

All good giving and every perfect gift is from above,
coming down from the Father of lights
James 1:17

ST. JAMES CATHEDRAL
Twenty Second Sunday in Ordinary Time
August 30, 2009

ORDER OF CELEBRATION FOR THE TWENTY-SECOND SUNDAY IN ORDINARY TIME

OUT OF RESPECT FOR THE PRAYER OF THE COMMUNITY,
PLEASE **TURN OFF YOUR CELL PHONE** AS YOU ENTER THE CATHEDRAL.

PRELUDE

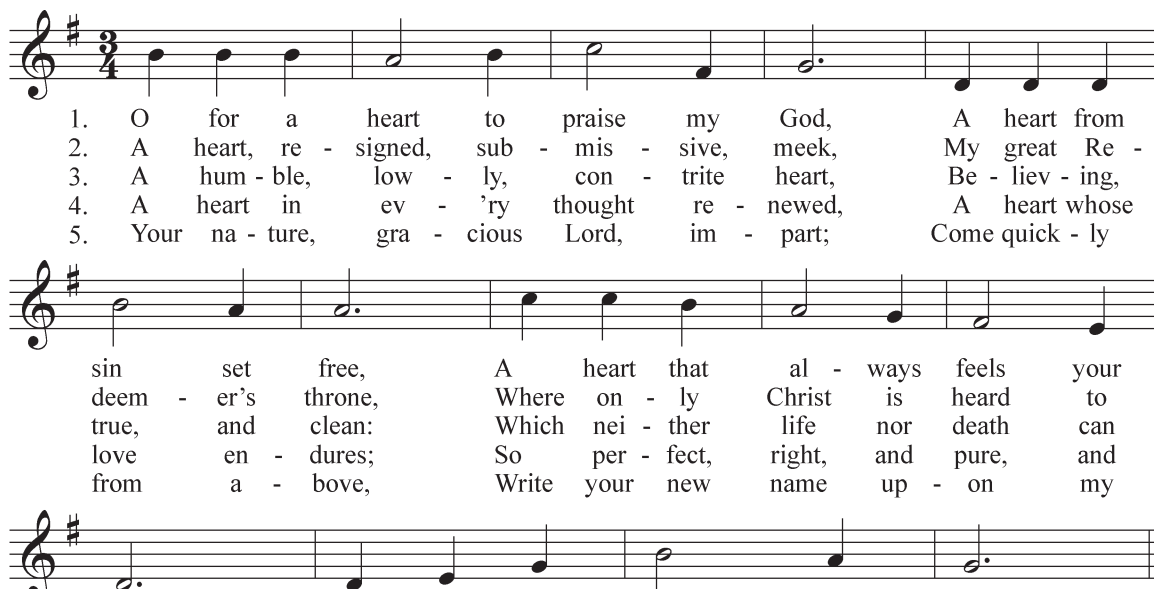
“Adagio” from *Symphony No. 4*

Vierne

ENTRANCE

O for a heart to praise my God

ST. AGNES



1. O for a heart to praise my God, A heart from
2. A heart, re - signed, sub - mis - sive, meek, My great Re -
3. A hum - ble, low - ly, con - trite heart, Be - liev - ing,
4. A heart in ev - 'ry thought re - newed, A heart whose
5. Your na - ture, gra - cious Lord, im - part; Come quick - ly

sin set free, A heart that al - ways feels your
deem - er's throne, Where on - ly Christ is heard to
true, and clean: Which nei - ther life nor death can
love en - dures; So per - fect, right, and pure, and
from a - bove, Write your new name up - on my

blood So free - ly shed for me.
speak, Where Je - sus reigns a - lone.
part From Him that dwells with - in.
good, A co - py, Lord, of yours.
heart, Your new, best name of love.

PENITENTIAL RITE

St. James Mass for Peace

Herbolsheimer



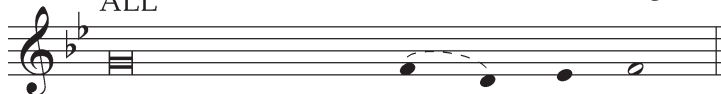
1. & 3. Ky - ri - e e - le - i - son.

2. Chri - ste e - le - i - son.

GLORIA

ALL

chant, adapt. Lee



*Glory to God in the highest,
Lord God, heavenly King,
We worship you,
we give you thanks,*

and peace to God's almighty God	peo- and	ple Fa-	on ther.
we praise you for	your	glo-	ry.

*Lord Jesus Christ,
only Son of the Father,
you take away the sins of the world:
You are seated at the right hand
of the Father:*

Lord God,
have

re-

Lamb
mer-

ceive

of
cy

our

God,
on

prayer.

*For you alone are the Holy One,
you alone are the Lord,*

you alone
are the Most High Je- sus Christ,
in the glory of God the Father, A - - - men.

with the Holy Spirit,

LITURGY OF THE WORD

READINGS No. 929

PSALM RESPONSE

Psalm 15

Routley



Do just - ly; Love mer - cy; Walk hum-bly with your God.

ALLELUIA

Berthier



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le -



lu - ia, al - le - lu - ia, al - le - lu - - - ia!

HOMILY

Deacon David Olsen

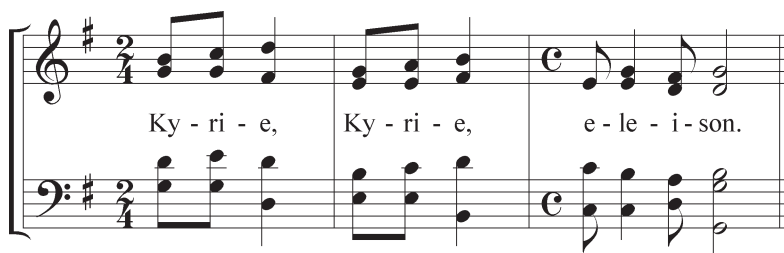
DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Litany of Saints

CREED No. 238

GENERAL INTERCESSIONS

Berthier



Ky - ri - e,	Ky - ri - e,	e - le - i - son.
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LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 & Noon)

Justitiae Domini


Palestrina

SANCTUS

Corpus Christi Mass

Proulx


Cantor, then All:



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might.

Choir: Heaven and earth are full of your glory.


Cantor, then All:



Ho - san-na in the high - est, in the high - est.

Choir: Blessed is he who comes in the name of the Lord.

Cantor, then All:



Ho - san-na in the high - est, in the high - est.

MEMORIAL ACCLAMATION

Corpus Christi Mass

Proulx

Cantor, then All:



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

AMEN

Corpus Christi Mass

Proulx

All:



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

O Lord, I will be mindful of your justice alone;
you have taught me, O God, from my youth; and so,
unto old age and grey hairs, O God, forsake me not.

(10:00)

Praise the Lord!

Mozart

(Noon)

Jesu, joy of our desiring

Bach

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.

1. As a cha-lice cast of gold, Bur-nished, bright, and
 2. When I bend up-on my knee, Clasp my hands or
 3. When I dance or chant your praise, When I sing a

brimmed with wine, Make me, Lord, as fit to hold
 bow my head, Let my spok-en, pub-lic pleas
 song or hymn, When I preach your lov-ing ways,

Grace and truth and love di-vine. Let my praise and
 Be di-rect-ly, simp-ly said, Free of tan-gled
 Let my heart add its A-men. Let each cher-ished

wor-ship start With the cleans-ing of my heart.
 words that mask What my soul would plain-ly ask.
 out-ward rite Thus re-flect your in-ward light.

PROCESSION

“Final” from *Symphony No. 6*

Vierne

PROCESSIONAL ICON OF CHRIST THE TEACHER. ACKNOWLEDGEMENTS: Alleluia and General Intercessions Response by Berthier adapt. St. James Cathedral copyright © 1978, 1980, and 1981, Les Presses de Taizé (France), GIA Publications, Chicago, IL, exclusive agent. Reprinted under OneLicense.net #A706828. All rights reserved. Psalm response from “What does the Lord require?” by Routley, copyright © 1969 by Hope Publishing Co; Text by Albert F. Bayly, copyright © Oxford University Press. Eucharistic Acclamations from *Corpus Christ Mass* by Richard Proulx © 1986 by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Text for Hymn of Praise by Thomas Troeger copyright © 1994 by Oxford University Press. Reprinted under OneLicense.net #A706828. All rights reserved.

St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend Alexander J. Brunett, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant
The Reverend Thomas Marti, MM

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

PASTORAL CARE MINISTRIES

John Simpson (206-274-3173)

SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)
Jennifer Ibach (206-654-4640)
Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)
Deacon David Olsen, Stephen Pace, Bryan Long, Brenda Bellamy, Sacristans

MUSIC MINISTRY (206-382-4874)

Dr. James Savage, Director of Music
Joseph Adam, Organist (206-382-4597)
Dr. Clint Kraus, Associate Organist; Director of Youth Music
Stacey Sunde, Music Assistant
Ian Newhall, Coordinator of Special Projects

FAITH FORMATION

Helen Oesterle, Director/RCIA (206-382-4514)
TerryAnn Bowen, "Welcome Back" & Confirmation (206-382-2018)
Marianne Coté, Youth & Family Ministry (206-382-4512)
Lita McBride, Children's Faith Formation (206-654-4658)
Theresa Van de Ven, Administrative Assistant (206-219-5822)

MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director
Glenda Caldwell, ESL Specialist
Jim Hodges, Citizenship
Cecilia Erin Walsh, ESL Coordinator
Lupita Gonzalez, ESL Coordinator
Mali Main, Development Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

PARISH OFFICE

Kay Kaiser, Executive Assistant (206-654-4650)
Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)
Linda Carr, Office Manager (206-622-3559 x3979)
Marilyn Maddeford, Receptionist (206-622-3559)

WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)
Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

Dennis Morse, Facilities Manager (206-622-3559)

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8 - 10 - 12 & 5:30 pm
Weekdays 8:15 & 5:30 pm
Saturdays 8:15 & "Vigil" 5:30 pm

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00 pm.

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Please call the parish office for an appointment.

RECONCILIATION Saturdays, 4:00 - 5:00 pm. A communal celebration of the Sacrament of Reconciliation is celebrated four times yearly in preparation for Christmas and Easter.

MARRIAGE A formal program of marriage preparation over a period of several months is required, however, registered parishioners may begin the scheduling process 14 months in advance.

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

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

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

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

ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104
Telephone: 206-622-3559 FAX: 206-622-5303
Website: www.stjames-cathedral.org
Emergency Number: 206-467-3049
Office Hours: Monday through Friday, 9:00 am - 5:00 pm

WELCOME, SUMMER VISITORS! *St. James is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today. Last weekend, we had visitors from Kapolei, HI; Seal Beach, CA; and Baraboo, WI. The winner of our drawing was from Stillwater, PA.*

FLOWERS IN THE CATHEDRAL are from the Saturday wedding of Jemima DeVera and Winston McMahon.

SUMMER CHOIR This Sunday is the last week for our annual volunteer Summer Choir at the 12:00 Noon Masses in August. Thanks to the dozens of singers who supported the assembly's singing. We welcome today members of the All Saints Parish Choir, Puyallup, Rick Antes, director.

CHILDREN'S FAITH FORMATION REGISTRATION will be on September 6 and 13 in Cathedral Hall after the 10:00am and 12 Noon Masses. Registration forms are also available at the Cathedral website, www.stjames-cathedral.org. *Information*, Theresa Van de Ven, 206-219-5822.

WALKING WITH OUR LADY The Health and Healing Committee invites you to walk for your health to shrines of Our Lady around the world. Our goal is to collect 18,000 miles and to "travel" from St. James to Fatima and Lourdes! If you signed up at the Health Fair May 5, you can bring your mileage record to Cathedral Hall the first Sunday of each month during coffee hour. Or, if you'd like, you can e-mail them to Pastoral Care Minister John Simpson. *Information*, John Simpson 206-274-3173 or jsimpson@stjames-cathedral.org.

ARE YOU INTERESTED IN LEARNING MORE ABOUT THE CATHOLIC CHURCH? You are invited to participate in the RCIA, a process of initiation into the Catholic community of faith. It is a process which encompasses the study of Scripture, Catholic teaching, and Christian values—the development and deepening of a life of prayer and action—all with the support and involvement of the parish community. A new inquiry session will begin on Wednesday, September 9. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org. Or check out our website, www.stjames-cathedral.org/RCIA.

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 Blessed Teresa of Calcutta in Woodinville, St. Rose of Viterbo in Longview, and St. John Chrysostom (Byzantine) in Seattle.*

SACRAMENT OF THE SICK A communal celebration of this sacrament will take place at St. James Cathedral on Monday, September 14, the feast of the Exaltation of the Holy Cross, at the 5:30 Mass. Father Ryan will preside. All are welcome to attend the Mass. If you would like to receive the sacrament of Anointing of the Sick, or have questions, please contact John Simpson, Pastoral Care Minister. *Information* 206-274-3173 or jsimpson@stjames-cathedral.org.

BAPTISM AND FIRST COMMUNION FOR CHILDREN aged seven and older takes place through RCIA for children. If your child would like to be baptized, or has been baptized into another Christian Church and would like to be received into the Catholic Church, or baptized Catholic but not catechized, call for details about this process. Registration will be on September 6 and 13 following the 10:00am and Noon Masses. Classes begin September 27. *Information* TerryAnn Bowen tbowen@stjames-cathedral.org or 206-382-2018.

ARE YOU A CATHOLIC WHO HAS BEEN AWAY FROM THE CHURCH? Our Welcome Back program provides a safe place, in the company of others who are also examining their faith, to ask questions about returning to regular church attendance, returning to the sacraments, and to learn about changes in the church. The sessions are offered on Mondays, September 14 through December 7, 7:00-9:00pm on 2nd floor Cathedral Place. Classes are offered without any obligation. *Information*, TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org.

YOUNG ADULTS (21-40) "FIRST THURSDAY" SOCIAL... A return to a favorite location! On Thursday, September 3 we will gather again at The Capitol Club, 414 East Pine, Seattle, at 7:00pm. Menu is "Tapas Style" with flavors from the Mediterranean. Enjoy great food in a comfortable environment. Serving casual class to the Hill since 1996, the Capitol Club been on the Seattle Weekly's 100 Favorite Restaurants list for two years running. *Information*, youngadults@stjames-cathedral.org or TerryAnn Bowen 206-382-2018.

ENGAGING SPIRITUALITY focuses on the link between spirituality and engaged compassion by emphasizing personal and collective prayer, reflection on the writings of spiritual masters, personal experiences with the poor, and contemplative dialogue in a small faith community. This 21-week program taps into ancient and contemporary wisdom and inspires participants to develop spiritual practices that keep them rooted in Gospel justice and grounded in love. Engaging Spirituality is a program of JustFaith Ministries, and is being offered for the second year here at St. James Cathedral. Sessions will be held on Thursday evenings beginning in October. Learn more about the program at an Information Night Monday, September 14, 6:30 pm, in the Pastoral Outreach Center. *Information*, Elizabeth Falzone, 206-276-3851, or efalzone@stjames-cathedral.org.

Sacred Steps

Sacramental Celebrations at St. James

CONGRATULATIONS AND GOD'S BLESSINGS to Rachel Boll and Bradford Moodie, married in the Cathedral on Saturday, August 15; and to Danielle Hastings and Kent Loesch, married in the Cathedral on Saturday, August 22. Please keep them in your prayers as they begin their new lives together.

OUR RENOWNED YOUTH MUSIC PROGRAM is now registering students for the fall semester. Classes for grades 1-8 begin Thursday, September 17, 4:30 pm, and Jubilate! Young Women's Ensemble (grades 9-12) resumes Monday, September 21, 4:30 pm. For information please contact the Music Office at 206-382-4874 or musicooffice@stjames-cathedral.org. Scholarships are available.

CATHOLIC 101: THE TEN COMMANDMENTS AS YOU HAVE NEVER KNOWN THEM! We complete our review of the commandments by looking at the eighth, ninth and tenth commandments. Join us on Tuesdays, September 15, 22, and 29, 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. *Information*, Helen Oesterle, 206-382-4514 hoesterle@stjames-cathedral.org (Next Class: The Eighth Commandment—Tell the Truth)

HUNTHAUSEN DINNER AND AUCTION The annual Hunthausen Dinner and Auction will be held on Monday, September 28, 2009, at the Inglewood Golf and Country Club in Kenmore, Washington, beginning at 5:30pm. This is a fun evening that benefits Cathedral outreach ministries. Please consider joining Archbishop Hunthausen, Archbishop Brunett, and Father Ryan for a lively auction and a great dinner! Visit www.stjames-cathedral.org/golf for registration materials. *Information*, Maria Laughlin, 206-382-4284 or mlaughterlin@stjames-cathedral.org

FUNERAL PLANNING Many people have questions regarding funerals—questions ranging from the Church's position regarding cremation and burial to how and when funerals are scheduled and celebrated in the Cathedral. Since the time of the death of a loved one is likely to be very emotionally draining, it is clearly not the best time for dealing with such questions. In an effort to help parishioners be prepared ahead of time, the Cathedral offers a simple guide, available at our parish website, www.stjames-cathedral.org/funerals. The booklet may also be obtained by calling the parish office.



Praying at Home

September 2009

What is prayer?

We do not pray so as to change God's mind about us, but... to change our mind about God. God is eternal, and so all time is present to God. If we pray to God that we pass an exam, we are not hoping to change God's previous intention that we fail.... We do not pray so as to manipulate history and bend it to our will, but because God wishes us to receive things in accordance with our prayers and so recognize them as gifts.

Timothy Radcliffe OP, *Why Go to Church?*
The Drama of the Eucharist

A Prayer for Every Day

Thanks be to thee,
my Lord Jesus Christ,
For all the benefits thou hast won for me,
For all the pains and insults thou hast borne for me.
O most merciful Redeemer, Friend, and Brother,
May I know thee more clearly,
Love thee more dearly,
And follow thee more nearly,
Day by day.

St. Richard of Chichester (1197-1253)

A Student's Prayer

Lord Jesus,
you were once a student like me.
You studied God's law, the history of your people
and a trade by which to earn a living.
You lived in a human family,
made steady progress in understanding
and yearned to discover your vocation in life.
Open my mind to the truth of things,
make me humble
before the awesome mysteries of the universe,
make me proud to be a human being and a child of God
and give me courage to live my life
in the light of your gospel.
Amen.

From Day by Day: The Notre Dame Prayerbook for Students

Holy Father's Intentions for September

Each month, the Holy Father asks us to pray with him by remembering his intentions in our prayer. These are Pope Benedict XVI's special intentions for the month of September.

GENERAL INTENTION: That the word of God may be better known, welcomed, and lived as the source of freedom and joy.

MISSION INTENTION: That Christians in Laos, Cambodia and Myanmar, who often live under very difficult circumstances, may not be discouraged from announcing the Gospel to their brothers and sisters, and trust in the strength of the Holy Spirit.

An Autumn Meal Prayer

Bountiful God,
as the season of fall begins,
we are grateful for the rich harvest of the earth:
for corn and wheat, for apples and peaches, for fish and fowl.
As the days grow shorter and the nights turn colder
we rely on your love to warm us and sustain us.
As we are grateful for your gifts make us mindful of others
and generous with what we have.
Bless this meal which we share in the name of Jesus the Lord.
Amen.

From Let's Say Grace by Robert M. Hanna

Prayers for Before and After Mass

Preparing for Mass

Lord God,
beauty ever ancient, ever new,
we thank you for this season of fall,
for endings and beginnings.
As we pray the Mass today,
not only with our lips,
but with our hearts,
open our eyes to something new.
Grant this through Christ our Lord. Amen.

From Sourcebook for Sundays and Seasons 2009,
LTP Publications

Thanksgiving after Mass

Lord Jesus Christ,
take all my freedom,
my memory, my understanding, and my will.
All that I have and cherish you have given to me.
I surrender it all to be guided by your will.
Your grace and your love are wealth enough for me.
Give me these, Lord Jesus, and I ask for nothing more.

St. Ignatius Loyola

Praying to Mary in the Year of Priests

Pope Benedict XVI has called for a special Year of the Priest (June 19, 2009 – June 19, 2010). This month, we pray with them and for them a priest's prayer to Mary.

Mother of mercy and love, blessed Virgin Mary,
I am a poor and unworthy sinner,
and I turn to you in confidence and love.
You stood by your Son as he hung dying on the cross.
Stand also by me, a poor sinner, and by all the priests
who are offering Mass today
here and throughout the entire Church.
Help us to offer a perfect and acceptable sacrifice
in the sight of the holy and undivided Trinity,
our most high God. Amen.

From the Roman Missal



The Sacrament of Anointing of the Sick

A communal celebration of the Sacrament of the Anointing of the Sick will take place at St. James Cathedral on Monday, September 14, the Feast of the Exaltation of the Holy Cross, at the 5:30pm Mass. Father Ryan will preside. All are welcome to attend the Mass. If you would like to receive the sacrament of Anointing of the Sick during the Mass, or have questions, please contact John Simpson, Pastoral Care Minister, at 206-274-3173, or e-mail jsimpson@stjames-cathedral.org.

What is the sacrament of Anointing of the Sick?

The sacrament of the Anointing of the Sick is one of the seven sacraments of the Catholic Church. Like the sacrament of reconciliation (confession), it is a sacrament of healing.

The Anointing of the Sick has its roots in the healing mission of Christ, who “came to heal the whole person, body and soul” (*US Catholic Catechism for Adults*, p. 251). Jesus’ word and his very touch brought healing and life to the sick and afflicted.

From its very beginnings, the Church has continued Christ’s ministry of healing. “Is anyone among you sick?” the apostle James asked in the first century. “He should summon the presbyters of the church, and they should pray over him and anoint him with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.” (James 5: 14-15)

Our understanding of this sacrament has changed with time. In the early Church it was seen as a sacrament of healing, but later it came to be known as “Extreme Unction” – literally, “last anointing” – and was not administered until death was imminent.

With the reforms of the Second Vatican Council, the Church has returned to the more ancient practice with regard to this sacrament.

Who can receive this sacrament?

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

What happens during the Rite of Anointing?

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

The rite itself is quite simple. The priest welcomes the sick person and those present. A penitential rite and opening prayer are prayed, and the scriptures are shared.

After a brief homily, the Liturgy of Anointing begins. The priest leads a litany in which all pray for the healing and forgiveness of the sick person, as well as for doctors, nurses, and caregivers. Then, in silence, the priest lays his hands on the head of the sick person, an ancient gesture of prayer that is used in connection with many of the sacraments, especially the Sacrament of Reconciliation and Holy Orders.

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

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

The United States Catholic Catechism for Adults explains: "When the Sacrament of Anointing of the Sick is given, the hoped-for effect is that, if it be God's will, the person be physically healed of illness. But even if there is not physical healing, the primary effect of the Sacrament is a spiritual healing by which the sick person receives the Holy Spirit's gift of peace and courage to deal with the difficulties that accompany serious illness or the frailty of old age." The spiritual fruits of the sacrament are many:

- **Union of the sick person to the passion of Christ.** For Christians, suffering is not useless, nor is it devoid of meaning. Rather, Christ's suffering on the Cross gives meaning to our suffering, which can be a source of grace for



ourselves and for the Church. As St. Paul said, "I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church"

(Colossians 1: 24).

Cardinal Joseph Bernardin of Chicago echoed this sentiment when he was dying of cancer. "In an age like our own," he wrote, "marked in part by the quest for instant relief from suffering, it takes special courage to stand

on Calvary. Uniting our suffering with that of Jesus, we receive strength and courage, a new lease on life, and undaunted hope for the future."

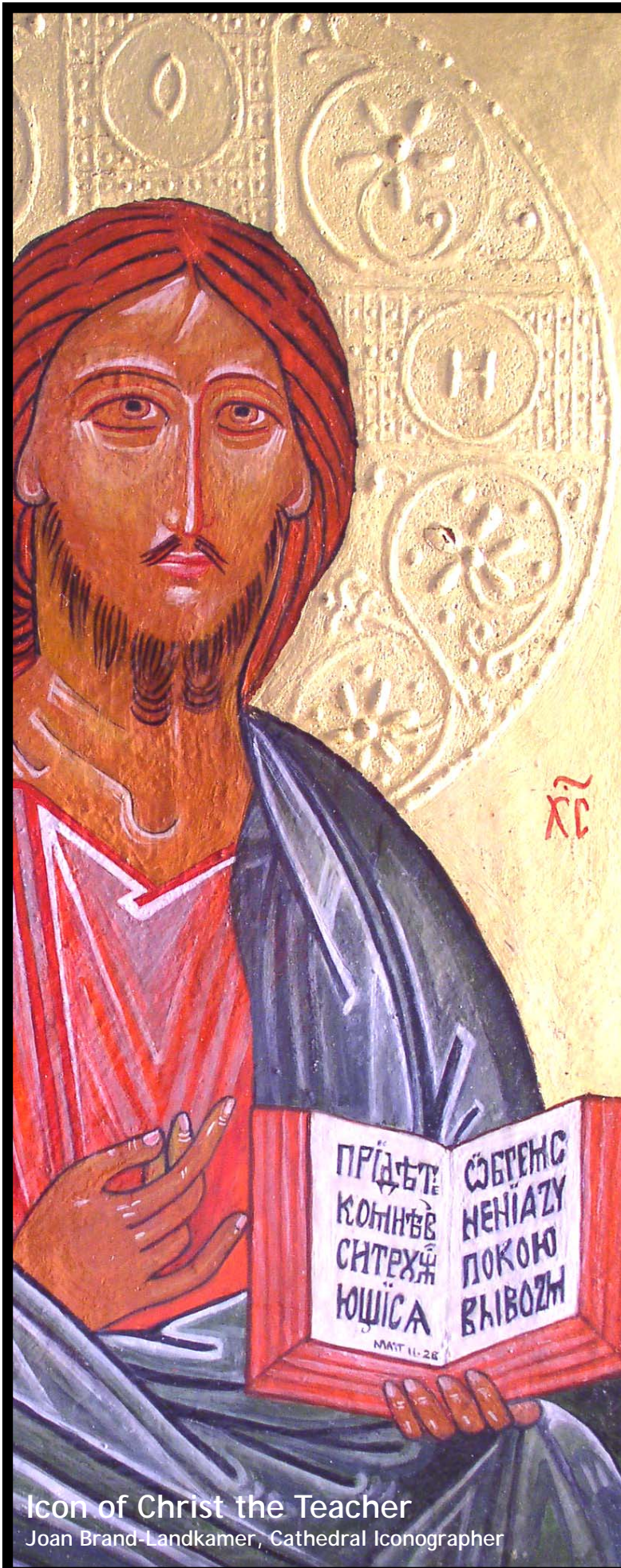
- **Giving the sick person the strength, peace, and courage** to endure the sufferings of illness or old age.
- **Imparting the forgiveness of sins.**
- **Providing restoration of health**, in accord with God's will.
- **Helping the sick person** to prepare for passing over to eternal life.

What happened to "last rites"?

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

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

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



Icon of Christ the Teacher

Joan Brand-Landkamer, Cathedral Iconographer

CATHOLIC 101

*The Ten Commandments:
Living a Moral Christian Life*

Tuesdays, 9/15, 9/22, and 9/29

Cathedral Place, second floor;
803 Terry Avenue

Join us for an ongoing look at the newly published *US Catechism for Adults* as Helen Oesterle, Director of Faith Formation at St. James, reviews the foundations of our Catholic faith from our American Catholic experience. The *US Catechism for Adults* situates the truths of faith in a context particular to our nation. It is a wonderful resource and one that every adult Catholic is encouraged to have and get to know.

9/15 2:00pm & 7:00pm

The Eighth Commandment—
Tell the Truth

9/22 2:00pm & 7:00pm

The Ninth Commandment—
Practice Purity of Heart

9/29 2:00pm & 7:00pm

The Tenth Commandment—
Embrace Poverty of Spirit

Newcomers always welcome!

Information, Helen Oesterle,
hoesterle@stjames-cathedral.org
206-382-4514



Cathedral Blood Drive

Wednesday, September 23, 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.

Sign up today!

Sign up at coffee hours on September 6, 13, and 20. 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

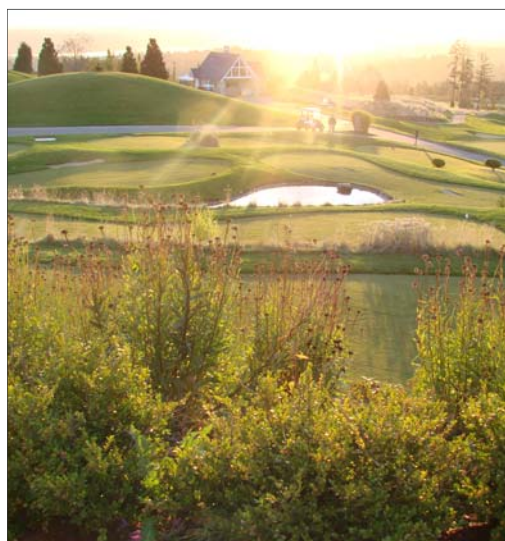
Sponsored by St. James Cathedral's Health and Healing Ministry

*St. James Cathedral presents the 13th annual
Archbishop Raymond G. Hunthausen*

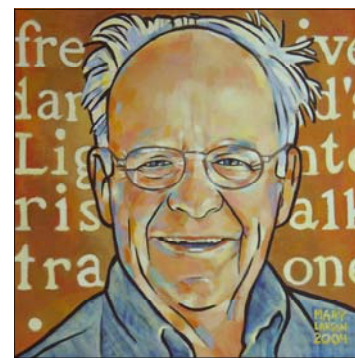
Charity Golf Tournament

*Supporting St. James Cathedral's outreach
programs to children, the elderly & the homeless*

Monday, September 28, 2009
Inglewood Golf & Country Club
Kenmore, Washington



Each year, this tournament provides *urgently needed* support to St. James Cathedral's outreach programs. And you can be a part of it!



GOLFERS, register as a single player or put together a foursome. This is a rare opportunity to play a wonderful course! Shotgun start is at 12 Noon. (\$250 per golfer; \$100 is tax-deductible)

EVERYONE can join in the fun by attending the *Archbishop Hunthausen Benefit Dinner & Auction* — a fun mini-auction and dinner at the beautiful clubhouse. Come on your own or reserve a table for you and friends. Cocktails, 5:30pm; Dinner, 6:30pm. Note: an interest in golf is *not* required! (\$100 per person; \$50 is tax-deductible)

INDIVIDUAL OR CORPORATE SPONSORSHIPS at any level are needed. This is a great way to support St. James Cathedral and to advertise your business.

AUCTION ITEMS are also welcome. Do you have something fun or beautiful you'd like to share?

Information, Maria Laughlin, 206-382-4284
or visit www.stjames-cathedral.org/golf
for registration materials





Foundations of our Catholic Faith

An Adult Faith Formation Program

*What does the Catholic Church believe
and what difference does it make
in my life?*

Sunday afternoons, 1:30-5:30 pm

September 20, October 18, November 22,
February 21, March 7, March 21, and April 18
at St. Peter's Parish Hall, Beacon Hill

Using the Bible, *The Catechism of the Catholic Church*, and Church documents, this adult enrichment program will explore the Catholic interpretation of scripture, key theological concepts, and the history of the Church. This is a wonderful opportunity for an in-depth look at Catholic teaching and its implications for our everyday lives.

YEAR 2 CLASSES ♦ Israel's Sacred History ♦ Morality ♦ Christology ♦ Church, Sacraments, and Liturgy ♦ The Gospel of John ♦ Council of Trent and Vatican II

This three-year course is sponsored by the Office of Catholic Faith Formation of the Archdiocese of Seattle. **Registration is required** and the cost is \$5 per person/class for parishioners in the South Seattle Deanery.

Brochures are available at the Parish Office or contact Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org for more information.