

ST. JAMES CATHEDRAL

May 16, 2010

Dear Friends,

One week from now we will bring the Easter season to a close by celebrating the great feast of Pentecost. If you were at Mass last weekend, you are aware that we are now in the middle of a novena in preparation for Pentecost. And how important this traditional novena is this year! Our need as a Church for conversion and renewal – for a full and rich outpouring of the gifts of the Holy Spirit -- has never been greater. And then there is our particular need as an Archdiocese to pray for the guidance of Church leaders as they engage in the process of choosing a new archbishop for this local Church. Exactly when this will happen is unknown to us but it is certainly in the works. How appropriate, then, that we join in earnest prayer at this time for a new archbishop who will model for us the servant ministry of Jesus and lead us with love and courage in the ways of the gospel! If you didn't receive a Pentecost Novena prayer card last weekend, please pick up one today at the place of prayer in the north aisle and join in this important parish prayer.

I want to thank each one of you who has made a pledge or a gift to the Annual Catholic Appeal. Thanks to your incredible generosity, we have now met the \$300,000 goal set for us by the Archdiocese! From this point on, everything given to the Appeal will come back to the parish as a rebate. Our hope is to raise \$175,000 in rebate monies this year. This will help us significantly in meeting our parish's \$275,000 obligation toward the five central district Catholic ("Rainbow") schools. If you have not yet had the opportunity to make your gift to the Annual Appeal, I encourage you to do so at this time. There are pledge forms in the pews and you should have one at home, as well. If possible, please consider making a pledge to be paid off over a period of as many as 10 months. Thank you. *Your timely response will save the money required for expensive follow-up letters.*

May this glorious feast of the Ascension deepen our commitment to preaching and living the gospel, and may the coming feast of Pentecost set us on fire with wisdom, courage, and love!



Father Michael G. Ryan

ORDER OF CELEBRATION FOR THE ASCENSION OF THE LORD

Out of respect for the liturgy,
PLEASE TURN OFF ALL CELLULAR PHONES.

PRELUDE
(10:00)

Scherzo
Dance for Organ

Duruflé
Parker

INTROIT FOR ASCENSION

Viri Galilei / O men of Galilee

SWABIA



Antiphon 1. O men of Gal - i - lee, Why gaze in - to the sky? Just
Psalm 47 2. All peo-ples, clap your hands, To God with joy now sing. The
3. God has gone up with shouts A - mid the trum-pet's blast. Sing
4. The Lord rules o - ver all, And sits up - on the throne. All
5. Give glo - ry to our God, The Fa - ther, and the Son, And
Antiphon 6. O men of Gal - i - lee, Why gaze in - to the sky? Just



as the Lord as - cend - ed, so He will re - turn from high.
Lord, the Awe - some, the Most High, O'er all the earth is King.
praise to God our King, sing praise, And let this mu - sic last.
ru - lers of the earth shall kneel And hon - or God a - lone.
al - so to the Par - a - clete, E - ter - nal Three - in - One.
as the Lord as - cend - ed, so He will re - turn from high.

SPRINKLING RITE

Vidi aquam

Isabella Leonarda, adapt. St. James Cathedral

Choir, then ALL:



1, 3: Al - le - lu - ia, al - le - lu - ia!

Choir, then ALL:



2: Al - le - lu - ia, al - le - lu - ia!

GLORIA

LAUDA ANIMA

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 worshiped and adored.

(Text by Edwin LeGrice)

LITURGY OF THE WORD

READINGS [Acts 1:1-11; Ephesians 1:17-23; Luke 24:46-53]

PSALM RESPONSE

Psalm 67

Proulx



ALLELUIA No. 285

Palestrina/Monk

HOMILY

Father Peter Ely, SJ

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

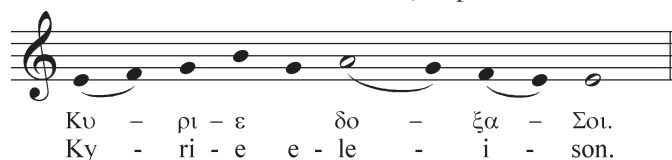
CRUCIFER

Lift high the cross, the love of Christ proclaim, till all the world adore his sacred name.

CREED No. 238

GENERAL INTERCESSIONS

Kassia, adapt. St. James Cathedral



NOVENA OF PRAYER TO THE HOLY SPIRIT

NOVENA PRAYER

Come, Holy Spirit!

Come to the Church in our time of need:

Heal, cleanse, and renew us.

Raise up for us prophetic leaders,

humble, compassionate shepherds,

with wisdom to read the signs of the times

in the light of the Gospel.

Come to our world,

and teach us to reverence the earth and all of creation.

Come to our hearts, and fill us with your gifts,

that we may live the faith we profess

and commit ourselves anew to the Gospel of Christ.

Come, Holy Spirit, with the wind and fire

of a new Pentecost.

DIALOGUE

Presider: Come, Holy Spirit, fill the hearts of your faithful,

ALL: And kindle in them the fire of your love.

Presider: You send forth your Spirit, and they are created;

ALL: And you will renew the face of the earth.

HYMN

ST. ANNE

**Come as the fire, and purge our hearts
like sacrificial flame;
Let our whole soul an off'ring be
to our Redeemer's Name.**

**Come as the dove, and spread your wings,
the wings of peaceful love;
And let your Church on earth become
blest as the Church above.**

LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Ascendens Christus in altum

Alcotti

Christ has ascended to heaven, alleluia;
He led captivity captive with him, alleluia;
He gave heavenly gifts to all, alleluia;
In jubilation he ascended to heaven, alleluia.

SANCTUS

German Mass

Schubert

Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might, _____
Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might, _____
heav - en and earth are full, _____ full of your glo - ry. Ho -
san - na in the high - est, ho - san - na in the high - est.
Bless - ed is he who comes _____ in the name of the Lord. _____ Ho -
san - na in the high - est, ho - san - na in the high - est.

MEMORIAL ACCLAMATION

German Mass

Schubert, adapted for St. James Cathedral

When we eat this bread, _____ when we drink this cup, _____
we pro-claim your death _____ un - til you come in glo - ry.

AMEN

German Mass

Schubert

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

LORD'S PRAYER No. 246

AGNUS DEI

German Mass

Schubert



COMMUNION

Sing to the Lord who has ascended the highest heavens,
towards the East, alleluia.

When you return to your place after receiving Holy Communion, please **KNEEL OR BE SEATED**.
This is the norm for large assemblies in the Archdiocese of Seattle
and we thank you for following our practice.

HYMN OF PRAISE

Hail the day that sees him rise

LLANFAIR



1. Hail the day that sees him rise Al - le - lu - ia!
2. There for him high tri - umph waits; Al - le - lu - ia!
3. High - est heav'n its Lord re - ceives, Al - le - lu - ia!



To his throne a - bove the skies; Al - le - lu - ia!
Lift your heads, e - ter - nal gates; Al - le - lu - ia!
Yet he loves the earth he leaves; Al - le - lu - ia!



Christ, a - while to mor - tals given, Al - le - lu - ia!
He has con - quered death and sin; Al - le - lu - ia!
Though re - turn - ing to his throne, Al - le - lu - ia!



Re - as - cends his na - tive heaven. Al - le - lu - ia!
Take the King of glo - ry in. Al - le - lu - ia!
Still he calls the world his own. Al - le - lu - ia!

ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY (10:00 and Sunday Evening)

(10:00)

Ave Maria: Mélodie religieuse adaptée au 1er Prélude de J.S. Bach Gounod

PROCESSION

(10:00)

Sonata III in A Major

Mendelssohn

Passacaglia on "When Jesus wept"

Onckley

PROCESSIONAL ICON OF THE ASCENSION OF THE LORD. ACKNOWLEDGEMENTS: Gloria from *Five Instant Glorias and a Creed*, copyright © Kevin Mayhew, Ltd. Reprinted under License No. 491231. All rights reserved. Sanctus, Amen, and Agnus Dei from *A German Mass* by Franz Schubert, adapted by Richard Proulx, Psalm Response, and Alleluia copyright © 1986 by GIA Publications, Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. General Intercessions Response and Memorial Acclamation from *Deutsche Messe* by Franz Schubert, adapted for St. James Cathedral. All rights reserved. Introit for Ascension adapted by Christoph Tietze, copyright © 2004 by World Library Publications. Used with permission. All rights reserved.

St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend Alexander J. Brunett, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant
The Reverend Thomas Marti, MM

DEACON

David Olsen

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

PASTORAL CARE MINISTRIES

John Simpson (206-274-3173)

SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)
Jennifer Ibach (206-654-4640)
Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)
Rachael Ross, Administrative Assistant (206-903-4629)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)
Stephen Pace, Bryan Long, Brenda Bellamy, sacristans

MUSIC MINISTRY (206-382-4874)

Dr. James Savage, Director of Music
Joseph Adam, Organist (206-382-4597)
Dr. Clint Kraus, Associate Organist; Director of Youth Music
Stacey Sunde, Music Assistant
Ian Newhall, Coordinator of Special Projects

FAITH FORMATION

Helen Oesterle, Director/RCIA (206-382-4514)
TerryAnn Bowen, "Welcome Back" & Confirmation (206-382-2018)
Marianne Côté, Youth & Family Ministry (206-382-4512)
Lita McBride, Children's Faith Formation (206-654-4658)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director
Glenda Caldwell, ESL Specialist
Jim Hodges, Citizenship
Cecilia Erin Walsh, ESL Coordinator
Lupita Gonzalez, ESL Coordinator
Mali Main, Development Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)
Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)
Linda Carr, Office Manager (206-622-3559 x3979)
Marilyn Maddeford, Receptionist (206-622-3559)

WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)
Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

Dennis Morse, Facilities Manager (206-622-3559)

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 Groups of 6 or more may arrange a tour by calling Maria Laughlin, 206-382-4284

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

ST. JAMES CATHEDRAL PARISH

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

WELCOME! *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.*

FLOWERS IN THE CATHEDRAL are in celebration of the Jubilee of the Sisters of the Holy Names of Jesus and Mary at the Noon Mass today.

YOUNG ADULTS (21 - 30-SOMETHING) 3RD SUNDAY

Scripture sharing and informal social time is today, Sunday, May 16 starting at 4:00pm. Do you ever wonder how the Sunday readings relate to our everyday lives? Enjoy fellowship, wine, and cheese from 4:00 to 4:30 followed by sharing how the Scripture readings for the day speak to you in your everyday life. The study will finish in time to attend 5:30 Mass. Young adults over the age of 21, single or married, gather in the Fireside Room of the Pastoral Outreach Center. Newcomers and those not new to the parish are all welcome! *Information* youngadults@stjames-cathedral.org or TerryAnn Bowen, 206-382-2018.

HELP FEED THE HUNGRY Operation Nightwatch is an interdenominational Christian ministry serving people on the streets. St. James partners with ONW to provide meals on the 1st and 3rd Tuesdays of the month. We are currently looking for volunteers to help serve the meal as well as substitutes for the program during the busy summer months. Please consider making a monthly commitment to this wonderful ministry. *Information*, Christine Henderson christinehenderson3@gmail.com or 253-973-1441.

CANTILENA, A MEDIEVAL SING ALONG Sunday, May 16, 2010 7:00pm Medieval Women's Choir director Margriet Tindemans will direct several settings of texts from the Song of Songs, mostly in Latin. Scores in modern notation will be provided. Space is limited in the beautiful Chapel at St. James Cathedral. *Registration and information* www.medievalwomenschoir.org.

TAKE ME OUT TO THE BALLGAME! Join us for Cathedral Night at Safeco Field as the Seattle Mariners take on the New York Yankees on Friday, July 9 at 7:10pm. \$16/person (some accessible seating is available-first come, first serve). Reserve your tickets now by completing the order form on our parish website or by picking one up at hospitality following our Sunday morning Masses. *Information*, Theresa Van de Ven, 206-219-5822, tvandeven@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 Christ Our Hope in Seattle, St. Rita in Tacoma, St. Madeleine Sophie in Bellevue, and Visitation in Tacoma.*

MEDIEVAL WOMEN'S CHOIR Saturday, May 22, 2010, 8:00pm The Cathedral Resident Ensemble continues the Song of Songs Festival with medieval settings of texts from the Song of Songs and new settings by Karen P. Thomas and Shira Kammen. Ms. Kammen will be playing medieval fiddle and harp. *Information* 206-264-4822, www.medievalwomenschoir.org.

CALLED TO PROTECT: SAFE ENVIRONMENT TRAINING FOR VOLUNTEERS On Saturday, May 22 from 10 am to noon, the Parish will be offering the Called to Protect Seminar for Ministries. A part of the Archdiocesan Safe Environment Program, this class provides valuable information regarding the safety of our children and vulnerable adults. This class fulfills the requirement for all parish employees and new volunteers who have ongoing, unsupervised contact with minors or vulnerable adults. *Information*, tbowen@stjames-cathedral.org or 206-382-2018.

POST-TRAUMATIC STRESS DISORDER (PTSD)—BEYOND RETURNING HOME Tuesday, May 25, 7:00pm, Pastoral Outreach Center. Matthew Jakupcak, PhD and Michelle Upham, MSW, Deployment Health Clinic of the VA Puget Sound Health Care System, will discuss the challenges Iraq/Afghanistan veterans face in reintegrating their personal and professional lives following a combat tour. All are welcome. Sponsored by the Health and Healing Ministry.

COFFEE HOUR HOSPITALITY NEEDS YOU! Our Coffee Hour hospitality ministry is in great need of extra hands. We are looking for several outgoing people to help with set-up, serving and clean-up for this very important ministry of hospitality. We especially need help following the 10:00 and the 12:00 masses. It's a lot of fun, and a minimal time commitment. *Information*, Patty Bowman, 382-4515 or pbowman@stjames-cathedral.org.

WORLD RELIGIONS: VISUAL JOURNEY THROUGH EASTERN WAYS OF PRAYING Join us on Tuesday, May 18, 7:00 pm at Cathedral Hall for a special evening of images, stories and prayer as we explore different faith traditions. Presenter and convener: Tim Malone, M.Div. (teacher and spiritual director involved in inter-religious dialogue locally and in Asia). Suggested donation: \$5. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

Annual Catholic Appeal 2010

Our progress through May 9

Pledges received..... **525** (of 2,520 households)
% participation**21%**
Combined Parish and Archdiocesan goal **\$470,330**
Percent of goal reached**64%**

Thank you to all who turned in or mailed in your pledge. **As you can see, we still have a long way to go to meet our goal!** Please turn in your pledge TODAY and be a part of this important Appeal. You may make a one-time gift or spread your gift out over as many as ten months. Follow up letters go in the mail this week! Visit www.seattlearch.org/aca for more information.

Sacred Steps

Sacramental Celebrations at St. James

CONGRATULATIONS AND GOD'S BLESSINGS to Marivic Dangeo and Gregory Kokorowski, married in the Cathedral last Saturday, May 9. Please pray for them as they begin their new lives together.

CONGRATULATIONS TO THE thirty-four candidates Confirmed by Bishop Tyson at the 5:30 Mass last Saturday: *Nina Therese Andersen, Marjorie Therese Elizabeth Ann Anderson, Joyce Supnet Antolin, Paul Supnet Antolin, Ruby Arquillo Asiodche, Breanne Arayon Batara, Kristen Joan Bernazzani, Major Christian Bruno, Lionel Candido, Gino Vincent Clement, Clare Elizabeth Corrigan, William Richard Christopher Cotter, Christina Real Altagracia Figueroa, Elijah Martin Forde, Carlyn Elaine Helena Freeman, Bettina Carolyn Heard, Alexis Lorenza Jaime, Tricia Leigh Kane-Yi, Shelagh Rae Lane, Francisco Montague Gabriel Murray, Lillian Tuyet Nguyen, Dena Ann Patton, Cynthia Jean Recto, Annemarie Theresa Reda, Haley Elizabeth Russell, Chloé Adrian Valentine Salatino-Ott, Christopher Faamoana Sevaio, Dylan Lorene Fraser Mary Thomas, Khoa Cao Tran, Viona Veronica, Michael Kingsley Wales, Ariana Indelisa Josephine Walker, Samantha Jean Sophia Wilmart, Samuel Fernando Zambrana.*

WORLDWIDE MARRIAGE ENCOUNTER Husbands and wives: did you know it takes so little to bring joy and excitement into a marriage? Learn new ways to enhance your relationship on the next Encounter Weekend. Upcoming weekends are June 4-6, Tacoma area and June 11-13, Seattle area. *Information*, John and Martha Ryland (Tacoma), 253-859-9174, jmryland@comcast.net or Rory and Dawn Myers (Seattle), 206-772-2344, seattlewwme@yahoo.com

ST. JAMES CATHEDRAL CHOIR CAMP 2010 August 9-13, and Sunday morning, August 15, open to young singers grades 4-8, in the Archdiocese of Seattle. This week-long camp, led by some of the region's finest Catholic music educators, offers excellent training in liturgical music. Students learn musical skills, note reading, singing techniques and participate in daily Morning Prayer in the Cathedral. *For information and auditions* call the Cathedral Music Office at 206-382-4874, or email musicoffice@stjames-cathedral.org.

ART OF THE SONG OF SONGS Now through May 31, the Cathedral Chapel is home to an exhibition by local artists entitled *The Pleasures of the Garden*. The works depict gardens, fruit, flowers, music, light, and shadow – imagery inspired by the Old Testament Song of Songs. Visit www.stjames-cathedral.org/song for more information about the Song of Songs Festival.

People without Homes: From Awareness to Action

How do we take our commitment to people who are homeless a step further? Since its inception last year, the St. James Housing Advocacy Committee has worked to increase action within the parish to end homelessness. Join us for an educational and action-inspiring evening with Laura Clark and Rich Gamble.

***Thursday, May 20 at 7pm
in Cathedral Hall***

Presentations:

“Healing the Human Spirit after Housing the Body” - Laura Clark

“Political Advocacy: Ethical, Essential, Easy” - Rich Gamble



About our Presenters

Laura Clark has spent 18 years working in social services. After she and her three sons experienced domestic violence, formal eviction and life in a small car, she unwittingly began a journey that would lead her to work with others experiencing a housing crisis. Her compassion for the human spirit, her belief in the possibilities of success, and her commitment to sharing her story in an attempt to inspire societal change is ever present in the work she does.

Rich is the Lead Organizer with the FAITH (Faithful Action In Transforming Homelessness) Program of Catholic Community Services. He has been an advocate for people who are homeless for over 20 years. He will address how our actions can make a difference to end homelessness.

***Sponsored by the St. James Housing Advocacy Committee
Endorsed by FAITH (Faithful Action in Transforming Homelessness)***

Questions? Contact Jennifer Ibach at 206-654-4640
or jibach@stjames-cathedral.org

BICYCLES FOR HUMANITY SEATTLE



Two wheels can change a life

Bicycles for Humanity, Seattle (B4H Seattle) is part of an international organization dedicated to shipping bicycles—more than 10,000 so far—to impoverished areas of the world.

B4H Seattle will be collecting bikes at a number of churches in the Seattle area for shipment to the KwaZulu-Natal province in South Africa, an area with 10.6 million residents, 50% unemployment, and 39% with HIV. This endeavor has the heartfelt gratitude of Bishop Jose Luis of South Africa.

Our goal is to collect 500 bikes during May of 2010.

Your unused bicycle can help healthcare workers reach distant villages, South African children travel miles to school, or the unemployed get to work or start their own business. Bicycles for Humanity ships containers full of bikes to communities in South Africa where two wheels can transport villagers from poverty to a better life.

What: St. James Cathedral Bicycle Drive (tax deductible)

Where: St. James Cathedral, O'Dea Parking Lot

When: Sunday, May 23

Time: 8:30 a.m. - 5:00 p.m.

Help: Please bring the bike you're donating to Mass

St. James Cathedral is one of a number of Catholic Churches participating in this bike drive. Other Parishes include Holy Rosary, St. Joseph, and Immaculate Conception. You can help by bringing your unwanted bike to Mass on Sunday, May 23, 2010. We are also encouraging businesses and individuals to donate bikes to us at any time.

How are the bikes delivered to South Africa?

When 500 bikes have been collected, they will be shipped to South Africa via cargo container. There, leaders of the St. Gabriel's church in Mtubatuba will distribute them to villagers of the area.

What kinds of bikes are needed?

Ideally, sturdy mountain type bikes, due to the rough terrain of the area. But B4H will take any working bicycle, as the need for transportation in the region is so great. Any and all donations are tax deductible. You'll be given a receipt after you drop off your bike.

About Bicycles for Humanity Seattle

Bicycles for Humanity, is an all-volunteer effort. There are no administrative salaries. We are a 501(c) 3 organization. Our Federal Tax ID number is 27-1309387. Contributions are fully tax deductible on your federal income tax. Please see your tax professional for deductibility for you.

Contact Information

2121 Terry Avenue Suite 1705, Seattle, Washington 98121

telephone: 206-728-1777, fax: 206-728-1799, email: info@b4hs.org.