



Child, your sins are forgiven
Detail of the Ceremonial Bronze Doors, St. James Cathedral
Ulrich Henn, artist

ST. JAMES CATHEDRAL
The Seventh Sunday in Ordinary Time
February 19, 2012

ORDER OF CELEBRATION FOR

The Seventh Sunday in Ordinary Time

“FAREWELL TO THE ALLELUIA” YOUTH CELEBRATION (Noon)

RITE OF RECEPTION INTO FULL COMMUNION (Sunday Evening)


PRELUDE

“Andante sostenuto” from *Symphonie gothique*
Widor


THE INTRODUCTORY RITES

ENTRANCE


Sing praise to God who reigns above
MIT FREUDEN ZART




1. Sing praise to God who reigns a - bove, The God of all cre -
2. What God's al-might - y power has made, His gra-ciousmer - cy
3. Then all my glad - some way a - long, I sing a - loud your
4. Let all who name Christ's ho - ly name, Give God all praise and



a - tion, The God of power, the God of love, The God of our sal -
keep - ing; By morn-ing glow or eve-ning shade His watch-ful eye ne'er
prais - es, That all may hear the grate-ful song My voice un-wea - ried
glo - ry; All you who own his power, pro-claim A - loud the won - drous



va - tion; With heal - ing balm my soul he fills, And
sleep - ing; With - in the king - dom of his might, Lo!
rais - es; Be joy - ful in the Lord, my heart, Both
sto - ry! Cast each false i - dol from its throne, The



ev - ery faith - less mur - mur stills: To God all praise and glo - ry.
all is just and all is right: To God all praise and glo - ry.
soul and bod - y sing your part: To God all praise and glo - ry.
Lord is God, and he a - lone: To God all praise and glo - ry.

GREETING

Priest The Lord be with you.
ALL **And with your spirit.**

PENITENTIAL ACT

Vatican XVI

(10:00)

“Kyrie” from *Mass for Two Choirs and Two Organs*
Widor

GLORIA (Sunday Evening)
(All other Masses)

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



*Glory to God in the highest,
We praise you, we bless you,
we glorify you, we give you thanks
Lord God, heavenly King,
Lord Jesus Christ, Only Begotten Son,
you take away the sins of the world,
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 on earth peace to people of good will.
we adore you,
for your great glory.
O God, almighty Father.
Lord God, Lamb of God, Son of the Father,
have mercy on us;
receive our prayer;

have mercy on us.

you alone are the Most High Jesus Christ,
in the glory of
God the Father, Amen.

COLLECT (OPENING PRAYER)

THE LITURGY OF THE WORD

FIRST READING

Isaiah 43:18-19, 21-22, 24b-25

RESPONSORIAL PSALM

Psalm 41
Carroll



Lord, heal my soul, for I have sinned against you.

SECOND READING

2 Corinthians 1:18-22

(Noon) The children are invited to gather around the altar to say “farewell to the Alleluia.”
Today marks the last time we will sing this joyful acclamation of praise until Easter,
since the Church “fasts” from the Alleluia during the season of Lent.

ALLELUIA

Murray



Al-le - lu - ia, al-le - lu - ia, al-le - lu - ia.

GOSPEL

Priest: The Lord be with you. **ALL: And with your spirit.**

Mark 2:1-12

HOMILY

Father Michael G. Ryan

THE RITE OF RECEPTION INTO FULL COMMUNION (Sunday Evening)

PRESENTATION OF THE CANDIDATES

PROFESSION OF FAITH (see next page)

ACT OF RECEPTION

CELEBRATION OF THE SACRAMENT OF CONFIRMATION

INTERCESSIONS (see next page)

CREED

ALL I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

[ALL BOW]

and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.

[ALL STAND UPRIGHT]

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.

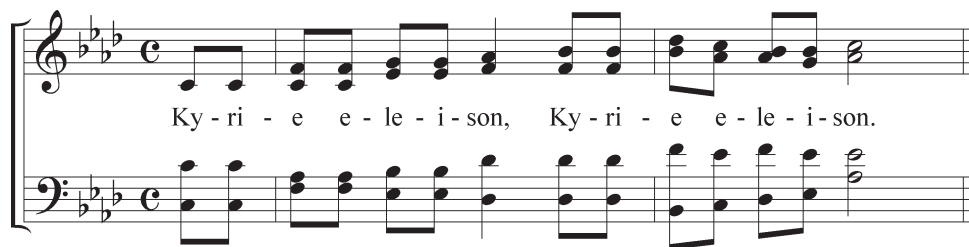
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

PRAYER OF THE FAITHFUL

Berthier



THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

O Salvation's victim, bring us strength and help
Dupré

INVITATION TO PRAYER

Priest Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.
ALL **May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

PRAYER OVER THE OFFERINGS

PREFACE DIALOGUE

Presider: ALL:
The Lord be with you. And with your spir - it.

Presider: ALL:
Lift up your hearts. We lift them up to the Lord.

Presider: ALL:
Let us give thanks to the Lord our God. It is right and just.

SANCTUS

St. James Mass for Peace
Herbolsheimer

Ho - ly, ho - ly, ho - ly Lord, God of hosts. 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

Herbolsheimer

Save us, Sav - ior of the world, for by your
Cross and Res - sur - rec - tion you have set us free.

AMEN

Herbolsheimer

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

THE COMMUNION RITE

LORD'S PRAYER

SIGN OF PEACE

Priest The peace of the Lord be with you always.
ALL **And with your spirit.**

AGNUS DEI

Missa cum júbilo

Vatican IX

(10:00)

“Dona nobis pacem” from *Mass for Choir and Two Organs*

Vierne

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

COMMUNION

I will relate all your wondrous deeds. I will be glad and chant
rejoice in you; I will sing to the honor of your name, O Most High.

(10:00)

“Lord, have mercy” from *Missa Salve Regina for Two Choirs and Two Organs*

Langlais

Upon returning to your place after Holy Communion, please **kneel or be seated**.
Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.

HYMN OF PRAISE

Sing praise to God

NEW BRITAIN

1 **Sing praise to God for friends who bring
Our needs to Christ the Lord,
Who pray that he will bend to us
And speak his healing Word.**

3 **And do those clouds of witnesses
Whose race has now been run
Still lift their prayers by day and night
For us before God's throne?**

2 **We may not see their folded hands
Nor know what prayers they raise,
But Christ will always hear the voice
That for another prays.**

4 **Sing praise for that great company
Of all who intercede,
Who by the hidden hand of prayer
Support us in our need.**

THE CONCLUDING RITES

GREETING

Priest The Lord be with you.
ALL **And with your spirit.**

PROCESSION

“Moderato” from *Symphonie gothique*

Widor

(10:00)

Fantasie on “Adeste Fidelis”

Hakim



Keys to the Council

A Five-Week Series of Learning and Discussion,
exploring the main teachings of the Second Vatican Council

The Second Vatican Council opened on October 11, 1962. Throughout this anniversary year, special events and educational opportunities will help us mark the 50th anniversary of a watershed moment in our Church and our world. This is a time to give thanks for the gifts of the Spirit in our Church, to be renewed in our understanding of the Council, and to look to the future. “Illuminated by the light of this Council, we confidently trust the Church will become greater in riches. Gaining strength and new energies from the Council, she will look to the future without fear” (Blessed John XXIII).

This Lent, you’re invited to an in-depth study of the great teachings of the Council. This series will combine large group learning and small group reflection. What better way to observe Lent of 2012 than by rediscovering what it means to be the Church and to live out its mission? Our companion book for this series is *Keys to the Council: Unlocking the Teaching of Vatican II* by Richard Gaillardetz and Catherine Clifford, available at a discount in the Cathedral Bookstore. Presenters include Cathedral staff members Corinna Laughlin, TerryAnn Bowen, Patty Bowman, and Suzanne Lee.

- ◆ **Week I: Introduction to the Series; The Council and Liturgy**
 ◇ Tuesday, February 28 at 7:00pm OR Saturday, March 3 at 9:00am
- ◆ **Week II: Lumen Gentium: The Council’s Vision of the Church**
 ◇ Tuesday, March 6 at 7:00pm OR Saturday, March 10 at 9:00am
- ◆ **Week III: Dei Verbum: The Council and the Word of God**
 ◇ Tuesday, March 13 at 7:00pm OR Saturday, March 17 at 9:00am
- ◆ **Week IV: Gaudium et Spes: The Church in the Modern World**
 ◇ Tuesday, March 20 at 7:00pm OR Saturday, March 24 at 9:00am
- ◆ **Week V: Conclusion**
 ◇ Tuesday, March 27 at 7:00pm OR Saturday, March 31 at 9:00am

All sessions are held in in Cathedral Place, Room 1EW. RSVP is appreciated but not required.
Corinna Laughlin, claughlin@stjames-cathedral.org

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, 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
Stacey Sunde, Director of Youth Music
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)
Elizabeth Falzone, 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
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 AT THE ALTAR are from Slater Marshall in memory of his wife Kathleen, on the first anniversary of her death.

GUEST CHOIR SATURDAY 5:30 PM MASS We welcome *I Cantori* from Walla Walla University directed by Kraig Scott.

CATHEDRAL BOOKSTORE Stock up on reading for Lent. New titles on spirituality and the saints, books by Thomas Merton and Henri Nouwen, and a wide selection of reading in celebration of the 50th Anniversary of the Second Vatican Council.

ASH WEDNESDAY Masses for the holy day will be at 8:15am, 10:00am (O'Dea High School), 12:10pm, and **6:00pm**. Please note the unusual start time for the evening Mass to allow as many as possible to participate. The 6:00pm Mass will be followed by a simple Lenten supper in Cathedral Hall, prepared by the Cathedral Kitchen.

LENTEN HOLY HOURS Each Friday during Lent, from 12pm – 1pm, we will have a Holy Hour in the Cathedral, with Exposition of the Blessed Sacrament, Liturgy of the Hours, rosary, and silence. All are welcome to join in all or part of this meditative prayer in the presence of Jesus in the Blessed Sacrament.

CONFIRMATION CLASSES FOR ADULTS AND HIGH SCHOOL STUDENTS 16 years and older began Thursday, February 16, and continue each Thursday, 6:30-8:30 pm in Cathedral Place, Room 411. Full sacramental initiation (Baptism, Confirmation, and Eucharist) is important for all practicing Catholics, and is particularly important for those who are considering getting married. *Information*, John Marquez, jmarquez@stjames-cathedral.org, 206-274-3106.

DO YOU SHOP AT BARTELL'S? St. James Cathedral is now a member of Bartell Drugs 'B' Caring program. Pick up a 'B' Caring Card at Bartell's and designate St. James Cathedral as the beneficiary, and Bartell's will contribute up to 4% of your purchases to St. James Cathedral every time you shop there and present your card.

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 Holy Redeemer in Vancouver, and Sacred Heart in LaConner and Winlock.*

DO YOU WORK AT ADOBE? The parish needs to upgrade to InDesign software for our Orders of Celebration and special programs. We are looking for Adobe employees who would be willing to help with donations of software. We need two copies of the latest edition of InDesign. *Information*, Renan Jeffereis, rjeffereis@stjames-cathedral.org, 206-622-3559.

KEYS TO THE COUNCIL Our Lenten series exploring the core teachings of the Second Vatican Council begins on Tuesday, February 28. Each session is offered twice – Tuesday evenings at 7pm, and Saturday mornings at 9am – in Cathedral Place, Room 1. The companion book for the series, *Keys to the Council: Unlocking the Teaching of Vatican II* by Richard Gaillardetz and Catherine Clifford, is available at a special low price in the Cathedral Bookstore. RSVP is appreciated but not required. *Information*, Corinna Laughlin, 206-622-3559, clauglin@stjames-cathedral.org.

SEND US YOUR RECIPES Following up on the enormous success of the first ESL cookbook, we are once again asking parishioners for recipes. This newest edition will be devoted entirely to desserts. We are especially interested in old family recipes that reflect your cultural background. Feel free to include any family stories or cultural history related to your recipe. Mail your contribution to: St James ESL Program, 804 Ninth Ave, Seattle, WA 98104 or email it to mmain@stjames-cathedral.org. *Information*, Mali Main at 206-382-4511 or mmain@stjames-cathedral.org.

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. We need people to donate food for meals on the first and third Tuesdays. Items we could use include frozen meat for the main meal, sandwich meats, sliced cheese, and condiment packets. Protein is in high demand and short supply. Please leave your donations marked Operation Nightwatch in the Cathedral Hall kitchen after Masses on Sunday, or deliver them to the Parish Office before 4:00 pm on the 1st and 3rd Tuesdays of the month. *Information*, Mary Nichols, 206-420-8788 or marynichols@hotmail.com. Learn more about Operation Nightwatch at www.seattlenightwatch.org.

WINTER SHELTER DONATIONS Our shelter guests need disposable razors, lip balm, and cough drops. 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.

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.

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.

LISTENING ASSISTANCE DEVICES If you have trouble hearing the spoken word in the Cathedral, ask an usher about using one of our listening assistance devices, which provide clear and clean sound. Not just for the hard of hearing!

Getting to know Good Pope John

Later this year, thanks to some generous parishioners, a permanent shrine to Blessed John XXIII, the Pope who called the Second Vatican Council, will be established in the north aisle of the Cathedral. Throughout the year, keep an eye on this box in the bulletin to learn more about this great saint of modern times.

On his mentor, Bishop Radini-Tedeschi of Bergamo: "He was the polar star of my priesthood. His soul was more disposed to note merits than to exaggerate faults. He treated everybody with the greatest deference. He spoke with incomparable pleasantness, seasoning his conversation with unexpected witticisms. He was not authoritarian. He wanted all those around him to contribute their energies to the apostolate and to assume their proper responsibilities. He was discreet. One remarked a depth of inexhaustible gaiety in his soul."



Sacred Steps

Sacramental Celebrations at St. James

REST IN PEACE Please pray for the repose of the soul of *Dionisia Acena*.

Lent 2012 at St. James Cathedral

Dear Friends,

Whether it comes early or late, Lent always has a way of sneaking up on me. This year it's neither early nor late, but it has still caught me unawares. Happily, there are six weeks to get over my surprise and get used to it! And I'm sure I'll need all six.

And there are plenty of good things to fill up those six weeks, plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Before I mention them, let me remind you that we as a parish are in the midst of celebrating a whole year to mark the 50th anniversary of the beginning of the Second Vatican Council. Among the events and programs we have planned is *Keys to the Council*, a five-week series of presentations and small group discussions on the key, breakthrough teachings of this most significant event in modern Catholic Church history. Sessions will be held on Tuesday evenings and Saturday mornings so as to make it convenient for as many of you as possible. **I sincerely hope you will consider making this Vatican II series a central part of your Lenten observance this year.** Please consult the bulletin for details.

And then, of course, there are a host of other opportunities to help you engage in the traditional Lenten practices of Prayer, Fasting and Almsgiving:

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate together. If we were to do nothing more this Lent than to bring a greater awareness and a greater fervor to each of these celebrations, we would be accomplishing a great deal. The Sundays of Lent are definitely the right place to start. But we needn't stop there. As many of you know so well, Lenten weekday Masses are an ideal way to deepen our walk with Christ during this holy season. And here are some further possibilities:

- taking some time each day to read and reflect prayerfully on the Gospels;
- 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 which will take place every Friday at Noon.

Still one other wonderful opportunity for prayer this Lent is the "adoption" of one of our

"Elect" (these are 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. Special cards, each one with the name of one of our elect, will be available in the cathedral's north aisle as well as in the parish hall during the first few weeks of Lent. If you take a card, (and I really hope you do), in addition to praying for that person, you will be invited at Easter to write a card or short note telling your "adopted" friend of your prayerful support. This will be a wonderful way to reach out to our newest members, supporting them along their journey of faith, and welcoming them to the community. And it's something EVERYONE can do!

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?

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 the entire parish to bring forward their 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 around the 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 and in hope!


Father Michael G. Ryan

Prayer during Lent

ASH WEDNESDAY is celebrated Wednesday, February 22. Masses are at 8:15am, 12:10pm, and 6:00pm. (Please note the 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.

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, March 24 at 4:00pm, and Monday, March 26 at 7:30pm.

L'ARCHE'S ARK BUILDER On Saturday, March 10 and Sunday, March 11, we have a special opportunity to meet a unique artist and view his remarkable creations.

Robert Ross, long time member of L'Arche Noah Sealth. He has produced hundreds of original arks, churches, dollhouses and architectural reproductions. Robert has no formal art background or training. This will be a wonderful opportunity to meet a unique artist and learn more about the L'Arche community in Seattle. A few pieces will be featured in a silent auction on Saturday evening. All proceeds will go toward establishing a trust fund for Robert to enable him to continue his work.



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:

**Nicole Bernard • Chad Bitzer
Nicole Dikmen • Amy Kilian • Adam Kinsey
Norman Ledbetter • Jennifer Nudelman
Angeline Pongidin • Sonya Trejo
Evelyn Tse • Natalie VanBrunt
Drew Zimmerman**

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, February 23, 2012**. 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 Saturday, March 10, at 5:30pm; Sunday, March 18, at 10:00am; and Sunday, March 25, at 5:30pm.

SATURDAY, APRIL 7, 8:30pm: 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 February 22, 2012. Good Friday is April 6, 2012.

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 2012

"To stir a response in love and good works": these words of the *Letter to the Hebrews* urge us to reflect on the universal call to holiness, the continuing journey of the spiritual life as we aspire to the greater spiritual gifts and to an ever more sublime and fruitful charity. Being concerned for one another should spur us to an increasingly effective love which, "like the light of dawn, its brightness growing to the fullness of day," makes us live each day as an anticipation of the eternal day awaiting us in God. The time granted us in this life is precious for discerning and performing good works in the love of God...

Sadly, there is always the temptation to become lukewarm, to quench the Spirit, to

refuse to invest the talents we have received, for our own good and for the good of others. All of us have received spiritual or material riches meant to be used for the fulfillment of God's plan, for the good of the Church and for our personal salvation. The spiritual masters remind us that in the life of faith those who do not advance inevitably regress.

Dear brothers and sisters, let us accept the invitation, today as timely as ever, to aim for the "high standard of ordinary Christian living"... In a world which demands of Christians a renewed witness of love and fidelity to the Lord, may all of us feel the urgent need to anticipate one another in charity, service and good works."

Keys to the Council: A five-week exploration of the 2nd Vatican Council



This Lent, you're invited to an in-depth study of the great teachings of the Second Vatican Council. This series, offered Tuesday evenings at 7:00pm (beginning February 28) and Saturday mornings at

9:00am (beginning March 3), will combine large group learning and small group reflection. What better way to observe Lent of 2012 than by rediscovering what it means to be

the Church and to live out its mission?

Our companion book for this series is *Keys to the Council: Unlocking the Teaching of Vatican II* by Richard Gaillardetz and Catherine Clifford, available at a discount in the Cathedral Bookstore. All sessions will be held in Rooms 1EW.

RSVP appreciated, but not required.
Information, Corinna Laughlin,
claughlin@stjames-cathedral.org.

Musical Prayer during Lent

During Lent this year, at the 10:00 Sunday Mass the Cathedral Choir of St. James will pair the choral prayers of the great 16th-century composer, Palestrina with English prayers set by Seattle composers including Carol Sams, Gerald Kechley, Karen Thomas, Bern Herbolsheimer, Alan Hovhaness, Richard Proulx and Tom Stratman.



ST. JOHN PASSION

March 10 and 11, 8:00 pm St. James Resident Ensemble, Seattle Pro Musica, performs Bach's St. John Passion. This beautiful and dramatic masterpiece for chorus, orchestra and soloists, sets the passion narrative as a gripping story, told with vivid intensity. Karen P. Thomas. Director. *Information* and reserved seating 206 781 2766 www.seattlepromusica.org

CAPTIVITY TO THE HOLY CITY

March 24, 8:00pm. St. James Resident Ensemble, Opus 7 presents From Captivity to the Holy City --an evening of powerful psalms and motets for Lent. Loren Pontén, Director. *Information and reserved seating* 206-782-2899 www.opus7.org

OFFICE OF TENEBRAE

April 4, 7:30 pm. Office of Tenebrae-- a prayerful and prayer-filled way to prepare for the great Triduum. The Cathedral Cantorei and Men's Chant Choir with internationally respected viola da gambist, Margriet Tindemans -- a St. James Artist in Residence--presents a contemplative and moving hour of prayer in the darkened Cathedral. The service includes Allegri's sublime setting of the *Miserere*, Psalm 51. Father Michael G. Ryan, presider. Dan Jinguji, reader.

PROGRESS SUNDAY

A PROGRAM FOR PARISHES & SCHOOLS

EARN \$\$\$ FOR YOUR PARISH

Subscribe to *The Catholic Northwest Progress* and support your parish at the same time.

Become a new subscriber to *The Catholic Northwest Progress* for the full subscription price of \$32.50 per year and \$10 from each subscription will be donated directly to your parish. With a two-year subscription, \$20 will be donated back to your parish! Gift subscriptions also qualify, so consider giving *The Progress* as a gift to friends or family.

The Catholic Northwest Progress is the trusted source for Catholic news and information that cannot be found anywhere else. Including Archbishop J. Peter Sartain's column, "From the Archbishop," which appears only in *The Progress*.

Subscribe to *The Progress* today, and make a generous donation to your parish.



*Serving the Catholic Community
in Western Washington*

THE CATHOLIC NORTHWEST
PROGRESS

www.seattlearchdiocese.org/subscribe
206-382-7313

\$10 or \$20

*from this subscription will
go directly to your parish*

Please note: This promotion is not retroactive with subscriptions that have already been renewed. Your \$10 or \$20 donation may not be split between schools/parish. Please select the parish or school that you would like to receive the donation on the return postcard.

YES! I want my subscription to benefit our parish

☐ New subscriber ☐ Renewing current subscription ☐ Gift subscription

☐ Please bill me for 1 year \$32.50 ☐ Please bill me for 2 years \$65.00

Name: _____

Address: _____

City/State/Zip: _____

Parish or School: _____

710 9th Ave., Seattle, WA 98104 or www.seattlearchdiocese.org/subscribe