Whoever drinks the water I shall give will never thirst.

East Apse Stained-Glass window, St. James Cathedral.
Charles Connick, artist, 1917.

St. James Cathedral

The Third Sunday of Lent

March 8, 2015

ORDER OF CELEBRATION FOR

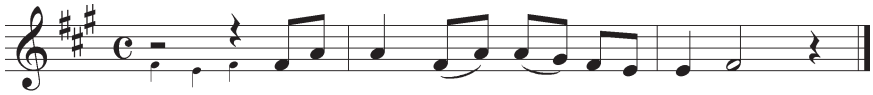
The Third Sunday of Lent

FIRST SCRUTINY OF THE ELECT (10:00)

THE INTRODUCTORY RITES

INTROIT — Introit for Third Sunday of Lent

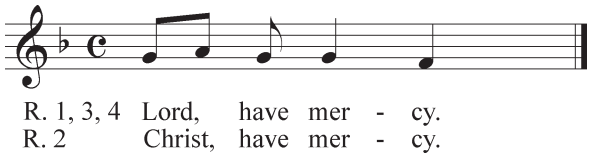
adapt. Stratman



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

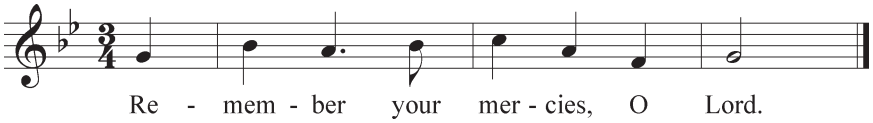


COLLECT

THE LITURGY OF THE WORD

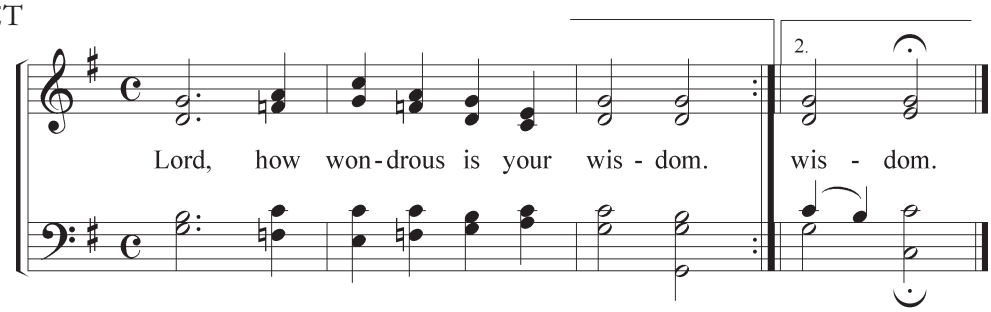
FIRST READING — Exodus 17:3-7

RESPONSORIAL PSALM 95 — Kreutz



SECOND READING — Romans 5:1-2, 5-8

GOSPEL TRACT — Stratman



GOSPEL — John 4:5-42

HOMILY — **Father Michael G. Ryan**

CREED *chanted on one tone*

(Sunday Evening)

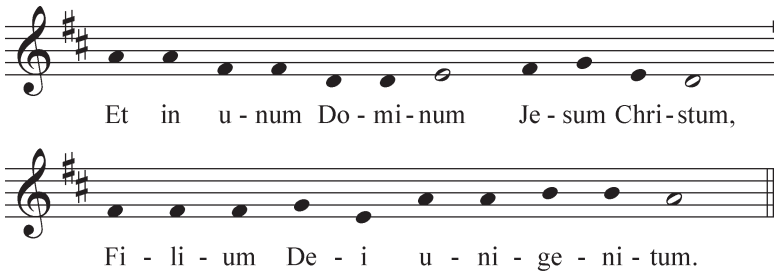
Credo III

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

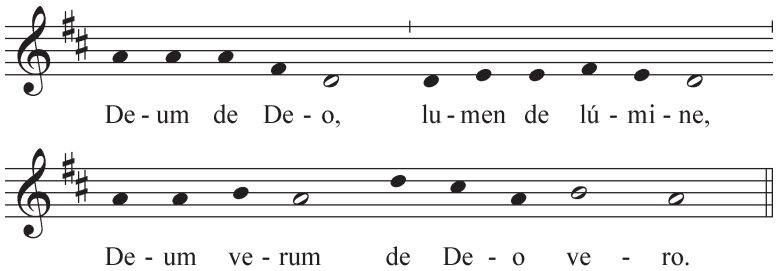


I believe
in one Lord Jesus Christ,
the Only Begotten Son of God,

born of the Father
before all ages.

Schola Et ex Patre natum ante omnia sæcula.

ALL

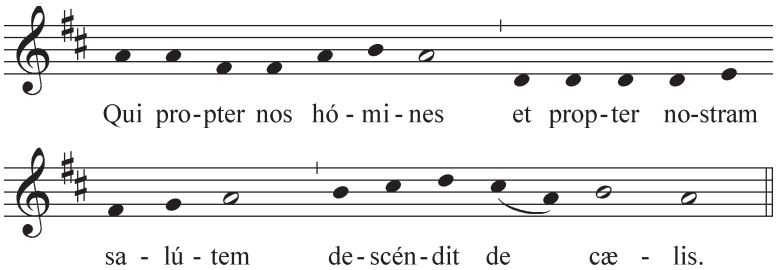


God from God, Light from Light,
true God from true God,

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

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

ALL



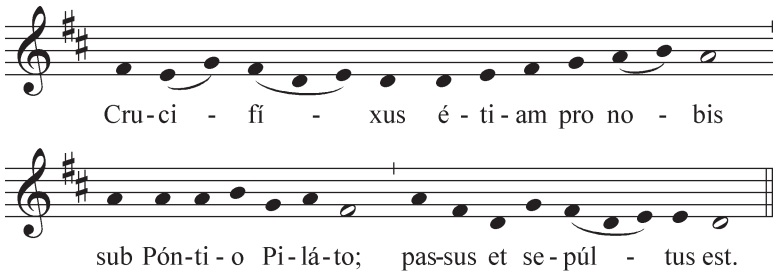
For us men and for our salvation
he came down from heaven,

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

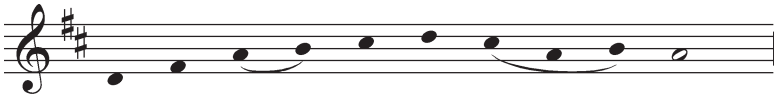


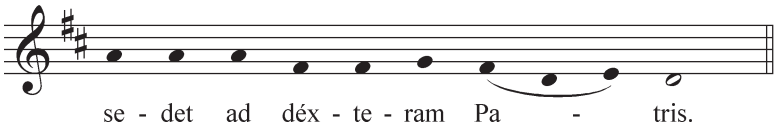
For our sake he was crucified
under Pontius Pilate,
he suffered death
and was buried,

Schola Et resurrexit tertia die, secundum Scripturas.

and rose again on the third day
in accordance
with the Scriptures.

ALL



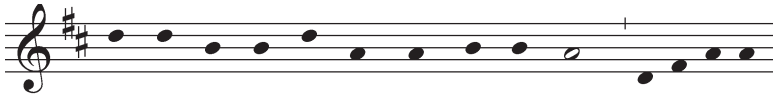


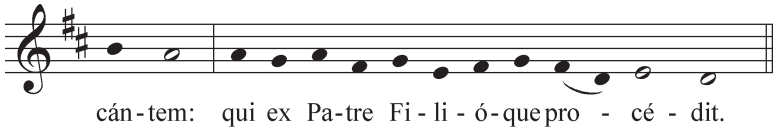
He ascended into heaven
and is seated
at the right hand of the Father.

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



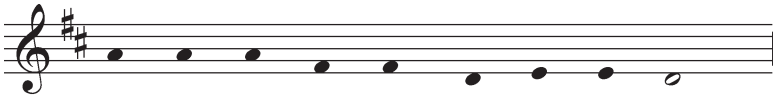


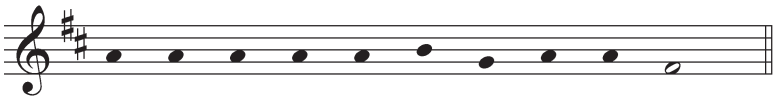
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from
the Father and the Son,

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



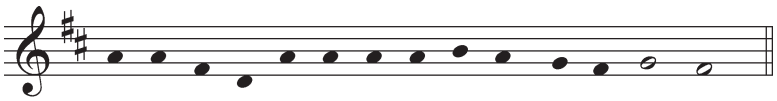


I believe in one, holy,
catholic and apostolic Church.

Schola Confiteor unum Baptisma in remissionem peccatorum.

I confess one Baptism
for the forgiveness of sins

ALL

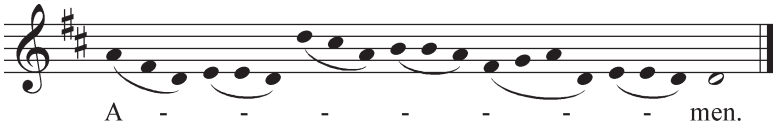


and I look forward
to the resurrection of the dead

Schola Et vitam venturi sæculi.

and the life
of the world to come.

ALL



Amen.

FIRST SCRUTINY OF THE ELECT (10:00)

INTERCESSIONS **Lord, we ask you, hear our prayer.** Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS *At noon you came to Jacob's well*
chant

DISMISSAL OF THE ELECT chant, adapt. Stratman

Cantor: I give them life long and full, **ALL: And I show them my power to save, says the Lord.**

THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

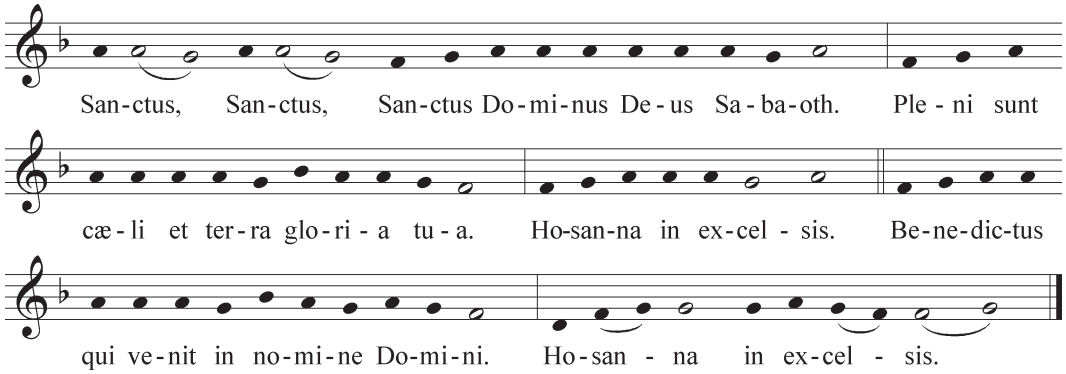
Offertory (10:00)

Psalm 123: *Ad te levavi oculis meus*

To you I lift up my eyes who are enthroned in heaven. Palestrina

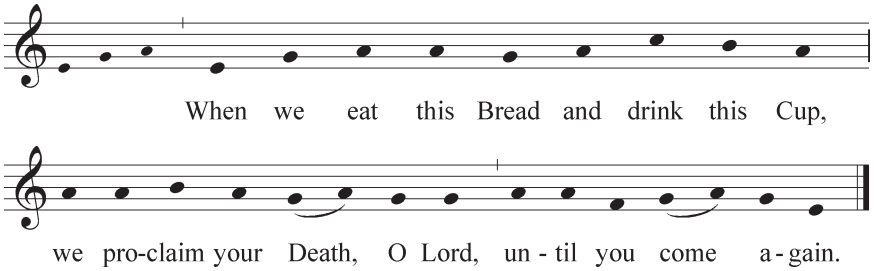
SANCTUS

Vatican XVIII



MEMORIAL ACCLAMATION

chant, *Roman Missal*



AMEN

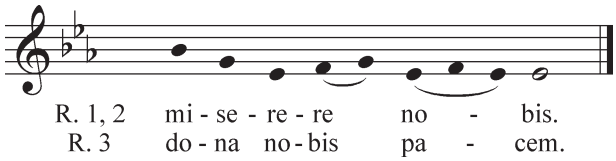
chant

THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

"Whosoever drinks the water that I shall offer," said the Lord to the Samaritan woman, "shall have within him a spring of water welling up unto eternal life."

(10:00)

In jejunio et fletu

In fasting and weeping the priests prayed: Palestrina
Spare, O Lord, thy people, and make not your heritage a reproach. Joel 2:12, 17

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. 420 in Worship hymnal**

Again we keep this solemn fast
ERHALT UNS HERR

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

ICON OF THE RAISING OF LAZARUS ACKNOWLEDGEMENTS: Texts of the Roman Missal, Third Edition, copyright © 2010 International Commission on English in the Liturgy. Psalm Refrain by Kreutz, Hymn of Praise text translation by Peter J. Scagnelli, copyright © 1986 by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Adaptation of Introit and Gospel Acclamation by Tom Stratman, copyright © St. James Cathedral. All rights reserved.

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.*

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:FOOD SUPPLY IN NIGER The next stop on our CRS Rice Bowl journey is the African nation, Niger, where we're reminded that life's joys and challenges are often seasonal. This week we pray for people who struggle to feed their families during the hungry season—when food is in short supply—and we commit to acting for the common good. Learn more at www.crsricebowl.org.

ST. PATRICK'S DAY PANCAKE BREAKFAST Our annual pancake extravaganza benefiting our own Solanus Casey Center will be held Sunday, March 15 after the 10:00am 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. 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. Tickets for the breakfast will be $7. **Presales are today, Sunday, March 8 after the 10:00am and Noon Masses**. Bypass the line or pre-purchase a breakfast for one of our neighbors in need! Passes will also be available on the day of the breakfast.

OPUS 7: PEACE ON EARTH Saturday, March 14, 2015, 8:00 pm This concert 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.

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.

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. Joseph in Seattle, Tacoma, and Lynden, and the Mission Church of St. Joseph in Kalama.

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 the final round of the Lenten Theology on Tap on Wednesday, March 11! Meet at Kells Irish Pub (1916 Post Alley) at 7pm to discuss the resurrection of Jesus with Fr. James Eblen. Pre-event Mass is at Christ Our Hope (1902 2nd Ave) at 6:30pm.

WANT TO LEARN MORE?
Tom Frasene, tfrasene@stjames-cathedral.org
Facebook.com/StJamesYoungAdultMinistry

MAKE YOUR MARRIAGE A PRIORITY THIS LENTEN SEASON Retrouvaille (*pronounced retro-vī*) helps struggling spouses rediscover each other, move forward in more positive ways, and heal their marriages. This program is for couples in the initial stages of distress, as well as those who are in a state of hopelessness and considering divorce. The next Seattle area program will be held April 24-26. *Confidential information or registration*, www.HelpOurMarriage.com.

ST. JAMES KNITTERS GROUP meets Monday, March 9 from 6:30pm to 8:00pm in the Fireside Room, Pastoral Outreach Center. We make hats and scarves for the homeless, and we also knit and crochet blocks for patchwork-style shawls. We chat, cast-on, fix dropped-stitches, knit in the round, crochet on looms, figure out patterns, and more. If you've never knitted, we can teach you how. Everybody is welcome. Please join us. *Information*, Connie, 206-518-1623.

BABYSITTERS NEEDED We are working to provide babysitting for additional parish events. To do so, we need to expand our roster of paid babysitters. If you are age 18 or older and love working with children, this is the part time job for you! *Information*, Suzanne Lee slee@stjames-cathedral.org or 206-654-4640.

OVERFLOW WINTER SHELTER SUPPLIES NEEDED We are currently out of chapstick for our guests from St. Martin de Porres shelter, and we are very low on cough drops, tissue packs, and new combs. Spray deodorant is always appreciated as well! You can drop off donations after the 8am, 10am, and noon Masses on Sundays at Coffee Hour in the blue Rubbermaid container or at the Parish Office, Monday-Friday, 9am-5pm. *Information*, Tom Frasene, 206-382-4235.

ASSIST AN ELDERLY ADULT IN OUR COMMUNITY Volunteer Chore Services needs you! P.P. is a friendly 90-year-old and needs someone to help her with vacuuming and dusting. She'd like help twice a month. Will you visit her? If you are interested in opportunities like this, contact Katrina Hale at katrinah@ccsww.org. Katrina will be available to speak to interested volunteers after masses on March 22.

Youth Ministry

YOUTH NIGHTS Sunday evenings from 6:30 – 8:30pm in the Pastoral Outreach Center. Open to 7th-12th grade students. Our Lenten series is called "Youth in Solidarity," a program of Catholic Relief Services. Please join us! All are welcome!

SPECIAL OLYMPICS DEVELOPMENT DAY Friday, March 20 at Archbishop Murphy High School. The Archdiocese of Seattle is beginning to explore possibilities regarding our participation in Special Olympics/Project Unify. Given our existing commitment to the special needs community, the youth ministry will be sending some delegates. Please contact Joe to join the delegation.

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

MENTAL HEALTH MINISTRY

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 question/answer session on various psychiatric disorders.

UNDERSTANDING ALZHEIMER'S: THERE IS HELP AND SUPPORT Wednesday, March 25, 6:30pm, Pastoral Outreach Center. A short video featuring people with memory loss and their care partners will provide guidelines on diagnosis and treatment, as well as tips on daily living with memory loss. Following the video there will be an informal panel and question and answer discussion.

HER BEAUTIFUL BRAIN Wednesday, April 1, 7:00pm, Pastoral Outreach Center. Author Ann Hedreen will discuss her memoir based on her experience with her mother's diagnosis of early onset Alzheimer's. Discussion to follow.

MENTAL HEALTH FIRST AID Saturday, April 11, 8:00am–6:00pm, Cathedral Place Room 1EW. Register soon for this valuable training. This evidenced based program taught by two licensed mental health counselors helps you understand and respond to individuals with signs of mental illness and substance use disorders. Cost $100. National Alliance on Mental Illness (NAMI) scholarship available to residents of King County.

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

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

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 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 Vincent de Paul "Stuff the Truck"
at St James Cathedral

March 21 & 22, 2015

Clean Your Closets and Help the Poor!

We want to make donating to St Vincent de Paul as convenient as possible.
Please help us with your Spring closet cleaning.
If you have gently used (resellable) items you no longer need,
bring them to church and help us **Stuff the Truck**!

Your donated items will be sold through local St Vincent de Paul thrift stores,
with proceeds used to support St Vincent de Paul activities
throughout King County, all of which benefit our neighbors in need.

St Vincent de Paul Donation Truck in the O'Dea High School Parking Lot

Saturday, March 21	**5:00 pm to 7:00 pm**
Sunday, March 22	**7:30 am to 1:15 pm**

Items We Really Need:	**Items We Cannot Accept:**
Bedding, clothing, kitchen items, lamps, books, pictures, household goods and sports gear. Accepted items are eligible for tax deduction. (for info, go to *www.irs.gov*)	Anything torn, ripped, stained, hazardous or poisonous, toilets, large appliances, car parts, hot water tanks, carpets, car batteries, construction materials, paint, air conditioners, etc.

Thank you for your generous financial support!

We can also pick up large items throughout the year.
Call St Vincent de Paul at 206-767-3835.

For more information about this event, contact event chair Bob Clifford, 206-718-4158.

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, Brenda Bellamy

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

PREPARES

Pregnancy & Parenting Support

Because there's more to saving a child's life than stopping an abortion.

Prepares is an ambitious new pregnancy and parenting support program, advanced as an initiative of the Washington State Catholic Bishops in partnership with Catholic Community Services of Western Washington and the diocesan Catholic Charities agencies of Spokane and Yakima.

Prepares provides parish based volunteer services to pregnant women, fathers, and families with children under the age of 5. **Prepares** supports young families with a wide range of services:

- Basic needs, such as diapers, formula, and clothing
- Assistance with transportation
- Compassionate and nurturing companionship and mentoring
- Parenting classes
- Help organizing play groups
- Referrals to other community resources

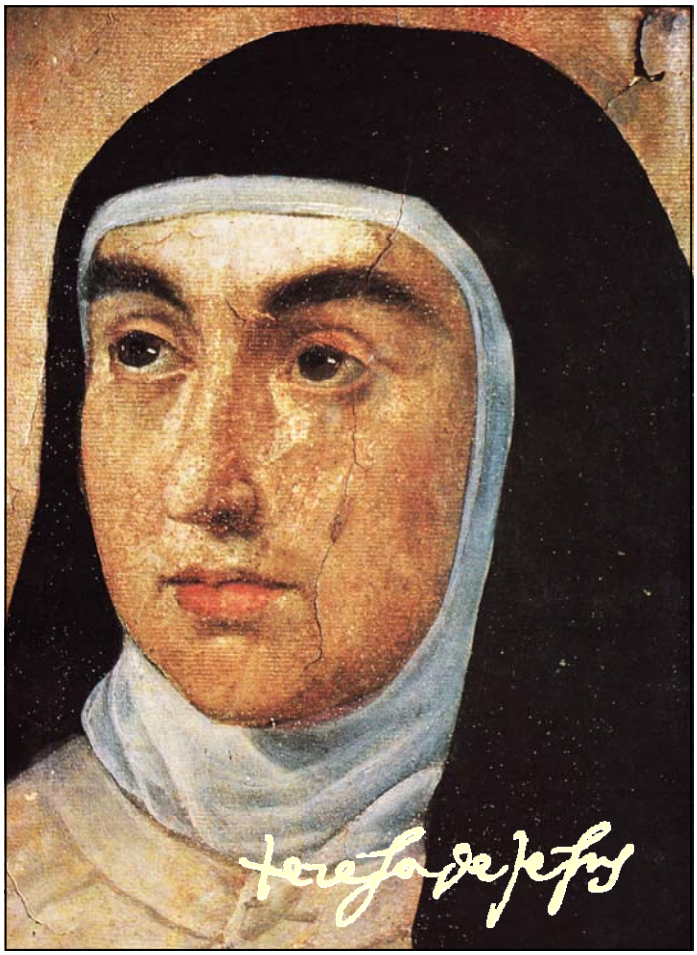
Prepares Orientation

March 21, 2015
10:00am to Noon
St. James Cathedral
Room 1E-W, Second Floor
Cathedral Place, 803 Terry Avenue

Information, Erin Maguire at 206-327-2474 or erin@preparesforlife.org
Carol Ryan at 206-328-5921
www.preparesforlife.org

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

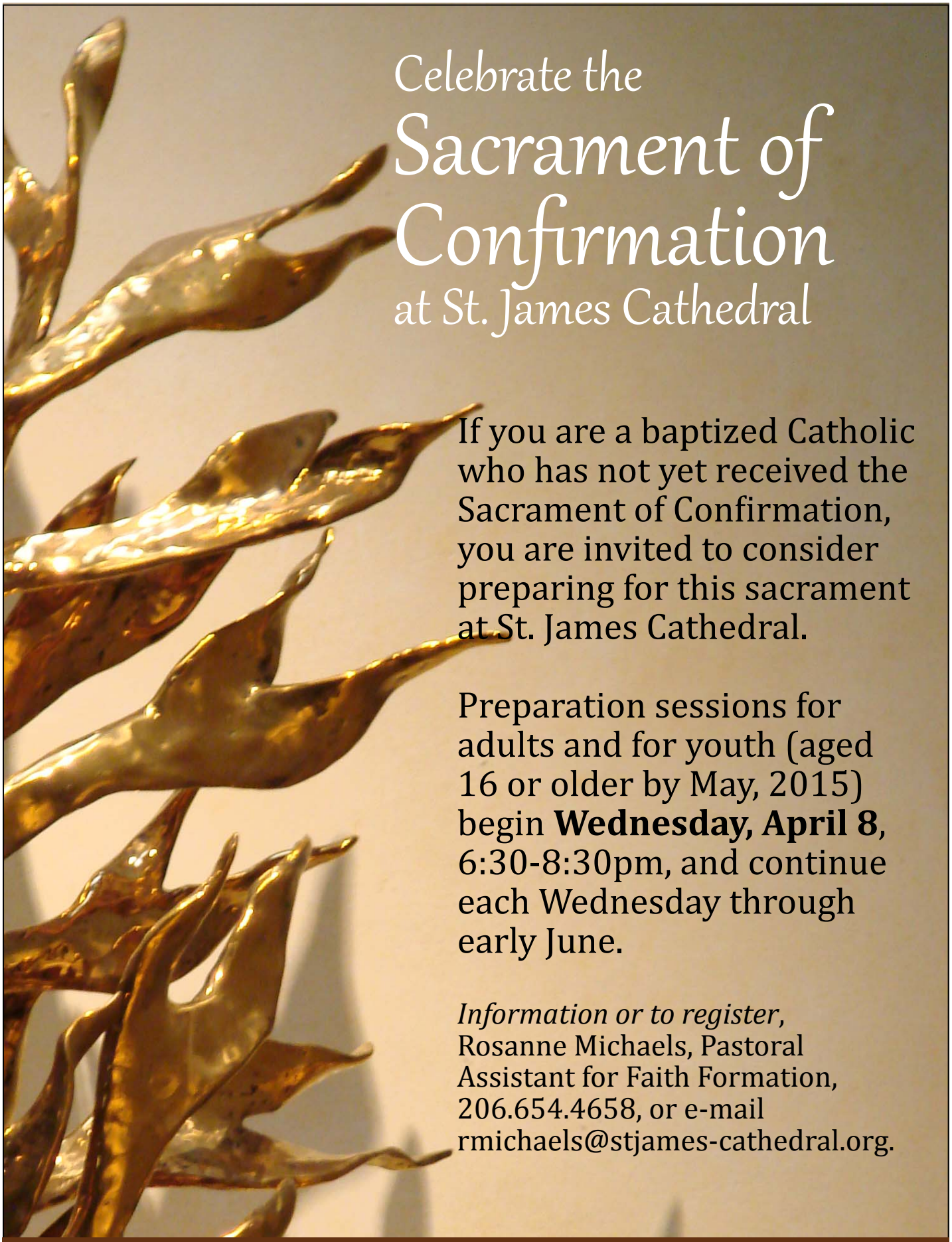
12 Noon
Mass with Archbishop J. Peter Sartain
followed by a light reception in Cathedral Place Hall

3:00 pm
Meditation
led by Fr. Robert Barcelos, OCD
Cathedral Place Hall

For more information, ocds.info@gmail.com

STJ 500

St. James Cathedral, 804 Ninth Avenue, Seattle, WA 98104 | www.stjames-cathedral.org



Celebrate the

Sacrament of Confirmation

at St. James Cathedral

If you are a baptized Catholic who has not yet received the Sacrament of Confirmation, you are invited to consider preparing for this sacrament at St. James Cathedral.

Preparation sessions for adults and for youth (aged 16 or older by May, 2015) begin **Wednesday, April 8**, 6:30-8:30pm, and continue each Wednesday through early June.

Information or to register, Rosanne Michaels, Pastoral Assistant for Faith Formation, 206.654.4658, or e-mail rmichaels@stjames-cathedral.org.

www.stjames-cathedral.org