



ST. JAMES CATHEDRAL  
*The Twenty-Sixth Sunday in Ordinary Time*  
September 27, 2020

# ST. JAMES CATHEDRAL

September 27, 2020

Dear Friends,

I'm happy to share with you a couple of "good news" items.

First, the Archbishop is assigning a part-time Parochial Vicar to the Cathedral parish. He is Father Alex Pablo, who has been serving the past few years at the four-parish cluster on Beacon Hill and in the Rainier Valley. Father Alex is a priest of the Diocese of San Fernando of La Union, Philippines. He will be joining us on October 1, and will be living in the Rectory. Father Alex's duties will be mainly on weekdays, when he will be assisting with Masses, confessions, pastoral counseling, and the occasional funeral. He will also make himself available when people come to the office requesting a priest. Most weekends, he will be helping out in parishes around the Archdiocese. I know you will welcome Father Alex and I'm sure he will be a happy addition to the Cathedral community.

Some of you have asked how Father Brant is doing during all this. He is weathering the lockdown quite well, but I'm sure he'd be the first to say he is slowing down a bit, and is grateful for your prayers.

The second bit of good news: in response to my recent appeal for the Cathedral Kitchen, you donated an extraordinary \$140,890—and counting. This is one more testimonial to your extraordinary generosity during these difficult times. If you haven't made a gift yet, but would like to, you can do so on the Cathedral website, [www.stjames-cathedral.org](http://www.stjames-cathedral.org). One more way to support the Cathedral Kitchen: a parishioner recently donated five \$100 gift cards to a wonderful Issaquah restaurant, Ristorante Nicolino Italiano. These are available at cost, and proceeds will support not only the Cathedral Kitchen, but a small business! Contact Maria Laughlin for information, [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org) or 206-382-4284.



Father Michael G. Ryan

## ORDER OF CELEBRATION FOR

## *The Twenty-Sixth Sunday in Ordinary Time*

## THE CENTENNIAL OF THE SOCIETY OF ST. VINCENT DE PAUL IN WESTERN WASHINGTON (1:00pm)

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

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

## *The Introductory Rites*

## PRELUDE

## *Master Tallis' Testament* Herbert Howells (1892–1983)

## ENTRANCE

Happy are they, they that love God,  
Whose hearts have Christ confessed,  
Who by his Cross have found their life,  
And 'neath his yoke their rest.  
Glad is the praise, sweet are the songs,  
When they together sing;  
And strong the prayers that bow the ear  
Of heaven's eternal King.

*Happy are they*  
BINCHESTER

## PENITENTIAL ACT

*New Plainsong Mass*  
David Hurd (b. 1950)

*Cantor* ALL

Ky-ri - e e - le - i-son. Ky-ri - e e - le - i-son.

*Cantor* ALL

Chri - ste e - le - i-son. Chri - ste e - le - i-son.

*Cantor* ALL

Ky-ri - e e - le - i-son. Ky-ri - e e - le - i-son.

## GLORIA

Congregational Mass  
John Lee (1908-1990)

ALL

Glory to God in the highest,  
We praise you, we bless you,  
we glorify you, we give you thanks  
Lord God, heavenly King,  
Lord Jesus Christ, Only Begotten Son,  
you take away the sins of the world,  
you take away the sins of the world,  
You are seated at the right hand  
of the Father,  
For you alone are the Holy One,  
you alone are the Lord,  
with the Holy Spirit,

and on earth peace to peo- ple of good will.  
we a- dore you,  
for your great glory.  
O God, almighty- y Fa- ther.  
Lord God, Lamb of God, Son of the Father,  
have mer- cy on us;  
re- ceive our prayer;  
have mer- cy on us.  
you alone are the Most High Je- sus Christ,  
in the glory of God the Father, A - - - men.

## COLLECT (OPENING PRAYER)

*The Liturgy of the Word,*

## FIRST READING

Ezekiel 18:25-28

## RESPONSORIAL PSALM

Psalm 25

Michel Guimont (b. 1950)

Re - mem - ber your mer-cies, O Lord.

## SECOND READING

Philippians 2:1-11

## ALLELUIA

Mode VII

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

## GOSPEL

Matthew 21:28-32

## HOMILY

Archbishop Paul D. Etienne (8:00am & 1:00pm)  
Father Michael G. Ryan (all other masses)

## 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

*Compostela Mass*

Gustav Holst (1874-1934), adapt. Michael G. Ryan

*Cantor:*

Ho - ly, Ho - ly, Ho - ly Lord God of Hosts,  
heav'n and earth are full of your glo - - - ry.

*ALL:*

Ho - san - na in the high - est, ho - san - na in the high - est.  
Blest is he who comes in the name of the Lord.

Ho - san - na, ho - san - na in the high - - - est.

MYSTERY OF FAITH

Holst, adapt. Ryan

When we eat this bread and drink this cup,  
we pro - claim your death, O Lord, un - til you come a - gain.

AMEN

Holst, adapt. Ryan

A - men, a - men, a - - - - men.

LORD'S PRAYER

Cantor: *Lamb of God, you take away the sins of the world:*

1., 2. have mer - cy on us.  
3. - grant us peace.

**Please kneel following the sung 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. Hold your hand as flat as possible.**
- + **As you process forward to receive communion, and as you return to your seat, please maintain six feet of separation between family groups.**
- + **Wear your mask. Hold your hands out flat so that the minister can easily put the host on your open palm without touching your hand. (If contact is made, the EM is required to stop and sanitize her or his hands before moving on to the next household.)**
- + **After receiving Holy Communion, lower your mask with one hand, put the host in your mouth, and then put your mask back on.**
- + **Following the procession, please exit by the door nearest you. This may not be the door you came in. Maintain social distance as you leave the Cathedral and follow the directions of the ministers.**
- + **Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.**

## COMMUNION

Be mindful of your word to your servant, O Lord,  
in which you caused me to hope:  
this has been my comfort in my affliction.

*Memento verbi*  
Mode IV

O Lord, how sweet is your blessed spirit  
to show your kindness to all your beloved children.

*O quam suavis es*  
Mode IV

## BLESSING AND DISMISSAL

## POSTLUDE

“Allegro molto marcato” from *Symphony No. 5*  
Louis Vierne (1870–1937)

## ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

### PASTOR

The Very Reverend Michael G. Ryan

### IN RESIDENCE

Reverend David A. Brant

### PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

### FAITH FORMATION

Kathleen McCabe, Director (206-382-2018)

Brenda Bellamy, Children's Faith Formation (206-274-3108)

Rosanne Michaels, Faith Formation (206-654-4658)

Jennifer Wong, Baptism Coordinator (206-619-0816)

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

### LITURGY

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

John Marquez, Julie Sharples, sacristy (206-654-4646)

### MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Samuel Libra, Associate Cathedral Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

### SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515); Luke Henkel (206-382-4235)

Cathedral Kitchen: Mick McHugh (Interim Director),

John Givins (206-264-2091)

### MENTAL HEALTH AND WELLNESS MINISTRY

Nancy Granger, Parish Mental Health Nurse (206-382-4269)

### ST. JAMES IMMIGRANT ASSISTANCE (206-382-4511)

Christopher J. Koehler, Director

Patrick Suhrbier, Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

### STEWARSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome and Volunteer Coordinator (206-382-4500)

### YOUTH MINISTRY

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

### PARISH OFFICE

Sister Mary Slater, SNJM, Bookkeeper (206-382-4564)

Micki-Jo Palmer, Executive Assistant for Finance (206-654-4650)

Margaret Lynch, Wedding Office (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

### FACILITIES and GROUNDS

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

Alan Frasher, Gebregziabher Abay, Lino Nillas

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8:00am - 10:30am (public and livestream)

Weekdays 8:00am (livestream)

Saturdays 8:00am (livestream) & "Vigil" 5:30pm (public)

### LITURGY of the HOURS

Weekdays at 12:10 pm

### VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm (livestream)

**BAPTISM** Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Jennifer Wong for information, 206-619-0816.

**MARRIAGE** Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Margaret Lynch, 206-382-4288 or mlynch@stjames-cathedral.org.

**ANOINTING of the SICK** A communal celebration is held twice yearly. In case of serious illness, impending surgery, or advanced age, please call the parish office. The Sacrament of the Anointing of the Sick should not be delayed until the person is unconscious or in imminent danger of death. Call the parish office for information.

**FUNERALS** for parishioners, contact Nancy Granger, 206-382-4269

**PARISH OFFICE HOURS:** Monday through Friday, 9:00 am - 5:00 pm.

After-hours Emergency answering service for parishioners: 206-467-3049

804 Ninth Avenue, Seattle, WA 98104

Telephone: 206-622-3559 FAX: 206-622-5303

Website: [www.stjames-cathedral.org](http://www.stjames-cathedral.org)

**W**ELCOME, VISITORS! If you are a visitor to the Cathedral, we want you to know how welcome you are – whether you have come from another part of the country, from across the world, or simply from another parish here in the Archdiocese.

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

## The 26th Sunday in Ordinary Time

### September 27, 2020

**ON THE COVER** *He humbled himself, becoming obedient to the point of death.* Jesus is betrayed. East Apse Stained glass window, St. James Cathedral. Hans Gottfried von Stockhausen, artist.

**FLOWERS AT THE ALTAR** are offered by a parishioner in loving memory of her husband and in celebration of the Feast of St. Therese of the Child Jesus.

**PUBLIC MASS AND ADORATION ON TUESDAYS** The 8:00am Mass on Tuesdays is now open to the public. After Mass, we will have quiet Adoration of the Blessed Sacrament in the Cathedral, with rosary at 12 Noon. No advance registration is required to come to this Mass or to participate in Adoration. All our usual Covid-19 guidelines will be observed, including face masks and social distancing. Please note that we will continue to livestream daily Mass at 8:00am for the duration of the pandemic.

### SEASON OF CREATION 2020: LAUDATO SI' AT 5 YEARS, AND BEYOND WITH ARCHBISHOP PAUL D. ETIENNE

Monday, September 28, 6:30pm—7:30pm via Zoom.

Join the St. James Cathedral Care for Creation team as Archbishop Etienne shares reflections on five years of Pope Francis' encyclical on the environment *Laudato Si'*, and offers his vision for the Pacific Northwest. Together, may we pray in words taken from Pope Francis' prayer for *Laudato Si'*'s fifth anniversary: "Enable us to succeed in listening and responding to the cry of the Earth and the cry of the poor." To register and receive Zoom invitation, Patrick Barredo, Director of Social Outreach & Advocacy, [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

### ANOTHER OPPORTUNITY TO SUPPORT THE

**CATHEDRAL KITCHEN** A parishioner recently donated five \$100 gift cards for dinner at noted Issaquah restaurant Ristorante Nicolino Italiano, with proceeds to benefit the Cathedral Kitchen. Buy one or more at face value—a great way to benefit our outreach ministry and enjoy a delicious meal! Information, Maria Laughlin, 206-382-4284 or [mlaughlin@stjames-cathedral.org](mailto:mlaughlin@stjames-cathedral.org).

**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. Michael in Olympia and Snohomish; St. Gabriel in Port Orchard; and St. Jerome in Ocean Shores.

**FAITH, HOPE AND LOVE IN 2020: A RETREAT FOR THOSE SERVING IN SOCIAL OUTREACH AND ADVOCACY MINISTRIES.** Saturday, October 10, 2020, 9am—1pm. Sponsored by the St. James Cathedral Life, Peace and Justice Commission. This retreat experience, for all who serve in social outreach and advocacy ministries, offers the retreatant the opportunity to create time and space to re-connect with God during this time of pandemic and quarantine. This day of prayer will offer insights into the importance of prayer in the lives of holy men and women who worked unceasingly for peace and justice. Rooted in Scripture and meditation, the retreatant will explore the importance of faith, hope, and love, expressed through prayer and action. *To register and receive Zoom invitation, Patrick Barredo, Director of Social Outreach and Advocacy, pbarredo@stjames-cathedral.org.*

**"TAKE ANOTHER LOOK" AT THE CATHOLIC CHURCH**  
You are invited to an online Cathedral program for Catholics who have been away, and are wanting to take another look at their Church. Be part of a small Zoom community, ask questions, and learn about changes in the Church. The program begins October 12, 6:30 - 8:00 pm, and runs for six Monday nights. *Information, Rosanne Michaels, rmichaels@stjames-cathedral.org*

**ARE YOU CARING FOR SOMEONE WITH PSYCHOSIS?**  
Do you struggle to talk with your loved one? Do you want coping strategies for yourself? Join us for Psychosis REACH: Recovery by Enabling Adult Carers at Home. This free, virtual training in Cognitive Behavioral Therapy (CBT) will teach caregivers to normalize and make sense of psychosis; use evidence-based coping strategies; develop key caring principles; communicate effectively with your loved one; make sense of medications and treatment; implement relapse prevention strategies. The online presentations will be held October 15 and 16, 2020, from 8:30am – 12:30pm. Registration required by September 30. Visit [www.psychosisREACH.org](http://www.psychosisREACH.org). *Information, psychosisREACH@uw.edu.*

**FAITH AND RACIAL HEALING** Mondays, 6:30pm-9pm starting on October 12. Do you want to address racism in your faith community, but you don't know where to begin? The St. James Cathedral Life, Peace and Justice Commission invites you to participate in an 8-week module that guides participants in telling the truth about the history of racism in the U.S., that we might work toward true reconciliation with God and restoration with one another. *Information and registration, Patrick Barredo, pbarredo@stjames-cathedral.org.*

## Year of the Eucharist



“The Eucharist is the living presence of Christ in our midst. That presence does not, must not leave us unchanged. Receiving the Body of Christ, we become the Body of Christ” (Archbishop Etienne). *Does participation in the Eucharist change me?*

## Musical Prayer

**LIVESTREAM CONCERTS THIS WEEK** All concerts are livestreamed on the Cathedral's Vimeo and Facebook pages, and archived there and on the Cathedral website. ([vimeo.com/stjamescathedral](https://vimeo.com/stjamescathedral) and [facebook.com/stjamesseattle](https://facebook.com/stjamesseattle))

**THURSDAY, OCTOBER 1 AT 7:00PM.** Associate Cathedral Organist Samuel Libra continues with the 2020 celebration of the 150th anniversary of the birth of Notre-Dame Cathedral organist and composer Louis Vierne. Sam will play the second book of Vierne's *24 Pieces in Free Style* – you can hear him play the first book on the July 30, 2020 video, archived online.

**FRIDAY, OCTOBER 2 AT 6:30PM.** Classical guitarist Mark Hilliard Wilson offers Musical Prayer in the Cathedral every first Friday of the month.

**ST VINCENT DE PAUL THANKS YOU** Six years ago our Cathedral Vincentians met a middle-aged man who needed a winter coat. We visited in his apartment and learned he could not afford a coat or find one large enough to fit. We helped him find a good coat that was a perfect fit, at no cost to him. While visiting, we also learned he can barely read and has multiple health issues. Despite such challenges, we could see he did his best to manage his limited disability income and rarely needed help. After the pandemic started but before the eviction moratorium, we were surprised to hear he needed help paying rent. We visited by phone and learned his building had been sold. The new owner was charging an additional fee for utilities, but he did not recall getting notice of the utilities charge. He was many months behind paying utilities and had just received an eviction notice for failure to pay. Because of his limited reading skills, he did not understand the eviction notice. We explained a few things and then, after our phone visit, talked with his landlord. The result was that we paid enough on the utilities bill to make sure he could stay in his apartment and pay the balance himself over time. And he still has that old winter coat. Your donations to SVdP at the Cathedral make our help possible – thank you! *Information, Bob Clifford, 206-718-4158 or bobclifford53@gmail.com.*

**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. Hot casseroles and cold sandwiches are greatly appreciated. In addition, toiletries (toothpaste, toothbrushes, soaps and shampoos, feminine hygiene products), canned ready-to-eat meals (i.e. 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.*

**KEEP YOUR BULLETIN** Please take your bulletin home with you! During this time of Covid-19, bulletins are one-time use only.

# Registration Open!

Grade-level  
Classes

Children's  
Faith  
Formation

Youth  
Confirmation

Faith  
Mentors

First  
Reconciliation  
First  
Communion  
RCIA

## Registration Opportunities

Last week, we visited parks in Seattle, Renton, Shoreline and Bellevue. Here's this week's schedule:

- Sunday, 9/27, 9:00 - 10:30, in the walkway between the Cathedral and Cathedral Place
- Sunday, 9/27, 1:30 - 3:30, at 132nd Square Park in Kirkland
- Tuesday, 9/29, 4:30 - 6:30, at Othello Park in Seattle
- Wednesday, 9/30, 4:30 - 6:30, at White Center Heights Park in White Center

Brenda Bellamy

(206) 661-5094 [bbellamy@stjames-cathedral.org](mailto:bbellamy@stjames-cathedral.org)

Theresa Van de Ven

(206) 219-5822 [tvandeven@stjames-cathedral.org](mailto:tvandeven@stjames-cathedral.org)

## What will classes look like this year?

For the foreseeable future, classes will be meeting via Zoom on Sunday mornings or early afternoons. Taking into account the reality of Zoom fatigue, the fact that many children spend the entire week on screen for school, and acknowledging that devices and signal strength can be limited, each class will meet twice each month on Zoom. (Those preparing for Sacraments may meet more often.) For the other two or three Sundays of the month, pre-recorded content, textbook lessons and/or family activities will be available.

The first all-grades, all-family gathering (on Zoom) will be on  
Sunday, October 4, 2020

## Where can I find class supplies?

Join us in a park near you! When we meet, you can : register your child for class; receive any textbooks, Bibles or packets, stock up on art supplies—and adopt a teddy bear! If, for any reason, this is not the right time for you to come to a park, please do contact Brenda or Theresa to register and to make arrangements to deliver class materials.

*We will be there rain or shine.  
Look for the white Cathedral van and a blue canopy.*



**Sunday**  
**September 27,**  
**2020**

The Church has been celebrating the World Day of Migrants and Refugees (WDMR) since 1914. It is always an occasion to express concern for different vulnerable people on the move; to pray for them as they face many challenges; and to increase awareness about the opportunities that migration offers. As the title for his annual message, the Holy Father has chosen "Forced like Jesus Christ to flee" to focus on the pastoral care of internally displaced people.

"During the flight into Egypt, the child Jesus experienced with his parents the tragic fate of the displaced and refugees, "which is marked by fear, uncertainty and unease (cf. Mt 2:13-15, 19-23). Unfortunately, in our own times, millions of families can identify with this sad reality. Almost every day the television and papers carry news of refugees fleeing from hunger, war and other grave dangers, in search of security and a dignified life for themselves and for their families" (Angelus, 29 December 2013). In each of these people, forced to flee to safety, Jesus is present as he was at the time of Herod. In the faces of the hungry, the thirsty, the naked, the sick, strangers and prisoners, we are called to see the face of Christ who pleads with us to help (cf. Mt 25:31-46). If we can recognize him in those faces, we will be the ones to thank him for having been able to meet, love and serve him in them. Displaced people offer us this opportunity to meet the Lord, "even though our eyes find it hard to recognize him: his clothing in tatters, his feet dirty, his face disfigured, his body wounded, his tongue unable to speak our language" (Homily, 15 February 2019). We are called to respond to this pastoral challenge with the four verbs I indicated in my Message for this Day in 2018: welcome, protect, promote and integrate."

Download the Pope's full message for the 2020 WDMR in the language of your choice at

<https://migrants-refugees.va/world-day-of-migrants-refugees/>





Photo taken from Archbishop Etienne's blog

# *Laudato Si'* at 5 Years, and Beyond

with

## Archbishop Paul D. Etienne

**Monday, September 28**  
**6:30pm—7:30pm**

Join the St. James Cathedral Care for Creation team to celebrate the Season of Creation. Archbishop Etienne will share reflections on five years of Pope Francis' encyclical on the environment *Laudato Si'*, and offer his vision for the Pacific Northwest.

Together, may we pray in words taken from Pope Francis' prayer for *Laudato Si'*'s fifth anniversary:

*"Enable us to succeed in listening and responding to the cry of the Earth and the cry of the poor."*

*Registration and Zoom invitation: Patrick Barredo, Director of Social Outreach & Advocacy, pbarredo@stjames-cathedral.org*

# In from the margins: Women of Courage, Women of Faith

## *Fall Scripture Study*

PATTY BOWMAN & PATTY REPIKOFF,  
PRESENTERS

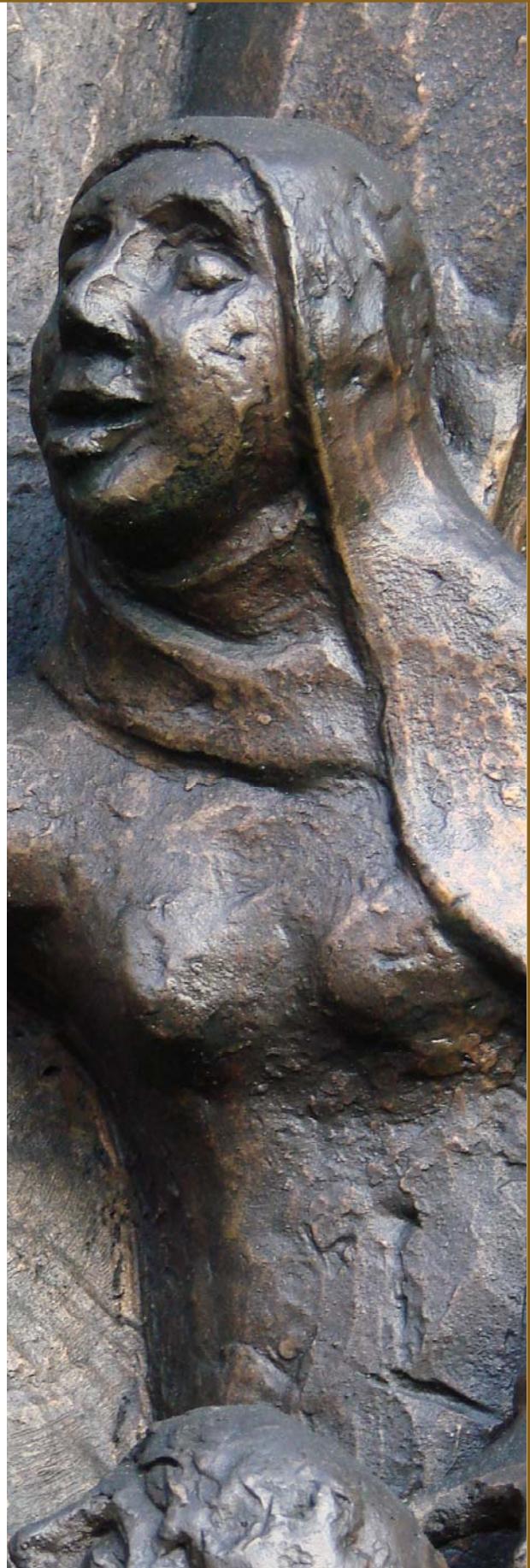
Tuesdays, October 6, 13, 20, and 27  
7:00pm-8:30pm, via Zoom

*“Acclaim her for the work of her hands,  
and let her deeds praise her  
at the city gates.”*  
(Proverbs 31:31)

The women who followed Jesus are among his most courageous and faith-filled disciples, but their witness can be overlooked or misunderstood. Join us to explore some of their stories, and to consider how their stories might inform and challenge our own.

**Registration required.**

*Information, Kathleen McCabe*  
[kmccabe@stjames-cathedral.org](mailto:kmccabe@stjames-cathedral.org)



# Grow deeper in your understanding of the Eucharist



**Thursday, October 22, 2020  
6:30pm-8:00pm (Zoom)**

**Corinna Laughlin, presenter**

This is the Year of the Eucharist! This presentation will help us observe this special time of focus on the mystery of the Eucharist. As Archbishop Etienne has written, “The Catholic life is a Eucharistic life. We, too, are to be blessed, broken, multiplied and shared so that others may come to know Jesus Christ (see John 6:1-15). Our faith is to be integrated into every aspect of our life.”

## WEBINAR DETAILS

**Delve** deeper into the meaning of the Mass and reflect on its implications for our daily lives.

**Explore** some of the key themes of *The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle*, Archbishop Etienne’s pastoral letter.

**Reflect** on four principal movements of the liturgy—Gathering, Word, Presence, and Sending—and how each of them challenges us to live the Eucharist more fully in our daily lives.

The webinar is 90 minutes (including time for reflection and questions) and is offered via Zoom.

*Information and to register, Corinna Laughlin,  
claughlin@stjames-cathedral.org or 206-264-2086.*

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