

Lent 2014 at St. James Cathedral

Dear Friends,

If you're anything like me, you're a bit disoriented by the extreme lateness of the arrival of Lent this year. It almost seems like we should be getting out the palms and lilies but, no, we haven't yet gotten to the ashes!

Late or early, however, Lent is always a six-week journey and the truth is that we need that much time to really get into it. At least I do. We also need some guidance for the journey and the Church is happy to offer not only guidance but a rich and powerful – and time-tested regimen. It has three parts. Allow me to walk you through each of them.

Part one is **PRAYER**. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to be at Mass each Sunday and to participate fully, actively, and consciously in each Mass, we would be making a good start. The Sundays of Lent are rich in opportunities for growth in faith and in the understanding of our faith. But there is more. The Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season. And there are even more prayer possibilities: how about extending your family prayer at meal times or bedtime, or taking some time each day to read and reflect prayerfully on the Gospels (this could be a family thing, too); or how about attending Vespers and Benediction of the Blessed Sacrament on Sunday afternoons; or coming to the Friday evening Taizé Prayer around the Cross; or praying the Stations of the Cross on Mondays, Wednesdays, or Fridays, or joining in the Lenten Holy Hour on Friday afternoons.

Still one other wonderful opportunity for prayer this Lent would be to 'adopt' one of our "Elect" (the people who will be baptized at the Easter Vigil). To adopt one of the elect means that you will pray for that person in a special way all during Lent. If this is something you would like to do, you can pick up a prayer card with the name of one of our Elect near the font of the Cathedral. If you decide to do this (and it would be wonderful if you did), then, in addition to your prayer, you

will be invited at Easter time to write a card or short note telling your "adopted" friend of your prayerful support. This can be a wonderful and very 'hands-on' way of reaching out to our newest members, supporting them along their journey of faith. And it's something EVERYONE can do!

Part two of the Lenten regimen is **FASTING**. The Church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show us the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

Part three is **ALMSGIVING**. I like to connect this with fasting. Fasting can be no more than proudly flexing one's spiritual muscles – the spiritual equivalent of strutting about the gym – if it is not related to reaching out to others. And again this year the Church offers you the perfect way to do just that. The Rice Bowl Program is the perfect vehicle for turning fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the collection time of the Mass, you will give evidence of how taking Lent seriously can make a difference not only in our lives but in the lives of hungry people in our world.

Dear friends, prayer, fasting, and almsgiving are the road map for a Lent that will take us to new and holy places. I look forward to walking the journey with you in faith, hope, and love!



Father Michael G. Ryan

Lenten Prayer and Faith Formation Opportunities

ASH WEDNESDAY is celebrated Wednesday, March 5. Masses are at 8:15am, 12:10pm, and **6:00pm. (Please note the start time for the evening Mass of Ash Wednesday!)** All are welcome to join in a Simple Supper sponsored by the Cathedral Kitchen following the 6:00pm Mass.

JOY OF THE GOSPEL This Lent, you are invited to explore Pope Francis' radical vision for the Church. On Monday, March 3, 2014, 7:00pm, Father Ryan will launch our Lenten series with a special keynote presentation: *Pope Francis: A Revolution in Symbol and Substance*. We'll look back at Pope Francis' first year, explore some of the key moments in his papacy, and talk about how he is pointing the Church in a new direction. Then, during the weeks of Lent, you're invited to explore texts from Pope Francis' Apostolic Exhortation, *The Joy of the Gospel*, and discuss how his vision can challenge and inform us as we live our Christian faith in our parish and in our world. Small study groups will meet at different times throughout the week for five 1 1/2 hour sessions. Visit the Cathedral website to sign up for a session that works for you. Finally, on Saturday, April 12, 2014, at 9:00am, we'll gather for a closing retreat. Please consider making this part of your Lenten practice!

THE RICE BOWL PROGRAM is a wonderful way to grow in solidarity with the poor and the millions in our world who lack the basic necessities of life. Rice Bowls are available in the vestibules of the Cathedral throughout Lent.

MASS The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:15am and 5:30pm.

STATIONS OF THE CROSS The unique Stations of the Cross are the work of Cathedral iconographer Joan Brand-Landkamer. They were inspired by the work of 20th-century French artist Georges Rouault. The stations were created from found objects which Landkamer collected near her home in Ocean Shores. Each station is unique, and together they form a stark and intensely moving portrayal of the last journey of Jesus.

PRAYING THE STATIONS is a wonderful Lenten tradition in the Church. There are *three* opportunities to pray the Stations each week: on Mondays following 12:10pm Midday Prayer, Wednesdays following the 5:30pm Mass, and Fridays following the 8:15am Mass (except First Fridays). *You can also pray the stations online at www.stjames-cathedral.org.*

LITURGY OF THE HOURS Each weekday at 12:10pm in the Cathedral Chapel, we pray the Liturgy of the Hours. This short community prayer is based on the psalms, and includes readings from scripture and from our rich Catholic tradition.

LENTEN HOLY HOUR Each Friday during Lent, we will have a Holy Hour with Exposition of the Blessed Sacrament at 12 Noon. Holy Hour, which includes the Liturgy of the Hours, meditations, and rosary, is the perfect midday retreat at the end of a busy week.

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 4:00pm.

CONTEMPLATIVE PRAYER ON THE FRIDAYS OF LENT Every Friday evening at 6:30 pm (with the exception of Friday, March 7), the Cathedral offers a meditative evening prayer of song, scripture, and silence, with the music of the ecumenical community of Taizé in France. The guitar prelude begins at 6:15pm. All are welcome.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions will be heard each Saturday from 4:00 – 5:00pm. Communal penance services will be on Saturday, April 5 at 3:30pm, and Monday, April 7 at 7:30pm. In addition, this year the Cathedral is participating in *The Light Is On*, an Archdiocesan-wide initiative to increase access to the Sacrament of Reconciliation. A priest confessor will be available each Friday of Lent (except Good Friday) from 6:00pm – 7:00pm in the Reconciliation Chapel.

RCIA 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. Soon they will no longer be 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 as they search their own

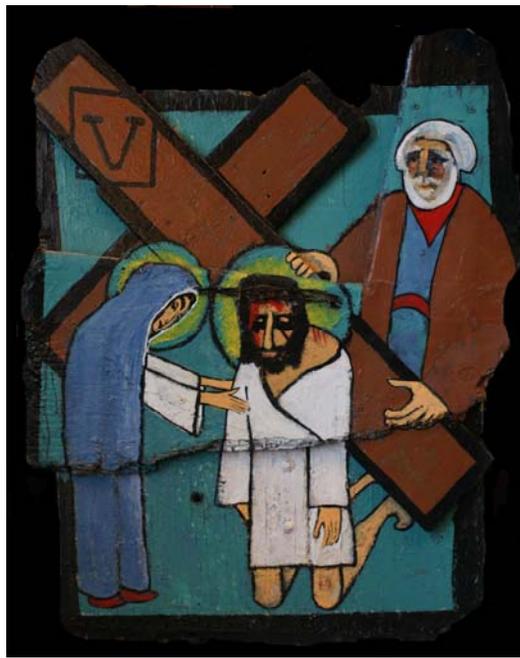
consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for:

**Tony Combs, Young Luu,
Jaydee Ocon, Patrick Fields,
Kawika Ramat**

Please pick up a prayer card at the Place of Prayer in the south aisle and pray for our Elect each day during this season of Lent. As Easter draws near, you will be invited to write a note telling our Elect of your prayerful support.

The following are some important dates in the journey of our Catechumens:



RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election which will take place on **Thursday, March 6 at 7:00pm**. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

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 on Sunday, March 23 at 5:30pm, Sunday, March 30 at Noon, and Sunday, April 6 at 10:00am.

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.

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Ash Wednesday is March 5, 2014. Good Friday is April 18, 2014.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

From Pope Francis' Lenten Message 2014

In imitation of our Master, we Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it.... In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ....



The Gospel is the real antidote to spiritual destitution: wherever we go, we are called as Christians to proclaim the liberating news that forgiveness for sins committed is possible, that God is greater than our sinfulness, that he freely loves us at all times and that we were made for communion and eternal life. The Lord asks us to be joyous heralds of this message of mercy and hope!

Dear brothers and sisters, may this Lenten season find the whole Church ready to bear witness to all those who live in material, moral and spiritual destitution the Gospel message of the merciful love of God our Father, who is ready to embrace everyone in Christ. We can do this to

the extent that we imitate Christ who became poor and enriched us by his poverty. Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I

distrust a charity that costs nothing and does not hurt.

May the Holy Spirit, through whom we are "as poor, yet making many rich; as having nothing, and yet possessing everything" (2 Cor 6:10), sustain us in our resolutions and increase our concern and responsibility for human destitution, so that we can become merciful and act with mercy. In expressing this hope, I likewise pray that each individual member of the faithful and every Church community will undertake a fruitful Lenten journey. I ask all of you to pray for me. May the Lord bless you and Our Lady keep you safe.

Choral Prayer during Lent

Saturday & Sunday, March 8 & 9, 2014 8:00 pm

Seattle Pro Musica *Passio*

Resident Ensemble, Seattle Pro Musica, presents a meditative collection of musical expressions of the Passion story, from the recently rediscovered *Passion Week* by Gretchaninov, to the Pulitzer-Prize-winning *Little Match Girl Passion* by David Lang - a modern-day allegorical take on Medieval mystery plays, in a format inspired by Bach. *Information*, 206-781-2766 or www.seattlepromusica.org.

Saturday, March 22, 2014 8:00 pm

Opus 7 *Stabat Mater*

Opus 7 Vocal Ensemble
www.opus7.org

Sunday, April 13, 4:00 pm

Palm Sunday *Vespers*

Jubilate!, St. James Cathedral's young women's ensemble, Stacey Sunde, conductor. Free and open to all.

**Wednesday,
April 16, 7:30 pm**

Office of *Tenebrae*

Internationally-respected artist Margriet Tindemans, viola da gamba, joins St. James musicians in the Office of Tenebrae. Experience the purity of one, two, and three soprano voices and the solemnity of men chanting in the darkening cathedral. Among the sublime musical highlights of this year's Office of Tenebrae are the first and third *Leçons de Ténèbres* of François Couperin; *In monte Oliveti* by Marc-Antoine Charpentier, the sublime *Miserere mei, Deus* by Gregorio Allegri; and instrumental responsories by J. S. Bach and Marin Marais. You do not need a reserved pass for this remarkable evening of beauty and reflection. Free-will offering.

