

ORDER OF CELEBRATION FOR  
*The First Sunday of Lent*

THE INTRODUCTORY RITES

INTROIT

Psalm 91: *Qui habitat*  
adapt. Stratman

Cantor I give them life long and full,



and I show them my power to save, says the Lord.

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

Deuteronomy 26:4-10

RESPONSORIAL PSALM 91

Peloquin



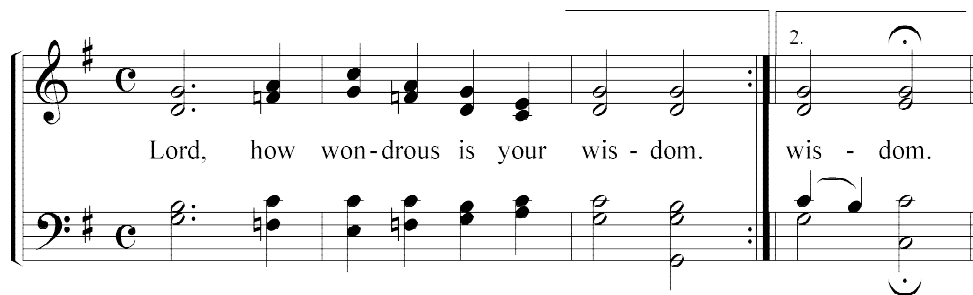
Be with me, Lord, when I am in trou - ble.

SECOND READING

Romans 10:8-13

TRACT

Stratman



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

GOSPEL

Luke 4:1-13

HOMILY

Father Michael Raschko

DISMISSAL OF THE ELECT, 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,**

*ALL BOW*

**who was conceived by the Holy Spirit,  
born of the Virgin Mary,**

*ALL STAND UPRIGHT*

**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

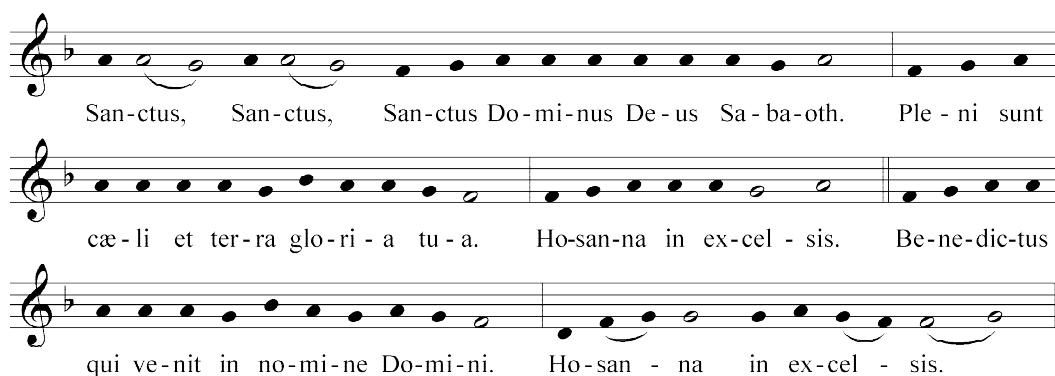
Offertory (10:00am)

*O Lord, support us*  
Briggs

O Lord, support us all the day long,  
until the shadows lengthen and the evening comes, and the busy world is hushed,  
and the fever of life is over, and our work is done.  
Then in thy mercy grant us a safe lodging, and a holy rest, and peace at the last. Amen.

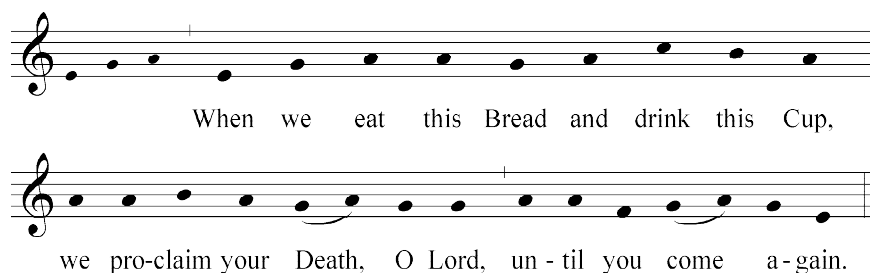
SANCTUS

chant



MYSTERY OF FAITH

chant, *Roman Missal*



AMEN

Christus vincit

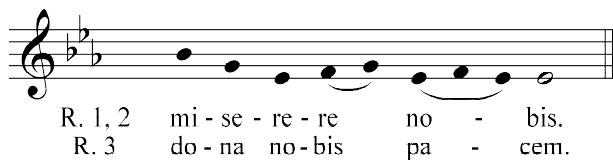


## THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

chant, 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.

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.*

(10:00am)

*Thou knowest, Lord, the secrets of our hearts*

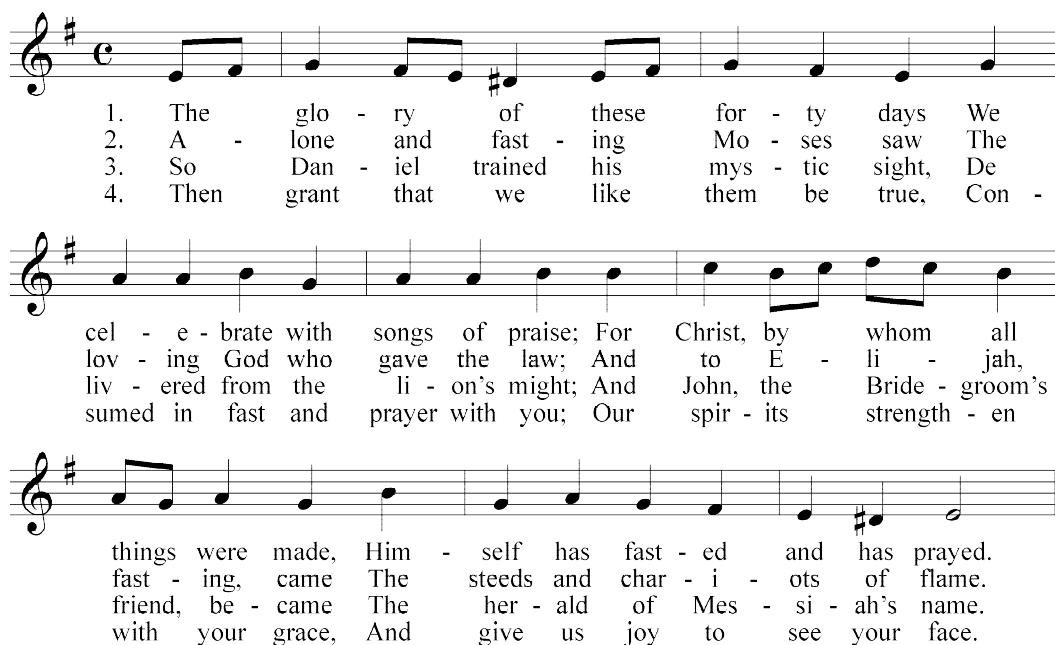
Purcell

Thou knowest, Lord, the secrets of our hearts;  
shut not thy merciful ears unto our prayers;  
but spare us, Lord most holy, O God most mighty.

HYMN OF PRAISE

*The glory of these forty days*

ERHALT UNS HERR





**It's not too late to sign up!** This Lent, the whole parish is invited to explore together Henri Nouwen's classic *Return of the Prodigal Son*, a beautiful meditation on Luke's parable and Rembrandt's masterpiece. What better way to answer Pope Francis' call to "rediscover the merciful face of the Father" during this Year of Mercy? Small groups will gather for five weeks during Lent. Sign up for Cathedral groups below or online at [www.stjames-cathedral.org](http://www.stjames-cathedral.org). If you cannot participate in a small group, you're invited to participate on your own by reading the chapter and reflecting on the study questions provided for each week (available online or in the Bookstore). This will be a wonderful way to draw together as a parish community for Lent during the Year of Mercy. Copies of *Return of the Prodigal Son* are available at a special discount in the Cathedral Bookstore. Information, Maria Laughlin, 206-382-4284 or e-mail [m laughlin@stjames-cathedral.org](mailto:m laughlin@stjames-cathedral.org).

**RETURN OF THE PRODIGAL SON *small group study***

**Lent 2016**

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

I WOULD LIKE TO ATTEND *RETURN OF THE PRODIGAL SON*...

☒ **FULL** Thursday afternoons, 2:00pm-3:30pm, February 11-March 10

☒ **FULL** Thursday evenings, 7:00-8:30pm, February 11-March 10

☐ Saturday mornings, 9:00-10:30am, February 13-March 12

☒ **FULL** Sunday afternoons, 2:00-3:30pm, February 14-March 13

☐ Monday evenings, 7:00-8:30pm, February 8-March 7

☐ Tuesday evenings, 7:00-8:30pm, February 16-March 15

☐ Wednesday evenings, 7:00-8:30pm, February 17-March 16

Return this form to:

Maria Laughlin, St. James Cathedral, 804 9th Ave, Seattle, WA 98104  
or e-mail [m laughlin@stjames-cathedral.org](mailto:m laughlin@stjames-cathedral.org)

You may also register online, [www.stjames-cathedral.org](http://www.stjames-cathedral.org).

# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

804 Ninth Avenue, Seattle, WA 98104

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

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

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

The Most Reverend J. Peter Sartain, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

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

### PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

### FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)

Brenda Bellamy, Children's Faith Formation (206-661-5094)

Rosanne Michaels, Faith Formation (206-654-4658)

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)

Peter Burns, Ward Johnson, John Marquez, sacristans (206-654-4646)

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

Dr. Paul A. Thornock, Director of Music

Joseph Adam, Associate Director of Music & Organist

Stacey Sunde, Director of Youth Music

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Tom Frasene, Outreach Ministries, Young Adults (206-382-4235)

Teddi Callahan, Carol DeMatteis, David Grech,

Cathedral Kitchen (206-264-2091)

### MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director

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

Patrick Suhrbier, Immigrant Legal Services

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### YOUTH MINISTRY

Joe Cotton, Director (206-264-2082)

### PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)

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

Bev Mauser, Louise Mennella, Wedding Coordinators

Jane Mueller, Receptionist (206-654-4650)

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

### FACILITIES and GROUNDS

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

Keith Emry, Alan Frasher, Melina McCombs, Steve Raab

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8 - 10 - 12 & 5:30 pm

Weekdays 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.

**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.

**FUNERALS** for parishioners, please contact Suzanne Lee, Family Ministry, 206-654-4640.

**"TAIZÉ" ECUMENICAL PRAYER**, Fridays at 6:30 pm.

**TOURS of the CATHEDRAL** Wednesdays at 1:00 pm. Groups of 4 or more may arrange a tour by calling Corinna Laughlin, 206-622-3559

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

**W**ELCOME! *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 For more information about the parish, to register, or to ask a question, visit our **Sunday Help Desk** at Coffee Hour. A Cathedral staff person will be on hand to assist you.*

**COVER ART** Moses leads the Israelites through the Red Sea. Detail of the Ceremonial Bronze Doors, Ulrich Henn, artist.

**THE CATHOLIC HOME MISSIONS APPEAL** funds catechesis, seminarian education, lay ministry training, Hispanic ministry, and other pastoral programs for US dioceses in need. As a result of your generosity, Catholic Home Missions impacts the lives of nearly nine million Catholics in the United States. Please give generously to Catholic Home Missions. Your support will truly make a difference in helping to strengthen the Church here in the United States.

**RECEPTION FOR JOHN SIMPSON** Today at coffee hour, following the 10 o'clock Mass you will have an opportunity to greet John Simpson and to thank him for his years of ministry here at St. James. We wish John all the best and are profoundly grateful for his years of ministry in our midst.

**YEAR OF MERCY** We welcome all pilgrims to St. James Cathedral during this Year of Mercy. Whether you are a visitor or a regular at St. James, you can walk through the Holy Doors of Mercy, the four bronze doors at the Cathedral's west entrance. The center doors are opened before and after each Mass. A self-guided pilgrimage of prayer, *The Way of Mercy*, is available as well—pick up a flyer just inside the Holy Doors. Find out more at [www.stjames-cathedral.org](http://www.stjames-cathedral.org). The banner at the ministers' pier, by fabric artist Juanita Yoder, was commissioned for the Year of Mercy. It suggests the overflowing streams of mercy which God pours out on us, and which we are invited to experience more deeply in the Year of Mercy.

**ARE YOU LISTENING, GOD?** A four-week, drop-in class for parents beginning next Sunday. Explore your relationship with God while your children are in Faith Formation classes. February 21 & 28, March 6 & 13, 11:05 – 11:40 in Room 411 of Cathedral Place. *Information*, Rosanne Michaels [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org), 206-654-4658.

**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. Mary in Aberdeen, Seattle, and Seaview, and Star of the Sea Mission in Stevenson.*



**DIVINE MERCY: AN AFTERNOON OF REFLECTION** On Saturday, February 20, from 12:00pm – 1:30pm, you are invited to an afternoon of reflection on the Divine Mercy, given by the Sisters of Divine Mercy. The afternoon will include a presentation by the Sisters and an opportunity to venerate the relics of St. Faustina Kowalska and St. John Paul II. Confessions will be available from 11:00am until 1:30pm. The day will conclude with a reception in Cathedral Place Hall.

**WANT TO GET MORE INVOLVED AT ST. JAMES?** Come visit the Sunday Help Desk at Coffee Hour! Here, you can register as a parishioner, find out how to volunteer for a ministry, arrange to have a Mass offered, and discover more about this community.

**PARISH OFFICE CLOSED** The Parish Office will be closed on Monday, February 15, in observance of Presidents' Day. The Cathedral will be open for prayer and Masses will follow the usual daily schedule.

**ARCHDIOCESAN SURVEY—LAST CHANCE TO PARTICIPATE** St. James Cathedral has been invited to participate in a national survey on parish life and spiritual growth. The survey, the Disciple Maker Index, is conducted annually by the highly respected consulting firm, the Catholic Leadership Institute. If you have not yet done so, please take a few moments to visit the Cathedral website and follow the link to the survey, which will take about ten-fifteen minutes to complete. **The survey closes on February 17, so this will be your last chance to participate!** *Information*, Maria Laughlin, 206-382-4284. The survey is open through February 17.

**THE CATHEDRAL KITCHEN** needs a volunteer dishwasher on Fridays. The shift is from 4:00-5:30pm. We are also in need of a few more volunteers on Thursday and Friday to help with preparing the meal. The shifts are from 2:00-4:00 and 4:00-6:00 PM. If you would like to join us and help out please contact Teddi Callahan at 206-264-2091 or email [tcallahan@stjames-cathedral.org](mailto:tcallahan@stjames-cathedral.org).

**ART EXHIBIT: IMPRINT OF MERCY BY TRUNG PHAM, SJ** During this Lent of the Year of Mercy, we are pleased to welcome to the Chapel a series of paintings by Father Trung Pham, SJ, Assistant Professor of Art and Art History at Seattle University. These paintings invite us to meditate on wounds—Christ's wounds and ours. "Pope Francis affirms that the name of God is Mercy. The deepest way one can experience mercy fully is to keep in touch with one's own wounds and the wounds of others. How do the wounds look visually? The Imprint of Mercy series will reveal the artworks of the wounds, help viewers to meditate upon the meaning of mercy and experience the power of vulnerability through the arts." Father Pham will give a brief talk on the series on Sunday, February 28 immediately following the 10:00am Mass.

**SANDWICH MAKER NEEDED FOR NIGHTWATCH** Our team at Operation Nightwatch, a service organization for people experiencing homelessness, needs a sandwich maker for the first Tuesday of the month. This volunteer would arrive at 302 14th Ave S (14th & Main) at 5:30pm and stay until 7:00pm. *Information*, Tom Frasene, [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org).

## YOUNG ADULT MINISTRY

*For parishioners in their 20s and 30s*

**LENTEN SMALL GROUP BEGINS TONIGHT!** We'll be reading *Mercy in the City*, a recent book by a fellow young adult Kerry Weber who tries to perform all the corporal works of mercy in New York City. We'll meet in the Rectory Parlors after the 5:30pm Mass.

**VOLUNTEER AT RONALD MCDONALD HOUSE** Young adults from St. James, Blessed Sacrament, the Newman Center, and Eastside Disciples are teaming up to perform all the corporal works of mercy this Lent! Our first effort is on February 20, 8am-11:30am, at Ronald McDonald House (5130 40th Ave NE) where we'll visit (the families of) the sick and serve them breakfast! Limited spots are available, so email Tom to RSVP.

**THIRD SUNDAY RECEPTION** On Sunday, February 21, we'll have a wine and cheese reception following the 5:30pm Mass in the Rectory Parlors, just south of the southern entrance of the Cathedral. After we get some food and drink, we'll begin the Lenten small group.

**SAVE THE DATE!** Theology on Tap returns on March 2, 9, and 16

*Information*, Tom Frasene,  
[tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org)  
[Facebook.com/StJamesYoungAdultMinistry](https://www.facebook.com/StJamesYoungAdultMinistry)

**SAVE THE DATE! THE POWER OF NUTRITION FOR BODY, MIND AND SPIRIT** Four classes on Tuesdays beginning March 1, 6:30pm at the Gallagher Center. Learn key elements of nutrition to help achieve our best emotional and physical health. Facilitator: Judith Ames, Nutritional Therapist, Wellness Coach, Mental Health Nutrition Coach. To register contact Nancy Granger, RN at 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

**ST VINCENT DE PAUL THANKS YOU** Two grandmas take turns caring for several small grandchildren whose parents are incarcerated. One of the grandmas called our Helpline, saying she was tempted to steal from the grocery store to put food on the table. We visited and learned she had almost no cash, no food stamps and the family had been eating "nothing but beans this week." We helped with food and other necessities and encouraged her to use free meal programs (including the Cathedral Kitchen) and food banks nearby. Your support of SVdP makes a positive difference in the lives of many poor residents of our parish. Would you like to join us? *Information*, Christine Henderson, 253-973-1441 or [christinehsvdp@gmail.com](mailto:christinehsvdp@gmail.com).

**WINTER SHELTER HYGIENE NEEDS** The overflow Winter Shelter is currently in need of spray deodorant and cough drops. You can drop off donations at Coffee Hour on Sunday mornings or at the front desk, Monday-Friday, 9am-5pm. Thanks in advance for your generosity! *Information*, Tom Frasene, [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org).

**ANTI-PORNOGRAPHY SUPPORT GROUP** St. James holds an anonymous support group to overcome habits of porn use on Tuesdays, 8-10 pm in Cathedral Place (803 Terry Ave). All are welcome. Information, Tom Frasene, tfrasene@stjames-cathedral.org.

**THE CATHEDRAL KITCHEN GARDEN LEADERSHIP TEAM** is excited to announce the start of our 3rd season growing vegetables for the Cathedral Kitchen! Our first work party will take place from 9:00am to 1:00pm on Saturday, March 5. This work party will include topping existing beds with compost and other soil amendments, planting seeds, and planting starts. We hope many of you consider this an opportunity to respond locally to Pope Francis call in *Laudato Si'* to care for our common home. We are encouraging people who want to come help for this one event, or those who want to make the garden part of your 2016 volunteer commitments, to RSVP to Gary Scheider at alpinist@comcast.net.

**BAPTISM OF INFANTS & YOUNG CHILDREN** (under the age of 7) is celebrated monthly at one of the weekend Masses. To prepare for this 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. *Information*, Theresa Van de Ven, 206-219-5822, tvandeven@stjames-cathedral.org.

**ST. JAMES CATHEDRAL ON SOCIAL MEDIA** Are you among the more than 5,000 who follow St. James on Facebook? It's a great way to stay abreast of current events at the Cathedral. Find us at [www.facebook.com/stjamesseattle](http://www.facebook.com/stjamesseattle). You can also find us on Instagram at @stjamescathedral and on Twitter, @StJamesSeattle.

## YOUTH MINISTRY

**YOUTH NIGHTS** There will be NO Youth Night this week due to the Thunderbirds game.

**YOUTH CONFIRMATION** We are launching a 10-week process beginning February 18, 2016. Sessions will be held on Thursday evenings from 6:30-8:30 PM. Any youth who will turn 16 by May, 2016 is eligible to participate. To register, please contact Joe.

**HOMELESS OUTREACH** Saturday, February 20 from 9:00am-12:00pm. Join us as we fill our cathedral vans with socks, blankets, coats, etc. and hit the streets of Seattle in search of souls needing love, support, and care. Please contact Joe to reserve your spot in the van.

**SPECIAL NEEDS MASS & DANCE** Saturday, March 12. Join us as we help to host the annual Mass for people with special needs followed immediately by a special dance in the O'Dea gym. We are seeking youth volunteers to run the event. Please contact Joe to volunteer.

**QUESTIONS?** Joe Cotton, 206-264-2082, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)

## ST. JAMES CATHEDRAL YOUTH MUSIC PROGRAM

St. James' renowned Youth Music Program is accepting registrations for our 2016 spring semester.

The Youth Music Program consists of four choirs for treble voices, ages 6-18. Schola Cantorum sings for our monthly First Sunday Youth Celebration at noon, as well as our two training choirs, the Saint Gregory Choir and Saint Cecilia singers. Jubilate! Young Women's Ensemble sings for the third Sunday of the month and is comprised high school and beginning college students. In addition to offering music in worship once a month, each choir has opportunities to participate in other musical celebrations throughout the year, such as our much-beloved Service of Readings and Carols each December. Schola Cantorum and Sts. Gregory and Cecilia choirs rehearse on Thursdays at 4:45pm. Jubilate! rehearses on Mondays at 4:30pm.

Please email us at [Youthmusic@stjames-cathedral.org](mailto:Youthmusic@stjames-cathedral.org) or give us a call at 206-382-4874!



*Make a joyful noise to the Lord, all the earth.  
Worship the Lord with gladness; come into his presence with singing.  
Psalm 100*

Any interested choristers and families may contact the Music Office at any time for more information. All children over the age of 9 would require a brief interview with director, Ms. Sunde to assess appropriate placement within the program.



# Grief Support Group



Thursday evenings, beginning February 25  
6:30pm, Rectory Parlors  
(enter through Parish Office on Columbia Street)

Are you grieving the death of someone close to you?  
Grief and loss can have a significant impact on our lives  
long after the death of the person we love.

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

You are invited to join a new 8-week grief support group  
facilitated by St. James Cathedral Staff  
Nancy Granger, Suzanne Lee, & Rosanne Michaels

*Information and registration, Rosanne Michaels, 206-654-4658,  
[rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org)*





# Cathedral Blood Drive

Sunday, March 6, 2016  
O'Dea High School Gym  
8:30am to 2:30pm (*closed 10:30am-11:15am*)

## *The Perfect Lenten Gift*

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

## *Who needs blood?*

It is very likely that someone you know at St. James has had a need for blood. People who need blood transfusions include those who have been in accidents or require surgery or chemotherapy. Often transfusions enable those receiving chemotherapy to continue with treatment. To meet the needs in our community, over 900 people must donate blood through the Puget Sound Blood Center 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 2/21 or 2/28.**

Or e-mail [crobl@comcast.net](mailto:crobl@comcast.net) to sign up or to find out more.

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

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