



ST. JAMES CATHEDRAL
The Third Sunday of Lent
March 12, 2023

ORDER OF CELEBRATION FOR
The Third Sunday of Lent

THE FIRST SCRUTINY OF THE ELECT (10:00am)

INTROIT

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



I will pour clean wa - ter u - pon you.

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

Exodus 17:3-7

PSALM RESPONSE

Psalm 95
Richard Proulx (1937-2010)



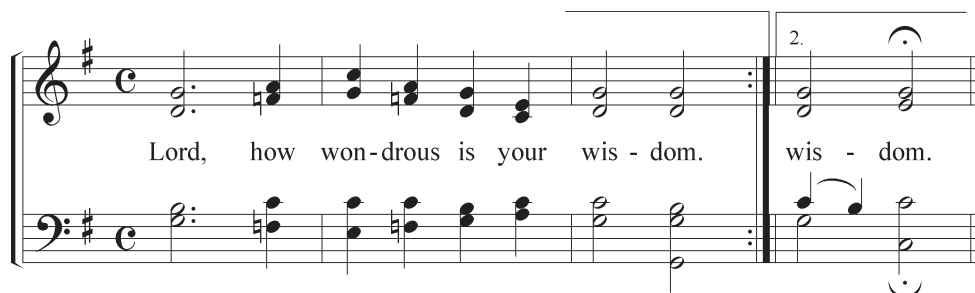
If to-day you hear God's voice, O har-den not your hearts.

SECOND READING

Romans 5:1-2, 5-8

TRACT

Thomas B. Stratman



GOSPEL

John 4:5-42

HOMILY

Father Lyle Konen, CSsR (Sunday 8:00am)
Father William Heric (Sunday 5:30pm)
Father Alex Pablo (all other Masses)

PROFESSION OF FAITH (except Sunday 10:00am)

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.

First Scrutiny of the Elect (10:00am)

INTERCESSIONS

Litany of Saints

PRAYER OF EXORCISM

LAYING ON OF HANDS

At noon you came to Jacob's well
chant

DISMISSAL OF THE CATECHUMENS AND CANDIDATES (10:00)

Stratman

Choir "I give them life long and full,
ALL and I show them my power to save," says the Lord.

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

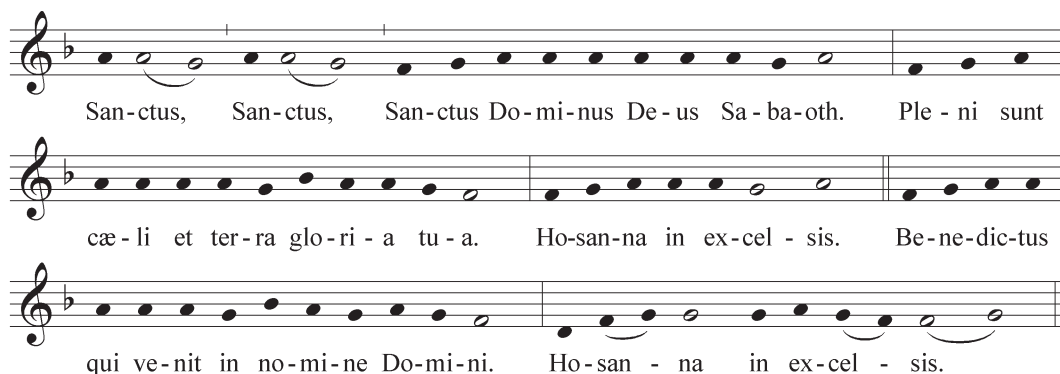
Offertory (10:00)

Psalm 51: *Schaffe in mir, Gott* (Part I)
Johannes Brahms (1844–1897)

Create a pure heart for me, O God; renew a steadfast spirit within me.
Do not cast me away from your presence; take not your holy spirit from me. (Ps. 51:12-13)

SANCTUS

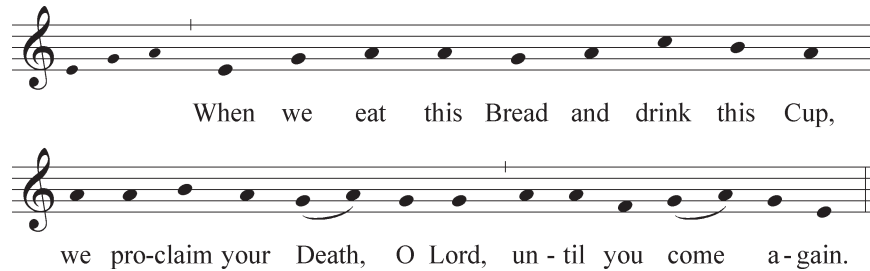
Missa Deus genitor alme
Vatican XVIII



San-ctus, San-ctus, San-ctus Do-mi-nus De-us Sa-ba-oth. Ple-ni sunt
cæ-li et ter-ra glo-ri-a tu-a. Ho-san-na in ex-cel-sis. Be-ne-dic-tus
qui ve-nit in no-mi-ne Do-mi-ni. Ho-san-na in ex-cel-sis.

MYSTERY OF FAITH

Roman Missal



AMEN

Christus vincit



The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



Please kneel following the Lamb of God and remain kneeling until it is time for your row to go forward for Holy Communion.

COMMUNION

Qui biberit aquam
chant, Mode VII

Whoever drinks the water that I shall offer, said the Lord to the Samaritan woman,
shall have a spring of water within, welling up to eternal life.

(10:00am)

Psalm 51: *Schaffe in mir, Gott* (Part II)
Johannes Brahms

Restore in me the joy of your salvation; sustain in me a willing spirit. (Ps. 51:14)

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.

HYMN OF PRAISE

I heard the voice of Jesus say
KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to me and rest;
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give
3. I heard the voice of Je - sus say, "I am this dark world's light;

Lay down, O wear - y one, lay down Your head up - on my breast."
The liv - ing wa - ter; thirst - y one, Stoop down, and drink, and live."
Look un - to me, your morn shall rise, And all your day be bright."

I came to Je - sus as I was, So wear - y worn and sad;
I came to Je - sus, and I drank Of that life - giv - ing stream;
I looked to Je - sus, and I found In him my star, my sun;

I found in him a rest - ing place and he has made me glad.
My thirst was quenched, my soul re - vived, And now I live in him.
And in that light of life I'll walk Till trav-'ling days are done.

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 Simpson, Director of Faith Formation (206-654-4658)
John Marquez, RCIA (206-654-4640)
Theresa Van de Ven, Children's Faith Formation (206-219-5822)
Andrew Braley, Youth Minister (206-382-2018)
Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)
Patty Pruitt, Administrative Assistant (206-274-3108)

LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)
Julie Sharples, 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)
Cathedral Kitchen: Mick McHugh (Director) (206-264-2091),
Tom Bentler (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Anisa Ralls, Director (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

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, Frank Wang, Abeba Ghezai, 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

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 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

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 Third Sunday of Lent March 12, 2023

ON THE COVER *Is the Lord in our midst, or not?*
Moses leads the Israelites through the Red Sea.
Central East Apse stained glass window (detail).
Hans Gottfried von Stockhausen, artist.

HOSPITALITY AFTER SUNDAY 10:00AM MASS Join us in Cathedral Hall for Morning glory muffins from Macrina Bakery, fresh fruit, and the chance to visit with fellow parishioners.

CATHEDRAL YOUNG ADULTS If you're looking for community and to grow deeper in your devotion to Jesus Christ, you're invited to join our weekly Young Adult Gathering! We meet every Sunday at the Pastoral Outreach Center from 6:30-8:00pm immediately following the 5:30pm Mass. A simple supper and drinks will be provided, and parking is available at O'Dea. *Information*, Andrew Braley, abraley@stjamescathedral.org or text 206-330-1512.

ST. JAMES HOUSING ADVOCACY COMMITTEE

MARCH 23 According to the Cathedral's most recent vision statement, "we listen to the voices of the poor and marginalized." The St. James Housing Advocacy Committee invites you to their upcoming meeting on Thursday, March 23 at 7pm to learn more about how you can use your voice on behalf of those who are unhoused. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org or 206-382-4515.

ANointing of the SICK On Friday, March 24 at 12:10pm, Father Ryan will celebrate a special Mass with the Anointing of the Sick. Those who struggle with chronic illness, who are facing surgery, or who deal with the weakness that comes with age are especially encouraged to participate.

SCAM ALERT! Cybercrime is hitting dioceses nationwide. If you receive a message from Father Ryan (or other Cathedral staff) from a @gmail address asking for help or requesting you to purchase a gift card, please delete it. It is a scam! This email scam is happening across the country. When in doubt, contact the parish office to verify the legitimacy of any request you receive from the parish. Thank you! *Information*, Maria Laughlin, 206-382-4284.

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. Louise in Bellevue and St. Patrick in Tacoma.*

ST VINCENT DE PAUL AND A NEIGHBOR THANK YOU

A middle aged man was happy to move into his own apartment after having lived in a shelter. The man had several health conditions including one that required surgery. Preparing for the surgery, the man was focused on following his doctor's instructions and could no longer work. Having just incurred the expense of moving and preparing for surgery, this neighbor found himself anxious about paying his rent. Seeking help he called the St Vincent de Paul Helpline (206-767-6449). With your assistance, we were able to give him enough help to pay his rent. We were touched when after our visit the man called the Helpline again, but this time to express his thanks. *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

FROM FARMING TO FISHING

Raul and Rhodora were coconut farmers in their town in the Philippines, but it took a lot of work before they made money. They participated in a Catholic Relief Services program that helped them build their own fishpond to raise and sell fish. The fish provide nutritious food for their family and more accessible income, enabling Raul and Rhodora's granddaughters to attend school. What changes have you made in your professional, personal or spiritual life that have benefited others? Visit crsricebowl.org to learn more. If you would like a Rice Bowl mailed to your home OR if you would like to become more involved in CRS efforts taking place right here in Seattle, contact Joyce Mork-O'Brien, 206-226-4099 or jamob14@comcast.net.

A DIVINE TUTOR-STUDENT MATCH From Sayuko Setvik, Tutoring Coordinator: "I ran into tutor D at the Solanus Casey Center one day in January. I initially didn't recognize D because I had only met him online during the pandemic and he was wearing a mask that day. He recognized me though, and told me he was ready for another citizenship student. Soon afterwards, I matched him with M. At our meeting at the library, we found out that M is a former opera singer who speaks 5 languages, and D is an opera lover who frequents the opera with his wife! I felt that there was divine orchestration in this match from running into D at the Solanus Casey Center to connecting him with M, two people who loved opera. They had less than 3 weeks to work before M's citizenship interview, but despite her challenges with listening comprehension, she successfully naturalized on her first attempt. We are grateful to volunteer tutors like D who are ready to jump in to accompany our immigrant neighbors. We are always looking for more tutors to join our ESL & Citizenship tutor team." *Information*, Sayuko Setvik, ssetvik@stjames-cathedral.org or 206-382-4511.

THE ST. JAMES RESPECT LIFE MINISTRY is re-launching! Would you like to be involved in efforts to ensure the dignity of all life? New members are welcome, especially to help with our upcoming diaper drive! *Information*, Ted Nutting, theodorenutting@msn.com.



CARE FOR CREATION TIP OF THE WEEK In his encyclical *Laudato Si'*, Pope Francis comments on ecological economics when he posits that, "To ensure economic freedom from which all can effectively benefit, restraints occasionally have to be imposed on those possessing greater resources and financial power." In what ways do your Lenten practices allow for others to have greater economic freedom?

TEEN, YOUNG ADULT AND ADULT VOLUNTEERS NEEDED FOR FAITH FRIENDS MINISTRY Faith Friends is a unique blend of our Faith Mentor, children's faith formation program, and an inclusion ministry. The ministry's goal is to give children and teens ages 7- 18 with physical, cognitive and/or intellectual disabilities access to the parish community, social events, and faith formation. Perhaps the most unique aspect of the Faith Friends program is the Faith Peer program. Faith Peers are teens and young adults who have chosen to live out their discipleship and share some of their personal time in dedication and service to the goals of the program. *Information*, Jennifer Wong, 206-619-0816, faithfriends@stjames-cathedral.org, or www.faithfriendssstjames.org.

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. The Cathedral Stations of the Cross are the work of Joan Brand-Landkamer, inspired by 20th-century French artist Georges Rouault.

JOURNEY OF THE ELECT Lent is a time of intensive prayer for our Elect, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil on Saturday, April 8 at 8:30pm. Please pray for those to be baptized: *Celeste Axelson* ▪ *Dave Duche* ▪ *Kate Fay* ▪ *Olivia Hall* ▪ *Sherri Pimentel* ▪ *Aster Starr* ▪ *Jacob Hughes*. Visit the Place of Prayer near the Shrine of the Blessed Virgin Mary to read the special intentions of each one of our Elect, and pray for them in a special way during this season of Lent.

JOB OPENINGS The Cathedral Kitchen is looking to fill the paid position of **Assistant Director**, responsible for oversight of Kitchen operations. This is a 30-35 hour/week position with benefits. The Cathedral Kitchen provides 100 meals each weeknight for our homeless and low-income neighbors. The Social Outreach and Advocacy department is looking to hire a paid **Outreach Assistant** to provide administrative and program support. This is a part-time, 10-15 hour/week position. *Information*, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org.

Sacred Steps

REST IN PEACE Please pray for the repose of the souls of *Emily Baillargeon Russin*, *James Schafer*, *Michael Chiles*, *Joseph William Verhey*, *Anne Schmitz-Robinson*, *Michael Merlino*, *Richard Krzewinski*, and *Yanick Moravia*.

REFLECT AND RENEW WEEK II – GO FORTH

This Lent, many Catholics around the Archdiocese are gathering for a five-week series to reflect on God's word and share their faith with one another. Even if you are unable to join in one of the sessions offered at the Cathedral, you are invited to pray and reflect each week.

OPENING PRAYER

O God,
who established the Holy Church
upon the foundation of the Apostles
with Christ Jesus himself as the chief cornerstone,
grant that the people gathered in your name
may revere you, love you, follow you
and grow into the temple of your glory,
until led by you, they come at last to the heavenly city.
Through Christ our Lord. Amen.

READING

Genesis 12:1-4a

The LORD said to Abram: "Go forth from the land of your kinsfolk and from your father's house to a land that I will show you.

"I will make of you a great nation, and I will bless you; I will make your name great, so that you will be a blessing. I will bless those who bless you and curse those who curse you. All the communities of the earth shall find blessing in you." Abram went as the LORD directed him.

REFLECTION QUESTIONS

- "Go forth from the land of your kinsfolk." Can you think of a time when God called you to move out of your comfort zone?
- "You will be a blessing." What does it mean to *be a blessing*? How is our parish community called to be a blessing to our broader community?

CONCLUDING PRAYER

Almighty ever living God,
we pray that in your Church,
the flood of your divine grace
may overwhelm human offences
so that your children, being dead to sin,
may be reborn to eternal life.
Through Christ our Lord. Amen.

ST. JAMES CATHEDRAL

Parish Communal Celebration of
THE SACRAMENT OF PENANCE



The Fifth Station

Joan Brand-Landkamer, Cathedral Iconographer

Monday, March 27, 2023
7:00pm

During this beautiful service of readings, reflection, and song, we will open ourselves to experience the gift of God's gracious and loving forgiveness in the Sacrament of Penance. *It has long been a tradition in the Church to confess one's sins before celebrating the great feast of Easter. This will be the ideal time to do so.*

HOLY WEEK 2023

at ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, *Archbishop of Seattle*
The Very Reverend Michael G. Ryan, *Pastor of St. James Cathedral*



Palm Sunday of the Lord's Passion April 1-2, 2023

Masses Saturday 5:30pm
Sunday 8:00**, 10:00, Noon, and 5:30pm

10:00am* Solemn Procession of the Palms
Archbishop Paul D. Etienne, *presider & homilist*

12:00 Noon Children's Procession of the Palms
Father Michael G. Ryan, *presider & homilist*

**4:00pm Vespers of Palm Sunday with
Benediction of the Blessed Sacrament**
Father Michael G. Ryan, *presider*

Monday and Tuesday, April 3-4, 2023
Mass at 8:00am**

Wednesday, April 13
Masses at 8:00am** and 12:10pm

7:30pm OFFICE OF TENEBRAE
Father Michael G. Ryan, *presider*

Holy Thursday, April 5

8:30am MORNING PRAISE
Father Michael G. Ryan, *presider*

6:00pm EVENING MASS of the
LORD'S SUPPER**
Father Michael G. Ryan,
presider and homilist
*Offertory Procession will include
presentation of Lenten Rice Bowls*



9:45pm COMPLINE
Father Michael G. Ryan, *presider*

To 12 Midnight
ADORATION OF THE BLESSED SACRAMENT

Good Friday, April 6

8:30am MORNING PRAISE
Father Michael G. Ryan, *presider*

12:00* Noon, TRE ORE
Father Michael G. Ryan, *presider*;
Diana Macalintal will preach
on the Seven Last Words of Christ

6:00pm GOOD FRIDAY of the LORD'S PASSION**
Archbishop Paul D. Etienne, *presider and homilist*

Holy Saturday, April 7

8:30am MORNING PRAISE
Father Michael G. Ryan, *presider*

8:30pm EASTER VIGIL**
The Easter Vigil in the Holy Night
Archbishop Paul D. Etienne, *presider and homilist*

Easter Sunday, April 8

8:00am MASS**
10:00am* MASS
Father Michael G. Ryan, *presider and homilist*

12:00 Noon MASS
Archbishop Paul D. Etienne, *presider and homilist*

4:00pm SOLEMN VESPERS OF EASTER
Father Michael G. Ryan, *presider*

**5:30pm EVENING MASS
OF EASTER SUNDAY**
Father Michael G. Ryan,
presider and homilist



** = livestreamed on the Archdiocese Facebook/Vimeo pages
* = livestreamed on St. James Cathedral Facebook/Vimeo pages

Visit the Cathedral website to connect to livestreams.

For details on Holy Week liturgies, visit www.stjames-cathedral.org

TRE ORE

GOOD FRIDAY April 7 NOON—3

St. James Cathedral observes the traditional Good Friday devotion of TRE ORE (“Three Hours”) with music and homilies focused on the words of Christ from the cross.

This year, **Diana Macalintal** will offer meditations on the Seven Last Words of Christ.

Father Michael G. Ryan will preside. Jubilate! Young Women’s Ensemble, Stacey Sunde, director will offer movements from Giovanni Battista Pergolesi’s *Stabat Mater*, with the Cathedral Chamber Orchestra, conducted by Joseph Adam.

A free-will offering will be accepted during the service. The entire service will be livestreamed on St. James Cathedral's Vimeo & Facebook channels.



Diana Macalintal is an author and speaker on Catholic liturgy, music, the catechumenate, prayer, and intercultural ministry. She holds a Master of Arts in Theology from Saint John’s University in Collegeville, Minnesota, and has served in campus, parish, and diocesan ministries for 30 years. For 15 years she served as the Director of Worship for the Roman Catholic Diocese of San Jose in California. She and husband Nick Wagner direct TeamRCIA.com, an online resource for catechumenate ministers that provides training and support to over 19,000 RCIA ministers in North America, Australia, and beyond. They also direct Liturgy.life, a website for liturgical ministers.

Musical Prayer during Lent

THE TENEBRAE CHOIR: A HYMN OF HEAVENLY BEAUTY Saturday, March 11 at 8:00pm

The award-winning U.K. choir Tenebrae, directed by Nigel Short, is one of the world's leading vocal ensembles, renowned for its passion and precision. In their first-ever Seattle concert appearance, they sing a program celebrating some of the finest choral works from the Renaissance through to the present day, ranging from the haunting Allegri *Miserere mei, Deus*, to Harris' spectacular *Faire is the Heaven*. Other works showcase the rich, dark sound world of the Russian orthodox, the prayerful intimacy of English masters, and the soaring contrapuntal lines of the late Renaissance. *Tickets and more information*, <https://www.stjames-cathedral.org/music/concerts> or 206-382-4874.



OPUS 7 VOCAL ENSEMBLE: SHOW US YOUR MERCY Saturday, March 25 at 8:00pm

Opus 7 Vocal Ensemble presents a powerful collection of choral music for the Lenten season expressing mercy and hope. Contemplate the solemnity of the season with lush romantic works by Mendelssohn, Rheinberger, Georg Schumann, Pizzetti, Szymanowski and Vilette; the crystalline, plaintive melodies of Henry Purcell; and American composers William Albright, Gwyneth Walker, and Seattle's Peter Hallock. The central work is Krzysztof Penderecki's *Agnus Dei*, written in 1981 as part of his *Polish Requiem* and dedicated to Cardinal Stefan Wyszyński. *The Polish Requiem* began as a commission from the trade union Solidarity to memorialize those killed in anti-government protests. *Tickets and more information*, <http://opus7.org/music/concerts/>.



THE OFFICE OF TENEBRAE Wednesday, April 5 at 7:30pm

The name Tenebrae (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. By the late Middle Ages, these services were consolidated into a single daily celebration on each evening before Holy Thursday, Good Friday, and Holy Saturday.

Following numerous 20th-century papal reforms, Tenebrae today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, in which each verse is introduced by a letter of the Hebrew alphabet, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ's crucifixion. The loud noise, or strepitus, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ's triumph over death and darkness.

The Cathedral Cantorei will sing Thomas Tallis' setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE Friday, April 7 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi's *Stabat Mater* and meditations by Diana Macalintal on the Seven Last Words of Christ. The Pergolesi is sung by Jubilate! Young Women's Ensemble, Stacey Sunde, director with the Cathedral Chamber Orchestra, conducted by Joseph Adam.



Grief Support Group



Tuesdays, April 11—May 30, 2023
6:30pm-8:00pm, on ZOOM

Are you grieving the death of someone close to you?
Grief and loss can have a significant impact on our lives
long after the death of the person we love.

The grieving process has no timeline and is unique to each individual,
but meeting with others who are going through a similar experience
can provide support and help us cope.

You are invited to join this 8-week grief support group
facilitated by St. James Cathedral Staff Anisa Ralls.

*Information and registration, Anisa Ralls, 206-382-4269
or aralls@stjames-cathedral.org*

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