



ST. JAMES CATHEDRAL
The First Sunday of Lent
March 6, 2022

ORDER OF CELEBRATION FOR


The First Sunday of Lent

INTROIT

Psalm 91: *Qui habitat*

chant, adapt. Thomas B. Stratman (1939–2008)

Cantor I give them life long and full,

ALL: 
and I show them my power to save, says the Lord.

GREETING

PENITENTIAL ACT

Priest Have mercy on us, O Lord.

ALL **For we have sinned against you.**

Priest Show us, O Lord, your mercy.

ALL **And grant us your salvation.**

chant, Vatican XVII


R. 1, 3, 4 Lord, have mer - cy.
R. 2 Christ, have mer - cy.

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Deuteronomy 26:4-10

PSALM RESPONSE

Psalm 91

Cantor I give them life long and full,

Thomas B. Stratman

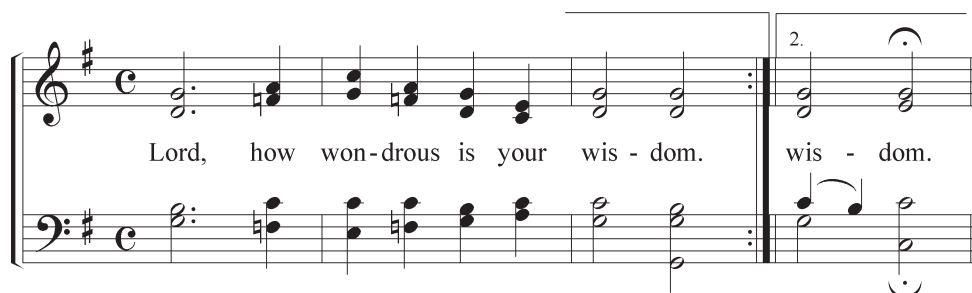
ALL: 
and I show them my power to save, says the Lord.

SECOND READING

Romans 10:8-13

TRACT

Thomas B. Stratman


Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

Luke 4:1-13

HOMILY

Father Michael G. Ryan

DISMISSAL OF THE ELECT (10:00)

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.

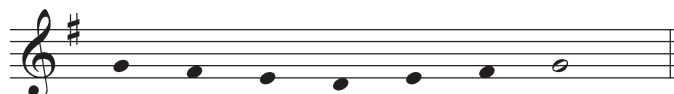
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

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

Litany of Saints



Lord, we ask you, hear our prayer.

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00am)

Teach me, O Lord

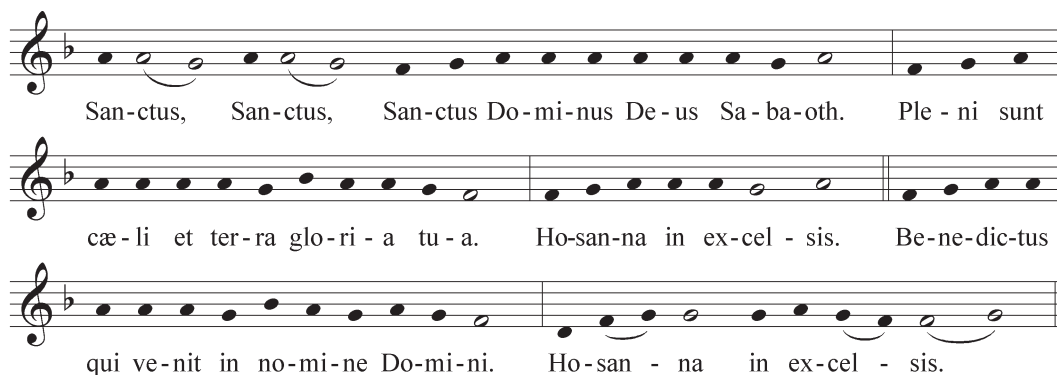
Thomas Attwood (1765–1838)

Teach me, O Lord, the way of thy statutes, and I shall keep it unto the end.

SANCTUS

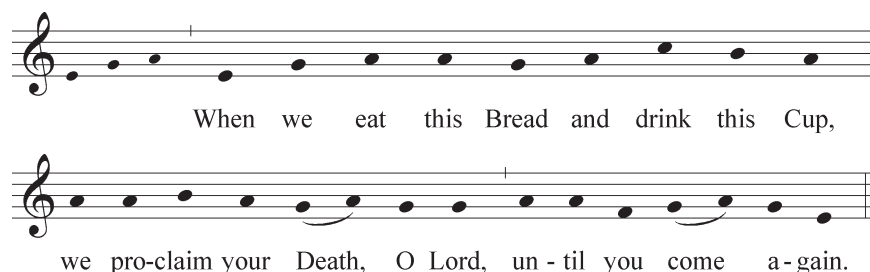
Missa Deus genitor alme

Vatican XVIII



MYSTERY OF FAITH

Roman Missal



AMEN

Christus vincit



The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



COMMUNION

Scapulis suis

He will overshadow you with his pinions, and you will find refuge under his wings.
His faithfulness will encompass you with a shield.

Mode III

(10:00am)

Thou knowest, Lord, the secrets of our hearts

Henry Purcell (1659–1695)

Thou knowest, Lord, the secrets of our hearts;
Shut not thy merciful ears unto our prayers;
but spare us, Lord most holy, O God most mighty,
O holy and most merciful Savior,
Thou most worthy judge eternal.
Suffer us not at our last hour for any pains of death to fall from Thee. Amen.

Upon returning to your place after Holy Communion, please kneel or be seated.

Low-gluten hosts are distributed at the credence table near the presider's chair.

PRAYER AFTER COMMUNION

BLESSING AND DISMISSAL

PROCESSION

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

John Marquez, Interim Director of RCIA (206-654-4640)

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

Andrew Casad, Children's Faith Formation (206-274-3108)

Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)

Theresa Van de Ven, Administrative Assistant (206-219-5822)

LITURGY

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

Julie Sharples, Peter Burns, John Marquez, 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)

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

Maria Tally (Assistant Director) (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, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

Erica de Klerk, Refugee Welcome Coordinator

Marina Ortiz, Immigrant Legal Services Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

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

YOUTH MINISTRY

David Buchholz, Christina Buchholz, youth@stjames-cathedral.org

PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)

Maggie Corrigan, Office Manager (206-654-4650)

Open Position, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

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

Alan Frasher, Michelle Lazo, Lino Nillas

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

VESPERS 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 Theresa Van de Ven for information, 206-219-5822.

MARRIAGE Registered parishioners may begin the scheduling process up to 14 months in advance. Contact 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 Corinna Laughlin, 206-264-2086

CATHEDRAL COLUMBARIUM Maria Laughlin, 206-382-4284

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 First Sunday of Lent March 6, 2022

ON THE COVER *The Lord brought us out of Egypt with his strong hand.* Moses leads the people through the red sea. Central East Apse Window, St. James Cathedral. Hans Gottfried von Stockhausen, artist.

CRS AID IN UKRAINE Your help is needed in Ukraine where there are already more than 2.9 million people in need of assistance. There is great risk of additional suffering both within Ukraine and for those who may flee to neighboring countries for safety. Catholic Relief Services is preparing immediate support to meet both ongoing needs, as well as those related to families forced to flee their homes as the situation intensifies. CRS and Caritas partners on the ground are preparing across Ukraine and in bordering countries, ready to provide safe shelter, hot meals, hygiene supplies, fuel to keep warm, transport to safe areas, counseling support and more. Your prayers and support will make so much difference. Please give a vital gift today! Donation Portal, <https://www.crs.org/>

BELIEVE, LOVE, AND SERVE: ST VINCENT DE PAUL INVITES YOU St Teresa of Calcutta said "If we pray, we will believe; if we believe, we will love, if we love, we will serve." Please consider serving the poor by joining St Vincent de Paul at St James. Our Cathedral Vincentians help people in the neighborhoods surrounding St James in need of financial aid for rent and some of life's other necessities. We deliver our help through friendly, nonjudgmental visits to homes of our neighbors in need. During the pandemic, these visits are made by telephone. We have an inquiry process that will allow you to discern if this is the right ministry for you. *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

VISIT THE CATHEDRAL COLUMBARIUM The Cathedral's new Columbarium was blessed by Archbishop Etienne on December 22, 2021. A columbarium is a cemetery for the reverent burial of cremated remains. The way we honor the mortal remains of our deceased family members and friends is a reflection of the faith we profess in the Nicene Creed: we believe in the resurrection of the dead, and the life of the world to come. The columbarium is now open for prayer whenever the Cathedral is open.

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. Joseph in Seattle, Tacoma, and Lynden; and St. Joseph Mission in Kalama.

OUTREACH AND ADVOCACY NEWSLETTER Learn about upcoming events and opportunities as well as stay informed on Catholic social teaching. If you missed the February edition, you can find it at <https://conta.cc/3uBCBer>. To receive this monthly newsletter in your inbox, subscribe at outreach@stjames-cathedral.org.

JOB OPENING: CUSTODIAN St. James Cathedral has an opening for a Custodian to perform basic janitorial and floor care responsibilities. This person will also work with the Cathedral Facilities staff in setting up for special events and basic maintenance tasks. This is a full time position with an Archdiocesan Benefits package. To receive a job description and details, interested applicants should download the Seattle Archdiocesan Job Application at: <http://archseattle.org/wp-content/uploads/2020/12/HR1.2-EmploymentApp2019Parish.pdf> and send it with a resume, via e-mail, to Tang Nguyen, tnguyen@stjames-cathedral.org.

APPLY NOW FOR CATHOLIC SCHOOLS

SCHOLARSHIPS for the Rainbow Schools: St. Therese, St. Joseph, St. George, and Holy Family Bilingual Schools, or for the Simperman Scholar Schools: Bishop Blanchet, O'Dea, Holy Names, and Kennedy Catholic. Eligibility requirements include being a registered and active parishioner at St. James. *For full requirements and an application packet,* Theresa Van de Ven, tvandeven@stjames-cathedral.org.

CRS RICE BOWL *"You pray for the hungry. Then you feed them. This is how prayer works"* - Pope Francis Each year, during Lent, we are asked to reflect on our connection with God and unity with our brothers and sisters throughout the world through prayer, fasting, and almsgiving. The CRS Rice Bowl introduces us to people around the globe working to overcome hunger, malnutrition, and poverty with aid from Catholic Relief Services. Our Lenten almsgiving provides life-giving support to more than 140 million people in more than 100 countries – and right here at home! Rice Bowls will be available after all Masses on March 5 and 6. If you are unable to come to Mass and would like a Rice Bowl mailed to you, contact Joyce (jamob14@comcast.net or 206-226-4099) and please leave your name and full address.

PLANTING SEEDS OF HOPE: TAKING ACTION FOR OUR COMMON HOME Saturday, March 19, 9am – 3pm, Seattle University's Campion Hall The St. James Care for Creation team welcomes you to join the Creation Care Network for an earth justice summit, to act from our common home. The day will include an address from Archbishop Etienne, a public conversation between youth and young adults about their concerns, energy, and passion for environmental justice, workshops on the Laudato Si' Action Platform and building Care for Creation Teams, as well as reflections on indigenous wisdom on our relationship to the land. The event is open to anyone, free of charge, will include a boxed lunch, and will take place in person. Mask and vaccination or negative PCR test within 72 hours are required for attendance. *Registration*, <https://www.ipjc.org/planting-seeds-of-hope-registration/>.

POEM OF THE WEEK In this regular series, Corinna Laughlin explores a wide range of poems with spiritual themes. Each poem is read aloud by parishioners Scott Webster or Lisa Matchette. The reading is followed by a brief introduction to the poet and commentary on the poem. You can watch the video reflections or read the poems and commentary at <https://www.stjames-cathedral.org/Events/2021/poetryseries.aspx>. Catch up on episodes you may have missed!

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). The Cathedral has a podcast as well! Search "St. James Cathedral, Seattle" on Apple podcasts or visit <https://stjamescathedral.simplecast.com>. And of course, you can always visit www.stjames-cathedral.org for up to date information on Cathedral happenings, or to sign up for our weekly e-bulletin.

ARE YOU A REGISTERED PARISHIONER AT ST. JAMES? Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. We strongly encourage you to register. You can register online at www.stjames-cathedral.org.

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. Weekends open for floral offerings include May 8, May 15, and May 22. *Information*, Maggie Corrigan, mcorrigan@stjames-cathedral.org or 206-622-3559.


Housing
Advocacy
Committee St. James
Cathedral **Pray... Think... Act**

You're an informed Catholic Advocate!

The Washington State Legislature meets in session each year to create new laws, change existing laws, and enact budgets for the State. This year's session ends March 10.

Kudos to all who contacted your legislators during the session to support bills and laws pertaining to funding affordable, transitional, and low-income housing! You acted on your civic responsibilities, and became part of the legislative process.

Please continue to advocate between now and November by talking to your friends and neighbors about how you believe our State Legislature has significant influence on ending homelessness. Your votes in November will be acts of love.

"A good Catholic meddles in politics, offering the best of himself - so that those who govern can govern. But what is the best that we can offer to those who govern? Prayer!"
~ Pope Francis' homily, Sept. 16, 2013

Lent 2022 at St. James Cathedral

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

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

This Lent and Easter of 2022 should be unlike any other. Pope Francis is calling the entire Church to engage in preparing for a highly important, worldwide Synod that will take place in Rome in 2023. The Holy Father wants to hear the voices of the entire Church - including each one of us. When you consider how vast the reach of the Church is and how great the numbers (1.2 billion Catholics!), that is a tall order and this is a truly historic moment. It has to be the largest consultation of the human family in history. The word Synod comes from two Greek words which mean 'together' and 'on the road.' The idea is that the entire Church is on the move - never stagnant - on the move through time and history, a road that will ultimately take us to God's kingdom, but a road with many stopping places along the way. The Synod of 2023 and the lead-up to it is one of those stopping places, and this Lent and Eastertide of 2022 we are going to stop, take some time in small group settings to pray together, to listen to each other, and to allow the Holy Spirit to speak to us.

All of this may sound a bit abstract but I assure you that the doing of it will be anything but! Pope Francis' hope is that this process will be transformative: that it will awaken us to the meaning and the call of our baptism, to what it means to be part of a living, learning, listening Church where everyone's voice is important. And his hope is also that by listening to one other in facilitated conversations we will get fired up about our faith, fired up with love for Christ and his Gospel.



Now, here's where you come in. Two ways. First: I am inviting each member of the Cathedral parish to find time this Lent to participate in a synodal session. Whether you're strong in your faith or hanging on by a thread, whether you're a lifelong Catholic or a recent arrival, I really want you to participate. The sessions are being offered both on Zoom and in-person. Second: each of us knows someone who has drifted away from the Church, for any number of reasons. It's important that their voices be heard, too. Would you consider reaching out to such a person - a friend, family member, or colleague - and inviting him or her to participate in this with you? It won't be enough just to invite them: bring them along with you. You'll be doing the Lord's work. We all look for things to do during Lent. Let this be one of your Lenten practices this year. The conversation will last about an hour, and you'll be part of history.

My friends, I personally find all of this very exciting because if we do this right, not only will we be helping the Church become the listening, learning Church it is called to be, we will also be helping our parish come more alive in our worship, our faith, and our service.


Father Michael G. Ryan

Participating in the Synod

AT ST. JAMES CATHEDRAL

WHAT IS THE SYNOD?

In coming together for these sessions, whether in person or on Zoom, we're doing something really historic: we're participating in the Synod on Synodality. What does that mean, the "Synod on Synodality"? Synod is a word used for a Church gathering, usually of bishops. It comes from two Greek words that literally mean "together on the way." A "synod," then, is the Church journeying together, dialoguing together, discerning together. This is the first Church Synod in history in which the whole Church—clergy and faithful—have been invited to participate together.

THE SYNODAL SESSION

The session you'll participate in is not like a business meeting or a town hall. Think of it as almost like a liturgy, a sacred time set apart for the Holy Spirit. Our listening and dialogue will take place in a context of prayer, as we invite the Holy Spirit into our midst. There will be time for silent reflection, so that we can really listen to each other and to the Holy Spirit—because if there is no room for the Holy Spirit, as Pope Francis has said, there will be no synod. In our gatherings, we join together as a large group for an opening prayer. Then we will break into small groups of 6-8 people for a conversation that will last about an hour. We will use a simple, prayerful process, guided by a facilitator.

HOMEWORK

Yes, there's homework! Your prayerful participation in the synod begins at home as you pray over and reflect on the central question of the synod: **A Synodal Church, in announcing the Gospel, "journeys together."** How is this "journeying together" happening today in your local Church? What steps does the Holy Spirit invite us to take in order to grow in our "journeying together"? An essential part of the synod process is taking time to reflect on this question at home so you come to the gathering prepared to share your heartfelt response.



A reflection guide to get you thinking will be available in advance of your gathering. You will find that the experience will be much richer for the time spent in preparation.

HOW DO I SIGN UP?

At St. James Cathedral, synod sessions have been scheduled through Lent, in person after the 10:00am Mass, and twice each week on Zoom. You can register for the sessions at the Cathedral website. *Advance registration is required* so that we can provide homework and assure we have enough facilitators.

PRAY!

Please pray for the gifts of the Holy Spirit on our local Church and throughout the world as we enter, together, into this synodal process, which is unprecedented in its scope.

**Come Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be
created, and You shall renew
the face of the earth.**

INFORMATION

Maria Laughlin, 206-382-4284 or
mlaughlin@stjames-cathedral.org.

Prayer and Faith Formation Opportunities

MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS

is a wonderful Lenten tradition in the Church. There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass (except First Fridays). The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.



VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4:00pm.

CONTEMPLATIVE EVENING PRAYER

On Fridays, March 4 and April 1 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France. With haunting chant, instrumental music, and time for silent prayer and contemplation in the candlelit Cathedral, this beloved tradition is the perfect way to enter into the season of Lent.

ADORATION OF THE BLESSED

SACRAMENT On Fridays, March 4 and April 1, Exposition will begin following the 8:00am Mass and conclude with the rosary at 11:00am.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.csricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard on Saturdays from 8:30am-9:30am (except March 26). Our communal celebrations of the Sacrament of Penance will be Saturday, March 26 at 10:00am and Monday, March 28 at 7:00pm.

YOU ARE PETER: LENTEN SCRIPTURE

STUDY Cathedral Faith Formation staff John Simpson will lead a 6-session study of the New Testament character Simon Peter. Sessions are offered both on Zoom and in person: on Zoom on Tuesdays at 7:00pm beginning March 15; and concurrently, in-person, on Saturday afternoons at 2:00pm beginning March 19. During Lent, John will explore Peter's life up to the Passion of Jesus. During the Easter season, John will reflect on Peter's life after Christ's resurrection. Though flawed, Peter was faithful leaving us a rich story of humanity, faith, and leadership! All are welcome. Registration required. *Information and registration*, John Simpson, 206-219-5822 or simpson@stjames-cathedral.org.

PARTICIPATE IN A SYNODAL SESSION THIS LENT



This Lent, we have the opportunity to do

something historic: we're participating in a worldwide synod. *Synod* is a word used for a Church gathering, usually of bishops. It comes from two Greek words that literally mean "together on the way." A "synod," then, is the Church journeying together, dialoguing together, discerning together. This is the first Church Synod in history in which the whole Church—clergy and faithful—have been invited to participate together. The session you'll participate in is not like a business meeting or a town hall. Think of it as almost like a liturgy, a sacred time set apart for the Holy Spirit.

Visit the Cathedral website to learn more and to sign up for your session.

www.stjames-cathedral.org

RCIA During Lent

JOURNEY OF THE ELECT

Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

*Please pray for those to be baptized
at the Easter Vigil:*

**Colette Campbell • Tony Campbell
Sidd Dadhich • Audrey George
Monica Iraheta • Selita Whigham**

And for our youth elect:
Elliott Spatz

Please visit the Place of Prayer near the Cathedral font or on the Cathedral website, and pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.



*The following are some
important moments in the
journey of our Catechumens:*

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on March 3. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called

"election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 20, March 27, and April 3.

SATURDAY, APRIL 16, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations from the Archdiocese of Seattle

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

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

Ash Wednesday is March 2, 2022. Good Friday is April 15, 2022.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

You are Peter

LENTEN SCRIPTURE STUDY



DR. JOHN SIMPSON, PRESENTER

**Tuesdays at 7:00pm beginning March 15, Zoom
Saturdays at 2:00pm beginning March 19, in-person**

Cathedral Faith Formation staff John Simpson will lead a 6-session study of the New Testament character Simon Peter. Sessions are offered both on Zoom and in person: on Zoom on Tuesday evenings beginning March 15; and concurrently, in-person, on Saturday afternoons beginning March 19.

During Lent, John will explore Peter's life up to the Passion of Jesus. During the Easter season, John will reflect on Peter's life after Christ's resurrection. Though flawed, Peter was faithful leaving us a rich story of humanity, faith, and leadership!

All are welcome. Registration required.

*Information and registration, John Simpson,
jsimpson@stjames-cathedral.org or 206-219-5822*

www.stjames-cathedral.org

Sponsor Circle: *supporting newly arrived Afghan families*



Sharing a meal with their host family

"In these tumultuous moments, in which Afghans are seeking refuge, I pray for the most vulnerable among them, I pray so that many countries welcome and protect all those seeking a new life," - Pope Francis



Setting up the apartment



Looking out at their new home

The Cathedral's Sponsor Circle Team recently welcomed two Afghan families, living out our call to welcome the stranger. Team members have helped with shopping, moving, enrolling in health care, connecting to a local mosque, airport arrivals, interpretation, and more.

More than 70,000 Afghans were evacuated and brought to the U.S. over the past six months. Some of those who have come to the Seattle area have been welcomed by Sponsor Circles like ours, others by refugee resettlement agencies, and others have come on their own. They join an existing local and vibrant Afghan community.

What Can You Do to Help?

Join our Sponsor Circle Team and help out in whatever way you can. Find out more by contacting Erica de Klerk at 206-382-4511 or edeklerk@stjames-cathedral.org

Print and post a sign to help welcome Afghan refugees. You can download a 8.5x11 or 11x17 sign at www.allinwa.org/afghan-families

Learn more about becoming a foster parent to unaccompanied minor youth: <https://www.dshs.wa.gov/esa/csd-office-refugeeand-immigration-assistance/unaccompanied-refugee-minors-program>

Sign for our email alerts list to get updates and advocate for justice for immigrants and refugees at <https://www.stjames-cathedral.org/immigrant/>

planting seeds of
HOPE
TAKING ACTION
FOR OUR COMMON HOME

Saturday, March 19th from 9am–3pm
Seattle University, Campion Hall
914 E Jefferson St, Seattle, WA 98122

All are welcome, to join the Creation Care Network for an earth justice summit to take action for our common home. Join Archbishop Paul D. Etienne, Care for Creation team leaders, passionate youth and local leaders as we explore the *Laudato Si' Action Platform*.

This free in-person event is open to all and will include a vegetarian boxed lunch and parking. Masks and vaccination or negative PCR test within 72 hours are required for attendance.

For more information email: ipjc@ipjc.org

To register, please click here!
ipjc.org/planting-seeds-of-hope-registration

What you can expect:

- Master of Ceremonies former **King 5 Meteorologist, Jeff Renner**
- Welcome and prayer by **Archbishop Paul D. Etienne**
- **Youth** discussion on environmental justice
- Keynote from **Ken Workman**, **member of Duwamish Tribe** and direct descendant of Chief Si'ahl (Chief Seattle)
- Workshops on ***Laudato Si' Action Platform***
- Interactive small groups
- Group reflections
- And much more!

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