St. James Cathedral
The Third Sunday of Lent
March 15, 2020
ORDER OF CELEBRATION FOR

The Third Sunday of Lent

The First Scrutiny of the Elect (10:00am)

INTROIT

Oculi mei
adapt. Stratman

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.

DISMISSAL TO THE CHILDREN’S LITURGY OF THE WORD (Noon)

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Exodus 17:3-7

PSALM RESPONSE

Psalm 95
Proulx

SECOND READING

Romans 5:1-2, 5-8

TRACT

Stratman

GOSPEL

John 4:5-42

HOMILY
PROFESSION OF FAITH (except at 10)  

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

First Scrutiny of the Elect  (10:00am)

INTERCESSIONS

PRAYER OF EXORCISM

LAYING ON OF HANDS

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Choir  “I give them life long and full, and I show them my power to save,” says the Lord.

ALTAR AND THE GIFTS

Offertory (10:00)  

Create in me a clean heart, O God; and renew a right spirit within me.

Cast me not away from your presence; and take not your Holy Spirit from me.  (Ps. 51:11-12)

SANCTUS

Missa Deus genitor alme

Vatican XVIII

MYSTERY OF FAITH

When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.
AMEN

Christus vincit


The Communion Rite

VATICAN XVII

AGNUS DEI

Qui biberit aquam

Mode VII

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

COMMUNION

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

(10:00am)

Psalm 51: Schaffe in mir, Gott (Part II)

Brahms

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

KINGSFOLD

I heard the voice of Jesus say

1. I heard the voice of Jesus say, “Come unto me and rest;
2. I heard the voice of Jesus say, “Behold, I freely give
3. I heard the voice of Jesus say, “I am this dark world’s light;

Lay down, O weary one, lay down Your head upon my breast.”
The living water; thirst y one, Stoop down, and drink, and live.”
Look unto me, your morn shall rise, And all your day be bright.”

I came to Jesus as I was, So weary worn and sad;
I came to Jesus, and I drank Of that life-giving stream;
I looked to Jesus, and I found In him my star, my sun;

I found in him a resting place and now I live in him.
My thirst was quenched, my soul revived, And now I live in him.

PROCESSION

ICON OF THE RAISING OF LAZARUS

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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. 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. Be sure to stop by the Cathedral Bookstore after Mass for a wide selection of Cathedral souvenirs as well as Catholic books and gifts.

FOR YOUR SAFETY At each of the weekend Masses a Seattle police officer or uniformed security guard is present on the Cathedral campus.

The Third Sunday of Lent
March 15 , 2020


RESPONDING TO THE THREAT OF THE CORONAVIRUS In response to the outbreak of Coronavirus in King County, Archbishop Etienne has asked all Catholics in the Archdiocese to observe the following:

- If you are sick or feel you are getting sick, stay at home and do NOT attend Mass. Missing Mass due to illness is not sinful; it is prudent and shows care for your brothers and sisters.
- Please note that the CDC encourages older adults (60+) and those with chronic illnesses to stay at home as much as possible.
- During Mass, at the Sign of Peace, simply say, “Peace be with you,” instead of offering your hand.
- During Communion, the Eucharist will only be offered in the hand, not on the tongue. Additionally, we will refrain from offering the Precious Blood from the chalice at this time.
- You will notice that we have drained the holy water in the church, until further notice. Please simply bless yourself with the sign of the cross as you enter and exit the church.

EVENT CANCELLATIONS/POSTPONEMENTS The following events have been canceled in observance of recommendations about limiting non-essential gatherings:

- Youth Confirmation Retreat 3/14-15
- Youth Music Program through 3/23
- Youth Ministry activities through 3/23
- New Heart, New Spirit Lenten Series, 3/16, 3/23
- Matt Talbot St. Patrick’s Day Dinner, 3/15
- Ecology Fair, 3/29
- Choir of St. John’s College, Cambridge, 3/29

Please check the Cathedral website for up-to-date information about events at the Cathedral, as the situation is changing from day to day!

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 parishes of St. Joseph in Chehalis, Vancouver, Pe Ell, Ferndale, Issaquah, Elma, and Sequim.
CATHEDRAL BLOOD DRIVE WEDNESDAY MARCH 18
Sign up at Coffee Hours after Masses or call
Bloodworks NW, 800-398-7888, ext. 1 (mention St.
James). The Pacific Northwest’s blood supply is at risk
of collapse in coming days. The accelerating number of
blood drive cancellations due to the closure of schools,
businesses, and events over coronavirus concerns has
put nearly 60% of the community’s blood supply in
jeopardy. Without available blood, doctors will have to
make life or death decisions about who receives blood
and who doesn’t. Donors are needed to prevent a threat
to our area’s blood supply. Donating blood is a safe
activity. Individuals are not at risk of contracting
coronavirus through the blood donation process.
Bloodworks policies comply with FDA, CDC, local
health departments, and other recommendations related
areas, chairs, surfaces and common objects like door
knobs and light switches, and uses hand sanitizer.
Staff, donors, and volunteers are encouraged to stay
home if they feel unwell. It takes 1,000 blood donors
every day to keep our community’s blood supply at
stable levels. Bloodworks has posted information
addressing questions and concerns for blood donors at
www.bloodworksnw.org/coronavirus

JOURNEY OF THE ELECT
Lent is a time of intensive prayer and preparation for our Elect. Please pray for
those to be baptized at the Easter Vigil: Alex Bratt • Lisa Finch • Christine Fogle • Brian Igleheart
Marcos Olazabal • Linda Ta • Obed Torres • Allie Vincent • And for our youth elect: Samuel Sproule •
Brielle Oh • Joella Oh. Visit the Cathedral website to
watch a short video introducing our Elect to you.

WAY OF THE CROSS FOR REFUGEES AND
IMMIGRANTS
The Stations of the Cross are a useful
reminder to remember not only the passion of Jesus,
but also the Way of the Cross continues today in
those who are oppressed and crucified, including
refugees and immigrants. Join St. James Immigrant
Assistance on Wednesday, March 25, for the Way of
the Cross in support of refugees and immigrants, at St.
James Cathedral. Stations will begin about 6:00pm,
immediately following the 5:30 Mass. Information,
Caroline Okello at cokello@stjames-cathedral.org or
206-382-4511.

REMEMBERING ST. OSCAR ROMERO
This year marks
the 40th anniversary of the martyrdom of St. Oscar
Romero, the heroic Archbishop of El Salvador who
was canonized by Pope Francis in 2018. All are invited
to honor him at a special Archdiocesan celebration on
Saturday, March 21 at 10:00am. After Mass, there will
be an opportunity to attend a short presentation on the
life and witness of the new saint. Saint Oscar Romero,
pray for us!

CRS RICE BOWL: MEET YVONE
Yvone is from Kenya. She learned proper nutrition and hygiene practices to
help keep her healthy and in school. Yvone now has a
chance to dream and the strength to follow those
dreams. How can you ensure that young people in your
community receive proper nutrition? Visit
crsricebowl.org for more.

YOUROTH MINISTRY
Out of an abundance of caution, all Youth Ministry
activities have been suspended through March 23.
Keep an eye on the bulletin for updates!

WINTER SHELTER NEEDS
Please consider donating the
following items in support of the St. James Winter
Shelter serving men over 50 years old. Donations can
be brought to Sunday Coffee Hour or delivered to the
Parish Office. Thank you! Items needed: men’s spray
deodorant, men’s shaving cream, travel tissues, and
cough drops.

NEW DATE: DE-ESCALATION & PERSONAL SAFETY
THROUGH A TRAUMA-INFORMED LENS
Tuesday, April 21, 6:30pm—8:30pm, Pastoral Outreach Center.
Martin Reinsel, MA, LMHC shares his vast clinical
experience to help you learn de-escalation skills, and
how to engage with challenging behaviors, exceptional
situations and unusual circumstances. Information and
registration, Patrick Barredo, 206-382-4515 or
pbarredo@stjames-cathedral.org.

THE SPIRITUALITY OF RELATIONSHIPS: CARE FOR
YOURSELF WHILE YOU CARE FOR OTHERS
May 9, Pastoral Outreach Center, 9am–4. Discover how our
relationship with God impacts our relationship with
others. Reflect in a peaceful, quiet setting and explore
how to transform and heal relationships with others.
Presented by Joe Stevens, long time facilitator of
NAMI’s Spirituality Support Group for Those Living
with Mental Illness and member of NAMI National
Hall of Fame. Limited capacity. Registration, Nancy
Granger 206-382-4269, ngranger@stjames-cathedral.org

CENSUS 2020—BE COUNTED!
Every 10 years the
results of the census are used to reapportion the House
of Representatives, determining how many seats each
state gets. They also redraw the boundaries of the
congressional and state legislative districts to account
for population shifts. A full, accurate count lays the
foundation for a healthy democracy and communities
where families thrive and flourish. Be counted and
make sure you are well represented. Look for your
invitation to respond to the census on or between
March 12 and 20. New this year is an online form.
Your invitation postcard will have the code you need to
fill out the form.

CATHOLIC SOCIAL RICE BOWL
Help keep her healthy and in school.
Visit crsricebowl.org for more.
“Stuff the Truck” to Help Our Neighbors in Need!

St Vincent de Paul donation truck in O’Dea High School parking lot on Sunday, March 15, 2020

7:30am to 1:30pm

Clean your closets & de-clutter your living space! Then bring your gently used (resellable) items to our truck. Your treasures will be sold through local St Vincent de Paul (“SVdP”) thrift stores, with proceeds used to support SVdP activities in King County, all benefiting our neighbors in need.

Our #1 need is always clothing: For men, women, children & babies ... including jackets & shoes.

Other items that sell well in our stores: Books, CDs, DVDs, bedding, lamps, kitchen items (pots & pans, silverware, dishes, etc.) and other household goods. Framed artwork. TVs, radios & DVD players in good working condition. Sports gear.

Sorry, but our truck canNOT accept: Furniture, carpets, large appliances, toilets, car parts, hot water tanks, construction materials, paint or anything torn, ripped, stained or hazardous.

Accepted items are eligible for tax deduction.

Thank you for your generous support!

For more information about this event, contact event chair Ken Goddard, 206-981-7185.
A 10-week preparation series for adult Catholics who have not yet been confirmed.

This is a wonderful opportunity to reconnect with your faith, have your questions answered, and become part of a small community of other adults seeking Confirmation.

Sessions begin Wednesday, March 18, 6:30–8:30 pm in Cathedral Place, and continue each Wednesday evening through early June.

For more information, or to register, Rosanne Michaels, 206-654-4658, or email rmichaels@stjames-cathedral.org.
Welcome Back
A CATHEDRAL PROGRAM FOR NON-PRACTICING CATHOLICS

Come back to the Lord with all your heart!
God is gracious and compassionate,
slow to anger, rich in faithful love.  Joel 2

Have you drifted away from your Catholic faith? Are you disillusioned by what you hear about your Church? Do you desire a life filled with faith?

St. James Cathedral offers a ten-week “Welcome Back” program for Catholics out of touch with a Church that once may have been home. It’s a safe place to ask questions, learn about changes in the Church, and begin to experience a small community of faith. If you desire, we’ll help you return to the sacraments, and become an active part of this faith community.

The spring session begins Monday, April 20, 2020, and continues Mondays through June. Sessions are held 7:00–9:00pm in Cathedral Place, 803 Terry Avenue.

For more information, without any obligation, contact Rosanne Michaels at 206-654-4658 or rmichaels@stjames-cathedral.org.