

ST. JAMES CATHEDRAL  
*The First Sunday of Lent*  
February 21, 2021

# ST. JAMES CATHEDRAL

Lent 2021

Dear Friends,

Lent is upon us. The pandemic and the snowstorm may have distracted us, but Lent is here, and I hope you're ready for it. I hope I'm ready for it!

I came across something in my reading the other day that stopped me in my tracks and got me to thinking: some words from the great 20th-century Jesuit theologian, Karl Rahner, whose writings, to be honest, can sometimes be so arcane and abstract that he loses me. But not this time. *"In the days ahead,"* he said, *"you will either be a mystic (someone who has experienced God for real), or nothing at all."* Let me repeat that: *"you will either be a mystic (someone who has experienced God for real), or nothing at all."*

There's a lot in those few words. Of course, the word, 'mystic' probably seems completely out of reach for most of us mortals. It conjures up images of saintly, other-worldly sorts whose heads are in the clouds and whose feet never touch the ground! But Rahner was trying to bring it close – to de-mystify it, if you will. He was saying that all it takes to be a mystic is to have an experience of God, a relationship with God or, as I like to think of it, a 'heart to heart' with God. And we all have those moments, don't we? Maybe not as often as we like, but we have them. Maybe at a particularly beautiful or moving celebration of the Eucharist, maybe in an exchange with a loved one, maybe in an encounter with a poor or marginalized person, maybe in the beauty of nature. A walk I took during the recent snowfall – as I looked at trees heavy with the white stuff – nature's ever-so-casual but splendid sculptures – I felt a closeness to God that prompted joy and wonder in me. A mystical experience? I think so. Certainly an experience of God.

The truth is that, if only we keep our eyes – and our hearts – open, these mystical experiences, these experiences of God, are happening to us all the time. We are mystics without knowing it.

The same theologian, Karl Rahner, went on to say that *"knowing God is more important than knowing about God."* When you think of it, that's quite an admission from a sophisticated theologian who spent his whole life exploring the depths of the mystery of God. All good, of course, but all for naught if, in all his explorations, he didn't come to know God better, didn't deepen his personal relationship with God.

All this to share with you my hope that this coming season of Lent will be a time when each of us in the parish grows in our relationship with God, or to return to what I quoted earlier, my hope is that we will all become 'mystics' this Lent. It's the only way to go because, as the theologian put it, we will either be mystics or nothing at all.

Lent has many opportunities for becoming mystics. Simple opportunities, too. They are the traditional Lenten practices of **prayer, almsgiving, and fasting**.

Let me zero in on **almsgiving** and **fasting** first. Both of them bring us close to the poor who are all around us. By sharing our resources with the poor and by denying ourselves all the food we might hunger for, we are in solidarity with the poor, and in encountering them, coming face-to-face with them, we are encountering, coming face-to-face with the Christ who identifies himself with the poor. And that encounter is a mystical thing: through it, we're coming to know God better, we're growing in our relationship with God.

And then there's **prayer** – the ideal 'school' for becoming a mystic, the place more than any other where we encounter and come to know God. My hope is that this Lent our prayer will gain some spark and energy. And if we've been slow to pray or lazy about praying, my hope is that we will find time for prayer again. And if our prayer has become perfunctory, I'm hoping it will come to life again.

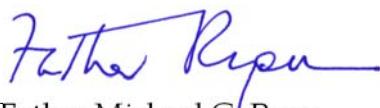
Of course, our greatest prayer is the Mass - the Eucharist - and Lent is the perfect time to make that a priority. There is really no better way to encounter the living God – to become mystics - than by coming together to celebrate the Eucharist as a community of faith. During the pandemic, this has been difficult, to say the least. But you have been wonderfully responsive to the opportunities we have offered. In the early days, we were limited to livestream liturgies and you were there by the hundreds; then, ever so gradually, we began to celebrate Masses for small groups outside in the Cathedral courtyard. From there, we moved into the Cathedral where, before long, we were able to fill the Cathedral to 25% capacity – first with two Masses, then three, then four. That's where we are now and have been for many months.

Many of you have availed yourself of these opportunities and I know you have found them spiritually enriching and rewarding. I certainly have myself. Others of you – for good reasons having to do with health issues or issues of age – have wisely remained home and joined the liturgies via the miracle of livestream. Now, as Lent begins, I am hoping that those of you who are healthy and not compromised, but who have yet to come to the Cathedral for Mass, will consider doing so. I say this especially to all of you who have received the vaccine. We have made great efforts to assure that the Cathedral is a safe space to gather: social distancing is easily achieved, masks are worn, and all the protocols set down by the government are scrupulously followed. You might be amazed to hear that since the pandemic began, some 40,000 public Masses have been celebrated in the Archdiocese of Seattle, *and there has not been a single known case of transmission of Covid-19 at Mass.*

I make this point because I suspect that some of you have held back because of concerns about exposure; or you have grown so used to attending Mass in the comfort of your home via livestream that you haven't given much, if any, thought to actually coming to the Cathedral for Mass. Wouldn't Lent be a great time to give it a try? As effective as the livestreamed liturgies are – and I applaud our gifted team who with great skill makes them possible week after week – still, they are lacking the most important thing: gathering with the community to actually celebrate and receive the Body and Blood of Christ in the sacrament of the Eucharist.

Let me return to where I began – to the words of the Jesuit theologian, Karl Rahner: *"In the days ahead, you will either be a mystic (one who experiences God for real) or nothing at all."* The alternative is clear, my friends, and rather stark. None of us would think of choosing to be "nothing at all," so our only real choice as believers is to be mystics. Strange as that may sound to our ears, it is true.

My friends, let us be mystics together this Lent!



Father Michael G. Ryan

ORDER OF CELEBRATION FOR  
*The First Sunday of Lent*

**WELCOME! A few important notes on today's liturgy:**

- + **Wearing a mask is mandatory whenever you are in the Cathedral. Your mask must cover both your nose and your mouth at all times.**
- + **The clergy and readers are permitted to remove their masks, but only when they are speaking. They will wear masks at all other times.**
- + **Always observe social distance of at least six feet between family groups, including during the communion procession and as you leave.**
- + **Do not move around the Cathedral before or during Mass. Please follow the directions of the ushers as you leave the Cathedral.**
- + **Congregational singing is not permitted at this time.**
- + **Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.**

INTROIT

Psalm 91: *Qui habitat*

adapt. Thomas B. Stratman (1939-2008)

*"I give them life long and full, and I show them my power to save," says the Lord.*  
If you live in the shelter of the Most High, make your home in the shade of the Almighty,  
you say to the Lord, "my Rock, my Fortress, my God in whom I trust."  
God rescues you from the snares of the fowler set on entrapping you;  
God gathers you 'neath his pinions; you find shelter 'neath his wings.  
You need not fear the terrors of the night, nor the arrows that fly in daylight,  
nor the plague that stalks in the dark, nor the pestilence that wreaks havoc at noon.

GREETING

PENITENTIAL ACT

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

KYRIE *sung by the Cantors*

chant, Vatican XVI

OPENING PRAYER (COLLECT)

*The Liturgy of the Word*

FIRST READING

Genesis 9:8-15

PSALM RESPONSE

Psalm 25

Michel Guimont (b. 1952)

*Your ways, O LORD, are love and truth to those who keep your covenant.*

O LORD, make me know your ways. Teach me your paths.

Guide me in your truth, and teach me; for you are the God of my salvation.

Remember your compassion, O LORD, and your merciful love, for they are from of old.

In your merciful love remember me, because of your goodness, O LORD.

Good and upright is the LORD, teaching the way to sinners,

Guiding the humble in judgment, and teaching the way to the poor.

SECOND READING

I Peter 3:18-22

TRACT *sung by the Cantors*

Thomas B. Stratman

*LORD, how wondrous is your wisdom!*

No one lives by bread alone, but on every word that comes from the mouth of God.  
The Word of God is pure: a shield to all who trust him.

GOSPEL

Mark 1:12-15

HOMILY

**Archbishop Paul D. Etienne** (8:00am)  
**Father Michael G. Ryan** (all other masses)

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

All respond: **Lord, hear our prayer.**

### *The Liturgy of the Eucharist*

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am & Noon)

*Lord, for thy tender mercy's sake*  
John Hilton (the elder) (1565-c1609)

Lord, for thy tender mercy's sake lay not our sins to our charge;  
but forgive that is past, and give us grace to amend our sinful lives;  
to decline from sin, and incline to virtue,  
that we may walk in an upright heart before thee this day and evermore.

*Lydney's Praieres, 1568*

SANCTUS *sung by the Cantors*

*Missa Deus genitor alme*  
Vatican XVIII

MYSTERY OF FAITH *sung by the Cantors*

*Roman Missal*

AMEN SPOKEN BY ALL

## *The Communion Rite*

### LORD'S PRAYER

AGNUS DEI *sung by the Cantors*

Vatican XVII

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

### *Distribution of Holy Communion*

- + **Communion is given only in the hand.**
- + **Maintain six feet of separation between household groups as you come forward.**
- + **Wear your mask. Hold your hands out as flat as possible so that the minister can easily put the host on your open palm without touching your hand.**
- + **After receiving Holy Communion, lower your mask with one hand, put the host in your mouth, and then put your mask back on.**

### COMMUNION

He will overshadow you with his pinions, and you will find refuge under his wings.  
His faithfulness will encompass you with a shield.

*Scapulis suis*

Mode III

(10:00am & Noon)

*Jesu, the very thought of thee*

Edward C. Bairstow (1874-1946)

Jesu, the very thought of Thee with sweetness fills my breast;  
But sweeter far Thy face to see, and in Thy presence rest.

*St. Bernard of Clairvaux*

### BLESSING AND DISMISSAL

### PROCESSION

- + **Following the procession, please exit by the door nearest you. This may not be the door you came in. Maintain social distance as you leave the Cathedral. Thank you for following the directions of the ministers.**

## 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

Kathleen McCabe, Director (206-382-2018)

Brenda Bellamy, Children's Faith Formation (206-274-3108)

Rosanne Michaels, Faith Formation (206-654-4658)

Jennifer Wong, Baptism Coordinator (206-619-0816)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)

John Marquez, Julie Sharples, sacristy (206-654-4646)

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

Joseph Adam, Director of Music & Cathedral Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

### SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Lonnie Larsen (206-382-4235)

Cathedral Kitchen: Mick McHugh (Interim Director),

John Givins (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, Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

### STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome and Volunteer Coordinator (206-382-4500)

### YOUTH MINISTRY

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

### PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)

Micki-Jo Palmer, Executive Assistant for Finance (206-654-4650)

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

### FACILITIES and GROUNDS

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

Alan Frasher, Gebregziabher Abay, Lino Nillas

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8:00am - 10:00am - 12 Noon

Weekdays 8:00am

Saturdays 8:00am & "Vigil" 5:30pm

#### VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

**BAPTISM** Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Jennifer Wong for information, 206-619-0816.

**MARRIAGE** Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Margaret Lynch, 206-382-4288 or [mlynch@stjames-cathedral.org](mailto:mlynch@stjames-cathedral.org).

**ANOINTING of the SICK** A communal celebration is held twice yearly. 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 Nancy Granger, 206-382-4269

**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.

## The First Sunday of Lent February 21, 2021

**ON THE COVER** "I set my bow in the clouds to serve as a sign of the covenant between me and the earth." *The Sacrifice of Noah*. Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

**MUSIC AND COVID-19** Per the latest guidance from the State of Washington, we are once again permitted to have a small ensemble instead of a single cantor. This will allow us to have choral music at 10:00am and 12 Noon Masses each Sunday. In keeping with State guidelines, the singers will wear surgical-grade masks and will observe added social distance of 9'-12' between each other and the assembly.

**WEEKDAY MASSES OPEN TO THE PUBLIC** Each day from Monday through Saturday, an 8:00am Mass is celebrated in the Cathedral. All are welcome to attend without prior registration.

**SATURDAY CONFESSIONS** are heard immediately following the 8:00am Mass on Saturday mornings, from 8:30am to 9:30am. During Lent, confessions will also be heard following the 8:00am Mass on Wednesday mornings, beginning Wednesday, February 20.

### ADORATION OF THE BLESSED SACRAMENT

Beginning with the first Friday in Lent, February 19, we will have Exposition of the Blessed Sacrament following the 8:00am Mass, continuing until 1:00pm, with Holy Hour beginning at 12 Noon. All are welcome. (We no longer have Exposition of the Blessed Sacrament on Tuesdays.)

### INTERESTED IN HAVING YOUR CHILD ATTEND A CATHOLIC ELEMENTARY OR HIGH SCHOOL?

St. James Cathedral can help! Our Rainbow Schools program (for St. George, St. Therese, St. Joseph, and Holy Family Bilingual Schools) and the Simperman Scholars program (for Holy Names Academy, Bishop Blanchet, O'Dea, and Kennedy Catholic High Schools) have scholarships available for qualifying Cathedral families, and in-parish rates apply for all parishioners. Contact Theresa Van de Ven at 206-619-4660 or [tvandeven@stjames-cathedral.org](mailto:tvandeven@stjames-cathedral.org) for details and an application packet. All information must be submitted by April 30, 2021.

**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 parish of St. Peter in Seattle and St. Peter Mission in Deming, Suquamish, Tenino.

**ST VINCENT DE PAUL THANKS YOU** A homeless young woman called the SVdP Helpline (206-472-3971) as she was about to move into an apartment where the monthly rent was high. Expecting a baby in a few months, she was lucky to have a part-time job, but it did not pay enough to meet all her expenses. She used her federal stimulus payment, part of her savings and help from a family member to pay enough so the landlord would let her move in. But she had little money left to pay the security deposit. Thanks to your donations, we paid enough on the deposit to ease her financial stress. As a result, when the baby was born, she was able to bring her new son to a home of their own. Along the way, we also referred her to pregnancy support ministries and other relevant governmental and charitable programs, including those for new mothers. Your donations and prayers for those we help are greatly appreciated! *Information, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.*

#### **OUTREACH OPPORTUNITIES DURING THE PANDEMIC**

Catholic Community Services/Catholic Housing Services (CCS/CHS) has asked the Cathedral to provide meals for their day centers and shelters. Unopened store-bought casseroles and unopened sandwich-ingredients (bread, deli meat, vegetables and condiments) are greatly appreciated. In addition, toiletries (toothpaste, toothbrushes, soaps and shampoos, feminine hygiene products), canned ready-to-eat meals (ie soup or chili), cup of noodles, easy mac & cheese, K-cup coffee, cocoa and tea, individual servings of chips, crackers, granola bars and cereals have been requested. Deliver food to Cathedral Hall (803 Terry Ave.), Tuesdays, 9am to 11am. *Information, Patrick Barredo, pbarredo@stjames-cathedral.org.*

**CATHOLIC RELIEF SERVICES RICE BOWL: HUNGER IN OUR WORLD** The CRS Rice Bowl during the season of Lent gives us a wonderful opportunity to reflect and make room in our hearts to welcome the stranger. Through our prayer, we encounter Jesus, who is present in the face of every member of our human family. When we fast, we encounter the obstacles that stop us from fully loving God and our neighbor. When we give alms through the CRS Rice Bowl, we share what we have with others. This Lent, the CRS Rice Bowl takes us to three countries—Madagascar, El Salvador and Timor-Leste. When you give to the Rice Bowl, CRS can help people and communities around the world, and in our own community, find solutions to hunger and malnutrition. Rice Bowls are available at the entrances to the Cathedral. If you cannot come to the Cathedral, send an email to Joyce Mork-O'Brien (jamob14@comcast.net) with your address and one will be sent to you.

**PARISH VISION SURVEY** Every five years, Father Ryan convenes a Vision Council to create a new vision for the parish. We need your input! Please complete a brief survey to let us know how we're doing as a parish, what the parish's priorities should be, what you think could be done better, what's working, and what's not. Visit <https://www.surveymonkey.com/r/cathedralvision>. The deadline to complete the survey is Monday, February 22.

## **Musical Prayer**

**FRIDAY, FEBRUARY 26 AT 6:30PM:** This week, Paul Taub, flute and Joseph Adam, organ, offer a program of music by Jehan Alain, Alan Hovhaness, and the 18th-century Venetian composer Anna Bon. You can find the livestream at [vimeo.com/stjamescathedral](https://vimeo.com/stjamescathedral) or [facebook.com/stjamesseattle](https://facebook.com/stjamesseattle). For a complete archive of 40+ musical offerings since the pandemic began, visit [www.stjames-cathedral.org/music](http://www.stjames-cathedral.org/music).

#### **CELEBRATING BLACK CATHOLICS DURING BLACK HISTORY MONTH**

Servant of God Mother Mary Elizabeth Lange (1784-1882) was the foundress and first Superior General of the Oblate Sisters of Providence (1829-1832), the first religious congregation of African American women in the history of the Catholic Church. Their goal was to educate and evangelize to African Americans. They educated youth and provided a home for orphans. They nursed the terminally ill during the cholera epidemic of 1832, sheltered the elderly, and served as domestics at St. Mary's Seminary. Mother Mary Lange practiced faith to an extraordinary degree. It was her deep faith – in close union with Jesus – which enabled her to persevere against all odds. She lived through disappointment and opposition until God called her home in 1882 at the St. Frances Convent in Baltimore, Maryland.

**CARE CALLS MINISTRY** St. James Cathedral Mental Health and Wellness Ministry (MHWM) has initiated a new ministry to help alleviate loneliness and establish connections with parishioners who may be isolated or lonely. Care Calls is outreach to people who live alone or have little connection with people. Volunteers phone identified parishioners on a regular basis to offer listening and companionship. Calls will connect people who are lonely to people who have time to listen and chat. The volunteers who become callers are individuals who understand the call of Christ to care for our brothers and sisters and want to make a difference in someone's life. Care Callers are volunteer phone friends, serving others because their hearts are in the right place. In doing so, they may even fill a void in their own lives. Please let us know of someone you think would benefit from and be open to receiving a regularly scheduled Care Call from a MHWM volunteer. *If you are interested in becoming a MHWM volunteer and joining Care Calls ministry, or would like more information, contact Nancy Granger, 206-382-4269 or ngranger@stjames-cathedral.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://@stjamescathedral). On Facebook and Twitter: [@stjamesseattle](https://@stjamesseattle). Did you know the Cathedral has a podcast? Just search "St. James Cathedral, Seattle" on Apple podcasts. And of course, you can always visit the Cathedral website [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.

# STORIES FOR *Fire, Font, & Feast*

## LENT SCRIPTURE STUDY



PATTY BOWMAN & PATTY REPIKOFF, PRESENTERS

Tuesdays of Lent, February 23 and March 2, 9, 16, 23 and 30  
7:00pm-8:30pm, via Zoom

This Lent, you are invited to join a six-week Scripture study focusing on the readings and Psalms we hear at the Great Easter Vigil. From the creation story in the Book of Genesis; to the Prophets' powerful exhortations to turn and embrace God's healing wisdom, forgiveness, and new life; to Mark's narrative of the Resurrection, the readings of the Easter Vigil tell the history of salvation.

In addition to the general sessions on Tuesday evenings, there will be an opportunity to join in small group reflection which will be offered later in the week. **Registration required.**

Information, Kathleen McCabe,  
kmccabe@stjames-cathedral.org or 206-382-2018

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



# Adult Confirmation at St. James Cathedral

A 10-week preparation series  
for adult Catholics who have not  
yet been confirmed.

This is a wonderful opportunity  
to reconnect with your faith,  
have your questions answered,  
and become part of a small  
community of other adults  
seeking Confirmation.

Zoom sessions begin  
Wednesday, March 10, 6:30-  
8:15pm, and continue each  
Wednesday evening through the  
end of May.

*For more information, or to  
register, Rosanne Michaels,  
206-790-1519, or email  
rmichaels@stjames-  
cathedral.org.*