#### ORDER OF CELEBRATION FOR

## The Eleventh Sunday in Ordinary Time

CELEBRATION OF THE SACRAMENT OF BAPTISM (10:00)

**PRELUDE** 

"Andante amabile" from Monologues, op. 162

Rheinberger

Concerto in G

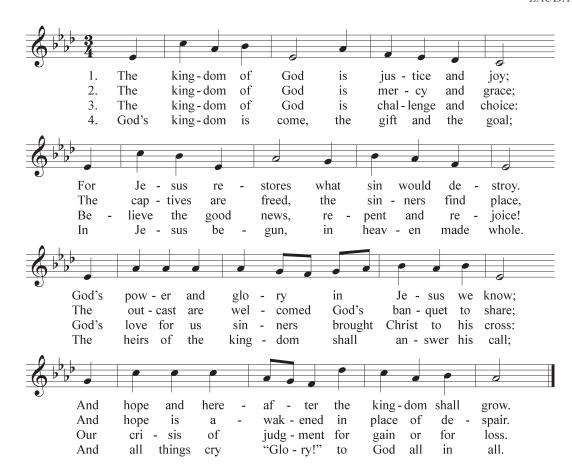
Camidge

(8:00)

#### THE INTRODUCTORY RITES

**ENTRANCE** 

The Kingdom of God LAUDATE DOMINUM



WELCOMING OF THE CHILDREN TO BE BAPTIZED (10:00)

PENITENTIAL ACT

Vatican XVI





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

GLORIA (Sunday Evening) No. 341 in Worship hymnal

Missa de angelis Vatican VIII

(all other Masses)

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

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

You, O Son of God, are holy,
You we praise with one accord;
None in heav'n or earth is like you,
Only you are Christ the Lord,
With the Father, and the Spirit,
Ever worshipped and adored. (Text: Edwin Le Grice)

**COLLECT** 

#### THE LITURGY OF THE WORD

FIRST READING Ezekiel 17:22-24

RESPONSORIAL PSALM

Psalm 92

Proulx



SECOND READING 2 Corinthians 5:6-10

ALLELUIA No. 286 in Worship hymnal

Vulpius

GOSPEL Mark 4:26-34

HOMILY

Father Michael G. Ryan

CREED (except at 10:00)

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.

#### RITE OF BAPTISM (10:00)

INTERCESSIONS AND LITANY OF SAINTS No. 827

BLESSING OF BAPTISMAL WATER

PROFESSION OF FAITH All join in the response, I do.

ACCLAMATION FOLLOWING EACH BAPTISM

SPRINKLING WITH BAPTISMAL WATER

ENTRANCE OF THE NEWLY BAPTIZED

**EXPLANATORY RITES** 

Anointing with Chrism

White Garment Prayer

Presentation of a Lighted Candle

Herbolsheimer, adapt.

Hurd

#### THE LITURGY OF THE EUCHARIST

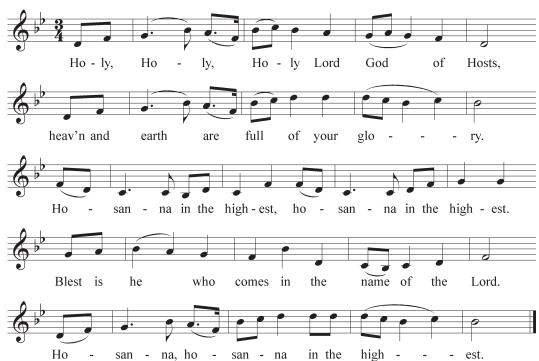
PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Psalm 23: Brother James's Air

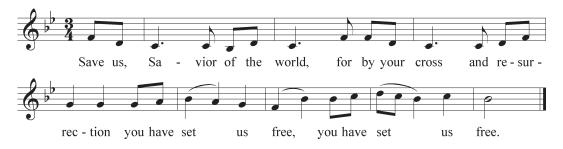
**SANCTUS** 

Compostela Mass Holst, adapt. Ryan



#### MEMORIAL ACCLAMATION

Holst, adapt. Ryan



AMEN Holst, adapt. Ryan



#### THE COMMUNION RITE

LORD'S PRAYER

**AGNUS DEI** 

1, 2: Mi - se - re - re no - bis.
3. Do - na no - bis pa - cem.

Vatican IX

(10:00)

"Dona nobis pacem" from Missa Brevis in D Minor, K. 65

Mozart

**COMMUNION** 

One thing I have asked of the Lord, this will I seek after that: chant that I may dwell in the house of the Lord all the days of my life.

(10:00)

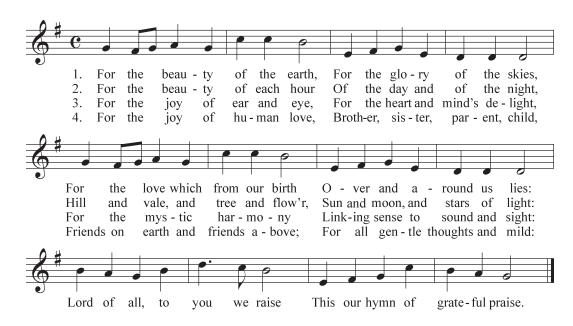
Psalm 84: How lovely is thy dwelling place

Brahms

Upon returning to your place after Holy Communion, please **kneel or be seated**. Low-gluten hosts are distributed at the credence table near the presider's chair.

HYMN OF PRAISE

For the beauty of the earth
DIX



#### THE CONCLUDING RITES

PROCESSION

(8:00)

Prelude and Fugue in A Minor

Brahms

Nachspiel (Postlude)

Noble

ICON OF CHRIST THE TEACHER. ACKNOWLEDGEMENTS: Texts of the Roman Missal, Third Edition, copyright © 2010 International Commission on English in the Liturgy. All rights reserved. Entrance hymn text by Bryn A. Reese, Psalm response by Richard Proulx, copyright © 1983, 1986, 1997 by GIA Publications, Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Intercessions Response by Jacques Berthier copyright © 1978, 1980, and 1981, Les Presses de Taizé (France), GIA Publications, Chicago, IL, exclusive agent. Reprinted under OneLicense.net #A706828. All rights reserved. Eucharistic Acclamations from Compostela Mass adapted from Gustav Holst's THAXTED by Michael G. Ryan, copyright © 2002, 2011 by St. James Cathedral. All rights reserved.

#### ST. JAMES CATHEDRAL

804 Ninth Avenue, Seattle, WA 98104 Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org Emergency Number: 206-467-3049

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

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 (206-274-3108) 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 (622-3559 x3996) Peter Burns, Ward Johnson, John Marquez, sacristans

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

Joseph Adam, Interim Director of Music & Organist Samuel Libra, Assistant Organist Stacey Sunde, Director of Youth Music

#### **PASTORAL CARE MINISTRIES**

John Simpson, Pastoral Care Minister (206-274-3173) Nancy Granger, Parish Mental Health Nurse (206-382-4269)

#### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515) Tom Frasene, Outreach Ministries, Young Adults (206-382-4235) Teddi Callahan, Carol DeMatteis, David Ğrech, Cathedral Kitchen (206-264-2091)

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

Christopher J. Koehler, Director

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist, Christine Trigg, 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 (206-622-3559) Alan Frasher, Melina McCombs, Dane Nelson, 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. Please call the parish office for an appointment.

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

MARRIAGE A formal program of marriage preparation over a period of several months is required, however, registered parishioners may begin the scheduling process 14 months in advance.

ANOINTING of the SICK A communal celebration is held regularly. In other situations (anticipated surgery, emergency) please call the parish office.

#### "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

**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.

**COVER ART** *Tree of Life.* Detail of the Tympanum of the Ceremonial Bronze Doors, Ulrich Henn, artist, 1999.

**FLOWERS AT THE ALTAR** are the gift of Seattle University in honor of the graduates of 2015. If you would like to donate flowers this summer, contact Jane Mueller, 206-654-4650 or e-mail jmueller@stjamescathedral.org.

THE CATHEDRAL BOOKSTORE is open following each Mass. Visitors and regulars alike are invited to stop in to browse a wide selection of reading material for both children and adults, as well as Cathedral music CDs, Cathedral postcards and souvenirs, medals and crosses, and much more.

**ANNUAL CATHOLIC APPEAL** Just a reminder, if you haven't yet made a gift to the Appeal, please do so today! We are almost there, but we are still \$72,000 short of meeting our rebate goal. This year's rebate will help support our renowned Cathedral music programs. Use the envelopes in the pews in front of you or visit www.seattlearchdiocese.org/aca to make a gift or pledge online. Thank you for your generous response!

A STILL AND QUIET CONSCIENCE On Monday, June 15, at 7:00pm in Cathedral Hall, local author John McCoy will offer a presentation on his new book, A Still and Quiet Conscience: the Life of Archbishop Raymond G. Hunthausen. The presentation will be followed by a book signing. Copies of the book are available now in the Cathedral Bookstore and will be available at the event as well. This event is cosponsored by Maryknoll Seattle. Information, Maria Laughlin, 206-382-4284 or mlaughlin@stjamescathedral.org.

**CELEBRATION OF MINISTRIES DINNER** Our annual dinner for Cathedral volunteers will be Thursday, June 18, at 7:00pm in Cathedral Hall. Invitations went out via e-mail two weeks ago. If you did not receive yours, please contact your ministry coordinator to RSVP. Information, Margaret Lynch, 206-382-4388 or mlynch@stjames-cathedral.org.

**PARISH REMEMBRANCE** Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Anthony in Renton and St. Anthony Mission in Carnation, and Immaculate Heart of Mary in Sedro Woolley and Kelso.

## YOUTH MINISTRY

ASCEND LEADERSHIP RETREAT July 12–15 at Camp Hamilton. Join with youth from all over the archdiocese for a week of Catholic leadership development. To register, e-mail Joe.

**TEEN FAITH MENTORS NEEDED** This year, we launched a faith mentor program for children with special needs. Teens worked one-on-one with children in the development of their faith, allowing for full inclusion. We plan to offer this program again in the fall, but are in need of new faith mentors. Do you have a heart for children with special needs? Can you make a weekly commitment? Please contact Joe to learn more.

NICARAGUA DONATIONS The NPH orphanage is in need of the following items: ESL beginner level workbooks, 5th/6th grade level reading books in Spanish, board games (e.g. UNO, Connect Four, Trouble, Sorry, etc.), art supplies (e.g. markers, colored pencils, paint brushes, pastels, and colored paper), sports equipment (e.g. jump ropes, soccer balls, etc.) and cookie cutters. Donations can be dropped off at the parish center. All items will be delivered during the youth mission trip.

**QUESTIONS?** Joe Cotton, 206-264-2082, jcotton@stjames-cathedral.org

CARE FOR CREATION During the coming week, Pope Francis' long-awaited second encyclical will be released. The new encyclical focuses on our Christian call to care for the environment and to preserve God's creation. It is entitled "Laudato Sii," from the first words of St. Francis' "Canticle of Brother Sun." We will mark this important moment with a special prayer on Friday, June 19 at 6:30pm in the Cathedral. Through prayer, silence, and song, we will reflect on our own call to be good stewards of the earth.

GARDEN BLESSING NEXT SUNDAY Next Sunday, June 21, following the 10:00am Mass, Father Ryan will bless the Cathedral Kitchen Garden at Cherry Street and Terry Avenue. Please come and join in a brief prayer, followed by a chance to learn more about the garden and sample its produce, which helps provide meals at the Cathedral Kitchen. What better way to mark the first official day of summer?

VOLUNTEER CHORE SERVICES Do you want to make a difference in the life of a low-income senior or adult living with a disability? Volunteer Chore Services of Catholic Community Services needs you!! Become a long-term one-on-one volunteer, organize a group to clean up a yard or adopt a low-income senior housing facility! Opportunities in your neighborhood available! Contact Tom Frasene (tfrasene@stjames-cathedral.org, 206-382-4235) to change the life of someone in need near you.

#### YOUNG ADULT MINISTRY

For parishioners in their 20s and 30s

RETREAT ON JUNE 26: EXTRAORDINARY TIMES IN ORDINARY TIME See full-page flyer.

**3RD SUNDAY: WINE, CHEESE, AND JUNE SAINTS!** After the 5:30pm Mass on June 21, we'll have some wine and cheese in the Rectory Parlors, just south of the Cathedral's south entrance. We'll also celebrate the feast days of some late-June saints, notably St. Peter, St. Paul, and recently canonized St. Mother Lupita.

MARINERS GAME ON JULY 10! See full-page flyer.

#### **WANT TO LEARN MORE?**

Tom Frasene, tfrasene@stjames-cathedral.org Facebook.com/StJamesYoungAdultMinistry

#### MENTAL HEALTH MINISTRY

**SAVE THE DATE!** All day Mental Health First Aid (MHFA) training will be offered again on Saturday, July 25. Save the date! Details to follow

ALZHEIMER'S CAREGIVER SUPPORT GROUP - 4th Tuesday 1:00 – 2:30 PM Pastoral Outreach Center (Mother Cabrini Room). Next meeting June 30.

**GRIEF & LOSS SUPPORT GROUP** TUESDAYS 1:30–2:45pm, Pastoral Outreach Center.

"THE COUNSELOR IS IN" - Licensed Mental Health Counselors are available for consultation with parishioners for free consultation and problem solving sessions.

**CREATIVE ARTS WORKSHOP** – 2nd and 4th Thursday, Gallagher Center, 12 Noon –2 pm. Let your creative juices flow in this supportive atmosphere. No art experience necessary! Next workshop June 25.

Information, Nancy Granger 206-382-4269

#### TUESDAY EVENING NIGHTWATCH VOLUNTEER St.

James Cathedral has a long history of sending volunteers to Operation Nightwatch (14th Ave & Main St) to help feed people experiencing homelessness. There is currently a volunteer needed on the first Tuesday of the month, 8:30pm-10:30pm, to serve a meal to 100+ guests. *Information*, Tom Frasene, tfrasene@stjames-cathedral.org, 206-382-4235.

**USHERS NEEDED** We are in need of friendly people to join the ranks of Cathedral Ushers. Ushers greet visitors and regulars to the Cathedral, assist with the collection, and more. There are opportunities to serve at all weekend Masses, but the need is especially great at the Sunday 5:30pm Mass. *Information*, Corinna Laughlin, claughlin@stjames-cathedral.org, or 206-622-3559.

# Holy Things, Holy People Exploring Catholic history in the Northwest through treasures from the past

#### PART 25: BELL FROM THE SECOND SACRED HEART CHURCH

14 JUNE 2015

n the grounds of Sacred Heart Church in Seattle is a bell, no longer in use. This historic bell once hung in the tower of the second Sacred Heart Church. The bell was recast from the bells of the first Sacred Heart Church, dramatically destroyed by fire in 1899 (see #25 in this series).

The parish community wasted not a moment. Just three days after the fire, they met to talk about the building of a new church. Within weeks the ruins of the old building had been cleared away to make way for the new. The cornerstone was laid on August 11, 1899, and a year later the new Sacred Heart Church was dedicated.

A Detroit architect, Harry Rill, had been selected, and his "blending of both Roman and Gothic styles," reported the Catholic Sentinel, "will make a very pretty effect." The generosity of the parish and the broader community to the building of the new church was extraordinary. When Father Brown solicited donors for new stained glass, all except one window was paid for by the end of the first day. An unusual element of the new church was the double choir galleries—there was one

above the main entrance for the adult choir, and another above the transept for the school choir. The latter were so expertly trained by the Sisters of the Holy Names of Jesus and Mary that they sang at the dedication Mass, with a 13-year old, Eleanor Nordhoff, at the organ!

The new church far surpassed the old in beauty, but it was not without its detractors. The Archives of the Archdiocese of Seattle preserves two letters of complaint about the bell, which was rung by the altar servers (one of whom was Russell Ryan, father of our own Father Ryan) before each Mass. "Does it ever occur to you that your church bell is a nuisance to the neighborhood?" wrote an anonymous Belltown resident in 1905. "Any person who would be led to prayer, or in whose mind a beautiful thought could be aroused by the funereal tones of your bell, would be a saint indeed.... Why even the dogs of the neighborhood howl... all the time it is ringing." Another letter arrived a few months later: "This morning your bell ringer forgot to ring his bell at half past 7 o'clock, for which the entire neighborhood was duly thankful.... really dear sir, why can it not be forgotten every morning? The bell is dismal sounding and unmusical and altogether an infernal nuisance."

The second Sacred Heart Church was also destined to be





Above: The tower of the second Sacred Heart Church succumbs to a dynamite blast, March, 1929. Courtesy of the Archives of the Archdiocese of Seattle. Below: The parish bell, is preserved on the grounds of the current Sacred Heart Church, adjacent to the Seattle Center.

short-lived. In 1910, what is known as Denny Regrade Number 1 leveled the western part of the hill on the waterfront side. As early as 1917, plans were underway for Denny Regrade Number 2, which would raze the eastern part of the hill—including the site of Sacred Heart Church.

In 1928, the property was sold. The parishioners were far from pleased. A poem addressed to the Sacred Heart church appeared in the Progress: "The hill whereon you, martyred, stand / Is soon to melt away / Before the onward march of trade / God of this newer day." In September of that year, the Redemptorist priests moved to a new residence on Warren Avenue, and on October 12 the last Mass was offered in Sacred Heart Church. "The bell at Sacred Heart has sounded the Angelus for the last time," wrote a parishioner in the *Progress*. "Denny Hill is coming down, and old Sacred Heart Church will fall before the wreckers.... We have lost our faithful friend. The Bell of Sacred Heart has sounded its own requiem."

The church itself was demolished in March of 1929. The walls came down

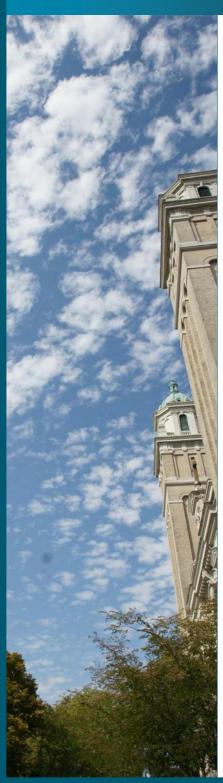
easily, but the cross-topped bell tower (minus the bell, which was preserved) was another story. It refused to give way to the wreckers, and stood alone on what remained of Denny Hill for several days. The Sisters of Mercy asked the wreckers to remove the cross before collapsing the tower, but since the stairs to the tower had already been removed, their pious request was denied.

The builders had done their work so well that it took "four terrific dynamite blasts" to bring the tower down. One of these blasts was so powerful that it sent fragments of brick all the way to Fourth Avenue, but when the dust cleared, the tower was still standing, "badly battered but seemingly proud of its tenacity to life and tradition." But at last it fell. The headline in the P-I read "Spire, Defiant, Is Humbled." An extraordinary series of photos captured the tower's collapse, and was reprinted in newspapers as far away as Montreal. It was time for Sacred Heart to rebuild yet again, but the Great Depression and a war would intervene before the next Sacred Heart Church would rise.

Corinna Laughlin, Pastoral Assistant for Liturgy

Want to learn more? Read Journey of Faith, the illustrated history of the Archdiocese of Seattle, available in the Cathedral Bookstore.

# HEALTH & ENVIRONMENT FAIR



You can't be healthy on a sick planet

## Sunday, June 14, 2015 After the 10am and Noon Masses Cathedral Hall

Our health and the health of our environment are intimately connected. This year's Health Fair continues our focus on how, by being responsible stewards of one, we can also be caring and effective stewards of both.

More than twenty local health, environmental and government organizations will be on hand to demonstrate and speak to you about our health and the health of our environment, and show how those areas are connected. Join us in Cathedral Hall for a chance to collect valuable information and ask questions. This year, we will offer cholesterol and glucose checks in addition to blood pressure screenings. Bring family and friends!

#### Our exhibitors include:

Cathedral Kitchen Garden · New Beginnings · St James Mental
Health Ministry · American Lung Association · Cummins
Chiropractic & Wellness · SeaMar Community Health Centers ·
Massage for Seattle, Inc · Earth Ministry · Dental Health & Oral
Cancer · Downtown Foot & Ankle · Garden Hotline · Cancer
Lifeline · American Society of Consultant Pharmacists · Seattle King
County Public Health, Environmental Health Division: Food Safety
· YMCA of Greater Seattle · Merrill Gardens - First Hill · St James
Youth Ministry · Care for Creation · Master Composter/Soil Builders
· Recovery Café · VA Puget Sound Health Care System ·
Neighborhood Medical and Dental · and many more...!

# A STILL AND QUIET CONSCIENCE

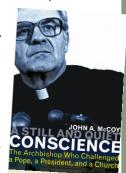
LIFE OF RAYMOND G. HUNTHAUSEN



## Monday, June 15, 2015

7:00 pm, Cathedral Hall 803 Terry Avenue, Seattle

A Presentation by Seattle author John McCoy from A Still and Quiet Conscience, a new biography of Archbishop Raymond Hunthausen, followed CONSCIE by Q&A and Book Signing

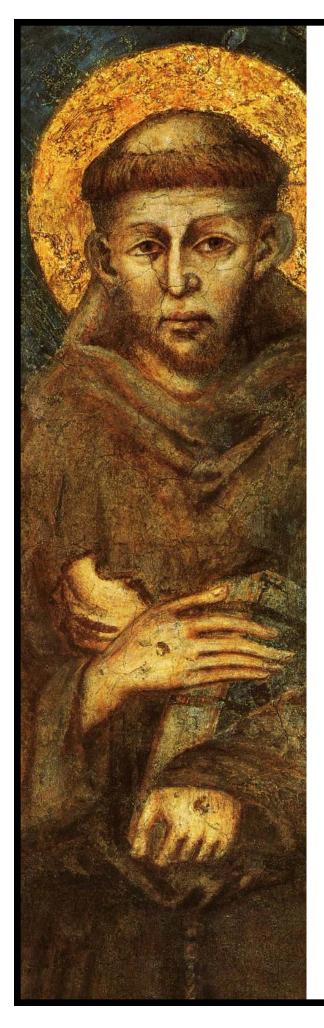


Archbishop Raymond G. Hunthausen, archbishop of Seattle from 1975-1991, was the quintessential "Vatican II bishop." Embracing the spirit of renewal, he was famous for reaching out to the laity, women, and those on the margins. A courageous witness for peace, he earned national attention when he became the first American bishop to urge tax resistance as a protest against preparations for nuclear war. In doing so, he ran against the Cold War policies of the Reagan Administration. But he also came into conflict with desires in the Vatican to reshape the American episcopacy. This biography not only recounts a critical turning point for the American Catholic church; it rekindles the vision of a more inclusive, prophetic, and compassionate church as the "people of God."—Orbis

JOHN MCCOY first followed this story as a reporter for the Seattle P-I. A reporter, editor, and journalism professor, he has headed the communications departments of the Catholic Archdiocese of Seattle and World Vision International. Currently, he teaches writing at the University of Washington, Tacoma.



This special event is co-sponsored by St. James Cathedral and Maryknoll, Seattle.



# Called to Cake for Creation

Ecumenical Prayer with Music from Taizé

Friday, June 19 at 6:30pm St. James Cathedral 804 9th Avenue

This week, Pope Francis' new encyclical on our Christian call to care for creation will be released. The document is entitled "Laudato Sii" (Italian for "Praised be") from the first words of St. Francis' of Assisi's *Canticle of Brother Sun.* 

On Friday, June 19, we respond with prayer to Pope Francis' call to care for God's creation and to protect the poorest and most vulnerable humans, ecosystems, and species threatened by climate change.

www.stjames-cathedral.org

Camino Seattle is back! Join this fourweek walking/hiking and prayer event for St. James Cathedral Parish, beginning June 28, 2015 and ending July 26, 2015, the Feast of St. James.

#### Set your walking/hiking goal!

Pilgrims to Santiago de Compostela come by many routes and from many different places. For Camino Seattle, we will each determine our own mileage goal, based on our time and physical ability. The main point is to set a goal to challenge yourself a bit during these four weeks. We suggest a goal of 60 miles or more — the minimum to receive a *compostela* in Spain.

#### Set your prayer goal

Because the Camino to Santiago de Compostela in Spain is both a physical and a spiritual journey, you're also encouraged to bring your own special intentions to your walking, and to set a prayer goal as well. This might be setting aside a few extra minutes each day for quiet prayer, offering a rosary as you walk, or another goal of your own choosing.

#### Community walks and events

The Camino de Santiago is not just a feat of endurance or a private prayer. It is a community event: a place where people get to know each other. Each week during the Camino, there will be hosted walks across the city as well as some educational opportunities at the Cathedral. Keep an eye on the weekly bulletin for a schedule of these special summer events.



#### **Collecting your stamps**

Getting a stamp at each stage of the journey is an important part of the journey for pilgrims to Santiago de Compostela. Each week, you will want to collect stamps to indicate your progress. Cathedral pilgrims can collect their prayer and walking stamps each week at the Cathedral Bookstore. In addition, you can get a bonus "community" stamp each week by participating in a hosted walk or other group event.

#### Conclusion

The Camino Seattle will conclude on the Feast of St. James, July 26, 2015.

#### Find out more

Visit www.stjames-cathedral.org/camino to find out more about special Camino events, to sign up for hosted walks, and to learn more about St. James and the Camino!

Registration will be available at coffee hours on June 21 and June 28!

# St. James Young Adults Spirituality | Social Events | Service activities



# EXTRAORDINARY TIMES IN ORDINARY TIME RETREAT

Friday, June 26, 6:30pm-11pm St. James Cathedral (804 9th Ave)

Facilitated by Michaela Kearns

Join us for an evening of reflection to explore your Catholic faith in the seemingly mundane cycles of everyday life, and come away with a sense faith-filled gratitude for ordinary moments. The evening will begin with Taizé prayer in the Cathedral at 6:30pm, we'll have a simple supper, and then Michaela Kearns will lead us in prayer, reflection, and discussion.

To register, email youngadults@stjames-cathedral.org

#### **About the Facilitator**

Michaela came to Seattle from eastern Washington to pursue a graduate degree in Pastoral Studies at Seattle University, focusing on Ignatian Spirituality. She has previously worked in youth ministry and is currently working at

the Ignatian Spirituality Center as the Young Adult Program coordinator. She has a heart for creating spaces and opportunities for others to explore, engage in, and deepen their relationship with God.

## **CHEER ON THE MARINERS ON JULY 10th**

Friday, July 10 at 7:10pm Mariners vs. Angels Tickets are \$13 per person.

To Order tickets, email youngadults@stjames-cathedral.org Priority deadline is June 18





**Questions?** Contact Tom:

youngadults@stjames-cathedral.org or 206 382-4235

#### 1st Annual

# the art of faith

A one-week summer day camp for youth ages 13-19

This year's theme:

## Icons



Explore the Cathedral's icon collection
Learn how icons are "written"
Visit an Orthodox church and its iconostasis
Experience prayer with icons
Make a copy of one of the Cathedral's icons
Display your work in the Cathedral Chapel

July 20—24, 9:00am—1:00pm Cost: \$80, scholarships available

For more information contact Brenda or Theresa at faithformation@stjames-cathedral.org