



ST. JAMES CATHEDRAL
The Fourth Sunday in Ordinary Time
January 31, 2021

ORDER OF CELEBRATION FOR

The Fourth 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

All glory be to God on high, BWV 664
Johann Sebastian Bach (1685-1750)

ENTRANCE *sung by the cantor*

Only-begotten, Word of God eternal
ROUEN

PENITENTIAL ACT *sung by the cantor*

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

Deuteronomy 18:15-20

RESPONSORIAL PSALM *sung by the cantor*

Psalm 95
Richard Proulx (1937-2010)

SECOND READING

I Corinthians 7:32-35

GOSPEL

Mark 1:21-28

HOMILY

Father Stephen V. Sundborg, SJ

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 *sung by the cantor*

St. James Mass for Peace
Bern H. Herbolzheimer

MYSTERY OF FAITH *sung by the cantor*

AMEN

LORD'S PRAYER

AGNUS DEI *sung by the cantor*

St. James Mass for Peace
Bern H. Herbolzheimer

**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

Let your face shine down upon your servant; deliver me in your mercy.
Lord, let me not be confounded, for I have called upon you.

Illumina facem
chant, Mode I

I will worship toward thy holy temple,
and praise thy name for thy loving kindness and truth.
All the kings of the earth shall praise thee,
they shall sing in the ways of the Lord,
that great is the glory of the Lord.
Psalm 138:2, 4-7

I will worship
George Dyson (1883–1964)

BLESSING AND DISMISSAL

PROCESSION

Prelude and Fugue in E Minor, BWV 533
Johann Sebastian Bach

- + **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); 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

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

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.*

The 4th Sunday in Ordinary Time January 31, 2021

ON THE COVER "The people were astonished at his teaching." Detail of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

FLORAL OFFERINGS are a wonderful way to remember a deceased loved one, celebrate an anniversary, or give thanks for a prayer that has been answered. *Information*, Micki-Jo Palmer, mpalmer@stjames-cathedral.org or 206-622-3559.

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 on Tuesdays.)

MASS FOR HEALTH CARE WORKERS On Saturday, February 6 at 10:00am, Archbishop Etienne will celebrate a special Mass for members of the healthcare community, including doctors and nurses, pharmacists, aides, caregivers, and anyone working in the healthcare world. What better time than during these days of pandemic to pray for them and give thanks for their life-saving work? This Mass is traditionally called the "White Mass," an allusion to the white garments often worn by health care workers. All are welcome to attend this special celebration. Register to attend in person at the Cathedral website, or join us via livestream at vimeo.com/archdioceseofseattle.

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. Mary in Aberdeen, Seattle, and Seaview; St. Bridget in Seattle; and Star of the Sea Mission in Stevenson.*

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

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.

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.

Sacred Steps

CONGRATULATIONS AND GOD'S BLESSINGS

Please to the following children, baptized in the Cathedral during the month of January: *Noelle Violet Asefa, Enzo Marco Montalvo, Eva Kathleen Thode, and Mila Doreen Valdovinos*. We welcome with joy these newest members of the family of faith!

REST IN PEACE Please pray for the repose of the souls of *Patrick Ragen* and *Dan Jingui*.

Musical Prayer

FRIDAY, FEBRUARY 5 AT 6:30PM: Join us for a livestream concert from the Cathedral! In honor of Black History Month, Cathedral Guitarist Mark Hilliard Wilson offers a program of music by Black composers J. Rosamond Johnson, Edward Kennedy Ellington, Vicente Lusitano, Quinn Mason, Justin Holland, and Thomas Flippin. You can find the livestream at vimeo.com/stjamescathedral or facebook.com/stjamesseattle. For a complete archive of 40+ musical offerings since the pandemic began, visit www.stjames-cathedral.org.

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 by emailing, outreach@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.

ST. JAMES CATHEDRAL ON SOCIAL MEDIA Be sure to follow the Cathedral on social media for up-to-date information about ongoing events in the life of the Cathedral! On Instagram: [@stjamescathedral](https://www.instagram.com/stjamescathedral). On Facebook and Twitter: [@stjamesseattle](https://www.facebook.com/stjamesseattle). Did you know the Cathedral has a podcast? Father Ryan's homilies are available on iTunes. Just search "St. James Cathedral, Seattle" on Apple podcasts. And of course, you can always visit the Cathedral website at www.stjames-cathedral.org for up to date information on Cathedral happenings, or to sign up for our weekly e-bulletin.

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

1 PETER 4:8



SUNDAY GIVING AT ST JAMES CATHEDRAL

RESULTS THROUGH JANUARY 26, 2021

Total pledges received.....839

Average pledge.....\$188/month

% participation (out of 2,617 households) 32%

Total amount pledged.....\$1,894,863

Short of last year\$192,324

If you haven't already turned in your pledge, please remember to drop your commitment card for 2021 in the mail or make your pledge online.

Right now we are still significantly short of last year, with 50 fewer pledges and a decrease of \$192,324 in the total amount pledged. If you donate via Our Sunday Visitor, be sure to login and update your giving preferences there.

Visit www.stjames-cathedral.org to make your pledge online.

SUNDAY GIVING AT ST. JAMES CATHEDRAL 2021

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

STORIES FOR *Fire, Font, & Feast*

LENT SCRIPTURE STUDY



PATTY BOWMAN & PATTY REPIKOFF, PRESENTERS

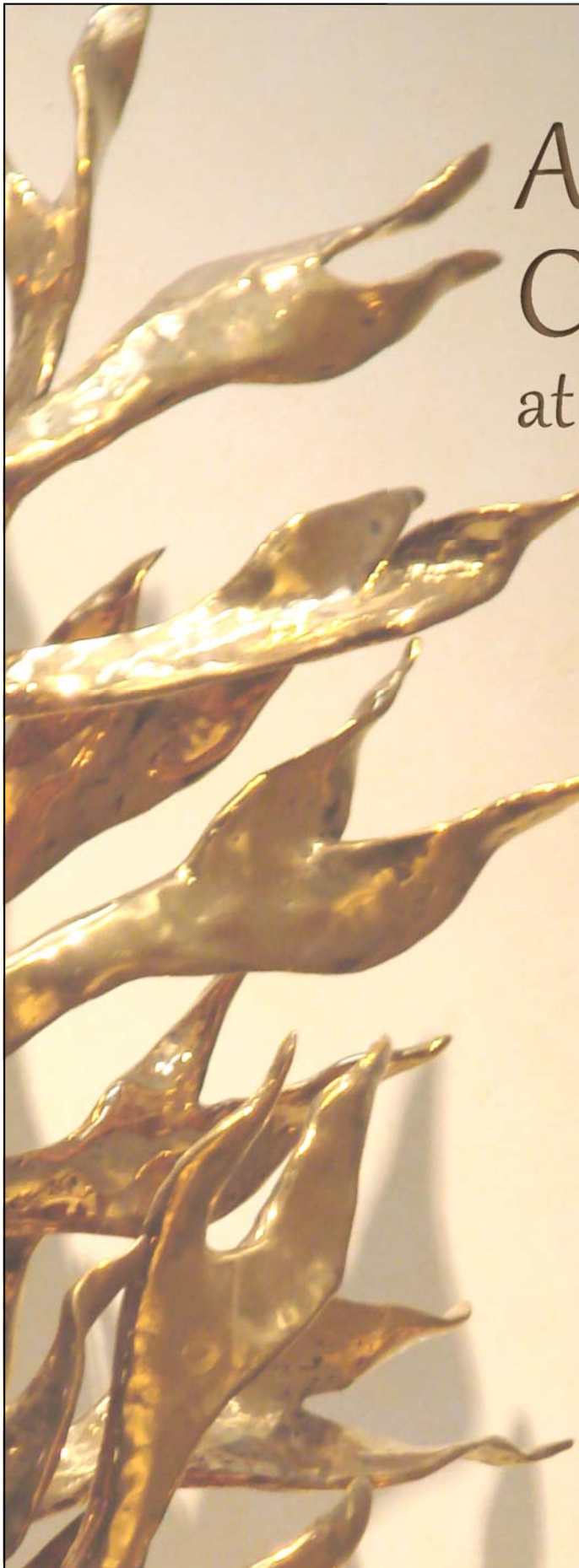
Tuesdays of Lent, **February 23** and **March 2, 9, 16, 23** and **30**
7:00pm-8:30pm, via **Zoom**

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



Adult Confirmation at St. James Cathedral

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

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

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

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

www.stjames-cathedral.org



These moments when we kneel before the Blessed Sacrament, just us and the Lord, are precious and important.

Adoration of the Blessed Sacrament flows naturally from our experience of the Eucharist during Mass. As Abbot Jeremy Driscoll, OSB, has said, Exposition is like a “freeze frame” of the elevations of the consecrated elements, the Body and Blood of Christ, at Mass. The liturgy moves quite quickly. Time in the presence of the Blessed Sacrament outside of Mass, whether in the tabernacle or during Exposition, allows us to absorb and take in what this mystery is all about. The Mass is *God’s action* in creating, forming, and saving his people. Adoration places us in the presence of the accomplished fact of Christ’s saving work on our behalf....

Pope Francis has emphasized the importance of time for adoration for the Church’s mission: “Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes meaningless; we lose energy as a result of weariness and difficulties, and our fervor dies out. The Church urgently needs the deep breath of prayer.” These moments when we kneel before the Blessed Sacrament, just us and the Lord, are precious and important. But, as Pope Francis goes on, “There is always the risk that some moments of prayer can become an excuse for not offering one’s life in mission; a privatized lifestyle can lead Christians to take refuge in some false forms of spirituality.” Our time spent in adoration should always overflow in our lives and actions, drawing us more deeply into communion with Christ and one another.

Archbishop Paul D. Etienne

The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle

Read the whole pastoral letter at NWCatholic.org

St. Teresa of Calcutta on the Eucharist

Jesus says time and again that we have to love one another. He had to come for that one purpose: to tell us that God loves us, that we are precious to him, that we have been created to love and to be loved, and that we must love one another as he loves us, as the Father has loved him.... When we look at the cross we know how he loved us. And when we look at the Tabernacle we know how he loves us still. That is why he made himself the Bread of Life... to satisfy our hunger for his love. And as if that were not enough for him, he made himself the hungry one, the naked one, the humblest one so that you and I can satisfy his hunger for our human love. This is something so wonderful—the sick, the poor, the unwanted, the unloved, the lepers, the drug addicts, the alcoholics, the prostitutes—Christ in the distressing disguises.



St. Teresa of Calcutta
(1910-1997)

For Reflection

Do I take time for quiet adoration of Christ in the Blessed Sacrament? If not, what gets in the way?

Does my time spent in quiet adoration make a difference in my life?

Do I recognize Christ’s presence in the Eucharist? Do I recognize Christ’s presence when he is “in disguise?”