

During the month of November, we remember all the deceased parishioners of St. James Cathedral. In a special way, we remember our benefactors, 1988-2011, whose generous bequests continue to sustain the mission of our parish:

Alberta Corkery • George Corkery • Betty Hill • Dennis Shea • Naomi LaVigne • James Lyons • Monica Bambenek • Helen Leonard • Maude D. Baudizzone • Katherine Baillargeon • Helen Skahill • Bertha Gladys Giffin • Andy Graytak • Viola M. Maloca • Marie M. Mallon • Clyde Bennett • Gertrude Wineholt • N. Reinhardt • Sara Hennessey • Frances Irene Bisey • Mary Winihan • Charles Harmen • Christine Dolence • Alice Henderson • Arthur Brazil • James Gatling • Harry Folven • Helena Sheridan • Eileen O'Neil • Yvonne L. Dupont • Charles Giese • Agnes Holland • Pauline Smith • Eileen Brown • Peggy Leuschen • Virginia Stewart • David Yozamp • Florence Dassell • Margaret Smith • Kathro Kidwell • Barbara Vance • Marguerite O'Neill • Kenneth "Al" and Bernice Bennett • Anna Arseth • Malvina Foubert • Emil Jobb, MD • Barbara Brown • Edmund S. Adams • Robert DeWitt • Marie McLaughlin • Mary C. Miller • Margaret and Marie Purtell • John William Warren • Howard Hoyt • Madeline Fishbach • Marion C. Smith • Marguerite Campbell-Gambrell • Mary Alice Kirkpatrick • Patricia Callaghan • Mabel Luby • May Har Luke • Faye McTague • Robert E. Ricks • Margaret Smith • Wesley Zeman • Carl Sterner van Hollebeke • Kevin E. Ryan • David Anderson • Marjorie Ryan • Elizabeth Grace Scott • Mary Ann Martin • Jeanette Woodward • Keith McCaw • Elizabeth Hansmann • Marie C. Murphy • Lillian Sullivan • Florence Foley • Mary L. Forbes • Diane Simperman • Genevieve Albers • Margaret McDonnell • Frances Dorosh • P. Martin • Leone Beck • Capitola Rockwell • Joanna Lass • Yvonne J. Jackson • Mary S. Horrigan • Elsie L. Martin • Robert D. Hyssop • Nellie Suchadolski • Marie J. Franklin • Helen Lamb • Gary Clampett • Ellen Ashmore • Angela Beck • Francis H. Smith • Timothy Louis Prior • Regina & Eugene Parolik • Charles Karoly Nemeth • Elizabeth & Rosa Nemmers • Francis H. Smith • Sophia Stebbins • Virginia Henning • Alma Kramer • Raymond F. Strojny • Glen Lee Hughes • Lucille Morin • Mary Alice Driscoll • Rose Circo • Thomas B. Stratman • Mary Beth Kelly • Domenico Christofero • Robert Givens • Joan Conner McDonell

*The Thirty-Third Sunday  
in Ordinary Time*

ST. JAMES CATHEDRAL November 13, 2011

# ORDER OF CELEBRATION FOR THE THIRTY-THIRD SUNDAY IN ORDINARY TIME

*Out of respect for the liturgy we are about to celebrate,*

*PLEASE TURN OFF ALL CELLULAR PHONES.*

## CELEBRATION OF THE SACRAMENT OF BAPTISM (Saturday 5:30pm)

### PRELUDE

*All glory be to God on high, BWV 662*  
(Noon) "Allegretto" from *Sonata No. 4*

Bach  
Mendelssohn

### ENTRANCE

*Open now thy gates of beauty*

NEANDER



1. O - pen now thy gates of beau - ty, Zi - on, let me  
2. Here, O God, I come be - fore thee, come thou al - so  
3. Here thy praise is glad - ly chant - ed, here thy seed is  
4. Thou my faith in - crease and quick - en, Let me keep thy

en - ter there, Where my soul in joy - ful du - ty  
down to me; Where we find thee and a - dore thee,  
du - ly sown; Let my soul, where it is plant - ed,  
gift di - vine; How - so - e'er temp - ta - tions thick - en,

waits on him who an - swers prayer: O how bless - ed  
there a heav'n on earth must be: To my heart, O  
bring forth pre - cious sheaves a - lone: So that all I  
May thy word still o'er me shine, As my guid - ing

is this place, filled with so - lace, light, and grace.  
en - ter thou, let it be thy tem - ple now.  
hear may be fruit - ful un - to life in me.  
star through life, As my com - fort in my strife.

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

### PENITENTIAL RITE

*Missa de angelis*

Vatican VIII



Have \_\_\_\_\_ mer - cy on us.

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

## GLORIA

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 [*Proverbs 31:10-13,19-20,30-31; I Thessalonian 5:1-6; Matthew 25:14-30*]

PSALM RESPONSE

Psalm 128

Gelineau



ALLELUIA

chant



HOMILY

**Father Michael G. Ryan** (Saturday 5:30pm)  
**Father David A. Brant** (all other Masses)

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

CREED No. 238 (*except Saturday 5:30pm*)

## RITE OF BAPTISM (Saturday 5:30pm)

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



# SPRINKLING WITH BAPTISMAL WATER

Hurd



## ENTRANCE OF THE NEWLY BAPTIZED

### EXPLANATORY RITES

# LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

PLEASE REMEMBER TO DROP YOUR SACRIFICIAL GIVING PLEDGE CARD IN THE BASKET TODAY! If you forgot to bring your form, additional copies are available in the pews and chairs in front of you. Thank you for all the ways you support this Cathedral parish.

(10:00)

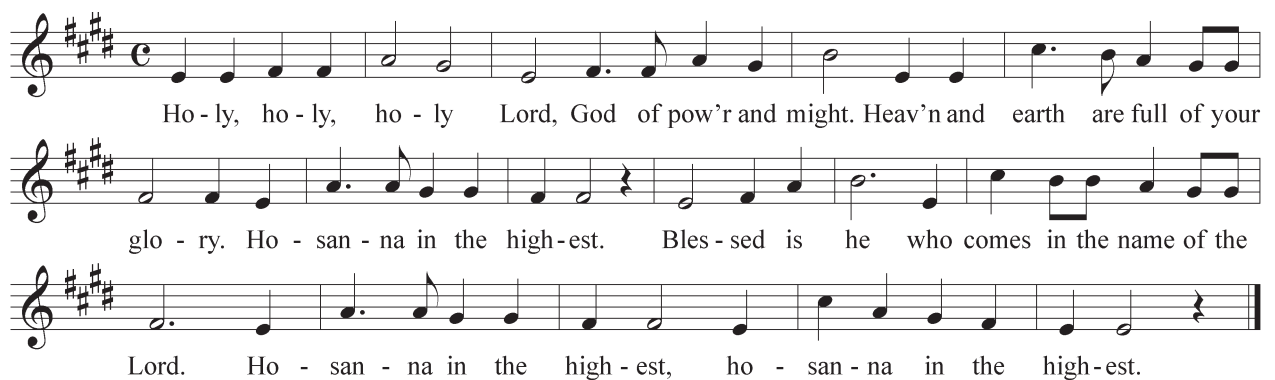
Psalm 42: *As the deer pants after water*

Palestrina

## SANCTUS

*St. James Mass for Peace*

Herbolsheimer



## MEMORIAL ACCLAMATION

*St. James Mass for Peace*

Herbolsheimer



## AMEN

*St. James Mass for Peace*

Herbolsheimer

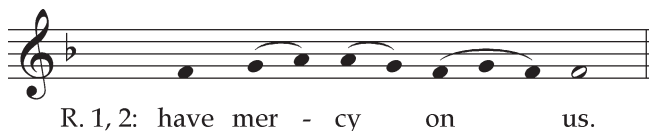


## LORD'S PRAYER No. 246

## AGNUS DEI

*Missa de angelis*

Vatican VIII



## COMMUNION (10:00)

*His Pilgrimage*

Herbolsheimer

“Lord, you delivered five talents unto me; behold, I have gained five more.” – “Well done, good and faithful servant; because you have been faithful over a little, I will set you over much; enter into the joy of your 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.

**Low-gluten hosts are available at the credence table near the Blessed Sacrament Chapel.**

## HYMN OF PRAISE

*Father, we thank thee*

RENDEZ A DIEU



1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly  
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from  
Name with - in our hearts. Knowl - edge and faith and life im -  
e - vil, guard it still, Per - fect it in thy love, u -  
mor - tal Je - sus, thy Son, to us im - parts.  
nite it, Cleansed and con-formed un - to thy will.  
Thou, Lord, didst make all for thy plea - sure, Didst give us  
As grain, once scat - ter'd on the hill - sides, Was in this  
food for all our days, Giv - ing in Christ the Bread  
bro - ken bread made one, So from all lands thy Church  
e - ter - nal; Thine is the power, be thine the praise.  
be gath - er'd In - to thy king - dom by thy Son.

## PROCESSION

*Passacaglia in C Minor, BWV 582*  
(Noon) *Organ Fantasie on "Nun danket, alle Gott"*

Bach  
Herzogenberg

**THE LANGUAGE OF THE MASS IS CHANGING!** Please join your fellow parishioners in a session immediately following Mass TODAY to find out more about the new translation and to learn the new prayers and responses. Sessions following the morning Masses take place in the Holy Names Room of the Pastoral Outreach Center. Sessions following the evening Masses take place in the Cathedral Chapel. The sessions will last under an hour. *All who attend Mass regularly at St. James are strongly encouraged to attend.*

PROCESSIONAL ICON OF CHRIST THE TEACHER. ACKNOWLEDGEMENTS: Text for Gloria by Edwin LeGrice from *Five Instant Glorias and a Creed*, copyright © Kevin Mayhew, Ltd. Reprinted with permission under license #491231. All rights reserved. *Vidi aquam* by David Hurd and Psalm Response by Joseph Gelineau copyright © 1986 by GIA Publications, Inc. Reprinted under OneLicense.net #A706828. All rights reserved. Eucharistic Acclamations from *Saint James Mass for Peace* copyright © 1983 by Bern H. Herbolsheimer. Reprinted with permission. All rights reserved.



# 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, Peter Burns, 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  
Thomas Thompson, Coordinator of Special Projects

### FAITH FORMATION

TerryAnn Bowen, Director of Religious Education (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. Groups of 4 or more may arrange a tour by calling Maria Laughlin, 206-382-4284

**CATHEDRAL BOOKSTORE** Open 11:00 am to 3:00 pm weekdays, after Masses on weekends. Call 206-382-4500 for information

### ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104  
Telephone: 206-622-3559 FAX: 206-622-5303  
Website: [www.stjames-cathedral.org](http://www.stjames-cathedral.org)  
Emergency Number: 206-467-3049  
Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**WELCOME!** *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese. Thanks, in part, to the generosity of visitors like you, we are able to celebrate the Church's liturgy here in a fitting and beautiful way. We are also able to offer a wide range of services to needy people living in the central district of our city.*

**FLOWERS IN THE CATHEDRAL** are from Charles Pellor in memory of the Spallone, Meehan, and Pellor families. *Floral offerings are a wonderful way to remember a deceased loved one, celebrate an anniversary, or give thanks for a prayer that has been answered. If you have been inspired to give thanks with flowers, please contact Peggy Behnken at 206-654-4650 or [pbehnken@stjames-cathedral.org](mailto:pbehnken@stjames-cathedral.org).*

**LEARNING THE NEW LANGUAGE OF THE MASS** After ALL Masses this weekend and next weekend, we will be offering a short (45-minute) session to prepare for the new Roman Missal. Many of our most familiar responses at Mass will be changing. This will be our primary opportunity to learn more and experience the responses before we begin using the new language at Mass on November 26-27. All Cathedral parishioners and regulars are strongly encouraged to participate in one of these sessions. Evening sessions will be held in the Cathedral Chapel. Morning sessions will be held in the Holy Names Room of the Pastoral Outreach Center. *Information, Corinna Laughlin, [claughlin@stjames-cathedral.org](mailto:claughlin@stjames-cathedral.org), 206-622-3559.*

**CATHEDRAL ESPRESSO** Stop by Cathedral Hall after the 10:00am Mass today for a latte or mocha. All proceeds this month support our parish's new Mental Health Ministry.

**MASS FOR THE DECEASED HOMELESS** On Wednesday, November 16, at the 5:30pm Mass, we gather as a community to remember the men, women, and children who have died on the streets and in the shelters of King County during the past year. A simple reception will follow the Mass. All are welcome.

**ADVENT VOCATION DISCERNMENT RETREAT DAY** for single young adult women and men considering a call to religious life. Saturday, December 3, 2011, 9:30am to 3:00pm at the University of Washington Newman Center, 4502 20th Ave. NE, Seattle 98105. The day includes prayer, quiet time, information on religious life, and the opportunity to meet members of many different religious communities. Lunch is provided; no fee. Please sign up by Friday, November 28, Sister Gretta, OP, 253-579-4060 or e-mail [gretta@tacomaop.org](mailto:gretta@tacomaop.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. Frances Cabrini in Tacoma and St. Margaret in Seattle.*

## CARE OF CREATION AND ENVIRONMENTAL

**ADVOCACY WORKSHOP** Develop the connection between your faith and the environment, explore the church's teaching on climate change, and learn to integrate care of God's creation with prayer, advocacy, and practice. Jessie Dye from Earth Ministry will join Patty Bowman in reflection, lively discussion and updates on the urgent environmental issues in our region. Saturday, November 19, 9:00 am to 12:00 noon, in the Pastoral Outreach Center. RSVP, Patty Bowman, 206-382-4515, or pbowman@stjames-cathedral.org.

## HOW SWEET IT IS: NEWS FROM THE CATHEDRAL

**KITCHEN** What do you do with 1,000 pounds of candy? On Tuesday evenings, Matt Secrest, a sixth grade teacher at Holy Rosary School in West Seattle, comes to Cathedral Kitchen to volunteer his dishwashing expertise. A couple of weeks ago he asked if we would be interested in receiving Halloween candy that the students would donate after Trick or Treating. We said "Great"—thinking that he would be bringing a couple of bags and that we could use the candy in our lunch bags as an extra sweet. Much to our surprise, we received bags and boxes of candy and more candy. Matt said that it all weighed in at over 1,000 pounds—a blessing, to say the least! We have been able to include the candy not only in our lunch bags and on our dessert trays, but also have shared these treats with the Winter Shelter, the Cathedral Youth Music Program, Children's Faith Formation, the Frederic Ozanam House, Chancery Place, and St. Mary's Food Bank. Thank you to all the students at Holy Rosary School for their partnership in sharing.

**NEW IN THE BOOKSTORE** Father James Martin, SJ's new book, *Between Heaven and Mirth: Laughing with the Saints* is now in stock. Also, candles for your Advent wreath!

**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.

## Sacred Steps

### Sacramental Celebrations at St. James

**CONGRATULATIONS AND GOD'S BLESSINGS** to to *Brigitte Rassilyer & Jeffrey Krier*, married in the Cathedral on Saturday, November 5. Please pray for them as they begin their new lives together!

## I AM IN YOUR MIDST AS ONE WHO SERVES

### Volunteer Opportunities at St. James

**GREAT PROPHETS IN A GREAT CATHEDRAL** This year's *Sound & Light* production is scheduled for January 13/14, 2012. Volunteers are needed for one evening or several evenings. This is a great way to get to know other parishioners. We are looking for folks to assist with lighting crew, stage crew, box office, usher/greeters and props. *Information*, Thomas Thompson 206-382-4874 or musicoffice@stjames-cathedral.org.

**THE CATHEDRAL KITCHEN THANKS YOU** Your response to our request for clean 16-ounce containers (cottage cheese, yogurt, sour cream, etc.) is very much appreciated. Please continue bringing them to either Sunday Coffee Hour or to the Cathedral Kitchen Monday through Friday, 10am-6pm. We always need them!

**WINTER SHELTER DONATIONS** Our shelter guests need toothbrushes, disposable razors, and new or gently used hand towels or wash cloths. Please bring your donations to Cathedral Hall during coffee hour after Sunday Mass or drop them off at the parish office Monday to Friday, 9am-5pm.

## SACRIFICIAL SUNDAY GIVING 2012

## What I have, I give

Acts 3:6

A huge thank you to all who have already turned in your pledge for 2012. Please drop your commitment card in the offering basket today. If you prefer, you can make your pledge online by visiting the Cathedral's website, [www.stjames-cathedral.org](http://www.stjames-cathedral.org). If you have never made a Sacrificial Giving pledge before, *please* consider doing so this year.

### Results through Sunday, November 6, 2011

Total pledges received .....	212
% participation (out of 2,503 households) .....	8.5%
Participation goal .....	100%

*We have a long way to go...!*

# Transitioning to the new Roman Missal

Part 10 in a series (Prepared by Corinna Laughlin)

November 13, 2011

Following the Eucharistic Prayer, the Communion Rite begins. This part of the liturgy includes a number of prayers of preparation. There are prayers for the entire assembly, private prayers for the priest, and rites to prepare for the communion of the assembly.

We prepare for communion as a community by praying the Lord's Prayer and exchanging a sign of

peace. Then the Body of Christ is broken and divided into bowls during the *Agnus Dei*, the Lamb of God. Then, bowing before the consecrated elements, the priest prays silently one of two early medieval prayers of preparation for communion. Only after this prayer does the priest elevate the host and chalice once again, and invite the people to come forward with an invitation based on the Scriptures.

The first part of this invitation, which takes up the words of the *Agnus Dei* we have just sung, comes from words of John the Baptist in John 1:29: "Behold the Lamb of God, who takes away the sins of the world." The second part comes from the vision of the heavenly liturgy in the book of Revelation 19:9: "Then the angel said to me, 'Write this: Blessed are those who have been called to the wedding feast of the Lamb.' And he said to me, 'These words are true; they come from God.'" In the Eucharist we celebrate, we join, for a moment, in the heavenly liturgy. In the sacrament we are about to receive, we have a pledge of eternal glory, a foretaste of the heavenly banquet.

Our response is also based on the Scriptures. It is based on the Gospel account of the healing of the servant of a Roman centurion, which appears both in Matthew

## INVITATION TO COMMUNION

Priest:

Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.

Priest and People:

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

Texts of the Roman Missal, Third Edition, are copyright © 2010 by International Commission on English in the Liturgy Corporation (ICEL).

and in Luke. "Lord, I am not worthy to have you enter under my roof; only say the word and my servant shall be healed" (Matthew 8:8). The new translation of the response more accurately reflects the Latin text, and also more obviously echoes the Gospel passage, particularly the phrase "under my roof."

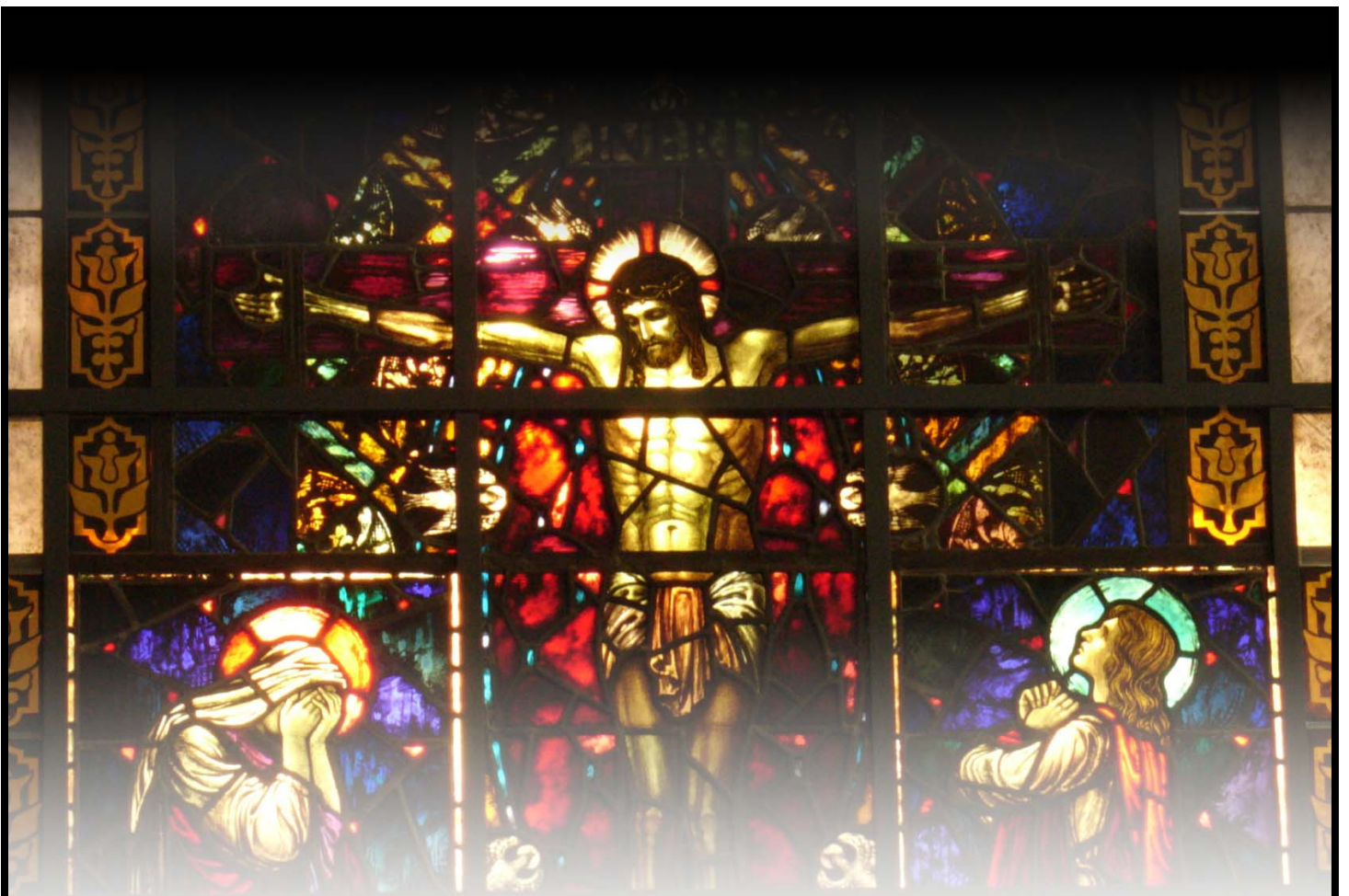
Why do we recall this particular Gospel passage just before receiving communion? Perhaps because the

response of the centurion combines an expression of humility with an amazing act of faith. He believes so completely in Jesus' healing power that he is confident that just a word from Jesus will do. Jesus marvels at his faith: "in no one in Israel have I found such faith." Jesus then looks forward to a time when "many will come from the east and the west, and will recline with Abraham, Isaac, and Jacob at the banquet in the kingdom of heaven" (8:11).

It is interesting to compare our response to those in other Christian traditions at this moment. In many Eastern Rite churches, the priest invites the people to communion with the words "Holy things for holy people," and the response is an acclamation of praise: "One Holy, one Lord, Jesus Christ to the glory of God the Father." In the Episcopal Church, a prayer before communion recalls a different Gospel story: "We are not worthy so much as to gather up the crumbs under thy Table." Then the priest says, "The Gifts of God for the People of God." Humble awareness of our unworthiness and faith in Christ's saving power, joy in this moment and hope for the heavenly banquet—all these themes intertwine at this holy moment.

**THE LANGUAGE OF THE MASS IS CHANGING** We will begin using the new translation of the Roman Missal on Sunday, November 27. AFTER ALL MASSES THIS WEEKEND, there will be a gathering to hear and practice the new responses, to ask questions and share your thoughts. Sunday morning, sessions will be held in the Pastoral Outreach Center; Saturday and Sunday EVENING, in the Cathedral Chapel. Please attend one of these sessions.





## REMEMBERING THOSE WHO DIED ON THE STREETS OF KING COUNTY IN 2011

Every year, homeless people lose their lives on the streets of our community. This year, we remember the homeless individuals who died outside or by violence in King County.

You are invited to gather at St. James Cathedral on Wednesday, November 16, 2011, at 5:30pm, for a special Mass in memory of these men and women who passed away in our midst over the last year. Please join us to honor their memory, celebrate their lives, and pray for them. There will be a brief reception following Mass. All are welcome.

*Information, Suzanne Lee, 206-654-4640 or [slee@stjames-cathedral.org](mailto:slee@stjames-cathedral.org).*



# *Cathedral Blood Drive*

**Tuesday, November 22, 2011**  
**Pastoral Outreach Center**  
**12:30pm to 6:30pm (closed 3:00–3:45pm)**

## *Your Community Blood Center*

Puget Sound Blood Center is an independent, volunteer-supported, nonprofit community resource. It is a key link in the healthcare network, providing blood, tissue and specialized laboratory services in Western Washington and across the Northwest. Blood Center physicians offer 24-hour consultation to the medical community on transfusion and transplantation medicine issues, and provide valuable education aimed at improving patient care.

## *Who needs blood?*

Most of us will require a blood transfusion at some point in our lifetimes. To meet the transfusion needs of patients in our community, at least 900 people must donate blood through the Puget Sound Blood Center every weekday.

## *Who can donate blood?*

Most people can donate blood. Those who are at least 18 years old and weigh at least 110 pounds may donate blood every 56 days. Those 16 or 17 may donate with a signed Blood Center permission slip; there is no upper age limit. Some health conditions or medications may temporarily or permanently prevent people from donating blood.

## **Help save a life—sign up to donate!**

Sign up at coffee hours on 11/6, 11/13, and 11/20. Or e-mail [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org) to sign up or to find out more. Or call 206-274-3173.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

*Sponsored by St. James Cathedral's Health and Healing Ministry*