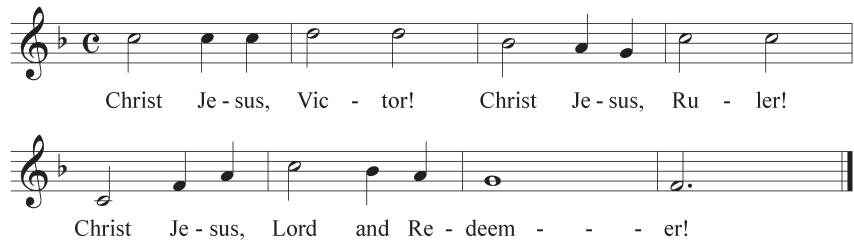




ST. JAMES CATHEDRAL  
*Psalm Sunday of the Lord's Passion*  
April 10, 2022

# PALM SUNDAY PROCESSION (10:00am)

## BLESSING OF THE PALMS ENTRANCE



Christ Je-sus, Vic-tor! Christ Je-sus, Ru-ler!  
Christ Je-sus, Lord and Re-deem-er!

## PROCESSION TO THE CATHEDRAL

Please, follow the directions of the ushers to the Cathedral.

Please be patient as you will find yourself sitting in a different part of the Cathedral from usual!

Think of it as an opportunity to experience the Mass from a different point-of-view.

**The entire procession will enter the Cathedral through the Ceremonial Doors.**

**The ramp door on the south side of the Cathedral will be available for those who are unable to climb the steps.**

**The East Nave will be filled first, then the Transepts, and finally the West Nave.**

## MUSIC FOR ALL TO SING DURING THE PROCESSION

*Christus vincit*

**Christ Jesus, Victor! Christ Jesus, Ruler! Christ Jesus, Lord and Redeemer!**

*Hosanna in the highest*



Ho-san-na, ho-san-na, ho-san-na in ex-cel-sis. Ho-

IN THE CATHEDRAL      *All glory, laud, and honor* (SEE NEXT PAGE)

ORDER OF CELEBRATION FOR

*Palm Sunday of the Passion of the Lord*

10:00 SOLEMN BLESSING AND PROCESSION OF PALMS begins at O'Dea Gym  
The Most Reverend Paul D. Etienne, Archbishop of Seattle, Presider

Noon CHILDREN'S PROCESSION OF PALMS All children are invited to gather on the west steps in front of the Cathedral's main doors and join the procession to the font for the Blessing of Palms.  
The Very Reverend Michael G. Ryan, Pastor of St. James Cathedral, Presider

*The Blessing of Palms*

CHILDREN'S PROCESSION OF PALMS (Noon)

*Hosanna in excelsis*  
Jacques Berthier (1923-1994)

Ho-san - na, ho-san - na, ho-san - na in ex-cel - sis. Ho-

PROCESSION TO THE FONT ALL STAND

GREETING

PRAYER OF BLESSING

SPRINKLING OF THE PALMS WITH HOLY WATER

*Pueri Hebreorum (The Children of Jerusalem)*  
chant, adapt. Thomas B. Stratman (1939-2008)

GOSPEL OF THE LORD'S ENTRY INTO JERUSALEM

ENTRANCE

*All glory, laud, and honor*  
ST. THEODULPH

All glo - ry, laud, and hon - or To you, Re-deem - er, King!  
To whom the lips of chil - dren Made sweet ho - san - nas ring.

1. You are the King of Is - ra - el, And Da - vid's roy - al Son,
2. The com - pa - ny of an - gels Are prais - ing you on high;
3. The peo - ple of the He - brews With palms be - fore you went:
4. To you be - fore your pas - sion They sang their hymns of praise:
5. Their prais - es you ac - cept - ed, Ac - cept the prayers we bring,

Now in the Lord's Name com - ing, Our King and Bless - ed One.  
And mor - tals, joined with all things Cre - a - ted, make re - ply.  
Our praise and prayers and an - thems Be - fore you we pre - sent.  
To you, now high ex - alt - ed, Our mel - o - dy we raise.  
Great source of love and good - ness, Our Sav - ior and our King.

COLLECT (OPENING PRAYER)

# The Liturgy of the Word

FIRST READING

Isaiah 50:4-7

PSALM RESPONSE

Psalm 22

Craig Westendorf (b. 1953)

My God, my God, why have you forsaken me?

SECOND READING

Philippians 2:6-11

VERSE BEFORE THE GOSPEL

*Christus factus est*

For our sake Christ became obedient even to death, death on a cross. chant  
Therefore God raised him on high  
and gave him a name above all other names.

READING OF THE PASSION ACCORDING TO LUKE

HOMILY

Archbishop Paul D. Etienne (10:00)  
Father Michael G. Ryan (all other Masses)

DISMISSAL OF THE ELECT (10:00)

Psalm 91

Choir: I give them life long and full,

Thomas B. Stratman

ALL: and I show them my power to save, says the Lord.

and I show them my power to save, says the Lord.

PROFESSION OF FAITH

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

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.

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,

PRAYER OF THE FAITHFUL

Jacques Berthier

O Chri - ste au - di nos.  
O Christ, hear us.

# The Liturgy of the Eucharist

## PREPARATION OF THE ALTAR AND THE GIFTS

(10:00)

(Noon)

(Sunday Evening)

*Crux fidelis*

*Were you there?*

*My song is love unknown*

Jean Roger-Ducasse (1873–1954)

African American Spiritual

Donald Busarow (1934–2011)

## SANCTUS

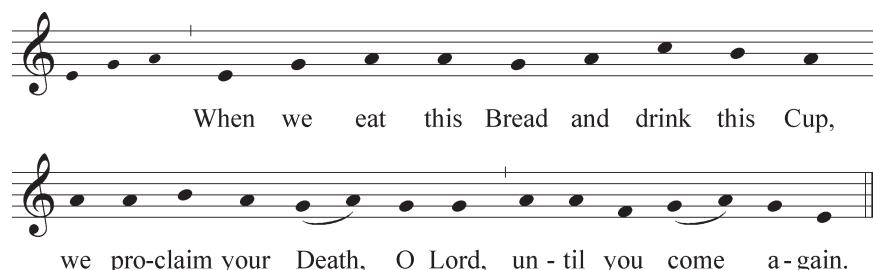
Vatican XVIII



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.

## MYSTERY OF FAITH

Roman Missal



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

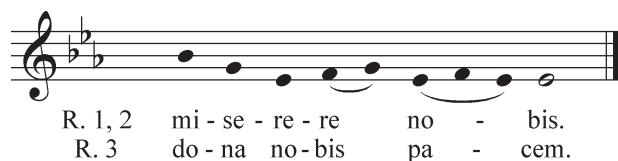
## AMEN

Christus vincit

## LORD'S PRAYER No. 246

## AGNUS DEI

Vatican XVII



R. 1, 2 mi - se - re - re no - bis.  
R. 3 do - na no - bis pa - cem.

## COMMUNION

Father, if this cup cannot pass away unless I drink it, thy will be done.

(10:00)

*Christus factus est*

Anton Bruckner (1824–1896)

(Noon)

*My song is love unknown*

Donald Busarow

When you return to your place after receiving Holy Communion, please KNEEL OR BE SEATED.

Low-gluten hosts are distributed at the credence table near the Blessed Sacrament Chapel.

## PRAYER AFTER COMMUNION

BLESSING (10:00) Archbishop: Blessed be the name of the Lord. All: **Now and forever.**

Archbishop: Our help is in the name of the Lord. All: **Who made heaven and earth.**

## PROCESSION

PROCESSIONAL ICON OF CHRIST'S ENTRY INTO JERUSALEM. ACKNOWLEDGEMENTS: Psalm response by Craig Westendorf, copyright © 1986 by the University of Notre Dame, South Bend, IN. Used with permission. All rights reserved. Procession refrain and Prayer of the Faithful response by 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. Dismissal refrain by Tom Stratman, copyright © 1985 by St. James Cathedral. All rights reserved.

## 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 Marquez, Interim Director of RCIA (206-654-4640)

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

Andrew Casad, Children's Faith Formation (206-274-3108)

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 Sharpies, Peter Burns, John Marquez, 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 Bundy, 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

Marina Ortiz, Immigrant Legal Services Assistant

### STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

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

### YOUTH MINISTRY

David Buchholz, Christina Buchholz, youth@stjames-cathedral.org

### PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)

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

Open Position, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

### FACILITIES and GROUNDS

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

Alan Frasher, Michelle Lazo, Lino Nillas

### 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

### CONFESIONS/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 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 Corinna Laughlin, 206-264-2086

### CATHEDRAL COLUMBIARIUM

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](http://www.stjames-cathedral.org)

**W**ELCOME, 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.

## Palm Sunday of the Lord's Passion

### April 10, 2022

**ON THE COVER** *I will open your graves and have you rise from them.* Icon of the Raising of Lazarus. Joan Brand-Landkamer, Cathedral iconographer.

**PRAYERS TO OUR LADY OF LOURDES** The men and women of the Order of Malta will be going on pilgrimage to the healing shrine of Lourdes in southern France at the end of April. They will take with them intentions from local parishes, which will be remembered at the Grotto of Our Lady of Lourdes. Stop by the Shrine of the Blessed Virgin Mary, write your petition on the form provided, and drop it in the box of intentions.

**THE OFFICE OF TENEBRÆ**: On Wednesday of Holy Week, April 13, at 7:30pm, we observe the office of Tenebræ (a Latin word meaning "shadows") in which the sufferings of Christ are foretold in the Lamentations of Jeremiah (musical setting by Tomás Luis de Victoria) and commemorated in the slow extinguishing of candles. The St. James Cathedral Cantorei and the Men's Chant Choir also offer chanted psalms, Vinea mea electa by Francis Poulenc, and Gregorio Allegri's stirring setting of Psalm 51, Miserere mei, Deus ("Have mercy on me, O God"). Father Ryan, presider. Please note that the Cabrini Garage will not be open for this liturgy. Limited free parking (~65 spaces) is available in the O'Dea lot. Paid street parking is enforced until 8:00pm.

**ST VINCENT DE PAUL THANKS YOU** for your continuing support of our Cathedral Vincentians. The rent moratorium has ended and the need for rental assistance is increasing. For the first three months of 2022, help has been given to 258 people in neighborhoods surrounding our parish. That's a monthly average of over 86 people helped financially or with referrals to other possible sources of help. Requests for rent help far outnumber all other requests we receive. So far this year nearly 96% of our financial aid in the central Seattle neighborhoods we serve has gone to pay rent. We are deeply grateful for every dollar you share with SVdP – Thank you! *Information*, Jo Ann Wiesner, 206-291-4012 or [wiesnerjo@gmail.com](mailto:wiesnerjo@gmail.com)

**FLORAL OFFERINGS ARE A WONDERFUL WAY** to remember a deceased loved one, celebrate an anniversary, or give thanks for a prayer that has been answered. Weekends open for floral offerings include May 22, July 10, and July 31. *Information*, Maggie Corrigan, [mcorrigan@stjames-cathedral.org](mailto:mcorrigan@stjames-cathedral.org) or 206-622-3559.

**FAITH FRIENDS INCLUSION MINISTRY** Do you know a child or teen age 7-18 with physical, cognitive and/or intellectual disabilities? Faith Friends is an inclusion ministry serving children and teens from across the Archdiocese of Seattle. We are a unique blend of our Faith Mentor and Children's Faith Formation program, and provide Sacramental Preparation, as well opportunities for friendship with other youth. *Information, faithfriends@stjames-cathedral.org or stjames-faithfriends.weebly.com.*

**CARE FOR CREATION NEWS:** healthy planet: How to achieve optimal health in all aspects of your life Thursday, April 21, 7pm-8pm on ZOOM Celebrate Earth Day by joining the St. James Care for Creation team for a discussion of Healthy Planet, the third and last part in the Healthy Body, Health Mind, Healthy Planet Series. What we eat makes a big difference in the world! Learn about the environmental impact and footprint of the food production system in the U.S. See how our faith and devotion can lead us to be faithful citizens, impelling us to take action on behalf of the Earth, our common home. *Registration, Patrick Barredo, pbarredo@stjames-cathedral.org.*

**JOB OPENING IN THE CATHEDRAL KITCHEN** The Cathedral Kitchen, which serves 100 meals each weeknight to our homeless and low-income neighbors, is looking to add a new staff member to our team. Responsibilities include oversight of the grocery store gleaning program, working with dedicated staff and volunteers to prepare dinners, and interacting with Kitchen guests. Candidates must have a valid Washington State driver license and be able to lift cases of produce and canned goods. *Information, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.*

**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.twitter.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](https://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](https://www.stjames-cathedral.org).

**OUTREACH AND ADVOCACY NEWSLETTER** Learn about upcoming events and opportunities as well as stay informed on Catholic social teaching by receiving this monthly newsletter. *Subscribe, outreach@stjames-cathedral.org.*

**RICE BOWL** As we walk with Jesus through Holy Week, we remember the countless men, women, and children who even today carry heavy crosses: crosses of hunger, of homelessness, lack of resources, and lack of security. As we encounter these, our brothers and sisters, it is important we never forget an essential pillar of our Lenten spirituality – almsgiving – by which we walk with and support those in need. Almsgiving is central to how we practice Lent. It flows from our prayers and fasting and allows us to make room for the needs of others. For more than 45 years, the CRS Rice Bowl has supported programs that prevent hunger and poverty in over 100 countries around the world as well as here in our own community. The CRS Rice Bowl provides immediate relief from hunger, of course, but goes beyond that to educate people about sustainable farming and entrepreneurship so that they can support themselves and their families and enrich their communities. During Holy Week, let us reflect on how God is calling us to meet the needs of the poor, through prayer and fasting, of course, but also as "Good Samaritans" who are moved by compassion to help by giving. As we prepare to celebrate Easter with joy, we remember, as members of God's one human family, to share that joy with all of God's people, whether here or around the world. Bring your Rice Bowls to the Holy Thursday Mass of the Lord's Supper, where they will be collected at the altar. You can also learn more about the CRS Rice Bowl, or use their donation portal, at [www.CRSRiceBowl.org](https://www.CRSRiceBowl.org).

### WHAT IS YOUR DREAM FOR THE CHURCH?

- "What I want is for the Church to be a refuge where *all* are welcome."
- "I want the Church to be a place for my daughter to grow, a place where she will have role models."
- "These sessions are Vatican II, continued."



Beginning in Lent and continuing into Easter, every member of the Cathedral community is invited to participate in the worldwide Synodal process initiated by Pope Francis. "Every encounter—as we know—calls for openness, courage and a willingness to let ourselves be challenged by the presence and the stories of others.... the experience of encounter changes us; frequently it opens up new and unexpected possibilities" (Pope Francis). **Sign up online to attend a synodal gathering:**

- Tuesday, April 19 at 6:30pm (Zoom)
- Wednesday, April 20 at 4:00pm (Zoom)
- Monday, April 25 at 4:00pm (Zoom)
- Wednesday, April 27 at 6:30pm (Zoom)
- Saturday, April 30 at 9:30am (in person)
- Monday, May 2 at 4:00pm (Zoom)
- Thursday, May 5 at 6:30pm (Zoom)

[www.stjames-cathedral.org](https://www.stjames-cathedral.org)

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

# HOLY WEEK 2022

## at ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, *Archbishop of Seattle*  
The Very Reverend Michael G. Ryan, *Pastor of St. James Cathedral*



### Palm Sunday of the Lord's Passion April 9-10, 2022

Masses Saturday 5:30pm  
Sunday 8:00\*\*, 10:00, Noon, and 5:30pm

**10:00am\* Solemn Procession of the Palms**  
Archbishop Paul D. Etienne, *presider & homilist*

**12:00 Noon Children's Procession of the Palms**  
Father Michael G. Ryan, *presider & homilist*

**4:00pm Vespers of Palm Sunday with  
Benediction of the Blessed Sacrament**  
Father Michael G. Ryan, *presider*

**Monday and Tuesday, April 11-12**  
Mass at 8:00am\*\*

**Wednesday, April 13**  
Masses at 8:00am\*\* and 12:10pm

**7:30pm OFFICE OF TENEBRAE**  
Father Michael G. Ryan, *presider*

**Holy Thursday, April 14**

**8:30am\* MORNING PRAISE**  
Father Michael G. Ryan, *presider*

**6:00pm\*\* EVENING MASS of the  
LORD'S SUPPER**

Archbishop Paul D. Etienne,  
*presider and homilist*  
*Offertory Procession will include  
presentation of Lenten Rice Bowls*

**9:45pm COMPLINE**  
Father Michael G. Ryan, *presider*

**To 12 Midnight**  
ADORATION OF THE BLESSED SACRAMENT



### Good Friday, April 15

**8:30am\* MORNING PRAISE**  
Father Michael G. Ryan, *presider*

**12:00\* Noon, TRE ORE**  
Father Michael G. Ryan, *presider*;  
Father Tom Lucas, SJ will preach  
on the Seven Last Words of Christ

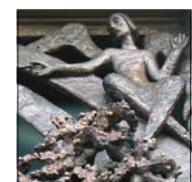


### 6:00pm\*\* GOOD FRIDAY of the LORD'S PASSION

Archbishop Paul D. Etienne, *presider*  
Father Michael G. Ryan, *homilist*

### Holy Saturday, April 20

**8:30am\* MORNING PRAISE**  
Father Michael G. Ryan, *presider*



### 8:30pm\*\* EASTER VIGIL

The Easter Vigil in the Holy Night  
Archbishop Paul D. Etienne, *presider & homilist*

### Easter Sunday, April 21

#### 8:00am\*\* MASS

#### 10:00am\* MASS

Father Michael G. Ryan, *presider & homilist*

#### 12:00 Noon MASS

Archbishop Paul D. Etienne, *presider & homilist*

#### 4:00pm SOLEMN VESPERS OF EASTER

Father Michael G. Ryan, *presider*

#### 5:30pm EVENING MASS OF EASTER SUNDAY

Father Michael G. Ryan,  
*presider & homilist*



\*\* = livestreamed on the Archdiocese Facebook/  
Vimeo pages

\* = livestreamed on St. James Cathedral Facebook/Vimeo pages

*Visit the Cathedral website to connect to livestreams.*

*For details on Holy Week liturgies, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org)*



The Office of  
**TENEBRAE**

Wednesday, April 13  
7:30pm

Tomás Luis de Victoria: *Lamentations of Jeremiah*

Gregorio Allegri: *Miserere mei Deus*

Francis Poulenc: *Vinea mea electa*

Plainchant

Sung by the St. James  
Cathedral Cantorei and  
the Men's Chant Choir

Fr. Michael G. Ryan, presider

All are welcome. No tickets required; freewill offering. The Cabrini Garage will NOT be open for this liturgy. More info: [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org) or 206-382-4874.

# TRE ORE

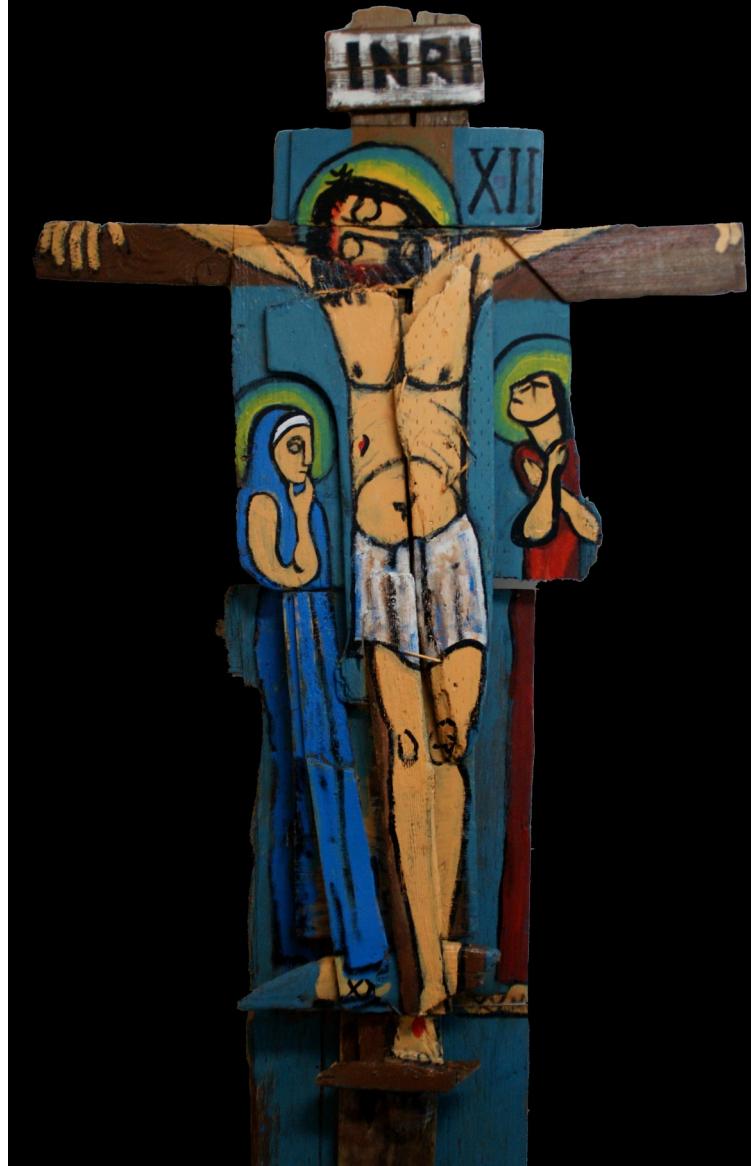
GOOD FRIDAY April 15 NOON—3

St. James Cathedral observes the traditional Good Friday devotion of TRE ORE (“Three Hours”) with music and homilies focused on the words of Christ from the cross.

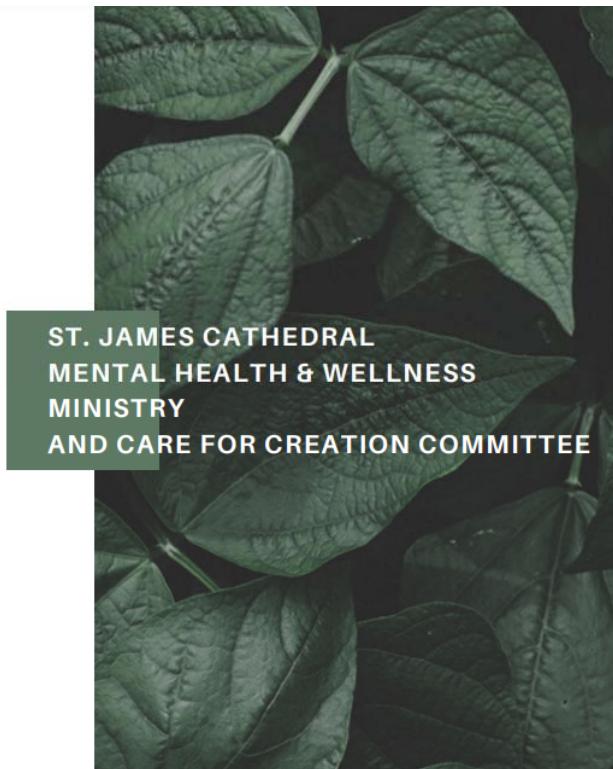
This year, **Father Tom Lucas, SJ** will offer meditations on the Seven Last Words of Christ.

Father Michael G. Ryan will preside. The women of the Cathedral Cantorei will present Pergolesi’s matchless *Stabat Mater*.

*A free-will offering will be accepted during the service. The entire service will be livestreamed on Vimeo & Facebook.*



**Tom Lucas, SJ** is an artist, designer, historian, story teller, gardener, and most importantly, a Jesuit priest. He has followed a rich and winding path over four decades in the Society of Jesus. For many years the Rector of the Jesuit community at Seattle University, he now serves as pastor of St. Ignatius Parish in Sacramento, California.



# Healthy Body Healthy Mind *Healthy Planet*

## How to Achieve Optimal Health in All Aspects of Your Life

*Thursday, April 21, 2022  
7pm—8pm on ZOOM  
Karen and Joseph Herndon, presenters*

Celebrate Earth Day by joining the St. James Care for Creation team for a discussion of Healthy Planet, the third and last part in the *Healthy Body, Healthy Mind, Healthy Planet* Series.

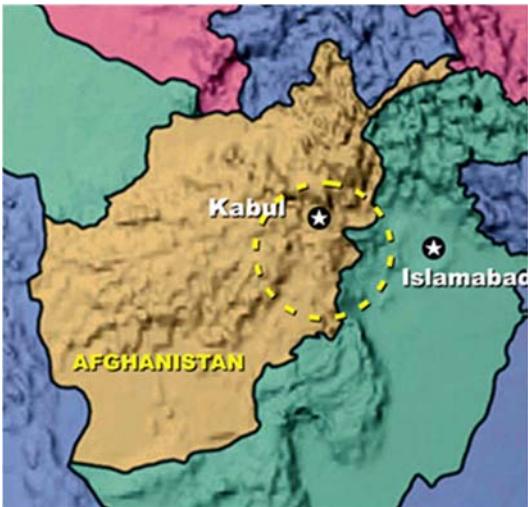
What we eat makes a big difference in the world! Learn about the environmental impact and footprint of the food production system in the U.S. See how our faith and devotion can lead us to be faithful citizens, impelling us to take action on behalf of the Earth, our common home.

*I would therefore like us all to make the serious commitment to respect and care for creation, to pay attention to every person, to combat the culture of waste and of throwing out so as to foster a culture of solidarity and encounter - Pope Francis*

The first two parts of the series, on Healthy Body and Healthy Mind, have been recorded for those who were unable to attend the first session.

*Information and Registration, Patrick Barredo  
206-382-4515 or pbarredo@stjames-cathedral.org*

# Afghanistan: Then and Now



The St. James Cathedral Sponsor Circle Team has welcomed two recently-arrived Afghan families, living out our call to welcome the stranger. Team members have helped with shopping, moving, enrolling in health care, connecting to a local mosque, airport arrivals, interpretation, finding jobs, and more.

More than 70,000 Afghans were evacuated and brought to the U.S. over the past six months. Some of those who have come to the Seattle area have been welcomed by Sponsor Circles like ours, others by refugee resettlement agencies, and others have come on their own. They join an existing local and vibrant Afghan community.

To learn more about how these families came to be here, and the work of the Sponsor Circle, St. James Cathedral's *Immigrant Assistance* and *Racial Solidarity Team* are co-sponsoring an event that will feature a panel discussion on Afghanistan – its history and culture, the current situation in that war-torn country, and a look at the issues facing Afghan refugees as they resettle in our country. Speakers include:

**Professor Farid Saydee, Ph.D.** – Kean University, Afghan refugee and founder of Language Mentors International

**Mr. Karimi** – Afghan immigrant, currently studying for his citizenship with help from an Immigrant Assistance tutor

**Brian Beattie** – St. James parishioner and currently a member of the St. James Sponsor Circle Team

**Sarah Riggio** – St. James parishioner and Sponsor Circle Team member, whose family has hosted refugees

**Wednesday, April 27, from 6:00 – 7:00pm**

*This presentation will be on Zoom*

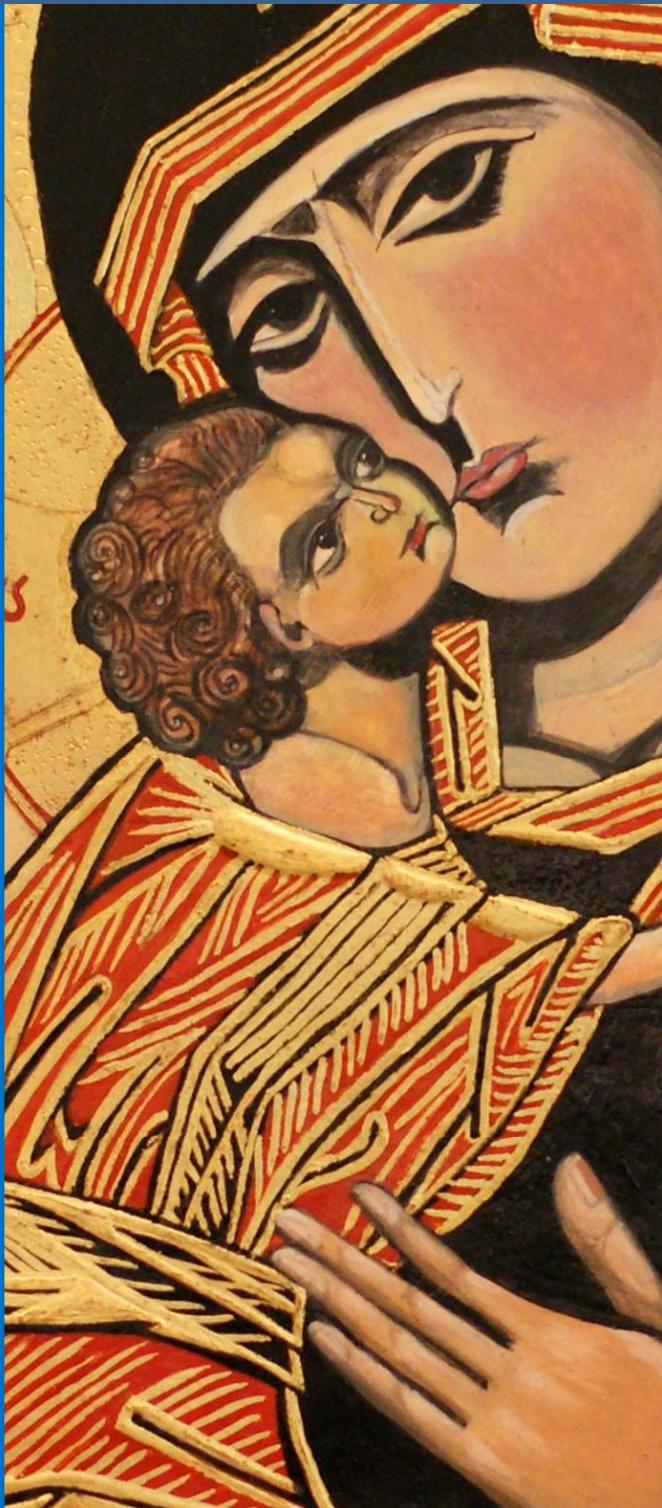
<https://us06web.zoom.us/j/81734864889?pwd=VkpXQU1na0RmNVorSnVUT1pxNUdIUT09>

Co-Sponsored by  
St. James Cathedral Racial Solidarity Team  
and

St. James Cathedral Immigrant Assistance  
[www.stjames-cathedral.org/immigrant](http://www.stjames-cathedral.org/immigrant) 206.382.4511

# LOVE

## Contemplative Prayer with music from Taizé



**Friday, May 6, 2022**

**6:30pm**

St. James Cathedral

*Living God, at times we are strangers on the earth, disconcerted by the violence, the harsh oppositions. Transfigure the deserts of our doubts and so prepare us to be bearers of reconciliation wherever you place us, until a hope of peace arises in our world.*

Brother Alois of Taizé

On the first Friday of each month, all are welcome to a contemplative prayer in the Cathedral, with song, silence, and candlelight. The service includes the meditative chants of the ecumenical Taizé community in France, founded by Brother Roger Schutz as a sign of reconciliation after World War II.

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