



If today you hear his voice, harden not your hearts.

Moses leads the Israelites through the Red Sea. Central East Apse Stained-glass window.

Hans Gottfried von Stockhausen, 1994

ST. JAMES CATHEDRAL
The Fourth Sunday in Ordinary Time

February 1, 2009

ORDER OF CELEBRATION FOR THE FOURTH SUNDAY IN ORDINARY TIME

Out of respect for the liturgy we are about to celebrate, *PLEASE TURN OFF YOUR CELL PHONE.*

FIRST SUNDAY YOUTH CELEBRATION (Noon)

PRELUDE

Fugue in G Minor, BWV 578

Bach

GATHERING OF THE CHILDREN AT THE FONT (Noon)

Berthier



The Lord is my light, my light and sal - va - tion: in
God I trust, in God I trust. The

ENTRANCE

Sing praise to God who reigns above

MIT FREUDEN ZART



1. Sing praise to God who reigns a - bove, The
2. What God's al - might - y power has made, His
3. Then all my glad - some way a - long, I
4. Let all who name Christ's ho - ly name, Give

God of all cre - a - tion, The God of power, the
gra - cious mer - cy keep - ing; By morn - ing glow or
sing a - loud your prais - es, That all may hear the
God all praise and glo - ry; All you who own his

God of love, The God of our sal - va - tion;
eve - ning shade His watch - ful eye ne'er sleep - ing;
grate - ful song My voice un - wea - ried rais - es;
power, pro - claim A - loud the won - drous sto - ry!

With heal - ing balm my soul he fills, And ev - ery faith - less
With - in the king - dom of his might, Lo! all is just and
Be joy - ful in the Lord, my heart, Both soul and bod - y
Cast each false i - dol from its throne, The Lord is God, and

mur - mur stills: To God all praise and glo - ry.
all is right: To God all praise and glo - ry.
sing your part: To God all praise and glo - ry.
he a - lone: To God all praise and glo - ry.

PENITENTIAL RITE

St. James Mass for Peace

Herbolsheimer



GLORIA

St. James Mass for Peace

Herbolsheimer



LITURGY OF THE WORD

READINGS No. 875

PSALM RESPONSE

Psalm 146

Proulx



ALLELUIA

St. James Mass for Peace

Herbolsheimer



HOMILY

Father David A. Brant

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00am and Noon)

CREED No. 237

GENERAL INTERCESSIONS

St. James Mass for Peace

Herbolsheimer



LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

(Noon)

Cimwemwe

traditional Malawi

Why are you looking for the living Christ
where the dead do rest in the tomb?
Christ has risen, not the tomb is empty.
Let us all rejoice and be glad for today is a happy day.

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

Let your face shine down upon your servant,
deliver me in your mercy.
Lord, let me not be confounded, for I have called upon you.
Blessed is he who comes in the name of the Lord Biber
The Lord is my shepherd Archer

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 thank you for following our practice.

1. A - maz - ing grace! how sweet the sound, That
 2. 'Twas grace that taught my heart to fear, And
 3. The Lord has pro - mised good to me, His
 4. Through man - y dan - gers, toils, and snares, I
 5. When we've been there ten thou - sand years, Bright

saved a wretch like me! I once was lost, but
 grace my fears re - lieved; How pre - cious did that
 word my hope se - cures; He will my shield and
 have al - read - y come; 'Tis grace has brought me
 shin - ing as the sun, We've no less days to

now am found, Was blind, but now I see.
 grace ap - pear The hour I first be - lieved!
 por - tion be As long as life en - dures.
 safe thus far, And grace will lead me home.
 sing God's praise Than when we'd first be - gun.

PROCESSION
 (Sunday Noon)

Präludium in C Major
Fugue in D Minor, BWV 565

Böhm
 Bach

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 (206-622-3559)
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)
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 Tutoring
Jim Hodges, Citizenship
Cecilia Erin Walsh, Refugee Project Coordinator
Lupita Gonzalez, Community Mentors
Mali Main, Development Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

WEDDING COORDINATORS

Linda Carr, Bev Mauser (206-622-3559 ext. 3979)

PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)
Marilyn Maddeford, Receptionist (206-622-3559)
Joan McDonell, Marriage Tribunal Advocate (206-622-3559)
Sister Mary Slater, SNJM, Bookkeeper (206-622-3559 ext. 3974)

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: *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. Thanks, in part, to the generosity of visitors like you, we are able to celebrate the Church's liturgy here in a fitting and beautiful way. We are also able to offer a wide range of services to needy people living in the central district of our city.*

FLOWERS IN THE CATHEDRAL are from the Saturday wedding of Elizabeth Leary and Mario Bianchi.

PRESENTATION OF THE LORD The Feast of the Presentation of the Lord, with the traditional procession and blessing of candles, will be Monday, February 2. Masses will be at 8:15 am and 5:30 pm. You are welcome to bring your own candles from home for the blessing.

BLESSING OF THROATS The traditional blessing of throats will take place in the context of the two Masses on the feast of St. Blase, Bishop and Martyr, Tuesday, February 3 at 8:15 am and 5:30 pm. All are welcome to attend and to receive the special blessing.

YOUNG ADULTS (21-35) "FIRST-THURSDAY" SOCIAL... The "First Thursday" has rolled around again! On Thursday, February 5 we will meet for a delightful taste experience at Maharaja Cuisine of India, 720 E Pike Street (E Pike & Harvard), Seattle. Gather at the restaurant at 6:30 pm for food and fellowship – this is a "no host" event. Please RSVP plans to attend by noon on Wednesday, February 4. *RSVP and information* TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org.

FIRST FRIDAY EXPOSITION OF THE BLESSED SACRAMENT On Friday, February 6, Exposition of the Blessed Sacrament will begin immediately following the 8:15 am Mass, and will continue until 12 Noon. The period of Exposition will conclude with Benediction of the Blessed Sacrament at 12 Noon. **Please note that there will be no Holy Hour because of a funeral at 1:00 pm on Friday afternoon.**

A huge THANK YOU to all who accepted Father Ryan's invitation to become "snow angels." Thanks to special gifts from well over three hundred parishioners, we have recovered the entire \$50,000 shortfall the Cathedral experienced during the December snow! What an extraordinary testimonial to the generosity of this great parish!



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 St. Thomas Aquinas, Camus; and St. John Bosco, Tacoma.*

CATHOLIC 101: THE TEN COMMANDMENTS—LIVING A MORAL CHRISTIAN LIFE Join us this Tuesday, February 3, 1:00-3:00 or 7:00-9:00, Cathedral Place-second floor for an ongoing look at the newly published *US Catechism for Adults*. Helen Oesterle reviews the foundations of our Catholic faith from our American Catholic experience and facilitates lively conversations among the participants. **Next week's topic:** Third Commandment—"Love the Lord's Day". *Information*, Helen Oesterle, 206-382-4514 hoesterle@stjames-cathedral.org

ENVIRONMENTAL PRIORITIES LOBBY DAY The St. James Environmental Justice Group will be participating in Environment Priorities Lobby Day Thursday, February 19 in Olympia. Come learn about the issues! Kerri Cechovic from the Washington Environmental Council will present information regarding the environmental priorities, what to expect on lobby day and how to be an effective voice. This pre-lobby day training will occur Sunday, February 8, from 7:30 pm - 8:30 pm in the Pastoral Outreach Center. *Information*, Derek Eisel, 206-714-3454, or derek.eisel@comcast.net.

GREAT MUSIC FOR GREAT CATHEDRALS February 20 and 21, 8:00 pm. This popular Seattle tradition returns with something new! Cathedral Resident Artists Stephen Stubbs, baroque lute and Maxine Eilander, baroque harp join the eight Cathedral choirs, 16-member Cathedral Brass, and three pipe organs in an evening of sound, light, movement, poetry and above all—MUSIC. Directed by James Savage. Jeff Robbins, lighting designer, Kitty Kavanaugh, scenic designs. Suggested donation \$25.00, students and seniors pay as able. Reserved passes available now at www.stjames-cathedral.org/music.

SANDWICHES FOR ST. MARTIN DE PORRES SHELTER may be brought to the coffee hours next Sunday or to the parish office before 3:00 pm on Monday, February 9.

Learning to Love Each Other Well A Marriage Enrichment Opportunity

Mark your calendars now for Saturday, February 14 from 9:30-1:00 in the Pastoral Outreach Center Community Room! Couples are invited to a workshop to help support and enrich their marriages. Bill and Kathy Collins will be our guest presenters. Bill and Kathy have led retreats and workshops on marriage for years throughout the Archdiocese. Suggested Donation is \$10/couple with lunch provided. Babysitting services will also be provided (reservations required). *Information and registration*, Helen Oesterle, hoesterle@stjames-cathedral.org, 206-382-4514.



Sacred Steps

Sacramental Celebrations at St. James

Last weekend we celebrated the Rites of Acceptance/Welcoming for those in our RCIA process who are ready to take the next step towards becoming full members of our Catholic Christian Church. We welcome Aaron Parris who is preparing for baptism and enters the order of catechumens; and our candidates: Kevin King, Jeffrey Porter, Barbara Romano, Jola Stephenson, Alison White, and Ricardo Zepeda who are already baptized and are preparing for Full Communion with us. Many of them will now participate in the ancient tradition of being dismissed after the homily at the 10:00 am Mass. Please continue to pray for our catechumens and candidates.

REST IN PEACE Please pray for the repose of the soul of Robert Givens.

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

PART-TIME ASSISTANT BABYSITTING COORDINATOR NEEDED Applications are currently being accepted for this paid position. The job involves assisting the Babysitting Coordinator in caring for Cathedral children on Sunday mornings during the 10:00 am and 12:00 Noon Masses, once a month on a Saturday morning for our Baptism Seminars, and at various other events. Averages 10-15 hours per month. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org



THE YEAR OF ST. PAUL

- Today's reading from First Corinthians comes in the midst of a long chapter on the blessings and challenges that come with relationships, especially marriage. In this passage, he speaks to the unique *charisma*, or spiritual gift, of celibacy. To what state of life have you been called by God? Do you see God's hand in your relationships with others?
- Paul tells the Corinthians that he encourages celibacy "not to impose a restraint upon you, but for the sake of... adherence to the Lord without distraction." What distracts you from the Lord? What helps you to focus?

The World Day of the Sick

*On Wednesday, February 11, 2009, the Memorial of Our Lady of Lourdes, the Church observes the 17th World Day of the Sick – a day to pray for the sick and all who care for them. At St. James Cathedral, we will mark this day with a communal celebration of the Sacrament of the Anointing of the Sick, which will take place in the context of 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 at this Mass, or have questions, please contact John Simpson, Pastoral Care Minister, at 206-274-3173, or e-mail jsimpson@stjames-cathedral.org.***

The Story of Lourdes

The story of Our Lady of Lourdes began on February 11, 1858, when the Blessed Virgin Mary appeared to a peasant girl named Bernadette Soubirous on the outskirts of the French village of Lourdes. Bernadette was about 14 years old, the eldest child in a peasant family that had been hard hit by a recent economic recession – to the point that they were living rent-free in the town's abandoned jail. She and some friends were out collecting firewood by the river Gave when Bernadette saw "a beautiful lady" in a niche of the natural grotto adjacent to the river. The two prayed together, and the lady asked Bernadette to return to that place each day for fifteen days.

During this time, the message of the Virgin began to unfold. It was very simple: Pray. Do penance. But when the Lady told Bernadette, "go and wash in the spring," the girl was confused, for there was no spring nearby. Bernadette moved towards the river – but the Lady called her back, and pointed to a place under the grotto. Bernadette went down on her hands and knees to search, at last finding a tiny trickle of water coming from the ground. The waters of Lourdes had begun to flow. Before the end of that day, the sick were coming to



wash in the miraculous spring, and they have continued to make the journey to Lourdes every day since then, for more than 150 years.

A Spring of Living Water

In a homily at Lourdes last year, Pope Benedict XVI said, “Mary’s smile is a spring of living water.... From her believing heart, from her maternal heart, flows living water which purifies and heals. By immersing themselves in the baths at Lourdes, so many people have discovered and experienced the gentle maternal love of the Virgin Mary, becoming attached to her in order to bind themselves more closely to the Lord! ... Like every mother, and better than every mother, Mary is the teacher of love. That is why so many sick people come here to Lourdes, to quench their thirst at the ‘spring of love’ and to let themselves be led to the sole source of salvation, her son Jesus the Savior.”

Christ the Healer

Bernadette suffered greatly from asthma and other ailments, and received the sacrament of the sick four times before she died at the age of 35. “The grace of this sacrament,” said Pope Benedict, “consists in welcoming Christ the healer into ourselves. However, Christ is not a healer in the manner of the world. In order to heal us, he does not remain outside the suffering that is experienced; he eases it by coming to dwell within the one stricken by illness, to bear it and live it with him. Christ’s presence comes to break the isolation which pain induces. We no longer bear our burden alone....

“Without the Lord’s help, the yoke of sickness and suffering weighs down on us cruelly. By receiving the sacrament of




the sick, we seek to carry no other yoke than that of Christ, strengthened through his promise to us that his yoke will be easy to carry and his burden light.”

Prayer to Our Lady of Lourdes

Composed for the 150th Jubilee, and prayed by Pope Benedict at Lourdes in 2008

Because you are the smile of God,
the reflection of the light of Christ,
the dwelling place of the Holy Spirit,
Because you chose Bernadette
in her lowliness,
because you are the morning star,
the gate of heaven
and the first creature
to experience the resurrection,
Our Lady of Lourdes,
with our brothers and sisters
whose hearts and bodies are in pain,
we pray to you!

Text prepared by Corinna Laughlin



*The Health and Healing Ministry presents
Part 1 of a 3-part series on Mental Health*

In Our Own Voice

Tuesday, February 10, 2009

**7:00pm-8:30pm, Pastoral Outreach Center
Community Room**

Did you know that in the United States approximately 24% of adults aged 18 and older (40 million people) are disabled by mental disorders? Schizophrenia, for example, affects more than 2 million people every year.

IN OUR OWN VOICE is a unique presentation developed by the National Allegiance on Mental Illness (NAMI). It is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. Two NAMI members will speak about their personal stories living with mental illness and achieving recovery. A video will also be shown.

The presentation is intended for the caregivers, family members and friends of those suffering from mental illness. Throughout the presentation the audience is encouraged to offer feedback and ask questions. Audience participation is an important aspect of the program because the more audience members become involved, the closer they come to understand what it is like to live with a mental illness and stay in recovery.

The Series on Mental Health focuses on the following aspects of mental illness.

- Part 1, Tuesday 2/10: The perspective of those who have suffered from mental illness: NAMI
- Part 2, Thursday 3/12: The perspective of the healer: Mike Donegan, MSW
- Part 3, Tuesday 4/28: The spiritual perspective: Craig Rennebohm, D.Min.

Caregivers, family members and friends of those suffering from mental illness are encouraged to attend this series. *Please note: This is not intended to be a forum for attendees currently suffering from mental illness to share their stories.*