



View of the Cathedral from Skyline at First Hill

ST. JAMES CATHEDRAL
The Fifth Sunday in Ordinary Time
February 6, 2011

ORDER OF CELEBRATION FOR THE FIFTH SUNDAY IN ORDINARY TIME

Out of respect for the liturgy we are about to celebrate, please turn off your cellular phone.

CELEBRATION OF THE SACRAMENT OF BAPTISM (Saturday 5:30)
FIRST SUNDAY YOUTH CELEBRATION (Noon)

PRELUDE

Trio Sonata No. 1 in E-flat Major, BWV 525

Bach

LIGHTING OF CANDLES (Noon)

Berthier

On February 2, we celebrated the feast of the Presentation of the Lord, the traditional day for the blessing of candles. Today, the children carry these newly-blessed candles in the entrance procession.



ENTRANCE No. 525

Joyful, joyful we adore you

ODE TO JOY

WELCOMING OF THE CHILDREN TO BE BAPTIZED (Saturday 5:30)

PENITENTIAL RITE

Missa choralis

Refice



GLORIA (Sunday Evening)
(All other Masses)

Mass of Angels, No. 341

Vatican VIII

Lee



Glory to God in the highest, Lord God, heavenly King, We worship you, we give you thanks, Lord Jesus Christ, only Son of the Father, you take away the sins of the world: You are seated at the right hand of the Father: For you alone are the Holy One, you alone are the Lord, with the Holy Spirit,	and peace to God's peo- ple on earth. almighty God and Fa- ther. we praise you for your glo- ry. Lord God, Lamb of God, have mer- cy on us. re- ceive our prayer. you alone are the Most High Je- sus Christ, in the glory of God the Father, A - - - men.
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LITURGY OF THE WORD

READINGS [Isaiah 58:7-10; I Corinthians 2:1-5; Matthew 5:13-16]

PSALM RESPONSE

Psalm 112

Proulx



ALLELUIA

Berthier



HOMILY

Father Michael G. Ryan (Saturday 5:30pm)

Father David A. Brant (all other Masses)

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

RITE OF BAPTISM (Saturday 5:30)

INTERCESSIONS AND LITANY OF SAINTS No. 827

BLESSING OF BAPTISMAL WATER

PROFESSION OF FAITH *All join in the response, I do.*

ACCLAMATION FOLLOWING EACH BAPTISM Herbolsheimer, adapt.



SPRINKLING WITH BAPTISMAL WATER

Hurd



ENTRANCE OF THE NEWLY BAPTIZED

EXPLANATORY RITES

Anointing with Chrism
White Garment Prayer
Presentation of a Lighted Candle

LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Jesu dulcis memoria

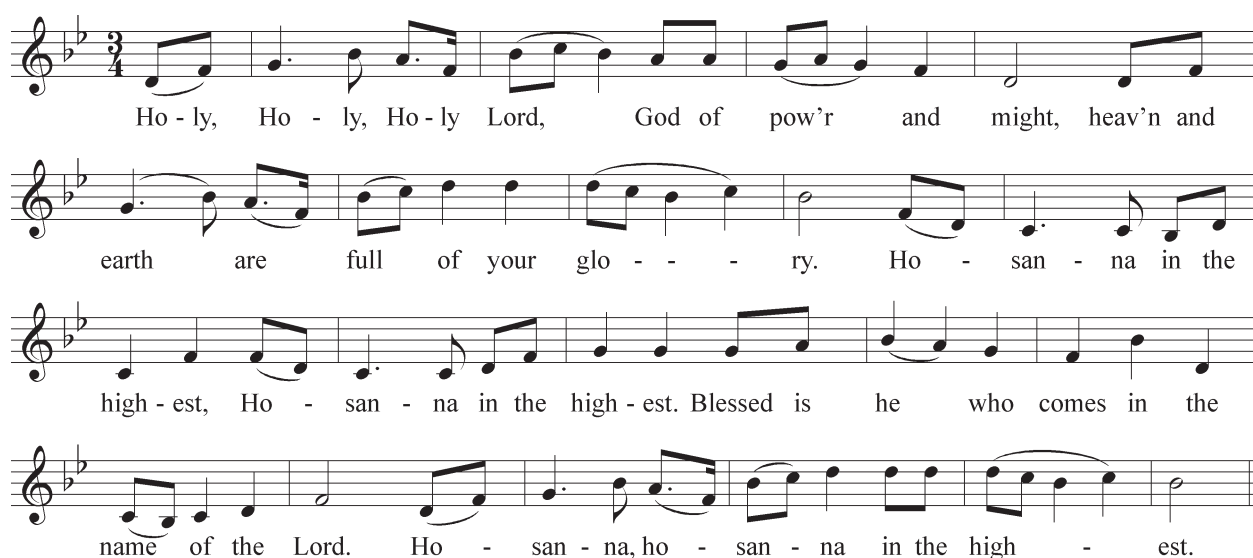
Palestrina

Jesus, sweet remembrance,
Granting the heart its true joys,
But above honey and all things
Is His sweet presence.

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



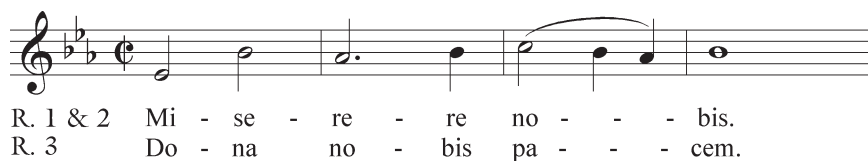
A - men, a - men, a - - - men.

LORD'S PRAYER No. 246

AGNUS DEI

Missa choralis

Refice



R. 1 & 2 Mi - se - re - re no - - - bis.
R. 3 Do - na no - bis pa - - - cem.

COMMUNION

I will go in to the altar of God,
the God who gives joy to my youth.

(10:00)

O Divine Redeemer

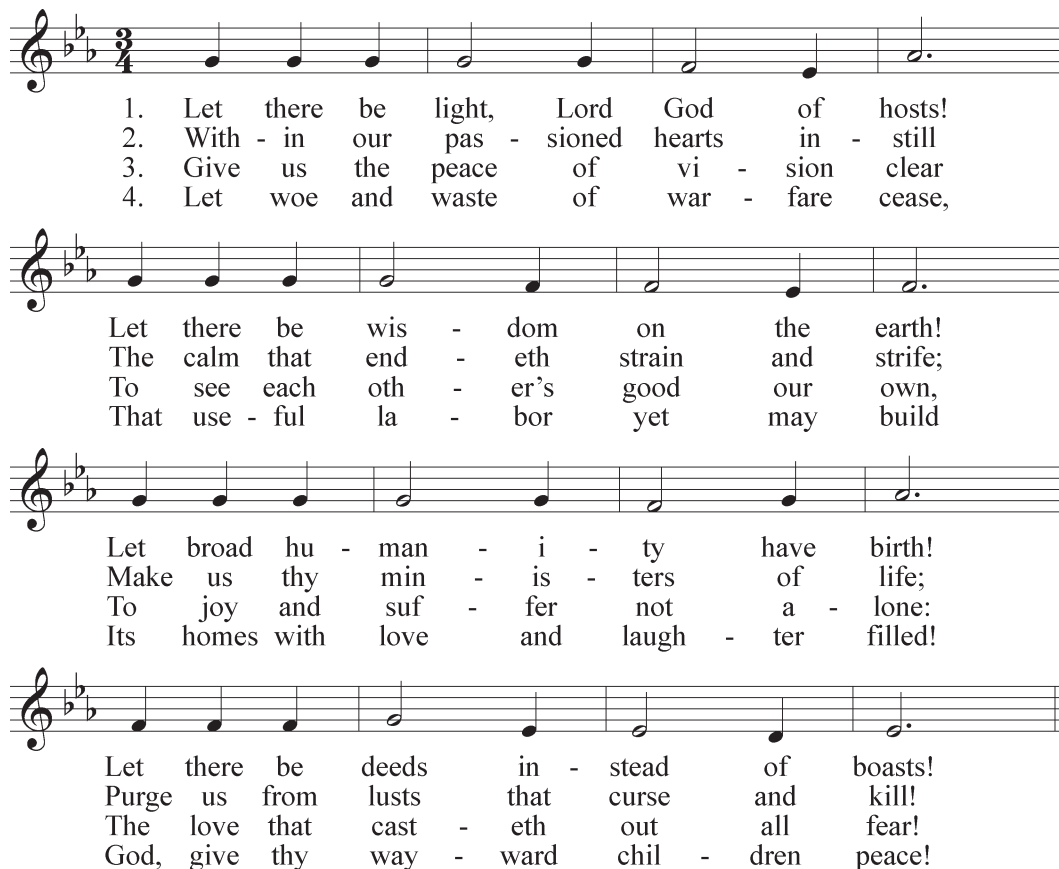
Gounod

AFTER RECEIVING HOLY COMMUNION, please return to your place and **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

Let there be light!

PENTECOST



1. Let there be light, Lord God of hosts!
2. With - in our pas - sioned hearts in - still
3. Give us the peace of vi - sion clear
4. Let woe and waste of war - fare cease,

Let there be wis - dom on the earth!
The calm that end - eth strain and strife;
To see each oth - er's good our own,
That use - ful la - bor yet may build

Let broad hu - man - i - ty have birth!
Make us thy min - is - ters of life;
To joy and suf - fer not a - lone;
Its homes with love and laugh - ter filled!

Let there be deeds in - stead of boasts!
Purge us from lusts that curse and kill!
The love that cast - eth out all fear!
God, give thy way - ward chil - dren peace!

PROCESSION

Prelude and Fugue in E-flat Major, BWV 552
(Noon) *Prelude and Fugue in G Major, BWV 541*

Bach

Bach

PROCESSIONAL ICON OF CHRIST THE TEACHER by Cathedral Iconographer Joan Brand-Landkamer. ACKNOWLEDGEMENTS:
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St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

IN RESIDENCE

The Reverend David A. Brant
The Reverend Richard J. Ward

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)

Suzanne Lee (206-654-4640)

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

Rachael Ross, Administrative Assistant (206-903-4629)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)

Brenda Bellamy, Bryan Long, John Marquez, Stephen Pace, 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

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)

Peggy Behnken, Receptionist (206-622-3559)

Marilyn Maddeford, Administrative Assistant (206-622-3559 x3971)

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.

"TAIZÉ" ECUMENICAL PRAYER, Fridays at 6:30 pm.

TOURS of the CATHEDRAL Wednesdays at 1:00 pm, June through August. 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.*

THE CATHEDRAL ESPRESSO CART is up and running!

Your friendly Cathedral baristas will be serving espresso drinks after the 10:00 Mass. *During the month of February all proceeds will benefit the Homeless Ministry and Operation Nightwatch.*

ST. JAMES ENVIRONMENTAL JUSTICE GROUP Open Meeting Tuesday, February 8, 6:00 pm in the Mother Mary Rose Room, Pastoral Outreach Center. Our faith calls us to care for all of God's creation. Do you feel that call? Do you want to learn more and get involved? Join the St. James Environmental Justice Group to learn about environmental activities at the parish, and to share your own ideas. *Information*, Patty Bowman, 206-382-4515, or pbowman@stjames-cathedral.org.

SACRAMENT OF THE SICK A communal celebration of this sacrament will take place at the Cathedral on Thursday, February 10 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.*

DISCOVERING THE AMAZING GIFT OF YOUR MARRIAGE (A Two-Part Workshop) Saturdays, February 12 and April 2; 9:00-4:00 pm; Pastoral Outreach Center. Couples will learn effective skills in speaking and listening to one another, how to protect the relationship from negative words and behavior, learn a simple way to make decisions and solve problems, and fall in love all over again! Presenter: Dr. Robert Fontana, director of Catholic Life Ministries. \$40/couple for both days, \$25 for one day (scholarships available). Babysitting services available. To register please complete the form on parish website. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org.

CATHEDRAL KITCHEN JOB OPENING The parish has an opening for a Kitchen Assistant in the Cathedral Kitchen. This is a part time position with a full benefits package. *Information*, Peggy Behnken at 206-382-4650 pbehnken@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 Our Lady of Lourdes in Seattle and Vancouver, and the mission church of Our Lady of Lourdes in Wilkeson.*

CONFIRMATION CLASSES FOR ADULTS AND HIGH SCHOOL STUDENTS 16 YEARS AND OLDER started on Thursday, February 3 and will continue on Thursdays 6:30-8:30pm in Cathedral Place Room 411 through April 28. Full sacramental initiation (Baptism, Confirmation, and Eucharist) is important for all practicing Catholics, and is particularly important for those who are considering getting married. It is not too late to join in the preparation classes for this important Sacrament. *Information* TerryAnn Bowen, tbowen@stjames-cathedral.org or 206-382-2018.

HELP A NEIGHBOR IN NEED Many people in our community need help with transportation, shopping, laundry, and housework. Advanced age, chronic illness and financial difficulties can prevent our neighbors from accomplishing these routine daily tasks. By volunteering just a few hours a month with Volunteer Chore Services, you can help someone stay in his or her own home, avoiding the need to move to an institutional setting. To learn more about VCS, plan to attend a brief information session on Sunday, February 20 from 11:15 to 11:45am in the Mother Mary Rose Room of the Pastoral Outreach Center (907 Columbia). *Information* Suzanne Lee, 206-654-4640 or slee@stjames-cathedral.org.

MUSIC OF ST. HILDEGARD OF BINGEN Saturday, February 26, 8:00 pm Resident Ensemble, The Medieval Women's Choir, directed by Margriet Tindemans, presents a concert of music by women composers including St. Hildegard, Heloise, Hadewijch, and Seattle's Karen Thomas. *Information* call Medieval Women's Choir at 206- 264-4822 or visit medievalwomenschoir.org.

"THE SCREWTAPE LETTERS" – A THEATRICAL PRODUCTION Join other Cathedral parishioners on Saturday, February 26 at 8:00 pm at the Moore Theatre. One day only! It is presented by the Fellowship for the Performing Arts whose mission is to produce theatre from a Christian worldview that is engaging to a diverse audience. The inspiring drama, starring Max McLean, sold out in cities across the U.S. including Chicago, Houston, San Francisco, Phoenix, Austin, and Washington, D.C. and just concluded at the Westside Theatre in New York City where it played for nine months. Tickets \$44/person. Only a limited number of tickets available so don't delay. *Information*, Theresa Van de Ven, 206-219-5822, tvandeven@stjames-cathedral.org

SHOP WITH A CONSCIENCE: FAIR TRADE 101 How can we bring our faith values to our purchasing decisions? Lorri Hagman, Fair Trade Ambassador with Catholic Relief Services, will present a workshop on the fair trade movement Tuesday, February 22, 7:00 pm in the Pastoral Outreach Center. There's a lot more to fair trade than coffee and chocolate -- come and claim your power as consumers! *Information*, Patty Bowman, pbowman@stjames-cathedral.org, 206-382-4515.

HIGH SCHOOL GAME NIGHT Sunday, February 26, 6:30-9:00 pm, Cathedral Hall. Join other youth in our parish for a night of pizza and games. Pizza and drinks provided but you are most welcome to bring snacks to share with others. You can just stop in or better yet, let us know you are coming so we can order enough pizza. Friends are welcome. *Information and RSVP*, Helen Oesterle, 206-382-4514 or hoesterle@stjames-cathedral.org

ARCHDIOCESAN JUNIOR HIGH RALLY: THE QUEST! on Saturday, March 5 at Highline Community College. Join other Cathedral parish youth (6th through 9th graders) for a day of fun, workshops, and Mass with Archbishop Sartain and youth from all around Western Washington. Registration deadline is February 22. *Information*, Lita McBride, 206-654-4658, lmcbride@stjames-cathedral.org

JOURNEY THROUGH GRIEF Are you seeking comfort after the death of a loved one? Join others who have also experienced loss in a prayerful supportive environment. In a six-week guided group process we will journey through our grief and gently embrace our mourning so that ultimately we may find healing. *Information*, John Simpson, Pastoral Care Minister, 206-274-3173 or jsimpson@stjames-cathedral.org.

FINDING HOPE IN A TOPSY-TURVY JOB MARKET: PRINCIPLES AND TOOLS TO JUMP START YOUR JOB SEARCH During this year a two-part series of classes will be offered that will incorporate efforts to search for a job within a context of faith and hope. Part one, which takes place on the first Tuesday evening of each month from 7-9 pm in Cathedral Place, second floor (*please note change in location*) will focus on the principles and tools needed for effective job searching. Part two, which takes place on the third Sunday morning of each month from 11:30-1:00 pm in Gallagher Center, basement of the Rectory, will focus on the application of concepts learned in part one, including sharing strategies and struggles with real life experiences of looking for a job. Sessions are facilitated by parishioners who are professionals in this field. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org *This month's topic (February 1 and 20): Resumes and References.*

CATHOLIC ADVOCACY DAY Washington State faces massive budget cuts that imperil those in our community who are most in need. As people of faith, we must do all we can to protect the basic needs of families and individuals who are experiencing poverty and homelessness. All St. James parish members are invited to join Catholic social service and justice organizations Thursday, March 24, 9am-3pm at the State Capitol in Olympia to promote a state budget that safeguards the least among us. Following a policy briefing, participants will visit their local legislators for scheduled appointments. A free chartered bus for registered participants will depart from Seattle and Tacoma. *To register*, contact the Intercommunity Peace & Justice Center at ipjc@ipjc.org or 206-223-1138. *Information* Suzanne Lee, 206-654-4640

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
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
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
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
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
206-324-0460

THIS IS RAINBOW SCHOOLS WEEK

During the Coffee Hour following the 10:00am and 12 Noon Masses TODAY Sunday, February 6, 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!



The Anointing of the Sick

A communal celebration of the Sacrament of the Anointing of the Sick will take place at St. James Cathedral on Thursday, February 10, at the 5:30pm Mass. Father Ryan will preside. All are welcome to attend the Mass. **If you would like to receive the sacrament of Anointing of the Sick during the Mass, or have questions, please contact John Simpson, Pastoral Care Minister, at 206-274-3173, or e-mail jsimpson@stjames-cathedral.org.**

What is the sacrament of Anointing of the Sick?

The sacrament of the Anointing of the Sick is one of the seven sacraments of the Catholic Church. Like the sacrament of reconciliation (confession), it is a sacrament of healing. The Anointing of the Sick has its roots in the healing mission of Christ, who “came to heal the whole person, body and soul” (*US Catholic Catechism for Adults*, p. 251). Jesus’ word and his very touch brought healing and life to the sick and afflicted. From its very beginnings, the Church has continued Christ’s ministry of healing. “Is anyone among you sick?” the apostle James asked in the first century. “He should summon the presbyters of the church, and they should pray over him and anoint him with oil in the name of the Lord.” (James 5: 14-15) Our understanding of this sacrament has changed with time. In the early Church it was seen as a sacrament of healing, but later it came to be known as “Extreme Unction” – literally, “last anointing” – and was not administered until death was imminent. With the reforms of the Second Vatican Council, the Church has returned to the more ancient practice with regard to this sacrament.

Who can receive this sacrament?

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

What happens during the Rite of Anointing?

Those gathered pray for the healing and forgiveness of the sick person, as well as for doctors, nurses, and caregivers. Then, in silence, the priest lays his hands on the head of the sick person, an ancient gesture of prayer that is used in connection with many of the sacraments, especially the Sacrament of Reconciliation and Holy Orders.

After the laying on of hands, the sick person is anointed with the Oil of the Sick (pure olive oil, blessed each year by the Archbishop at the Chrism Mass). The sick person is anointed on the forehead and then on the hands. A concluding prayer follows, and if the sacrament takes place in the context of the Mass, the Liturgy of the Eucharist continues as usual.

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

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

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



Praying at Home

February 2011

On Prayer

The flickering red lamp whispered the presence of Christ in the tabernacle. If truly present, I thought, Jesus would be aware of me, looking directly at me. What would he say to me sitting here alone? What would I say? Perhaps there'd be nothing to say. Perhaps silence would be enough.

Robert Waldron

World Day of the Sick

February 11, the Memorial of Our Lady of Lourdes, is the World Day of the Sick. Each year, the Holy Father publishes a message addressed to the sick and to all the faithful.

St. Bernard observed: 'God cannot suffer but He can suffer with.' God, who is Truth and Love in person, wanted to suffer for us and with us; he became human so that He could suffer with us, in a real way, in flesh and blood. To every human suffering, therefore, there has entered One who shares suffering and endurance; in all suffering his consolation is diffused, the consolation of God's participating love so as to make the star of hope rise. Dear brothers and sisters, may you be witnesses to this through your suffering, your lives and your faith.

Pope Benedict XVI

Prayers for Morning and Evening

These prayers are from The Little Book of Hours: Praying with the Community of Jesus. The Community of Jesus is an ecumenical community in the Benedictine tradition, located on Cape Cod.

In the morning:

**O Christ, dispel sleep,
break the chains of night,
release long-standing sin,
and pour in new light. Amen.**

In the evening:

**O God,
Creator of all things and Ruler of heaven,
we give thanks for the day that is finished,
and we pray at the start of the night.
May faith not know darkness;
may the night shine with faith. Amen.**

Holy Father's Intentions for February

Each month, the Holy Father asks us to pray with him by remembering his intentions in our prayer.

GENERAL INTENTION: That all may respect the family and recognize it for its unmatched contribution to the advancement of society.

MISSION INTENTION: That Christian communities may witness to the presence of Christ by serving those who suffer from disease in mission territories where the fight against disease is most urgent.

A Prayer for married couples

February 14 is Valentine's Day!

Almighty and eternal God,
look with favor upon us whom you have united in marriage,
as we ask for your help and the protection of the Virgin Mary.
We pray that in good times and in bad
we will grow in love for each other;
that we will resolve to be of one heart
in the bond of peace.
Lord, in our struggles let us rejoice
that you are near to help us;
in our needs let us know
that you are there to rescue us;
in our joys let us see
That you are the source and completion of every happiness.
We ask this through Christ our Lord.

From the United States Conference of Catholic Bishops

A Meal Blessing at the beginning of spring

God of new life,
we give you praise and thanks for the spring.
We thank you for sustaining us through the winter,
and for the returning warmth of the sun.
We praise you for the new life
which springs from the earth,
for food which nourishes our bodies,
and for the flowers which gladden our hearts.
Bless this meal which we share.
May we too be signs of new life and hope for our world.
Amen.

From Let's Say Grace by Robert M. Hamma

Praying with Mary

This translation of Mary's Magnificat is from the Carmelites of Indianapolis.

My soul proclaims your greatness, O my God,
and my spirit has rejoiced in you, my Savior,
for your regard has blessed me,
poor, and a serving woman.
From this day all generations will call me blessed,
For you who are mighty, have made me great.
Most Holy be your Name.
Your mercy is on those who fear you
throughout all generations.
You have shown strength with your arm,
You have scattered the proud in their heart's fantasy.
You have put down the mighty from their seat,
and have lifted up the powerless.
You have filled the hungry with good things,
and have sent the rich away empty.
You, remembering your mercy,
have helped your people Israel,
as you promised Abraham and Sarah.
Mercy to their children, forever.

People's Companion to the Breviary, 1997