



ST. JAMES CATHEDRAL
The Fourth Sunday of Lent
March 6, 2016

ORDER OF CELEBRATION FOR
The Fourth Sunday of Lent

SECOND SCRUTINY OF THE ELECT (10:00)

THE INTRODUCTORY RITES

PRELUDE

“Scherzo” from *Symphony No. 2*
Vierne

INTROIT

Lætare, Ierusalem
chant, adapt. Stratman

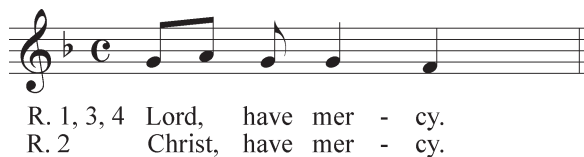


GREETING

PENITENTIAL ACT

chant, Vatican XVII

Presider Have mercy on us, O Lord.
ALL **For we have sinned against you.**
Presider Show us, O Lord, your mercy.
ALL **And grant us your salvation.**



OPENING PRAYER (COLLECT)

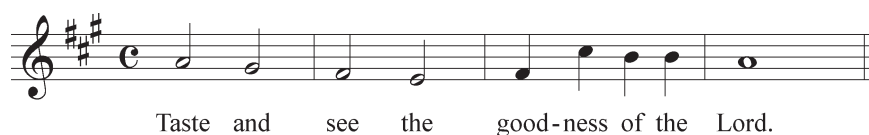
THE LITURGY OF THE WORD

FIRST READING

Joshua 5:9a, 10-12

RESPONSORIAL PSALM 34

Bower

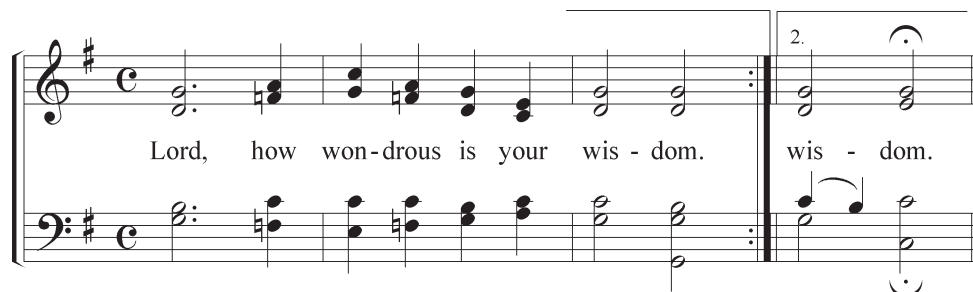


SECOND READING

2 Corinthians 5:17-21

GOSPEL ACCLAMATION

Stratman



GOSPEL

Luke 15:1-3, 11-32

HOMILY

Father Michael G. Ryan

PROFESSION OF FAITH (except at 10:00am) *This Lent, we pray the Apostles' Creed.*

**I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,**

ALL BOW

**who was conceived by the Holy Spirit,
born of the Virgin Mary,**

ALL STAND UPRIGHT

**suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;**

**on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come
to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.**

SECOND SCRUTINY OF THE ELECT (10:00)

INTERCESSIONS

Lord, we ask you, hear our prayer.

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

DISMISSAL OF THE ELECT

I want to walk as a child of the light

Thomerson

THE LITURGY OF THE EUCHARIST

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

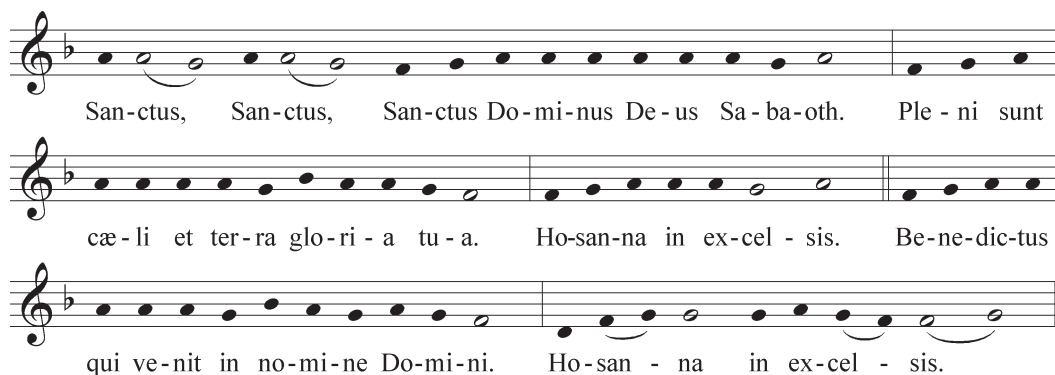
O for a closer walk with God

O for a closer walk with God,
a calm and heavenly frame,
a light to shine upon the road
that leads me to the Lamb! (William Cowper)

Stanford

SANCTUS

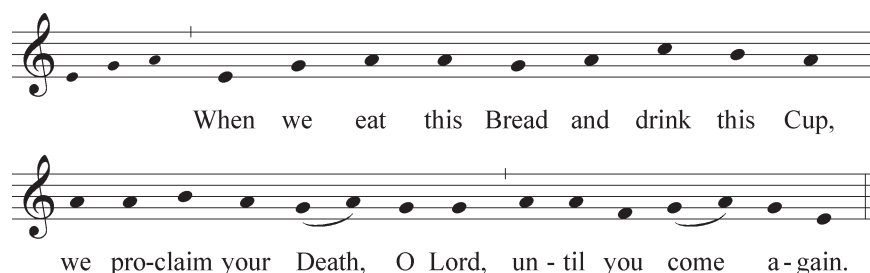
chant



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.

MYSTERY OF FAITH

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

Christus vincit

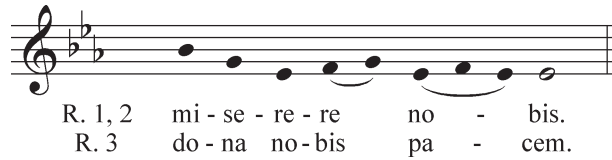


THE COMMUNION RITE

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

chant, Mode VIII

My son, you should rejoice; for your brother who was dead
has come back to life; he was lost and he has been found.

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.

(10:00am)

Tantum ergo

Widor

HYMN OF PRAISE

Eternal Lord of love

OLD 124TH



PROCESSION

“Marche” from *Symphony No. 3*

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 (206-264-2086)

Peter Burns, Ward Johnson, John Marquez, sacristans (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Dr. Paul A. Thornock, Director of Music

Joseph Adam, Associate Director of Music & Organist

Stacey Sunde, Director of Youth Music

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)

MENTAL HEALTH AND WELLNESS MINISTRY

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director

Cecilia Erin Walsh, ESL Coordinator; Glenda Caldwell, ESL Specialist,

Patrick Suhrbier, 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 (206-264-2087)

Keith Emry, 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 Suzanne Lee, Family Ministry, 206-654-4640.

"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. For more information about the parish, to register, or to ask a question, visit our **Sunday Help Desk** at Coffee Hour. A Cathedral staff person will be on hand to assist you.*

COVER ART *The Return of the Prodigal Son* by Rembrandt, c. 1667. This beautiful painting is the subject of Henri Nouwen's classic *Return of the Prodigal Son*, which is the subject of our Lenten small-group study this Lent. Copies of the book and reflection questions are available in the Cathedral Bookstore.

YEAR OF MERCY We welcome all pilgrims to St. James Cathedral during this Year of Mercy. Whether you are a visitor or a regular at St. James, you can walk through the Holy Doors of Mercy, the four bronze doors at the Cathedral's west entrance. The center doors are opened before and after each Mass. A self-guided pilgrimage of prayer, *The Way of Mercy*, is available as well—pick up a flyer just inside the Holy Doors. The banner at the ministers' pier, by fabric artist Juanita Yoder, was commissioned for the Year of Mercy. It suggests the overflowing streams of God's mercy.

THE CATHOLIC RELIEF SERVICES COLLECTION funds six Catholic agencies that work to serve our suffering brothers and sisters around the world. Through humanitarian aid, resettling displaced individuals and families (especially now for Syrian refugees throughout the Middle East and in Europe), and providing legal and advocacy services for migrants, the CRS Collection allows us to see every encounter with a person who is suffering as an opportunity to help Jesus in disguise.

THERE WILL BE NO COFFEE HOUR AFTER THE NOON MASS TODAY An important Sacramental Preparation event will take place in the Cathedral Hall from 1:00pm to 4:00pm. We apologize for the inconvenience and thank you for your understanding.

FEED THE HUNGRY The St. James team at Operation Nightwatch is seeking an assistant cook for the 3rd Tuesday of the month, 5:30pm-7:30pm, at 302 14th Ave S. Also, sandwich makers are needed- positions are for either the 1st Tuesday of the month or the 3rd Tuesday. All of these volunteer positions requires a 6 month commitment. *Information*, Tom Frasene, tfrasene@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. Louise in Bellevue and St. Patrick in Seattle and Tacoma.*

PARENT CLASS CONTINUES Drop by this Sunday from 11:05 – 11:40 in Room 425 of Cathedral Place. Explore your relationship with God while your children are in Faith Formation classes. *Information*, Rosanne Michaels, rmichaels@stjames-cathedral.org, 206-654-4658.

WINTER SHELTER HYGIENE NEEDS The overflow Winter Shelter is currently in need of spray deodorant, cough drops, and disposable razors. You can drop off donations at Coffee Hour on Sunday mornings or at the front desk, Monday-Friday, 9am-5pm. Thanks in advance for your generosity! *Information*, Tom Frasene, tfrasene@stjames-cathedral.org.

ST VINCENT DE PAUL THANKS YOU Sometimes we visit people who call our Helpline (206-767-6449; 8am-3pm Monday-Friday) asking for food or clothes or some other type of assistance, but when we arrive at their apartment, we see they have no bed to sleep on or a bed in such bad condition that no one should have to sleep on it. How happy it makes them when we say that SVdP can give them a new bed. Your donations make this possible – thank you!

PEACE - MUSIC OF THREE FAITHS Saturday, March 12 & Sunday, March 13, 2016 at 8:00 pm Seattle Pro Musica ~ Peace explores the deep connections between three Abrahamic faiths: Judaism, Christianity, and Islam. Anchoring the program are Gloria (everywhere) by Turkish-American composer Kamran Ince with words by the 13th-century Sufi poet Rumi, and I sing of love by Bernard Hughes, who weaves together texts from Jewish, Christian, and Muslim traditions. The concert also features uplifting works by Renaissance Jewish composer Salomone Rossi and contemporary Latvian composer Ēriks Ešņvalds, along with Islamic and Maronite chants. *Information and passes*, seattlepromusica.org.

CAN'T AFFORD TO SEND YOUR CHILD TO CATHOLIC SCHOOL? THERE'S HELP! Did you know that St. James Cathedral has SIX Catholic elementary schools? Our Rainbow Schools include: St. Therese, St. Paul, St. Edward, St. George, St. Joseph and Holy Family (in West Seattle). These schools provide in-parish tuition rates for St. James parishioners. In addition to financial aid from the schools and the Fulcrum Foundation, parishioners needing financial assistance may apply for a Parish scholarship if attending (or planning to attend) one of these schools. For the requirements and an application packet, contact Theresa Van de Ven at 206-219-5822 or at tvandeven@stjames-cathedral.org. Applications must be submitted by April 30, 2016.

THE ART OF FAITH SUMMER CAMP will be from July 18 – July 22. This year's theme will be mercy and this year's medium will be glass. Open to youth entering grades 7 through 12. *Information*, Brenda Bellamy, bbellamy@stjames-cathedral.org 206 274 3108.

ANTI-PORNOGRAPHY SUPPORT GROUP St. James holds an anonymous support group to overcome habits of porn use on Tuesdays, 8-10 pm in Cathedral Place (803 Terry Ave). All are welcome. *Information*, Tom Frasene, tfrasene@stjames-cathedral.org.

YOUNG ADULT MINISTRY

For parishioners in their 20s and 30s

CORPORAL WORKS OF MERCY We're providing opportunities to perform (almost!) all of the corporal works of mercy this Lent! Clothe the naked at DESC's clothing sort in Columbia City on Thursday, March 10 at 5:30pm, bury the dead at Calvary Cemetery by U Village on Saturday, March 19, 9:30am, and feed the hungry at St. Mary's Food bank on Saturday, March 26 at 9am. E-mail Tom for more details or to RSVP.

HOLY THURSDAY PILGRIMAGE MARCH 24 Save the date for this powerful evening with Archbishop Sartain and hundreds of young adults from the whole archdiocese! Join us for Mass at St. James Cathedral at 6pm, and we'll depart from the west steps around 8pm. We'll walk to St. Mary's, Immaculate Conception, the Chapel of St. Ignatius at Seattle U, and back to St. James with time for prayer at each stop. Rides are available in lieu of walking. Don't miss this faith-filled night of prayer!

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

MAKE YOUR MARRIAGE A PRIORITY THIS LENTEN SEASON It's not too late to focus on something positive during Lent: making your marriage everything God intended it to be. Retrouvaille (pronounced retro-vī) can help you rediscover your spouse and move forward in a more positive and loving way. The next program starts April 8, 2016. *Confidential information and registration*, 360-671-6479 or www.HelpOurMarriage.com.

YOUTH MINISTRY

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

SPECIAL NEEDS MASS & DANCE Saturday, March 12. Join us as we help to host the annual Mass for people with special needs followed immediately by a dance in the O'Dea gym. We are seeking youth volunteers to run the event. Please contact Joe to volunteer.

LENTEN YOUTH RETREAT March 19-20. Join us for an overnight retreat experience here on campus. The theme is: Preparation for the Passion, Death, and Resurrection. To register, contact Joe.

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

CD OF SUNDAY MASS Do you know someone who is unable to attend Sunday Mass but would appreciate staying connected by listening to the Mass on CD? Each Sunday, a faithful volunteer records and masters the 10:00am Mass, including the music, prayers, reading, and homilies. This CD is mailed at no charge to homebound parishioners and to "long-distance" parishioners around the country, along with a Sunday bulletin. If you or someone you know would like to be added to the list, contact Maria Laughlin, mlaughterlin@stjames-cathedral.org or 206-382-4284.

VAN DRIVERS NEEDED Our Sunday van ministry is an important outreach to senior parishioners who would not be able to get to 10:00am Mass on Sunday if it weren't for our faithful drivers. The commitment is for one Sunday a month and we have several openings. We're also looking for people who might be willing to be trained in order to substitute when needed. All training provided; background check required. *Information*, Maria Laughlin, mlaughterlin@stjames-cathedral.org or 206-382-4284.

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Are you among the more than 5,000 who follow St. James on Facebook? It's a great way to stay abreast of current events at the Cathedral. Find us at www.facebook.com/stjamesseattle. You can also find us on Instagram at [@stjamescathedral](https://www.instagram.com/stjamescathedral) and on Twitter, [@StJamesSeattle](https://twitter.com/StJamesSeattle).

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 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 two months for preparation. *Information*, Theresa Van de Ven, tvandeven@stjames-cathedral.org.

ARE YOU INTERESTED IN BECOMING CATHOLIC? If you are an adult who has never been baptized, an adult who has been baptized in another Christian tradition or a Catholic who has been baptized, but not received First Eucharist or Confirmation, you are invited to participate in the RCIA, a process of initiation into the Catholic Church. You can learn more by going to www.stjames-cathedral.org/RCIA. *Information*, Kathleen McCabe, kmccabe@stjames-cathedral.org.

BABYSITTING is available for children up to four years of age on Sundays during the 10:00am and Noon Masses, during baptism preparation classes, and during special events for parents and families. The program is located in the Mother Cabrini Room on the first floor of the Pastoral Outreach Center; enter through the courtyard at Ninth and Columbia. *Information*, Suzanne Lee, slee@stjames-cathedral.org or 206-654-4640.

VOLUNTEER IN THE BOOKSTORE We currently have openings for several shifts in the Cathedral Bookstore. Bookstore volunteers have the opportunity to greet visitors and regulars to the Cathedral and also receive a special discount on bookstore items. Please consider this special ministry! All training provided; background check required. We are especially seeking volunteers for the Saturday and Sunday evening Masses. *Information*, Maria Laughlin, mlaughterlin@stjames-cathedral.org or 206-382-4284.

ARE YOU A REGISTERED PARISHIONER AT ST. JAMES? Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. *We strongly encourage you to register.* Registered parishioners receive important mailings from the Cathedral (including offering envelopes!). Registration cards can be found in the vestibule and at the welcome table in Cathedral Hall. *If you are not sure whether or not you're registered, call the Parish Office, 206-622-3559.*

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.

Holy Things, Holy People

Exploring Catholic history in the Northwest through treasures from the past

PART 35: HOST IRON FROM ST. GEORGE INDIAN SCHOOL

6 MARCH 2016

A common task for religious sisters well into the twentieth century was the making of hosts. Using wheat and water only, the Sisters prepared a dough which was rolled very thin and pressed flat in a host iron. The iron was then placed in a hot oven until the hosts were cooked. Various designs, from the simple to the elaborate, could be pressed into the hosts, particularly the large host which was used by the priest celebrant. The host iron featured here dates to the late nineteenth century and was used by the Sisters of the Third Order of St. Francis of Philadelphia at St. George Indian School just outside Tacoma.

St. George Indian School owed its beginnings to Father Peter Hylebos, the pioneer priest of Tacoma. Hylebos was, by all accounts, a very decisive personality. When he became the first resident pastor of St. Leo's Church, Tacoma's first parish, many of his parishioners were members of the Puyallup and other tribes. They had been baptized years before by missionaries like Archbishop F. N. Blanchet and Father Chirouse. Now, these native peoples were vanishing before his eyes: decimated by disease, marginalized by the new dominant culture, and forced ever further from their native lands by the influx of white settlers. In lamenting their fate, Father Hylebos quoted the words of the Puyallup Chief Stanup: "There are three times as many Puyallups down under the ground in our graveyard as there are standing here.... Two years ago you could see a house here and there between the trees, now you can only see a tree here and there between the houses."

Not long after his arrival in Tacoma, Father Hylebos traveled east, to Washington DC and then to Rome, in search of support for the Indian tribes of Puget Sound. In Rome, "Divine Providence almost directly guided him to Miss Katharine Drexel," he later wrote (describing his own journey in the third person). Drexel would not long afterwards establish a religious community especially dedicated to the service of African American and Native American people. She provided Father Hylebos with generous financial support—more than \$4,000 annually for many years—and also recommended a lay teacher, Esther Stevenson, who would devote her life to the school. With additional help from the Bureau of Catholic Indian Missions in Washington DC, grants from the government, and the support of a group of Franciscan Sisters from Philadelphia, "St. George's Industrial School for Indians" soon became a reality.

The Sisters arrived in October of 1888: "a feeling of loneliness stole over the hearts of the missionaries as day after day the rain poured down and the clouds obscured the blue heavens." The school was ready for occupants on October 16, and the first class was held on October 26.

At that time, assimilation was the government's policy in dealing with native tribes. The goal was not the preservation of the history and culture of these tribes, or their survival as a people, but rather their total assimilation into the dominant culture. St. George Indian School



Above: A detail of the host iron used at St. George's Indian School, from 1888 to 1936. **Below:** An early photo of the main school building. *Courtesy of the Archives of the Archdiocese of Seattle.*

was characteristic of this philosophy. It was a boarding school, so children were separated from their families and tribes and completely immersed in a new way of life. They came from many different tribes—Puyallup, Yakima, Tulalip, Muckleshoot, among others—and spoke many languages. At St. George, only English was spoken and the use of native languages was forbidden in the classroom. The school was also a working farm, and children learned trades: the Sisters taught the girls to cook, sew, and raise chickens, while the chaplain, Father De Decker, helped the boys learn to handle horses and cows, clear land, build fences, and plant and harvest crops.

Faith was at the heart of all that happened at St. George's. The records of the school give witness to many baptisms and First Communions. The visits of Bishop Junger for Confirmation were a special treat. The boys of the school built a small bridge and a new road on purpose to make the Bishop's visits to them easier (the road was appropriately named the "bishop's road"). In 1895, the children helped build a stone grotto on the

grounds, in which was placed a statue of Our Lady of Lourdes, a gift from Mother Katharine Drexel. Father Hylebos described the procession: "The boys headed the festal march, holding aloft a banner of St. Joseph. The girls followed, two by two, carrying a banner of the Blessed Virgin. Next came four large girls, dressed in white, carrying on their shoulders the statue.... Sisters from St. George's School followed, singing the litany alternately with four priests of nearby towns. Last came several young Indian girls, dressed like little angels, and strewing flowers where the Blessed Sacrament was to pass.... the occasion... made a lasting impression on the minds of all present."

St. George's School continued to thrive into the 1920s, and was a prominent Catholic presence in Tacoma, even sponsoring a booth at the Alaska-Yukon Exposition in 1909—the handiwork of the boys and girls was, according to Father Hylebos, much admired. But with the Great Depression, funding dried up and Bishop Shaughnessy, dealing with massive debt, closed the school in 1936.

In 1944, in a letter to the Bureau of Catholic Indian Missions, Shaughnessy wrote that financial concerns were not the only reason for closing St. George's. The whole policy of assimilation—which, under John Collier, Roosevelt's Director of Indian Affairs, was being dismantled—was a failure. "The school was located nowhere near any tribe of Indians," Shaughnessy wrote. "Hence the little children were deprived of family life and unnecessarily so while the actual schooling that they received was too often ill fitted toward attaining the purpose to which it should have been directed."

The school buildings endured for many years and served various purposes until 1971, when the property was razed for the construction of Gethsemane Cemetery.

—Corinna Laughlin, *Pastoral Assistant for Liturg*

THE WORKS OF MERCY

In the coming weeks, as part of the Year of Mercy, we will explore the Corporal Works of Mercy in a series of essays by Cathedral parishioner Lisa Casterella. The traditional Corporal Works of Mercy are: to feed the hungry; to give drink to the thirsty; to clothe the naked; to harbour the harbourless; to visit the sick; to ransom the captive; to bury the dead. What are some of the ways we are living out these works of mercy at St. James Cathedral?



HEAL THE SICK

Is a trip to the drive-through at McDonald's part of the Ministry to the Homebound? For veteran volunteer, Dick Mueller, the answer is "yes"! Dick explains, "I had a client in assisted living who told me he wanted to get out. I asked where he would like to go and he said, 'McDonald's,' so off we went for a burger and shake."

A communion service, a recorded CD of the Sunday Mass and a weekly bulletin are all part of the homebound ministry at St. James Cathedral, ways the parish reaches out to those who are unable for health reasons to attend Sunday Mass. Any parishioner unable to attend Mass can request visits from a Eucharistic Minister and weekly mailings of the Sunday bulletin.

Ministers to the homebound strive to keep homebound parishioners connected with their parish community. As a retired executive, Dick confides, "This is the most



rewarding thing I've ever done in my life. I've made many wonderful friends."

Corinna Laughlin, Director of Liturgy, emphasizes that the ministry is an important extension of the ministry of Extraordinary Ministers of Holy Communion at Mass. Volunteers typically visit a homebound senior once a week. Do you know a parishioner who could benefit from this ministry? Would you like to be a part of it? Please contact Corinna Laughlin at claughlin@stjames-cathedral.org.



Cathedral Blood Drive

Sunday, March 6, 2016
O'Dea High School Gym
8:30am to 2:30pm (*closed 10:30am-11:15am*)

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!**

DROP-INS WELCOME!

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

www.stjames-cathedral.org



The Power of Nutrition for Mind, Body & Spirit

Four Week Educational & Interactive Workshop
Tuesdays, 6:30 – 8:00pm, Gallagher Center, St. James Cathedral

**Please join Nutritional Therapist, Wellness Coach and Mental Health Nutrition Coach,
JUDITH AMES, for an interesting and educational experience.**

Explore key nutritional strategies that provide our bodies with what they need to achieve a greater level of physical vitality, mental clarity and peace of mind. Ancestral wisdom, current research, clinical and personal experiences will guide our learning.

Class I – Tuesday, March 8

Identify personal hopes and goals for this workshop? How can the foods we eat bring greater calmness and relief from anxiety? What role do healthy fats play in our diet?

Class II- Tuesday, March 15

What is a pro-recovery diet and how does it support emotional health? How can ancestral diets guide our food choices? We will look at the history and science of mental health and mood.

Class III – Tuesday, March 22

What are Super Foods? What is the key role they play in supporting mental health and wellness? Do you know the important role zinc plays in your overall health? Take a zinc test to learn if your body may be deficient in this important mineral.

Class IV – Tuesday, March 29

These days we hear a lot about probiotics. In this class we will explore foods that support healthy gut flora and promote optimal digestion and learn why this impacts our mental health and wellness.

**For information or to RSVP: Nancy Granger, RN,
206-382-4269, ngranger@stjames-cathedral.org**



*"Wake up the world!
Be witnesses of a different
way of doing things, of
acting, of living!"*

Pope Francis



Single Catholic Young Adult Women & Men
are invited to a
REFLECTION DAY on CONSECRATED LIFE
to explore a Call to Religious Life as Sisters, Brothers or Priests



Saturday, March 19, 2016

9:30 a.m. to 2:30 p.m.

at

University of Washington Newman Center

4502 20th Ave. NE, Seattle 98105

corner of 20th NE & NE 45th



HOSTED BY

**Religious Communities of Women and Men
serving in the Archdiocese of Seattle**



**COFFEE & DONUTS when you arrive.
LUNCH PROVIDED**



**Includes prayer, quiet time, multi-media info on religious life,
time to meet with religious Sisters, Brothers and Priests.**



Please SIGN UP by March 14th

**E-mail Sister Jo-Anne Miller, CSJP: jmiller@csjp-olp.org
or call/text 206-920-8560**



Lenten Youth Retreat

for young people in Grades 8-12

March 19th & 20th

1024 Columbia Street

During this season of Lent, please consider taking some time away from your daily routine to grow closer to Christ in community with others.

The retreat theme will be:

Preparation for Passion, Death, and Resurrection!

The experience will be facilitated by Master Retreat Leader,

Sr. Christine Still, OSF

You don't want to miss this! Submit your permission form today!

There is no charge for this retreat experience.
Please join us!

For more information, please contact:

Joe Cotton, Cathedral Youth Minister
(206) 264-2082 / jcotton@stjames-cathedral.org



St. James Youth Ministry

www.stjames-cathedral.org/youthministry * www.facebook.com/cathedral.youth * @SaintJamesYouth

TRE ORE

GOOD FRIDAY

MARCH 25

NOON—3

St. James Cathedral observes the traditional Good Friday devotion of TRE ORE (“Three Hours”) with music and homilies focused on the words of Christ from the cross.

This year, **Father Thomas Rosica, CSB**, will offer meditations on the Seven Last Words of Christ.

Father Michael G. Ryan will preside. The Cathedral Cantorei, under the direction of Dr. Paul Thornock, will sing works of di Lasso, Victoria, and other Renaissance composers.

A free-will offering will be taken during the service.



FATHER THOMAS ROSICA is a priest of the Congregation of St. Basil (Basilian Fathers). He was born in 1959 in Rochester, New York. He holds advanced degrees in Theology and Sacred Scripture from Regis College in the Toronto School of Theology, the Pontifical Biblical Institute in Rome, and the École Biblique et Archéologique Française de Jérusalem.

Since 2003, Father Rosica has served as the founding Chief Executive Officer of Salt and Light Television, Canada's first national Catholic Television Network. Father Rosica is the author of several hundred articles and columns in numerous languages for various publications.

Following the announcement on February 11, 2013 of Pope Benedict XVI's resignation, Father Rosica was invited by the Vatican to join the staff of the Holy See Press Office and serve as one of the official spokespersons for the transition in the papacy that included the resignation, Sede Vacante, Conclave and election of the new Pope. Father Rosica assisted the Vatican during a critical period in Church history. At the end of the Papal transition in April 2013, the Vatican asked him to serve as English language assistant to the Holy See Press Office. He continues to relate on a daily basis with English language media around the world.