Lent 2026 in our Parish Family

ST. JAMES CATHEDRAL | IMMACULATE CONCEPTION | CHRIST OUR HOPE

Dear Friends,

As we enter into this season of Lent, the prayers and scriptures, the sights and sounds, the rituals and disciplines are all aimed at renewal and baptism. Whether we are among those who are already baptized and preparing to renew the promises of our baptism at Easter, or catechumens preparing for baptism, the season of Lent gets us ready to be made and remade in those waters.

What begins with a smudge of ashes on Wednesday, February 18, will culminate in the water bath of new life on the night of April 4 and the day of April 5. During these days of Lent, we joyfully prepare for these celebrations by restraining ourselves, disciplining ourselves through prayer, fasting and almsgiving. We take on these disciplines not as punishment, or as some kind of Christian calisthenics, but in anticipation of the celebrations that lie ahead.

This is how the first Preface of Lent puts it, "For by your gracious gift each year your faithful await the sacred paschal feasts with the joy of minds made pure, so that, more eagerly intent on prayer and on the works of charity, and participating in the mysteries by which they have been reborn, they may be led to the fullness of grace that you bestow on your sons and daughters."

Seen in this light, Lent is a time of joyful anticipation and preparation. Think of the work that goes into a family vacation, or a big celebration of a wedding or an anniversary. All the preparation for these events, while hard work, are often part of the excitement leading up to the vacation or the celebration. And good preparation often determines whether the vacation or the celebration goes well. What do we need to do to get ready for the renewal that God desires for us? As we look forward to making or renewing our baptismal promises at Easter, and being washed in the waters of baptism, how are we going to get ready?

The good news is that we don't have to invent an answer to that question. Prayer, fasting and almsgiving have prepared Christians over the centuries for being made and re-made in the waters of baptism. I know that, for myself, when I have been "eagerly intent" on these disciplines over the course of Lent, I have arrived at Easter with greater joy and anticipation than those years when I have been less intent. My guess is I am not unique in this way!

To make a commitment to deeper prayer - especially as we prepare for the Sunday Eucharist, can draw us closer to Christ who always meets us more than half way when we approach him. Spending time with the scriptures during the week, both the scriptures for each day, and in prayerful reflection on the scriptures for each Sunday, can help us to really hear the word of God as it is proclaimed at Mass. Sunday Mass is the center of our prayer life. It is, as the Second Vatican Council says, "the summit toward which the activity of the church is directed; it is also the source from which all its power flows" (Vatican II, Constitution on the Sacred Liturgy, #10). A more intentional commitment to prepare for and to be present at Sunday Eucharist would be a marvelous way to deepen our prayer life.

In addition to preparing for and celebrating Sunday Mass, spending quiet time in prayer during our day, even if just for a few minutes, can open ourselves to a renewed relationship with Christ. If we are already spending some time in prayer each day, perhaps these days of Lenten preparation can be an opportunity to increase that time of simply resting in the Lord. Praying the rosary, going to adoration, celebrating the sacrament of reconciliation are all ways that we can deepen our prayer life. The more intentional we are about our prayer and worship during Lent will prepare us well for the great celebration of Easter.

Fasting and giving to those in need are the two other traditional disciplines that can re-orient our priorities in such a way that we are ready to celebrate God's self-giving love in Christ at Easter. Fasting can help me to physically feel the hunger that, at a deeper level, reflects my hunger for God. Giving to those in need (almsgiving) helps me to be in solidarity with those whose God has a special care for - the poor and all those without enough to live a dignified life.

The pages that follow describe the many opportunities we will have over these coming days and weeks to get us ready for the great celebrations of Easter.

May these days of Lent, these days of joyful anticipation and preparation, help all of us - the baptized and those preparing for baptism - to arrive at our celebrations of Easter with hearts and minds renewed. Happy Lent!

Fr. Gary F Lazzeroni

Father Gary Lazzeroni

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 are particularly rich in their ability to inspire and challenge.

Weekday Masses:

- *Cathedral*: M, T, W, Th, F, Sat 8:00am
  M, W, F 12:10pm
- *Christ Our Hope*: T, Th 12:10pm

Sunday Masses:

- *Cathedral*: 5:30pm Sat, Sun 8, 10, 12, 5:30pm
- *Immaculate Conception*: 11am
- *Christ Our Hope:* 9am, 5pm (Spanish), 7pm

THE STATIONS OF THE CROSS are a wonderful Lenten tradition in the Church. There are many opportunities to pray the Stations during Lent:

- *Cathedral*: Mondays after the 12:10pm Mass, Fridays after the 8:00am Mass
- *Immaculate Conception*: Fridays during Lent, Stations are prayed at 6:00pm, followed by a soup supper. On Friday, March 27, all are invited to experience Immaculate's "Living Stations."

CHRIST OUR HOPE: WEEKLY SOUP SUPPER AND LENTEN PRACTICE Each Wednesday of Lent, all are invited to Christ Our Hope to share in a simple supper and explore the Lenten practices of prayer, fasting, and almsgiving. Supper at 5:15pm, followed by a presentation or prayer at 6:00pm:

- February 25 *Stations of the Cross*
- March 4 *Retreat with Father Chanda*
- March 11 *Taizé*
- March 18 *Dinner with Josephinum Residents*
- March 25 *Eucharistic Adoration*

LENT RETREAT: REND YOUR HEARTS... BE MERCIFUL! Please join with sisters and brothers from our parish family for an afternoon of reflection as we begin our Lenten pilgrimage. We gather **Sunday, February 22**, from 1:30pm-4:00pm in the Cathedral's Pastoral Outreach Center. Come, find some quiet, time for prayerful reflection with Lenten scriptures and stories of our lives and our world. We will finish in time for Vespers in the Cathedral at 4:00pm.

LENTEN SMALL GROUP REFLECTION We gather at Christ Our Hope on the five Wednesday of Lent to explore Pope Leo's encyclical on love for the poor, *Dilexi Te*. **Wednesdays, February 25**, March 4, 11, 18, and 25, from 11:00 am – 12:00 pm Deanna Tighe, facilitator.

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 4pm.

PRAYSEATTLE This Lent, the Cathedral is participating in PraySeattle, an ecumenical, citywide pilgrimage of prayer for the forty day of Lent. Each week, a different church hosts a prayer space, inviting you to pray for and with our city. Take home one of the beautiful "PRAY" booklets, which include reflections for each week of Lent, and all the details you'll need to make a pilgrimage to the different churches during the coming holy season. The Cathedral is host of this citywide ecumenical Lenten initiative from March 15-21, with a special ecumenical Stations of the Cross on **Wednesday, March 18** at 6:30pm.

LENTEN GOSPEL REFLECTION SERIES You are invited you this Lent to pray daily with Immaculate Conception, Christ Our Hope and St. James Cathedral. On Mondays, Wednesday and Fridays, you can receive a Gospel reflection written and read by a parishioner from one of the churches in our parish family. This is a wonderful tool to use during the holy season of Lent as we are called to be more mindful of how we pray. *Subscribe*, outreach@stjames-cathedral.org.

ADORATION OF THE BLESSED SACRAMENT Each Thursday during Lent at the Cathedral, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our family-wide celebration of the Sacrament of Penance will be **Saturday, March 14**, from 1:00pm-4:00pm at the Cathedral, with several confessors available.

BIBLE STUDY AT IMMACULATE CONCEPTION Lori Chishholm leads an 11-week study of the Psalms as The School of Prayer. Mondays beginning **March 16**, 6:00pm-7:30pm. Registration encouraged!

MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on **Friday, March 28**.

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

Journey of the Elect



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. 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:
Blake Alex ▪ Sam Berlin ▪ Bill Dahlem ▪ Dallana Fantauzzi ▪ Stuart Frost ▪ Maxine Martin

Youth Elect:
Alexander Ballantyne ▪ Keira Ballantyne ▪ Philip Bob ▪ Oliver Burrell ▪ Hugo Ludena ▪ Aspen Spain

Please 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. Christ Our Hope participates in the Rite on Thursday, February 19, while the Elect from St. James Cathedral will participate on Saturday, February 21.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 on March 8, 15, and 22.

SATURDAY, APRIL 5, 8:30pm: THE EASTER VIGIL (at St. James Cathedral and Christ Our Hope) 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.

Ash Wednesday is February 18, 2026. Good Friday is April 3, 2025.

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.

Musical Prayer at the Cathedral

Jan Kraybill
FEATS FOR THE FEET
Friday, February 27 at 7:30pm



"Feats for the Feet" opens with a piece for feet, "Pedal exertitium" (BWV 598) originally attributed to J. S. Bach but now believed to have been composed by his son, Carl Philipp Emmanuel Bach. Next is Johann Sebastian Bach's *Prelude and Fugue in D Major*, BWV 532, which opens with a big D major scale played by the feet. The rest of the program keeps the feet dancing in various ways – by playing melodies, manipulating controls for dynamics, and other techniques. The concert closes with a real "feat," Leo Sowerby's "Pageant," which features the feet in amazing and virtuosic ways. Other composers on the program include Gustav Holst, Edward Elgar, and Charles Stanford.

Cathedral Cantorei and Chamber Orchestra
ARVO PÄRT'S *PASSIO*
Saturday, March 7 at 8:00pm

This unique and meditative setting of the St. John Passion is a pinnacle of Arvo Pärt's tintinnabuli compositional style. Sung in Latin, the work is scored for solo baritone (Jesus), solo tenor (Pilate), solo vocal quartet (Evangelist), choir, violin, oboe, cello, bassoon, and organ. The harmonies, though stark and minimalist, are deeply moving. Pärt once commented, "I could compare my music to white light which contains all colors. Only a prism can divide the colors and make them appear; this prism could be the spirit of the listener." Tickets ($0-$22) and more information at https://www.stjames-cathedral.org/music/concerts.

Tenebrae Choir
PATH OF MIRACLES
Tuesday, March 10 at 7:30pm

A pilgrimage in composition, *Path of Miracles* is a journey, as the four movement titles (Roncesvalles, Burgos, León, and Santiago) are the four main posts along the Camino de Santiago (the Way of St. James), a network of pilgrims' ways that lead to the shrine of our patron saint, the Apostle James the Greater, in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain. Using selections from the medieval texts *Codex Calixtinus* and *Miragres de Santiago*, and from Roman Catholic liturgy, Path of Miracles incorporates musical styles from the Taiwanese Bunun people to the pilgrims' hymn *Dum Pater Familias*, and is sung in Greek, Latin, Spanish, Basque, French, English and German. Tenebrae, conducted by Nigel Short, is one of Britain's and the world's leading vocal ensembles, renowned for its passion and precision. Tickets ($0-$50) & more information at https://www.stjames-cathedral.org/music/concerts

OPUS 7
BLESSED: SACRED WORKS BY BERN HERBOLSHEIMER
Saturday, March 14 at 8:00pm

Opus 7 performs powerful and beautiful sacred works by Bern Herbolsheimer, one of the Pacific Northwest's most prolific and talented composers. We remember this remarkable artist on the 10th anniversary of his untimely passing. Born in Montana, Bern resided in Seattle for over 40 years. He taught at the University of Washington and Cornish College of the Arts, influencing students for decades. His music has been performed nationally and internationally, finding specific relevance with performing ensembles in the Seattle area. Opus 7 is privileged to perform some of Herbolsheimer's greatest sacred choral masterpieces for Lent. Tickets ($15-$50, youth under 18 free) and information at https://opus7.org/event/blessed-2/. A limited number of pay-as-able parishioner passes are available through the Cathedral music office.

THE OFFICE OF TENEBRAE
Wednesday, April 1 at 7:00pm

The name *Tenebræ* (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. The Cathedral Cantorei will sing Palestrina's 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 3 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 Scarlatti's *Stabat Mater* and meditations by Father Stephen Rowan on the Seven Last Words of Christ. *Stabat Mater* is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.