



ST. JAMES CATHEDRAL
The Twenty-Seventh Sunday in Ordinary Time
October 2, 2022

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Dear Friends,

It's October and my vacation time. I've been looking forward to my time away but from past experience, I know that nothing I see or do will allow me to forget you – or to forget to pray for you!

Summer was good (and hot), and it was far from quiet. We celebrated a good number of weddings and an almost equal number of funerals. You have been able to see their names posted from time to time in the Sacred Steps box in this bulletin. I do hope that whenever you see those names – even if you don't know the people – you take a moment to hold them in prayer. Doing so is one of the things that strengthens our bonds as a community of faith.

And speaking of wedding and funerals, during late spring you may remember that we advertised for a parish wedding and funeral minister. I am happy to tell you that God more than answered our prayer in sending us Yanti Kapoyos. She and her husband have been active parishioners here for some time now. Yanti left a job in the higher reaches of (you guessed it!) Amazon to join our Cathedral team. She was right at home from the day she started, and she brings wonderful energy – and faith and fun and passion – to everything she does. We are very blessed to have her. Please join me in welcoming Yanti.

Meanwhile, we've had quite a bit of turnover in our facilities staff. With Brian Jones, Frank Wang, and most recently, Abeba Ghezai, joining Tang Nguyen and Alan Frasher on our maintenance team, the Cathedral campus has never looked better. Welcome, Brian, Frank, and Abeba!

Mass attendance is up, I'm happy to say. More and more of you are taking your leave of the livestream liturgies that were such a godsend during the worst of the pandemic, and are once again joining the community in person. I can't tell you what a joy it is to see you. And for those of you who are confined to home or immunocompromised, I am happy that you can still be with us through the miracle of technology.

The Cathedral music program – both adult and youth – is well under sail now, and so is children's faith formation. I had the opportunity to pay a visit to the kids' classrooms on the first Sunday they returned and I can't tell you what a joy it was to see those young, eager, and happy faces! The RCIA (Rite of Christian Initiation of Adults) is back in full swing, too. The process runs year-round, of course, but the team did take a short, well-deserved August breather. If you're

interested in learning more about the Church or think that God may be calling you in this direction – or if you know someone who has an interest – be sure to give John Marquez a call. His number is always in the bulletin masthead and he will receive you warmly.

And our Outreach ministries continue as well. The Housing Advocacy Committee hosted a meaningful conversation around homelessness in our city; the St. Vincent de Paul Society offered a Zoom open house for new volunteers (they are still looking, by the way!), and our Cathedral Kitchen is thriving. Speaking of the Kitchen, I don't want to neglect this opportunity to thank all those who participated in our Golf Tournament, Auction, and Dinner this year, which raised an amazing \$170,000 to support the good work of the Kitchen. A special thanks to Pagliacci Pizza and co-chairs Matt Galvin and his dad, Mike Galvin, whose sponsorship and support make all the difference.

One last note: If you're wanting to put your faith into action, but aren't sure how, I'd encourage you to consider participating in the Life, Peace, and Justice retreat on October 15 (see the bulletin for details). It promises to be a rich and meaningful day of reflection with some really wonderful presenters.

Have a wonderful October. I look forward to being with you when I return!


Father Michael G. Ryan

ORDER OF CELEBRATION FOR

Twenty-Seventh Sunday in Ordinary Time

PRELUDE

Variations on a theme of William Billings: 'Creation'

Robert J. Powell (b. 1932)

Prelude and Fugue in D Minor, BWV 539

Johann Sebastian Bach (1685–1750)

ENTRANCE

I sing the mighty power of God

FOREST GREEN



1. I sing the might - y pow'r of God That made the moun-tains
2. I sing the good-ness of the Lord That filled the earth with
3. There's not a plant or flower be - low But makes your glo - ries



rise, That spread the flow - ing seas a - broad, And built the loft - y
food; That formed cre - a - tion with a word, And then pro-nounced it
known; And clouds a - rise, and tem - pests blow, By or - der from your



skies. I sing the wis - dom that or - dained The sun to rule the
good. Lord, how your won - ders are dis - played Wher - e'er I turn my
throne; While all that bor - rows life from you Is ev - er in your



day; The moon shines full at God's com-mand And all the stars o - bey.
eye; If I sur - vey the ground I tread, Or gaze up - on the sky!
care, And ev - 'ry - where that I may be, O God, be pres-ent there.

PENITENTIAL ACT

St. James Mass for Peace

Bern H. Herbolsheimer (1948–2016)



1. & 3. Ky - - - ri - e e - le - i - son.



2. Chri - ste e - le - - - i - son.

GLORIA

New Mass for Congregations
Carroll Thomas Andrews (1919–2014)



Glo - ry to God in the high - est, and on earth peace to peo - ple of good will. We
 praise you, we bless you, we a - dore you, we glo - ri - fy you, we give you thanks for
 your great glo - ry, Lord God, heav'n - ly King, O God, al - mighty Fa - ther.

Cantor or Choir:

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.



For you a - lone are the Ho - ly One, you a - lone are the Lord,
 you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,
 in the glo - ry of God the Fa - ther. A - - - - - men.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Habakkuk 1:2-3, 2:2-4

RESPONSORIAL PSALM

Psalm 95
Richard Proulx (1937–2010)



If to - day you hear God's voice, O har - den not your hearts.

Come, ring out our joy to the LORD; hail the rock who saves us.
 Let us come before God, giving thanks, with songs let us hail the LORD.
 Come in; let us bow and bend low; let us kneel before the God who made us
 for this is our God and we, the people who belong to the pasture,
 the flock that is led by God's hand.
 O that today you would listen to God's voice! "Harden not your hearts, as at Meribah,
 as on that day at Massah in the desert when your forebears put me to the test;
 when they tried me, though they saw my work."

SECOND READING

2 Timothy 1:6-8, 13-14

ALLELUIA

St. James Mass for Peace
Bern H. Herbolsheimer



GOSPEL

Luke 17:5-10

HOMILY

Father Michael B. Raschko (Saturday 5:30pm, Sunday 8:00 & 10:00)
Father Alex Pablo (Sunday Noon)
Father William Heric (Sunday evening)

DISMISSAL OF THE CATECHUMENS (10:00am)

I sought the Lord
J. Harold Moyer (1927–2012)

CREED

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

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

All BOW

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

All STAND UPRIGHT

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

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

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

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

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

PRAYER OF THE FAITHFUL

Jacques Berthier (1923–1994)



**All are invited to join in the procession to the altar with any offering you wish to make.
Please follow the direction of the ushers. Thank you for your generosity.**

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Beati quorum via
Charles Villiers Stanford (1852–1924)

Blessed are those whose path is with integrity,
who walk in the law of the LORD.

Psalm 119:1

(Noon)

For the beauty of the earth
John Rutter (b. 1945)

(Sunday evening)

Ad hoc templum
Josef Gabriel Rheinberger (1839–1901)

SANCTUS

St. James Mass for Peace
Bern H. Herbolsheimer

Ho - ly, ho - ly, ho - ly Lord, God of hosts.
Heav'n and earth are full of your glo - ry. Ho - san - na in the high-est.
Bles - sed is he who comes in the name of the Lord. Ho -
san - na in the high-est, ho - san - na in the high-est.

MEMORIAL ACCLAMATION

Bern H. Herbolsheimer

Save us, Sav - ior of the world, for by your
Cross and Re - sur - rec - tion you have set us free.

AMEN

Bern H. Herbolsheimer

A - men, A - men, A - men, A - - - men.

LORD'S PRAYER No. 246

AGNUS DEI

Bern H. Herbolsheimer

Response 1, 2

Have mer - cy on us.

Response 3

Grant us peace.

COMMUNION

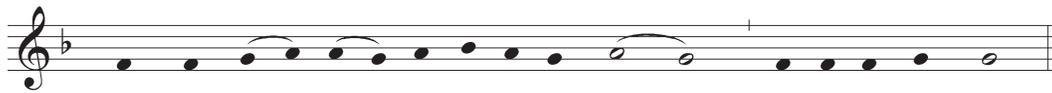
In salutari tuo

My soul aspires after your salvation; I hope in your word;
when will you judge those who persecute me?
The wicked are persecuting me; come to my assistance, O Lord my God.

Mode I

COMMUNION PROCESSION

Ubi caritas et amor
chant



Where true love and char-i-ty are found, God is al-ways there.

COMMUNION MOTET (10:00)

Hear my prayer

Stephanie Martin (b. 1957)

(Noon)

A prayer of St. Richard of Chichester

Leonard J. White (1831-1913)

(Sunday evening)

Magnificat in C Minor

William Dyson (1883-1964)

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

Thy strong word did cleave the darkness

EBENEZER



1. Thy strong word did cleave the dark-ness; At thy speak-ing it was done;
2. God the Fa-ther, Light-Cre-a-tor, To thee laud and hon-or be;



For cre-at-ed light we thank thee, While thine or-dered sea-sons run:
To thee, Light of light be-got-ten, Praise be sung e-ter-nal-ly;



Al-le-lu-ia! Al-le-lu-ia! Praise to thee who light dost send!
Ho-ly Spir-it, Light-Re-veal-er, Glo-ry, glo-ry be to thee;



Al-le-lu-ia! Al-le-lu-ia! Al-le-lu-ia with-out end!
Mor-tals, an-gels, now and ev-er Praise the Ho-ly Trin-i-ty!

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

PROCESSION

“Sun Dance” from *Organ Dances* for Organ and Orchestra

Bob Chilcott (b. 1955)

Praeludium and Fugue in D Major, BWV 532

Johann Sebastian Bach

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR

Reverend Alex Pablo

IN RESIDENCE

Reverend David A. Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

John Simpson, Director of Faith Formation (206-654-4658)

John Marquez, RCIA (206-654-4640)

Open Position, Children's Faith Formation (206-274-3108)

Open Position, Youth Minister, youth@stjames-cathedral.org

Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)

Julie Sharples, Peter Burns, Wendell Dyck, sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Christopher Stroh, Assistant Director of Music & Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),

Maria Tally (Assistant Director) (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

Erica de Klerk, Refugee Welcome Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome and Volunteer Coordinator (206-654-4650)

PARISH OFFICE

Yanti Kapoyos, Weddings and Funerals (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

Mary MacLean, Bookkeeper (206-382-4564)

Maggie Corrigan, Office Manager (206-622-3559)

FACILITIES and GROUNDS

Tang Nguyen, Facilities Supervisor (206-264-2087)

Alan Frasher, Brian Jones, Frank Wang, Abeba Ghezai, facilities

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8:00am - 10:00am - 12 Noon - 5:30pm

Weekdays 8:00am (M, T, W, Th, F, S) & 12:10pm (M,W,F)

Saturdays 8:00am & "Vigil" 5:30pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

CONFESSIONS/SACRAMENT OF RECONCILIATION

Saturdays, 8:30am-9:30am (following 8:00am Mass) and by appointment

BAPTISM

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

MARRIAGE

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

ANOINTING of the SICK

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

FUNERALS

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

CATHEDRAL COLUMBARIUM

Maria Laughlin, 206-382-4284

PARISH OFFICE HOURS:

Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: www.stjames-cathedral.org

WELCOME, VISITORS! *If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese.*

The 27th Sunday in Ordinary Time October 2, 2022

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

ON THE COVER *The word of the Lord remains forever.* Detail of pillar capital, St. James Cathedral.

FLOWERS AT THE ALTAR are offered by a parishioner in loving memory of her husband, and in celebration of the Feast of St. Therese of the Child Jesus.

HOSPITALITY AFTER SUNDAY 10:00AM MASS Please come to Cathedral Hall for burritos, fresh fruit, and the chance to visit with fellow parishioners.

EXPOSITION OF THE BLESSED SACRAMENT Every Friday morning, following the 8:00am Mass, we have Exposition of the Blessed Sacrament, continuing until 9:30am. All are invited to join in the Mass and in this time of prayer in the presence of Christ in the Blessed Sacrament.

EVENING PRAYER WITH MUSIC FROM TAIZÉ Friday, October 7 at 6:30pm. All are welcome to this celebration of evening prayer with candlelight and the haunting music of the ecumenical community of Taizé, France.

OCTOBER IS RESPECT LIFE MONTH: HOW TO BUILD A CULTURE OF LIFE Watching the news and reading the headlines, we may feel helpless seeing the heartbreaking lack of respect for human life. How do we respond? Changing the culture is a process of conversion that begins in our own hearts. When we encounter Christ, experience His love, and deepen our relationship with Him, we become more aware of our own immeasurable worth and that of others. His unchanging love is the source of our God-given dignity, which, therefore, cannot be taken away. When someone is facing great trials, we need to walk with them on their journey, intercede for them, and be open to sharing Christ's love however He directs. We simply need to follow where He leads. Read the full version at www.respectlifeprogram.org/culture-of-life, courtesy of the U.S. Conference of Catholic Bishops.

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. Francis of Assisi in Friday Harbor and Seahurst, St. Therese in Seattle and St. Theresa in Federal Way, and Holy Rosary in Seattle and Edmonds.

INTERESTED IN BECOMING CATHOLIC? Seeking a closer relationship with God? Feeling the need for spiritual community and support? Wanting to make the Catholic faith your own? Wondering how to go about joining the Catholic Church? The Rite of Christian Initiation of Adults (RCIA) might be for you. *Information* John Marquez, 206-654-4640, jmarquez@stjames-cathedral.org.

CHILDREN'S FAITH FORMATION Our Children's Faith Formation program began Sunday, September 18. Children are welcome to join at any time! *Information and enrollment*, Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org.

FIRST COMMUNION FOR CHILDREN The Archdiocese of Seattle requires a 2 year preparation period for the sacrament of First Communion and First Reconciliation. Usually children start preparation at age 6 or 7. *Information and enrollment*, Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org.

CONFIRMATION FOR YOUTH The Archdiocese of Seattle has reduced the age for the sacrament of Confirmation to age 13. If your child will be 13 years of age by the end of April 2023, now is the time to enroll them in Confirmation sessions for preparation. Sessions began on September 18. *Information and enrollment*, Theresa Van de Ven at 206-219-5822 or tvandeven@stjames-cathedral.org.

CAPPELLA ROMANA CONCERT: HEAVEN AND EARTH Friday, October 14 at 7:30pm. Inspired by the discovery of the Higgs Boson, *Heaven and Earth* is a musical meditation on Psalm 103 ("Bless the Lord, O my soul") by six Orthodox composers, including a double-choir motet by the late Richard Toensing. Sung in English with the traditional Orthodox refrains. Members of 45th Parallel will join Cappella Romana for Tavener's *Ikon of Light*. For tickets (\$33-\$53, with a \$5 Arts for All option) and more information, visit cappellaromana.org/concert/heavenearth or call 503-236-8202. A limited number of pay-what-you-can parishioner passes are available through the Cathedral music office, musicoffice@stjames-cathedral.org or 206-382-4874.

FROM ST VINCENT DE PAUL VOLUNTEER, BLAKE STELLER Volunteering for St. Vincent de Paul has given me the opportunity to connect with my community in ways I had never imagined. There's nothing like the feeling of seeing someone's gratitude for your help, and this ministry allows us Vincentians to go out in the Cathedral's neighborhoods and see the difference we can make in other's lives. As one of my fellow Vincentians said, it's a real "boots-on-ground" type ministry. I am continuously learning from the neighbors we interact with. It is a true blessing to volunteer for this ministry! *Information*, Blake Steller, blsteller@gmail.com.

Care for Creation Tip

As we conclude the Season of Creation, conduct a home energy audit. You will be able to identify where you can patch air leaks, switch out light bulbs, or improve insulation. You'll conserve energy, reduce emissions that contribute to climate change, and save money! Consider using the City of Seattle's DIY home energy audit: <https://www.seattle.gov/documents/Departments/CityLight/DIYAudit.PDF>.

MASS IN HONOR OF ST. KATERI TEKAKWITHA On Saturday, October 22 at 11:00am, you are invited to join Catholics from the Native American community as we celebrate and honor the witness of St. Kateri Tekakwitha, the first Native American to be canonized. This celebration marks the tenth anniversary of St. Kateri's canonization. During this Mass and celebration, we will have the opportunity to hear from Jake Finkbonner, whose miraculous healing led to St. Kateri's canonization, as well as from others involved in the canonization process. A reception follows. All are welcome!

WOMEN OF ST. JAMES CATHEDRAL Would you like to be part of a group that builds community among the women of St. James Cathedral? If so, please join us for an hour of getting acquainted, reflecting on the ministry of Mary, the mother of Jesus, and sharing refreshments. We will gather on four Tuesday afternoons beginning October 25, from 3:00-4:00pm. *Registration*, Theresa Van de Ven, 206-219-5822 or tvandeven@stjames-cathedral.org.

SAVE THE DATE *Seeing Clearly, Choosing Well and Acting Rightly: Daring to Dream as a Cathedral that Journeys Together*. Saturday, October 15, 9am-5pm at the Cathedral. Join new and continuing parishioners who participate in outreach and advocacy ministries for this retreat sponsored by the St. James Life, Peace and Justice Commission. The retreat will guide us in exploring how our faith guides us to reach out to those on the margins through our Cathedral ministries, including our meal programs, Cathedral Garden and work to respect life at all stages. *Registration*, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.

OUTREACH AT ST. JAMES CATHEDRAL There are many ways to proclaim the Gospel to our local community. St. James Cathedral supports the St. Martin de Porres shelter, which works with men over the age of 50. One way we do this is by encouraging St. James parishioners to make nutritious sandwiches in their homes, and then to bring them to the Cathedral so that they can be delivered to the shelter. This is a great way for families to care for the homeless! *Information*, Maria Tally, mtally@stjames-cathedral.org or 206-264-2091.

SATURDAY CONFESSIONS are heard immediately following the 8:00am Mass on Saturday mornings, from 8:30am to 9:30am.

Sacred Steps

REST IN PEACE Please pray for the repose of the soul of *Jerome Chandler*.

THE EUCHARISTIC PRAYER AND COMMUNION RITE

The altar is prepared; the bread and wine are placed upon it; now we enter into the Eucharistic Prayer.

The first part of the prayer is called the Preface. This is not a preface in the sense of foreword or introduction. (We usually skip those!) The preface is a prayer, addressed (like the entire Eucharistic Prayer) to God the Father. The Missal contains more than fifty different prefaces, each of which praises God for a different aspect of the mystery of salvation: for the coming of Christ in human flesh at Christmas, for his glorious Resurrection at Easter, for God's provident care for humanity, for the saints, for the gift of the liturgy itself, with its times for penance and rejoicing. Every preface concludes with an invitation to join in the hymn of the angels, the Sanctus, the Holy, Holy, Holy.

The Sanctus is a song of praise, recognizing the power of God, whose glory fills heaven and earth. The text is drawn from two passages of Scripture. The first part is from Isaiah's vision of seraphim worshiping before the throne of God: "Holy, holy, holy is the LORD of hosts! All the earth is filled with his glory!" (6:2-3). The second part, beginning "Blessed is he," has deep Scriptural roots as well. Most directly, it recalls the words of those who welcomed Jesus to Jerusalem a few days before his Passion: "Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest" (Matthew 21:9). As we pray the Sanctus together, we lift up our hearts and unite our voices and prayer with the unending prayer of heaven. At the altar, the distance between earth and heaven narrows to a vanishing point.

Following the Sanctus, we kneel as the priest prays the words of the Eucharistic Prayer. This prayer is the heart of the Mass. Addressing God the Father, the priest prays on behalf of the community. The Missal includes ten different Eucharistic Prayers, all of which following the same pattern:

We give praise and thanks to God. The priest calls down the Holy Spirit on the gifts of bread and wine, extending hands over them in what is called the epiclesis. Then comes the institution narrative—the story of what happened on the night of the Last Supper is told, as the priest takes first the bread, and then the cup. While the entire Eucharistic Prayer is consecratory,



ABOVE: The beginning of the Eucharistic Prayer in the Gellone Sacramentary, which dates to the 700s.

the words of Jesus in the institution narrative are especially important.

After the consecration, we sing an acclamation of remembrance and praise. Christ, crucified for our salvation, is present upon the altar.

In the second part of the Eucharistic Prayer, the Church offers the Body and Blood of Christ to the Father in the Holy Spirit, and we ask that we may offer ourselves in the same way, so that all may be one in God. The priest then offers a series of intercessions—prayers for the members of the Church, both living and dead. The Pope and the bishop of the diocese are mentioned by name. The Eucharistic Prayer ends with a doxology of praise—"Through him, with him, in him"—and we join in and assent to all of this with our sung "Amen."

Sacrament and Sacrifice

Catholics call the Eucharist by many names: we call it Eucharist (Greek for "thanksgiving"), "Breaking of the Bread," "Lord's Supper," "Holy Sacrifice," "sacrifice of

praise” (cf. CCC, 1328-32). The many names reflect the many different dimensions of this great mystery. We will never plumb its depths or understand it fully.

What does it mean to call the Mass a sacrifice? Jesus died on the cross, once, for all; that sacrifice cannot be not repeated. But the sacrifice of Jesus on the cross cannot be contained, either. In the Mass, we are not simply remembering a past event; the mystery of Christ’s dying and rising is made present to us. Thus the Eucharist we celebrate and the sacrifice of Christ on the cross are not different things, but one single sacrifice.

Without the cross, there would be no Mass. But in a sense, the reverse is also true. Pope Francis writes: “If we had not had the Last Supper, that is to say, if we had not had the ritual anticipation of his death, we would never have been able to grasp how the carrying out of his being condemned to death could have been in fact *the* act of perfect worship, pleasing to the Father, the only true act of worship, the only true liturgy.” This ritual remembrance is what reveals the meaning of the cross to us.

In the Mass, the Church’s offering is united with Christ’s sacrifice. Thus, as we pray the Mass, we can offer our lives, our praise, our suffering, our prayer, our work, to be united with Christ’s self-offering, and they gain new value (CCC, 1368). Thus the Mass is Christ’s sacrifice and the Church’s sacrifice, too.

Our liturgical remembering of Christ’s sacrifice comes to life in our own lives when we imitate Christ’s self-emptying and self-sacrificing love. We participate in the life of Christ by dying to self, so that we can live the sacrificial sacrament in which we share.

The Communion Rite

Following the Amen of the Eucharistic Prayer, we enter into the fourth part of the Mass, the Communion Rite. We have gathered in Christ’s name, we have listened to Christ’s word; Christ’s saving action has been remembered and renewed in the Liturgy of the Eucharist. Now we receive the sacrament we celebrate in the high point of our participation, the reception of the Body and Blood of Christ in Holy Communion.

The communion rite begins with the recitation of the Lord’s Prayer. We pray the prayer of Jesus himself: a prayer that praises God, that seeks only daily bread—and that makes a bargain: “Forgive us our trespasses, as we forgive those who trespass against us.” Before we come to the altar, we seek forgiveness and reconciliation. The Lord’s Prayer flows naturally into the exchange of peace, in which we turn to those who are already one with us in the Body of Christ, and share the peace of Christ.

The “breaking of the bread” was one of the most ancient names for the Eucharist. It was in the

breaking of bread that the disciples on the road to Emmaus finally recognized that their companion was Jesus himself. In the Mass, the host is broken and divided as we pray to Christ as the Lamb of God. This prayer is at once universal and individual—we acknowledge Christ as the one who takes away the sins “of the world,” and we ask mercy for ourselves. The Savior of all comes to each.

The Eucharistic species, the bread and wine, are not brought to us or passed through the pews. Instead, we move towards the altar in procession. Communion isn’t something that happens *to* us. Communion is something we assent to; something we do. The host can be received in the hand or on the tongue. Receiving in the hand is the more ancient practice; receiving on the tongue became common, and then mandatory, in the Middle Ages. The measure of our devotion is not, of course, in whether we open our hands or our mouth to receive, but whether we open our hearts to Christ and to those with whom we share this life.

We speak of “receiving communion.” But when we receive the Body and Blood of Christ, we become one with Christ *and* with all the others who are joined to him in this sacrament. “As grain, once scattered on the hillsides, was in this broken bread made one,” we sing in the ancient hymn, “so from all lands thy Church be gathered into thy kingdom by thy Son.” Communion means communion with *this* community, *these* people. The Body of Christ is not a thing. It is a living reality. The sacrament we receive is a sacrament of unity.

—Corinna Laughlin, *Pastoral Assistant for Liturgy*

A Prayer before Communion

Lord Jesus Christ,
as I come to this feast of faith,
strengthen my faith in your presence.
Receiving your Body,
may I be united with you
and with all who share at this table.
Receiving your Blood,
may my sins be washed away.
In this holy moment,
I bring before you
my needs, my sufferings, my regrets;
my hopes, my thanksgiving.
As I walk towards the altar,
I bring with me those I love
and those I find it difficult to love.
As I join in this holy banquet,
I pray for all families and all nations,
that peace and unity may flow from here
to touch every corner of the world. Amen.

St. James Cathedral

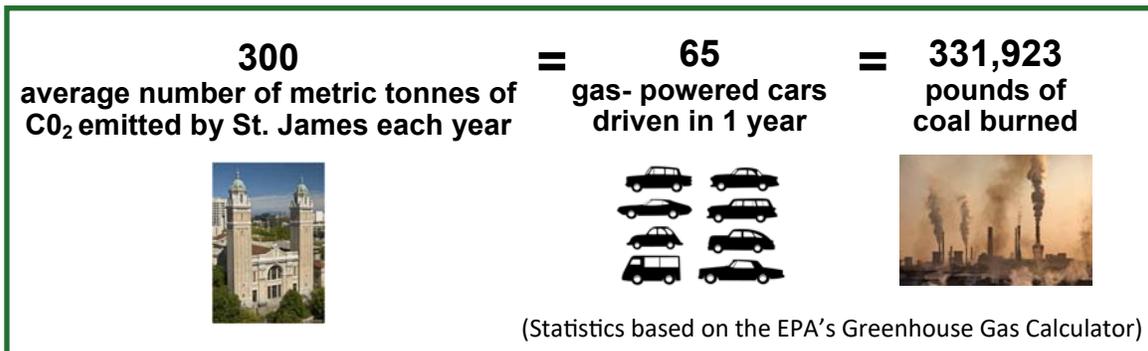
2021-2022 Carbon and Emissions Report

In 2021, the Cathedral's Care for Creation Committee contacted Seattle University's College of Science and Engineering to offer a project goal — reduce St. James' carbon emissions to **zero**. An enthusiastic team of five senior engineering students and their advisor focused closely on the use of fossil fuels by St. James Cathedral, including heating, cooking, and maintaining our beloved St. James vans. Secondary goals were to add photovoltaic solar panels, and evaluate electric vehicle (EV) charging stations.



Students used energy and cost data from 2015 to 2022, calculated energy usage from CenTrio for steam heat for the Cathedral, Puget Sound Energy for natural gas for heat, hot water, and a clothes dryer, and estimated gasoline consumption for the vans.

Over the last five years, St. James Cathedral is responsible for indirectly or directly emitting 300 metric tonnes of carbon dioxide each year (311.3 in 2021). The use of steam heat to warm the air in the Cathedral was responsible for approximately 84% of St. James carbon emissions.



Students conducted detailed energy transfer measurements using many sensors in the Cathedral, producing lots of data. They concluded that the 30-year old control system for the Cathedral is the #1 improvement needed to improve energy efficiencies and reduce carbon emissions. **A new control system combined with an industrial-scale heating/cooling pump may lower emissions by 76 to 94%, and has the potential to reach zero carbon emissions!**

The most promising location for solar power would be the O'Dea gym rooftop or parking lot. Adding EV chargers owned and operated by the Cathedral would also reduce carbon emissions.

The Care for Creation Committee wants to hear from YOU!

For more information and your feedback, please contact Mark Leahy, mleahy@highwoodhill.com, or Ruben de Anda, rubeytues@icloud.com.



**Wednesday, October 5, 2022
7:00 – 8:30pm via ZOOM**

SOCIAL ISOLATION

ITS IMPACT ON PHYSICAL & MENTAL HEALTH ACROSS THE LIFESPAN

St. James Cathedral's Mental Health Wellness Ministry and the Archdiocese of Seattle Mental Health Ministry are sponsoring Wellness Wednesdays, a monthly educational forum featuring professionals from various mental health disciplines speaking on topics of interest.

Join Renee Rassilyer-Bomers, Chief Nursing Officer at Swedish Hospital, in a conversation on the importance of understanding social isolation risk factors and how isolation influences wellness and illness. Discuss strategies to improve community connection and reduce loneliness, particularly in the time of the Covid pandemic.

To Register, visit:

<https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/wellness-wednesdays/>

Here Comes That Dreamer

The Story of Joseph in the Book of Genesis

FALL BIBLE STUDY

DR. JOHN A. SIMPSON,
PRESENTER

Monday evenings,
October 10, 17, 24, 31
November 7, 14
7:00pm, Cathedral Place

A feuding family, trials, tribulations, temptations, and feeling forgotten by God: it's all part of the story of Joseph found in the book of Genesis.

Join Cathedral Faith Formation Director Dr. John Simpson to explore this fascinating saga and what it teaches us about God's mysterious ways.

Registration required.

Information and registration, 206-219-5822
jsimpson@stjames-cathedral.org

Art credit. Joseph Telling His Dreams (1638). Rembrandt



www.stjames-cathedral.org

SEEING CLEARLY, CHOOSING WELL, AND ACTING RIGHTLY

Daring to Dream as a Cathedral that Journeys Together

A St. James Cathedral Social Outreach and Advocacy Retreat



Saturday, October 15, 2022

9am - 5pm

St. James Cathedral

How does St. James Cathedral serve as a field hospital, standing with the marginalized?

How do we develop the practice of missionary discipleship in our lives?

The Holy Spirit tugs us towards the margins. In this retreat experience for parishioners already participating in, or wanting to learn more about social outreach and advocacy ministries, we will explore how Pope Francis inspires us through his example and priorities for the Church.

Some of us find this compelling. Others may be apprehensive. Whatever the case, please join us as Fr. Gary Lazzeroni (Pastor, St. Joseph Parish, Vancouver, WA) and Joe Cotton (Archdiocesan Director of Pastoral Care and Outreach) help us develop the practice of Missionary Discipleship for individuals and the Cathedral parish. Explore a spirituality of “going out” beyond our comfort zones as we experience mutual transformation and kinship with God’s beloved.

Registration is required. There is no fee and lunch will be provided. At the end of the retreat, all participants are encouraged to attend 5:30pm Mass together.

Register by October 10, <https://www.eventbrite.com/e/396047267037>

*Information, Patrick Barredo, Director of Social Outreach and Advocacy
206-382-4515 | pbarredo@stjames-cathedral.org*



Stephen Brathear

CELEBRATING THE 10TH ANNIVERSARY OF CANONIZATION

Mass in honor of St. Kateri Tekakwitha

October 22 | 11am

All are invited to attend a special Mass honoring the 10th anniversary of the canonization of St. Kateri Tekakwitha, also known as the “Lily of the Mohawks.” The Mass will be celebrated Saturday, October 22 at 11:00 am at St. James Cathedral in Seattle.

St. Kateri was an Algonquin/Mohawk Native woman born in the 17th century, whose sainthood came to fruition on October 21, 2012. Pope Benedict the XVI canonized her, following the astounding recovery of a young Lummi boy from Washington State who overcame a deadly flesh-eating disease while hospitalized at Seattle Children’s. His miraculous healing is attributed to St. Kateri’s intercession. Come join our Native sisters and brothers to celebrate and honor this saint who is so lovingly connected to the Northwest and the miracle that occurred in our midst, and in our time!

The Celebration will be livestreamed here: <https://vimeo.com/event/2421022>.

Native Boarding Schools

Learning from History to Promote Healing

Sunday, October 23, 2022 at 2:30pm

Isaac Orr Room, 910 Marion Street *or join via Zoom*

In this presentation, Father Michael Carson will explore the history of the last 200 years—tracing where the concept of Native boarding schools originated, and how these institutions were rooted in the sin of racism and have left a path of destruction through Native culture and peoples.



St. George Residential School, Tacoma

In the second part of the presentation, Father Carson will take what we have learned from history and develop some working ideas to promote healing and counter the historic trauma of boarding schools. The presentation will focus on the areas that the USCCB is coordinating with the bishops at this time: the work to move beyond apologies to concrete areas of restoration and reconciliation.

Joining via Zoom? Link: <https://seattlearch-org.zoom.us/j/87613828120>
Meeting ID: 876 1382 8120

Sponsored by the Native American Advisory Circle and Multicultural Ministries of the Archdiocese of Seattle

FATHER MICHAEL CARSON is a priest of the Diocese of San Jose, California. He currently serves as Assistant Director for Native American Affairs with the United States Conference of Catholic Bishops. He has extensive experience with Native American culture, social justice and education. Father Carson's interest in Native American beliefs, values and culture comes from his grandfather. From his earliest days he received his spiritual and cultural grounding from his grandfather who was a full blooded member of the Louisiana Choctaw tribe. In Father Carson's current work with the USCCB, he coordinates ministry among the Native Americans throughout the country and serves as a liaison with the Bishop's Subcommittee on Native American Affairs, part of the USCCB Secretariat for Cultural Diversity.

