



ST. JAMES CATHEDRAL
The Twenty-First Sunday in Ordinary Time
August 25, 2024

EUCHARIST: Spirit and Life

Last in a series of 5

August 25, 2024

This year, the Lectionary takes us through the Gospel of Mark—except for a five-week stretch of summer Sundays when we read John, Chapter 6. This offers us an opportunity for an extended reflection on the Bread of Life—the Eucharist. In this series, we reflect on this central mystery of our faith.

THIS SAYING IS HARD

For five weeks now, we have been reading the sixth chapter of St. John. Jesus multiplies the loaves and fishes for the multitude, and then, little by little, he leads the people into the mystery of his Body and Blood—his abiding presence in the Eucharist. This teaching is a breaking point for some. Not only is Jesus talking about feeding people with his Body and Blood, but he is talking about sacrifice and death. And that is not what people are looking for in a Messiah. “This saying is hard; who can accept it?” The answer is, not everyone can, and even some of Jesus’ disciples part ways with him. Jesus says to the Twelve, “do you also want to leave?” Peter answers for all of the Apostles. He does not claim to understand Jesus’ teaching about his Body and Blood. But he does know that no one else speaks like Jesus. Only Jesus has “words of eternal life.” Only Jesus is “the Holy One of God.”

EUCHARISTIC FAITH

The Eucharist is still a “hard saying.” There are still controversies and debates in our own time. Within the Church, there are sometimes different understandings of what it means to be Eucharistic people. At the same time, though, the Eucharist is the source of our unity. Indeed, “the Eucharist makes the Church” (Catechism 1396).

The Eucharist is not easy. How could it be? To believe in the Real Presence is an act of faith in the power and presence of God. “Sight has failed, nor thought conceives,” wrote St. Thomas Aquinas. We see the signs—bread and wine—but only faith can discern the reality, Christ’s living presence in the Eucharist. St. John Henry Newman could say with total confidence, “I have no doubt whatever on my mind about the Gift which that Sacrament contains,” because he relied on the teaching and faith of saints, doctors, and martyrs down through the ages: “I cast my lot with them. I believe as they.”



Raphael, *Disputation of the Sacrament* (1509-10), Vatican City. There is a lot going on here—above, seated upon clouds of cherubs, we see the Holy Trinity, Mary, John the Baptist, along with prophets, apostles, and martyrs. Below, there are crowds of philosophers, popes, and more. But the focus of their attention—and of Raphael’s fresco—is a simple monstrance containing a host. The Eucharist is at the center of the painting, a link between earth and heaven. The Church has never stopped discussing, pondering, wondering, learning, and adoring the Eucharist—and never will.

EUCHARISTIC CONSEQUENCES

The Real Presence of Christ in the Eucharist has consequences. It changes how we see those in the pews around us: we are no longer strangers, but family, one Body in Christ. The Eucharist changes how we respond to the poor: “Remember that he who said *this is my body*, and made good his words, also said, *You saw me hungry and gave me no food*” (St. John Chrysostom, 4th c). The Eucharist changes how we look at the universe around us: “The Eucharist joins heaven and earth; it embraces and penetrates all creation... the Eucharist is also a source of light and motivation for our concerns for the environment, directing us to be stewards of all creation” (Pope Francis, *Laudato Si*, 236).

The Eucharist is the foretaste of the heavenly banquet, the pledge of the world to come, and the transformative presence of Christ in our lives and our community, here and now. The Eucharist changes everything.

—Corinna Laughlin

THE FAITH OF THE SAINTS

Our Lord doesn’t come down from heaven every day just to wait there in a gold ciborium; he has found a much better heaven for his resting-place; a Christian soul, made in his own image, the living temple of the Blessed Trinity.

—St. Therese of Lisieux (1873-1897)

ORDER OF CELEBRATION FOR THE
Twenty-first Sunday in Ordinary Time

CELEBRATION OF THE SACRAMENT OF BAPTISM (12:00pm)

PRELUDE

He hath put down the mighty from their seat

Marcel Dupré (1886–1971)

“Adagio” from *Symphony No. 3*

Louis Vierne (1870–1937)

The Introductory Rites

ENTRANCE

Only begotten, word of God eternal

ISTE CONFESSOR



1. On - ly - be - got - ten, Word of God e - ter - nal,
2. Ho - ly this tem - ple where our Lord is dwell - ing,
3. Lord, we be - seech you, as we throng your tem - ple,
4. God in Three Per - sons, Fa - ther ev - er - liv - ing,



Lord of cre - a - tion, mer - ci - ful and might - y,
This is none oth - er than the gate of heav - en;
by your past bless - ings, by your pres - ent boun - ty,
Son co - e - ter - nal, ev - er - bless - ed Spir - it,



Hear now your ser - vants, when their tune - ful
Stran - gers and pil - grims, seek - ing homes e -
Smile on your chil - dren, and with ten - der
Yours be the glo - ry, praise and ad - or -



voic - es Rise to your pres - - - ence.
ter - nal, Pass through its por - - - tals.
mer - cy Hear our pe - ti - - - tions.
a - tion, Now and for ev - - - er.

WELCOMING OF THE CHILDREN TO BE BAPTIZED (12:00pm)

PENITENTIAL ACT

Missa Orbis factor

Vatican XI

Cantor, then ALL:



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

GLORIA

Mass in Honor of St. Benedict
Robert Le Blanc (b. 1948)

ALL:

Glo - ry to God in the high - est, and on earth peace to peo - ple of good will. We

praise you, we bless you, we a - dore you, we glo - ri - fy you, we give you thanks for

your great glo - ry, Lord God heav - en - ly King, O God, al - might - y Fa - ther.

Cantor or Choir:

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

ALL:

For you a - lone are the Ho - ly One, you a - lone are the Lord,

you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it, in the

glo - ry of God the Fa - ther. A - men, a - men, a - - - men.

COLLECT (OPENING PRAYER)

The Liturgy of the Word

FIRST READING

Joshua 24:1-2a, 15-17, 18b

PSALM RESPONSE

Psalm 34
Michel Guimont (b. 1952)

Taste and see the good - ness of the Lord.

SECOND READING

Ephesians 5:2a, 25-32

ALLELUIA

Melchoir Vulpius (1570-1615)

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

GOSPEL

John 6:60-69

HOMILY

Father Gary Lazzeroni (8:00am, 10:00am)
Father Michael G. Ryan (all other Masses)

CREED (except at 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.

The Rite of Baptism (12:00pm)

INTERCESSIONS AND LITANY OF SAINTS

BLESSING OF WATER

PROFESSION OF FAITH All join in the response, **I do.**

ACCLAMATION FOLLOWING EACH BAPTISM

Norah Duncan IV



SPRINKLING WITH BAPTISMAL WATER

Vidi aquam
David Hurd

ENTRANCE OF THE NEWLY BAPTIZED

EXPLANATORY RITES

The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 & Noon)

Hymn to St. Peter
Benjamin Britten (1913–1976)

Thou shalt make them Princes over all the earth: They shall remember thy name, O LORD.
Instead of thy fathers, Sons are born to thee: There for shall the people praise thee, Alleluia.
Thou art Peter, And upon this rock I will build my church, Alleluia.

Gradual of the Feast of St. Peter and St. Paul

(Sunday evening)

My eyes for beauty pine
Herbert Howells (1892–1983)

SANCTUS

Corpus Christi Mass
Richard Proulx (1937–2010)

Cantor, then All:



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

Choir: Heaven and earth are full of your glory.

Cantor, then All:



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

Choir: Blessed is he who comes in the name of the Lord.

Cantor, then All:



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

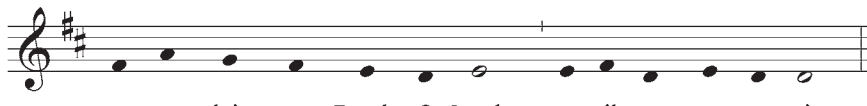
MYSTERY OF FAITH

Richard Proulx

Cantor, then All:



When we eat this Bread and drink this Cup,



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

AMEN

Richard Proulx

All:



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

LORD'S PRAYER

AGNUS DEI

Holy Cross Mass
David Clarke Isele (1946–2016)

Cantor: *ALL:*

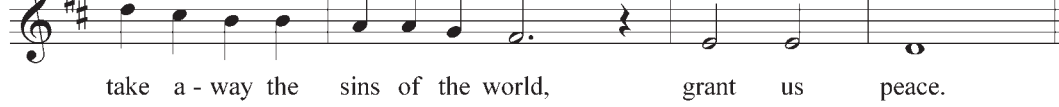


Lamb of God, you take a-way the sins of the world, have

Cantor: *ALL:*



mer - cy on us. Lamb of God, you



take a - way the sins of the world, grant us peace.

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

COMMUNION

De fructu operum tuorum

The earth will be satisfied by the work of your hands, O LORD,
as you bring forth bread from the land and wine to gladden our heart;
oil to make our faces shine, and bread to strengthen our hearts.

chant, Mode VI

COMMUNION PROCESSION

Psalm 34: *Taste and see*

Richard Proulx



Taste and see the good - ness of the Lord.

(10:00 & Noon)

Tantum ergo

Jessica French (b. 1984)

HYMN OF PRAISE

Thy strong word

EBENEZER



1. Thy strong word did cleave the dark-ness; At thy speak - ing
2. Thy strong word be - speaks us right-eous; Bright with thine own



it was done; For cre - at - ed light we thank thee,
ho - li - ness, Glo - rious now, we press toward glo - ry,



While thine or - dered sea - sons run: Al - le - lu - ia!
And our lives our hopes con - fess: Al - le - lu - ia!



Al - le - lu - ia! Praise to thee who light dost send!
Al - le - lu - ia! Praise to thee who light dost send!



Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia with - out end!
Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia with - out end!

PRAYER AFTER COMMUNION

FINAL BLESSING AND DISMISSAL

PROCESSION

Processional

William Mathias (1934–1992)

“Final” from *Symphony No. 3*

Louis Vierne

ICON OF THE MYSTICAL BANQUET. ACKNOWLEDGEMENTS: Gloria from *Mass in Honor of St. Benedict* by Robert LeBlanc, copyright © 1991 by Robert LeBlanc, published and administrated by Liturgical Press, Collegeville, MN. Reprinted under oneLicense.net #A706828. All rights reserved. Psalm response by Michel Guimont, Baptismal acclamation from *Unity Mass* by Norah Duncan IV, Eucharistic acclamations from *Corpus Christi Mass* by Richard Proulx, Agnus Dei from *Holy Cross Mass* by David Clarke Isele, Communion Processional refrain by Richard Proulx, copyright © 1986, 1995, 2003, 2010, by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Prayer of the Faithful response by Jacques Berthier, copyright © 1978, 1980, and 1981, Les Presses de Taizé (France), GIA Publications, Inc., Chicago, IL, exclusive agent. Reprinted under OneLicense.net #A706828. Hymn of Praise text by Martin H. Franzmann, copyright © 1969 by Concordia Publishing House. Reprinted under OneLicense.net #A706828. All rights reserved.

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR

 Rev. Alex Pablo

IN RESIDENCE

 Rev. Bryan Hersey, Rev. David 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)

Patty Pruitt, Administrative Assistant (206-274-3108)

CHILDREN'S FAITH FORMATION

Tami Kowal, Director of Children's Faith Formation (206-219-5822)

Leticia Escobar, Faith Mentors & Faith Friends (206-619-0816)

LITURGY

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

Julie Sharples, Spencer Truong, 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)

Peter Burns, Outreach Assistant

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

Tom Bentler, Assistant Director (206-264-2091)

MENTAL HEALTH AND WELLNESS MINISTRY

Anisa Ralls, Director (206-382-4269)

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

Erica de Klerk, Director, Refugee Welcome Coordinator

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal 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, Khai Nguyen, Tan Nguyen, 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

TRIBUNAL ADVOCATES

 The parish has several advocates ready to assist with marriage cases (commonly called 'annulments'). Information, Maria Laughlin, 206-382-4284

CATHEDRAL COLUMBARIUM

 Maria Laughlin, 206-382-4284

CATHEDRAL KITCHEN

 serves dinner Monday to Friday, 4pm—4:45pm, and breakfast on Sundays, 7am—8am. All are welcome.

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

www.stjames-cathedral.org

WELCOME TO OUR PARISH FAMILY

ST. JAMES CATHEDRAL
IMMACULATE CONCEPTION | CHRIST OUR HOPE

The 21st Sunday in Ordinary Time August 25, 2024

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.*

ON THE COVER *Master, to whom shall we go? You have the words of everlasting life.* Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

FLOWERS AT THE ALTAR are offered by are offered by the Deuna and Lopez family in loving remembrance of Lucia Gambalan Deuna on the first anniversary of her passing.

SUNDAY HOSPITALITY Come to Cathedral Hall after the 10:00am Mass for breakfast burritos, fresh fruit, and fellowship.

SUMMER WALKING GROUP Join the Mental Health and Wellness Ministry every Wednesday at 11am in front of the Pastoral Outreach Center, 907 Columbia St. this summer! We will be walking together around the neighborhood of the Cathedral, while we get to know each other and improve our physical and mental health. All abilities and dogs are welcome. Last walk is this Wednesday, August 28. *Information*, Anisa Ralls, 206-382-4269 or aralls@stjames-cathedral.org.

GRIEF SUPPORT GROUP Tuesdays, September 10-November 5 (skipping October 15), 6:30-8:00pm. A new grief support group is starting for anyone who is grieving the death of a loved one. This 8-week group will be facilitated by Anisa Ralls, Director of the Mental Health and Wellness Ministry. *Registration required*, aralls@stjames-cathedral.org or 206-382-4269.

MENTAL HEALTH AND WELLNESS MINISTRY MOVIE GROUP Join the Mental Health and Wellness Ministry on the 5th Friday of the month, 10-11:30am, to watch a movie together. Popcorn and refreshments served! All are welcome to gather for fun and community, next movie group will be held Friday, August 30 in the Pastoral Outreach Center. *Information*, Anisa Ralls 206-382-4269 or aralls@stjames-cathedral.org

PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each parish family in the Archdiocese of Seattle. This week we pray for the parish family of Holy Cross in Lake Stevens, St. Michael in Snohomish, and St. Mary of the Valley in Monroe.*

JOIN THE CATHEDRAL USHERS At all the Masses on weekends, holy days, and other special occasions, Cathedral ushers welcome visitors, hand out bulletins, answer questions, and assist with the collection and communion procession. And we can always use more ushers! All training is provided. *Information*, Corinna Laughlin, claughlin@stjames-cathedral.org.

INTERESTED IN BECOMING CATHOLIC? Are you, a family member, or a friend interested in joining the Catholic Church? Are you curious about how a person becomes Catholic or do you simply want to learn what Catholicism is all about? *Information*, John Marquez, jmarquez@stjames-cathedral.org, 206-654-4640.

SPONSOR SOMEONE IN RCIA Would you like to share the meaning of your Catholic faith with someone who is new to the Church? Does the thought of accompanying someone as they seek to become Catholic appeal to you? Could you introduce someone to Christian discipleship as lived at St. James? Perhaps you would make a good RCIA sponsor. Learn more about what's involved in sponsorship. *Information*, John Marquez, 206-654-4640 or jmarquez@stjames-cathedral.org.

MASS FOR SUICIDE HEALING AND REMEMBRANCE September is Suicide Prevention Awareness Month. Join us at this special Mass, September 14 at 5:30pm, as we pray for all who have been lost to suicide, for survivors of suicide, and for those who have lost a family member, friend, or colleague. We also pray that, as Church and as individuals, we can help prevent suicide by raising awareness and knowing how to help those in need. Archbishop Paul D. Etienne, celebrant.

WEEKLY MENTAL HEALTH AND WELLNESS GROUPS Open to anyone who needs support, weekly groups are held every Friday of the month, 10:00-11:30am. The Mental Health and Wellness Ministry is offering different groups for mental health support, including art, board games, a mental health support group, mindfulness, yoga, and prayer, and a movie. Everyone is welcome! Held in the Pastoral Outreach Center. *Registration*, Anisa Ralls, 206-382-4269 or aralls@stjames-cathedral.org.

A TIP FROM POPE FRANCIS: We must learn how to unmask the various ways that the truth is manipulated. In *Fratelli Tutti*, Pope Francis says that "we need to learn how to unmask the various ways that the truth is manipulated, distorted and concealed in public and private discourse" (# 208), and to unmask media sources that are actually "powerful special interests that seek to tilt public opinion unfairly in their favor" (# 201). An important starting point in preparing our hearts for dialogue is to consider from what sources I get my information. Are these sources reputable and longstanding? Are they neutral sources or connected with a particular political party or bias? Is it possible that I or others are being manipulated by persons or groups who have their own interests in mind? How can I check claims that I hear against multiple sources to ensure their accuracy before I share that information with others?

ST VINCENT DE PAUL THANKS YOU A single parent along with his two children were happy to move into an apartment from a shelter. After many years of work involving heavy labor, an injury resulted in the man being disabled. It is a blessing that the family qualified for subsidized housing. When we visited the new apartment, we saw that it was almost empty. Thanks to your support of the SVdP ministry, we ordered beds for this family. Those in need of assistance call the SVdP Helpline (206-767-6449 or apply online <https://svdpseattle.org/get-help/online-help-request-form/>). We can all sleep a little better knowing our neighbors are not sleeping on a leaky air mattress or on the floor. *Information*: Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

A SPIRITUALITY OF GRIEVING WITH FATHER RON ROLHEISER Presented by St Michael Parish, Olympia, Saturday, September 21. Mass at 9am, talk 10am-1pm. Join us for a free presentation on grieving through the lens of our Catholic faith. *Information*, <https://saintmichaelparish.org/a-spirituality-of-grieving/>

TOILETRY DONATIONS If you are traveling and staying at a hotel, consider bringing the small toiletries back to St. James so they can be distributed to those in need. Donations can be dropped off at the Cathedral Bookstore. Especially needed at the moment is suntan lotion. Thank you!

FAITHFUL CITIZENSHIP Vote in the 2024 elections! Register to vote, available in multiple languages, VoteWA.gov or Vote411.org.

EVENTS IN OUR PARISH FAMILY

AS CHRIST OUR HOPE STRIVES TO BE A BEACON OF LIGHT in Downtown Seattle, we invite you to join us on Thursday, September 5, for our quarterly Civic Association—which includes a potluck, Happy Hour and guest speaker. The guest speaker will be Rob Stewart, Executive Director of New Horizons (nhmin.org) in Belltown, which works to end homelessness one young person at a time. Thursday, September 5, 5:30-7:00 pm at Continental Place Condominiums Community Room, 2125 1st Ave, Seattle. *Pay parking available on the street and in nearby parking garages*

GETTING TO KNOW OUR PARISH FAMILY All members of the parish family of St. James Cathedral, Christ Our Hope, and Immaculate Conception are invited to gatherings this summer to learn more about the parishes of our family, pray together, share a meal, and get to know one another. The last gathering is at Immaculate Conception Church, 820 18th Ave, on Thursday, September 12 at 6:30pm. *Information or to RSVP*, Barbara Connor, 206-322-5970 or bconnor@icseattle.org.



Annual Catholic Appeal 2024

One Mission,
One Family,
Together in Christ



PICTURED FROM TOP LEFT:
Youth Migrant Project,
Seminarians, Hospital ministry

GOAL SURPASSED!

ANNUAL CATHOLIC APPEAL REPORT through August 15, 2024

ACA Goal: **\$363,318** | Rebate Goal: **\$180,000**
TOTAL GOAL: \$543,318

Donated through August 15: **\$545,358**
Number of gifts: **650** Average gift: **\$839**

We have now met the Archdiocesan goal.
Every gift now comes back to the Cathedral as a rebate!
SURPLUS! \$2,040 (!)



Thanks to your incredibly generous support, we have met our goal!
This year the rebate will support our programs for children and youth,
including Children's Faith Formation, Faith Mentors, and our Youth Music Program.

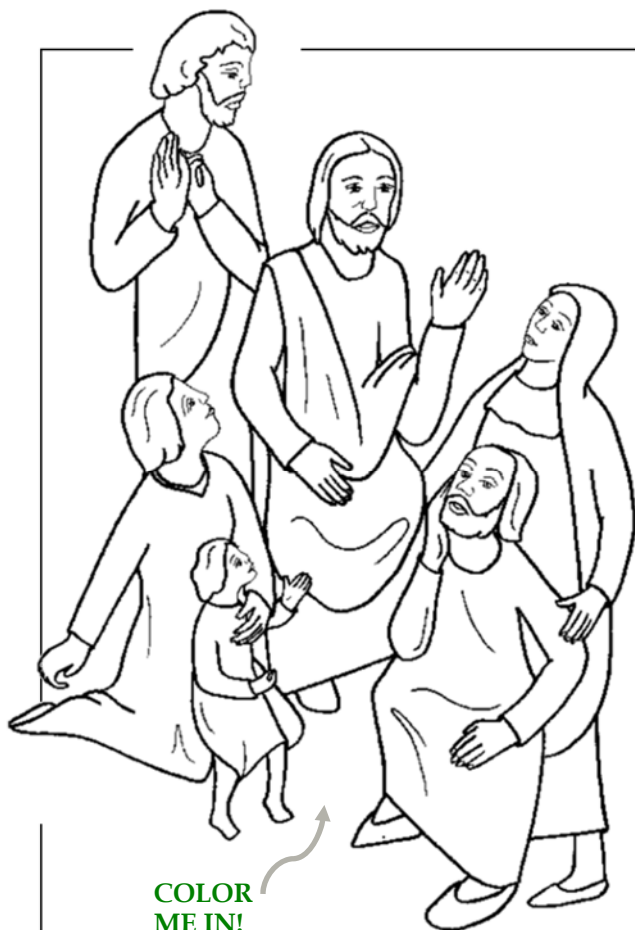
Make Your Gift Today

archseattle.org/GiveACA | Call 800-809-4921 | Scan the QR code

Annual Catholic Appeal | 710 9th Avenue, Seattle WA 98104 | aca@seattlearch.org



ACA-B2-E/BULLETIN 2



COLOR
ME IN!

Children's Faith Formation

2024-2025

**Children's Faith Formation
begins Sunday, September 15, 2024**

**In-person at St. James Cathedral
following the 10:00am Mass
for grades pre-K through middle school
including sacramental preparation.**

New this year: a special class for confirmed youth!

**Have questions? Come visit our CFF table in the
Cathedral Courtyard after the 10am and Noon
Masses on August 18, August 25, and September 1.**

*Are you interested in serving as a catechist, catechist's
assistant, or doorkeeper in 2024-2025? Please consider
helping our children grow in faith!*

Information, Tami Kowal, tkowal@stjames-cathedral.org

**REGISTER
ONLINE**



Get Ready to Live your Faith In Action

A new Children's Faith Formation Class for the 2024-2025 year

Are you a youth who
celebrated the Sacrament
of Confirmation in the last
few years?

**We have a NEW class
just for you:
FAITH IN ACTION!**



Blessed Carlo Acutis



Saint Joan of Arc

It meets during the regular
Children's Faith Formation
class time and will give you
the opportunity to get to
know mentors, connect
with other Catholic teens,
engage in service
opportunities and live your
FAITH IN ACTION!

Information, Tami Kowal, 206-219-5822
tkowal@stjames-cathedral.org

CREATION

Contemplative Evening Prayer
with music from Taizé



Friday, September 6, 2024

6:30pm

St. James Cathedral

*Holy Spirit, you set us free,
free in order to love
those you entrust to us;
free also to look in a new way
upon creation.*

*All that is created comes from you
as a gift which you entrust to us.*

Brother Alois of Taizé

On the first Friday of each month,
all are welcome to a
contemplative prayer in the
Cathedral, with song, silence, and
candlelight. The service includes
the meditative chants of the
ecumenical Taizé community in
France, founded by Brother Roger
Schutz as a sign of reconciliation
after World War II.

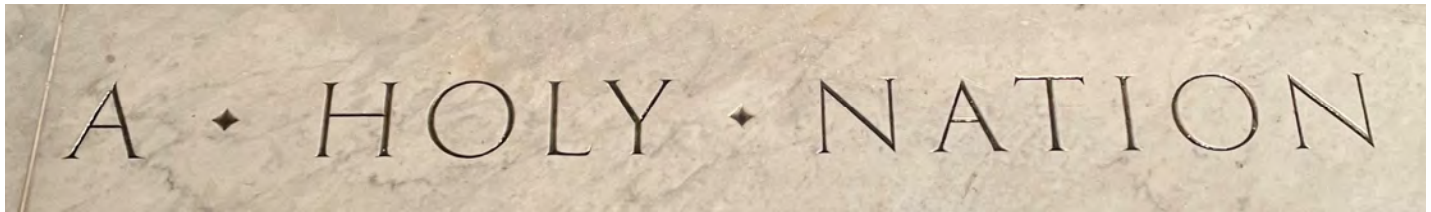
Prophets of Hope:

Reflecting God's Light for Challenging Political Times

Saturday, September 7, 2024, 1:00pm to 5:00pm

St. James Cathedral Pastoral Outreach Center

Caroline Okello, *facilitator*



In this guided retreat sponsored by the St. James Life, Peace and Justice Commission, participants will encounter anew the Prophets of the Hebrew Scriptures who listened to the voice of God and responded to God's call.

*What is your calling?
How did you know to respond to your calling?*

In this election year, participants will discern how to follow in the tradition of the Prophets, reflecting God's light and wisdom for the sake of our community and our nation.

*O Lord ever merciful God, ever loving God,
May we continue to be the prophets of today
walking our calling to be Your people,
in Your Name,
God for ever and ever.
Amen!*

RSVP by September 4,
Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org

WWW.STJAMES-CATHEDRAL.ORG

ADVANCED DE-ESCALATION AND PERSONAL SAFETY TRAINING



Monday September 9, 2024, 6 - 8:00pm
St. James Cathedral Pastoral Outreach Center
907 Columbia Street

Drawing from over 25 years of experience in professional behavioral health and integrated care settings, **Martin Reinsel, MA, LMHC** will lead a two-hour course with the following goals:



- This training will be focused on “advanced” intervention approaches. Attendance at the Part 1 training event, most recently offered in June 2024, is recommended, but not mandatory.
- There will be a brief review of key concepts from the Part 1 training in June, such as “setting limits” and “debriefing.”
- New “advanced” content will be presented, focused on the most challenging behavioral situational examples of interest to the St James community.
- Like the Part 1 training, the focus will be on providing compassionate, non-harmful, and trauma-informed perspectives and considerations for managing difficult situations and challenging behaviors.

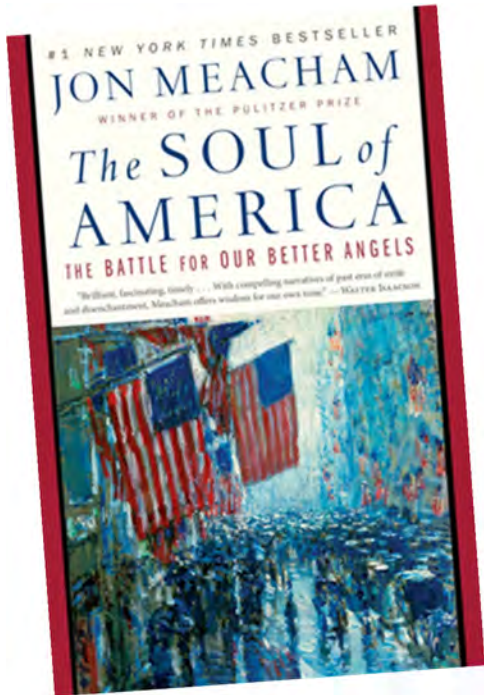
This workshop is free for Cathedral staff and volunteers.

Registration for this event is required.

Anisa Ralls, 206-382-4269 or aralls@stjames-cathedral.org by 9/3

CATHEDRAL BOOK CLUB

The Soul of America



Thursday, September 26, 2024

7:00 pm | Holy Names Room

Pastoral Outreach Center (907 Columbia St.)

Join the Cathedral Book Club and the Life, Peace, and Justice Commission on Thursday, September 26 at 7:00pm, when parishioner Judith Mayotte will lead us in a discussion of *The Soul of America: The Battle for Our Better Angels* by Pulitzer-Prize winning author Jon Meacham.

Copies are available in the Cathedral Bookstore or wherever you get your books!

#1 New York Times Bestseller • Pulitzer Prize–winning author Jon Meacham helps us understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear.

“Meacham tells us we’ve been here before, and can find our way out, urging readers to enter the arena, avoid tribalism, respect facts and listen to history.” – The Washington Post

“Gripping and inspiring, *The Soul of America* is Jon Meacham’s declaration of his faith in America.”—Newsday

“Meacham gives readers a long-term perspective on American history and a reason to believe the soul of America is ultimately one of kindness and caring, not rancor and paranoia.” – USA Today

“Brilliant, fascinating, timely...With compelling narratives of past eras of strife and disenchantment, Meacham offers wisdom for our own time.” — Walter Isaacson

The Soul of America is available in the Cathedral Bookstore.

There is no registration requirement, but please contact Joyce Mork-O'Brien at jamob14@comcast.net if you plan to attend so that we can be sure to accommodate everyone.

Parking is available at O'Dea High School. This is an in-person event.

St. James Cathedral 804 Ninth Avenue Seattle www.stjames-cathedral.org

Sing with the Cathedral Choir!



The Cathedral Choir has openings in all voice parts for the 2024-25 season!

Auditions are held by appointment over the summer months. Singers must know how to read music and be able to keep up with a fast pace of repertoire—we sing more than 70 different motets during a typical church year.

The choir season begins in mid-September and runs through early June. Cathedral Choir sings for the 10:00am Sunday Mass (usually a 9:00am call time) and has a weekly rehearsal on Thursdays from 7:30–9:30pm. Additional liturgies are sung throughout the year (including All Souls Requiem, Christmas Eve, Holy Week, and Ordination of Priests). The Cathedral Choir depends on regular attendance at rehearsals and liturgies to achieve the high standards we have for our music ministry.

To schedule an audition, contact the Cathedral music office via email at musicoffice@stjames-cathedral.org or call 206-382-4874. Please let us know your voice part (soprano, alto, tenor, or bass) and what kind of choral singing experience you have.





come **SING** with us!

**ENROLL NOW
for 2024-2025!**

We welcome
all children
and youth!

(206) 382-4876

youthmusic@stjames-cathedral.org

**Youth
MUSIC**
at St. James Cathedral

● **Seraphim**

Ensemble for boys and girls in
grades 1-3.
Meet on Thursdays, 4:30-6:00pm.

● **Fratres**

Ensemble for changing and changed
young men's voices in grades 7-12.
Meet on Mondays, 4:45-6:45pm.

● **Schola Cantorum**

Ensemble for unchanged treble boys'
and girls' voices in grades 4-8.
Meet on Thursdays, 4:30-6:30pm.

● **Jubilate**

Ensemble for high school
young women in grades 9-12.
Meet on Mondays, 4:45-6:45pm.

**REHEARSALS
BEGIN
9/16
AND 9/19**

**TUITION
\$150 per semester**
Enroll before Sept. 30th
for a 20% discount!
Scholarships available!