



I am the vine, you are the branches

*West façade window, St. James Cathedral
Rambusch Studios, 1950*

ST. JAMES CATHEDRAL
The Ninth Sunday in Ordinary Time

March 6, 2011

ORDER OF CELEBRATION FOR THE NINTH SUNDAY IN ORDINARY TIME

*Out of respect for the liturgy we are about to celebrate,
please turn off all cell phones.*

RITE OF RECEPTION INTO FULL COMMUNION (10:00)

FIRST SUNDAY YOUTH CELEBRATION (Noon)

PRELUDE (Saturday & Noon) *All Glory be to God on High*, BWV 664
(8:00 & 10:00) "Cantilène" from *Suite brève*

Bach
Langlais

ENTRANCE *Christ is made the sure foundation* WESTMINSTER ABBEY



1. Christ is made our sure foun-da-tion, Christ the head and
2. To this tem-ple where we call you, Come, O Lord of
3. Grant, we pray, to all your peo-ple, All the grace they
4. Praise and hon-or to the Fa-ther, Praise and ho-nor

cor-ner-stone; Cho-sen of the Lord and pre-cious,
hosts, to-day; With your wont-ed lov-ing kind-ness
ask to gain; What they gain from you for ev-er
to the Son, Praise and hon-or to the Spir-it,

Bind-ing all the Church in one, Ho-ly Zi-on's
Hear your ser-vants as they pray, And your full-est
With the bless-ed to re-tain, And here-after
Ev-er Three and ev-er One: U-ni-fied in

help for ev-er, And her con-fi-dence a-lone.
ben-e-dic-tion Shed in all its bright ar-ray.
in your glo-ry Ev-er-more with you to reign.
pow'r and glo-ry, While un-end-ing a-ges run.

SPRINKLING RITE (10:00) Alleluia, alleluia!

Hurd

PENITENTIAL RITE

St. James Mass for Peace

Herbolsheimer



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

GLORIA

(10:00)

Missa de angelis No. 341

Vatican VIII

St. James Mass for Peace

Herbolsheimer



Glo-ri-a in ex-cel-sis De-o.

LITURGY OF THE WORD

READINGS [*Deuteronomy 11:18, 26-28; Romans 3:21-25, 28; Matthew 7:21-27*]

PSALM RESPONSE

Psalm 31

Kelly



CHILDREN'S ALLELUIA PROCESSION (Noon)

Children are invited to come forward to sing the "last Alleluia." The Alleluia is not sung during the season of Lent. The next time we sing the Alleluia will be at the Easter Vigil on April 23.

ALLELUIA

Berthier



HOMILY

Father Michael G. Ryan

RITE OF RECEPTION INTO FULL COMMUNION (10:00)

PRESENTATION OF THE CANDIDATES

CREED No. 238

ACT OF RECEPTION

CELEBRATION OF THE SACRAMENT OF CONFIRMATION

GENERAL INTERCESSIONS

Berthier



LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Psalm 86: Confitebor tibi

Rheinberger

I will give thanks to you, O Lord, my God with all my heart.
I will glorify your name forever. For you are good and forgiving
And abounding in mercy to all who call upon you.

SANCTUS

St. James Mass for Peace

Herbolsheimer

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.
Bles - sed is he who comes in the name of the Lord. Ho -
san - na in the high - est, ho - san - na in the high - est.

MEMORIAL ACCLAMATION

St. James Mass for Peace

Herbolsheimer

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

AMEN

St. James Mass for Peace

Herbolsheimer

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

LORD'S PRAYER No. 246

AGNUS DEI

St. James Mass for Peace

Herbolsheimer

Response 1, 2

Have mer - cy on us.

Response 3

Grant us peace.

COMMUNION

I have called out because you hear me, O God;
incline your ear and hear my words.

(10:00)

Psalm 84: How lovely is thy dwelling-place

Brahms

How lovely is thy dwelling-place, O Lord of Hosts!
For my soul it longeth, yea fainteth for the courts of the Lord;
My soul and body crieth out, yea, for the living God.
O blest are they that dwell within thy house;
They praise thy name forever more.

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

1. Sure - ly it is God who saves me; Trust - ing
2. Make his deeds known to the peo - ples; Tell out

him, I shall not fear. For the Lord de -
his ex - al - ted Name. Praise the Lord, who

fends and shields me; And his sav - ing help is near.
has done great things; All his works his might pro - claim.

So re - joice as you draw wa - ter From sal - va - tion's
Zi - on, lift your voice in sing - ing; For with you has

liv - ing spring; In the day of your de -
come to dwell, In your ver - y midst, the

liv - 'rance Thank the Lord, his mer - cies sing.
great and Ho - ly One of Is - ra - el.

PROCESSION (Saturday & Noon) *Fête*
(8:00 & 10:00) *Te Deum laudamus*

Langlais
Langlais

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.*

FLOWERS IN THE CATHEDRAL are in loving memory of Joseph Forte from his family. Flowers are also from the Saturday wedding of Christine Santoni and Michael Huber.

GUEST BELL CHOIR Saturday 5:30pm We welcome the Raven Ringers from Forest Ridge School of the Sacred Heart, directed by Ron Mallory.

NEW IN THE BOOKSTORE Celebrate Lent! Stop by the Cathedral Bookstore for a wide selection of readings, prayers, and meditations for the holy season of Lent.

ASH WEDNESDAY MASS SCHEDULE We mark the beginning of the holy season of Lent this Wednesday, March 9. Masses in the Cathedral are at 8:15am, 12:10pm, and 6:00pm (note new time for the evening Mass). *Free parking will be available at both the O'Dea High School Parking Lot and the Cabrini Garage for the evening Mass.* There will be a simple supper in the Cathedral Hall following the 6:00pm Mass. You are also welcome at the 10:00am Mass with the O'Dea High School Community.

HANDEL'S ANTHEMS Saturday, March 19 and Sunday, March 20, 2011 8:00pm. Seattle Pro Musica, a Cathedral Resident Ensemble, performs Handel's great setting of the Vesper Psalm *Dixit Dominus*, as well as his *Chandos Anthem No. 8* and *Utrecht Jubilate Deo*. Karen P. Thomas, Music Director. *Information*, 206-781-2766 or www.seattlepromusica.org.

As we begin our Lenten journey, you are invited to participate in Catholic Relief Services' Operation Rice Bowl. Throughout Lent we will pray, fast, learn and give as ways to reach out in solidarity to our brothers and sisters around the world. Please be sure take a Rice Bowl packet and follow this simple yet powerful Lenten practice. Visit orb.crs.org for additional resources to use at home.



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. Louise in Bellevue and St. Joseph in Seattle, Tacoma, and Lynden.*

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 Adapted for Older Children process who are ready to take the next step towards becoming full members of our Catholic Christian Church. We welcome *Olivia Mathieson-Sarriugarte, Axel Lekea, Ange Lekea, and Divine Lekea*, who are preparing for baptism and enter the order of catechumens; and our candidates: *Kurt Gorospe, Daniel Kim, Mora Nguyen, and Gemeni Samarasinghe* 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 Noon Mass. Please continue to pray for our catechumens and candidates.

CATHOLIC ADVOCACY DAY Washington State faces massive budget cuts that imperil those in our community who are most in need. All St. James parishioners 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. *Information* Suzanne Lee, 206-654-4640.

HANDEL'S ESTHER Saturday, March 26, 8:00pm. St. James Cathedral is hosting what promises to be a world-class performance of Handel's great musical retelling of the story of the Hebrew Queen Esther. The story is as current as today's news, the music is Handel at his *Messiah* best. Stephen Stubbs, one of the world's great lutenists and a Resident Artist at St. James will conduct. *Information* pacificmusicworks.org. For special reduced parish passes, call 206-382-4874.

WORLDWIDE MARRIAGE ENCOUNTER Strengthen your marriage by attending a Marriage Encounter weekend on April 1-3 or June 10-12. It can improve the quality of your communication, build team work, and improve family dynamics, just to name a few benefits. *Information*, John and Martha Ryland, 253-859-9174, jmrlyland@comcast.net; seattlewwme@yahoo.com

CATHEDRAL SCHOLARSHIP FUND FOR RAINBOW SCHOOL STUDENTS Our parish has established a scholarship fund to assist families in meeting the financial obligation involved in sending their elementary school age children to any one of the Rainbow Schools (Sts. George, Edward, Paul, Therese, and Joseph). Applications are now available for the 2011 school year. Families are required to be registered in our parish, have a Sacrificial Giving card on file (whether they are able to make a monetary pledge or not), and active in the parish in some capacity. Applications are due April 30. *Information*, Helen Oesterle, 206-382-4514, hoesterle@stjames-cathedral.org.

PRAYER WITH MUSIC FROM TAIZÉ Each Friday at 6:30pm 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.

THE SOLANUS CASEY CENTER, our parish's drop-in center for homeless and low-income people, is looking for volunteers to help with hospitality, resource referral, and ministry of listening and presence. The center currently serves approximately 300 persons per month, but we can't do this important work without the help of dedicated volunteers. The center is open Monday, Wednesday and Friday afternoons from 1-4 pm. Come and learn more about the center, and explore whether you might be called to serve, at an Information Night Monday, March 14, at 7:00 pm in the Pastoral Outreach Center. *Information*, Patty Bowman, 206-382-4515, pbowman@stjames-cathedral.org.

AIDS CARE TEAM INFORMATION SESSION Sunday, March 13 after the 10:00 am Mass, 11:15-11:45 am, Pastoral Outreach Center, 907 Columbia. Come learn how you can join with other St. James parishioners to provide practical and emotional support to a person living with HIV/AIDS or MS, or to someone recovering from chemical addiction. In partnership with Multifaith Works, St James Care Team volunteers work in groups of 4-7 individuals to provide companionship and assistance with transportation, shopping and other tasks. By building relationships with people who are otherwise cut off from community, we build a safety net of trust and love. Care Team Volunteer Training will be held the following weekend, Saturday, March 19 from 8:30am-5:00pm at the Multifaith Works, 115 16th Avenue, Seattle. *Information* Suzanne Lee, 206-654-4640 or slee@stjames-cathedral.org.

SAVE THE DATE This year's Environmental Health Fair will be Sunday, March 27, following the morning Masses. The theme is **Healthy People - Healthy Planet**. Exhibitors include the American Lung Association, Dental Health, Earth Ministry, Poison Control, several chiropractors, naturopaths and massage therapists and more.

THE KIDS' PAGE

Coloring the Bible!

Jesus teaches the people the Good News of the kingdom. Do you see someone like you in this crowd of people?



Thinking about today's Gospel story

Jesus said, "Everyone who listens to these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and buffeted the house. But it did not collapse; it had been set solidly on rock. And everyone who listens to these words of mine but does not act on them will be like a fool who built his house on sand. The rain fell, the floods came, and the winds blew and buffeted the house. And it collapsed and was completely ruined."

To think about: Jesus uses a story about building houses to teach his disciples about believing, and doing. It is not enough to believe in Jesus. If we do not live the way he teaches us, we are building on sand. How can you "build on rock" by the way you act at home and school?

Alleluia is a Hebrew word that means "praise the Lord." During the season of Lent, the Church "fasts" from singing **Alleluia**. We don't fast from **Alleluia** because we're sad or because we don't praise the Lord during Lent. Rather, we fast from **Alleluia** so that we can look forward to Easter with even greater joy. We will let **Alleluia** rest for the next forty days, so that when it reappears on Easter, we can sing it as if for the first time. In fact, once **Alleluia** returns on Easter, we give it no rest at all, repeating it again and again, in celebration of the Resurrection of Jesus. Today, be sure to sing your **Alleluias** loud and clear. It will be many days before we get to sing **Alleluia** again!

Alleluia



Imagine that!

Can you draw a picture of the house built on rock?



Praying at Home

March 2011

Keeping Lent

This Lent, let us renew our acceptance of the Grace that God bestowed upon us at the moment of our baptism, so that it may illuminate and guide all of our actions. What the Sacrament signifies and realizes, we are called to experience every day by following Christ in an ever more generous and authentic manner.

Pope Benedict XVI, Message for Lent 2011

Prayer: Source of Reconciliation

I can no longer condemn or hate a brother for whom I pray, no matter how much trouble he causes me. His face, that hitherto may have been strange and intolerable to me, is transformed in intercession into the countenance of a brother for whom Christ died, the face of a forgiven sinner. This is a happy discovery for the Christian who begins to pray for others.

Dietrich Bonhoeffer

Praying with Christ in his Passion

During the season of Lent, we meditate on the passion of Christ through the liturgy, the scriptures, and through devotions like the rosary and the Stations of the Cross. This Litany of the Passion of Christ is from The Rhythm of Life: Celtic Daily Prayer.

**By the nails through your hands and feet,
Give comfort to the suffering.**

Hear us, Lord Christ.

**By the crown of thorns upon your head,
Give hope to the despairing.**

Hear us, Lord Christ.

**By the spear that pierced your side,
Give courage to the heart-broken.**

Hear us, Lord Christ.

**By your being scorned and rejected of men,
Give love to the lonely.**

Hear us, Lord Christ.

**By your time of desolation,
Lift up all who are down.**

Hear us, Lord Christ.

**By your death on the cross,
Give us life which is eternal.**

Hear us, Lord Christ.

David Adam

Holy Father's Intentions for March

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

GENERAL INTENTION: That the nations of Latin America may walk in fidelity to the Gospel and progress in justice and peace.

MISSION INTENTION: That the Holy Spirit may give light and strength to those in many regions of the world who are persecuted and discriminated against because of the Gospel.

A Meal Blessing for Lent

Give us this day our daily bread, O Father in heaven,
and grant that we who are filled with good things
from your open hand
may never close our hearts
to the hungry, the homeless, and the poor,
in the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

A prayer from the Abbey of New Clairvaux, Vina, California

Daily Prayer in Lent

It is an ancient custom in the Church to recite the seven penitential psalms as prayers against the seven deadly sins. They are Psalms 6, 31, 38, 51, 102, 130, and 143.

In the morning:

**O Lord, listen to my prayer;
turn your ear to my appeal.**

You are faithful, you are just; give answer.

**Do not call your servant to judgment,
for in your sight no one living is justified....**

**In the morning, let me know your loving mercy,
for in you I place my trust.**

**Make me know the way I should walk;
to you I lift up my soul. Psalm 143**

In the evening:

**My transgressions, truly I know them;
my sin is always before me.**

**Against you, you alone, have I sinned;
what is evil in your sight I have done....**

**Create a pure heart for me, O God;
renew a steadfast spirit within me.**

**Do not cast me away from your presence;
take not your holy spirit from me. Psalm 51**

Praying with Mary

The ancient Latin antiphon "Ave Regina caelorum" is traditionally prayed at the end of the day during the season of Lent.

**Ave, Regina caelorum,
Ave, Domina angelorum,
salve, radix, salve, porta,
ex qua mundo lux est orta.
Gaude, Virgo gloriosa,
super omnes speciosa,
vale, O valde decora,
et pro nobis Christum exora.**

**Hail, Queen of the heavens,
hail, Lady of the angels,
hail, root, hail, portal,
through which light has dawned upon the world!
Rejoice, O glorious Virgin,
Beautiful beyond all others.
Hail, O Lady most lovely,
And pray for us to Christ.**

Would you consider being a sponsor?



SPONSOR INFORMATION MEETING
WEDNESDAY, MARCH 2, 2011
7:00-9:00 PM
CATHEDRAL PLACE, SECOND FLOOR

Expectations:

- A love for the Catholic faith and a desire to share that with others, especially in the midst of our parish community
- Ability to attend at least two Wednesday evening sessions a month
- Ability to pray for their “sponsee” every day and connect with him/her weekly (i.e. at Mass, by phone or e-mail)

Benefits:

- Meeting new people and feeling more a part of the parish
- Growing in your own understanding of the Catholic faith
- Ability to share your gifts and talents with others
- “Kudos” in heaven!

Testimonies:

- “Being a sponsor enriches my own faith... I get more out of it than I give.” — *Doug and Teri Head*
- “I enjoy being a part of my candidate or catechumen's growth and I grow at the same time.” — *Fred Armstrong*
- “It's an honor and a privilege to walk with someone as they discover the Catholic faith.” — *Jane Simpson*
- “Being a sponsor brings to mind what Easter is all about.” — *Sally Strausz*
- “It is amazing to relive my own RCIA experience through the eyes of someone receiving their own Baptism, Confirmation, and first Eucharist.” — *Theresa Diehl*

Information:

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

Lent at St. James Cathedral

Dear Friends,

If you're anything like me, you're a bit disoriented by the extreme lateness of Lent's arrival this year. It almost seems like we should be getting out the palms and lilies but, no, we haven't yet gotten to the ashes!

Late or early, however, Lent is always a six-week journey and the truth is that we need that much time to really get into it. At least I do. We also need some guidance for the journey and the Church is happy to offer not only guidance but a rich and powerful – and time-tested regimen. It comprises three parts. Allow me to walk you through each of them.

Part one is **PRAYER**. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something great. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season. And here are even some more possibilities: extending your family prayer at meal times, taking some time each day to read and reflect prayerfully on the Gospels (this could be a family thing, too); attending Vespers and Benediction of the Blessed Sacrament on Sunday afternoons; joining the Friday evening Taizé Prayer around the Cross; praying the Stations of the Cross on Mondays, Wednesdays, or Fridays; or joining in the Lenten Holy Hour on Friday afternoons.

Still one other wonderful opportunity for prayer this Lent is the "adoption" of one of our "Elect" (the people who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). "Adoption" means that you will take it on yourself to pray for that person in a special way all during Lent. Prayer cards will be available in the north aisle of the Cathedral and in the parish hall during the first few weeks of Lent, each one with the name of one of our Elect. If you take a card, (and I really hope you do), in addition to your prayer, you

will be invited close to Easter time to write a card or short note telling your "adopted" friend of your prayerful support. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something EVERYONE can do!

Part two of the Lenten regimen is **FASTING**. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

Part three is **ALMSGIVING**. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles – the spiritual equivalent of strutting about the gym – if it is not related to reaching out to others. And again this year the Church offers you the perfect way to do just that. The Rice Bowl Program is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian "passport," and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!



Father Michael G. Ryan

Prayer during Lent

ASH WEDNESDAY is celebrated Wednesday, March 9. Masses are at 8:15am, 12:10pm, and 6:00pm.

(Please note the new start time for the evening Mass of Ash Wednesday!) All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.



RICE BOWL PROGRAM The Rice Bowl program is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. This year the Rice Bowl program invites us to focus our attention on poor nations around the world. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

STATIONS OF

THE CROSS The unique Stations of the Cross are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault. The stations were created from found objects which Landkamer collected near her home in Ocean Shores. Each station is unique, and together they form a stark and intensely moving portrayal of the last journey of Jesus.



PRAYING THE STATIONS A wonderful Lenten tradition in the Church. There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). *You can also pray the stations online at www.stjames-cathedral.org.*

LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes

readings from scripture and from our rich Catholic tradition.

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour, which includes the Liturgy of the Hours, meditations, and rosary, is the perfect midday retreat at the end of a busy week.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

CONTEMPLATIVE PRAYER ON THE FRIDAYS OF LENT Every Friday evening at 6:30 pm, the Cathedral offers a meditative evening prayer of song, scripture, and silence, with the music of the ecumenical community of Taizé in France. The guitar prelude begins at 6:15pm. All are welcome.

A SPECIAL INVITATION TO OUR 20-40 YEAR-OLD FRIENDS Please join us for an opportunity to create space at the end of a busy week for time with God and with other young adults in our community: *Fridays of Lent with Contemplative Prayer and Fellowship*. Prayer is from 6:30pm to 7:15pm in the Cathedral followed by a Lenten "simple supper" and fellowship. To assure adequate servings for the simple supper, please RSVP your commitment to attend no later than the Wednesday preceding to TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org. Dates for the Lenten Prayer and simple supper are: March 11, 18, and 25; April 1, 8, and 15. Optional opportunity: Join with the musicians at 6:00pm in the Scola Room in the basement of the Cathedral in practice for the prayer service. Call or e-mail the Music Office for details, musicoffice@stjames-cathedral.org or 206-382-4874

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions will be heard each Saturday from 4:00 – 5:00pm. Communal penance services will be on Saturday, April 9 at 4:00pm, and Monday, April 11 at 7:30pm.

RCIA During Lent

JOURNEY OF THE ELECT

Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.



Please pray for:

Julie Arroyo • Bradley Bambusch • Debra Bicknell • Scott Bugbee • Richard Buker • Jack Chen • Sandy Flugel • Loran Frare • Jason Hoetger • Trevor Koba • Rachel Kortas • Ange Lekea • Axel Lekea • Divine Lekea • Nicholas Louie • Henry Mah • Michelle Mai • Olivia Mathieson-Sarrigarte • Lisa Nguyen • Sarah Spears

PRAYER PARTNERS Adopt one of the Elect as a prayer partner to pray for in a special way during this holy season. A place of prayer will be created in the north transept of the Cathedral where you can come and pray, and also look through our Book of the Elect and get to know them better. As Easter draws near, you will be

invited to write a note telling your prayer partner of your prayerful support.

The following are some important dates in the journey of our Catechumens and Candidates toward full communion in the Catholic Church:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election which will take place on **Thursday, March 10, 2011**. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place on Sunday, March 27, at 5:30pm; Sunday, April 3, at 10:00am; and Saturday, April 9, at 5:30pm.

SATURDAY, APRIL 23, 9:00pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is March 9, 2011. Good Friday is April 22, 2011.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted.

Abstinence. On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18 - 59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

From Pope Benedict XVI's Lenten Message 2011

The Lenten journey, in which we are invited to contemplate the Mystery of the Cross, is meant to reproduce within us "the pattern of his death" (Ph 3: 10), so as to effect a deep conversion in our lives; that we may be transformed by the action of the Holy Spirit, like St. Paul on the road to Damascus; that we may firmly orient our existence according to the will of God; that we may be freed of our egoism, overcoming the instinct to dominate others and opening us to the love of Christ. The Lenten period is a favorable time to recognize our weakness and to accept, through a sincere inventory of our life, the renewing Grace of the Sacrament of Penance, and walk resolutely towards Christ.

Dear Brothers and Sisters, through the personal encounter with our Redeemer and through fasting, almsgiving and prayer, the journey of conversion towards Easter leads us to rediscover our Baptism. This Lent, let us renew our acceptance of the Grace that God bestowed upon us at that moment, so that it may illuminate and guide all of our actions. What the Sacrament signifies and realizes, we are called to experience every day by following Christ in an ever more generous and authentic manner. In this our itinerary, let us entrust ourselves to the Virgin Mary, who generated the Word of God in faith and in the flesh, so that we may immerse ourselves – just as she did – in the death and resurrection of her Son Jesus, and possess eternal life.

Living the Gospel

LIVING THE GOSPEL This Lent, many of our Cathedral parishioners are participating in a six-week Lenten small group exploration of Scripture, Faith and Catholic Social Teaching. How are we called to live our faith in today's complex world? What does the compassion of

Christ look like? What is the difference between charity and justice, and how are we called to live out both? Join us for a Lenten journey into the heart of our Gospel call. *Information*, Patty Bowman, 206-382-4515 or e-mail pbowman@stjames-cathedral.org.

Musical Prayer during Lent

March 19-20, 2011 8:00 pm

Handel's *Anthems*

Seattle Pro Musica, a Cathedral Resident Ensemble, performs Handel's great setting of the Vesper Psalm *Dixit Dominus*, as well as his Chandos Anthem No. 8 and *Utrecht Jubilate Deo*. Karen P. Thomas, Music Director. *Information* 206-781-2766 or www.seattlepromusica.org



Saturday, March 26, 2011 8:00 pm

Handel's *Esther*

The American Handel Festival will culminate with a staged performance of Handel's great oratorio, *Esther*. With leading Northwest early music specialists, including Cathedral Resident Musicians Stephen Stubbs, Maxine Eilander and Margriet Tindemans. *Information* www.pacificmusicworks.org

Friday, April 8, 2011, 8:00 pm

Cathedral Organist Joseph Adam plays a program of French Romantic organ works for the Lenten Season. Included are the Choral No. 3

by Franck, *Te Deum laudamus* by Langlais, the *Triple Choral* by Tournemire, a musical depiction of the Holy Trinity, and Marcel Dupré's *Passion Symphony*, four illustrations of the Life of Christ: Advent, Nativity, Crucifixion, and Resurrection. All performed on the world-renowned Rosales and Hutchings-Votey organs of St. James Cathedral. Suggested donation is \$15, with students and seniors paying as able. Information and reserved passes are available online at www.stjames-cathedral.org/music

TENEBRAE Wednesday, April 20, 7:30pm. The Cathedral Men's Chant Choir with Margriet Tindemans, viola da gamba; Rebekah Gilmore, Christine Knackstedt, Lisa Cardwell Pontén, Linda Strandberg, and Stacey Sunde, sopranos. Music by Couperin, Charpentier, and Allegri's *Miserere*, James Savage, conductor. *Free-will offering*.

TRE ORE Friday, April 22, 12:00 Noon-3:00pm. Haydn's *Seven Last Words*. Cathedral Chamber Orchestra, James Savage, conductor.