



Five loaves and two fish are all we have  
Stained-glass window, St. James Cathedral Chapel. Charles Connick, 1917-1919.

ST. JAMES CATHEDRAL  
*Eighteenth Sunday of Ordinary Time*  
July 31, 2011

# ORDER OF CELEBRATION FOR THE EIGHTEENTH SUNDAY IN ORDINARY TIME

OUT OF RESPECT FOR THE PRAYER OF OTHERS,  
PLEASE TURN OFF ALL CELL PHONES.

PRELUDE

*Prelude and Fugue in G Major*

Mendelssohn

ENTRANCE

*I heard the voice of Jesus say*

KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to me and rest;  
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give;  
3. I heard the voice of Je - sus say, "I am this dark world's light;  
Lay down, O wear - y one, lay down Your head up - on my breast."  
The liv - ing wa - ter; thirst - y one, Stoop down, and drink, and live."  
Look un - to me, your morn shall rise, And all your day be bright."  
I came to Je - sus as I was, So wea - ry worn and sad;  
I came to Je - sus, and I drank Of that life - giv - ing stream;  
I looked to Je - sus, and I found in him my star, my sun;  
I found in him a rest - ing place and he has made me glad.  
My thirst was quenched, my soul re - vived, And now I live in him.  
And in that light of life I'll walk Till trav'ling days are done.

PENITENTIAL RITE

*St. James Mass for Peace*

Herbolsheimer



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

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

GLORIA (Sunday Evening)

*Missa de angelis* chant, No. 341 in red Worship Hymnal

(All other Masses)

to the tune LAUDA ANIMA

Glory be to God in heaven,  
Songs of joy and peace we bring;  
Thankful hearts and voices raising,  
To creation's Lord we sing:  
Lord, we thank you, Lord, we bless you,  
Glory be to God our king.

Lamb of God who on your shoulders  
Bore the load of this world's sin;  
Only Son of God the Father,  
You have brought us peace within:  
Lord, have mercy, Christ, have mercy,  
Now your glorious reign begin.

You, O Son of God, are holy,  
 You we praise with one accord;  
 None in heav'n or earth is like you,  
 Only you are Christ the Lord,  
 With the Father, and the Spirit,  
 Ever worshiped and adored.

*(Text by Edwin LeGrice)*

## LITURGY OF THE WORD

READINGS [*Isaiah 55:1-3; Romans 8:35,37-39; Matthew 14:13-21*]

PSALM 145

Kelly



ALLELUIA

Berthier



HOMILY

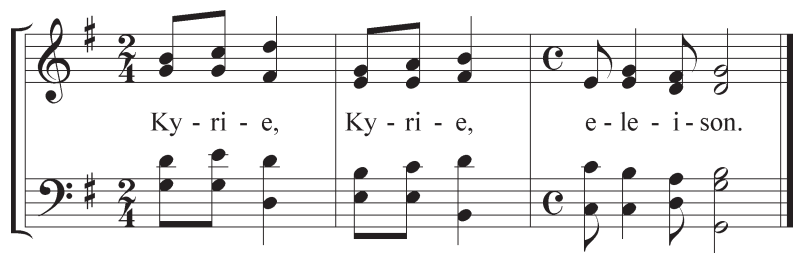
Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

CREED No. 238

GENERAL INTERCESSIONS

Berthier



## LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 ~ Noon)

*O come, everyone that thirsteth*

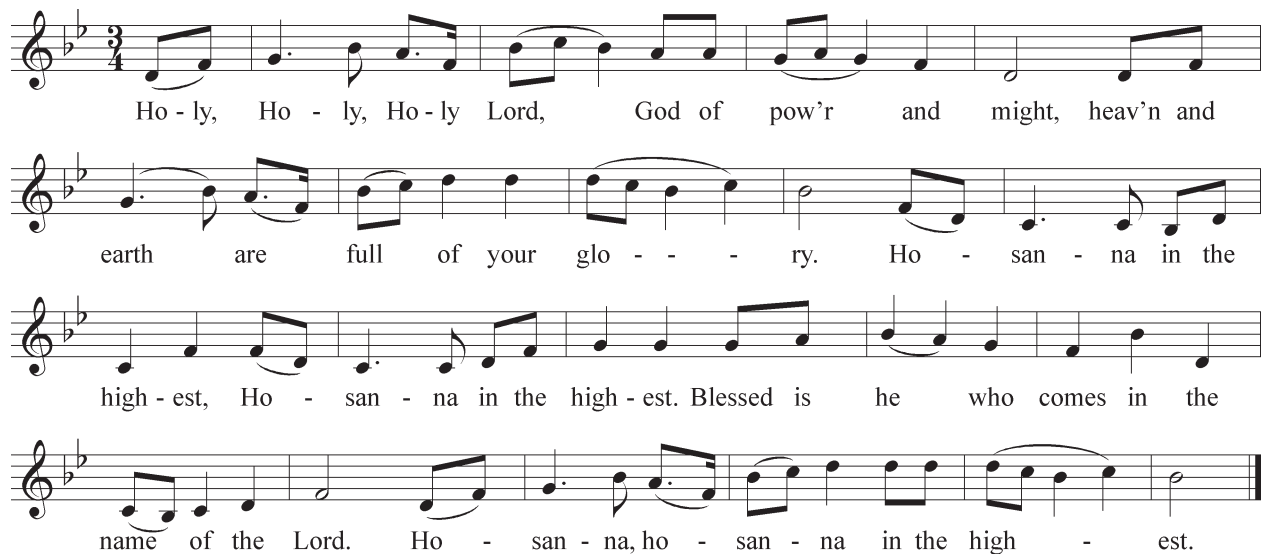
Mendelssohn

O come, everyone that thirsteth,  
 O come to the waters,  
 O come unto Him.

# SANCTUS

*Compostela Mass*

Holst, adapt. Ryan

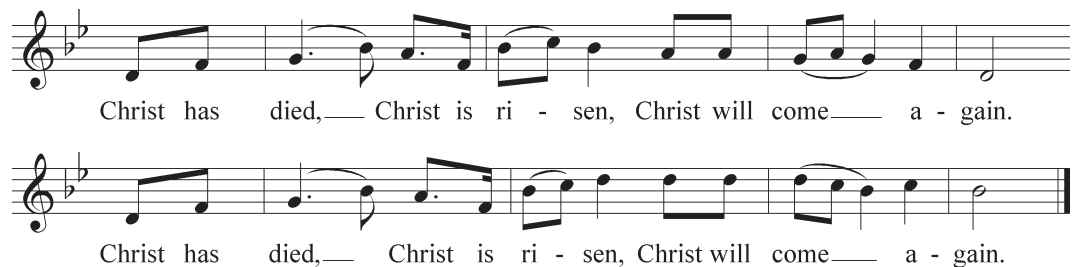


Ho - ly, Ho - ly, Ho - ly Lord, God of pow'r and might, heav'n and  
earth are full of your glo - - - ry. Ho - san - na in the  
high - est, Ho - san - na in the high - est. Blessed is he who comes in the  
name of the Lord. Ho - san - na, ho - san - na in the high - est.

# MEMORIAL ACCLAMATION

*Compostela Mass*

Holst, adapt. Ryan



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

# AMEN

*Compostela Mass*

Holst, adapt. Ryan



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

# LORD'S PRAYER No. 246

# AGNUS DEI

*St. James Mass for Peace*

Herbolsheimer

Response 1, 2



Have mer - cy on us.

Response 3



Grant us peace. \_\_\_\_\_

# COMMUNION

You gave us bread from heaven, O Lord, having in it all that is delicious, and the sweetness of every taste.

(10:00 ☩ Noon)

*Psalms 150*

Walker


O praise God in his holiness.  
Praise him in the firmament of his power.  
Praise him according to his excellent greatness.  
Praise him in the sound of the trumpet.  
Praise him upon the lute and harp.  
Let everything that has breath praise the Lord.

When you return to your seat 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

### *Shepherd of souls*


ST. AGNES



1. Shep - herd of souls, re - fresh and bless  
 2. We would not live by bread a - lone,  
 3. Be known to us in break - ing bread,  
 4. Lord, sup with us in love di - vine;



Your cho - sen pil - grim flock With man - na in the  
 But by your word of grace, In strength of which we  
 But do not then de - part; Sav - ior, a - bide with  
 Your Bod - y and your Blood, That liv - ing bread, that



wil - der - ness, With wa - ter from the rock.  
 trav - el on To our a - bid - ing place.  
 us, and spread Your ta - ble in our heart.  
 heav'n - ly wine, Be our im - mor - tal food.

## PROCESSION

### *Sonata No. 4 in B-flat Major*

Mendelssohn

# 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, Pastoral Care Minister (206-274-3173)

Beth Rose, Parish Mental Health Nurse (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Suzanne Lee (206-654-4640)

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

### 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

### 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

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

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**W**ELCOME, SUMMER VISITORS! *St. James is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today. Last week, we had visitors from Highlands Ranch, CO; Coquitlam, B.C.; Algueirao, Portugal, and many other places! The winner of our drawing was from Champlin, MN.*

**SUMMER TOURS** During the summer months, June, July, and August, we offer a tour of the Cathedral each Wednesday at 1:00pm. This is a great opportunity to share your Cathedral with out-of-town guests. No reservations are necessary; gather in the west vestibule.

**DISASTER PREPAREDNESS** information and handouts from the American Red Cross will be available at the coffee hours after today's Masses. Only 7% of Americans have taken the recommended actions to prepare for disasters. If you're in the remaining 93%, the American Red Cross urges you to make a plan and create a disaster supplies kit. Your family will cope best by preparing for earthquakes, floods or winter storms before they strike. Sponsored by the Health and Healing Ministry.

**ST. JAMES HOSTS ECUMENICAL HYMN FEST** Monday, August 1, 7:30pm. World-famous Lutheran musicians, conductor Anton Armstrong, organist John Ferguson, our own Cathedral Brass, and a nearly 200-voice Festival Chorus with congregational singing like you have seldom experienced. *Information* [www.stjames-cathedral.org/music](http://www.stjames-cathedral.org/music).

**FIRST HILL NIGHT OUT BLOCK PARTY** Come meet our cathedral neighbors and have some fun! Dine on hot dogs and ice cream with the residents of Ozanam House, Cabrini Apartments, Chancery Place, and Skyline at First Hill this coming Tuesday, August 2 from 6:15 to 7:30pm. The 900 block of Columbia between 9th & Terry Avenues will be closed to traffic during this time. Night Out Against Crime is a national crime prevention event designed to unite communities and increase neighborhood support for anti-crime and drug prevention efforts. Over 1,200 Seattle neighborhoods participated in 2010. *Information*, Suzanne Lee, 206-654-4640 or [slee@stjames-cathedral.org](mailto:slee@stjames-cathedral.org).

**PARISH REMEMBRANCE** *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Olaf in Poulsbo, St. Alphonsus in Seattle, and St. John Vianney in Kirkland, Vashon, and Darrington.*



**SUMMER CHOIR** sings at the 12:00 Noon Sunday Mass during the month of August. It is open to anyone who wishes to “make a joyful noise” and who is able to rehearse just before the Mass. This spirit-filled, music-filled, prayer-filled opportunity is open to any and all singers: young & old; trained & untrained; small voice & big voice; in-tune & in-some-other-tune singer; visitors & parishioners; travelers & locals; first time & long time—all are welcome! Rehearsals are Sundays of August, 11:15 am, at the Choir Room in Cathedral Place; enter up stairway on Terry Avenue.

**WESTERN BAROQUE FESTIVAL CONCERT** Sunday, August 7, 8:00 pm. The Western Baroque Music Festival faculty will present a concert featuring works by Telemann, Dornel, Chauvon, Hotteterre and Forqueray in conjunction with their 2011 workshop now held in Seattle. *Information* [www.stjames-cathedral.org/music](http://www.stjames-cathedral.org/music). Advance passes are available from the Early Music Guild, 206-325-7066.

**SUMMER FILM FESTIVAL—“GET LOW”** Join us on Tuesday, August 9 for the third film of our summer series. This film tells the story of how Felix, a 40 year-old recluse, stages his own funeral during the Great Depression with the local funeral proprietor while he is still alive so he can hear what people say about him. It is a film about life, death, reconciliation and relationships with others. Starring Robert Duvall, Sissy Spacek and Bill Murray (Rated PG-13). Cathedral Place, 2nd floor at 7:00pm. Popcorn and lemonade will be provided and you are welcome to bring your favorite movie treats. *Information*, Helen Oesterle 206-382-4514 or [hoesterle@stjames-cathedral.org](mailto:hoesterle@stjames-cathedral.org).

**JUSTFAITH** Are you interested in exploring the social justice tradition of your faith? Do you want to know more about the spiritual journey of Francis of Assisi, Mother Theresa, Oscar Romero and the prophets? Did you participate in the Living the Gospel series and want to take those issues a step further? Consider taking part in JustFaith, an intensive program that explores Catholic Social Teaching, the church’s “best kept secret.” The program includes readings, videos, conversations about challenging topics, face-to-face encounters with the poor, and an investigation into the intersection of spirituality and Christian activism. JustFaith changes people; those people change the world! Information night Wednesday August 10, 6:30pm in the Pastoral Outreach Center. *Information*, Patty Bowman, 206-382-4515, [pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org).

**THE NEXT SENIOR TRIP** Friday, August 12, will take us on a beautiful adventure to Diablo Lake in the North Cascades. The all-day trip will be highlighted by a two and a half hour cruise aboard the Alice Ross III. We will explore the pristine waters of the reservoir ringed by snow-capped peaks, surrounded by rugged wilderness. Space is limited and priority will be given to registered parishioners! *Information, or to reserve your place*, John Simpson, Pastoral Care Minister, at 206-274-3173 or [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).

## Sacred Steps

### Sacramental Celebrations at St. James

**CONGRATULATIONS TO OUR CANDIDATE in RCIA Adapted for Older Children, Gretchen Mirielle Thomas** who made her First Holy Communion last Sunday, July 25, at the Noon Mass.

**EMMAUS COMPANIONS** are parishioners who are available during the weekend Masses and coffee hours to assist people who have come to the Cathedral in crisis or with special needs. We are looking for a few new people to join us in this important ministry of welcoming and presence. All that is needed is a listening ear and an open heart. Training and mentoring are provided. *Information*, Patty Bowman, 206-382-4515.

**HELP FEED THE HUNGRY** Operation Nightwatch is an ecumenical Christian ministry providing hot meals and shelter referrals to 150-200 homeless people every night. St. James parishioners cook and serve dinner at the Nightwatch Center three times a month. Food donors are needed for the 1st and 3rd Tuesdays. If you would like to become a monthly donor of sandwich meats, cheeses, desserts, plastic bags, paper plates, and drink mixes, or if your business would like to donate regularly, please contact Mary Nichols [marynichols@hotmail.com](mailto:marynichols@hotmail.com) or 206-420-8788.

**CATHEDRAL CHOIR AUDITIONS** The Cathedral Choir is auditioning tenors with excellent sight-reading skills. *Information* Stacey Sunde 206-941-9450, [ssunde@stjames-cathedral.org](mailto:ssunde@stjames-cathedral.org).

**ST. JAMES IS A PLACE FOR CHILDREN** We encourage all of our parishioners who attend Mass with young children, and we welcome them into our midst. Many families find that sitting in the front rows, where the view is unobstructed, allows children to participate more fully. Others are more comfortable sitting at the ends of the aisles, so that they can easily step into the west vestibule or the Cathedral Chapel, if their child needs a quiet place away from the assembly. We have provided a sound system in these areas so you can continue to participate in Mass. We appreciate your effort to be with us and to include your child in our worship. For those who wish, babysitting is available in the Mother Cabrini Room at the Pastoral Outreach Center during the 10:00 am and 12 Noon Masses.

**NEED PASTORAL CARE?** Whether you are sick or homebound and in need of communion, or would like a CD of Sunday’s Mass, or need the sacrament of the Anointing of the Sick, we can help! *Information* John Simpson, Pastoral Care Minister, 206-274-3173, [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).

# We welcome our visitors

St. James Cathedral, Seattle

July 31, 2011

## WELCOME, SUMMER VISITORS!

*St. James is glad to welcome visitors from near and far throughout the summer months. Each week this summer, a page in the bulletin will offer some historic and artistic highlights of St. James Cathedral. This week, we highlight the stained glass windows by Charles Connick in the Cathedral Chapel.*

*In addition, each week a drawing for a special Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence today.*

**S**t. James is the Cathedral Church for the Catholic Archdiocese of Seattle. It is also a parish church for a large and vital community. Noted for its beautiful liturgies and its extensive outreach to the poor, the Cathedral also serves the city of Seattle as an important gathering place, a crossroads for learning, and a center for the arts.

**Built in 1907**, St. James Cathedral is an impressive Italian Renaissance-style building whose twin towers soar to a height of 167 feet. St. Frances Xavier Cabrini, the first American citizen to be canonized, worshiped in the Cathedral in its early years. In 1994, a nationally acclaimed restoration and renovation completely renewed the beauty of this beloved Seattle landmark, transforming it into a dynamic space for the celebration of the Church's liturgy as well as for ecumenical, cultural, and civic events.

**Artistic highlights** of St. James include magnificent ceremonial bronze doors and tabernacle by German artist Ulrich Henn; an award-winning Shrine to the Blessed Virgin Mary; and a large collection of stained glass by renowned artists Charles Connick and Hans Gottfried von Stockhausen. The Cathedral Chapel is home to a remarkable 15th-century Renaissance altarpiece by Neri di Bicci.

**St. James Cathedral is also a vibrant parish community** of more than 2,400 households, coming from more than 180 ZIP codes around the entire Puget Sound region.



## CONNICK WINDOWS IN CATHEDRAL CHAPEL

In addition to the large collection of windows in the Cathedral, Charles Connick also created another, quite different, set of windows for the Cathedral Chapel. These windows are known as grisailles (pronounced grizz-ales), from the French for "gray," because of their use of opaque rather than transparent glass. "Grisaille was certainly the invention of an ingenious glassman," wrote Charles Connick, "for, as the name indicates, it was devised to modify the light pleasantly."

The simple grisaille windows in the Cathedral Chapel include brilliant spots of color in the medallions and borders, all of which represent symbols of the Eucharist. At the center of the large window on the east wall are two doves drinking from a chalice. Moving along the south wall, we see a basket of bread and fish, recalling the Gospel account of the feeding of the multitude, three jars, recalling the miracle at Cana, and a sheaf of wheat with grapes. On the west wall, the medallion depicts a winepress, an ancient emblem for Christ. Each window is bordered by an intricate pattern of grape vines.

There is an interesting bit of Cathedral history in these windows. If you look carefully at the names of the donors at the bottom of each window, you will notice one window given to the Cathedral by Charles Connick, the artist himself, and another given by John and Hallie Graham — John Graham was the architect who redesigned and rebuilt the Cathedral following the 1916 dome collapse — and the father of John Graham, Jr., architect of the Space Needle!

*Learn more about our Cathedral & take a virtual tour at [www.stjames-cathedral.org/tour](http://www.stjames-cathedral.org/tour)*



# Praying at Home

August 2011

## On Prayer

**Praying does not mean listening to yourself speak; praying means calming down and being still and waiting until you hear God.**

Soren Kierkegaard (1813-1855)

**Christ prays for us as our priest; he prays in us as our Head; we pray to him as our God. Let us therefore hear our voice in him, and his voice in us.**

St. Augustine of Hippo (354-430)

## A Morning Prayer

O God, the King eternal,  
whose light divides the day from the night  
and turns the shadow of death into the morning:  
Drive far from us all wrong desires,  
incline our hearts to keep your law,  
and guide our feet into the way of peace;  
that, having done your will with cheerfulness during the day,  
we may, when the night comes,  
rejoice to give you thanks,  
through Jesus Christ our Lord.

From *The Book of Common Prayer*  
of the Episcopal Church

## Holy Father's Prayer Intentions for August

**GENERAL INTENTION:** That World Youth Day in Madrid may encourage young people throughout the world to have their lives rooted and built up in Christ.

**MISSION INTENTION:** That Western Christians may be open to the action of the Holy Spirit and rediscover the freshness and enthusiasm of their faith.

## World Youth Day 2011: Madrid

This year, World Youth Day will take place in Madrid, Spain, from August 16 through August 21. In his message to the young people of the world, Pope Benedict wrote:

Jesus Christ wishes to make you firm in faith through the Church. The decision to believe in Jesus Christ and to follow him is not an easy one. It is hindered by our personal failures and by the many voices that point us towards easier paths. Do not be discouraged. Rather, look for the support of the Christian community, the support of the Church! ....Dear young people, the Church depends on you! She needs your lively faith, your creative charity and the energy of your hope. Your presence renews, rejuvenates and gives new energy to the Church. That is why World Youth Days are a grace, not only for you, but for the entire People of God.

Pope Benedict XVI

## Grace before a Meal

O Lord, as we are about to share the pleasures of this meal, bestow on us a hunger for holiness, a thirst for truth, a desire for justice, a demand for peace. Amen.

From *Blessings of the Table*  
by Brother Victor-Antoine d'Avila-Latourrette

## Aspirations for August

In this month when we celebrate Mary's Assumption, here are short prayers to memorize and pray through the day.

- Mother of love, of sorrow, and of mercy, pray for us.
- My Mother, my hope.
- Draw us after you, holy Mother.
- Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

## A Prayer for God's Good Earth

Creator God, the Bible tells us  
you looked on all that you made  
and saw that it was good.  
But we have been too willing  
to squander the richness of creation.  
We have laid the ax to the mighty forests  
despoiled the green hillsides  
wasted earth's mineral wealth.  
We have fouled the air  
littered the countryside  
and polluted the streams and oceans.  
Voices are raised to stop us from squandering our patrimony.  
May we heed them in time so that one day  
we can look on the planet you have given us  
and say with pride, once again, "Behold, it is good."  
Amen.

From *Christopher Prayers for Today* (Paulist Press, 1972)

## Honoring Mary's Assumption

The Assumption of the Blessed Virgin Mary is celebrated on August 15. We honor her with liturgical prayers from East and West.

Hail, O Space of the Spaceless God!  
Hail, O Gate of the Sublime Mystery!  
Hail, O Message unsure to those without faith;  
Hail, O Glory most certain to those who believe!  
Hail, O Sacred Chariot of the One above the Cherubim!  
Hail, Perfect Dwelling of the One above the Seraphim!  
Hail, O you who reconciled opposites!  
Hail, O you who combined maidenhood and motherhood!  
Hail, O you through whom transgression was erased;  
Hail, O you through whom Paradise was opened!  
Hail, O Key to the Kingdom of Christ!  
Hail, O Hope for the Ages of Bliss!  
Hail, O Bride and Maiden ever-pure!

From the Akathist Hymn

Almighty Father of our Lord Jesus Christ,  
you have revealed the beauty of your power  
by exalting the lowly virgin of Nazareth  
and making her the mother of our Savior.  
May the prayers of this woman clothed with the sun  
bring Jesus to the waiting world  
and fill the void of incompleteness  
with the presence of her child,  
who lives and reigns with you and the Holy Spirit,  
One God for ever and ever.

From the *Sacramentary*

# Fast for Peace & Understanding



Come join **Jews, Christians, and Muslims** for a day of fasting to promote mutual understanding and peace.

Fasting is a common spiritual practice in all religions.  
It teaches, through personal experience,  
what hunger, poverty, and loneliness  
mean to those in our world who are less fortunate.

After a day of fasting and reflection, please join us for a meal to share your experiences. A scripture exhibition will also be open for visitors.

**Sunday, August 7th at St. Mark's Cathedral**

**7:15 PM ~ Short Program of Reflections**

**8:35 PM ~ Breaking of the Fast with Dinner**

Register Online: <http://www.amiseattle.org/ml/>

Or via email: [info@amiseattle.org](mailto:info@amiseattle.org)

Or by calling: **206-851-0788**

The program is free and open to all.  
However, due to limited seating registration is required.

Contact:  
Ahmadiyya Muslim Community  
Waqas Malik  
[waqas.malik@ahmadiyya.us](mailto:waqas.malik@ahmadiyya.us)

Contact:  
St. Marks Episcopal Cathedral  
Brenda Bentz  
[bbbentz@comcast.net](mailto:bbbentz@comcast.net)