

Welcome to St. James Cathedral

This Order of Celebration is provided to help you participate actively in the Mass. It includes many of the sung portions of the Mass. You can find the text for the spoken responses of the Mass at Nos. 229-250 in the red *Worship* hymnal.

ORDER OF CELEBRATION FOR THE THIRD SUNDAY OF LENT

OUT OF RESPECT FOR THE LITURGY WE ARE ABOUT TO CELEBRATE,
PLEASE TURN OFF YOUR CELLULAR PHONE.

FIRST SCRUTINY OF THE ELECT (Saturday 5:30)
FIRST SUNDAY YOUTH CELEBRATION (Noon Mass)

INTROIT

Introit for Lent III *Oculi mei*

adapt. Stratman



I will pour clean wa - ter u - pon you.

PENITENTIAL RITE Text of Confiteor at No. 231

Vatican XVII



R. 1, 3, 4 Lord, have mer - cy.
R. 2 Christ, have mer - cy.

OPENING PRAYER

LITURGY OF THE WORD

READINGS No. 793

GRADUAL PSALM

Psalm 95

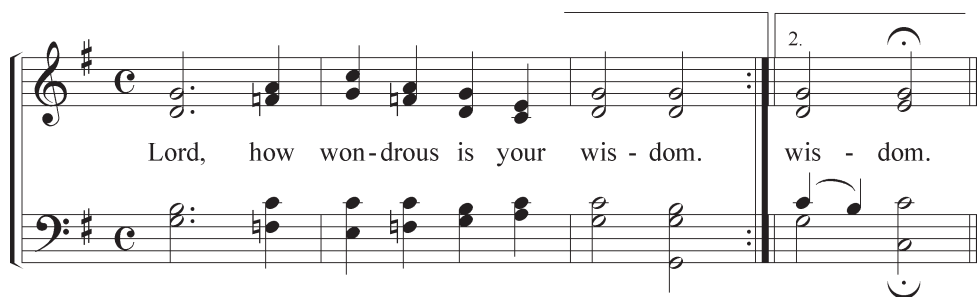
Kreutz



Re - mem - ber your mer - cies, O Lord.

GOSPEL TRACT

Stratman



Lord, how won-drous is your wis - dom. wis - dom.

HOMILY

Deacon David Olsen

CREED No. 238 *chanted on one tone*
(10:00 and Sunday Evening)

chant, *Jubilare Deo*

Presider Credo in unum Deum,

Schola Patrem omnipotentem factorem cæli et terræ,
visibilium omnium et invisibilium.

*We believe in one God,
the Father, the almighty,
maker of heaven and earth,
of all that is seen and unseen.*

ALL

Et in u - num Do - mi - num Je - sum Chri - stum,

Fi - li - um De - i u - ni - ge - ni - tum.

*We believe in one Lord,
Jesus Christ,
the only Son of God,*

Schola Et ex Patre natum ante omnia sæcula.

eternally begotten of the Father,

ALL

De - um de De - o, lu - men de lú - mi - ne,

De - um ve - rum de De - o ve - ro.

*God from God, Light from Light,
true God from true God,*

Schola Genitum, non factum, consubstantialem Patri:
per quem omnia facta sunt.

*begotten, not made,
one in being with the Father:
through him all things were made.*

ALL

Qui pro-pter nos hó - mi - nes et prop-ter no-stram

sa - lú - tem de-scén-dit de cæ - lis.

*For us and for our salvation
he came down from heaven:*

ALL BOW AT THE WORDS OF INCARNATION, SUNG BY THE SCHOLA:

Schola Et incarnatus est de Spiritu Sancto ex Maria Virgine,
et homo factus est.

*by the power of the Holy Spirit
he was born of the Virgin Mary,
and became man.*

ALL

Cru-ci - fí - xus é - ti - am pro no - bis

sub Pón-ti - o Pi-lá-to; pas-sus et se-púl - tus est.

*For our sake he was crucified
under Pontius Pilate;
he suffered, died, and was buried.*

Schola Et resurrexit tertia die, secundum Scripturas.

*On the third day he rose again
in fulfillment of the Scriptures;*

ALL

Et a - scén - dit in cæ - lum,

se - det ad déx - te - ram Pa - tris.

*he ascended into heaven and is seated
at the right hand of the Father.*

Schola Et iterum venturus est cum gloria,
judicare vivos et mortuos,
cuius regni non erit finis.

*He will come again in glory
to judge the living and the dead,
and his kingdom will have no end.*

ALL

Et in Spí - ri - tum San-ctum, Dó-mi-num et vi-vi-fi-

cán-tem: qui ex Pa-tre Fi-li-ó-que pro - cé - dit.

*We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son.*

Schola Qui cum Patre et Filio simul
adoratur et conglorificatur:
qui locutus est per prophetas.

*With the Father and the Son
he is worshiped and glorified.
He has spoken through the prophets.*

ALL

Et u - nam, san - ctam, ca - thó - li - cam

et a - pos - tó - li - cam Ec - clé - si - am.

*We believe in one holy catholic
and apostolic Church.*

Schola Confiteor unum Baptisma in remissionem peccatorum.

*We acknowledge one baptism
for the forgiveness of sins.*

ALL

Et ex-spe-cto re-sur-re-cti - o-nem mor-tu - o - rum.

*We look for the resurrection
of the dead,*

Schola Et vitam venturi sæculi.

and the life of the world to come.

ALL

A - - - - - men.

FIRST SCRUTINY OF THE ELECT (Saturday 5:30)

INTERCESSIONS FOR THE ELECT No. 296

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

At noon you came to Jacob's well

chant

DISMISSAL OF THE ELECT (Saturday 5:30)

chant, adapt. Stratman

Cantor: I give them life long and full, ALL: And I show them my power to save, says the Lord.

LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

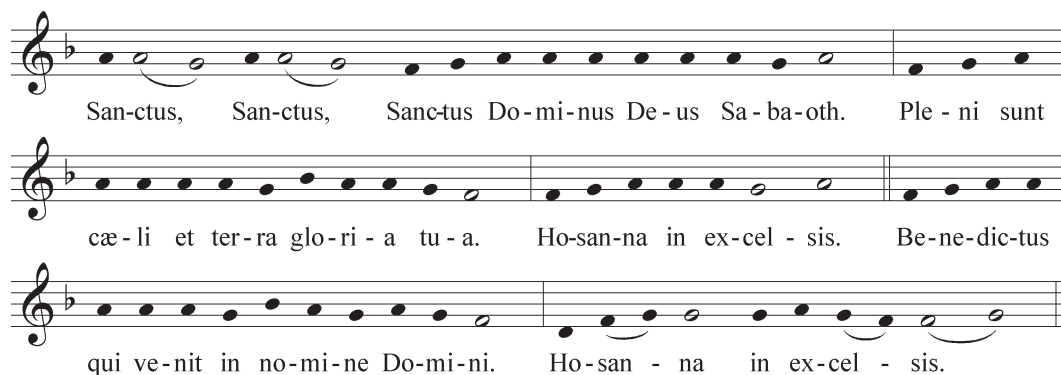
“All we like sheep have gone astray” from *Messiah*

Handel

All we like sheep have gone astray;
we have turned everyone to his own way.

SANCTUS

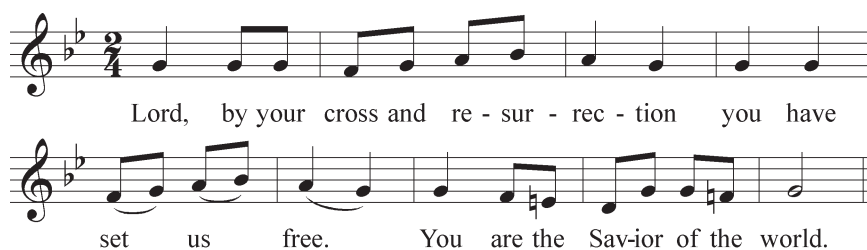
Vatican XVIII



San-ctus, San-ctus, Sanctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

MEMORIAL ACCLAMATION

Proulx



Lord, by your cross and re-sur-rec-tion you have
set us free. You are the Sav-ior of the world.

AMEN No. 350

chant

AGNUS DEI

Vatican XVII



R. 1, 2 mi-se-re-re no-bis.
R. 3 do-na no-bis pa-cem.

COMMUNION

“Whoever drinks the water I shall give,”
said the Lord to the Samaritan woman,
“shall have a spring of water within welling up to eternal life.”

(10:00)

“Come unto him all ye that labour” from *Messiah*

Handel

“His yoke is easy and his burthen light” from *Messiah*

Handel

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 No. 607

I heard the voice of Jesus say

KINGSFOLD

PROCESSION

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)

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)

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.

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
Emergency Number: 206-467-3049
Office Hours: Monday through Friday, 9:00 am - 5:00 pm

WELCOME—AND WELCOME BACK! If you are a visitor or a newcomer, we want you to know how welcome you are at St. James Cathedral. You're invited to visit a welcome table at the coffee hours in Cathedral Hall. You'll have a chance to ask questions and find out more about St. James Cathedral. If you're a Catholic who's been away from the Church, there's an opportunity to talk to a member of our "Welcome Back" team in an informal setting at the "Come Home Café" in Cathedral Hall.



CHORAL MUSIC AT 10:00 Each Sunday during Lent, the Cathedral Choir and Soloists will sing music from the Lenten portion of Handel's Messiah.

NEW ON THE WEBSITE St. James is now on Facebook! Follow the link on the main page to become a fan. Pray the Stations of the Cross online; read (or listen to) Father Ryan's homilies, and much more! www.stjames-cathedral.org

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour includes the Liturgy of the Hours, meditations, rosary, and Benediction of the Blessed Sacrament.

CONFESSION TIMES In addition to our regular confessions on Saturday afternoons (4-5pm), this Lent we are offering two additional opportunities to celebrate this important sacrament: Tuesdays, 7:45-8:10am, and 5:00-5:25pm. Please also mark your calendar for the Day of Reconciliation, Saturday, March 20, when confessions will be heard from 10:00am to 5:00pm.

THE WAY OF THE CROSS Each week during Lent, there are three opportunities to join in the traditional devotion of the Way of the Cross. The Stations are prayed following 12:10pm Midday Prayer on Mondays; following the 5:30pm Mass on Wednesdays; and following the 8:15am Mass on Fridays. All are welcome.

FOUNDATIONS IN FAITH—SACRAMENTS AND LITURGY today, March 7 at St. Peter's in Beacon Hill from 1:30-5:30 pm. Participants will explore the seven sacraments and their symbols, ritual actions, and effects. They will understand sacramentals and their use. The class will look at all aspects of Eucharist Liturgy: its relationship to the Paschal Mystery; the Liturgical Year and the Lectionary cycle; its structure; why it is the "source and summit" in the life of the Christian. If possible, please bring your Bible and copy of the Catechism to the class. Cost: \$5 per class. (Co-sponsored by St. James Cathedral with the South Seattle Deanery)

REST IN PEACE Please pray for the repose of the soul of Lisa Wong.

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 St. Louise in Bellevue and St. Joseph in Seattle, Tacoma, and Lynden.

OPERATION RICE BOWL Today we hear the call of Moses to lead his people from oppression to freedom. God promises to be with them as they journey to a new life. Our participation in Rice Bowl unites us in prayer, fasting, and giving with the millions of people throughout the world who are oppressed by poverty, injustice, war, disease, and lack of education and other opportunities. This week, Rice Bowl focuses on Afghanistan, where safety concerns, distance, and resources can all be barriers to quality education. To help address these issues, CRS aids in the operation of community-based schools for boys, girls, and young women. Villagers work together to support the schools, teachers, students, and one another through these community programs. For more information on Afghanistan, refer to your Rice Bowl calendar or visit CRS online at <http://orb.crs.org/countries/afghanistan/>



JOURNEY OF THE ELECT

This weekend we celebrate the first of the three Scrutinies with the retelling of the story of the Samaritan woman at the well. This Gospel challenges our Elect to be honest about their personal lives just as the woman was with her encounter with Christ. In acknowledging their sinfulness and need for healing, they come to know more fully the mercy and loving acceptance of Christ in their lives. To prepare for their Scrutiny, each is asked to reflect upon what he/she most thirst for in life, and then to bring that to this ancient rite for God's grace. Continue to enter into these solemn rites in prayer with our Elect as they prepare for baptism.

A LENTEN RETREAT FOR THOSE WHO ENTERED THE CHURCH THROUGH RCIA At your baptism or reception into the Church you were called to become part of this Catholic faith community. Now, it is months, years, perhaps decades later. What does being a baptized Catholic mean now? Join others on Saturday, March 13 from 9:30-12:30 at Cathedral Place, fourth floor for a special time of prayer, faith sharing, and fellowship. *Information*, Helen Oesterle, 206-382-4514.

SACRAMENT OF THE SICK During this Lenten season of penance, healing, and forgiveness we will offer a communal celebration of this sacrament on Thursday, March 18 at the 5:30 Mass. Father Ryan will preside. All are welcome to attend the Mass. If you would like to receive the sacrament of Anointing of the Sick, or have questions, please contact John Simpson, Pastoral Care Minister. *Information* 206-274-3173 or jsimpson@stjames-cathedral.org.

HELP CREATE A COMMUNITY OF COMPASSION Are you interested in joining other St. James parishioners to provide companionship and assistance 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 8:45-4:45pm on Saturday, March 20 at Mt. Zion Baptist Church (1634 19th Ave, Seattle). *Information*, Jennifer Ibach, 654-4640 or jibach@stjames-cathedral.org.

YOUTH MIGRANT PROJECT Join teens from St. James and St. Mary's this July for an amazing experience in Burlington, WA. Volunteers help in daycare centers and migrant camps, work the fields, and distribute donations. This is a fun and life-changing week that includes volunteer time during the day, and activities and reflections in the evening. The trip is open to high school students graduating in 2010-2014 and will run from July 18-23. Need more information? Please join us at the Family Information Meeting on Sunday, March 21 at 1:30pm in the Pastoral Outreach Center. *Information*, Jennifer Ibach 206-654-4640 or jibach@stjames-cathedral.org.

MARCH BOOK GROUP SELECTION: WHAT IS THE WHAT Join us on Tuesday, March 23 for a discussion of *What is the What* by Dave Eggers. Valentino Achak Deng, real-life hero of this engrossing epic, was a refugee from the Sudanese civil war. Available in the Cathedral Bookstore. *Information*, Chris Koehler 206-382-4511 or ckoehler@stjames-cathedral.org

REMEMBERING ARCHBISHOP ROMERO Wednesday, March 24 marks the 30th anniversary of the assassination of Oscar Romero, Archbishop of San Salvador, who was shot while celebrating Mass on March 24, 1980. We remember this great witness to justice with a special Mass at 5:30pm on March 24. Bishop Eusebio Elizondo will preside. Following Mass, Father Ryan will lead the Stations of the Cross with meditations drawn from the writings of Archbishop Romero. In addition, at 7:00pm in the Pastoral Outreach Center, there will be a screening and discussion of the film *Romero*. All are welcome.

"LORD, TEACH US TO PRAY": A REVIEW OF THE LORD'S PRAYER (A Lenten Bible Study) Tuesdays, March 9, 16 & 23, 1:00-3:00 pm or 7:00-9:00 pm, Cathedral Place, second floor. Join us as we reflect upon the rich teachings and insights of the Catholic Church, as articulated in the Catechism. *Information*, Helen Oesterle, 206-382-4514.

THE CATHEDRAL KITCHEN needs a few more "gleaners." Gleaners go out in the morning, once a week, usually as partners, to four local supermarkets and collect food (fruits, vegetables, milk, deli items, etc.) These items may be used for our daily meals or passed on to St. Mary's Food Bank. It's a fun and rewarding outreach! Call Jim or Jill at 206-264-2091 or jmcauliffe@stjames-cathedral.org.

PARISH MENTAL HEALTH NURSE St. James Cathedral is looking for a fully licensed Registered Nurse with a Mental Health Specialty to begin its new Parish Mental Health Ministry. This is a full time, exempt position with a full Archdiocesan Benefits package. *Information* contact the Parish office at 206-622-3559. Position closes March 18, 2010.



PARISH PILGRIMAGE 2011

Rome and Southern Italy

Rome | Naples | Sorrento | Amalfi
February 17-26, 2011

*with the Cathedral Choir of St. James
Father Michael G. Ryan, Pastor
Dr. James Savage, Director of Music*

Estimated package **\$3,345 + \$395*** tax and fuel surcharge
Inclusive per person sharing a twin room, from Seattle

**Estimated; subject to increase 30 days prior to departure*

Join Father Ryan and the Cathedral Choir of St. James for a 10-day pilgrimage of faith and fellowship to Italy. You'll have the opportunity to attend various liturgies, including Mass on the Feast of the Chair of St. Peter (February 22) in St. Peter's Basilica in Vatican City, sung by the Cathedral Choir. The Choir will also present a concert of Sacred Music at the historic church of St. Ignazio in Rome. Other highlights include an audience with Pope Benedict XVI, and visits to many historic and holy places, including Naples, Pompeii, Capri, and Sorrento.

- Day 1 **Thursday 2/17** Depart Seattle
- Day 2 **Friday 2/18** Arrive Rome
- Day 3 **Saturday, 2/19** Tour of Ancient Rome;
Vigil Mass at St. Peter's Basilica
- Day 4 **Sunday, 2/20** Mass at Basilica of St. Paul-Outside-the-Walls; formal concert for the city of Rome
- Day 5 **Monday, 2/21** Mass at the tomb of Blessed John XXIII; tour of Vatican Museums and Sistine Chapel
- Day 6 **Tuesday 2/22** Tour of Christian Rome; Feast of the Chair of St. Peter; Gala dinner at Benito Restaurant
- Day 7 **Wednesday 2/23** Papal Audience; journey to Naples, Amalfi
- Day 8 **Thursday, 2/24** Pompeii, Capri, Sorrento
- Day 9 **Friday, 2/25** Amalfi, Cathedral of St. Andrew; journey to Rome
- Day 10 **Saturday, 2/26** Return to Seattle

INFORMATION www.stjames-cathedral.org/pilgrimage



The Anointing of the Sick

A communal celebration of the Sacrament of the Anointing of the Sick will take place at St. James Cathedral on Thursday, March 18, 2010, at the 5:30pm Mass. Father Ryan will preside. All are welcome to attend the Mass. **If you would like to receive the sacrament of Anointing of the Sick during the Mass, you will need to contact John Simpson, Pastoral Care Minister, in advance, at 206-274-3173, or e-mail jsimpson@stjames-cathedral.org.**

Who can receive this sacrament?

Catholics, both children and adults, who are *seriously ill, facing surgery, or experiencing the weakness that comes with old age* should seek this sacrament.

What happens during the Rite of Anointing?

The Rite of Anointing can be celebrated in the context of Mass or separately, as part of a Liturgy of the Word or even in connection with the Sacrament of Reconciliation. Ideally, the sacrament is celebrated in the presence of a community – whether in a church setting with the parish community, or in a smaller community of family, friends, or caregivers, in a home, hospital, or other institution.

The rite itself is quite simple. The priest welcomes the sick person and those present. A penitential rite and opening prayer are prayed, and the scriptures are shared. After a brief homily, the Liturgy of Anointing begins. The priest leads a litany in which all pray for the healing and forgiveness of the sick person, as well as for doctors, nurses, and caregivers. Then, in silence, the priest lays his hands on the head of the sick person, an ancient gesture of prayer that is used in connection with many of the sacraments, especially the Sacrament of Reconciliation and Holy Orders.

After the laying on of hands, the sick person is anointed with the Oil of the Sick (pure olive oil, blessed each year by the Archbishop at the Chrism Mass). The sick person is anointed on the forehead and then on the hands, and simple words accompany the anointing: “Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up.” A concluding prayer follows, and if the sacrament takes place in the context of the Mass, the Liturgy of the Eucharist continues as usual.

What are the effects of the sacrament of Anointing of the Sick?

“When the Sacrament of Anointing of the Sick is given, the hoped-for effect is that, if it be God’s will, the person be physically healed of illness. But even if there is not physical healing, the primary effect of the Sacrament is a spiritual healing by which the sick person receives the Holy Spirit’s gift of peace and courage to deal with the difficulties that accompany serious illness or the frailty of old age” (*US Catholic Catechism for Adults*).

What happened to “last rites”?

We no longer use the terms “last rites” or “extreme unction” in speaking of the Church’s prayer with the dying. But even though the terms are no longer used, the Church retains her ancient custom of preparing people for death and praying with and over them in their last moments.

In addition to the Sacrament of Anointing of the Sick, the dying should receive Viaticum if they are able. Literally “food for the journey,” Viaticum is the last Holy Communion of the dying person. While only a priest or bishop may confer the sacrament of the Anointing of the Sick, a deacon or lay minister may give Viaticum and pray the Church’s prayers for the dying when no priest is available.

Text Prepared by Helen Oesterle and Corinna Laughlin, St. James Cathedral

ST. JAMES CATHEDRAL

March 7, 2010

Dear Friends,

A lot has happened in the month since my last letter. For one thing, we had three amazing nights of Great Music for Great Cathedrals. Even more amazing is that 367 parishioners pitched in to make it happen! To each of them, my congratulations and sincere thanks for bringing an incredible experience of beauty to our city and to our parish. Great Music we will not see again, but beautiful music we shall surely hear and beautiful things we shall most definitely see. So stay tuned!

Record numbers of people filled the Cathedral for the Masses of Ash Wednesday. The good weather no doubt helped, but I think there was more: a realization that Lent is the perfect time for soul-searching and for reflecting on Christ's suffering, death, and resurrection and how they can come alive for each of us and give meaning to everything we do. May our Lenten journey bring us closer to Christ and to each other.

Fourteen of our parishioners participated in the Rite of Election on the day following Ash Wednesday. They are no longer catechumens now, but "Elect." They have been chosen for Baptism and the sacraments of Confirmation and Eucharist, and these days of Lent will be especially important for them as they prepare for those powerfully transforming sacramental celebrations at the Easter Vigil. Please pray for them, and, if possible, please consider becoming a "Prayer Partner" with one or another of them during the remainder of Lent. You can do this by visiting the special place of prayer in the Cathedral's north aisle or you can even do it by going online to the Cathedral's website. We make it easy!

Catholics Come Home, the television advertising campaign that is currently being run throughout Western Washington, is, I'm sure, getting some people to think about their faith and their relationship to the Church. I hope you'll keep these people in your prayers and, should you meet one at Mass or at the coffee hour, extend a word of welcome. You might also enjoy visiting the Cathedral's website and viewing a very engaging brief video of some of our parishioners who tell of their return to the Church at St. James. It's a quick 'watch' and a worthwhile one.

I usually try to get away for a retreat during Lent and this year is no exception. I'm making a return visit to Downside Abbey in the west of England to spend some days with the Benedictine monks there. Please keep me in your prayers!



Father Michael G. Ryan