



ST. JAMES CATHEDRAL
The Twentieth Sunday in Ordinary Time
August 20, 2023

ORDER OF CELEBRATION FOR THE

Twentieth Sunday in Ordinary Time

PRELUDE

Chaconne in E Minor, BuxWV 160

Dieterich Buxtehude (1637–1707)

Prelude and Fugue in D Minor, BWV 539

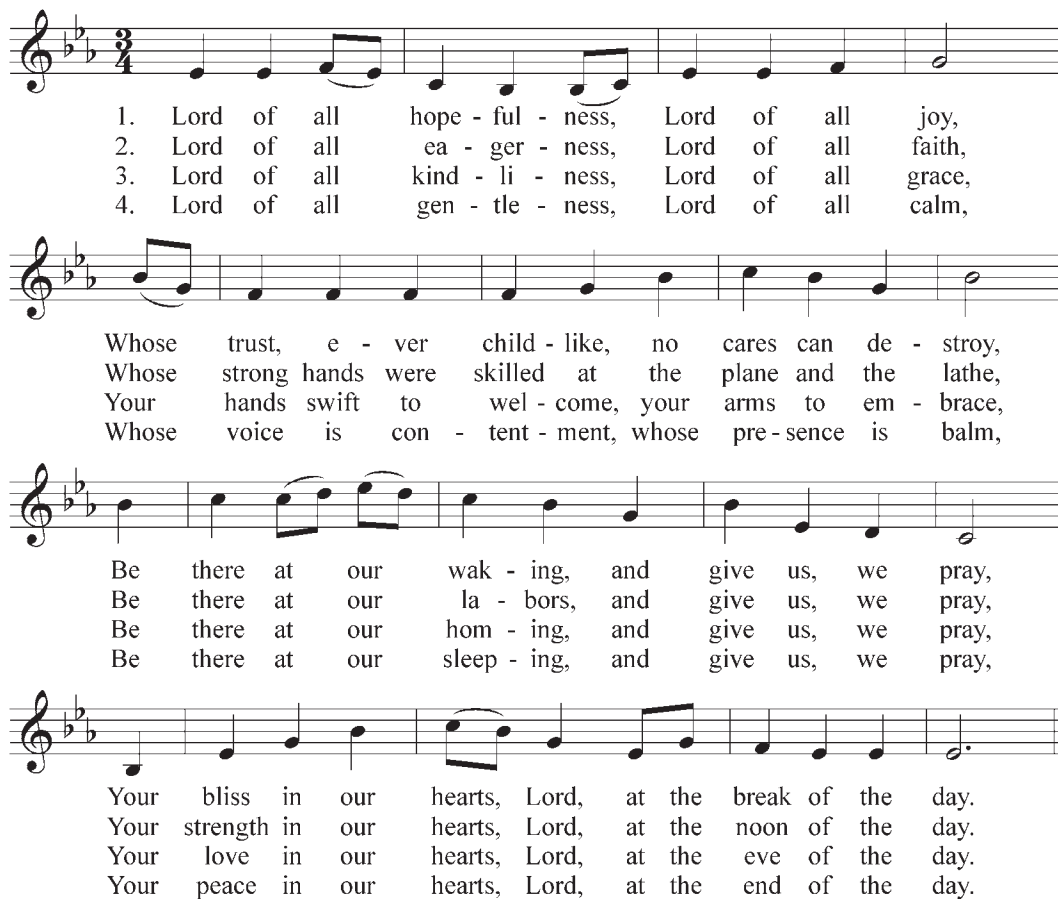
Johann Sebastian Bach (1685–1750)

The Introductory Rites

ENTRANCE

Lord of all hopefulness

SLANE



1. Lord of all hope - ful - ness, Lord of all joy,
2. Lord of all ea - ger - ness, Lord of all faith,
3. Lord of all kind - li - ness, Lord of all grace,
4. Lord of all gen - tle - ness, Lord of all calm,

Whose trust, e - ver child - like, no cares can de - stroy,
Whose strong hands were skilled at the plane and the lathe,
Your hands swift to wel - come, your arms to em - brace,
Whose voice is con - tent - ment, whose pre - sence is balm,

Be there at our wak - ing, and give us, we pray,
Be there at our la - bors, and give us, we pray,
Be there at our hom - ing, and give us, we pray,
Be there at our sleep - ing, and give us, we pray,

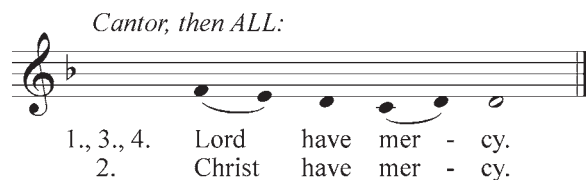
Your bliss in our hearts, Lord, at the break of the day.
Your strength in our hearts, Lord, at the noon of the day.
Your love in our hearts, Lord, at the eve of the day.
Your peace in our hearts, Lord, at the end of the day.

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

Isaiah 56:1, 6-7

PSALM RESPONSE

Psalm 67
Michel Guimont (b. 1952)

O God, O God, let all the na - tions praise you!

SECOND READING

Romans 11:13-15, 29-32

ALLELUIA

Melchoir Vulpius (1570-1615)

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

GOSPEL

Matthew 15:21-28

HOMILY

Father Michael G. Ryan

CREED

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 Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00 & Noon)

Jesu, meine Freude, BWV 227

Johann Sebastian Bach

Jesus, my joy, My heart's delight; Jesus, my treasure
Ah how long, ah how long
must my heart be anxious
And full of longing for you!
Lamb of God, my bridegroom
Besides you there is in on earth
Nothing else that is dearer to me.

(Sunday Evening)

Christ is the world's true light

Walter K. Stanton (1891–1978)

SANCTUS

Corpus Christi Mass

Richard Proulx (1937–2010)

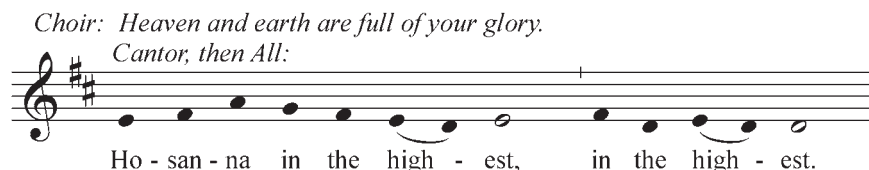
Cantor, then All:



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

Choir: Heaven and earth are full of your glory.

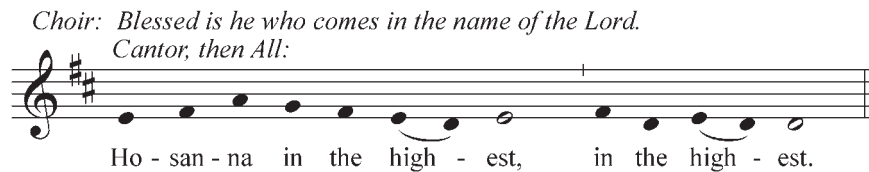
Cantor, then All:



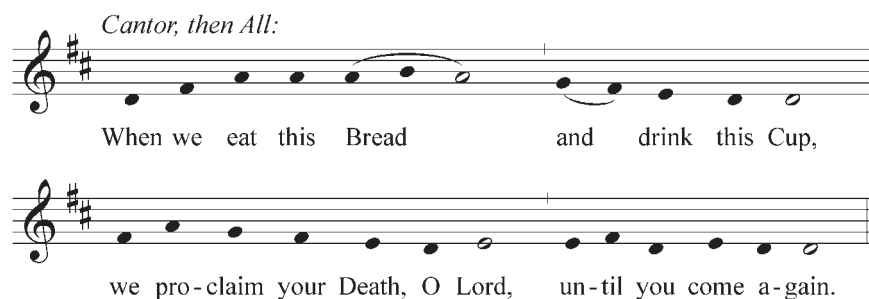
Ho - san - na in the high - est, in the high - est.

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.



AMEN

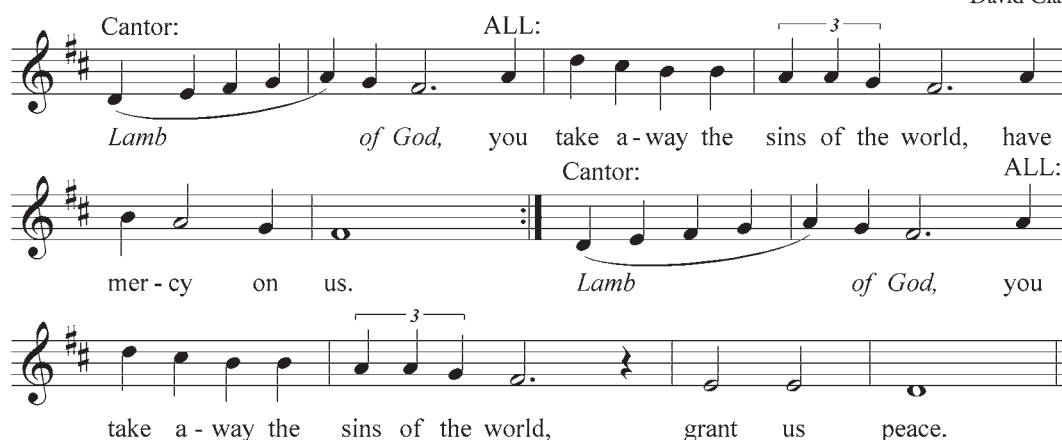
Richard Proulx



LORD'S PRAYER

AGNUS DEI

Holy Cross Mass
David Clarke Isele (1946–2016)



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

COMMUNION

Domus mea
chant, Mode V

My house will be called a house of prayer, says the Lord;
everyone who asks here, will receive,
and he who seeks, will find, and to him who knocks, it will be opened.

(10:00 & Noon)

Jesu, meine Freude, BWV 227
Johann Sebastian Bach

Good night, O being which has chosen the world, you do not please me!
Good night, sins, stay far behind me, do not rise into the light!
Good night, pride and vainglory! And to you, life of iniquity, a special good night!

But if the Spirit of him that raised up Christ from the dead
shall also quicken you mortal bodies by his Spirit that dwelleth in you.

Give way, you spirits of sadness, for Jesus, the King of joy, is entering in.
Those who love God must accept even their sadness as pure delight.
Though I suffer mockery and derision here,
yet even in my grief shalt though, Jesu, remain my joy.

COMMUNION PROCESSION

One thing I seek
Robert A. Hobby (b. 1962)

One thing I seek: that I may dwell in the
house of the Lord all the days of my life.

HYMN OF PRAISE

In Christ there is no east or west
McKEE

1. In Christ there is no east or west, In
2. In him shall true hearts ev - 'ry - where Their
3. Join hands, dis - ci - ples in the faith, What -
4. In Christ now meet both east and west, In

him no south or north, But one great fam - 'ly
high com - mun - ion find; His ser - vice is the
e'er your race may be! Who serve each oth - er
him meet south and north, All Christ - ly souls are

bound by love Through - out the whole wide earth.
gold - en cord Close - bind - ing hu - man - kind.
in Christ's love Are sure - ly kin to me.
one in him, Through - out the whole wide earth.

PRAYER AFTER COMMUNION

FINAL BLESSING AND DISMISSAL

PROCESSION

Meine Seele erhebt den Herren: Fuga sopra la Magnificat, BWV 733
Johann Sebastian Bach

ICON OF MARY AND THE CHILD JESUS by Cathedral Iconographer Joan Brand-Landkamer. 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, Eucharistic acclamations from *Corpus Christi Mass* by Richard Proulx, Agnus Dei from *Holy Cross Mass* by David Clarke Isele, copyright © 1986, 2010, by GIA Publications, Inc., Chicago, IL. Reprinted under OneLicense.net #A706828. All rights reserved. Communion procession by Robert A. Hobby, copyright © 1990 by Concordia Publishing House, St. Louis, MO. 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 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)

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

Open Position, Youth & Young Adults (206-382-2018)

Leticia Escobar, 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, 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, Obed "Mike" Sanchez (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, Tim Williamson, facilities

CELEBRATIONS of the SACRAMENTS

MASS

Sundays 8:00am - 10:00am - 12 Noon - 5:30pm

Weekdays 8:00am (M, T, W, Th, F, S) & 12:10pm (M,W,F)

Saturdays 8:00am & "Vigil" 5:30pm

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

CONFESSIONS/SACRAMENT OF RECONCILIATION

Saturdays, 8:30am-9:30am (following 8:00am Mass) and by appointment

BAPTISM Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Patty Pruitt for information, 206-274-3108.

MARRIAGE Registered parishioners may begin the scheduling process up to 14 months in advance. Contact Yanti Kapoyos, Wedding Office, 206-382-4288.

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

FUNERALS for parishioners, contact Yanti Kapoyos, 206-382-4288

CATHEDRAL COLUMBARIUM Maria Laughlin, 206-382-4284

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

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

804 Ninth Avenue, Seattle, WA 98104

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

Website: www.stjames-cathedral.org

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

The 20th Sunday in Ordinary Time August 20, 2023

Dear Friends,

I want to share some good news with you. Last weekend's spontaneous collection on behalf of the people of Maui received an extraordinary response. Believe it or not, you donated in excess of \$62,000! This included gifts both large and small, but every one of them will make a difference in the relief effort.

I also want to share with you the good news that we have reached our goal for the Annual Catholic Appeal. You may recall that the goal set for us by the Archdiocese was \$383,376 and that we set an additional goal of \$180,000, which will jump start the enhancement of the Terry and Marion entrance and restrooms.

I never cease to be humbled and amazed by your incredible generosity. Thank you!

Father Ryan

ON THE COVER *My house shall be called a house of prayer for all peoples.*

FLOWERS AT THE ALTAR are offered by the Head family in loving memory of Tiffany Head on the sixth anniversary of her passing.

HOSPITALITY AFTER SUNDAY 10:00AM MASS Join us in Cathedral Hall for savory Parmesan Bacon Biscuits from Macrina bakery, fresh fruit, and the chance to visit with fellow parishioners.

HUNTHAUSEN GOLF TOURNAMENT AND BENEFIT DINNER Our annual dinner and auction benefiting the Cathedral Kitchen is coming up on Monday, August 28. A couple of spots for golf have opened up! And there are still a few seats available for dinner. Thanks to all for your wonderful support. *Information*, Maria Laughlin, 206-382-4284 or 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. Pius X in Mountlake Terrace, Queen of Heaven in Tacoma, and Queen of Angels in Port Angeles.*

WELCOME BACK Would you yourself—or someone you know—like to take another look at the Catholic Church? If, for one reason or another, you have been away and long for community, or feel hungry for something more, Welcome Back might be just the right place to safely express your concerns. A new in-person six-week series will begin in late August. *Information*, John Simpson, 206-654-4658 or jsimpson@stjames-cathedral.org.

WELLNESS WEDNESDAYS St. James Cathedral's Mental Health and Wellness Ministry and the Archdiocese of Seattle Mental Health Ministry are sponsoring Wellness Wednesdays, an educational forum featuring professionals from various mental health disciplines speaking on topics related to mental health. The next installment on Wednesday, October 4, 2023, will be a special hybrid (virtual/in-person) event on Spirituality and Dementia, featuring Sr Judy Ryan and Father James Eblen. It will occur both on Zoom and live at St. Mark's Episcopal Cathedral. *Register*, <https://archseattle.org/events/wellness-wednesdays-7/>

ST VINCENT DE PAUL THANKS YOU A man who lost his job during the pandemic soon after experienced a medical condition which has resulted in loss of balance, and as a result, numerous falls. Consequently, the combination of these things left him depressed and anxious. When his unemployment benefits ended and his application for disability remained pending, he became short of rent money. This neighbor called the SVdP Helpline (206-767-6449) requesting assistance. With your help, we were able to offer some rent assistance and give him some relief. *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

CARE FOR CREATION TIP OF THE WEEK The Nature Conservancy (www.nature.org) offers a free interactive calculator to learn your carbon footprint and actions to take to reduce it. A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions. The average carbon footprint for a person in the U. S. is 16 tons, one of the highest rates in the world. The average global carbon footprint per year needs to drop to under 2 tons by 2050. By making small changes to our actions, like eating less meat, taking fewer connecting flights and line drying our clothes, we can start making a big difference.

GRIEF SUPPORT GROUP Tuesdays, September 12 through October 31, 10:00-11:30am in the Pastoral Outreach Center. You are invited to join this 8-week support group facilitated by Anisa Ralls, Director of the Mental Health and Wellness Ministry. *Register*, Anisa Ralls, 206-382-4269 or aralls@stjames-cathedral.org

CHILDREN'S FAITH FORMATION 2023-2024 St. James Cathedral provides the Children's Faith Formation program from September to June for children ages 4-11, and Confirmation (for children 7th and 8th Grade). Classes take place on Sunday from approximately 11:00 am to 12:10pm. Registration begins next Sunday, August 27! *See bulletin page for details.*

CATHEDRAL KITCHEN PORTRAIT UNVEILING On Friday, August 4, local artist and Pioneer Square Clinic nurse Mary Larson gifted her latest portrait "Michael" to the Cathedral Kitchen. He is a beloved staff member at the St. James Cathedral Kitchen.



Along with a whole team of other beautiful humans (& with the help of their amazing leader, Mick) the Cathedral Kitchen helps feed about 750 people in need in downtown Seattle every week. The kitchen just celebrated Michael's birthday & hung his portrait in Cathedral Hall. Michael was so happy that he climbed a ladder & perched himself under his painting! The St. James Cathedral Kitchen has been feeding our neighbors in need since 1975!

THE CATHEDRAL CHOIR AND WOMEN OF ST. JAMES SCHOLA are looking for new members for the upcoming year (September–June)! **Cathedral Choir** auditions in all voice parts are open for those who have prior experience singing in a choral ensemble and strong music-reading skills. Cathedral Choir has a weekly rehearsal on Thursdays from 7:30-9:30pm and sings for the Sunday 10am Mass with a rehearsal beforehand. It is a fast-paced ensemble that covers a large amount of repertoire over the season. **The Women of St. James Schola** is open to sopranos and altos who would like to sing chant along with unison & 2-3 part repertoire for women's voices at the 5:30 Mass each Sunday. Rehearsals are Sundays at 4:00pm. Schola members have a wide range of abilities, from beginner through advanced, and there are section leaders to provide core support. Though we do ask that Schola singers have a basic knowledge of reading music, there is no requirement of previous experience singing in a choir. *To arrange an audition*, contact the Cathedral music office at musicoffice@stjames-cathedral.org or 206-382-4874. Please let us know your voice part and some information about your singing background.

PREPARING FOR FIRST HOLY COMMUNION The Archdiocese of Seattle mandates a 2 year preparation period for the Sacraments of First Reconciliation and First Communion. This normally begins when a child starts 1st grade, and continues into 2nd grade. Some children start a year later (2nd and 3rd grades). If your child will be in 1st or 2nd grade this fall, please sign them up in August, 2023 for Sacramental Preparation beginning this September. *Information*, Tami Kowal, 206-219-5822 or tkowal@stjames-cathedral.org.

YOUTH PREPARATION FOR CONFIRMATION IN 2024 Candidates for Confirmation are now typically in 7th or 8th Grade. Our Confirmation program runs from September to May. If your child will be in one of these grades this fall, please sign them up in August, 2023 for classes beginning in September. *Information*, Tami Kowal, 206-219-5822 or tkowal@stjames-cathedral.org.

FAITH FRIENDS INCLUSION MINISTRY 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. Sessions begin September 24. *Information*, Leticia Escobar, 206-619-0816, faithfriends@stjames-cathedral.org.

TEEN, YOUNG ADULT AND ADULT VOLUNTEERS NEEDED FOR FAITH FRIENDS MINISTRY Faith Friends is a unique blend of our Faith Mentor, children's faith formation program, and an inclusion ministry. The ministry's goal is to give children and teens ages 7- 18 with physical, cognitive and/or intellectual disabilities access to the parish community, social events, and faith formation. Faith Peers are teens and young adults who have chosen to live out their discipleship and share some of their personal time in dedication and service to the goals of the program. Adult volunteers are needed for the Adult Leadership team. Volunteer training is September 10. Consider getting involved! *Information*, Leticia Escobar, 206-619-0816, faithfriends@stjames-cathedral.org, or www.faithfriendsstjames.org.

WELCOME BACKPACKS UPDATE In March 2023, Immigrant Assistance began welcoming migrants who recently arrived in Seattle after crossing the southern border. A new volunteer team, the Respite Team, was staffed with Spanish-speakers. Essential items to fill Welcome Backpacks were donated by the community. The Respite Team has given out 18 backpacks, with gift cards enclosed, and is supporting families from countries including Nicaragua, Venezuela, Peru, Honduras, Angola, Mexico and Colombia. The Respite Team has been able to respond to more needs than we expected, thanks to generous financial support from Catholic Community Services and others in the community! One newcomer came to St. James in May, with a nearly-empty prescription bottle and significant concern for how to refill this important medication. This individual does not have health insurance, nor regular income, and recently arrived in Seattle from South America. A Respite Team member connected the newcomer with a clinic, and within three weeks they had an appointment and the medication in-hand. St. James covered the prescription cost, visit co-pay, and two months of rental assistance for their household. May God help us to shine light and peace to each migrant we've been honored to encounter on their journey. *Information*, Erica de Klerk, edeklerk@stjames-cathedral.org or 206-382-4511.

HELP YOUR NEIGHBORS! Volunteer Services is a program of Catholic Community Services committed to helping elders and adults with disabilities remain living independently through a network of caring, community-minded volunteers of all ages. Assistance needed includes light housework, yardwork, shopping and errands and/or pet care. *Information*, Jonny Prociv, program manager, 206-328-5787 or vc@ccsww.org.

LOOKING FOR WAYS TO SERVE OUR COMMUNITY? Are you interested in discovering a vibrant faith group that serves our local community in meaningful ways? Jesuit Volunteer EnCorps will support you in your commitment! We are a group, ages 40+, that meets monthly in-person. As a program of JVC Northwest, we explore our commitment to values such as social and ecological justice, community, and spirituality. We assist group members to explore volunteer options in our community. Program begins in September. Apply by August 31 to be included in the opening retreat. Applications are accepted throughout the program year. *Interested*, Karen Beal, 971-353-6946 or www.jvencorps.org.

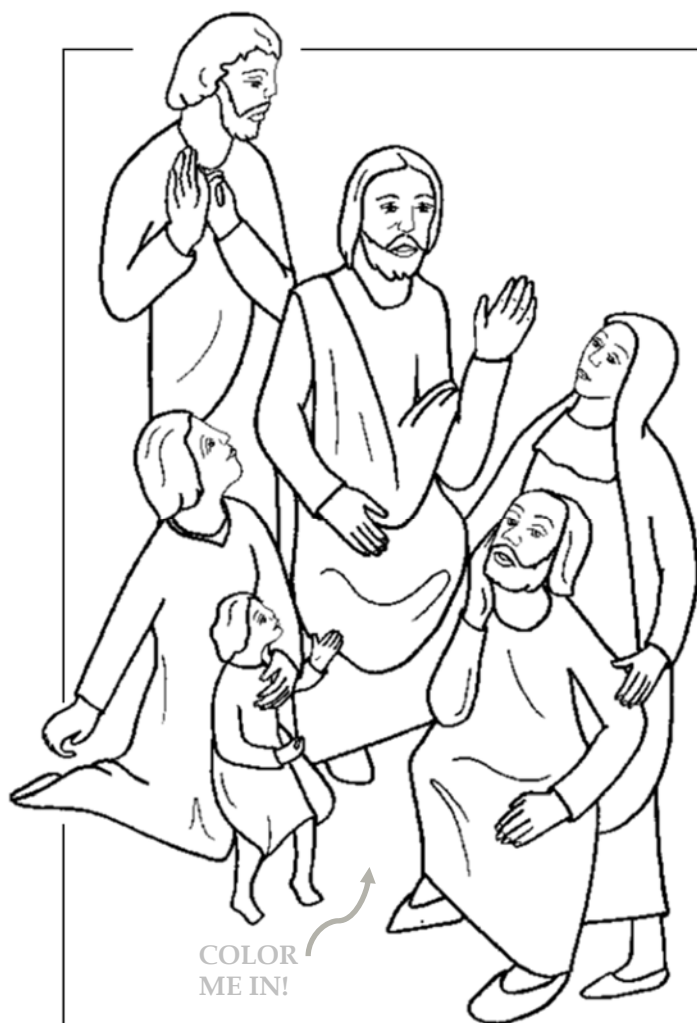
IS YOUR CHILD INTERESTED IN BECOMING CATHOLIC? Did your child or someone you love miss their sacraments of initiation because of the pandemic or for some other reason? RCIA/C is for young people who desire, with the consent and support of their parents and guardians, to become fully-initiated Catholics. *Information*, Tami Kowal, tkowal@stjames-cathedral.org.



PARTNERS IN THE GOSPEL

PARTNERS IN THE GOSPEL is a strategic and pastoral planning effort taking place across the Archdiocese of Seattle in the coming months. Most of our parish and mission churches will become part of a "parish family" under a single pastor. Each family will be served by one, two, or more priests. A "Current Reality" video is available, which explains more about the changing realities for the Church in western Washington and how Partners in the Gospel will help us respond to the times. You can also read Archbishop Etienne's pastoral letter laying out his vision for the process. Visit <https://archseattle.org/partners/> to find out more.

Currently, consultation is underway with parish staff and leadership groups across the Archdiocese. **Public consultation about the proposed family groups will take place September 23-October 14, 2023.** We will be hosting both in-person consultations and Zoom sessions to collect feedback. There will also be an online survey instrument. *Your input is absolutely essential as this process will impact the Cathedral and surrounding parishes for decades to come.* Keep an eye on the bulletin and e-newsletter in the coming weeks for details about signing up for one of these sessions. *Information*, Maria Laughlin, 206-382-4284 or mlaughter@stjames-cathedral.org.



COLOR
ME IN!

Children's Faith Formation

2023-2024

Save the date!

**Children's Faith Formation
begins Sunday, September 24, 2023**

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

**REGISTRATION FOR THE PROGRAM WILL BE IN THE CATHEDRAL COURTYARD
after the 10:00am and Noon Masses on August 27, September 3, and
September 10**

*Are you interested in serving as a catechist, catechist's assistant, or doorkeeper in
2023-2024? Please consider helping our children grow in faith!
Information, Tami Kowal, tkowal@stjames-cathedral.org*

CARE FOR CREATION:

Let Justice and Peace Flow

Contemplative Prayer with Music from Taizé

On the first Friday of each month, all are welcome to a contemplative prayer in St.

James 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.

This September's service falls on the World Day of Prayer for the Season of Creation. In his message, commenting on this year's theme "Let Justice and Peace Flow", Pope Francis urges us to *"join the mighty river by transforming our hearts, . . . add to the flow of this mighty river by transforming our lifestyles, . . . and for the mighty river to continue flowing, we must transform the public policies that govern our societies and shape the lives of young people today and tomorrow"*.



Friday, September 1 at 6:30pm

St. James Cathedral

804 Ninth Avenue

Reception to follow

"In this Season of Creation, as followers of Christ on our shared synodal journey, let us live, work and pray that our common home will teem with life once again. May the Holy Spirit once more hover over the waters and guide our efforts to 'renew the face of the earth' (cf. Ps 104:30)".

Pope Francis

Mental Health and Wellness Groups

Come join us
for community
and support!
Beginning
September 1st,
every Friday
from
10-11:30am at
The Pastoral
Outreach
Center.



1st Friday- Games & cards

2nd Friday-Art & crafts

3rd Friday-Mental health
support

4th Friday- Yoga,
mindfulness and prayer

5th Friday- Movie and
popcorn

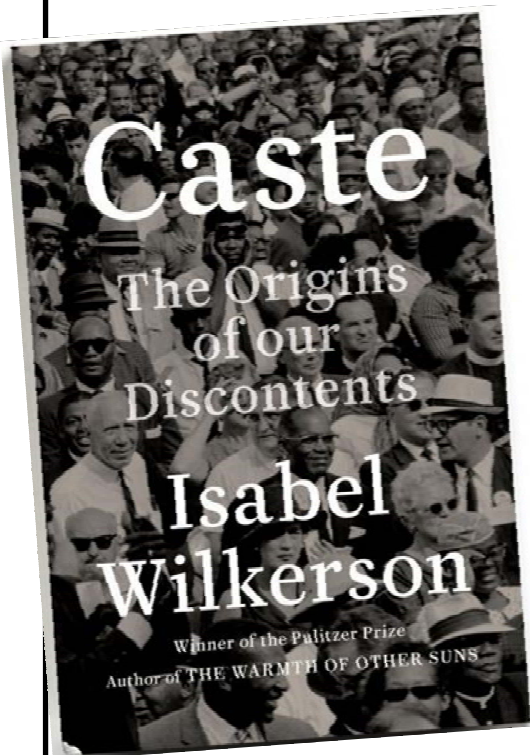
All are welcome!

Register with Anisa Ralls, 206-382-4269
or aralls@stjames-cathedral.org

ISABEL WILKERSON

Caste

The Origins of our Discontents



Copies are available for purchase in the Cathedral Bookstore.

Thursday, September 7, 2023

6:30 pm | Holy Names Room

Pastoral Outreach Center (907 Columbia St.)

The Cathedral Book Club and the St. James Racial Solidarity Team are jointly sponsoring a discussion of Isabel Wilkerson's *Caste*, an exploration of the unspoken and unacknowledged caste system that has shaped our country's history.

Isabel Wilkerson's study surpasses many books on institutional racism by reframing the problem as something more vast and more concrete than that. We suffer under a caste system, with a dominant, shrinking group fighting for continued supremacy and the lower caste fighting, still, for full human rights.
— Los Angeles Times

RSVP, Joyce Mork-O'Brien, 206-226-4099 or jamob14@comcast.net

ISABEL WILKERSON is an American journalist and the author of *The Warmth of Other Suns: The Epic Story of America's Great Migration* and *Caste: The Origins of Our Discontents*. She is the first woman of African-American heritage to win the Pulitzer Prize in journalism.



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

Mass for Suicide Healing & Remembrance

Saturday, September 9, 2023 5:30pm Mass
Archbishop Paul D. Etienne, *presider*



September is Suicide Prevention Awareness Month. At this special Mass, we pray for all who have been lost to suicide, for survivors of suicide, and for all 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.

*God, lover of souls,
you hold dear what you have made
and spare all things, for they are yours.
(Order of Christian Funerals)*

If you or someone you know is in crisis, please contact the 988 Suicide and Crisis Lifeline
Call or text 988 | Chat at 988lifeline.org

*Sponsored by: Archdiocesan Mental Health Ministry
and St. James Mental Health & Wellness Ministry.*

WWW.STJAMES-CATHEDRAL.ORG

Grief Support Group



Tuesdays, September 12—October 31, 2023
10:00am-11:30am, Pastoral Outreach Center

Are you grieving the death of someone close to you?
Grief and loss can have a significant impact on our lives
long after the death of the person we love.
The grieving process has no timeline and is unique to each individual,
but meeting with others who are going through a similar experience
can provide support and help us cope.

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

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

CELEBRATING TEN YEARS OF POPE FRANCIS

A Catholic Church at the Crossroads

Wednesday, September 20, 2023

7pm to 8:30pm | Cathedral Hall, 912 Columbia Street



On March 13, 2013, Jorge Mario Bergoglio stepped out onto the balcony of St. Peter's as Pope Francis. He blessed us and asked for our blessing. That moment offered a hint that this papacy would be full of surprises. And ten years later, we have not been disappointed. Pope Francis has made a profound impact not just on the Church, but on all people throughout the world. He has led us to crossroads of reform, compassion, and justice as a Catholic Church and as a planet.

St. James Cathedral's Life, Peace and Justice Commission has invited a panel of distinguished local speakers to lead a reflection on the first decade of Pope Francis' monumental papacy.

What have been the blessings? What have been the limitations? Where might the Spirit be inviting us all to journey as a Church?

PANELISTS



REV. MICHAEL RASCHKO, Professor Emeritus of Systematic Theology at Seattle University's School of Theology and Ministry, will be our main presenter, identifying key blessings and limitations of Francis' papacy.



MS. ANNA JOHNSON, MA, North America's Senior Programs Manager for the Laudato Si' Movement, will address the deep connection of faith and Care for Creation.



REV. MICHAEL G. RYAN, pastor of St. James Cathedral since 1988, will speak to the pastoral dimension that Francis has brought to the Church.



MS. ANNIE NIETO BAILEY, MA, Advisor for High School & University Engagement for Catholic Relief Services, will focus on the Church's growing response to the Cry of the Poor.

ALL ARE WELCOME.

Information, Patrick Barredo, 206-382-4515 or pbarredo@stjames-cathedral.org

St. James Cathedral, Seattle | www.stjames-cathedral.org

TOGETHER

Gathering of the People of God

Friday, September 22, 2023

PRAYER | 6:30pm

SYNODAL GATHERING for YOUTH and YOUNG ADULTS | 7:30pm

St. James Cathedral
804 9th Avenue, Seattle, 98104

Together, we gather to pray for the Church as we prepare for the Ordinary General Assembly of the Synod of Bishops which begins on October 1. All are welcome to this celebration of Evening Prayer with the beautiful music of the ecumenical community of Taizé in France. **In a special way, all youth and young adults are invited to participate.** This prayer is part of a worldwide prayer vigil leading up to the next phase of the Synod. Find out more at <https://together2023.net/>

Following the prayer, youth and young adults are invited to gather in Cathedral Place Hall for a meal and an experience of synodality with Archbishop Etienne. Together, we share our own experiences and hopes for our Church, and reflect on how we can carry out our mission more effectively. The Archbishop wants to carry the voices of young people with him when he goes to Rome to participate in the Synod as a delegate. Please come, pray, share, and experience what synodality is all about!

All are welcome to join in the prayer. Youth/young adults must register for the dinner and synodal gathering that follows.

The prayer will be livestreamed at <https://vimeo.com/event/3538193> and at <https://www.facebook.com/ArchdioceseofSeattle/>

Youth and young adults, register for the event!



Liturgy & Life

HOW TO BE HAPPY WHEN YOU BECOME A SACRIFICE OF PRAISE

A LITURGICAL RETREAT WITH DR. TIM O'MALLEY

Widely-known theologian, author, and presenter DR. TIMOTHY O'MALLEY leads this three-day retreat at St. James Cathedral in Seattle. The retreat will help us to understand and deepen our participation in the liturgy, and includes opportunities to celebrate the Liturgy of the Hours and Mass with FATHER MARCIN SZYMANSKI, OP. This special opportunity for prayer and renewal is the ideal way to enter into the spirit of the Eucharistic Revival.



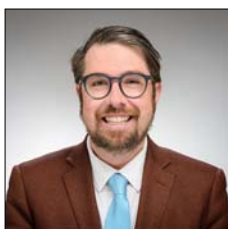
RETREAT SCHEDULE

Friday, October 20 – 6:00pm–8:15pm

Saturday, October 21 – 9:30am–5:00pm

Sunday, October 22 – 9:15am–12:00pm

This event is FREE. Space is limited and registration is required. *For more information or to register*, contact Jennifer Day in the Liturgy Office of the Archdiocese of Seattle, jennifer.day@seattlearch.org.



Dr. Timothy P. O'Malley is a Catholic theologian, author, and professor. He serves in the McGrath Institute for Church Life at the University of Notre Dame as the director of education and academic director of the Notre Dame Center for Liturgy, with a concurrent appointment to the University of Notre Dame's Department of Theology. O'Malley is an executive member of the Eucharistic Revival and a theological consultant for Laity, Marriage, Family Life, and Youth with the United States Conference of Catholic Bishops. He researches and teaches at Notre Dame in the areas of liturgical-sacramental theology, marriage and family, catechesis, and spirituality. He is the author of a number of books, most recently *Real Presence and Becoming a Eucharistic People*. Dr. O'Malley is married and has two children. He is originally from Knoxville, TN.



Father Marcin Szymanski, OP is a Dominican priest and university chaplain. He serves the Prince of Peace Newman Center at the University of Washington in Seattle. His primary interest is liturgy and the theology of charisms. He is a member of the Polish Dominican province.

St. James Cathedral • 804 Ninth Avenue • Seattle, WA 98104