



ST. JAMES CATHEDRAL
The Twenty-Eighth Sunday in Ordinary Time
October 13, 2024

ST. JAMES CATHEDRAL

Four years ago, on the eve of the last presidential election, I wrote a letter to you in which I talked about the challenges that Catholics were facing in that election. Recently, when I went back to look at that letter, I couldn't help but be aware that very little has changed over those four years. We are still faced with deciding between two candidates, neither one of whom embraces the full range of issues that comprise Catholic Social Teaching. So, allow me to share that letter with you again. I have made some minor changes, but only a few. Here it is.

October 13, 2024

Dear Friends,

I want to address head-on a misperception that is very much out there in Catholic circles, and it's this: the notion that Catholics really have no choice when it comes to voting in this presidential election. I understand the claim and where it's coming from, but it is simply not true. What is true – and what needs to be acknowledged right up front – is that, when it comes to all of the serious moral issues that make up the body of what is called Catholic Social Teaching – and there are many – neither of the two major party candidates for President is completely in step with the Catholic Church. For that reason, every Catholic voter has to do some serious study and some serious soul-searching – study that involves learning about Catholic Social Teaching in all its breadth, depth, and complexity; soul-searching that involves the delicate work of conscience which, in the end, is the only path to making an enlightened choice.

And trust me, there is a choice and anyone who says otherwise either misunderstands Catholic teaching, is misrepresenting it, or both.

Let me clarify something else. Despite impressions given – sometimes intentionally, sometimes not – the Catholic Church does not endorse candidates for public office. It must not. The Church respects the right and the duty of each of its members to study the issues and to make an informed, conscience-driven decision about which candidate to vote for. This becomes difficult when, as is the case with the upcoming election, neither candidate nor political party can make the claim to be “pro-life” in the full, rich sense in which the Church understands that term. To be “pro-life” means to care about the life of the unborn in the womb, the newly born, the elderly, the poor, the homeless, the refugee, the person on death row, and every other human being. To be pro-life includes a commitment to uprooting the terrible scourge of racism which is tearing our nation apart. It also means a commitment to abolishing weapons of mass destruction, as well as a commitment to caring for the earth, our common home. Some people – many of them Catholic – are convinced that to be “pro-life” means one thing and one thing only: to be opposed to abortion. They are mistaken. Abortion is indeed important but some words of Pope Francis are instructive here:

Our defense of the innocent unborn...needs to be clear, firm, and passionate, for at stake is the dignity of a human life which is always sacred and demands love for each person regardless of his or her stage of development. Equally sacred, however, are the lives of the poor, those already born, the destitute, the abandoned and the underprivileged, the vulnerable infirm and elderly exposed to covert euthanasia, the victims of human trafficking, new forms of slavery, and every form of rejection. (*Gaudete et Exsultate*, 2018)

Pope Francis makes the point clear. And in a recent interview he strongly advocated for one other 'life' issue: the plight of migrants, refugees, and asylum-seekers, many of them fleeing for their lives from war, various forms of oppression, and dire economic situations.

The point is clear: a conscientious Catholic cannot be a 'single issue voter.'

We are preparing to vote during a dark and difficult time in our nation's history. It seems that so many of the things we hold dear — our sense of being one nation under God, our seeking of the common good together, our sense of common purpose, our commitment to common decency, the value we put on truth over falsehood, love over hatred, service over selfishness, tolerance over bigotry, patriotism over nationalism — these and so many things that have always been at the heart of what makes America truly great — have been gravely compromised.

Along with civility, dialogue, and a willingness to meet halfway, respect has all but disappeared from the public square and from public discourse. As a nation, we seem to have forgotten the very meaning of the word 'respect.' In the cacophony of partisan political name-calling, in the too-often rancorous and acrimonious debate over who we want to be as a people and a nation — who we want to invite to the table, and what we want our place in the world to be — we who call ourselves Catholic need to return to the basics of Catholic Social Teaching, to an abiding respect for each and every human life without exception.

I sometimes find myself wondering what Jesus would say to us if he were to take the pulpit some Sunday, but it's actually a question I'm able to answer rather easily. He would speak the same words to us that he spoke to his contemporaries. That's because societies change and so do political challenges and situations, but the message of Jesus doesn't change. Jesus would challenge us today in the same way he did the people he preached to in the synagogue of Nazareth and along the shores of the Lake of Galilee. And what is that challenge? It's to put the little ones first: the poor, the poor in spirit, the meek, the lowly, the persecuted, the ones who hunger for justice and righteousness. It's to let the poor lead us out of ourselves and lead us to God. That's the challenge of Jesus, the upside-down logic of the gospel, and we believers ignore it at our peril.

So, my friends, if we want to know how to begin to heal our nation, how to treat one another, how to re-set our priorities — how even to vote — we need to go no farther than the gospel of Jesus Christ which is the very backbone of Catholic moral

and social teaching in all its rich complexity. And I know, the separation of Church and State is written into the fabric of our Constitution, but Christian believers don't need to blur the line between Church and State in order to bring about societal change. All that needs to happen is for us to change: for us to let the gospel of Jesus Christ wake us up to the world around us, recharge our moral batteries, and inform our way of thinking.

As Christians formed by the gospel of Jesus Christ, we have an unbeatable recipe for the healing of our nation and a clear direction for how to vote. It's not one issue, it's many issues, and it's not what's good for me, it's the common good. For well over a century now, this has been the Church's teaching. It's a teaching that has grown and expanded in response to changing societal realities and it will continue to, and it's also a teaching that refuses to let itself be hijacked by one political party or another. Our Christian faith must come first and shape our political engagements – not the other way around. Deep reflection on Catholic Social Teaching will make us clear-sighted as to the strengths as well as the shortcomings of whatever political party we may espouse, and give us courage to challenge our leaders – including the ones we vote for.

Politics have their place and so do political parties, but the demands of the Gospel of Jesus Christ – with its broad embrace of 'the least, the last, and the lost' – will always be the decisive factor when it comes to how a Christian forms his or her conscience, and how a Christian exercises the sacred duty of voting responsibly.

May Jesus Christ and his Gospel inspire and challenge each of us as we prepare to cast our vote in this election that holds such importance for the future of our democracy.


Father Michael G. Ryan

Resources for further reading

- Faithful Citizenship. This statement represents the US Bishops' guidance for Catholics in the exercise of their rights and duties as participants in our democracy. <https://www.usccb.org/offices/justice-and-peace/forming-consciences-faithful-citizenship>



ORDER OF CELEBRATION FOR THE
Twenty-eighth Sunday in Ordinary Time

MASS WITH THE NATIONAL CATHOLIC EDUCATION ASSOCIATION (Sunday Evening)

PRELUDE

These are the Ten Holy Commandments, BWV 678

Johann Sebastian Bach (1685–1750)

Suite in d minor, Op. 1, No. 4

Johann Caspar Ferdinand Fischer (c. 1656–1746)

The Introductory Rites

ENTRANCE

Praise my soul the King of heaven

LAUDA ANIMA



1. Praise, my soul, the King of heav - en; To his feet your
2. Praise him for his grace and fa - vor To his peo - ple
3. Fa - ther - like he tends and spares us; Well our fee - ble
4. Frail as sum-mer's flow'r we flour - ish, Blows the wind and
5. An - gels, help us to a - dore him; You be - hold him



trib - ute bring; Ran - somed, healed, re - stored, for - giv - en,
in dis - tress; Praise him still the same as ev - er,
frame he knows; In his hands he gent - ly bears us,
it is gone; But while mor - tals rise and per - ish,
face to face; Sun and moon, bow down be - fore him,



Ev - er - more his prais - es sing: Al - le - lu - ia!
Slow to chide, and swift to bless: Al - le - lu - ia!
Res - cues us from all our foes. Al - le - lu - ia!
God en - dures un - chang - ing on: Al - le - lu - ia!
Dwell - ers all in time and space: Al - le - lu - ia!



Al - le - lu - ia! Praise the ev - er - last - ing King.
Al - le - lu - ia! Glo - rious in his faith - ful - ness.
Al - le - lu - ia! Wide - ly yet his mer - cy flows.
Al - le - lu - ia! Praise the high e - ter - nal one!
Al - le - lu - ia! Praise with us the God of grace.

PENITENTIAL ACT

Missa de angelis


Vatican VIII



Have mer - cy on us.

GLORIA

New Mass for Congregations
Carroll Thomas Andrews (1918–2014)



Glo - ry to God in the high - est, and on earth peace to peo - ple of good will. We
praise you, we bless you, we a - dore you, we glo - ri - fy you, we give you thanks for
your great glo - ry, Lord God, heav'n - ly King, O God, al - might - y Fa - ther.

Cantor or Choir:

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.



For you a - lone are the Ho - ly One, you a - lone are the Lord,
you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,
in the glo - ry of God the Fa - ther. A - - - - - men.

COLLECT (OPENING PRAYER)

The Liturgy of the Word

FIRST READING

Wisdom 7:7-11

PSALM RESPONSE

Psalm 90

Michel Guimont (b. 1952)



Fill us with your love, O Lord, and we will sing for joy!

SECOND READING

Hebrews 4:12-13

ALLELUIA

Jacques Berthier (1923–1994)



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

HOMILY

Most Rev. Gregory John Hartmayer, OFM Conv., *Archbishop of Atlanta*
 Father Steve Sundborg, SJ (all other Masses)

CREED

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

Jacques Berthier, adapt. (1923–1994)



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

(Sunday evening)

My eyes for beauty pine
 Elizabeth Coxhead (b. 1987)

Listen, sweet dove
 Katherine Burk (b. 1990)

PROCESSION OF GIFTS Please follow the directions of the ushers and come forward to the altar with your offering. If you give online, you are still encouraged to participate in the procession! Use one of the white envelopes in the pews and simply drop it in the basket.

SANCTUS

Mass for the City
Richard Proulx (1938–2010)

Ho - ly, ho - ly, ho - ly, Lord God of hosts._____

Heav - en and earth_____ are full of your glo-ry. Ho - san - na, ho -

san - na, ho - san-na in the high - est. Bless - ed is he_____ who

comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the

high - est. Ho - san - na, ho - san - na, ho - san - na in the high - est.

MYSTERY OF FAITH

Richard Proulx

When we eat this Bread and drink this Cup, we pro-

claim your Death, O Lord, un - til you come a - gain.

AMEN

Richard Proulx

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

LORD'S PRAYER

AGNUS DEI

Bern H. Herbolzheimer

R. 1, 2: have mer - cy on us.

R. 3: give us your peace.

Following the Lamb of God please kneel until it is time for your row to go to Communion.

COMMUNION

Remove from me all scorn and contempt,
put the right words on my lips, so that my speech may be convincing in the presence of the King.

Aufer a me
chant, Mode II

COMMUNION PROCESSION

Psalm 84: How lovely is your dwelling place
Donald J. Reagan (1923–2004)



(10:00am)

Love divine, all loves excelling
James Biery (b. 1956)

HYMN OF PRAISE

Thy strong word did cleave the darkness
EBENEZER



PRAYER AFTER COMMUNION

FINAL BLESSING AND DISMISSAL

PROCESSION

Festal Flourish
Gordon Jacob (1895–1984)
Allegro assai vivace, Op. 65, No. 1
Felix Mendelssohn Bartholdy (1809–1847)

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR

 Rev. Alex Pablo

IN RESIDENCE

 Rev. Bryan Hersey, Rev. David Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

John Simpson, Director of Faith Formation (206-654-4658)

John Marquez, RCIA (Becoming Catholic) (206-654-4640)

Patty Pruitt, Administrative Assistant (206-274-3108)

CHILDREN'S FAITH FORMATION

Tami Kowal, Director of Children's Faith Formation (206-219-5822)

Leticia Escobar, Faith Mentors & Faith Friends (206-619-0816)

LITURGY

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

Julie Sharples, Spencer Truong, Peter Burns, Wendell Dyck,

sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Christopher Stroh, Assistant Director of Music & Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Peter Burns, Outreach Assistant

Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),

Tom Bentler, Nathan Braxton (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Anisa Ralls, Director (206-382-4269)

ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Erica de Klerk, Director

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome & Volunteer Coordinator (206-654-4650)

PARISH OFFICE

Yanti Kapoyos, Weddings and Funerals (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

Mary MacLean, Bookkeeper (206-382-4564)

Maggie Corrigan, Office Manager (206-622-3559)

FACILITIES and GROUNDS

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

Alan Frasher, Brian Jones, Khai Nguyen, Tan Nguyen, facilities

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8:00am - 10:00am - 12 Noon - 5:30pm

Weekdays 8:00am (M, T, W, Th, F, S) & 12:10pm (M, W, F)

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

VEPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

CONFESSIONS/SACRAMENT OF RECONCILIATION

 Saturdays,

8:30am-9:30am (following 8:00am Mass) and by appointment

BAPTISM

 Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Patty Pruitt for information, 206-274-3108.

MARRIAGE

 Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Yanti Kapoyos, Wedding Office, 206-382-4288.

ANOINTING of the SICK

 In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

FUNERALS

 for parishioners, contact Yanti Kapoyos, 206-382-4288

TRIBUNAL ADVOCATES

 The parish has several advocates ready to assist with marriage cases (commonly called 'annulments'). Information, Maria Laughlin, 206-382-4284

CATHEDRAL COLUMBARIUM

 Maria Laughlin, 206-382-4284

CATHEDRAL KITCHEN

 serves dinner Monday to Friday, 4pm—4:45pm, and breakfast on Sundays, 7am—8am. All are welcome.

PARISH OFFICE HOURS:

 Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

www.stjames-cathedral.org

WELCOME TO OUR PARISH FAMILY

ST. JAMES CATHEDRAL
IMMACULATE CONCEPTION | CHRIST OUR HOPE

The 28th Sunday in Ordinary Time October 13, 2024

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

ON THE COVER *The word of God is living and effective, sharper than any two-edged sword.* Stained glass window, Reconciliation Chapel. Charles Connick, artist.

FLOWERS AT THE ALTAR are offered in loving memory of George Kenny from his family on the second anniversary of his death.

FLOWERS AT THE STATUE OF THE BLESSED VIRGIN MARY IN THE NORTH TRANSEPT are offered by Mary McCarthy in memory of Thomas and Nancy McCarthy

SUNDAY HOSPITALITY Come to Cathedral Hall after the 10:00am Mass for morning glory muffins from Macrina Bakery, fresh fruit, and fellowship.

PROCESSION OF GIFTS Please follow the directions of the ushers and come forward to the altar with your offering. If you give online, you are still encouraged to participate in the procession! Use one of the white visitor envelopes in the pews and simply drop it in the basket.

CHILDREN'S FAITH FORMATION Classes and Parent Gathering at 11am Sunday, October 13 at O'Dea High School. The parent gathering is in Room 202 of O'Dea while the children are in class. Tami Kowal, Director of Children's Faith Formation, will present on the topic, Raising Your Children in the Catholic Faith. Come enjoy coffee, tea, and snacks, along with time to meet fellow parents.

REMEMBERING OUR BELOVED DEAD You are invited to write the names of deceased loved ones in the Book of Remembrance which has been placed near the Shrine of the Blessed Virgin Mary. This book will be carried in procession at the solemn Requiem Mass of All Souls on Friday, November 1 at 7:00pm.

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each parish family in the Archdiocese of Seattle. This week we pray for the parish family of Our Lady of Fatima, Sacred Heart, and St. Anne in Seattle.*

YOUNG ADULTS Next Sunday, October 20, you are invited to our third Sunday of the month gathering. After dinner, the group will have time for reflection. The meeting begins Sunday evening after the 5:30pm Mass. Come, grow in faith, service, and in community. Information, Patty Pruitt, ppruitt@stjames-cathedral.org or 206-274-3108.

CELEBRATING ST. KATERI On Saturday, October 26 at 11:00am, all are invited to celebrate St. Kateri Tekakwitha, the first Native American to be canonized. St. Kateri is a special saint for our Archdiocese—the miracle which led to her canonization took place here! Come learn more about Saint Kateri and support Native American Catholics in the Archdiocese of Seattle. Bishop Frank Schuster will preside at this year's celebration. A reception follows in Cathedral Hall.

REGISTER TO VOTE, available in multiple languages, VoteWA.gov or Vote411.org. Members of the Life, Peace and Justice Commission will be outside of the Cathedral's Marion and Terry doors at all the Masses on September 28-29 if you would like to register to vote in person.

INTERESTED IN BECOMING CATHOLIC? Are you, a family member, or a friend interested in joining the Catholic Church? Are you curious about how a person becomes Catholic or do you simply want to learn what Catholicism is all about? *Information*, John Marquez, jmarquez@stjames-cathedral.org, 206-654-4640.

ST VINCENT DE PAUL THANKS YOU A young mother met with SVdP volunteers during her two-year-old daughter's much needed nap time. After falling several months behind on rent when the girl's father moved out, this mother just completed her first two weeks in a well-paying hotel where she can receive bonuses and incentives for her hard work. Her first paycheck, however, fell well below the outstanding rent, so she called St Vincent (206-767-6449 or apply online <https://svdpseattle.org/get-help/online-help-request-form/>). Thanks to your donations, she is able to show the apartment management that she is making an effort to clear her debt. *Information*, Blake Steller 907-244-6683 or blsteller@gmail.com.

REMEMBERING OUR BELOVED DEAD You are invited to write the names of deceased loved ones in the Book of Remembrance which has been placed near the Shrine of the Blessed Virgin Mary. This book will be carried in procession at the solemn Requiem Mass of All Souls on Friday, November 1 at 7:00pm.

CARE FOR CREATION "When we make space for the Lord, we are able to open ourselves to all of Creation and to every creature. We then understand that life is a gift from the Father, who loves us deeply and desires that we belong to Him and to one another." - Pope Francis. The Cathedral's Care for Creation efforts were recently spotlighted in national publications. Read about it at <https://hawaiicatholicherald.com/2024/09/11/parishes-embrace-call-to-care-for-creation/>.

SANDWICH MAKING MINISTRY Healthy sandwiches can be made at home and then brought to the Cathedral to share with men staying at the St. Martin de Porres Shelter. This is a great activity for families with young children, people with busy lives, and anyone who is not able to go out and serve. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

LIFE LONG LEARNING Tutor Glenn and student T celebrated their 3-year tutoring anniversary recently. T is in her late 80s, and we are inspired by her zest for continual learning! She has steadily made her way from Level 2 to Level 5 in our curriculum. In addition to the ESL textbook, T & Glenn have been reading young adult versions of classics, like Ben Hur & Tom Sawyer. They are now reading The Three Musketeers together. T & Glenn have learned a lot about each other's journey and culture, and continue to cultivate their friendship. New students are coming to our program every week. Please contact Sayuko to join our wonderful tutor team. No prior experience in ESL or Citizenship tutoring necessary. *Information*, Sayuko Setvik, ssetvik@stjames-cathedral.org or 206-382-4511.

SUICIDE PREVENTION: SAFETALK TRAINING Tuesday, October 26, 8:30am-12:30pm at the Archbishop Brunett Retreat Center at the Palisades, 4700 SW Dash Point Rd, Federal Way. SafeTALK trained helpers can recognize expressions of those struggling with suicidal thoughts and act by connecting them with life-saving resources. Appropriate for anyone 15 years and older. *Information and registration*, David Pina, dpina@live.com.

Opportunities to Serve

SPONSOR SOMEONE WHO IS BECOMING

CATHOLIC Would you like to share the meaning of your Catholic faith with someone who is new to the Church? Does the thought of accompanying someone as they seek to become Catholic appeal to you? Could you introduce someone to Christian discipleship as lived at St. James? Perhaps you would make a good sponsor. Learn more about what's involved. *Information*, John Marquez, 206-654-4640 or jmarquez@stjames-cathedral.org.

SUPPORT THE SOLANUS CASEY CENTER Named after Franciscan Capuchin priest Solanus Casey, the Center (a joint ministry of Catholic Community Services and St. James Cathedral) is a walk-in referral center that provides services to the unemployed, working poor, people just released from detention, and those living on the streets, shelters, and transitional housing. New hours for the Center are Monday to Thursday, 12pm to 3pm. *To volunteer*, Adriana Henry, Program Manager, 206-223-0907 or AdrianaH@ccsww.org.



MORNING MOBILITY



Saturday, October 19, 2024, 11:00am to 11:45am
St. James Cathedral Pastoral Outreach Center
Led by Blake Steller, Certified Personal Trainer

**Come join us for a refreshing and rejuvenating
experience, sponsored by the Mental Health and
Wellness Ministry!**

The goal of this free 45-minute mobility class is to help you improve your flexibility, reduce pain, and move with ease.

Whether you're young or young at heart, this class is perfect for all ages and fitness levels!

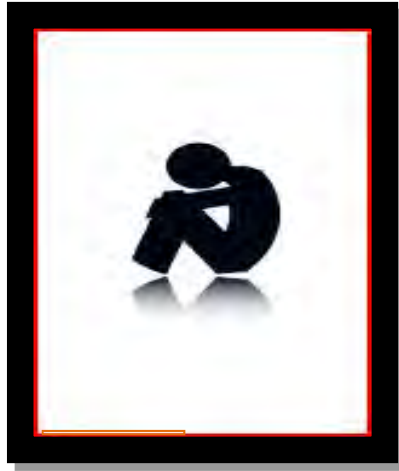
We will be working through a few gentle, guided movements to enhance your flexibility, alleviate joint stiffness and muscle tightness, and teach you a mobility “hygiene” practice that you can do at home, every day.

This 45-minute session is designed to help you feel better in your body, whether you're recovering from an injury, looking to improve your daily movement, or simply want to feel more energetic.

RSVP by October 12!
Blake Steller, (907) 244-6683,
blake@stellercoaching.com

On average 132 people a day die by suicide

How can I Make A Difference?



**Tuesday October 26, 2024
8:30 am – 12:30 pm**

**Archbishop Brunett Retreat Center at the Palisades
4700 SW Dash Point Rd, Federal Way, WA 98023**

Most people who express behaviors, feelings and thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. SafeTALK-trained helpers can recognize expressions of those seeking help and act by connecting them with life-saving intervention resources.

Training is appropriate for anyone 15 and over.

\$25 Registration for materials * Scholarships available
Info / Registration: David Pina dpina@live.com



Solemn Mass of All Souls

The Very Reverend Michael G. Ryan, presider

Mozart Requiem

St. James Cathedral Choir and soloists

St. James Cathedral Chamber Orchestra

conducted by Joseph Adam

Friday, November 1 at 7:00pm

We commemorate the Feast of All Souls with a solemn Mass for the Dead featuring Wolfgang Amadeus Mozart's *Requiem* on Friday, November 1 at 7:00pm. All are invited to attend this liturgy (no tickets or reservations are needed) as we pray together for our beloved dead. A freewill offering will be collected during the Offertory.

The Cabrini Garage will be open for free Cathedral parking from 6:30-9:30pm. Please take a ticket as you enter the garage, and write "St. James Cathedral" on the ticket for validation before exiting. The parking attendant will need to collect your ticket - to help prevent traffic delays, please self-validate your ticket before leaving your parking space.

Music at St. James Cathedral • email: musicoffice@stjames-cathedral.org • 206-382-4874



Día de los Muertos | Day of the Dead

Saturday, November 2, 2024 | 2:00pm

A musical and cultural celebration with *Orquesta Northwest*, Paula Madrigal, Artistic Director

With choir and orchestra, traditional costumes and dance, *Orquesta Northwest* brings the traditions of the Día de los Muertos, the Day of the Dead, to St. James Cathedral. This festive observance of Día de los Muertos, the Day of the Dead, will feature the Ballard Civic Orchestra, a diverse community orchestra of talented professional and volunteer musicians, and Symphony Tacoma Voices. Music will include movements from the Requiem settings of Verdi and Mozart, as well as works by Arturo Marques and Mariana Villanueva. The program will also feature traditional “Catrinas,” Aztec dancers, mariachi, and a community *altar de Muertos* (Day of the Dead Altar or *ofrenda*) in the Cathedral Chapel, created by a local artist. All are invited to add photos of their own deceased loved ones to this altar. After the performance, all are welcome to share Día de Muertos bread and Mexican hot chocolate in the Cathedral courtyard. **The concert is free and open to all; tickets are required (use QR code above).**



FREE REGISTRATION

*Sponsored by the Department of Intercultural Integration of the Archdiocese of Seattle.
Find out more about Orquesta Northwest here: <https://www.orquestanw.org/>*

St. James Cathedral, Seattle



UNITED WE STAND

An Interreligious Prayer Vigil on the Eve of Elections

MONDAY, NOVEMBER 4, 2024, 7-8 P.M.

at Saint Mark's Episcopal Cathedral, 1245 10th Ave. E., Seattle
or via livestream at saintmarks.org/livestream

In this time of trial and struggle, as we confront challenges to our civil society and our body politic, we are at a crossroads of conscience. And though the voices of vitriol and extremism often resound loudly, it is the judicious wisdom of resilient and courageous peacemakers who will lead us through this crisis. Prayerful reflection stands as a hopeful response to the static of cynicism.

Join local religious leaders and fellow citizens who will gather in Seattle's Saint Mark's Cathedral at this important juncture of our nation's history. All are invited to join in this brief non-partisan interfaith service of hope, either in-person or via livestream. On the cusp of the exercise of our most essential civil right, we ask you to embrace this moment of contemplation and connection, as we affirm the principles that transcend our differences, and the common cause that will bind the wounds of this great nation.

AN INTERRELIGIOUS EVENT CO-SPONSORED BY:

Saint Mark's Episcopal Cathedral

St. James Catholic Cathedral

Temple De Hirsch Sinai

First African Methodist Episcopal Church of Seattle

Center for Ecumenical and Interreligious Engagement—Seattle University

BLACK CATHOLIC ADVISORY CIRCLE

2024 BCAC CONFERENCE



St. Stephen the Martyr Church
10355 SE 192nd Street
Renton, Washington 98058



His Eminence
Wilton Cardinal Gregory
Keynote Speaker

THE HOLY SPIRIT UNIFIES ALL GOD'S CHILDREN AS FAMILY

The conference aims to build a vision of unity that recognizes all individuals as God's children, emphasizing the inclusion of people of color within Catholic church and school communities. It will focus on the concept of unity as a spiritual tapestry woven from diverse threads of faith, culture, and shared purpose. Speakers will address how their faith and the Holy Spirit have guided their vocational journeys, discuss expectations for living out this vision within both the domestic and universal church, and propose strategies for achieving perfect unity. Attendees will learn from the experiences of people of color and gain practical strategies to embody the belief that "we are all God's children."

15, November, 2024
5:00PM – 8:30PM

16, November, 2024
8:30AM – 4:00PM
Mass – 5:00 PM

Our Featured Speakers



Rev. Anthony Bozeman, SSJ
Cross Catholic Outreach



Shannen Dee Williams
Professor of History, Villanova University
Author, "Subversive Habits"

FEE

Adults: \$50
\$60 after 10/31
Students: \$25
w/presented ID

Additional Speakers

Deacon Art Miller
Daryl Grigsby
Sr. Chero Chuma, CSJP, DNP

Youth Track Speakers

Brian Greenfield
JoAnn Lopez



Register online at
www.bcacseattle.org

Contact Us
bcacseattle@gmail.com



IMMACULATE CONCEPTION CHURCH

120 Years of Faith, Service, Community, and Justice
1904 - 2024



Join in celebrating the 120th Anniversary of Immaculate Conception Church

2024 Celebration Activities

Wednesday, November 6. 13. 20. 27

6:00pm Mass

&

Tour of the Church

November 29 – December 7

Immaculate Conception 9 Day Novena, 6:00pm

December 8, 11:00am

Immaculate Conception Feast Day Mass and Luncheon

Archbishop Etienne, D.D., S.T.L., Celebrant

Father Michael G. Ryan, Pastor, Concelebrant

For additional information contact the Church Rectory Office

206-322-5970 Office@ICSeattle.org