



This is my beloved Son. Listen to him.

*Icon of the Transfiguration of the Lord.*

*Joan Brand-Landkamer, Cathedral Iconographer*

ST. JAMES CATHEDRAL  
*The Second Sunday of Lent*

March 1, 2015

# PLACE OF LIGHT, PLACE OF WELCOME

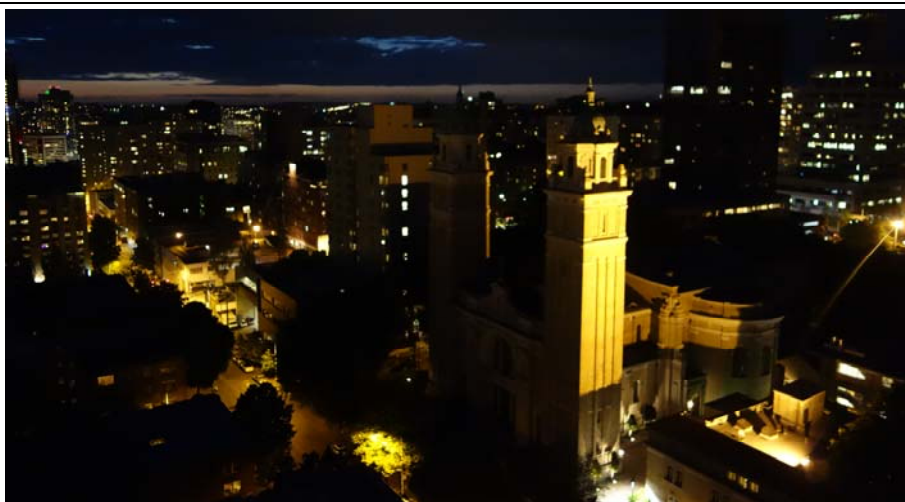
## A NEW CAPITAL CAMPAIGN FOR ST. JAMES CATHEDRAL

### ...AND A NEW REASON TO GIVE!

**Y**ou 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.

Right now, there's an added reason to give!



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

**A generous parishioner recently 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? So far, we've received \$12,551 in response to the challenge grant! Just \$7,449 to go!**

You can read more about the campaign at [www.stjames-cathedral.org](http://www.stjames-cathedral.org). *Information*, Maria Laughlin, 206-382-4284 or [mlaughter@stjames-cathedral.org](mailto: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 \_\_\_\_\_

DROP THIS FORM IN THE OFFERING BASKET OR MAIL TO:  
 ST. JAMES CATHEDRAL, ATTN: MARIA LAUGHLIN, 804 NINTH AVENUE, SEATTLE, WA 98104

ORDER OF CELEBRATION FOR  
*The Second Sunday of Lent*

FIRST SUNDAY YOUTH CELEBRATION (NOON)

## THE INTRODUCTORY RITES

# INTROIT

Introit for Second Sunday of Lent: *Tibi dixit*

adapt. Stratman



O Lord, I long to see your face.

## PENITENTIAL ACT

Priest Have mercy on us, O Lord.

ALL For we have sinned against you.

Priest    Show us, O Lord, your mercy.

ALL **And grant us your salvation.**

Vatican XVII



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

R. 2 Christ, have mer - cy.

COLLECT

## THE LITURGY OF THE WORD

FIRST READING

Genesis 22:1-2, 9a, 10-13, 15-18

RESPONSORIAL PSALM 116

Kreutz



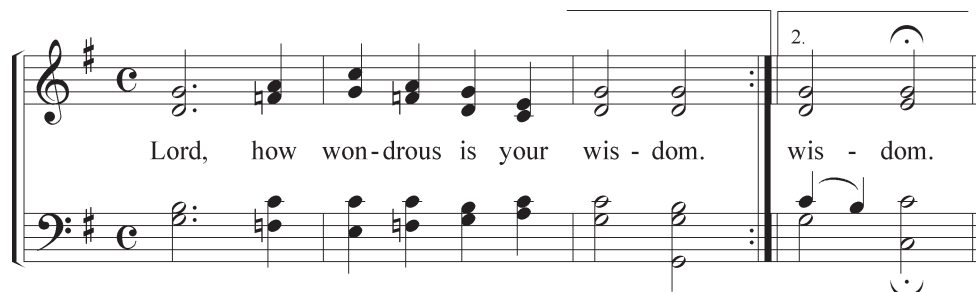
Re - mem - ber your mer - cies, O Lord.

## SECOND READING

Romans 8:31b-34

GOSPEL TRACT

Stratman



Lord, how won-drous is your wis - dom.

wis - dom.

GOSPEL

Mark 9:2-10

HOMILY

**Father Peter Ely, SJ**

DISMISSAL OF THE ELECT, CATECHUMENS AND CANDIDATES (10:00am)

Stratman

Cantor: I give them life long and full.

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

CREED *chanted on one tone*

(10:00 and Sunday Evening)

Credo III

*Presider Credo in unum Deum,*

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

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things  
visible and invisible.**

ALL

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

**I believe  
in one Lord Jesus Christ,  
the Only Begotten Son of God,**

**born of the Father  
before all ages.**

Schola Et ex Patre natum ante omnia sæcula.

ALL

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

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

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

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

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

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

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

ALL

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

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

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

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

ALL

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

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

Schola Confiteor unum Baptisma in remissionem peccatorum.

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

ALL

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

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

Schola Et vitam venturi sæculi.

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

ALL

A - - - - - men.

**Amen.**

PRAYER OF THE FAITHFUL

**Lord, we ask you, hear our prayer.**

Litany of Saints

## THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Relieve the anguish of my heart  
and set me free from my distress.  
See my affliction and my toil  
and take all my sins away. Ps. 24:17-18

*Tribulationes*  
Rheinberger

## SANCTUS

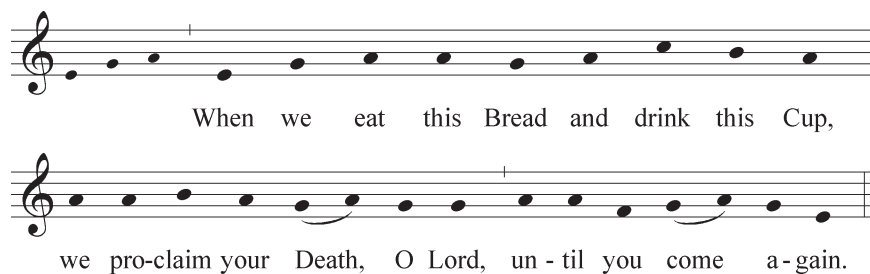
Vatican XVIII



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*



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

## AMEN

chant

## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI



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

Vatican XVII

## COMMUNION

Tell no one about the vision you have seen  
until the Son of Man has risen from the dead.

(10:00)

*This is my beloved Son*  
Nystedt  
*O nata lux*  
Tallis

Upon returning to your place after Holy Communion, please **kneel or be seated**.  
*Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.*

## HYMN OF PRAISE **No. 700 in Worship hymnal**

*'Tis good, Lord, to be here*  
SWABIA

## THE CONCLUDING RITES

### PRAYER OVER THE PEOPLE

### PROCESSION

# 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](http://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.*

**CATHEDRAL BOOKSTORE** Stop by the Cathedral Bookstore for a wide selection of great spiritual reading for Lent. We also have Cathedral souvenirs, rosaries, and religious medals in stock. All proceeds benefit St. James Cathedral!

**OPERATION RICE BOWL** This week, the CRS Rice Bowl takes us to the coffee highlands of Nicaragua, where we're called to protect both the goodness of creation and the livelihoods of struggling families. How will this week's fast remind us of the sacredness of God's creation and our duty to protect it? Learn more at [www.crsricebowl.org](http://www.crsricebowl.org).

**FIRST FRIDAY EXPOSITION AND HOLY HOUR** Friday, March 6 is First Friday. Exposition of the Blessed Sacrament will begin immediately following the 8:15am Mass, and continue until 1:00pm. Holy Hour will be prayed at 12 Noon, with hymns, readings, and rosary. All are welcome. Please note that the Stations of the Cross will not be prayed after the 8:15am Mass on First Friday.

**YOUTH RALLY MASS** At 5:30pm on Saturday, March 7, Archbishop Sartain will celebrate Mass with hundreds of Catholic junior high students from all over the Archdiocese. The young people will be at the Cathedral and O'Dea High School for a day of learning and prayer, concluding with Mass in the Cathedral. We invite our regular Saturday 5:30pm Mass-goers to plan ahead as parking will be impacted by this special event.

**ST. PATRICK'S DAY PANCAKE BREAKFAST** Our annual pancake extravaganza benefiting our own Solanus Casey Center will be held Sunday, March 15 after the 10am and Noon Masses. Many volunteers are needed, to prepare food, decorate, serve, and clean up. *To volunteer in any capacity*, contact Tom Frasene, 206-382-4235 or e-mail [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org). We also need items for our raffle prizes! Do you have a dinner gift card or something fun to share? Contact Margaret Lynch, 206-382-4288 or [mlynch@stjames-cathedral.org](mailto:mlynch@stjames-cathedral.org). Tickets for the breakfast will be \$7. Presales will be next Sunday, March 8 after the 10:00am and Noon Masses, and of course, passes will be available on the day of the breakfast.

**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 Holy Disciples in Puyallup and St. Yves Mission in Harmony.*

## YOUNG ADULT MINISTRY

*For parishioners in their 20s and 30s*

**TONIGHT: LENTEN EVENING REFLECTIONS** Join your fellow young adults for Lenten reflections on Sundays at 7pm in the Rectory Parlors. We will discuss the Lenten Gospel readings during this solemn but joyful season. There is no commitment to come to all the sessions; please bless us with your presence whenever you can make it!

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

**FIRST FRIDAY TAIZÉ AND SIMPLE SUPPER** On Friday, March 6, join other young adults for Taizé prayer at 6:30 in the Cathedral. Afterwards, we will meet in the north entrance of the Cathedral for a simple supper.

### WANT TO LEARN MORE?

Tom Frasene, tfrasene@stjames-cathedral.org  
Facebook.com/StJamesYoungAdultMinistry

## YOUTH MINISTRY

**YOUTH NIGHTS** Sunday evenings from 6:30–8:30pm in the Pastoral Outreach Center. Open to 7th-12th grade students. Please join us for prayer, catechesis, and fun activities designed to integrate faith into everyday life. All are welcome!

**JUNIOR HIGH RALLY** Saturday, March 7. This year, the archdiocesan rally of Catholic middle school youth (Grades 6-8) will be held right here at the cathedral, in cooperation with O'Dea High School. Please join us, along with 600+ middle school students, in an energizing day packed with lively music, dynamic speakers, and powerful prayer experiences, including a cathedral Mass with Archbishop Sartain! Contact Joe for a registration form. High school helpers needed.

**MIGRANT FOOD BANK TRIP** March 20-21. In an effort to grow our ongoing relationship with the migrant community, we will once again assist with the migrant food bank in Burlington. Join us for an overnight experience with youth from St. John Vianney. Contact Joe for a permission form.

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

**CATHEDRAL KITCHEN GARDEN WORK PARTY** The garden, which grows fresh, healthy produce for our Cathedral Kitchen meal program, is back for a second year. Our first task is to prepare the soil for planting. We will have our first work party of the year on Saturday, March 14, from 9:00 to noon, to spread compost and to do other soil preparation work. We need about 20 people to get the job done, so please join us and bring your friends. *For information, or to volunteer for this work party or throughout the year, contact Gary, alpinist@comcast.net.*

**SOCIETY OF ST VINCENT DE PAUL** popular demand, SVdP's annual "Stuff the Truck" event has been expanded to include Saturday, March 21 in addition to Sunday, March 22! Please bring your gently used clothes, household goods and other items to our truck in the O'Dea parking lot before and after Saturday evening and Sunday morning masses: 5-7 pm Saturday, March 21 and 7:30 am to 1:15 pm Sunday, March 22. Your donated items will be sold through local SVdP thrift stores, with proceeds used to support SVdP activities throughout King County, all of which benefit our neighbors in need. *Information, event chair Bob Clifford, 206-718-4158.*

**THE SACRAMENT OF CONFIRMATION** Preparation classes for youth aged 16 or older, as well as for adults will begin Wednesday evening, April 8, and continue each Wednesday into June. *Information, Rosanne Michaels at 206-654-4658, or rmichaels@stjames-cathedral.org.*

**THE CATHEDRAL ESPRESSO CART** is up and running! Your friendly Cathedral baristas will be serving espresso drinks after the 10:00 Mass. During the month of March, all proceeds benefit the Cathedral Kitchen Garden.

**ASSIST AN ELDERLY ADULT IN OUR COMMUNITY** Volunteer Chore Services Needs You! T.H. lives alone in the Central District. She has trouble with mopping, cleaning floors, and cleaning her bathtub. She'd like someone to visit twice a month to help with these chores. Will you take some time to visit her? If you are interested in opportunities like this, contact Katrina Hale at katrinah@ccsww.org. Katrina will also be available to speak to interested volunteers after Masses on Sunday, March 22.

**IMMIGRATION REFORM: YOUR LENTEN PROMISE** This Lent, the Justice for Immigrants Campaign of the United States Conference of Catholic Bishops invites you to pray, fast, learn, give, and advocate for just and humane immigration reform in solidarity with immigrants and refugees. For resources, visit [www.justiceforimmigrants.org/lent](http://www.justiceforimmigrants.org/lent). *Information, Christopher Koehler at ckoehler@stjames-cathedral.org or 206-382-4511.*

**SEATTLE PRO MUSICA: CARITAS** On Saturday, March 7 and Sunday, March 8, 2015, 8:00pm, Seattle Pro Musica presents a tribute to great female composers throughout the centuries. *Information, 206-781-2766 or [www.seattlepromusica.org](http://www.seattlepromusica.org).*



# *Human Trafficking*

## Modern Day Slavery

**Monday, March 2, 2015**

**7:00 pm**

Pastoral Outreach Center

St. James Cathedral



### **Did you know:**

- That slavery still exists?
- That there are more slaves now than at any time in human history?
- That slavery exists here, in Seattle, in 2015?
- That slavery is the fastest growing source of income for organized crime, second only to drug trafficking?
- That human trafficking today generates an estimated \$150 billion annual profit?

Join **Annapatrice Clark** from the Intercommunity Peace and Justice Center for a look at this modern day crime against human freedom and dignity. Explore what human trafficking is, and how we can respond.

*Information, Patty Bowman, 206-382-4515*  
[pbowman@stjames-cathedral.org](mailto:pbowman@stjames-cathedral.org)

[www.stjames-cathedral.org](http://www.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, Pastoral Outreach Center,  
Holy Names Room

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



# Mental Health Ministry

## COMING EVENTS

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ST. JAMES CATHEDRAL/ORDER OF MALTA

MARCH 1, 2015

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**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 on various psychiatric disorders. For more info or to register contact Nancy Granger, RN 206-392-4269

**HER BEAUTIFUL BRAIN:** Wednesday, April 1, 7:00pm, Pastoral Outreach Center. Hear local author Ann Hedreen read from and discuss her newly published memoir about her experience with her mother's diagnosis of Early Alzheimer's.

**ALZHEIMER'S ASSOCIATION** will present an informational meeting on Wednesday March 25, 6:30-8:00pm, Pastoral Outreach Center.

**NEW! ALZHEIMER'S CAREGIVER SUPPORT GROUP** 4th Tuesday, 1:00 - 2:30 pm Pastoral Outreach Center (Mother Cabrini Room). Begins April 28.

**MENTAL HEALTH FIRST AID:** Saturday, April 11, 8 am- 6 pm, Cathedral Place, Room 1EW. Don't miss out on what many others have called the best mental health training around! This evidenced based program facilitated by Dwayne Stone, LMHC and Brooke Amyx, LICSW, helps individuals learn about, understand, and respond to individuals with signs of mental illness and substance use disorders. Learn a simple 5- step action plan to help an individual in crisis. Cost \$100. NAMI scholarship available to residents of King County.

**CREATIVE ARTS WORKSHOP:** 2nd and 4th Thursdays, Gallagher Center, 12 Noon - 2 pm. Let your creative juices flow in this supportive atmosphere. No artistic experience necessary! Next workshop Thursday, March 12.

**GRIEF & LOSS SUPPORT GROUP - NOTE NEW DAY AND TIME ! Tuesdays, 1:30 - 3:00pm, Pastoral Outreach Center.** For those living with a significant loss. John Baumann, M. Div., LMHC, gently guides the group through the difficult journey of grief. John uses his wealth of experience in pastoral care as well as his theological and clinical training to offer companionship through this difficult process. Freewill donation up to \$15 gratefully accepted, but not required.

**"THE COUNSELOR IS IN"** - Licensed Mental Health Counselors, Dwayne Stone and Emily Fell, are available for consultation with parishioners after 10:00am and Noon Masses. For appointment contact Nancy Granger.

**HOLY YOGA** Reduce stress and enhance physical and spiritual well-being with gentle stretching, balance and strength building postures done in a faith filled atmosphere. Chair class, Wednesdays 4:00 pm; Mat class Tuesdays 6:30 pm, Pastoral Outreach Center. \$5 freewill donation gratefully accepted.

**MINDFUL ALTERNATIVES FAMILY SUPPORT GROUP** Meet once a month with parents of adult children living with mental illness. Explore options for housing, education, and social needs. Contact Terry Proctor for details, [mindfulalternative@gmail.com](mailto:mindfulalternative@gmail.com)

**GALLAGHER CENTER RESOURCE ROOM OPEN HOUSE** - Sundays, 9:30am- 1:30pm. Meet the Mental Health Nurse and volunteers and learn about resources and information regarding mental health concerns.

**HOME VISITS** Contact Nancy Granger, RN if you would like a nurse or volunteer visit you or a loved one at home.

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ALL ARE WELCOME. FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS, OR TO RSVP,  
CONTACT NANCY GRANGER, PARISH MENTAL HEALTH NURSE,  
206-382-4269 OR [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org)

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# THE THIRD ANNUAL ST. PATRICK'S DAY PANCAKE BREAKFAST

BENEFITING THE SOLANUS CASEY CENTER



**Sunday, March 15, 2015**

*following the 10:00am & Noon Masses*  
Cathedral Hall

You're invited to a fun and delicious  
breakfast of...

**Pancakes**  
**"Irish" whipped cream**  
**Sausages**  
**Roast Potatoes**

*...all for a suggested donation of*

**\$7!**

**(\$3 for kids under 12)**

There will also be a raffle with some fun Irish (and not so Irish) prizes; as well as awards for the best "wearin' o' the green." So wear your green and join us!

This event is a fundraiser for our own Solanus Casey Center, with its special mission of providing referrals and basic services for homeless men and women. Last year we raised \$3,500. Let's beat that this year!

*Volunteers Needed!* Contact Tom Frasene,  
206-382-4235 or e-mail  
[tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org)

[WWW.STJAMES-CATHEDRAL.ORG](http://WWW.STJAMES-CATHEDRAL.ORG)



# Cathedral Blood Drive

Sunday, March 15, 2015  
O'Dea High School Gym

8:30am to 2:30pm (*closed 10:30am-11:30am*)

## *The Perfect Lenten Gift*

What could be a more personal, caring and meaningful gift than the gift of blood to someone in our community who has the need? Donating blood invites us to consider a different aspect of stewardship: the gift of ourselves in a way that is fundamental and essential to life itself.

## *Who needs blood?*

It is very likely that someone you know at St. James has had a need for blood. People who need blood transfusions include those who have been in accidents or require surgery or chemotherapy. Often transfusions enable those receiving chemotherapy to continue with treatment. To meet the needs in our community, over 900 people must donate blood through the Puget Sound Blood Center every weekday.

## *St. James & Bloodworks Northwest*

St. James has been sponsoring Lenten and Fall blood drives since 2006. Bloodworks Northwest (formerly the Puget Sound Blood Center) is always enthusiastic about our partnership in this effort, but most especially about the number of *new donors* at our blood drives. **We invite those who have not yet donated to consider donating for the first time. We ask those who have generously donated in the past to please do so again!**

**Sign up at coffee hours on 3/1 or 3/8.**

Or e-mail [crobl@comcast.net](mailto:crobl@comcast.net) to sign up or to find out more.

At left: St. Luke the Physician. *Madonna & Child with Saints* (detail), Neri di Bicci, ca. 1456

*Sponsored by St. James Cathedral's Health and Healing Ministry*



# St. Teresa of Avila: 1515-2015

Yours I am,  
for You I was born:  
What do You want  
of me?

Teresa of Jesus

Come join in the celebration in  
honor of the 500th anniversary of  
the birth of St. Teresa of Avila,  
mystic and doctor of the Church

Saturday, March 28, 2015

10:30am

**Presentation:**

**St. Teresa and Christian Mysticism**

Fr. Robert Barcelos, OCD

Cathedral Place Hall

12 Noon

**Mass with Archbishop J. Peter Sartain**

followed by a light reception in Cathedral Place Hall

3:00 pm

**Meditation**

led by Fr. Robert Barcelos, OCD

Cathedral Place Hall

For more information, [ocds.info@gmail.com](mailto:ocds.info@gmail.com)

