



ST. JAMES CATHEDRAL
The Eighth Sunday in Ordinary Time
March 2, 2025

ORDER OF CELEBRATION FOR THE
Eighth Sunday in Ordinary Time

FAREWELL TO THE ALLELUIA (Noon)

PRELUDE

Allein Gott in der Höh sei' Ehr, BWV 662
 Johann Sebastian Bach (1685–1750)

“Mors et resurrectio” from *Trois Paraphrases Gregoriennes*
 Jean Langlais (1907–1991), No. 1, Op. 5

The Introductory Rites

ENTRANCE

Sing praise to God who reigns above
 MIT FREUDEN ZART



1. Sing praise to God who reigns a - bove, The
 2. What God's al - might - y power has made, His
 3. Then all my glad - some way a - long, I
 4. Let all who name Christ's ho - ly name, Give



God of all cre - a - tion, The God of power, the
 gra - cious mer - cy keep - ing; By morn - ing glow or
 sing a - loud your prais - es, That all may hear the
 God all praise and glo - ry; All you who own his



God of love, The God of our sal - va - tion;
 eve - ning shade His watch - ful eye ne'er sleep - ing;
 grate - ful song My voice un - wea - ried rais - es;
 power, pro - claim A - loud the won - drous sto - ry!



With heal - ing balm my soul he fills, And ev - ery faith - less
 With - in the king - dom of his might, Lo! all is just and
 Be joy - ful in the Lord, my heart, Both soul and bod - y
 Cast each false i - dol from its throne, The Lord is God, and



mur - mur stills: To God all praise and glo - ry.
 all is right: To God all praise and glo - ry.
 sing your part: To God all praise and glo - ry.
 he a - lone: To God all praise and glo - ry.

PENITENTIAL ACT

Missa de angelis
 Vatican VIII



Have mer - cy on us.

Glory be to God in heaven,
Songs of joy and peace we bring;
Thankful hearts and voices raising,
To creation's Lord we sing:
Lord, we thank you, Lord, we bless you,
Glory be to God our king.

Lamb of God who on your shoulders
Bore the load of this world's sin;
Only Son of God the Father,
You have brought us peace within:
Lord, have mercy, Christ, have mercy,
Now your glorious reign begin.

You, O Son of God, are holy,
You we praise with one accord;
None in heav'n or earth is like you,
Only you are Christ the Lord,
With the Father, and the Spirit,
Ever worshiped and adored.

(Text by Edwin LeGrice)

COLLECT (OPENING PRAYER)

The Liturgy of the Word

FIRST READING

Sirach 27:4-7

PSALM RESPONSE

Psalm 92

Richard Proulx (1937-2010)

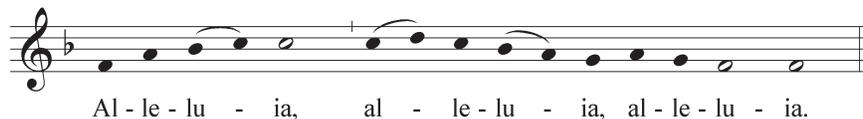


SECOND READING

1 Corinthians 15:54-58

ALLELUIA

Mode VII



GOSPEL

Luke 6:39-45

HOMILY

Father Michael G. Ryan

DISMISSAL OF CATECHUMENS (10:00am)

I sought the Lord
FAITH

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

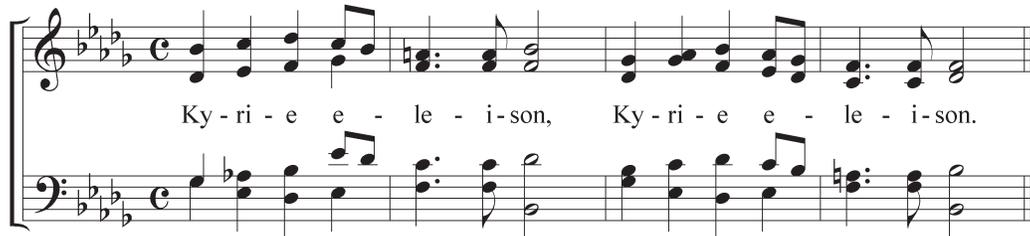
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom 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)



Ky - ri - e e - le - i - son, Ky - ri - e e - le - i - son.

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

PROCESSION OF GIFTS Please follow the directions of the ushers and come forward to the altar with your offering. If you give online, you are still encouraged to participate in the procession!
 Use one of the white envelopes in the pews and simply drop it in the basket.

Offertory (10:00)

Alleluia

Pawel Lukaszewski (b. 1968)

(Noon)

Alleluia Round

William Boyce (1711–1779)

(Sunday evening)

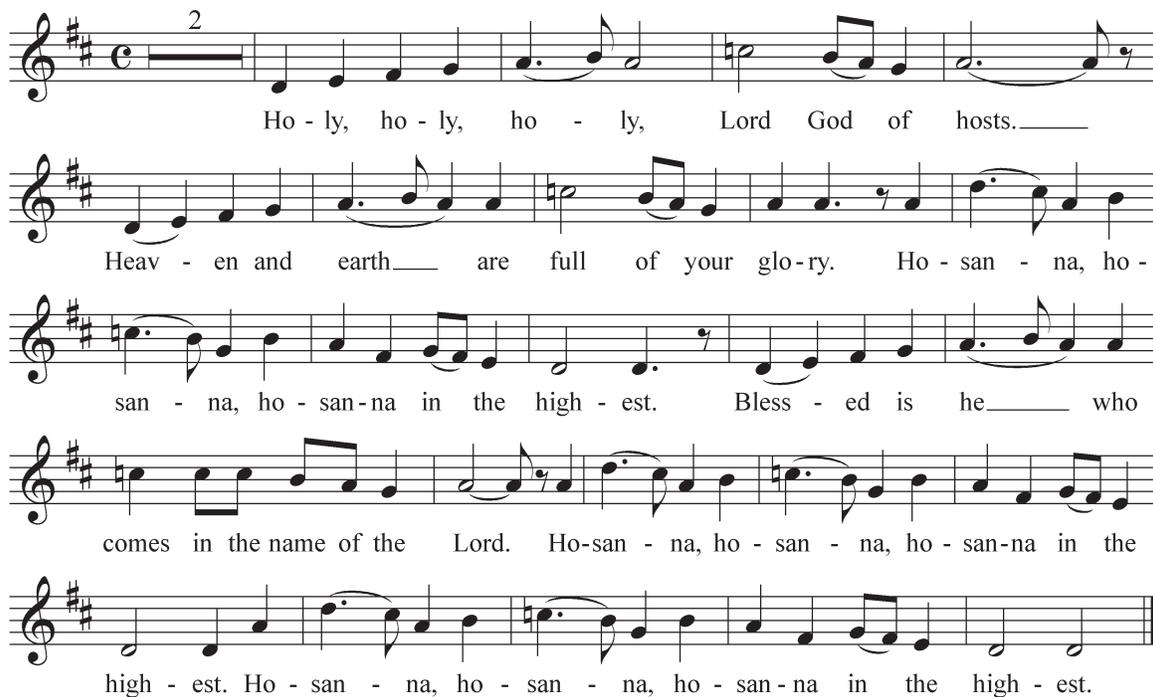
Ofrondens

St. Hildegard of Bingen (1098–1179)

SANCTUS

Mass for the City

Richard Proulx



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

MYSTERY OF FAITH

Richard Proulx

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

AMEN

Richard Proulx

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

LORD'S PRAYER

AGNUS DEI

Holy Cross Mass
David Clark Isele (1946-2014)

Cantor: Lamb of God, you take a-way the sins of the world, have
mer - cy on us. ALL: Lamb of God, you
take a - way the sins of the world, grant us peace.

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

COMMUNION

Cantabo Domino

I will sing unto the Lord who has dealt bountifully with me;
I will praise the name of the Lord, the Most High.

Mode II

COMMUNION PROCESSION

God is love: Canticle of Christian Unity
Richard Proulx (1937-2010)

God is love, and where true love is
God him - self is there.

COMMUNION MOTET (10:00)

Communion (Noon)

Tantum ergo
Jessica French (b. 1984)
Creator of beauty and giver of light
Mark Schweizer (1956–2019)

Low-gluten hosts are distributed at the credence table, near the presider's chair.
When you return to your place, please kneel or be seated.

HYMN OF PRAISE

Father, we thank thee, who hast planted
RENDEZ A DIEU

1. Fa - ther, we thank thee, who hast plant - ed Thy ho - ly
2. Watch o'er thy Church, O Lord, in mer - cy, Save it from

Name with - in our hearts. Knowl - edge and faith and life im -
e - vil, guard it still, Per - fect it in thy love, u -

mor - tal Je - sus, thy Son, to us im - parts.
nite it, Cleansed and con - formed un - to thy will.

Thou, Lord, didst make all for thy plea - sure, Didst give us
As grain, once scat - ter'd on the hill - sides, Was in this

food for all our days, Giv - ing in Christ the Bread
bro - ken bread made one, So from all lands thy Church

e - ter - nal; Thine is the power, be thine the praise.
be gath - er'd In - to thy king - dom by thy Son.

PRAYER AFTER COMMUNION

FINAL BLESSING & DISMISSAL

PROCESSION

Marche Héroïque
Sir Alfred Herbert Brewer (1865–1928)

ICON OF CHRIST THE TEACHER by Cathedral Iconographer Joan Brand-Landkamer. ACKNOWLEDGEMENTS: Psalm response, Eucharistic acclamations from *Mass for the City*, Agnus Dei from *Holy Cross Mass* by David Clark Isele, and Communion Procession refrain by Richard Proulx, copyright © 1986, 1995, 2003, 2010, by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Prayer of the Faithful response by Jacques Berthier, copyright © 1978, 1980, 1981 by Les Presses de Taizé (France), GIA Publications, Inc., Chicago, IL, exclusive agents. Reprinted under OneLicense.net #A706828. All rights reserved. Hymn of Praise text by F. Bland Tucker, copyright © 1940 by The Church Pension Fund, New York, NY. Reprinted under OneLicense.net #A706828. All rights reserved.

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 8th Sunday in Ordinary Time March 2, 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 *No disciple is superior to the teacher, but when fully trained, every disciple will be like his teacher.* Icon of the Last Supper. Joan Brand-Landkamer, Cathedral iconographer.

FLOWERS AT THE ALTAR are from Sylvia Miller in memory of Jennifer Lynn Graham. Flowers are also from the Saturday wedding of Mr and Mrs Todd and Katie Brannon from Katie's mother, Erin.

FLOWERS AT THE STATUE OF THE BLESSED VIRGIN MARY in the north transept are offered by the family of CW2 Bryan Henderson with love for his memory and respect for his sacrifice in Afghanistan.

SUNDAY HOSPITALITY AFTER 10:00AM MASS Join us in Cathedral Hall for Morning Glory muffins from Macrina Bakery, fresh fruit, and fellowship.

YOUTH PROCESSION TODAY: SUNDAY MARCH 2 AT NOON MASS All children and teens are invited to join the noon entrance procession—gather in the west vestibule before Mass begins. Parents, please accompany your young children in the procession. After Mass, all families are invited to Cathedral Hall for a delicious meal and time to socialize!

CONGRATULATIONS AND GOD'S BLESSINGS to Sophia Ombrellaro and Cage Cameron, married in the Cathedral on Saturday, February 22. Special thanks for their gift of stunning altar flowers last weekend.

LOST AND FOUND Parishioner Fely Belleza writes: "Thank you to the person who found and turned in my lost wedding ring to the Sunday Noon ushers two weeks ago. The ring is actually my deceased husband's, and I wear it as a pendant on my necklace. I am so grateful."

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 Our Lady Queen of Heaven, Tacoma; Holy Disciples, Puyallup; Our Lady of Good Counsel, Eatonville; and SS Cosmas and Damian, Orting.*

PARISH PILGRIMAGE MARCH 10-20, 2025 This Lent, Father Ryan will lead a group of 103 parishioners on a journey of prayer in France and Italy. The group will visit holy places in Normandy and Paris, before heading to Rome for the Jubilee, processing through the Holy Door and celebrating Mass at St. Peter's Basilica. At each stop along the way, the pilgrims will pray for our parish community. A book of intentions will be carried at each Mass and placed on the altar of the holy places the pilgrims visit. Be a part of the pilgrimage by sharing your intention for Lent and for the Jubilee Year. In a special way, you are invited to mention the names of deceased loved ones for whom the pilgrims can pray in Rome. Submit your intention via the Cathedral website or use the QR code at right. *Information*, Maria Laughlin, 206-382-4284 or mlaughlin@stjames-cathedral.org.



CHILDREN'S FAITH FORMATION CLASSES AND PARENT GATHERING: SUNDAY MARCH 9 AT 11AM Parents, after you drop off your child at class, please come to our monthly parent gathering. Our guest speaker is parishioner, Patty Repikoff, who has been a Lay Ecclesial Minister for 54 years. Patty will present on The Daily Examen, an ancient practice in the Church that can help us see God's hand at work in our whole experience. Coffee, tea, and snacks will also be provided. *Information*, Tami Kowal, 206-219-5822 or tkowal@stjames-cathedral.org.

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.

HOUSING AND HOMELESSNESS ADVOCACY DAY MARCH 14 IN OLYMPIA Express your support to your state lawmakers for fair housing and an end to homelessness! Join the Housing Advocacy Committee of St. James Cathedral and St. Joseph Parish, as well as advocates from all of Washington state, to share your story with lawmakers and other stakeholders. The day will include time to develop and strengthen your advocacy skills through attending workshops. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org, 206-382-4515.

Dear Friends,

You may have noticed that we have made some changes to the shrine of St. John XXIII. We've brought him down from his 'perch' so he can be closer to the community. Now you can look him in the eye and take him by the hand. More improvements to the north aisle are coming soon—stay tuned!

Meanwhile, the Portico Project continues and should be completed by April 4 (note date change!). I want to thank you for your patience with the delay in completion. 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.

We plan to inaugurate the new Portico on the weekend of April 5-6. Save the date!

Father Ryan

IN OUR OWN VOICE PRESENTATION On Saturday, March 22, 10:00am-11:30am in the Pastoral Outreach Center, 907 Columbia Street, you are invited to attend a free 90-minute presentation by trained NAMI Seattle presenters living in recovery from mental health conditions. Open to anyone who wants to learn more about mental health! Sponsored by the Mental Health and Wellness Ministry. *Information*, Anisa Ralls, aralls@stjames-cathedral.org or 206-382-4269.

ST VINCENT DE PAUL THANKS YOU This young woman has lived in her apartment with her pet cat since 2019. She was on a payment plan for her rent because a check covering rent during Covid lockdown did not come through. Recently her checking account was emptied due to fraud causing her rent to be 7 days overdue, thus voiding the eviction protection of her payment plan. To catch up, she is working overtime and called SVdP helpline for one time rent assistance. We were also able to give her information about legal help for the fraud. For assistance, call 206-767-6449 or apply online <https://svdpseattle.org/get-help/online-help-request-form/>. *Information*, Blake Steller 907-244-6683 or blsteller@gmail.com.

SEASON OF SERVICE To honor the history of the local Church, while embracing our Catholic Social teachings, the Archdiocese of Seattle will host a "Season of Service." From March 1 to May 31, 2025, local Catholics, parishes, schools, ministries and families are invited to participate in service with the goal of reaching 175,000 collective hours of service across Western Washington. More information to come to learn how you can participate through St. James Cathedral.

REST IN PEACE Please pray for the repose of the soul of Cora Lasham.



MILLIONS OF CHILDREN AND FAMILIES ARE AT RISK: HELP KEEP HOPE ALIVE!

Tell Congress the Presidential Administration should resume humanitarian assistance programs while under review.

On January 20, 2025, an executive order froze all funds for USAID, the principle agency responsible for funding foreign aid and development overseas. *USAID represents less than 1% of the total U.S. budget.* Although a federal judge has



Photo by Oscar Leiva/Silverlight for CRS

ordered the funding be temporarily unfrozen, funds for food, medicine, and other commodities are not being distributed. Often, there is no staff left to distribute them even if they were available. **Millions of our sisters and brothers who need access to lifesaving humanitarian, health and development assistance are adversely impacted.**

Foreign assistance is not charity; it is a strategic investment that has a profound impact on human life, dignity, and global stability. It fosters long-term development, prevents crises, and supports U.S. interests and economic prosperity. This small investment not only provides lifesaving assistance in emergencies but also

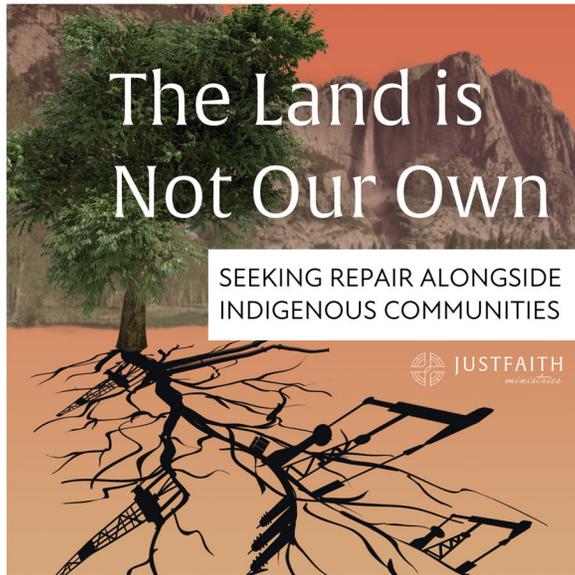
helps build resilience in communities, reducing the need for future humanitarian aid and creating a more stable and prosperous world—ultimately benefiting American businesses and enhancing global security.

Catholic Relief Services (CRS) is one of the many

NGOs funded by USAID, which allows CRS to respond to emergencies and disasters, as well as provide ongoing medical, technical, and educational support to over 100 countries. CRS asks YOU to call your Senators and Representative immediately with a **personalized** email or phone call to both their local and their D.C. office. Currently, people who rely on food from the U.S. are starving. Farmers who rely on USAID for seeds risk missing the start of growing season, which means their families will go hungry. People, including babies and unborn infants whose mothers are receiving medication for HIV, are in danger of having the virus replicate unchecked.

Please call and write today, and every day, demanding that USAID funding be restored and people rehired immediately during the review period. A sample message can be found at <https://support.crs.org/act/foreign-aid-operations>. Our sisters and brothers in poor countries depend on the action we need to take immediately. Thank you!

Find your U.S. Congress Senator and Representative,
<https://www.congress.gov/members/find-your-member>



The St. James Racial Solidarity Team invites you to this small group study series.

Tuesdays, March 25 to May 27

6:30pm - 8:30pm

on Zoom

MAURA FALLON & BROOK RIGGIO,
FACILITATORS

“It is your right, your birthright, to seek out others to work toward a world you imagine, a world where we are all free.” — Sarah Augustine

The Land Is Not Our Own: Seeking Repair Alongside Indigenous Communities will inspire and equip you to stand alongside Native communities in working for justice and repair. This 8-week small group lays a foundation of trust and relationship, so that together participants can acknowledge injustice, honor the interconnectedness of all Creation, and seek healing, repair, and hope alongside Indigenous communities.

The Land Is Not Our Own is an invitation to hope, joy, and healing. Together, the small group will celebrate Indigenous artists and activists, engage in a spiritual reorientation toward honoring our sacred connection with one another and all Creation, and learn concrete ways that individuals, churches, and communities can partner with Native leaders in their work for justice and repair.

GOALS

- Guide participants in “discern[ing] how Christian communities can address the extinction, enslavement, and extraction done in the name of Christ on Indigenous lands.”
- Equip participants to seek justice and repair alongside Indigenous leaders.
- Celebrate the wisdom and traditions of Indigenous authors, artists, and spiritual teachers
- Through spiritual reorientation, inspire daily decision-making that honors participants’ sacred relationships with all of Creation.
- Transform the participants into a community of love and support. The members will continue to encourage one another as you seek spiritual transformation and take action for justice after the program has finished.

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

Lent 2025 at St. James Cathedral

Dear Friends,
Did you know that the word 'Lent' is an Old English word – a variation on the word "lengthen"? Lent is very late this year, so we're quite aware that the days are lengthening and that spring is about to spring!

Most of us will welcome spring with open arms – especially after that bitter cold snap in late January and early February. Wouldn't it be great if we welcomed Lent as warmly as we welcome spring! Lent, of course, means penance and self-denial and most of us are not overly attracted to such things. I know I'm not. But penance and self-denial can be paths to deeper growth and freedom, and the Church's time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

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 actually be at Mass each Sunday and to participate fully, actively, and consciously in the Mass, we would be doing something almost guaranteed to help us grow in faith and in our relationship with Christ and with our brothers and sisters in the Body of Christ. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include making your family prayer at meal times – or your morning and evening prayers – a little less rote and a little more intentional; or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral, too: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays and Fridays; and joining in Adoration after Mass on Thursday mornings.

Still one other opportunity for prayer this Lent is to pray for our "Elect" who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil. You can find their names in the bulletin. This can be a wonderful way of reaching out to our newest members, supporting them along their journey of faith. And it's something absolutely everyone can do!

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 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?

And here's another way of reaching out to those who are hungry and homeless. Why not volunteer to help out at the Cathedral Kitchen or to take a turn helping to prepare and serve our Sunday morning breakfast? These are great ways to be in solidarity with those who experience a "forced fast" every day. If you are interested, contact Patrick Barredo.

ALMSGIVING. The Rice Bowl is a really good way to turn 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 offering moment of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

My friends, this Lent of 2025 takes place in a Jubilee Year whose theme is Pilgrims of Hope. I will have the privilege of leading 100 of your fellow parishioners on a pilgrimage to France and Italy from March 10-20. We plan to bring all of you along with us in our prayer, and I ask for your prayers as well. Please be a part of this pilgrimage by sharing your own intentions for us to carry with us (visit the Cathedral website to submit your intention), and by following each day's adventures on social media.

It was at our baptism that we got the 'passport' for our pilgrimage, and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together, each of us a *pilgrim of hope!*



Father Michael G. Ryan

Prayer and Faith Formation Opportunities

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, April 6, 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.

CONTEMPLATIVE EVENING PRAYER On Friday, March 7 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France.

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 Saturday, April 5 (time TBA), and Monday, April 7 at 7:00pm.

ST. LUKE AND THE KINGDOM OF GOD Thursday evenings, March 6, 13, 20, 27, and April 3; 7:00pm, Cathedral Hall. Please join a five week Lenten study of the Gospel of Luke. We will examine its portrait of Jesus as



the Christ who fulfills the messianic promises of the Old Testament, while establishing the Kingdom of God on earth and proclaiming salvation for all. This Scripture study is a wonderful way to draw closer to God in preparation for Easter by coming to better know His Son through the story of His life, death and resurrection. Tara Simons, presenter, is a teacher and writer who has her M.A. in Catholic Theology from the Franciscan University of Steubenville and did her doctoral studies in Theology at the Graduate Theological Union in Berkeley, CA. *Information and registration*, 206-654-4658 or jsimpson@stjames-cathedral.org.



Pilgrims of Hope Parish Pilgrimage to France and Italy

This Lent, Father Ryan will lead a group of 103 pilgrims on a journey of prayer in France and Italy. The group will visit holy places in Normandy and Paris, before heading to Rome for the Jubilee, processing through the Holy Door and celebrating Mass at St. Peter's Basilica.

Please join the pilgrims virtually by following along with the pilgrimage each day on the Cathedral's Instagram and Facebook pages.

At each stop along the way, the pilgrims will pray for our parish community. A book of intentions will be carried at each Mass and placed on the altar of the holy places the pilgrims visit. **Be a part of the pilgrimage by sharing your intention for Lent and for the Jubilee Year.** In a special way, you are invited to mention the names of deceased loved ones for whom the pilgrims can pray in Rome. Submit your intention via the Cathedral website or use the QR code at right.



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 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.



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

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on Saturday, March 8. 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 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.

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.

Ash Wednesday is March 5, 2025. Good Friday is April 18, 2025.

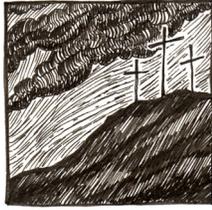
Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain

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.

Musical Prayer during Lent

UNIVERSITY OF NOTRE DAME MEN'S GLEE CLUB Saturday, March 8 at 8:00pm



The iconic Notre Dame Glee Club, on their Pacific Northwest Spring Tour, offers a program of sacred music that includes Renaissance and contemporary motets (including Franz Biebl's beloved "Ave Maria") as well as hymns and spirituals. Tickets (\$0-\$50) & more information, visit <https://www.stjames-cathedral.org/music/concerts>.

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/>.

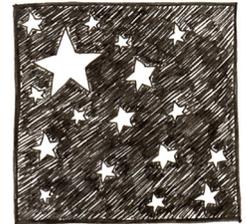
MEDIEVAL WOMEN'S CHOIR: PENITENTIA Saturday, April 5 at 8:00pm

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.