

Lent 2022 at St. James Cathedral

Dear Friends,

I don't know whether you've noticed it or not, but we've had quite a long lead-up to Lent this year. Lent is starting about as late as it can. But it has now arrived!

The word Lent has Old English roots. It's a word that evokes the idea of 'lengthening' – and fittingly so since the days are getting longer - each day we are moving more and more into the light. Lent is a journey toward the light, the Light that is Christ. It will reach its culmination at the Easter Vigil when the new fire is kindled, the paschal candle is lit, and the words Lumen Christi, Light of Christ, will echo through the darkened Cathedral.

This Lent and Easter of 2022 should be unlike any other. 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.

All of this may sound a bit abstract but I assure you that the doing of it will be anything but! 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.



Now, here's where you come in. Two ways. First: I am inviting each member of the Cathedral parish to find time this Lent to participate in a synodal session. 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. The sessions are being offered both on Zoom and in-person. Second: 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? It won't be enough just to invite them: bring them along with you. You'll be doing the Lord's work. We all look for things to do during Lent. Let this be one of your Lenten practices this year. 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

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.crsricebowl.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 jsimpson@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

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

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

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