

# ORDER OF CELEBRATION FOR THE THIRTEENTH SUNDAY IN ORDINARY TIME

OUT OF RESPECT FOR THE PRAYER OF THE COMMUNITY,  
PLEASE TURN OFF YOUR CELL PHONE AS YOU ENTER THE CATHEDRAL.

## THE SOLEMN CONCLUSION OF THE YEAR OF SAINT PAUL

PRELUDE


“Allegro con brio” from *Sonata No. 4*

Mendelssohn


ENTRANCE

*Paul the preacher; Paul the poet*


STUTTGART



1. Paul, the preach - er, Paul the po - et, Fear - less  
2. Loy - al Jew, yet born a Ro - man, Ci - ti -  
3. Still to - day we need your teach - ing, Stern yet  
4. Paul the fier - y, Paul the saint - ly, Wor - ship  
5. Till, when faith no more is need - ed, There where



fight - er for the truth, Mys - tic, pi - o - neer, and  
zen, yet slave of Christ, Wealth, po - si - tion, kin - dred,  
lov - ing, hard yet true: On - ly those who share his  
with us at your feast; May our love to Christ be  
faith and sight are one, We in heav'n shall praise the

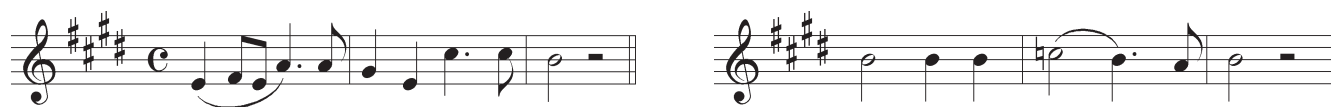


proph - et, Build - er of the Chur - ch's youth;  
free - dom, to the Lord were sa - cri - ficed.  
Pass - ion Can their lives in Christ re - new.  
strength-ened, And our faith through you in - creased;  
Fa - ther, In the Spir - it through the Son.


PENITENTIAL RITE

*St. James Mass for Peace*

Herbolsheimer



1. & 3. Ky - ri - e e - le - i - son.



2. Chri - ste e - le - i - son.

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

GLORIA

*St. James Mass for Peace*

Herbolsheimer



Glo - ri - a in ex - cel - sis De - o.

# LITURGY OF THE WORD

READINGS No. 902

PSALM RESPONSE

Psalm 117

Peloquin



ALLELUIA

*St. James Mass for Peace*

Herbolsheimer



HOMILY

**Father David A. Brant**

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Litany of St. Paul

CREED No. 238

GENERAL INTERCESSIONS

Herbolsheimer



NOVENA PRAYER

*Following the intercessions, the presider invites all to pray together  
the prayer for our Novena marking the conclusion of the Year of Saint Paul:*

**Glorious Saint Paul,  
Apostle to the Gentiles,  
when the Lord called, you answered,  
and you spread the good news of the Gospel  
to the very ends of the earth.  
Pray for us, that we may serve Christ as you did:  
proclaiming the name of Jesus  
in good times and bad,  
when convenient and when inconvenient.  
Pray for us, that we may welcome all the people we meet  
with compassionate hearts and open minds.  
Pray for us, that Christ may live in us  
as he lived in you.  
We pray in the name of the One  
who is your Lord and ours,  
Christ Jesus the Lord. Amen.**

# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

“Saul on the Road to Damascus”  
from *Saint Paul*

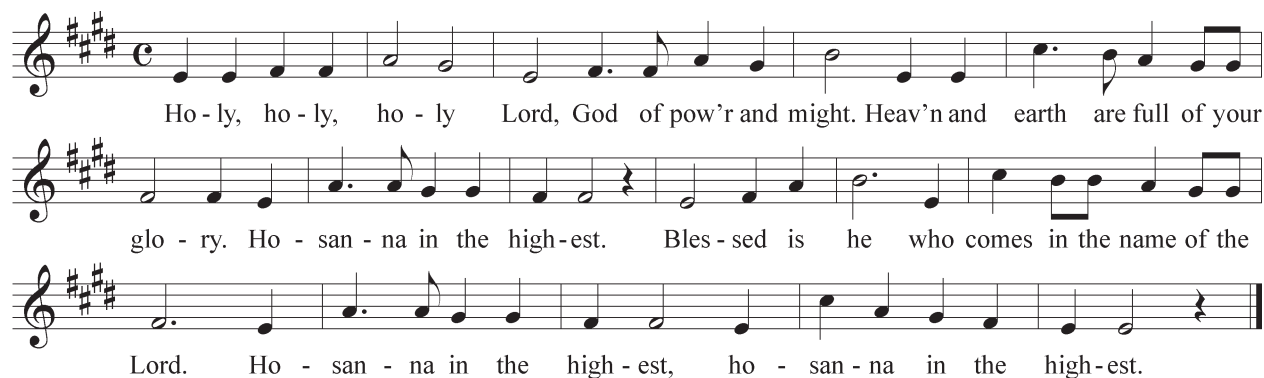
Mendelssohn

And Saul made havock of the Church; and breathing out threat'nings and slaughter against the disciples. And Saul journeyed with companions towards Damascus, and had authority and command from the High Priest that he should bring them bound, men and women, unto Jerusalem. And as he journeyed he came near unto Damascus; when suddenly there shone around him a light from heaven: and he fell to the earth, and he heard a voice saying unto him:  
“Saul, Saul, why persecutest thou Me?”  
And he said: “Lord, who art Thou?”  
And the Lord said to him: “I am Jesus of Nazareth, whom thou persecutest.”  
“Lord, what wilt Thou have me do?”  
The Lord said to him:  
“Arise, and go into the city; and there thou shalt be told what thou must do.”  
Rise! Up! Arise! Rise in light! The glory of the Lord appeareth upon thee.

## SANCTUS

*St. James Mass for Peace*

Herbolsheimer



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might. Heav'n and earth are full of your  
glo - ry. Ho - san - na in the high - est. Bles - sed 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

*St. James Mass for Peace*

Herbolsheimer



Christ has died, Christ is ri - sen, Christ will come a - gain.

## AMEN

*St. James Mass for Peace*

Herbolsheimer



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

## LORD'S PRAYER No. 246

### AGNUS DEI

*St. James Mass for Peace*

Herbolsheimer

Response 1, 2



Have mer - cy on us.

Response 3



Grant us peace.\_\_\_\_\_

## COMMUNION

Lend your ear and make haste to rescue us.

(10:00)

“The Conversion of Saint Paul” from *St. Paul* Mendelssohn

And his companions which journeyed with him stood, and they were afraid, hearing a voice but seeing no man. And Saul arose from the earth, and when his eyes were opened, he saw no man, but they led him by the hand, and brought him into Damascus, and he was three days without sight, and did neither eat nor drink.

And there was a disciple at Damascus named Ananias; to him said the Lord: “Ananias, arise, and enquire thou for Saul of Tarsus; for behold, he prayeth. He is a chosen vessel unto Me, the Lord; and I will show unto him how great things he must suffer for My Name’s sake.”

And Ananias went his way, and entered into the house, and laying his hands upon him, said: “Hear thou, brother Saul! The Lord hath sent me hither, even Jesus, that appeared unto thee as thou camest, that thou might receive thy sight, and be likewise filled with the Holy Ghost.”

And there fell from his eyes like as though it were scales; and he received sight forthwith, and arose, and was baptized. And straight way he preached Jesus in the synagogues, and testified that He is very Christ.

O great is the depth of the riches of wisdom and knowledge of the Father!

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

*Awake, my soul*

MCKEE

Text by Philip Doddridge (1702-1751),  
based on Saint Paul (see I Corinthians 9:24-27)

1. A - wake, my soul, stretch ev' - ry nerve, and  
2. A crowd of wit - ness - es a - round hold  
3. 'Tis God's all - a - ni - ma - ting voice that  
4. Blessed sav - ior in - tro - duced by thee, have

press with vi - gor on! A heav'n - ly race de -  
thee in full sur - vey. For - get the steps al -  
calls thee from on high; 'Tis his own hand pre -  
I my race be - gun. And crowned with vic - t'ry,

mands thy zeal, and an im - mor - tal crown.  
read - y trod and on - ward urge thy way.  
sents the prize to thine a - spi - ring eye.  
at thy feet I'll lay my ho - nors down.

## PROCESSION

“Allegro maestoso” from *Sonata No. 4*

Mendelssohn

# 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

### 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)  
Deacon Joseph Curtis

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)  
Deacon David Olsen, 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 Coté, 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)

### WEDDINGS

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

### PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)  
Marilyn Maddeford, Receptionist (206-622-3559)  
Sister Mary Slater, SNJM, Bookkeeper (206-622-3559 x3974)

### 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.

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

**ECUMENICAL PRAYER** with music from Taizé, 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](http://www.stjames-cathedral.org)  
Emergency Number: 206-467-3049  
Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**W**ELCOME, SUMMER VISITORS! *St. James is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today. Last Sunday, we had visitors from Venice, FL, San Juan Capistrano, CA, and Yokohama, Japan, to name a few. The winner of our drawing was from Boise, Idaho.*

**FLOWERS IN THE CATHEDRAL** are from the Saturday wedding of Ashley Crabtree and Michael Mammano. Flowers at the Mary Shrine are for the birthday of Frances Holter from her daughters Rosanne and Maria.

**PETER'S PENCE** This weekend we take up the annual Peter's Pence Collection to support the works of the Holy Father. Your generosity will give emergency relief to those most in need around the globe, who suffer because of war, famine, disease, oppression, or natural disaster.

**WALKING WITH OUR LADY** The Health and Healing Committee invites you to walk for your health to shrines of Our Lady around the world. Our goal is to collect 18,000 miles and to "travel" from St. James to Fatima and Lourdes! If you signed up at the Health and Healing Fair on May 5, you can bring your record sheet for June to the Hall TODAY, Sunday, June 28, at coffee hour. If you'd like to join the fun and get healthier at the same time, stop by the table at coffee hour for a free pedometer to get you going. *Information*, John Simpson, 206-274-3173.

**WORLD PREMIERE** Sunday, June 28, 8:00pm Organist Douglas Cleveland, "a brilliant performer with prodigious technique," joins Cathedral Resident Ensemble Seattle Pro Musica in the first performance of an exciting new work by Bruce Neswick, commissioned by the American Guild of Organists for the AGO Regional Convention. Free and open to all.

**THE CATHEDRAL BOOKSTORE** Stop by the bookstore today for a great selection of Cathedral souvenirs... postcards, note cards, books, mugs, magnets, and more! We also have a great selection of history and fiction if you're still hunting for the perfect summer reading.

**NEW ON THE WEBSITE** Visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org) to read Father Ryan's homily for Corpus Christi online. You can also view photo albums of recent events, and even make a gift online!

**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 Saints Peter and Paul, Tacoma and Aberdeen; St. Thomas, Tukwila; and the Mission Church of St. Thomas in Clallam Bay.*

**REST IN PEACE** Please pray for the repose of the soul of Joan McDonell, a full-time volunteer in the parish office and longtime Marriage Tribunal Advocate for the parish. Pray also for the repose of the soul of Linda Condes, coordinator of our Extraordinary Ministers of Holy Communion.

**INDEPENDENCE DAY HOLIDAY** The Parish Office will be closed on Friday, July 3, in observance of the holiday. Liturgies will follow the usual weekday schedule, including Taizé Prayer at 6:30pm.. On Saturday, July 4, there will be one Mass at 9:00am. The Cathedral will be closed following the Mass, and will reopen at 4:00pm. There will be Mass as usual at 5:30pm. The Sacrament of Reconciliation will *not* be celebrated on July 4.

**FIRST FRIDAY** On Friday, July 3, we will have Exposition of the Blessed Sacrament following the 8:15am Mass, concluding with Holy Hour and Benediction from Noon to 1:00pm.

**SUMMER TOURS** During the summer months, June, July, and August, we offer a tour of the Cathedral every Wednesday at 1:00pm. This is a great way to show out-of-town guests your Cathedral! *No reservations required.*

**YOUNG ADULTS (21-35) "FIRST-THURSDAY" SOCIAL ON JULY 2** A change from international fare, we will gather at Rosebud, 719 East Pike Street, Seattle, where contemporary American natural, organic, and free-range cuisine is served in the casual atmosphere of a cozy room. RSVP by noon Wednesday, July 2 at [youngadults@stjames-cathedral.org](mailto:youngadults@stjames-cathedral.org) so we know how many to plan for.

**ARE YOU INTERESTED IN LEARNING MORE ABOUT THE CATHOLIC CHURCH?** You are invited to participate in the RCIA, a process of initiation into the Catholic community of faith. It is a process which encompasses the study of Scripture, Catholic teaching, and Christian values—the development and deepening of a life of prayer and action—all with the support and involvement of the parish community. A new inquiry session will begin Wednesday, July 8. *Information*, Helen Oesterle, 206-382-4514, [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org)

**WELCOME, PARENTS WITH YOUNG CHILDREN** We support all of our parishioners who are attending Mass with young children and we welcome those children into our midst. If you find that your child needs a quiet place away from the stimulation of the Mass, please feel free to step into the west vestibule or the cathedral chapel, where we have provided a sound system so that you can continue to participate in the Mass. We appreciate your effort to be with us and to include your child in our worship. *Please note that babysitting is available in the Mother Cabrini Room at the Pastoral Outreach Center during the 10 am and 12 Noon Masses.*

**TOILETRIES DONATIONS NEEDED FOR WOMEN'S SUMMER SHELTER** St. James is starting a Summer Shelter for women this July and August. As part of their stay at our shelter, the women are given toiletries to freshen up before they head out (many go to work in the mornings). We are able to provide these toiletries thanks to your generous donations. Please consider dropping off any of the following *unused* items in the blue bin at coffee hour: disposable razors, deodorant, feminine hygiene products, cosmetics and cosmetic supplies, toothbrushes, and travel-sized toothpaste, shampoo, conditioner, soap, and mouthwash. *Information*, Jennifer Ibach (206) 654-4640 or [jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org).

**NEED PASTORAL CARE?** The Cathedral provides a variety of such ministries. Whether you are sick or homebound and in need of communion, whether you would like a CD of Sunday's Mass, or if you need the sacrament of the Anointing of the Sick, we can help! *Information* John Simpson, Pastoral Care Minister, 206-274-3173, [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).

**ARE YOU A REGISTERED PARISHIONER AT ST. JAMES?** Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. *We strongly encourage you to register.* Registered parishioners receive important mailings from the Cathedral (including offering envelopes!), are regular recipients of the Cathedral's quarterly journal *In Your Midst*, are able to celebrate their wedding at the Cathedral, and their children may attend any of the five Catholic Rainbow Schools at parishioner rates. If you are a registered parishioner and use envelopes, or are on the direct debit program, we will mail you a quarterly report of your contributions to the parish. Registration cards can be found in the vestibule. Please drop the completed card in the collection basket or put it in the mail. *If you're not sure whether you're registered at St. James, call the parish office at 206-622-3559.*

## Annual Catholic Appeal 2009

*Results through June 24, 2009*

Pledges received ..... **927** (of 2,497 households)  
 % participation ..... **37%**  
 Combined Parish & Archdiocesan goal ..... **\$454,000**  
 Percent of goal reached ..... **102%!!**

A huge **THANK YOU** to all who helped us meet not only the goal set for us by the Archdiocese of Seattle, but also our parish goal which will support our Cathedral Kitchen and other outreach ministries. *If you haven't yet pledged, but would like to, it's not too late! Visit [www.seattlearch.org/aca](http://www.seattlearch.org/aca) to make a gift online!*





# SUMMER FILM FESTIVAL



Join us on the second Tuesday evenings of the summer months for our annual SUMMER FILM FESTIVAL. It all begins on Tuesday, June 9 at 7:00pm in Cathedral Place, second floor. Popcorn and lemonade are provided; bring your favorite candy or snack. *All films are recommended by the US Bishops Conference.*

## June 9 *The Visitor*

Our first film is the story of an American professor and an immigrant family from Syria, and explores the effects of our immigration and detention system on the lives of immigrants. It has received great reviews! Co-sponsored by St. James ESL Program. *Rated PG-13*

## July 14 *The Secret Life of Bees*

Haunted by the death of her mother, 14-year-old Lily escapes the dreary life she lives on her father's farm and heads to Tiburon, SC, with her friend and caregiver, Rosaleen, setting off on a life-changing journey of self-discovery. Set amidst the hotbed of racial tensions in the South in the 1960s, this dramatic tale is based on the bestselling novel by Sue Monk Kidd. *Rated PG-13*

## August 11 *Gran Torino*

A crusty, inflexible Korean War veteran must confront his Hmong immigrant neighbors—and his prejudices—when the family's teen son tries to steal his beloved Gran Torino. Walt soon assumes the unlikely role of guardian angel to him and his family bringing about reconciliation and his own redemption. *Rated R*

*For more information, contact Helen Oesterle, 206-382-4514;  
hoesterle@stjames-cathedral.org; [www.stjames-cathedral.org](http://www.stjames-cathedral.org)*



# GOD'S GRACE AT WORK

## THE SACRAMENTS OF INITIATION

Baptism, Confirmation, and Eucharist are the sacraments by which we become full members of the Church, the body of Christ. They provide the foundation for the other sacraments of the Church: the sacraments of healing (Reconciliation and Anointing of the Sick) and the sacraments of vocation (Marriage and Holy Orders).

### WHAT IS BAPTISM?

"Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit, and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as children of God; we become members of Christ, are incorporated into the Church and made sharers in her mission: Baptism is a sacrament of regeneration through water in the word." (*Catechism* 1213). Through baptism, we become part of the royal, priestly people of God, called to holy lives of prayer and service.

At St. James, the sacrament of Baptism is celebrated communally, in the context of the Sunday Eucharist. As the great poet and Anglican divine John Donne wrote, "The church is catholic, universal, so are all her actions; all that she does belongs to all. When she baptizes a child, that action concerns me; for that child is thereby connected to that head [Christ] which is my head too, and engrafted into the body whereof I am a member." The process is different for young children (0-6) and older children and adults.

### BAPTISM OF YOUNG CHILDREN (0-6 years)

We celebrate baptisms of young children monthly at one of our weekend Masses. First time parents/guardians and godparents are asked to participate in a baptism preparation class to update their understanding of baptism and the important responsibilities of Christian parenting, and to learn more about the many ways our parish supports families. All families and godparents are then asked to participate in a seminar the Saturday morning prior to the actual celebration.

Parents/Guardians are required to be registered parishioners at St. James Cathedral or have a personal connection with a registered parishioner (e.g. grandparents are members of the parish). If a family belongs to another parish, they must obtain a letter from their own pastor indicating that they are registered and granting permission for the baptism.

Church law requires that there be at least one godparent for the child baptized. Godparents need to be active, practicing and confirmed Catholics at least 16 years in age. Godparents need to submit written proof of registration from their parish and participate in a baptism preparation class. Only Catholics can be godparents because they are asked to promise to be a part of the child's growth in the Catholic faith. A non-Catholic Christian can be designated as a witness of the baptism as long



as there is one Catholic godparent. A non-baptized person cannot be a godparent or witness.

## **RCIA FOR OLDER CHILDREN AND ADULTS**

The RCIA (Rite of Christian Initiation of Adults), also called the Catechumenate, is a process of initiation into the Catholic Community of Faith for persons who are experiencing a conversion in their lives and seeking either Christian baptism in the Catholic Church or, in the case of those already baptized, full Communion with the Catholic tradition through Eucharist and Confirmation.

It is a process which enables the study of the Gospels, Catholic Christian teaching, the acceptance of Christian values and morality, the development and deepening of a life of prayer and action with the support and involvement of the local parish. The RCIA is more than a course of instruction. It is a process of conversion, designed to meet the unique and individual needs of the participants.

## **WHAT IS CONFIRMATION?**

The Sacrament of Confirmation is, with Baptism and Eucharist, one of the three sacraments of initiation; confirmation completes and “confirms” the grace of baptism. Through the anointing with the sacred chrism the baptized person is “enriched with a special strength of the Holy Spirit,” and more than ever “obliged to spread and defend the faith by word and deed” (*Catechism* 1285). Confirmation is typically celebrated in the spring, preceded by preparation classes for youth 16 and older who have not been confirmed. Adults who have not been confirmed should seriously consider preparing for this sacrament which completes their full initiation into the Catholic Church. Completion of the sacraments of initiation is strongly encouraged prior to celebrating the other sacraments including marriage.

## **WHAT IS EUCHARIST?**

In the Eucharist, Christ nourishes the believer with the essential food, which is the sign of faith and bread of life. The celebration of Mass forms our local Church, connects us with the apostolic faith, and links us with the Church universal. All parish life revolves around the Sunday celebration of the Lord’s paschal mystery in the Eucharist. The reverence with which we offer

this sacrifice of praise is an outward manifestation of the holiness of God who has taken on our flesh. The Eucharist is holy manna, food for the whole of the Christian journey. In our devout participation in the Mass we are given a foretaste of the banquet of heaven and given a hunger for the invitation to join the Lord, the angels and the saints around his heavenly table.

Because of these powerful fruits or effects of Eucharist, the church “warmly recommends” that Catholic believers do the following.

- Catholics are required to take part in Mass every Sunday and Holy Day, unless prevented by serious or excusing causes such as illness, travel or weather.
- Catholics should receive communion every time they attend Mass, if they have the required dispositions—that is, they are not in a state of serious sin (CCC 1388). Anyone who is aware of having sinned should celebrate the sacrament of reconciliation before receiving Holy Communion. All Catholics should celebrate the sacrament of reconciliation at least once a year.
- Catholics who are not prevented by age or medical condition are to fast from food and drink, except water (or medicine) for one hour before receiving Holy Communion
- Because of the divisions in the Body of Christ, Christians from other denominations may not receive Holy Communion in the Catholic Church. We pray for the day when we may all be united around the one table of the Lord.

At about age 7, children can begin to prepare to receive communion, the body and blood of Christ, for the first time. In conjunction with Archdiocesan guidelines, preparation for First Reconciliation and First Communion is a two-year process which includes preparation for First Reconciliation and culminates in the First Communion celebration in May. For adults, the reception of the Eucharist is the culmination of their Christian initiation through the RCIA Process.

*For more information, contact the Faith Formation office, 206-219-5822, or visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org).*