

*Year of Faith*



*They all ate and were satisfied*  
Stained-glass window, St. James Cathedral Chapel. Charles Connick, artist.

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

June 2, 2013

# Corpus Christi Procession

with the Blessed Sacrament  
on the Solemnity of the Most Holy Body  
and Blood of Christ

Sunday, June 2, 2013  
10:00am

The traditional procession for Corpus Christi, the Solemnity of the Most Holy Body and Blood of Christ, will take place immediately following the 10:00am Mass, with prayer and song. Walking with the Lord, we express our faith in the real presence of Christ in the sacrament of his Body and Blood, and we bring that faith to the streets of our city in joyful witness. The procession concludes on Terry Avenue with Benediction of the Blessed Sacrament.



In this Year of Faith, Pope Francis has invited all Catholics across the world to be united in prayer on Corpus Christi Sunday. He will be leading an hour of prayer at 5:00pm Rome time (8:00am Seattle time). Participating in the Mass and the Eucharistic Procession will be a wonderful way to honor the Holy Father's invitation and experience our oneness in Christ.

*Very bread, Good Shepherd, tend us,  
Jesus, of your love befriend us,  
You refresh us, you defend us,  
Your eternal goodness send us  
In the land of life to see.*

*Lauda Sion, Sequence for Corpus Christi attributed to St. Thomas Aquinas*

## 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.

### PRELUDE

*The Celestial Banquet*

Messiaen

(8:00)

“The Peace may be exchanged” from *Rubrics*

Locklair

### 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)*

### COLLECT

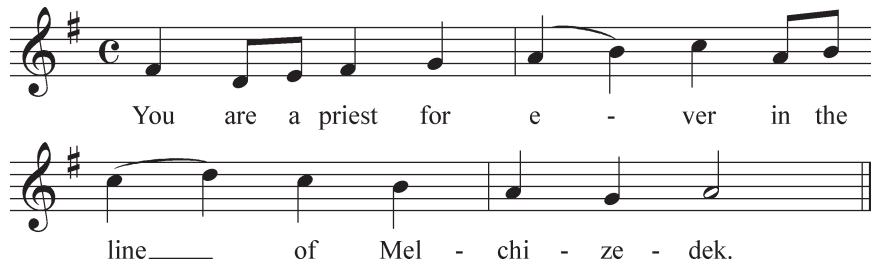
# THE LITURGY OF THE WORD

FIRST READING

Genesis 14:18-20

RESPONSORIAL PSALM 110

Schiavone



SECOND READING

I Corinthians 11:23-26

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

Luke 9:11b-17

HOMILY

Father Michael G. Ryan

CREED

**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.**



## THE LITURGY OF THE EUCHARIST

### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

*Panis angelicus*

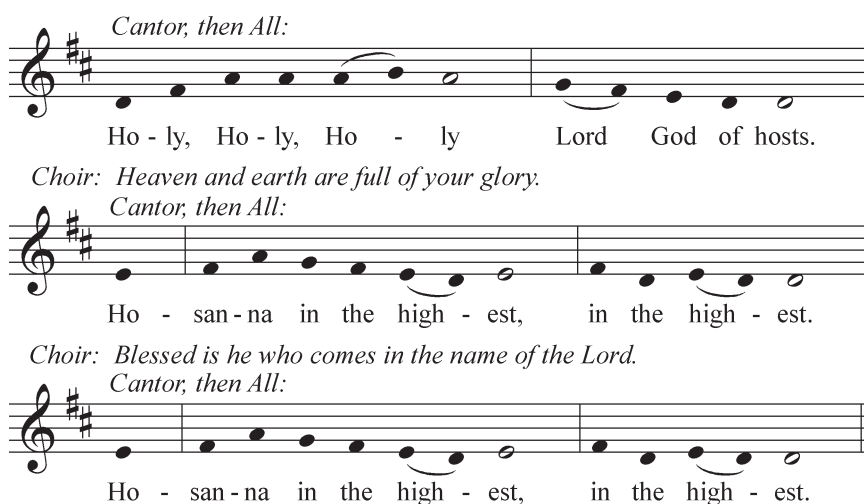
Franck

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

### SANCTUS

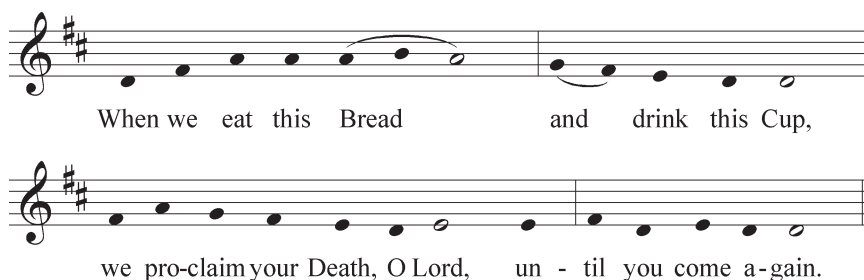
*Corpus Christi Mass*

Proulx



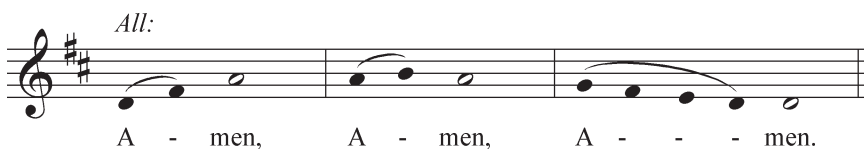
### MEMORIAL ACCLAMATION

Proulx



### AMEN

Proulx



## AGNUS DEI

Proulx



## COMMUNION

“This is my body which is given up for you:  
this is the cup of the new covenant in my blood,” says the Lord.  
“Each time that you partake thereof, do it in memory of me.”

(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 presider's chair.

## 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.

Please join in the sung and spoken prayers along the way.


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 EUCCHARISTIC MINISTERS, READERS, CHOIRS, CHILDREN'S RELIGIOUS EDUCATION,  
OUTREACH MINISTRIES, RCIA, WELCOME BACK, AND CONFIRMATION.

## HYMN OF PRAISE

*At that first Eucharist*

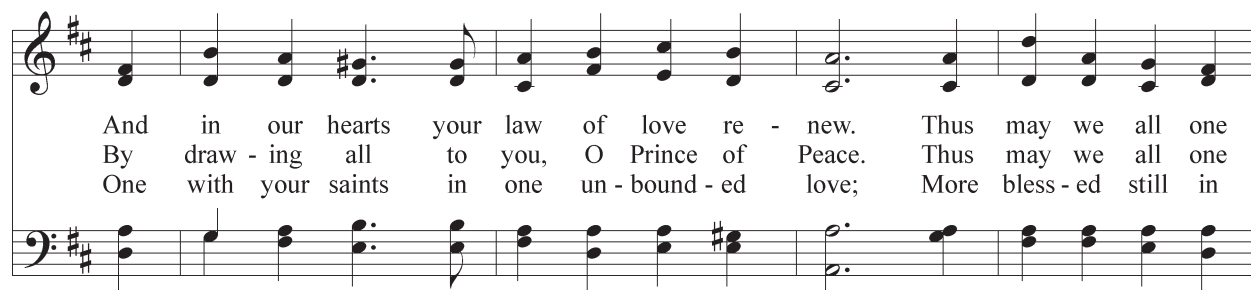
UNDE ET MEMORES



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

*Hymne d'Actions de grâces: Te Deum*

Langlais

(8:00)

"The People respond: 'Amen'" from *Rubrics*

Locklair

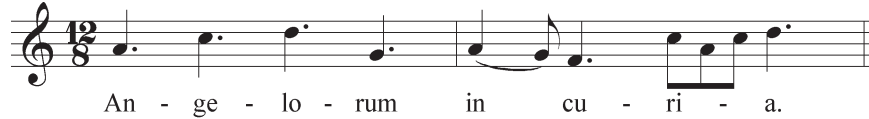
# Procession with the Blessed Sacrament

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

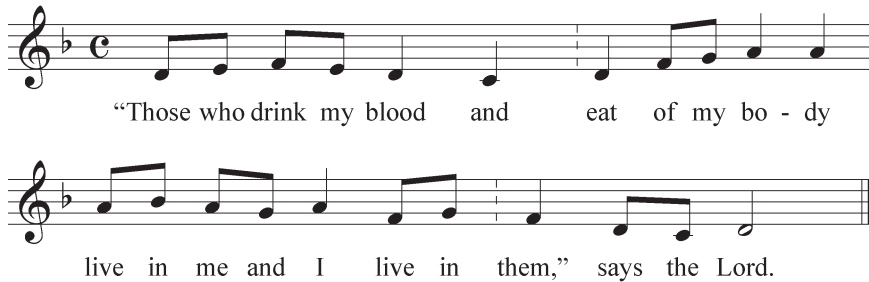
Cantor: Jesus here present, our living Savior,

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.*

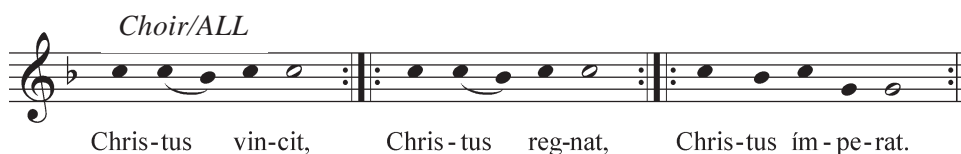
DIVINE PRAISES all sing in response as Father Ryan chants the Divine Praises

**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

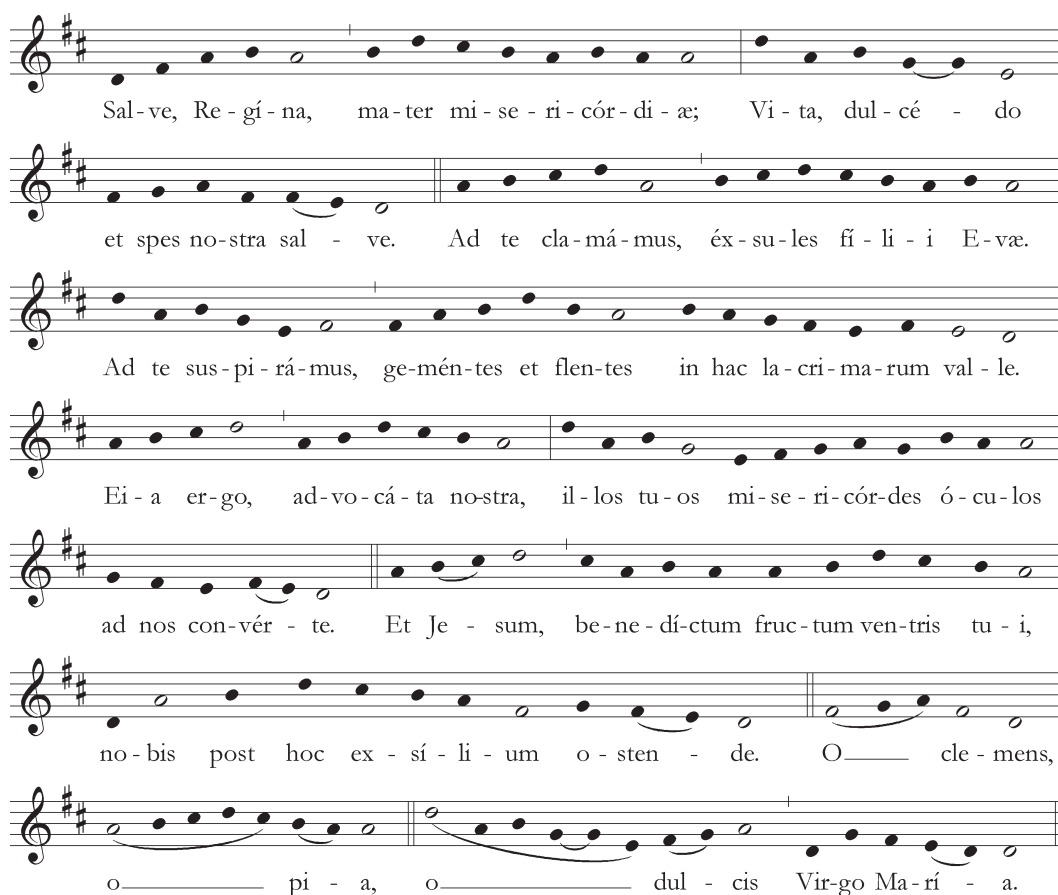


## FESTIVAL PEAL of the South Tower bells

MARIAN ANTIPHON

*Salve Regina*

chant, 11th century



# 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)

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (622-3559 x3996)

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)

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

### SOCIAL OUTREACH and ADVOCACY

Patty Bowman, Director (206-382-4515)

Caitlin Lanigan (206-382-4235)

Teddi Callahan, Carol DeMatteis, 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)

### 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.

**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 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

**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 in loving memory of Armando E. Deuna and Peregrina L. Gambalan, from the Lopez and Deuna Families.

### GUEST CHOIR SATURDAY JUNE 1, 5:30 PM MASS

We welcome Shaughnessy Heights United Church Choir, director Dr. Ramona Leungen.

**CATHEDRAL ESPRESSO** Please come by after the 10:00am Mass. All proceeds for the month of May benefit the St. James Young Adults. *Information*, Katherine Berry, 425-772-0897.

**ORGAN CONCERT WEDNESDAY JUNE 5, 7:30PM** Kyle Kirschenman, organist performs his senior recital in partial fulfillment of the Bachelor of Music degree from the University of Washington. Kyle is a student of Dr. Carole Terry. Free and open to the public.

**YOUTH MIGRANT PROJECT** Attention High School Youth (Grades 9-12)! Are you interested in simple living and humble service? Do you desire to learn more about the justice issues associated with our local migrant workers? If so, God may be calling you to join us on this summer's Youth Migrant Project in the Skagit Valley. July 28 – August 2. We will be sharing our week with St. Luke, Shoreline. We have up to 20 slots available. Friends are welcome! *Information or to register*, Joe Cotton, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org).

**ALL PARISH CHOIR** June 9, 10:00am. Our annual come-one; come-all, everyone-is-welcome choir Sunday for trained or untrained singers, young or very young; old or very old, or somewhere in the middle. You are needed and wanted if you sing like an angel or if you "think" you don't sing at all, if you sing in tune or in some other tune, if you sing high or low or sort of in one-place—join us for a great moment of parish community. Rehearsals in the Cathedral, Thursday, June 6, 7:30pm and Sunday, June 9, 9:00am. *Information*, 206-382-4874, [www.stjames-cathedral.org/music](http://www.stjames-cathedral.org/music).

**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; Sacred Heart in Bellingham, Tacoma, and Lacey; and the Immaculate Heart of Mary in Sedro Woolley and Kelso.*

**DO YOU SHOP AT BARTELL'S?** If you shop at Bartell's, every purchase you make can benefit St. James Cathedral if you register for their "B" Caring program. Ask at Bartell's for details. If you're already signed up, be sure to use your "B" Caring card when you check out.

**OUR NEXT ST. JAMES FILM OFFERING** is coming up on Tuesday, June 11. Our movie will be *Guilt Trip* with Barbra Streisand and Seth Rogan. As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride. According to USCCB movie guide, it is a touching and amusing story that offers a view of clan interaction that calls to mind St. Paul's inspired insight that the first, and perhaps primary, attribute of real love is patience (1 Cor. 13:4). The film rating is PG-13 – parents strongly cautioned. The film will be shown in Cathedral Place, 2nd floor at 7:00pm. Popcorn and lemonade will be provided and you are welcome to bring your favorite movie treats. *Information*, TerryAnn Bowen 206-382-2018 or [tbowen@stjames-cathedral.org](mailto:tbowen@stjames-cathedral.org).

**THE NEXT SENIOR TRIP** will be Wednesday June 12. We will visit the Bremerton Naval Museum and explore the ship-building history of the region. In addition to the many fascinating exhibits we'll enjoy a scenic ferry ride and explore Bremerton. Please join us! 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](mailto:jsimpson@stjames-cathedral.org).

**FREE CHORAL CONCERT FRIDAY JUNE 14, 2:00PM** St. James resident ensemble Seattle Pro Musica and guest choir Choral Arts presents a free, one-hour afternoon program of sacred music. *Information*, 206-781-2766 or [www.seattlepromusica.org](http://www.seattlepromusica.org).

**FIRST FRIDAY HOLY HOUR** On Friday, June 7, we will have Exposition of the Blessed Sacrament immediately following the 8:15am Mass. Exposition will continue until 1:00pm, with Holy Hour, including the singing of hymns and the rosary. This is the perfect way to celebrate the Solemnity of the Most Sacred Heart of Jesus.

## Sacred Steps

### Sacramental Celebrations at St. James

**CONGRATULATIONS AND GOD'S BLESSINGS** to the following adults, received into the Full Communion of the Catholic Church last Sunday, May 26: *Yahya Abdullah, Ralph Cerniglia, Christopher Hutsen, Priscilla Hutsen, Sergio Martinez, and Stanley Ouyang*. We welcome with joy these newest members of the family of faith.

## I am in your midst.... OPPORTUNITIES TO SERVE

**PLASTIC CONTAINER DONATIONS** The Cathedral Kitchen is collecting plastic food storage containers for our daily meals program. Please bring clean used or new 16 oz. to 24 oz. sized plastic food storage containers with lids. Drop them off at the Cathedral Kitchen from 2-4pm Monday-Friday or the parish office Monday-Friday, 9am-5pm. *Information*, Teddi Callahan, 206-264-2091 or e-mail [tcallahan@stjames-cathedral.org](mailto:tcallahan@stjames-cathedral.org).

**VOLUNTEERS NEEDED** The Cathedral Kitchen needs a few more "gleaners." Gleaners go out in the morning, once a week, usually as partners, to four local supermarkets and collect food. These items may be used for our daily meals or passed on to St. Mary's Food Bank. It's a fun and rewarding outreach! *Information*, Teddi Callahan at [tcallahan@stjames-cathedral.org](mailto:tcallahan@stjames-cathedral.org) or 206-264-2091.

**VOLUNTEER INFORMATION SESSION** The English as a Second Language Program provides a range of services to adult immigrant and refugee clients. Our clients come to us to learn English, become citizens, apply for deferred action, get more involved in the community, and find resources for other needs. We do all of this with the generous help of our volunteers. Learn more at our upcoming Volunteer Information Session on Saturday, June 15, from 10:00am-11:30am. At this gathering you will learn the variety of roles that volunteers play, have a chance to ask questions, and meet staff, current volunteers and clients. *Information*, Cecelia Erin Walsh, 206-382-4511 or [cwalsh@stjames-cathedral.org](mailto:cwalsh@stjames-cathedral.org).

## Annual CATHOLIC Appeal 2013 WEEK SIX REPORT

Good news: we have now met our Archdiocesan goal of \$318,000 and at this point **every dollar that comes in will come right back to the parish in the form of a rebate. And we need the rebate!** This year, it will help support our new Youth Ministry and Family Ministry programs.

### Annual Catholic Appeal 2013 Results through Sunday, May 26

Archdiocesan Goal .....	\$318,000
Rebate Goal .....	\$180,000
Combined Parish/ Archdiocesan Goal .....	<b>\$498,000</b>
Total raised through 5/26 .....	<b>\$405,341</b>
% participation (2,618 households) .....	<b>28%</b>
Average gift .....	<b>\$548.50</b>
<b>SHORTFALL – still need to raise .....</b>	<b>\$92,659</b>

**A huge thank you to the 739 households who have made their pledge.** As you can see, we still have a long way to go! Please fill out an envelope and drop it in the offering basket TODAY. Your gift (whether large or small!) will make a real difference!

# YOUTH MIGRANT PROJECT

**Sunday, July 28-Saturday, August 2, 2013**

**Attention High School Youth (Grades 9-12)!**

Are you interested in simple living and humble service? Do you desire to learn more about the justice issues associated with our local migrant workers? Are you compelled to journey alongside our hardworking neighbors, developing empathy for their situation and offering direct service and companionship? If so, God may be calling you to join us on this summer's Youth Migrant Project in the Skagit Valley.



**Project Dates:** July 28 – August 2, 2013

*We will be sharing our week with teens from St. Luke, Shoreline.*

**Information Session:** Sunday, June 9 – 6:30pm, Mother Cabrini Room, Pastoral Outreach Center.

*Come see what it's all about before committing.*

*Registration paperwork will be available.*

**Preparing for mission:**

Sunday, June 23 – 6:30pm in the Mother Cabrini Room of the Pastoral Outreach Center

Sunday, July 7 – Youth Camino Seattle Walk at Seward Park – Time TBA

Sunday, July 21 – 6:30pm in the Mother Cabrini Room of the Pastoral Outreach Center

**Cost:** \$150 per participant.

*Participants will have the opportunity to fundraise for themselves  
by participating in Camino Seattle*

What a great way to launch our new youth ministry program!

We have up to 20 slots available. *Friends are welcome!*

**To reserve your spot, or if you have questions,  
e-mail Joe Cotton, Cathedral Youth Minister,  
[jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)**



# SENIOR TRIPS



THE NEXT SENIOR TRIP will be Wednesday June 12. We will visit the Bremerton Naval Museum and explore the ship-building history of the region. In addition to the many fascinating exhibits we'll enjoy a scenic ferry ride and explore Bremerton. Please join us! Space is limited and priority will be given to registered parishioners.

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.

*For information, or to reserve a place,  
contact John Simpson, 206-274-3173  
[jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org)*

**SAVE THE DATE  
for this year's trips!**

- **July 12:** Steam Train Ride
- **August 14:** Mount Rainier Sunrise National Park
- **September 11:** Leavenworth
- **October 9:** Museum of Flight



# CAMINO SEATTLE 2013

**Camino Seattle returns! Last year, hundreds of parishioners participated in Camino Seattle**, a five-week walking/hiking and prayer event for St. James Cathedral Parish. This year, the event returns, beginning June 23, 2013 and ending July 28, 2013, 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. 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**

Getting a stamp at each stage of the journey is an important part of the journey for pilgrims to Santiago de Compostela. Each week, you will want to collect stamps to indicate your progress. 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 community 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 28, 2013. 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 Sunday, June 16 and Sunday, June 23, after all Masses.** Each pilgrim will receive a special passport to get started on their own Camino.

## **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! To plan a walk, contact Maria Laughlin, 206-382-4284 or e-mail [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org).

## **Find out more**

Visit [www.stjames-cathedral.org/camino](http://www.stjames-cathedral.org/camino) to find out more about special Camino events, to and to learn more about St. James and the Camino! If you'd like to volunteer or to host a walk, contact Maria Laughlin, 206-382-4284 or e-mail [mlaughterlin@stjames-cathedral.org](mailto:mlaughterlin@stjames-cathedral.org).