

*Year of Faith*



ST. JAMES CATHEDRAL  
*The First Sunday of Lent*  
February 17, 2013

# ST. JAMES CATHEDRAL

February 17, 2013

Dear Friends,

*"Remember that you are dust and to dust you shall return."* Along with millions of people around the world, we heard those words this past Wednesday as we received the blessed ashes on our foreheads. But I have to think that, this particular Lent, the momentous news of Pope Benedict's resignation will be a more powerful reminder of human mortality than even the ashes of Ash Wednesday. In making his courageous decision, the Pope was, among other things, making a profound statement about mortality -- his own and ours. He was saying something very powerful about the transitory nature of human life. His own increasing infirmity and the crushing demands of his office were, as he saw it, God's way of telling him that it was time to step aside.

*"Remember that you are dust and to dust you shall return."* We should be grateful to Pope Benedict for giving us such a powerful and credible example of what it means to humbly face one's own mortality. Benedict has often been referred to as 'the teaching Pope.' This may well be one of his finest moments as teacher and one of the most enduring of all his teachings.

I can only consider it as providential that the Pope's announcement coincided with the beginning of Lent, a time of intense prayer and reflection for the entire Church. This year, as the Church sails into uncharted waters, we need to focus our prayer on the Church and its needs. It would be hard to overestimate the challenges and the opportunities facing the Church at this time. In our prayer for the Church, let us also include the College of Cardinals who will soon gather in Rome to elect a new Pope. May the Holy Spirit who came upon the apostles and the Church at Pentecost breathe forth wisdom and courage to spark a New Pentecost in our time!



Father Michael G. Ryan

ORDER OF CELEBRATION FOR  
*The First Sunday of Lent*

THE INTRODUCTORY RITES

INTROIT

Psalm 91: *Qui habitat*  
adapt. Stratman

Cantor I give them life long and full,



and I show them my power to save, says the Lord.

GREETING

Priest The Lord be with you.

ALL **And with your spirit.**

PENITENTIAL ACT

chant, Vatican XVII

Priest Have mercy on us, O Lord.

ALL **For we have sinned against you.**

Priest Show us, O Lord, your mercy.

ALL **And grant us your salvation.**



R. 1, 3, 4 Lord, have mer - cy.

R. 2 Christ, have mer - cy.

COLLECT (OPENING PRAYER)

THE LITURGY OF THE WORD

FIRST READING

Genesis 9:8-15

RESPONSORIAL PSALM

Cantor I give them life long and full,

Stratman



and I show them my power to save, says the Lord.

SECOND READING

I Peter 3:18-22

GOSPEL TRACT

Cantor I give them life long and full,

Stratman

ALL **And I show them my power to save, says the Lord.**

GOSPEL

Mark 1:12-15

HOMILY

Father Peter Ely, SJ

DISMISSAL OF THE ELECT (10:00) and CATECHUMENS AND CANDIDATES (Sunday Evening) Stratman

CREED *chanted on one tone*

(10:00 and Sunday Evening)

Credo III

*Presider Credo in unum Deum,*

Schola Patrem omnipotentem factorem cæli et terræ,  
visibilium omnium et invisibilium.

**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.**

Schola Et ex Patre natum ante omnia sæcula.

**God from God, Light from Light,  
true God from true God,**

**begotten, not made,  
consubstantial with the Father;  
through him all things were made.**

Schola Genitum, non factum, consubstantialem Patri:  
per quem omnia facta sunt.

**For us men and for our salvation  
he came down from heaven,**

ALL

Qui pro-pter nos hó-mi-nes et prop-ter no-stram  
sa-lú-tem de-scén-dit de cæ-lis.

*ALL BOW AT THE WORDS OF INCARNATION, SUNG BY THE SCHOLA:*

Schola Et incarnatus est de Spiritu Sancto ex Maria Virgine,  
et homo factus est.

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

ALL

Cru-ci-fi-xus é-ti-am pro no-bis  
sub Pón-ti-o Pi-lá-to; pas-sus et se-púl-tus est.

**For our sake he was crucified  
under Pontius Pilate,  
he suffered death  
and was buried,**

Schola Et resurrexit tertia die, secundum Scripturas.

**and rose again on the third day  
in accordance  
with the Scriptures.**

ALL

Et a - scén - dit in cæ - lum,  
se - det ad déx - te - ram Pa - tris.

**He ascended into heaven  
and is seated  
at the right hand of the Father.**

Schola Et iterum venturus est cum gloria,  
judicare vivos et mortuos,  
cuius regni non erit finis.

**He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

ALL

Et in Spí - ri - tum San-ctum, Dó-mi-num et vi-vi-fi -  
cán-tem: qui ex Pa-tre Fi - li - ó-quepro - cé - dit.

**I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from  
the Father and the Son,**

Schola Qui cum Patre et Filio  
simul adoratur et conglorificatur:  
qui locutus est per prophetas.

**who with the Father and the Son  
is adored and glorified,  
who has spoken  
through the prophets.**

ALL

Et u - nam, san - ctam, ca - thó - li - cam  
et a - pos - tó - li - cam Ec - clé - si - am.

**I believe in one, holy,  
catholic and apostolic Church.**

Schola Confiteor unum Baptisma in remissionem peccatorum.

**I confess one Baptism  
for the forgiveness of sins**

ALL

Et ex-spe-cto re-sur-re-cti - o-nem mor-tu - o - rum.

**and I look forward  
to the resurrection of the dead**

Schola Et vitam venturi sæculi.

**and the life  
of the world to come.**

ALL

A - - - - - men.

**Amen.**

## PRAYER OF THE FAITHFUL

Litany of Saints

Lord, we ask you, hear our prayer.

# THE LITURGY OF THE EUCHARIST

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory

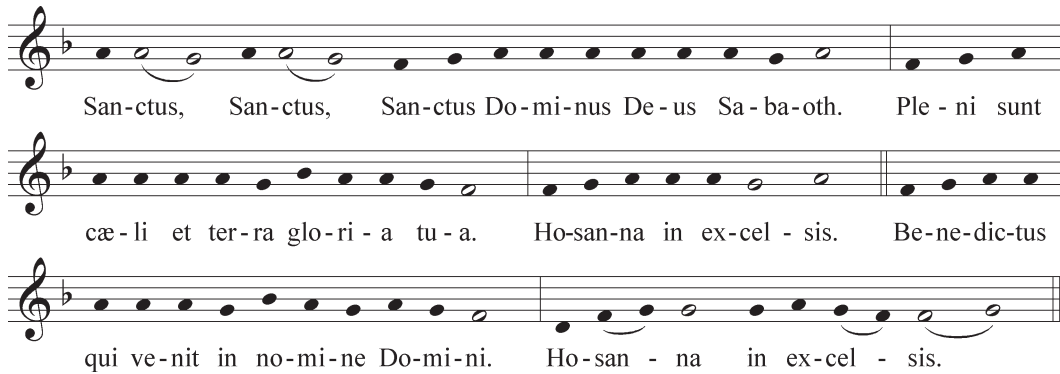
Cantor I give them life long and full,

Psalm 91

ALL **And I show them my power to save, says the Lord.** Stratman

## SANCTUS

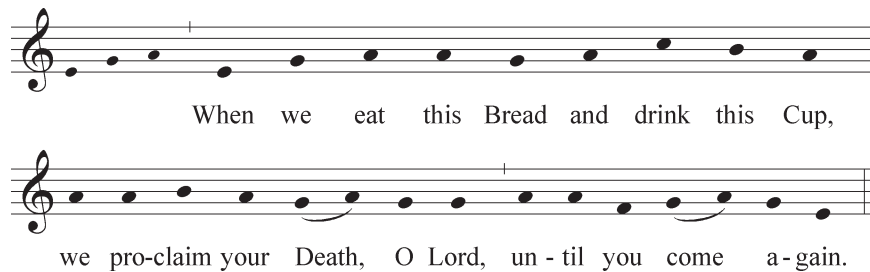
chant



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

chant, *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

## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI

Vatican XVII

### COMMUNION

If you live in the shelter of the Most High,  
make you home in the shade of the Almighty  
you say to the Lord, "my Rock, my Fortress, my God in whom I trust."

Psalm 91

Stratman

Cantor I give them life long and full,

Stratman

ALL **And I show them my power to save, says the Lord.**

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 **No. 422 in Worship hymnal**

*The glory of these forty days*

ERHALT UNS HERR

### PROCESSION

# 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)

### FAITH FORMATION

TerryAnn Bowen, Director of Religious Education (206-382-2018)

Lita McBride, Children's Faith Formation (654-4658)

Brenda Bellamy, Children's RCIA/Confirmation (206-274-3108)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

### FAMILY MINISTRY

Suzanne Lee, Director (206-654-4640)

### 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

### PASTORAL CARE MINISTRIES

John Simpson, Pastoral Care Minister (206-274-3173)

Rick Martin, Interim Parish Mental Health Director (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Caitlin Lanigan (206-382-4235)

Jim and Jill McAuliffe, Cathedral Kitchen (206-264-2091)

### ST. JAMES ESL/MINISTRY to IMMIGRANTS (206-382-4511)

Christopher J. Koehler, Director

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist,

Jim Hodges, Citizenship

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

### WEDDINGS

Linda Carr, Wedding Office (206-622-3559 ext. 3979)

Bev Mauser, Louise Mennella, Wedding Coordinators

### PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)

Jane Mueller, Receptionist (206-654-4650)

Lee Bedard, Administrative Assistant (206-622-3559 x3971)

### FACILITIES and GROUNDS

Tang Nguyen, 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.

**ANOIDING 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 Corinna Laughlin, 206-622-3559

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

### ST. JAMES CATHEDRAL PARISH

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: [www.stjames-cathedral.org](http://www.stjames-cathedral.org)

Emergency Number: 206-467-3049

Office Hours: Monday through Friday, 9:00 am - 5:00 pm

**W**ELCOME! *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.*

**SATURDAY 5:30 PM MASS GUEST CHOIR** We welcome *Peregrine*, under the direction of Bill McJohn.

**BLACK AND INDIAN MISSIONS COLLECTION** This weekend we take up a special collection for this campaign of the American bishops which supports Catholic communities on reservations, in rural areas, and in inner cities. This collection also fosters vocations to the priesthood and religious life among Native Americans and African Americans.

**PRESIDENTS DAY HOLIDAY** The Parish Office will be closed on Monday, February 18 in observance of the national holiday. Masses will follow the usual daily schedule, including Midday Prayer and Stations of the Cross at 12:10pm. The Cathedral Kitchen will serve as usual. Also, our Lenten series on the Gospel of Luke will begin this evening notwithstanding the holiday.

**LENTEN HOLY HOUR** Each Friday during Lent, beginning Friday, February 15, 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!

**LENTEN SMALL GROUP BIBLE STUDY** begins Tuesday, February 19, 2013 and will continue on the Tuesdays of Lent up to and including March 19. We will read through and reflect on passages from the Book of Job. Meetings will take place in Cathedral Place, 2nd floor, Tuesday evenings from 6:30 to 8:30. *Information*, John Marquez 206-654-4646, [jmarquez@stjames-cathedral.org](mailto:jmarquez@stjames-cathedral.org).

**SPIRITUALITY ON TAP** presents *Relationships and Discernment* facilitated by Carla and Joe Orlando. There are many kinds of relationships in our lives: family, coworkers, friends, and loved ones. On Thursday, February 21, 7:00-9:00pm at Piccora's Pizza (1401 East Madison Street, Seattle, WA 98122) join other young adults to explore how Ignatian discernment can be used to help us be more aware and more effective in our relationships with all those with whom we share ourselves. *Information*, Caitlin Lanigan, 206-382-4235.

**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. Peter in Seattle and the St. Peter Missions in Deming, Suquamish, and Tenino.*

**CATHEDRAL BOOKSTORE** Stock up on good spiritual resources for Lent! A wide variety of books and meditations for Lent are now in stock. *Information*, Maria Laughlin, 206-382-4284 or e-mail [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org).

**TWILIGHT RETREAT FOR SINGLE YOUNG ADULTS**

You are invited to a "twilight retreat" for single young adults, sponsored by the women religious of the Archdiocese of Seattle. On Friday, March 1, 2013, we'll begin with Taizé Prayer in the Cathedral at 6:30pm, followed by a simple supper and an evening of prayer and reflection, ending at 11:00pm. The presenters are Sister Judy Ryan, snjm, Sister Gretta Woodlock, OP, and Caitlin Lanigan. *Information, or to RSVP*, Caitlin Lanigan, 206-382-4235 or e-mail [clanigan@stjames-cathedral.org](mailto:clanigan@stjames-cathedral.org).

**YOU KNOW THE CATHEDRAL HELPS IMMIGRANTS, BUT DID YOU KNOW IMMIGRANT INTEGRATION HELPS US ALL?** Improved ESL, basic skills, and citizenship can help to build a stronger economy and a richer community life. Read the report, "Why Immigrant Integration is Good for Everyone," at the Cathedral's ESL website [www.stjames-cathedral.org/ESL](http://www.stjames-cathedral.org/ESL). *Information*, Christopher Koehler, 206-382-4511.

**ATTENTION 7TH AND 8TH GRADE PARISHIONERS!** Do you love food and fun and singing and, most of all, God? If so, join us for the annual Archdiocesan Junior High Rally, Saturday, March 2, 8:00am-9:30pm. This is a gathering of hundreds of fellow Catholic middle school youth who are excited to celebrate their Catholic faith. There will be live music, exciting speakers, food, interactive workshops, prayer opportunities, food, hilarious skits, Mass with the Archbishop, and—did we mention—food? Join with your friends—and meet some new ones too—as we learn more about our faith and represent our amazing parish community! *Information and registration materials*, Theresa Van de Ven, 206-219-5822 or e-mail [tvandeven@stjames-cathedral.org](mailto:tvandeven@stjames-cathedral.org).

**VOLUNTEER IN THE CATHEDRAL BOOKSTORE** We are in search of new bookstore volunteers to help out one Saturday or Sunday each month, as well as on Tuesdays during the week. All training is provided (background check required). This is a great way to welcome visitors to the Cathedral as well as raise money to support Cathedral ministries! *Information*, Maria Laughlin, 206-382-4284 or e-mail [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org).

**MENTAL HEALTH MINISTRY RESOURCE CENTER** is open the last Sunday of every month 9am – 2pm. Our next open house is Sunday, February 24. The resource center provides information related to mental health/illnesses, emotional distress, living well; referrals to professional and medical assistance, as well as someone to listen, talk to, guide you through. We will have brochures, reference books and other reading materials available. *Information*, Rick Martin, 206-382-4269.

**OPERATION RICE BOWL**  
Growing Food in Burkina Faso. In the small West African nation of Burkina Faso, 80% of the population are farmers. Frequent droughts make it difficult to produce enough food for the entire year. Often, farmers can only grow enough to feed their families for seven months. The rest of the year is called "the hungry season." This week, we pray for families in Burkina Faso and give to CRS Rice Bowl to help small-scale farmers. Learn more at [www.crsricebowl.org](http://www.crsricebowl.org).



**NEW!!! ST. PATRICK'S DAY PANCAKE BREAKFAST**

Save the date for our first annual pancake breakfast on St. Patrick's Day, Sunday, March 17, after the 10:00am and Noon Masses. The breakfast will benefit our own Solanus Casey Center, which provides essential services to homeless and low-income people in the downtown area. Many volunteers are needed! If you'd like to be part of this fun mid-Lent event—for a great cause—contact Patty Bowman, 206-382-4515 or e-mail [pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org).

**PLEASE CONSIDER SPONSORING A CANDIDATE FOR CONFIRMATION** Sponsors are needed for three young adults pursuing Confirmation. As a sponsor, you would be a prayer partner and a companion on the journey. You would also be present at the Rite of Confirmation on Saturday, April 13 during the 5:30pm Mass. *Information*, Brenda Bellamy, 206-274-3108 or [bbellamy@stjames-cathedral.org](mailto:bbellamy@stjames-cathedral.org).

## Sacred Steps

### Sacramental Celebrations at St. James

**CONGRATULATIONS AND GOD'S BLESSINGS** to Adeline Manns Arcuino, George Fernando Duque Estrada de Barros Golden, Henrietta Rose Hartman, and Saif Samer Anton Naber, baptized at the 10:00am Mass on Sunday, February 10. We welcome with joy these newest members of the family of faith.

**RITE OF WELCOMING** Last Sunday, we celebrated the Rite of Welcoming for those in our RCIA process who are ready to take the next step towards becoming full members of our Catholic Christian Church. We welcome Yahya Abdullah, Ralph Cerniglia, Chris Hutsen, and Priscilla Hutsen, who are already baptized and are preparing for Full Communion. Please continue to pray for our catechumens and candidates.

**REST IN PEACE** Please pray for the repose of the soul of Marcelline Vo.

**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.

**ARE YOU A REGISTERED PARISHIONER AT ST. JAMES?** Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. *We strongly encourage you to register.* Registered parishioners receive important mailings from the Cathedral (including offering envelopes!), are regular recipients of the Cathedral's quarterly journal *In Your Midst*, are able to celebrate their wedding at the Cathedral, and their children may attend any of the five Catholic Rainbow Schools at parishioner rates. Registration cards can be found in the vestibule. *If you are not sure whether or not you're registered, call the Parish Office, 206-622-3559.*

**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.

**CATHEDRAL ESPRESSO CART** Please come by after the 10:00 Mass. All proceeds for the month of February benefit the Cathedral Music Program. The Espresso Ministry is also looking for volunteers willing to run the cart after the noon Mass. *Information*, Katherine Berry, 425-772-0897.

**ARCHBISHOP HUNTHAUSEN LIBRARY** Visit your friendly and accessible Archbishop Hunthausen Library in Cathedral Hall during the Sunday coffee hours. We have a good selection of old favorites and recent releases.

**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. Since the program began, St. James has received over \$1,200 in contributions!

**DO YOU WISH TO PROCLAIM GOD'S WORD AT MASS?** New readers are always welcome! We especially need readers for the 8:00am Mass, but no matter which Mass you attend, we invite you to use your talents for the proclamation of God's Word. Audition and training are required. *Information*, John Marquez, 206-654-4646, [readers@stjames-cathedral.org](mailto:readers@stjames-cathedral.org).

**TOILETRY DONATIONS** We are collecting donations of toiletries for our Winter Shelter and for the Solanus Casey Center. Please bring in donations of shaving cream, razors, soaps, lotions, etc. Drop them off at Coffee Hour after masses or at the parish office Monday-Friday 9am-5pm.

## *A reminder about parking on Sundays for the Cathedral*

*We know that parking in this area is at a premium and we do our best to make it available to you. In consideration of our neighbors, please note these important Do's and Don'ts! Note also that there are numerous pay lots within two blocks of the Cathedral.*

You **MAY** park:

- In the O'Dea High School lot.
- In the Cabrini Tower Garage on Marion Street across from O'Dea High School for the Saturday 5:30 pm Mass and all Sunday Masses. *The Cathedral pays for parking (and for official traffic officers from the Seattle Police Department) during these times, and you are encouraged to take advantage of it.*
- In the P-1 parking lot under the Chancery building at 9th and Marion.
- In the Cherry and Terry Parking lot, *only* in spaces 1-22.

Please **DO NOT** park:

- In any parking spot blocked with an orange cone.
- In the lot adjacent to the Envoy Apartments on 9th Avenue, directly across from the Cathedral.
- In the Blood Bank parking lot at the corner of Terry and Columbia.
- In the Frye Museum parking lots on Terry Avenue.
- In the parking places at the Pastoral Outreach Center.
- In the spaces on Terry Avenue reserved for loading and unloading of the parish vans.

# *The Gospel of Luke: Good News for the Poor*

OUR PARISH PROGRAM FOR LENT 2013



**Mondays, February 18 & 25,  
and March 4, 11 & 25  
7:00 pm, Cathedral Hall**

In Luke's Gospel, Jesus proclaims that he has come to bring "good news to the poor." How are we to understand this message? What are the blessings and challenges of this gospel?

This Lent, we have the opportunity for an in-depth exploration of five key texts from the Gospel of Luke. The format will include presentations by Father James Eblen and Patty Bowman, and the opportunity to "break open" the scripture in small groups. Whether you attend one session or all five, you are encouraged to make this challenging and rewarding program part of your Lenten journey this year.

*Information, Patty Bowman, 206-382-4515 or  
pbowman@stjames-cathedral.org.*

[www.stjames-cathedral.org](http://www.stjames-cathedral.org)



**Join us for a Twilight Retreat  
for Single Young Adults**  
**An evening of  
Prayer, Reflection, and a Simple Supper**

**Friday, March 1, 2013**  
**St. James Cathedral**  
**804 9th Avenue, Seattle**

**We will begin with Taize Prayer the Cathedral at 6:30 pm  
followed by a simple supper and an evening of prayer  
and reflection, ending at 11:00 pm**

**Presenters: Sr. Judy Ryan, SNJM, Sr. Gretta Woodlock, OP,  
and Caitlin Lanigan.**

**FOR MORE INFORMATION OR TO RSVP**  
**Contact Caitlin Lanigan: 206-382-4235,**  
**[clanigan@stjamescathedral.org](mailto:clanigan@stjamescathedral.org)**

**Sponsored by the Women Religious of the Seattle Archdiocese**

St. James Cathedral's Eighth Annual

# HEALTH & ENVIRONMENT FAIR



*Nurture Nature; Nurture Health*

**Sunday, March 10, 2013**

**11:00 am to 2:00 pm in Cathedral Hall**

Our health and the health of our environment are intimately connected. This year's Health Fair continues our focus on how, by being responsible stewards of one, we can also be caring and effective stewards of both.

More than twenty local health, environmental and government organizations will be on hand to demonstrate and speak to you about our health and the health of our environment, and show how those areas are connected. Join us in Cathedral Hall for a chance to collect valuable information and ask questions. Bring family and friends!

**Our exhibitors include:**

New Beginnings • American Lung Association •  
WA Poison Center • Full Lifecare • Cummins  
Chiropractic & Wellness • Massage for Seattle, Inc •  
Earth Ministry • Dental Health • NW Foot Doc • Seattle  
Tilth • Valley Medical Center • American Society of  
Consultant Pharmacists • American Diabetes Association  
• Seattle King County Public Health, Environmental  
Health Division • Mental Health Ministry •  
YWCA—Women's Wellness • and more!

*"The frog does not drink up the pond in which he lives."  
Native American proverb*

*Sponsored by St. James' Health and Healing Ministry & the Environmental Justice Group*



# CATHOLIC ADVOCACY DAY

*Compassion and Justice for All*

Friday, March 22 | 9:00am-3:00pm

Olympia, WA

## REGISTRATION REQUIRED BY FEBRUARY 27!

*To register, contact Patty Bowman, 206-382-4515,  
or e-mail [pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org).*

**Join Father Ryan, St. James Cathedral staff and parishioners, and Catholics from across the state, as we take a message of compassion and justice to Olympia. We will be advocating for the poor on issues of basic health care, housing, and senior home care. The day will include prayer, legislative briefings, and meetings with legislators.**

**New this year:** Thanks to a generous donation, St. James Cathedral is able to have its own charter bus for transportation to and from Olympia.



**Catholic Advocacy Day is sponsored by:**

*Intercommunity Peace & Justice Center • Washington State Catholic Conference • Catholic Community Services • Archdiocese of Seattle • Pierce County Deanery • St. Vincent de Paul*

**[www.stjames-cathedral.org](http://www.stjames-cathedral.org)**

# TRE ORE

GOOD FRIDAY

MARCH 29

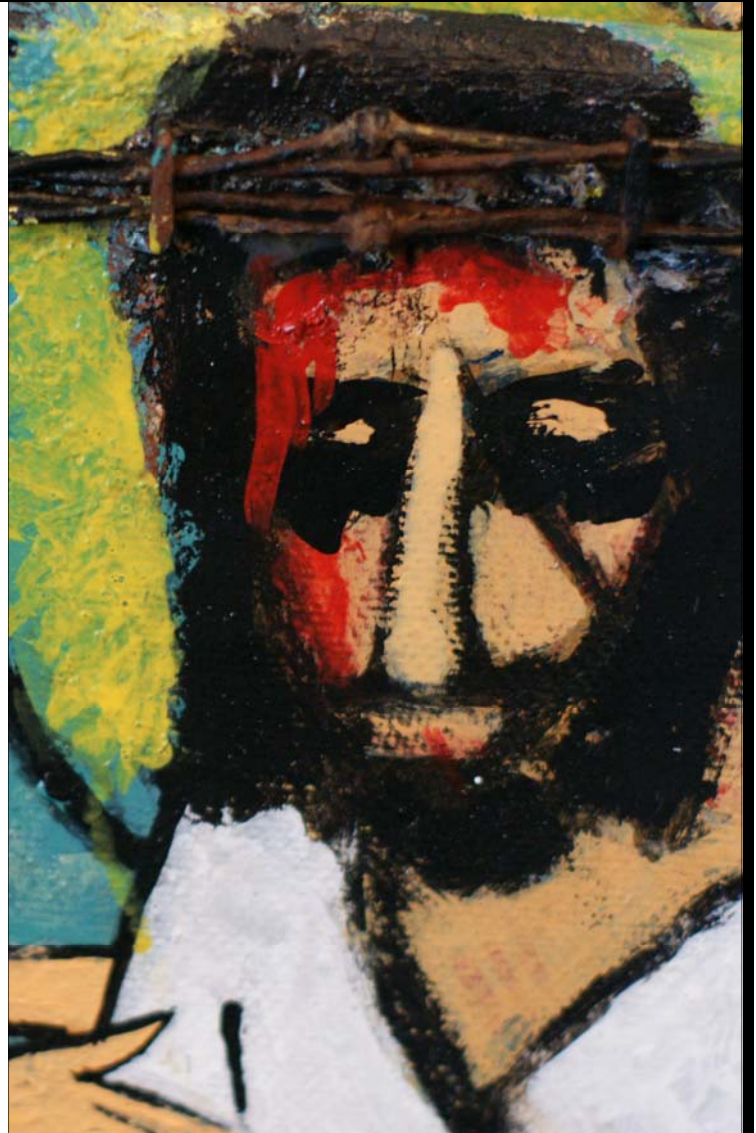
NOON—3

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, **Bishop Gordon Bennett, SJ**, will offer meditations on the Seven Last Words of Christ.

Father Michael G. Ryan will preside. James Savage conducts the professional singers of the Cathedral Cantorei, and members of the Cathedral Chamber Orchestra in Schütz’s moving *Seven Last Words of Christ*.

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



BISHOP GORDON BENNETT, SJ, is the Peter Faber, SJ Fellow in Pastoral Theology and Ignatian Spirituality at Loyola Marymount University. Bishop Bennett assists with mission and identity initiatives and contributes to the work of Campus Ministry and the Center for Ignatian Spirituality, where he is a member of the advisory board and a guide for faculty and staff who are making the Ignatian Spiritual Exercises. At the time of his ordination to the episcopacy by the late Pope John Paul II, Bishop Bennett was serving as President of Loyola High School. Prior to that he served as a teacher and administrator in secondary schools. He also served the California Province of the Society of Jesus as Director of Novices. One of the few African-American bishops of the United States, Bishop Bennett has served as Auxiliary to the Archbishop of Baltimore and later as Diocesan Bishop of Mandeville, Jamaica. Bishop Bennett brings wide experience in race relations, education, church leadership, Ignatian spirituality and spiritual direction.