



ST. JAMES CATHEDRAL
The Third Sunday of Lent
March 23, 2025

ORDER OF CELEBRATION FOR
The Third Sunday of Lent

THE FIRST SCRUTINY OF THE ELECT (10:00am)

INTROIT

Oculi mei
chant, adapt. Thomas B. Stratman (1939–2008)



I will pour clean wa - ter u - pon you.

GREETING

PENITENTIAL ACT

chant, Vatican XVII, adapt.



R. 1, 3 Lord, have mer - cy.
R. 2 Christ, have mer - cy.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Exodus 17:3-7

PSALM RESPONSE

Psalm 95
Richard Proulx (1937-2010)



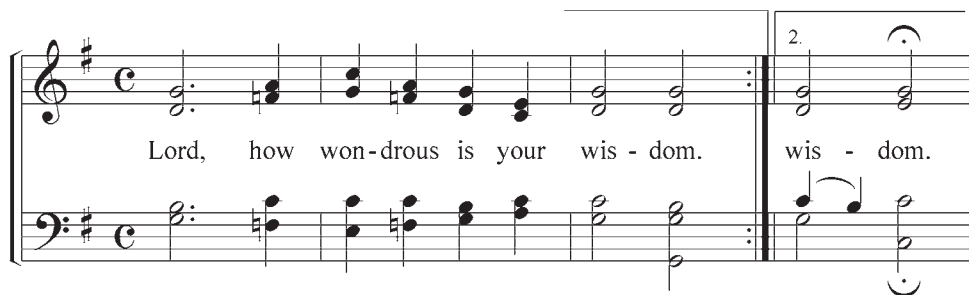
If to-day you hear God's voice, O har-den not your hearts.

SECOND READING

Romans 5:1-2, 5-8

TRACT

Thomas B. Stratman



Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

John 4:5-42

HOMILY

Father Michael G. Ryan
Father Gary Lazzeroni (Saturday 5:30pm)

PROFESSION OF FAITH (except Sunday 10:00am)

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.

First Scrutiny of the Elect (10:00am)

INTERCESSIONS

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

At noon you came to Jacob's well
chant

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Thomas B. Stratman

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

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

Jesu, the very thought of thee
Edward C. Bairstow (1874-1946)

Jesu, the very thought of Thee With sweetness fills my breast;
But sweeter far Thy face to see And in Thy presence rest.
Bernard of Clairvaux (1091-1153)

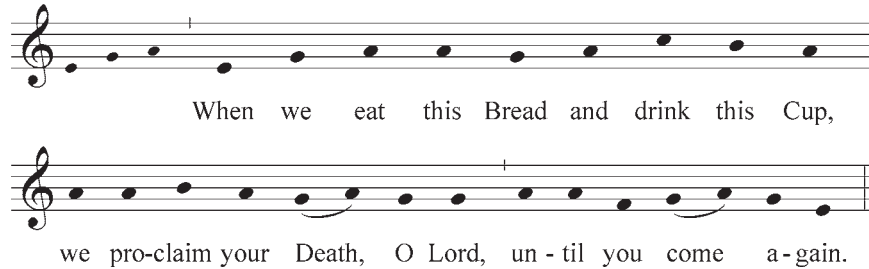
Offertory (Noon)

A prayer of St. Richard of Chichester
L. J. White (1831-1913)

SANCTUS

Missa Deus genitor alme
Vatican XVIII

San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt
 cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus
 qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.



When we eat this Bread and drink this Cup,
we pro-claim your Death, O Lord, un - til you come a - gain.

AMEN

Christus vincit



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

The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



R. 1, 2 Mi - se - re - re no - bis.
R. 3 Do - na no - bis pa - cem.

Please kneel following the Lamb of God and remain kneeling until it is time for your row to go forward for Holy Communion.

COMMUNION

Qui biberit aquam
chant, Mode VII

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

(10:00am)

O pray for the peace of Jerusalem
Herbert Howells (1892-1983)

O pray for the peace of Jerusalem. They shall prosper that love thee.
Peace be within thy walls and plenteousness within thy palaces.
Psalm 122:6-7

(Noon)

As water to the thirsty
T. Brian Coleman; arr. David Illif

As water to the thirsty, as beauty to the eyes, as strength that follows weakness,
as truth instead of lies, as song-time and spring-time and summer-time to be,
so is my Lord, my living, Lord, so is my Lord to me.
Timothy Dudley-Smith

**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

I heard the voice of Jesus say
KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to me and rest;
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give
3. I heard the voice of Je - sus say, "I am this dark world's light;



Lay down, O wear - y one, lay down Your head up - on my breast."
The liv - ing wa - ter; thirst - y one, Stoop down, and drink, and live."
Look un - to me, your morn shall rise, And all your day be bright."



I came to Je - sus as I was, So wear - y worn and sad;
I came to Je - sus, and I drank Of that life - giv - ing stream;
I looked to Je - sus, and I found In him my star, my sun;



I found in him a rest - ing place and he has made me glad.
My thirst was quenched, my soul re - vived, And now I live in him.
And in that light of life I'll walk Till trav-'ling days are done.

PROCESSION

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR Rev. Alex Pablo

IN RESIDENCE Rev. Bryan Hersey, Rev. David Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

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

John Marquez, OCIA (Becoming Catholic) (206-654-4640)

Patty Pruitt, Administrative Assistant (206-274-3108)

CHILDREN'S FAITH FORMATION

Tami Kowal, Director of Children's Faith Formation (206-219-5822)

Leticia Escobar, Faith Mentors & Faith Friends (206-619-0816)

LITURGY

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

Julie Sharples, Spencer Truong, 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)

Peter Burns, Outreach Assistant

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

Tom Bentler, Nathan Braxton, Marc Blasquez (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Anisa Ralls, Director (206-382-4269)

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

Erica de Klerk, Director

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

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

PARISH OFFICE

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

Bev Mauser, Louise Mennella, Wedding Coordinators

Mary MacLean, Bookkeeper (206-382-4564)

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

FACILITIES and GROUNDS

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

Alan Frasher, Brian Jones, Khai Nguyen, Tan Nguyen, 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 Patty

Pruitt for information, 206-274-3108.

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.

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

TRIBUNAL ADVOCATES The parish has several advocates ready to

assist with marriage cases (commonly called 'annulments').

Information, Maria Laughlin, 206-382-4284

CATHEDRAL BOOKSTORE Open weekdays 11-3 and after weekend

MASSES

CATHEDRAL COLUMBARIUM Maria Laughlin, 206-382-4284

CATHEDRAL KITCHEN serves dinner Monday to Friday, 4pm—

4:45pm, and breakfast on Sundays, 7am—8am. All are welcome.

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

www.stjames-cathedral.org

WELCOME TO OUR PARISH FAMILY

ST. JAMES CATHEDRAL

IMMACULATE CONCEPTION | CHRIST OUR HOPE

The Third Sunday of Lent

March 23, 2025

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.*

ON THE COVER *Moses cried out to the Lord, "What shall I do with this people?"* East Apse stained glass window, St. James Cathedral. Hans Gottfried von Stockhausen, artist.

CATHEDRAL RESTROOMS While construction on the Portico Project is underway, the Cathedral's main restrooms remain closed. At each weekend Mass, restrooms in Cathedral Hall are open. In addition, there is a wheelchair accessible restroom on the south side of the west vestibule. This small restroom is reserved for families and those with mobility issues. Lastly, portable restrooms are available at the Terry Avenue entrance to the Cathedral Courtyard.

VISITING CHOIR AT 5:30 MASS ON SATURDAY, MARCH 22 ICantori (Italian for "the singers"), the select choir of Walla Walla University, is an auditioned group chosen from the 1,500-member student body. The choir, directed by Dr. Kraig Scott, will provide music for the Saturday 5:30pm Mass this weekend, and will offer an extended prelude (beginning around 5:15pm) and postlude of sacred choral music selections.

SUNDAY HOSPITALITY AFTER 10:00AM MASS Join us in Cathedral Hall for parmesan bacon biscuits from Macrina Bakery, fresh fruit, and fellowship.

A CONVERSATION WITH FR. GREG BOYLE, S.J. Wednesday, March 26 at Seattle Prep, 6:00pm Reception, 7:00pm Conversation. Fr. Greg Boyle has worked for over three decades in the Boyle Heights neighborhood of Los Angeles, the gang capital of the world. Last year, he was awarded the Presidential Medal of Freedom. *RSVP required*, btomey@seaprep.org or 206-577-2252.

THE WAY OF THE CROSS is a wonderful Lenten tradition in the Church. On Sunday, March 30 (note date change!), Cathedral youth will lead the Stations of the Cross following the 12 Noon Mass.

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each parish family in the Archdiocese of Seattle. This week we pray for the parish family of Sacred Heart, Lacey; St. Columban, Yelm, and St. Peter, Tenino.*

HELP NEEDED IN THE CATHEDRAL KITCHEN The Cathedral Kitchen is currently in need of a driver on Friday mornings from 9:00-11:00am to “glean” food from local grocery stores. Okay to bring a friend/helper along, too! *Information*, Mick McHugh, 206-949-6114 (call or text).

TOILETRY DONATIONS If you are traveling and staying at a hotel, consider bringing the small toiletries back to St. James. Donations can be brought to the Cathedral Bookstore. Our St. Vincent de Paul conference packages the toiletries and distributes them to those in need. Thank you!

MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health will be prayed after 12:10pm Mass on Friday, March 28. All are welcome!

MAKE A DIFFERENCE IN WASHINGTON STATE Stay informed with the Washington State Legislature’s 2025 session by joining the Washington State Catholic Conference and advocate for issues impacting our vulnerable communities. Please do so by scanning this QR code.



COMPANIONSHIP TRAINING Learn how to support individuals in the community with mental illness, insecure housing, substance use disorders, and trauma in this training offered by trainer Lizbeth Adams, based on 5 practices of companionship developed by Rev. Craig Rennebohm, workshop will be held Saturday, April 26, 9am-12pm, Pastoral Outreach Center, 907 Columbia St. Space is limited; registration required by April 17. *Information*, Anisa Ralls 206-382-4269 or aralls@stjames-cathedral.org.

MONTHLY FOOT CARE CLINIC Seattle and King Co Public Health are offering free monthly foot clinics and blood pressure checks, last Wednesday of every month, 1-4pm, held at Pastoral Outreach Center, 907 Columbia St. No registration required. Next session: March 26.

THE LAND IS NOT OUR OWN The St. James Racial Solidarity Team is sponsoring a study series on seeking repair alongside Indigenous communities. More details are on the flyer in this bulletin. If you cannot join the group, you are welcome to read the books that will be used. They are *Living Nations*, *Living Words* and *The Land is Not Empty*. You can purchase them in the Cathedral Bookstore.

LENTEN BLOOD DRIVE St. James Cathedral is running another virtual drive from Sunday March 23 to Saturday April 5 to help Bloodworks restore supplies, please give blood at ANY Bloodworks Northwest location during this timeframe, when you arrive to donate, provide the code SJC so we can track our impact. Register at <https://donate.bloodworksnw.org/donor/schedules/geo/> to give back to others in need during this season of Lent.



GARDEN VOLUNTEERS NEEDED We are looking for garden enthusiasts, green thumbs and novices to join our team of volunteers in the cathedral garden. Our busy season is about to begin and we need help planting, growing and harvesting fresh vegetables and fruits for the cathedral kitchen. *Information*, Peter Burns at 206-264-2082, or pburns@stjames-cathedral.org

NUTRITIOUS MEALS HELP CHILDREN GROW HEALTHY IN GUATEMALA In Santa María Chiquimula, Guatemala, over half the community is affected



by malnutrition. Amid rising food prices and job loss, Ana Belén and her husband were struggling to provide for their growing family. But they saw a ray of hope through their participation in a Catholic Relief Services program that helps them ensure their children are healthy and have the nutrition they need to thrive and play. Visit crsricebowl.org/week-3 to read this week’s Story of Hope.

IMMIGRANT ASSISTANCE TUTORING: MEANINGFUL CONNECTIONS ONLINE Student I and Tutor A have been meeting online for 3.5 years. It is clear from talking to them that their care and support for each other is mutual. When Tutor A was injured, Student I was worried about his well-being. Even though Student I has been in this country for a long time, she has a continual desire to improve her English and be connected to the community. As her husband lives with a chronic illness, online tutoring is one important way Student I can have a meaningful connection with someone while being home. In a time of frightening changes, including to immigration policies, it gives us hope to notice the good things that are also happening with our immigrant neighbors that are steady and life-giving. New students are coming to our program every week. Please contact Sayuko to join our wonderful tutor team. No prior experience in ESL or Citizenship tutoring necessary, and both in-person and online tutors are needed. *Information*, Sayuko Setvik, ssetvik@stjames-cathedral.org or 206-382-4511.

QUESTIONS ABOUT CATHOLICISM? Do you have questions about the Catholic faith? Are you new to Mass and wondering what it's all about? Are you cautiously curious about the Church, or perhaps decidedly interested in becoming Catholic? *Information*, John Marquez, 206-654-4640, jmarquez@stjames-cathedral.org.

ST VINCENT DE PAUL THANKS YOU Recently, this gentleman decided to change careers, leaving a good job in banking. Shortly afterward, he was diagnosed with a rare form of cancer. Now he has few health care resources and is applying for disability with limited energy and stamina. He fell behind on rent, learned that SVdP might be a resource and called helpline for one time rent assistance (206-767-6449 or apply online <https://svdpseattle.org/get-help/online-help-request-form/>). Your donations helped him remain secure in this difficult time. Thank you. *Information*, Blake Steller, 907-244-6683 or blsteller@gmail.com.

Lent at St. James Cathedral

MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS is a wonderful Lenten tradition in the Church. There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass. On Sunday, March 30, Cathedral youth readers will lead the Stations of the Cross following the 12 Noon Mass. *The Cathedral's Stations of the Cross are the work of Joan Brand-Landkamer, inspired by French artist Georges Rouault.*



MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on Friday, March 28.

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

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

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

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our communal celebrations of the Sacrament of Penance will be Monday, April 7 at 7:00pm and Saturday, April 12 at 10:00am.

OCIA during Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Now, they are no longer called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 23, 30, and April 6.

SATURDAY, APRIL 19, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Please pray for those to be baptized at the Easter Vigil:

Leonor Aparicio • Brian Appelman • Shay Appelman • Paris Counter • William Demoraes • Charlie Glaser • Vinnie Glaser • Dora Gyarmati • Jared Ilg • Thomas Nolan • Alston Prater • Karan Verma • Lindsey Vigo • Pam Vilonza

Youth Elect: Liam Kimble

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

Musical Prayer during Lent

OPUS 7 VOCAL ENSEMBLE AND CHAMBER ORCHESTRA: HEAR MY PRAYER

Saturday, March 15 at 8:00pm



Opus 7 performs a Lenten concert of profound music for choir and orchestra by Eastern European and Scandinavian composers as a musical prayer for hope and perseverance; comfort for those who grieve and those who are fearful; and peace and justice in Ukraine. Tickets (\$15-\$60)* & more info: <https://opus7.org/>.

CAPPELLA ROMANA and 45th PARALLEL UNIVERSE: REQUIEM FOR THE FORGOTTEN

Friday, March 28 at 7:30pm

Requiem for the Forgotten by Frank La Rocca for choir, organ, and strings commemorates the displaced and the homeless, championing the inherent dignity of every person. The program opens with the a cappella *Mass for Double Choir* by Josef Rheinberger (1839-1901), who dedicated it to Leo XIII, a pope known for his advocacy for social justice. Tickets (\$15-\$58)* and information, <https://cappellaromana.org/concert/requiem-for-the-forgotten/>.

MEDIEVAL WOMEN'S CHOIR: PENITENTIA

Saturday, April 5 at 8:00pm

Lent is a time for reflection upon human frailty, sorrow for our sinful nature, and the desire to make amends. There is a rich tradition of song that reflects this medieval reality, inspiring believers to repent and guiding them on the path towards salvation. Full of beauty and pathos, this is some of the most profound music in the medieval canon. Tickets (\$30; St. James parishioners free at online ticketing) and information, <https://medievalwomenschoir.org/events/>.

THE OFFICE OF TENEBRAE

Wednesday, April 16 at 7:00pm



The name *Tenebrae* (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. *Tenebrae* today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ's crucifixion. The loud noise, or *strepitus*, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ's triumph over death and darkness. The Cathedral Cantorei will sing Palestrina's setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE

Friday, April 18 from 12pm-3pm



We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi's *Stabat Mater* and meditations by Father Paul Janowiak, SJ, on the Seven Last Words of Christ. *Stabat Mater* is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.

Celebrate the 175th anniversary of the Archdiocese of Seattle! Volunteer with other Catholics as the living Body of Christ in this "Season of Service", March to May 2025.

May we recognize our legacy of faith by demonstrating our commitment to serving others.

Volunteer with a program below or of your own choosing. All Cathedral ministries count, including liturgy, music, faith formation and outreach. **As a Cathedral, our goal is 17,500 hours of service!**

Report your volunteer hours to Patrick Barredo, Director of Social Outreach and Advocacy, pbarredo@stjames-cathedral.org.



ST. JAMES CATHEDRAL

Sunday Breakfast is cooked on Saturdays and served on Sunday mornings. *Patrick Barredo, 206-382-4515, pbarredo@stjames-cathedral.org*

The Cathedral Kitchen serves the best free meal in Seattle every weeknight. *Mick McHugh, 206-949-6114, mickmchugh00@gmail.com*

The Cathedral Kitchen Garden grows organic produce used in the Cathedral Kitchen. *Peter Burns, pburns@stjames-cathedral.org*

The Solanus Casey Center helps with housing referrals and obtaining personal IDs. *Adriana Henry, 206-223-0907, adrianah@ccsww.org*

Sandwich Ministry provides homemade sandwiches for the St. Martin de Porres men's shelter. *Peter Burns, pburns@stjames-cathedral.org*

Volunteer Services welcomes volunteers to do yardwork for low-income elderly and disabled neighbors. *Griffin Cole, GriffinC@ccsww.org*

More service opportunities available at <https://archseattle.org/seasonofservice/>

SOUTH KING

Sacred Heart Family Shelter in Kent provides safe, comfortable shelter to families experiencing the crisis of homelessness. *Volunteer & Resources Coordinator Julie Thompson, juliet@ccsww.org*

The Federal Way Day Center welcomes adults who are homeless and vulnerably housed. There are showers, laundry, computers, access to health care and social services and more. *If interested, please call 253-893-7895.*

THE EAST SIDE

Issaquah Meals has served weeknight meals for over 35 years. *To volunteer, 425-679-0342, ccskingcountyinfo@ccsww.org*

New Bethlehem Day Center in Kirkland provides a welcoming and resource-rich destination for homeless families.

Contact 425-679-0354, nbpinfo@ccsww.org

LINKS Lunch Buddy Program in the Lake Washington School District is looking for caring adults to meet for 1 hour a week with elementary students for one-on-one time. *Victoria Goetze-Nelson lunchbuddy@lwsd.org*

Bellevue's **Sophia Way Organization** strives to end homelessness for adult women by providing shelter, social services, and supportive permanent housing. *Megan Duncan, megan.d@sophiaway.org*

THE NORTH END

Retired & Senior Volunteer Program volunteers check in clients, assist with selecting food, loading into the car, and more. *Paulette Jacobson, 425-374-6311, PauletteJ@ccsww.org*

Chore Volunteers help elderly and disabled neighbors maintain independence and dignity. Can you spare 1 or 2 hours a week to help with light housework or shopping? *Gretchen Wooten, 425-374-6323, MGWooten@ccsww.org*

Prepares (Pregnancy and Parent Support) Family Companions provide direct one-on-one support for struggling families. You can also act as a Companion on a team of volunteers. *Aleah Patulot 206-737-9264 prepares@ccsww.org*