



ST. JAMES CATHEDRAL  
*The Fourth Sunday of Easter*  
April 30, 2023

ORDER OF CELEBRATION FOR

# The Fourth Sunday of Easter

FIRST COMMUNION SUNDAY (Noon)

*Special Note: Please refrain from light-aided videography or flash photography.  
Please do not leave your seat to take photos or video.*

## The Introductory Rites

PRELUDE

“Pastorale” from *Sonata 1 in D Minor, Op. 42*  
Alexandre Guilmant (1837–1901)

ENTRANCE

*The King of love my shepherd is*  
ST. COLUMBA



1. The King of love my shep - herd is, Whose  
2. Where streams of liv - ing wa - ter flow My  
3. In death's dark vale I fear no ill With  
4. You spread a ta - ble in my sight; Your  
5. And so through all the length of days Your



good - ness fails me nev - er; I noth - ing lack if  
ran - somed soul he's lead - ing, And where the ver - dant  
you, dear Lord, be - side me, Your rod and staff my  
sav - ing grace be - stow - ing; And O what trans - port  
good - ness fails me nev - er; Good Shep - herd, may I



I am his, And he is mine for ev - er.  
pas - tures grow With food ce - les - tial feed - ing.  
com - fort still, Your cross be - fore to guide me.  
of de - light From your pure chal - ice flow - ing!  
sing your praise With - in your house for ev - er.

THANKSGIVING OVER BLESSED WATER

*During the season of Easter, we are sprinkled with water from the font, blessed during the great Easter Vigil.*

RITE OF SPRINKLING WITH BAPTISMAL WATER

*Vidi aquam*  
Franz Schubert (1797–1828), adapted



Al - le - lu - ia, Al - le - lu - ia!



Al - le - lu - ia, al - le - lu - ia!

GLORIA

*German Mass*  
 Franz Schubert, adapt. Richard Proulx

*f* *p*

Glo-ry, glo-ry to God in the high-est, and on earth peace to  
 Lord Je-sus Christ, On-ly be-got-ten Son, Lord God,  
 For you a-lone are the Ho-ly one, you a-lone

*f*

peo-ple of good will. We praise you, we bless you, we a-dore you, we  
 Lamb of God, Son of the Fa-ther, you take a-way the sins of the world, have  
 are the Lord. You a-lone are the Most High, Je-sus

*p*

glo-ri-fy you, we give you thanks for your great glo-ry, Lord  
 mer-cy on us; you take a-way the sins of the world, re-ceive our  
 Christ, with the Ho-ly Spi-rit in the glo-ry of

*f*

God, heav-en-ly King, O God, al-might-y Fa-ther.  
 prayer; you are seat-ed at the right hand of the Fa-ther, have mer-cy on us.  
 God the Fa-ther. A-men. A-men.

COLLECT (OPENING PRAYER)

*The Liturgy of the Word*

FIRST READING

Acts 2:14a, 36-41

RESPONSORIAL PSALM

Psalm 23  
 Dom Gregory Murray, OSB (1902-1992)

The Lord is my shep-herd, noth-ing shall I want: he  
 leads me by safe paths, noth-ing shall I fear.

SECOND READING

I Peter 2:20b-25

ALLELUIA

chant, *O filii et filiae*

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

GOSPEL

John 10:1-10

HOMILY

Father Michael G. Ryan

PROFESSION OF FAITH *During Easter Time, we pray the Apostles' Creed*

**I believe in God, the Father almighty, Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
[ALL BOW]  
who was conceived by the Holy Spirit  
born of the Virgin Mary,  
[ALL STAND UPRIGHT]  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting. Amen.**

RENEWAL OF BAPTISMAL PROMISES OF THE FIRST COMMUNICANTS (Noon only)

All are invited to "echo" the children's response, I DO!

PRAYER OF THE FAITHFUL

Franz Schubert



*The Liturgy of the Eucharist*

PREPARATION OF THE ALTAR AND THE OFFERINGS

(10:00)

*My Shepherd will supply my need*  
Virgil Thomson (1896–1989)

SANCTUS

*German Mass*  
Franz Schubert, adapt. Richard Proulx



*mp*  
Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

Ho - ly, Ho - ly, Ho - ly Lord God of hosts.\_\_\_\_\_

*f* Heav - en and earth are full,\_\_\_\_\_ full of your glo - ry. Ho - *mp*

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

*f* Bless - ed is he who comes\_\_\_\_\_ in the name of the Lord.\_\_\_\_\_ Ho - *mp*

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

MEMORIAL ACCLAMATION

Franz Schubert, adapt. Richard Proulx



We pro-claim your Death, O Lord, and pro-fess your Re-sur-rec - tion,



we pro-claim your Death, O Lord, un - til you come a - gain.

AMEN

Franz Schubert, adapt. Richard Proulx



A - men, a - men, a - men, a - men, a - men.\_\_\_\_\_

LORD'S PRAYER No. 246

AGNUS DEI

Franz Schubert



℞ 1, 2 Have mer - cy on\_\_\_\_\_ us.



℞ 3 Give\_\_\_\_\_ us\_\_\_ your peace.

COMMUNION

*Ego sum pastor bonus*

Mode II

I am the good shepherd, alleluia;  
I know my sheep and my own know me, alleluia, alleluia.

(10:00)

*Magnificat in D Major*

George Dyson (1883–1964)

My soul doth magnify the LORD, and my spirit hath rejoiced in God my Savior.  
For He hath regarded the lowliness of His handmaiden:  
For, behold, from henceforth all generations shall call me blessed.  
For He that is mighty hath magnified me: And holy is His name.  
And His mercy is on them that fear Him Throughout all generations.  
He has showed strength with His arm: He hath scattered the proud in the imagination of their hearts.  
He hath put down the mighty from their seat And hath exalted the humble and meek.  
He hath filled the hungry with good things; And the rich He hath sent empty away.  
He remembering his mercy hath hoplen his servant Israel:  
As he promised to our ancestors, Abraham, and his seed forever.  
Glory to the Father and to the Son, and to the Holy Ghost;  
As it was in the beginning, is now, and ever shall be, world without end. Amen.

When you return to your place after receiving Holy Communion, please **KNEEL OR BE SEATED**.

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

HYMN OF PRAISE

*Good Shepherd, you know us*  
ST. DENIO



1. Good Shep-herd, you know us, you call us by name.
2. Good Shep-herd, you warn us of rob - bers and thieves,
3. Good Shep-herd, you lay down your life for the sheep.
4. At one with the Fa - ther, you made your - self known:



You lead us; we glad - ly ac - knowl - edge your claim.  
The hire - ling, the wolf who de - stroys and de - ceives.  
Your love is not fick - le, your gift is not cheap.  
"I am the Good Shep-herd," at one with your own.



Your voice has com - pelled us; we come at your call.  
All praise for your prom - ise on which we shall stand,  
You spend your life free - ly, you take it a - gain.  
You loved us be - fore we had heed - ed or heard;



And none you have cho - sen will fi - nal - ly fall.  
That no one can snatch us from out of your hand.  
You died, so we live; we are healed by your pain.  
By grace we re - spond to your life - giv - ing word.

DISMISSAL

PROCESSION

*Toccata in G Major*  
Théodore Dubois (1837-1924)  
*Pièce d'Orgue, BWV 572*  
Johann Sebastian Bach (1685-1750)

## 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)

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, 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

#### VEPERS 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](http://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 Fourth Sunday of Easter April 30, 2023

**ON THE COVER** *The Lord is my shepherd; there is nothing I shall want.* The Lamb of God. Central East Nave stained glass window, St. James Cathedral. Hans Gottfried von Stockhausen, artist..

**FLOWERS AT THE ALTAR** are offered by Jack Blume in loving memory of Maralyn Blume. *If you would like to offer flowers in memory of a loved one, or in celebration of an anniversary or an answered prayer, contact Maggie Corrigan, 206-622-3559 or [mcorrigan@stjames-cathedral.org](mailto:mcorrigan@stjames-cathedral.org). Open dates for the remainder of 2023 are the weekends of July 30, August 20, October 8, October 29, and November 12.*

**HOSPITALITY AFTER SUNDAY 10:00AM MASS** Join us in Cathedral Hall for delicious Macrina scones, fresh fruit, and the chance to visit with fellow parishioners.

**PRAYERS TO OUR LADY OF LOURDES** The Order of Malta will be going on pilgrimage to the healing shrine of Lourdes in southern France on May 1. They will take with them intentions from local parishes, which will be remembered at the Grotto of Our Lady of Lourdes. You are invited to stop by the station near the Shrine of the Blessed Virgin Mary, write your petition on the form provided, and drop it in the box of intentions.

**ST VINCENT DE PAUL THANKS YOU** An older man recovering from surgery received the keys to a new apartment. A fire in his previous apartment damaged his furnishings and clothing resulting in the need to replace everything he owned. Now that he had permanent housing again, his most urgent need was getting a bed. He called the St Vincent de Paul Helpline (206-767-6449). Thanks to your help, a new bed was ordered and delivered to his apartment. *Information, Jo Ann Wiesner, 206-291-4012 or [wiesnerjo@gmail.com](mailto:wiesnerjo@gmail.com).*

**EVENING PRAYER WITH MUSIC FROM TAIZÉ** Friday, May 5 at 6:30pm. All are welcome to this celebration of evening prayer with candlelight and the haunting music of the ecumenical community of Taizé, France.

**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. Catherine in Seattle, St. Catherine Mission in Cathlamet and Concrete, and St. Joseph the Worker Mission in Yacolt.*

**ARCHDIOCESE MENTAL HEALTH MINISTRY WELLNESS WEDNESDAYS** First Wednesday of each month, 7:00-8:30pm, on Zoom, free presentations on different mental health topics. At the next session, Wednesday May 3, Deacon Ronnie San Nicolas will speak on the topic, "The Necessity of Faith in Caregiving-A Father's Perspective." *To register for this and future events, [archseattle.org/ministries/outreach-ministries/mental-health-ministry/](https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/)*

**CATHEDRAL BOOK CLUB** The next meeting of the Cathedral Book Club will be on May 23, 2023 at 7:00pm in the Pastoral Outreach Center. Parishioner Judith Mayotte will lead us in a discussion of *All Is Grace: A Biography of Dorothy Day* by Jim Forest. Copies are available on Amazon. *Information and to register, Joyce Mork-O'Brien, [jamob14@comcast.net](mailto:jamob14@comcast.net) or 206-226-4099.*

**OPUS 7 VOCAL ENSEMBLE CONCERT – PILGRIM BEATITUDES.** Saturday, May 13 at 8:00pm, Opus 7 presents their 30th anniversary season finale featuring the world-premiere of a major new work by Seattle composer John Muehleisen for chamber orchestra, soloists, and choir. There will be a pre-concert lecture on the second floor of Cathedral Place (time TBA), and a post-concert reception with cookies and refreshments in the Holy Names Room of the Pastoral Outreach Center. More info and tickets at [www.opus7.org](http://www.opus7.org) or 206-782-2899. A limited number of pay-what-you-can parishioner passes are available at the Parish Office reception desk or through the music office ([musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org) or 206-382-4874).

**ARCHDIOCESE MENTAL HEALTH MINISTRY NAMI WALKS TEAM** Join people across the Archdiocese as we come together to form a NAMI Walks Team to make an impact for mental health! Join the team as we walk together on walk day, June 3, at Marina Park in Kirkland. If you cannot walk with us, please consider sponsoring the team with a donation to NAMI. *Information, <https://www.namiwalks.org> and search Seattle Archdiocese MH Ministry.*

**ST JAMES CATHEDRAL SPRING BLOOD DRIVE** To help ensure an ample blood supply for our community this spring, St. James Cathedral is running a two-week blood donation campaign. To participate, visit <https://schedule.bloodworksnw.org/DonorPortal/Default.aspx>. Plug in your home or work zip code, click next, then on the left of the screen enter May 7 to May 21 to find all the convenient nearby locations offered in our two-week timeframe. When you arrive to donate, check in and provide the code SJC so we can track our participation and impact!

**VISIT THE CATHEDRAL COLUMBARIUM** 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 open for prayer whenever the Cathedral is open. *Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May they rest in peace.*

**JOIN THE CATHEDRAL GARDEN TEAM!** The St. James Cathedral Kitchen Garden, which provides fresh produce for the weeknight meals served at Cathedral Hall, needs volunteers to help with planting, weeding, maintenance, pruning & harvesting. The garden is located on the corner of Madison & Terry. *Information, Kathy Dugaw, [kadugaw@gmail.com](mailto:kadugaw@gmail.com).*

**OPPORTUNITIES TO SERVE: SUNDAY BREAKFAST** St. James Cathedral is one of only two sites that serve breakfast for homeless and low-income persons on Sunday mornings in Seattle. Please consider joining our Saturday, 3.30pm-5.30pm cooking team, or our Sunday, 6.30am-8.30am serving team. *Information, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).*

**OUTREACH ASSISTANT** 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, 15-20 hour/week position, \$23-\$24.50/hour. *Information, Patrick Barredo, [pbarredo@stjamescathedral.org](mailto:pbarredo@stjamescathedral.org).*

**THANK YOU!** The people of St. James Cathedral changed lives this Lent through Catholic Relief Services' Rice Bowl, and we want to say THANK YOU! Don't forget to turn in your CRS Rice Bowl the next time you are at Mass, at the Parish Office, or donate online at [crsricebowl.org/donate](http://crsricebowl.org/donate).

**CARE FOR CREATION TIP OF THE WEEK** Pope Francis' encyclical *Laudato Si'* has encouraged millions of people throughout the world to become better stewards of God's Creation. You can make your own commitment to environmental stewardship by joining the *Laudato Si'* Action Platform ([www.LaudatoSiActionPlatform.org](http://www.LaudatoSiActionPlatform.org)). Becoming a part of the Action Platform will help you map out a path to action that connects your core values to the goals set forth by Pope Francis in *Laudato Si'*. Become a beacon of light for others!

**FAITH FRIENDS IS AN INCLUSION MINISTRY** serving children and teens from across the Archdiocese of Seattle. We are a unique blend of our Faith Mentor and Children's Faith Formation program, and provide Sacramental Preparation, as well as opportunities for friendship with other youth. *Information, Jennifer Wong, 206-619-0816, [faithfriends@stjames-cathedral.org](mailto:faithfriends@stjames-cathedral.org), or [www.faithfriendsstjames.org](http://www.faithfriendsstjames.org).*

**THE ORDER OF MALTA** is a lay religious order headquartered at the Cathedral. Its members provide financial and volunteer support to five charities in the Seattle area, including the Mental Health Ministry and Solanus Casey Center. The Order of Malta welcomes new members. *Information, Tom Matthews, [thomasjmatthews@icloud.com](mailto:thomasjmatthews@icloud.com).*

### *Sacred Steps*

**REST IN PEACE** Please pray for the repose of the soul of Connor Barton.



# Annual Catholic Appeal



The **Annual Catholic Appeal** funds ministries and services for your local Catholic community.

**Please make your 2023 ACA gift today!**

**“Give,  
and it will  
be given  
to you.”**

— Luke 6:38

Go to [archseattle.org/GiveACA](https://archseattle.org/GiveACA)  
or point your phone camera here



# Receive Her in the Lord



## Reimagining Women's Participation in a Synodal Church

### Join the discernment about women's roles in the Catholic Church

We invite the Holy Spirit in as we reflect on the fruits of the first phase of the global synod and explore where the Spirit is calling us as Catholics in Western Washington. All Catholics and people of goodwill are welcome for this gathering of prayer, relationship building, reflection, and synodal discernment.

<https://bit.ly/receiveher>



**Register online!**



**St. James Cathedral Hall**

803 Terry Ave.  
Seattle, WA 98104



Saturday, May 6, 2023  
9am-12pm



ST. JOSEPH PARISH

**SEATTLEU**  
CAMPUS MINISTRY



ST. THERESE  
CATHOLIC CHURCH



ST. LEO CHURCH  
A Roman Parish



IGNATIUS  
SPIRITUALITY  
CENTER



INTERCOMMUNITY  
PLACE & JUSTICE CENTER



ST. JAMES CATHEDRAL  
SEATTLE

# Heinrich Ignaz Franz von Biber's Rosary Sonatas Part III: The Glorious Mysteries



Tekla Cunningham, *baroque violin*



Elisabeth Reed, *viola da gamba*

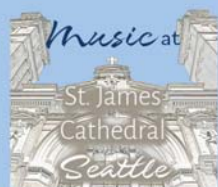


Henry Lebedinsky, *organ & harpsichord*

## Saturday, May 6, 2023 at 8:00 pm

The *Rosary Sonatas*, also known as the *Mystery Sonatas*, composed by Biber around 1676, are a collection of 15 short sonatas for violin and continuo, with a final passacaglia for solo violin. Each sonata is a reflection on the Mysteries of the Rosary: the Joyful Mysteries, the Sorrowful Mysteries, and the Glorious Mysteries. Celebrated Seattle violinist **Tekla Cunningham** brings Part III, the Glorious Mysteries to St. James Cathedral, playing The Resurrection, The Ascension, Pentecost, The Assumption of the Virgin, The Beatification of the Virgin, and the final Passacaglia, which was possibly composed to celebrate the Feast of the Guardian Angels. Biber uses *scordatura*, a tuning technique that gives a special timbre to the violin.

For tickets (suggested donation \$20/\$12 students & seniors, or pay what you can) and more information, scan the QR code or visit [www.stjames-cathedral.org/music/concerts](http://www.stjames-cathedral.org/music/concerts).



The Cathedral will close after the 5:30pm Mass and will reopen for the concert at 7:30pm. Walk-up tickets will be available at the Marion & Terry entrance only. The Cabrini Garage closes after Mass and will NOT remain open for the concert. Questions? Contact the music office: [musicoffice@stjames-cathedral.org](mailto:musicoffice@stjames-cathedral.org) or 206-382-4874.



# Diaper and Baby Wipes COLLECTION DRIVE



**Saturday and Sunday, May 13-14, 2023**

The St. James Respect Life committee invites you to celebrate Mother's Day by donating baby wipes and diapers (sizes 3, 4 and 5 preferred). Items can be brought to the Cathedral Van, which will be parked by the Marion and Terry door before weekend Masses on May 13 and 14.

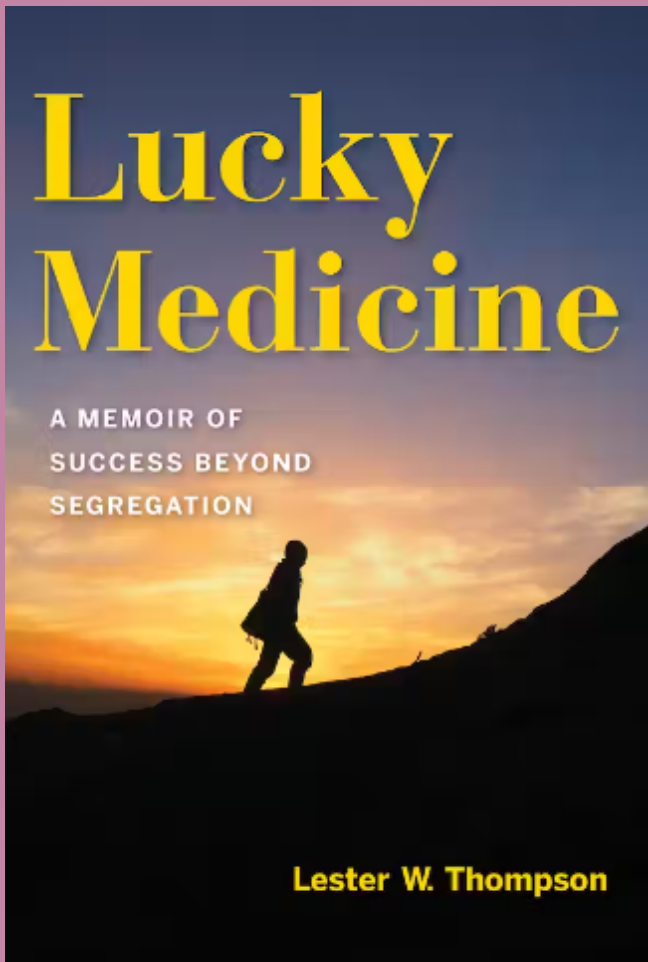
Help us to stuff the van full of diapers and baby wipes! All donations will be shared with our partners at Catholic Community Services for PREPARES, a Pregnancy and Parenting Support program.

*Information, Patrick Barredo, 206-382-4515  
or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org)*

# Lucky Medicine

*A Memoir of Success Beyond Segregation*

**Book Reading and Signing with the Author,  
Cathedral parishioner Dr. Lester Thompson**



**Monday, May 8, 2023**

**6:30pm—8:00pm**

**Pastoral Outreach Center**

**907 Columbia Street**

The St. James Racial Solidarity team invites you to enter into Dr. Thompson's life, in this close-up, unforgettable look at college life at Indiana University just before the sweeping social changes of the 1960s, when students of color accounted for less than 2% of the student body.

Copies of *Lucky Medicine* are available for purchase in the Cathedral bookstore and the event.

*"From his father's dream of Lester becoming a doctor, this memoir serves as an inspiration for any young medical student to capture their dream. Lucky Medicine gives us a groundbreaking look into a midwestern, African American youngster's unlikely journey to become a doctor."*

- **BOOKER T. JONES**, Grammy Award Winner  
and Rock and Roll Hall of Fame inductee

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

# May is Mental Health Month

Anisa Ralls, Director of the Cathedral's Mental Health and Wellness Ministry, will be hosting receptions in the Gallagher Center after the 8:00am and 10:00am Masses on May 7 and 28.

You are invited to stop in for more information about mental health and wellness, find resources, and receive support. There are also many ways you can get involved in this important ministry.

Come learn more about the Cathedral's Mental Health and Wellness Ministry!



St Dymphna is the Patron Saint of those who have mental illness. Her feast day is May 15. St Dymphna, pray for us!

*Information, Anisa Ralls, [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org) or 206-382-4269.*