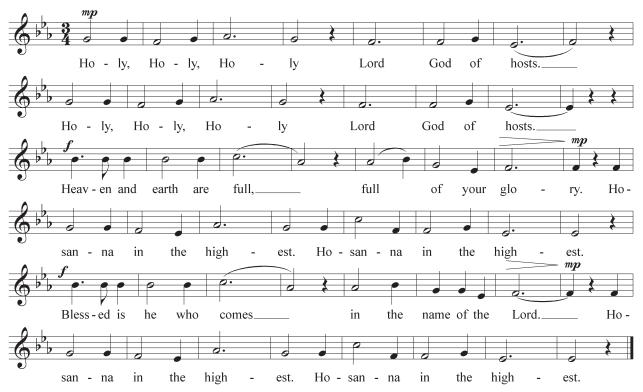
A fair and delectable place Webster

Behold and see your Lord, your God, who is your Creator and your endless joy; see your own brother, see your Saviour;

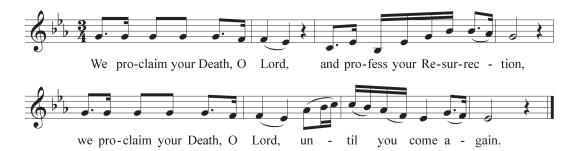
my child, behold and see what delight and bliss I have in your salvation, and for my love rejoice with me. With a kindly countenace our good Lord looked into his side, and there he revealed a fair and delectable place, large enough for all mankind that will be saved and will rest in peace and love. (Julian of Norwich)

SANCTUS German Mass

Schubert, adapt. Proulx



MYSTERY OF FAITH Schubert, adapt. Proulx



AMEN Schubert, adapt. Proulx



THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI



Missa cum jubilo Vatican XIV

COMMUNION

Remember me, O Lord, you who dominate all authority; put the right words on my lips, so that my speech may be convincing in the presence of the King.

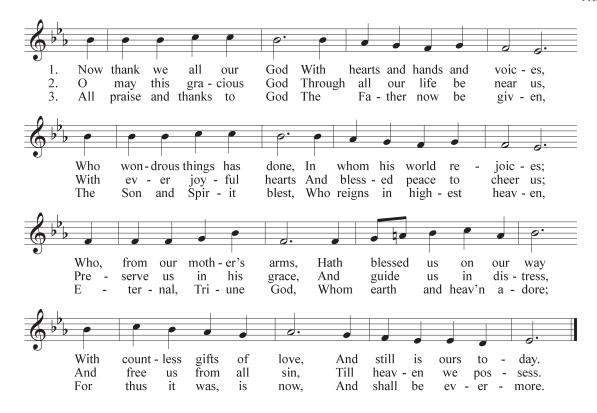
chant, Mode I

(10:00)

O pray for the peace of Jerusaelm Howells

O pray for the peace of Jerusalem: they shall prosper that love thee. Peace be within thy walls, and plenteousness within thy palaces. (Psalm 122:6-7)

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.



BLESSING AND DISMISSAL

ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY (10:00 and Sunday Evening)

(10:00)

Ave Maria Handl

(Sunday Evening)

Magnificat anima mea

Stratman

POSTLUDE

"Final" from Sonata No. 1 in D Minor

(Noon)

Præludium and Fugue in C Major, BWV 531 Bach

ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

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

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)

Renda 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)

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086) John Marquez, Julie Sharples, Ward Johnson, Peter Burns, Stephen Pace, sacristans (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Dr. Paul A. Thornock, Director of Music

Joseph Adam, Associate Director of Music & Organist

Stacey Sunde, Director of Youth Music

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515) Hunt Hoffman, Hospitality and Administrative Support (206-382-4235) Teddi Callahan, Carol DeMatteis, David Wilson, David Grech, Cathedral Kitchen (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist, Patrick Suhrbier, Immigrant Legal Services

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564) Margaret Lynch, Wedding Office (206-382-4288)

Bey Mauser, Louise Mennella, Wedding Coordinators

Jane Mueller, Receptionist (206-654-4650) Lee Bedard, Administrative Assistant (206-622-3559 x3971)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087) Keith Emry, Alan Frasher, Melina McCombs, Steve Raab

CELEBRATIONS of the SACRAMENTS MASS

Sundays

8 - 10 - 12 & 5:30 pm

Weekdays

Saturdays LITURGY of the HOURS Weekdays at 12:10 pm

8:15 & 5:30 pm 8:15 & "Vigil" 5:30 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 A formal program of marriage preparation over a period of several months is required, however, registered parishioners may begin the scheduling process 14 months in advance.

ANOINTING of the SICK A communal celebration is held twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the Parish Office for information.

FUNERALS for parishioners, 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

TELCOME! 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.

COVER ART Sacrifice of Noah. Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

WELCOME BACK St. James Cathedral offers a 10-week program for Catholics returning to the practice of their faith. It's a safe place to ask questions, learn about changes in the Church, and begin to experience a small community of faith. If you desire, we'll help you return to the sacraments, and to becoming an active part of this faith community. The fall session began Monday, October 3, 2016. It's not too late to join! Sessions are held 7:00 – 9:00 pm in Cathedral Place, 803 Terry Avenue. *Information*, Rosanne Michaels, 206-654-4658 or rmichaels@stjames-cathedral.org.

YOUTH NIGHT this Sunday at 6:30pm in the Pastoral Outreach Center. Join your peers (in grades 8-12) to help kickoff a year filled with transformative opportunities to grow in faith, hope and charity. All are welcome!

JUBILEE During the month of October, the Cathedral Chapel is home to JUBILEE a traveling exhibit of artwork. These works celebrate rest, renewal, and relationships in keeping with the biblical concept of Jubilee. The exhibit is curated by the Grunewald Guild, a Christian arts center located just outside Leavenworth. During the month of October, stop by the Chapel any time the Cathedral is open to explore the exhibit.

MARK YOUR CALENDAR FOR SVDP'S FALL "STUFF THE TRUCK" EVENT Our local SVdP thrift stores are running low on clothes! On Sunday, October 30, an SVdP truck will be in the O'Dea parking lot from 8am to 2:30pm to accept your gently used clothes (sorry, this time we cannot accept anything but clothes). SVdP will sell your items through its local stores, which help fund programs benefiting our neighbors in need. For more information, please see our event flyer posted under "Coming Events" on the Cathedral Website.

FOR YOUR SAFETY It is important for you to know that at each of the weekend Masses a Seattle police officer or a private security guard is present on the Cathedral campus.

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 Holy Rosary in Seattle, Tacoma, and Edmonds; Our Lady of Fatima in Seattle, and St. Edward in Seattle and Shelton.

SOUTH SEATTLE DEANERY PASTORAL PLANNING PROJECT

Parish-Wide Listening Sessions

St. James Cathedral, along with the other seventeen parishes in our South Seattle Deanery, has been working for the last year on a plan to address the current and future shortage of priests in the Archdiocese as well as such issues as lay leadership, parish collaborations, and the future of the faith communities in the central and south areas of the City.

As part of this planning process, our parish participated in the Disciple Maker Index survey in January as well as three Deanery wide convocations and several Focus Groups. On Sunday, October 23, we will be holding listening sessions after all three morning masses to share with you the plan which the Deanery leadership is submitting to Archbishop Sartain in December. This is a chance to give your feedback on the draft plan before it is submitted to the Archbishop.

Please join us in the Rectory Parlors after the 8:00, 10:00 and 12:00 masses on Sunday, October 23.

Information, Larry Brouse, lbrouse@stjamescathedral.org or 206-382-4280.

DONATE CLOTHES TO ST VINCENT DE PAUL Our local SVdP thrift stores are running low on clothes! On Sunday, October 30, an SVdP truck will be in the O'Dea parking lot from 8:00am to 2:30pm to accept your gently used clothes (sorry, this time we cannot accept anything but clothes). SVdP will sell your items through its local stores, which help fund programs benefiting our neighbors in need. For more information, please see our event flyer posted under "Coming Events" on the Cathedral website or contact Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

CABRINI MINISTRY TRAINING Would you like to learn how to communicate God's love and mercy to others? Cabrini Ministry offers a variety of formation programs to give you the insight and practice you need to share God's compassion with others. We have a few spots left in our Kirkland class, which meets on Tuesdays, October 25 to March 7 from noon to 2:30pm. We also offer a Ministry Discernment Workshop at St. Joseph Parish in Issaquah on Thursday, October 13 from 7:00 to 9:00pm. Information, 205-760-0583 x3 or info@cabriniministry.org.

PROTECTING GOD'S CHILDREN This is the required Archdiocesan program for all St. James volunteers that help or come in contact with children and vulnerable adults. It is on Sunday, October 23rd after the Noon Mass and will be held in Cathedral Place, 2nd floor. You MUST pre-register online at www.virtusonline.org. *Information*, Theresa Van de Ven at 206-219-5822.

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

THIRD SUNDAY SOCIAL next Sunday, October 16. Join us Sunday, October 16 to enjoy a chance to connect with other young adults after the 5:30 Sunday Mass. Light refreshments will be provided.

SAVE THE DATE Cathedral Young Adults will be serving at the St. Mary's Food Bank on Saturday, October 29. Keep an eye on the bulletin and our Facebook page for details.

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

WHO ARE YOUR NEWEST NEIGHBORS? Learn about the challenges faced by immigrants and refugees in our community. Build relationships by volunteering with St. James Immigrant Assistance or with Horn of Africa Services (http://www.hoas.org/volunteer-jobs/) as they support East African youth in South Seattle. *Information*, Cecilia Erin Walsh at 206-382-4511 or cwalsh@stjames-cathedral.org.

SUNDAY HOSPITALITY VOLUNTEERS NEEDED St. James hosts a Coffee Hour in the Cathedral Hall on Sundays after the 8am, 10am, and 12pm Masses. It is a welcoming space in which persons experiencing homelessness and parishioners can come together to drink coffee, eat muffins, relax, and socialize. It is also a great place to learn about the array of ministries and volunteer opportunities at St. James. We are especially in need of volunteers to serve coffee and muffins and help clean up from 1pm-2pm after the Noon Mass. *Information*, Hunt Hoffman, hhoffman@stjamescathedral.org or 206-382-4235.

MENTAL HEALTH and WELLNESS FAIR

The Annual Mental Health & Wellness Fair takes place on Sunday, October 9, after the 10am and Noon Masses. Please drop by to visit and chat with representatives from various health and wellness providers and community organizations.

Blood Pressure Checks available!

Faithful Citizenship:

Catholics Care. Catholics Vote.

The parishes of St. James, Christ Our Hope and St. Joseph are co-sponsoring a 5-week series to help form the consciences of the Catholic faithful in preparation of the November election. The series concludes this coming Thursday, October 13, 6:30pm in Cathedral Hall, with CARE FOR THE ENVIRONMENT presented by Jessie Dye of Earth Ministry



Annual Report

St. James Cathedral Parish 2015-2016

ear Friends,
Each year at this time, we publish a report on the financial condition of the parish. As you decide what your commitment to the parish will be in the coming year, I hope that the information contained in this report will help inform your decision. The report details not only the dollars and cents, but also some of the activities and ministries made possible by your support.

DOLLARS AND CENTS

Our fiscal year runs from July 1 through June 30. For the fiscal year ending June 30, 2016, our total parish income was \$4,222,940.

This came from:

- Sunday and holy day collections (66%)
- Annual Catholic Appeal rebate (5%)
- Various gifts, grants, bequests, fundraisers (26%)
- Business income (including rental of parking spaces and reception rooms, Cathedral Bookstore income, etc.) (3%)

Total expenses for the year were \$4,584,756. They included:

- Salaries, benefits and other personnel-related expenses such as security (57%)
- Our parish's assessment by the Archdiocese (5%)
- Our annual assessment to support five central area Catholic schools and parish scholarships (8%)
- Various operating costs for the maintenance and improvement of the Cathedral, other parish buildings, and the grounds (29%)

This left us with a deficit in 2015-2016 of \$248,154. While we were able to pay all our bills by drawing on our modest savings, this ongoing deficit is a matter of concern to me and to our Finance Council, and I'm sure it is a concern to you as well. We are anticipating a deficit of \$192,525 in 2016-2017, as you will see from the budget to the right. Our expenses continue to increase, including insurance premiums, utilities, assessments, and salaries and benefits for staff people, while our income has not kept pace with our expenses.

OUR LIFE AS A PARISH, 2015-2016

We are vibrant and diverse parish with 2,445 registered households, comprising 5,198 individual members. Our parishioners come



from across Western Washington, from more than 180 ZIP codes. Nearly 1,000 volunteers are involved in around forty parish ministries.

During the past fiscal year, more than 1,100 Sunday and regular daily liturgies were celebrated, not counting special liturgies for Holy Days, the Sacred Triduum, and ecumenical and interfaith services. Fifty-two children and 8 adults were baptized; 17 people baptized in other Christian traditions made a Profession of Faith and

2016-2017 Projected Income and Expense				
Sunday & Holy Day Collections	2,834,500			
Bequests (anticipated)	179,500			
Gifts & Annual Appeal Rebate	807,250			
Business income (bookstore,	426,431			
fundraisers, etc.)	420,431			
Projected Total Income	\$ 4,247,681			
Staff salaries & benefits	(2,591,581)			
Supplies (including postage & printing)	(401,388)			
Operations & Maintenance	(109,500)			
Contracted Services (includes				
insurance premiums, service contracts,	(312,159)			
& contract musicians)				
Business Expenses (including				
bookstore & fundraising expense,	(229,100)			
hospitality, donations to others)				
Utilities, vehicles	(223,258)			
Archdiocesan assessment	(177,974)			
Rainbow Schools & Scholarships	(395,246)			
Projected Total Expense	\$(4,440,206)			
Projected Deficit 2016-2017	\$ (192,525)			

were received into the Full Communion of the Catholic Church. Around 35 adults are currently enrolled in our RCIA program, preparing for the Sacraments of Initiation in the Catholic Church. Twenty-nine confirmations were celebrated; 28 children received their First Communion. During the year 40 weddings and 27 funerals were celebrated.

LITURGY, MUSIC, & SPECIAL EVENTS

As the Cathedral Church, we are privileged to host special events which gather Catholics from across Western Washington, including Rites of Election, the Chrism Mass, Ordinations to the Priesthood, Madre de las Americas and Simbang Gabi. The Cathedral also hosted Baccalaureate Masses for Holy Names Academy, O'Dea High School, Seattle Preparatory School, and Seattle University.

In addition, in December, 2015, in union with the Church throughout the world, we solemnly inaugurated the Year of Mercy. During this extraordinary jubilee, the Cathedral has welcomed literally tens of thousands of pilgrims through the Doors of Mercy. Dozens of special tours have been conducted for groups of pilgrims from around the Archdiocese. The beginning of the Year of Mercy also marked the inauguration of our stunning new exterior lighting of the Cathedral, which makes the Cathedral a true beacon on the city skyline.

Over the course of the year, there were numerous concerts, recitals and other musical events held. Among the highlights of the past year were our New Year's Eve Gala Concert, followed just a few weeks later by our "Dome's Day" Celebration, marking the centennial of the collapse of the cathedral's great dome in a snowfall on February 2, 1916. In addition, the Schola Cantorum Choir Camp in August brought fifty children to the Cathedral for a week of prayer, service, and singing.

OUTREACH AND PASTORAL CARE

The Cathedral Kitchen has continued to thrive, with between 150-170 people of all ages and races sharing a hot, nutritious meal, lovingly prepared and served in the Cathedral Hall each weeknight—around 40,000 meals a year!

The Solanus Casey Center, our drop-in and referral center, is open four days a week and continues to help hundreds of people each year to secure their Washington State IDs and to access the many services available in our local community.

The St. James Immigrant Assistance program provided some 4,522 volunteer hours and served 397 people. The St. James Winter Shelter provided overnight shelter to 10 to 15 men for 120 nights. Tens of thousands of sandwiches were prepared by our parishioners and distributed through St. Martin de Porres Shelter and Operation Nightwatch.



Our outreach programs to the elderly transported twenty-three seniors to Mass each Sunday. Many homebound parishioners receive communion in their homes each week, allowing them to remain connected to the liturgical life of St. James. Others received the bulletin in the mail each week, along with a recording of the Sunday 10 o'clock Mass.

FAITH FORMATION OPPORTUNITIES

More than 160 of our Cathedral children participated in Sunday School classes, offered September through June. Special events and presentations for adults in 2015-2016 included a parish-wide study of Henri Nouwen's classic *Return of the Prodigal Son* during the season of Lent, and a three-week series in the spring exploring Shakespeare's *Merchant of Venice*.

Our Youth Ministry and Young Adult programs continue to be a whirlwind of new and exciting opportunities for youth, including retreats, service activities, and social events. A highlight this year was our Youth Ministry mission trip to an orphanage in Nicaragua last August.

ALL THIS WAS MADE POSSIBLE BY YOUR GENEROUS CONTRIBUTIONS. None of these efforts could have been undertaken without the generous support of our parishioners and friends. We want you to know that there has been careful stewardship of the financial resources of the parish. We look forward to accomplishing even more with your support and with the help of God's grace in the coming year.

Sincerely yours in Christ,

Father Michael G. Ryan

Pastor



Cathedral Blood Drive

Sunday, October 16, 2016 O'Dea High School Gym

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

The Gift of Life

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

Who needs blood?

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

St. James & Bloodworks Northwest

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

Sign up at coffee hours on 10/2 or 10/9.

Or e-mail crobl@comcast.net to sign up or to find out more.

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

St James Cathedral

Catholic Schools Day

October 16, 2016 9:00 am - 2:00 pm Cathedral Hall

- Discover the value of a Catholic education.
- Talk with representatives from area Catholic Schools including the Rainbow Schools, O'Dea, Holy Names, Blanchet, and Kennedy.
- Learn more about financial aid

 Both St James, through a generous benefactor, and the Archdiocese offer generous awards.
- Meet Julieta Crosby, Ph.D.

 Director of Latino and Hispanic Enrollment for the Archdiocese of Seattle. *Le habla español*.

Applications for the 2017-2018 school year are due in three months



Grief Support Group



Wednesdays, October 19 & 26; November 2, 16, & 30; December 7 6:30pm-8:00pm, Mother Mary Rose Room Pastoral Outreach Center, 907 Columbia Street

Are you grieving the death of someone close to you?

Grief and loss can have a significant impact on our lives long after the death of the person we love.

The grieving process has no timeline and is unique to each individual, but meeting with others who are going through a similar experience can provide support and help us cope.

You are invited to join a new 6-week grief support group facilitated by St. James Cathedral Staff Nancy Granger, Suzanne Lee, and Rosanne Michaels

October is Respect Life Month



Each year during the month of October, the Church asks us to pray for a greater respect for all human life from conception to natural death.

VOLUNTEER WITH THE PREPARES PROGRAM

PREPARES (Pregnancy and Parenting Support) is an initiative of the Catholic community of Washington State for pregnant and parenting mothers, fathers and their families, who find themselves in need of a healthy support network. PREPARES responds with compassion and respect to the emotional and material needs of families living in poverty. *Information*, Suzanne Lee 206 -654-4640 or slee@stjames-cathedral.org.

COLLECTION FOR PREGNANCY AND PARENTING SUPPORT PROGRAM of Catholic Community Services throughout the month of October. Most urgent needs are convertible car seats, toys and books in Spanish for children up to age-5, diapers and pull-ups in all sizes, diaper wipes, and double strollers. Monetary donations will be pooled to purchase more expensive items.

*Donations may be dropped off on the 2nd floor of Cathedral Place, at Sunday coffee hours, or at the parish office. Information, Suzanne Lee 206-654-4640 or slee@stjames-cathedral.org.

LEARN ABOUT CATHOLIC COMMUNITY SERVICES' "PROJECT RACHEL" MINISTRY Since 1973, there have been more than 50 million abortions in the United States. It is the most common surgical procedure in our country. While some women report relatively little distress following abortion, for many, the experience is devastating, causing long-lasting emotional, psychological and spiritual trauma. Project Rachel retreats help women and men heal from the pain of abortion. *Information*, 1-800-822-HOPE or http://hopeafterabortion.com/.

PARTICIPATE IN 40 DAYS FOR LIFE St. James parishioners will pray for the unborn and their parents in front of the Planned Parenthood clinic at 20th and E Madison on Sunday, October 23 from 11:30am to 12:30pm. *Information*, Dick Mitchell 206-953-8875.