



ST. JAMES CATHEDRAL  
*Fifth Sunday in Ordinary Time*  
February 7, 2021

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Dear Friends,

Some of you probably know by now that Brenda Bellamy, after seven years of faithful service directing our Children's Faith Formation program, has made the decision to step down in order to pursue the next adventure in her life. Brenda has done a phenomenal job over these years, bringing energy, creativity, and joy - and excellent organization - to everything she has done. And that includes the years she served so well as Cathedral sacristan. I will miss her and I know you will too, but I wish her the very best and I want to take this opportunity to express my heartfelt thanks to her for all she has done for the children and the families of the parish. Godspeed, Brenda!

Since Brenda made her decision to leave during the school year, we decided it would be best to look for an interim replacement for her at this time and to pursue a permanent replacement over the next few months. I am very happy to announce that Jennifer Wong, who has been very ably directing our baptismal preparation program this past year, will serve as interim Children's Faith Formation director. Jennifer is a mom with two wonderful kids and she and her family have been Cathedral parishioners for several years. Besides her service in other parishes of the archdiocese, she has served on the Archdiocesan Faith Formation Committee and, here in the parish, she has been very active in our Faith Mentors program. Jennifer loves our parish and she brings a passion for sharing the faith that is very deep in her. Welcome, Jennifer!

  
Father Michael G. Ryan

ORDER OF CELEBRATION FOR

*The Fifth Sunday in Ordinary Time*

**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.**

*The Introductory Rites*

PRELUDE

*Andante with variations in D Major*  
Felix Mendelssohn (1809-1847)

ENTRANCE *sung by the cantors*

*Your hands, O Lord, in days of old*  
MOZART

PENITENTIAL ACT *sung by the cantors*

*St. James Mass for Peace*  
Bern H. Herbolsheimer (1947-2016)

GLORIA *sung by the cantor*

*Congregational Mass*  
John Lee (1908-1990)

COLLECT (OPENING PRAYER)

*The Liturgy of the Word*

FIRST READING

Job 7:1-4, 6-7

RESPONSORIAL PSALM *sung by the cantor*

Psalm 147  
Michel Guimont (b. 1952)

SECOND READING

I Corinthians 9:16-19, 22-23

GOSPEL

Mark 1:29-39

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 (10:00 & Noon)

“Cast thy burdens upon the Lord” from *Elijah*  
Felix Mendelssohn

SANCTUS *sung by the cantors*

*St. James Mass for Peace*  
Bern H. Herbolsheimer

MYSTERY OF FAITH *sung by the cantors*

AMEN

LORD’S PRAYER

AGNUS DEI *sung by the cantors*

*St. James Mass for Peace*  
Bern H. Herbolsheimer

**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

*Multitudo languentium*  
A multitude with diseases, and those who were troubled by unclean spirits came unto him,  
because power came forth from him which healed them all. chant, Mode II

*There is a balm in Gilead*  
Carol Sams (b. 1945)

BLESSING AND DISMISSAL

PROCESSION

*Preludium in D Minor*, op. 37, no. 3  
Felix Mendelssohn

- + **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

### STEWARDSHIP 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.

**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 5th Sunday in Ordinary Time February 7, 2021

**ON THE COVER** "Christ took away our infirmities and bore our diseases." *Christ Crowned with Thorns*. East Apse Stained Glass Window, St. James Cathedral. Hans Gottfried von Stockhausen, artist.

**FLOWERS AT THE ALTAR** are offered in loving memory of Nicholas Ryan Harrison on the third anniversary of his death, from his mother Roxanne and sister Natalie.

**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** Beginning Saturday, February 6, confessions will be heard immediately following the 8:00am Mass on Saturday mornings, from 8:30am to 9:30am. This change will allow for a more consistent schedule, since we have many special events in the Cathedral on Saturdays. 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.)

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

**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. Bernadette in Seattle and Our Lady of Lourdes in Seattle and Vancouver.*

**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.

**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, 9:00am to 11:00am. *Information*, Patrick Barredo, [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**CELEBRATING BLACK CATHOLICS DURING BLACK HISTORY MONTH**

Sr. Thea Bowman, FSPA was a self-proclaimed, "old folks' child." She was born in 1937 and reared in Canton, Mississippi. As a child, she converted to Catholicism through the inspiration of the Franciscan Sisters of Perpetual Adoration and the Missionary Servants of the Most Holy Trinity who were her teachers. During her short lifetime, many people considered her a religious sister undeniably close to God and who lovingly invited others to encounter the presence of God in their lives. She is acclaimed as a "holy woman" in the hearts of those who knew and loved her and continue to seek her intercession for guidance and healing. For more information on Sr. Thea Bowman's cause for sainthood, <https://www.sistertheabowman.com/>.

**NEW! CIRCLE OF HOPE** St. James Cathedral Mental Health and Wellness Ministry is happy to introduce *Circle of Hope*, a Zoom gathering where those who find themselves struggling with life's daily challenges can experience fellowship and support in a safe, faith-filled environment. Whether you live with a chronic mental illness or feel the emotional impact of the effects of COVID, you are invited to join this welcoming group. Facilitators Nancy Granger, St. James Cathedral Parish Mental Health Nurse and Cathedral parishioner David Pina, retired Air Force Chaplain, Suicide Prevention Specialist look forward to joining you in this community of faith and support. This group will meet weekly via Zoom for 8 sessions on Thursdays, February 18 - April 8, 6:30-8:00pm. Capacity is limited. *For information and to determine whether this group is right for you*, contact Nancy Granger, 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

## Musical Prayer

**FRIDAY, FEBRUARY 12 AT 6:30PM:** Join us for a livestream concert from the Cathedral! Joseph Adam, Cathedral Organist, will offer a 30-35 minute program. 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](http://www.stjames-cathedral.org).

**NEW! CARE CALLS MINISTRY *The Need:*** Due to COVID-19 there is an epidemic of loneliness in our communities. A great number of people suffer mental and physical consequences from isolation and loneliness. We see this in the world around us and in our own parish. ***The Response:*** 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: 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. They have the time to make regular calls and build relationship. They can also provide supportive reminders that help with everyday life, like remembering to take medication or keep medical appointments. 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. ***How you can help:*** 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](mailto:ngranger@stjames-cathedral.org).

**SOCIAL OUTREACH AND ADVOCACY STAFF**

**CHANGES** At the end of January, we said farewell to Luke Henkel who had been serving as Assistant for Social Outreach and Advocacy. Luke has begun working towards his Masters in Climate Justice at Glasgow Caledonian University. We bless him as he begins this work to better Care for our Common Home. Coming on board as our new Assistant is Lonnie Larsen. She is a parishioner of Holy Family in Auburn and brings a wealth of experience in gardening, working with those experiencing homelessness, and education. Welcome to St. James, Lonnie!

**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.

# ASH WEDNESDAY

at ST. JAMES CATHEDRAL



**Wednesday, February 17, 2021**

**8:00am Mass**

*Father Lyle Konen, C.Ss.R, Presider & Homilist*

**12:10pm Mass**

*Archbishop Paul D. Etienne, Presider & Homilist*

**6:00pm Mass**

*Father Michael G. Ryan, Presider & Homilist*

**Registration will be required to attend Ash Wednesday Masses, and attendance will be strictly limited to 200 persons at each Mass. Registration will open on Friday, February 12.**

**In accordance with directives from the Vatican, due to Covid-19, ashes will not be imposed on the forehead this year. Instead, the minister will sprinkle ashes on the top of the head. In order to allow as many as possible to participate in this important ritual marking the beginning of Lent, ashes will also be distributed *outside of Mass* at 10:00am, 11:00am, 2:00pm, 3:00pm, and 4:00pm. No advance registration will be required to participate at these times.**

*The three Ash Wednesday Masses will be livestreamed. Visit the Cathedral website for details.*

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

# 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)

# CHILDREN'S FAITH FORMATION UPDATE

In this extraordinary year,  
**30 catechists, mentors and doorkeepers**  
make possible **10** classes  
with a total enrollment of **130** children and youth  
from **85** families –  
*using Zoom!*

## THANK YOU!

⌘ PRESCHOOL & KINDERGARTEN ⌘

**FELICE BARER ⌘ JOHAH KOWAL ⌘ TAMI KOWAL**

⌘ SACRAMENTAL PREPARATION, YEAR 1 ⌘

**JAMIE PRINS ⌘ TIFFANY BLANCO ⌘ WILMA GONZALEZ**

⌘ SACRAMENTAL PREPARATION, YEAR 2 ⌘

**CHI NGUYEN ⌘ GONZALO ARGOTE ⌘ TOM GRIFFIN**

⌘ GRADE 3 ⌘

**LINH TRAN ⌘ VAN TRAN**

⌘ GRADES 4 & 5 ⌘

**KHOA TRAN ⌘ UYEN TRAN**

⌘ GRADE 6 ⌘

**ARRA RAEL ⌘ WILLIAM LIE**

⌘ MIDDLE SCHOOL CONFIRMATION ⌘

**DAVID BAUGHMAN ⌘ JIJO JOSE ⌘ SARAH RIGGIO**

⌘ HIGH SCHOOL CONFIRMATION ⌘

**CHRISTINA BUCHHOLZ ⌘ JOHN KEMNETZ ⌘ RUBEN DE ANDA**

⌘ RCIA ADAPTED FOR OLDER CHILDREN ⌘

**EMMA HALL ⌘ LETICIA ESCOBAR**

⌘ FAITH MENTORS ⌘

**ALEX OSBORN ⌘ JOSEPH OSBORN ⌘ LARA OSBORN**

⌘ VIRTUAL DOORKEEPERS ⌘

**DANIELLE STEVENS ⌘ ROB KOWAL**

**Society of St Vincent de Paul**  
**St James Cathedral-BI Rosalie Rendu Conference**

**Calendar year ending December 31, 2020**

**INCOME**

\$ 191,044	donations collected for us by St James Cathedral, including online donations to SVdP (via the St James website) and special collections taken at Mass
\$ 25,350	bequest from the estate of a deceased parishioner <u>and</u> memorial fund in remembrance of another deceased parishioner
\$ 4,550	donations from other SVdP sources, mostly from the SVdP conference at Holy Family in Kirkland ( <u>plus</u> \$2,700 in Christmas gift cards donated by parishioners at St Jude in Redmond that we gave to 22 families living near St James Cathedral, including 30 adults and nearly 40 children)
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<b>\$ 220,944</b>	<b>Total income</b>

**EXPENSE**

\$ 179,918	paid for <i>direct aid</i> to residents of our parish, including: \$ 175,628 for rent (averaging \$14,636 per month) \$ 2,389 for beds (supply chain problems have reduced our ability to give people beds) \$ 776 for utilities (electricity, natural gas, water, sewer, garbage) \$ 499 for food & sundries (grocery store vouchers) \$ 316 for household items \$ 251 for furniture other than beds \$ 59 for clothes
\$ 3,500	paid for <i>direct aid</i> to a SVdP conference in one of the poorest areas in India that we have been assisting for many years <u>and</u> to a SVdP conference in South King County that focuses on helping poor Spanish-speaking families
\$ 515	paid for annual dues that our SVdP conference at St James is required to pay to be part of the Society of St Vincent de Paul
\$ 802	paid for operating expenses (postage, mailing supplies, computer supplies, bank fees and SVdP voucher books)
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<b>\$ 184,735</b>	<b>Total expense (averaging \$15,395 per month)</b>

**We thank you** for your donations, which we put to work directly helping people as quickly as we can. For most of 2020, our income roughly matched expenses. In late December we were blessed with unexpected, large donations that are now helping people in 2021. Most of our money is used to help pay rent to avoid eviction – an escalating need due to high monthly rents, accumulating rent debts caused by widespread unemployment during the pandemic and the fact that current eviction moratoriums are likely to end in 2021.

**The best way to make financial donations** to us is to donate to SVdP online via the St James website (<https://www.stjames-cathedral.org/BusinessCenter/Giving.aspx>) – be sure to indicate your gift is for “SVdP.” **Checks** should be made payable and delivered to St James Cathedral – be sure to **write “SVdP” or “St Vincent”** on the memo/for line. **Bequests, memorial funds and matching gifts from employers** are all welcome. **We are unpaid volunteers, so 99% of your donation goes directly to help those in need.**

**Questions? Please contact any conference officer:**

*President Barb Schmidt, (206)472-3971; Vice President Susan Picht, (206)724-8768;  
Secretary Blake Steller, (907)244-6683; Treasurer Jo Ann Wiesner, (206)291-4012*