



ST. JAMES CATHEDRAL
The Fifth Sunday in Ordinary Time
February 6, 2022

ORDER OF CELEBRATION

Fifth Sunday in Ordinary Time

The Introductory Rites

PRELUDE

Hymn Prelude on "Werde Munter"

Percy Whitlock (1903–1946)

Elegy

George Thalben-Ball (1896–1987)

ENTRANCE

Praise, my soul, the King of Heaven

LAUDA ANIMA



1. Praise, my soul, the King of heav - en; To his feet your
2. Praise him for his grace and fa - vor To his peo - ple
3. Fa - ther - like he tends and spares us; Well our fee - ble
4. Frail as sum - mer's flow'r we flour - ish, Blows the wind and
5. An - gels, help us to a - dore him; You be - hold him

trib - ute bring; Ran - somed, healed, re - stored, for - giv - en,
in dis - tress; Praise him still the same as ev - er,
frame he knows; In his hands he gent - ly bears us,
it is gone; But while mor - tals rise and per - ish,
face to face; Sun and moon, bow down be - fore him,


Ev - er - more his prais - es sing: Al - le - lu - ia!
Slow to chide, and swift to bless: Al - le - lu - ia!
Res - cues us from all our foes. Al - le - lu - ia!
God en - dures un - chang - ing on: Al - le - lu - ia!
Dwell - ers all in time and space: Al - le - lu - ia!

Al - le - lu - ia! Praise the ev - er - last - ing King.
Al - le - lu - ia! Glo - rious in his faith - ful - ness.
Al - le - lu - ia! Wide - ly yet his mer - cy flows.
Al - le - lu - ia! Praise the high e - ter - nal one!
Al - le - lu - ia! Praise with us the God of grace.

PENITENTIAL ACT

Missa de angelis

Vatican VIII



Have _____ mer - cy on us.

GLORIA

New Mass for Congregations
Carroll Thomas Andrews (1919–2014)



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'n - ly King, O God, al - mighty - 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.



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.

COLLECT (OPENING PRAYER)

The Liturgy of the Word

FIRST READING

Isaiah 6:1-2a, 3-8

PSALM RESPONSE

Psalm 138
Michel Guimont (b. 1952)




In the sight of the an - gels, I will sing your prais - es, O Lord.

SECOND READING

1 Corinthians 15:1-11

ALLELUIA

Mode VII



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

GOSPEL

Luke 5:1-11

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.

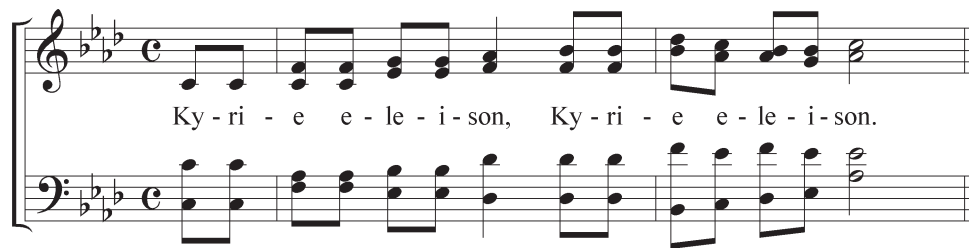
I believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.

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.

PRAYER OF THE FAITHFUL

Jacques Berthier (1923–1994)



The Liturgy of the Eucharist

PREPARATION OF THE ALTAR AND THE OFFERINGS

(10:00)

Lass dich nur nichts nicht dauren

Johannes Brahms (1833–1897)

Do not be sorrowful or regretful;
be calm, as God has ordained,
and thus my will shall be content.

What do you want to worry about from day to day?

There is One who stands above all
who give you, too, what is yours.

Only be steadfast in all you do,
stand firm; what God has decided,
that is and must be the best. Amen.

Paul Flemming (1609–1640)

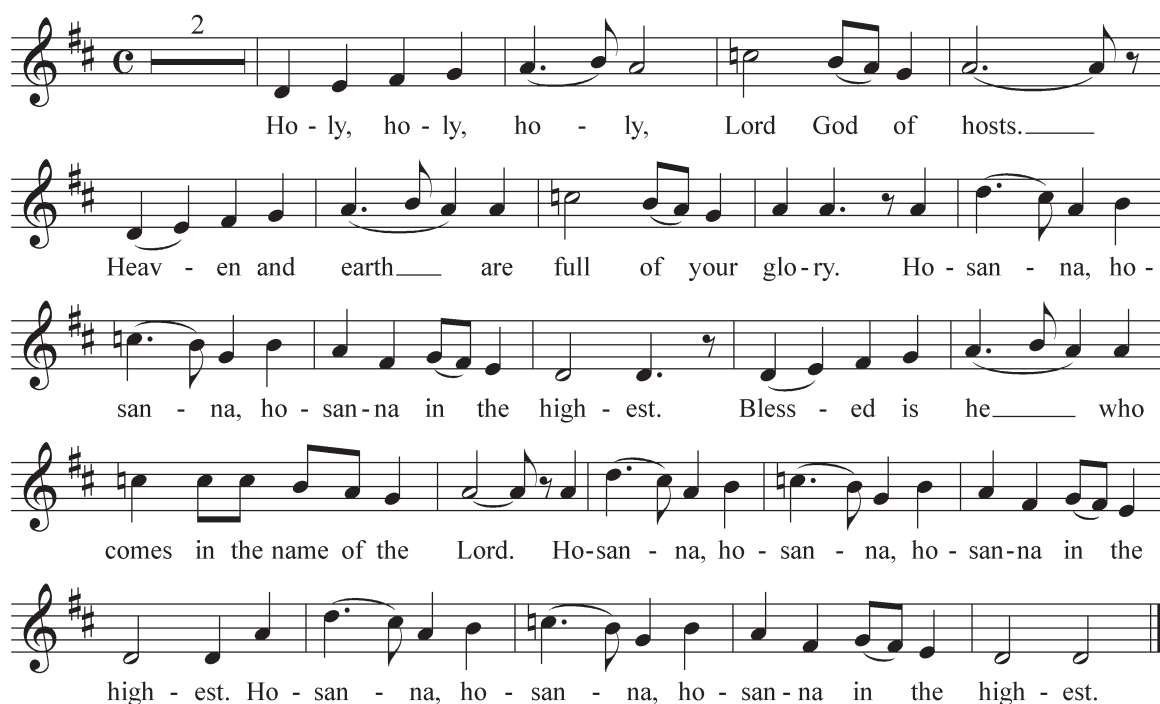
(Sunday evening)

Two Fishermen

Suzanne Toolan, SNJM (b. 1927)

SANCTUS

Mass for the City
Richard Proulx (1937–2010)



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

Heav - en and earth_____ are full of your glo-ry. Ho - san - na, ho -

san - na, ho - san-na in the high - est. Bless - ed is he_____ who

comes in the name of the Lord. Ho-san - na, ho - san - na, ho - san-na in the

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

MYSTERY OF FAITH

Proulx



When we eat this Bread and drink this Cup, we pro-

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

AMEN

Proulx

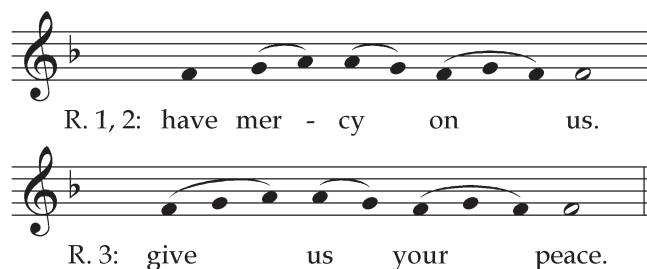


A - men, a - men, a - - - men.

LORD'S PRAYER

AGNUS DEI

Missa de angelis
Vatican VIII



R. 1, 2: have mer - cy on us.

R. 3: give us your 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

I will go in to the altar of God, to the God who gives joy to my youth.

Introibo ad altare Dei

Mode VIII

(10:00)

Holy, Holy, Holy! Lord God Almighty!
Early in the morning our song shall rise to thee:
Holy, Holy, Holy! merciful and mighty,
God in three Persons, blessed Trinity.

Holy, Holy, Holy
Peter Ilyich Tchaikovsky (1840–1893)

HYMN OF PRAISE

Go make of all disciples
ELLACOMBE



1. "Go make of all dis - ci - ples": We hear the call, O Lord,
2. "Go make of all dis - ci - ples": Bap - tiz - ing in the name
3. "Go make of all dis - ci - ples": We wel - come your com - mand;
That comes from you, our Fa - ther, In your e - ter - nal Word.
Of Fa - ther, Son, and Spir - it— From age to age the same.
"Lo, I am with you al - ways": We take your guid - ing hand.
In - spire our ways of learn - ing Through earn - est, fer - vent prayer,
We call each new dis - ci - ple To fol - low you, O Lord,
The task looms large be - fore us— We fol - low with - out fear.
And let our dai - ly liv - ing Re - veal you ev - 'ry - where.
Re - deem - ing soul and bod - y By wa - ter and the Word.
In heav'n and earth your pow - er Shall bring God's king - dom here.

PRAYER AFTER COMMUNION

DISMISSAL

PROCESSION

Fanfare
William Mathias (1934–1992)
Praeludium in C Major, BuxWV 137
Dieterich Buxtehude

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 Marquez, Interim Director of RCIA (206-654-4640)

John Simpson, Faith Formation (206-654-4658)

Andrew Casad, Children's Faith Formation (206-274-3108)

Jennifer Wong, Faith Mentors & Faith Friends (206-619-0816)

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

LITURGY

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

Julie Sharples, Peter Burns, John Marquez, 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),

Maria Tally (Assistant Director) (206-264-2091)

MENTAL HEALTH and WELLNESS MINISTRY

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

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

Christopher J. Koehler, Director

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

Erica de Klerk, Refugee Welcome Coordinator

Marina Ortiz, Immigrant Legal Services Assistant

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

Caroline Okello, Welcome and Volunteer Coordinator (206-654-4650)

YOUTH MINISTRY

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

PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)

Maggie Corrigan, Office Manager (206-654-4650)

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

Bev Mauser, Louise Mennella, Wedding Coordinators

FACILITIES and GROUNDS

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

Alan Frasher, Michelle Lazo, Lino Nillas

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 Theresa Van de Ven for information, 206-219-5822.

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

ANointing of the SICK 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 Corinna Laughlin, 206-264-2086

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 5th Sunday in Ordinary Time February 6, 2022

ON THE COVER *Put out into deep water and lower your nets for a catch.* St. James hears the call of the Lord. Doorstop of the Ceremonial Bronze Doors, St. James Cathedral. Ulrich Henn, artist.

FLOWERS AT THE ALTAR are offered in loving memory of Nicholas Ryan Harrison from his mother Roxanne, and sister Natalie.

MASS WITH ANOINTING OF THE SICK On Friday, February 11, the feast of Our Lady of Lourdes, Father Ryan will celebrate a special Mass including the sacrament of the anointing of the sick. If you are seriously ill, facing surgery, or experiencing the weakness that comes with old age, you are encouraged to celebrate this sacrament of healing.

RACIAL JUSTICE WITH FR. DAN HORAN, OFM February 12, 2022, 9am–1 pm on Zoom. The author of *A White Catholic's Guide to Racism and Privilege* invites you to actively address racism and become collaborators with our Black sisters and brothers as we work for racial justice in our society and Church. Fr. Dan will offer practical ways to educate ourselves and advocate for racial justice. *Registration*, IPJC@ipjc.org or 206-223-1138.

MASS FOR HEALTH CARE PROFESSIONALS AND CAREGIVERS On Saturday, February 19, at 5:30pm, Archbishop Etienne will celebrate a special Mass for all who serve in the world of healthcare—nurses, doctors, pharmacists, EMTs, caregivers, chaplains, and all hospital workers. This is an opportunity to pray for all those whose work so tirelessly in service of the community, especially during these years of the pandemic. All are welcome. Please help spread the word about this special Mass to your family and friends who are health care workers.

APPLY NOW FOR CATHOLIC SCHOOLS SCHOLARSHIPS for the Rainbow Schools: St. Therese, St. Joseph, St. George, and Holy Family Bilingual Schools, or for the Simperman Scholar Schools: Bishop Blanchet, O'Dea, Holy Names, and Kennedy Catholic. Eligibility requirements include being a registered and active parishioner at St. James. For full requirements and an application packet, Theresa Van de Ven, tvandeven@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. Bernadette in Seattle and Our Lady of Lourdes in Seattle and Vancouver.

HELPING THE WORKING POOR: ST VINCENT DE PAUL THANKS YOU A young woman moved from Pierce County to Seattle seeking better opportunities. After a period of unemployment and finding living costs higher than expected, her move has resulted in challenges. Currently employed, the woman receives a salary just above the minimum wage and struggles to cover her expenses. Behind in rent, the woman called the SVdP Helpline requesting assistance (206-767-6449). Thanks to your support, we offered assistance that gave her some financial relief. The young woman continues to seek better opportunities and a more affordable apartment. Thank you! *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com.

ZOOM RETREAT: "YOU ARE ENOUGH" Saturday, February 19, 10am—12:30pm. The day will focus on the importance of mind, body and spirit in making one whole and healthy. We will reflect on the power of self confidence in the healing process. Mental illness brings many lies and untruths to one experiencing it. It tries to keep its grips on one by constantly telling them "you are not good enough" or "you are inadequate." Nothing could be further from the truth! Come and unlock the healing truth. The truth that "you are enough." The goal of the retreat will be to give you some uninterrupted quiet time to reflect on the untruths you are dealing with. Then, you will hopefully unlock the healing truth that will help set you free from those lies. You are invited to do something special and treat yourself to a self-care, "Me- Day." Presenter: Joe Stevens, member of the Seattle Archdiocese Mental Health Committee and Spiritual Support Group Facilitator for NAMI for over 12 years. *Registration*, <https://nami-eastside.org/>

THE CHRISTIAN DANCE OF LIFE: A LENTEN ZOOM RETREAT, will be offered by Sacred Heart Parish, Saturday March 5 from 10am-12:30pm. The retreat is based on Father Scott Connolly's book of the same name regarding his walk along the Camino de Santiago. The first hour is dedicated to exploring pain and suffering, while the 2nd hour will focus on how Hope, Faith and Love can keep us progressing on our faith journey! The retreat will have a focus on mental illness but is open to everyone. Presenter: Joe Stevens, member of the Seattle Archdiocese Mental Health Committee and Spiritual Support Group Facilitator for NAMI for over 12 years. Register at <https://nami-eastside.org/>

JOB OPENING: WEDDING AND FUNERAL COORDINATOR St. James Cathedral has an opening for Wedding and Funeral Coordinator. In addition to responsibility for scheduling and overseeing steps in the wedding and funeral process, this position will provide administrative and pastoral support services to the parish. Applicant must be an active member of a Catholic parish, have excellent people skills, and be familiar with Microsoft Office and Excel. This is a full-time position with an Archdiocesan Benefits package. Interested applicants should download the Archdiocesan Job Application at <https://archseattle.org/wp-content/uploads/2020/12/HR1.2-EmploymentApp2019Parish.pdf> and send with a resume, via e-mail, to Larry Brouse, lbrouse@stjames-cathedral.org.

WASHINGTON STATE ADVOCACY UPDATES Support SB 5727/HB 1838, the Lorraine Loomis Act For Salmon Recovery. Across the state, salmon are on the brink of extinction. Some Puget Sound salmon species have declined by 90% compared to historical populations. In the Columbia River basin, returns are as little as 2% of historical levels. The Governor is proposing habitat legislation as a tribute to Lorraine Loomis (Swinomish Tribe, and Chair of the Northwest Indian Fisheries Commission) a longtime champion for the salmon. The Act requires tree buffers tall and wide enough to shade rivers and streams. The Act also requires shifting to a standard of improving ecological conditions rather than habitat loss mitigation. Contact your elected officials (www.leg.wa.gov) and encourage them to support salmon!

PREPARES (PREGNANCY AND PARENTING SUPPORT) is a nurturing response of the Catholic community in Washington State to "walk the journey" with pregnant and parenting women, men, and families with children up to age 5 who find themselves lacking a healthy support network. The program, an initiative of our state's bishops, came into being five years ago. Around the state, PREPARES has been active in helping provide basic needs to parents and their children, organizing parent support groups, providing opportunities for parents and children to get together, and family companions to share relationships with a parent in the community. For more information, see <https://preparesforlife.org> and <https://ccsww.org/get-help/child-youth-family-services/prepares/>. **We need volunteers!** Volunteers will attend a PREPARES orientation dealing with important rules and information about working with families. Volunteer activities could include collecting and distributing donated items for children, mentoring, serving as parish coordinator, and more. *Information*, Ted Nutting, theodorenutting@msn.com.

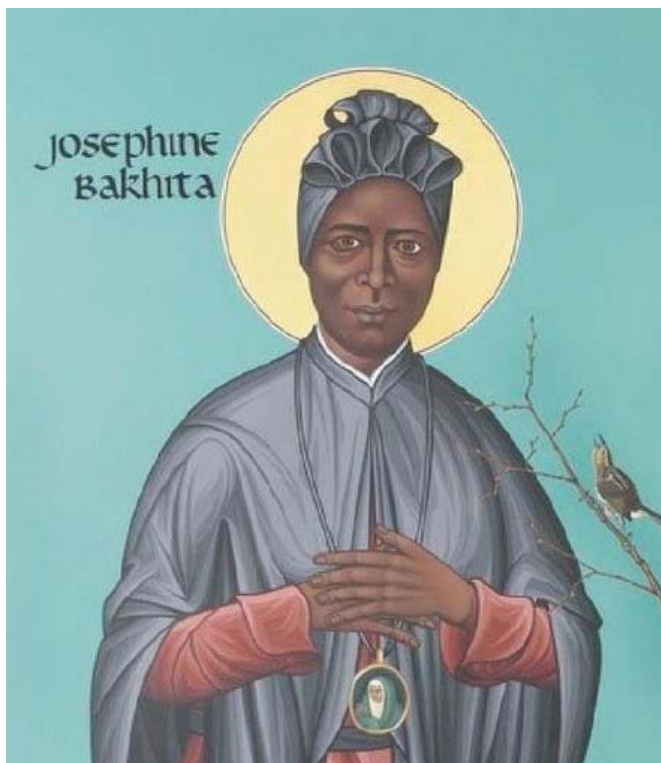
FAITH FRIENDS Do you know a child or teen age 7-18 with physical, cognitive and/or intellectual disabilities? Faith Friends is a unique blend of our Faith Mentor, children's faith formation program, and an inclusion ministry. *Information*, faithfriends@stjames-cathedral.org.

JOURNEYING TOGETHER: PARTICIPATING IN THE SYNOD

The local phase of the Synod is getting underway! A synod is a gathering of the Church. The word literally means "together on the way," and that is the primary question the Synod is asking: How have you experienced the Church that "journeys together"? And how are we called to journey together in the future? During Lent and Easter, there will be many opportunities to participate in the Synod, both in person and via Zoom.



World Day of Prayer, Reflection, and Action Against Human Trafficking



Saint Josephine Bakhita, you were sold into slavery as a child
And endured unspeakable hardship and suffering.
Once liberated from your physical enslavement,
You found true redemption in your encounter with Christ and
his Church.

O Saint Josephine Bakhita,
Assist all those who are entrapped in slavery;
Intercede on their behalf with the God of Mercy so that the
chains of their captivity will be broken.
May God himself free all those who have been threatened,
Wounded, or mistreated by the trade and trafficking of human
beings.

Bring comfort to survivors of this slavery and
Teach them to look to Jesus as an example of hope and faith
So that they may find healing from their wounds.
We ask you to pray for us and to intercede on behalf of us all:

That we may not fall into indifference,
That we may open our eyes and be able to see
The misery and wounds of our many brothers and sisters de-
prived of their dignity and their freedom,
And may we hear their cry for help.

Amen

February 8 is the **World Day of Prayer, Reflection, and Action Against Human Trafficking**. There are currently 40 million victims of slavery worldwide (including the United States), one in four of whom are children. Pope Francis said that *“Modern slavery, in terms of human trafficking, forced labor, and prostitution is a crime against humanity. Its victims are from all walks of life but are most frequently among the poorest and most vulnerable of our brothers and sisters.”*

February 8 is also the **Feast Day of St. Josephine Bakhita**, born in Sudan and kidnapped and enslaved as a young child. Subjected to extreme brutality over the course of the next 12 years, St. Josephine Bakhita came under the protection of the Cannosian Sisters in Venice, converted to Christianity, and became a Cannosian Sister in 1896, where she lived until her death in 1947. She was canonized in 2000 and was adopted as the patron saint of human trafficking survivors.

What Can You Do?

Educate yourself about the scourge of human trafficking. Find resources at [Human Trafficking - Migration and Refugee Services | USCCB](#) and [Anti-Trafficking Resource Page – Justice for Immigrants](#)

Urge your elected officials to support legislation to protect the vulnerable

Use social media to inform others about the existence of human-trafficking

Host an informational screening of videos that explore the issue of trafficking

Pray for the victims of human trafficking in your community and around the world

Sponsored by St. Joseph Parish and Seattle University's Center for Jesuit Education
and Institute for Catholic Thought and Culture

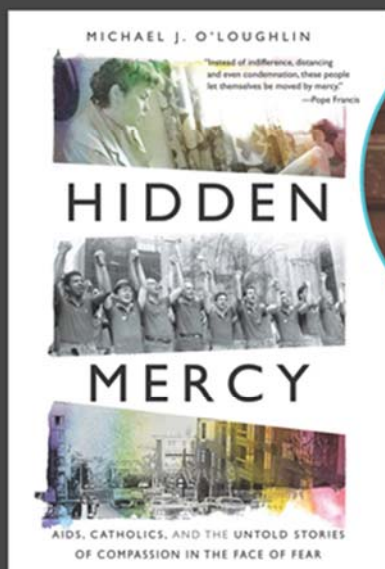
HIDDEN MERCY

Stories of Catholic Responses to the AIDS Epidemic

A talk with author
Michael J. O'Loughlin
Wednesday, February 16th
at 7pm

Wyckoff Auditorium (ENGN 2nd Floor)
Seattle University

Register for this
live, in-person
event here:



Michael J. O'Loughlin is an award-winning journalist and national correspondent for America Media.

He is the host of the New York Times recommended podcast *Plague: Untold Stories of AIDS and the Catholic Church*, which was honored with awards from the National LGBT Journalists Association and the Religion News Association.

Prior to joining America, O'Loughlin was a national reporter for *The Boston Globe*.



ST. JOSEPH PARISH
THE JESUIT PARISH IN SEATTLE

SEATTLEU
CENTER FOR
JESUIT EDUCATION
INSTITUTE FOR
CATHOLIC THOUGHT AND CULTURE

Archbishop Etienne invites you to the

Mass for Healthcare Professionals and Caregivers

February 19 | 5:30pm
St. James Cathedral



This Mass celebrates members of the healthcare community, including doctors, pharmacists, nurses, nursing aides, caregivers, first responders, chaplains and all other members of the healthcare professions.

This Mass is celebrated in February to coincide with the World Day of Prayer for the Sick, instituted by Pope John Paul II in 1992 as "a special time of prayer and sharing, ...and of reminding everyone to see in his sick brother or sister the face of Christ".

Join us in person or livestream @ArchdioceseofSeattle





Family-to-Family

Free 8-session course for family members
of people with mental health conditions

*An evidence-based program offering practical information, strategies
and support for those who have a loved one with mental illness.*



Saturday mornings February 19 - April 9

9:30am - 12:00pm

St. James Cathedral (907 Columbia St, Seattle)

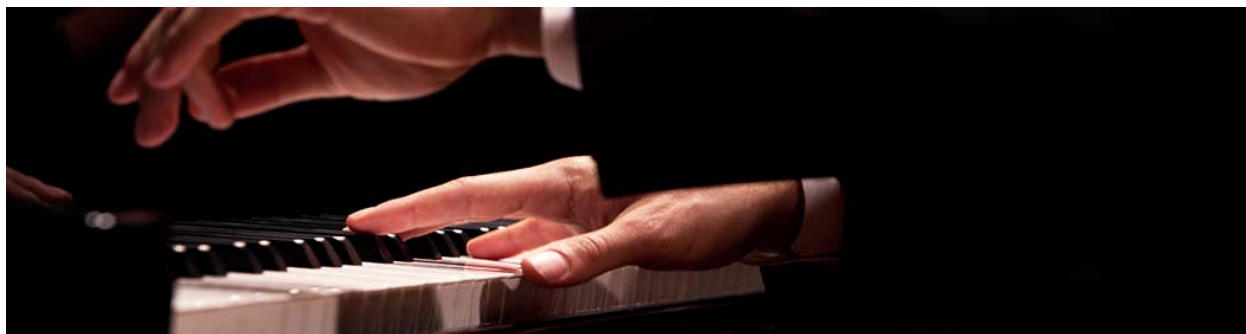
*This is an in-person class open to individuals who have been
vaccinated against COVID-19. Masks, social distancing, and other
COVID precautions will be utilized.*

*If you are interested in taking a virtual version of Family-to-Family,
email helpline@namiseattle.org to be added to the waitlist.*

Registration required

tinyurl.com/seattlef2f-2022

Questions? Email info@namiseattle.org



**Join Concert Pianist Adam Neiman for
an entertaining and educational *Morning of Music***

St. James Cathedral Mental Health & Wellness Ministry is pleased to partner with The Seattle Chamber Music Society in presenting world-renowned classical pianist Adam Neiman in a free interactive concert at St. James Cathedral

***Saturday, February 26 10:30am -12:00pm
Proof of vaccination and masks required***

Mr. Adam Neiman is delighted to be in Seattle performing Chopin Etudes Op. 10 and 25; a collection of twenty-four short, technically brilliant, contrasting compositions which span a vast range of emotions from intense sadness to unbridled joy.

This collection includes the famous Etude Op. 10 No. 3 nicknamed the Tristesse or "Sadness," which Chopin himself described as one of the most beautiful he had ever written. In contrast, this collection also includes Etude Op. 25 No. 9 known playfully as the "Butterfly" etude. Experience these etudes with Adam when he will give a short talk on Chopin followed by a performance of select works and an audience Q&A.

Adam's journey toward becoming a concert pianist began at the tender age of five, at his mother's tutelage. By age eight, young Adam gained momentum with a succession of regional and national competition triumphs, recital and concerto appearances across the United States, and by his early teens, successful forays onto the international concert and competition circuit. As a 17-year-old undergraduate piano major at the Juilliard School, Adam won three of America's most prestigious classical music awards: an Avery Fisher Career Grant, Gilmore Young Artist Award, and the Young Concert Artists International Auditions. In the same year, Neiman was nominated for a Grammy Award, all before graduating from the Juilliard School with highest honors. Neiman has gone on to become one of the most sought-after soloists and chamber musicians of his time.

Information, Nancy Granger, ngranger@stjames-cathedral.org

THE CHRISTIAN DANCE OF LIFE!

NAMI Eastside Online Spiritual Retreat with Joe Stevens
Saturday, March 5, 2022
10 AM - 12:30 PM

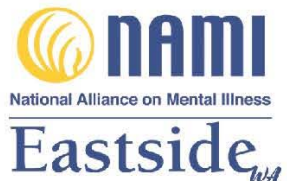
This online retreat will focus on our life journey. We will explore pain and suffering in the 1st hour. In the 2nd hour we will turn to faith, hope and love. We will learn how to use faith, hope and love to help continue our life journey when pain and suffering are holding us back. Do something very special for yourself and take time out of your day and treat yourself to some very much needed self care. It might be the best 2.5 hours you have invested in a long time! Find out that you are not alone on this life journey. There is strength in numbers!



Joe Stevens is a member of Holy Family Church in Kirkland. He has been touched by Mental Illness in a very profound way. His father, brother, sister, ex-wife, and his current wife all live with mental illness. Joe has been facilitating the NAMI Eastside Spirituality Support Group for over 10 years.

He is a member of the NAMI National Hall of Fame and was awarded the 2016 Outstanding Achievement Award by NAMI Eastside. Joe has presented over 35 spiritual retreats on various topics from God's Unconditional Love to Forgiveness.

Joe was awarded NAMI Eastside's Achievement Award in 2021 for his outstanding contributions to our community!



Register at
<https://nami-eastside.org/>

Space is limited so please register before March 2.

Please register individually and plan to participate on your own device even if you are joining as a couple or group.

**NAMI
EASTSIDE
ONLINE
SPIRITUAL
RETREAT
MARCH 5, 2022
10 AM - 12:30 PM**