



Stained-glass window, St. James Cathedral Chapel. Charles Connick, artist.

ST. JAMES CATHEDRAL
The Most Holy Body & Blood of Christ

June 10, 2012

ORDER OF CELEBRATION FOR

The Most Holy Body and Blood of Christ

PROCESSION WITH THE BLESSED SACRAMENT (10:00)

Please silence all cell phones. Please, no photography during the liturgy and procession.

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

PRELUDE

The Celestial Banquet

Messiaen

(Saturday)

Prelude in C Major, BWV 547

Bach

ENTRANCE

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.

PENITENTIAL ACT

Litany of Saints

GLORIA

LAUDA ANIMA

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

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

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

(Text by Edwin LeGrice)

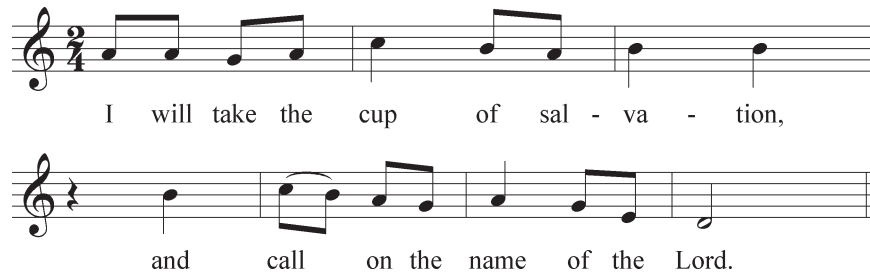
THE LITURGY OF THE WORD

FIRST READING

Exodus 24:3-8

RESPONSORIAL PSALM 116

Murray



SECOND READING

Hebrews 9:11-15

SEQUENCE (10:00)

Lauda Sion

chant

*Sion, praise thy Saviour singing,
Hymns with exultation ringing
Praise thy King and Shepherd true.*

*Honor Him, thy voice upraising,
Who surpasseth all thy praising;
Never canst thou reach his due.*

*Let the Bread, life-giving, living,
Be our theme of glad thanksgiving,
Now indeed before thee set;*

*As of old the Lord provided
When the twelve, divinely guided,
At the holy table met.*

*Very Bread, good Shepherd, tend us,
Jesus, of thy love befriend us,
Thou refresh us, thou defend us.
Thine eternal goodness send us
In the land of life to see;*

*Thou who all things canst and knowest,
Who on earth such food bestowest,
Grant us with thy saints, though lowest,
Where the heavenly feast thou showest,
Fellow heirs and guests to be. Amen.*

(attributed to St. Thomas Aquinas)

ALLELUIA No. 237

chant

GOSPEL

Mark 14:12-16, 22-26

HOMILY

Father Michael G. Ryan

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.**

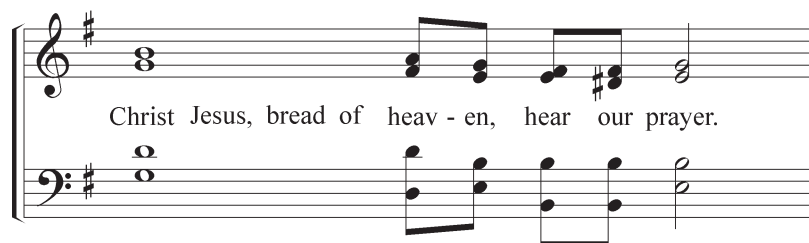
**He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**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)

Panis angelicus

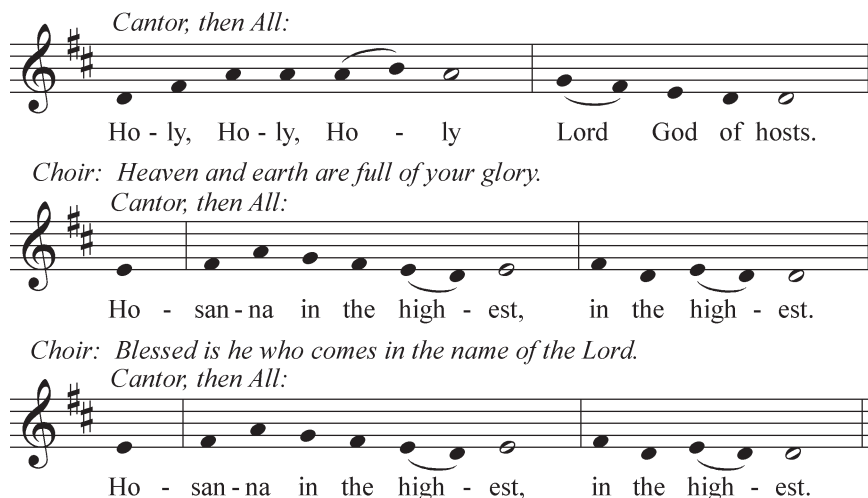
Franck

The bread of angels has become the bread of people. What a wondrous thing! The poor and humble servant consumes his Lord.

SANCTUS

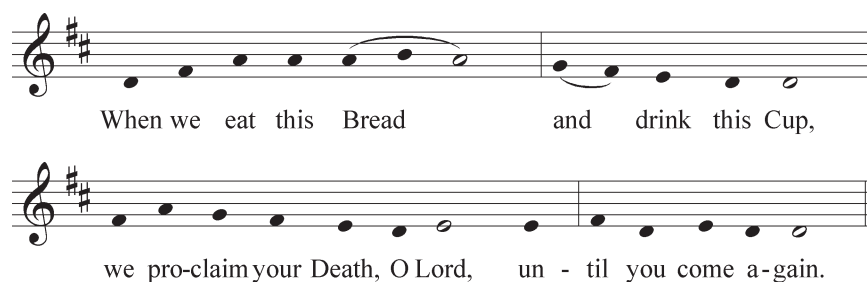
Corpus Christi Mass

Proulx



MEMORIAL ACCLAMATION

Proulx



AMEN

Proulx



LORD'S PRAYER No. 246

AGNUS DEI

Proulx



COMMUNION

He who eats my flesh and drinks my blood,
abides in me, and I in him, says the Lord.

(10:00)

Ave verum corpus
Mozart

Hail, true body, born of the Virgin Mary!
Truly having suffered, and been offered on the cross for all,
whose pierced side flowed with blood and water,
be an example for us in the trial of death.

When you return to your seat after receiving holy communion, **PLEASE KNEEL OR BE SEATED.**
Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.

EUCCHARISTIC PROCESSION (10:00)

Please join in the procession at the direction of the ushers.

Please, no photography during the procession.

See the concluding pages of this Order of Celebration for music to sing during the procession.

The procession will begin with those seated in the south transept,
followed by the east nave, the north transept, and the west nave.

The different groups are led by representatives of Cathedral ministries,
including EUCHARISTIC MINISTERS, READERS, CHOIRS, CHILDREN'S RELIGIOUS EDUCATION,
OUTREACH MINISTRIES, RCIA, WELCOME BACK, AND CONFIRMATION.

HYMN OF PRAISE

At that first Eucharist

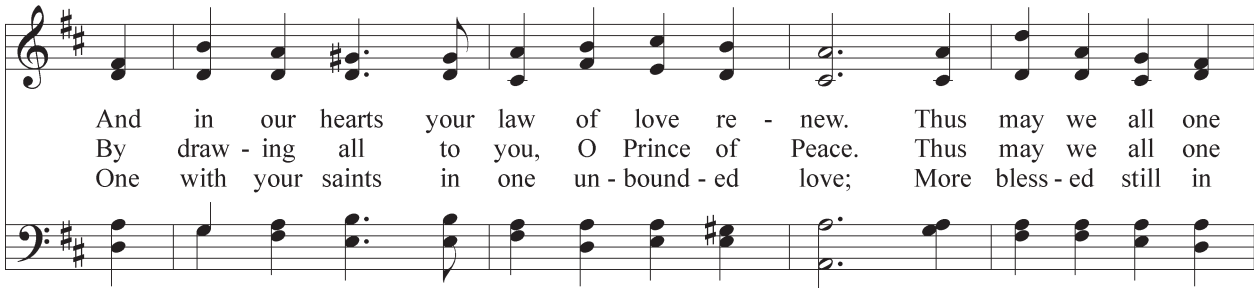
UNDE ET MEMORES




1. At that first Eu - cha - rist be - fore you died, O Lord, you prayed that
 2. For all your church, O Lord, we in - ter - cede; O make our lack of
 3. So, Lord, at length when sac - ra - ments shall cease, May we be one with



all be one in you; At this our Eu - cha - rist a - gain pre - side,
 char - i - ty to cease; Draw us the near - er each to each we plead,
 all your Church a - bove, One with your saints in one un - end - ing peace,



And in our hearts your law of love re - new. Thus may we all one
 By draw - ing all to you, O Prince of Peace. Thus may we all one
 One with your saints in one un - bound - ed love; More bless - ed still in



Bread, one Bod - y be; Through this blest Sac - ra - ment of Un - i - ty.
 Bread, one Bod - y be; Through this blest Sac - ra - ment of Un - i - ty.
 peace and love to be One with the Trin - i - ty in Un - i - ty.

PROCESSION

(Saturday)

Hymne d'Actions de grâces: Te Deum

Langlais

Praeludium in G Major

Bruhns

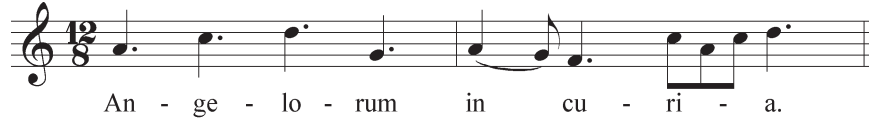
Procession with the Blessed Sacrament

PLEASE JOIN IN THE PROCESSION AT THE DIRECTION OF THE USHERS.

MUSIC FOR ALL TO SING DURING THE PROCESSION

Nostra phalans (in the courts of the angels)

12th c., Santiago de Compostela, Codex Calixtinus



Jesus here present, our living Savior

12th c., Cortona, adapt. Stratman

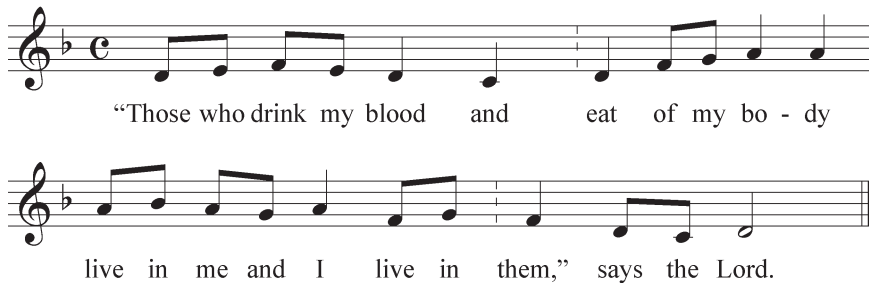
Cantor: Jesus here present, our living Savior,

All:



Jesus, the font and foundation of loving

12th c., Cortona, adapt. Stratman



BENEDICTION OF THE BLESSED SACRAMENT on Terry Avenue

HYMN all bow or kneel

Pange lingua gloriosi

**Sing my tongue, the Savior's glory,
Of His flesh the mystr'y sing,
Of the blood all price exceeding,
Shed by our immortal king.
Destined for the world's redemption,
From a noble womb to spring.**

**Tantum ergo sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui,
Præstet fides supplementum
Sensuum defectui. Amen.**

Father Ryan: You have given them bread from heaven.

ALL: Having all sweetness within it.

EUCCHARISTIC COLLECT

EUCCHARISTIC BLESSING *All make the sign of the cross as Father Ryan blesses the assembly with the Blessed Sacrament, exposed in the monstrance.*

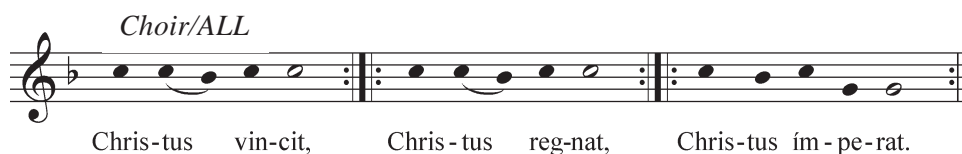
DIVINE PRAISES all sing in response as Father Ryan chants the Divine Praises

Blessed be God.
Blessed be God's holy name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious assumption.
Blessed be the name of Mary, virgin and mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in the angels and in the saints.

REPOSITION OF THE BLESSED SACRAMENT

THE CORPUS CHRISTI ACCLAMATION *ALL RISE*

Christus vincit, 9th century



FESTIVAL PEAL of the South Tower bells

MARIAN ANTIPHON

Salve Regina

chant, 11th century

Sal-ve, Re-gí-na, ma-ter mi-se-ri-cór-di-æ; Vi-ta, dul-cé-do
et spes no-stra sal-ve. Ad-te cla-má-mus, éx-su-les fí-li-i E-væ.
Ad-te sus-pi-rá-mus, ge-mén-tes et flen-tes in hac la-crí-ma-rum val-le.
Ei-a er-go, ad-vo-cá-ta no-stra, il-lo-s tu-os mi-se-ri-cór-des ó-cu-los
ad nos con-vér-te. Et Je-sum, be-ne-dí-ctum fruc-tum ven-tris tu-i,
no-bis post hoc ex-sí-li-um o-sten-de. O——cle-mens,
o——pi-a, o——dul-cis Vir-go Ma-rí-a.

Joy and Hope in Christ: Vatican II

Part 11 in a series

June 10, 2012

This year, 2012, marks the fiftieth anniversary of the opening of the Second Vatican Council, which began on October 11, 1962, and closed on December 8, 1965. Throughout the year, we'll mark this milestone anniversary by celebrating the Council, and exploring its teachings through bulletin inserts, lectures, and a variety of special events.

Lumen Gentium: Key Teachings

The Dogmatic Constitution on the Church (known as *Lumen Gentium* because of its opening words: "Christ, the light of peoples") was promulgated on November 21, 1964, at the conclusion of the Third Session, and after much intense debate (see #10 in this series). The document, one of the longest and most important produced by the Council, is *ecclesiological*—that is, it expresses the Church's understanding of itself. What is the Church? Who is the Church? Who belongs to the Church? How does the Church function in God's plan? The Constitution addresses questions like these. Here are some of the key teachings of *Lumen Gentium*.

The mystery of the Church. The Church, the Council Fathers agreed, is like a sacrament, making Christ present in the world, and like a sacrament, it has both earthly and heavenly aspects. The Church on earth and in heaven "form one complex reality which comes together from a human and a divine element" (8). The one Church of Christ "subsists" in the Catholic Church. But that does not mean that there is no goodness or holiness outside of the Church. "Many elements of sanctification and of truth are found outside its visible confines. Since these are gifts belonging to the Church of Christ, they are forces impelling towards Catholic unity."

The People of God. In discussing the members of the Church, the Council Fathers voted to begin not with the hierarchical structure of the Church but with the People of God. We are a priestly people, for we all share in the common priesthood of the baptized, and are called to share in the prophetic office—to spread the good news and to intercede for the world. Those baptized in other Christian denominations are "joined in many ways" to the People of God. Even those who do not believe in Christ are close to us, because God is close to them.

Collegiality. The chapter on the hierarchy clarifies the Church's teaching on collegiality—the authority of the body or college of bishops. "The order of bishops is the successor to the college of the apostles in their role as teachers and pastors, and



Council Fathers in session at St. Peter's Basilica

in it the apostolic college is perpetuated. Together with their head, the Supreme Pontiff, and never apart from him, they have supreme and full authority over the universal Church" (22). Peter was the alone the "rock" upon which the Church was built, yet worked in collaboration with the Apostles, who shared in the authority granted by Christ. In the same way, the Pope "has full, supreme and universal power over the whole Church," but the bishops also "exercise their own proper authority for the good of their faithful, indeed even for the good of the whole Church" (22).

The dignity of the laity.

Everyone is called to holiness; everyone has a vocation. While "not

everyone marches along the same path, yet all are called to sanctity and have obtained an equal privilege of faith through the justice of God" (32). The laity, collaborating with the bishops and priests who are their "brothers" (32), build up the Church by using their God-given gifts in the world and in the Church itself.

Mary, Mother of the Church. Instead of dedicating a separate document to the Blessed Virgin Mary, the Council Fathers decided to include a chapter on Mary in the Constitution on the Church. This decision emphasized Mary's role within the Church, and pointed to Mary as the model of the Church and of all believers. "In the most Blessed Virgin the Church has already reached that perfection whereby she exists without spot or wrinkle (cf. Eph. 5:27), the faithful still strive to conquer sin and increase in holiness. And so they turn their eyes to Mary who shines forth to the whole community of the elect as the model of virtues" (65). Devotion to Mary should be built on the firm foundation of Scripture, the Fathers of the early Church, the Doctors of the Church, and the liturgy, and should avoid exaggeration, superstition, and error, since these do not lead to true devotion, and also impede ecumenical efforts.

Lumen Gentium was approved on November 21, 1964, by an overwhelming majority of the Council Fathers (only 5 voted against it). Cardinal Avery Dulles has called it "the most imposing achievement of Vatican II." A French commentator at the time of the Council referred to it as the "Magna Carta" of Vatican II, and observed: "the greatest merit of the Constitution is that, far from canonizing the past, or even consecrating the present, it prepares for the future."

Corinna Laughlin, Pastoral Assistant for Liturgy

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 Seattle University in honor of the Class of 2012, and from the Archdiocese of Seattle in thanksgiving for our newly ordained priest, Jose Alvarez.

CELEBRATE ST. JAMES IN SONG Everyone is welcome to participate in our annual All-Parish Choir Sunday, at the 10:00am Mass, June 17—high voices, low voices; "trained" voices, untrained voices, very young, very old, family groups and singles, those who sing in tune, and those who sing in some other tune. Music is easy and exciting, the rehearsal is fun, the chance to celebrate St. James Parish is huge. Rehearsals Thursday, June 14, 7:30pm and Sunday, June 17, 9:05am in the Cathedral. *Information*, Music Office, 206-382-4874.

THE JUNE SENIOR TRIP will take place on Wednesday, June 13. We will visit the newly opened LeMay-America's Car Museum. It is a gleaming tribute to how the automobile has shaped American culture and society. Did you ever sit in a car and watch a drive-in movie? Do you remember the model your grandfather drove? What was your own first vehicle? Chances are they're in the collection! Please join us as we travel down memory lane! Space is limited and priority will be given to registered parishioners. *Information, or to reserve your place*, John Simpson, Pastoral Care Minister, at 206-274-3173 or jsimpson@stjames-cathedral.org.

HELP A NEIGHBOR IN NEED Many of our neighbors need help with transportation, shopping, laundry, and housework. Advanced age, chronic illness and financial difficulties can keep them from accomplishing these routine daily tasks on their own. By volunteering just a few hours a month with Volunteer Chore Services, you can help someone in our community continue living at own home and avoid moving to an institutional setting. Find out more about VCS by attending a brief informational session Sunday, June 10 from 11:15 to 11:45 am in the Mother Mary Rose Room of the Pastoral Outreach Center (907 Columbia). *Information*, Suzanne Lee, 206-654-4640 or slee@stjames-cathedral.org.

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of Blessed Sacrament in Seattle and St. Anthony in Renton, and the mission church of St. Anthony in Carnation.*

Sacred Steps

Sacramental Celebrations at St. James

REST IN PEACE Please pray for the repose of the souls of *William Fleckenstein* and *Marie Aspiri*.

CONGRATULATIONS AND GOD'S BLESSINGS to the following children, baptized in the Cathedral on Sunday, June 3: *Catherine Grace Snyder, Miguel Rosario-Contratto, Lucabella Borba Ochsenreiter, Mateus Luke Mendes, Beatriz Capellao Kaspary, and Klara Johanna Fichter*. We welcome with joy these newest members of the family of faith.

ST. JAMES VOTER REGISTRATION PROJECT 2012

Some graduates of the St. James JustFaith class of 2009 are responding to the call of Catholic Social Teaching to promote participation in civic life by helping people in the cathedral neighborhood, particularly the poor and homeless, register to vote during this presidential election year. We are completely non-partisan and do not support or oppose any political party or issue. We need volunteers who can give 90-minutes of their time to help our neighbors get registered for the first time, confirm their prior registrations, or re-register at their current address. *Information*, Joseph Roberts, josephr5000@yahoo.com or Teresa Acosta, teresa@acosta.net.

THE ST VINCENT DE PAUL conferences of St. James thank cathedral parishioners for their generous donations last month. During May we made a total of 57 home visits to our low income neighbors. Your contributions helped us to keep 37 individuals and families in their homes, and to prevent 6 utility shut-offs. We provided food for 17 households and clothes for 4 people. We also gave out 11 vouchers for beds and furniture, and helped 6 people with transportation costs. Helping our neighbors pay their rent cost us an average of \$3.90 per bed night. This is far cheaper than picking up the pieces after people lose their homes. Shelters cost \$15-\$20 per night, and motels cost \$50 or more. Members of the St. Vincent de Paul Society follow Jesus through service to those in need. We show our commitment through person-to-person contact, always making our home visits in pairs. Please consider joining our ministry to the poor among us. *Information*, Rob Millar, 206-954-8902 and Tammy Bendix, 206-595-9158.

IS HOSPITALITY YOUR GIFT? We are looking for a "few good people" to assist in setting up, greeting participants, and putting things away for our weekly RCIA gathering. The time commitment is once a month from 6:00-9:30pm. It is a great way to meet new people and support an important parish ministry. *Information*, TerryAnn Bowen, 206-382-2018, tbowen@stjames-cathedral.org

Annual CATHOLIC Appeal

Results through May 29, 2012

Pledges received	716 (of 2,580 households)
% participation	28%
Archdiocesan goal	\$346,676
Parish rebate goal	\$175,000
% of goal reached.....	75%
SHORTFALL	\$139,211

We have now met the goal set for us by the Archbishop, so every dollar given comes directly back to the parish in the form of a rebate. **We are still \$139,211 short of meeting our rebate goal!** The rebate will help us meet the expenses involved in our extensive outreach ministries, and in a special way, our Solanus Casey Center. Please drop your pledge in the basket today.



INTRODUCING... CAMINO SEATTLE! This summer, in the weeks leading up to the Feast of St. James, the whole parish community is invited to embark on a five-week walking and prayer adventure called *Camino Seattle*. You're invited to create your own walking and prayer goal and set out on "pilgrimage" on June 24. Participants will receive a passport, which you can fill with stamps each week during the Camino. All are welcome—why not get a friend to walk with you? Visit www.stjames-cathedral.org/camino for more information. **Sign ups will be next Sunday, June 17 after all Masses.**

WILL YOU ASSIST 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.

Getting to know Good Pope John

On September 30, 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.

"We all like to judge events from the vantage point of the handful of earth beneath our feet. This is a great illusion. We must take our view from the heights and courageously embrace the whole."



SENIOR TRIPS



THE JUNE SENIOR TRIP will take place on Wednesday, June 13. We will visit the newly opened LeMay-America's Car Museum. It is a gleaming tribute to how the automobile has shaped American culture and society. Did you ever sit in a car and watch a drive-in movie? Do you remember the model your grandfather drove? What was your own first vehicle? Chances are they're in the collection! Please join us as we travel down memory lane!

Space is limited and priority will be given to registered parishioners. Information, or to reserve your place, John Simpson, Pastoral Care Minister, at 206-274-3173 or jsimpson@stjames-cathedral.org.

If you've never been on one of our Senior Trips, please consider joining us. They are fun outings with fellow parishioners, and offer a chance to see notable northwest places you might not otherwise visit.

SAVE THE DATE for this year's trips!

- July 11—NW Trek
- August 8—Mt. St. Helens
- September 12—The Steam Train in Elbe
- October 10—The King Tut exhibit including the IMAX showing of *Mummies*



CAMINO SEATTLE

Camino Seattle is a five-week walking/hiking and prayer event for St. James Cathedral Parish, beginning June 24, 2012 and ending July 29, 2012, the Feast of St. James.

Set your walking/hiking goal!

Pilgrims to Santiago de Compostela come by many routes and from many different places. For Camino Seattle, we will each determine our own mileage goal, based on our time and physical ability. The main point is to set a goal to challenge yourself a bit during these six weeks. We suggest a goal of 60 miles or more – the minimum to receive a *compostela* in Spain.

Set your prayer goal

Because the Camino to Santiago de Compostela in Spain is both a physical and a spiritual journey, you're also encouraged to bring your own special intentions to your walking, and to set a prayer goal as well. This might be setting aside a few extra minutes each day for quiet prayer, offering a rosary as you walk, or another goal of your own choosing.

Community walks and events

The *Camino de Santiago* is not just a feat of endurance or a private prayer. It is a community event: a place where people get to know each other make new friends. Each week during the Camino Seattle, there will be hosted walks across the city as well as educational opportunities at the Cathedral. Keep an eye on the weekly bulletin for a schedule of these fun special summer events.

Collecting your stamps

Each week, you will want to collect stamps to indicate your progress. Getting a stamp at each stage of the journey is an important part of the journey for pilgrims to Santiago de Compostela. Cathedral pilgrims can collect

their prayer and walking stamps each week at coffee hour, or at the parish office during the week. In addition, you can get a bonus stamp each week by participating in a hosted walk or other group event.



Conclusion

The Camino Seattle will conclude on the Feast of St. James, July 29, 2012. All those who have completed the Camino Seattle will receive a special gift and blessing. Those who have walked 60 miles or more get a special stamp.

How do I sign up?

Sign ups will be next Sunday, June 17 after all Masses. Each pilgrim will receive a shell, passport, and pedometer to get started on their own Camino. There is a suggested donation of \$10 to cover supplies. *All children and young people under the age of 18 receive their packet at no cost!*

Host a walk

Participants may host a walk at any time during the five weeks of the Camino Seattle. This is a great way to share your favorite Seattle spot with Cathedral friends.!

Find out more

Visit www.stjames-cathedral.org/camino to find out more about special Camino events, to sign up for hosted walks, and to learn more about St. James and the Camino! If you'd like to volunteer, contact Maria Laughlin, 206-382-4284 or e-mail mllaughlin@stjames-cathedral.org.

Volunteer Chore Services

Help a Neighbor in Need!

Many people in our community require help with transportation, shopping, laundry, and housework. Advanced age, chronic illness and financial difficulties can prevent our neighbors from accomplishing these routine daily tasks on their own.

By volunteering just a few hours a month with **Volunteer Chore Services**, you can help someone stay in his or her own home and avoid having to move to an institutional setting.

**Volunteers provide
companionship and help with**

- Transportation
- Shopping & Errands
- Laundry
- Light Housework
- Cooking
- Gardening
- Household Repairs

Come find out more.

Information Session

Sunday, June 17

11:15 am - Noon

**Mother Mary Rose Room
Pastoral Outreach Center
907 Columbia**



Information, Suzanne Lee 206-654-4640 or slee@stjames-cathedral.org