



I will establish my covenant with you.

*Noah. Central East Apse Stained-glass window.  
Hans Gottfried von Stockhausen, 1994*

ST. JAMES CATHEDRAL  
**The First Sunday of Lent**

March 1, 2009

# ST. JAMES CATHEDRAL

March 1, 2009

Dear Friends,

*Great Music for Great Cathedrals* was a triumph! Music, poetry, light, and drama all did their part to celebrate the arts and to tell the story of cathedrals. It was a great production and those of you who participated in it, or witnessed it, have every right to be proud of your parish. Jim Savage, our Director of Music, whose limitless imagination sparked the grand production, tells me that volunteers carried out 499 different roles and tasks to pull off this year's *Great Music*. That's quite amazing! To each one of them, and to Jim and his gifted team of producers, a heartfelt word of thanks. It was another glorious moment in the history of a glorious cathedral.

Ash Wednesday started us on the great journey to Easter. Prominent among those making the journey with us this year is a group of 15 "elect" who will be baptized at the Easter Vigil. Please support them with your prayer as they walk this last lap of their journey toward the Easter sacraments of Baptism, Confirmation, and Eucharist.

I am spending the first part of Lent in Rome with my good friend, Father Phil Wallace, retired pastor of St. Louise Parish in Bellevue. Father Phil has been battling multiple myeloma cancer for the past eight years and the trip is a gift to him from one of his friends. Lucky for me, his friend made it possible for him to bring a friend along! How blessed can I be!

May our Lenten journey awaken us to Christ who walks the journey with us and leads us through death to Resurrection.



Father Michael G. Ryan

# ORDER OF CELEBRATION FOR THE FIRST SUNDAY OF LENT

## FIRST SUNDAY YOUTH CELEBRATION (Noon)

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

A NOTE ON THE CHANTS: *This First Sunday of Lent is unusual in the Church's liturgy in that it draws on just one psalm, Psalm 91, for all the propers of the Mass — the introit, the gradual, the tract, the offertory, and the communion. Psalm 91, a prayer for God's protection and for the gift of new life, is particularly associated with the catechumenate. As we sing the refrain again and again during this Mass, we pray for those in our midst, and throughout the entire Church, who seek "life long and full" in the saving waters of baptism.*

### INTROIT

Psalm 91 *Qui habitat in adiutorio Altissimi*

adapt. Stratman

Cantor: I give them life long and full,



and I show them my power to save, says the Lord.

### PENITENTIAL RITE Text of Confiteor at No. 231

chant, Vatican XVII



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

### OPENING PRAYER

## LITURGY OF THE WORD

### READINGS No. 788

#### GRADUAL PSALM

Psalm 91

adapt. Stratman

Cantor: I give them life long and full;

**ALL: And I show them my power to save, says the Lord.**

#### GOSPEL TRACT

Psalm 91

adapt. Stratman

#### HOMILY

**Father Richard Ward**

#### DISMISSAL OF THE ELECT (10:00)

adapt. Stratman

Cantor: I give them life long and full;

**ALL: And I show them my power to save, says the Lord.**



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 - fi - 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.

## GENERAL INTERCESSIONS

### Litany of Saints

Lord, we ask you, hear our prayer.

# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

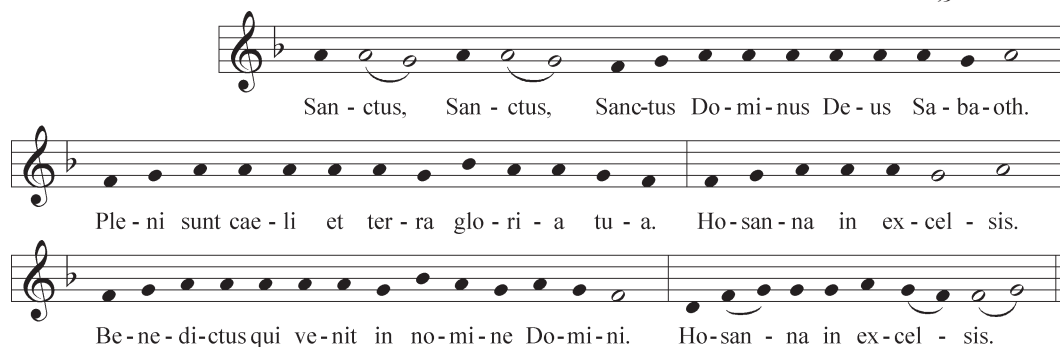
Offertory

Psalm 91

adapt. Stratman

SANCTUS

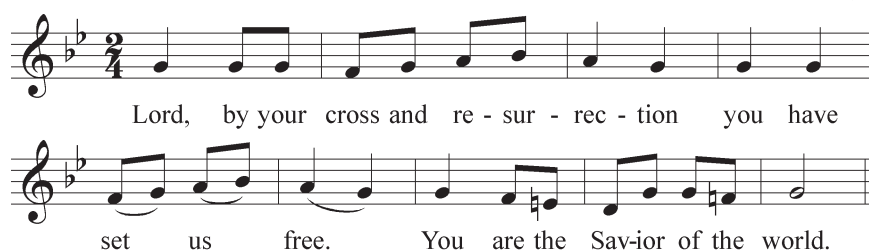
chant, *Jubilare Deo*



San - ctus, San - ctus, Sanc-tus Do-mi-nus De-us Sa-ba-oth.  
Ple-ni sunt cae-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis.  
Be-ne-di-ctus 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

Psalm 91

adapt. Stratman

Cantor: I give them life long and full;

**ALL: And I show them my power to save, says the Lord.**

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. 422

*The glory of these forty days*

ERHALT UNS HERR

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)  
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](http://www.stjames-cathedral.org)  
Emergency Number: 206-467-3049  
Office Hours: Monday through Friday, 9:00 am - 5:00 pm

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

**NEW IN THE BOOKSTORE** Stop by the Cathedral Bookstore today for a wide variety of Lenten reading, Cathedral Music, and much more.

**NEW ON THE WEBSITE** Visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org) for up-to-date information about Lenten activities at St. James Cathedral. You can also view albums of recent events (including *Great Music for Great Cathedrals*), and even pray the Stations of the Cross online!

**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](http://www.stjames-cathedral.org).

**LENTEN HOLY HOURS** Each Friday during Lent, join in a special Lenten Holy Hour beginning at 12 Noon. With Exposition of the Blessed Sacrament, Liturgy of the Hours, Rosary, and time for silence, Holy Hour is the perfect Lenten retreat for the end of a busy week.

**STATIONS OF THE CROSS DURING LENT** 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.

**SANDWICHES FOR ST. MARTIN DE PORRES A** reminder to our sandwich volunteers to drop off sandwiches at coffee hour next Sunday, March 8, or at the parish office on Monday, March 9.

**A LENTEN BIBLE STUDY...ST. PAUL'S LETTER TO THE ROMANS** Tuesdays, 1:00-3:00pm or 7:00-9:00pm, 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! (*This Week: Introduction; Humanity Lost Without the Gospel—Read 1:1-3:20*)

**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. Joseph in Chehalis, Vancouver, and PeEll.*

**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. There is still room in the Wednesday evening sessions, which begin this Wednesday, March 4. *Information*, Maria Laughlin, 206-382-4284.

**YOUNG ADULTS (21-35) "FIRST-THURSDAY" SOCIAL** These socials are great fun! On Thursday, March 5 we will gather at Chez Gaudy, 1802 Bellevue Avenue (Denny and Bellevue), Seattle—described as "a quirky little restaurant which was kept secret for the longest time..." Meet at the restaurant at 6:30pm for food and fellowship. This is a "no host" event. Please RSVP by noon Wednesday, March 4 so we know how many to plan for. *Information and RSVP* TerryAnn Bowen [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org) or 206-382-2018.

**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](mailto: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](http://www.seattlepromusica.org).

**FOUNDATIONS IN OUR CATHOLIC FAITH: GOD AND THE HUMAN PERSON** Next Sunday, March 8, 1:30-5:30pm at St. Peter's Parish Hall. Participants will discuss what the two Creation stories in Genesis reveal to us about the relationship between God and humans, and explore concepts of sin, grace, faith, free will, redemption, and salvation. They will learn about the Catholic understanding of the dignity of the human person and of our sacramental view of the world. Please bring your Bible and copy of the Catechism to the class. (Co-sponsored by St. James Cathedral with the South Seattle Deanery) *Information*, Helen Oesterle, 206-382-4514, [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.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](http://www.stjames-cathedral.org/music).

## JOURNEY OF THE ELECT

Beginning this week, our newly Elect are wearing brown robes while attending Mass and other liturgies during Lent. This helps them to know, in a concrete way, that they have entered a new and significant stage in their final preparations for Easter. It also anticipates another change that will take place when they emerge from the baptismal waters at the Easter Vigil and change to white robes. Seek them out in our midst and, if possible, introduce yourself to them after Mass. Let them know you are praying for them and looking forward to Easter when they will join us at the Eucharistic table.

### LENTEN PRAYER PARTNERS FOR THE ELECT

The Church tells us that it is the *entire* parish's responsibility to support and welcome those preparing for baptism this Easter. One of the many ways you can do this is to become a prayer partner for one of our Elect. You are asked to pray everyday for him/her during Lent, asking for God's blessings and guidance. Also, notes and cards will be collected during Holy Week to be given to the Elect before Easter. Prayer cards are available at the place of prayer located in the north aisle of the west nave of the Cathedral, in the bookstore, and in Cathedral Hall during Sunday morning hospitality.

You can also meet our Elect by going to our parish website, [www.stjames-cathedral.org](http://www.stjames-cathedral.org) Your prayers make a difference! *Information*, Helen Oesterle, 206-382-4514.

**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, 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 7:00pm in the Pastoral Outreach Center. Presented by Living Voices, St. James Cathedral Outreach Ministries and the ESL Program. *Information*, Christopher Koehler, 206-382-4511 or [ckoehler@stjames-cathedral.org](mailto:ckoehler@stjames-cathedral.org).



## THE YEAR OF ST. PAUL

Visit the St. Paul Page on the parish website to learn more about St. Paul. Other features include:

- Pray the Stations of the Cross with St. Paul
- Pray the Rosary with St. Paul
- Explore the Cathedral's icon of Peter and Paul
- Go on a "Virtual Pilgrimage" to the Basilica of St. Paul-Outside-the-Walls, Rome
- Visit the St. Paul kids' page

[www.stjames-cathedral.org](http://www.stjames-cathedral.org)



**DRINKING THE WATER OF LIFE: 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 9:30am-12:30pm at Cathedral Place, 4th 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

**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 the second and fourth Saturdays of the months to come from 10:00-11:30am in Cathedral Place, second floor. **Next gathering:** March 14. *Information*, TerryAnn Bowen, 206-382-2018, tbowen@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 “breathhtaking,” 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

**WELCOME, PARENTS WITH YOUNG CHILDREN** We support all of our parishioners who are attending Mass with young children and we welcome those children into our midst. If you find that your child needs a quiet place away from the stimulation of the Mass, please feel free to step into the west vestibule or the cathedral chapel, where we have provided a sound system so that you can continue to participate in the Mass. We appreciate your effort to be with us and to include your child in our worship. *Please note that babysitting is available in the Mother Cabrini Room at the Pastoral Outreach Center during the 10:00am and 12 Noon Masses.*

**ARCHBISHOP HUNTHAUSEN LIBRARY** Visit your friendly and accessible Archbishop Hunthausen Library in Cathedral Hall during the Sunday coffee hours. We have a good selection of old favorites and recent releases.

**ARE YOU A REGISTERED PARISHIONER AT ST. JAMES?** Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. *We strongly encourage you to register.* Registered parishioners receive important mailings from the Cathedral (including offering envelopes!), are regular recipients of the Cathedral’s journal *In Your Midst*, are able to celebrate their

During this Lenten Season Catholic Relief Services invites us to journey in solidarity with our global family through **Operation Rice Bowl**. Donations collected in your Rice Bowl go to poor countries around the world to fund development projects—agriculture, water, education, microfinance—that help communities break free of hunger. Operation Rice Bowl collects money for Catholic Relief Services, the official aid agency of the US Catholic Church, who then distributes the money to local Catholic charities and other small community agencies who make a big difference in their communities. *What comes out of the Rice Bowl* is as important as *what goes into it*. In each folded-up cardboard bowl is a calendar with a prayer, reflection, fact, or action for every day of Lent, all based on Catholic Social Teaching. Each week the calendar invites you to fast in solidarity with the poor around the world, using a simple meal from the “developing” world. What goes into the bowl is your help to people around the world who face hunger and rising food prices. What comes out of the bowl is a way to walk through Lent in deeper solidarity with the whole human family... It is a journey of prayer, fasting, learning and giving, all with an international flavor.



wedding at the Cathedral, and their children may attend any of the five Catholic Rainbow Schools at parishioner rates (and become eligible for Cathedral scholarship money). In addition, if you are a registered parishioner and use envelopes, or are on the direct deposit program, we will mail you a quarterly report of your contributions to the parish. Registration cards can be found in the kiosk in Cathedral Hall. *If you’re not sure whether you’re registered at St. James, call the parish office at 206-622-3559.*

**A REMINDER ABOUT SUNDAY PARKING AT THE CATHEDRAL** We know that parking in this area is at a premium and we are doing our best to make it available to you. In consideration of our neighbors and to ease parking problems on Sundays, please note these important Do’s and Don’ts. You MAY park in the O’Dea High School lot; in the Cabrini Tower Garage on Marion Street for the Saturday 5:30 pm Mass and all Sunday Masses (the Cathedral pays for parking during these times, and you are encouraged to take advantage of it!); in the parking lot under the Chancery building at 9th and Marion. *Please do NOT park in the lot adjacent to the Envoy Apartments on 9th Avenue, in the Blood Bank parking lot at the corner of Terry and Columbia, in the Frye Museum parking lots on Terry Avenue, in the parking places at the Pastoral Outreach Center, or in the spaces on Terry reserved for loading and unloading of the parish vans.*



# *Finding work... with God's help!*

**Tuesdays at 7:00pm during Lent**  
Cathedral Place, 2nd Floor  
St. James Cathedral, Seattle

St. James Cathedral is offering a five week series on the art of looking for work. Whether you're recently unemployed or just thinking of making a switch, these workshops will help refine your job search strategy and outline concrete steps you can take to improve your visibility in the market.

Tuesday, March 3, 2009 7:00pm-9:00pm

## **RESUME WRITING**

This session will focus on the do's and don'ts of writing resumes, describe recommended formats and offer a chance to critique resumes.

Tuesday, March 10, 2009 7:00pm-9:00pm

## **APPLICATIONS, COVER LETTERS AND REFERENCES**

There is much more to selling yourself than just a resume. This session covers the other written materials employers often use to select candidates to interview.

Tuesday, March 17, 2009 7:00pm-9:00pm

## **JOB SEARCH STRATEGIES**

Tonight we will cover developing criteria and indentifying potential employers. We'll also discuss sources of job listings, including Internet strategies, and how to make the most of personal networking.

Tuesday, March 24, 2009 7:00pm-9:00pm

## **INTERVIEWING TECHNIQUES – Part 1**

In this class we will discuss types of interviews, common interview techniques used by employers and talk our way through the entire process. This is a preparatory session for Part 2 and there will be some pre-class work for Part 2.

Tuesday, March 31, 2009 7:00pm-9:00pm

## **INTERVIEWING TECHNIQUES – Part 2\***

**\*Note:** Pre-registration is required for this class. Interviewing is hard work and often nerve-racking. This workshop will allow participants to practice the interview process. Please register by e-mailing [dmcallister@stjames-cathedral.org](mailto:dmcallister@stjames-cathedral.org).

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DARCEY MCALLISTER has been a Human Resources professional for over 15 years. Having spent time on both the interviewer and interviewee sides of the table, she will be able to offer insights into what employers look for when selecting candidates. For more information on this series contact her at [dmcallister@stjames-cathedral.org](mailto:dmcallister@stjames-cathedral.org).

*Image at left: St. Joseph, patron saint of workers*



# The New Atheism's Challenge to 21st-Century Religion

Thursday, March 5, 2009  
7:00pm

Cathedral Place Hall  
803 Terry Avenue, Seattle  
*Suggested donation \$10*

Join a discussion 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, associate professor, and priest of the Archdiocese of Seattle, is a systematic theologian. Father Raschko teaches Christian Anthropology, Christology, hermeneutics, other courses in systematic theology, and part of the history sequence at Seattle University's School of Theology and Ministry (STM). He assists the pastor at Holy Rosary in Seattle and teaches throughout the Archdiocese of Seattle. Father Raschko is also the first recipient of the Robert J. and Mary H. Bertch Professorship of Catholic Systematic Theology at STM.



# *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](mailto: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.*





# Solidarity

## WILL TRANSFORM THE WORLD

Photo by David Snyder

**Our faith community will join millions of U.S. Catholics this year by participating in Operation Rice Bowl.**

Operation Rice Bowl is the Lenten solidarity program of Catholic Relief Services.

Just as we celebrate the Eucharist on Sundays, we can use Operation Rice Bowl throughout Lent as a way to “break bread” together with family and loved ones. We join in the traditional practices of Lent and **pray** as a community, **fast** in solidarity with those who are hungry, **give** concrete assistance to those most in need, while we **learn** about the joys and challenges in the lives of our brothers and sisters around the world.

## Lenten Prayer

*Oh loving Lord,  
during this Lenten season I lift up  
my voice to you.*

*Instill in my heart the desire to hear  
your voice in the voices of the poor,  
your people.*

*May I find in their example the path  
to my conversion.*

*Bless my Prayer, Fasting, Learning,  
and Giving in this season of grace.*

*May these actions answer the call  
to transform our world.*

*Amen.*

## What is Catholic Relief Services?

Established in 1943, Catholic Relief Services is the official international humanitarian agency of the U.S. Catholic community. The fundamental motivating force of Catholic Relief Services is the Gospel of Jesus Christ. That motivation compels the agency to alleviate human suffering, to foster justice and charity, and to enhance the development of peoples around the world. Catholic Relief Services provides assistance on the basis of need, not creed, race, or ethnicity.

To learn more, please visit our website at [www.crs.org](http://www.crs.org).

**Giving Hope  
to a World of Need**

