



During the month of November, we remember all the deceased parishioners of St. James Cathedral. In a special way, we remember our benefactors, 1988-2020, whose generous bequests continue to sustain the mission of our parish:

Edmund S. Adams • Genevieve Albers • David Anderson
 • Anna Arseth • Ellen Ashmore • Katherine Baillargeon • Patricia Baillargeon • Monica Bambenek • Marilyn Batali • Maude D. Baudizzone • Leone Beck • Angela Beck • Clyde Bennett • Kenneth "Al" and Bernice Bennett • Frances Irene Bisey • TerryAnn Bowen • Frances M. Bradford • Arthur Brazil • Roland J. & Dorothy S. Brennan • Eileen Brown • Barbara Brown • Ralph Bruno • Patricia Callaghan • Virginia Callahan • Marguerite Campbell-Gambrell • Robert Chamberlain • Domenico Christofero • Rose Circo • Gary Clampett • Gene J. Colin • Alberta Corkery • George Corkery • Marianne Coté • Florence Dassell • Mary McGovern Denney • Robert DeWitt • Purita Dimalanta • Jerrold Mark Dion • Christine Dolence • Frances Dorosh • Mary Alice Driscoll • Moya Martin Duplica • Yvonne L. Dupont • Madeline Fishbach • Florence Foley • Harry Folven • Mary L. Forbes • Joseph Forte • Malvina Foubert • Marie J. Franklin • Rev. William E. Gallagher • James Gatling • Charles Giese • Bertha Gladys Giffin • Robert Givens • Andy Graytak • Barbara Hainley • Avis Hamlin • Elizabeth Hansmann • Hank Harman • Charles Harmen • Sam Haviland • Alice Henderson • Sara Hennessey • Virginia Henning • Betty Hill • Agnes Holland • Mary Horrigan • Howard Hoyt • Glen Lee Hughes • Robert Hyssop • Iris Ivey • Yvonne Jackson • Emil Jobb, MD • Frances Kelly • Mary Beth Kelly • Kathro Kidwell • Mary Alice Kirkpatrick • Patricia Koon • Alma Kramer • Helen Lamb • Shirley Lambert • Joanna Lass • Naomi LaVigne • Helen Leonard • Peggy Leuschen • Mabel Luby • May Har Luke • James Lyons • Marilyn Maddeford • Marie M. Mallon • Viola M. Maloca • Mary Ann Martin • P. Martin • Elsie Martin • Moya Martin • Paul Martinis • Keith McCaw • Laverna McClean • Joan Conner McDonell • Margaret McDonnell • Marie McLaughlin • Faye McTague • Mary C. Miller • Emily and Roger Moe • Lucille Morin • Marie C. Murphy • Charles Karoly Nemeth • Elizabeth and Rosa Nemmers • Eileen O'Neil • Marguerite O'Neill • Regina and Eugene Parolik • Timothy Louis Prior • Margaret and Marie Purtell • N. Reinhardt • Robert E. Ricks • Frank Robl • Capitola Rockwell • Claretta Russell • Kevin E. Ryan • Marjorie C. Ryan • Aldo & June Samboni • Elizabeth Grace Scott • Dennis Shea • Helena Sheridan • Diane Simperman • Helen Skahill • Pauline Smith • Margaret Smith • Marion C. Smith • Francis H. Smith • Haisik Smith • Jack Southall • Anthony Spakowsky • Sophia Stebbins • Evelyn Casey Steen • Virginia Stewart • Thomas Stratman • Raymond F. Strojny • Nellie Suchadolski • Lillian Sullivan • Dennis Thoennes • Darlene Trucco • Carl van Hollebeke • Barbara Vance • Marijke Vreeburg • John William Warren • Gertrude Wineholt • Mary Winihan • Jeanette Woodward • David Yozamp • Wesley Zeman • Cacilia and Elmars Zemgalis •

*Our Lord Jesus Christ,
 King of the Universe*

ST. JAMES CATHEDRAL November 22, 2020

ORDER OF CELEBRATION FOR THE SOLEMNITY OF
Our Lord Jesus Christ, King of the Universe

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

- + Please keep your mask/face covering on whenever you are in the Cathedral. Your mask must cover both your nose and your mouth at all times.
- + Always observe social distance of at least six feet between family groups.
- + Archbishop Etienne, Father Ryan, and other speakers will remove their mask for the spoken parts of the Mass. Whenever they do so they will remain a minimum of twelve feet (extreme social distance) away from other people.
- + Please do not move around the Cathedral before or during Mass.
- + Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.

The Introductory Rites

PRELUDE

Before thy throne, BWV 688

Johann Sebastian Bach (1685–1750)

Psalms Prelude: Look towards the Lord and be radiant;

let your faces not be abashed. (Ps. 34:6)

Herbert Howells (1892–1983)

ENTRANCE

Rejoice! the Lord is King!

GOPSAL

Rejoice! the Lord is King! Your Lord and King adore,

Mortals, give thanks and sing, And triumph evermore:

Lift up your heart, lift up your voice; Rejoice, again I say, rejoice!

Charles Wesley

PENITENTIAL ACT

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you, we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.
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 alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit, in the glory of God the Father. Amen.

COLLECT (OPENING PRAYER)

The Liturgy of the Word

FIRST READING

Ezekiel 34:11-12, 15-17

RESPONSORIAL PSALM

Psalms 23

A. Gregory Murray, OSB (1905-1992)

SECOND READING

I Corinthians 15:20-26, 28

GOSPEL ACCLAMATION

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

SANCTUS

MYSTERY OF FAITH

AMEN

LORD'S PRAYER

AGNUS DEI

**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.**
- + **As you process forward to receive communion, and as you return to your seat, maintain six feet of separation between household groups.**
- + **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. (If contact is made, the EM is required to stop and sanitize her or his hands before moving on to the next household.)**
- + **After receiving Holy Communion, lower your mask with one hand, put the host in your mouth, and then put your mask back on.**
- + **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 and follow the directions of the ministers.**
- + **Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.**

COMMUNION

Amen dico vobis

Mode IV

Amen I say to you: in as much as you have done it to one of the least of these,
my brothers and sisters, you have done it to me.

Come, O blessed of my Father, inherit the kingdom prepared for you from the beginning of the world.

Let all the world

Norman Gilbert (1912–1975)

Let all the world in every corner sing, My God and King!
The Heav'ns are not too high, His praise may thither fly;
The earth is not too low, His praises there may grow.
The church with psalms must shout, No door can keep them out;
But above all the heart Must bear the longest part.

George Herbert

BLESSING AND DISMISSAL

POSTLUDE

Passacaglia in C Minor, BWV 582

Johann Sebastian Bach

Grand Chœur dialogué

Eugène Gigout (1844–1925)

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
Samuel Libra, Associate Cathedral Organist
Stacey Sunde, Director of Youth Music
Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515); Luke Henkel (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

Sister Mary Slater, SNJM, 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 - 10:30am (public and livestream)
Weekdays 8:00am (livestream)
Saturdays 8:00am (livestream) & "Vigil" 5:30pm (public)

LITURGY of the HOURS Weekdays at 12:10 pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm (livestream)

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

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.*

FOR YOUR SAFETY At each of the weekend Masses a Seattle police officer or uniformed security guard is present on the Cathedral campus.

Our Lord Jesus Christ, King of the Universe November 22, 2020

ON THE COVER During the month of November, we remember all our beloved dead. In a special way, we remember and give thanks for Cathedral benefactors who have left legacy gifts to the Cathedral.

FLOWERS ON THE ALTAR are offered by the Hsieh and Byrd families in honor of the 15th anniversary of James Byrd's death.

MASS OF THANKSGIVING DAY AND FOOD DRIVE In keeping with a beloved parish tradition, we will have Mass at 9:30am on the morning of Thanksgiving Day. Register to attend in person at the Cathedral website, or join in the livestream! As always, you are invited to bring non-perishable food items with you to share with the needy in our community. This year, because of the limitations on the size of our gathering, we are collecting items all week. You can bring items with you to Mass on the weekend of November 21-22, or drop them by the office between 9am and 5pm on November 23, 24, and 25. Or bring them with you to Mass on Thanksgiving morning, November 26.

WEEKDAY MASSES OPEN TO THE PUBLIC Monday—Thursday and Saturday, the 8:00am Mass is now open to the public without prior registration. On Tuesdays, 8:00am Mass is followed by Exposition of the Blessed Sacrament, concluding with rosary at 12 Noon. *Correction to last week's bulletin: we will not be adding a 12:10pm Mass to the schedule this month.*

CONFESSIONS are heard in the Cathedral Chapel from 10:00am–11:00am on Saturday mornings.

VESPERS AND BENEDICTION on Sunday afternoons at 4:00pm is open to the public. No advance registration required.

FREE THANKSGIVING MEALS Frelard Tamales in Green Lake is offering a humble Thanksgiving Food Bag that can feed 3 to 5 people. Sign up at <https://www.frelardtamales.com/thanksgiving.html>. The Cathedral Kitchen will be open on Thanksgiving Day, serving traditional Thanksgiving dinner, from 4pm to 4:30pm, to-go only.

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. Margaret in Seattle, St. Andrew in Sumner, St. Columban in Yelm, and Vietnamese Martyrs in Tukwila.*

ST VINCENT DE PAUL HELPLINE During the pandemic, the SVdP Helpline may be able to refer you to sources of aid if you need help paying your rent or electricity bill or getting enough food or other basic necessities of life. If you live in Seattle or elsewhere in King County, please submit your request for help online at <https://svdpseattle.org/get-help/online-help-request-form/> anytime or by calling 206-767-6449 between 8am and 3pm Monday through Friday. Especially if you cannot handle a growing rent debt because you lost your job or had your hours reduced, please contact the Helpline. It is better to start seeking help now rather than waiting until the temporary eviction moratorium ends, when so many more people are expected to need help, too. *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com

DOROTHY DAY: THE WORLD WILL BE SAVED BY BEAUTY Tuesday, December 8, 11:30am. Kate Hennessy, author of this intimate portrait of Dorothy Day, shares memories and lessons learned from her grandmother, the co-founder of the Catholic Worker movement. Ms. Hennessy will join us via Zoom from Ireland as she offers a frank and reflective, heartfelt and humorous portrayal of Dorothy Day. Copies of Hennessy's book are available in the Cathedral Bookstore. *Registration*, Patrick Barredo, pbarredo@stjames-cathedral.org.

NEW IN THE BOOKSTORE *Transformed by Grief: A Personal History* is a wonderful new book by Cathedral parishioner Helen Goehring. A series of essays about the transformative personal growth possibilities in the grieving process, this book is a resource for anyone who has experienced loss. The Bookstore is open limited hours Wednesday-Friday. *Information*, Caroline Okello, 206-382-4500 or cokello@stjames-cathedral.org.

FOURTH WORLD DAY OF THE POOR (NOVEMBER 15, 2020) "Stretch forth your hand to the poor" This year Pope Francis uses the words from the book of Sirach to shed light on the great story of poverty that envelopes entire nations. The pandemic that the world is experiencing has brought to light a poverty that many had forgotten: fragility. By definition the poor are fragile, because they lack what is necessary and their existence depends on the generosity and solidarity of others. Go to www.vatican.va to find Pope Francis' message for the fourth World Day of the Poor.

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.

Musical Prayer

FRIDAY, NOVEMBER 27 AT 6:30PM: MUSICAL PRAYER IN THE CATHEDRAL Join us each Friday evening as our Cathedral Musicians and friends present a half-hour of meditative music to soothe the soul and bring a quiet end to a busy week. This week features Associate Cathedral Organist Samuel Libra. View the livestream at vimeo.com/stjamescathedral or facebook.com/stjamesseattle.

JOB OPENINGS WITH IMMIGRANT ASSISTANCE We are currently accepting applications for a part-time, temporary Tutoring Assistant to assist our Tutoring Coordinator with various aspects of the tutoring program; and a full-time, permanent Online Community Builder to nurture an online Justice for Immigrants community, create and curate social media content, and develop online direct service opportunities. The application process and job descriptions can be found at www.stjames-cathedral.org/immigrant. *Information*, Christopher Koehler, ckoehler@stjames-cathedral.org or 206-382-4511.

Sacrificial Sunday Giving

As you know, this is "Sacrificial Giving" time at St. James Cathedral. Thanks to those of you who have made your pledge and a quick reminder to all that this is the time we think about how we will support the Cathedral parish in the coming year.

Your financial support is absolutely essential to make possible not only the celebration of the Church's liturgy, but also our many arts, outreach, and education programs throughout the year.

Please drop your pledge card in the mail today, or go online to make your commitment. Thank you so much for your generous response and for all you do to make this parish the wonderful place it is!

www.stjames-cathedral.org



Year of the Eucharist



"If you thirst, drink the fountain of life; if you hunger, eat the bread of life. Blessed are they who hunger for this bread and thirst for this fountain; ever eating and drinking they still long to eat and drink" (St. Columbanus, 7th century). *Am I blessed with hunger and thirst for the Eucharist?*

*Above all, let your love
for one another be intense*

1 PETER 4:8



SUNDAY GIVING AT ST JAMES CATHEDRAL

Your generous support makes it possible for St. James Cathedral...

- To celebrate the Church's liturgy with beauty and dignity;
- To reach out with love to the poor, the needy, and the elderly;
- To offer educational programs to children, teens, and adults;
- To pay our staff a just and living wage;
- To sustain our highly acclaimed musical and cultural programs;
- To maintain our magnificent cathedral and other parish buildings.

**Drop your pledge card in the mail or if you prefer,
you can make your pledge online at
www.stjames-cathedral.org.**

SUNDAY GIVING AT ST. JAMES CATHEDRAL 2021

Opportunities to Give

Advent Outreach at St. James Cathedral



This year's Advent Outreach provides for the needs of the region while also ensuring the health and safety of the St. James community. Unfortunately, this year's **ADVENT BAZAAR** will not take place. However, please support the following efforts this Advent season!

THANKSGIVING FOOD DRIVE

- **NON-PERISHABLE FOOD** to support the St. James Cathedral Kitchen will be graciously accepted.
- Donations can be delivered to the registration table before the November 21-22 or Thanksgiving Day Masses, or to the Parish Office.

WARM HEARTS & SOLES SOCK DRIVE

- The annual sock drive has a goal this year of 2,021 pairs of new socks for the homeless. Drop socks off at the registration table before the weekend Masses or at the Parish Office.

ADVENT GIVING TREE

- The Virtual Giving Tree is at <https://www.stjames-cathedral.org/Events/2020/givingtree.aspx>, where you can donate a gift for someone in need.
- This year we are partnering with **Skagit Valley Migrant Farmworker Families, CCS Pregnancy Support Services, King County Juvenile Detention, the Frederick Ozanam House, and St. James Immigrant Assistance**. Most gifts can be ordered online. Gifts must be delivered by December 20.

Information, Patrick Barredo, pbarredo@stjames-cathedral.org.



Bishop Blanchet's Oregon Trail Diary

Pioneer Bishop

A.M.A. Blanchet and the Beginnings of the Church
in the Pacific Northwest

Monday, November 23, 2020
6:30pm-7:30pm (ZOOM)

In this one hour presentation, Corinna Laughlin, Director of Liturgy, will trace the fascinating story of our first bishop, A.M.A. Blanchet (1797-1887). This unlikely pioneer led our local Church from 1846 to 1879. We'll follow him from the grandeur of Catholic Montreal, through the rigors of the Oregon Trail, all the way to Fort Vancouver, where, against all odds, he succeeded in establishing a thriving Church—with help from the visionary Mother Joseph and the Sisters of Providence. We'll also talk a bit about what our history can tell us about the Church today.



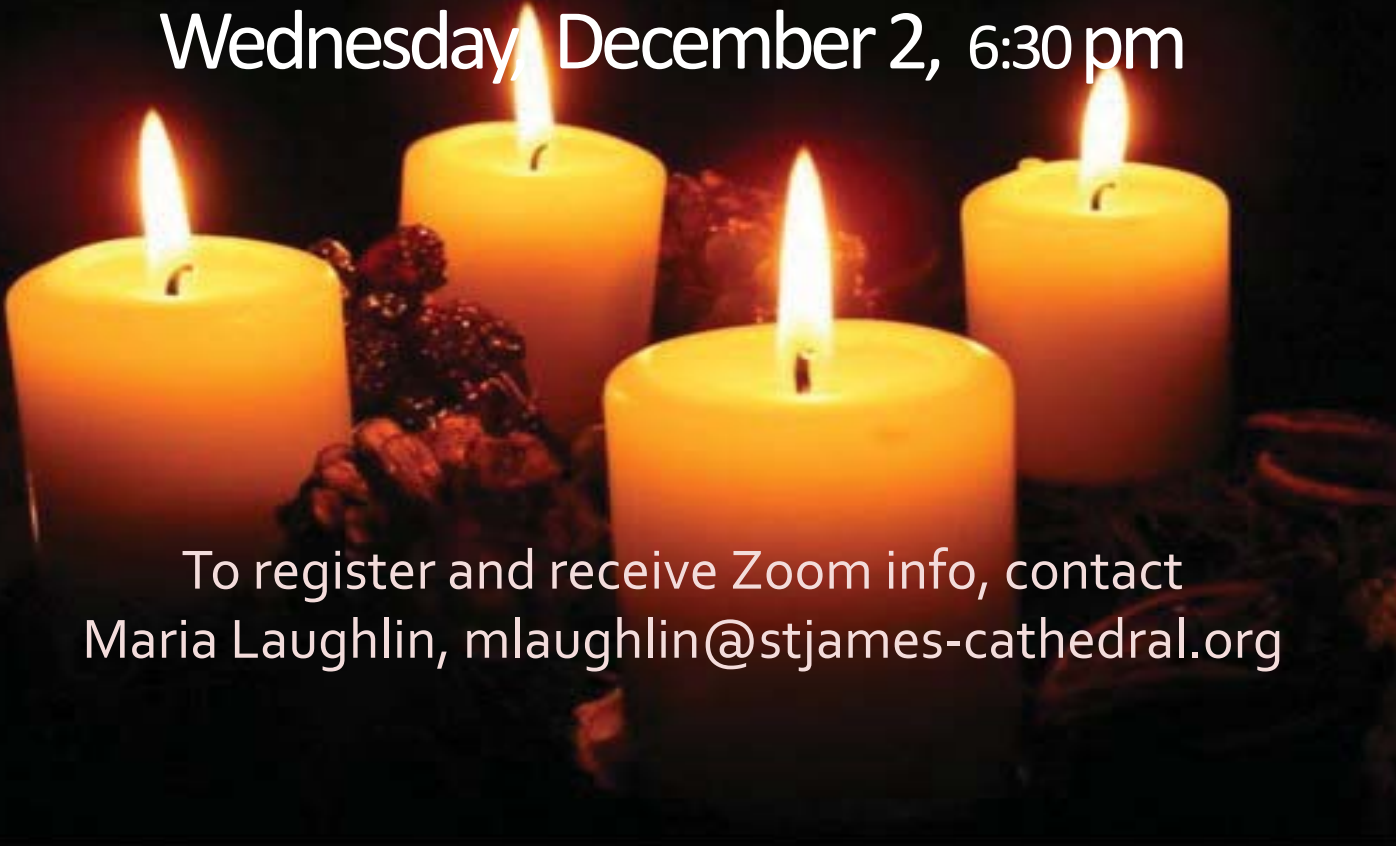
*To receive the Zoom information, contact
Corinna Laughlin, claughlin@stjames-cathedral.org*

O house of Israel, come
**Let us walk
in the light
of the Lord** Isaiah 2:5

Finding hope and faith in the midst of darkness

An online Advent Evening of Reflection with Ron Ryan

Wednesday, December 2, 6:30 pm

A photograph of four lit yellow candles arranged in a cluster, with pinecones and other natural elements scattered around them. The candles are lit, casting a warm, golden light. The background is dark, making the light from the candles stand out.

To register and receive Zoom info, contact
Maria Laughlin, m laughlin@stjames-cathedral.org

Lessons I Learned from My Grandmother

Kate Hennessy, granddaughter of Dorothy Day
and author of *Dorothy Day: The World Will Be Saved By Beauty*

Tuesday, December 8, 2020 | 11:30am—1:00pm via Zoom

“An intimate, revealing and sometimes wrenching family memoir of the journalist and social advocate who is now being considered for canonization.”

— The New York Times

Dorothy Day was a prominent Catholic, writer, social activist, and co-founder of the Catholic Worker movement, dedicated to serving the poorest of the poor. What has been missing until now is a more personal account from the point of view of someone who knew her well. *Dorothy Day: The World Will Be Saved by Beauty* is a frank and reflective, heartfelt and humorous portrayal written by her granddaughter, Kate Hennessy. It has won a Christopher Award and was chosen by the *Chicago Tribune* for best spiritual writing of 2017. *Copies of Ms. Hennessy’s book are available in the Cathedral Bookstore (open limited hours; call 206-382-4500 for information).*

We intend to record the presentation and make it available later on for those who cannot attend the Zoom session live.

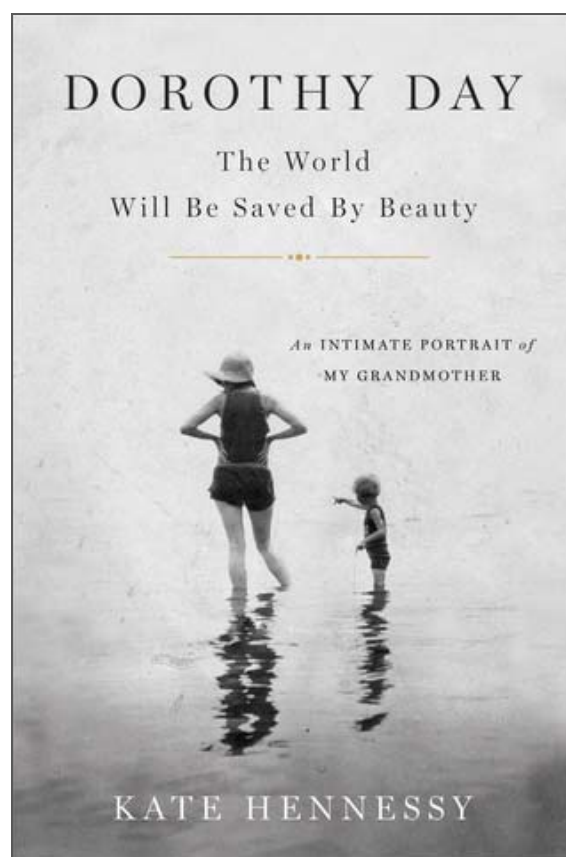


Photo courtesy Sam Lucero, The Compass

KATE HENNESSY is a writer and the youngest of Dorothy Day’s nine grandchildren. She will share lessons learned from her grandmother, read excerpts from her book, and engage with questions from attendees. Kate lives in Ireland and will be joining us through Zoom.

*Information and Registration, Patrick Barredo, Director of Social Outreach and Advocacy,
pbarredo@stjames-cathedral.org*

NAMI Family-to-Family is a free, 8-session education program for family, friends and significant others of adults with mental health conditions. NAMI Family-to-Family provides information about anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. Other topics covered include communication, problem solving, treatment and recovery.

The course is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. The program is taught by trained family members who have a loved one with a mental health condition. NAMI Family-to-Family is an evidence-based program (EB). For information on the research base for the program, visit nami.org/research.

NAMI offers the Family-to-Family Education Program free of charge to participants. For more information on how to join our waitlist for early information about future classes and priority registration, please contact **NAMI Seattle** at aislin@namiseattle.org.



Participant Perspectives

"This course overall was the single most, without a doubt, helpful and informative thing ever offered in all my years searching for answers...it has helped me to understand better and communicate more effectively with my brother."

"The course has helped me to realize that my son is still inside the body that is often times hidden by the mental illness and that I am not alone in this."

Contact us to join our NAMI Family-to-Family waitlist!



Aislin Percival, Program Coordinator
NAMI Seattle
802 NW 70th St.
Seattle, WA 98117
Phone: 206-783-9264
Please allow 48 hours for return contact by phone
aislin@namiseattle.org

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Seattle is an affiliate of NAMI Washington state. NAMI Seattle and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community with mental health conditions and their loved ones.