



Jesus was made known to them in the breaking of bread

Detail of East Apse Stained-glass window. Hans Gottfried von Stockhausen, 1994

ST. JAMES CATHEDRAL
The Third Sunday of Easter

April 22, 2012

ORDER OF CELEBRATION FOR

The Third Sunday of Easter

RITES OF WELCOMING AND ACCEPTANCE (10:00am)

*Texts for the revised translation of the Mass responses
can be found inside the front cover of the red Worship hymnal.*

THE INTRODUCTORY RITES

PRELUDE

Lord Jesus Christ, turn toward us, BWV 655

Bach

ENTRANCE

Introit for the Third Sunday of Easter

LASST UNS ERFREUEN

Antiphon 1. All peo - ple of the earth, ac - claim, Praise God, and raise
Psalm 65 2. Pro - claim to God, "Your deeds are great, Your e - ne - mies
3. Come, wit - ness all our Lord has done, He is the awe
Antiphon 4. All peo - ple of the earth, ac - claim, Praise God, and raise

a joy - ful strain. Al - le - lu - ia! Al - le - lu - ia!
are soon dis - mayed." Al - le - lu - ia! Al - le - lu - ia!
some Ho - ly One, Al - le - lu - ia! Al - le - lu - ia!
a joy - ful strain. Al - le - lu - ia! Al - le - lu - ia!

Sing psalms, and glo - ri - fy his name, Give joy - ful prais -
All earth re - veres and wor - ships you, A - dores, and sings
God turned the sea in - to dry land; They passed through it
Sing psalms, and glo - ri - fy his name, Give joy - ful prais -

es all the same. Al - le - lu - ia! Al - le - lu - ia!
your prais - es, too. Al - le - lu - ia! Al - le - lu - ia!
at his com - mand. Al - le - lu - ia! Al - le - lu - ia!
es all the same. Al - le - lu - ia! Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

RITE OF SPRINKLING WITH BAPTISMAL WATER

Vidi aquam

Schubert, adapted

Al - le - lu - ia, Al - le - lu - ia!

Al - le - lu - ia, al - le - lu - ia!

RITES OF WELCOMING AND ACCEPTANCE (10:00)

INTRODUCTION OF THE CANDIDATES FOR FULL COMMUNION

CANDIDATES' DECLARATION OF INTENT

AFFIRMATION BY THE SPONSORS AND THE ASSEMBLY All respond, **We are.**

PROCESSION TO THE FONT

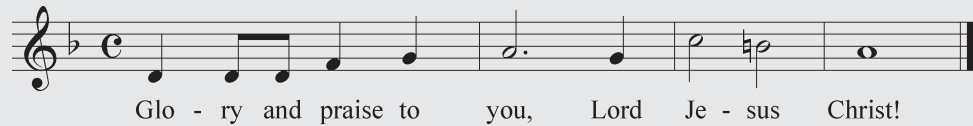
OPENING DIALOGUE WITH THE CATECHUMENS

AFFIRMATION BY THE SPONSOR AND THE ASSEMBLY All respond, **We are.**

ACCLAMATION **We praise you, Lord, and we bless you.**

SIGNING OF THE CATECHUMENS

Young



GLORIA

Schubert

Glo-ry, glo - ry to God in the high - est, and on earth peace to
 Lord Je-sus Christ, On - ly be - got - ten Son, Lord God,
 For you a - lone are the Ho - ly one, you a - lone
 peo - ple of good will. We praise you, we bless you, we a - dore you, we
 Lamb of God, Son of the Fa - ther, you take a - way the sins of the world, have
 are the Lord. You a - lone are the Most High, Je - - - sus
 glo - ri - fy you, we give you thanks for your great glo - ry, Lord
 mer - cy on us; you take a - way the sins of the world, re - ceive our
 Christ, with the Ho - ly Spi - rit in the glo - ry of
 God, heav - en - ly King, O God, al - might - y Fa - ther.
 prayer; you are seat - ed at the right hand of the Fa - ther, have mer - cy on us.
 God the Fa - ther. A - - - men. A - men.

LITURGY OF THE WORD

FIRST READING

Acts 3:13-15, 17-19

RESPONSORIAL PSALM

Psalms 4

Proulx



SECOND READING

I John 2:1-5a

ALLELUIA

Palestrina/Monk



GOSPEL

Luke 24:35-48

HOMILY

Father David A. Brant

CREED (except 10:00am)

**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

Schubert



DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00am)

LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Dear Lord and Father
Parry

SANCTUS

German Mass
Schubert, adapt. Proulx

mp
Ho - ly, Ho - ly, Ho - ly Lord God of hosts._____
Ho - ly, Ho - ly, Ho - ly Lord God of hosts._____
f Heav - en and earth are full,_____
full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na in the high - est.
f Bless - ed 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

Schubert, adapt. St. James Cathedral

Cantor, then ALL:
We pro-claim your Death, O Lord, and pro-fess your Re-sur-rec - tion,
Cantor, then ALL:
we pro-claim your Death, O Lord, un - til you come a - gain.

AMEN

Schubert, adapt. Proulx

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

LORD'S PRAYER No. 246

AGNUS DEI

Schubert, adapt. Proulx

R 1, 2 Have mer - cy on us.

R 3 Give us your peace.

(10:00)

“Dona nobis pacem” from *Missa brevis in D Minor*, K. 65
Mozart

COMMUNION

Sing unto the Lord, alleluia; sing to the Lord, bless his name;
proclaim his salvation day by day, alleluia, alleluia.

(10:00)

Ave verum corpus
Mawby

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.

HYMN OF PRAISE

Draw us in the Spirit's tether
UNION SEMINARY



1. Draw us in the Spir - it's teth - er, For when
2. As dis - ci - ples used to gath - er In the
3. All our meals and all our liv - ing Make as

hum - bly in your name, Two or three are met to -
name of Christ to sup, Then with thanks to God the
sac - ra - ments of you, That by car - ing, help-ing,

geth - er, You are in the midst of them; Al - le - lu - ia! Al - le -
Fa - ther Break the bread and bless the cup, Al - le - lu - ia! Al - le -
giv - ing, We may be dis - ci - ples true. Al - le - lu - ia! Al - le -

lu - ia! Touch we now your gar - ment's hem.
lu - ia! So now bind our friend - ship up.
lu - ia! We will serve with faith a - new.

PROCESSION

Præludium in E Major
Lübeck

PROCESSIONAL ICON OF THE RESURRECTION (CHRIST AND ST. THOMAS) by Cathedral Iconographer Joan Brand-Landkamer.
ACKNOWLEDGEMENTS: Gloria, Amen, and Agnus Dei from *A German Mass* by Franz Schubert, adapted by Richard Proulx, Signing Response, Psalm Response, and Alleluia copyright © 1986, 2010 GIA Publications, Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Intercessions Response and Memorial Acclamation from *Deutsche Messe* by Franz Schubert, adapted for St. James Cathedral. All rights reserved. Baptismal Acclamations from *St. James Mass for Peace* copyright © 1982 by Bern H. Herbolzheimer, adapted for St. James Cathedral. Used with permission. Introit for Easter II adapted by Christoph Tietze, copyright © 2004. Used with permission. All rights reserved.



CELEBRATING THE 50TH ANNIVERSARY OF THE OPENING OF THE 2ND VATICAN COUNCIL

Lecture Series

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).

A series of lectures by noted local and national speakers will explore different aspects of the Second Vatican Council and what it means to us today. *Please note that more events are still being planned, including the dedication of a new shrine honoring Blessed John XXIII. Keep an eye on the bulletin for details!*

Thursday, March 15 | 7:00pm, Cathedral Hall

Father Paul Janowiak, SJ: *Ever Ancient, Ever New: Vatican II and the Liturgy*

Monday, April 30 | 7:00pm, Cathedral Hall

Father James Eblen: *Dei Verbum: Vatican II and Scripture*

Thursday, June 28 | 7:00pm, Cathedral Hall

Father William Treacy: *The Council's vision of Ecumenism & Interfaith Relations*

Monday, September 10 | 7:00pm, Cathedral Hall

Bishop Bob McElroy: *Gaudium et Spes: The Church in the Modern World*

Monday, October 1 | 7:00pm, Cathedral Hall

Patricia Repikoff: *Light of the Peoples: the Second Vatican Council's Vision of Church*

Monday, October 29 | 7:00pm, St. James Cathedral

John O'Malley, SJ: *What Happened at Vatican II?*

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.*

GUEST CHOIRS, SATURDAY 5:30PM MASS We welcome two ensembles from the Forest Ridge School of the Sacred Heart: The choir is directed by Alison Seaton; the bell ringers are directed by Ron Mallory.

NEW ON THE WEBSITE Visit www.stjames-cathedral.org to read (or listen to) Father Ryan's homily for last Sunday online. You can also view photo albums of the recent holy days at the Cathedral.

CATHEDRAL ESPRESSO Stop by Cathedral Hall after the 10:00am Mass today for a latte or mocha. All proceeds during the month of April benefit our babysitting program.

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.

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

OUR VATICAN II LECTURE SERIES CONTINUES: VATICAN II AND SCRIPTURE Father James Eblen, noted Scripture scholar and priest of the Archdiocese of Seattle, will give the second in our Vatican II Lecture Series on Monday, April 30 at 7:00pm in Cathedral Place Hall. Father Eblen will explore the Council's seminal document on Scripture and revelation, *Dei Verbum*. "Such force and power are present in the word of God that it remains the Church's support and source of energy, and for her children a strengthening of the faith, a food of the soul, and never failing source of spiritual life... For Christ's faithful the approach to holy Scripture should lie wide open." (*Dei Verbum*)

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 parish of St. Catherine in Seattle and St. Catherine Mission in Cathlamet and Concrete.*

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.

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 and 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.

WOULD YOU CONSIDER ASSISTING A PERSON who wants to become Catholic? We continue to have new inquirers coming to participate in our Christian Initiation process to learn more about the Catholic Church (RCIA). We need St. James parishioners to be companions with our new inquirers to help welcome them to our community. The time commitment is reasonable – two Wednesday evening sessions a month. Training and support are provided. The rewards are many, including renewal and update of your own faith and “kudos” in heaven. *Information*, TerryAnn Bowen 206-382-2018 or tbowen@stjames-cathedral.org.

REACH OUT TO SOMEONE WITH HIV/AIDS *I was ill and you looked after me. (Mt 25:36)* St. James partners with Rosehedge Multifaith Works to provide practical and emotional support to people living with HIV/AIDS or recovering from addiction. CareTeams consisting of four to seven cathedral parishioners build supportive relationships with CarePartners, helping with simple tasks such as shopping, light cleaning and transportation to appointments. Orientation for new volunteers will be held Saturday, April 28 from 8:45 am to 4:45 pm at Rosehedge Multifaith Works new office at 1401 E. Jefferson Street, Suite 401, Seattle. *Information* Suzanne Lee, 206-654-4640 or slee@stjames-cathedral.org.

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.

Sacred Steps

Sacramental Celebrations at St. James

CONGRATULATIONS AND GOD'S BLESSINGS to the following children, baptized in the Cathedral last Sunday: *Evelyn Serefina Chen, Miko Angelo de Leon, Nicole Nora Dikmen, Anwell Ezekiel Tom Ganzon, Amira Diann Jordan, Audriana Shin Poblete, Mila Gioia Raddatz, Dominik Martin Sarmiento-Blaha, and Daniel Martin Sarmiento-Blaha*. We welcome with great joy these newest members of the family of faith.

CONGRATULATIONS to *Natasha Pastouna & Loutfallah Farah*, married in the Cathedral on Saturday, April 14. Please pray for them as they begin their new life together.

REST IN PEACE Please pray for the repose of the souls of *Jon Sheard* and *Joshua Luke Ramos*.

MOTHER'S DAY COLLECTION FOR BABY CORNER

This Mother's Day the Pregnancy Support Ministry and Children's Faith Formation Program are doing something to support all mothers. In partnership with St. Joseph's Baby Corner, we will be collecting diapers, formula, baby clothes and equipment for families who cannot afford these most basic necessities. Donations will be accepted at after all Masses on Mother's Day weekend, May 12-13. Check the cathedral website for a list of items especially needed. *Information*, Suzanne Lee 206-654-4640 or slee@stjames-cathedral.org.

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.

John XXIII recounted that in the first months of his pontificate, he often awoke during the night, thinking himself still a cardinal and worried over a difficult decision to be made. At these times, he would say to himself, "I'll talk it over with the Pope." Then he would remember where he was. "But I'm the Pope!" he would say to himself. After which he would conclude: "Well, I'll talk it over with Our Lord!"

Recounted in *The Wit and Wisdom of Good Pope John*



Because of the importance of the message, and because attendance was noticeably low last weekend, we reprint Father Ryan's homily for those who were not able to be here.

Second Sunday of Easter

April 15, 2012

Today's readings are a nice combination of both idealism and realism. The description of the earliest Christian community that we got in the reading from the Acts of the Apostles is so idealistic as to border on the unbelievable. The believers in Christ lived in peace and they shared everything in common -- everything! They kept nothing for themselves, it seems; they met together daily for prayer and Eucharist, and they witnessed many signs and wonders done by the Apostles. And the community grew by leaps and bounds. Small wonder!

The note of realism comes, of course, in the gospel story of doubting Thomas and I dare say that story probably rings a bit more true for us than the idyllic one from Acts! But both stories are true and we need both in order to keep our balance as we strive to live as faithful disciples of Christ.

The ideal Church and the real Church. They are one and the same Church, the only Church we have. It's the Church full of faith and the Church dogged by doubt; the Church made one by the Eucharist and the Church divided by controversy; the Church that has courageously preached the gospel down through the ages and the Church that has been an obstacle to faith every time it has put its own power or its own selfish interests ahead of the gospel of Christ; the Church that has vigorously championed the poor and the Church that has sometimes turned its back on the poor. The "imperfectly perfect church," as I sometimes like to call it. Or as Blessed John Henry Newman once famously put it, "the ugly Church" and "the beautiful Church." And Cardinal Newman knew - and experienced - both.

This holy Church of sinners is the only Church there is. At times we glory in its goodness and at other times we are disheartened by its flaws. Of course, in our more enlightened and honest moments we are not surprised by its ups and downs, its glories or its failures because they are our ups and downs, our own glories and failures. For the Church is not some abstract entity way out there -- some impersonal institution off in Rome or even across the street at the Archdiocese - the Church is people: holy people, sinful people, people led by the Spirit of God, people tempted by the spirit of evil. We are the Church!

As we strive to live our lives together as followers of Christ we will sometimes scale the heights achieved by those first disciples who embraced the gospel without compromise and lived it in its purest form. At other times, we will more closely resemble Thomas, the hard-headed doubter who wanted no part of the darkness of faith. But even then - even then - Christ will find a way to break through to us as he

did to Thomas: gently chiding us but never rejecting us, coaxing us to reach beyond our sins and our doubts and to touch his wounds, touch the Divine Mercy that flows so freely and abundantly in the Church, in the healing grace of the Sacraments.

Dear friends, when I look back on my life in the Church, I remember the comfortable, unquestioning days of my childhood when Pope Pius XII defined the Church in no uncertain terms; and I remember well the fresh air that blew through the Church during the brief but exhilarating days of the great Pope John XXIII. I remember the Second Vatican Council years when I was a student in Rome and the Church cleaned house, took some giant steps toward renewal, and embraced an open-minded, open-hearted dialogue with the world. And I remember the more recent decades when Pope John Paul II, star and saint that he was, gained the world's attention and respect as he took the Church and its message onto the world stage even as he took steps within the Church to rein in some of the liberating spirit that the Council had unleashed.

And I'm aware, too, of these times – our times -- in which the Church is trying to recover from the awful scandal of clergy sexual abuse and of its own scandalous self-protecting cover-ups even as it seeks to evangelize the culture by boldly speaking out on some of the important social and moral issues of our day: the economy, abortion, war and peace, the environment, immigration, marriage. Invariably the Church's positions make some people very proud while others question or even reject them.

And they are not the same, of course: questioning and rejecting. When it comes to core Catholic teachings we can certainly question in order to better understand (in fact, we ought to), but we don't have the luxury of picking and choosing. It's different, however, when it comes to matters involving practical political judgments and actions. Here, before God and in the community of the Church, we are likely to question as we prayerfully and carefully form our own consciences, search our own consciences, and vote our own consciences -- always striving to be faithful to the Word of God, the teaching of the Church, and the Holy Spirit within us. In the end we must strive to be our best selves, our most Christian selves, and must always keep squarely in mind the God-given value of every human person as well as the needs of the poor, the oppressed, the marginalized.

My friends, I return to where I began: to where today's scriptures took us: to the idyllic Church of the Acts of the Apostles and the realistic Church of doubting Thomas. To the Church of saints and sinners, the holy Church and the sometimes hardly holy Church, to the Church we love and the Church we love to criticize; to the Church that has fostered our faith and the Church that sometimes tries our faith. And I find myself remembering some wise words of Father Andrew Greeley, priest, theologian, sociologist, novelist, teacher. "If you can find a perfect church," he once wrote, "by all means join it. But realize that the moment you joined, it just ceased to be perfect!"

Father Michael G. Ryan

Zam Zam Gets Her License

Zam Zam came to the United States from Somalia two years ago, determined to start a new life and show her daughter that women can be independent and provide for their families. Zam Zam's goals were to get a driver's license and then get a job. But she couldn't speak English. She could practice her driving skills but she had a hard time studying for the written exam.

Zam Zam joined the St James ESL class her English-proficiency level was very low. But she was a serious student. She practiced her English every day by reading aloud to her daughter. She didn't want her daughter to struggle with English the way she did..

Zam Zam attended class regularly and asked lots of questions. Within a few months Zam Zam's English had improved dramatically. She could define words that other students could not. She was able to read better than students who had been taking the classes for more than year.



Without the St. James ESL class she wouldn't have been able to understand the driving test proctor.

She felt ready for the next step in her plan to fulfill her new American dreams, to get her driver's license. She passed the driving test and didn't miss any questions on the written exam. She brought her license to class to show the other students. She told her tutor that without the St. James ESL class she wouldn't have understood the test questions or instructions from the driving test proctor.

Now Zam Zam working on her resume, ready to start the job search. She is an independent woman, who can read, write and speak English. Soon, she will be employed and be able to provide for her family. Most importantly, she will be a strong role model for her daughter.▪



Number of immigrants assisted 437

Previous year 362

Number of volunteers 86

Previous year 94

St James Cathedral/Order of Malta Mental Health Ministry

EVENTS IN APRIL

April 29th 2012 - MHM Resource Center Grand Opening 9am-2pm (and every last Sunday)

Located in lower level of the Rectory – in the Gallagher Center – enter off Columbia

- Information – related to mental health/illness, 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 also offer blood pressure checks and information related to stress – how to lower your stress and control your blood pressure – relaxation techniques, etc.

MAY IS MENTAL HEALTH MONTH

One in every 5 Americans experiences a mental disorder in any given year. Mental illness affects the mind, body, and the spirit. It is a real, common, and treatable illness. Mental illnesses are far more common than cancer, diabetes, heart disease, or arthritis. People living with mental health problems are our neighbors; members of our congregations; members of our families; everywhere in this country.

EVENTS IN MAY:

May 6th 2012 - Informational Mental Health Ministry Table at all coffee hours.

- Come and meet some of the MHM volunteers. There will be brochures and information available, as well as volunteers standing by to answer any questions about mental health or the ministry.

May 22nd 2012 – Information Night. 6:30-8:30pm

- Learn about stigma and myths related to mental illness
- Gain more in-depth knowledge about mental health and illness such as depression and anxiety
- Hear personal stories of living with mental illness

ONGOING ACTIVITIES:

- **Prayer Partners:** Do you know anyone who is living with mental illness or having any kind of emotional distress at this time. Please submit prayer requests via MHM web page www.stjames-cathedral.org/mhm click on link for prayer requests and follow prompts to submit your request.
- **Home Visits/Phone Visits:** Do you know anyone who is alone much or all of the time and might be lonely, isolated, possibly depressed....we can call or visit in person to alleviate the loneliness and isolation. We are good listeners and companions.
- **Hospital Visits:** Do you know anyone who has been hospitalized for a mental illness or having stress and anxiety related to being in a hospital....we can visit in person to alleviate the anxiety and offer support.
- **Office Visits:** Do you know anyone who could benefit from a visit with the Mental Health Nurse. She can offer meaningful, compassionate support and help be a guide for next steps.
- **NAMI Family-to-Family Classes** – 12 week course starting April 25th. Class is full.
- **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 starting April 19th.

Thank you – Beth Rose, RN Parish Mental Health Nurse. 206-382-4269 or brose@stjames-cathedral.org
More information and web page at www.stjames-cathedral.org/mhm

2012 Goal: \$10 Million

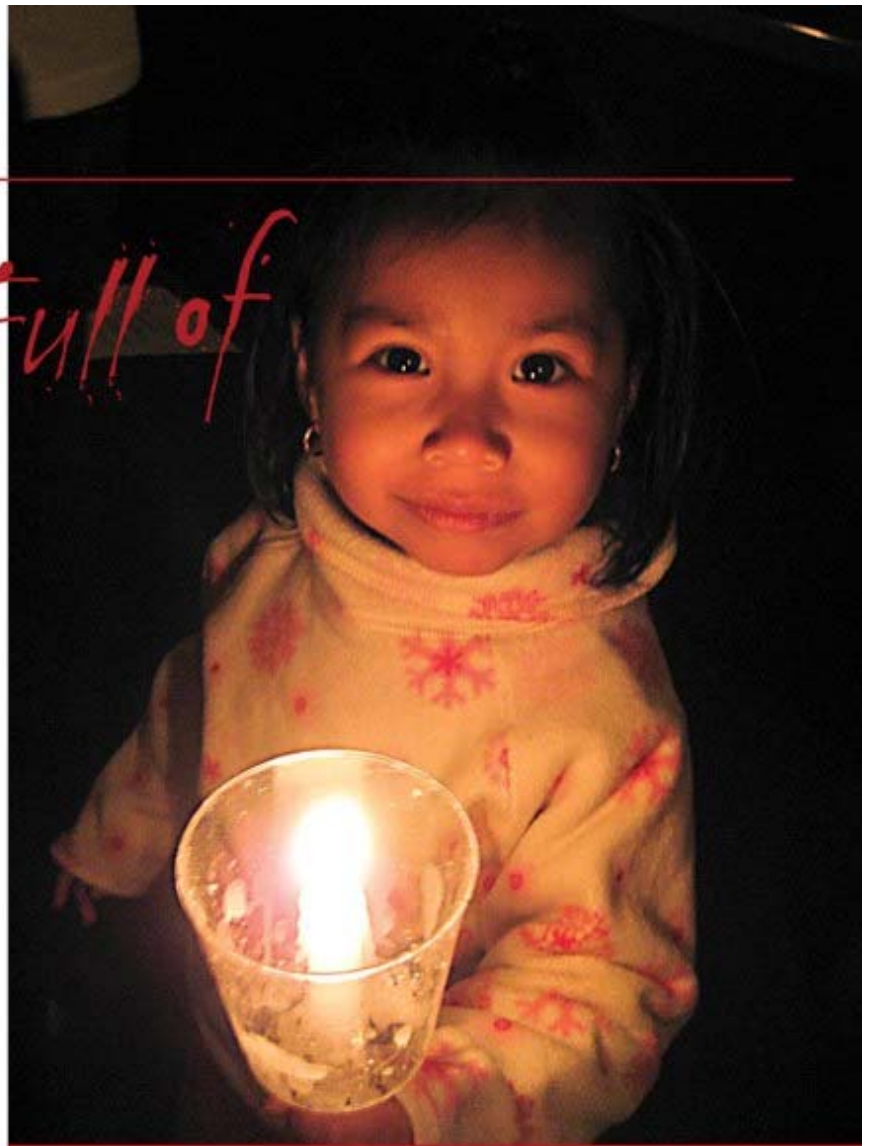
A Future Full of Hope

Over 60 ministries and services
continue to

- Train our priests and deacons
- Serve our youth and young adults
- Sustain our Catholic Schools
- Provide social services to the poor and needy
- Support our retired priests and nuns

YOUR support is needed for the continued success of our many ministries and services throughout the Archdiocese. In light of the continued difficult economic environment, know that **your gift**, no matter the amount, will make a difference.

The reality is that some of your fellow parishioners will not be able to financially support this appeal. *If you are not doing so already*, consider a gift of a **dollar a day** or \$365 or more to make up for those who cannot give this year.



Imagine what we can accomplish if **everyone** gives.
Imagine what we can accomplish if **YOU** give.



Annual
CATHOLIC
Appeal

www.seattlearchdiocese.org/aca