



“Child, your sins are forgiven.”

*Detail of the Ceremonial Bronze Doors, St. James Cathedral
Ulrich Henn, sculptor, 1999*

ST. JAMES CATHEDRAL **The Seventh Sunday in Ordinary Time**

February 22, 2009

ST. JAMES CATHEDRAL

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Dear Friends,

The Cathedral choirs are getting a break today. I think you'll agree that they've more than earned one after doing *Great Music for Great Cathedrals* three nights in a row – not to mention all the rehearsal time beforehand. So the pressure is on *us* this weekend. We get to be the choir. I have no doubt that we will more than measure up.

Speaking of measuring up: you have done that and more in the recent "Snow Angel" campaign to make up for the shortfall we experienced during the "Winter of Our Discontent." You may remember that the collection shortfall from the Advent and Christmas snow and ice storms was \$25,000. We have more than made up for that, thanks to your incredible response to my invitation to become "snow angels." **As of this writing, 489 of you have sprouted angel wings, contributing \$41,018!** That's nothing short of remarkable. The funds donated over and above the goal will be used to support the Cathedral Kitchen.

Even though I would like to have thanked each of you individually for your gift, I'm trusting you will agree with me that saving postage was even a higher value. Please know, however, how deeply grateful I am. Your generosity never ceases to amaze and inspire me.



Father Michael G. Ryan

ORDER OF CELEBRATION FOR THE SEVENTH SUNDAY IN ORDINARY TIME

Out of respect for the liturgy we are about to celebrate,
PLEASE TURN OFF YOUR CELL PHONE, WATCH ALARM, OR PAGER.

PRELUDE

In thee is joy, BWV 615

Bach

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 No. 827

Litany of Saints

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

GLORIA

to the tune LAUDA ANIMA

Glory be to God in heaven,
Songs of joy and peace we bring;
Thankful hearts and voices raising,
To creation's Lord we sing:
Lord, we thank you, Lord, we bless you,
Glory be to God our king.

Lamb of God who on your shoulders
Bore the load of this world's sin;
Only Son of God the Father,
You have brought us peace within:
Lord, have mercy, Christ, have mercy,
Now your glorious reign begin.

You, O Son of God, are holy,
You we praise with one accord;
None in heav'n or earth is like you,
Only you are Christ the Lord,
With the Father, and the Spirit,
Ever worshiped and adored. *(Text by Edwin LeGrice)*

LITURGY OF THE WORD

READINGS No. 884

PSALM RESPONSE

Psalm 41

Carroll



ALLELUIA

Murray



HOMILY

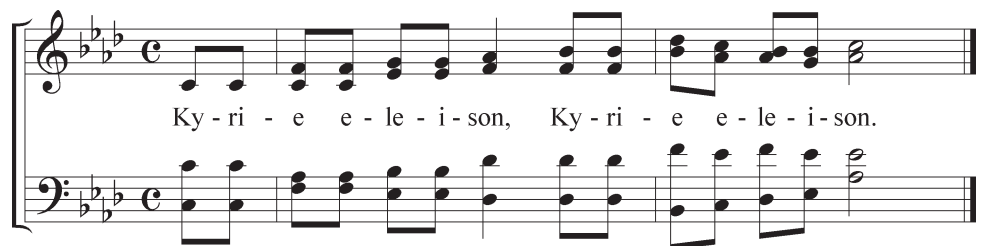
Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS TO THE RITE OF ELECTION (10:00am)

CREED No. 238

GENERAL INTERCESSIONS

Berthier

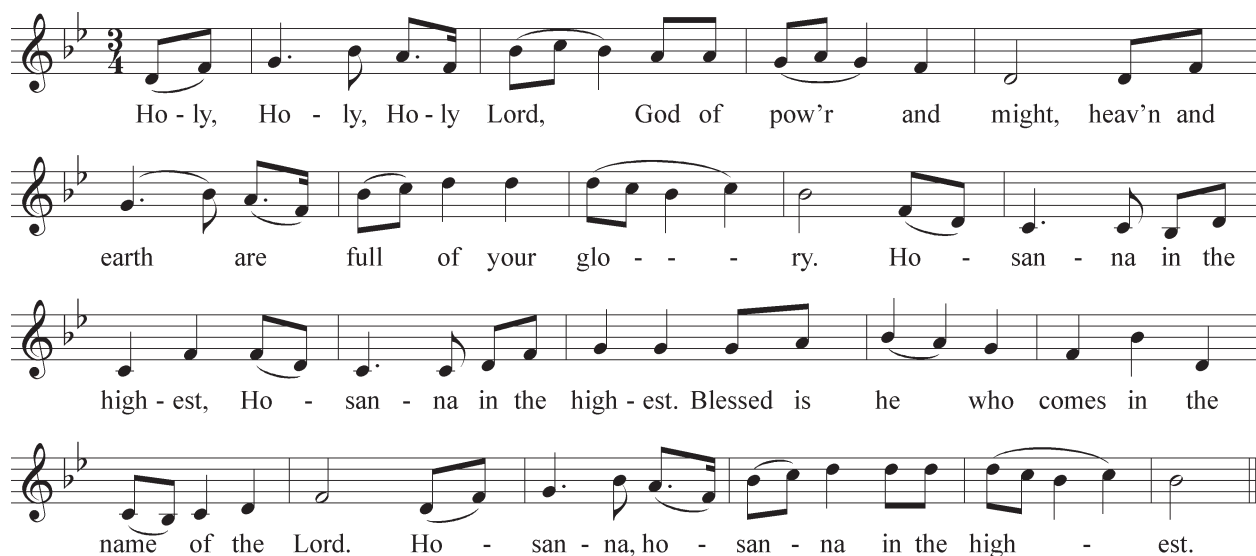


LITURGY OF THE EUCHARIST

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



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

AMEN

Compostela Mass

Holst, adapt. Ryan



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

I will relate all your wondrous deeds.
I will be glad and rejoice in you;
I will sing to the honor of your name, O Most High.

When you return to your place after receiving Holy Communion, please **KNEEL OR BE SEATED**. This is the norm for large parishes in the Archdiocese of Seattle and thank you for following our practice.

HYMN OF PRAISE

Your hands, O Lord

MOZART

1. Your hands, O Lord, in days of old Were strong to heal and
 2. And then your touch brought life and health, Gave speech, and strength, and
 3. O be our might - y heal - er still, O Lord of life and
 save; They tri - umphed o - ver pain and death, Fought
 sight; And youth re - newed and health re - stored, Claimed
 death; Re - store and strength - en, soothe and bless, With
 dark - ness and the grave. To you they went, the
 you, the Lord of light: And so, O Lord, be
 your al - might - y breath: On hands that work and
 blind, the mute, The pal - sied, and the lame, The lep - er
 near to bless, Al - might - y now as then, In ev - 'ry
 eyes that see, Your heal - ing wis - dom pour, That whole and
 set a - part and shunned, The sick and those in shame.
 street, in ev - 'ry home, In ev - 'ry trou - bled friend.
 sick, and weak and strong, May praise you ev - er - more.

PROCESSION

Fantasia and Fugue in G Minor, BWV 542

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 (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)
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.

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

ECUMENICAL PRAYER with music from Taizé, Fridays at 6:30 pm.

TOURS OF THE CATHEDRAL Groups of 6 or more may arrange a tour by calling Maria Laughlin, 206-382-4284

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

ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104
Telephone: 206-622-3559 FAX: 206-622-5303
Website: www.stjames-cathedral.org
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 Larry and Ursula Bell in thanksgiving for the birth of their grandson, Logan.

QUARTERLY CALENDAR In order to save on printing expenses, the Quarterly Calendar is going digital! You can download the three-month calendar for March, April, and May at the parish website, www.stjames-cathedral.org. In addition, a monthly calendar will be inserted in the parish bulletin.

PUTTING GOD FIRST Looking for something to do this Lent? You're invited to "put God first" by participating in a five-week retreat of study and faith sharing based on the U.S. Bishops' Pastoral Letter *Stewardship: A Disciple's Response*. This program is a great way to get to know some fellow parishioners, think deeply about your faith, and really celebrate Lent. Sessions begin Monday, February 23, Saturday, February 28, and Wednesday, March 4. *Information*, Maria Laughlin, 206-382-4284.

FOUNDATIONS IN OUR CATHOLIC FAITH: THE PENTATEUCH TODAY, Sunday, February 22, 1:30-5:30pm at St. Peter's Parish Hall. This Scripture course will focus on the first five books of the Bible. Through the stories of leading Biblical figures, participants will explore how the idea of a Covenant Community and our ability to have a personal relationship with God develops. Please bring your Bible and copy of the Catechism to the class. This program is a wonderful opportunity to continue to grow as mature and well-informed Catholics. (Co-sponsored by St. James Cathedral with the South Seattle Deanery) *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

YOUNG ADULTS INFORMAL WINE AND CHEESE gathering will take place TODAY, Sunday, February 22 immediately following 5:30 Mass. Young adults ages 21 and over, single or married, gather for fun, refreshments, and fellowship in the Fireside Room of the Pastoral Outreach Center. Newcomers and those not new to the parish are all welcome! *Information* youngadults@stjames-cathedral.org or TerryAnn Bowen, 206-382-2018.

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 Sacred Heart in LaConner and Winlock, and St. Joseph in Lynden.*

Sacred Steps

Sacramental Celebrations at St. James

RECEIVED INTO THE FULL COMMUNION OF THE CATHOLIC CHURCH on Sunday, February 15 were *Jonathan Jones, Kristi Jutras, Todd Kingston, Ian Larsen, Amy Lopez, George Marshall, Trent Mummery, Lucila Omlin, and Jeff Virgin*. They made a Profession of Faith and celebrated the sacraments of Confirmation and Eucharist, and now join us as full members of our Catholic Christian family. We welcome them with great joy!

FINDING HOPE IN DIFFICULT ECONOMIC TIMES Are you facing unemployment, foreclosure, depletion of retirement funds or some other difficult situation OR are you supporting someone who is? Come for support, fellowship and sharing of ideas on Saturday, February 28 from 10:00-11:30am in Cathedral Place, second floor. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org.

350TH 250TH 200TH 50TH Opus 7 Vocal Ensemble, a Cathedral Resident Ensemble, celebrates the anniversaries of Purcell, Handel, Mendelssohn and Villa-Lobos. Loren Pontén, director. Saturday, February 28, 8:00pm. *Information*, 206-782-2899 or www.opus7.org.

FINDING WORK... WITH GOD'S HELP! Our parish is offering a five-week series on the art of looking for work that is grounded in prayer and community. Whether you're recently unemployed or just thinking of making a switch, these sessions will help refine your job search strategy and outline concrete steps you can take to improve your visibility in the market. The sessions will be led by parishioner Darcey McAllister, a Human Resources professional, and will take place on Tuesdays, March 3, 10, 17, 24, and 31 from 7:00-9:00pm in Cathedral Place, second floor. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org.

THE NEW ATHEISM'S CHALLENGE TO 21ST CENTURY RELIGION On Thursday, March 5, at 7:00pm in Cathedral Place Hall, Father Michael Raschko will offer a presentation about how Christians can present their faith in the face of "New Atheism" arguments, and explore contemporary challenges to faith emergin from Darwinian theory and the religious wars since 9/11. Father Raschko, a priest of the Archdiocese of Seattle, is a systematic theologian on the faculty of Seattle University. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

CONFIRMATION CLASSES for adults and high school students 16 years and older begin Thursday, March 5, 6:30-8:30pm in Cathedral Place Room 411. Full sacramental initiation (Baptism, Confirmation, and Eucharist) is important for all practicing Catholics, and is particularly important for those who are considering getting married. *Information*, TerryAnn Bowen, tbowen@stjames-cathedral.org or 206-382-2018.

DOUBLE CHOIR TREASURES Friday, March 6, 8:15pm and Saturday, March 7, 8:00pm. Seattle Pro Musica, a Cathedral Resident Ensemble performs double choir masterworks by English composers. Chosen by Karen P. Thomas, director, for the glorious acoustics of St. James. *Information*, 206-781-2766, www.seattlepromusica.org.

DANIEL ROTH, ORGANIST Friday, March 13, 8:00pm. Widely acknowledged as one of the world's greatest organists and improvisors, the Titular Organist of St. Sulpice, Paris, makes his St. James debut on the Cathedral's magnificent organs. Suggested donation is \$15, with students and seniors paying as able. *Information*, 206-382-4874, www.stjames-cathedral.org/music.

THE NEW AMERICAN Share the journey of a new American, from the turmoil of the old country to the promise of America. This live performance combined with film and audio, traces the journey of an Irish immigrant. It includes the steamship passage of 1910, the path through Ellis Island, and working in the sweatshops of Manhattan. Stay for the post-performance discussion on Catholic Social Teaching and current immigration issues. Friday, March 13 at 7:00 pm in the Pastoral Outreach Center. Presented by Living Voices, St. James Cathedral Outreach Ministries and the ESL Program. *Information*, Christopher Koehler at 206-382-4511 or ckoehler@stjames-cathedral.org.

ST. JAMES ESL BOOK CLUB Join us on Tuesday, March 31 in the Pastoral Outreach Center to discuss *Jasmine* by Bharati Mukherjee. Acclaimed by the *Los Angeles Times Book Review* as "artful and arresting" and "breathtaking," the book tells the riveting story of a young woman's journey and transformation from rural India to Iowa. *Jasmine* is a quick read, and a thought-provoking story of what it means to be American. Now available in the Cathedral Bookstore. *Information*, Christopher Koehler, 206-382-4511, ckoehler@stjames-cathedral.org



THE YEAR OF ST. PAUL

- St. Paul often uses unexpected comparisons to help us understand the mystery of Jesus Christ. Today's reading is a case in point. Jesus, he says, is God's "yes." What does this simple word "yes" say to you today?
- St. Paul also uses an unusual comparison drawn from the language of finance. God will be faithful to his promise to bring us to eternal life. How do we know? Because he has "put his seal on us" and given us the Holy Spirit "as a first installment"! What do you imagine the "second installment" will be?

Be sure to visit the St. Paul page on our parish website! www.stjames-cathedral.org



Cathedral Blood Drive

Tuesday, March 10, 2009
Pastoral Outreach Center
1:00pm to 3:30pm, 4:15pm to 7:00pm

Your Community Blood Center

Puget Sound Blood Center is an independent, volunteer-supported, nonprofit community resource. It is a key link in the healthcare network, providing blood, tissue and specialized laboratory services in Western Washington and across the Northwest. Blood Center physicians offer 24-hour consultation to the medical community on transfusion and transplantation medicine issues, and provide valuable education aimed at improving patient care.

Who needs blood?

Most of us will require a blood transfusion at some point in our lifetimes. To meet the transfusion needs of patients in our community, at least 900 people must donate blood through the Puget Sound Blood Center every weekday.

Who can donate blood?


Most people can donate blood. Those who are at least 18 years old and weigh at least 110 pounds may donate blood every 56 days. Those 16 or 17 may donate with a signed Blood Center permission slip; there is no upper age limit. Some health conditions or medications may temporarily or permanently prevent people from donating blood.

The perfect gift for Lent!

Sign up at coffee hours on 2/22, 3/1 and 3/8. Or e-mail jsimpson@stjames-cathedral.org to sign up or to find out more. Or call 206-274-3173.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

Sponsored by St. James Cathedral's Health and Healing Ministry



*The Health and Healing Ministry presents
Part 2 of a 3-part series on Mental Health*

The Recovery Movement in the Community Mental Health System

Thursday, March 12, 2009

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

The Community Mental Health System provides publicly-funded support and services to those with the most serious types of mental illness. **We will review its evolution and focus on the current Recovery Model of Mental Health Support that is transforming the way that people living with mental illness are treated.**

Recovery-based services promote hope and community integration. This type of service challenges the person receiving services, the health care provider, and ultimately the community to view mental illness in a new light. **We will explore how some local faith-based communities are playing an important role in this transformation.**

Mike Donegan, MSW, Manager of Supported Employment at Downtown Emergency Service Center (DESC), has been involved in Community Mental Health Services for more than 35 years. He has worked in state hospitals, community in-patient psychiatric units, day treatment programs, and community mental health agencies. He has been involved in many aspects of Washington State's efforts to transform the system of care to one that promotes recovery. As the developer of Harborview Mental Health's employment program, and now the Employment Services at DESC, he has witnessed many of these changes first hand. He will share his observations and join in a discussion of how members of the community can work together to foster the recovery option for all.

This is the second in a three-part series on Mental Health. Save the date for Part 3: The spiritual perspective: Craig Rennebohm, D.Min. – Tuesday, April 28.

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 audience members currently suffering from mental illness to share their stories.*

Lent at St. James Cathedral

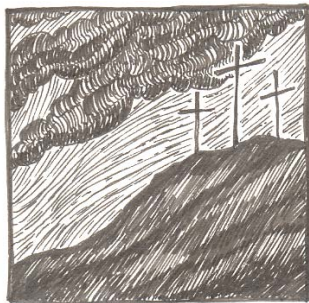
Dear Friends,

Whether it comes early or late, Lent always has a way of sneaking up on me. This year it's neither early nor late, but it has still caught me unawares. Happily, there are six weeks to get over my surprise and get used to it! And I'm sure I'll need all six.

And there are plenty of good things to fill up those six weeks, plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate together. If we were to do nothing more this Lent than to bring a greater awareness and a greater fervor to each of these celebrations, we would be accomplishing a great deal. The Sundays of Lent are definitely the right place to start. But we needn't stop there. Lenten weekday Masses are an ideal way to deepen our walk with Christ during this holy season as many of you know so well. And here are some further possibilities: taking some time each day to read and reflect prayerfully on the Gospels; attending Vespers and Benediction of the Blessed Sacrament on Sunday afternoons; joining the Friday evening Taizé Prayer around the Cross; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in a Lenten Holy Hour on a Friday afternoon.

Still one other wonderful opportunity for prayer this Lent is the "adoption" of one of our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). "Adoption" means that you will take it on yourself to pray for that person in a special way all during Lent. Prayer cards will be available in the cathedral and in the parish hall during the first few weeks of Lent, each one with the name of one of our Elect. If you take a card, (and I really hope you do), in addition to your prayer, you will be invited close to Easter time to write a card or short note telling your "adopted" friend of your prayerful



support. This should be a wonderful way to reach out to our newest members, supporting them along their journey of faith. And it's something EVERYONE can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

ALMSGIVING. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles – the spiritual equivalent of strutting about the gym – if it is not related to reaching out to others. And again this year the church offers you the perfect way to do just that. The Rice Bowl Program is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite the entire parish to bring forward their Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

Each Sunday during Lent we will begin Mass with the sprinkling of baptismal water. I hope that this will be for us not only a tangible reminder of our baptism but a refreshing moment of renewal, too. It was at our baptism, after all, that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith and in hope!

Michael Ryan
Father Michael G. Ryan

Prayer during Lent

ASH WEDNESDAY will be celebrated Wednesday, February 25. Masses are at 8:15am, 12:10pm, and 5:30pm. All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 5:30pm Mass. You are also welcome to join in Mass with the O'Dea High School community on Ash Wednesday at 10:00am.



RICE BOWL PROGRAM The Rice Bowl program is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15 am and 5:30 pm.

STATIONS OF THE CROSS 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 5:30 pm Mass, and Fridays following the 8:15am Mass (except on First Fridays). On Sunday, March 15, following the Noon Mass, the children of the Cathedral will pray the Stations with Father Ryan. *You can also pray the stations online at www.stjames-cathedral.org.*

LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour, which includes the Liturgy of the Hours, meditations, rosary, and Benediction of the Blessed Sacrament, is the perfect midday retreat at the end of a busy week.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00 pm.

PRAYER AROUND THE CROSS WITH MUSIC FROM TAIZÉ This contemplative prayer, based on the simple, joyous chants of the monks of the Taizé community in France, takes place every Friday evening at 6:30 pm.

COMMUNAL RECONCILIATION SERVICES On Saturday, March 28, at 4:00pm and Monday, March 30, at 7:30pm, there will be communal celebrations of the Sacrament of Penance in the Cathedral. Both provide an ideal opportunity to make your confession in preparation for Easter.

Musical Prayer during Lent

SACRED MUSIC BY MENDELSSOHN, PURCELL, AND HANDEL Saturday, February 28, 8:00 pm. Opus 7 Vocal Ensemble, a Cathedral Resident Ensemble, celebrates the anniversaries of Purcell, Handel, Mendelssohn and Villa-Lobos. Loren Pontén, director. 206-782-2899.

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TENEBRAE Wednesday, April 8, 7:30 pm. The Cathedral Men's Chant Choir with Margriet Tindemans, viola da gamba; Ann Glusker, Lisa Cardwell Pontén, Linda Strandberg, and Stacey Sunde, sopranos. Music by Couperin, Charpentier, and Allegri's *Miserere*, James Savage, conductor. Free-will offering.

RCIA During Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called

Catechumens, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for:

Sean Berry · Jodie Cowan
Matthew Bullock · Lawrence Dillard
Katie Gjonaj · Shawn Guerrero
Sara Jackman · Jay Jensen · Gilbert Lee
Lily Lee · Richard Mallory
Renee Manfredi · Angela Pagett
Brian Ray · William Small
Amie Wootten

PRAYER PARTNERS Adopt one of the Elect as a prayer partner to pray for in a special way during this holy season. A place of prayer will be created in the north transept of the Cathedral where you can come and pray, and also look through our Book of the Elect and get to know them better. As Easter draws near,



you will be invited to write a note telling your prayer partner of your prayerful support.

The following are some important dates in the journey of our Catechumens and Candidates toward full communion in the Catholic Church:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election which will take place on **Thursday, February 26, 2009**. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

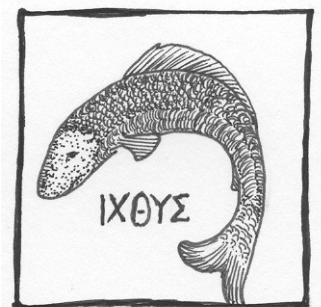
THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place on Saturday, March 14, at 5:30pm; Sunday, March 22, at 10:00am; and Sunday, March 29, at 5:30pm.

SATURDAY, APRIL 11, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

From Pope Benedict XVI's Lenten Message

May every family and Christian community use well this time of Lent, therefore, in order to cast aside all that distracts the spirit and grow in whatever nourishes the soul, moving it to love of God and neighbor. I am thinking especially of a greater commitment to prayer, *lectio divina*, recourse to the Sacrament of Reconciliation and active participation in the Eucharist, especially the Holy Sunday Mass. With this interior disposition, let us enter the penitential spirit of

Lent. May the Blessed Virgin Mary, *Causa nostrae laetitiae*, accompany and support us in the effort to free our heart from slavery to sin, making it evermore a "living tabernacle of God."



Adult Faith Formation

PUTTING GOD

FIRST This Lent we again offer *Putting God First*, a five-week course of study, prayer, and faith sharing based on the U. S. Catholic Bishops' now-classic 1992 Pastoral Letter, *Stewardship: A*

Disciple's Response. This letter, drafted by our own beloved Archbishop Thomas J. Murphy, explores what it means to be a follower of Jesus Christ in today's world. In what ways is God calling me? To whom am I being sent? How does my daily work help to build up God's kingdom on earth? What are the gifts with which God has entrusted me? *It's not too late to join a session!* Contact Maria Laughlin, 206-382-4284, for more information.



A LENTEN BIBLE STUDY... ST. PAUL'S LETTER TO THE ROMANS Tuesdays, 1:00-3:00 or 7:00-9:00, Cathedral Place, second floor. We complete our two year review of the writings of St. Paul by studying his letter to the Romans--the most compelling and challenging of all his letters. All are welcome and no bible experience required!

THE NEW ATHEISM'S CHALLENGE TO 21ST CENTURY RELIGION On Thursday, March 5, at 7:00pm in Cathedral Place Hall, Father Michael Raschko will offer a presentation about how Christians can present their faith in the face of "New Atheism" arguments, and explore contemporary challenges to faith emerging from Darwinian theory and the religious wars since 9/11. Father Michael Raschko, a priest of the Archdiocese of Seattle, is a systematic theologian on the faculty of Seattle University. This event is co-sponsored by St. James Cathedral and the Seattle University School of Theology and Ministry. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

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 14 from 9:30-12:30 at Cathedral Place, fourth floor for a special time of prayer, faith sharing, and fellowship with others. Rosanne Michaels will be our guest facilitator. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is February 25, 2009
Good Friday is April 10, 2009.



Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted.

Abstinence. On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18 - 59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

The Chancery
January 14, 2009