



ST. JAMES CATHEDRAL
The Third Sunday of Lent
March 15, 2020

ORDER OF CELEBRATION FOR

The Third Sunday of Lent

THE FIRST SCRUTINY OF THE ELECT (10:00am)

INTROIT

Oculi mei
adapt. Stratman



I will pour clean wa - ter u - pon you.

GREETING

PENITENTIAL ACT

chant, Vatican XVII

Priest Have mercy on us, O Lord.
ALL **For we have sinned against you.**
Priest Show us, O Lord, your mercy.
ALL **And grant us your salvation.**



R. 1, 3, 4 Lord, have mer - cy.
R. 2 Christ, have mer - cy.

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

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Exodus 17:3-7

PSALM RESPONSE

Psalm 95
Proulx



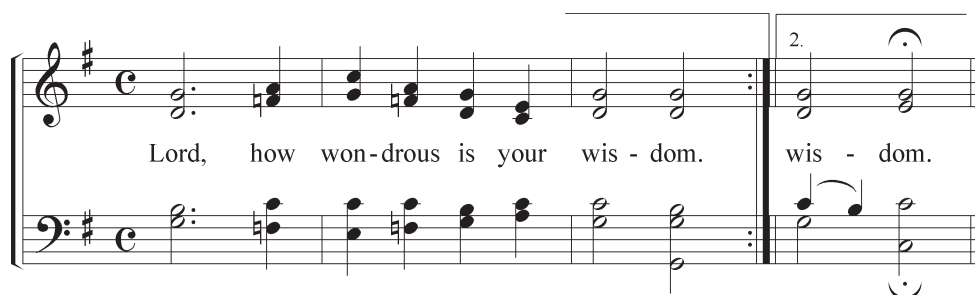
If to-day you hear God's voice, O har-den not your hearts.

SECOND READING

Romans 5:1-2, 5-8

TRACT

Stratman



Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

John 4:5-42

HOMILY

Father Michael B. Raschko

PROFESSION OF FAITH (except at 10) *This Lent, we pray the Apostles' Creed.*

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;

he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

First Scrutiny of the Elect (10:00am)

INTERCESSIONS

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

At noon you came to Jacob's well
chant

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Stratman

Choir "I give them life long and full,
ALL and I show them my power to save," says the Lord.

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

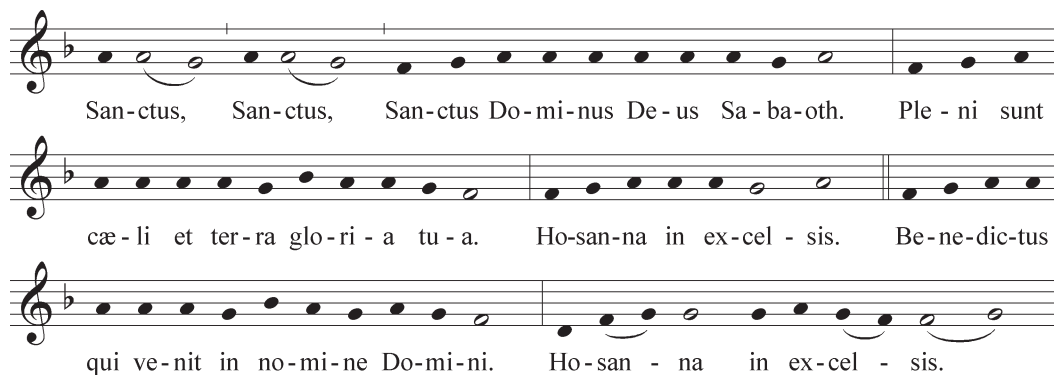
Psalm 51: *Schaffe in mir, Gott* (Part I)

Create in me a clean heart, O God; and renew a right spirit within me.
Cast me not away from your presence; and take not your Holy Spirit from me. (Ps. 51:11-12)

Brahms

SANCTUS

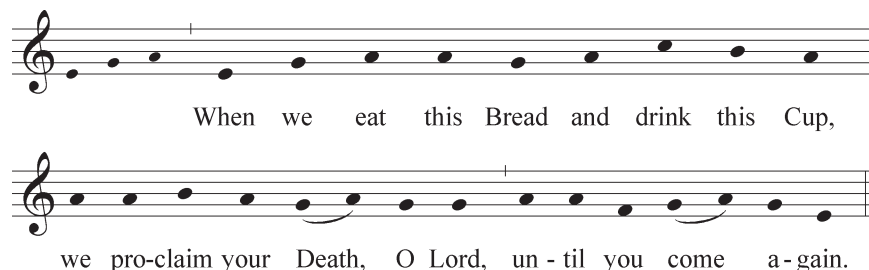
Missa Deus genitor alme
Vatican XVIII



San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

MYSTERY OF FAITH

Roman Missal



When we eat this Bread and drink this Cup,
we pro-claim your Death, O Lord, un-til you come a-gain.

AMEN

Christus vincit



The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

Qui biberit aquam

Mode VII

Whoever drinks the water that I shall offer, said the Lord to the Samaritan woman,
shall have a spring of water within, welling up to eternal life.

(10:00am)

Psalm 51: *Schaffe in mir, Gott* (Part II)

Restore unto me the joy of thy salvation; and uphold me with thy free Spirit. (Ps. 51:13)

Brahms

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

I heard the voice of Jesus say

KINGSFOLD



PROCESSION

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE Reverend David A. Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)
Brenda Bellamy, Children's Faith Formation (206-274-3108)
Rosanne Michaels, Faith Formation (206-654-4658)
Julianna Castro, Baptism Coordinator (206-619-0816)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)
John Marquez, Julie Sharples, Peter Burns, sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist
Samuel Libra, Associate Cathedral Organist
Stacey Sunde, Director of Youth Music
Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515); Luke Henkel (206-382-4235)
Cathedral Kitchen: Teddi Callahan (Director), John Givins,
Mick McHugh, Ray Cisneros (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director
Patrick Suhrbier, Immigrant Legal Services; Sayuko Setvik, Tutoring
Coordinator; Caroline Okello, Community Activation Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY

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

PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)
Micki-Jo Palmer, Executive Assistant for Finance (206-654-4650)
Margaret Lynch, Wedding Office (206-382-4288)
Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)
Alan Frasher, Melina McCombs, Gebregziabher Abay, Lino Nillas

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8 - 10 - 12 & 5:30 pm
Weekdays 8:15 & 5:30 pm
Saturdays 8:15 & "Vigil" 5:30 pm

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Julianna Castro for information, 206-619-0816.

RECONCILIATION Saturdays, 4:00 - 5:00 pm. A communal celebration of the Sacrament of Reconciliation is celebrated four times yearly in preparation for Christmas and Easter.

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

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

FUNERALS for parishioners, contact Suzanne Lee, 206-654-4640.

CONTEMPLATIVE ECUMENICAL PRAYER, First Fridays, 6:30 pm

TOURS of the CATHEDRAL Wednesdays at 1:00 pm. Groups of 4 or more may arrange a tour by calling Corinna Laughlin, 206-264-2086.

CATHEDRAL BOOKSTORE Open 11:00 am to 3:00 pm weekdays, after Masses on weekends. Call 206-382-4500 for information

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org

WELCOME, VISITORS! *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. For more information about the parish, to register, or to ask a question, visit our **Sunday Help Desk** at Coffee Hour. A Cathedral staff person will be on hand to assist you. Be sure to stop by the **Cathedral Bookstore** after Mass for a wide selection of Cathedral souvenirs as well as Catholic books and gifts.*

FOR YOUR SAFETY At each of the weekend Masses a Seattle police officer or uniformed security guard is present on the Cathedral campus.

The Third Sunday of Lent March 15, 2020

ON THE COVER *Water and Fire*. Detail of the central East Apse stained glass window, St. James Cathedral. Hans Gottfried von Stockhausen, artist.

RESPONDING TO THE THREAT OF THE CORONAVIRUS

In response to the outbreak of Coronavirus in King County, Archbishop Etienne has asked all Catholics in the Archdiocese to observe the following:

- If you are sick or feel you are getting sick, stay at home and do NOT attend Mass. Missing Mass due to illness is not sinful; it is prudent and shows care for your brothers and sisters.
- Please note that the CDC encourages older adults (60+) and those with chronic illnesses to stay at home as much as possible.
- During Mass, at the Sign of Peace, simply say, "Peace be with you," instead of offering your hand.
- During Communion, the Eucharist will only be offered in the hand, not on the tongue. Additionally, we will refrain from offering the Precious Blood from the chalice at this time.
- You will notice that we have drained the holy water in the church, until further notice. Please simply bless yourself with the sign of the cross as you enter and exit the church.

EVENT CANCELLATIONS/POSTPONEMENTS The following events have been canceled in observance of recommendations about limiting non-essential gatherings:

- Youth Confirmation Retreat 3/14-15
- Youth Music Program through 3/23
- Youth Ministry activities through 3/23
- New Heart, New Spirit Lenten Series, 3/16, 3/23
- Matt Talbot St. Patrick's Day Dinner, 3/15
- Ecology Fair, 3/29
- Choir of St. John's College, Cambridge, 3/29

Please check the Cathedral website for up-to-date information about events at the Cathedral, as the situation is changing from day to day!

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we pray for the parishes of St. Joseph in Chehalis, Vancouver, Pe Ell, Ferndale, Issaquah, Elma, and Sequim.*

CATHEDRAL BLOOD DRIVE WEDNESDAY MARCH 18

Sign up at Coffee Hours after Masses or call Bloodworks NW, 800-398-7888, ext. 1 (mention St. James). The Pacific Northwest's blood supply is at risk of collapse in coming days. The accelerating number of blood drive cancellations due to the closure of schools, businesses, and events over coronavirus concerns has put nearly 60% of the community's blood supply in jeopardy. Without available blood, doctors will have to make life or death decisions about who receives blood and who doesn't. Donors are needed to prevent a threat to our area's blood supply. Donating blood is a safe activity. Individuals are not at risk of contracting coronavirus through the blood donation process. Bloodworks policies comply with FDA, CDC, local health departments, and other recommendations related to COVID-19. Bloodworks routinely sanitizes donation areas, chairs, surfaces and common objects like door knobs and light switches, and uses hand sanitizer. Staff, donors, and volunteers are encouraged to stay home if they feel unwell. It takes 1,000 blood donors every day to keep our community's blood supply at stable levels. Bloodworks has posted information addressing questions and concerns for blood donors at www.bloodworksnw.org/coronavirus

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Elect. Please pray for those to be baptized at the Easter Vigil: Alex Bratt ▪ Lisa Finch ▪ Christine Fogel ▪ Brian Igleheart ▪ Marcos Olazabal ▪ Linda Ta ▪ Obed Torres ▪ Allie Vincent ▪ And for our youth elect: Samuel Sproule ▪ Brielle Oh ▪ Joella Oh. Visit the Cathedral website to watch a short video introducing our Elect to you. Please pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support.

WAY OF THE CROSS FOR REFUGEES AND IMMIGRANTS

The Stations of the Cross are a useful reminder to remember not only the passion of Jesus, but also how the Way of the Cross continues today in those who are oppressed and crucified, including refugees and immigrants. Join St. James Immigrant Assistance on Wednesday, March 25, for the Way of the Cross in support of refugees and immigrants, at St. James Cathedral. Stations will begin about 6:00pm, immediately following the 5:30 Mass. *Information*, Caroline Okello at cokello@stjames-cathedral.org or 206-382-4511.

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

CRS RICE BOWL: MEET YVONE Yvone is from Kenya. She learned proper nutrition and hygiene practices to help keep her healthy and in school. Yvone now has a chance to dream and the strength to follow those dreams. How can you ensure that young people in your community receive proper nutrition? Visit crsricebowl.org for more.

YOUTH MINISTRY

Out of an abundance of caution, all Youth Ministry activities have been suspended through March 23. Keep an eye on the bulletin for updates!

WINTER SHELTER NEEDS Please consider donating the following items in support of the St. James Winter Shelter serving men over 50 years old. Donations can be brought to Sunday Coffee Hour or delivered to the Parish Office. Thank you! Items needed: men's spray deodorant, men's shaving cream, travel tissues, and cough drops.

NEW DATE: DE-ESCALATION & PERSONAL SAFETY THROUGH A TRAUMA-INFORMED LENS Tuesday, April 21, 6:30pm—8:30pm, Pastoral Outreach Center. Martin Reinsel, MA, LMHC shares his vast clinical experience to help you learn de-escalation skills, and how to engage with challenging behaviors, exceptional situations and unusual circumstances. *Information and registration*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

THE SPIRITUALITY OF RELATIONSHIPS: CARE FOR YOURSELF WHILE YOU CARE FOR OTHERS May 9, Pastoral Outreach Center, 9am—4. Discover how our relationship with God impacts our relationship with others. Reflect in a peaceful, quiet setting and explore how to transform and heal relationships with others. Presented by Joe Stevens, long time facilitator of NAMI's Spirituality Support Group for Those Living with Mental Illness and member of NAMI National Hall of Fame. Limited capacity. *Registration*, Nancy Granger 206-382-4269, ngranger@stjames-cathedral.org

CARE FOR CREATION TIP Are you experiencing anxiety, stress, or feelings of hopelessness about our changing environment and planet? Take action in a meaningful way and join a team that is making positive change, not climate change. St. James' Care for Creation Committee is working on the Earth Day 2020 Covenant, a promise to move our community towards sustainability for ourselves and the planet. We base our work on the principles of *Laudato Si'*, Pope Francis' environmental encyclical which calls all of us to conversion and action. Come join us on the first Wednesday of the month at 6:30pm, in the Pastoral Outreach Center.

CENSUS 2020—BE COUNTED! Every 10 years the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets. They also redraw the boundaries of the congressional and state legislative districts to account for population shifts. A full, accurate count lays the foundation for a healthy democracy and communities where families thrive and flourish. Be counted and make sure you are well represented. Look for your invitation to respond to the census on or between March 12 and 20. New this year is an online form. Your invitation postcard will have the code you need to fill out the form.

"Stuff the Truck" to Help Our Neighbors in Need!



**St Vincent de Paul donation truck
in O'Dea High School parking lot
on Sunday, March 15, 2020
7:30am to 1:30pm**

Clean your closets & de-clutter your living space! Then bring your gently used (resellable) items to our truck. Your treasures will be sold through local St Vincent de Paul ("SVdP") thrift stores, with proceeds used to support SVdP activities in King County, all benefiting our neighbors in need.

Our #1 need is always clothing: For men, women, children & babies ... including jackets & shoes.

Other items that sell well in our stores: Books, CDs, DVDs, bedding, lamps, kitchen items (pots & pans, silverware, dishes, etc.) and other household goods. Framed artwork. TVs, radios & DVD players in good working condition. Sports gear.


Sorry, but our truck canNOT accept: Furniture, carpets, large appliances, toilets, car parts, hot water tanks, construction materials, paint or anything torn, ripped, stained or hazardous.

Accepted items are eligible for tax deduction.



Thank you for your generous support!

*For more information about this event,
contact event chair Ken Goddard, 206-981-7185.*



Adult Confirmation at St. James Cathedral

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

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

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

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

www.stjames-cathedral.org

Welcome Back

A CATHEDRAL PROGRAM FOR NON-PRACTICING CATHOLICS

*Come back to the Lord with all your heart!
God is gracious and compassionate,
slow to anger, rich in faithful love. Joel 2*



Have you drifted away from your Catholic faith? Are you disillusioned by what you hear about your Church? Do you desire a life filled with faith?

St. James Cathedral offers a ten-week “Welcome Back” program for Catholics out of touch with a Church that once may have been home. 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 become an active part of this faith community.

The spring session begins Monday, April 20, 2020, and continues Mondays through June. Sessions are held 7:00–9:00pm in Cathedral Place, 803 Terry Avenue.

For more information, without any obligation, contact Rosanne Michaels at 206-654-4658 or rmichaels@stjames-cathedral.org.