



ST. JAMES CATHEDRAL
The Twenty-Eighth Sunday in Ordinary Time
October 9, 2022

CONCLUDING RITES

The Eucharist and the Poor

Following communion, we pray quietly or sing a hymn of praise. This time is for us to reflect on what has happened at Mass: something both awesome and familiar. A mystery we cannot fathom has come very near to us; in the Eucharist, we touch and receive something as familiar as bread and wine, something as mysterious as God.

The Eucharist is many things: daily bread, food for the journey, pledge of eternal life, the Body and Blood of Christ. The Eucharist is the meeting-place of earth and heaven, the Incarnation present, here and now. “The Lord, in the culmination of the mystery of the Incarnation, chose to reach our intimate depths through a fragment of matter. He comes not from above, but from within, he comes that we might find him in this world of ours” (Pope Francis, *Laudato Si*, 236).

And there is more. The Eucharist calls us to live according to Christ’s law of love, and thus the Eucharist calls us not only to be transformed but to be agents of transformation in the world. The recent Popes have all put great emphasis on this aspect of Eucharist. “We cannot delude ourselves,” said St. John Paul II in announcing the Year of the Eucharist in 2004: “by our mutual love and, in particular, by our concern for those in need we will be recognized as true followers of Christ. This will be the criterion by which the authenticity of our Eucharistic celebrations is judged” (*Mane Nobiscum Domine*, 24). Pope Benedict XVI echoed these words: “A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented” (*Deus Caritas Est*, 14). There are no two ways about it: the Eucharist commits us to the poor.

Long ago, St. Paul wrote to the Christian community at Corinth, where class divisions were evident even in the way they celebrated the Eucharist. “When you meet in one place, it is not to eat the Lord’s supper, for in eating, each one goes ahead with his own supper, and one goes hungry while another gets drunk.... What can I say to you? In this matter I do not praise you” (I Corinthians 11:18-22).



ABOVE: Pope Francis celebrates Eucharist (Photo from America Magazine). BELOW: Pope Francis welcomes homeless people to breakfast on his 80th birthday (Photo from the Tablet). In the words of the *Catechism of the Catholic Church*, “the eucharist commits us to the poor.”

The Eucharist and Transformation

Pope Francis has repeatedly emphasized that the Eucharist “is not a prize for the perfect but a powerful medicine and nourishment for the weak” (*The Joy of the Gospel*, 47). If we waited to go to communion until we had achieved some purity or perfection, we would likely have to avoid the sacrament altogether. That would be like waiting until our symptoms disappeared to take the prescription the doctor gave us! The Eucharist is not the reward of our labors, but food for the journey. In the Prayer after Communion at every Mass, the priest asks for the fruits of the Eucharist—and

there are many. Among other things, the Eucharist...

- ...increases our union with Christ
- ...separates us from sin
- ...wipes away venial sins
- ...preserves us from future mortal sin
- ...brings about the Unity of the Mystical Body
- ...commits us to the poor
- ...brings about the unity of Christians

Sometimes, we put limits on the Eucharist, thinking of it as purely “spiritual,” impacting our personal relationship with God, but not much else. But the Eucharist is never “mine”; the Eucharist is always “ours.” By its very nature, Eucharist is communal, touching all our relationships—with God, with each other, with those we know and love and those we struggle to love.

Blessed and Sent

The word “Mass” derives from the Latin words for the dismissal, the very last part of the Mass. *Ite, missa est: Go, you are sent.* It is ironic, perhaps, that the entire liturgy came to be known by its last word, and yet it is appropriate as well. Because ultimately, the Eucharist is not an escape from the world; the Eucharist is ordered towards the transformation of the world. At the end of Mass, we are sent forth, not to clear the pews, but to fill the world – to carry the Gospel into the places it can reach only through us.

The Spirit of the Liturgy

The liturgy we celebrate is the place of encounter with the risen Christ. This is as close as we can get to him in this life. In the liturgy, we hear his word, we see his gestures, we touch and taste his risen presence in the sacrament of his Body and Blood. The liturgy is not theoretical. “The Liturgy is done with things that are the exact opposite of spiritual abstractions: bread, wine, oil, water, fragrances, fire, ashes, rock, fabrics, colours, body, words, sounds, silences, gestures, space, movement, action, order, time, light” (Pope Francis). The liturgy is the continuation of the incarnation of Christ.

As we began this series, we reflected on the phrase “the spirit of the liturgy,” which appears several times in the Constitution on the Sacred Liturgy of the Second Vatican Council. What, then, is the spirit of the liturgy? The spirit of the liturgy is wonder and awe, humility and joy, in the presence of God. The spirit of the liturgy is listening and response, gift and offering. The spirit of the liturgy is thanksgiving, memory, communion, and mission. The spirit of the liturgy is transformation. May we all become more deeply imbued with the spirit of the liturgy.

—Corinna Laughlin, *Pastoral Assistant for Liturgy*



The procession at the end of Mass is a powerful reminder that the Eucharist sends us forth with a mission, to be a leaven of transformation in our families, schools, workplaces, and world.

A Prayer after Mass

Lord Jesus Christ,
you welcomed sinners and dined with them.
Today, you invited me to your table,
not because I am worthy
but because of the greatness of your love.
Through the liturgy,
I have heard your Word,
seen your gestures,
and tasted your divine Presence
in the Bread of Life.
May my participation in this mystery
help me to pattern my life on yours,
to empty myself of self
and serve you in others
until I gather once more
with this beloved family of yours
around the table of life.
Amen.

ORDER OF CELEBRATION FOR

Twenty-Eighth Sunday in Ordinary Time

PRELUDE

Was Gott tut, das ist wohlgetan

Johann Pachelbel (1653–1706)

Méditation

Gabriel Dupont (1878–1914)

ENTRANCE

Praise to the Holiest

ST. MAGNUS



1. Praise to the Ho - liest in the height, And
2. O lov - ing wis - dom of our God! When
3. O wi - sest love! that flesh and blood, Which
4. And that a high - er gift than grace Should
5. Praise to the Ho - liest in the height, And



in the depth be praise; In all his words most
all was sin and shame, A sec - ond Ad - am
did in Ad - am fail, Should strive a - fresh a -
flesh and blood re - fine; God's pre - sence and his
in the depth be praise; In all his words most



won - der - ful, Most sure in all his ways!
to the fight And to the res - cue came.
gainst the foe, Should strive, and should pre - vail;
ve - ry self, And es - sence all - di - vine.
won - der - ful, Most sure in all his ways!

PENITENTIAL ACT

St. James Mass for Peace

Bern H. Herbolsheimer (1948–2016)



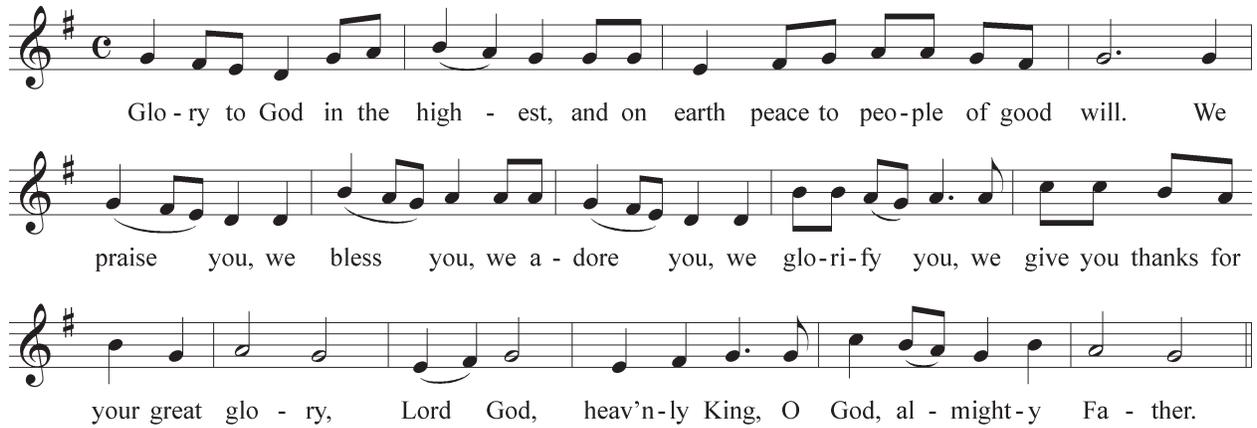
1. & 3. Ky - - - ri - e e - le - i - son.



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

GLORIA

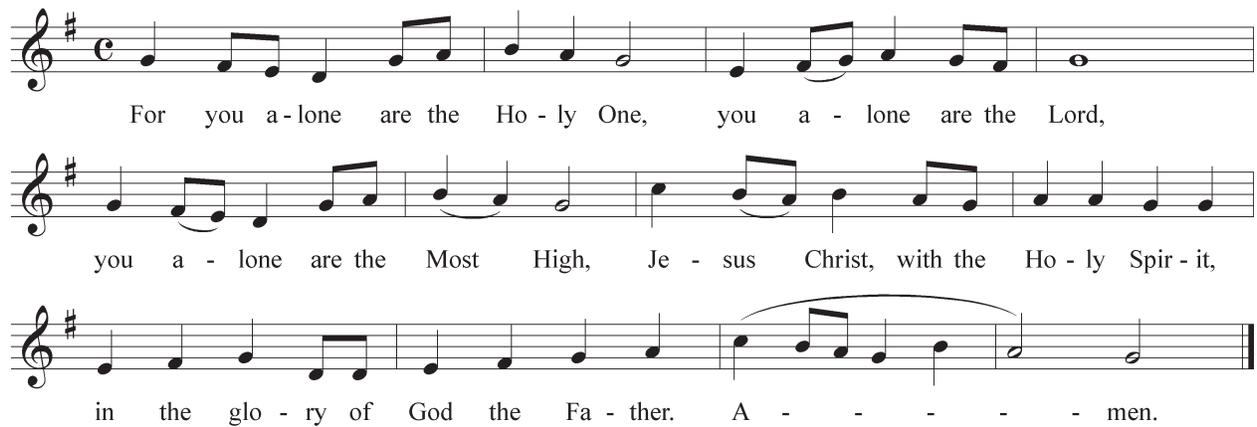
New Mass for Congregations
Carroll Thomas Andrews (1919–2014)



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 - y 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.

COLLECT

The Liturgy of the Word

FIRST READING

2 Kings 5:14-17

RESPONSORIAL PSALM

Psalm 98
Michel Guimont (b. 1956)



The Lord has re-vealed to the na - tions his sav - ing pow'r, his sav - ing pow'r.

Sing a new song to the LORD, for God has worked wonders;
whose right hand and holy arm have brought salvation.
The LORD has made known salvation; has shown justice to the nations;
has remembered truth and love for the house of Israel.
All the ends of the earth have seen the salvation of our God.
Should to the LORD, all the earth; ring out your joy.

SECOND READING

2 Timothy 2:8-13

ALLELUIA

St. James Mass for Peace
Bern H. Herbolsheimer



GOSPEL

Luke 17:11-19

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)

If ye love me, keep my commandments,
and I will pray the Father, and he shall give you another Comforter,
That he may abide with you for ever.
E'en the Spirit of Truth.
And ye know Him, for He dwelleth with you, and shall be in you
I will not leave you comfortless. I will come to you.
John 14:15-18

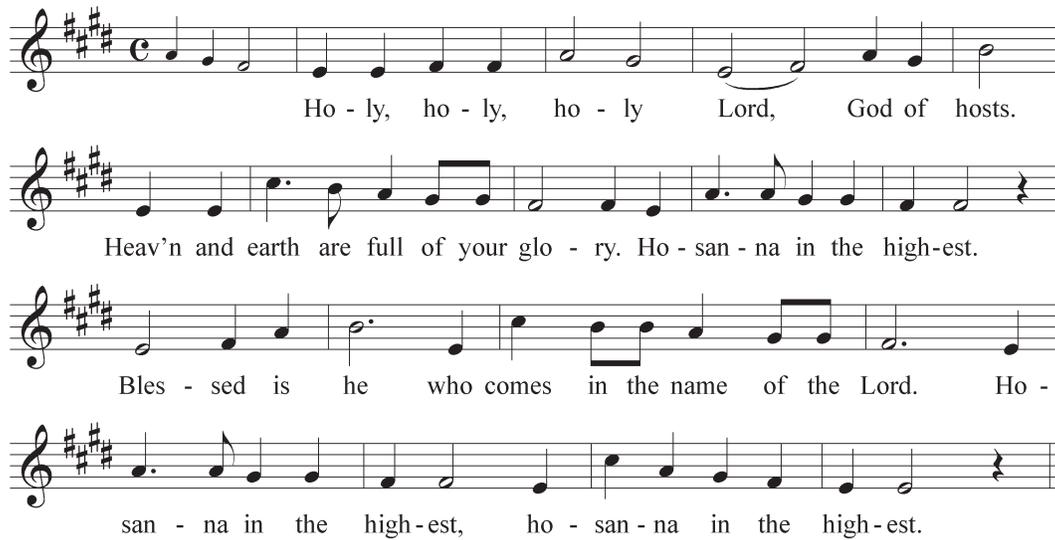
If ye love me
Philip Wilby (b. 1955)

(Sunday evening)

Venite populi
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

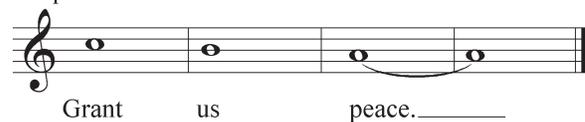
Bern H. Herbolsheimer

Response 1, 2



Have mer - cy on us.

Response 3



Grant us peace._____

COMMUNION

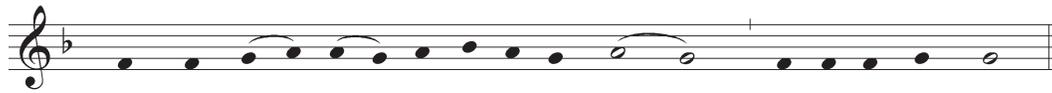
Aufer a me

Remove from me all scorn and contempt, for I have kept your commandments
for your law is the object of my meditation.

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)

Tantum ergo
Charles-Marie Widor (1844–1937)

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

Nun danket alle Gott
NUN DANKET



1. Now thank we all our God With hearts and hands and voic - es,
2. O may this gra - cious God Through all our life be near us,
3. All praise and thanks to God The Fa - ther now be giv - en,



Who won-drous things has done, In whom his world re - joic - es;
With ev - er joy - ful hearts And bless - ed peace to cheer us;
The Son and Spir - it blest, Who reign in high - est heav - en,



Who, from our moth - er's arms, Has blessed us on our way
Pre - serve us in his grace, And guide us in dis - tress,
E - ter - nal, Tri - une God, Whom earth and heav'n a - dore;



With count - less gifts of love, And still is ours to - day.
And free us from all sin, Till heav - en we pos - sess.
For thus it was, is now, And shall be ev - er - more.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

PROCESSION

Preludium in E Major
Vincent Lübeck (1654–1740)
Nun danket alle Gott
Sigfrid Karg-Elert (1877–1933)

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 28th Sunday in Ordinary Time October 9, 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 *Remember Jesus Christ, raised from the dead.* Icon of the Harrowing of Hell. Joan Brand-Landkamer, Cathedral iconographer.

FLOWERS AT THE ALTAR are offered by Ada Rassilyer and her family in loving memory of her husband Robert L. Rassilyer on the anniversary of his death.

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

EXPOSITION OF THE BLESSED SACRAMENT Every Friday morning, following the 8:00am Mass, we will 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.

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.

ST VINCENT DE PAUL APPRECIATES YOUR ASSISTANCE An older woman's beloved pet dog had emergency surgery. The veterinary practice required full payment and the woman was forced to pay on a credit card. The woman decided to attend to the bill monthly but found it difficult to pay the additional expense. As a result, she fell behind in paying her rent. The woman called the St Vincent de Paul Helpline requesting assistance (206-767-6449). With your support, we paid a portion of her rent giving her some relief. We were happy to hear that her beloved dog is doing better! *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

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. John XXIII in Tacoma, Our Lady of Fatima in Seattle, St. Edward in Seattle and Shelton. We also pray for the Sisters of the Holy Names of Jesus and Mary.

Care for Creation Tip

On Bulk Purchases: Avoid products that are packaged for single use (i.e., drinks, school lunches, candy, cat and dog food, salad mixings, etc.). Instead, buy in bulk and transfer the products to your own reusable containers. Many health food stores have bulk bins where they sell everything from grains to cereal to cleaning products.

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.

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 info, 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.

OCTOBER IS RESPECT LIFE MONTH: AN ADOPTION LOVE STORY Having children and raising a family had always been our expectation. We soon learned, however, that our chances of becoming pregnant were small. It wasn't long before we started talking about the possibility of adoption. I wondered if my heart was big enough to love an adopted child as I would have loved a biological child. But with prayerful discernment, we decided to start the process. On Christmas Eve, “Bill” and I left the hospital with Andrew. It didn't take long before there was no doubt in our minds that he was our son, the greatest gift from God! We can't imagine loving a child whom we conceived more than we love Andrew. Read the full version at www.respectlifeprogram.org/adoption-love-story, courtesy of the U.S. Conference of Catholic Bishops.

RETREAT OPPORTUNITY: 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. The St James-BI Rosalie Rendu conference of the St. Vincent de Paul Society provides spiritual and financial support for many of our First Hill neighbors. Another ministry is through Operation: Nightwatch, cooking and serving hot meals for homeless men and women in the late evening hours. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.

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.

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Be sure to follow the Cathedral on social media for up-to-date information about ongoing events in the life of the Cathedral! On Instagram: [@stjamescathedral](https://www.instagram.com/stjamescathedral). On Facebook and Twitter: [@stjamesseattle](https://www.facebook.com/stjamesseattle). The Cathedral has a podcast as well! Search “St. James Cathedral, Seattle” on Apple podcasts or visit <https://stjamescathedral.simplecast.com>. And of course, you can always visit www.stjames-cathedral.org for up to date information on Cathedral happenings, or to sign up for our weekly e-bulletin.

ARE YOU A REGISTERED PARISHIONER AT ST. JAMES? Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the Cathedral (including offering envelopes!). You can register online at www.stjames-cathedral.org.

St. James Cathedral

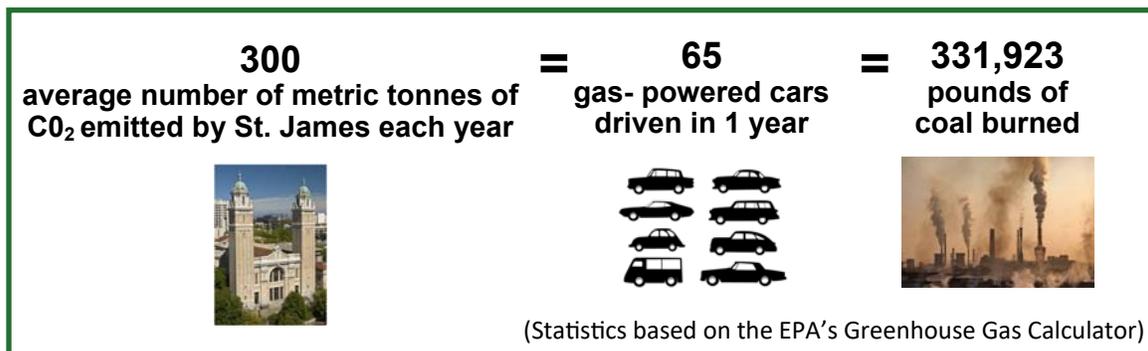
2021-2022 Carbon and Emissions Report

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.

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*

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.

