



Do everything for the glory of God
Detail of the Ceremonial Bronze Doors, St. James Cathedral.
Ulrich Hen, artist.

ST. JAMES CATHEDRAL
The Sixth Sunday in Ordinary Time
February 15, 2015

ORDER OF CELEBRATION FOR

The Sixth Sunday in Ordinary Time

CELEBRATION OF THE SACRAMENT OF BAPTISM (NOON)

PRELUDE (8:00)

“Andante amabile” from *Monologues*, op. 162

Rheinberger

(10:00 & Noon)

“Sicilienne” from *Suite for Organ*

Durufle

THE INTRODUCTORY RITES

ENTRANCE

Your hands, O Lord, in days of old

MOZART



1. Your hands, O Lord, in days of old Were strong to heal and
2. And then your touch brought life and health, Gave speech, and strength, and
3. O be our might - y heal - er still, O Lord of life and

save; They tri - umphed o - ver pain and death, Fought
sight; And youth re - newed and health re - stored, Claimed
death; Re - store and strength - en, soothe and bless, With

dark - ness and the grave. To you they went, the
you, the Lord of light: And so, O Lord, be
your al - might - y breath: On hands that work and

blind, the mute, The pal - sied, and the lame, The lep - er
near to bless, Al - might - y now as then, In ev - 'ry
eyes that see, Your heal - ing wis - dom pour, That whole and

set a - part and shunned, The sick and those in shame.
street, in ev - 'ry home, In ev - 'ry trou - bled friend.
sick, and weak and strong, May praise you ev - er - more.

WELCOMING OF THE CHILDREN TO BE BAPTIZED (Noon)

PENITENTIAL ACT

Vatican XVI



1 & 3. Ky - ri - e e - lei - son.

(10:00)



2. Chri - ste e - lei - son.

“Kyrie” from *Missa Brevis in D Minor*, K. 65

Mozart

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

Missa de angelis

Vatican VIII

(all other Masses)

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 worshipped and adored.** (Text: Edwin Le Grice)

COLLECT

THE LITURGY OF THE WORD

FIRST READING

Leviticus 13:1-2, 44-46

RESPONSORIAL PSALM

Psalms 32

Proulx



SECOND READING

I Corinthians 10:31-11:1

ALLELUIA **No. 286 in Worship hymnal**

Vulpus

GOSPEL

Mark 1:40-45

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

CREED (except at Noon)

**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.**

RITE OF BAPTISM (Noon)

INTERCESSIONS AND LITANY OF SAINTS No. 827

BLESSING OF BAPTISMAL WATER

PROFESSION OF FAITH *All join in the response, I do.*

ACCLAMATION FOLLOWING EACH BAPTISM

Herbolsheimer, adapt.

SPRINKLING WITH BAPTISMAL WATER

Hurd

ENTRANCE OF THE NEWLY BAPTIZED

EXPLANATORY RITES

Anointing with Chrism

White Garment Prayer

Presentation of a Lighted Candle

THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Blessed are they whose life is blameless,
who walk in the law of the Lord. Ps. 119:1

Beati quorum via
Stanford

SANCTUS

Compostela Mass
Holst, adapt. Ryan

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, ho - san - na in the high - est.
Blest is he who comes in the name of the Lord.
Ho - san - na, ho - san - na in the high - - - est.

MEMORIAL ACCLAMATION

Holst, adapt. Ryan

Save us, Sa - vior of the world, for by your cross and re - sur -
rec - tion you have set us free, you have set us free.

AMEN

Holst, adapt. Ryan



THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican IX



(10:00)

“Dona nobis pacem” from *Missa Brevis in D Minor*, K. 65

Mozart

COMMUNION

They ate and were fully satisfied; the Lord gave them all
that they desired; they were not deprived of their wants.

chant

(10:00)

O salutaris hostia

Dupré

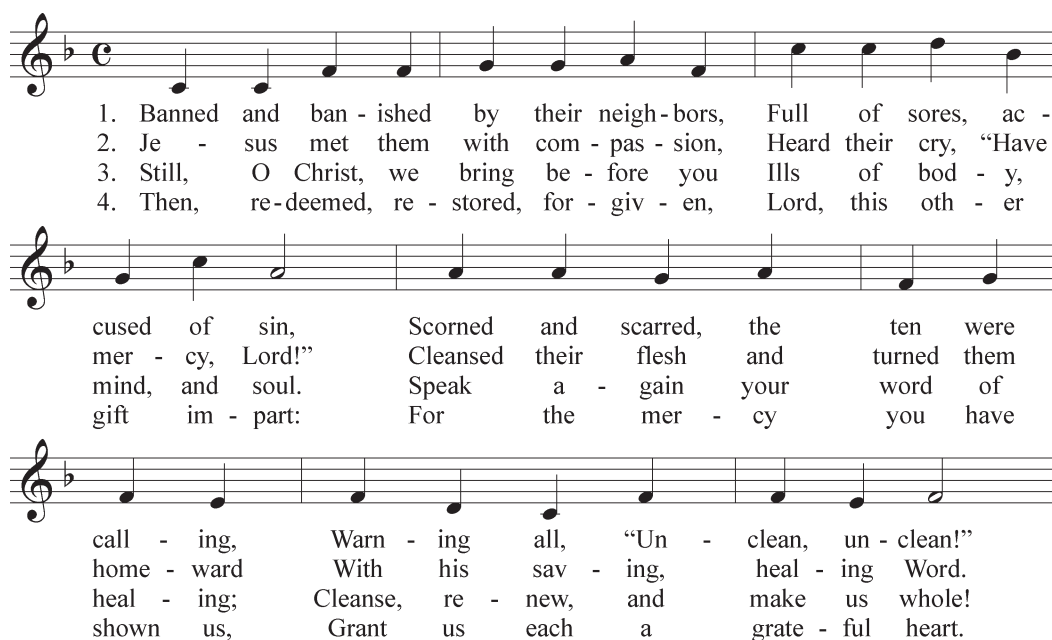
Upon returning to your place after Holy Communion, please **kneel or be seated**.

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

HYMN OF PRAISE

Banned and banished by their neighbors

STUTT GART



THE CONCLUDING RITES

PROCESSION (8:00)

“Prelude and Fugue” from *Sonata No. 10*, op. 146

Rheinberger

(10:00 & Noon)

“Final” from *Symphony No. 6*

Widor

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

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 in celebration and thanksgiving on the occasion of the 40th wedding anniversary of Jerome and Celia Chandler.

GUEST CHOIR SATURDAY FEBRUARY 14, 5:30PM

MASS We welcome *I Cantorei* from Walla Walla University, Dr. Kraig Scott, director.

ASH WEDNESDAY is Wednesday, February 18. Please note the special Mass schedule for that day: 8:15am, 10:00am (with O'Dea High School), 12:10pm, and **6:00pm**. The evening Mass will be followed by a Simple Supper in Cathedral Hall.

PRAYERS TO OUR LADY OF LOURDES The men and women of the Order of Malta will be going on pilgrimage to the healing shrine of Lourdes in southern France later this year. They will take with them intentions from local parishes, which will be remembered in prayer at the Grotto of Our Lady of Lourdes. Stop by the Shrine of the Blessed Virgin Mary today or any time during the next week, write your petition on the form provided, and drop it in the box of intentions.

SANDWICH MINISTRY SEEKS DRIVER Want to feed the hungry? Are you able to pick-up sandwiches St. James at 3pm and drive them to St. Martin de Porres Shelter in Sodo on the second Monday of the month? If so, this ministry is for you! *Information*, Tom Frasene, tfrasene@stjames-cathedral.org, 206-382-4235.

SOCIETY OF ST VINCENT DE PAUL Thank you! Your donations allowed our Cathedral Vincentians to make 692 home visits in the 12 months ending September 30, 2014 – averaging nearly 58 visits each month, during which we gave material aid and spiritual comfort to our neighbors in need. But the need for help continues to grow: We made 193 home visits in the 3 months of October, November and December 2014 – averaging more than 64 visits each month. We expect even more people living in our parish to ask for help in 2015. With your continued generosity, we hope to be there for them. *Information*, Barb Schmidt, 206-938-8696 or barbaralschmidt@comcast.net.

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. Mary in Aberdeen, Seattle, and Seaview.*

MENTAL HEALTH MINISTRY

SOCIAL SECURITY DISABILITY? Wednesday, February 25, 6:00pm, Pastoral Outreach Center. Hear Linda Worthington, JD explain the difference between SSI & SSDI, requirements and eligibility, tips for being successful in the early stages, working while receiving benefits, and more. Linda is an Attorney at Schroeder, Goldmark and Bender and on NAMI's Board of Directors.

'DISORDERED THINKING – A PSYCHIATRIC PERSPECTIVE' Monday, March 16, 7:00pm, Pastoral Outreach Center. Cathedral parishioner and practicing psychiatrist, Dr. Pablo Proano will offer an overview and discussion. Participants will have plenty of time for questions and answers related to Schizophrenia and other forms of thought disorders.

NOTE DATE CHANGE! Wednesday April 1, 7:00pm, Pastoral Outreach Center. Ann Hedreen, will discuss her new book, *Her Beautiful Brain*, a memoir about her experience with her mother's early onset Alzheimer's.

Information and Registration,

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

CATHEDRAL KITCHEN GARDEN It's time to begin the 2015 growing season in our Cathedral Kitchen Garden. We will kick off the year with a potluck dinner of locally sourced foods on Friday, February 27, 6:00 pm in the Pastoral Outreach Center. This potluck will be an opportunity for us to renew relationships built in the garden during the last growing season and create new relationships with anyone who wants to volunteer in the upcoming season. We will also lay out a plan for the upcoming work parties, the planting, harvesting, weeding and watering needs, and the evolving vision for the garden as we work to bring healthy, locally produced food to the guests of the Cathedral Kitchen. Our first work party of the season will be March 14. "Lettuce" rejoice and be glad as we gather for fellowship and labor! *Information*, Patty Bowman, 206-382-4515, pbowman@stjames-cathedral.org.

HUMAN TRAFFICKING: MODERN DAY SLAVERY Did you know slavery still exists? That there are more slaves now than at any other time in human history? That it's even happening here, in Seattle? Join us to learn more about this scourge of modern-day slavery, also called human trafficking. What is it, and why does it still exist? How are we called to respond? Our presenter will be Annapatrice Clark from the Intercommunity Peace and Justice Center. Monday, March 2, 7:00 pm, Pastoral Outreach Center. *Information*, Patty Bowman, 206-382-4515, pbowman@stjames-cathedral.org.

YOUNG ADULT MINISTRY

For parishioners in their 20s and 30s

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

THEOLOGY ON TAP RETURNS! Join us for a special Lenten edition of Theology on Tap! On Wednesdays, February 25, March 4, and March 11, meet at Kell's Pub (1916 Post Alley) at 7pm to discuss the life, death, and resurrection of Jesus. Our fantastic speakers are Bishop Elizondo, Dr. Victoria Ries, and Fr. James Eblen!

WANT TO LEARN MORE?

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

YOUTH MINISTRY

NO YOUTH NIGHT 2/15 There will be no Youth Night on Sunday, February, 15 due to Presidents' Day. We will resume on Sunday, February 22 with our world famous Oscar Party in the Rectory.

SIMPLE SUPPER Youth volunteers are needed for the Ash Wednesday Simple Supper on Wednesday, February 18 following the evening Mass. A great opportunity to serve your parish community and gain service hours. Please e-mail Joe to sign up.

FIELD HOSPITAL ON THE BORDERS Thursday, February 19. Seattle University is hosting an important lecture on a Church in kinship with migrants. Given our youth ministry's commitment to the migrant community, we will be in attendance. In addition, Director of Immigrant Assistance Chris Koehler, will meet with us ahead of time to prepare. Please join us at 6:00pm in the outreach center. Transportation to/from SU will be provided.

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

SHARE YOUR LOVE OF GOD AND THE CHURCH WITH THE CHILDREN OF ST JAMES Join the Children's Faith Formation team. We have immediate need for two preschool catechists and one fifth grade catechist. Classes meet most Sundays from 11:00am to 11:45am through June 5, 2015. Materials and training provided. *Information*, Brenda Bellamy 206-274-3108 bbellamy@stjames-cathedral.org.

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. Proceeds from thrift store sales support SVdP activities throughout King County. *Information*, Bob Clifford, Event Chair, 206-718-4158.

PLACE OF LIGHT, PLACE OF WELCOME

A NEW CAPITAL CAMPAIGN FOR ST. JAMES CATHEDRAL

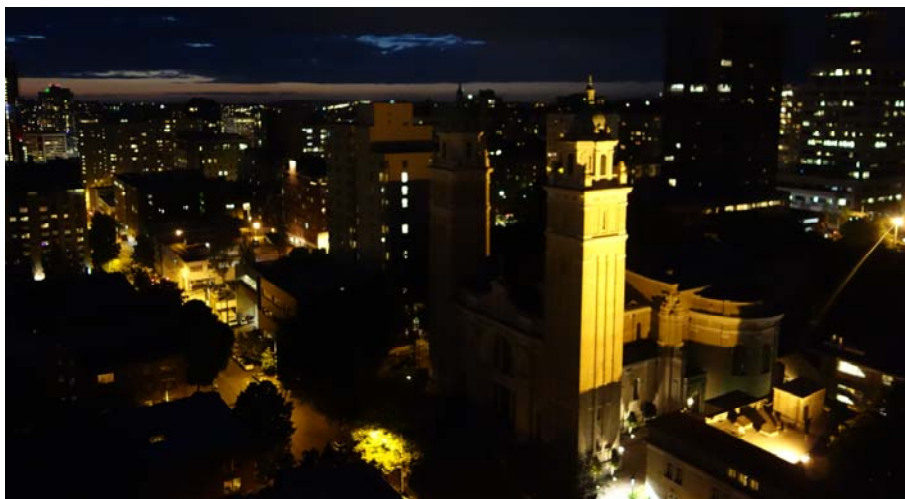
...AND A NEW REASON TO GIVE!

You may be aware of an exciting new capital campaign that is underway here at the Cathedral. The *Place of Light, Place of Welcome* campaign is all about making the Cathedral the beacon it once was (when it dominated the city's First Hill!) and it's also about making it an even more welcoming place than it already is.

We are working with a gifted local lighting designer to create dramatic, innovative, and energy-efficient exterior lighting that will let the Cathedral shine and make it as beautiful and welcoming by night as it is by day. It will also considerably enhance its safety by night. The new lighting is quiet evangelization: an invitation to the city to come explore the beauty of our historic and beloved Cathedral.

In addition to exterior lighting, we will also take the necessary – and costly -- steps to upgrade the Cathedral's now-obsolete interior lighting, as well as to provide updated accessibility to the Cathedral, the Chapel, and the Rectory building for persons of limited mobility.

Many of you have already contributed to this important project. I'm writing to invite you, if you



The current exterior lighting of the Cathedral leaves much to be desired

have not yet contributed, to consider doing so. There's an added incentive right now!

This week, a generous parishioner offered a \$20,000 challenge grant. Each gift that comes in, up to \$20,000, will be matched dollar for dollar. Would you consider making a gift—large or small—to the campaign at this time?

You can read more about the campaign at www.stjames-cathedral.org. *Information*, Maria Laughlin, 206-382-4284 or mlaughter@stjames-cathedral.org.

PLACE OF LIGHT, PLACE OF WELCOME

I/WE PLEDGE:

TOTAL PLEDGE AMOUNT \$ _____

INITIAL PAYMENT \$ _____

BALANCE \$ _____

I/WE PREFER TO MAKE PAYMENTS AS FOLLOWS:

- ☐ ONE-TIME GIFT
☐ ANNUALLY (OVER 3 YEARS)

- ☐ MONTHLY INSTALLMENTS
☐ OTHER _____

NAME(S) _____ TELEPHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____



SEATTLE IN BLACK AND WHITE

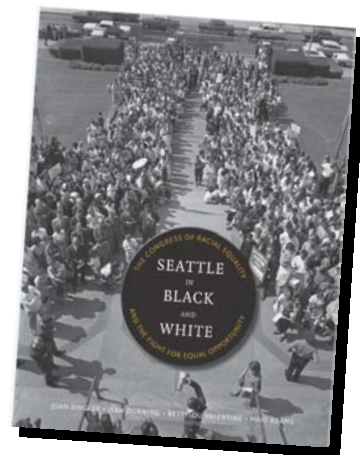
The Congress of Racial Equality and the Fight for Equal Opportunity

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.

Living Water

Praying the Gospels of Lent

PARISH PROGRAM FOR LENT 2015



**Tuesdays, February 24,
& March 3, 10, 17, & 24**
7:00 pm, Cathedral Place 1EW

In this series, we will pray with and learn about the Gospel readings for the Sundays of Lent. In the first part of each session, we will approach the Gospels through the ancient practice of *lectio divina*: listening, meditation, prayer, and contemplation, led by parishioner Scott Webster. In the second part, we will learn more about the Gospel in the context of Scripture, Catholic teaching, and our lives and our world today with a different presenter each week.

February 24 – The Transfiguration
Scott Webster, Corinna Laughlin

March 3 – The woman at the well
Scott Webster, Patty Bowman

March 10 – The man born blind
Scott Webster, Suzanne Lee

March 17 – The raising of Lazarus
Scott Webster, John Simpson

March 24 – The Passion according to Mark
Scott Webster, John Marquez

WWW.STJAMES-CATHEDRAL.ORG

Lent 2015 at St. James Cathedral

Dear Friends,

Whether it comes early or late, Lent always has a way of sneaking up on me. This year it's neither early nor late, but it has still caught me unawares. Happily, there are six weeks to get over my surprise and get used to it! And I'm sure I'll need all six.

And there are plenty of good things to fill up those six weeks, plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

Part one is **PRAYER**. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to be at **Mass each Sunday** and to participate fully, actively, and consciously in each Mass, we would be making a good start. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But there is more. The **Lenten weekday Masses** are also a wonderful way for deepening our walk with Christ during this holy season. And there are even more prayer possibilities: how about **extending your family prayer at meal times or bedtime**, or **taking time each day to read and reflect prayerfully on the Gospels** (this could be a family thing, too); or how about attending **Vespers and Benediction of the Blessed Sacrament on Sunday afternoons**; or coming to the **Friday evening Taizé Prayer around the Cross**; or praying the **Stations of the Cross on Mondays, Wednesdays, or Fridays**, or joining in the **Lenten Holy Hour on Friday afternoons**. There's something here for everybody!

Still one other wonderful opportunity for prayer this Lent would be to 'adopt' one of our "Elect" (the people who will be baptized at the Easter Vigil). To adopt one of the elect means that you will pray for that person in a special way all during Lent. If this is something you would like to do, you can pick up a prayer card with the name of one of our Elect near the baptistery of the Cathedral. If you decide to do this (and it would be wonderful if you did), then, in addition to your prayer, you will be invited to write a card or short note telling

your "adopted" friend of your prayerful support. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something EVERYONE can do!

Part two of the Lenten regimen is **FASTING**. The Church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

Part three is **ALMSGIVING**. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles – the spiritual equivalent of strutting about the gym – if it is not related to reaching out to others. And again this year the Church offers you the perfect way to do just that. The Rice Bowl Program is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will give evidence of how taking Lent seriously can make a difference not only in your life but in the lives of hungry people in our world.

Dear friends, prayer, fasting, and almsgiving are the road map for a Lent that will take us to new and holy places. I look forward to walking the journey with you in faith, hope, and love!



Father Michael G. Ryan

Lenten Prayer and Faith Formation Opportunities

ASH WEDNESDAY is celebrated Wednesday, February 18. Masses are at 8:15am, 12:10pm, and **6:00pm. (Please note the start time for the evening Mass of Ash Wednesday!)** All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

THE RICE BOWL PROGRAM is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

STATIONS OF THE CROSS The unique Stations of the Cross are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault. The stations were created from found objects which Landkamer collected near her home in Ocean Shores. Each station is unique, and together they form a stark and intensely moving portrayal of the last journey of Jesus.

PRAYING THE STATIONS is a wonderful Lenten tradition in the Church. There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). *You can also pray the stations online at www.stjames-cathedral.org.*

LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

LENTEN HOLY HOUR Each Friday during Lent, 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 at the end of a busy week.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

CONTEMPLATIVE PRAYER ON THE FRIDAYS OF LENT Every Friday evening at 6:30 pm, the Cathedral offers a meditative evening prayer of song, scripture, and silence, with the music of the ecumenical community of Taizé in France. All are welcome.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions will be heard each Saturday from 4:00 – 5:00pm. Communal penance services will be on Saturday, March 21 at 3:30pm, and Monday, March 23 at 7:30pm.

LIVING WATER: LIVING THE GOSPELS OF LENT In this series, we will pray with and learn about the Gospel readings for the Sundays of Lent. In the first part of each session, we will approach the Gospels through the ancient practice of *lectio divina*. Then we will learn more about the Gospel in the context of Scripture, Catholic teaching, and our lives and our world today. Tuesdays, February 24 through March 24, 7:00pm, Rooms 1EW.

YOUNG ADULT LENTEN REFLECTIONS Join us for the first five Sundays in Lent as we discuss the Gospel readings of Lent. Young adults throughout the Archdiocese will read the same reflections, fostering a sense of community throughout Western Washington. Sessions will be held at 7pm in the Rectory Parlors with light refreshments. Feel free to make it to as many sessions as you can. *Information, Tom Frasene, tfrasene@stjames-cathedral.org, 206-382-4235.*

YOUNG ADULT HOLY THURSDAY PILGRIMAGE Archbishop Sartain will lead several hundred young adults on this year's Holy Thursday Pilgrimage. Mass at St. James will be at 6pm, and the pilgrimage will begin afterwards from the Cathedral's west steps. We walk to St. Mary's, Immaculate Conception, the Chapel of St. Ignatius, and back to St. James Cathedral. Vans will be available for those who cannot walk. *Information, Tom Frasene, tfrasene@stjames-cathedral.org, 206-382-4235.*

RCIA During Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for:

**Maile Carey
Willard G. Ling
Amity Ludders
Anna Rice
Caleb Vandebos
Jonathan Anderson
Shea Carstens**

Please pick up a prayer card at the Place of Prayer in the south aisle and pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support.



The following are some important dates in the journey of our Catechumens:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation.

This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place on Sunday, March 8 at 10:00am, Sunday, March 15 at 12:00pm, and Sunday, March 22 at 10:00am.

SATURDAY, APRIL 4, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is February 18, 2015. Good Friday is April 3, 2015.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

From Pope Francis' Lenten Message 2015

Lent is a time of renewal for the whole Church, for each communities and every believer. Above all it is a "time of grace" (2 Cor 6:2). God does not ask of us anything that he himself has not first given us... He is not aloof from us. Each one of us has a place in his heart. He knows us by name, he cares for us and he seeks us out whenever we turn away from him. He is interested in each of us; his love does not allow him to be indifferent to what happens to us. Usually, when we are healthy and comfortable, we forget about others (something God the Father never does): we are unconcerned with their problems, their sufferings and the injustices they endure... Our heart grows cold. As long as I am relatively healthy and comfortable, I don't think about those less well off. Today, this selfish attitude of indifference has taken on global proportions, to the extent that we can speak of a globalization of indifference. It is a problem which we, as Christians, need to confront....



Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience.

God is not indifferent to our world; he so loves it that he gave his Son for our salvation. In the

Incarnation, in the earthly life, death, and resurrection of the Son of God, the gate between God and man, between heaven and earth, opens once for all. The Church is like the hand holding open this gate... But the world tends to withdraw into itself and shut that door through which God comes into the world and the world comes to him. Hence the hand, which is the Church, must never be surprised if it is rejected, crushed and wounded.

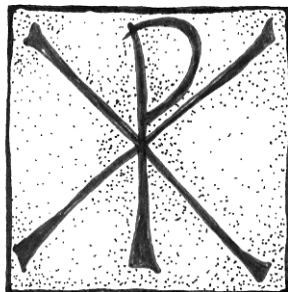
God's people, then, need this interior renewal, lest we become indifferent and withdraw into ourselves.

Choral Prayer during Lent

**Saturday, March 7,
& Sunday, March 8, 8:00pm**

Caritas

Grammy award-winning Seattle Pro Musica presents *Caritas*, a tribute to great female composers throughout the centuries. Chants composed by St. Hildegard of Bingen will be juxtaposed with works by 20th Century composers Dobrinka Tabakova, Hyo-won Woo, and Lucija Garuta as well as Pacific Northwest composers Melinda Bargreen and Karen P. Thomas. *Information*, 206-781-2766 or www.seattlepromusica.org.



Saturday, March 14, 8:00pm

Peace on Earth

Opus 7 Vocal Ensemble presents *Peace on Earth*. This program will highlight the Slavic music of Russia and the Ukraine, including movements from Rachmaninoff's *All-Night Vigil*, celebrating the work's centenary. *Information*, www.opus7.org. or 206-782-2899.

Wednesday, April 1, 7:30pm

Office of Tenebrae

Cathedral musicians chant this office as well as singing excerpts from the *Leçons de Ténèbres* by François Couperin, the *Miserere Mei*, *Deus of Allegri*, and other works for this solemn occasion. The Very Reverend Michael G. Ryan, presider; Dan Jinguji, lector. Free will offering.