



The people were astonished at his teaching
Icon of Christ Pantocrator. Joan Brand-Landkamer, Cathedral Iconographer

ST. JAMES CATHEDRAL
The Fourth Sunday in Ordinary Time
February 1, 2015

ORDER OF CELEBRATION FOR

The Fourth Sunday in Ordinary Time

FIRST SUNDAY YOUTH CELEBRATION (NOON)

PRELUDE (8:00 & 10:00)

“The waters of grace” from *Les corps glorieux*

Messiaen

(Saturday 5:30 & Noon)

Soul, adorn thyself with gladness, BWV 654


Bach

THE INTRODUCTORY RITES

ENTRANCE

Let searching hearts rejoice


OLD 100TH




Ant. 1. Let search - ing hearts re - joice in God:
Ps. 105 2. Give thanks to God, in - voke his name;
3. Re - call the deeds the Lord per - formed,
4. God is our God e - ter - nal - ly,
Ant. 5. Let search - ing hearts re - joice in God:



Come, glo - ry in his ho - ly name.
Pro - claim God's deeds through - out the earth.
The mir - a - cles that he made known,
Re - mem - ber - ing his cov - e - nant;
Come, glo - ry in his ho - ly name.



Hope in the Lord to find your strength
Sing prais - es, lift - ing up your voice;
O fam - i - ly of A - bra - ham
God's judg - ments are by all pro - claimed,
Hope in the Lord to find your strength



And in his pres - ence to re - main.
Make mel - o - dy, re - count God's works.
And Ja - cob, cho - sen as God's own.
And what God prom - ised us will stand.
And in his pres - ence to re - main.

PENITENTIAL ACT

St. James Mass for Peace

Herbolsheimer




1. & 3. Ky - ri - e e - le - i - son.

GLORIA (Sunday Evening) **No. 341 in Worship hymnal**

Missa de angelis, Vatican VIII

(All other Masses)



Glo - ri - a in ex - cel - sis De - o.

(10:00am)

St. James Mass for Peace

Herbolsheimer

COLLECT

THE LITURGY OF THE WORD

FIRST READING

Deuteronomy 18:15-20

RESPONSORIAL PSALM

Psalm 95

Proulx



If to-day you hear God's voice, O har-den not your hearts.

SECOND READING

I Corinthians 7:29-31

ALLELUIA

Vulpus



Al-le-lu-ia, al-le-lu-ia, al-le-lu-ia.

GOSPEL

Mark 1:21-28

HOMILY

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

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.**

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 (10:00)

Bonum est confiteri

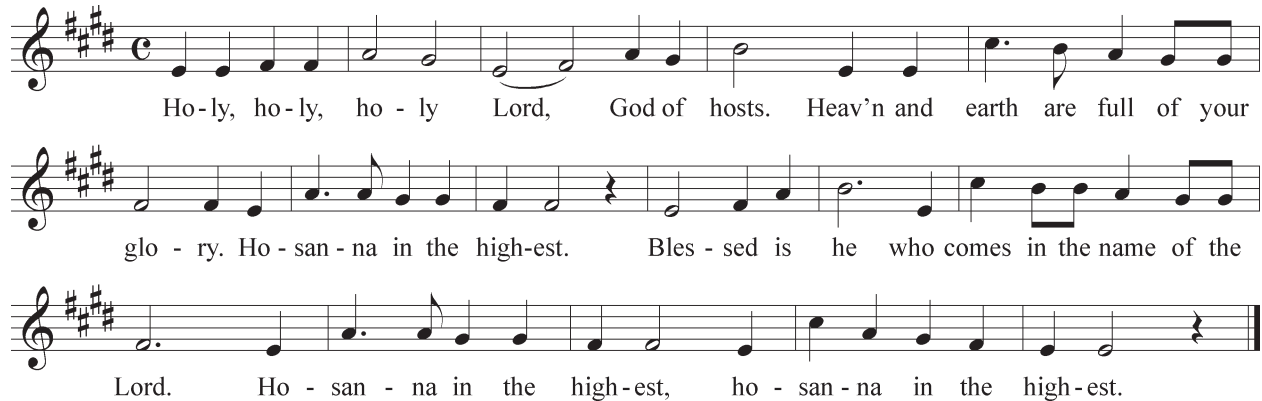
It is good to give thanks unto the Lord,
and to sing in honor of your name, O Most High. Ps. 91:2

Palestrina

SANCTUS

St. James Mass for Peace

Herbolsheimer



Ho-ly, ho-ly, ho-ly Lord, God of hosts. Heav'n and earth are full of your
glo-ry. Ho-san-na in the high-est. Bles-sed is he who comes in the name of the
Lord. Ho-san-na in the high-est, ho-san-na in the high-est.

MEMORIAL ACCLAMATION

Herbolsheimer



Save us, Sav-ior of the world, for by your
Cross and Res-sur-rec-tion you have set us free.

AMEN

Herbolsheimer



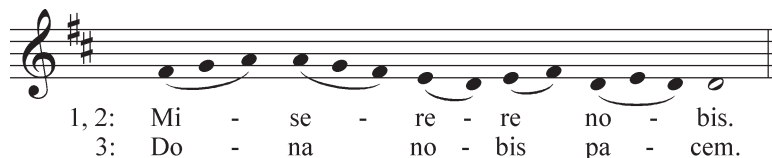
A-men, A-men, A-men, A-men.

THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican IX



1, 2: Mi-se-re-re no-bis.
3: Do-na no-bis pa-cem.

COMMUNION

Let your face shine down upon your servant, deliver me
in your mercy. Lord, do not let me be confounded,
for I have called upon you.

chant

(10:00)

Magnificat anima mea

Herbolsheimer

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.

1. A - maz - ing grace! how sweet the sound, That
 2. 'Twas grace that taught my heart to fear, And
 3. The Lord has pro - mised good to me, His
 4. Through man - y dan - gers, toils, and snares, I
 5. When we've been there ten thou - sand years, Bright

saved a wretch like me! I once was lost, but
 grace my fears re - lieved; How pre - cious did that
 word my hope se - cures; He will my shield and
 have al - read - y come; 'Tis grace has brought me
 shin - ing as the sun, We've no less days to

now am found, Was blind, but now I see.
 grace ap - pear The hour I first be - lieved!
 por - tion be As long as life en - dures.
 safe thus far, And grace will lead me home.
 sing God's praise Than when we'd first be - gun.

THE CONCLUDING RITES

PROCESSION (Saturday 5:30, 8:00 & Noon)

Præludium in G Minor, BuxWV 148

Buxtehude

(10:00)

"Joy and brightness of the glorified bodies" from *Les corps glorieux*

Messiaen

St. James Cathedral - Seattle

ST. JAMES CATHEDRAL

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

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

Kathleen McCabe, Director (206-382-2018)

Brenda Bellamy, Children's Faith Formation (206-274-3108)

Rosanne Michaels, Faith Formation (206-654-4658)

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)

Peter Burns, Ward Johnson, John Marquez, sacristans

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Interim Director of Music & Organist (206-382-4597)

Samuel Libra, Assistant Organist

Stacey Sunde, Director of Youth Music

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)

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

Teddi Callahan, Carol DeMatteis, David Grech,

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,

Christine Trigg, Immigrant Legal Services

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)

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

Bev Mauser, Louise Mennella, Wedding Coordinators

Jane Mueller, Receptionist (206-654-4650)

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

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-622-3559)

Alan Frasher, Melina McCombs, Dane Nelson, Steve Raab

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

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 offered by the Nguyen family in memory Mary Marcelline Vo, on the second anniversary of her death.

NOON MASS PROCESSION OF FAMILIES As the Church prepares to celebrate the Presentation of the Lord, when Mary and Joseph brought Jesus to the temple, families are invited to join the procession together. Please gather in the vestibule at the west (main) entrance of the Cathedral at 11:55am.

BLESSING OF CANDLES On Monday, February 2, we celebrate the Feast of the Presentation of the Lord, with the traditional blessing of candles for use in the Cathedral throughout the coming year at the 8:15am and 5:30pm Masses. You are welcome to bring your own candles from home for the blessing.

BLESSING OF THROATS Tuesday, February 3 is the Feast of Saint Blaise, bishop and martyr. According to legend, Saint Blaise saved a boy who was choking. He is the patron saint of all with throat ailments and diseases. The traditional blessing of throats will take place in the context of the Masses at 8:15am and 5:30pm and at 12:10pm Midday Prayer as well. All are welcome.

SEEKING A CHEF We are seeking a chef who could help coordinate and prepare our St. Patrick's Day Pancake Breakfast, which benefits the Solanus Casey Center. Preparation would be on Saturday, March 14 and the breakfast would be served on Sunday, March 15. Many helping hands will be provided, but an experienced chef is needed to coordinate the efforts of our volunteers. Can you help? *Information*, Maria Laughlin, 206-382-4284 or mlaughter@stjames-cathedral.org.

FIRST FRIDAY EXPOSITION AND HOLY HOUR This Friday, February 6, Exposition of the Blessed Sacrament will begin immediately following the 8:15am Mass and continue until 1:00pm. Holy Hour, with psalms, hymns, and rosary, will begin at 12 Noon. All are welcome to join in all or part of this traditional prayer in the presence of Christ in the Blessed Sacrament.

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 St. Thomas Aquinas in Camas and St. John Bosco in Tacoma.*

MENTAL HEALTH MINISTRY

GRIEF TRANSFORMED – Four week interactive workshop led by Helen Donnelly Goehring based on personal experiences of losing loved ones. Begins Sunday February 8, 2- 4:15 PM Pastoral Outreach Center. Registration required.

SAVE THE DATE! Monday, March 16, 7:00pm, Pastoral Outreach Center. Cathedral parishioner and psychiatrist, Dr. Pablo Proano will offer an overview and discussion on *Disordered Thinking—A Psychiatric Perspective*. Participants will have plenty of time for questions and answers related to Schizophrenia and other forms of thought disorders.

SAVE THE DATE! Thursday, March 19, 7 pm Pastoral Outreach Center. Ann Hedreen, writer, filmmaker, teacher author, and voice of the podcast and blog, "Restless Nest," will speak about her new book, *Her Beautiful Brain*, a memoir about her experience with her mother's early onset Alzheimer's.

CREATIVE ARTS WORKSHOP Twice monthly, Gallagher Center. Let your creative juices flow in this supportive atmosphere. No artistic experience necessary! Next workshops Thursdays, February 5th and February 19 – 12 - 2:00pm.

Information and Registration,

Nancy Granger, Parish Mental Health Nurse,
206-382-4269 or ngranger@stjames-cathedral.org

MASS IN THE YEAR OF CONSECRATED LIFE On Sunday, February 8, women and men religious from across the Archdiocese of Seattle will join us at the 12 Noon Mass for a celebration of the gift of consecrated life in the Church. This is a special opportunity to give thanks to God for the religious who have made a difference in our lives and our faith. There will also be an opportunity to explore a vocation to one of the many different religious communities in the Archdiocese.

SOCIETY OF ST. VINCENT DE PAUL Mark your calendar: After all morning masses on Sunday, March 22, SVdP will hold its annual "Stuff the Truck" event in the O'Dea parking lot, where our volunteers will receive your gently used clothes, household goods and other items for resale through local SVdP thrift stores. This is a great opportunity for some early spring cleaning! Proceeds from thrift store sales support SVdP activities throughout King County, all of which benefit our neighbors in need. Information, event chair Bob Clifford, 206-718-4158.

THE ESPRESSO MINISTRY is up and running after the 10:00am Mass. This month, all espresso sales benefit the Youth Music Program.

YOUNG ADULT MINISTRY

For parishioners in their 20s and 30s

FIRST FRIDAY TAIZÉ AND DINNER Friday, February 6, join other young adults for Taizé prayer at 6:30 in the Cathedral. Afterwards, we will meet in the north end of the Cathedral to decide on a place for dinner.

TAIZÉ EVENING WITH BR. EMILE How can we live the Gospel in our daily lives? How can we be in solidarity with those on the margins? How can we persevere in prayer? Br. Emile, a brother in the ecumenical Taizé Community, will facilitate a discussion of these questions on Sunday, February 8, 7pm-8:30pm, in Isaac Orr (910 Marion St).

THIRD SUNDAY WINE AND CHEESE RECEPTION On Sunday, February 15, young adults are invited to the Rectory Parlors at 6:30pm for wine, cheese, and other light refreshments.

WANT TO LEARN MORE?

Tom Frasene, tfrasene@stjames-cathedral.org
[Facebook.com/StJamesYoungAdultMinistry](https://www.facebook.com/StJamesYoungAdultMinistry)

YOUTH MINISTRY

NO YOUTH NIGHT TONIGHT— In an effort to free people up for Super Bowl enjoyment, we are canceling this week's Sunday Youth Night. Go Hawks!

NICARAGUA MISSION TRIP – August 6-14, 2015. We are joining forces with NPH USA, a national agency devoted to supporting orphanages in Latin America and the Caribbean. We desire to learn from the poor, serve alongside them, and return home transformed. Registration is happening NOW. Contact Joe for a packet.

WORLD YOUTH DAY 2016 WITH POPE FRANCIS IN KRAKOW, POLAND – Save the Dates – July 22 to August 2, 2016. Registration is happening NOW. Please contact Joe for a packet.

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

CONGRATULATIONS AND GOD'S BLESSINGS to Peggy Ghelardi, Natalie Gibbons, Scott Hamilton, Ashley Howard, Jeff Mackie and Margaret Young who were received into the Catholic Church on Sunday, January 25. They made their Profession of Faith and received the Sacraments of Confirmation and First Eucharist. Congratulations also to Alana Solomon and Brian Tracy who received the Sacraments of Confirmation and First Eucharist.

WANT TO GET MORE INVOLVED AT ST. JAMES?

COFFEE HOUR IS LOOKING FOR MUFFIN-MAKERS!



**Help is needed to make the beautifully shared space of
Coffee Hour come alive every weekend.**

What is the time commitment?

Volunteers help once per month, 7am-9:15am.

day of the month, second Sunday of the month, etc.

What does this position entail?

Mostly making muffins from mixes! We need hundreds of muffins to last all day on Sunday.

Will I be helping to build the Kingdom of God?

Absolutely! In order to happen every week, Coffee Hour depends on the service of muffin-makers. Coffee Hour fosters community and provides a welcoming space for all people.

Will my schedule be predictable?

Yes. Muffin-makers volunteer on the first Sun-

**For information, please contact Tom Frasene
tfrasene@stjames-cathedral.org, 205-382-4235**



SEATTLE IN BLACK AND WHITE

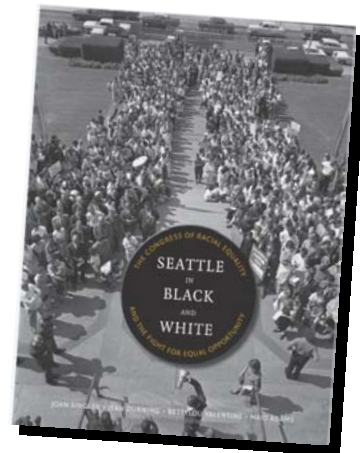
The Congress of Racial Equality and the Fight for Equal Opportunity

SEATTLE WAS A VERY DIFFERENT CITY IN 1960 from what it is today. There were no black bus drivers, sales clerks or bank tellers. Black children rarely attended the same schools as white children. In 1960, Seattle was effectively a segregated city. *Seattle in Black and White* tells the story of the chapter of the Congress of Racial Equality (CORE), and its work to desegregate employment, housing and education.

Authors JEAN DURNING, JOAN SINGLER and MAID ADAMS, members of the Seattle Chapter of the Congress of Racial Equality (CORE), as well as CORE member ESTHER HALL MUMFORD, will tell the story of the Civil Rights Movement in Seattle from 1961 to 1968, including the role of local churches and St. James Cathedral.

EVELYN THOMAS ALLEN, Director of Catholic Housing Services' Village Spirit Center and President, Washington Housing Equity Alliance Board, will introduce the Black American Initiative, and its work with local Black Catholics, Black churches and the Black community to seek and sustain racial justice.

Copies of the book will be available for purchase and signing.



Tuesday, February 17, 7:00 pm

Pastoral Outreach Center, St. James Cathedral, 9th and Columbia

Registration recommended but not required.

For information, or to register, Patty Bowman, 206-382-4515, pbowman@stjames-cathedral.org.

CATHOLIC ADVOCACY DAY

Thursday, March 26, 2015



Proclaim Justice and Life for All

REGISTRATION REQUIRED

Contact Patty Bowman:
206-382-4515

pbowman@stjames-cathedral.org

The 2015 Washington Legislative Session will make crucial decisions on funding education, housing, mental health, and programs for the most vulnerable. Join Father Ryan, St. James Cathedral staff and parishioners, and thousands of Catholics from across the state as we take a message of compassion and justice to Olympia. The day will include Mass, legislative briefings and meetings with legislators. Bus transportation to Olympia provided.

Learn about the issues! Legislative forums will be held:

- *Sunday, February 8, Immaculate Conception Parish, 820 18th Ave, Seattle, 2:00pm—4:00 pm **OR***
- *Saturday, February 28, Our Lady of Guadalupe Parish, 7000 35th Ave SW, Seattle, 9:00 am—11:00 am*

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

