



ST. JAMES CATHEDRAL  
*The Second Sunday of Lent*  
March 13, 2022



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Dear Friends,

Pope Francis is calling the entire Church to engage in preparing for a highly important, worldwide Synod that will take place in Rome in 2023. The Holy Father wants to hear the voices of the entire Church – including each one of us. When you consider how vast the reach of the Church is and how great the numbers (1.2 billion Catholics!), that is a tall order and this is a truly historic moment. It has to be the largest consultation of the human family in history.

The word Synod comes from two Greek words which mean ‘together’ and ‘on the road.’ The idea is that the entire Church is on the move - never stagnant – on the move through time and history, a road that will ultimately take us to God’s kingdom, but a road with many stopping places along the way. The Synod of 2023 and the lead-up to it is one of those stopping places, and this Lent and Eastertide of 2022 we are going to stop, take some time in small group settings to pray together, to listen to each other, and to allow the Holy Spirit to speak to us.

Pope Francis’ hope is that this process will be transformative: that it will awaken us to the meaning and the call of our baptism, to what it means to be part of a living, learning, listening Church where everyone’s voice is important. And his hope is also that by listening to one other in facilitated conversations we will get fired up about our faith, fired up with love for Christ and his Gospel.

Our synodal gatherings at St. James Cathedral are well underway. Many of you have already signed up to participate in a session this Lent. I want to encourage those of you who have not yet signed up to do so. Whether you’re strong in your faith or hanging on by a thread, whether you’re a lifelong Catholic or a recent arrival, I really want you to participate. Each of us knows someone who has drifted away from the Church, for any number of reasons. It’s important that their voices be heard, too. Would you consider reaching out to such a person – a friend, family member, or colleague – and inviting him or her to participate in this with you? We all look for things to do during Lent. Let this be one of your Lenten practices this year. You need only sign up for one session. The conversation will last about an hour, and you’ll be part of history.

My friends, I personally find all of this very exciting because if we do this right, not only will we be helping the Church become the listening, learning Church it is called to be, we will also be helping our parish come more alive in our worship, our faith, and our service.



Father Michael G. Ryan

P.S. Even though I’ll be away for my annual retreat for the first part of Lent, thanks to the miracle of Zoom, I’ll be joining in a synodal meeting myself. So don’t let distance keep you from participating!

# ORDER OF CELEBRATION FOR

## *The Second Sunday of Lent*

### INTROIT

*Tibi dixit*

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

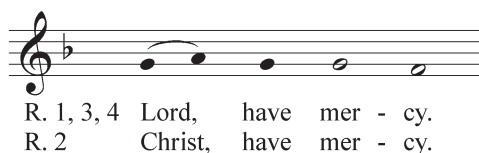


### GREETING

#### PENITENTIAL ACT

Priest Have mercy on us, O Lord.  
ALL **For we have sinned against you.**  
Priest Show us, O Lord, your mercy.  
ALL **And grant us your salvation.**

chant, Vatican XVII



### OPENING PRAYER (COLLECT)

## *The Liturgy of the Word*

#### FIRST READING

Genesis 15:5-12

#### PSALM RESPONSE

Psalm 27

Michel Guimont (b. 1956)

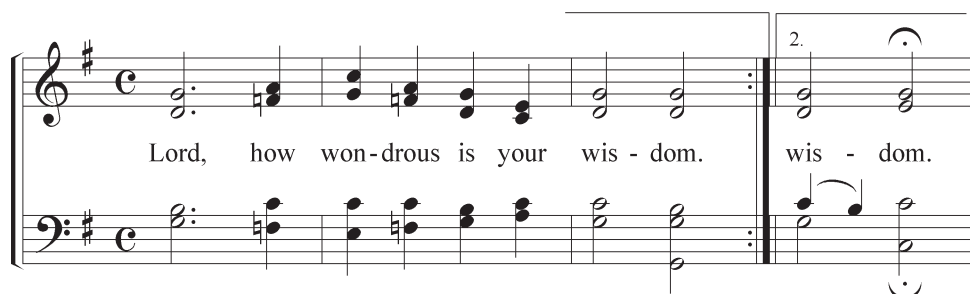


#### SECOND READING

Philippians 3:17-4:1

#### TRACT

Thomas B. Stratman



#### GOSPEL

Luke 9:28b-36

#### HOMILY

**Father Michael Raschko**

#### DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Stratman

Choir "I give them life long and full,  
ALL **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.

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

Litany of Saints



Lord, we ask you, hear our prayer.

## *The Liturgy of the Eucharist*

### PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

*O nata lux*

Morten Lauridsen (b. 1943)

O born light of light, Jesus, redeemer of the world,  
mercifully deem worthy and accept  
the praises and prayers of your supplicants  
Thou who once deigned to be clothed in flesh  
for the sake of the lost ones,  
grant us to be made members of your holy body.

## SANCTUS

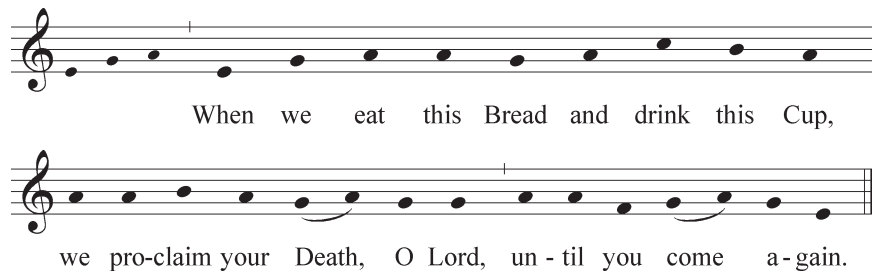
*Missa Deus genitor alme*

Vatican XVIII

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

## MYSTERY OF FAITH

*Roman Missal*



## AMEN

*Christus vincit*



## *The Communion Rite*

### LORD'S PRAYER

### AGNUS DEI

Vatican XVII



## COMMUNION

Tell no one about the vision you have seen  
until the Son of Man has risen from the dead.

*Visionem quam vidistis*

Mode I

(10:00am)

*I will arise and go to Jesus*

Leo C. Nestor (1956–2019)

Come, you sinners, poor and needy,  
Weak and wounded, sick and sore.  
Jesus, Son of God will save you,  
Full of pity, love and power.

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

**Low-gluten hosts are distributed at the credence table near the presider's chair.**

## 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

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 Sharples, Peter Burns, John Marquez, sacristy (206-654-4646)

### MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Christopher Strohm, 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)

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

### STEWARDSHIP 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 (206-654-4650)

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

#### 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 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 COLUMBARIUM** 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)

**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.*

## The Second Sunday of Lent March 13, 2022

**ON THE COVER** *This is my chosen son; listen to him.*  
Icon of the Transfiguration of the Lord. Joan Brand-Landkamer, Cathedral iconographer.

**MASK MANDATE LIFTING** The statewide mask mandate will be lifted effective March 12, 2022. Masking will no longer be required for any liturgies or meetings at the Cathedral. All who are unvaccinated or immunocompromised in any way are encouraged to continue to wear a mask in public settings. Please note that for the time being, we will continue to offer socially distanced seating at all weekend Masses. *Masks will be required for those requesting seating in this section, and the communion minister for this section will wear a mask.* To reserve seating in the socially distanced section, contact Caroline Okello, [cokello@stjames-cathedral.org](mailto:cokello@stjames-cathedral.org) or 206-654-4650. Almost exactly two years after Masses were first suspended due to coronavirus on March 11, 2020, we welcome this return to normalcy.

**ADULT CONFIRMATION** Is God calling you to take the next step in your faith life? If so, and you are a baptized Catholic who has not yet been confirmed or received your first communion, this is a wonderful opportunity to grow in faith. The ten sessions will begin Thursday, March 31, 7:00 – 8:30 pm. This will be an in-person class and we will meet in Cathedral Place. *Information, or to register,* John Simpson at 206-654-4658 or [jsimpson@stjames-cathedral.org](mailto:jsimpson@stjames-cathedral.org).

**VISIT THE CATHEDRAL COLUMBARIUM** The Cathedral's new Columbarium was blessed by Archbishop Etienne on December 22, 2021. A columbarium is a cemetery for the reverent burial of cremated remains. The way we honor the mortal remains of our deceased family members and friends is a reflection of the faith we profess in the Nicene Creed: we believe in the resurrection of the dead, and the life of the world to come. The columbarium is now open for prayer whenever the Cathedral is open.

## Sacred Steps

**REST IN PEACE** Please pray for the repose of the soul of Dorene Cropley.

**PARISH REMEMBRANCE** *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each of the parishes and missions of the Archdiocese of Seattle on a Sunday near their feast day.* This week we pray for the parishes of St. Louise in Bellevue and St. Patrick in Seattle and Tacoma.



## DEALING WITH THE IMPACT OF COVID: YOUR SUPPORT MAKES A BIG DIFFERENCE

A young woman enjoys her part-time work at an antique store and hopes for full-time employment there in the future. Sadly, she came down with Covid. Feeling ill and having to quarantine, she missed two weeks of work and pay. Returning to work while still suffering from fatigue, she realized she would not earn enough that month to meet her next rent payment. The woman called the SVdP Helpline requesting assistance (206-767-6449). With your support, we were able to pay enough of the woman's rent to keep her caught up. *Information*, Jo Ann Wiesner, 206-291-4012 or [wiesnerjo@gmail.com](mailto:wiesnerjo@gmail.com).

**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. 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 parish youth. *Information*, [faithfriends@stjames-cathedral.org](mailto:faithfriends@stjames-cathedral.org) or [stjames-faithfriends.weebly.com](http://stjames-faithfriends.weebly.com).

**CRS AID IN UKRAINE** Your help is needed in Ukraine where there are already more than 2.9 million people in need of assistance. There is great risk of additional suffering both within Ukraine and for those who may flee to neighboring countries for safety. Catholic Relief Services is preparing immediate support to meet both ongoing needs, as well as those related to families forced to flee their homes as the situation intensifies. CRS and Caritas partners on the ground are preparing across Ukraine and in bordering countries, ready to provide safe shelter, hot meals, hygiene supplies, fuel to keep warm, transport to safe areas, counseling support and more. Your prayers and support will make so much difference. Please give a vital gift today! Donation Portal, <https://www.crs.org/>

**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.facebook.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](http://www.stjames-cathedral.org) for up to date information on Cathedral happenings, or to sign up for our weekly e-bulletin.

**OUTREACH AND ADVOCACY NEWSLETTER** Learn about upcoming events and opportunities as well as stay informed on Catholic social teaching. If you missed the February edition, you can find it at <https://conta.cc/3uBCBer>. To receive this monthly newsletter in your inbox, subscribe at [outreach@stjames-cathedral.org](mailto:outreach@stjames-cathedral.org).

**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 8, May 15, and May 22. *Information*, Maggie Corrigan, [mcorrigan@stjames-cathedral.org](mailto:mcorrigan@stjames-cathedral.org) or 206-622-3559.

**RICE BOWL STORIES** "You cannot know poverty from a distance; you have to touch it. To recognize and come close – that is the first step. The second step consists of responding practically and



immediately, because a concrete act of mercy is always an act of justice." - Pope Francis. In Xequemeya, Guatemala, malnutrition is high, which is especially dangerous for children. The community also struggles with water scarcity, poor education, poverty and a changing climate. By 5:00 a.m. in Xequemeya, Raúl and Lilian Chanchavac have already started their day. First, they thank God for all he has given them—their two sons, a field full of plants and a successful business. Five years ago, CRS provided Lilian and Raul training and funds to learn about agriculture and nutrition. They then entered CRS' Nuestra Cosecha program that help them register with the government to sell their produce to 16 local schools. Soon, they were able to hire over 15 members of their community to harvest and package the food. Currently, CRS has trained over 50 local food producers, who now sell their fruits, vegetables, and eggs to schools throughout the country. CRS support for local farmers has built a strong, nutritious school program in Guatemala while bolstering impoverished communities and families. Raul says "Now that I am living a dream, other dreams come. Now, my dream is to expand the business...so other people can benefit too." Learn more at [www.CSRiceBowl.org](http://www.CSRiceBowl.org).

## PLANTING SEEDS OF HOPE: TAKING ACTION FOR OUR COMMON

**HOME** Saturday, March 19, 9am – 3pm, Seattle University's Campion



Hall The St. James Care for Creation team welcomes you to join the Creation Care Network for an earth justice summit, to act from our common home. The day will include an address from Archbishop Etienne, a public conversation between youth and young adults about their concerns, energy, and passion for environmental justice, workshops on the Laudato Si' Action Platform and building Care for Creation Teams, as well as reflections on indigenous wisdom on our relationship to the land. The event is open to anyone, free of charge, will include a boxed lunch, and will take place in person. Mask and vaccination or negative PCR test within 72 hours are required for attendance. *Registration*, <https://www.ipjc.org/planting-seeds-of-hope-registration/>.

**POEM OF THE WEEK** In this regular series, Corinna Laughlin explores a wide range of poems with spiritual themes. Each poem is read aloud by parishioners Scott Webster or Lisa Matchette. The reading is followed by a brief introduction to the poet and commentary on the poem. You can watch the video reflections or read the poems and commentary at <https://www.stjames-cathedral.org/Events/2021/poetryseries.aspx>. Catch up on episodes you may have missed!

# Participating in the Synod

## AT ST. JAMES CATHEDRAL

### WHAT IS THE SYNOD?

In coming together for these sessions, whether in person or on Zoom, we're doing something really historic: we're participating in the Synod on Synodality. What does that mean, the "Synod on Synodality"? Synod is a word used for a Church gathering, usually of bishops. It comes from two Greek words that literally mean "together on the way." A "synod," then, is the Church journeying together, dialoguing together, discerning together. This is the first Church Synod in history in which the whole Church—clergy and faithful—have been invited to participate together.

### THE SYNODAL SESSION

The session you'll participate in is not like a business meeting or a town hall. Think of it as almost like a liturgy, a sacred time set apart for the Holy Spirit. Our listening and dialogue will take place in a context of prayer, as we invite the Holy Spirit into our midst. There will be time for silent reflection, so that we can really listen to each other and to the Holy Spirit—because if there is no room for the Holy Spirit, as Pope Francis has said, there will be no synod. In our gatherings, we join together as a large group for an opening prayer. Then we will break into small groups of 6-8 people for a conversation that will last about an hour. We will use a simple, prayerful process, guided by a facilitator.

### HOMEWORK

Yes, there's homework! Your prayerful participation in the synod begins at home as you pray over and reflect on the central question of the synod: **A Synodal Church, in announcing the Gospel, "journeys together."** How is this "journeying together" happening today in your local Church? What steps does the Holy Spirit invite us to take in order to grow in our "journeying together"? An essential part of the synod process is taking time to reflect on this question at home so you come to the gathering prepared to share your heartfelt response.



A reflection guide to get you thinking will be available in advance of your gathering. You will find that the experience will be much richer for the time spent in preparation.

### HOW DO I SIGN UP?

At St. James Cathedral, synod sessions have been scheduled through Lent, in person after the 10:00am Mass, and twice each week on Zoom. You can register for the sessions at the Cathedral website. *Advance registration is required* so that we can provide homework and assure we have enough facilitators.

### PRAY!

Please pray for the gifts of the Holy Spirit on our local Church and throughout the world as we enter, together, into this synodal process, which is unprecedented in its scope.

**Come Holy Spirit,  
fill the hearts of your faithful  
and kindle in them the fire of your love.  
Send forth your Spirit and they shall be  
created, and You shall renew  
the face of the earth.**

### INFORMATION

Maria Laughlin, 206-382-4284 or  
mlaughlin@stjames-cathedral.org.



## Sponsor Circle: *supporting newly arrived Afghan families*



*Sharing a meal with their host family*

"In these tumultuous moments, in which Afghans are seeking refuge, I pray for the most vulnerable among them, I pray so that many countries welcome and protect all those seeking a new life," - Pope Francis



*Setting up the apartment*



*Looking out at their new home*

The Cathedral's Sponsor Circle Team recently welcomed two 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, 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.

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### What Can You Do to Help?

Join our Sponsor Circle Team and help out in whatever way you can. Find out more by contacting Erica de Klerk at 206-382-4511 or [edeklerk@stjames-cathedral.org](mailto:edeklerk@stjames-cathedral.org)

Print and post a sign to help welcome Afghan refugees. You can download a 8.5x11 or 11x17 sign at [www.allinwa.org/afghan-families](http://www.allinwa.org/afghan-families)

Learn more about becoming a foster parent to unaccompanied minor youth: <https://www.dshs.wa.gov/esa/csd-office-refugeeand-immigration-assistance/unaccompanied-refugee-minors-program>

Sign for our email alerts list to get updates and advocate for justice for immigrants and refugees at <https://www.stjames-cathedral.org/immigrant/>

# *You are Peter*

## LENTEN SCRIPTURE STUDY



**DR. JOHN SIMPSON, PRESENTER**

**Tuesdays at 7:00pm beginning March 15, Zoom  
Saturdays at 2:00pm beginning March 19, in-person**

Cathedral Faith Formation staff John Simpson will lead a 6-session study of the New Testament character Simon Peter. Sessions are offered both on Zoom and in person: on Zoom on Tuesday evenings beginning March 15; and concurrently, in-person, on Saturday afternoons beginning March 19.

During Lent, John will explore Peter's life up to the Passion of Jesus. During the Easter season, John will reflect on Peter's life after Christ's resurrection. Though flawed, Peter was faithful leaving us a rich story of humanity, faith, and leadership!

**All are welcome. Registration required.**

*Information and registration, John Simpson,  
jsimpson@stjames-cathedral.org or 206-219-5822*

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



ST. JAMES CATHEDRAL

*Parish Communal Celebration of*  
**THE SACRAMENT OF PENANCE**



*The Fifth Station*

Joan Brand-Landkamer, Cathedral Iconographer

Monday, March 28, 2022  
7:00pm

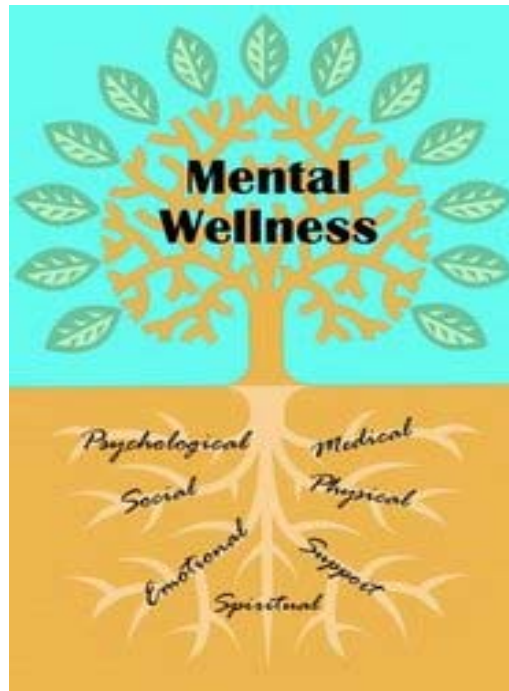
During this beautiful service of readings, reflection, and song, we will open ourselves to experience the gift of God's gracious and loving forgiveness in the Sacrament of Penance. *It has long been a tradition in the Church to confess one's sins before celebrating the great feast of Easter. This will be the ideal time to do so.*



**St. James Cathedral Mental Health & Wellness Ministry  
and Seattle Archdiocese Mental Health Ministry**

**are pleased to announce**

**WELLNESS WEDNESDAYS**



This educational forum, taking place every first Wednesday, will feature professionals from various mental health disciplines speaking on topics of interest.

Our first guest speaker on Wednesday, April 6 is Dr. Travis L. Osborne, PhD, ABPP. Dr. Osborne is the Co-Director of the Anxiety Center and the Director of Training at the Evidenced based Treatment Center of Seattle (EBTCS). He specializes in the treatment of anxiety and related problems, including hoarding.

Dr. Osborne's talk, entitled "**Understanding Hoarding Disorder**," will provide an overview of hoarding, as well as current treatment modalities. There will be a discussion of how family members can encourage their loved ones to get help.

Wednesday, April 6, 2022 from 7-9 pm. Everyone is invited.

To Register: <https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/wellness-wednesdays/>

Zoom link to join: <https://seattlearch-org.zoom.us/j/87157205880>

# 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 (except First Fridays). The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.



**VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT** This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

## CONTEMPLATIVE EVENING PRAYER

On Fridays, March 4 and April 1 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France. With haunting chant, instrumental music, and time for silent prayer and contemplation in the candlelit Cathedral, this beloved tradition is the perfect way to enter into the season of Lent.

## ADORATION OF THE BLESSED

**SACRAMENT** On Fridays, March 4 and April 1, Exposition will begin following the 8:00am Mass and conclude with the rosary at 11:00am.

**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.csricebowl.org](http://www.csricebowl.org).

**SACRAMENT OF RECONCILIATION** This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard on Saturdays from 8:30am-9:30am (except March 26). Our communal celebrations of the Sacrament of Penance will be Saturday, March 26 at 10:00am and Monday, March 28 at 7:00pm.

## YOU ARE PETER: LENTEN SCRIPTURE

**STUDY** Cathedral Faith Formation staff John Simpson will lead a 6-session study of the New Testament character Simon Peter. Sessions are offered both on Zoom and in person: on Zoom on Tuesdays at 7:00pm beginning March 15; and concurrently, in-person, on Saturday afternoons at 2:00pm beginning March 19. During Lent, John will explore Peter's life up to the Passion of Jesus. During the Easter season, John will reflect on Peter's life after Christ's resurrection. Though flawed, Peter was faithful leaving us a rich story of humanity, faith, and leadership! All are welcome. Registration required. *Information and registration*, John Simpson, 206-219-5822 or [simpson@stjames-cathedral.org](mailto:simpson@stjames-cathedral.org).

## PARTICIPATE IN A SYNODAL SESSION THIS LENT



**This Lent, we have the opportunity to do**

**something historic:** we're participating in a worldwide synod. *Synod* is a word used for a Church gathering, usually of bishops. It comes from two Greek words that literally mean "together on the way." A "synod," then, is the Church journeying together, dialoguing together, discerning together. This is the first Church Synod in history in which the whole Church—clergy and faithful—have been invited to participate together. The session you'll participate in is not like a business meeting or a town hall. Think of it as almost like a liturgy, a sacred time set apart for the Holy Spirit.

**Visit the Cathedral website to learn more and to sign up for your session.**

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

## 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:*

**Colette Campbell • Tony Campbell  
Sidd Dadhich • Audrey George  
Monica Iraheta • Selita Whigham**

*And for our youth elect:*  
**Elliott Spatz**

Please visit the Place of Prayer near the Cathedral font or on the Cathedral website, 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 March 3. 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 20, March 27, and April 3.

**SATURDAY, APRIL 16, 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

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

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

**Ash Wednesday is March 2, 2022. Good Friday is April 15, 2022.**

**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.