

St. James Cathedral
The Third Sunday of Lent
March 19, 2017

ORDER OF CELEBRATION FOR

The Third Sunday of Lent

FIRST SCRUTINY OF THE ELECT (10:00am)

INTROIT Oculi mei adapt. Stratman,



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

GREETING

PENITENTIAL ACT chant, Vatican XVII

Priest Have mercy on us, O Lord.

ALL For we have sinned against you.

Priest Show us, O Lord, your mercy.
ALL And grant us your salvation.



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

OPENING PRAYER (COLLECT)

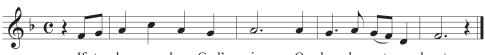
The Liturgy of the Word

FIRST READING

Exodus 17:3-7

Psalm 95 Proulx

PSALM RESPONSE



If to-day you hear God's voice, O har-den not your hearts.

SECOND READING Romans 5:1-2, 5-8

TRACT



GOSPEL John 4:5-42

HOMILY Father Michael G. Ryan

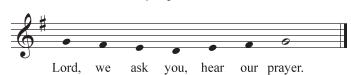
PROFESSION OF FAITH (except at 10:00am) This Lent, we pray the Apostles' Creed.

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;

he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

First Scrutiny of the Elect (10:00am)

INTERCESSIONS



Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

At noon you came to Jacob's well

chant

DISMISSAL OF THE ELECT

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

Schaffe in mir

Brahms

Cast me not away from thy presence, and take not thy holy Spirit from me. O give me the comfort of thy help again, and stablish me with thy free Spirit.

Psalm 51:10-11

SANCTUS

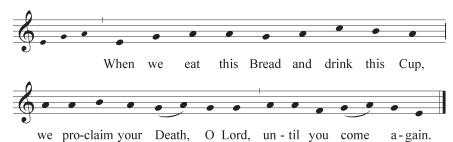
Missa Deus genitor alme

Vatican XVIII



MYSTERY OF FAITH

Roman Missal



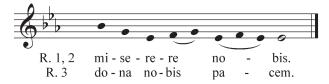
AMEN Christus vincit



The Communion Rite

LORD'S PRAYER

AGNUS DEI Vatican XVII



COMMUNION

Qui biberit aquam Mode VII

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

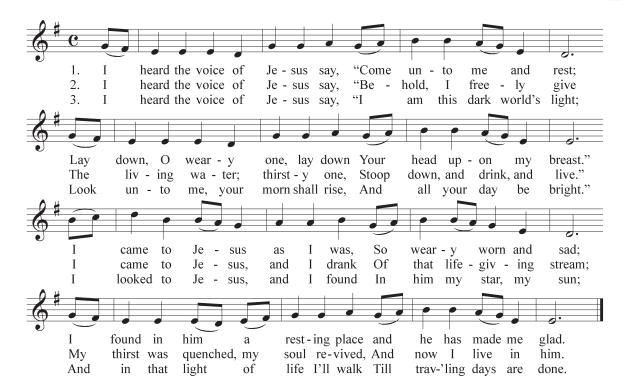
Upon returning to your place after Holy Communion, please kneel or be seated.

Low-gluten hosts are distributed at the credence table near the presider's chair.

(10:00am) Schaffe in mir

Make me a clean heart, O God, and renew a right spirit within me.

*Psalm 51:12**



PROCESSION

ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant, The Reverend Richard J. Ward

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)
Brenda Bellamy, Children's Faith Formation (206-274-3108)
Rosanne Michaels, Faith Formation (206-654-4658)
Julianna Castro, Baptism Coordinator (206-619-0816)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086) John Marquez, Julie Sharples, Ward Johnson, Peter Burns, Stephen Pace, sacristans (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Dr. Paul A. Thornock, Director of Music Joseph Adam, Associate Director of Music & Organist Stacey Sunde, Director of Youth Music Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)
Hunt Hoffman, Hospitality and Administrative Support (206-382-4235)
Teddi Callahan, Carol DeMatteis, David Wilson,
Cathedral Kitchen (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

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

Christopher J. Koehler, Director Glenda Caldwell, ESL Specialist; Patrick Suhrbier, Immigrant Legal Services; Caroline Okello, Community Activation Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

YOUTH MINISTRY and YOUNG ADULT MINISTRY

Curtis Leighton, Director (206-264-2082)

PARISH OFFICE

Mary Slater, SNJM, Bookkeeper (206-382-4564)
Margaret Lynch, Wedding Office (206-382-4288)
Bev Mauser, Louise Mennella, Wedding Coordinators
Jane Mueller, Receptionist (206-654-4650)
Lee Bedard, Administrative Assistant (206-622-3559 x3971)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087) Keith Emry, Alan Frasher, Melina McCombs, Steve Raab

CELEBRATIONS of the SACRAMENTS MASS

Sundays 8 - 10 - 12 & 5:30 pm Weekdays 8:15 & 5:30 pm Saturdays 8:15 & "Vigil" 5:30 pm **LITURGY of the HOURS** Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT Sundays at 4:00 pm.

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Julianna Castro for information, 206-619-0816.

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 twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the Parish Office for information.

FUNERALS for parishioners, contact Suzanne Lee, 206-654-4640.

CONTEMPLATIVE ECUMENICAL PRAYER, First Fridays, 6:30 pm

TOURS of the CATHEDRAL Wednesdays at 1:00 pm. Groups of 4 or more may arrange a tour by calling Corinna Laughlin, 206-264-2086.

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

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm. After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303 Website: www.stjames-cathedral.org

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. For more information about the parish, to register, or to ask a question, visit our Sunday Help Desk at Coffee Hour. A Cathedral staff person will be on hand to assist you.

ON THE COVER Seven Fountains. East Nave Clerestory Window, St. James Cathedral. Charles Connick, artist.

PARENTS' FAITH FORMATION, also known as PFF, takes place during the time your children are in their CFF classes. This week, we'll pray with the gospel story of the Woman at the Well as we continue to share ways of living Lent in our families. Enjoy coffee, donuts, and a community of parents! Join other parents this Sunday, March 19, from 11:05–11:40 in Room 211 of O'Dea High School. *Information*, Rosanne Michaels, 206-654-4658, or rmichaels@stjames-cathedral.org.

at 8:00pm, join resident ensemble Opus 7, directed by Loren Pontén, for a stunning concert of dramatic choral music for the Lenten season by Northwest composer Bern Herbolsheimer. This performance will feature Herbolsheimer's *Stabat Mater*; his monumental *Seven Last Words*; the deeply moving *David Mourns*; as well as *Blessed*. This concert is featured in the Herbolsheimer Festival, a year-long celebration of the musical legacy of Bern Herbolsheimer. *Information and passes*, www.opus7.org.

MARCH 22 IS WORLD WATER DAY Recognized by the United Nations and the global community, World Water Day reminds us that much of the world still faces a global water, sanitation and hygiene crisis, and that it is our urgent obligation to act. Each year, World Water Day highlights a specific aspect of freshwater. Suggested resources: www.unwater.org/worldwaterday or www.crs.org/stories/every-day-world-water-day or www.catholicclimatecovenant.org

MAKE YOUR MARRIAGE A PRIORITY THIS LENTEN SEASON It's not too late to do something positive for Lent. Register today for the upcoming Retrouvaille marriage-healing program. Retrouvaille (pronounced retro-vī) helps couples rediscover each other and teaches them the skills they need to move forward in a more positive and loving way. Confidential information or registration for our upcoming program beginning May 5-7, 2017, call 206-706-2608 or visit www.HelpOurMarriage.com.

FOR YOUR SAFETY At each of the weekend Masses a Seattle police officer or a private security guard is present on the Cathedral campus.

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 pray for the parishes of St. Joseph in Chehalis, Elma, Ferndale, Issaquah, Pe Ell, Sequim, and Vancouver.

CAPPELLA ROMANA CONCERT-RUSSIAN CHANT FESTIVAL On Friday, March 31 at 7:30pm, the men of Cappella Romana, a St. James resident ensemble, perform powerful chants and choral works in Slavonic that inspired the Russian orchestral masters Tchaikovsky, Rachmaninoff, and Rimsky-Korsakov. *Information and passes*, www.cappellaromana.org.

WINTER SHELTER NEEDS Kleenex, cans of men's spray deodorant, shaving cream, toothbrushes, cough drops, vinyl pillowcases. Donations can be brought to the Sunday Help Desk or the Parish Office.

SCHOLARSHIP ASSISTANCE FOR CATHOLIC ELEMENTARY AND HIGH SCHOOLS Did you know that St. James has SIX elementary schools? Our Rainbow Schools are St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family in Seattle. These schools provide in-parish tuition rates for St. James parishioners. And we now support FOUR Catholic High Schools through our Simperman Scholar program: O'Dea, Holy Names, Bishop Blanchet, and Kennedy Catholic. For the requirements and an application packet, contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjamescathedral.org. Applications due by April 30.

MINDFUL ALTERNATIVE SUPPORT GROUP meets at St. James monthly on the last Saturday of the month. The next meeting is March 25 at 3pm. Join us as we grapple with how to help someone close to us, who lives with a profound mental illness, have the best quality of life and find the support services he or she needs. *Information*, Terry Proctor, 206-915-3555 or mindfulalternative@gmail.com.

MASS WITH THE SPECIAL NEEDS COMMUNITY OF THE ARCHDIOCESE OF SEATTLE All are welcome and encouraged to join in this joyful celebration, led by Catholics with special needs from across the Archdiocese of Seattle. Saturday, April 1 at 11:00am. Archbishop Sartain will preside.

ENVIRONMENTAL AND HEALTH FAIR Save the date – Sunday, April 30 after the 10am and 12 Noon Masses. The St. James Care for Creation committee invites you to learn how to show mercy for our common home. Pope Francis' encyclical *Laudato Si*' calls for every person on the planet to take action for the environment. Our annual fair is an opportunity to be informed, learn, and take action on ways to protect and/or nurture our environment.

THANK YOU FROM BLOODWORKS NW At last Sunday's Blood Drive, 31 people registered, 22 units were collected and there were 11 first-time donors. The need for blood continues throughout the year and every donation opportunity is crucial to helping maintain an adequate and safe blood supply. Every blood donor is a potential lifesaver!

CRS RICE BOWL: ENCOUNTER OPPORTUNITY This week, we encounter Fernando in El Salvador, where, despite a lack of economic opportunity, youth are pursuing their dreams of building businesses to better the lives of their families. How have you worked to better the lives of others this Lent? Visit crsricebowl.org for more.

YOUTH MINISTRY

SPECIAL YOUTH NIGHT TONIGHT with guests from Nuestros Pequenos Hermanos. Meet NPH'ers from over 10 Latin American countries, hear their stories, and engage with a culture not your own for a very fun Youth Night, from 6:30-8:30pm in the Pastoral Outreach Center.

QUESTIONS? Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

YOUNG ADULT MINISTRY

For Catholics in their 20s and 30s

YOUNG ADULT THIRD SUNDAY SOCIAL tonight in the Rectory Parlors. All young adults in their 20s and 30s are welcome at our special St. Patrick's Day edition of this monthly gathering of young adults.

Information, Curtis Leighton, 206-264-2082, cleighton@stjames-cathedral.org

CABRINI MINISTRY WORKSHOP Remembering Your Identity as a Child of God by Brian DesRoches, PhD, LMFT. Explore what Scripture tells us about our identity. Learn about spiritual neuroscience and the practical steps we can take to remember and live our spiritual identity as children of God. Saturday, April 29, 9:30am-1:00pm, St. Bridget Parish, 4900 NE 50th Street. Suggested donation \$25. Registration, info@cabriniministry.org or 206-760-0583 x3.

"WE ARE IMMIGRANTS" Take part in a new photograph project for Immigrant Assistance. We are taking portraits of immigrants to feature on Instagram and Facebook. No words, just faces. If you or someone you know would like to be photographed for this project, please contact Jesson Mata, 206-919-2637 or jessonlimmata@gmail.com.

PRAYER PARTNERS MINISTRY Prayer Partners is a parish ministry that allows participants to support our brothers and sisters in Christ others through prayer. This is a wonderful opportunity for those who may not have the ability to get involved in other parish activities due to health, work schedules, or other reasons. You can pray on your own time, in your own way. *Information*, Nancy Granger, 206-382-4269 or ngranger@stjames-cathedral.org.

PRAYING THE STATIONS OF THE CROSS is a wonderful Lenten tradition in the Church. There are three opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). The unique Stations of the Cross in the Cathedral are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault.

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, and rosary.



THE FOURTH ANNUAL

St. Patrick's Day Pancake Breakfast

BENEFITING THE SOLANUS CASEY CENTER



Sunday, March 19, 2017

following the 10:00am & Noon Masses Cathedral Hall

> You're invited to a fun and delicious breakfast of...

Pancakes ★ "Irish" whipped cream ★ Sausages ★ Roast **Potatoes**

...all for a suggested donation of

(\$3 for kids under 12)

There will also be a **raffle** with some great prizes; Irish Dance performances courtesy of **Tara Academy**; as well as prizes for the best "wearin' o' the green." So wear your green and join us!

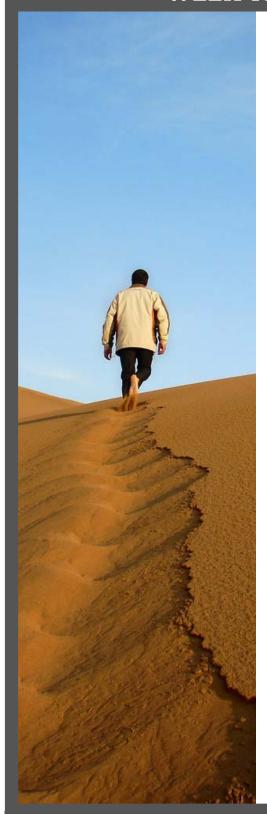
This event is a fundraiser for our own Solanus Casey Center, with its special mission of providing referrals and basic services for homeless and low-income men and women. This year, there is a special need for bus passes, which cost \$36 each. The last breakfast raised \$3,500. Let's beat that this year!

PLEASE JOIN US!

WW.STJAMES-CATHEDRAL.ORG

Pilgrim People

WEEK THREE: EXILE AND RETURN



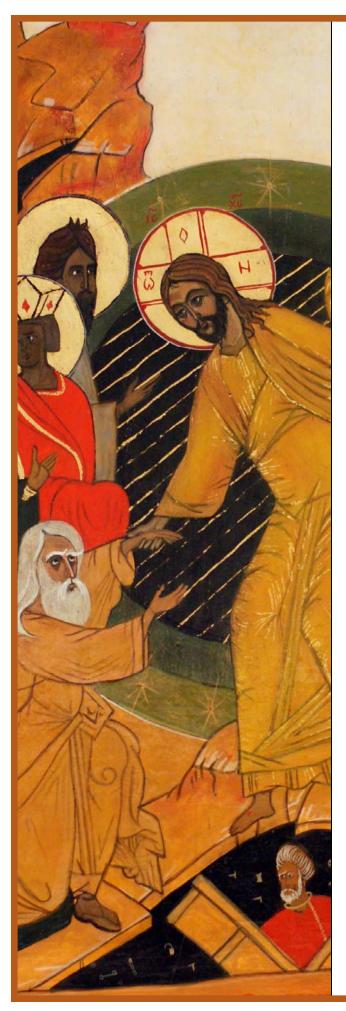
This Lent, about 150 parishioners are participating in small group scripture study both here at the Cathedral and in neighborhoods. Please consider joining in the prayer and study by reflecting at home! Here are some questions to reflect on this week.

- Read Psalm 122. Psalm 122 offers an ideal description of reaching the goal of pilgrimage to God's dwelling in Jerusalem. Why did the temple of God merit such devotion? And why did it not always live up to the ideal?
- *Read Lamentations 1:1-5*. How would you describe the emotional and spiritual impact of the exile?
- Read Isaiah 40:1-4. To those in exile, about to return home, how would these words have sounded? When you have been in crisis or hurting, do you experience a different kind of tone to the way God speaks to you—through Scripture, through others, etc?
- Read Matthew 2:13b-21. Why is it significant that the Holy Family fled to Egypt? Can you imagine how families fleeing danger today would find comfort in the plight of the Holy Family?

 ${\it Questions~adapted~from~Little~Rock~Scripture~Study}$

SAVE THE DATE! The series will culminate with an all-parish retreat led by Helen Oesterle, Saturday, April 1, from 9am-11am.

Information, Maria Laughlin, 206-382-4284 mlaughlin@stjames-cathedral.org



CATHOLIC 101: THE GREAT WEEK

WEDNESDAY, MARCH 29 at 7:00pm Room 1EW, Cathedral Place 803 Terry Avenue

"Have you ever heard such a song as this? - such a wealth of divine contradiction, delirious paradox, and childlike wisdom?" Msgr. Robert Hugh Benson

Holy Week is the heart of the liturgical year. Corinna Laughlin, Pastoral Assistant for Liturgy, helps us prepare for these great days with a walk through Holy Week, from Palm Sunday to Easter. We'll delve into the rich history and meaning of the liturgies of Holy Week in this "guided tour." All are welcome!

Information,
Maria Laughlin, 206-382-4284,
mlaughlin@stjames-cathedral.org

SAVE THE DATE

The last Wednesday of each month is devoted to a refresher course in the basics of Catholic life and teaching,
Catholic 101

April 26: RESURRECTION 101

7:00pm, Holy Names Room
Theologian FATHER MIKE RASCHKO explores
the question of suffering in the light of
Christ's resurrection

June 28: MUSIC 101

7:00pm, Holy Names Room
DR. PAUL THORNOCK explores the basics of liturgical music, and the role it plays in the celebration of the Mass. Some singing may be involved!



Wills & Estate Planning Seminar

Wednesday, March 29, 2017 **3:00pm-4:30pm OR 7:00pm-8:30pm** St. James Cathedral, Pastoral Outreach Center

Did you know that an estimated 55% of Americans do *not* have a will?

The Cathedral parish will provide a free seminar on Wills and Estate Planning on Wednesday, March 29 from 3:00pm-4:30pm and again from 7:00pm-8:30pm. Celeste McDonell, Cathedral parishioner and estate planning attorney, and the Planned Giving Office of the Archdiocese of Seattle will offer their broad knowledge and expertise. You'll have a chance to ask questions and get good advice on what to do next. The whole session is short, simple, and to the point! You'll also receive useful materials to take home and study.

All are welcome. This session will benefit people of *all ages* and is offered with no strings attached. Please sign up by detaching the form below and dropping it in the offering basket or returning it to the parish office. Or simply RSVP to Maria Laughlin, Director of Stewardship and Development, 206-382-4284, e-mail mlaughlin@stjames-cathedral.org.

This is a FREE presentation to learn more about...

- How to prepare a will
- How to distribute your estate
- Guardianship issues
- Estate gifting techniques and taxsaving options
- Methods of increasing your retirement income
- How to leave a legacy to your parish community
- Assurance that "putting your affairs in order" is easier than you may think

RSVP Wills & Estate Planning Seminar YES, I/we plan to attend the WILLS & ESTATE PLANNING SEMINAR on Wednesday, March 29, 2017 in the Pastoral Outreach Center 3:00pm-4:30pm 7:00pm-8:30pm			
Name(s) _			······································
Address _		Сіту	ZIP
Phone	E-MAIL _		
	Please drop this form in the Maria Laughlin, St. James Cathedral, 804 N	e offering basket or mail to: Ninth Avenue, Seattle, Washington les-cathedral.org or call 206-382-4284	98104

THE TALLIS SCHOLARS Peter Phillips, director

Wednesday, April 5 at 7:30pm

St. James Cathedral 804 9th Avenue Seattle, WA 98104 Including music of ARVO PÄRT

Presented by Cappella Romana in collaboration with St. James Cathedral. Passes available at:

cappellaromana.org

"sublime" -The New York Times



"METAMORPHOSIS"

H. Praetorius: Magnificat IV Gibbons: Magnificat ('short')

Pärt: Magnificat Sheppard: Our Father

Tavener: Our Father (1999 version)

Stravinsky: Otche nash Palestrina: Pater noster (a5) Gallus: Pater noster (a8)

Chant: Ave Maria

Mouton: Ave Maria virgo serena Stravinsky: Bogoroditse devo

Pärt: Bogoroditse devo

Gibbons: Nunc dimittis ('short') Eccard: Maria wallt zum Heiligtum

Pärt: Nunc dimittis Torrentes: Nunc dimittis Holst: Nunc dimittis Passes are selling fast! Order before 3/29

cappellaromana.org 503.236.8202

Just before The Tallis Scholars:

CAPPELLA ROMANA

Russian Chant Revival

Alexander Lingas, Music Director

The men of Cappella Romana perform powerful chants and choral works in Slavonic that inspired the Russian orchestral masters Tchaikovsky, Rachmaninoff, and Rimsky-Korsakov. March 31, 2017 at 7:30 PM, ST. JAMES CATHEDRAL, SEATTLE

Keep up to date with all of the great concerts and music events at St. James Cathedral! To join our mailing list, visit www.stjames-cathedral.org/music and click on "Join the music mailing list" button at the bottom of the page. Music at St. James Cathedral has its own Facebook page-like and follow us at www.facebook.com/musicatstjamescathedral

WHY WASTE WATER?

OVER 80% OF OUR WASTEWATER FLOWS BACK TO NATURE UNTREATED.

REDUCE: turn off the tap and avoid putting rubbish,

oils and chemicals down the drain.

REUSE: collect greywater for irrigating

gardens or washing vehicles.

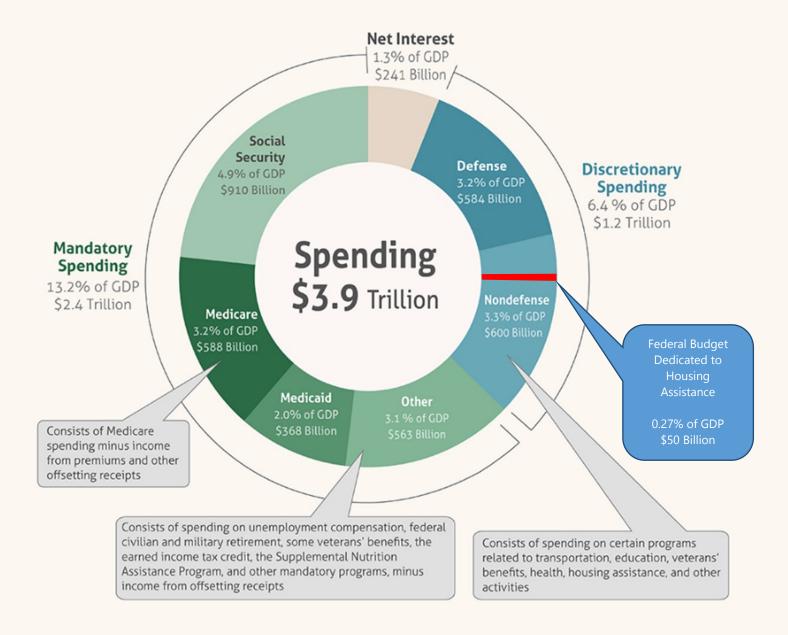


World Water Day 2017- Wastewater www.worldwaterday.org



Help achieve Sustainable
Development Goal 6 – safe water
and sanitation for everyone by 2030
– by halving the proportion of
untreated wastewater and increasing
water recycling and safe reuse.

How Much Federal Funding Goes Towards Housing?



The Gap: A Shortage of Affordable Homes, a report released on March 2, 2017 by the National Low Income Housing Coalition, finds a shortage of 7.4 million affordable and available rental homes for extremely low income renter households, those with incomes at or below the poverty guideline or 30% of their area median income.

