



I am the light of the world, says the Lord

*Detail of the Ceremonial Bronze Doors, St. James Cathedral.*

*Ulrich Henn, sculptor*

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

March 14, 2010

*Welcome to St. James Cathedral*

This Order of Celebration is provided to help you participate actively in the Mass. It includes many of the sung portions of the Mass. You can find the text for the spoken responses of the Mass at Nos. 229-250 in the red *Worship* hymnal.

# ORDER OF CELEBRATION FOR THE FOURTH SUNDAY OF LENT

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

## SECOND SCRUTINY OF THE ELECT (10:00)

### PRELUDE

“Scherzo” from *Symphony No. 2*

Vierne

### INTROIT

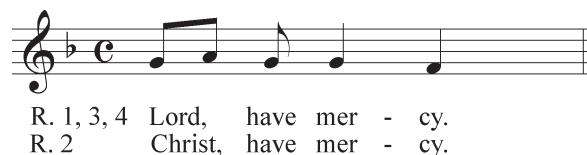
Introit for Lent IV *Lætare Ierusalem*

adapt. St. James Cathedral



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

Vatican XVII



### OPENING PRAYER

## LITURGY OF THE WORD

### READINGS No. 796

### GRADUAL PSALM

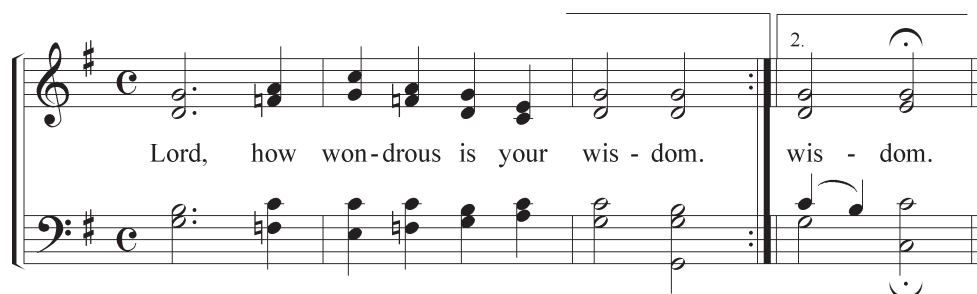
Psalm 23

Kreutz



### GOSPEL TRACT

Stratman



### HOMILY

Father Michael G. Ryan

CREED No. 238 *chanted on one tone*

(Sunday Evening only)

Credo III

*Presider Credo in unum Deum,*

*Schola Patrem omnipotentem factorem cæli et terræ,  
visibilium omnium et invisibilium.*

*We believe in one God,  
the Father, the almighty,  
maker of heaven and earth,  
of all that is seen and unseen.*

ALL

Et in u - num Do - mi - num Je - sum Chri - stum,  
Fi - li - um De - i u - ni - ge - ni - tum.

*We believe in one Lord,  
Jesus Christ,  
the only Son of God,*

*Schola Et ex Patre natum ante omnia sæcula.*

*eternally begotten of the Father,*

ALL

De - um de De - o, lu - men de lú - mi - ne,  
De - um ve - rum de De - o ve - ro.

*God from God, Light from Light,  
true God from true God,*

*Schola Genitum, non factum, consubstantialem Patri:  
per quem omnia facta sunt.*

*begotten, not made,  
one in being with the Father:  
through him all things were made.*

ALL

Qui pro-pter nos hó - mi - nes et prop-ter no-stram  
sa - lú - tem de-scén-dit de cæ - lis.

*For us and for our salvation  
he came down from heaven:*

*ALL BOW AT THE WORDS OF INCARNATION, SUNG BY THE SCHOLA:*

*Schola Et incarnatus est de Spiritu Sancto ex Maria Virgine,  
et homo factus est.*

*by the power of the Holy Spirit  
he was born of the Virgin Mary,  
and became man.*

ALL

Cru-ci - fi - xus é - ti - am pro no - bis  
sub Pón-ti - o Pi-lá-to; pas-sus et se-púl - tus est.

*For our sake he was crucified  
under Pontius Pilate;  
he suffered, died, and was buried.*

*Schola Et resurrexit tertia die, secundum Scripturas.*

*On the third day he rose again  
in fulfillment of the Scriptures;*

ALL

Et a - scén - dit in cæ - lum,

se - det ad déx - te - ram Pa - tris.

*he ascended into heaven and is seated  
at the right hand of the Father.*

Schola Et iterum venturus est cum gloria,  
judicare vivos et mortuos,  
cuius regni non erit finis.

*He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.*

ALL

Et in Spí - ri - tum San-ctum, Dó-mi-num et vi-vi-fi-

cán-tem: qui ex Pa-tre Fi-li-ó-que pro - cé - dit.

*We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son.*

Schola Qui cum Patre et Filio simul  
adoratur et conglorificatur:  
qui locutus est per prophetas.

*With the Father and the Son  
he is worshiped and glorified.  
He has spoken through the prophets.*

ALL

Et u - nam, san - ctam, ca - thó - li - cam

et a - pos - tó - li - cam Ec - clé - si - am.

*We believe in one holy catholic  
and apostolic Church.*

Schola Confiteor unum Baptisma in remissionem peccatorum.

*We acknowledge one baptism  
for the forgiveness of sins.*

ALL

Et ex-spe-cto re-sur-re-cti - o-nem mor-tu - o - rum.

*We look for the resurrection  
of the dead,*

Schola Et vitam venturi sæculi.

*and the life of the world to come.*

ALL

A - - - - - men.

## SECOND SCRUTINY OF THE ELECT (10:00)

INTERCESSIONS FOR THE ELECT No. 296

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

*Come open, Lord, the heart and ear*

Schein

DISMISSAL OF THE ELECT

chant, adapt. Stratman

*Cantor: I give them life long and full, ALL: And I show them my power to save, says the Lord.*

# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

“Then shall the eyes of the blind be opened” from *Messiah* Handel  
“He shall feed his flock” from *Messiah* Handel

## SANCTUS

Vatican XVIII

San-ctus, San-ctus, Sanc-tus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt  
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus  
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

## MEMORIAL ACCLAMATION

Proulx

Lord, by your cross and re-sur-rec-tion you have  
set us free. You are the Sav-ior of the world.

AMEN No. 350

chant

## AGNUS DEI

Vatican XVII

R. 1, 2 mi-se-re-re no-bis.  
R. 3 do-na no-bis pa-cem.

## COMMUNION

The Lord made some clay with his spittle, and he spread it on my eyes; and I went forth, I washed myself, I began to see, and I put my faith in God.

(10:00)

“And with his stripes we are healed” from *Messiah* Handel

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

HYMN OF PRAISE No. 607

*I heard the voice of Jesus say*

KINGSFOLD

PROCESSION

“Final” from *Symphony No. 2*

Vierne

# 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—AND WELCOME BACK!** If you are a visitor or a newcomer, we want you to know how welcome you are at St. James Cathedral. You're invited to visit a welcome table at the coffee hours in Cathedral Hall. You'll have a chance to ask questions and find out more about St. James Cathedral. If you're a Catholic who's been away from the Church, there's an opportunity to speak informally with a member of our "Welcome Back" team in the Cathedral Chapel.



**CHORAL MUSIC AT 10:00** Each Sunday during Lent, the Cathedral Choir and Soloists will sing music from the Lenten portion of Handel's Messiah.

**LENTEN HOLY HOUR** Each Friday during Lent, we have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour includes the Liturgy of the Hours, meditations, rosary, and Benediction of the Blessed Sacrament.

**CONFESSION TIMES** In addition to our regular confessions on Saturday afternoons (4-5pm), this Lent we are offering two additional opportunities to celebrate this important sacrament: Tuesdays, 7:45-8:10am, and 5:00-5:25pm. Please also mark your calendar for the Day of Reconciliation, Saturday, March 20, when confessions will be heard from 10:00am to 5:00pm.

**THE WAY OF THE CROSS** Each week during Lent, there are three opportunities to join in the traditional devotion of the Way of the Cross. The Stations are prayed following 12:10pm Midday Prayer on Mondays; following the 5:30pm Mass on Wednesdays; and following the 8:15am Mass on Fridays. All are welcome.

**SACRAMENT OF THE SICK** During this Lenten season of penance, healing, and forgiveness we will offer a communal celebration of this sacrament on Thursday, March 18 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](mailto:jsimpson@stjames-cathedral.org).

**DAY OF RECONCILIATION** On Saturday, March 20, a Day of Reconciliation will be offered in the Cathedral. Priest confessors will be available throughout the day, from 10:00am until 5:00pm. Archbishop Brunett, Bishop Elizondo, Bishop Tyson, and many priests from across the Archdiocese will participate in the Day of Reconciliation. You are invited to make a pilgrimage to the Cathedral on this day to celebrate the sacrament of reconciliation.

**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 St. Patrick in Seattle and Tacoma, and St. Patrick Mission in Dockton.*

## JOURNEY OF THE ELECT

This week we celebrate the second of the three Scrutinies with the retelling of the story of the man born blind. This Gospel challenges our Elect to reflect more deeply upon their lives, with particular focus on the “blind spots” that prevent them from even seeing the effects of sin and evil in their lives and in the lives of others. Later this week, the Elect will be presented with our Creed. The Church “lovingly entrust to them...this ancient text that has always been regarded as expressing the heart of the Church’s faith and prayer.” The Creed is presented in order to enlighten the Elect and it recalls the wonderful deeds of God for the salvation of the human race. The Elect are to commit the Creed to memory and will recite it publicly on Holy Saturday. Continue to enter into these solemn rites in prayer with our Elect as they prepare for baptism, Eucharist and confirmation, and to pray for them every day, for your prayers do make a difference!

**HELP CREATE A COMMUNITY OF COMPASSION** Are you interested in joining other St. James parishioners to provide companionship and assistance to a person living with HIV/AIDS and/or recovering from addiction? To get involved, join our partner Multifaith Works for a volunteer training from 8:45-4:45pm on Saturday, March 20 at Mt. Zion Baptist Church (1634 19th Ave, Seattle). *Information*, Jennifer Ibach, 654-4640 or jibach@stjames-cathedral.org.

**YOUNG ADULTS (21 - 30-SOMETHING) 3RD SUNDAY** Scripture sharing and informal social time will be next Sunday, March 21 starting at 4:00pm. Do you ever wonder how the Sunday readings relate to our everyday lives? Enjoy fellowship from 4:00 to 4:30 followed by guided discussion of the Scripture readings for the day. The discussion will finish in time to attend 5:30 Mass. Young adults over the age of 21, single or married, gather in the Fireside Room of the Pastoral Outreach Center. Newcomers and those not new to the parish are all welcome! *Information* youngadults@stjames-cathedral.org or TerryAnn Bowen, 206-382-2018.

**YOUTH MIGRANT PROJECT** Join teens from St. James and St. Mary’s this July for an amazing experience in Burlington, WA. Volunteers help in daycare centers and migrant camps, work the fields, and distribute donations. This is a fun and life-changing week that includes volunteer time during the day, and activities and reflections in the evening. The trip is open to high school students graduating in 2010-2014 and will run from July 18-23. Need more information? Please join us at the Family Information Meeting on Sunday, March 21 at 1:30pm in the Pastoral Outreach Center. *Information*, Jennifer Ibach 206-654-4640 or jibach@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. In this fictionalized memoir, Eggers makes him an icon of globalization and gives him 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.

**REMEMBERING ARCHBISHOP ROMERO** Wednesday, March 24 marks the 30th anniversary of the assassination of Oscar Romero, Archbishop of San Salvador, who was shot while celebrating Mass on March 24, 1980. We remember this great witness to justice with a special Mass at 5:30pm on March 24. Bishop Eusebio Elizondo will preside. Following Mass, Father Ryan will lead the Stations of the Cross with meditations drawn from the writings of Archbishop Romero. In addition, at 7:00pm in the Pastoral Outreach Center, there will be a screening and discussion of the film *Romero*. All are welcome.

**ENGAGING OUR CONFLICTS: AN EXPLORATION OF NONVIOLENT PEACEMAKING** This eight-week series explores the power and potential of nonviolent peacemaking in our lives and in the world. Participants will learn about nonviolence and how to apply it in real issues. Topics to be explored include: the dynamics of nonviolent peacemaking, interpersonal nonviolence, and grappling with structural, institutional and cultural violence. Monday evenings, April 12 through June 7. Cost per student \$25 for materials. Registration required no later than March 25. *Information*, or to register, Patty Bowman, 206-382-4515, pbowman@stjames-cathedral.org.

**OPERATION RICE BOWL** Lent is a time to change our ways, to turn back to God our Father, and to appreciate and share the gifts we have received. As we begin the second half of our journey with Catholic Relief Services’ Operation Rice Bowl, we remember that we are called to be stewards of what God has given us, and we connect our prayers and fasting with our giving. This week, Rice Bowl focuses on Nicaragua, where economic exploitation can preclude fair treatment of workers. To help address this issue, CRS aids in the operation of microfinance projects. This service facilitates beneficial investments in health care and education, allowing clients to strengthen their own families and communities. For more information on Nicaragua, refer to your Rice Bowl calendar or visit CRS online at <http://orb.crs.org/countries/nicaragua/>



## I AM IN YOUR MIDST AS ONE WHO SERVES...

### *Volunteer Opportunities*

**COFFEE HOUR HOSPITALITY NEEDS YOU!** Our Coffee Hour hospitality ministry is in need of extra hands. We are looking for several outgoing people to help with set-up, serving and clean-up for this very important ministry of welcome and hospitality. It's a lot of fun, and a minimal time commitment. *Information*, Patty Bowman, 382-4515 or [pbowman@stjames-cathedral.org](mailto:pbowman@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 are currently in desperate need of servers, food donors as well as drivers. Please consider making a monthly commitment to this wonderful ministry. *Information*, Christine Henderson, 253-973-1441 or email [christinehenderson3@gmail.com](mailto:christinehenderson3@gmail.com).

**JUNIOR HIGH RALLY** A big thank you to all the parents and other friends who generously supported the bake sale and provided transportation for the Junior High Rally participants. The bake sale proceeds enabled six participants to get full scholarship! We had a total of fourteen registrants and they gave great feedback on their experience. At the Eucharistic celebration with the Archbishop, both readers and two of the altar servers were among the youth of St. James. On behalf of these youth, thanks, too, to Mark and Tony, our Junior High volunteer catechists, for organizing St. James youth and making it possible for them to have this great experience.

**WORLD RELIGIONS: AN ENCOUNTER IN SEATTLE II** How do we come to understand and dialogue with others from different faith traditions? Tuesdays, April 13-May 17, 7:00-9:00 PM. Sessions include presentation, discussion and visits to houses of worship (van transportation is provided if needed), including a synagogue, a mosque, and an Ethiopian Orthodox Church. Our presenter and convener will be Tim Malone, M. Div. Co-founder of this popular six week series, Tim is a teacher, lay minister, and spiritual director involved in inter-religious dialogue locally and in Asia. Suggested donation-\$30. To register (required!) contact Theresa Van de Ven, 206-219-5822. *Information*, Helen Oesterle, 206-382-4514

**PARISH MENTAL HEALTH NURSE** St. James Cathedral is looking for a fully licensed Registered Nurse with a Mental Health Specialty to begin its new Parish Mental Health Ministry. This is a full time, exempt position with a full Archdiocesan Benefits package. *Information* contact the Parish office at 206-622-3559. Position closes March 18, 2010.

## GOOD NEWS FROM THE CATHEDRAL KITCHEN

We regularly receive monetary gifts from a variety of people and places, but this month we received a very special gift to be cherished!

The Cathedral Kitchen was given a cardboard cereal box that had been modified to accommodate donations to the Kitchen. What makes the gift so special is that it contained \$222.03, and came from a six-year-old boy who had asked for donations for the kitchen instead of presents on his birthday! Not only that, his 9-year-old sister made cookies and cupcakes to collect \$430 for the earthquake victims in Haiti.

Both the recipients and the gift-givers are winners here. And that's good news! Thank you, Giancarlo and Maria, for your unselfish gifts!

**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.*

## Lenten Choral Prayer

### *Sacred Choral Music for Lent*

**Saturday, March 13, 2010 8:00pm**

St. James Resident Ensemble Opus 7 Vocal Ensemble; Loren Pontén, Founder and Musical Director. *Information* 206-782-2899 or [www.opus7.org](http://www.opus7.org).

### *Stabat Mater*

**Saturday, March 20, 2010 8:00pm**

Choral Arts, a Cathedral Resident Ensemble, presents Frank Ferko's *Stabat Mater*. This mystical setting of the ancient Stabat Mater text is combined with compelling interpolations that bridge the work to our own time. Soprano Juliana Rambaldi joins Choral Arts for an evening that promises to be an unforgettably moving and dramatic collaboration of text and music. *Information* 1-800-404-2269 or visit [www.choral-arts.org](http://www.choral-arts.org).

## Hi Senior High Youth!

Are you looking for an amazing, life-changing summer experience this year? ...

Then come on the St. James Youth Migrant Project Mission Trip to Burlington, WA!!!

- **Who's going?** Teens and fun adult leaders from St. James and St. Mary's parishes and their friends.
- **What are we doing?** Volunteering in the Migrant dayCare centers and camps, playing with the kids, working the fields, hanging out with each other, reflecting on our experiences, and having a ton of fun!
- **When are we going?** July 18-23<sup>rd</sup>
- **Where are we going and where do we stay?** We go to Burlington, WA, which is in the Skagit Valley. We stay at Immaculate Conception in Arlington.
- **Why would I go?** The question really is, "why wouldn't you go"? This is going to be an amazing, life-changing week! Our faith teaches us to serve others in need and that's what this week is all about. In addition to that, you'll make a lot of new friends, learn a ton, have time to relax and pray, and get to do some cool activities and games!
- The cost is \$100.00 for the week (includes meals, transportation, lodging and lifelong memories). You can pay that over several months and scholarships are definitely available so just talk to us. We don't want financial matters to keep anyone from participating.
- Sign up by April 6<sup>th</sup> – 10 spots available, (first come first serve.) Selection will be based on grade, mission experience, St. James involvement, and space availability.
- There will be several **required** preparation meetings before we go up to Burlington.
- Questions – see Jennifer! (206-654-4640, [jibach@stjames-cathedral.org](mailto:jibach@stjames-cathedral.org))

Hope you can make it part of your summer plans!!

Come to the informational session on Sunday, March 21st at 1:30pm in the Pastoral Outreach Center for more information! The Outreach Center is located at 907 Columbia St. on the SE corner of 9<sup>th</sup> and Columbia.

Because He is in our midst as one who serves...

Jennifer

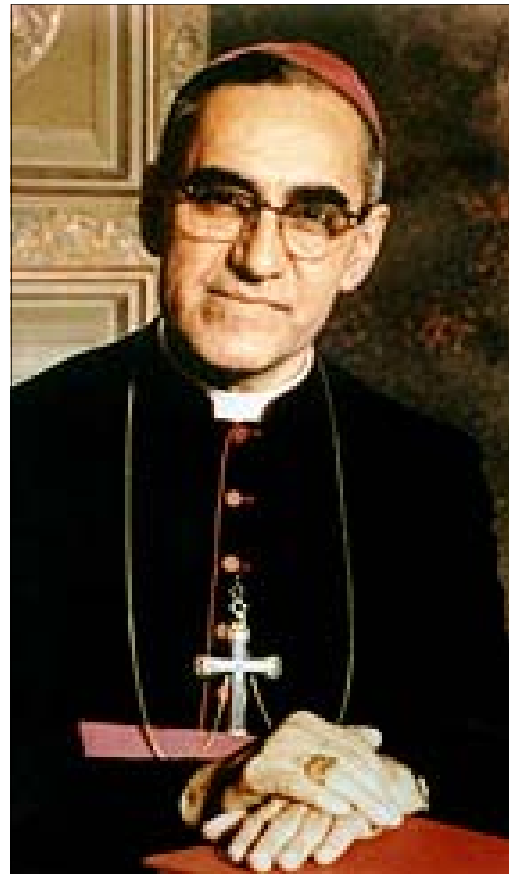
2/26/2010

# Remembering Oscar Romero

Wednesday, March 24, 5:30pm Mass  
followed by the Way of the Cross

On March, 24, 2010, the 30th anniversary of his death, we remember the heroic witness of Archbishop Romero with a special Mass in the Cathedral at 5:30pm. The Most Reverend Eusebio Elizondo, Auxiliary Bishop of Seattle, will preside. Following the Mass, Father Michael G. Ryan, Pastor of St. James Cathedral, will lead the Stations of the Cross, with meditations from the writings and homilies of Archbishop Romero.

At 7:00pm, you're invited to a screening of the 1989 film *Romero*, in the Pastoral Outreach Center Community Room. All are welcome.



Archbishop Oscar Romero (1917-1980) followed a conventional path for most of his career. But as Archbishop of San Salvador, Romero experienced a kind of conversion: he became an ardent defender of the poor, the voice of El Salvador's voiceless people. On March 24, 1980, Archbishop Oscar Romero was assassinated as he celebrated Mass in a hospital chapel in San Salvador. His cause for canonization was introduced in Rome in 1997, and in El Salvador he is already known to the people as "San Romero."

On the day before his death, Archbishop Romero said, "No one can extinguish that life that Christ resurrected. Not even death and hatred against him and his Church will be able to overcome it. He is the victor! Just as he will flourish in an Easter of unending resurrection, so it is necessary also to accompany him in Lent, in a Holy Week that is cross, sacrifice, martyrdom."

St. James Cathedral is located at 9th Avenue and Marion Street  
in downtown Seattle.



# Come back to the Lord

## PREPARING FOR THE SACRAMENT OF RECONCILIATION

The celebration of the Sacrament of Reconciliation is an important part of our Lenten observance. There is no better way to prepare for the celebration of the Resurrection of the Lord at Easter than by this sacrament, "which brings about a true spiritual resurrection, restoration of the dignity and blessings of the life of the children of God" (Catechism 1468). This flyer is the first in a series that will prepare us for the communal celebration of the Sacrament of Reconciliation at St. James Cathedral. The Archdiocesan Day of Reconciliation will be **Saturday, March 20, 2010, from 10:00am until 5:00pm.**

### Did you know?

- **In the early Church, the Sacrament of Penance could be received only once in a lifetime.**  
The penances assigned were often very long and severe, sometimes lasting several years. During this time penitents usually had special places in church, wore special clothes, and commonly left the Sunday liturgy after the homily, just like the catechumens.
- **At one time the Church had a two-track system of public Penance and private Penance.** Public sins required public penance and private sins required private penance.
- **For centuries penitents were required to do their assigned penance and then return to receive absolution.** Practical difficulties with this became apparent when the confessor was a wandering missionary and when the penances sometimes took the penitent on a pilgrimage to foreign lands.

### History of the Sacrament

A glance at the history of this sacrament makes it clear that Penance has had a lively and varied past. The primary sacrament of forgiveness in the early Church was baptism. To the first Christians it seemed unthinkable that anyone who had been converted to Christ would return to sin after they had been baptized. Nevertheless, the Church soon found that it had to deal with post-baptismal sin. Through the centuries the Church has continued to develop in its understanding of this sacrament so it can be more responsive to the needs of the people and more meaningful in their lives.

Reconciliation, like all sacraments, has a fundamental community dimension. This was most obvious in the early Church with the Order of Penitents. But even with the later development of private penance, the Church has always insisted on the importance of the priest in the experience of reconciliation. This is *not* because God will not forgive us directly (God always forgives those who repent), but because the priest is the representative of the Church community. Reconciliation with the Church community is the sacramental sign of reconciliation with the Lord. The priest is the representative of the community, as well as the representative of Christ.

## Frequently Asked Questions

**Is this sacrament called confession, penance or reconciliation?** Yes! This sacrament involves all three elements and historically has been called by all three names. Today the Church refers to it as the Sacrament of Penance or the Sacrament of Reconciliation.

**Why do we need a sacrament of Reconciliation?** "Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church..." (Catechism of the Catholic Church [CCC] 1440). Only God forgives sins. Christ has willed that in her prayer and life and action his whole Church should be a sign and instrument of the forgiveness and reconciliation (CCC 1442). The priest "is not the master of God's forgiveness, but its servant" (CCC 1466).

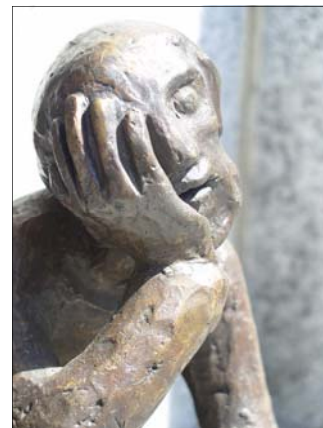
**What happens in the Sacrament of Penance?** "Through the sacrament of penance, we, the faithful, acknowledge the sins we have committed, express our sorrow for them, and, intending to reform our ways, receive God's forgiveness and become reconciled with God and with the Church" (USCCB Committee on Pastoral Practices). "Jesus' call to conversion and penance... does not aim first at outward works... but at the conversion of the heart, interior conversion" (CCC 1430). Conversion is first of all a work of the grace of God who makes our hearts return to him.

**What sins should be confessed?** The Church teaches that "all serious (mortal) sins of which penitents after a diligent self-examination are conscious must be recounted by them in confession, even if they are most secret... for these sins sometimes wound the soul more grievously and are more dangerous than those which are committed openly" (CCC 1456). *At the same time*, confession of everyday faults (venial sins) "is strongly recommended... for it helps us to form our conscience, fight against evil tendencies (patterns of weakness that can lead us to sin), let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful" (CCC 1458).

**What are the effects of this sacrament?** "The forgiven penitent is reconciled with himself in his inmost being... He is reconciled with his brethren whom he has in some way offended and wounded. He is reconciled with the Church. He is reconciled with all creation" (John Paul II). "The whole power of the sacrament of Penance consists in restoring us to God's grace and joining us with him in an intimate friendship" (CCC 1468), "for those who receive the sacrament with contrite heart and religious disposition, reconciliation is usually followed by peace and serenity of conscience with strong spiritual consolation" (CCC 1551).

## Baptism: the First Sacrament of Forgiveness

The Church Fathers saw a close connection between baptism and penance; in fact, penance was sometimes referred to as "the more difficult baptism." St. Ambrose said: "There are water and tears; the water of baptism, and the tears of repentance." Penance is a sacrament celebrating conversion, a basic dynamic of the Christian life. Adults and older children preparing for the sacrament of baptism enter an intense period of purification during the Lent season prior to baptism. The Elect reflect upon the stories of the Samaritan woman, the man born blind, and the raising of Lazarus. Then on the third, fourth and fifth Sundays of Lent the Elect celebrate the Scrutinies in the midst of the community. During these celebrations the Church prays the ancient prayers of exorcisms over the Elect, calling upon God to protect them from Satan and the power of evil and surrounding them with the love of God.



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**Next week:** How to Go to Confession: A Practical Guide to Celebrating the Sacrament  
For more information, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org)



# Pardon and Peace

## HOW TO GO TO CONFESSION

Many people have avoided celebrating the Sacrament of Penance, sometimes for years at a time, because they "don't know what to do." But confession doesn't need to be scary or intimidating! The following brief explanation will help you understand how the Sacrament is celebrated individually. **The Archdiocesan Day of Reconciliation will be at St. James Cathedral on Saturday, March 20, 2010, from 10:00am until 5:00pm, with priest confessors available throughout the day. For more information, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org).**

### 1 Preparation

The celebration of this sacrament begins at home, with the private preparation you make. This preparation is called the *examination of conscience*. "The penitent compares his or her life with the Ten Commandments, the Beatitudes, and the example of Christ and then prays to God for forgiveness." The examination of conscience should take into account your relationship to God and to others. Usually, we know our sins all too well; the examination of conscience will help us to look at them in the light of the Gospel, and be better able to express them in confession.

**The Lord God says: "You shall love the Lord your God with your whole heart."** Is my heart set on God, so that I really love God above all things? Or am I more concerned about the things of this world? Are there false gods that I worship by giving them greater attention and deeper trust than I give to God? Do I keep Sundays and feast days holy by participating in the Mass with attention and devotion? Have I been willing to be known as a Christian in private and public life? Do I offer God my difficulties, joys, and sorrows? Do I turn to God in times of temptation?

**The Lord says: "Love one another as I have loved you."** Do I genuinely love my neighbor? Or do I use other people for my own ends? Have I contributed to the well-being and happiness of my family by patience and genuine love? Have I been an obedient child—a good parent—a faithful spouse? Do I truly do all I can to help those less fortunate? Do I look down on other people because of race, class, or creed? Am I concerned for the good of the human community in which I live, or do I spend my life caring only for myself? Have I been ready to forgive those who have wronged me, or do I harbor hatred and the desire for revenge?

**Christ our Lord says: "Be perfect as your Father is perfect."** Where is my life really leading me? What use have I made of time, of health and strength, of the gifts God has given me to be used like the talents in the Gospel? Do I use them to become more perfect every day? Have I been patient in accepting the sorrows and disappointments of this life? Have I revered my body as a temple of the Holy Spirit? Have I gone against my conscience out of fear or hypocrisy? Do I experience the freedom of the children of God, or am I the slave of forces within me?

## 2 Welcome of the Priest

You have the option of confessing your sins face to face, or of confessing anonymously. This is your choice. The priest welcomes you and then both you and he make the sign of the cross, saying, "In the name of the Father, and of the Son, and of the Holy Spirit." Then in his own words the priest urges you to have confidence in God. If you don't know the priest, you may want to indicate your state of life (i.e. married, single, widowed, divorced), how long it has been since your last confession, and anything else that may help your confessor.

## 3 Confession of Sins

Next the priest invites you to confess your sins. Occasionally, the priest may ask questions to help you in making a full confession. The confession of sins should be as complete as possible. That doesn't mean it needs to take a long time. The important thing is that the penitent "looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible" (*Catechism* 1455).

## 4 Advice of the Priest

Sacramental confession is not therapy; the priest will not attempt to solve your problems for you. What he will do, however, is offer some advice to help you in starting a new life. He may also give you a simple "penance," which may take the form of prayer, self-denial, service to one's neighbor, or works of mercy.

## 5 Prayer of the Penitent

Next the priest invites you to pray an act of contrition. There are many different options for this prayer. You can learn one of the following by heart, or feel free to bring this sheet with you.

**My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.**

or:

**Lord Jesus, you opened the eyes of the blind, forgave the sinful woman, and after Peter's denial confirmed him in your love. Listen to my prayer: renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.**

or:

**Father, I have sinned against you and am not worthy to be called your son. Have mercy on me, a sinner.**

## 6 Prayer of Absolution

Now the priest extends his hands over your head and prays the prayer of absolution, making the sign of the cross over you during the final words: "through the ministry of the church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." You respond, **Amen**.

## 7 Dismissal

Now the priest dismisses you. You respond, **Thanks be to God**. If you are making your confession as part of a communal celebration, remain in the church for the conclusion of the celebration. If not, 'go in peace to love and serve the Lord'!

Based on *Celebrating the Sacrament of Penance: Questions and Answers*,  
a publication of the United States Conference of Catholic Bishops.