



You are my hope, O Lord (Psalm 71)

*Stained-glass window, Reconciliation Chapel, St. James Cathedral*

*Charles Connick, 1916-1917*

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

January 31, 2010

# ORDER OF CELEBRATION FOR THE FOURTH SUNDAY IN ORDINARY TIME

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

## PRELUDE

*Scherzo*  
(8:00) *Prelude in G Major*

Durufié  
Mendelssohn

## ENTRANCE

*God has spoken by his prophets*

HYFRYDOL

**God has spoken by his prophets, Spoken his unchanging Word;  
Each from age to age proclaiming God, the one, the righteous, Lord.  
In the world's despair and turmoil, One firm anchor holds us fast;  
God is king, his throne eternal; God the first, and God the last.**

**God has spoken by Christ Jesus, Christ, the everlasting Son,  
Brightness of the Father's glory, With the Father ever one;  
Spoken by the Word Incarnate, God of God, before time was;  
Light of Light to earth descending, He reveals our God to us.**

**God is speaking by his Spirit, Speaking to the hearts of all,  
In the ageless Word expounding God's own message for us all.  
Through the rise and fall of nations One sure faith yet standing fast;  
God abides, his Word unchanging; God the first, and God the last.**

## PENITENTIAL RITE

*Missa de angelis*

Vatican VIII

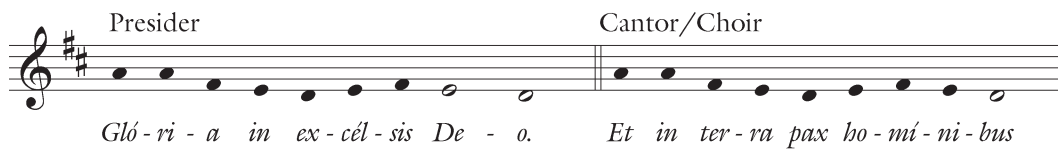
## DISMISSAL TO THE CHILDREN'S LITURGY OF THE WORD (Noon)

## GLORIA

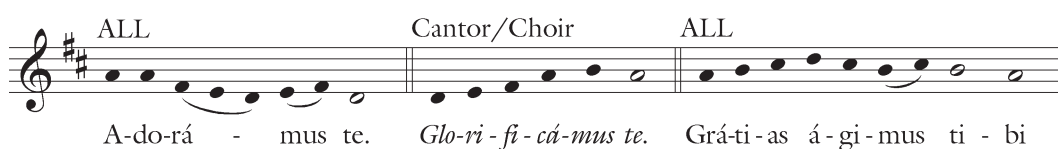
*Missa de angelis*

Vatican VIII

*Glory to God in the  
highest, and peace to his  
people on earth.*



*Lord God, heavenly King,  
almighty God and Father.  
We worship you,  
we give you thanks,  
we praise you  
for your glory.*



*Lord Jesus Christ,  
only Son of the Father;  
Lord God, Lamb of God,*



*you take away  
the sins of the world:  
have mercy on us.*

*You are seated  
at the right hand  
of the Father:  
receive our prayer.*

*For you alone  
are the Holy One,  
you alone are the Lord,  
you alone  
are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory  
of God the Father.*

*Amen.*

Cantor/Choir  
Ie - su Chri-ste. Dó-mi-ne De-us, Agnus De-i, Fí-li-us Pa - tris.

ALL  
Qui tol - lis pec - cá - ta mun - di, mi-se-ré - re no - bis.

Cantor/Choir  
Qui tol - lis pec - cá - ta mun - di, sú - sci - pe de-pre-ca - ti - ó - nem

ALL  
no - stram. Qui se-des ad d éx-te-ram Pa-tris, mi-se-ré-re no - bis.

Cantor/Choir  
Quó-ni-am tu so - lus san - ctus. Tú so - lus Dó - mi - nus.

Cantor/Choir  
Tú so-lus Al - tis - si - mus, Ie - su Chri - ste. Cum San-cto

Spí - ri-tu, in gló-ri - a De-i Pa - tris. A - - - men.


## LITURGY OF THE WORD

READINGS No. 876

PSALM RESPONSE

Psalm 71

Englert



I will sing of your sal - va - tion.

ALLELUIA No. 237

chant

HOMILY


Father Michael G. Ryan

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

CREED No. 237

GENERAL INTERCESSIONS

Berthier



O Chri - ste au - di nos.  
O Christ, hear us.

# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

(10:00)

*Ubi caritas et amor*

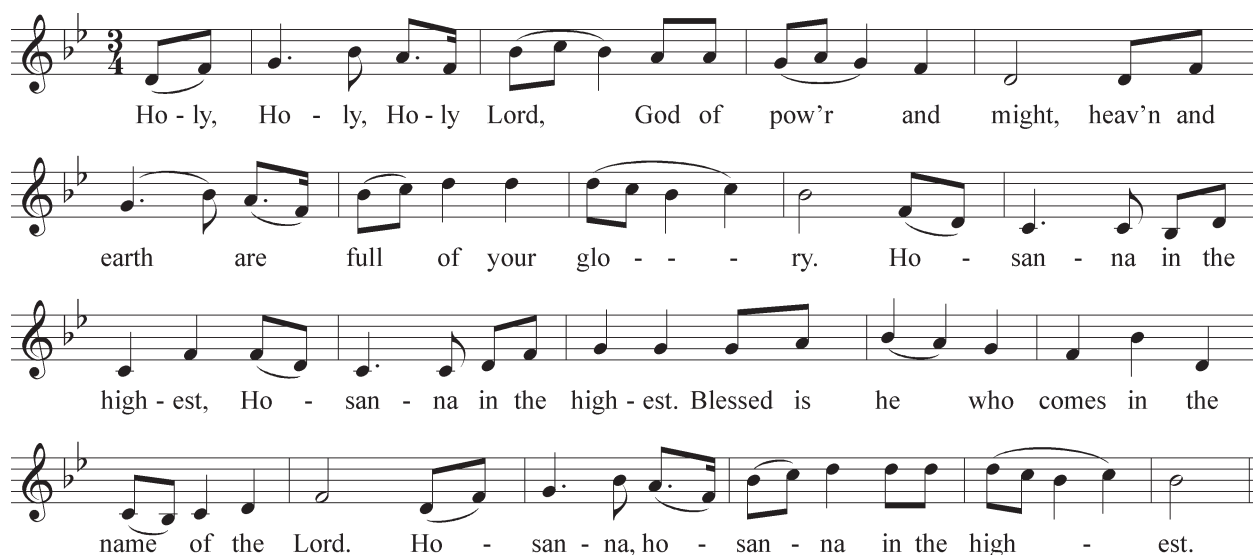
Durufié

Where true love and charity are found, God is always there.  
Since the love of Christ has brought us all together,  
Let us then rejoice and be glad.

## SANCTUS

*Compostela Mass*

Holst/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/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/Ryan



A - men, a - men, a - - - men.

## LORD'S PRAYER No. 246

### AGNUS DEI

*Missa de angelis*

Vatican VIII

### COMMUNION

Let your face shine down upon your servant,  
deliver me in your mercy.  
Lord, let me not be confounded, for I have called upon you.

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

(10:00)

*Tantum ergo*

Durufié

HYMN OF PRAISE

*Amazing grace*

NEW BRITAIN



1. A - maz - ing grace! how sweet the sound, That  
2. 'Twas grace that taught my heart to fear, And  
3. The Lord has pro - mised good to me, His  
4. Through man - y dan - gers, toils, and snares, I  
5. When we've been there ten thou - sand years, Bright  
saved a wretch like me! I once was lost, but  
grace my fears re - lieved; How pre - cious did that  
word my hope se - cures; He will my shield and  
have al - read - y come; 'Tis grace has brought me  
shin - ing as the sun, We've no less days to  
now am found, Was blind, but now I see.  
grace ap - pear The hour I first be - lieved!  
por - tion be As long as life en - dures.  
safe thus far, And grace will lead me home.  
sing God's praise Than when we'd first be - gun.

PROCESSION

(8:00) “Final” from *Sonata No. 1 in D Minor*  
*Fugue in G Major*, BWV 577

Guilmant

Bach

# St. James Cathedral - Seattle

## ST. JAMES CATHEDRAL

The Most Reverend Alexander J. Brunett, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

The Reverend David A. Brant

The Reverend Thomas Marti, MM

### PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

### PASTORAL CARE MINISTRIES

John Simpson (206-274-3173)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Jennifer Ibach (206-654-4640)

Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

### 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](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.*

**FLOWERS AT THE ALTAR** are from Aurora Turla, in memory of Jose Turla, on the 13th anniversary of his death.

**COMPREHENSIVE IMMIGRATION REFORM** The U.S. Conference of Catholic Bishops has launched a postcard campaign to Congress in support of immigration reform. It is anticipated that immigration reform will be considered in 2010. Postcards are available at coffee hour today. This is an important public policy issue which impacts all of us and we encourage you to participate in the campaign. To learn more visit the cathedral website at [http://www.stjames-cathedral.org/esl/immigration\\_issues.html](http://www.stjames-cathedral.org/esl/immigration_issues.html). *Information*, Christopher Koehler at 206-382-4511 or [ckoehler@stjames-cathedral.org](mailto:ckoehler@stjames-cathedral.org)

**PRESENTATION OF THE LORD** On Tuesday, February 2, we observe the Feast of the Presentation of the Lord, with the traditional blessing of candles, at 8:15am and 5:30pm. The solemn celebration with music will be at 5:30pm. You are welcome to bring candles from home for the blessing.

**BLESSING OF THROATS** Each year on February 3, the Feast of St. Blase, the fourth-century bishop of Sebaste in Armenia, the Church observes the traditional blessing of throats. The blessing is a prayer for protection from diseases of the throat and from all illness, and can be received by all the faithful, sick or well! The blessing will be offered during the 8:15am and 5:30pm Masses in the Cathedral and at 12:10pm Midday Prayer in the Chapel. All are welcome.

**YOUNG ADULTS (21 – THIRTY-SOMETHING) "FIRST-THURSDAY" SOCIAL** On February 4 we will return to the taste of a unique neighborhood within a neighborhood nestled at the top of Capitol Hill. It has been such a hit at our earlier visits we have chosen to return to the scene of the delight. For our February "First Thursday" dinner out we will gather at 7:00pm at Liberty Bar, 517 15th Ave. E. for some delicious food and "artisan" beverages as we enjoy our usual comfortable conviviality. *Information*, TerryAnn Bowen 206-382-2018 or [youngadults@stjames-cathedral.org](mailto:youngadults@stjames-cathedral.org).

**PARISH REMEMBRANCE** *Throughout the year because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Thomas Aquinas in Camas and St. John Bosco in Tacoma.*



**RCIA SPONSOR INFORMATION MEETING** Wednesday, February 3, 7:00pm, Cathedral Place, second floor. We need St. James parishioners to be companions with our new inquirers to help welcome them to our community. All training and support will be provided and the time commitment is reasonable—a minimum of 2 sessions a month (Wednesday evenings). The rewards are many, including renewal and update of your faith and “kudos” in heaven. *Information*, Helen Oesterle at 206-382-4514, hoesterle@stjames-cathedral.org

**FIRST FRIDAY EXPOSITION AND HOLY HOUR** On Friday, February 5, Exposition of the Blessed Sacrament will begin immediately following the 8:15am Mass, and continue until 1:00pm. Holy Hour, with the Liturgy of the Hours, Rosary, and Benediction, will begin at 12 Noon. You are welcome to join in all or part of this reflective prayer in the presence of the Blessed Sacrament.

**CONFIRMATION CLASSES** for adults and high school students 16 years and older begin Thursday, February 11, 6:30-8:30 pm in Cathedral Place Room 411. Full sacramental initiation (Baptism, Confirmation, and Eucharist) is important for all practicing Catholics, and is particularly important for those who are considering getting married. *Information* TerryAnn Bowen, tbowen@stjames-cathedral.org or 206-382-2018.

**GREAT MUSIC FOR GREAT CATHEDRALS** (Feb. 12,13, 8:00 pm) features Seattle theater legend Kurt Beattie, lighting designer Jeff Robbins, choreographer Wade Madsen and nearly 200 Cathedral musicians. Don't miss this opportunity to experience a unique evening of glorious music and evocative lighting. *Information* www.stjames-cathedral.org/music or 206-382-4874.

**DISCOVERING THE GIFT OF YOUR MARRIAGE** Saturday, February 13, 9:30-1:00pm, Pastoral Outreach Center. Suggested donation, \$10/couple (lunch provided). Join other couples for a time to discover in new the gift your marriage brings to your lives. You will also have an opportunity to renew your marriage vows to one another with Fr. Ryan. What a wonderful way to celebrate Valentine's Day. Robert Fontana, D.Min, will be our guest presenter. He is Co-Director of Catholic Life Ministries and a trained marriage educator; married for 32 years and father of six children. Babysitting services are available but reservations required! *Information and registration*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

**CARE FOR ALL CREATION** How can we live out our call to be good stewards of creation? Explore the church's teaching on the environment and explore some possible responses by joining us for *Care for All Creation*, a six-week series of prayer, education, Catholic Social Teaching, analysis, discussion, and signs of hope and action. Mondays at 7pm, beginning February 15. Registration required no later than February 8. *Information or to register*, Patty Bowman, 382-4515, or pbowman@stjames-cathedral.org.

**FOUNDATIONS IN FAITH: CHURCH AND CHRISTOLOGY** Sunday, February 21, 1:30-5:30pm at St. Peter's Parish Hall. This four hour class focuses two hours on the Church and two hours on Christology. In the Church class, participants will look at the primary images of Church from the Vatican II. They will explore the different roles of the laity and ordained in accomplishing the Church's mission. In the Christology class, participants will research the divinity and the humanity of Jesus as presented in each of the four Gospels and then defined in the Church Councils. They will explore various titles and images of Jesus present in Catholic spirituality and devotions throughout the centuries to the present time. Please bring your Bible and copy of the Catechism to the class. Cost: \$5 per class. (Cosponsored by St. James Cathedral with the South Seattle Deanery) *Information*, Helen Oesterle, 206-382-4514.

**“LORD, TEACH US TO PRAY”: A REVIEW OF THE LORD'S PRAYER** (A Lenten Bible Study) Tuesdays, February 23, March 2, 9, 16 & 23, 1:00-3:00pm or 7:00-9:00pm, Cathedral Place, second floor. Join us as we reflect upon the rich teachings and insights of the Catholic Church, as articulated in the Catechism, on this great prayer that Jesus gave us. No Bible experience needed! *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org

**MARCH BOOK GROUP SELECTION: WHAT IS THE WHAT?** Join us on Tuesday, March 23 for a discussion of *What is the What* by Dave Eggers. Valentino Achak Deng, real-life hero of this engrossing epic, was a refugee from the Sudanese civil war. Separated from his family when Arab militia destroy his village, Valentino joins thousands of other "Lost Boys" on their march to squalid refugee camps in Ethiopia and Kenya. He eventually reaches America, but finds his quest for safety, community and fulfillment in many ways even more difficult. Eggers gives Valentino an unaffected, compelling voice and makes his narrative by turns harrowing, funny, bleak and lyrical. Available in the Cathedral Bookstore. *Information*, Chris Koehler 206-382-4511 or ckoehler@stjames-cathedral.org

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

**THANK YOU** for all the cards, prayers, and support you have given me since my Mom's death. It has given me great comfort and support during a difficult time. I feel truly blessed. *Helen Oesterle*

**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.

**HELP FEED THE HUNGRY** Operation Nightwatch is an interdenominational Christian ministry serving people on the streets. St. James partners with ONW to provide meals on the 1st and 3rd Tuesdays of the month. We currently need food and supply donors as well as drivers. *Information*, Christine Henderson christinehenderson3@gmail.com or 253-973-1441.

**HELP A SENIOR IN NEED** Over 100 people in our community are on a waiting list for help with transportation, shopping, laundry, housework, and more. Age, illness, economics, and disabilities can all be barriers to accomplishing these daily tasks. By volunteering just a few hours a month with Volunteer Chore Services, you can make a difference in someone's life. Interested in joining this rewarding ministry? Come to an orientation on the 2nd floor of the Pastoral Outreach Center on Monday, February 1 at 6:30pm. *Information*, Jennifer Ibach, 206-654-4640 or jibach@stjames-cathedral.org.

**PRAYER WITH MUSIC FROM TAIZE** 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.

**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](http://www.stjames-cathedral.org/funerals). The booklet may also be obtained by calling the parish office.

**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 10:00 am and 12 Noon Masses.*

## *Sacred Steps*

### **Sacramental Celebrations at St. James**

#### **rites of acceptance and welcome**

Last weekend we celebrated the Rites of Acceptance/Welcoming for those in our RCIA process who are ready to take the next step towards becoming full members of our Catholic Christian Church. We welcome *Andrew Ardeleanu, Debra Bicknell, Heather Dow, Kellen Erb, Sandy Flugel, Micha Ginger, Trevor Koba, Dicky Leonardo, and Steven Thompson*, who are preparing for baptism and enter the order of catechumens; and our candidates: *Edwin Arciaga, Ester Burkhart, Shane Dittrich, Jerrica Flores, Susan Garcia, Kaitlyn Ocampo, Keith Packwood, Elijah Stark, Justin Stolmeier, Faith Suess, Jared Suess, Alefesh Tiku, Sarah Wiesner and Grady Zech* who are already baptized and are preparing for Full Communion with us. Many of them will now participate in the ancient tradition of being dismissed after the homily at the 10:00am and Noon Masses. Please continue to pray for our catechumens and candidates.

**SICK OR HOMEBOUND?** If you or someone you know is seriously ill, hospitalized or homebound, and would like to receive communion calls or are in need of the sacrament of Anointing of the Sick, please call John Simpson, 206-274-3173 or jsimpson@stjames-cathedral.org.

#### **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 highly acclaimed journal *In Your Midst*, are able to celebrate their 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 vestibule. Please drop the completed card in the collection basket or put it in the mail.

*If you're not sure whether you're registered at St. James, call the parish office at 206-622-3559.*

**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.





# Praying at Home

February 2010

## On prayer

*In this Year for Priests, we pray with St. John Vianney, the patron saint of priests.*

Prayer is a foretaste of Heaven, an overflow of paradise. It never leaves us without sweetness. It is like honey descending into the soul and sweetening everything. Troubles melt away before a fervent prayer like snow before the sun. Prayer makes time pass away very quickly, and so pleasantly that one does not perceive how it passes. Do you know, when I was running up and down the country, at the time that almost all the poor priests were ill, I was praying to the good God all along the road. I assure you, the time did not seem long to me.

*From The Little Catechism of the Curé of Ars*

## A Morning Prayer from Ethiopia

O God,  
you gave me peace to pass the night;  
give me peace as well to pass the day.  
Wherever my way may lead,  
which you in peace laid out for me,  
O God, guide my steps.  
In speech, take falsehood away from me,  
in hunger, take murmuring away from me,  
in fullness, take complacency away from me.  
I pass the day invoking you,  
O lordless Lord.

## Praying for the Sick

*February 11, the Memorial of Our Lady of Lourdes, is the world day of prayer for the sick. In the little town of Lourdes in 1858, the Blessed Virgin Mary appeared to the peasant girl Bernadette Soubirous. Almost immediately, sick people began to visit the spot. There were countless miraculous healings; more importantly, from that day to this, sick people have found solace and renewed faith in this holy place.*

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

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

## Holy Father's Prayer Intentions for February

**GENERAL INTENTION:** That all scholars and intellectuals may attain an understanding of the one true God through a sincere search for the truth.

**MISSION INTENTION:** That the Church, aware of its own missionary identity, may strive to follow Christ faithfully and to proclaim his Gospel to all peoples.

## Catholics Come Home

*This Lent, the Archdiocese of Seattle is sponsoring a series of TV ads which invite non-practicing Catholics to "come home" and become part of a faith community once again. This poem, attributed to the Islamic poet Rumi, speaks of God's loving welcome:*

Come, come, whoever you are,  
wanderer, worshiper, lover of leaving,  
(it doesn't matter).  
Ours is not a caravan  
of despair.  
Come, come,  
even if you have broken your vows  
a thousand times.  
Come,  
come yet again,  
come.

## A Meal Prayer for the Season of Lent

Dear Jesus,  
you fasted for forty days and forty nights  
and afterward you were hungry.  
During this season of Lent,  
help us to imitate you,  
to give up something  
so that we can think more of others.  
We are grateful for all you have given us,  
especially for this meal.  
Amen.

*Robert M Hamma, Let's Say Grace*

## Praying with Mary

*The traditional antiphon to the Blessed Virgin Mary for Lent is Ave, Regina caelorum. It is traditionally prayed at the conclusion of the Office of Night Prayer. At St. James, we sing this prayer at the conclusion of the 5:30pm weekday Masses.*

We greet you, Mary, heaven's queen,  
and lady of the choir of angels,  
root of Jesse, gate of morning  
through whom the world's true light has dawned.  
Rejoice, O virgin most renowned,  
beautiful beyond all others,  
Hail to you, O queen most lovely,  
pray for us and with us  
to Christ our Savior.

*English translation by Paul F. Ford © 1999*

## A Night Prayer

O Lord,  
support us all the day long,  
till the shadows lengthen  
and the evening comes  
and the busy world is hushed  
and the fever of life is over  
and our work is done;  
then in thy mercy,  
grant us a safe lodging and a holy rest  
and peace at the last.

*John Henry Cardinal Newman*

*The St. James Housing Advocacy Committee Presents*

# Advocacy Training



*Father Ryan and members of the St. James Housing Advocacy Committee with State Senator Ed Murray at Ozanam House.*

**Who:** All those concerned about housing and homelessness are invited to attend the training by Nancy Amidei, Catholic Housing Services, and Seattle King County Coalition for the Homeless (SKCCH).

**What:** Advocacy Training and State Budget Briefing.

**When:** Saturday, February 6, 2010 from 10AM– Noon

**Where:** St. James Cathedral in Cathedral Hall, located on Columbia Street between 9th and Terry Avenue

**Why:** This year, Washington State is facing the possibility of unprecedented budget cuts that will adversely affect many homeless people and our community as a whole. Your voice is important in creating the political will to save essential programs and ultimately end homelessness.

Washington State currently faces the possibility of massive budget cuts that will place many homeless people in peril. During such overwhelming economic stress, it can be difficult to know how to respond. On Saturday, February 6, Nancy Amidei, advocacy trainer par excellence, will join us to share her spirit and national expertise. We will focus on the State Budget, and simple ways to work individually and in community to end homelessness. Please join us for an inspiring morning of learning!



*Nancy Amidei, recently retired from the faculty of the UW School of Social Work, presents at St. James in October.*



*Over 70 participants gathered at our last Advocacy Training.*

Pre-register at [www.faitheadvocacy.org](http://www.faitheadvocacy.org)  
Questions?  
Jennifer Ibach at 206-654-4640,  
[jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org)



LIGHT ♦ SOUND ♦ MOVEMENT ♦ POETRY ♦ CHOIRS ♦ BRASS

# GREAT MUSIC *for* GREAT CATHEDRALS

**Friday, February 12 & Saturday, February 13 at 8:00 pm**

Join the eight Cathedral choirs, 16-member Cathedral Brass, and three pipe organs in an evening of sound, light, movement, poetry and above all – MUSIC. Experience the North American premiere of *Fanfares for Westminster Cathedral* by Colin Mawby. Other repertoire will include *Funeral Music for Queen Mary* by Purcell; *Funeral Music for Queen Caroline* by Handel; “Deep River” from *A Child of our Time* by Tippett and scenes from the medieval *Play of Daniel*.

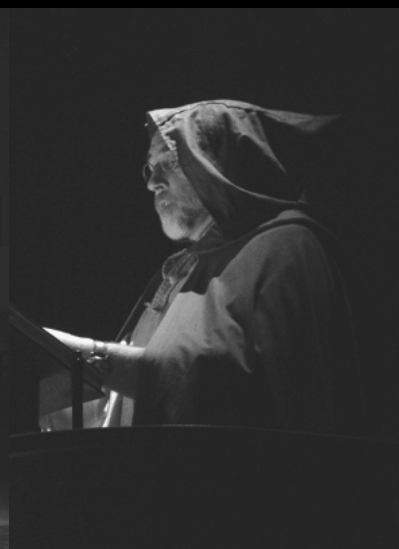
Directed by James Savage; Kurt Beattie, narrator;  
Jeff Robbins, lighting designer; Wade Madsen, choreographer.

*Suggested donation \$25.00, students and seniors pay as able.*

**INFORMATION & RESERVED PASSES**

**206-382-4874**

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



# The Rainbow Schools

An opportunity for St. James Cathedral children to attend a Catholic school  
St. Edward ♦ St. George ♦ St. Joseph ♦ St. Paul ♦ St. Therese

St. James Cathedral Parish is a contributing member of the Rainbow Schools Coalition, a program whereby several parishes without schools contribute to the support of the five Catholic Elementary Schools in the central area of the city. Our participation not only makes it possible for Catholic education to continue in this area, it also allows children from our parish to attend one of the schools at "parishioner" tuition rates.

The Cathedral parish contributes some \$200,000 annually to the Rainbow Schools. Approximately 60 of our children are presently enrolled in one or another of these fine schools. Last year, fifteen of these children received financial assistance from the Cathedral's scholarship program.



**ST. GEORGE PARISH SCHOOL** is a Catholic school for students in pre-school through eighth grade, and since 1921 St. George has been providing excellent education to families in and around the Beacon Hill neighborhood of Seattle,

Washington.

The first teachers at Saint George were the Sisters of Charity of the Blessed Virgin Mary. Since 1978, a primarily lay faculty and staff have operated the school, overseen by the pastor of St. George Parish. Saint George Parish shares a pastor, personnel, some fundraising events and other resources with St. Edward's and St. Paul's. St. George has more than 240 students who reflect the rich ethnic diversity of the Beacon Hill neighborhood.

[www.saintgeorgeseattle.org](http://www.saintgeorgeseattle.org)  
206-762-0656



Since its founding in 1911, **ST. EDWARD PARISH SCHOOL** has been a beacon of hope for indigenous and immigrant families in our community. Our student body reflects the diversity of the larger community of the Puget Sound region, bringing together a richness unequalled in single ethnic communities. St. Edward School is located at 4212 S. Mead Street in Seattle's Columbia City district.

[www.saintedwardseattle.org](http://www.saintedwardseattle.org)  
206-725-1774

**ST. JOSEPH SCHOOL** is a Catholic school located on Capitol Hill in the heart of Seattle. The Jesuit priests and the sisters of Holy Names founded St. Joseph School in 1908. The school is one of the largest Catholic schools in the Pacific Northwest. There are 624 students in grades kindergarten through eight. Approximately 76% of the children are Catholic. The school has a 19% minority population.



[www.stjosephsea.org](http://www.stjosephsea.org)  
206-329-3260

Founded in 1954, **ST. PAUL SCHOOL** is a Catholic elementary and middle school located at 10001 57th



**St. Paul School**

Avenue South in Seattle. The staff and student body of more than 200 students reflect the rich racial, ethnic, socio-economic and religious diversity of the Skyway neighborhood where the school is situated.

[www.seattlestpaul.org](http://www.seattlestpaul.org)  
206-725-0780

## St. Therese School

igniting minds, dreams, and faith

Founded in 1927, **ST. THERESE SCHOOL** is a Catholic elementary and middle school located in the heart of Seattle's Madrona community. The staff and student body of more than 220 students reflect the rich racial, ethnic, socio-economic and religious diversity of the community in which the school resides.

[www.sttheresesseattle.org](http://www.sttheresesseattle.org)  
206-324-0460

## THIS IS RAINBOW SCHOOLS WEEK

During the Coffee Hour following the 10:00am and 12 Noon Masses TODAY Sunday, January 31, find out more about Catholic education. Representatives of each of the five Rainbow Schools will be available to answer your questions and tell you more!

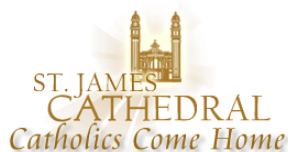


# Catholics Come Home

January 2010

## **What is Catholics Come Home?**

Catholics Come Home is an independent, non-profit Catholic organization, which utilizes mass media, especially television and the internet, to reach non-practicing Catholics. CCH has created a series of television and internet ads that provide a glimpse into the depths of our faith and the beauty of Catholic tradition, and hopefully will inspire non-practicing Catholics (and others) to come back to church. The ads have had a great impact in other cities where they have been aired, including Phoenix and Corpus Christi. These ads will appear on our local television stations beginning on Ash Wednesday and continuing through the season of Lent.



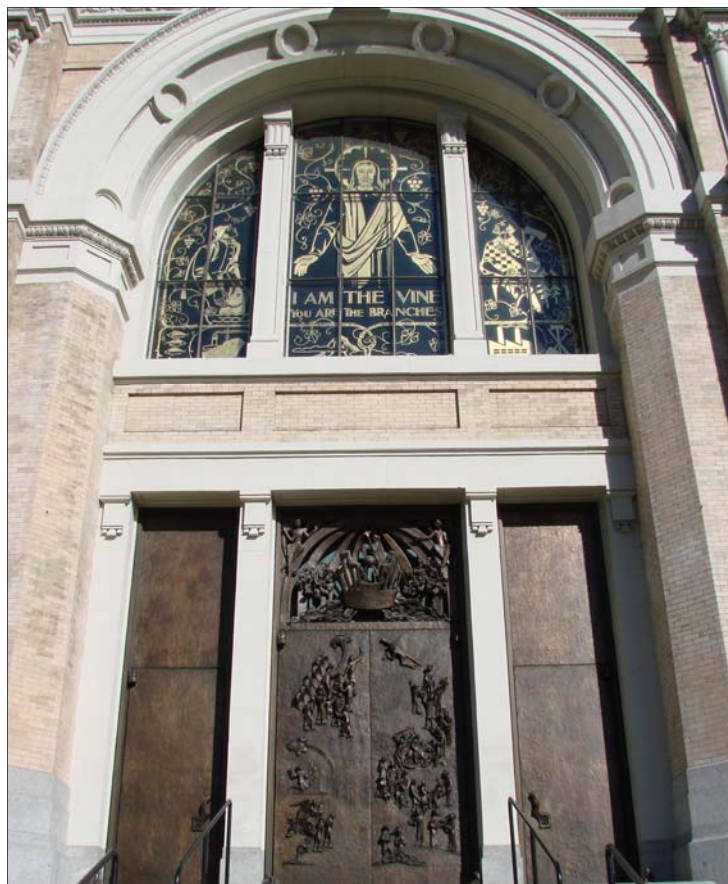
## **Who is Catholics Come Home for?**

Recent studies have revealed an astonishing statistic: 1 in 10 American adults is a former Catholic. Of these, the vast majority (more than 70%) report that they didn't make a conscious decision to leave the Church; they just drifted away. Catholics Come Home is an invitation to those who were "raised" Catholic but are no longer practicing, as well as to those who are not Catholic but are considering becoming part of the Church.

## **What can I do?**

It is important that the Church use all available media to spread the good news. (It's often been said that if St. Paul were alive today he would surely be using the internet to preach the Gospel!) But while the ads may touch hearts, no media campaign can, on its own, work a lasting transformation. For that, our help is needed!

All the faithful are called to be "ambassadors for Christ" (2 Corinthians 5:20). This does not mean we go through the neighborhood knocking on doors, or talking about the faith to everyone we encounter. But it does mean being willing to help the Spirit, when the Spirit moves. As St. Peter said, "Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness



and reverence" (1 Peter 3: 15-16). Here are some possibilities:

- Learn your faith. Be able to answer basic questions about what we believe. Be willing to share what your Catholic faith and your parish community mean in your life.
- On Ash Wednesday, keep your ashes on and see what happens. Be willing to enter into conversation with people who ask you about them.
- Think of the people at work or in your family who have expressed an interest in the Catholic Church. This Lent, invite them to come with you to Mass, with no strings attached. They could come with you on Sunday or even on a weekday.
- Be a welcoming presence at Mass. Say "hello" to someone whom you've never greeted before. Come to coffee hour and join a conversation.

# “Lord, teach us to pray”

## *A review of the Lord’s Prayer*



Tuesdays of Lent, 1:00-3:00pm & 7:00-9:00pm  
*Cathedral Place, Second Floor*

Join us as we reflect upon the rich teachings and insights of the Catholic Church, as articulated in the Catechism, on this great prayer that Jesus gave us.

- February 23** Introduction, “Our Father, Who art in heaven...”  
**March 2** The First Three Petitions: “Thy name...Thy kingdom...Thy will...”  
**March 9** The Fourth and Fifth Petitions: “Give us...Forgive us...”  
**March 16** The Sixth and Seventh Petitions: “Lead us not... Deliver us...”  
**March 23** The Final Doxology

*Information, Helen Oesterle, 206-382-4514 [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org)*

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