Dear Friends,

Did you know that the word Lent is an Old English word—a variation on the word “lengthen”? Spring is definitely in the wings: the days are lengthening, and we are moving steadily from the cold grip of winter into the arms of spring.

Most of us welcome spring with open arms. And in our better moments, we welcome Lent, too. It’s the ideal time to catch our breath, to intensify our faith journey, and to get in touch with our baptism in all its rich meaning.

I’m happy to share with you that, in our parish this Lent, we have a wonderful group of six who will be baptized at the Easter Vigil. For many months now - and even years - they have been making their journey toward faith in the midst of our community. In many ways, it is our faith – our prayer together, our Sunday celebration of the Eucharist, our commitment to humble service in the name of Jesus - that have inspired them to seek baptism. I have often observed that no one comes to Jesus alone. We are in this together! I know you will hold our catechumens in your prayers during the coming days as they approach the waters of baptism.

**Baptism.** Theirs and ours. It all culminates at Easter when our friends chosen for baptism enter the waters of the font - after which we stand with them to renew our own baptismal promises and to be sprinkled with the same water with which they have just been baptized. One family we all become that happy moment: “One Lord, one faith, one baptism!” (Eph. 4:6)

Now, let me say a word about the coming days of Lent which will not only be the final preparation of our catechumens for baptism but also our time to be renewed in the grace and the meaning of our baptism. Lent is this wonderful path to deeper growth and freedom, and the Church has a time-tried, three-pronged program for making that happen: prayer, fasting, and almsgiving. A few words about each.

**Prayer.** The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to participate more fully, actively, and consciously in each of the Lenten Sunday celebrations, we would be doing something wonderfully worthwhile. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our baptism. But we needn’t stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include extending your family prayer at meal times, or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays and Fridays; and joining in Adoration after Mass on Thursday mornings. There are also opportunities to share your faith with others in small groups. This year we are hosting a five-week series called Reflect and Renew: Encountering Christ this Lent, both in-person on Monday evenings, and Wednesday evenings via Zoom. Please consider joining in one of these groups, focused on the Gospels of our Lenten Sundays (you’ll find details in today’s bulletin).
Still one other wonderful opportunity for prayer this Lent is to pray for our catechumens (soon to be called the “Elect” - who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil). Their names are printed in this flyer. This can be a wonderful way of reaching out to these newest members, supporting them along their journey of faith. And it’s something absolutely everyone can do!

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

And here’s another way of reaching out to those who are hungry and homeless. Why not volunteer to help one weekend with our Sunday morning breakfast? Whether you come to help prepare the meal on a Saturday afternoon, or to serve our guests early on Sunday, this is a great way to be in solidarity with those who experience a “forced fast” every day. If you are interested, please contact Patrick Barredo.

**Almsgiving.** The Rice Bowl is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass of the Lord’s Supper, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

It was at our baptism that we got our Christian “passport,” and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together in faith, hope, and love!

Sincerely in Christ,

Father Michael G. Ryan
Pastor
ORDER OF CELEBRATION FOR
The First Sunday of Lent

INTROIT
Psalm 91: Qui habitat
chant, adapt. Thomas B. Stratman (1939–2008)

Cantor I give them life long and full,

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

GREETING

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.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING
Genesis 2:7-9, 3:1-7

SECOND READING
Romans 5:12-19

TRACT
Thomas B. Stratman

GOSPEL
Matthew 4:1-11

HOMILY
Father Michael G. Ryan

DISMISSAL OF THE ELECT (10:00)
PROFESSION OF FAITH

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

Litany of Saints

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

For you has God commanded his angels to keep you in all your ways. They shall bear you upon their hands, let you strike your foot against a stone. Ps. 91:11-12.

SANCTUS

Missa Deus genitor alme

Vatican XVIII

MYSTERY OF FAITH

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**

**COMMUNION**

He will overshadow you with his pinions, and you will find refuge under his wings.

His faithfulness will encompass you with a shield.

Have mercy on me, O God, according to your merciful love;

according to your great compassion, blot out my transgressions. Ps. 51:2

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**

**PROCESSION**

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ST. JAMES CATHEDRAL
The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR
The Very Reverend Michael G. Ryan

PAROCHIAL VICAR Reverend Alex Pablo

IN RESIDENCE Reverend David A. Brant

PASTORAL ASSISTANT for ADMINISTRATION
Lawrence N. Brousse (206-382-4280)

FAITH FORMATION
John Simpson, Director of Faith Formation (206-654-4658)
John Marquez, RCIA (206-654-4640)
Theresa Van de Ven, Children’s Faith Formation (206-219-5822)
Andrew Braley, Youth Minister (206-382-2018)
Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)
Patty Pruitt, Administrative Assistant

LITURGY
Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)
Julie Sharples, Peter Burns, Wendell Dyck, sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)
Joseph Adam, Director of Music & Cathedral Organist
Christopher Stroh, Assistant Director of Music & Organist
Stacey Sunde, Director of Youth Music
Marjorie Sunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY
Patrick Barreda, Director (206-382-4515)
Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),
Tom Bentler (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY
Anisa Ralls, Director (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)
Christopher J. Koehler, Director
Patrick Suhrbier, Senior Immigration Legal Services
Sayuko Selvik, Tutoring Coordinator
Laura Murton, Immigration Legal Coordinator
Erica de Klerk, Refugee Welcome Coordinator

STEWARDSHIP and DEVELOPMENT
Maria Laughlin, Director (206-382-4284)
Caroline Okello, Welcome & Volunteer Coordinator (206-654-4650)

PARISH OFFICE
Yanti Kapoyos, Weddings and Funerals (206-382-4288)
Bev Mauser, Louise Mennella, Wedding Coordinators
Mary MacLean, Bookkeeper (206-382-4564)
Maggie Corrigan, Office Manager (206-622-3559)

FACILITIES and GROUNDS
Tang Nguyen, Facilities Supervisor (206-264-2087)
Alan Frasher, Brian Jones, Frank Wang, Abeba Ghezai, facilities

CELEBRATIONS of the SACRAMENTS
MASS
Sundays 8:00am - 10:00am - 12 Noon - 5:30pm
Weekdays 8:00am (M, T, W, Th, F, S) & 12:10pm (M,W,F)
Saturdays 8:00am & “Vigil” 5:30pm

VESPERs and BENEDICTION of the BLESSED SACRAMENT
Sundays at 4:00pm

CONFESSIONS/ SACRAMENT of RECONCILIATION Saturdays,
8:30am-9:30am (following 8:00am Mass) and by appointment

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Theresa Van de Ven for information, 206-219-5822.

MARRIAGE Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Yanti Kapoyos, Wedding Office, 206-382-4288.

ANOINTING of the SICK In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

FUNERALS for parishioners, contact Yanti Kapoyos, 206-382-4288

CATHEDRAL COLUMBARIUM Maria Laughlin, 206-382-4284

PARISH OFFICE HOURS: Monday through Friday, 9:00 am - 5:00 pm.
After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104
Telephone: 206-622-3559 FAX: 206-622-5303
Website: www.stjames-cathedral.org

WELCOME, VISITORS! 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.

The First Sunday of Lent
February 26, 2023

ON THE COVER Be merciful, O Lord, for we have sinned. Adam and Eve expelled from the Garden of Eden. Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, sculptor.

HOSPITALITY AFTER SUNDAY 10:00AM MASS Join us in Cathedral Hall for muffins from Macrina Bakery, hard-boiled eggs, fresh fruit, and the chance to visit with fellow parishioners.

SCAM ALERT! Cybercrime is hitting dioceses nationwide. If you receive a message from Father Ryan (or other Cathedral staff) from a @gmail address asking for help or requesting you to purchase a gift card, please delete it. It is a scam! This email scam is happening across the country. When in doubt, contact the parish office to verify the legitimacy of any request you receive from the parish. Thank you! Information, Maria Laughlin, 206-382-4284.

ST. VINCENT DE PAUL THANKS YOU A family of seven became financially stressed when both parents became unemployed. One parent worked as a caregiver, but lost a full-time job when the client moved away. The other parent could no longer get enough work as a driver and went to school full-time for job training. While the parent working as a caregiver hopes to find work soon, the family ended up short of rent money. The family called the St. Vincent de Paul Helpline (206-767-6449). With your help, we were able to give assistance and some relief. Happily, we discovered in a follow up visit that a caregiving job had been found. Information, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

THANK YOU FROM THE CATHEDRAL KITCHEN Thanks to our friends at Pagliacci Pizza who, for the last two years, have been supporting the St. James Cathedral Kitchen by sharing pizza with our guests every Thursday evening. Unsurprisingly, Thursdays tend to be the most popular day at the Kitchen! Many thanks to Pagliacci Pizza for partnering with St. James Cathedral to help feed our brothers and sisters, and to bring some comfort to them each Thursday night. Mille grazie!

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 pray for the parish of Sacred Heart in Battle Ground and Enumclaw.
RICE BOWL During Lent, we deepen our relationship with God through prayer, fasting, and the giving of alms through Catholic Relief Services Rice Bowl. Your contributions help people in the Philippines, Honduras, and Kenya, as well as more than 100 countries around the world, overcome hunger and malnutrition, poverty, and the impact of climate change. Bring your Rice Bowl home and make it a centerpiece during meals. Make some of the simple meatless recipes from the focus countries. And reflect on how God is calling us to meet the needs of his children throughout the world. If you would like a Rice Bowl mailed to your home, contact Joyce Mork-O’Brien, 206-226-4099 or jamob14@comcast.net.

YOUNG ADULTS If you’re looking for community and to grow deeper in your devotion to Jesus Christ, you’re invited to join our weekly Young Adult Gathering! We meet every Sunday at the Pastoral Outreach Center from 6:30-8:00pm immediately following the 5:30pm Mass. A simple supper and drinks will be provided, and parking is available at O’Dea. Information, Andrew Braley, abraley@stjamescathedral.org or text 206-330-1512.

JOB OPENINGS The Cathedral Kitchen is looking to fill the paid position of Assistant Director, responsible for oversight of Kitchen operations. This is a 30-35 hour/week position with benefits. The Cathedral Kitchen provides 100 meals each weekendnight for our homeless and low-income neighbors. The Social Outreach and Advocacy department is looking to hire a paid Outreach Assistant to provide administrative and program support. This is a part-time, 10-15 hour/week position. Information, Patrick Barredo, pbarredo@stjamescathedral.org or 206-382-4515.

BLOODWORKS NW BLOOD DRIVE There is a critical need for blood donations across the state! St James Cathedral will be hosting a blood drive to help fill this life-saving need. Time and date TBD. Information, Anisa Ralls, aralls@stjames-cathedral.org.

SOLITARY CONFINEMENT RESTRICTION ACT (HOUSE BILL 1087/Senate Bill 5135) Solitary confinement can have devastating and inhumane effects on incarcerated individuals. It is also disproportionately imposed on Black, Indigenous, and Hispanic individuals. The United Nations defines solitary confinement of 15 days or more as torture. In Washington, prisoners may be isolated for up to 30 days! House Bill 1087 / Senate Bill 5135 would limit the use of solitary confinement to 15 consecutive days or 45 cumulative days during a fiscal year. Let your state legislators know that restorative justice legislation should be a priority, and that you and the Washington state bishops support HB 1087/SB 5135, by going to https://app.leg.wa.gov/districtfinder/.

CARE FOR CREATION TIP OF THE WEEK “Ecological education can take place in a variety of settings: at school, in families, in the media. Political institutions and social groups are also entrusted with raising people’s awareness. So is the Church.” —Laudato Si’

ARCHDIOCESE MENTAL HEALTH MINISTRY WELLNESS WEDNESDAYS On the first Wednesday of each month, 7-8:30pm, on Zoom, free presentations are offered on different mental health topics. The next session, March 1, Emily Caldwell Meeks will speak about Dementia Friends of Washington: Increasing Awareness and Community Support. To register for this and future events, archseattle.org/ministries/outreach-ministries/mental-health-ministry/

SEEKING VOLUNTEERS FOR THE MEMORY HUB Do you enjoy hospitality and connecting with people? Would you like to be part of building a welcoming and vibrant community center for people with memory loss and their families, here on First Hill? Join the team at the new Memory Hub as a Front Desk Volunteer! Information, Debra Cayz, Operations Lead, 206-221-8284 or debcazy@uw.edu.

FAITH FRIENDS INCLUSION MINISTRY Faith Friends is an inclusion ministry serving children and teens from across the Archdiocese of Seattle. We are a unique blend of our Faith Mentor and Children’s Faith Formation program, and provide Sacramental Preparation, as well as opportunities for friendship with other youth. Information, Jennifer Wong, 206-619-0816, faithfriends@stjames-cathedral.org, or www.faithfriendsstjames.org.

NAMI SUPPORT GROUPS Open to anyone with a family member/loved one living with a mental health condition. On the first Saturday of the month online; on the third Saturday of the month in person at St James Cathedral in Pastoral Outreach Center (enter through courtyard), 1:30-3pm. Information and to register for online meeting, www.namiseattle.org. Mindful Alternative Support Group is offered on the last Saturday of the month, 2-3:30pm, online only. Information and to register, mindfulalternative.org.

YOUTH ALTAR SERVERS Children who have received their First Holy Communion are eligible to participate in the Mass in a special way as altar servers. Altar servers add dignity to the liturgy and assist the priest during Mass. Altar serving is a great way for kids to get to know the Mass better, and participate actively in their faith along with other young people. The time commitment is flexible based on your family’s schedule, and there are openings at all Masses. Information, Corinna Laughlin, cloughlin@stjames-cathedral.org.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION The Cathedral needs more communion ministers! The need is particularly great on Saturday and Sunday evenings. Confirmed, practicing Catholics of all ages are welcome to participate in this important ministry. Training is provided. Information, Corinna Laughlin, clughlin@stjames-cathedral.org.

TOILETRY DONATIONS If you are traveling and staying at a hotel, consider bringing the small toiletries back to St. James. There is a donation bin located in the Cathedral Bookstore. Our St. Vincent de Paul Society packages the toiletries and distributes them to those in need. Thank you!
REFLECT AND RENEW is a simple small-group reflection based on the readings for each Sunday of Lent. Modeled on the format of our synodal listening sessions, these gatherings will provide time for prayer and silence, as well as sharing our own experience and listening to one another. There are two opportunities to participate, either in-person or on Zoom.

**Monday evenings—in person, Holy Names Room**
February 27, March 6, 13, 20, 6:30pm-7:45pm
March 27, 5:30pm-6:45pm

**Wednesday evenings—on Zoom**
6:30pm-7:45pm
March 1, 8, 15, 22, and 29

To register for either the in-person or Zoom session,
Maria Laughlin, mlaughlin@stjames-cathedral.org or 206-382-4284

www.stjames-cathedral.org
Given the contentious world we live in today, how do we as followers of Jesus make choices in our personal and social life?

Join Sister Beverly Dunn SP during Lent as she explores the rich array of tools available to us as Catholics in navigating the complexities of contemporary life – scripture, discernment and the wisdom of our Catholic teaching.

The five-session study will be offered Tuesday evenings from 7:00-9:00pm in Cathedral Hall, beginning Tuesday, February 28.

Information and registration, 206-654-4658 or jsimpson@stjames-cathedral.org
Jesus our peace,  
by the Holy Spirit  
you always come to us.
And in the deepest part of our soul,  
there is the wonder of a presence.
Our prayer may be quite poor,  
but you pray within us.

Brother Alois of Taizé

On the first Friday of each month, all are welcome to a contemplative prayer in the Cathedral, with song, silence, and candlelight. The service includes the meditative chants of the ecumenical Taizé community in France, founded by Brother Roger Schutz as a sign of reconciliation after World War II.
MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS is a wonderful Lenten tradition in the Church. There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass. The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.

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

CONTEMPLATIVE EVENING PRAYER On Friday, March 3 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France. With haunting chant, instrumental music, and time for silent prayer and contemplation in the candlelit Cathedral, this beloved tradition is the perfect way to enter into the season of Lent. Please note that there is no Taizé Prayer on Friday, April 7, Good Friday.

ADORATION OF THE BLESSED SACRAMENT Each Thursday during Lent, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God’s mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our communal celebration of the Sacrament of Penance will be Monday, March 27 at 7:00pm.

LENTEN STUDY FOR ADULTS Given the contentious world we live in today, how do we as followers of Jesus make choices in our personal and social life? Join Beverly Dunn SP during Lent as she explores the rich array of tools available to us as Catholics in navigating the complexities of contemporary life – scripture, discernment and the wisdom of our Catholic teaching. The five-session study will be offered Tuesday evenings from 7:00-9:00pm in Cathedral Hall, beginning Tuesday, February 28. Information and registration, 206-654-4658 or jsimpson@stjames-cathedral.org.

Reflect and Renew
Encountering Christ this Lent

Reflect and Renew is a simple small-group reflection based on the readings for each Sunday of Lent. As our local Church prepares to work together in new ways as we implement Partners in the Gospel, this series will help us to listen other more attentively and to reflect on how we encounter Christ in the Church and in community.

Mondays – in person
6:30pm-7:45pm, Holy Names Room
February 27, March 6, 13, 20, and 27

Wednesdays – on Zoom
6:30pm-7:45pm
March 1, 8, 15, 22, and 29

To register for either the in-person or Zoom session, email Maria Laughlin, mlaughlin@stjames-cathedral.org.
JOURNEY OF THE ELECT
Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called Catechumens, but “Elect,” following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for those to be baptized at the Easter Vigil:
Celeste Axelson • Dave Duche
Kate Fay • Olivia Hall
Sherri Pimentel • Aster Starr
Jacob Hughes

Please visit the Place of Prayer near the Cathedral font or on the Cathedral website, and pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.

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

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on February 25. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called “election” and is based on the Catechumens’ election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 12, 19, and 26.

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

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving. Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year. Archbishop Etienne has granted a dispensation for Friday, March 17, St. Patrick’s Day.

Ash Wednesday is February 22, 2023. Good Friday is April 7, 2023.

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

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.
THE TENEBRAE CHOIR:  
A HYMN OF HEAVENLY BEAUTY  
Saturday, March 11 at 8:00pm

The award-winning U.K. choir Tenebrae, directed by Nigel Short, is one of the world’s leading vocal ensembles, renowned for its passion and precision. In their first-ever Seattle concert appearance, they sing a program celebrating some of the finest choral works from the Renaissance through to the present day, ranging from the haunting Allegri Miserere mei, Deus, to Harris’ spectacular Faire is the Heaven. Other works showcase the rich, dark sound world of the Russian orthodox, the prayerful intimacy of English masters, and the soaring contrapuntal lines of the late Renaissance. Tickets and more information, https://www.stjames-cathedral.org/music/concerts or 206-382-4874.

OPUS 7 VOCAL ENSEMBLE:  
SHOW US YOUR MERCY  
Saturday, March 25 at 8:00pm

Opus 7 Vocal Ensemble presents a powerful collection of choral music for the Lenten season expressing mercy and hope. Contemplate the solemnity of the season with lush romantic works by Mendelssohn, Rheinberger, Georg Schumann, Pizzetti, Szymanowski and Villette; the crystalline, plaintive melodies of Henry Purcell; and American composers William Albright, Gwyneth Walker, and Seattle’s Peter Hallock. The central work is Krzysztof Penderecki’s Agnus Dei, written in 1981 as part of his Polish Requiem and dedicated to Cardinal Stefan Wyszyński. The Polish Requiem began as a commission from the trade union Solidarity to memorialize those killed in anti-government protests. Tickets and more information, http://opus7.org/music/concerts/.

THE OFFICE OF TENEBRÆ  
Wednesday, April 5 at 7:30pm

The name Tenebrae (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. By the late Middle Ages, these services were consolidated into a single daily celebration on each evening before Holy Thursday, Good Friday, and Holy Saturday.

Following numerous 20th-century papal reforms, Tenebræ today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, in which each verse is introduced by a letter of the Hebrew alphabet, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ’s crucifixion. The loud noise, or strepitus, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ’s triumph over death and darkness.

The Cathedral Cantorei will sing Thomas Tallis’ setting of the Lamentations of Jeremiah and the sublime Miserere mei, Deus by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE  
Friday, April 7 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore (“Three Hours”) in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi’s Stabat Mater and meditations by Diana Macalintal on the Seven Last Words of Christ. The Pergolesi is sung by Jubilate! Young Women’s Ensemble, Stacey Sunde, director with the Cathedral Chamber Orchestra, conducted by Joseph Adam.