



*Icon of the Most Holy Trinity. Joan Brand-Landkamer, Cathedral Iconographer*

ST. JAMES CATHEDRAL  
**The Most Holy Trinity**

May 30, 2010

# ORDER OF CELEBRATION FOR THE MOST HOLY TRINITY

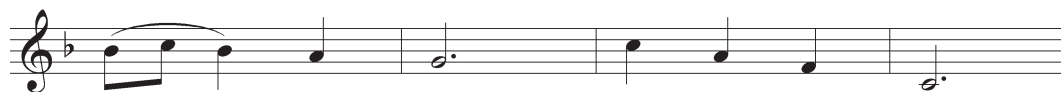
OUT OF COURTESY AND RESPECT FOR THE PRAYER OF THE COMMUNITY,  
PLEASE TURN OFF YOUR CELL PHONE AS YOU ENTER THE CATHEDRAL.

PRELUDE (Saturday & Noon) "Allegro" from *Trio Sonata No. 5*, BWV 530 Bach  
(8:00 & 10:00) "Andante sostenuto" from *Symphonie gothique* Widor

ENTRANCE *God whose almighty Word* ITALIAN HYMN



1. God, whose al - might - y word Cha - os and  
2. Sav - ior, you came to give Those who in  
3. Spir - it of truth and love, Life - giv - ing,  
4. Gra - cious and ho - ly Three, Glo - ri - ous



dark - - ness heard, And took their flight:  
dark - - ness live Heal - ing and sight,  
ho - - - ly dove, Speed on your flight!  
Trin - - - i - ty, Wis - dom, love, might:



Hear us, we hum - bly pray, And where the gos - pel - day  
Health to the sick in mind, Sight to the in - ward blind:  
Move on the wa - ter's face Bear - ing the lamp of grace  
Bound - less as o - cean's tide Roll - ing in full - est pride



Sheds not its glo - rious ray, Let there be light!  
Now to all hu - man - kind Let there be light!  
And, in earth's dark - est place, Let there be light!  
Through the world far and wide, Let there be light!

PENITENTIAL RITE

chant, Vatican XVI



1 & 3. Ky - ri - e e - lei - son.



2. Chri - ste e - lei - son.

(10:00)

"Kyrie" from *Heilig Messe*

Haydn

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

## GLORIA

Lee



*Glory to God in the highest,  
Lord God, heavenly King,  
We worship you,  
we give you thanks,  
Lord Jesus Christ,  
only Son of the Father,  
you take away the sin 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 peace to God's  
almighty God  
we praise you for  
Lord God,  
have  
re-  
you alone are the Most High Je- sus Christ,  
in the glory of  
God the Father, A - - - men.

peo- ple on earth.  
and Fa- ther.  
your glo- ry.  
Lamb of God,  
mer- cy on us.  
ceive our prayer.

(10:00)

"Gloria" from *Heilig Messe*

Haydn

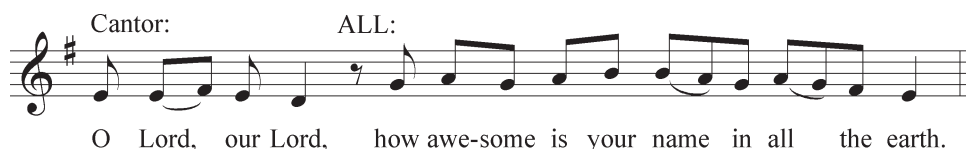
## LITURGY OF THE WORD

READINGS [Proverbs 8:22-31; Romans 5:1-5; John 16:12-15]

PSALM RESPONSE

Psalm 8

Stratman



ALLELUIA

to the tune HYFRYDOL

**Alleluia! Alleluia! Alleluia! Alleluia!**  
**Glory be to God the Father, Glory be to God the Son,**  
**Glory be to God the Spirit, Glory be to the Three in One.**  
**Alleluia! Alleluia! Alleluia! Alleluia!**

HOMILY

Father David A. Brant

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00AM)

CREED No. 238

GENERAL INTERCESSIONS

Berthier



# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

“Gloria Patri” from *Magnificat*

Hovhanness

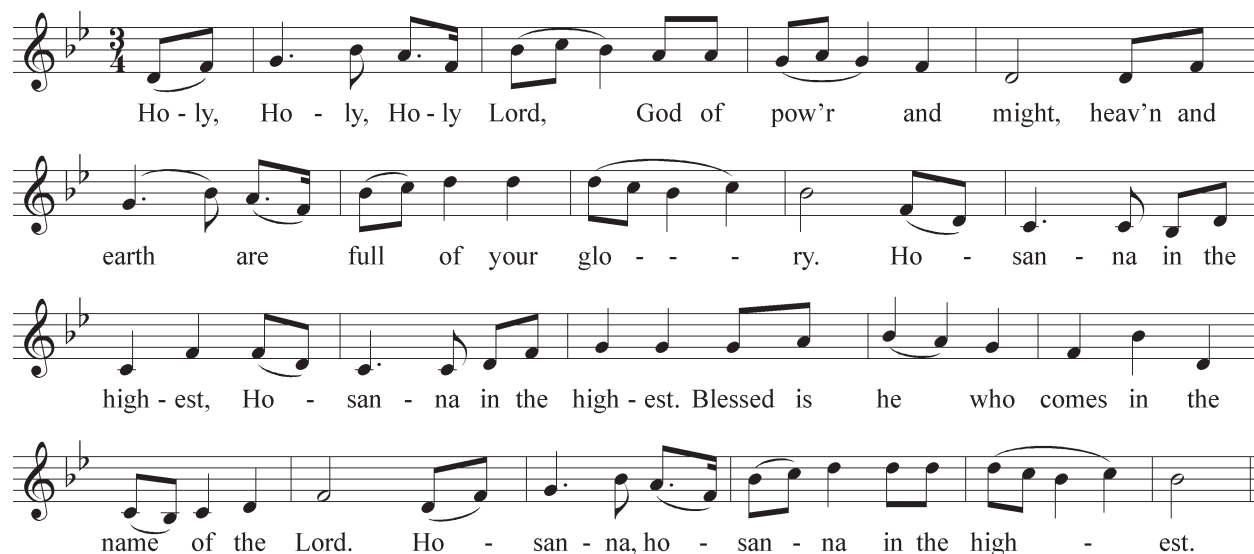
(Sunday 5:30)

*I bind unto myself today the strong name of the Trinity* trad. Irish

## SANCTUS

*Compostela Mass*

Holst, adapt. Ryan



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, Ho - san - na in the high - est. Blessed is he who comes in the  
name of the Lord. Ho - san - na, ho - san - na in the high - est.

## MEMORIAL ACCLAMATION

*Compostela Mass*

Holst, adapt. Ryan



When we eat this bread, and drink this cup,  
we pro - claim your death Lord Je - - - sus,  
un - til you come in glo - - - ry.

## AMEN

*Compostela Mass*

Holst, adapt. Ryan



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

## LORD'S PRAYER No. 246

## AGNUS DEI

Vatican XVIII



Cantor: ALL:  
A-gnus De - i, \* qui tol-lis pec-ca-ta mun-di: 1, 2. mi-se-re-re no - bis.  
3. do-na no-bis pa - cem.

(10:00)

“Dona nobis pacem” from *Heilig Messe*

Haydn

## COMMUNION

All power has been given to me in heaven and on earth, alleluia; go therefore and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, alleluia, alleluia.

(10:00)

*Gloria Patri et Filio et Spiritui Sancto*

Vivaldi

(Sunday 5:30)

*Psalm 34: Laud the Lord*

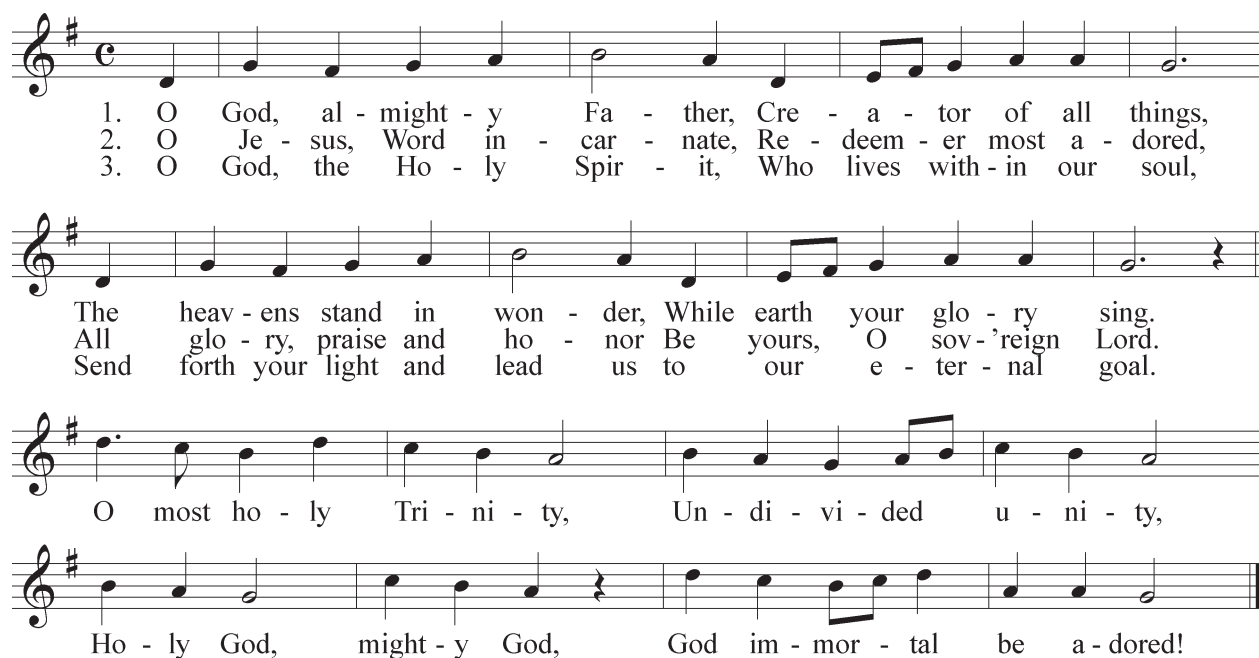
Folstrom

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

*O God, almighty Father*

GOTT VATER SEI GEPRIESEN



1. O God, al - might - y Fa - ther, Cre - a - tor of all things,  
2. O Je - sus, Word in - car - nate, Re - deem - er most a - dored,  
3. O God, the Ho - ly Spir - it, Who lives with - in our soul,  
The heav - ens stand in won - der, While earth your glo - ry sing.  
All glo - ry, praise and ho - nor Be yours, O sov - 'reign Lord.  
Send forth your light and lead us to our e - ter - nal goal.  
O most ho - ly Tri - ni - ty, Un - di - vi - ded u - ni - ty,  
Ho - ly God, might - y God, God im - mor - tal be a - dored!

## ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY

(10:00)

*Ave Regina celorum*

Rheinberger

PROCESSION (Saturday & Noon)  
(8:00 & 10:00)

*Præludium in E Major*

Lübeck

“Präludium” from *Sonata No. 14 in C Major*

Rheinberger



# 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)

Brenda Bellamy, Bryan Long, John Marquez, Stephen Pace, 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)

### PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)

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

Peggy Behnken, Receptionist (206-622-3559)

Marilyn Maddeford, Administrative Assistant (206-622-3559 x3971)

### 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](http://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 AT THE ALTAR** are in memory of Teodora Valdez Tamayo on the 25th anniversary of her death, from Josephine Tamayo Murray and Simeon Tamayo, her children. Flowers at the altar are also in memory of Eva Mae Victor, from her son Robert Murray. Flowers at the north transept Mary shrine are in memory of Armando E. Deuna from the Deuna and Lopez families. Flowers in the Blessed Sacrament Chapel are from the Saturday wedding of Joann Gulla and Demetrio Urtula.

**MEMORIAL DAY** There will be one Mass in the Cathedral at 9:00am on Monday, May 31. The Cathedral will remain open for prayer until 5:00pm. *Please note that there will be no 5:30pm Mass on Memorial Day.*

**ALL PARISH CHOIR** Join the Cathedral Choir and be part of the All Parish Choir on Sunday June 13, at the 10:00am Mass. All ages and voices are welcome. Gather in the Chapel at 9:00am. Rehearse in the East Apse at 9:05am. Don't miss this yearly opportunity to sing parish favorites with the musicians of the Cathedral. *Information*, 206-382-4874.

**SEE THE REAL FACE OF IMMIGRATION** Join us on Tuesday, June 8 at 7:00 pm in Cathedral Place, second floor, for a showing of *Under the Same Moon* followed by discussion on immigration through the lens of Catholic Social Teaching, which tells us that human life is sacred and the dignity of the human person is the foundation of a moral vision for society, and that we are one human family whatever our national, racial, ethnic, economic, and ideological differences. *Information*, Helen Oesterle, 206-382-4514, [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org).

### CATHEDRAL NIGHT AT SAFECO FIELD—SEATTLE

**MARINERS VS NEW YORK YANKEES** Yes it is true that the Mariners are not playing as well as we would like, but we can still have fun! Join other parishioners on Friday, July 9, 7:10pm for fun, fellowship, hot dogs and hopefully a win! \$17/person (some accessible seating is available-first come, first serve). Reserve your tickets NOW! *Information*, Theresa Van de Ven, 206-219-5822, [tvandeven@stjames-cathedral.org](mailto: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 Holy Trinity in Bremerton, and Sacred Heart in Seattle, Bellevue, and Morton.*

**POTENTIAL VOLUNTEER TRIP TO HAITI** St. James is partnering with CRUDEM (Center for the Rural Development of Milot) to explore a volunteer trip to their Sacred Heart Hospital and Medical Center in northern Haiti. The group size is limited to 6 people and volunteers with physical therapy, nursing, primary care, and construction skills are needed most. We will be meeting on Tuesday, June 1 at 6:30pm in the Cathedral Place to gauge interest, discuss possibilities, and review basic trip information. Please RSVP if you plan to attend. *Information*, Jennifer Ibach 206-654-4640 or [jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org).

**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, 206-382-4515 or [pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org).

**ST. JAMES CATHEDRAL YOUTH MUSIC PROGRAM 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](mailto:musicoffice@stjames-cathedral.org).

**YOUNG ADULTS (21 – THIRTY-SOMETHING) "FIRST-THURSDAY" SOCIAL** On June 3 we will go back to Liberty Bar, 517 15th Ave. E – to the taste of a unique neighborhood within a neighborhood nestled at the top of Capitol Hill. We have found it to be such fun in our earlier visits we have chosen to return to the scene of the delight. Gather at 7:00pm for some delicious food and "artisan" beverages as we enjoy our usual comfortable conviviality. *Information*, [youngadults@stjames-cathedral.org](mailto:youngadults@stjames-cathedral.org) or TerryAnn Bowen 206-382-2018.

## Annual Catholic Appeal 2010

*Our progress through May 23*

Pledges received..... **674** (of 2,520 households)  
 % participation ..... **27%**  
 Combined Parish and Archdiocesan goal ..... **\$470,330**  
 Percent of goal reached ..... **77%**

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. Visit [www.seattlearch.org/aca](http://www.seattlearch.org/aca) for more information.



## Sacred Steps

### Sacramental Celebrations at St. James

**RITE OF RECEPTION INTO FULL COMMUNION IN THE CATHOLIC CHURCH**  
 Last weekend we celebrated the Rite of Reception for Full Communion into the Catholic Church with *Dusti Luisa Banazzio, Ester Francisco Burkhart, Virginia Kay Klein, Ryan Jon Michalisin, Alefesh Asfaha Tiku, and Jane Grady Zech*. They made a Profession of Faith and celebrated the sacraments of Eucharist and Confirmation, and now join us as full members of our Catholic Christian family. We welcome them with great joy!

**FIRST HOLY COMMUNION** We also congratulate those who celebrated their First Communion after participating in the RCIA for Older Children: *Edwin Mangonon Arciaga, Jr., Jerrica Lyn Flores, Susan Manuella Garcia, and Elijah Paul Stark*.

**CONGRATULATIONS AND GOD'S BLESSINGS** to *Charleen Obenza and Jose Cadelina*, married in the Cathedral on Saturday, May 22.

**HELP CREATE A COMMUNITY OF COMPASSION** Are you interested in joining other St. James parishioners to provide practical and emotional support to a person living with HIV/AIDS and/or recovering from addiction? To get involved, join our partner Multifaith Works for a volunteer training from 8:45am-4:45pm on Saturday, June 12 at Seattle First Baptist Church (1111 Harvard Ave, Seattle 98122). To register, contact Stephanie Pietras at 206-324-1520 ext. 226 or [stephanie@multifaith.org](mailto:stephanie@multifaith.org). *Information*, Jennifer Ibach, 206-654-4640 or [jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org).

**HELP A SENIOR IN NEED** Over 150 people in our greater community are on a waiting list for help with transportation, shopping, laundry, housework, and more. Age, illness, economics, and disabilities can all be barriers to accomplishing these daily tasks. By volunteering just a few hours a month with Catholic Community Services' Volunteer Chore Services program, you can make a difference in someone's life. Interested in joining this rewarding ministry? Come to an orientation on the 2nd floor of the Pastoral Outreach Center (907 Columbia) on Wednesday, June 16 at 6:30pm. *Information*, Jennifer Ibach, 206-654-4640 or [jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org).

**ARE YOU INTERESTED IN CABRINI MINISTRY TRAINING?** By registering early for the 2010-2011 Cabrini English and Español classes, Cabrini is offering a 10% discount to the parish and student for all applications completed and received by CMT by June 30, 2010. *For more information*, call Tom Curran at 206-760-0583 or [tomcurran@cabriniministry.org](mailto:tomcurran@cabriniministry.org).



# Praying at Home

June 2010

## On Prayer

There is no compulsion to pray: we can freely decide to pray or to neglect prayer. For prayer is not easy. It is not the speaking of many words, or the hypnotic spell of the recited formula; it is the raising of the heart and mind to God in constantly renewed acts of love. We must go forward to grapple with prayer, as Jacob wrestled with the angel. We must lift high our lamp of Faith that it may show us what prayer is, and what are its power and dignity. Into the darkness we must whisper our prayer: Lord, teach us how to pray.

Karl Rahner, SJ

## On the Eucharist

*On the 6th of this month, we will celebrate the solemnity of Corpus Christi—the body and blood of Christ.*

Union with Christ is also union with all those to whom he gives himself. I cannot possess Christ just for myself; I can belong to him only in union with all those who have become, or who will become, his own. Communion draws me out of myself towards him, and thus also towards unity with all Christians. We become “one body”, completely joined in a single existence... A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented.

Pope Benedict XVI, *Deus Caritas Est*

Since you make up the body of Christ and are his members, your mystery rests on the table of the Lord; you receive your own mystery. You answer “Amen” to the reality of what you are; your reply gives your consent to it. For on hearing the words “The Body of Christ,” you reply, “Amen.” Be in fact a member of Christ’s body for your affirmation “Amen” to ring true... Be what you see; receive what you are.

St. Augustine

## A Meal Prayer from Ghana, Africa

O Lord, the meal  
is steaming before us  
and it smells good!  
The water is clear and fresh.  
We are happy and satisfied.  
But now we must think  
of our brothers and sisters  
all over the world who have  
nothing to eat and only a little to drink.  
Please, please give all of them  
your food and your drink.  
That is the most important thing!  
But also give them what they need every day,  
to go through this life.  
Now, and in all times,  
give food and drink to our hungry brothers and sisters.  
Amen.

From *Hallelujah for the Day:*  
*An African Prayer Book*, Ed. Anthony Gittins, CSSp

## Holy Father’s Prayer Intentions for June

### GENERAL INTENTION:

That every national and international institution may strive to guarantee respect for human life from conception to natural death.

### MISSION INTENTION:

That the Churches in Asia, a “little flock” among non-Christian populations, may communicate the Gospel and give joyful witness to their adherence to Christ.

## Aspirations for June

Short prayers to memorize and pray throughout the day. These simple prayers are also appropriate ones to pray as you pass in front of the tabernacle.

My Lord and my God!

O Sacrament most holy, O Sacrament divine!

All praise and all thanksgiving be every moment thine!

## Night Prayer

May the Lord support us all the day long,  
till the shades lengthen and the evening comes,  
and the busy world is hushed,  
and the fever of life is over,  
and our work is done.

Then in his mercy,  
may he give us a safe lodging and a holy rest,  
and peace at the last.

Father, we ask this through Jesus Christ our Lord.

Venerable John Henry Newman

## Mary, Mother of the Eucharist

This short prayer has been set to music by many great composers, including Mozart, Franck, and Fauré.

Hail, true Body, born of the Virgin Mary,  
truly having suffered and been offered  
on the cross for all, be a foretaste for us  
in the hour of our death.

St. Louis de Montfort (1673-1716), was a great advocate of devotion to the Blessed Virgin Mary. This is one of his best-known prayers.

O Jesus, living in Mary,  
Come and live in your servants,  
In the spirit of your holiness,  
In the fullness of your might,  
In the truth of your virtues,  
In the perfection of your ways,  
In the communion of your mysteries.  
Subdue every hostile power,  
In your spirit, for the glory of the Father. Amen.



# Corpus Christi Procession

with the Blessed Sacrament  
on the Solemnity of the Most Holy Body  
and Blood of Christ

Sunday, June 6, 2010  
10:00am

As Catholics have done on this day for nearly a millennium, we take to the streets with procession, prayer, bagpipes, and song to celebrate and show forth to our entire First Hill community our faith in Christ's abiding presence in our midst in the holy Eucharist.

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"We bring Christ, present under the sign of bread, onto the streets of our city. We entrust these streets, these homes, our daily life, to his goodness. May our streets be streets of Jesus! May our houses be homes for him and with him! May our life of every day be penetrated by his presence!

"With this gesture, let us place under his eyes the sufferings of the sick, the solitude of young people and the elderly, temptations, fears - our entire life. The procession represents an immense and public blessing for our city: Christ is, in person, the divine Blessing for the world. May the ray of his blessing extend to us all!

"In the *Corpus Domini* procession, we walk with the Risen One on his journey to meet the entire world."

—Pope Benedict XVI

# 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 8 at 7:00 pm 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 8 *Under the Same Moon*

Our first film, which received a standing ovation at the 2007 Sundance Film Festival, is about a 9 year old Mexican boy who lives with his grandmother while his mother works as an undocumented domestic worker in LA. When his grandmother dies, the boy decides to cross the border to find his mother. He encounters both danger and remarkable wonderful people on his journey. Co-sponsored by St. James ESL Program. *Rated PG-13.*

## July 13 *Letters to God*

Tyler Doherty is an extraordinary 8 year old boy. Surrounded by a loving family and community, and armed with the courage of his faith, he faces his daily battle against cancer. To Tyler, God is a friend, a teacher and the ultimate pen pal. Tyler's prayers take the form of letters which he composes and mails on a daily basis. These letters transforms many other lives in unexpected ways. *Rated PG*

## August 10 *Up*

This animated classic tells the story of a grumpy widower who decides to relocate his home to South America with the help of a thousand balloons. This touching tale offers lessons on love, loss, marriage and perseverance. *Rated PG*

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