



John the Baptist appeared, preaching in the desert of Judea
Virgin & Child with Six Saints (detail of John the Baptist), Neri Di Bicci, ca. 1456

ST. JAMES CATHEDRAL
The Second Sunday of Advent
December 8, 2013

Advent Bazaar

Sunday, December 8, 2013

Cathedral Place Hall



ON SUNDAY, DECEMBER 8, our annual ADVENT BAZAAR after the morning Masses features favorite St. James items as well as the work of Cathedral artists and friends. Join us in Cathedral Hall for coffee, doughnuts, and a wonderful opportunity to start your Christmas shopping while benefiting a good cause!

HIGHLIGHTS INCLUDE

- An all-new **CHRISTMAS CD** From the Cathedral's Youth Music Program. Supplies are limited!
- **FAIR TRADE ITEMS** from Catholic Relief Services
- **CHRISTMAS WREATHS AND POINSETTIAS** benefiting the Association of Catholic Childhood
- **CATHEDRAL MUSIC** Get your passes for the **New Year's Eve Gala and Great Music for Great Cathedrals.**
- **CRAFT ITEMS** from Cathedral parishioners
- And much, much more!

OPPORTUNITIES TO GIVE

- Take a tag from the **GIVING TREE** and bring back a gift for a person in need in our neighborhood. This year we are partnering with **Frederic Ozanam House, Youth Detention Ministry, and St. Joseph Baby Corner!**
- The annual **WARM HEARTS & SOLES** (sponsored by St. James Young Adults) sock drive has a goal this year of 2,014 pairs of new socks for homeless men. Drop socks off at coffee hour or at the parish office during the week.

ORDER OF CELEBRATION FOR

The Second Sunday of Advent

Now is the time to say to Jesus: "Lord, in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again."

Pope Francis, *Evangelii Gaudium*

PRELUDE

(8:00)

Praised be thou, Lord Jesus Christ

Pepping

Wake, awake, for night is flying

Bach

LIGHTING OF THE ADVENT WREATH

INTROIT FOR ADVENT II

Populus Sion

chant, adapt. St. James Cathedral



SPRINKLING RITE

Rorate cali

chant, adapt. Stratman



COLLECT

THE LITURGY OF THE WORD

FIRST READING

Isaiah 11:1-10

PSALM RESPONSE

Psalm 72

Thompson



SECOND READING

Romans 15:4-9

ALLELUIA

Mode VI



GOSPEL READING

Matthew 3:1-12

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Mawby



CREED **chanted on one tone**

(10:00 and Sunday Evening)

chant, *Jubilare Deo*

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,**

ALL

Et in u - num Do - mi - num Je - sum Chri - stum,
Fi - li - um De - i u - ni - ge - ni - tum.

Schola Et ex Patre natum ante omnia sæcula.

born of the Father before all ages.

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

ALL

De - um de De - o, lu - men de lú - mi - ne,
De - um ve - rum de De - o ve - ro.

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

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

ALL

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

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

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

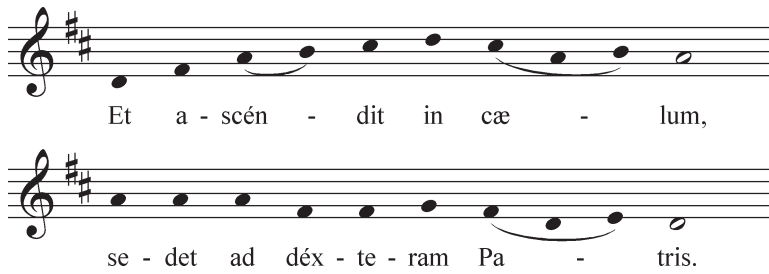
Cru - ci - fi - xus é - ti - am pro no - bis
sub Pón - ti - o Pi - lá - to; pas - sus et se - púl - tus est.

**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



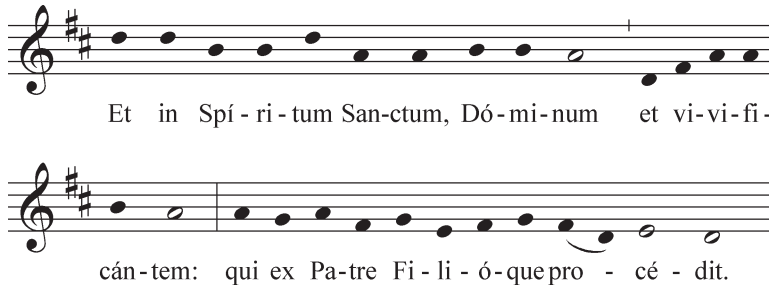
**He ascended into heaven
and is seated at the right hand
of the Father.**

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



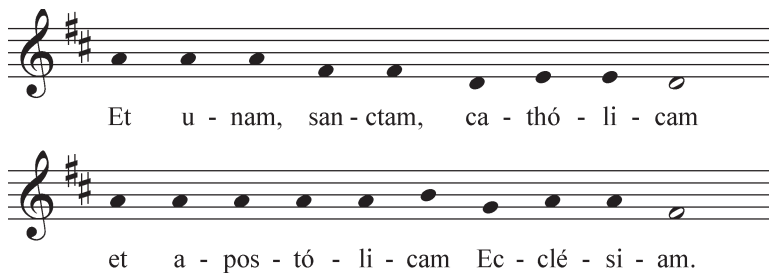
**I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds
from the Father and the Son,**

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



**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



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

Schola

Et vitam venturi sæculi.

and the life of the world to come.

ALL



Amen.

PRAYER OF THE FAITHFUL

Berthier



THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

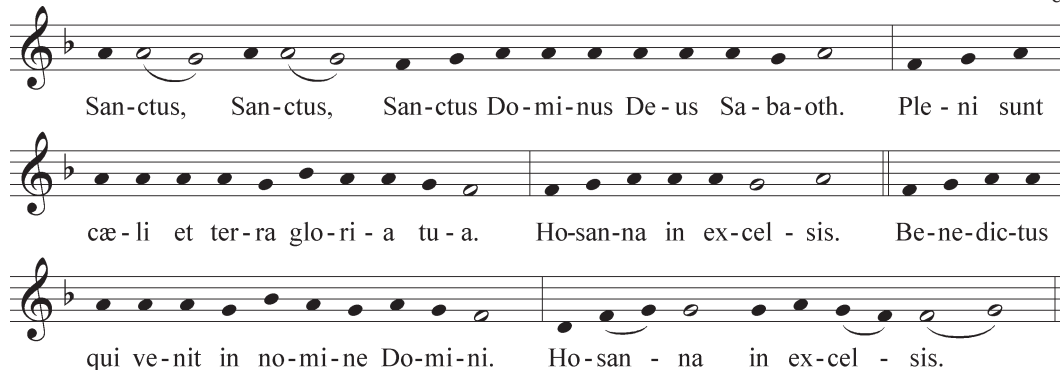
(10:00)

Lo, how a rose / Annunciation

Distler

SANCTUS

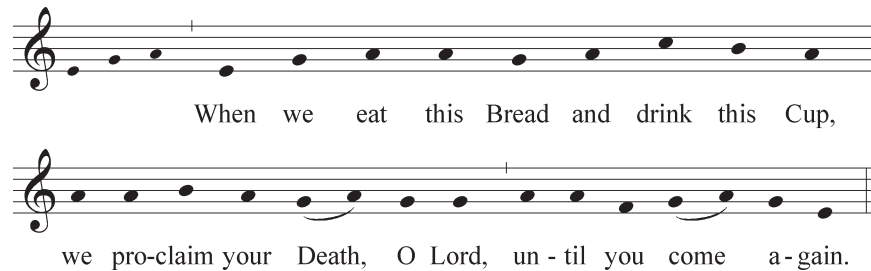
chant, Vatican XVIII



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

MEMORIAL ACCLAMATION

chant, Roman Missal III



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

AMEN

chant

AGNUS DEI

Vatican XVII



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

COMMUNION

Venez, divin Messie



O come, Di-vine Mes-si-ah! The world in si-lence waits.

(10:00)

Magnificat

Distler

Arise, O Jerusalem, and stand on high;

chant

and behold the joy that shall come to you from your God.

Upon returning to your place after Holy Communion, please **kneel or be seated**.

Low-gluten hosts are distributed at the credence table near the presider's chair.

HYMN OF PRAISE **No. 356 in Worship hymnal**

On Jordan's Bank

WINCHESTER NEW

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

Patty Bowman & Corinna Laughlin, Interim Directors (206-622-3559)

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, Outreach Ministries, Young Adults (206-382-4235)

Teddi Callahan, Carol DeMatteis, Cathedral Kitchen (206-264-2091)

ST. JAMES IMMIGRANT ASSISTANCE (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)

YOUTH MINISTRY

Joe Cotton, Director (206-264-2082)

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 Supervisor (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

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.*

ADVENT IN THE CATHEDRAL BOOKSTORE Stop by the Cathedral Bookstore for a wide array of resources for Advent, including Cathedral Christmas Cards, Advent candles, rosaries, medals, and more!

MEDIEVAL ART OF SUSAN BONDURANT Susan Bondurant returns to the Cathedral Chapel this Advent with a new show of her recreated medieval book illuminations. Stop by the Cathedral Chapel to view these works from November 30 through December 20.

ADVENT IN MEDIEVAL ENGLAND Saturday, December 7, 8:00 pm Blue Heron, the Boston-based a cappella ensemble, has been hailed by the *New Yorker* as the American "heir apparent" to the Tallis Scholars. The ensemble of ten singers and early harp makes its Seattle debut with a program of carols, motets and plainchant from 15th-century England. www.earlymusicguild.org.

THE IMMACULATE CONCEPTION Because December 8 falls on a Sunday this year, the Immaculate Conception of the Blessed Virgin Mary will be observed on Monday, December 9 with Masses at 8:15am and 5:30pm.

CATHEDRAL KITCHEN GARDEN OPEN HOUSE An informational and organizational gathering on Monday December 9 at 7:00pm in the Pastoral Outreach Center. Learn about the history and purpose of the garden. Explore ways to be part of the future of the garden. A short tour of the garden will precede the Open House. Meet at the corner of Terry Avenue and Cherry Street at 6:30pm. *Information*, garden@stjames-cathedral.org or www.stjames-cathedral.org/outreach/kitchengarden.htm.

ADVENT MOVIE NIGHT! On Tuesday, December 10 at 7:00pm, join us in Cathedral Hall for a screening of *The Nativity Story*, an exquisite 2006 film that follows Mary's journey from the Annunciation to the birth of Jesus. The movie is great for all ages; holiday treats will be provided. Feel free to bring a comfy pillow. You will love the new projector, large screen, and great sound system in Cathedral Hall! *Information*, Maria Laughlin, 206-382-4284, malaughlin@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 Immaculate Conception in Seattle, Everett, Arlington and Mount Vernon, and Immaculate Conception Mission in Steilacoom.*

YOUTH MINISTRY

HIGH SCHOOL YOUTH NIGHTS Every Sunday evening from 6:30–8:30pm in the Pastoral Outreach Center. Join us for interactive games and activities that will challenge you to apply your faith to everyday life.

MIGRANT FAMILY TOY/WINTER CLOTHES DRIVE Given our ongoing commitment to the Migrant Project, the Youth Leadership Team is asking for donations of unwrapped toys for children ages 1-12 and winter clothing items (e.g. socks, gloves, hats, scarves, jackets, etc.) to help support the Skagit Valley migrant community during the holiday season. Our team will personally deliver these items to the migrant community in December. Items can be delivered to the parish office.

TRI-PARISH FOOD BANK TRIP Saturday, December 21 from 7:30am–5:00pm. Join us as we return to Burlington to work at the food bank, helping to support migrant families and other neighbors in need. Contact Joe for a permission form.

JUNIOR HIGH YOUTH MINISTRY Are you the parent of a 7th and/or 8th grader? Would you be interested in a biweekly youth program for your middle school student? If so, please e-mail the youth ministry office and vote for a day of the week and time frame that would be ideal for you.

QUESTIONS? Joe Cotton, 206-264-2082
jcotton@stjames-cathedral.org
www.stjames-cathedral.org/youthministry

VAN DRIVER NEEDED A van driver who assists elderly parishioners attend Mass is urgently needed. The commitment is for one Sunday per month. Be a part of this rewarding ministry! *Information* John Simpson, Pastoral Care Minister, 206-274-3173 or jsimpson@stjames-cathedral.org.

SIMBANG GABI Saturday, December 14, 11:00am. Catholics from throughout the Archdiocese will gather in St. James Cathedral to begin the Advent novena of Masses in honor of Mary to prepare for the celebration of Christmas. Archbishop Sartain will preside. All are welcome.

OPUS 7: A BOY WAS BORN Saturday, December 14 at 8:00 pm, Opus 7 Vocal Ensemble, Loren Pontén, Artistic Director, presents Benjamin Britten's masterpiece. *Information*, 206-782-2899 or www.opus7.org. *Parishioner pay-as-able passes available by calling 206-382-4874.*

YOUNG ADULTS "THIRD SUNDAY" On the third Sunday of every month join other young adults in the parish at the 5:30 Mass. This month we will gather for Mass on December 15. Afterwards, join us for a reception in the Pastoral Outreach Center on the corner of 9th and Columbia. Hope to see you there!

HOLIDAY GIFT MAKING PARTY! Join us in crafting homemade gifts as we listen to Christmas Music, enjoy hot cocoa and yummy snacks! All materials included. Just bring yourself, your creativity and a smile! Sunday, December 15 from 1:00pm-4:00pm, Gallagher Center. Sponsored by Circle of Friends for Mental Health. *Information, or to RSVP*, Nancy Granger, Parish Mental Health Nurse, 206-382-4269.

CARE FOR THE CAREGIVER WORKSHOP SERIES Learn sensible tactics for keeping well and reducing stress this holiday season as you busily care for others in your life. This 6-week program begins Monday, December 16, 11am–1:30pm in Mother Cabrini Room of Pastoral Outreach Center. Sponsored by Living Well with Chronic Conditions in Washington State. *Information or to RSVP*, Nancy Granger, RN, 206-382-4269 or ngranger@stjames-cathedral.org.

GREENING OF THE CATHEDRAL Young Adults are invited to help decorate the Cathedral for Christmas on Friday, December 20 at 6:30pm. This is a fun evening for anyone in their 20's or 30's to come together to make the Cathedral beautiful for the Christmas season. Once we are finished decorating we will have a pizza party. *RSVP* to Caitlin Lanigan, clanigan@stjames-cathedral.org or 206-382-4235 by Monday, Dec. 16.

WARM HEARTS AND SOLES SOCKS DRIVE The St. James Young Adults are collecting new socks for the 11th Annual Warm Hearts and Soles Sock Drive. Please bring sock donations to Cathedral Hall after 8:00am, 10:00am, and Noon Masses December 8, 15, and 22 or to the parish office Monday – Friday, 9:00am-5:00pm. Help us reach our goal of 2,014 socks! *Information*, Caitlin Lanigan, 206-382-4235 or clanigan@stjames-cathedral.org.

CATHEDRAL FAMILIES CHRISTMAS PARTY is Saturday, December 21 starting at 11:30am in the Cathedral Hall. This party is open to all Cathedral Children and their families. *RSVP required!* Call or email Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org with the number of children and their accompanying adults by Wednesday, December 18. Come join us for food, fun, and fellowship.

Sacrificial Sunday Giving 2014

GIVE IN A SPIRIT OF JOY!

Results through December 2, 2013

Total pledges received	580
% participation (out of 2,173 households)...	27%
Participation goal.....	100%
Total goal.....	\$2,100,000
% of goal reached.....	66%

Thank you to ALL who have turned in a pledge card. As you can see, we are getting there, but we still have a long way to go...! Please turn in your pledge today, or make your pledge online at
www.stjames-cathedral.org



The Washington State Catholic Conference (WSCC) represents the Catholic Bishops of Washington State: Archbishop J. Peter Sartain of the Archdiocese of Seattle; Bishop Blase J. Cupich of the Diocese of Spokane; Bishop Joseph J. Tyson of the Diocese of Yakima; and Bishop Eusebio Elizondo, Auxiliary Bishop of the Archdiocese of Seattle.

Statement supporting Initiative 594 Background Checks on Gun Sales

Tragic mass shootings have become all too prevalent in our day and reflect a devaluing of human life in our nation. As people of faith, we, the Catholic Bishops of Washington State, are deeply committed to the U.S. Constitution's guarantee of liberty and recognize legitimate recourse to self-defense. However, we cannot ignore the threat to public safety that arises when guns are too easily accessible. Therefore, we support an initiative to the Legislature (Initiative 594), which places some limits on gun sales.

As a consistent voice for reducing violence, the Catholic Church has been a strong advocate for the reasonable regulation of firearms. The Vatican's Pontifical Council for Justice and Peace, in its document, "The International Arms Trade" (2006), emphasized the importance of enacting concrete controls on handguns, noting, "Limiting the purchase of such arms would certainly not infringe on the rights of anyone." (*Confronting Armed Violence and Promoting Peace*, USCCB Office of Domestic Social Development, February 2013)

Both state and federal laws regulate the purchase and transfer of firearms. Under these laws, "dealers" are required to have licenses in order to sell guns and must, with few exceptions, conduct a background check to determine whether a purchaser is prohibited by law from possessing a firearm. The purpose of Initiative 594 is to require a background check on the sale or transfer of all firearms other than antique firearms, for both licensed and unlicensed purchasers. We bishops have supported these provisions in the past and now support this initiative's reasonable inclusion of background checks for online sales and sales at gun shows.

These modest conditions for legal purchase of firearms represent a prudent balance between concerns for personal liberty and public safety. In addition to this initiative measure, we also urge support by public and elected officials for policy initiatives to improve access to mental health care for those who may be prone to violence. Such steps would prove both effective and humane, and would receive broad public support as a means of reducing violent crime.

Catholic teaching emphasizes that it is the moral duty of all people to take steps to defend human life and, as pastoral leaders, we have a particular responsibility to participate in efforts that will reduce violence. As our U.S. bishops' 1994 document, *Confronting a Culture of Violence*, states: "We see the loss of lives. We serve the victims. We feel the fear. We must confront this growing culture of violence with a commitment to life, a vision of hope and a call to action." Thus, in concert with the United States Conference of Catholic Bishops, the Bishops of Washington State offer the following priorities to assist in public discourse and deliberations regarding gun safety. We support:

1. Measures that place reasonable conditions on the sale and use of firearms
2. Measures that make guns safer
3. Sensible regulation of handguns
4. Efforts intended to curb easy access to deadly weapons, including assault rifles
5. A serious commitment to confront the pervasive role of addiction and mental illness in crime

Our hope is that judicious steps to prevent gun violence will lead to greater respect for human life. We urge Catholics and all people of good will to seek consensus on initiatives that promote public safety while respecting our constitutional guarantees for personal liberty.



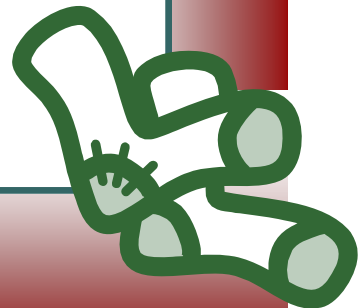
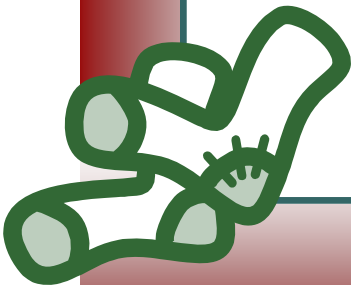
St. James Cathedral

**WARM HEARTS
AND SOLES**

**Advent Sock Drive
for the homeless**

Help us reach our goal of collecting **2,014** socks! Please bring sock donations to Cathedral Hall after 8:00, 10:00, and Noon Masses on December 8, 15, & 22 or to the Parish office Monday - Friday, 9-5.

To volunteer to collect socks after a Mass
contact Luke Henkel,
luke.henkel@gmail.com





Joyous December

Music at St. James Cathedral

READINGS & CAROLS

with the **Youth Music Program**

SUNDAY, December 22 7:30 pm

The sublime voices of the Cathedral's children's choirs present the traditional candle-lit service of Readings and Carols, the perfect way to begin the celebration of Christmas. **FREE** and open to all.

NEW YEAR'S EVE

at **ST. JAMES CATHEDRAL**

Tuesday ♦ DECEMBER 31 ♦ 11:00 pm

Royal New Year's at Versailles

with the professional vocal ensemble of St. James,
the **CATHEDRAL CANTOREI**
CATHEDRAL SOLOISTS

CATHEDRAL CHAMBER ORCHESTRA

Joseph Adam & Clint Kraus, organists

JAMES SAVAGE, conductor

Suggested donation \$30, pay-as-able passes available.

Get Reserved passes at www.stjames-cathedral.org/music

St. James Cathedral ♦ 804 9th Avenue ♦ Seattle

Confirmation

IS IT FOR ME?

- ✓ I will be 16 years old or older by May 2014
- ✓ I have been Baptized and have received First Communion
- ✓ I attend Mass regularly and am actively involved in ongoing Faith Formation*
- ✓ I want to explore the invitation to receive the gifts of the Holy Spirit in order to become a lifelong disciple of Jesus and a faithful member of the Church



IT'S FOR ME!

For more information:

Brenda Bellamy, Faith Formation Assistant

bbellamy@stjames-cathedral.org, (206) 274-3108

The Rite of Confirmation will be celebrated Thursday, May 29, 2014, at 7:00pm.
Weekly classes in preparation for this Sacrament begin February, 2014.

* Ongoing Faith Formation can include, but is not limited to, involvement in Children's Faith Formation, Senior High Youth Ministry, Catholic Schools, Young Adult Ministry, Welcome Back and Marriage Preparation

Put Life Back in Your Life



I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Well workshops put me back in charge.

**Now I have the energy to do the things that matter.
I've put life back into my life.**

Living Well with Chronic Conditions
Family Caregivers strongly encouraged to attend



St. James Cathedral. Mondays, Weekly - December 16th - January 20th. 11am - 1:30pm

It's about health, it's about life.

Consider a Living Well with Chronic Conditions Workshop to refresh your life.

Do you have ongoing health concerns?

Get the support you need. Find practical ways to deal with pain and fatigue, and discover better nutrition and exercise choices. Understand treatment choices, while learning better ways to talk with your doctor and family about your health.

If you have a condition such as: diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or depression, the *Living Well with Chronic Conditions* workshop can help you take charge of your life.

Sign Up Now.
Space is Limited.



Join a free 2 ½-hour Living Well Workshop, held each week for six weeks.



Learn from trained volunteer leaders with health conditions themselves.



Set your own goals and make a step-by-step plan to improve your health.

A Living Well Workshop is coming to St. James Cathedral.

Call Nancy at (206) 382-4269 to register!