



ST. JAMES CATHEDRAL  
*The Eighteenth Sunday in Ordinary Time*  
August 2, 2015

## ORDER OF CELEBRATION FOR

# *The Eighteenth Sunday in Ordinary Time*

COMMISSIONING FOR YOUTH MISSION TRIP TO NICARAGUA (10:00)

PRELUDE (Saturday, 8:00)

*Prelude in B Minor*

Rheinberger

(10:00 & Noon)

*Prelude and Fugue in G Major*

Saint-Saëns

## THE INTRODUCTORY RITES

ENTRANCE

*Alleluia, Sing to Jesus*

HYFRYDOL



1. Al - le - lu - ia! sing to Je - sus! His the  
2. Al - le - lu - ia! Bread of An - gels, Here on  
3. Al - le - lu - ia! King e - ter - nal, You the

scep - ter, his the throne; Al - le - lu - ia! his the  
earth our food, our stay! Al - le - lu - ia! here the  
Lord of lords we own; Al - le - lu - ia! born of

tri - umph, His the vic - to - ry a - lone; Hark! the  
sin - ful Flee to you from day to day: In - ter -  
Ma - ry, Earth your foot stool, heav'n your throne: You, with -

songs of peace - ful Zi - on Thun - der like a  
ces - sor, friend of sin - ners, Earth's re - deem - er,  
in the veil, have en - tered, Robed in flesh, our

might - y flood; Je - sus out of ev - 'ry  
plead for me, Where the songs of all the  
great high priest; Here on earth both priest and

na - tion Has re - deemed us by his blood.  
sin - less Sweep a - cross the crys - tal sea.  
vic - tim In the eu - cha - ris - tic feast.

PENITENTIAL ACT

*Missa de angelis*

Vatican VIII



Have \_\_\_\_\_ mer - cy on us.



and on earth peace to peo-	ple of	good will.
we a-	dore	you,
for	your	great glory.
O God, almighty-	y Fa-	ther.
Lord God, Lamb of God,	Son of	the Father,
have	mer- cy	on us;
re-	ceive	our prayer;
have	mer- cy	on us.
you alone are the Most	High Je-	sus Christ,
in the glory of		
God the Father,	A - -	- men.

## THE LITURGY OF THE WORD

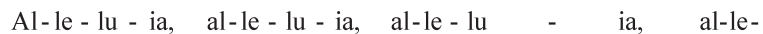
## Exodus 16:2-4, 12-15

Psalm 113  
Guimont



## Ephesians 4:17, 20-24

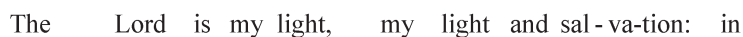
## Berthier



## John 6:24-35

**Father David A. Brant**

## Berthier



God I trust, in God I trust. The

## CREED

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

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,

consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,

[ALL BOW]

and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.

[ALL STAND UPRIGHT]

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

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

He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

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

I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

## PRAYER OF THE FAITHFUL

Berthier



## THE LITURGY OF THE EUCHARIST

### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 & Noon)

*Ego sum panis vivus*

I am the living bread which ascended into heaven!

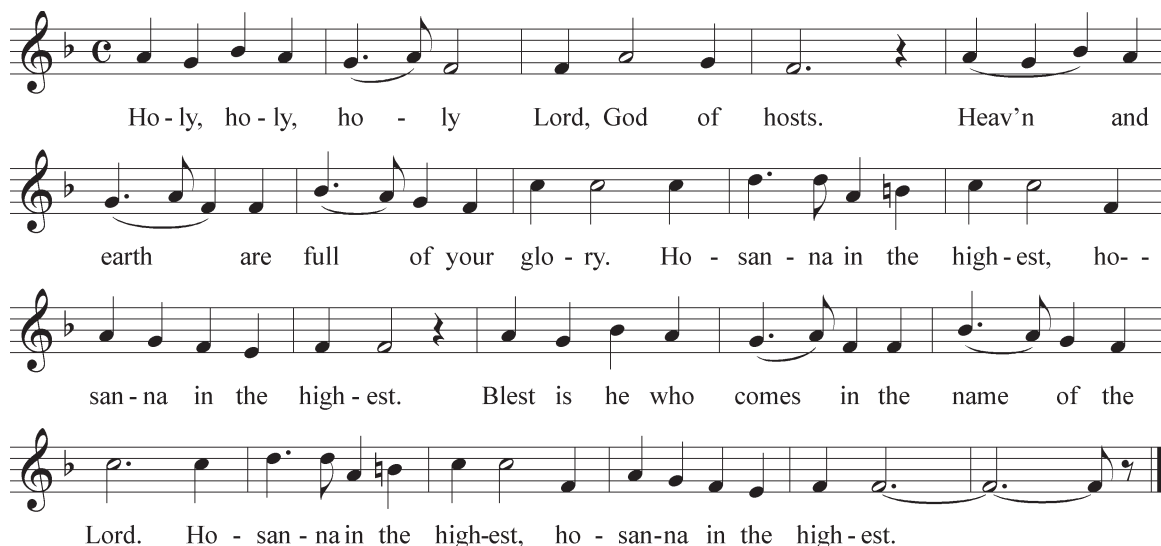
Byrd

if anyone eats of this bread, they will have eternal life. Alleluia.

## SANCTUS

*Community Mass*

Proulx



## MEMORIAL ACCLAMATION

Proulx



## AMEN

Proulx



## THE COMMUNION RITE

### LORD'S PRAYER

### AGNUS DEI

*Community Mass*

Proulx



### COMMUNION

You gave us bread from heaven, O Lord,  
having in it all that is delicious,  
and sweetness of every taste.

chant, Mode V

(10:00 & Noon)

*Ave verum corpus*

Saint-Saëns

Hail, true body, born of the Virgin Mary:  
You who truly suffered and were sacrificed on the cross for the sake of man.  
From whose pierced flank flowed water and blood:  
Be a foretaste for us in the trial of death.

Upon returning to your place after Holy Communion, please **kneel or be seated**.  
*Low-gluten hosts are distributed at the credence table near the presider's chair.*

1. Let all mor - tal flesh keep si - lence,  
 2. King of kings, yet born of Ma - ry,  
 3. Rank on rank the host of hea - ven  
 4. At his feet the six - winged ser - aph,

And with fear and trem - bling stand; Pon - der noth - ing  
 As of old on earth he stood, Lord of lords in  
 Spreads its van - guard on the way, As the Light of  
 Cher - u - bim with sleep - less eye, Veil their fac - es

earth - ly mind - ed, For with bless - ing in his  
 hu - man ves - ture, In the Bo - dy and the  
 Light de - scend - ing, From the realms of end - less  
 to the Pres - ence, As with cease - less voice they

hand Christ our God to earth de - scend - - -  
 Blood He will give to all the faith - - -  
 day, That the pow'rs of hell may van - - -  
 cry, "Al - le - lu - ia, al - le - lu - - -

ing, Our full hom - age to de - fend.  
 ful His own self for heav'n - ly food.  
 ish As the dark - ness clears a - way.  
 ia. Al - le - lu - ia. Lord. most high!"

## THE CONCLUDING RITES

### COMMISSIONING OF YOUTH FOR MISSION TRIP TO NICARAGUA (10:00am)

Following the announcements, the young people going to Nicaragua next week, along with their adult chaperones, come forward for a special blessing. Pick up a booklet at the shrine of Our Lady of Guadalupe in the south aisle, or visit the Cathedral website at [www.stjames-cathedral.org](http://www.stjames-cathedral.org), to pray along with the young people throughout their trip.

### BLESSING AND DISMISSAL

### PROCESSION (Saturday & 8:00)

(10:00 & Noon)

### *Fugue in B Minor*

Rheinberger

"Allegro" from *Symphony No. 6*

Widor

# Holy Things, Holy People

Exploring Catholic history in the Northwest through treasures from the past

PART 28: LETTER TO ARCHBISHOP CONNOLLY FROM CESAR CHAVEZ

2 AUGUST 2015

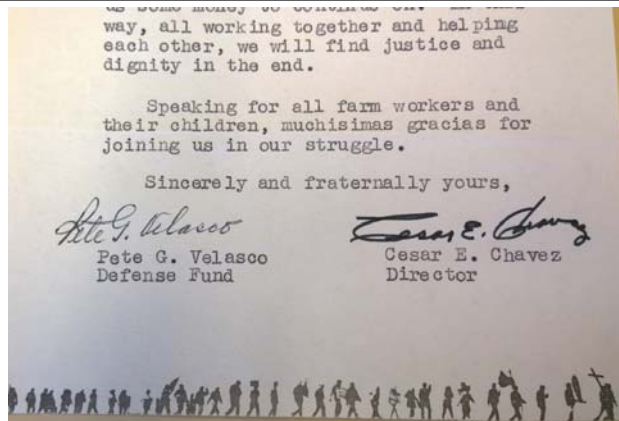
Archbishop Thomas Connolly, who led the Archdiocese of Seattle for more than twenty-five years, was never one to dodge a battle. In the ferment of the late 1960s, he saw it as his responsibility to engage with what was happening in the world. He supported many causes, including the civil rights movement, and he was passionate about the rights of working people. In 1968, he endorsed the grape boycott sponsored by the United Farm Workers. The Archives of the Archdiocese of Seattle includes Connolly's correspondence with several important figures around this issue—including Cesar Chavez and Ronald Reagan.

The Delano Grape Strike and Boycott began almost exactly fifty years ago, on September 8, 1965, when a group of Filipino Americans working at California farms went on strike. Their wage was about \$1.10 per hour (the national minimum wage was \$1.60). Workers received no health benefits, and working conditions were poor—long days in the fields without access to water or toilets. The striking workers asked Cesar Chavez and his National Farm Workers Association to join them. Chavez did, but with some conditions. One was that Filipino and Mexican American workers would have to work together. He knew that farm owners had often utilized racial divisions to break strikes in the past; if the two groups worked together, they would be stronger. The other condition was that every striker take a vow of nonviolence. Gandhi and Dr. Martin Luther King, Jr. were heroes to Chavez, and he felt that nonviolence was both the most effective way forward, and a solemn moral obligation.

Like his heroes, Chavez practiced creative nonviolence. He led a *perigrinacion*, a 300-mile march from Delano to the California state capitol in Sacramento. He combined the strike with an appeal for a nationwide boycott of grapes. He also prayed and fasted for the cause he believed in.

The strike began in 1965, and lasted for five long years. As the strikers persisted in their nonviolent approach, the movement began to gain momentum. While most of the farms were more than a thousand miles away, Archbishop Connolly, a native of San Francisco, felt close to the cause. He also knew that their struggle had implications for those much closer to home, the migrant farm workers who kept Washington's farms going. In the summer of 1968, he threw his considerable weight behind the cause. One of the motivating factors for Connolly was a telegram sent by the governor of California to many political leaders across the country, including Washington's governor Dan Evans, urging them to ignore the boycott.

Connolly was spurred to action. On August 23, he sent a telegram to Governor Evans, urging him to support the boycott and the striking workers, and stating (in the truncated language of



Above: Signatures of Pete Velasco and Cesar Chavez on a letter from the United Farm Workers, thanking Archbishop Connolly for his support. Courtesy of the Archives of the Archdiocese of Seattle.

telegrams) "labor practices California Grape Growers illegal and prejudicial to American way of life for thousands farm laborers."

On the same day, Connolly shot off a message to California's governor, Ronald Reagan: "Regretfully deny and repudiate your telegram addressed Governor Evans State of Washington regarding boycott California table grapes. Sincerely urge you investigate personally claims of farm workers. Allegations grape growers erroneous, false, misleading. Regards. Archbishop Thomas Connolly."

Connolly did not stop there.

On August 29, he addressed a letter to the pastors of the Archdiocese of Seattle, explaining his support for the striking workers, who were ultimately asking for nothing more than "human dignity." He urged all pastors to invite their parishioners to join in the grape boycott: "it is a very small sacrifice to make for a good cause, and a punch in the profits has always been the most effective method for getting results from reactionary management."

In hindsight, Connolly's support for the workers might seem obvious. But support for the farm workers was not necessarily easy. In January of 1969, the University of Washington responded to the pleas of Mexican American students on campus and implemented a campus-wide boycott of California table grapes, only to back down eleven days later under pressure from the campus Young Republicans. In contrast, Connolly held firm. On November 24, he again asked pastors to announce and encourage the boycott: "At this Thanksgiving season and in the coming Advent season, as we think about the plenty which is ours, let us remember the 3 million farm workers in this country who have been poor and outcast for generations. And let us remember the courageous group of California grape workers, led by Cesar Chavez, who endure in their 3 year old struggle to gain justice and a decent wage in the California vineyards.... Let our table decorations, fruit displays, and desserts go without grapes. Urge your friends not to buy or use grapes... for struggling farm workers our sacrifice can mean the start of a new life."

In the latter part of 1968, Cesar Chavez and Pete Velasco wrote to Connolly to thank him for his support: "Speaking for all farm workers and their children, muchisimas gracias for joining us in our struggle." The grape boycott would continue for more than a year, but at last, in 1970, the grape growers gave way and, for the first time in history, signed union contracts.

The struggle was far from over, and migrant farm workers continue to face many challenges today. But the grape boycott, begun by Cesar Chavez, and supported by Archbishop Connolly and people across the Archdiocese of Seattle, was a history-making step forward.

Corinna Laughlin, Pastoral Assistant for Liturgy

# 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)

Dr. Paul A. Thornock, Director of Music

Joseph Adam, Associate 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)

Jose De Los Santos, Alan Frasher, Melina McCombs, 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.

**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.

**FUNERALS** for parishioners, please contact John Simpson, Pastoral Care Minister, 206-274-3173.

**"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

**W**ELCOME, SUMMER VISITORS! *St. James Cathedral is proud to welcome visitors from near and far throughout the summer months. Each week a drawing for a Cathedral gift will be made from among all the visitor envelopes used. Please write your address on the visitor envelope provided in the pew and drop it with your offering into the collection basket. Thank you for adding to the power of our prayer by your presence in our midst today. Last Sunday, we had visitors from Irvine, CA; Wildwood, MO; Oxted, Surrey, UK; and Lubbock, TX. The winner of our drawing was from Phoenix, AZ.*

**COVER ART** Detail of the Tabernacle for the Blessed Sacrament, in the form of the Burning Bush. Ulrich Henn, sculptor, 2003.

**FLOWERS AT THE ALTAR** are from the Saturday wedding of Rowena Beaudry and Mosiuoa Johannes Monethi. *Floral donations are a wonderful way to remember a deceased loved one or commemorate an important anniversary, and at the same time enrich the whole parish community! We currently have openings for Sundays, August 9, 16, 23, and 30. If you would like to offer flowers, contact Jane Mueller, 206-654-4650 or e-mail [jmueller@stjames-cathedral.org](mailto:jmueller@stjames-cathedral.org).*

**FIRST FRIDAY EXPOSITION AND HOLY HOUR** On Friday, August 7, Exposition of the Blessed Sacrament will begin immediately following the 8:15am Mass, and continue until 1:00pm. Holy Hour, with readings, hymns, and rosary, will begin at 12 Noon. All are welcome to join in all or part of this traditional prayer in the presence of Christ in the Blessed Sacrament.

**WHAT SUSTAINS US?** Come by the Cathedral Chapel this month to view a traveling art exhibit from the Grunewald Guild, as artists explore the theme of sustenance. Where do we find nourishment for our bodies, our spirits, our communities, and our land? The show will hang in the chapel August 1-28.

**SCHOLA CANTORUM CHOIR CAMP 2015** August 10-14 and Sunday, August 16. We welcome young singers from throughout the Archdiocese of Seattle to join us in this week-long camp, led by our talented Youth Music Program faculty. Students will learn about liturgy and music, as well as share in service activities and fun summer activities. For information and registration visit [www.stjames-cathedral.org/music/youthmusic](http://www.stjames-cathedral.org/music/youthmusic) or email [youthmusic@stjames-cathedral.org](mailto:youthmusic@stjames-cathedral.org).

**PARISH REMEMBRANCE** *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day. This week we remember in prayer the parishes of St. Alphonsus in Seattle; St. John Vianney in Kirkland, Vashon, and Darrington; and St. Mary of the Valley in Monroe.*

## Sacred Steps

Sacramental Celebrations at St. James

### CONGRATULATIONS AND GOD'S

**BLESSINGS** to the families of the following children, baptized in the Cathedral on Sunday, July 12: *Dominik Alexander Albano, Anthony Felix Decicco, Mateo Montero Marion, Aidan Francisco Mendonca, and Maya Lesedi Supang.* We welcome with joy these newest members of the family of faith.

### IMMIGRANT ASSISTANCE VOLUNTEER INFORMATION

**SESSION** Learn how you can serve in this ministry at our upcoming Volunteer Information Session on Friday, August 21, from 2:00pm-3:30pm (Pastoral Outreach Center, Mother Cabrini Room; courtyard entrance on the SE corner of 9th & Columbia). Learn more about our services and the variety of roles that volunteers play, and ask questions of staff. Our current volunteer openings include Citizenship Instructor, ESL Tutor, and Test Administrator. *Information*, Cecilia Erin Walsh at 206-382-4511 or [cwalsh@stjames-cathedral.org](mailto:cwalsh@stjames-cathedral.org).

**TASTE OF CABRINI!** Cabrini Ministry graduates and friends are invited to a Taste of Cabrini August 8 at 6:30pm (after the 5:30 Mass) in the Rectory Parlors. Meet new executive director, Carla Loucks and mingle with Cabrini Board members and alumni of the training. In addition, Cabrini Ministry Training invites those considering God's call to deeper service to join us for refreshments and information about the program. *Information*, [info@cabriniministry.org](mailto:info@cabriniministry.org) or [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org), 206-274-3173.

**CATHEDRAL CHOIR AUDITIONS** Do you love to sing? Do you possess music reading skills? The Cathedral Choir of St. James welcomes singers to audition for the 2015-2016 season. Join a group of dedicated musicians in singing a body of sacred music that spans more than 1000 years. Auditions are held by appointment with the director of music. Please call the music office 206.382.4874 or email [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org) to set up your audition.

**HUNTHAUSEN AUCTION ITEMS** We are looking for donations for our "Theater Basket." Do you have tickets to a performance at the 5th Avenue Theater, Intiman Theater, Paramount Theater, Seattle Opera, Seattle Symphony or other venue that you know you won't be able to use? Consider donating them to our Archbishop Hunthausen Auction which benefits the Cathedral Kitchen. We also need Alaska Airlines miles! *Information*, Margaret Lynch, 206-382-4288 or [mlynch@stjames-cathedral.org](mailto:mlynch@stjames-cathedral.org).

**COFFEE HOUR SERVERS NEEDED** Help build community! Coffee Hour Ministry is currently looking for people to help serve and clean, especially after the 10:00am Mass. *Information*, Tom Frasene, [tfrasene@stjames-cathedral.org](mailto:tfrasene@stjames-cathedral.org), 206-382-4235.

## YOUTH MINISTRY

**PLEASE PRAY FOR OUR TEAM** of 25 youth and adult missionaries who are traveling to an orphanage in Nicaragua this week to learn from the poor and develop kinship. Pray that we may be converted into more loving, more hospitable, more generous, and more sacrificial Christians who are committed to simplicity, solidarity, justice, and peace.

**MISSION PRAYER BOOKS AND PRAYER SITE** Each member of the Cathedral parish is invited to join in a "virtual mission," accompanying our mission team with prayer throughout their journey (August 6-14). Pick up a prayer booklet near the image of Our Lady of Guadalupe in the south aisle, or pray by visiting the Mission Trip website each day. [www.stjames-cathedral.org](http://www.stjames-cathedral.org).

**PARISHIONER MISSION GATHERING** Sunday, August 9 between 11:00-11:50am (following 10:00am Mass). Parishioners are invited to attend a special gathering hosted by the Immigrant Assistance Department. Assuming all technology works, the event will include a LIVE VIDEO CALL with our youth missionaries while they are in the Nicaraguan orphanage. A wonderful opportunity to directly connect with the mission trip while it's in process! To RSVP, e-mail Chris Koehler at [ckoehler@stjames-cathedral.org](mailto:ckoehler@stjames-cathedral.org)

**QUESTIONS?** Joe Cotton, 206-264-2082, [jcotton@stjames-cathedral.org](mailto:jcotton@stjames-cathedral.org)

## YOUNG ADULT MINISTRY

*For parishioners in their 20s and 30s*

**FIRST FRIDAY TAIZÉ AND SIMPLE SUPPER** On Friday, August 7, 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.

**SQUAK MOUNTAIN HIKE** We will head to the trails on Saturday, August 8 to hike Squak Mountain in Issaquah! This hike offers great views without being too intensive. We will meet there at 10:00am, and there will be a carpool leaving from St. James at 9:15am. RSVP to Tom if you want to join the carpool.

### WANT TO LEARN MORE?

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

**ST VINCENT DE PAUL HELPLINE** Facing eviction because you cannot pay rent? Electricity about to be shut off because you cannot pay your bill? Sleeping on the floor because you cannot afford a bed? Need help paying for basic food, clothing or hygiene items? SVdP helps residents in need. Call the SVdP Helpline, 206-767-6449, Monday through Friday, 8 am to 3 pm.

## MENTAL HEALTH MINISTRY

### ALZHEIMER'S CAREGIVER SUPPORT

**GROUP** - 4th Tuesday 1:00 – 2:30pm Pastoral Outreach Center (Mother Cabrini Room).  
Next meeting August 25.

**GRIEF & LOSS SUPPORT GROUP** Tuesdays, 1:30–2:45pm. Pastoral Outreach Center.  
Freewill donation up to \$15 gratefully accepted.

**THE COUNSELOR IS IN** Licensed Mental Health Counselors are available for a free consultation and problem solving session.

**FREE CREATIVE ARTS WORKSHOP** – 2nd and 4th Thursday, Gallagher Center, 12 Noon – 2 pm. Create various types of art in this supportive atmosphere. No experience necessary! Next workshop August 13.

**SOMETIMES OUR SITUATIONS IN LIFE** feel like more than we can bear. Know that you are not alone. St. James Cathedral volunteers would like to reach out and lend an ear to parishioners who are grieving, lonely, ill, dying, or experiencing stress within their lives. Please contact Nancy Granger, Parish Mental Health Nurse to learn more.

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

## FAMILY MINISTRY

**BAPTISM OF INFANTS & YOUNG CHILDREN** (under the age of 7) is celebrated monthly at one of the weekend Masses. To prepare for this most important sacrament, parents and godparents must participate in a series of classes to update their understanding of baptism, to reflect on their responsibility to guide their children in the practice of the faith, and to learn about the many ways our parish supports families. Please allow at least 2 months for preparation. *Information, Theresa Van de Ven, 206-219-5822.*

**BABYSITTING** for children up to 4-years of age is available every Sundays during the 10:00am and Noon Masses in the Mother Cabrini Room located on the first floor of the Pastoral Outreach Center. Enter through the courtyard gate at 9th and Columbia. Parents are welcome to visit our babysitting room to get to know our paid staff and to help your children get comfortable. *Information, Suzanne Lee, 206-654-4640.*

**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, 206-654-4640.*

**IS YOUR MARRIAGE ALL IT WAS MEANT TO BE?** Are you struggling in your marriage? Do you feel a sense of disillusionment or sadness? Do you wish you could rekindle the spark you once had, but just don't know how? You are not alone. Retrouvaille (pronounced retro-vī) can help. *Confidential information or registration* for our upcoming program beginning September 18-20, 2015: 360-671-6479 or [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com).

## A guide to Sunday parking at the Cathedral

*We know that parking in this area is at a premium and we do our best to make it available to you.  
In consideration of our neighbors, please note these important Do's and Don'ts!*

### PLEASE DO park:

- In the O'Dea High School lot.
- In the Cabrini Tower Garage on Marion Street across from O'Dea High School for the Saturday 5:30 pm Mass and all Sunday Masses. *The Cathedral pays for parking (and for official traffic officers from the Seattle Police Department) during these times, and you are encouraged to take advantage of it.*  
*Did you know that there is also parking underground at Cabrini Garage? Dozens of spots sit empty every weekend. Try it if you arrive late.*
- In the P-1 parking lot under the Chancery building at 9th and Marion.
- In the Cherry and Terry Parking lot, *only* in spaces 1-22.

### Please DO NOT park:

- In any parking spot blocked with an orange cone.
- In the Cherry and Terry Parking lot, spaces 23-40 (the south side of the L shaped lot). *These are clearly marked with signs; we do appreciate your not parking there.*
- In the lot adjacent to the Envoy Apartments on 9th Avenue, directly across from the Cathedral.
- In the Blood Bank parking lot at the corner of Terry and Columbia.
- In the Frye Museum parking lots on Terry Avenue.
- In the parking places at the Pastoral Outreach Center, 907 Columbia Street.
- In the spaces on Terry Avenue reserved for loading and unloading of the parish vans.