



ST. JAMES CATHEDRAL
The First Sunday of Lent
March 10, 2019

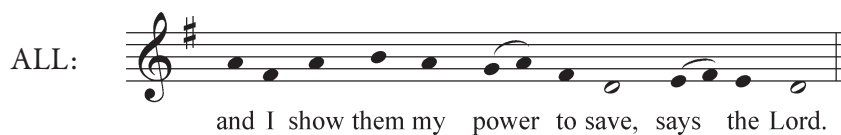
ORDER OF CELEBRATION FOR

The First Sunday of Lent

INTROIT

Psalm 91: *Qui habitat*
adapt. Stratman

Cantor I give them life long and full,



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.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

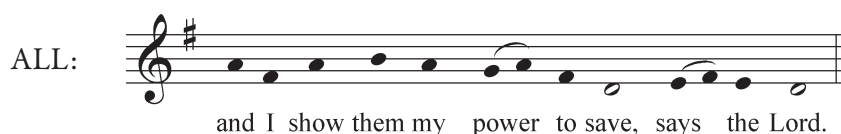
FIRST READING

Deuteronomy 26:4-10

PSALM RESPONSE

Psalm 91

Cantor I give them life long and full,

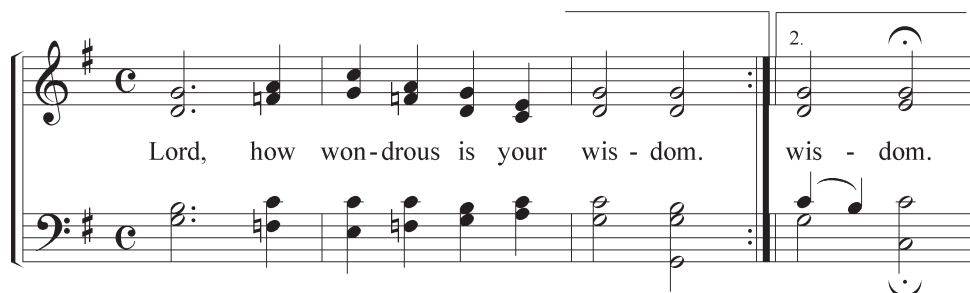


SECOND READING

Romans 10:8-13

TRACT

Stratman



GOSPEL

Luke 4:1-13

HOMILY

Father Thomas Lucas, SJ

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

PROFESSION OF FAITH *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.

PRAYER OF THE FAITHFUL

Litany of Saints



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

He will give his angels charge over you, to keep you in all your ways.
Psalm 91:11

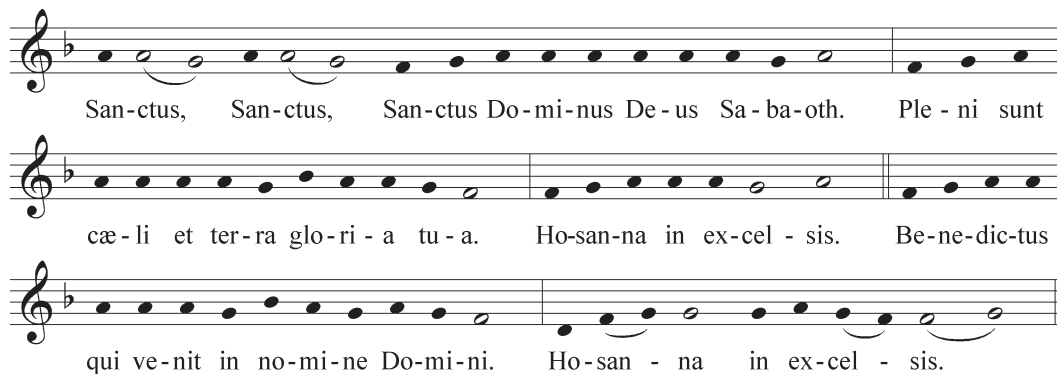
Denn er hat seinen Engeln

Mendelssohn

SANCTUS

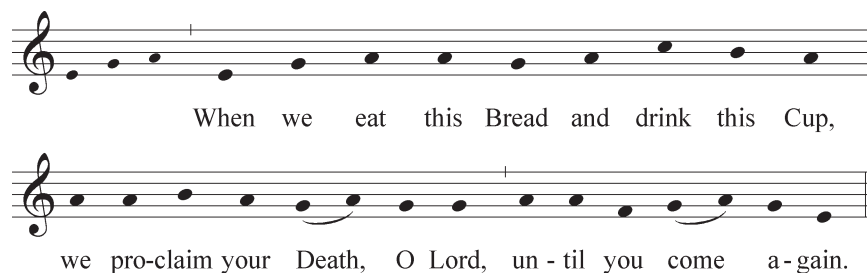
Missa Deus genitor alme

Vatican XVIII



MYSTERY OF FAITH

Roman Missal



AMEN

Christus vincit

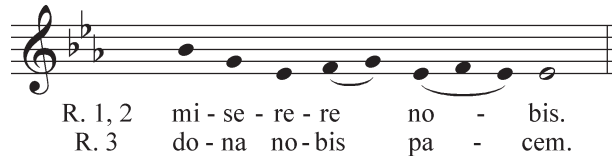


The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

Scapulis suis

Mode III

He will overshadow you with his pinions, and you will find refuge under his wings.
His faithfulness will encompass you with a shield.

(10:00am)

Psalm 51: *Miserere mei, Dei*

Have mercy on me, God, in your kindness. In your compassion blot out my offense.
O wash me more and more from my guilt and cleanse me from my sin.

Allegr

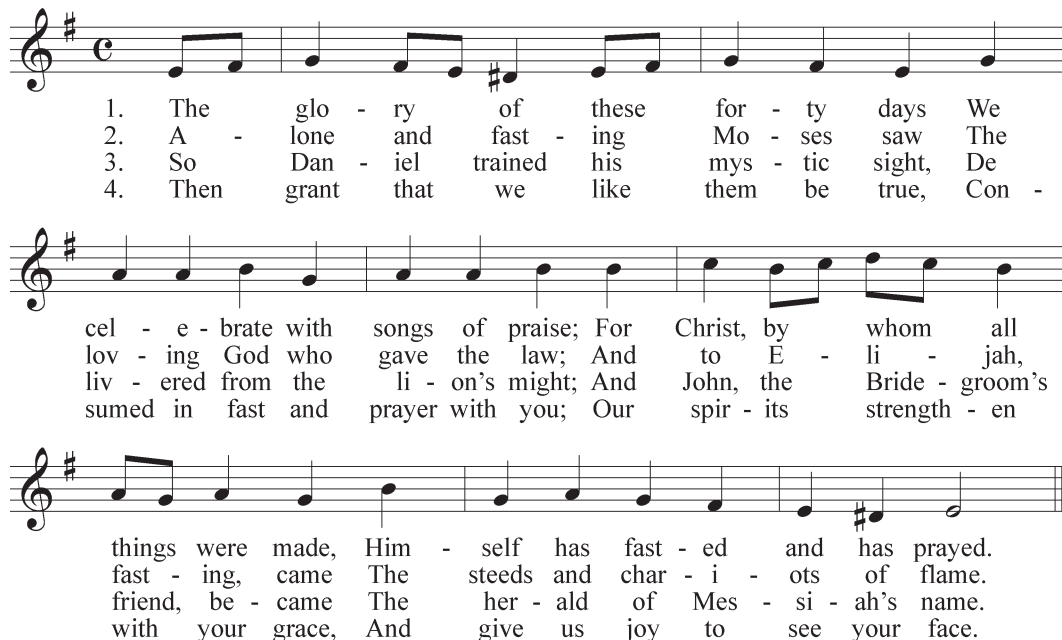
Upon returning to your place after Holy Communion, please kneel or be seated.

Low-gluten hosts are distributed at the credence table near the presider's chair.

HYMN OF PRAISE

The glory of these forty days

ERHALT UNS HERR



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 Reverend David A. Brant; Reverend Bryan Hersey

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, Stephen Pace, sacristans (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)

Jamerika Haynes, Hospitality and Administrative Support

Dylan Hogan, Hospitality and Administrative Support (206-382-4235)

Cathedral Kitchen: Teddi Callahan (Director), Carol DeMatteis,

John Givins, 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 and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

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

Jane Mueller, Receptionist (206-622-3559)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)

Alan Frasher, Melina McCombs, Abraham Merutse, Steve Raab

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 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.

ANOIDING 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 is present on the Cathedral campus.

ON THE COVER "The Lord brought us out of Egypt with his strong hand and outstretched arm." *Moses leads the people of Israel through the Red Sea.* Detail of the Central East Apse window, Hans Gottfried von Stockhausen, artist.

FIND OUT MORE ABOUT BECOMING CATHOLIC
Are you, a family member, or a friend interested in learning more about the Catholic Church? Come and see! You're invited to a no-strings-attached gathering to ask questions and find out more on Wednesday, March 13 at 7:00pm in the Fireside Room (lower level of the Pastoral Outreach Center at 907 Columbia Street). All are welcome; no RSVP needed. *My soul is thirsting for God, the God of my life; when can I enter and see the face of God?* (Psalm 42)

SCHOLARSHIPS AVAILABLE FOR CATHOLIC SCHOOLS
St. James has SIX Catholic elementary schools in Seattle: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family Bilingual. These schools provide in-parish tuition rates for registered St. James parishioners. We also support FOUR Catholic high schools (O'Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic) through the Simperman Scholar program. Please contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org for requirements and an application packet for the 2019-2020 school year. *Completed applications and all requirements must be submitted by April 30, 2019.*

THE CATHEDRAL KITCHEN IS IN NEED OF MORE VOLUNTEERS on Thursday and Fridays. The shifts are between 2:00-6:00pm. *Information*, Teddi Callahan, 206-264-2091 or tcallahan@stjames-cathedral.org.

A WEEKLY TIP ON CARING FOR OUR COMMON HOME
May our Lent this year be a journey... bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (Rom 8:21). *Taken from Pope Francis' 2019 Message for Lent*

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 Seattle, Tacoma, and Lynden and St. Joseph Mission in Kalama.*

THE ST. JAMES WINTER SHELTER is open for 7 more weeks before taking its summer break. There are currently openings for volunteers to stay overnight on the 1st or 2nd Sundays of the month. This might be an ideal way for retired parishioners to be involved in concrete ways to serve our homeless guests, who are men, aged 50 and older. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org. The Winter Shelter is also in need of large cans of men's spray deodorant. Donations can be brought to Sunday Coffee Hour, the Parish Office, or be shipped.

UW GRADUATE ORGAN RECITAL Tuesday, March 12 at 7:30pm, Samuel Libra, Associate Cathedral Organist of St. James Cathedral and doctoral student at the UW School of Music, presents a free recital of music inspired by J. S. Bach. Eminent French composer and teacher Charles-Marie Widor once called Bach "the father of us all," and his music inspired organists to emulate and parody him for generations. Various devotees from Bach's own student, J. L. Krebs, to trail-blazing Franz Liszt are represented alongside music of Vivaldi, so admired by Bach that he transcribed it for organ. No passes required for this concert.

MASS FOR PEACE IN IRELAND AND AROUND THE WORLD You are welcome to join in this special Mass, part of the annual celebration of St. Patrick's Day, on Friday, March 15, at 10:00am at St. Patrick's Catholic Church, 2702 Broadway East. Father William Treacy, a pioneer of interfaith works in the Pacific Northwest and a native of Ireland who has served in the Archdiocese of Seattle for over 70 years, is presider and homilist. All are welcome.

YOUNG ADULT THIRD SUNDAY SOCIAL Sunday, March 17, 6:30pm-8:00pm. Join us for our monthly social in the Rectory Parlors. The parlors are near the entrance to the bookstore. *Information*, Curtis Leighton, cleighton@stjames-cathedral.org or call 206-264-2082.

OPUS 7 & JUBILATE! CONCERT Saturday, March 23 at 8:00pm. Featuring Tigran Mansurian's dramatic *Requiem* for choir and chamber string orchestra by Armenia's greatest composer, dedicated to the memory of the victims of the Armenian Genocide that occurred in Turkey from 1915 to 1917. Also on the program is Bern Herbolzheimer's *Stabat Mater* and John Muehleisen's *The King of Glory* with special guest Jubilate! Young Women's Ensemble. Pre-concert talk at 7:00pm on the second floor of Cathedral Place (803 Terry Avenue). *Information and reserved passes*, 206-782-2899 or www.opus7.org; pay-as-able parishioner passes, 206-382-4874 or musicooffice@stjames-cathedral.org.

YOUTH MINISTRY

YOUTH BOWLING PARTY TONIGHT Join us for a Youth Night outing to West Seattle Bowl on Sunday, March 10. We'll leave from the Outreach Center at 6:30pm sharp. RSVP to Curtis at cleighton@stjames-cathedral.org. *Note: this will take the place of regularly scheduled Youth Night.*

NO YOUTH NIGHT NEXT SUNDAY. There will be no Youth Night next Sunday, March 17.

ST VINCENT DE PAUL THANKS YOU We visited a woman in her early 60s who walks with a cane and needs hip replacement surgery but cleans houses to supplement her \$700 monthly disability income. She also helps care for her mom, who is nearly 100 years old. Recently she lost at least two of her best clients. At almost the same time, her rent went up \$100 a month, an increase of more than 10%. We helped pay the rent to keep her housed as she looks for a more affordable apartment. Your support makes our financial help possible – thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com.

JOIN THE IMMIGRATION CHAMPIONS In collaboration with a neighbor church, we are organizing a team to participate in the need for a strong public show of support for a family in sanctuary sometime soon. This will likely take the form of a vigil at the USCIS building in Tukwila. We won't know when—neither date nor time—until shortly before the event and it will be on a weekday. *Information*, Caroline Okello, cokello@stjames-cathedral.org or 206-382-4511.

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Be sure to follow the Cathedral on social media for up-to-date information about ongoing events in the life of the Cathedral! On Instagram: [@stjamescathedral](https://www.instagram.com/stjamescathedral). On Facebook and Twitter: [@stjamesseattle](https://www.facebook.com/stjamesseattle). Did you know the Cathedral has a podcast? Father Ryan's homilies are available on iTunes. Just search "St. James Cathedral, Seattle" on Apple podcasts. And of course, you can always visit the Cathedral website at www.stjames-cathedral.org.

Sacred Steps

SACRAMENTAL MOMENTS AT ST. JAMES

REST IN PEACE Please pray for the repose of the souls of *Margaret Callahan, Paul Friedrich, and Lucille Sheridan.*



Cathedral Bookstore

Open weekdays 11am-3pm and after each of the weekend Masses

Stop by the Cathedral Bookstore for gifts including medals and rosaries, children's books, and hundreds of books on spirituality, history, theology, and much more! In addition, there are great Cathedral souvenirs, including rosaries, notecards, postcards, snow globes, keyrings, as well as books exploring Cathedral art and history.

Information, Maria Laughlin, mlaughlin@stjames-cathedral.org

YOUNG ADULT WOMEN'S PURSE DRIVE To celebrate Women's History Month during March, the young adult women's group will be hosting a purse drive for the Jubilee Women's Center. This organization helps women experiencing poverty with education, job skills, housing, and clothing. Purses are the least donated yet most highly sought item in their boutique. If you would like to donate a gently used or new purse, please drop it off at Coffee Hour on Sundays or the parish office during the week. *Information*, Jamerika Haynes, jhaynes@stjames-cathedral.org or 206-382-4235.

LGBT CATHOLICS ARE WELCOMED to a ministry based in spirituality, community-building, and service. We meet on the 2nd and 4th Tuesdays at St. Mary's Father Tony Haycock Parish Center, 2021 S. Weller St., 7-9 pm. The next gathering is Tuesday, March 12. Come celebrate your unique spiritual gifts (Eph 4:11) in an affirming community, with prayer, art, story-sharing, lectio divina, education, and service. *Information*, lgbtq.welcoming.ministry@gmail.com.

ROSARY All are welcome to join with a group of parishioners who pray the rosary together in the Chapel, Monday through Saturday at 7:40am.

THE ARCHDIOCESE OF SEATTLE urges anyone who suspects abuse by any Church personnel to contact local law enforcement. In addition, anyone who has knowledge of sexual abuse or misconduct by a member of the clergy, an employee or volunteer of the Archdiocese of Seattle is urged to call the archdiocesan hotline at 1-800-446-7762.

BAPTISM OF INFANTS & YOUNG CHILDREN (under the age of 7) is celebrated monthly at one of the weekend Masses. To prepare for this most important sacrament, parents and godparents participate in a series of classes to update their understanding of baptism, to reflect on their responsibility to guide their children in the practice of the faith, and to learn about the many ways our parish supports families. Please allow at least two months for preparation. *Information*, Julianna Castro, jcastro@stjames-cathedral.org, 206-619-0816.

ARE YOU A REGISTERED PARISHIONER AT ST. JAMES? Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the Cathedral (including offering envelopes!). Registration cards can be found in the vestibule and at the welcome table in Cathedral Hall. You can also register online at www.stjames-cathedral.org.

OPENING WIDER OUR HEARTS – SAVE THE DATE! The 12th Annual Catholic African Connections Conference will be held Saturday, April 13 at St. Thomas More in Lynnwood. Join us for an African Mass, keynote speaker, morning and afternoon breakout sessions. This free event is open to all who are involved with, or thinking about, a partnership beyond our borders, particularly in Africa. *Information*: Tammi Murray, CatholicAfricanConnections@gmail.com or 360-990-0900.

Mental Health & Wellness Ministry

OCD SEATTLE is a free adult, drop-in peer support group providing information, education and support for Anxiety and Obsessive Compulsive Disorders and Hoarding Disorder. Attend Presentations by Carol Lundemo, OCD therapist and specialist and Jackie Randall, clinical psychologist and owner of Northwest CBT. Saturday, March 16, 10:00am–Noon at Swedish Medical Center, 747 Broadway, Seattle, Room B1, across from Cafeteria on B Level.

HOW TO SET ACHIEVABLE HEALTH, WELLNESS & SPIRITUAL GOALS FOR LENT AND BEYOND

Are you considering “giving up” something for Lent? Have your New Year's resolutions become a distant memory? Do setting personal goals too often leave you with feelings of disappointment? Learn how to set achievable goals from a place of plenty rather than lack, and the distinction between value and behavior. Presenter, David Teachout is a licensed mental health counselor who has studied theology and psychology and is a group facilitator and coach. Sunday, March 10, Pastoral Outreach Center, 1:30-3:00 pm. Refreshments will be served

ST. LUKE PARISH IN SHORELINE OFFERS A MONTHLY SUPPORT GROUP, open to anyone experiencing mental illness and/or their family and friends. The goal is to ensure that no individual feels alone in his or her struggle. It is a safe non-judgmental environment to share your story, hear about others and break the silence that often surrounds mental illness. You will gain the experience of prayer, supportive relationships, discovering your inner strengths and learning how to identify local resources that can offer additional support if needed. The group is offered on the first Sunday of the month, April 7, and May 5. *Information*, Ana Short, 206-359-5283 or anashort@hotmail.com.

DROP -IN ART GROUP takes place on the 2nd and 4th Thursdays of the month from Noon–2:00 pm. *Information*, Nancy Granger, Parish Mental Health Nurse, 206-382-4269.

TAI CHI CLASSES are held on Fridays in the Pastoral Outreach Center 5-6 pm. All levels welcomed!

NEW TELEPHONE BASED CAREGIVERS SUPPORT GROUP Many of us who are caregivers of loved ones with Alzheimer's disease have little time in the day to attend a potentially very valuable support group. The Alzheimer's Association of America offers a telephone-based caregiver support group which will take place on Thursdays from 4-5 pm beginning April 11. The group provides caregivers a safe and confidential space to share their concerns and get support. Call AFA 866-232-8484 to register.

STRENGTHENING THE CHURCH AT HOME



Conditions in northern Alaska may be harsh, but the people who live there have a rich culture and a vibrant faith. The Diocese of Fairbanks serves several groups of Alaska Native people, including the Yup'ik, the Cup'ik, the Iñupiat, and the Athabascans. Serving these communities in an often cold and inhospitable environment requires priests and religious to board small aircraft, risk seasonal storms, and land on snowy remote runways. Many communities go weeks without a priest visiting, and only half have deacons.

But your support to the Catholic Home Missions Appeal (CHMA) makes possible the Native Ministry Training Program. The only preparatory program of its kind within hundreds of miles, it has remained a crucial

method for catechetical outreach since its inception in 1990. Sr. Ellen Callaghan directs the program and acts as a modern day “flying nun.” She flies, generally by bush planes, to reach 24 isolated Yup'ik villages to train catechists, eucharistic ministers, and other lay leaders who live in the villages. Once trained, these leaders help parents prepare their children for the sacraments, lead Sunday services, pray with the sick and dying, and lead funeral services.

Because of your generosity, these lay ministers serve their communities with grit and grace, taking responsibility for faith formation in their villages. By supporting the CHMA, you help hundreds of native people keep the Church thriving and full of life.

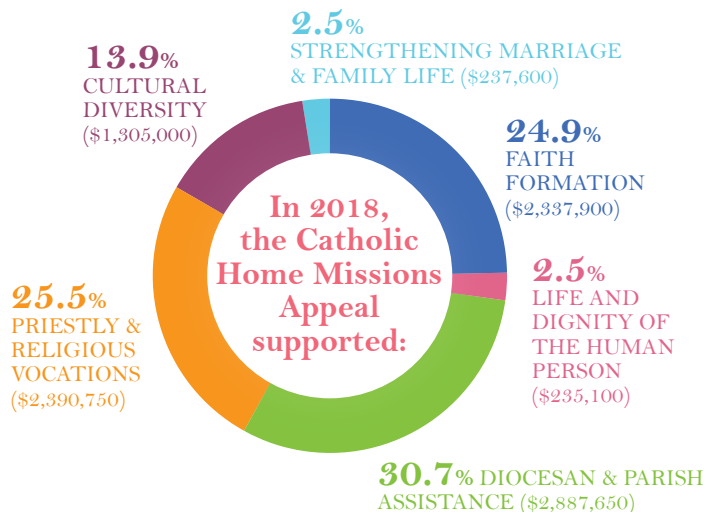
Support the CHMA, and strengthen the Church at home.

For more information about the Catholic Home Missions, visit www.usccb.org/home-missions.

What Is a Home Mission Diocese?

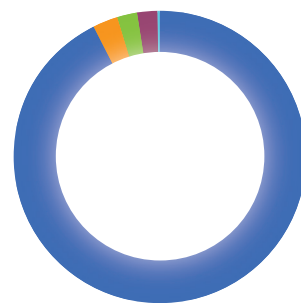
Home missions are those dioceses in the United States, its territories, and its former territories that cannot provide basic pastoral services to Catholics without outside help. Basic pastoral services include Mass and other sacraments, religious education, and ministry training for priests, deacons, religious sisters, and lay people. Right now, over 40% of dioceses are considered home missions.

Recent Distribution of Funding



• Grants and Donations:	\$9,741,419
• Promotions and Fundraising Expenses:	\$300,334
• Program Costs:	\$242,681
• Administrative Expenses:	\$239,357
• Allocations - Internal Grants	\$4,000

Total Expenses: \$10,527,791



CATHOLIC HOME MISSIONS APPEAL

OFFICE OF NATIONAL COLLECTIONS

3211 FOURTH STREET NE • WASHINGTON, DC 20017-1194

202-541-3400 • FAX 202-541-3460 • WWW.USCCB.ORG/NATIONALCOLLECTIONS



Lent 2019

at St. James Cathedral

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.



THE WAY OF THE CROSS is 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 April 5). The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault. *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.

ADORATION ON THURSDAY EVENINGS

On Thursday evenings (except for March 7 and April 11), a time of Exposition of the Blessed Sacrament will follow the 5:30pm evening Mass. It is a time for silent prayer in the presence of Christ. Stay for the whole prayer or drop in for a few minutes.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT

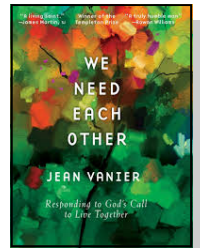
This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard each Saturday from 4:00 – 5:00pm. Our communal celebrations of the Sacrament of Penance will be Saturday, April 6 at 4:00pm and Monday, April 8 at 7:30pm.

FIRST FRIDAY On Friday, April 5, Exposition will begin following the 8:15am Mass and continue until 1:00pm, with Holy Hour at Noon, including the rosary and Liturgy of the Hours.

THE RICE BOWL is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.csricebowl.org.

WE NEED EACH OTHER This year, the whole parish is invited to read a book together for Lent. *We Need Each Other* by Jean Vanier is a collection of talks he gave in Kenya in 2008. Published last fall, this volume is Jean Vanier at his best, the perfect reading for the holy season of Lent. For all who would like to share in a discussion about the book, we'll gather for a simple supper and conversation on two Monday evenings during Lent. On the first evening, Monday, March 25, we'll discuss chapters 1-4 and the following week, April 1, chapters 5-7. Visit the website for details. The book is available in the Cathedral Bookstore or on your Kindle or e-reader.



CATHOLIC 101: THE HISTORY OF THE CHURCH IN WESTERN WASHINGTON Wednesday, March 27 at 7:00pm, Holy Names Room. Corinna Laughlin offers a whirlwind survey (and show and tell) of some of the men and women who have built up our local Church. This is a rare chance not only to learn about but to see some of the historical treasures of our local Church.

CHURCH REFORM: AN HISTORICAL PERSPECTIVE Thursday, April 4 at 7:00pm, Holy Names Room. As we face the current moment in the Catholic Church, we are reminded that the Church has faced times of great crisis and reform in the past. Father Pat Howell, SJ offers an historical overview of major reforms in the history of the Church and the lessons we can learn from the past to help us understand what is happening today.

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:

Jacob Flores, Katy Pereira, Averie Timoteo
who will be baptized at the Easter Vigil

Please also pray for:

Christina, Ciara, and Natalie Timoteo
who will be received into Full Communion

Please pick up a prayer card at the Place of Prayer in the south aisle and 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.



The following are some important moments in the journey of our Catechumens:

RITE OF ELECTION On Thursday, March 7, our catechumens celebrated the Rite of Election with Archbishop Sartain. At this special Rite, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. 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 at the 10:00am Mass on March 24, March 31, and April 7.

SATURDAY, APRIL 20, 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.

Choral Prayer during Lent

Saturday, March 23 at 8:00pm

The King of Glory

Jubilate! joins Opus 7 for NW composer John Muehlheisen's *The King of Glory*. This Lenten program features the dramatic *Requiem for choir and chamber string orchestra* by Armenian composer Tigran Mansurian. Pre-concert talk at 7:00pm on the second floor of Cathedral Place. *Information and reserved passes:* 206-782-2899 or www.opus7.org.



Saturday, April 6 at 8:00pm

The Tallis Scholars

Cappella Romana presents the world-renowned Tallis Scholars, directed by Peter Phillips, for an evening of soaring Renaissance music inspired by

the Sistine Chapel. The program includes Allegri's *Miserere mei Deus* and music by Palestrina, Josquin, Morales, and more. Pre-concert talk at 7:00pm on the second floor of Cathedral Place. *Information and reserved passes:* 503-236-8202 or www.cappellaromana.org.

Wednesday, April 17 at 7:30pm

The Office of Tenebræ

Each year during Holy Week, St. James Cathedral observes the office of Tenebræ ("shadows") in which the sufferings of Christ are foretold in the Lamentations of Jeremiah (setting by Thomas Tallis) and commemorated in the slow extinguishing of candles. The Very Reverend Michael G. Ryan, presider. *No passes required.*

MERCY MADNESS

Family Faith in Action at St James Cathedral

A year-long series
of fun, simple service opportunities
developed especially for families*

**Open to all families with at least one child and at least one adult*

Come for one or come for all!

Mar 16 Make sandwiches for the elders at
the St Martin de Porres shelter

Apr 13 Put together care packages for teachers
and members of the military

May 18 Plant, water and weed
in the Cathedral Kitchen Garden

Jun 5 Stay tuned!

Saturdays, 9:30am – 11:00am
Cathedral Hall, Columbia Street entrance

Please RSVP to | Brenda Bellamy | bbellamy@stjames-cathedral.org | (206) 274 - 3108



Artwork by Getrud Mueller Nelson



Cathedral Blood Drive

Monday, March 18, 2019
Holy Names Room, 907 Columbia St.
12:30pm to 6:30pm (closed 2:30–3:30)

The Perfect Lenten Gift

What could be a more personal, caring and meaningful gift than the gift of blood to someone in our community? 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 need 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 3/3, 3/10, or 3/17.
Or call 1-800-398-7888, ext. 1 to sign up or to find out more.

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

www.stjames-cathedral.org



WE WORK BETTER TOGETHER!

Archbishop Sartain invites you to

The annual Mass with our Community with Special Needs

Saturday, March 23 11:00 a.m. | St. James Cathedral, Seattle

Reception & Spring Dance

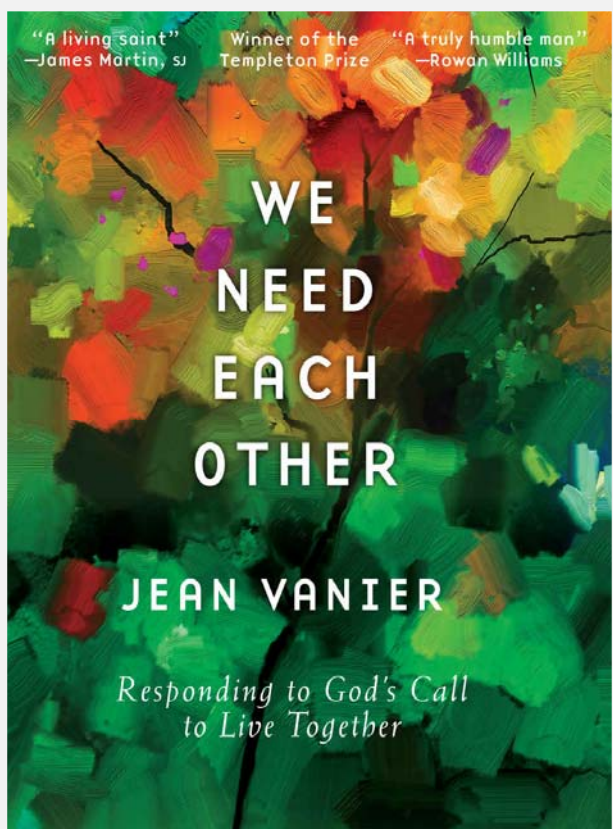
immediately following Mass at O'Dea High School, Seattle (concludes at 2 p.m.)



For more information contact Erica Cohen Moore

206-382-4852 | ericac@seattlearch.org

www.seattlearch.org/sn | facebook.com/seattlespecialneedsministry



**ALL-PARISH BOOK
FOR LENT**

*We Need
Each Other*

"Today we are living in a very stressed world. There is a lot of fear and even hatred for those who are different. Jesus came to preach peace and to break down the barriers that separate people. May this little book help each one of us become messengers of peace, of mercy, and of forgiveness."
Jean Vanier

This year, the whole parish is invited to read a book together for Lent. *We Need Each Other* by Jean Vanier is a collection of talks he gave in Kenya in 2008. Published last fall, this volume is Jean Vanier at his best, the perfect reading for the holy season of Lent.

For those who would like to share in a discussion about the book with others, we'll gather for a simple supper and discussion on two Monday evenings during Lent. On the first evening, we'll discuss chapters 1-4 and the following week, chapters 5-7. For those unable to join us for the group discussion, questions for reflection will be published in the bulletin.

Dinner and Discussion
Mondays, March 25 and April 1, 2019
7:00-9:00pm

Pastoral Outreach Center, 907 Columbia Street

All are welcome. **RSVP requested for the meals.**
We Need Each Other is available in the Cathedral Bookstore.

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

CATHOLIC 101



The History of the Church in Western Washington

Wednesday, March 27, 2019 | 7:00pm

Holy Names Room, Pastoral Outreach Center
907 Columbia Street

CORINNA LAUGHLIN offers a whirlwind introduction to the men and women who built up the Church in Western Washington and the wisdom they offer for the Church of the present day. There is a lot to celebrate in our local history! She will be joined by SETH DALBY, Archivist of the Archdiocese of Seattle, who will present a “show and tell” of some extraordinary treasures of Archdiocesan history. If you are a history buff, this is not to be missed!

Information, Maria Laughlin, mlaughterlin@stjames-cathedral.org

www.stjames-cathedral.org



16th-century fresco depicting the Council of Nicaea

AN HISTORICAL PERSPECTIVE ON *Church Reform*

Thursday, April 4, 2019 | 7:00–8:30pm
Holy Names Room, Pastoral Outreach Center
907 Columbia Street, Seattle

As we face the current moment in the Catholic Church, we are reminded that the Church has faced times of great crisis and reform in the past.

- What major reforms in the history of the Church can shed light on our current crisis?
- What lessons from the past can help us understand what is happening today?
- What will be required to bring about reform?

Father Pat Howell, SJ, presenter
Interim Director, Institute for Catholic Thought and Culture



Information, Maria Laughlin, m laughlin@stjames-cathedral.org

www.stjames-cathedral.org

Pregnancy and Parenting Support

Building a Strong Foundation

Annual “Breakfast for Life” Fundraiser!

WHAT: Breakfast, fellowship, learn about our program, and door prizes!

WHEN: Saturday, April 13. Doors open at 8:30am and our program will start at 9:30am

WHERE: St. Edward Parish Hall, 4212 S. Mead St., Seattle 98118

DOOR PRIZES: First ticket is free. Suggested \$5 donation for extra tickets



Unable to join us?

Please contact Julisaa@ccsww.org for questions

You can still support us by donating to:

Pregnancy and Parenting Support 100 23rd Avenue

South Seattle, WA 98144

Or by going online <http://bit.ly/2lXQvCf>

Immersion Trip to El Paso, TX - Ciudad Juárez **July 6 – 12, 2019**



This week-long immersion trip to El Paso, TX, will expose you to the current realities at the US/Mexican border as thousands continue to flee to the US to escape violence and poverty in their own countries.

Join our ST. JAMES IMMIGRANT ASSISTANCE team on this Maryknoll immersion trip to El Paso, TX, as we put a human face on complex border issues. We will explore the realities, challenges, and interconnectedness with our sisters and brothers on the border. Experience first-hand how economic and immigration policies affect people. Deepen your faith through encounter with their hopes, joys, and struggles.

Program Includes:

- Encounter and relationship building with individuals, families, and communities.
- Orientation to social, political, and economic realities surrounding immigration.
- On-the-ground training in missionary discipleship.
- Professional development in engaging others in mission.
- Daily reflections and faith formation activities.
- Ongoing support and consultation before, during, and after the immersion.

Maryknoll fee	\$600 per person paid to Maryknoll. This covers meals, transportation during the immersion, and accommodations.
Airfare	Around \$300. Participants arrange their own travel to and from.
Spending money	Participants may want to plan for having some funds available for incidentals.
Scholarships	Some scholarships available.

Information, Caroline Okello, cokello@stjames-cathedral.org or 206-382-4511.