



All glory, laud and honor to you, Redeemer King!
Icon of Christ's entry into Jerusalem. Joan Brand-Landkamer, Cathedral Iconographer

ST. JAMES CATHEDRAL
Palm Sunday of the Lord's Passion
April 1, 2012

ORDER OF CELEBRATION FOR

Palm Sunday of the Passion of the Lord

10:00 SOLEMN BLESSING AND PROCESSION OF PALMS begins at O'Dea Gym
The Most Reverend J. Peter Sartain, Archbishop of Seattle, *Presider*

Noon CHILDREN'S PROCESSION OF PALMS *All children are invited to gather in the Chapel and join the procession to the font for the Blessing of Palms.*
The Very Reverend Michael G. Ryan, Pastor of St. James Cathedral, *Presider*

BLESSING OF PALMS

CHILDREN'S PROCESSION OF PALMS (Noon)

Hosanna in excelsis

Berthier



PROCESSION TO THE FONT *All stand*

GREETING

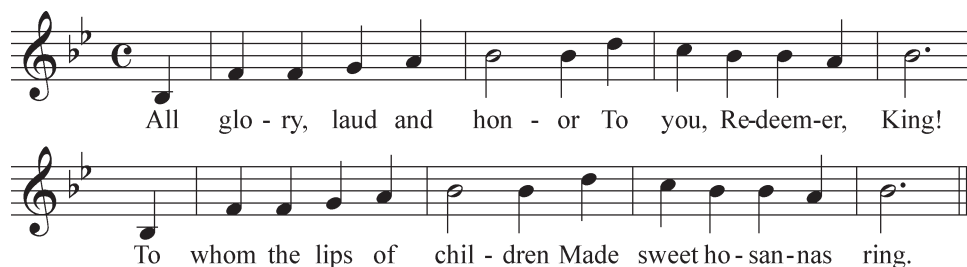
PRAYER OF BLESSING

SPRINKLING OF THE PALMS WITH HOLY WATER *Pueri Hebraeorum* (The Children of Jerusalem)
chant, adapt. Stratman

GOSPEL OF THE LORD'S ENTRY INTO JERUSALEM

ENTRANCE

ST. THEODULPH



COLLECT

LITURGY OF THE WORD

FIRST READING

Isaiah 50:4-7

PSALM RESPONSE

Psalms 22

Kreutz



SECOND READING

Philippians 2:6-11

VERSE BEFORE THE GOSPEL

Christus factus est

chant

For our sake Christ became obedient even to death, death on a cross.
Therefore God raised him on high
and gave him a name above all other names.

READING OF THE PASSION ACCORDING TO MARK

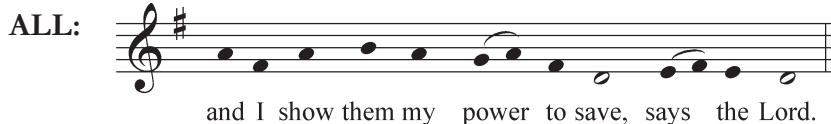
HOMILY

Archbishop J. Peter Sartain (10:00)
Father Michael G. Ryan (all other Masses)

DISMISSAL OF THE ELECT (10:00)

Psalm 91
Stratman

Cantor: I give them life long and full,



CREED *chanted on one tone*

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

**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



LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

(10:00)	“Stabat Mater” from <i>Seven Last Words</i>	Dubois
(Noon)	<i>In monte Oliveti</i> and <i>Tristis est anima mea</i>	Martini
(Sunday evening)	<i>Ego dixi</i>	Marier

SANCTUS

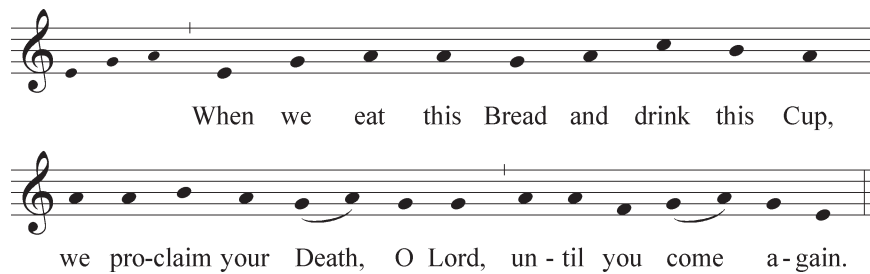
Vatican XVIII



San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

MEMORIAL ACCLAMATION

Roman Missal



When we eat this Bread and drink this Cup,
we pro-claim your Death, O Lord, un-til you come a-gain.

AMEN

chant

LORD'S PRAYER No. 246

AGNUS DEI

Vatican XVII



R. 1, 2 mi-se-re-re no-bis.
R. 3 do-na no-bis pa-cem.

COMMUNION

Father, if this cup cannot pass away unless I drink it, thy will be done.

(10:00)	“Into thy hands” from <i>Seven Last Words</i>	Dubois
(Noon)	<i>Were you there?</i>	trad. Spiritual
(Sunday Evening)	<i>Stabat Mater</i>	Tartini

When you return to your place after receiving Holy Communion, please KNEEL OR BE SEATED.

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

PRAYER AFTER COMMUNION

BLESSING (10:00) Archbishop: Blessed be the name of the Lord. **All: Now and forever.**

Archbishop: Our help is in the name of the Lord. **All: Who made heaven and earth.**

PROCESSION

TRE ORE

GOOD FRIDAY

APRIL 6

NOON—3

St. James Cathedral observes the traditional Good Friday devotion of TRE ORE (“Three Hours”) with music and homilies focused on the words of Christ from the cross.

This year, **Dianne Bergant, CSA**, will offer meditations on the Seven Last Words of Christ.

Father Michael G. Ryan will preside. Jubilate! Young Women’s Ensemble will sing Pergolesi’s sublime *Stabat Mater*.

A free-will offering will be taken during the service.



SISTER DIANNE BERGANT, CSA, is Professor of Old Testament Studies at Catholic Theological Union in Chicago. She was President of the Catholic Biblical Association of America (2000-1) and has been an active member of the Chicago Catholic/Jewish Scholars Dialogue for the past twenty years. Bergant was a member of the editorial board of *The Bible Today* for twenty-five years, five of those years she served as the magazine’s general editor. She is now on the editorial board of *Biblical Theology Bulletin*, and *Chicago Studies*. From 2002 through 2005, Bergant wrote the weekly column “The Word” for *America* magazine. She is currently working in the areas of biblical interpretation and biblical theology.

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.*

LENTEN PRAYER PARTNERS FOR THE ELECT The Church tells us that it is the entire parish's responsibility to support and welcome those preparing for baptism this Easter. Notes and cards will be collected during Holy Week to be given to the Elect before Easter. Please consider writing a note of support and welcome to one or all of our Elect. (You can "meet" them by viewing the Book of the Elect in the Cathedral or on the parish website.) Notes, cards, and gifts may be left at the parish office during the week, or dropped in the special bin in the north aisle beginning on Holy Thursday. *Information*, TerryAnn Bowen, 206-382-2018.

CATHOLIC RELIEF SERVICES' OPERATION RICE BOWL As we reflect on the passion of Christ, we remember that more than 44 million people in the United States are living in poverty. While 75% of our gifts to Operation Rice Bowl support Catholic Relief Services' programs in other nations, 25% of our contributions remain in our diocese to support local hunger and poverty alleviation efforts. Your prayers, fasting, learning, and almsgiving through Operation Rice Bowl make a significant difference in the lives of people in our own community and in communities around the world. *Be sure to bring your Rice Bowls to the Evening Mass of the Lord's Supper on Holy Thursday.*

YOUNG ADULT PILGRIMAGE All young adults, ages 18-30, are invited to join Archbishop Sartain on April 5 on a Holy Thursday pilgrimage to pray before the Blessed Sacrament in several churches on Capitol Hill and downtown. The pilgrimage will begin immediately following the 6:00pm Evening Mass of the Lord's Supper at the Cathedral on April 5, and will conclude back at the Cathedral shortly before Midnight. For more information, contact Bridget Harris in the Office of Youth and Young Adult Ministry of the Archdiocese of Seattle, 206-274-3175, or just join the Archbishop on the steps at the west entrance of the Cathedral following the Holy Thursday Mass.

LENTEN BLOOD DRIVE THANK YOU 34 donors registered for the Lenten Blood Drive on March 20, for a total potential benefit of up to 72 different patients. This is a powerful support for our community and is greatly appreciated by patients and their families, friends, and care providers. The Puget Sound Blood Center and the St. James Health and Healing Ministry extend a grateful thank you to all who participated.

THE FIRST SENIOR TRIP will be Wednesday, April 18. First we will visit the Seattle Aquarium and its mammoth, 120,000-gallon exhibit. Experience a glimpse into life under the surface of Puget Sound and see salmon, rockfish, lingcod, wolf eels, sea otters, sharks and more! Our second stop will be the Boehm Chocolate Factory. Observe the making of the most exquisite, European style, hand-dipped chocolates to classic American Fudge. Please join us for a tour and a taste! Space is limited and priority will be given to registered parishioners over 65. *Information, or to reserve your place*, John Simpson, Pastoral Care Minister, at 206-274-3173 or jsimpson@stjames-cathedral.org.

CALLED TO PROTECT FOR MINISTRIES will be held on Saturday, April 21 at 10:00am in the Cathedral Hall. New volunteers with ongoing unsupervised contact with minors or vulnerable adults are required to take this foundational one-time Safe Environment training. Register on-line <http://www.seattlearchsep.org/>. *Information*, Elizabeth Falzone, 206-654-4650 or efalzone@stjames-cathedral.org.

ARE YOU A CATHOLIC WHO HAS BEEN AWAY FROM THE CHURCH? Our Welcome Back program provides a safe place, in the company of others who are also examining their faith, to ask questions about returning to regular church attendance, returning to the sacraments, and to learn about changes in the church. The sessions are offered on Mondays, April 23 through July 16, 7:00-9:00pm on 2nd floor Cathedral Place. Classes are offered without any obligation. *Information*, David Murphy 206-274-3109 or dmurphy@stjames-cathedral.org.

ARE YOU INTERESTED IN LEARNING MORE ABOUT THE CATHOLIC CHURCH AND/OR BECOMING CATHOLIC? You are invited to participate in the RCIA, a process of initiation into the Catholic community of faith. It is a process which encompasses the study of Scripture, Catholic teaching, and Christian values—the development and deepening of a life of prayer and action—all with the support and involvement of the parish community. You can learn more by going to www.stjames-cathedral.org/RCIA. A new inquiry session will begin Wednesday, April 25 at 7:00 pm in Cathedral Place, second floor. *Information*, TerryAnn Bowen, 206-382-2018 or tbowen@stjames-cathedral.org.

SEND US YOUR DESSERT 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. Remember: Life is short - eat dessert first! 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 206-382-4511 or mmain@stjames-cathedral.org.

WANTED "GLEANERS" Each morning, two gleaners take the Cathedral van and drive to 3 PCCs and to Madison Market. The donated fruits, vegetables, meats, day-old bakery goods, dairy, and deli items are sorted and then transported back to the Cathedral kitchen. These foods enable us to create our main entree as well as to serve a nutritious fruit and green salad as an accompaniment to our daily meals. *Information*, Jill McAuliffe in the Cathedral Kitchen, 206-264-2091 or jmcauliffe@stjames-cathedral.org.

ESL SKYPE TUTORS Help adult refugees and immigrants practice conversational English through Skype. You and your student commit to a regular schedule of 1 hour per week. You will need access to a computer with internet and a webcam. Skype tutors receive a short training and ongoing support. We have students waiting right now! *Information*, Meredith Smith, 206-382-4511, ESL@stjames-cathedral.org

MENTAL HEALTH CAREGIVERS The St. James Mental Health Ministry is offering a series of biblically-based prayer and support group sessions for parishioners who care for relatives and friends living with mental illness. *Praying the Psalms: Realizing the Healing Power of the Bible's Songs of Petition and Praise* will run for six Thursdays, from 7:00-8:30pm, in the Gallagher Center, starting April 19, 2012. The sessions will explore the comfort and healing words found in the Psalms and help family members, who often lack the support they need, to understand and cope with their loved one's mental illness. *Information or to register*, Beth Rose, Parish Mental Health Nurse, brose@stjames-cathedral.org, 206-382-4269.

Sacred Steps

Sacramental Celebrations at St. James

REST IN PEACE Please pray for the repose of the soul of *Aloysius J. Mullally*.

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.

When, following his election as Pope, he was carried on the *sedia gestatoria* for the first time on November 4, 1958, John XXIII recalled a time in his childhood when he was carried on his father's shoulders: "Once again I am being carried, carried aloft by my sons. More than seventy years ago I was carried on the shoulders of my father at Ponte San Pietro. The secret of everything is to let oneself be carried by God, and so to carry him to others."



HOLY WEEK 2012

at ST. JAMES CATHEDRAL

The Most Reverend J. Peter Sartain, *Archbishop of Seattle*
The Very Reverend Michael G. Ryan, *Pastor of St. James Cathedral*



Palm Sunday of the Lord's Passion March 31-April 1, 2012

Masses Saturday 5:30pm
Sunday 8:00, 10:00, Noon, and 5:30pm

10:00am Solemn Procession of the Palms Archbishop J. Peter Sartain, *presider and homilist*

Cathedral Choir of St. James, Cathedral Brass,
Cathedral Piper Tyrone Heade
Congregational chants, acclamations, hymns;
Christus factus est, chant; "Stabat Mater" from
Seven Last Words (Dubois); "Father, into Thy
hands" from *Seven Last Words* (Haydn)

12:00 Noon Children's Procession of the Palms Father Michael G. Ryan, *presider and homilist*

The Youth Choirs of St. James Cathedral
Congregational chants, acclamations, hymns;
Christus factus est (chant), *Were you there* (African
American arr. Burleigh), *In Monte Oliveti* and
Tristis est anima mea (Martini)

4:00pm Vespers of Palm Sunday with Benediction of the Blessed Sacrament Father Michael G. Ryan, *presider*

Jubilate! Young Women's Ensemble
Congregational chants, acclamations, hymns; *Were
You There* (African American arr. Burleigh)

5:30pm Evening Blessing of Palms Father Michael G. Ryan, *presider and homilist*

Women of St. James Schola
Congregational chants, acclamations, hymns;
Christus factus est (chant); *Stabat Mater* (Tartini);
Ego dixi (Marier)

Monday & Tuesday, April 2 & 3 Masses at 8:15am and 5:30pm

Wednesday, April 4 Masses at 8:15am and 5:30pm

7:30pm OFFICE OF TENEBRAE Father Michael G. Ryan, *presider*

Cathedral Men's Chant Choir
Sopranos Lisa Cardwell Pontén, Linda
Strandberg, Stacey Sunde, Rebekah
Gilmore, Christine Knackstedt; Margriet
Tindemans, viola da gamba;
Joseph Adam, Organ
Traditional chants; *Christus factus est* (chant);
Leçons de Ténèbres (Couperin); *In monte oliveti*
(Charpentier); *Miserere* (Allegri); Instrumental
responsories by Bach and Marais



Holy Thursday, April 5

8:30am MORNING PRAISE Archbishop J. Peter Sartain, *presider*

Cathedral Cantorei
Congregational hymns and responses; Psalmody
(Stratman, Marier, anon.)

6:00pm EVENING MASS of the LORD'S SUPPER Archbishop J. Peter Sartain, *presider & homilist*

Offertory Procession will include presentation of Rice Bowls

Cathedral Choir of St. James, Women of St. James
Schola; Joseph Adam, organ; Cathedral
Bellringers
Congregational chants, acclamations, hymns
(Haugen, Proulx, Jinguji, Berthier); *Prelude on the
name of Alain* (Durufle); Mass Ordinary Mass of
Angels (chant); *St. James Mass for Peace*
(Herbolsheimer); "I am in your midst" from
Inscriptions of St. James Cathedral (Herbolsheimer);
Tantum ergo (Palestrina); *Ubi Caritas* (Allain)

YOUNG ADULTS ages 18-30 are invited to join Archbishop
Sartain on a Holy Thursday pilgrimage to several churches in the
First Hill/Capitol Hill area following the Mass of the Lord's Supper.
Gather on the west steps of the Cathedral.

9:45pm COMPLINE Father Michael G. Ryan, *presider*

Women of St. James Schola; Congregational
Gregorian Hymns; *Stabat Mater* (Tartini)

To 12 Midnight ADORATION OF THE BLESSED SACRAMENT



Good Friday, April 6

8:30am MORNING PRAISE

Father David A. Brant, *presider*

Cathedral Men's Chant Choir
Congregational hymns and responses; Psalmody
(Stratman, Marier, anon.)

12:00 Noon, TRE ORE

Father Michael G. Ryan, *presider*;
Sister Dianne Bergant, CSA, will offer reflections
on the Seven Last Words of Christ

Jubilate! Young Women's Ensemble; Sopranos
Rebekah Gilmore, Christine Knackstedt
Cathedral Chamber Orchestra, Stacey Sunde,
conductor; Joseph Adam, continuo organ
Stabat Mater (Pergolesi); *Earthquake* (Dupré)

6:00pm GOOD FRIDAY of the LORD'S PASSION

Archbishop J. Peter Sartain, *presider*
Father Michael G. Ryan, *homilist*

Cathedral Choir of St. James,
Women of St. James Schola
Congregational hymns, responses (chant); *Christus
factus est* (chant); *Crucifixus a8* (Lotti); *Trisagion*
(trad. adapt. Stratman); *Crux fidelis* (chant/
Palestrina, Jose Garcia, John IV of Portugal);
Vexilla Regis (chant); *Adoration of the Cross*
(Rachmaninoff); *Miserere* (Allegri); *Stabat Mater*
(Tartini); *Were you there* (arr. Burleigh)

Holy Saturday, April 7

8:30am MORNING PRAISE

Father Michael G. Ryan, *presider*

The Women of St. James Schola
Congregational hymns and responses; Psalmody
(Stratman, Marier, anon.)

8:30pm EASTER VIGIL

The Easter Vigil in the Holy Night
Archbishop J. Peter Sartain, *presider and homilist*

Cathedral Choir of St. James, Women of St. James
Schola, Men's Chant Choir
Congregational hymns, chants, and responses;
Psalmody (Jinguji); Mass Ordinary (Haydn,
Theresien Messe (adapt.); Easter hymns for
congregation and brass (arr. Herbolsheimer);
*Antiphon and Acclamations for the Procession of the
Elect at the Easter Vigil* (Proulx); *Vidi aquam*
(Hurd); "Haec dies quam fecit" (Palestrina);
"Easter" from *Five Mystical Songs* (Vaughan
Williams)



Easter Sunday, April 8

8:00am MASS

Father David A. Brant, *presider*
Father Michael G. Ryan, *homilist*

Dr. Clint Kraus, organ
Lisa Cardwell Pontén, soprano
"Andante Sostenuto" from Symphony No. 10
(Widor); "I know that my redeemer lives" from
Messiah (Handel); Congregational hymns and
responses

10:00am MASS

Father Michael G. Ryan, *presider and homilist*

Cathedral Choir of St. James, Cathedral Brass,
Cathedral Soloists, Joseph Adam, organ
Carillon de Westminster (Vierne); "Toccata in F"
from Symphony No. 5 (Widor); Congregational
hymns, chants, and responses; Mass Ordinary
(Haydn *Theresien Messe*, adapt.); *Easter Hymns for
congregation and brass* (arr. Herbolsheimer),
Victimae paschali laudes (chant); *Vidi aquam*
(Hurd); "Since by man came death" and
"Hallelujah!" from *Messiah* (Handel)

12:00 Noon MASS

Archbishop J. Peter Sartain, *presider and homilist*

Music as at 10:00am Mass; see above

4:00pm SOLEMN VESPERS OF EASTER

Procession to the Baptismal Font with the Newly Baptized
Benediction of the Blessed Sacrament
Father Michael G. Ryan, *presider*

Women of St. James Schola, Cathedral Cantors
Congregational hymns, chants, and responses;
Easter Antiphons (Stratman)

5:30pm EVENING MASS OF EASTER SUNDAY

Father Michael G. Ryan, *presider and homilist*

Women of St. James Schola, Cathedral Cantors,
Dr. Clint Kraus, organ
Prelude and Fugue in G Major, BWV 541 (Bach);
Congregational hymns and responses; *Haec Dies*
(chant); Easter Antiphons (Stratman)

Octave of Easter

Monday, April 9 through Saturday, April 14

Masses at 8:15am and 5:30pm; Midday Prayer at
12:10pm. Saturday, April 14, Mass at 8:15am
All daily Masses during the Octave of Easter will be celebrated
with music. Cathedral cantors and organists will support the
assembly's prayer with traditional chants, hymns, and
acclamations for the Easter Week.



St James Cathedral/Order of Malta Mental Health Ministry Introduces 3 New Programs

Praying the Psalms: Realizing the Healing Power of the Bible's Songs of Petition and Praise:

a series of biblically-based prayer and support group sessions for parishioners who care for relatives and friends living with mental illness. It will run for 6 Thursdays, from 7-8:30pm, in the Gallagher Center, **starting April 19**, 2012. The sessions will explore the comfort and healing words found in the Psalms and help family members, who often lack the support they need, to understand and cope with their loved one's mental illness. You must register to attend.

→If you are interested in joining or to find out more about these sessions, please contact Beth Rose, the Parish Mental Health Nurse, at brose@stjames-cathedral.org or call 206-382-4269 to register.

NAMI Family-to-Family Education Program is a free, 12-week course for family caregivers of individuals with mental illnesses on Wednesday evenings **starting April 25th** in Gallagher Center. You must register to attend. **Deadline for registration is April 11th.**

What does the course include?

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

→If you are interested in joining or to find out more about this program, please contact Beth Rose, the Parish Mental Health Nurse, at brose@stjames-cathedral.org or call 206-382-4269 to register.

MHM Resource Center will be having a grand opening on **Sunday April 29th** from 9am – 2pm. The Center will then be open every last Sunday of each month. Drop in.

Purpose of the MHM Resource Center:

- Information – related to mental health/illnesses, emotional distress, living well, etc.
- Referrals – related to where one can receive professional and medical assistance
- Companionship – someone to listen, talk to, guide you through, etc

We will have brochures, reference books & other reading materials, and volunteers available – all in a relaxed, comfortable and welcoming environment. Come and visit – see what we are about.