



During the month of November, we remember
all the deceased parishioners of St. James Cathedral.
In a special way, we remember our benefactors,
1988-2009, whose generous bequests continue
to sustain the mission of our parish:

Alberta Corkery • George Corkery • Betty Hill • Dennis Shea •
Naomi LaVigne • James Lyons • Monica Bambenek • Helen Leonard •
Maude D. Baudizzone • Katherine Baillargeon • Helen Skahill •
Bertha Gladys Giffin • Andy Graytak • Viola M. Maloca • Marie M.
Mallon • Clyde Bennett • Gertrude Wineholt • N. Reinhardt • Sara
Hennessey • Frances Irene Bisey • Mary Winihan • Charles Harmen •
Christine Dolence • Alice Henderson • Arthur Brazil • James Gatling
• Harry Folven • Helena Sheridan • Eileen O'Neil • Yvonne L. Dupont
• Charles Giese • Agnes Holland • Pauline Smith • Eileen Brown •
Peggy Leuschen • Virginia Stewart • David Yozamp • Florence
Dassell • Margaret Smith • Kathro Kidwell • Barbara Vance •
Marguerite O'Neill • Kenneth "Al" and Bernice Bennett • Anna Arseth
• Malvina Foubert • Emil Jobb, MD • Barbara Brown • Edmund S.
Adams • Robert DeWitt • Marie McLaughlin • Mary C. Miller •
Margaret and Marie Purtell • John William Warren • Howard Hoyt •
Madeline Fishbach • Marion C. Smith • Marguerite Campbell-
Gambrell • Mary Alice Kirkpatrick • Patricia Callaghan • Mabel
Luby • May Har Luke • Faye McTague • Robert E. Ricks • Margaret
Smith • Wesley Zeman • Carl Sterner van Hollebeke • Kevin E. Ryan
• David Anderson • Marjorie Ryan • Elizabeth Grace Scott • Mary
Ann Martin • Jeanette Woodward • Keith McCaw • Elizabeth
Hansmann • Marie C. Murphy • Lillian Sullivan • Florence Foley •
Mary L. Forbes • Diane Simperman • Genevieve Albers • Margaret
McDonnell • Frances Dorosh • P. Martin • Leone Beck • Capitola
Rockwell • Joanna Lass • Yvonne J. Jackson • Mary S. Horrigan •
Elsie L. Martin • Robert D. Hyssop • Nellie Suchadolski • Marie J.
Franklin • Helen Lamb • Gary Clampett • Ellen Ashmore • Angela
Beck • Francis H. Smith • Timothy Louis Prior • Regina & Eugene
Parolik • Charles Karoly Nemeth • Elizabeth & Rosa Nemmers •
Francis H. Smith • Sophia Stebbins • Virginia Henning
• Alma Kramer • Raymond F. Strojny • Glen Lee Hughes
• Lucille Morin • Thomas Stratman • Mary Beth Kelly
• Robert Givens • Joan Conner McDonell •

The Thirty-Second Sunday in Ordinary Time

ST. JAMES CATHEDRAL November 8, 2009

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

Out of respect for the prayer of the gathered assembly,

PLEASE TURN OFF YOUR CELL PHONE WHEN YOU ENTER THE CATHEDRAL.

PRELUDE

(8:00) "Adagio" from *Symphony No. 3*
(10:00 & Noon) "Pastorale" from *Sonata No. 1*

Vierne

Guilmant

ENTRANCE

God whose giving knows no ending

HYFRYDOL



God, whose giv - ing knows no end - ing, From your
Skills and time are ours for press - ing Toward the
Trea - sure, too, you have en - trust - ed, Gain through
rich and end - less store: Na - ture's won - der, Je - sus'
goals of Christ, your Son: All at peace in health and
pow'rs your grace con - ferred; Ours to use for home and
wis - dom, Cost - ly cross, grave's shat - tered door,
free - dom, Rac - es joined, the Church made one.
kin - dred, And to spread the Gos - pel Word.
Gift - ed by you, we turn to you, Of - f'ring
Now di - rect our dai - ly la - bor, Lest we
O - pen wide our hands in shar - ing, As we
up our - selves in praise; Thank - ful song shall rise for -
strive for self a - lone; Born with ta - lents, make us
heed Christ's age - less call, Heal - ing, teach - ing, and re -
ev - er, Gra - cious do - nor of our days.
ser - vants Fit to an - swer at your throne.
claim - ing, Serv - ing you by lov - ing all.

PENITENTIAL RITE

St. James Mass for Peace

Herbolsheimer



1, 3. Ky - ri - e e - le - i - son.
2. Chri - ste e - le - i - son.

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. 959

PSALM RESPONSE

Psalm 146

Proulx



ALLELUIA

Berthier



HOMILY

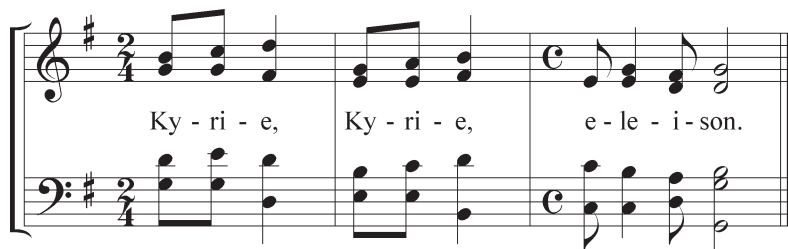
Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

CREED No. 238

GENERAL INTERCESSIONS

Berthier



LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Surrexit a mortuis

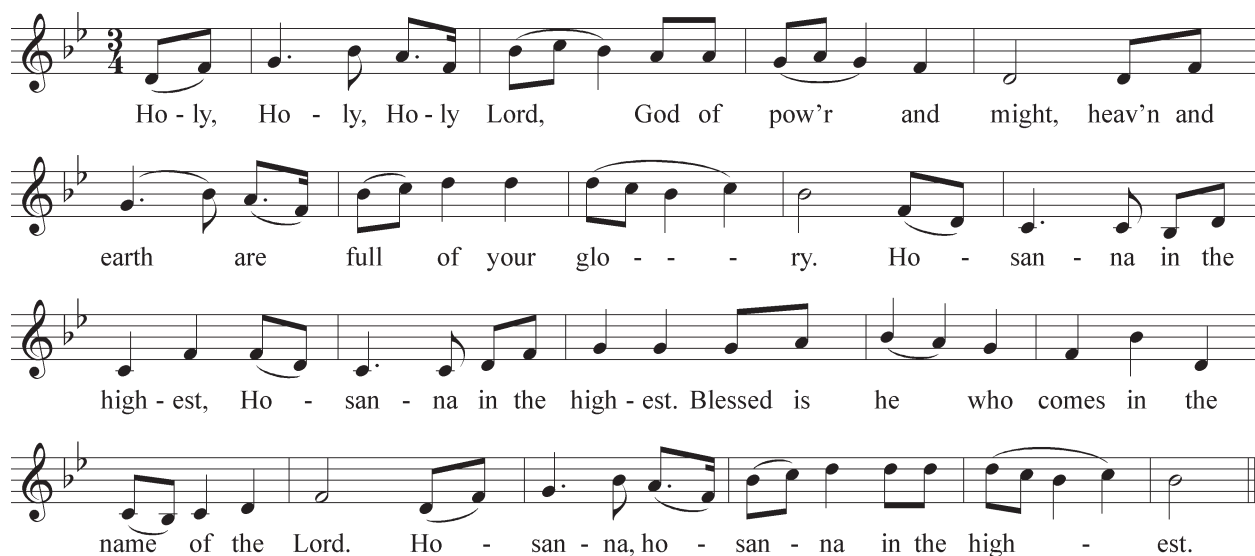
Widor

He has risen from the dead. Alleluia.

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. —

10:00

“Dona nobis pacem” from *Messe solennelle*

Vierne

COMMUNION

10:00

The Lord is my shepherd and I shall want nothing;
he has set me in a land of abundant pastures;
he has led me to life-renewing waters.

O sacrum convivium

Petrich

O sacred banquet at which Christ is received
the memory of his passion is renewed,
our souls are filled with grace,
and a pledge of future glory is given to us.

When you return to your seat after receiving Holy Communion, **please kneel or be seated.**
This is the norm for large parishes in the Archdiocese and we thank you for following our practice.

HYMN OF PRAISE

Draw us in the Spirit's tether

UNION SEMINARY

1. Draw us in the Spir - it's teth - er, For when
2. As dis - ci - ples used to gath - er In the
3. All our meals and all our liv - ing Make as
hum - bly in your name, Two or three are met to -
name of Christ to sup, Then with thanks to God the
sac - ra - ments of you, That by car - ing, help-ing,
geth - er, You are in the midst of them; Al - le - lu - ia! Al - le -
Fa - ther Break the bread and bless the cup, Al - le - lu - ia! Al - le -
giv - ing, We may be dis - ci - ples true. Al - le - lu - ia! Al - le -
lu - ia! Touch we now your gar - ment's hem.
lu - ia! So now bind our friend - ship up.
lu - ia! We will serve with faith a - new.

PROCESSION

(8:00) "Toccata" from *Symphony No. 5*
(10:00 & Noon) "Final" from *Sonata No. 1 in D Minor*

Widor
Guilmant

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! *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 a gift from Marcie Madden and from the Pettigrew family.

GUEST CHOIR Saturday 5:30. We welcome the United States Naval Academy Men's Glee Club, under the direction of Dr. Aaron Smith.

SANDWICHES FOR ST. MARTIN DE PORRES may be dropped off at coffee hours this morning or at the parish office tomorrow, Monday, November 9, until 3:00pm.

NEW IN THE BOOKSTORE We have a wide variety of great Catholic books and Cathedral music on CD (including the Solemn Mass of All Souls with Mozart's *Requiem*, recorded live in 2006). Also, just in are Sunday Missals for 2010.

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 Wednesday, November 4 at 7:00 pm. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org You can also check out our website at www.stjames-cathedral.org/RCIA.

MASS FOR DECEASED HOMELESS On Monday, November 9, 2009, at 5:30pm, you are invited to a special Mass in memory of the 81 men and women who died on the streets of King County during the past year. November 9 is the Feast of the Dedication of the Lateran Basilica in Rome. As we recall the dedication of a great house of God, we also remember that Christ himself is still homeless, in his suffering brothers and sisters throughout the world and on our streets. A simple reception will follow the Mass. All are welcome.

PRAYER WITH MUSIC FROM TAIZÉ Each Friday at 6:30 pm in the Cathedral, all are invited to join in an ecumenical service of readings, silence, candlelight, and the music of the ecumenical community of Taizé in France. This simple, reflective prayer is the perfect way to end a busy week.

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. Margaret in Seattle, St. Frances Cabrini in Tacoma, and St. Hubert in Langley.*

FOUNDATIONS IN FAITH—MORALITY Using the Bible, *The Catechism of the Catholic Church*, and Church documents, this adult enrichment program will explore the Ten Commandments and the Beatitudes as the framework of a moral life, identifying the call to dignity for each human person and the common good as two foundations of a moral life. Participants will look at objective moral truth and the sources of moral norms in the Church, and explore the Christian virtues and how they are relevant to moral decision-making. In addition, they will discuss what is meant by a “well-formed conscience” and a process for Catholic moral decision-making as well as the primacy of the Church’s moral teaching in the life of the believer and the inviolability of human conscience. Please bring your Bible and copy of the Catechism to the class. The class will take place on Sunday, November 22 at St. Peter’s in Beacon Hill from 1:30-5:30pm. Cost: \$5 per class. (Cosponsored by St. James Cathedral with the South Seattle Deanery) *Information*, Helen Oesterle, 206-382-4514.

MARJORIE RYAN CIRCLE HOLIDAY WREATH & POINSETTIA SALE For the 5th consecutive year, the Marjorie Ryan Circle (named in honor of Father Ryan’s mother) of the Association for Catholic Childhood (ACC) will be selling the finest quality northwest 22” mixed noble fir wreaths, and new this year 6” and 10” poinsettias as well. All profits from this sale go directly to the charitable children’s organizations that ACC supports. Wreaths and poinsettias will be sold at the Advent Bazaar on December 6 while supplies last. Or you may pre-order now by mail. Order-forms can be found at www.stcatherineschool.net/parents/forms. *Information*, Gayle Kaplan, 206-527-5261.

YOUNG ADULTS (21 TO 30-SOMETHING), JOIN THE CELEBRATION... It has been a year since our first “Thursday” Social – which has become a fun gathering of regulars and new people alike. Because it has been a popular location for previous Thursdays, we are gathering again at the Capitol Club, 414 E. Pine St. for fellowship and Mediterranean appetizers on Thursday, November 12 at 7:00 pm. Join us in our Anniversary celebration, and a hearty “thanks!” to all who have made our Thursdays a great success. *Information* youngadults@stjames-cathedral.org or TerryAnn Bowen 206-382-2018.

THIRD SUNDAY SCRIPTURE DISCUSSION AND INFORMAL WINE AND CHEESE Young Adults “21 to 30-something” are invited to gather on Sunday, November 15, at 4:00pm in the Fireside Room at the Pastoral Outreach Center for fellowship and scripture sharing. Do you ever wonder how the Sunday readings relate to our everyday lives? Come and add to our discussion of how the writings of many centuries ago are alive, valid, and pertinent in our contemporary lives. Readings will be for the current Sunday and can be reviewed ahead of time at www.nccbuscc.org/nab. *Information*, youngadults@stjames-cathedral.org or TerryAnn Bowen 206-382-2018.

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.

FLORAL ARRANGEMENTS AT THE ALTAR Floral offerings are a venerable custom in the Church, and a wonderful way to remember a deceased loved one, celebrate an anniversary, or give thanks for an answered prayer. *Information* Kay Kaiser, 206-654-4650, kkaiser@stjames-cathedral.org.

I AM IN YOUR MIDST AS ONE WHO SERVES

Volunteer Opportunities

LET YOUR PRESENCE BE A PRESENT TO SOMEONE IN NEED During times of personal crisis, in addition to practical services, people often need the caring presence of a compassionate person willing to listen. The Solanus Casey Center, a program of St. James Cathedral and Catholic Community Services, seeks to provide that listening ear, as well as referrals and limited assistance, to those in need in our community. The Center is currently in need of a few kind volunteers who can help one day a week from 12:45pm-4:15pm. Training is available. *Information*, Jennifer Ibach, 206-654-4640 or jibach@stjames-cathedral.org.

WINTER SHELTER TOILETRIES DONATIONS NEEDED As part of their overnight stay, the men receive toiletries they can use to freshen up before heading out for the day (many go to work). We are able to provide these toiletries thanks to generous donations of St. James parishioners. Please drop off any of the following unused items in the blue bin at coffee hour: disposable razors, cough drops, individually wrapped toothbrushes and travel-sized toothpaste. *Information*, Denise Carlascio, 425-687-7495.

VOLUNTEERS NEEDED FOR GREAT MUSIC FOR GREAT CATHEDRALS 2010 Great Music will be February 11, 12 and 13, 2010 and we will need your support once again for this exciting St. James original production. Volunteers are needed for setup/strike, production, stage crew, vestments, hospitality, or office help. The time commitments for our projects range from a mere two hours to a very full two weeks and everything in between. *Information*, Ian Newhall 206-382-4874 or musicoffice@stjames-cathedral.org.



*All good giving and every perfect gift
is from above... (James 1:17)*

“ALL GOOD GIVING AND EVERY PERFECT GIFT IS FROM ABOVE, COMING DOWN FROM THE FATHER OF LIGHTS, WITH WHOM THERE IS NO ALTERATION OR SHADOW CAUSED BY CHANGE.” Those are words from the New Testament Letter of James. There’s a special timeliness about them because this year, perhaps more than ever before, we are especially aware that everything we have is truly a gift from God.

In these times when we are experiencing so much uncertainty, we turn to the God in whom there is no change, and we give thanks for the many blessings we have received. And we find ourselves thinking about the many people in our midst and in our world who lack even the basic necessities of life.

The need is overwhelming, but as a community of faith, we can do infinitely more than we can do individually. Together, we as the parish community of St. James Cathedral can reach out in the name of Christ to the poor, the elderly, and the immigrant. We can celebrate in a powerful way the mysteries of our faith; and we can provide a refuge and a gathering place for the city in times of sorrow and rejoicing.

So let us commit ourselves to be good stewards of the gifts God has given us: by participating regularly and actively in the Sunday Eucharist; by sharing our time and talent with our community; and by making a prayerful commitment to support St. James Cathedral financially, to the extent we are able, in the coming year.

SUNDAY GIVING AT ST. JAMES CATHEDRAL 2010

MINISTRIES FAIR

SUNDAY, NOVEMBER 8, 2009 *after the Morning Masses*



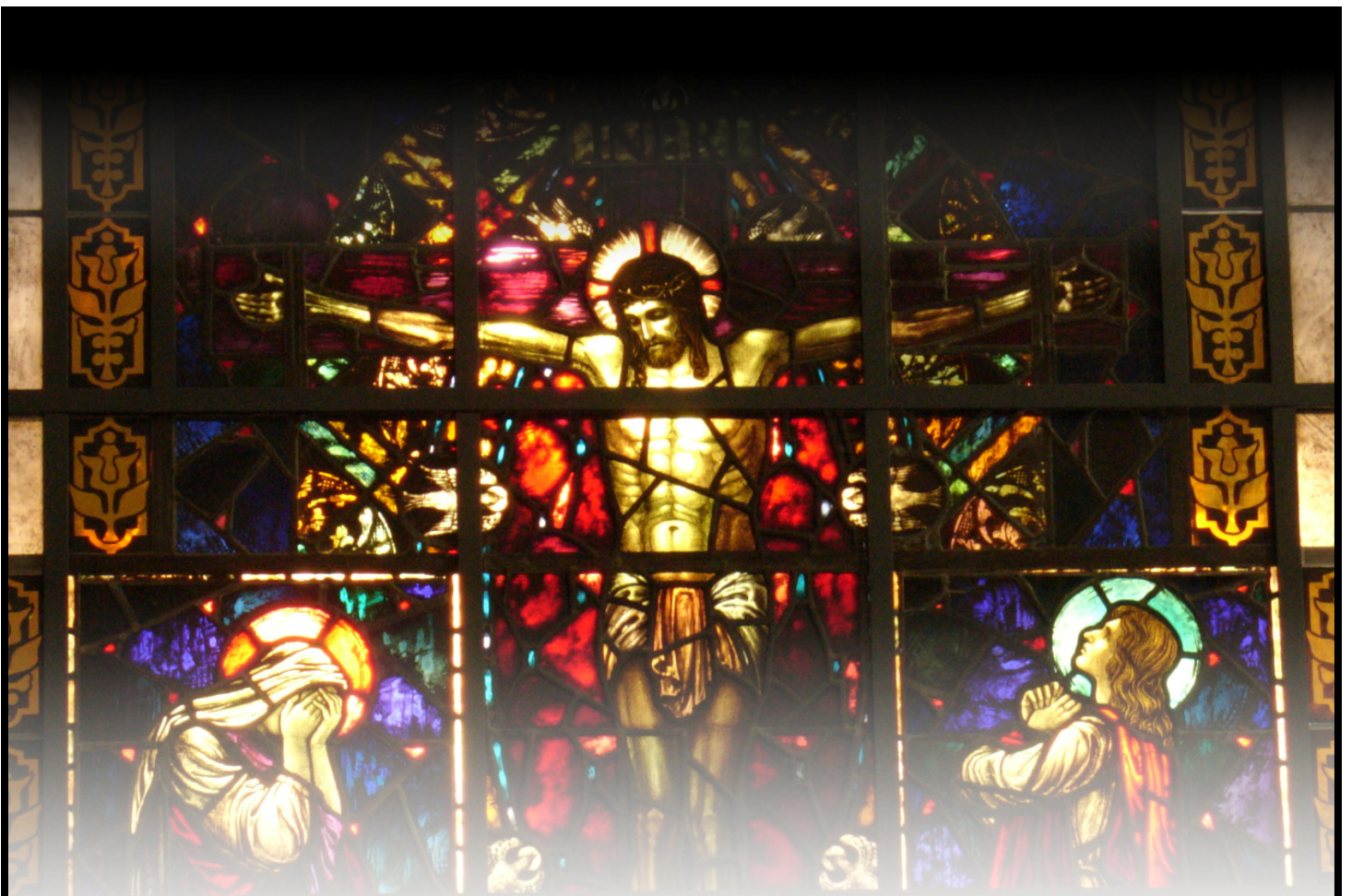
“Nothing is more practical than finding God, that is, falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evenings, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love, and it will decide everything.”

—Pedro Arrupe, SJ

TODAY, Sunday, November 8, we have our annual MINISTRIES FAIR after the morning Masses. This is our chance to “fall in love” with one of the many different opportunities for service at St. James Cathedral. It’s also a time to celebrate the rich and varied ministries of our Cathedral parish. More than 1,100 people volunteer in 40+ different ministries at St. James each year. Come celebrate what your generous support of the Cathedral parish makes possible and find out how you can become a part of it!

Information, Maria Laughlin, Director of Stewardship and Development, 206-382-4284 or e-mail m laughlin@stjames-cathedral.org.

WWW.STJAMES-CATHEDRAL.ORG

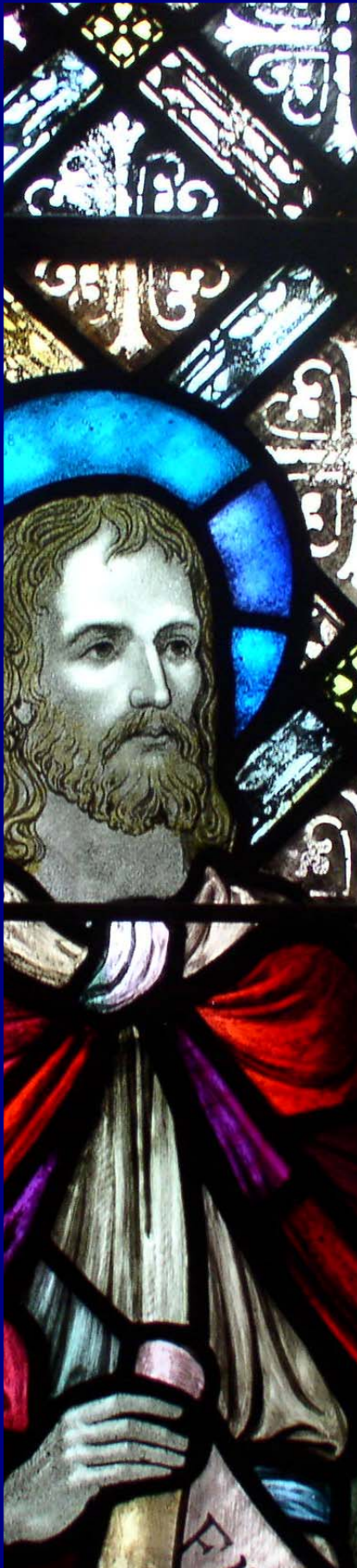


REMEMBERING THOSE WHO DIED ON THE STREETS OF KING COUNTY IN 2009

Every year, homeless people lose their lives on the streets of our community. This year, we remember 85 homeless individuals who died outside or by violence in King County.

You are invited to gather at St. James Cathedral on Monday, November 9, 2009, at 5:30pm, for a special Mass in memory of these men and women who passed away in our midst over the last year. Please join us to honor their memory, celebrate their lives, and pray for them. There will be a brief reception following Mass. All are welcome.

Information, Jennifer Ibach at 206-654-4640 or jibach@stjames-cathedral.org.



*St. James Cathedral and Seattle University
School of Theology and Ministry present*

THE MORALITY OF HEALTH CARE REFORM

The Debate's Missing Link

An Interdisciplinary Discussion of Changes in Health Care

Thursday, November 12, 2009

7:00pm in Cathedral Hall

803 Terry Avenue, St. James Cathedral, Seattle

What are the basic moral questions about health care reform in the United States?

Distinguished guests and professors will peel back the complex components of the health care reform effort—its political, economic, theological, patient care, and legal dimensions.

- JAY INSLEE, U.S. Representative from Washington's 1st congressional district
- LAURA W. REHRMANN, FAHP, President, Group Health Foundation

Seattle University Faculty Panelists:

- MARTHA HOFFMAN GOEDERT, FNP, CNM, PhD, FACNM, Assistant Professor, College of Nursing
- WILLIAM BUCKLEY, PH.D., Assistant Professor, Medical Ethicist, Theology and Religious Studies
- DR. JOHN DIENHART, PH.D., Professor, The Boeing Frank Shrontz Chair of Business Ethics, Director, Albers Business Ethics Initiative; Director, Northwest Ethics Network

The panel will articulate the connections between components, surface the values and assumptions in each of these dimensions, and more importantly, unearth the moral issues underpinning the entire conversation that are not explored sufficiently in this heated national debate. Each panelist will discuss why his or her specific area of the health care system seems incapable of maintaining a sustained moral discussion on reform initiatives and what each field might do to reclaim its ethical sensibilities on the nature and purpose of a health care system.

All are welcome. Free parking will be available at Cabrini Garage on Marion Street.

At left: St. Luke, the Physician. Charles Connick, 1916, St. James Cathedral.

Presented by St. James Cathedral and the School of Theology and Ministry, Seattle University

Influenza, the H1N1 Virus and the Liturgy

GENERAL GUIDELINES FOR ST. JAMES CATHEDRAL

We have received numerous requests for guidance concerning the flu and the H1N1 virus, especially with regard to the liturgy. We are recommending the following practices at St. James Cathedral.

FOR EVERYONE

Follow the best standard hygienic practices!

- Stay at home when you are sick.
- Wash hands frequently, with soap and water when possible.
- Use an alcohol-based sanitizer when water is not available.
- Cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- Avoid touching your face, nose, eyes, etc., with your hands.
- At the Sign of Peace, you may choose simply to say “Peace be with you” without offering your hand. Or you may use a pocket hand sanitizer after sharing the gift of peace with others.
- To prevent the spread of germs, it is recommended that you not hold hands with others during the Our Father and that you receive the Body of Christ in the hand, not on the tongue.
- Avoid receiving from the cup if you are not feeling well.

FOR YOUR INFORMATION

- Our Extraordinary Ministers of Holy Communion use an alcohol-based hand sanitizer immediately before and after distributing communion.
- Our E.M.s distributing Holy Communion from the cup always follow these standard practices:
 - Pinch and wipe thoroughly the rim of the cup with the purificator.
 - Rotate the cup after each communicant receives.
 - Regularly reposition the purificator to a clean section with each new communicant.

ADDITIONAL SANITARY MEASURES

- We have established a regular schedule for frequent cleaning of high-touch surfaces (pews, doorknobs, bathrooms, elevator buttons, etc.)
- We have made tissues and hand sanitizer available in the vestibules, restrooms, and public areas.

A Pastoral Statement on Veterans

November 11, 2009



The Washington State Catholic Conference (WSCC) represents the Catholic bishops of Washington State: Archbishop Alex J. Brunett of the Archdiocese of Seattle, Bishop William S. Skylstad of the Diocese of Spokane, Bishop Carlos A. Sevilla S.J., of the Diocese of Yakima, Bishop Eusebio Elizondo M.Sp.S., Auxiliary Bishop of the Archdiocese of Seattle and Bishop Joseph J. Tyson, Auxiliary Bishop of the Archdiocese of Seattle.

“We are one human family; whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers’ and sisters’ keepers, wherever they may be.”... “A basic moral test for our society is how we treat the most vulnerable in our midst.”

Forming Consciences for Faithful Citizenship,
USCCB, 2007

This Veterans Day, we the bishops of Washington State are distressed to see more homeless people on our streets, realizing that as many as 25 percent of them are veterans. As pastors, we want to take the opportunity on this annual holiday to reflect on the sacrifices of those who have served in the armed forces, and express gratitude for their service. No matter how you feel about war, we as Catholics, are called to offer assistance to veterans and their families in their time of need. We pray for our veterans, the men and women currently serving our country, and all of their families. We thank them for their selfless service, and commit ourselves to ensuring that they and their families receive compassionate care and support. We also ask all peoples to pray for peace in our world.

Veterans and Their Families in Washington State

In our state we acknowledge the many veterans and their families who are members of our parishes and actively participate in parish life. We also welcome active military personnel and their families who bring their energy and life to our parishes. Our state is home to eight major military bases and veterans facilities, and is one of only six states with a growing veteran population. According to the Washington State Department of Veterans Affairs, in our state there are 670,000 veterans, 60,000 active duty troops, 28,000 National Guard and Reserve, and more than 1,000,000 family members. Fort Lewis is the largest military base in the western United States.

New Wounds of War – Post-Traumatic Stress Disorder and Brain Injuries

We are saddened to hear of men and women who are suffering from the wounds of war. Daily they are served by our parishes and Catholic Charities agencies.

According to studies by the Journal of the American Medical Association, one-third of the men and women returning from Iraq are at-risk for Post-Traumatic Stress Disorder. The U.S. Department of Veterans Affairs reports that over 35 percent of Operation Iraqi Freedom/Operation Enduring Freedom veterans who have sought Veterans Affairs healthcare have been diagnosed with mental health disorders. For every combat fatality, 16 soldiers return from service suffering from long-term disabling injuries. Brain injuries associated with exposure to high explosive blast or penetrating wounds affect almost 20 percent of combat troops. These injuries appear to increase the risk for substance abuse, homelessness and contact with the justice system.

In 2008, the Washington Department of Veterans Affairs estimated that there were over 8,000 homeless Veterans in Washington State.

The average homeless veteran is characterized as single, male, age 56, unemployed, honorably discharged, a high school graduate, has no family support, and needs medical and dental care.

Homeless veterans in Washington have the highest incidence of hospitalizations for mental health reasons in the nation.

More women are entering military service and by 2010 they will make up 10 percent of the total veteran population. The Department of Defense reports that of the women in service, 60 percent have experienced sexual trauma and 23 percent have experienced sexual assault by military personnel. This leads to a high number of women experiencing stress-related mental health issues, often compensated by alcohol and drug use.

The Catholic Response to Veterans and Their Families

Though veterans never forget their war experience, most make the transition to civilian life and actively contribute to society. Catholic Chaplains, who minister to active duty military men and women and their families, often refer them to services that will help them successfully reintegrate into civilian life after their discharge. Our parishes and schools are often the first place where veterans and their families can be made to feel welcome and supported. Schools are a natural environment for children and families to meet others and create long-lasting relationships. It is in the parish through prayer, the sacraments of healing, and most especially in the Eucharist where the greatest peace of mind can be found.

Regretfully, there are also men and women who suffer the effects of war for years. In each of our Arch/dioceses we are becoming more aware of the needs of veterans, and have established some specific programming to serve them.

May all nations soon “beat their swords into plowshares.”

Isaiah 2:4

The **Archdiocese of Seattle** has found that veterans comprise more than 20 percent of residents in shelters, transitional housing and permanent housing administered by the Catholic Housing Services of Western Washington. Catholic Community Services also provides veterans many long-term care services in their homes, while others are assisted through the Volunteer Chore Services program and the African American Elders Program. CCS has identified veterans and their families as “communities of concern,” and as such, has made them a priority population for services. This newly formed Veterans Initiative works in collaboration with federal, state, and local veterans’ groups to develop opportunities to better serve veterans and their families.

Catholic Charities in the **Diocese of Yakima** works with the state’s Childcare Resource and Referral Program in order to enhance the referral of military families for childcare services. Informational presentations about counseling and other available services are given at the Yakima Training Facility. Though often not self identified as veterans, the Diocesan Housing Authority does welcome veterans to live in a clean and safe environment, and to receive needed counseling and other assistance.

In the **Diocese of Spokane**, Catholic Charities sponsors the House of Charity shelter as a safe haven, offering basic survival needs for veterans. Volunteer Chore Services assists many older veterans enabling them to remain in their homes. A significant number of veterans reside in the diocese’s subsidized housing apartments. Catholic Charities works closely with the local Veterans Affairs, helping veterans understand and access their benefits. With assistance from Catholic Charities, pastors are identifying and addressing the needs of the increasing numbers of veterans suffering from Post-Traumatic Stress Disorder after returning home from active duty.

As a faith community we must recognize and honor those men and women who have faithfully served our country. We have committed ourselves to provide care and assistance to veterans who are struggling with the terrible consequences of war. As we commemorate Veterans Day, we ask all Catholics to pray for veterans and their families and for peace among peoples. May all nations soon “beat their swords into plowshares.”
