

# In Your Midst

A JOURNAL FOR ST. JAMES CATHEDRAL PARISH

*Summer 2016*





# In Your Midst

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*"I am in your midst as one who serves." From the great oculus high above the altar of St. James Cathedral, these words of Jesus communicate His abiding presence among us. This inscription gave us the name for our Journal and continues to be our guiding inspiration.*

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# Community

*Parishioners share stories of how they have found—and created—community through ministry at St. James*

In the wake of the parish survey we conducted last fall, I was presented with one of those “word clouds” that allowed me to see in a very graphic way the various strengths and weaknesses of our parish as identified by well over 600 parishioners who participated in the survey. Viewing the cloud made it clear that the word community showed up quite prominently both as a *strength* and a *weakness* of our parish. And the word *welcome* featured prominently in the word cloud, too—again, both as a strength and a weakness (see pages 12-13 of this journal). Happily, in both cases, more parishioners see community as a strength than a weakness, and nearly three times as many think of our parish as welcoming than not. Still, even if only a relatively small number of parishioners view these matters negatively, it’s too many. That is certainly the view of our Pastoral Vision Council and our pastoral staff, and it is my view as well. No matter how many of you love this parish, and no matter how many good things we do together, if some people feel left out or excluded, that’s a problem.

But how to build and strengthen community in a large urban parish? It’s no easy task. It’s especially difficult when parishioners do not come primarily from the neighborhood but from the entire Puget Sound region—from as far away as Mount Vernon to the North and Olympia to the South—and just about every place in-between. There more than 180 zip codes on our parish mailing list. How to build community in light of that?

There are ways. Sunday Mass is our prime time for building community—and the survey indicates that we score well here. Very well. It’s clear that you love the Sunday liturgies and that they are a prime motivation for your coming to St. James. And the configuration of the Cathedral itself helps foster community. The way we are gathered around altar and ambo in the Cathedral speaks of community before a word is ever spoken, and our sung and spoken prayer are powerful aids in building community. And, of course, the Eucharist has divine power to build community as it forms and shapes us into the Body of Christ.

But even the Sunday Masses can pose a problem because there are five of them and this can end up splintering rather than strengthening community. For this reason we should probably speak of forming *communities* rather than community. In *The Joy of the*

*Gospel*, Pope Francis writes that: “the parish... is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey.”

And communities do exist here—not only among those who attend the five weekend Masses but also within the many small communities that form around the various parish ministries—our liturgical ministries, our social outreach ministries, and our faith-formation ministries. To get involved in these ministries is invariably to meet new people, to get to know them, and to form relationships with them. I’ve long believed that the best antidote to feeling isolated or anonymous is to step forward and get involved!

But what about the people who, for whatever reason, are not involved in parish ministries? Perhaps time doesn’t allow it, or health, or geographical distance, or family obligations. Or maybe they’re reluctant about stepping forward or don’t look to the parish for community. I have no ready answers here and neither do the members of our staff or our Pastoral Vision Council. But all of us are committed to finding new ways—and to strengthening old ways—of building community among our diverse and far-flung parishioners and of inviting into community those on the sidelines.

In the essays that follow you will hear stories from fellow parishioners about what this parish community of St. James Cathedral means to them and how they have come to experience community here. Each story is unique, of course, and no one’s story will be the same as your story. But my hope is that in reading these stories, a light may come on for those of you who are looking for a greater sense of community here at St. James. And for those who don’t really look to the parish for community, maybe this will tell you that you can. And that maybe you should!

Father Michael G. Ryan

The brokenness in our world and city can be so dispiriting that it’s very tempting to simply run and hide from the news. I can’t be challenged by what I don’t know. For me, the community here at St. James is a powerful antidote for that temptation. The force of our worship and the way we respond in service to our city sustains me in a way I’ve never experienced before joining this parish.





That's because this community truly personifies what St. Paul wrote when he described us as being baptized into one body of Christ, each of us with different talents and ways of offering our gifts. None of us alone can make a dent in our world's dysfunction: it's simply too deep and widespread. But together we can make a profound difference in the lives of people in need – some of us by offering our talents, others by offering our treasure, still others by prayer.

It's no accident that the words "community" and "Communion" are related. It's no accident that our community—the body of Christ on earth—is sustained by Communion—the Body of Christ. We come forward as that body to be sustained by the Body. While serving as an EM I often think that when I say "Body of Christ," I'm not just reminding you what you're receiving, however important that is. I am reminding myself once again with gratitude and awe what we are – He who is in our midst as one who serves.

Mark Schoen

**D**ark, damp nights in February call for hunkering down at home, safe and warm in our familiar surroundings and routines. And yet this past Lent, five drizzly Monday nights in a row, ten St. James parishioners found their way to my home where we gathered with strangers to discuss Mercy. Why would we do that?

Perhaps because we long for meaning, especially during Lent, a season whose barrenness invites contemplation and self-examination. Perhaps, too, because we long for connection, knowing somewhere deep in our sacramental imagination, that meaning may be discovered together in richer ways than might occur alone. Perhaps we know that setting aside time, apart from familiar routines, might offer us our best chance of journeying through Lent more consciously.

As our group rediscovered the gift of mercy in the parable of the Prodigal Son, and as we examined the artistic and spiritual brushstrokes of Rembrandt's painting of the father embracing his son, we shared our questions, our awe, our joy in face of the tremendously Good News we were encountering. We shared our own stories, colorful and varied, inspired by the sincerity of one another's search for God.

On the second Sunday of Lent, I ran into one of our group members at Mass and she embraced me. I saw another member on the opposite side of the church, and he waved. One of our group has promised to walk Green Lake with me soon.

The gumption of ten people to risk the unfamiliar last February has graced me with a deeper sense of community at St. James, a little more feeling of belonging in the Body of Christ.

Debby Walsh

This year I had the pleasure of participating in one of the Lenten groups, focusing on Henri Nouwen's book *Return of the Prodigal Son*. The openness and honesty of our group was unprecedented. I drew closer to Christ as I heard personal stories of struggle and redemption. The candor of the community allowed me to see where God had present in my own life and share my own stories of faith and healing. As Easter approached, we all realized we would miss this precious time we had carved out together. Isn't that just how a community of Catholics should be? That we would want to figure out how we can see each other more often? I found it a perfect parallel to our relationship with Christ, as we get to know more of His beauty, we want to discover even more.

Shemaiah Gonzalez

When my husband and I first moved to the Seattle area from the suburbs of Detroit four years ago we knew that the selection of our parish family would be one of the most important decisions we would make. As "Eastsiders" we originally visited parishes near where we lived, and then one Sunday, we decided to go to Mass at St. James just to see the Cathedral. We were immediately captivated by the energy and the diversity of the parish community. It was so alive. Everyone was welcoming, from Father Ryan, to the ushers to the Eucharistic Ministers. In particular, we were attracted by the mission of outreach highlighted by the words in the oculus high over the altar: "I am in your midst as one who serves." St. James lives this mission by providing so many opportunities for engagement. We started off by responding to requests in the bulletin where we thought we could help. It was through the bulletin that I learned about Cabrini Ministry Training which I recently completed along with three other St. James parishioners who share my passion for service to others. By being actively involved in the mission of St. James we can genuinely say that we have found our new church home.

Donna Cheesebrough

Being part of the faith community at St James gives me many opportunities to connect my link to God to my link to other people. Here is some of what made me feel connected during one recent week:

Tuesday: Enjoyed four hours answering questions (with ample quiet time for prayer and reading) at the Welcome Desk inside the Cathedral: Where are the holy doors, candles, the bathroom? Whose relics are buried in the Cathedral? Where's a good place to eat? When is Mass? Then attended evening St Vincent de

Paul meeting, where we reflected on Luke 9 (five loaves and two fish), discussed pressing business, asked God to bless our newest Vincentians, and we all shared a handwritten letter from a parish boy who begged our help for his mom, who is dying – tears were shed.

Wednesday: Joined Michele Ferguson for SVdP home visits, helping with rent for (1) a kindergarten teacher whose income is too small, (2) a mechanic who cannot work because he fell over 20 feet and injured his brain, (3) a single mother of 3 musical children whose employer cut back her hours.

Thursday: Loved my 4 hours in the Cathedral Bookstore – ringing up sales, answering questions about books and rosaries and medals and where the bathroom is, listening to customers talk about the cathedral in St Louis and a long-ago baptism at St. James, thanking Nancy Granger for pointing out that the sign on the store's east window said CLOSED instead of OPEN (oops!), helping Margaret Lynch spot "The Vatican Cookbook" as a possible item for the Hunthausen Charity Auction.

Friday: Joined Landy Manuel for SVdP home visits, helping with rent for (1) a musician unable to work due to an auto accident, (2) a sweet man who simply overspent on groceries and didn't have enough left for rent, (3) a feisty, good-humored worker whose employer owes her back pay.

Saturday: A day off, but never from prayer, which connects us all to God and each other.

Sunday: A young woman slips into the pew next to me during mass, saying "Do you remember me?" My eyes light up – I do! A college student from the Ukraine, she stopped at the Welcome Desk a couple weeks ago, asked a question and then stared at me, saying "Are your ancestors from the Ukraine? You look just like my grandmother!" "Yes," I said, "my dad's family were Mennonites from the Ukraine," and I realized she looked just like my cousins when they were young. Now, at mass, we would sing, pray and thank God – side by side.

Am I feeling connected at St James? No doubt about it!

Barb Schmidt

My wife Hattie and I started attending St. James Cathedral about two years ago. Becoming involved was a sea change for us--we weren't only changing churches but denominations, coming from Bethany Presbyterian to St. James. God was working on our hearts in this transition, drawing us close through the experience of the Mass and the Eucharist. But we didn't know what community was like at the Cathedral. Could we fit in?

Churches had always been a mixed blessing for me



concerning community. Growing up in a small and not always close Catholic family, my needs for connection were often met in Christian fellowship but I sometimes felt disillusioned. Adding to this were the ways St. James felt daunting: would we get lost in the shuffle in such a large church? Can there be intimacy when the weekly visitor turnover leads to new faces each week?

As to the “lost in the shuffle” question, we became pro-active, with Hattie joining the new members class and I becoming a reader and part of the Ministry of Presence, where we welcome new visitors to the Cathedral. We also embraced the influx of people--it was fun and interesting to meet new folks and either find out or conjecture what brought them to St. James.

But our deepest connection of community has been sharing with others the experience around the Mass and Eucharist. When Father Ryan starts his homily with “my friends in Christ” he is not only greeting us but imparting theology: our friendship and fellowship is centered around Jesus, pure and simple. Our community and true home is in Christ.

Rick Grant

I have been asked to write about the impact that St. James Youth Ministry has had on my life, which is a tall order to fill. Words cannot accurately convey how much this youth ministry program means to me.

To start, this ministry has helped mold my life to one centered around service. From giving out clothes to the homeless right here in Seattle, to helping the migrant workers of the Skagit Valley, and even as far as working at an orphanage in Nicaragua. I was lucky enough to go to Nicaragua with the youth group and see the love of God through each child I met, all because of this parish’s commitment to its youth. Service used to not even be something I thought about, and now, let’ just say my school required service hours have long been completed, all thanks to youth ministry.

The group has also helped to expand my faith. Every youth night is filled with great religious content, which is thanks to none other than our amazing youth minister Joe Cotton. Joe has been so great at helping to expand our faith through his youth nights, retreats, and encouraging several youth members like me to become faith mentors, where we teach the catholic faith to those with special needs.

Finally the youth group has given me the opportunity to meet others who share my beliefs. I



have met so many amazing people, some I may never have met otherwise. These people I now consider to be part of my extended family and love them all to death. But my family in faith still had room to grow, as I met more and more Catholics my age, from the catholic youth conference, the Youth Migrant Project, and the Ascend catholic youth leadership camp. And now I have the amazing opportunity to meet catholic youth from around the world at World Youth Day this coming summer. All thanks to our amazing youth program.

Before joining the youth group, my commitment to my faith and others could be at best described as lackluster. However, by deciding that one day to go to a youth group event, I unknowingly set my life on a new course filled with friendship, love, faith, and new experiences that will forever change my entire outlook on life. As I look back on all the great times I've had in youth ministry, I think of how grateful I am to have had this amazing opportunity in my life.

Jack Ipsen

**I** am a part of the Cathedral Kitchen ministry at St. James. I show up on Thursdays and make salad. This is only a small part of what happens in this kitchen. More than one hundred and fifty guests will arrive in the late afternoon and all are welcome to our meal. It feels almost like a small miracle every time one of our "Four Star Dinners" is laid out for our guests. I am only one of many who help create and serve this dinner together and it happens with a different crew five days a week.

I have been part of this ministry for nine or ten years. It suits me well. I like preparing the food that has been provided to us, being with my fellow workers, serving the food to our guests and then helping to clear away and clean up while chattering with coworkers and with our guests. Preparing salad in the summertime is the best! Our greens are gleaned from our own Cathedral Garden.

St. James is like an 'inside-out church' for me. It calls upon each of us to choose a ministry and then go out and BE with God's people. We are called to follow in Jesus' steps.

It brings me great joy to be in the kitchen and be a worker among workers, to serve and welcome our guests to our kitchen. WE may be the only smile and warm meal that some of our friends may find all day.

Sandy Murphy



**I** had sung for a year with the Women's Schola when I joined the St. James Cathedral Choir. Both my children were off at college and my house, for so long a boisterous and bustling center of activity for family and friends, was painfully quiet. The welcoming community I found in the choirs at St. James provided for me the "balm in Gilead" I very much needed at that period in my life. There, for the past 18 years, through the deep and important friendships I have made with my fellow choristers, I have experienced God's love revealed in more ways than I could have ever imagined.

Did you know that choristers breathe together when we sing? We are 65 people, focused together on doing one thing as well as we can. At our best, our choir community creates music that can move hearts and souls and hopefully inspires our listeners to draw closer to God.

In the midst of that profoundly beautiful sound, singing those ancient texts and notes, I am in community with not only my fellow choristers and

parishioners, but also with the composers, singers, and faithful people who for so many hundreds of years, throughout the world, have prayed those same songs and psalms. Singing in the choirs of St. James connects me to them and to my Catholic faith, and embraces me within a great community of love.

Michelle Power

**L**et me start by saying that I love my community at St. James. It is *my* community. Even before I became involved in any ministries at church, I found community here. When I lived across the street, and didn't know a soul in Seattle, I would come to daily Mass, and I was comforted to see familiar faces, and to get a nod of recognition or a smile in greeting. When we started bringing our small boys to Mass, we were always welcomed; even with three, small, fidgety bodies. We would sit in the same pew, right in front of Vilem Sokol, who greeted them happily. When the boys became altar servers, parishioners came to congratulate us, because they had seen these boys grow from babies to young men. This is our community!

When I finally took the plunge and realized I needed to start giving back to my community, I tried several different ministries. In the RCIA I met new Catholics who were just joining our community, and on the baptism team I got to meet brand new humans who were becoming our newest members. It brought me such joy to welcome new members to our community of believers; to our family. Finally I became an EM, which has been my most joyous ministry and community to date. What a privilege to participate in the absolute pinnacle of our belief, and especially, to get to see, touch, and interact with so many members of St. James, on a weekly basis. Being an EM has allowed me to meet so many people, in different ministries and at different masses, I have really expanded my own personal community here. This will sound simple, but my most profound feeling of community is to be in the neighborhood, and see so many people I know, or who know my boys, and holler across the street at them, as if hollering to family.

My faith has matured in this community. This is my family.

Teresa Ipsen

**M**y first experience of the St. James Community occurred in 1995. My husband and I were converting to Catholicism and we were participating in our Rite of Election with Archbishop Murphy. After the ceremony, we were invited to gather in Cathedral Hall for refreshments and socializing. As I sat enjoying one

of the many desserts that had been prepared for us, I was overwhelmed with emotions. I thought, here is a community who welcomes me as if I was already a part of their family. I did not know it at the time, but it would be in the same Cathedral Hall where I would return once again. This time, however, I would be the one doing the serving.

I returned to St. James Cathedral in 2009 when I was required to complete my service learning for one of my Seattle University courses. I decided to volunteer at the Cathedral Kitchen because my professor asked that we choose something that put us in direct contact with the marginalized in our society.

My first day of volunteering I found myself working with Lourdes Dimalanta, who for me captured the spirit of the St. James community. I watched as she greeted all those we were serving with her warm and friendly smile. She often grabbed my hands and shared the verse, "...wherever two or three are gathered in my name, there I am in the midst of them." After serving the meal one day Lourdes invited me to attend 5:30 PM Mass. She introduced me to everyone sitting around us. When my service learning was complete, I decided to keep volunteering and attending Mass.

Today I have the privilege to continue meeting so many wonderful people who are part of the St. James community. Whether it is the amazing volunteers in the Cathedral Kitchen, where I now work, or the many people who come to enjoy the meals, they have all taught me what it means to be a community.

Teddi Callahan

**S**ometimes I am asked, why do I sing? Why in the choir?

Singing is a gift I have I can share.

It is a way to give to the community. Some are touched by word and poems; some by prayer and contemplation; some by visual images. Many, including me, are touched by music, and readily find a spiritual path and reaffirmation there. I feel blessed to be able to help that.

Selfishly, I also get fed spiritually in the choir in a way that helps balance my daily work life: by the music; by the texts; by the rehearsals, especially with mini-homilies on the text or season; by the laughter, joint efforts and frustrations all good endeavors have; by being in this place; by the fellowship of fellow singers and musicians. It helps ground me and stay in touch with my soul.

The choir community is a wonderful mix of music lovers who sing and exquisitely superb musical artists and everything in between. One choir member has sung since 1972, and many have sung for more than





different things in this community and I have helped serve many people through all walks of life which is very eye opening. Through the people I have met at church as an altar server, whether they are other servers, adult volunteers, or people I have met sitting in Mass, I know that no matter what had happened during the week, there are people there for me no matter what. It is a very special feeling to know that a community of people who may be going through misfortune in their lives, will always be there for me. Being an altar server has changed my life, and I will never forget the community of people I have met, all those who have reached out to me, and all those who will catch me when I fall.

Shannon Christensen

**T**he community of St. James has been an integral part of my family's life since we returned home to the Seattle area over 5 years ago. Soon after we joined the parish, there was a ministries fair. This was a great opportunity to learn about the various services and programs provided by the parish, especially those services not easily visible in or around Mass. My wife and

ten, twenty, even thirty years. There are many new singers as well. There's a spirit and spirituality and joy that makes it work. There is a unifying dedication to doing wonderful music beautifully so we can help the service be a spiritual bridge for everyone from the pews to the pulpit to the choir stalls.

And the congregation sings! Back and forth with the choir, so the music-making is joint. Think the Our Father. When a guest is presiding who does not know the musical Our Father, nevertheless, the whole congregation erupts with the choir in the chanted Our Father, musical and full-throated and unified.

Moments like that make me glad that I have the opportunity to serve.

Greg Miller

**A**s an altar server at St. James, I have found community in many ways. Making friends and working together for and with others during Mass, I have learned that there will always be people there for me at church through different points in my life. I have learned many

I elected to join the choir, and have enjoyed being a part of this ministry over the years. In the choir, as in other services, we have the opportunity to support the liturgies through our talents. The text of the music reflects the readings, prayers, and themes from homilies, allowing all the opportunity to experience the actions and tenets of our faith through a complementary lens. This is one of many ways community is built here at St. James. Our many ministries provide a plethora of means to which parishioners can identify with the great mysteries and beliefs within our faith. Another way we build community is through the celebration of sacraments. All of our sacraments are celebrated as a parish. This is one of the cornerstones of our faith community, and part of what builds our identity within ourselves, and our broader region. A good example of these communal sacraments is that of baptism. Whether at a weekend mass, or at the Great Easter Vigil, entering the community of faith is just as much an action of the parishioners as it is of the individual seeking the sacrament. I will never forget the journey of our

daughter's baptism here at St. James. It was another great opportunity for us to meet new people, many of whom attend mass at other times or on other days. It was also a meaningful way to receive ministry from our community. After her baptism, the communal response of "Alleluia" is something I can still recall and hear today. Not only was she received by the Church, she became a part of this vibrant and diverse community; our holy, catholic, faith.

Joel Flugstad

I have been a parishioner here for as long as I can remember. I was baptized by Father Ryan in the font, received First Communion on the East side of the church, First Reconciliation in the Reconciliation Chapel in the west vestibule, and was confirmed last May right in front on the west side of the altar. I have had the pleasure of participating in the Youth Ministry, Youth Music, and Children's Faith Formation. Participating in these three programs have affected me and changed my life.

To begin with, I am in Jubilate!, the high school girl's choir. I have been a part of the Youth Music program since the age of 4. This program has had a huge impact on me. It has taught me to be patient, to be committed, to be a leader, and to have faith in not only myself, but in others around me. As a choir, we have sung for countless events here at church, and outside of it, including my favorite event, Christmas caroling at retirement homes around the area. We come together every Monday for rehearsals and vigorously attack the snack cabinet when it is break time. One of the best parts of being in Jubilate, is having a teacher like Ms. Sunde. She is the one who let me join choir as a 4 year old, even though the age limit was 6. And she is the one that has to deal with hungry, tired, and moody teenage girls every Monday afternoon. But she does it with patience and a commitment to music. She is the best music teacher and advisor I could ever ask for.

Secondly, Youth Ministry. I joined Youth Ministry a couple months after it began, during my sophomore year. It was one of the best decisions of my life. Many kids automatically think that youth group is where you sit for two hours and listen to different lectures about God. But having Joe Cotton as a leader, youth nights are more dynamic and diverse than that. Through retreats, outings, community service, and just spending time with everyone, I can say that I have been able to grow more deeply in my faith. This past summer especially, I had the opportunity to travel to Nicaragua along with other members of our youth ministry. My



perspective on life definitely changed after meeting the children at the NPH orphanage. Their smiles, hugs, and laughter are memories I will never forget. I am very blessed to be given such amazing opportunities being a part of Youth Ministry.

The last program is Children's Faith Formation. I started going to Sunday school while I was in Kindergarten. But it was not until high school when I decided to take what I learned from the past years of being taught the Word of God, into action. Two years ago, the Children's Faith Formation partnered with the archdiocesan Special Needs ministry to create a new program called, Special Needs Faith Mentoring. The catch was, it would be high school students becoming the mentors, instead of adults. And with that, I had no hesitation to sign up. I've been working with a special needs child for two years now and it has been so much fun. I absolutely love being a part of this new program because I get to meet children from our church I would have otherwise probably never met. Interacting with them, learning about God, and growing slowly in our faith together. I feel a sense of community building through this program, and that is why I love being a part of it.

Through these programs, I was able to make friends that now, I would gladly call my own family. Now that I am graduating next month from high school, I am going to take what I learned from each and every program, and live it out. To continue doing community service, singing, and being a part of this holy place. This church is my life. My second home. A place where I feel I belong. Forever. And I wouldn't want it any other way.

Lissi Sevaio



# Pastoral Vision Council

*Father Ryan assembles a group of parishioners to look to the future*

**F**or five weeks in April and May, a wonderful, diverse group of your fellow parishioners gathered for discussions about the future of our Cathedral parish. What should our priorities be in the coming five years or so?

The Council began by reflecting on the question: what is a parish? Responding to a text from the Book of Acts, the group asked what resemblance the infant Church bears to our Cathedral parish. Is it an impossible ideal? What can we learn from those early Christians who “ate their meals with exultation and sincerity of heart?” How do we form a joyful community when we come from so many different places to get here? The group also reflected on Pope Francis’ vision of the parish as possessing “great flexibility... it can assume quite different contours depending on the openness and missionary creativity of the pastor and the community.”

This reflection on the parish served as preparation for an intensive study of the results of the parish survey (see pages 12-13 in this journal). Each member of the Pastoral Vision Council received the complete results of the survey, the good, the bad, and the ugly, and brought back their assessment of the overall strengths and weaknesses. Many commented that our strengths are also our weaknesses: the community is simultaneously perceived as open, welcoming, warm, and cliquish, cold, difficult to penetrate. Similarly, Father Ryan’s leadership was identified as the greatest strength of the parish, but parishioners also identified fears over a change in leadership as one of the weaknesses of the community.

This led to some soul-searching: how do we create a warm, welcoming atmosphere? Do we take care of one another as well as we take care of the poor? We do outreach: are we as good at doing “inreach”? How do we provide more social activities, community-building activities? What opportunities do young families have to do things together? Are there ways we can expand our reach during the week using social media? How will we meet the challenges of a changing demographic



**The Pastoral Vision Council, 2016.** Back row, left to right: Chris Koehler, facilitator; Josephine Tamayo-Murray, Jijo Jose, Joel Flugstad, Tim Gately, Anna Horton, Peggy Jarrett, Father Ryan. Front row, left to right: Reza Macaraeg Cueto, Patrick White, Alice Ryan, Joao Paolo Prado, Rex Wardlaw, Natasha Coleman-McDonald. Not pictured: Helen Goehring, Joseph Roberts, Judy Walker.

in Seattle and on First Hill?

Subsequent weeks focused on three primary aspects of our parish’s mission: evangelization and faith formation, prayer, and outreach. Whose faith are we called to form? Just that of our own parishioners, or people outside? The people who are already here, or the people who aren’t? How do we reach out beyond our walls to the margins, as Pope Francis calls us to?

The group explored the connection between prayer and outreach: we want our prayer to ring true, to be authentic, to be visibly connected to the way we take care of the poor. The group was challenged by the question: who are we called to serve? The poor, yes, but what about the poor in spirit? What about the spiritual needs of so many in our society?

As the process drew to a close, each member of the Council was invited to reflect on the areas they would like to see the Cathedral focus on in the next five years. In the coming months, together with the Pastoral Vision Council and the Pastoral Team, Father Ryan will highlight one or two major areas where he would like to see the Cathedral grow. Then it will be up to each one of us—parishioners and staff alike—to find ways to implement the vision in our prayer and ministry at St. James Cathedral. ♦

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**Maria Laughlin** is Director of Stewardship & Development at St. James Cathedral.

# Parish Survey

*A survey of the parish reveals a lot about what we love about St. James—  
and about where we need to grow*

**B**ack in October, we conducted an online survey of the parish, inviting parishioners to reflect on how the parish is doing in various areas. More than 600 of you completed the survey. Each respondent was invited to reflect in writing on the strengths and weaknesses of the parish. Here is a digest of what you identified as our strengths and weaknesses, as well as some more general comments.

## WHAT IS OUR GREATEST STRENGTH AS A PARISH?

We received hundreds of written responses in addition to the numeric data. The strengths of the parish were identified as follows:

**Father Ryan's Leadership.** "Father Ryan is inspiring, down to earth, kind, spiritual, energetic... so many qualities I admire." "He is accepting of everyone, does not use language to offend." "Our pastor has established a model of faith and worship that avoids digression into ideology and focuses on service and personal growth. Father Ryan does everything possible to make each of us feel valued and valuable to the life of St. James."

**Outreach to the Poor.** "Serving the poor and marginalized and truly making each person feel welcome." "St. James takes to heart Pope Francis' message of living the Gospel authentically. It takes Jesus seriously when he says that we are obligated to reach out to those in need." "The kitchen serving almost 200 people a day. I'm not sure everyone who walks in the doors to St. James realizes this fact." "St. James Cathedral's outreach to the poor, homeless, low income is exceptional and a role model for many other churches, regardless of faith, across the Puget Sound."

**Liturgy and Music.** "I deeply appreciate our beautiful, Spirit-filled liturgies which so enrich my life." "The music program is a wonderful way of reaching people in prayer and giving many musicians an opportunity to learn and grow." "The heart of love shining through all aspects of St. James make it a gem of Catholic tradition. There is love in the attention to beauty in the place and the celebrations of music and liturgy." "The most beautiful music in the world is right here at St. James."



A word cloud showing the strengths identified by parishioners. The larger the word appears, the more times that strength was mentioned in the responses.

**Sense of Welcome.** "It is truly a communion of the faithful. All are genuinely welcomed. And it inspires!" "Welcoming without judgment." "Welcome to those who come through its doors. Openness to needs of the folks who have special needs." "A feeling of openness. All are welcome. No judgment." "I think everyone has a home at St. James Cathedral and feels 'at home' when they are there." "A welcoming environment with ministers who make you feel at home regardless of your background, ideology, etc."

**Diversity.** "The open-mindedness and acceptance of all people of the community." "The diversity of the parish is a huge strength." "Our greatest strength is our diversity. In any Mass, you can find homeless and rich, gay and other minorities. It adds a lot." "The diversity of the parish, its willingness to embrace new people and people who have been away for a while. There is a sense of warmth here at this parish."

**Other strengths** identified included the breadth of the ministries, the involvement of so many volunteers, and the beauty of the Cathedral itself. These comments capture what many expressed: "While the building and the mass are ornate, Father Ryan and the parish staff feel warm and approachable." "Modeling for the world of Catholics—indeed the world at large—how to welcome, how to inspire, how to motivate those seeking motivation, inspiration, solace, and community!" "Focus on humble service, leading by example, rather than judging and condemning." "St. James is a family, a community that welcomes diversity, that takes care of the poor and those in need,

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Maria Laughlin is Director of Stewardship & Development at St. James Cathedral.



that elevates faith and fosters spiritual growth.”  
“St. James is a wonderful balance of traditional liturgy and a more progressive social ethos.”

### WHAT IS OUR GREATEST WEAKNESS AS A PARISH?

There were hundreds of responses to this question as well. These are some common threads among those identifying our greatest weakness as a parish (beginning with the most commonly identified issues):

**Sense of Welcome.** “Although emphasis is put on welcoming guests and newcomers, the people in the pews are not very open or friendly until you become known by many in the parish. I try to go out of my way to smile and greet others because many did not do that for me when I was new.” “Being more friendly... People seldom say good morning when you enter the pews. Some actually appear annoyed when you enter the pews.” “The coldness of the parishioners to new, and visitors.” “Visitors are warmly invited to go to coffee hour, but then, when they get there, nobody takes any notice of them.” “It seems like there are those on the inside and those on the outside.”

**Too Big.** “We need more intentional ways to build connections and a sense of community with one another. We are big enough that most of us don’t know many others with whom we worship. There is a sense of disconnection at times.” “It is not easy to get to know other parishioners, many of whom come from long distances. Overcoming this will take the parish a lot of imagination and creativity. But it is worth the effort.” “Our size demands that we figure out ways to gather in smaller groups. I realize we have tried many things, and some have responded, but it’s the most connected ones. We cannot stop striving for this.”

**Not Enough Young People.** “We need to ensure that the young people of the community—and there are a lot of them in Seattle—are somehow reached.” “Encourage the youth to become more active in the parish and in ministries.” “We need to attract younger people (which for me means anyone under 40).”

**Parishioner Disengagement.** “I think there is a core of active parishioners who serve on all the committees and attend all the events, which can lead to some people feeling like there’s an ‘in-crowd’ that is difficult to penetrate.... I do think we could be even more vibrant as a community if we involve those who are currently sitting on the sidelines.” “Another weakness is the relatively small percentage of parishioners who do the vast majority of the giving, both financial and otherwise.”

**Need for more Pro-Life Efforts.** “Need stronger,



A word cloud showing the weaknesses identified by parishioners.

positive pro-life outreach, such as support for women in crisis pregnancies and for poor parents with infants and young children.” “Our pro-life ministry needs to be more visible and advertised in the bulletin every Sunday, too.”

Some other areas identified included: a sense of there being a liberal bias; a desire for more programs for families with young children; requests for a ministry to divorced persons, ongoing bible study, more innovative outreach opportunities; concerns about the lack of parking and ongoing issues with the sound system.

### GENERAL COMMENTS

The general comments offered were very wide-ranging. One common theme was the pride parishioners take in belonging to St. James. The following are a few comments that capture the spirit of many others:

“Our commitment to serving as a herald for the best of what the Catholic church can look like, sound like, feel like, act like. Do we always hit the mark? No, but we are on the journey, and giving many many much hope.”

“I come away a better person every time I leave there, for either Mass, meeting, community service, or whatever.”

“I love St. James Cathedral. Every time I enter the Church, I feel that I am blessed, holy, and have peace.”

“I am an itinerant parishioner, but always return to St. James. It is home.”

We are grateful to all who completed the survey and took the time to offer their comments, suggestions, and criticisms. The results of the survey will be invaluable to the Pastoral Vision Council and Pastoral Team as we develop a new five-year plan for the parish. ♦

# Let there be light!

*The Cathedral's new exterior lighting was inaugurated on December 8*

*The following is a brief talk Father Ryan gave as the lights were turned on for the first time, Tuesday, December 8, the beginning of the Year of Mercy.*

It's almost exactly 108 years ago now since St. James first made its appearance on Seattle's skyline, and what an appearance it made! It had absolutely no competition in December of 1907. It was Seattle's skyline.

Today, the growth of the city has eclipsed us and made us all but disappear. Illuminating the Cathedral will help it regain a place on Seattle's skyline and that's a happy thing.

But this project was more than about just showing off a beautiful building. It's really a statement of faith. I want people to think of St. James Cathedral as a beacon of light in this community: a place where people come to pray, to celebrate, to weep, to rejoice, to serve. And I think a gloriously illuminated Cathedral will help to tell our story: tell people that this is a place of light, of welcome, of care, of hope, of joy. This is a place everyone can call home, poor and rich, old and young, believers, non-believers, and those struggling to believe: a beautiful place, a safe place, a gathering place. A home!

The choice of this particular evening to 'unveil' the newly-lighted Cathedral was no accident. As you know, this is the beginning of the Jubilee Year of Mercy. What better day, what better night, to tell the world that St. James Cathedral is a place of mercy, a place where what Pope Francis calls a "Revolution of

tenderness" is an ongoing, everyday thing.

Enough words. Well, almost. Let me introduce this new moment by hearkening back to the Book of Genesis, to the creation story, to that moment when the earth was "a formless wasteland and darkness covered the abyss;" to that awesome moment when God said, "Let there be light." LET THERE BE LIGHT! ♦

BEFORE



AFTER







Lighting Design by Linet Henry. Photos by M. Laughlin



# Taking Our Faith to the Streets

*A Photo Essay of our Corpus Christi Procession*



After a showery morning, the rain held off just long enough for the traditional Corpus Christi procession to take place on Sunday, May 29 following the 10:00am Mass. In this procession, we take our Catholic faith to the streets, honoring the real presence of Christ in the sacrament of his Body and Blood. The choirs help us pray our way through the neighborhood with song: "Jesus, here present, our living Savior, grant us your mercy, show us your favor!" Some of the children who made their first Holy Communion just a month ago scatter flower petals on the way. As Father Ryan said in his homily for this Sunday: "Our procession out on the streets is not just a colorful religious pageant, it is a statement -- a stirring statement to a hungry world that we who are nourished by the Body and Blood of Christ are willing to be for others their food and drink, their sustenance and nourishment for life's journey, the bread of their hope, the wine of their joy."







# Imprint of Mercy

*Art helps us reflect on the wounds of Christ*

Art has had a place in the Christian tradition from the earliest days. In Jesus, God became visible in human flesh—and so the Church has recognized that the beauty of this world can image forth the beauty of the world to come. The Church, in turn, has had an incalculable impact on the development of the arts. At times, the relationship between faith and the arts has been fraught with struggle. In the latter part of the twentieth century a new dialogue began to emerge. Pope John XXIII commissioned works from major contemporary artists like Giacomo Manzù; Pope Paul VI established a special gallery at the Vatican focused on contemporary art. In 1999, Pope John Paul II wrote a *Letter to Artists*, in which he called the Church to a “fruitful alliance” with artists in all media. “The Church needs art,” he wrote. “Art must make perceptible, and as far as possible attractive, the world of the spirit, of the invisible, of God.”

St. James Cathedral has taken these words to heart, striving to become a place where just such a “fruitful alliance” can take place. Over the years, many forms of art—not only architecture and music, but also poetry, drama, dance, and painting—have found a place at the Cathedral. Most recently, during Lent of the Year of Mercy, the Cathedral Chapel hosted “Wounds,” a series of paintings by Trung Pham. These richly colored and layered paintings offered a visual meditation on the wounds of Christ and the wounds of the human family—their pain as well as their beauty.

For Trung Pham, who is Assistant Professor at Seattle University and a Jesuit priest, there is no separation between the arts and faith. For him, sculpture and painting offer a way to reflect on spirituality and to explore the complexity of the human experience. Born in Vietnam, Pham immigrated to the United States with his family in 1990. He studied at the



Trung Pham, SJ

Pratt Institute in New York before receiving an advanced degree in Theological Aesthetics from the Jesuit School of Theology in Berkeley.

In *Wounds*, Pham says, his hope is “to depict beauty in vulnerability and brokenness.” The paintings show “the grotesque, deformed, contorted look of wounds,” and yet at the same time, “the beauty of their tenderness and fragility emerges.” In this way, the paintings help us reflect on the wounds of Christ: “by his wounds, we were healed” (Isaiah 53:5). This is so different, Pham says, from our usual understanding of human beauty—smooth skin, a perfect body shape. This different kind of beauty, which can be found in the disfigured face and the tortured body, is what truly shows “the love that goes to the very end.”

The paintings challenge the viewer, who cannot remain indifferent as we contemplate these wounds. They invite us to open ourselves to compassion and understanding—to recognize the transforming power of vulnerability and to become people of mercy, aware of the woundedness of others.

View more of Father Pham’s works at [www.trung-pham.com](http://www.trung-pham.com). ♦

Corinna Laughlin is Director of Liturgy at St. James Cathedral.



# Opening Our Doors in Mercy

*During the Year of Mercy, the Cathedral welcomes hundreds of pilgrims to enter through the Holy Doors*

**T**hroughout the cathedral, images of St. James depict our patron holding his traveler's staff, a reminder that he is the patron saint of pilgrims. How fitting it is that the cathedral named in his honor now welcomes pilgrims from all over the Archdiocese for the Extraordinary Jubilee of Mercy.

Making a pilgrimage is a common practice in any jubilee year; journeying to a holy place to have an encounter with holiness is a concrete reminder that we are all on a spiritual journey to God. During this Jubilee of Mercy, Pope Francis has designated Holy Doors of Mercy in every cathedral throughout the world, making opportunities for jubilee pilgrimages more accessible and readily available to more people—itsself an act of mercy.

In the six months since Archbishop Sartain opened the Doors of Mercy at St. James, the cathedral has welcomed well over seventy (!) groups of pilgrims. Countless others have made their own personal pilgrimages using the Way of Mercy pamphlets available in the vestibule. Over 10,000 pamphlets—in English, Spanish, Vietnamese, and Korean—have been used to date by individual pilgrims, and we are only halfway through the Jubilee Year!

As one of the guides for the pilgrimage tours, I have had the privilege of welcoming groups from parishes and schools who are journeying to their cathedral. I greet them on the front steps and share with them the story of salvation depicted on the two great bronze doors that they are about to enter. Together pilgrim groups pray the “Prayer of Pope Francis for the Jubilee of Mercy,” a beautiful way to show unity with all jubilee pilgrims throughout the Church. At the end of the prayer, the two great doors are opened wide. The pilgrims cross the threshold and gather around the baptismal font, where we close the ritual with a prayer that reminds us to “truly live the

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**Julianna Castro** is a volunteer docent who has led many pilgrimage groups through the Cathedral during this Year of Mercy.



A large group from St. Louise Parish in Bellevue prepares to pass through the Holy Doors.

baptism we have received, and, opening wide the doors of our hearts, give witness to God's mercy in all the actions and attitudes of our lives.”

I myself have been a part of the St. James community for only two years, but it feels like home to me, and I love being able to share the stories and beautiful treasures of this holy place with others. Visitors are especially excited to learn that our own special saint of mercy, Mother Frances Cabrini, once knelt in these very pews to worship, and they are amazed by the story of the collapse of the dome 100 years ago—a story of mercy in its own way since no one was in the church at the time! Pilgrims find the east apse windows stunning depictions of the corporal works of mercy, and the warm, inviting shrine to the Mother of Mercy is a favorite stop on the tour. Receiving pilgrims who are so excited to experience their cathedral, many for the first time, is a humbling opportunity to extend the merciful act of hospitality.

We at St. James are blessed to have the Holy Doors opened for us before and after every weekend mass. If we pause before entering the doors to contemplate God's mercy—to open our hearts to receiving it and sharing it with others—we too can enter into the attitude of a jubilee pilgrim, even here in our own home. ♦

# The Works of Mercy

*Parishioner Lisa Casterella explores how the corporal works of mercy are being lived out at St. James Cathedral*

**S**tarting back in February, I began writing a series of bulletin articles on the Corporal Works of Mercy as practiced by the various ministries at St. James Cathedral. As a refresher, the Corporal Works are the following:

- To Feed the Hungry
- To Give Drink to the Thirsty
- To Harbor the Harborless
- To Clothe the Naked
- To Visit the Sick
- To Ransom the Captive
- To Bury the Dead.

As the “in-house reporter”

for St. James, I interviewed clergy, employees, volunteers, and clients. From the basement and upper rooms of the Pastoral Outreach Center, to the offices of Cathedral Place, to the Rectory, Cathedral Kitchen and beyond, I met with students, doctors, healthcare workers, retired folks, moms, dads, and others. Through it all, there seemed to be one thread that linked each ministry together: enthusiasm (perhaps even love) for the work being done.

This enthusiasm was clear to me while I stood in the food prep area of Cathedral Kitchen. I watched two retired men slicing chocolate cake, and grinning as they joked with each other. Later in the week, I chatted with Seattle University students. I saw young, fresh faces smiling as they prepared food, served guests, and diligently cleaned tables, chairs and countertops after the evening meal.

Equally encouraging were the guests of Cathedral Kitchen. Many guests have friends with whom they share a meal, often saving spots at their table for their fellow diners. Whether talkative or silent, each guest appeared to truly savor this respite from the stresses of life on the street and/or other challenges that have brought them to this place. In the background, the piano played. A high school student entertained with ragtime music while another pianist went on to play jazz riffs.

**Lisa Casterella** is a freelance writer and a parishioner at St. James.



A passion for all of these ministries was ever-present. Whether talking to Joe Cotton about his work with Restorative Justice or Christine Henderson about St. Vincent de Paul and “meeting people where they live,” the power of their work appears to be contagious. I have been told that the response to each article has been positive, with more St. James parishioners being brought into the fold of these ministries. There are new and returning volunteers, wanting to share their many talents: whether building the best sandwiches for St. Martin de Porres Shelter, helping an immigrant learn English, or praying with an elderly person unable to attend Mass.

In a quiet, softly lit office away from the busyness of other ministries, I met with Suzanne Lee, Director of the Funeral Ministry. Her steady competency and kindness made me more at ease for those in need of comfort after the loss of a loved one “at a time when feelings are raw.” Even her office, with its Tiffany style lamp, book shelves, and plants looking out on the trees that line the streets of St. James, relieved my anxiety.

As I think back on all of the people I’ve met and new friends I’ve made, I remember a little saying that my dad kept on a yellow Post-It note above the phone of our family home. It read “Life is an ocean and love is a boat. In times of trouble, it keeps us afloat.” With the spirit of, “I am in your midst as one who serves,” we can all be that boat for someone. ♦



# A Ministry of Presence

*During the Year of Mercy, a ministry of presence welcomes visitors to the Cathedral throughout the day*

**I**t was a Ministry of Presence, but I wasn't.

Pope Francis I had proclaimed 2016 the Year of Mercy in the Catholic Church, and our church in Seattle (St. James Cathedral) responded by setting up a daily Welcome Table to greet those who might come through our doors. This was considered a Ministry of Presence, a way to embrace our neighbors and visitors, and I had volunteered once a month for a four-hour shift.

But 30 minutes into my first Welcome, I was feeling unwelcoming. Bored, to be exact. People weren't coming by my table, it was too too quiet--I just wasn't being entertained. Three and a half more hours of this? And as often happens when I'm uncomfortable in church, I started shoulding on myself, starting with the requisite "Should I be praying?" Or in this instance "Should I be leaving?"

But then I began to look up. I noticed light nudging its way through the stained glass windows. A slight wind motioned the murals. Candle flames bounced and bobbed. And even what wasn't moving was moving: statues and shrines with winsome expressions and peaceful demeanors. I became intrigued with tabernacles and altarpieces, organs and pipes, and, of course The Chairs (Presider's Chair, Seat of the Archbishop--St. James Cathedral is Chair Heaven).

Soon my other senses were engaged. The sweet spiritual smell of incense wafted alongside the altar flower fragrances. I listened to the wind on the windows, the opening of doors, the lowering of kneelers; even the intermittent silences seem to speak with subtle cadences. And all in all I was.....touched.

And surprised. Once my God Goggles were on, I saw the place as it really was, teeming with activity and spirituality. Not to mention people. All sorts of people. Out of town visitors and in town re-visitors. Dressed



Volunteer Kathy Lewis welcomes visitors and regulars to the Cathedral on a quiet afternoon in June. "I really enjoy being there," Kathy says.

up and dressed down--people from work and people from off the street. Elders moving slowly--kids too fast. Bowing, standing, kneeling, pointing. Smiling, frowning and expressionless. Woman kneeling at the base of the cross, touching the feet of Christ. Men doing the same.

Why are they here? Worship. Looking at the architecture. Getting out of the elements. Needing to cry and confess. Seeking something. People wanting to feel community while being alone. Maybe God will be home today, and they don't want to miss out.

They are coming to church. And what is a church? More than a building of course, but at least that. Over the centuries many have decried the amounts invested in church buildings, thinking the money was better spent doled to the congregants. But it was rarely the congregants complaining; they knew through experience their church was a dynamic, energizing place and by investing in a church, they were investing in themselves.

I was doing the same by coming to the Cathedral for my once a month shift. Yes, I stayed that day and have continued, sometimes bored but often enthralled by all that's going on. My God Goggles have stayed on, as has my belief that although God is indeed everywhere, He is somehow especially here. ♦

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**Rick Grant** is a psychotherapist and freelance writer. He's also a volunteer at the Cathedral's welcome desk. If you would like to be a part of the welcoming ministry, one day a month, Monday-Friday, 12:30pm-4:30pm, e-mail [mclaughlin@stjames-cathedral.org](mailto:mclaughlin@stjames-cathedral.org) or call 206-382-4284.

# Telling Our Stories

*A new oral history projects chronicles the lives of our senior parishioners*

If you get a letter from Father Ryan, inviting you to participate in the parish oral history project, please say yes!

St. James Cathedral has launched an oral history project that is attempting to capture your life stories, starting with our senior parishioners ages 80 and above. We are asking you to spend an hour of your time talking about your life in whatever way you wish.

We need your stories. Until the mid-20th century, historians mainly wrote and taught about great men—kings, emperors, generals, and princes of the church. They focused on wars fought and institutions built. But after World War II, the Annales group of French historians focused on social history, knowing that while the great leaders got things done, it was only through the efforts of the common people, working men and women, that buildings got built, the wars were fought, victories won, and changes made.

We can apply the same thinking to parishes that succeed and fail. Wonderful things can happen when you have inspirational, effective pastors, but they only happen when other clergy, religious, and lay parishioners do the work that must be done. St. James is a wonderful place because so many of you support the parish and use your time and talents so well while serving in so many of its ministries.

## **What does this oral history project involve?**

Subjects are interviewed for about an hour, and during that time asked about their lives, their early years, education, family, work life, and involvement in church and community organizations and initiatives. Their stories are digitally recorded, and then transcribed into print documents. When that is done, the interviewees, interviewer and the transcribers will review the tapes and documents for accuracy, and at that time, interviewees can redact statements they don't want published. At that time, all participants will formally deed the interviews to St. James Cathedral parish.

**Why deed the interviews?** This ensures that the cathedral can later share these documents with research universities and provide access to scholars who are studying American Catholics, pastoral



Maureen Nutting sits down to interview Sister Claudette Conrad at the Cathedral Rectory as part of a new oral history project.

initiatives, and even local northwest history. Brief summaries of each interview will also be produced. The collection will be archived at St. James and shared with the archives at Catholic University of America and perhaps other research institutions.

**Why all this fuss?** Professional historians in the Oral History Association have developed very specific guidelines to protect those interviewed and their intellectual property rights. These differ from the guidelines for the ethical treatment of human subjects that apply to researchers in the sciences and social sciences. At St. James, we are “going by the book,” to ensure that our interviewees’ privacy and intellectual property rights are protected and that the valuable materials for those studying our parish can be used.

**Who is doing this?** I am! It's a very good fit for my interests and skill sets. As an emerita professor of history from North Seattle College, who holds a PhD in History from the University of Notre Dame and a BA in History from Fordham, I have been working on Catholic history for over four decades. I wrote a history of the Catholic Art Association in the 1970s under Philip Gleason, a project that launched my interviews with Catholic luminaries, including Dorothy Day, and others. As a professor in research universities, and two and four-year colleges I trained students in oral history basics. Let's say that I am “at home” in oral history, just as I am “at home” at St. James. ♦

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**Maureen Nutting** is an historian and a longtime parishioner at St. James Cathedral.



# The Answer Was ‘Yes’

## *Mental Health and Wellness Ministry*

Sometimes it seems to me that parenting adult children is the hardest of all phases of parenthood. A child's pain that could once be kissed away or bandaged up is more complicated now, and even more so when the young adult is mentally ill. When my grown son finds himself in a tangle of false memories, delusions, and fear, my helplessness feels overwhelming. Why can't my enormous love heal him, calm him, as it did when he was a child? In desperate search of help for Chris, my husband and I often spend hours on the phone, trying to find counseling, addiction treatment, answers to insurance issues and medication questions. Most inquiries end in frustration and closed doors, dead ends. If the current crisis is desperate enough to land my son in the hospital, I might spend the night with him in an emergency room corridor because there are no available beds.

It was in the midst of such a frustrating pursuit a few years ago that I turned to St. James' Mental Health and Wellness Ministry. When I contacted Nancy Granger, psychiatric RN and director of this ministry, asking for help, the answer was YES—not no, your insurance won't cover the help you need; not no, we don't have space for you; not no, we don't treat this kind of problem here. Not no, but YES, please come in. Welcome. How can we help?

Nancy's compassion and respect for both my son and me is a rare oasis in the labyrinth of systems we navigate, a place where no question is ridiculous, no story too bizarre, no need unreasonable. It is one of the few places that has not dismissed us, and for my son especially, who feels rejected almost everywhere, this hospitality feels like a sacred blessing. No medications or capable psychiatrists are as healing as the ministry of presence can be. Nothing will cure my son; but ongoing recovery is possible. Because of my experience with this Mental Health and Wellness Ministry, I know that his healing has to take place in a supportive, safe



Christ Carries His Cross. Stained-glass window by Hans Gottfried von Stockhausen, 1994.

setting where his dignity is acknowledged and cherished.

When the “system” wears me down, it's encouraging to know that this ministry exists at St. James, to listen, accept, advise, guide, and support in a variety of ways. The ministry of presence takes form in referrals for food, shelter, clothing, and financial assistance for people in need; in outreach to senior residents in low-income housing; in training and support for both those experiencing mental illness and their caregivers; in home and hospital visits to those in need of comfort and companionship; in support groups for grief and loss and for Alzheimer's caregivers. Dedicated volunteers serve as prayer partners, companions at the Cathedral Kitchen and at Mass, and hosts at the Sunday Resource Center Open House.

In this Year of Mercy, I can think of no better answer than the St. James Mental Health and Wellness Ministry to Pope Francis' reminder: “Our faith in Christ, who became poor, and was always close to the poor and the outcast, is the basis for our concern for the integral development of society's most neglected members” (*The Church of Mercy*). ♦

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**Debby Walsh** is a Cathedral parishioner. For more information on the Mental Health and Wellness Ministry, feel free to contact Nancy Granger, Parish Mental Health Nurse, at 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

# Camino Seattle

*On pilgrimage in the weeks leading up to the Feast of St. James*

**C**amino Seattle is a four-week walking/hiking and prayer event for St. James Cathedral Parish, beginning June 26, 2016 and concluding July 24, 2016, the Feast of St. James. Not all of us can make the pilgrimage to Spain to visit the tomb of our patron, James, but in the weeks leading up to his feast, we can walk and pray in communion with those who are.

## **Set your walking/hiking goal**

Pilgrims to Santiago de Compostela come by many routes and from many different places. For Camino Seattle, we each determine our own mileage goal, based on our time and physical ability. The main point is to set a goal to challenge yourself a bit during these four weeks. We suggest a goal of 60 miles or more—the minimum to receive a *compostela* in Spain.

**Set your prayer goal** Because the Camino to Santiago de Compostela in Spain is both a physical and a spiritual journey, you're also encouraged to set a prayer goal. During this Year of Mercy, your goal might be the gift of prayer for those in need, or performing a work of mercy during the week.

**Community walks and events** The Camino de Santiago is a community event: a place where people get to know each other, make new friends. Each week during the Camino, there will be hosted walks across the city. These are fun ways to get in a mile or two and meet new people in a friendly and relaxed atmosphere. Keep an eye on the weekly bulletin for a schedule of these fun special summer events.

**Collecting your stamps** Getting a stamp at each stage of the journey is an important part of the journey for pilgrims to Santiago de Compostela. Cathedral pilgrims also receive a passport, and can collect their prayer and walking stamps each week at coffee hour, or at the parish office during the week. In addition, you can get a bonus "community" stamp each week by participating in a hosted walk or other group event.



Above: The Cathedral of St. James in Santiago de Compostela, Spain. Below: A Camino Seattle pilgrim admires the Seattle skyline on a beautiful Saturday morning walk last summer.

**Conclusion** Camino Seattle will conclude on the Feast of St. James, July 24, 2016, with our Parish Picnic and celebration on Terry Avenue.

**Find out more** Visit [www.stjames-cathedral.org/camino](http://www.stjames-cathedral.org/camino) to find out more about special Camino events, to sign up for hosted walks, and to learn more about St. James and the Camino! ♦



# The Pew Next to You

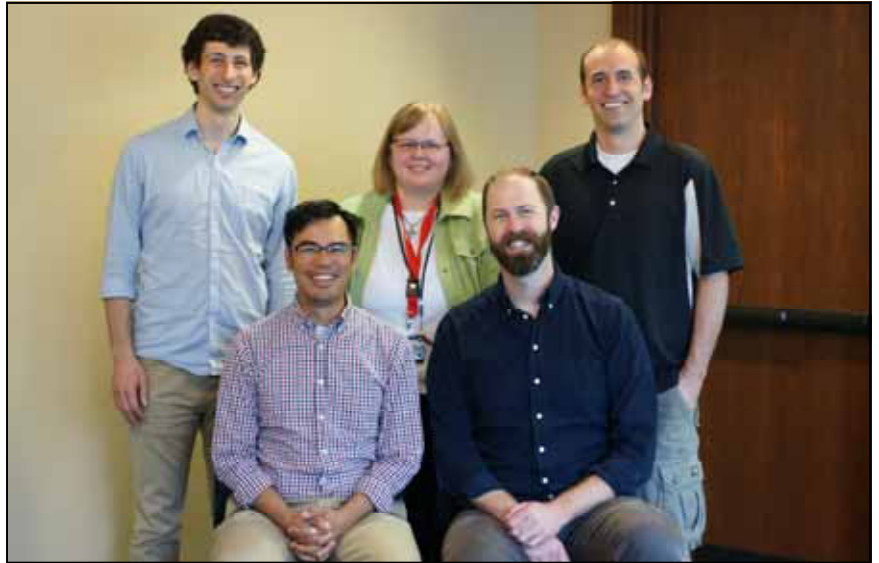
*Welcoming new staff, bidding farewell to others!*

**D**uring her 16 years with us, PATTY BOWMAN has put Catholic social teaching at the very heart of our mission here at St. James Cathedral. With more volunteers than I could ever count, she has worked to build up our many outreach ministries to the poor and needy while at the same time building programs and committees to advocate on behalf of the poor and to work for a more just social order. Patty took what I can only call a fledgling effort in the areas of social outreach and advocacy and created something we can all be proud of and something that Seattle's church and civic community are well aware of. Patty has decided that it is time for her to take a break (a well-deserved one!) before deciding what's next for her.

As Patty prepares to leave, I feel very blessed indeed to welcome to the Cathedral pastoral team, PATRICK BARREDO, who has served in a similar position for nearly 15 years at Holy Rosary Parish in West Seattle. Patrick is married to Christina and is the proud father of Joseph, Alex, and Ella. Patrick did both his undergraduate and graduate studies at Notre Dame University which, I'm sure you will agree, gives him an impeccable Catholic pedigree! He has deep, strong and proven commitments to serving the poor and to advocating on their behalf.

JOE COTTON, our youth minister for the past three years will be taking a new position at the archdiocese that will involve him in oversight of criminal justice ministry, immigration ministry, and juvenile detention ministry. As he prepares to take leave of us, I want to take this opportunity to thank Joe for the work he has done in building an outstanding youth ministry program from the ground up. Joe is not only a piper, he is a deeply committed minister of the gospel who has inspired our young people by his spark and spirit and made them excited about their faith.

TOM FRASENE, who joined the staff two years ago, has very effectively coordinated an army of volunteers in a number of our social outreach ministries. In



Back row—Tom Frasene, Patty Bowman, and Joe Cotton are all moving on.  
Front row—we welcome Patrick Barredo and Curtis Leighton!

addition, he has headed up and expanded our parish's wonderful young adult ministry as well as the Sunday hospitality ministry. In each of these areas Tom has made his mark, and for this I want to express my deepest thanks. Tom has been accepted in the School of Social Work at the University of Washington and I know you will join me in wishing him well as he takes this next important step in his career. Knowing Tom, that career will always involve serving the poor and advocating on their behalf.

Stepping into Joe's and Tom's shoes is our own parishioner, CURTIS LEIGHTON, who has been teaching theology at Bishop Blanchet High School this past year. Curtis is a 2001 graduate of our own RCIA program. After attending the University of Notre Dame, Curtis taught for two years with the Teach for America program. Then he joined the Society of Jesus. A lover of languages and cultures, Curtis was able to minister in places such as Colombia, China, and Lebanon. Recently, Curtis decided to leave the Jesuits and return home to Seattle to begin teaching at Blanchet. I am confident that he will bring wonderful leadership to two different Cathedral ministries: the youth ministry and the ministry to young adults. He is excited to be joining us and I know he will inspire excitement among our teenagers and young adults. ♦

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Father Michael G. Ryan has been pastor of St. James Cathedral since 1988.

# Cathedral Almanac

*Snapshots of life at St. James Cathedral, December 2015-May 2016*

## December

**5.** The annual celebration of **Madre de las Americas** brought hundreds to the Cathedral to celebrate Our Lady of Guadalupe, Mother of the Americas.

**6.** At the Noon Mass, the children joined a special procession in honor of **St. Nicholas**. In the evening, Cathedral Resident Ensemble Opus 7 presented Britten's magical St. Nicolas.

**8.** On this Solemnity of the **Immaculate Conception**, we marked the 50th Anniversary of the conclusion of the Second Vatican Council and the beginning of the Jubilee **Year of Mercy**. We also inaugurated the Cathedral's new exterior lighting.

**12.** Archbishop Sartain presided at the colorful **Simbang Gabi** Mass, a traditional Filipino Advent celebration.

**13.** Archbishop Sartain solemnly opened the **Jubilee Doors of Mercy** at St. James Cathedral, through which thousands of pilgrims will pass during this Jubilee Year of Mercy.

**13.** Our annual service of **Advent Readings and Carols** was the perfect way to prepare for Christmas.

**19.** Our annual **Children's Christmas Party** gathered dozens of our Cathedral families for a fun celebration with song, food, surprises, a living Nativity, and piñatas!

**24-25.** More than 6,500 people celebrated the **Nativity of the Lord** at St. James Cathedral.

**28.** Members of the local **Pax Christi** group committed themselves to peace and non-violence at the 5:30pm Mass.



**From top to bottom:** Opening of the Doors of Mercy, December 13; Advent Readings and Carols, December 13; Children's Christmas Party, December 19; Dome's Day Celebration, February 2.

## January

**3.** The **Epiphany of the Lord** brought the Kings to the Christmas Crib. They left a gift of candy for the children at the Noon Mass!

**17.** We celebrated **Santo Niño**—the Holy Child Jesus at the Noon Mass. Many brought their own beloved images of the child Jesus from home for the blessing.

## February

**2. Dome's Day.** We marked the 100th anniversary of the Collapse of the Cathedral's great Dome with a special evening event of music, history, dramatic narrations, and—snow! It was a wonderful opportunity to celebrate the survival of our beloved Cathedral and to give thanks for all those who built—and rebuilt—this house of prayer.

**10. Ash Wednesday.** This Lent, small groups gathered at the Cathedral and in homes around the Seattle area to read and reflect on Henri Nouwen's modern classic, *The Return of the Prodigal Son*.

**11.** At the **Rite of Election**, those preparing for baptism, confirmation, and Eucharist at the Easter Vigil signed their names in the Book of the Elect.

## March

**5.** In union with the Church throughout the world, we observed a **Day of Mercy**, with priest confessors in the Cathedral from 9:00am to 5:00pm. Hundreds came to celebrate the Sacrament of God's Mercy in this Year of Mercy.

**6.** At the conclusion of the Noon Mass, Father Ryan, Archbishop Sartain, and



cathedral children prayed the Way of Mercy in the Cathedral.

**12.** Archbishop Sartain celebrated **Jubilee for Special Needs**, gathering people from across the Archdiocese with physical and developmental disabilities for a joy-filled Mass.

**13.** Our Elect, those preparing for baptism at the Easter Vigil, celebrated the last of the three **Scrutiny** rites.

**17.** Archbishop Sartain presided at the solemn **Chrism Mass**.

**20.** Holy Week began with the magnificent procession of palms on **Palm Sunday**.

**25.** It was a privilege to welcome Father **Thomas Rosica, CSB**, who preached on the Seven Last Words at the traditional Tre Ore service on Good Friday.

**26.** We celebrated the Great **Easter Vigil**, the high point of the liturgical year.

**27.** It was a beautiful **Easter** morning at St. James Cathedral. Father Ryan said: "We need to wake up to the fact that if Christ is risen, then no manner of tragedy, no death toll no matter how devastating, no personal loss, personal limitation, personal failure or defeat can alter the fact that we are loved beyond all measure by a merciful God and that, because of this, life will ultimately triumph."

## April

**3.** On this **Divine Mercy Sunday**, infants were baptized at the 10 o'clock Mass.

**4.** Corinna Laughlin and Scott Webster led a three-week series entitled **The Quality of Mercy**, exploring Shakespeare's *Merchant of Venice*.

**10.** In his homily today, Father Ryan reflected on the publication of Pope Francis' Apostolic Exhortation on the Family, *Amoris Laetitia*: "a big plus is the greater role it



**From top to bottom:** A Lenten small group meets in the home of Debby Walsh and Dick Hopp (photo by Pio Park), Lent; Chrism Mass, March 17; baptism at the Easter Vigil, March 26; Confirmations, May 5; First Holy Communions, May 1.

gives for pastors and bishops to walk with people as they form their consciences in company with a Church whose teachings can never be just words on a page but which always gain their deepest meaning in the lives and struggles of real people."

**30.** We hosted the last night of our **Winter Shelter**. Between October and April, eighty-two volunteers provided 1,508 bed-nights for guests from St. Martin de Porres Shelter. Thanks to the heroic efforts of volunteers who stepped in to fill shifts at the last minute, not a single night was canceled.

## May

**1.** At the Noon Mass, forty-three beautiful children celebrated their **First Holy Communion**.

**5.** Archbishop Sartain presided at Mass with the **O'Dea High School** community on the feast of Blessed Edmund Ignatius Rice.

**5.** We celebrated the **Sacrament of Confirmation** with Archbishop Sartain and a wonderful group of young people and adults who have been preparing for this sacrament.

**12.** The Cathedral Choir of St. James, under the direction of Dr. Paul Thornock, presented a special "thank you" concert for their donors, the **Friends of Cathedral Music**.

**15. Pentecost.** At the beginning of the Noon Mass, children joined in the entrance procession holding flames, symbols of the Holy Spirit.

**22.** At the **Environmental Fair**, people had the opportunity to explore opportunities to answer Pope Francis' call in *Laudato Si* to care for our common home, the earth.

**29.** On **Corpus Christi Sunday**, we concluded the 10:00am Mass with the traditional procession with the Blessed Sacrament, ending with Benediction of the Blessed Sacrament on Terry Avenue (see album on pages 16-17). ♦

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ST. JAMES CATHEDRAL, PAGLIACCI PIZZA, & A FRIEND OF THE CATHEDRAL KITCHEN  
PRESENT THE 20TH ANNUAL

**Archbishop Raymond G. Hunthausen**

## ***Charity Golf Tournament***

*benefiting the Cathedral Kitchen and other outreach ministries*

**Monday, August 29, 2016**

**Glendale Country Club  
Bellevue, Washington**

### INFORMATION

**[www.stjames-cathedral.org/golf](http://www.stjames-cathedral.org/golf)**

**Maria Laughlin, 206-382-4284 or [mLaughlin@stjames-cathedral.org](mailto:mLaughlin@stjames-cathedral.org)**