



ST. JAMES CATHEDRAL
Eighth Sunday in Ordinary Time
March 3, 2019

ORDER OF CELEBRATION FOR THE

Eighth Sunday in Ordinary Time

FIRST SUNDAY YOUTH CELEBRATION (Noon)

PRELUDE

"Sarabande" from *Baroques*

Bingham

"Choral" from *Symphony No. 2*

Vierne

ENTRANCE No. 538 in red Worship hymnal

Sing praise to God who reigns above

MIT FREUDEN ZART

PENITENTIAL ACT

Missa de angelis

Vatican VIII



Have _____ mer - cy on us.

GLORIA



Lee

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

and on earth peace to peo- ple of good will.
we a- dore you,
for your great glory.
O God, almighty- y Fa- ther.
Lord God, Lamb of God, Son of the Father,
have mer- cy on us;
re- ceive our prayer;

have mer- cy on us.
you alone are the Most High, Je- sus Christ,
in the glory of God the Father, A - - - men.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Sirach 27:4-7

PSALM RESPONSE

Psalm 92

Proulx



Lord, it is good to give thanks to you.

SECOND READING

1 Corinthians 15:54-58

"FAREWELL TO THE ALLELUIA" (Noon)

*All the children are invited forward to join Father Ryan for the singing of the Alleluia and the reading of the Gospel.
During the coming season of Lent, we "fast" from the singing of the Alleluia, our song of joy and praise.*

ALLELUIA

Berthier



GOSPEL

Luke 6:39-45

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Two fishermen
Toolan



CREED

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

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,**

All BOW

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

All STAND UPRIGHT

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,**

**and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic
and apostolic Church.**

**I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

PRAYER OF THE FAITHFUL

Berthier



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

(Noon)

(Sunday evening)

Alleluia

Thompson

There is a balm in Gilead

Maxime

Jubilate Deo

Lambrugo

Be joyful in the Lord, all ye lands.
Sing a psalm before him, all ye that fear him. Alleluia.

SANCTUS

Mass for the City

Proulx

Ho - ly, ho - ly, ho - ly, Lord God of hosts. _____

Heav - en and earth _____ are full of your glo-ry. Ho - san - na, ho -

san - na, ho - san-na in the high - est. Bless - ed is he _____ who

comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the

high - est. Ho - san - na, ho - san - na, ho - san-na in the high - est.

MYSTERY OF FAITH

Proulx

When we eat this Bread and drink this Cup, we pro-

claim your Death, O Lord, un - til you come a - gain.

AMEN

Proulx

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

LORD'S PRAYER

AGNUS DEI

Missa de angelis
Vatican VIII



R. 1, 2: have mer - cy on us.



R. 3: give us your peace.

COMMUNION

Cantabo Domino
Mode II

I will sing unto the Lord who has dealt bountifully with me;
I will praise the name of the Lord, the Most High.

(10:00)

Eripe me
Rheinberger

Rescue me, Lord, from my enemies; I have fled to you for refuge.
Teach me to do your will, for you, O Lord, are my God.
Let your good spirit guide me in ways that are level and smooth.

Ps 143:9-10

(Noon)

Ye watchers and ye holy ones
Oldroyd

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

When you return to your place, please kneel or be seated.

HYMN OF PRAISE

O for a heart to praise my God
ST. AGNES



1. O for a heart to praise my God, A heart from
2. A heart, re - signed, sub - mis - sive, meek, My great Re -
3. A hum - ble, low - ly, con - trite heart, Be - liev - ing,
4. A heart in ev - 'ry thought re - newed, A heart whose
5. Your na - ture, gra - cious Lord, im - part; Come quick - ly



sin set free, A heart that al - ways feels your
deem - er's throne, Where on - ly Christ is heard to
true, and clean: Which nei - ther life nor death can
love en - dures; So per - fect, right, and pure, and
from a - bove, Write your new name up - on my



blood So free - ly shed for me.
speak, Where Je - sus reigns a - lone.
part From Him that dwells with - in.
good, A co - py, Lord, of yours.
heart, Your new, best name of love.

PROCESSION

"Voluntary" from *Baroques*
Bingham
"Allegro" from *Symphony No. 2*
Vierne

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 "Every tree is known by its own fruit." *The Tree of Life*. Detail of the Tympanum of the Ceremonial Bronze Doors. Ulrich Henn, artist.

A WEEKLY TIP ON CARING FOR OUR COMMON HOME

Twelve year old Genesis Butler has posed a Lenten challenge to Pope Francis: Can he go vegan to raise awareness of how our food and diet adversely affect animals, people and the environment? Can you take up her challenge, even for just one or two days a week during Lent?

ASH WEDNESDAY SOUP SUPPER You are invited to enjoy a simple soup supper after the 6:00pm Ash Wednesday Mass in Cathedral Hall.

ST VINCENT DE PAUL THANKS YOU We visited a middle-aged man struggling to make a living as a driver for a rideshare car service. Many weeks he pays more to lease the car than he earns driving it. Until recently he had no place to park overnight except on the street, which led to large towing bills on mornings when his car was still on the the street at the time when "no parking" rules take effect. His parked car suffered major damage by a hit-and-run driver, and his insurance company required him to pay a high deductible for repairs. After all that, he accidentally dropped his key ring with all his keys down the elevator shaft at his apartment building, and the landlord charged a huge fee to retrieve his keys. At his wits' end after so much bad luck and unable to pay his rent, he called SVdP for help. Working with another local charity, we paid enough to keep this beleaguered driver housed. Your support helps us help our neighbors when bad things happen – thank you! *Information*, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com

THANK YOU, PAGLIACCI PIZZA for providing your fantastic pizza to our Cathedral Kitchen on Thursday February 21. With your help we served more than 180 dinner guests.

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, Elma, Ferndale, Issaquah, Pe Ell, Sequim, and Vancouver*

PROTECTING GOD'S CHILDREN – SAFE

ENVIRONMENT TRAINING FOR NEW VOLUNTEERS Do you volunteer with children or vulnerable adults here at St. James? Safe Environment Training will be offered on Sunday afternoon, March 10 from 1:30pm to 4:30pm in 1EW at Cathedral Place. You must pre-register ONLINE for this class at <https://www.virtusonline.org/virtus/>; go to Seattle Archdiocese, and look for the March 10 class. *Information*, Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org or Suzanne Lee at 206-979-6308 or slee@stjames-cathedral.org.

MATT TALBOT CENTER IS HOSTING THEIR ANNUAL ST. PATRICK'S DINNER on Sunday, March 10, from 6 - 9 pm at the Elysian Fields located next to Centurylink Field. Individual tickets are \$100. The event benefits the Matt Talbot Center, which provides a shared path for those desiring to change their lives by becoming clean and sober in a way that addresses housing, other basic needs, and vocational goals while providing spiritual ministry. *Information or to register*, Zelda Buck, zeldab@ccsw.org or 206-369-8111.

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.

Sacred Steps

SACRAMENTAL MOMENTS AT ST. JAMES

CONGRATULATIONS and GOD'S BLESSINGS to the following children, baptized in the Cathedral on Sunday, February 24: Cameryn Marie Cheyne, Lucas Devin Craig, Sibyl Yinhui Flogel, Jeffrey Yinboh Flogel, Sabrina Rose Xin Foo, Theodore Francis Newton Hoetger, Riley Shiwan Kim, James Patrick Halligan McCormick and Averie Marie Shannon Rafael. We welcome with joy these newest members of the family of faith!



CATHOLIC 101

3/27: THE CHURCH IN WESTERN WASHINGTON

7:00pm, Holy Names Room
CORINNA LAUGHLIN offers a whirlwind tour (and show and tell!) of the men and women who built up the Church in Western Washington.

4/24: REMBRANDT & THE FACE OF JESUS

7:00pm, Holy Names Room
FATHER TOM LUCAS, SJ, rector of the Jesuit community at Seattle University, explores Rembrandt's depiction of the face of Christ.

5/22: FAITH & POLITICS

7:00pm, Holy Names Room
LT. GOV. CYRUS HABIB, a parishioner at St. James Cathedral, shares about how he brings his Catholic faith to bear in the political arena.

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

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

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. Sunday, March 10, Pastoral Outreach Center, 1:30-3:00pm. Refreshments will be served. *Information or to RSVP*, Nancy Granger, ngranger@stjames-cathedral.org or 206-382-4269.

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

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.



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.

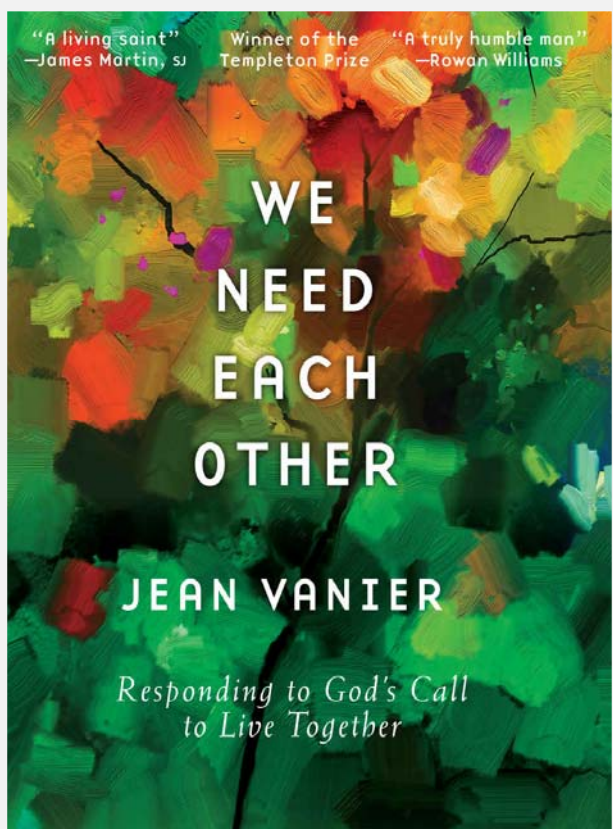
St. James & Bloodworks Northwest

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



**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*

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.

Lent 2019 at St. James Cathedral

Dear Friends,

We had a long lead-up to Lent this year — which, of course, means a late Easter. Maybe that's good. Maybe we're a little readier for Lent this year than last! One advantage of a late Lent is that it's more likely to seem like spring — appropriately. From early days in the Church, Christian writers often referred to Lent as "sacred springtime." And did you know that the very word Lent is an Old English word — a variation on the word "lengthen." Spring is definitely in the wings: the days are lengthening, and we are moving steadily from the grip of a wild winter into the arms of spring.

Most of us welcome spring with open arms. Would that we welcomed Lent as warmly! Lent means penance and denial and most of us are not much attracted to such things. I know I'm not. But penance and denial can be paths to deeper growth and freedom, and the Church's time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something wonderfully worthwhile. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include extending your family prayer at meal times, or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays, Wednesdays, and Fridays; and joining in Adoration after Mass on Thursday evenings.

This year for Lent we are trying something different: an all-parish "read" for Lent. We've chosen Jean Vanier's *We Need Each Other*. This book about community, mercy, and forgiveness could not be more timely. I hope you will pick up a copy in the bookstore (or download it to your e-reader!) and join with fellow parishioners in meditating each day this Lent on the words of one of the saints of our time. In addition to what you can do at home, we will be hosting two evenings

at the Cathedral where will gather to discuss the book. This will be a great opportunity to make new friends or connect with old ones and to share a simple meal together. These evenings will be March 25 and April 1. I hope you will save those dates.

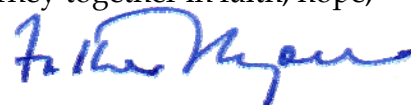
Still one other wonderful opportunity for prayer this Lent is to pray for our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). Prayer cards will be available in the north aisle of the Cathedral, each one with the names of our Elect. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something absolutely everyone can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show the depth of his love for us. What better way to draw close to Jesus than by freely 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?

This year one way you might observe the call to fast during Lent is to reach out to those who are hungry. Why not volunteer to help one weekend with our new hearty breakfast for homeless men and women on Sunday mornings? Whether you come to help prepare the meal on a Saturday afternoon, or serve the meal early on Sunday, this is a great way to be in solidarity with those who experience a "forced fast" every day.

ALMSGIVING. The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your 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.

It was at our baptism that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Father Michael G. Ryan

Lenten Prayer and Faith Formation Opportunities

ASH WEDNESDAY is celebrated Wednesday, March 6. Masses are at 8:15am, 10:10am (with O'Dea High School), 12:10pm, and **6:00pm**. (Please note the start time for the evening Mass of Ash Wednesday!) All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

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.

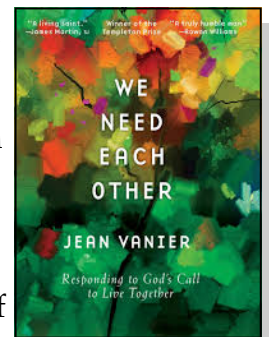
FIRST FRIDAY On Friday, April 5, Exposition will begin following the 8:15am Mass and continue until 1:00pm, with Holy Hour at Noon, including the rosary and Liturgy of the Hours.

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.crsricebowl.org.

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.

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 We begin a season of intensified preparation by celebrating the Rite of Election. 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 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.

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 March 6, 2019. Good Friday is April 19, 2019.

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.

Pope Francis on Lent

Lent is the ideal time to... allow our hearts to beat once more in tune with the vibrant heart of Jesus. The whole of the Lenten season is imbued with this conviction, which we could say is echoed by three words offered to us in order to rekindle the heart of the believer: pause, see and return.



vulnerability and service remind us that the value of each person can never be reduced to a question of calculation or utility.

See the remorseful faces of so many who try to repair their errors and mistakes, and who from their misfortune and suffering fight to transform their situations and move forward.

Pause a little, leave behind the unrest and commotion that fill the soul with bitter feelings which never get us anywhere. *Pause* from this compulsion to a fast-paced life that scatters, divides and ultimately destroys time with family, with friends, with children, with grandparents, and time as a gift... time with God.

Pause for a little while, refrain from the need to show off and be seen by all, to continually appear on the "noticeboard" that makes us forget the value of intimacy and recollection.

Pause for a little while, refrain from haughty looks, from fleeting and pejorative comments that arise from forgetting tenderness, compassion and reverence for the encounter with others, particularly those who are vulnerable, hurt and even immersed in sin and error...

Pause in order to look and contemplate!

See the gestures that prevent the extinguishing of charity, that keep the flame of faith and hope alive. Look at faces alive with God's tenderness and goodness working in our midst.... *See* the faces of our sick people and the many who take care of them; faces which in their

See and contemplate the face of Crucified Love, who today from the cross continues to bring us hope, his hand held out to those who feel crucified, who experience in their lives the burden of failure, disappointment and heartbreak.

See and contemplate the real face of Christ crucified out of love for everyone, without exception. For everyone? Yes, for everyone....

Pause, see and return. Return to the house of your Father. Return without fear to those outstretched, eager arms of your Father, who is rich in mercy (cf. Eph 2:4), who awaits you.

Return without fear, for this is the favourable time to come home, to the home of my Father and your Father (cf. Jn 20:17). It is the time for allowing one's heart to be touched...

Persisting on the path of evil only gives rise to disappointment and sadness. True life is something quite distinct and our heart indeed knows this. God does not tire, nor will he tire, of holding out his hand.

From Pope Francis' homily for Ash Wednesday, 2018

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.



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.*

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