



ST. JAMES CATHEDRAL  
*The Fourth Sunday of Advent*  
December 22, 2024

The place where you stand is  
*holy ground*

EXODUS 3:5

## *Sacrificial Sunday Giving 2025*

### Progress Report

#### PLEDGES RECEIVED THROUGH DECEMBER 9, 2024

Total pledges received.....378  
Average pledge..... \$325 monthly/\$75 weekly  
% participation so far (out of 2,591 households)..... 15%  
Participation goal .....30% (400 more pledges!)

A huge thank you to all who have turned in a pledge!  
**If you haven't already done so, please remember to make your pledge online** ([www.stjames-cathedral.org](http://www.stjames-cathedral.org) or use QR code at right!). Your commitment makes it possible for the Cathedral to plan its budget in the coming year.



Information, Maria Laughlin, [mlaughter@stjames-cathedral.org](mailto:mlaughter@stjames-cathedral.org).

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

ORDER OF CELEBRATION FOR  
*The Fourth Sunday of Advent*

THE 30TH ANNIVERSARY OF THE REDEDICATION OF ST. JAMES CATHEDRAL

PRELUDE

*Nun komm der Heiden Heiland*, BWV 659  
Johann Sebastian Bach (1685–1750)  
“Marche du Veilleur de Nuit” from *Bach’s Memento*  
Charles-Marie Widor (1844–1937)

PROCESSION AND LIGHTING OF THE DEDICATION CANDLES

Psalm 122  
Robert J. Barastini (b. 1942)



I re-joiced when I heard them say: let us go to the house of the Lord.

ENTRANCE

*God is in this holy temple*  
WESTMINSTER ABBEY



Antiphon 1. God is in this ho - ly tem - ple, God who ga - thers  
Psalm 122 2. As of old, we climb the moun - tain, To God’s house be -  
3. Times of joy, and times of sor - row, God has blessed us  
4. Peace be in these walls for - ev - er! Let our faith and  
Antiphon 5. God is in this ho - ly tem - ple! God has ga - thered



us to day: God, our strength and con - so - la - tion,  
yond com - pare! And like those who came be - fore us,  
through the years; Heard the songs of great as - sem - blies,  
love in - crease. Let our prayer for peace con - ti - nue  
us to day; God, our strength and con - so - la - tion,



God who guides our pil - grim way. House of God, and  
Here we bow and of - fer prayer. Here we pray for  
Caught the whis - pered prayers and tears, When saints knelt in  
’Til all war and ha - tred cease. Make us ser - vants  
God who guides our pil - grim way. House of God, and



gate of Heav - en: God, be in our midst to - day.  
peace and wis - dom, For God’s bless - ings ev - ’ry - where.  
a - do - ra - tion, And when sin - ners told their fears.  
of your Gos - pel, Make us in - stru - ments of peace.  
gate of Heav - en: God, is in our midst to - day!

OPENING PRAYER (COLLECT)

# The Liturgy of the Word

FIRST READING

Micah 5:1-4a

PSALM RESPONSE

Psalm 80

Michel Guimont (b. 1952)



Lord, make us turn to you; let us see your face and we shall be saved.

SECOND READING

Hebrews 10:5-10

ALLELUIA

*New Plainsong Mass*  
David Hurd (b. 1950)



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

GOSPEL READING

Luke 1:39-45

HOMILY

**Father Michael G. Ryan**

CREED CHANTED ON ONE TONE

(10:00 and Sunday Evening)

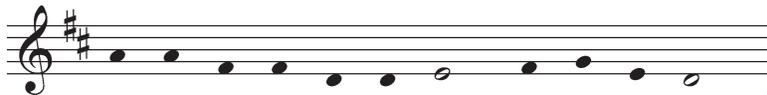
chant, Mode V

*Presider Credo in unum Deum,*

Choir Patrem omnipotentem factorem cæli et terræ,  
visibilium omnium et invisibilium.

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

ALL



Et in u - num Do - mi - num Je - sum Chri - stum,

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,**

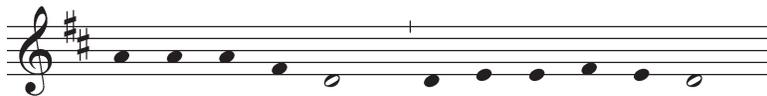


Fi - li - um De - i u - ni - ge - ni - tum.

Choir Et ex Patre natum ante omnia sæcula.

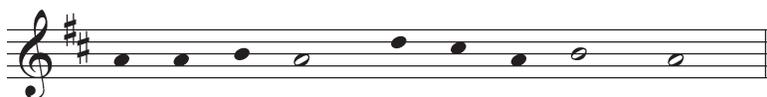
**born of the Father before all ages.**

ALL



De - um de De - o, lu - men de lú - mi - ne,

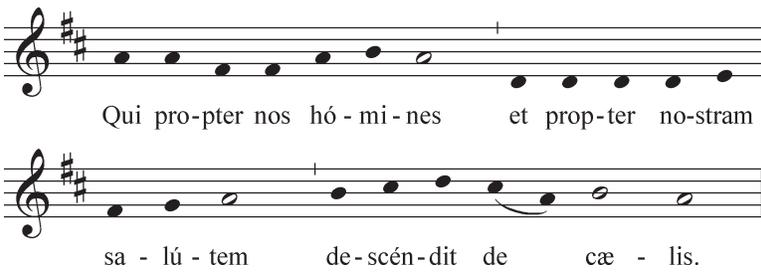
**God from God, Light from Light,  
true God from true God,**



De - um ve - rum de De - o ve - ro.

Choir Genitum, non factum, consubstantialem Patri:  
per quem omnia facta sunt.

**begotten, not made,  
consubstantial with the Father;  
through him all things were made.**

ALL 

Qui pro-pter nos hó - mi - nes et prop-ter no-stram

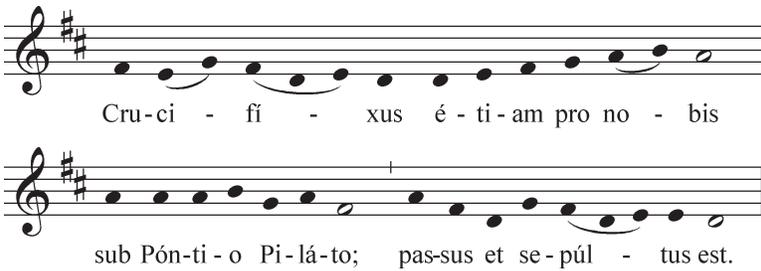
sa - lú - tem de-scén-dit de cæ - lis.

For us men and for our salvation  
he came down from heaven,

*All bow at the words of incarnation, sung by the Choir:*

Choir Et incarnatus est de Spiritu Sancto ex Maria Virgine,  
et homo factus est.

and by the Holy Spirit was incarnate  
of the Virgin Mary, and became man.

ALL 

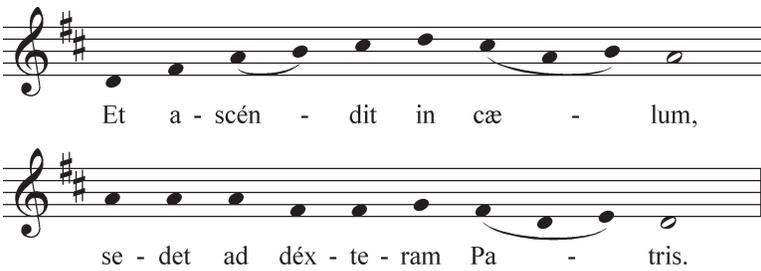
Cru-ci - fi - xus é - ti - am pro no - bis

sub Pón-ti - o Pi-lá-to; pas-sus et se - púl - tus est.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,

Choir Et resurrexit tertia die, secundum Scripturas.

and rose again on the third day  
in accordance with the Scriptures.

ALL 

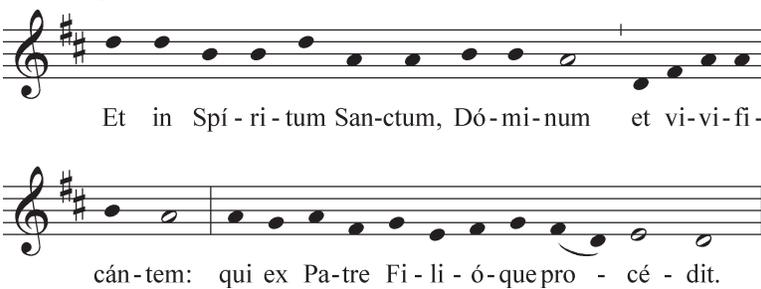
Et a - scén - dit in cæ - lum,

se - det ad déx - te - ram Pa - tris.

He ascended into heaven  
and is seated at the right hand  
of the Father.

Choir Et iterum venturus est cum gloria,  
iudicare vivos et mortuos,  
cuius regni non erit finis.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

ALL 

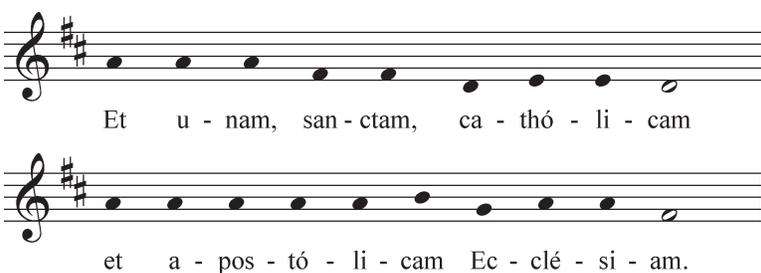
Et in Spí - ri - tum San-ctum, Dó-mi-num et vi-vi-fi-

cán-tem: qui ex Pa-tre Fi - li - ó-que pro - cé - dit.

I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds  
from the Father and the Son,

Choir Qui cum Patre et Filio simul  
adoratur et conglorificatur:  
qui locutus est per prophetas.

who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

ALL 

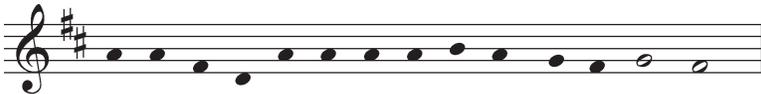
Et u - nam, san - ctam, ca - thó - li - cam

et a - pos - tó - li - cam Ec - clé - si - am.

I believe in one, holy,  
catholic and apostolic Church.

Choir Confiteor unum Baptisma in remissionem peccatorum.

I confess one Baptism  
for the forgiveness of sins

ALL 

Et ex-spe-cto re-sur-re-cti - o-nem mor-tu - o - rum.

and I look forward  
to the resurrection of the dead

Choir Et vitam venturi sæculi.

and the life of the world to come.

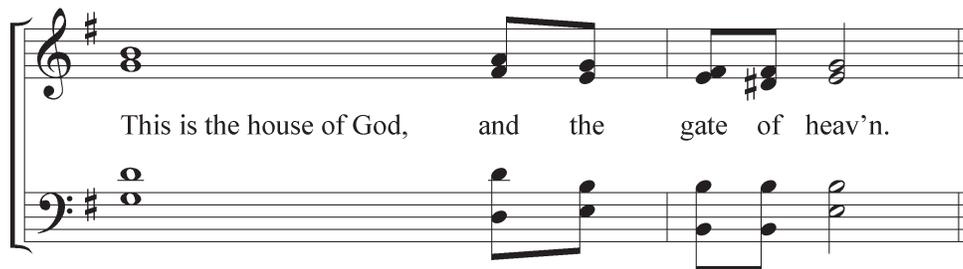
ALL 

A - - - - - men.

Amen.

### PRAYER OF THE FAITHFUL

Jacques Berthier (1923–1994)



This is the house of God, and the gate of heav'n.

## *The Liturgy of the Eucharist*

**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.

### PREPARATION OF THE ALTAR AND THE GIFTS

(10:00)

This place is the work of God,  
a mystery surpassing all comprehension, above all reproach.

*Locus iste*  
Anton Bruckner (1824–1896)

(Noon)

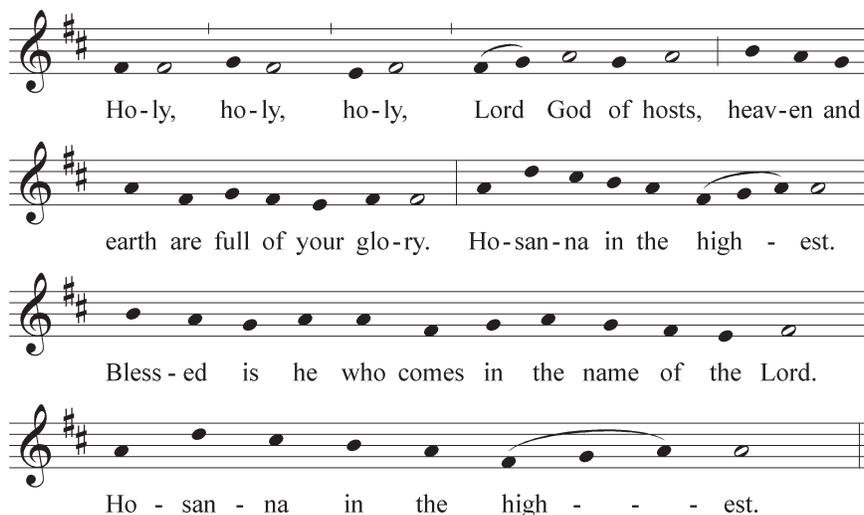
*Lo, how a rose e'er blooming*  
Michael Praetorius (1571–1621)

(12:00 & 5:30)

*How lovely are thy dwellings fair*  
Eric Thiman (1900–1975)

### SANCTUS

*New Plainsong Mass*  
David Hurd



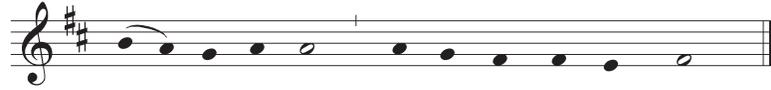
Ho-ly, ho-ly, ho-ly, Lord God of hosts, heav-en and  
earth are full of your glo-ry. Ho-san-na in the high - est.  
Bless - ed is he who comes in the name of the Lord.  
Ho - san - na in the high - - - est.

MYSTERY OF FAITH

Hurd



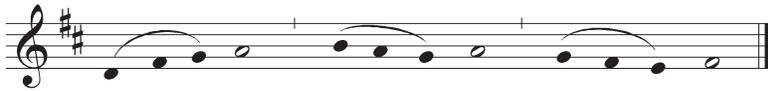
We pro-claim your death, O Lord, and pro-fess your



Res - ur - rec-tion un - til you come a - gain.

AMEN

Hurd



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

LORD'S PRAYER

AGNUS DEI

Hurd



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



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

*Ecce virgo concipiet*  
chant, Mode I

Behold, a Virgin shall conceive and bear a son, and his name shall be called Emmanuel.

(10:00)

*Psalm 122: I was glad*  
C. Hubert H. Parry (1848–1918)

I was glad when they said unto me: we will go into the house of the Lord.  
Our feet shall stand in thy gates, O Jerusalem.  
Jerusalem is builded as a city that is at unity with itself.  
O pray for the peace of Jerusalem, they shall prosper that love thee.  
Peace be within thy walls, and plenteousness within thy palaces!

(Noon)

*Morning Dawn*  
Shaker tune, arr. Jordan Sramek (b. 1983)

(Sunday Evening)

*Ave nobilis venerabilis Maria*  
School of Notre-Dame, 13th c.

Hail noble, honored Mary, friendly helpful companion on our way:  
emend our actions, direct our course through these difficult paths.  
Correct our deeds by your guidance, O supernal light, and steer us through these seas.

**Upon returning to your place after Holy Communion, please kneel or be seated.**

HYMN OF PRAISE

*O come, divine Messiah*  
VENEZ, DIVIN MESSIE



1. O come, Di-vine Mes - si - ah, The world in si - lence waits the day  
2. O come, De-sired of na - tions, Whom priest and proph - et long fore-told,  
3. O come, in peace and meek-ness, For low - ly will your cra - dle be:



When hope shall sing its tri - umph, And sad - ness flee a - way.  
Will break the cap - tive fet - ters, Re - deem the long - lost fold.  
Though clothed in hu - man weak - ness We shall your God - head see.



Dear Sav - ior, haste! Come, come to earth. Dis - pel the night and



show your face, And bid us hail the dawn of grace. O



come, Di-vine Mes - si - ah, The world in si - lence waits the day When



hope shall sing its tri - umph, And sad - ness flee a - way.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

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

## WELCOME TO OUR PARISH FAMILY

ST. JAMES CATHEDRAL  
IMMACULATE CONCEPTION | CHRIST OUR HOPE

## The Fourth Sunday of Advent December 22, 2024

**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. Please note that restrooms are located at the Terry and Marion entrance to the Cathedral (northeast corner).*

**ON THE COVER** *The angel said to her, "Do not be afraid, Mary, for you have found favor with God." Our Lady of Grace, north transept, St. James Cathedral.*

**SUNDAY HOSPITALITY** Come to Cathedral Hall after the 10:00am Mass for morning rolls, fresh fruit, and fellowship.

**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](mailto:jmarquez@stjames-cathedral.org).

**PEACE-MAKING AND NONVIOLENCE EVENT**  
Wednesday, January 15, 7pm-8:30pm on Zoom  
The documentary film *The Third Harmony* tells the story of nonviolence, the greatest overlooked resource in human experience. Join St. James parishioners and local Catholics for this virtual film screening and short discussion afterwards with members of the film's production team. Featured in the film is Rev. Dr. Martin Luther King, Jr., who focused on peace-making in the last years of his life, and on whose birthday this event will take place. Co-sponsored by the St. James Life, Peace and Justice commission and Racial Solidarity Team. *Registration*, Patrick Barredo, [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org) or 206-382-4515.

## Sacred Steps

**REST IN PEACE** Please pray for the repose of the souls of Melba Juan, Ada "Lulu" Waldron, and Africa Sanchez. *May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace.*

**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 Holy Spirit in Kent and St. John the Baptist in Covington.*

**GRIEF SUPPORT GROUP** Tuesdays, January 21-March 11, 10:00-11:30am. Our grief support group is for anyone who is grieving the death of a loved one. This 8-week group will be facilitated by Anisa Ralls, Director of the Mental Health and Wellness Ministry. Pre-registration required. *Information*, Anisa Ralls, aralls@stjames-cathedral.org or 206-382-4269.

**ELECTRONICS RECYCLING DRIVE**, January 25-26  
The St. James Care for Creation team will once again sponsor a free Electronics Recycling Drive after the Christmas holidays, on January 25-26 in Cathedral Hall. If you're gifting new electronics, please ask your loved ones to hold on to the old electronics so that they can be recycled. List of accepted items, <https://friendlyearth.org/our-services/e-waste-recycling/>.

**ST VINCENT DE PAUL THANKS YOU** An older man living with severe back pain is scheduled for an upcoming surgery. After a long period of sleeping in a shelter, he just moved into an apartment. While he is waiting for his social security to be approved, his only furnishing was a child sized mattress on the floor. He called the SVdP Helpline for assistance (206-767-6449 or apply online <https://svdpseattle.org/get-help/online-help-request-form/>). SVdP was able to help by providing an appropriate size mattress, box spring, bedframe and even linens. Volunteers also told him of resources for other household items. *Information*, Blake Steller 907-244-6683 or blsteller@gmail.com.

**ADVENT GIVING TREE AND SOCK DRIVE** Thank you to all who have supported St. James Cathedral's annual holiday giving through your prayers and generous donations. Your gifts are a true blessing for young people in detention, homeless men, and young families in King County and the Skagit Valley. Thank you! This year's Sock Drive continues, with a goal of collecting 2,024 pairs of men's athletic socks. Donations can be brought to the Parish Office or to the Bookstore. Thank you!

**MINISTRY WITH HOMELESS WOMEN** Our partners at Operation Nightwatch will soon be opening a desperately needed women's shelter. There will be opportunities to volunteer by providing transportation from Nightwatch (on the corner of 14th Ave S and S Main St) to St. Mark's Cathedral, where the shelter will be located. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.

**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. Keep an eye on the bulletin for more information about how you can participate through ministries at St. James Cathedral.

**ALL ARE WELCOME TO DINE AT THE CATHEDRAL KITCHEN!** Dinner: Monday to Friday, 4pm-4:45pm. Sunday Breakfast: 7am-8am.

**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.

**SACRAMENT OF CONFIRMATION FOR ADULTS** The Sacrament of Confirmation will be celebrated on Sunday, May 18, 2025, at 5:30pm. Weekly classes for adults, college age and older, in preparation for the Sacrament begin on Tuesday, February 25, 2025, at 7pm. Registration is required. Must be baptized in the Catholic Church and have received First Communion. *Information*, John Marquez, jmarquez@stjames-cathedral.org, 206-654-4640.

**IMMIGRANT ASSISTANCE KEEPS ON WELCOMING**  
Thank you for helping us extend a warm welcome to our new neighbors in 2024! St. James Immigrant Assistance shared Welcome Backpacks, filled with essential supplies and gift cards, with asylum seekers all year long. These gifts were delivered with connections to community resources and services. One newcomer wrote: "I still have the welcome card and the gift that helped us protect ourselves from the rain and the cold weather. Legal services information provided for our immigration process, and the transit card to move around on the bus because we didn't have a car, was a big help. We were unemployed at the time and you helped us find a way to pay our rent. Thank you very much to the program and to all of you that make all of this possible." We anticipate that programs welcoming newcomers will be impacted by the change in administration. In 2025, St. James Immigrant Assistance will continue to promote an inclusive society and advance justice for refugees and immigrants through education, advocacy, and by helping refugees and immigrants to learn English, become citizens and connect to community resources. Please consider helping us replenish Welcome Backpack supplies - our Target registry is <https://www.target.com/gift-registry/gift/sjia-welcome-backpacks>. *Information*, Erica de Klerk, edeklerk@stjames-cathedral.org or 206-382-4511.

**THE CATHEDRAL KITCHEN** We have an opportunity for a pianist to play from 4pm to 4:45pm on Fridays. Music is a wonderful gift to our guests. Would you consider helping out in the Kitchen? (No concert resume necessary!) *Information*, Mick McHugh, Director of the Cathedral Kitchen, 206-949-6114.

**ARE YOU A REGISTERED PARISHIONER AT ST. JAMES?** Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. Please register! Registered parishioners receive important mailings from the Cathedral, including the Cathedral's journal *In Your Midst*, are able to celebrate their wedding at the Cathedral, and their children may attend any of the Catholic Rainbow Schools at parishioner rates (and become eligible for Cathedral scholarships). To register, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org) or use the QR code to the right.



# Christmas 2024

at ST. JAMES CATHEDRAL



## Tuesday, December 24, 2024

**4:30pm (NOTE TIME!)**

**THE NATIVITY OF THE LORD—  
VIGIL MASS WITH CHILDREN AND YOUTH**

*Blessing of the Christmas Crib*

The Very Reverend Michael G. Ryan,  
Presider & Homilist

*with youth readers, musicians, and servers*

**9:00pm CAROL SERVICE**

**10:00pm\***

**THE NATIVITY OF THE LORD—  
MASS DURING THE NIGHT**

The Most Reverend Paul D. Etienne,  
Archbishop of Seattle, Presider & Homilist

## Wednesday, December 25, 2024

**8:00am\***

**THE NATIVITY OF THE LORD—MASS AT DAWN**  
Father Ryan, Presider & Homilist

*Wednesday, December 25, 2024 continued*

**10:00am\***

**THE NATIVITY OF THE LORD—  
MASS DURING THE DAY**  
Father Ryan, Presider & Homilist

**12 Noon**

**THE NATIVITY OF THE LORD—  
MASS DURING THE DAY**  
Archbishop Etienne, Presider & Homilist

**4:00pm**

**SOLEMN VESPERS OF CHRISTMAS**  
Father Ryan, Presider

**5:30pm**

**THE NATIVITY OF THE LORD—  
EVENING MASS ON CHRISTMAS DAY**  
Father Ryan, Presider & Homilist

*Masses marked with \* will be livestreamed.*

*For more information, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org)*

# Opening of the Jubilee Year

In union with Cathedral churches throughout the world, we open the Jubilee Year 2025 on the Feast of the Holy Family.

On Sunday, December 29 at 10:00am, Mass will begin in Cathedral Hall with the solemn proclamation of the beginning of the Jubilee, and continue with a procession to the Cathedral. During the Mass, Archbishop Etienne will place a special Jubilee Cross in the Cathedral, which will remain for veneration throughout the year.



## Jubilee 2025 Pilgrims of Hope

Pope Francis is calling us to become Pilgrims of Hope in this Jubilee year.



*Learn how to participate locally*  
[archseattle.org/Jubilee2025](https://archseattle.org/Jubilee2025)

ARCHDIOCESE OF SEATTLE



## Candlelight Mass on New Year's Eve

On Tuesday, December 31 at 5:30pm, we end the year with a contemplative celebration of the Eucharist. In the darkened Cathedral, lit by hundreds of candles, with the music of the ecumenical community of Taizé, we observe the solemnity of Mary, Mother of God. What better way to bring 2024 to an end, and pray for joy, peace, and reconciliation in the year ahead?



# **MORNING MOBILITY**



**Saturday, January 4, 2025, 11:00am to 11:45am**  
St. James Cathedral Pastoral Outreach Center  
Led by Blake Steller, Certified Personal Trainer

**Join us every other month in 2025 for a refreshing  
and rejuvenating experience, sponsored by the  
Mental Health and Wellness Ministry!**

Morning Mobility will now be held on the first Saturday  
of every other month, starting in January of 2025!

Through 45-minutes of gentle, guided movements,  
you'll enhance flexibility, alleviate joint stiffness and  
muscle tightness, and learn mobility exercises you can  
practice daily at home.

No matter your age or fitness level, this class is perfect  
for anyone recovering from an injury, wanting to  
improve daily movement, or simply looking to feel more  
energetic.

**Please RSVP by January 1!**

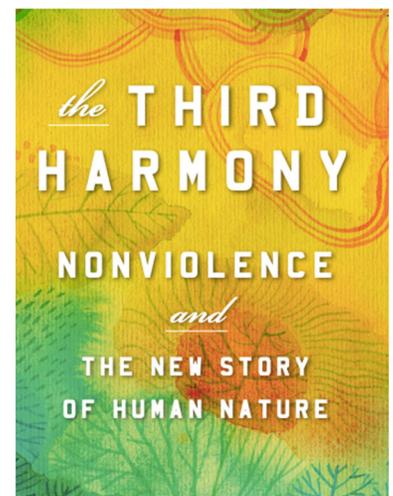
**Blake Steller**  
**(907) 244-6683**  
**[blake@stellercoaching.com](mailto:blake@stellercoaching.com)**

# THE THIRD HARMONY

Virtual Film Screening and Discussion  
Wednesday, January 15, 2025 | 7pm-8:30pm on Zoom



The documentary film *The Third Harmony* tells the story of nonviolence, the greatest overlooked resource in human experience. Join St. James parishioners and local Catholics for this virtual film screening and short discussion afterwards with members of the film's production team from The Metta Center. Featured in the film is Rev. Dr. Martin Luther King, Jr., who focused on peacemaking in the last years of his life, and on whose birthday this event will take place.



*Co-Sponsored by the St. James Cathedral  
Life, Peace and Justice Commission and Racial Solidarity Team*

*Information and registration, Patrick Barredo,  
[pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org) or 206-382-4515*

# Grief Support Group



**Tuesdays, January 21—March 11, 2025  
10:00-11:30am, Pastoral Outreach Center**

Are you grieving the death of someone close to you? Grief and loss can have a significant impact on our lives long after the death of the person we love.

The grieving process has no timeline and is unique to each individual, but meeting with others who are going through a similar experience can provide support and help us cope.

You are invited to join this 8-week grief support group facilitated by St. James Cathedral staff Anisa Ralls.

Preregistration required.

*Information and registration, Anisa Ralls, 206-382-4269  
or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org)*

*SAVE THE DATE!*



# The Cathedral Kitchen

## 50TH ANNIVERSARY CELEBRATION



We'll celebrate the Kitchen's 50th birthday on Saturday, February 22, 2025 at 7:00pm

KEEP AN EYE ON THE BULLETIN FOR DETAILS



# Sacrament of Confirmation for Adults

PREPARATION BEGINS TUESDAY, FEBRUARY 25

*"Send upon them, O Lord, the Holy Spirit, the Paraclete;  
give them the spirit of wisdom and understanding,  
the spirit of counsel and fortitude, the spirit of knowledge and piety;  
fill them with the spirit of the fear of the Lord."*

The Sacrament of Confirmation will be celebrated at St. James Cathedral on Sunday, May 18, 2025, at 5:30pm. Weekly classes for adults, college age and older, in preparation for the Sacrament will begin on Tuesday, February 25, 2025, at 7:00pm.

Registration is required. Participants must be baptized in the Catholic Church and have received First Holy Communion.

*Information and registration, John Marquez, [jmarquez@stjames-cathedral.org](mailto:jmarquez@stjames-cathedral.org), 206-654-4640.*

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

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