

ORDER OF CELEBRATION FOR THE SIXTH SUNDAY IN ORDINARY TIME

Out of respect for the liturgy we are about to celebrate,
please turn off all cell phones.

PRELUDE

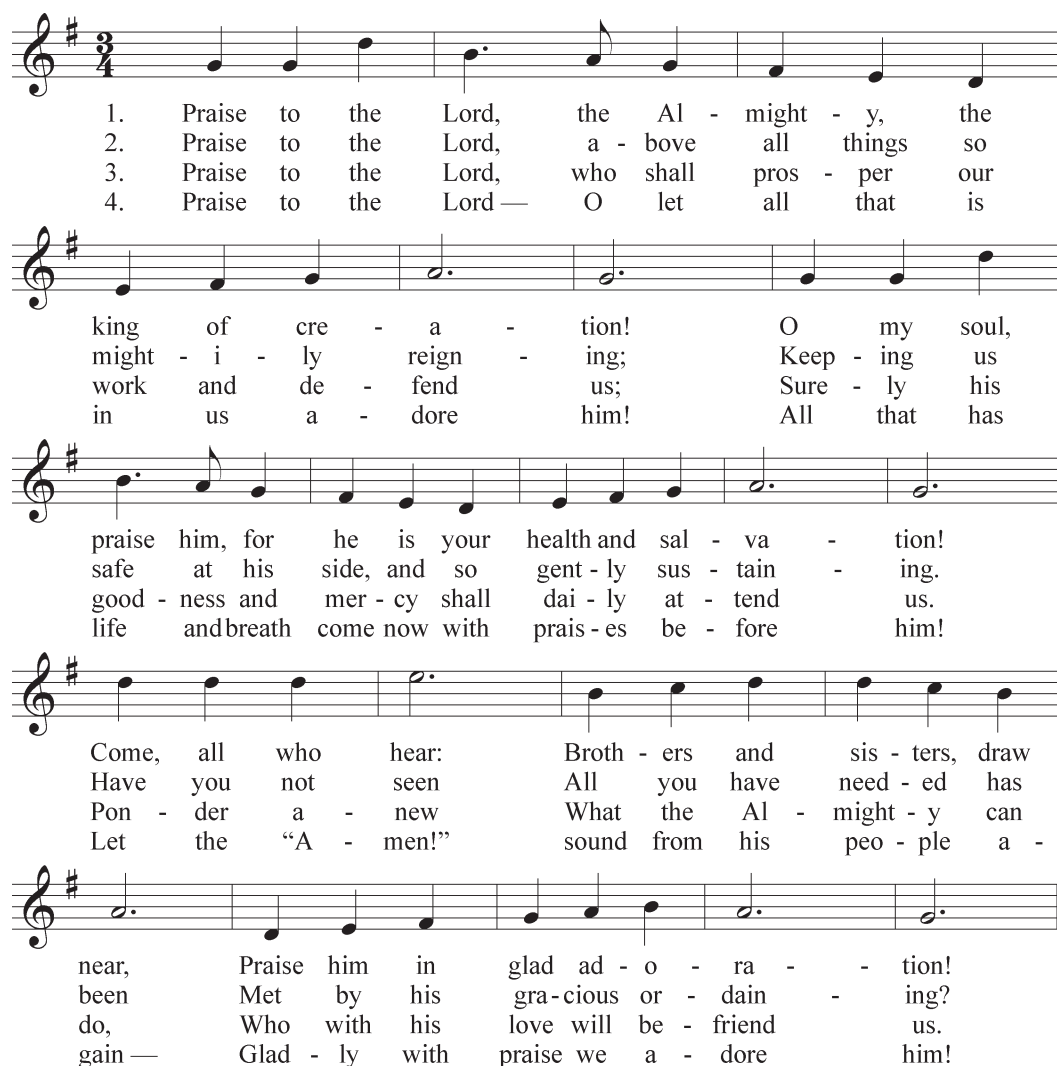
Cantabile

Franck

ENTRANCE

Praise to the Lord, the Almighty

LOBE DEN HERRN



1. Praise to the Lord, the Al - might - y, the
 2. Praise to the Lord, a - bove all things so
 3. Praise to the Lord, who shall pros - per our
 4. Praise to the Lord — O let all that is

king of cre - a - tion! O my soul,
 might - i - ly reign - ing; Keep - ing us
 work and de - fend us; Sure - ly his
 in us a - dore him! All that has

praise him, for he is your health and sal - va - tion!
 safe at his side, and so gent - ly sus - tain - ing.
 good - ness and mer - cy shall dai - ly at - tend us.
 life and breath come now with prais - es be - fore him!

Come, all who hear: Broth - ers and sis - ters, draw
 Have you not seen All you have need - ed has
 Pon - der a - new What the Al - might - y can
 Let the "A - men!" sound from his peo - ple a -

near, Praise him in glad ad - o - ra - - tion!
 been Met by his gra - cious or - dain - ing?
 do, Who with his love will be - friend us.
 gain — Glad - ly with praise we a - dore him!

PENITENTIAL RITE

Missa de angelis

Vatican VIII



Have _____ mer - cy on us.

GLORIA

LAUDA ANIMA

Glory be to God in heaven,
Songs of joy and peace we bring;
Thankful hearts and voices raising,
To creation's Lord we sing:
Lord, we thank you, Lord, we bless you,
Glory be to God our king.

Lamb of God who on your shoulders
Bore the load of this world's sin;
Only Son of God the Father,
You have brought us peace within:
Lord, have mercy, Christ, have mercy,
Now your glorious reign begin.

You, O Son of God, are holy,
You we praise with one accord;
None in heav'n or earth is like you,
Only you are Christ the Lord,
With the Father, and the Spirit,
Ever worshiped and adored.

(Text by Edwin LeGrice)

LITURGY OF THE WORD

READINGS No. 882

PSALM RESPONSE

Psalm 1

chant, adapt. Ford

Cantor:

By flow - ing wa - ters the Lord has plant - ed his saints;

ALL:

and all their de - light is in the law of the Lord.

ALLELUIA

Vulpus

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

HOMILY

Father David A. Brant (Saturday 5:30)

Father Michael G. Ryan (All other Masses)

DISMISSAL OF THE CATECHUMENS TO THE RITE OF ELECTION (10:00)

CREED No. 238

GENERAL INTERCESSIONS

Berthier

Ky - ri - e, Ky - ri - e, e - le - i - son.

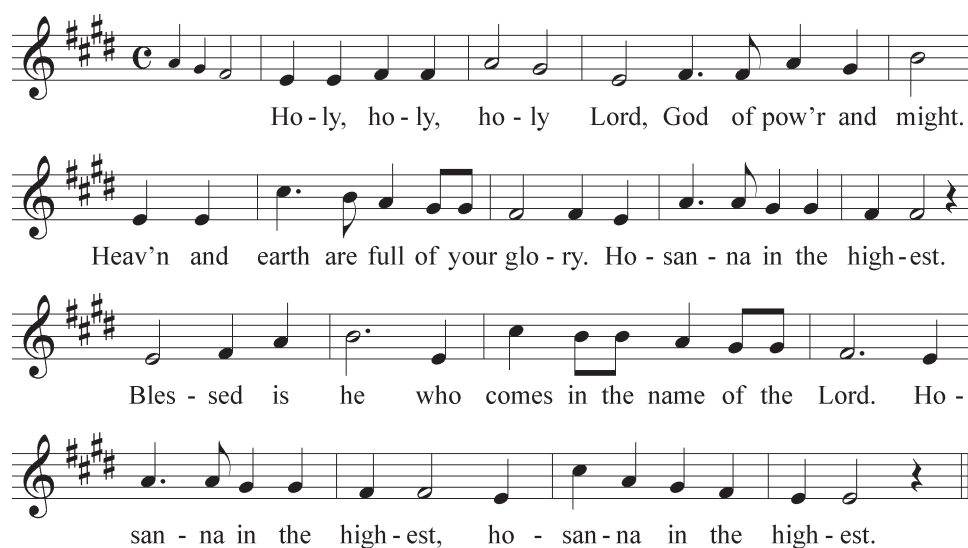
LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

SANCTUS

St. James Mass for Peace

Herbolsheimer



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might.
Heav'n and earth are full of your glo - ry. Ho - san - na in the high - est.
Bles - sed is he who comes in the name of the Lord. Ho -
san - na in the high - est, ho - san - na in the high - est.

MEMORIAL ACCLAMATION

St. James Mass for Peace

Herbolsheimer



Christ has died, Christ is ri - sen, Christ will come a - gain.

AMEN

St. James Mass for Peace

Herbolsheimer



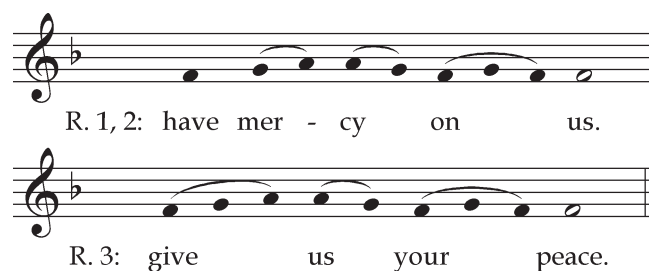
A - men, A - men, A - men, A - - - men.

LORD'S PRAYER No. 246

AGNUS DEI

Misaa de angelis

Vatican VIII



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

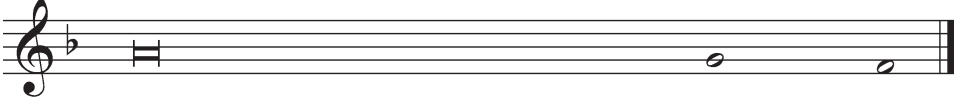
COMMUNION

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

When you return to your place after receiving Holy Communion, please
KNEEL OR BE SEATED. This is the norm for large assemblies in the Archdiocese of Seattle
and we thank you for following our practice.

- Cantor:*
- 1. O blessed are the poor in spirit;
 - 2. O blessed are those who mourn;
 - 3. O blessed are the meek;
 - 4. O blessed are those who hunger and thirst after righteousness;
 - 5. O blessed are the merciful;
 - 6. O blessed are the pure in heart;
 - 7. O blessed are the peacemakers;
 - 8. O blessed are those who are persecuted for righteousness's sake;
 - 9. O blessed are you when the world reviles you and persecutes you;
 - 10. Rejoice and be exceedingly glad;

ALL:



1.	for theirs is the kingdom of	heav	-	en.
2.	for they shall be	comfort	-	ed.
3.	for they shall in - - - -	herit the		earth
<hr/>				
4.	for they shall be	satis	-	fied.
5.	for they shall obtain	mer	-	cy.
6.	for they shall	see		God.
<hr/>				
7.	for they shall be called the	children of		God.
8.	for theirs is the kingdom of	heav	-	en.
9.	and utters all manner of evil against you falsely	for my		sake.
10.	for great is your reward in	heav	-	en.

St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend Alexander J. Brunett, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant
The Reverend Thomas Marti, MM

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

PASTORAL CARE MINISTRIES

John Simpson (206-274-3173)

SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)
Jennifer Ibach (206-654-4640)
Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)
Deacon David Olsen, Stephen Pace, Bryan Long, Brenda Bellamy, Sacristans

MUSIC MINISTRY (206-382-4874)

Dr. James Savage, Director of Music
Joseph Adam, Organist (206-382-4597)
Dr. Clint Kraus, Associate Organist; Director of Youth Music
Stacey Sunde, Music Assistant
Ian Newhall, Coordinator of Special Projects

FAITH FORMATION

Helen Oesterle, Director/RCIA (206-382-4514)
TerryAnn Bowen, "Welcome Back" & Confirmation (206-382-2018)
Marianne Coté, Youth & Family Ministry (206-382-4512)
Lita McBride, Children's Faith Formation (206-654-4658)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director
Glenda Caldwell, ESL Specialist
Jim Hodges, Citizenship
Cecilia Erin Walsh, ESL Coordinator
Lupita Gonzalez, ESL Coordinator
Mali Main, Development Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)
Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)
Linda Carr, Office Manager (206-622-3559 x3979)
Marilyn Maddeford, Receptionist (206-622-3559)

WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)
Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

Dennis Morse, Facilities Manager (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.

ECUMENICAL PRAYER with music from Taizé, Fridays at 6:30 pm.

TOURS of the CATHEDRAL Groups of 6 or more may arrange a tour by calling Maria Laughlin, 206-382-4284

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
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.*

FLOWERS IN THE CATHEDRAL LAST SUNDAY were in memory of Judy Morris on the 11th anniversary of her death, from her family, Clifford, Jeffrey and Scott Morris.

ASH WEDNESDAY will be celebrated Wednesday, February 17. Masses are at 8:15am, 12:10pm, and 5:30pm. All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 5:30pm Mass. This year the simple supper will feature a Haitian recipe and donations will be accepted to benefit the work of CRS in Haiti.

CONFIRMATION CLASSES FOR ADULTS AND HIGH SCHOOL STUDENTS 16 years and older started on Thursday, February 11 and will continue on Thursdays 6:30-8:30 pm in Cathedral Place Room 411. Full sacramental initiation (Baptism, Confirmation, and Eucharist) is important for all practicing Catholics, and is particularly important for those who are considering getting married. It is not too late to join in the preparation classes for this important Sacrament. *Information*, TerryAnn Bowen, tbowen@stjames-cathedral.org or 206-382-2018.

JR. HIGH RALLY BAKE SALE On Sunday, February 21, there will be a bake sale in the Cathedral Hall after the morning Masses (8:00 10:00 and 12 noon) to raise funds for the Jr. High students who will participate in the Archdiocesan Jr. High Rally on March 6. Your generous support for our youth will be deeply appreciated. *Information*, Tony Rosario, 206-762-0809.

YOUNG ADULTS (21 - 30-SOMETHING) 3RD SUNDAY Scripture sharing and informal social time will be next Sunday, February 21 starting at 4:00pm. Do you ever wonder how the Sunday readings relate to our everyday lives? Enjoy fellowship from 4:00 to 4:30 followed by guided discussion of the Scripture readings for the day. The discussion will finish in time to attend 5:30 Mass. Young adults over the age of 21, single or married, gather in the Fireside Room of the Pastoral Outreach Center. Newcomers and those not new to the parish are all welcome! *Information* TerryAnn Bowen, 206-382-2018 or youngadults@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. Peter in Seattle and the St. Peter Mission in Deming, Suquamish, and Tenino.

JUNIOR HIGH RALLY March 6, Highline Community College. The annual Archdiocesan Junior High Rally is a great opportunity for 6th to 9th grade youth to "dive even deeper" into a vibrant faith in Jesus... in the company of peers from other parishes in the archdiocese. Great youth speakers whose hearts beat with yours, meeting new friends who share your faith, prayer, liturgy, drama, and much more... will make your experience a memorable one. Scholarship available. Please call by February 18. *Information*, Lita McBride, 206-654-4658.

FOUNDATIONS IN FAITH: CHURCH AND

CHRISTOLOGY Sunday, February 21, 1:30-5:30pm at St. Peter's Parish Hall. This four-hour class focuses two hours on the Church and two hours on Christology. In the Church class, participants will look at the primary images of Church from the Vatican II. They will explore the different roles of the laity and ordained in accomplishing the Church's mission. In the Christology class, participants will research the divinity and the humanity of Jesus as presented in each of the four Gospels and then defined in the Church Councils. They will explore various titles and images of Jesus present in Catholic spirituality and devotions throughout the centuries to the present time. Please bring your Bible and copy of the Catechism to the class. Cost: \$5 per class. (Cosponsored by St. James Cathedral with the South Seattle Deanery) *Information*, Helen Oesterle, 206-382-4514.

The season of Lent begins with Ash Wednesday. During this time, Catholic Relief Services invites us to journey in solidarity with our global family through Operation Rice Bowl. Donations collected from your Rice Bowl fund development projects that help communities around the world break free of hunger.



What comes out of the Rice Bowl is as important as what goes into it. In each folded-up cardboard bowl is a calendar with a prayer, reflection, fact, or action for every day of Lent, all based on Catholic Social Teaching. Each week the calendar invites you to fast in solidarity with the poor around the world, using a simple meal from the "developing" world. This year, we will learn about life in Lesotho, Bolivia, Afghanistan, Nicaragua, and Ethiopia.

What goes into the bowl is your help to people around the world who face hunger and rising food prices. What comes out of the bowl is a way to walk through Lent in deeper solidarity with the whole human family... It is a journey of prayer, fasting, learning and giving, all with an international flavor.

Be sure to pick up your Rice Bowl on Ash Wednesday!

MARCH BOOK GROUP SELECTION: WHAT IS THE WHAT Join us on Tuesday, March 23 for a discussion of *What is the What* by Dave Eggers. Valentino Achak Deng, real-life hero of this engrossing epic, was a refugee from the Sudanese civil war. Separated from his family when Arab militia destroy his village, Valentino joins thousands of other "Lost Boys" on their march to squalid refugee camps in Ethiopia and Kenya. He eventually reaches America, but finds his quest for safety, community and fulfillment in many ways even more difficult. Eggers gives Valentino an unaffected, compelling voice and makes his narrative by turns harrowing, funny, bleak and lyrical. Available in the Cathedral Bookstore. *Information*, Chris Koehler 206-382-4511 or ckoehler@stjames-cathedral.org

THE ESL PROGRAM INVITES YOU to join us as we walk from the Cathedral to the federal office building to deliver postcards in support of immigration reform. We will be meeting on the steps of the cathedral at 1:30 pm on Friday, Feb 19 and then walking the 10 blocks downtown to the offices of Senators Cantwell and Murray. The postcard campaign is part of the Justice for Immigrants campaign for immigration reform. You can find out more about the Justice for Immigrants campaign at <http://www.usccb.org/jfi/index.html>, where you can also find an online version of the postcard. As always, check out our website at www.stjames-cathedral.org/esl for lots of information on immigration issues. *Information* Christopher Koehler at 206-382-4511 or ckoehler@stjames-cathedral.org.

Sacred Steps

Sacramental Celebrations at St. James

BAPTIZED IN THE CATHEDRAL LAST SATURDAY were Cooper William Dell'Orfano, Elesia Claire Dell'Orfano, Lila Rose Dell'Orfano, Kristina Ivanna Gonzalez, Ashleigh Quinn Hallahan, Edward Recardo Jordan III, and Calliope Mieke Molina Soma. We welcome with joy these newest members of the Catholic Church.

RITE OF RECEPTION INTO FULL COMMUNION IN THE CATHOLIC CHURCH Last weekend we celebrated the Rite of Reception for Full Communion into the Catholic Church with Cheryl Bryant, Samuel Carpenter, Nickolas Fullwiler, Sally Kim, Justin Mack, Ngoc Huong Nguyen, Keith Packwood, Karyn Payne, April Quaid, Dona Seely, and Mariko Trias. They made a Profession of Faith and celebrated the sacraments of Eucharist and Confirmation, and now join us as full members of our Catholic Christian family. We welcome them with great joy!

Lent at St. James Cathedral

Dear Friends,

As we prepare to embark on our Lenten journey, I can't help but be aware of something happening this Lent of 2010 that is quite unique. Thanks to your generosity, the archdiocese has purchased a series of television commercials called "Catholics Come Home" which will be appearing on various TV channels throughout the Lenten season. The messages are mainly directed toward Catholics who, for whatever reason, have not been active in the practice of their faith, and they carry an invitation to them to consider coming back home.

I see this as a fine opportunity for all of us to do what we already do very well: to reach out in a warm and welcoming way whenever we see a face we haven't seen before. And "Catholics Come Home" also provides us with the perfect entrée for personally inviting a friend, neighbor, or family member who has been away from the Church to join us for Mass.

And I want to observe that "coming home" is not just for others! There is really not one of us who does not, in one way or another, need to "come home." That's true even if we've been coming here regularly for a long time. I say this because "coming home" is not a moment or even a decision: it's a journey – a personal journey, and a journey made in the company of others. At its deepest and its best, it's a journey deeper and deeper into the heart of God. And who of us doesn't need to make that journey?!

So, dear friends, we will all do well to think of this great season of Lent as our "coming home" time. And the Church offers us some wonderful, time-tried ways of doing this. Let me mention the most important ones.

PRAYER. Spending time with God. Giving God time to speak to us, and entering into a heart-to-heart conversation with God. The most important prayer we have is, of course, the Sunday Mass we celebrate together. If we were to do nothing more this Lent than to bring a greater awareness and a greater fervor to each of these Sunday celebrations, we would be accomplishing a great deal. The Sundays of Lent are definitely the right place to start. But we needn't stop there. Lenten weekday Masses are also a fine way to "come home," to come closer to Christ -- as many of you know so well. And here are a few other possibilities: taking some time each day to read and reflect prayerfully on a gospel passage; attending Vespers and Benediction of the Blessed Sacrament on Sunday afternoons; joining the Friday evening Taizé ecumenical Prayer around the Cross; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in a Lenten Holy Hour on a Friday afternoon.

Still one other great opportunity for prayer and for helping a person to "come home" would be to "adopt" one of our 14 "Elect" (the people who will be baptized at the Easter Vigil). Adopting means taking it on yourself to pray for that person in a special way all during Lent. Prayer cards will be available in the cathedral and in the parish hall during the first few weeks of Lent, each one with the name of one of our Elect. If you take a card, (and I really hope you do), in addition to your prayer, you will be invited when it gets close to Easter to write a card or a short note telling your "adopted" friend of your prayerful support. It strikes me that this is something EVERYONE can do!

FASTING. This, too, can be a personal "coming home," a coming home to ourselves – perhaps coming to terms with our excesses and with all the ways we pamper ourselves. Fasting can also help us come closer to Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely doing what he did: 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?

ALMSGIVING. I like to connect this with fasting. Fasting is best, I think, when it takes us out of ourselves and awakens us to the sufferings of others. For millions upon millions in our world there is no "coming home" because they have no home. Literally! And they have no food or clothing or medicine or any of the other necessities of life. Again this year I commend to you Catholic Relief Services' Rice Bowl Program as a great vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your channel for Lenten almsgiving – putting aside the money you save by eating a little more simply. At the beautiful Mass of Holy Thursday when we invite the parishioners to bring forward their 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.

Dear friends, by all means let us warmly welcome all those who have accepted the invitation to "come home" to their Church, but let us also use the opportunity of these holy 40 days to make our own journey home in ways that will bring us closer to God and to one other!



Father Michael G. Ryan

Prayer during Lent

ASH WEDNESDAY is celebrated Wednesday, February 17. Masses are at 8:15am, 12:10pm, and 5:30pm. All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen

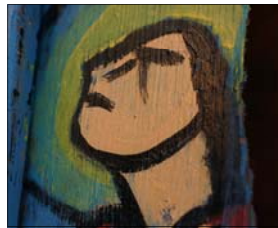


following the 5:30pm Mass. *This year the simple supper will feature a Haitian recipe and donations will be accepted to benefit the work of CRS in Haiti.*

RICE BOWL PROGRAM The Rice Bowl program is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. This year the Rice Bowl program invites us to focus our attention on poor nations around the world – Bolivia, Afghanistan, Nicaragua, Ethiopia, and Lesotho. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

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.

NEW STATIONS OF THE CROSS This Lent, St. James Cathedral has been blessed with the gift of a wonderful new set of the Stations of the Cross. The work of Cathedral



iconographer Joan Brand-Landkamer, the stations were inspired by the work of 20th-century French artist Georges Rouault. The stations were created from found objects which Landkamer collected near her home in Ocean Shores. Each station is unique, and together they form a stark and intensely moving portrayal of the last journey of Jesus. The stations will be blessed following the Noon Mass on the First Sunday of Lent, February 21, as Father Ryan prays the Stations with the children of the Cathedral. All are welcome.

STATIONS OF THE CROSS A wonderful Lenten tradition in the Church. There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Friday). *You can also pray the stations online at www.stjames-cathedral.org.*

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

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour, which includes the Liturgy of the Hours, meditations, rosary, and Benediction of the Blessed Sacrament, is the perfect midday retreat at the end of a busy week.

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.

TAIZÉ PRAYER This contemplative prayer, based on the simple, joyous chants of the monks of the Taizé community in France, takes place every Friday evening at 6:30 pm.

REMEMBERING ARCHBISHOP ROMERO Wednesday, March 24 marks the 30th anniversary of the martyrdom of Archbishop Oscar Romero of El Salvador. He was slain while celebrating Mass on March 24, 1980. We will mark this moment with a Mass for Peace and Justice at 5:30pm, celebrated by Bishop Elizondo, after which Father Ryan will lead the Stations of the Cross with readings from the writings of Archbishop Romero.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions will be heard each Saturday from 4:00 – 5:00pm. In addition, confessions will be heard each Tuesday from 7:45am – 8:10am (before the 8:15am Mass), and from 5:00pm – 5:25pm (before the 5:30pm Mass). On Saturday, March 20, the Archdiocesan Day of Reconciliation will be celebrated in the Cathedral with many confessors available throughout the day, beginning at 10:00am and concluding at 5:00pm. And on Monday, March 22, at 7:30pm, we will have our communal celebration of the sacrament.

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:

Andrew Ardeleanu • Heather Dow •
Kellen Erb • James Harmon • Kristine
Hartley • JR Highley • Dicky Leonardo •
Aaron Parris • Randall Payne •
Christopher Power • Andrew
Sayborivong • Frank Williamson •
Gary Wingert • Barbara Wynn

PRAYER PARTNERS Adopt one of the Elect as a prayer partner to pray for in a special way during this holy season. A place of prayer will be created in the north transept of the Cathedral where you can come and pray, and also look through our Book of the Elect and get to know them better. As Easter draws near, you will be



invited to write a note telling your prayer partner of your prayerful support.

The following are some important dates in the journey of our Catechumens and Candidates toward full communion in the Catholic Church:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election which will take place on **Thursday, February 18, 2010**. 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 on Saturday, March 6, at 5:30pm; Sunday, March 14, at 10:00am; and Sunday, March 21, at 5:30pm.

SATURDAY, APRIL 3, 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 abstinence from meat on all Fridays of the year.

Ash Wednesday is February 17, 2010. Good Friday is April 2, 2010.

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.

— The Chancery

From Pope Benedict XVI's Lenten Message 2010

Conversion to Christ, believing in the Gospel, ultimately means this: to exit the illusion of self-sufficiency in order to discover and accept one's own need – the need of others and God, the need of His forgiveness and His friendship. So we understand how faith is altogether different from a natural, good-feeling, obvious fact: humility is required to accept that I need Another to free me from "what is mine," to give me gratuitously "what is His." This happens especially in the sacraments of Reconciliation and the Eucharist. Thanks to Christ's action, we may enter into the "greatest" justice, which is that of love, the justice that recognises itself in every case more a debtor than a creditor, because it has received more than could

ever have been expected. Strengthened by this very experience, the Christian is moved to contribute to creating just societies, where all receive what is necessary to live according to the dignity proper to the human person and where justice is enlivened by love.

Dear brothers and sisters, Lent culminates in the Paschal Triduum, in which this year, too, we shall celebrate divine justice – the fullness of charity, gift, salvation. May this penitential season be for every Christian a time of authentic conversion and intense knowledge of the mystery of Christ, who came to fulfill every justice.

Adult Faith Formation

"LORD, TEACH US TO PRAY": A REVIEW OF THE LORD'S PRAYER (A Lenten Bible Study) Tuesdays, February 23, March 2, 9, 16 & 23, 1:00-3:00 PM or 7:00-9:00 PM, Cathedral Place, second floor. Join us as we reflect upon the rich teachings and insights of the Catholic Church, as articulated in the Catechism, on this great prayer that Jesus gave us. No Bible experience needed! *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

A LENTEN RETREAT FOR THOSE WHO ENTERED THE CHURCH THROUGH RCIA At your baptism or reception into the Church you were called to become part of this Catholic faith community. Now, it is months, years, perhaps decades later. What does being a baptized Catholic mean now? Join others on Saturday, March 13 from 9:30-12:30 at Cathedral Place, fourth floor for a special time of prayer, faith sharing, and fellowship with others. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

Musical Prayer during Lent

TENEBRAE Wednesday, March 30, 7:30 PM. The Cathedral Men's Chant Choir with Margriet Tindemans, viola da gamba; Rebekah Gilmore, Ann Glusker. Lisa Cardwell Pontén, Linda Strandberg, and Stacey Sunde, sopranos. Music by Couperin, Charpentier, and Allegri's Miserere, James Savage, conductor. *Free-will offering.*



FIVE CENTURIES OF SACRED MUSIC FROM FRANCE Friday, March 5, 2010 8:15pm; Saturday, March 6, 2010 8:00pm. Seattle Pro Musica, a Cathedral Resident Ensemble, performs Frank Martin's *Mass for Double Choir*. Also including the beautiful choral works of Poulenc, Vilette, Dufay, and other French composers. Karen P. Thomas, Director, *Information* 206-781-2766 or visit www.seattlepromusica.org.

SACRED CHORAL MUSIC FOR LENT Saturday, March 13, 2010 8:00pm St. James Resident Ensemble Opus 7 Vocal Ensemble; Loren Pontén, Founder and Musical Director. *Information* 206-782-2899 or visit www.opus7.org.

STABAT MATER Saturday, March 20, 2010 8:00pm Choral Arts, a Cathedral Resident Ensemble, presents Frank Ferko's Stabat Mater. This mystical setting of the ancient Stabat Mater text is combined with compelling interpolations that bridge the work to our own time. Soprano Juliana Rambaldi joins Choral Arts for an evening that promises to be an unforgettably moving and dramatic collaboration of text and music. *Information* 1-800-404-2269 or visit www.choral-arts.org.

Catholics Come Home

January 2010

What is Catholics Come Home?

Catholics Come Home is an independent, non-profit Catholic organization, which utilizes mass media, especially television and the internet, to reach non-practicing Catholics. CCH has created a series of television and internet ads that provide a glimpse into the depths of our faith and the beauty of Catholic tradition, and hopefully will inspire non-practicing Catholics (and others) to come back to church. The ads have had a great impact in other cities where they have been aired, including Phoenix and Corpus Christi. These ads will appear on our local television stations beginning on Ash Wednesday and continuing through the season of Lent.



Who is Catholics Come Home for?

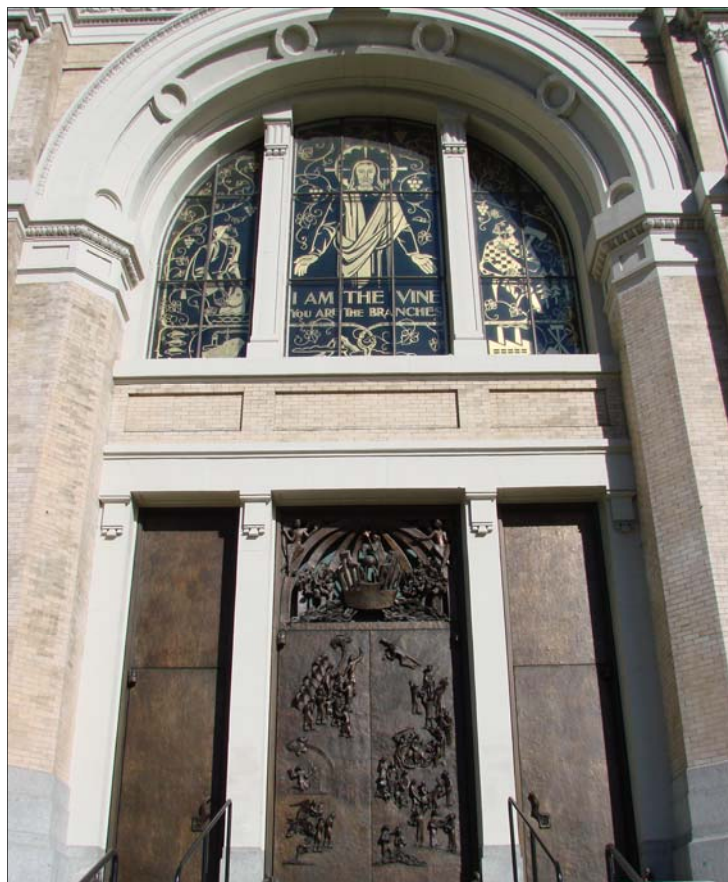
Recent studies have revealed an astonishing statistic: 1 in 10 American adults is a former Catholic. Of these, the vast majority (more than 70%) report that they didn't make a conscious decision to leave the Church; they just drifted away. Catholics Come Home is an invitation to those who were "raised" Catholic but are no longer practicing, as well as to those who are not Catholic but are considering becoming part of the Church.

What can I do?

It is important that the Church use all available media to spread the good news. (It's often been said that if St. Paul were alive today he would surely be using the internet to preach the Gospel!) But while the ads may touch hearts, no media campaign can, on its own, work a lasting transformation. For that, our help is needed!

All the faithful are called to be "ambassadors for Christ" (2 Corinthians 5:20). This does not mean we go through the neighborhood knocking on doors, or talking about the faith to everyone we encounter. But it does mean being willing to help the Spirit, when the Spirit moves. As St. Peter said, "Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence" (1 Peter 3: 15-16). Here are some possibilities:

- Learn your faith. Be able to answer basic questions about what we believe. Be willing to share what your Catholic faith and your parish community mean in your life.
- On Ash Wednesday, keep your ashes on and see what happens. Be willing to enter into conversation with people who ask you about them.



- Think of the people at work or in your family who have expressed an interest in the Catholic Church. This Lent, invite them to come with you to Mass, with no strings attached. They could come with you on Sunday or even on a weekday.
- Be a welcoming presence at Mass. Say "hello" to someone whom you've never greeted before. Come to coffee hour and join a conversation.

Opportunities to Serve

This Lent, consider volunteering for one of our ministries of hospitality. Ushers are one important ministry of hospitality. Ushers are especially needed at the 8:00am and Noon Masses. This Lent, we are also starting a new ministry of welcome in Cathedral Hall at the morning coffee hours. Parishioners are needed to answer basic questions and welcome newcomers and visitors to the parish. *For information or to volunteer*, contact Corinna Laughlin, 206-622-3559 ext. 3996 or email claughlin@stjames-cathedral.org.

“Lord, teach us to pray”

A review of the Lord’s Prayer



Tuesdays of Lent, 1:00-3:00pm & 7:00-9:00pm
Cathedral Place, Second Floor

Join us as we reflect upon the rich teachings and insights of the Catholic Church, as articulated in the Catechism, on this great prayer that Jesus gave us.

- February 23** Introduction, “Our Father, Who art in heaven...”
March 2 The First Three Petitions: “Thy name...Thy kingdom...Thy will...”
March 9 The Fourth and Fifth Petitions: “Give us...Forgive us...”
March 16 The Sixth and Seventh Petitions: “Lead us not... Deliver us...”
March 23 The Final Doxology

Information, Helen Oesterle, 206-382-4514 hoesterle@stjames-cathedral.org

www.stjames-cathedral.org



Day of Reconciliation

Saturday, March 20, 2010
10:00am—5:00pm

On Saturday, March 20, a DAY OF RECONCILIATION will be offered in the Cathedral. Priest confessors will be available throughout the day, from 10:00am until 5:00pm. Archbishop Brunett, the Auxiliary Bishops, and many priests from across the Archdiocese will participate in the Day of Reconciliation. You are invited to make a pilgrimage to the Cathedral on this day to celebrate the sacrament of reconciliation. There will be a short call to prayer at the beginning of each hour, with music and scripture.

The celebration of the Sacrament of Reconciliation is an important part of our Lenten observance. There is no better way to prepare for the celebration of the Resurrection of the Lord at Easter than by this sacrament, “which brings about a true spiritual resurrection, restoration of the dignity and blessings of the life of the children of God” (Catechism 1468). It has long been the custom in the Church to confess our sins before Easter. This will be the ideal time to do so.