



ST. JAMES CATHEDRAL  
*The Most Holy Body & Blood of Christ*  
June 2, 2024



# Annual Catholic Appeal 2024

One Mission,  
One Family,  
Together in Christ



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



## ANNUAL CATHOLIC APPEAL UPDATE through May 16, 2024

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

Donated through May 16, 2024: **\$283,333 (313 gifts)**  
**MORE THAN HALF WAY THERE!**  
Still need to raise: **\$259,985** Average gift: **\$905**

Everything given over and above the ACA goal will come back to the parish for our own needs. This year we intend to use the rebate to 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](http://archseattle.org/GiveACA) | Call 800-809-4921 | Scan the QR code

Annual Catholic Appeal | 710 9th Avenue, Seattle WA 98104 | [aca@seattlearch.org](mailto:aca@seattlearch.org)



ACA-B2-E/BULLETIN 2

ORDER OF CELEBRATION FOR

*The Most Holy Body and Blood of Christ*

PROCESSION WITH THE BLESSED SACRAMENT (10:00am)

PRELUDE

*La Fête-Dieu*

Théodore Dubois (1837-1924)

ENTRANCE

*Draw us in the Spirit's tether*

UNION SEMINARY

1. Draw us in in the Spir-it's teth-er, For when hum- bly  
 2. As dis-ci-ples used to gath-er In the name of  
 3. All our meals and all our liv-ing Make as sac-ra-  
 in Christ to your name, Two or three are met to - geth-er,  
 Then with thanks to God the Fa-ther  
 men-tents of sup, you, That by car-ing, help-ing, giv-ing,  
 You are in the midst of the them; Al-le - lu - ia! Al-le -  
 Break the bread and bless the cup, Al-le - lu - ia! Al-le -  
 We may be dis-ci-ples true. Al-le - lu - ia! Al-le -  
 lu - ia! Touch we now your gar-ment's hem.  
 lu - ia! So now bind our friend ship up.  
 lu - ia! We will serve with faith a - new.

PENITENTIAL ACT

*Missa de angelis*  
Vatican VIII

Have mer - cy on us.

GLORIA

*Missa de angelis*  
Vatican VIII

Presider *Gloria in excelsis Deo.*

Choir *Et in terra pax hominibus bona voluntatis.*

Glory to God in the highest,  
and on earth peace to people of good will.

ALL

Lau - da - mus te.

We praise you,

Choir *Benedicimus te.*

ALL

A - do - ra - mus te.

we bless you,

we adore you,

Choir *Glorificamus te.*

ALL



Gra - ti - as a - gi - mus ti - bi prop - ter mag - nam glo - ri - am tu - am.

Choir *Domine Deus, Rex cælestis, Deus Pater omnipotens.*

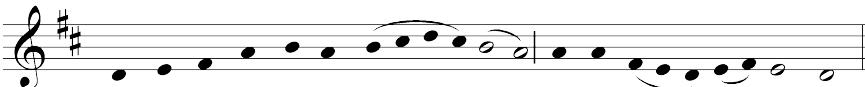
ALL



Do - mi - ne Fi - li u - ni - ge - ni - te Je - su Chri - ste.

Choir *Domine Deus, Agnus Dei, Filius Patris.*

ALL



Qui tol - lis pec - ca - ta mun - di, mi - se - re - re no - bis.

Choir *Qui tollis peccata mundi, suscipe deprecationem nostram.*

ALL



Qui se - des ad dex - te - ram Pa - tris, mi - se - re - re no - bis.

Choir *Quoniam tu solus sanctus.*

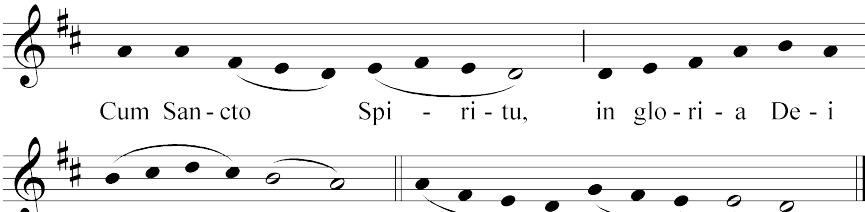
ALL



Tu so - luc Do - mi - nus.

Choir *Tu solus Altissimus, Iesu Christe.*

ALL



Cum San - cto Spi - ri - tu, in glo - ri - a De - i  
Pa - tris. A - - - - men.

## OPENING PRAYER (COLLECT)

### *The Liturgy of the Word*

FIRST READING

Exodus 24:3-8

RESPONSORIAL PSALM

Psalm 116

Michel Guimont (b. 1952)



I will take the cup of sal - va - tion, and call on the name of the Lord.

SECOND READING

Hebrews 9:11-15

## SEQUENCE (10:00)

*Lauda Sion*  
chant

Sion, praise thy Saviour singing,  
Hymns with exultation ringing  
Praise thy King and Shepherd true.  
  
Honor Him, thy voice upraising,  
Who surpasseth all thy praising;  
Never canst thou reach his due.  
  
Let the Bread, life-giving, living,  
Be our theme of glad thanksgiving,  
Now indeed before thee set;  
  
As of old the Lord provided  
When the twelve, divinely guided,  
At the holy table met.

Very Bread, good Shepherd, tend us,  
Jesus, of thy love befriend us,  
Thou refresh us, thou defend us.  
Thine eternal goodness send us  
In the land of life to see;  
  
Thou who all things canst and knowest,  
Who on earth such food bestowest,  
Grant us with thy saints, though lowest,  
Where the heavenly feast thou shovest,  
Fellow heirs and guests to be. Amen.

(attributed to St. Thomas Aquinas)

## ALLELUIA

Melchior Vulpius (1570–1615)



## GOSPEL

Mark 14:12-16, 22-262

## HOMILY

Father Michael G. Ryan

## PROFESSION OF FAITH

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
[ALL BOW]  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.  
[ALL STAND UPRIGHT]  
For our sake he was crucified  
under Pontius Pilate,

he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
  
I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.  
  
I believe in one, holy,  
catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

## PRAYER OF THE FAITHFUL

Jacques Berthier (1923–1994)



# The Liturgy of the Eucharist

## PREPARATION OF THE ALTAR AND THE GIFTS

Offertory (10:00)

(Noon)

*Ave verum corpus*

Wolfgang Amadeus Mozart (1756-1791)

*Tantum ergo*

Jessica French (b. 1984)

## SANCTUS

*Corpus Christi Mass*

chant, adapt. 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

chant, adapt. 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

chant, adapt. Proulx

*All:*

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

## LORD'S PRAYER

### AGNUS DEI

chant, adapt. Proulx

R. 1, 2

have mer-cy on us.

R. 3

Grant us peace, grant us peace.

## COMMUNION

*Qui manducat carnem meam*

Mode VI

He who eats my flesh and drinks my blood abides in me,  
and I in him, says the Lord.

(10:00)

(Noon)

*Let all mortal flesh keep silence*

Edward C. Bairstow (1874–1946)

*Let all mortal flesh keep silence*

Gustav Holst (1874–1934)

**Upon returning to your place after Holy Communion, please kneel or be seated.**

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

HYMN OF PRAISE

*At that first Eucharist*

UNDE ET MEMORES

1. At that first Eu - cha - rist be - fore you died,  
2. For all your church, O Lord, we in - ter - cede;  
3. So, Lord, at length when sac - ra - ments shall cease,

O Lord, you prayed that all be one in you;  
O make our lack of char - i - ty to cease;  
May we be one with all your Church a - bove,

At this our Eu - cha - rist a - gain pre - side,  
Draw us the near - er each to each we plead,  
One with your saints in one un - end - ing peace,

And in our hearts your law of love re - new.  
By draw - ing all to you, O Prince of Peace.  
One with your saints in one un - bound - ed love;

Thus may we all one Bread, one Bod - y be;  
Thus may we all one Bread, one Bod - y be;  
More bless - ed still in peace and love to be

Through this blest Sac - ra - ment of Un - i - ty.  
Through this blest Sac - ra - ment of Un - i - ty.  
One with the Trin - i - ty in Un - i - ty.

### *Eucharistic Procession* (10:00am)

Please join in the procession at the direction of the ushers. Please, no photography during the procession.

See the following page for music to sing during the procession.

Please join in the sung and spoken prayers along the way.

**PLEASE FOLLOW THE DIRECTIONS OF THE USHERS TO ENTER THE PROCESSION.**

PROCESSION

“Mors et resurrectio” from *Trois paraphrases grégoriennes*, Op. 5  
Jean Langlais (1907-1991)

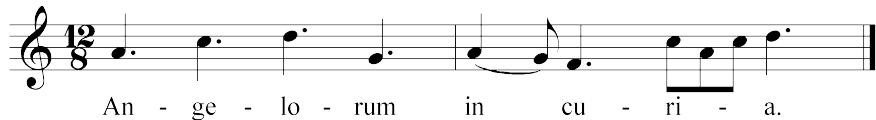
## Procession with the Blessed Sacrament following 10:00am Mass

PLEASE JOIN IN THE PROCESSION AT THE DIRECTION OF THE USHERS.

MUSIC FOR ALL TO SING DURING THE PROCESSION

*Nostra phalans (in the courts of the angels)*

12th c., Santiago de Compostela, Codex Calixtinus



An - ge - lo - rum in cu - ri - a.

*Laudate Dominum*

Jacques Berthier (1923-1994)



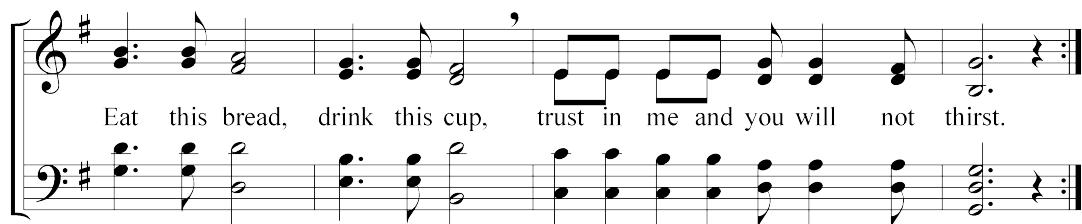
Lau - da - te - Do - minum, Praise you the Lord, lau - da - te praise you the Lord, Do-mi-num om - nes all you  
gen - tes, peo - ples, Al - le - lu - ia. Al - le - lu - ia.

*Eat this bread*

Jacques Berthier



Eat this bread, drink this cup, come to me and ne-ver be hun - gry.



Eat this bread, drink this cup, trust in me and you will not thirst.

## *Benediction of the Blessed Sacrament* on Terry Avenue

HYMN ALL BOW OR KNEEL

*Pange lingua gloriosi*

**Tantum ergo sacramentum  
Veneremur cernui,  
Et antiquum documentum  
Novo cedat ritui,  
Præstet fides supplementum  
Sensuum defectui. Amen.**

**Genitori, genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio!  
Procedenti ab utroque  
Compar sit laudatio. Amen.**

Father Ryan: You have given them bread from heaven.

**ALL: Having all sweetness within it.**

### EUCCHARISTIC COLLECT

DIVINE PRAISES all sing in response as Father Ryan chants the Divine Praises

**Blessed be God.  
Blessed be God's holy name.  
Blessed be Jesus Christ, true God and true man.  
Blessed be the name of Jesus.  
Blessed be his most Sacred Heart.  
Blessed be his most Precious Blood.  
Blessed be Jesus in the most holy sacrament of the altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious assumption.  
Blessed be the name of Mary, virgin and mother.  
Blessed be St. Joseph, her most chaste spouse.  
Blessed be God in the angels and in the saints.**

### REPOSITION OF THE BLESSED SACRAMENT

### THE CORPUS CHRISTI ACCLAMATION ALL RISE

Christus vincit, 9th century

*Choir/ALL*

The musical notation is in common time, treble clef, and consists of three measures separated by double bar lines. Each measure contains a series of eighth and sixteenth note patterns. The lyrics are placed below the notes: 'Chris-tus vin-cit,' 'Chris-tus reg-nat,' and 'Chris-tus im-pe-rat.'

**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)

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 Bundy, 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, 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

**CONFSSIONS/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.

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

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

## Corpus Christi June 2, 2024

**ON THE COVER** *He took bread, said the blessing, broke it, and gave it to them.* Icon of the Last Supper (detail). Joan Brand-Landkamer, Cathedral iconographer.

**FLOWERS AT THE ALTAR** are offered by St. James Cathedral and the Archdiocese of Seattle in celebration of the ordination to the priesthood of Kyle Rink and Maximiliano Muñoz on Saturday, June 1. Ad multos annos!

**SUNDAY HOSPITALITY** Come to Cathedral Hall after the 10:00am Mass for parmesan bacon biscuits from Macrina Bakery, fresh fruit, and the chance to visit with fellow parishioners.

**Covenant of the Salmon People Film**

**SCREENING** Tuesday, June 4, 6:30pm-8:00pm in the Pastoral Outreach Center (907 Columbia Street) Join the St. James Care for Creation team and Will Rutt, executive director of the Intercommunity Peace and Justice Center for this documentary portrait of the Nez Perce Tribe's efforts to prevent the extinction of Chinook salmon, which have been integral to the life of their region for thousands of years. After the viewing, there will be discussion and invitations to take action in solidarity with salmon and the Nez Perce. *Information*, Patrick Barredo, 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**EVENING PRAYER WITH MUSIC FROM TAIZÉ**

Friday, June 7 at 6:30pm. All are welcome to this celebration of evening prayer with candlelight and the contemplative music of the ecumenical community of Taizé, France.

**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!

**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 communities of Blessed Sacrament in Seattle, Sacred Heart in Seattle and Bellevue, and Sacred Heart in Bellingham, Tacoma, and Lacey.

**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](mailto:jmarquez@stjames-cathedral.org).

**NEW SUMMER WALKING GROUP** Join the Mental Health and Wellness Ministry every Wednesday at 11:00am starting this week, June 5, in front of the Pastoral Outreach Center, 907 Columbia St. We will be walking together around the neighborhood, while we get to know each other and improve our physical and mental health. All abilities welcome—dogs, too! We will not be meeting on June 19. *Information*, Anisa Ralls, 206-382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org).

**MEDIEVAL WOMEN'S CHOIR CONCERT – VISIONS & MIRACLES**, Saturday, June 8 at 8:00pm. Visions and miracles play a fundamental role in the foundational narratives and sacred texts of Christianity. No wonder, then, that medieval Christians experienced the world in the same way: celebrating, inventing, narrating, and preserving a dizzying array of visions and miracles. This is a reflection of their intense spirituality and their casual acceptance of the role of the supernatural in daily life. Accounts of miracles and visions permeated the music of the era, often pushing singers to create their most expressive works. Join the Medieval Women's Choir as they explore the musical mysticism of the Middle Ages. *Information*, <https://medievalwomenschoir.org/events/>.

**WEEKLY MENTAL HEALTH AND WELLNESS GROUPS** Open to anyone who needs support, weekly groups are held every Friday of the month, 10-11:30am, in the Pastoral Outreach Center. 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! *Registration*, Anisa Ralls, 206-382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org)

**MONTHLY MENTAL HEALTH SUPPORT GROUP** For anyone who is looking for spiritual support for their mental health, group meets on the 3rd Friday of every month, 10-11:30am in the Pastoral Outreach Center. Join us for support, community, and prayer. *Registration*, Anisa Ralls, 206-382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org)

**DE-ESCALATION TRAINING** Monday, June 10, 6:00pm-8:00pm, free training offered by Marty Reinsel, MA LMHC at the Pastoral Outreach Center 907 Columbia St. Learn how to identify and manage difficult behavioral situations and enhance your personal safety. Ideal for all Cathedral volunteers. *Registration required by June 3*, Anisa Ralls, 206-382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org).

## ST VINCENT DE PAUL THANKS YOU

A single parent works to support her children. This parent decided to improve her family's living situation and moved into a new low income housing building. Unfortunately, the move-in costs strained the family's budget and they were short of funds to pay the current month's rent. Not wanting to fall behind, this neighbor called the St. Vincent de Paul Helpline (206-767-6449 or online <https://svdpseattle.org/get-help/online-help-request-form/>). With your help, rental assistance was given. When visiting the new apartment, her two polite and well behaved children proudly showed us the bedroom they share. *Information*, Jo Ann Wiesner, 206-291-4012 or [wiesnerjo@gmail.com](mailto:wiesnerjo@gmail.com).

**MONTHLY FOOT CARE CLINIC** Seattle and King Co Public Health is offering free monthly foot clinics and blood pressure checks, last Wednesday of every month, 1-4pm, held at Pastoral Outreach Center, 907 Columbia St. No registration required.

**WHEN A LOVED ONE DIES BY SUICIDE SUPPORT GROUP** For anyone who has experienced suicide loss this new 8-week grief support group will encourage you to reflect on how our Catholic faith can facilitate spiritual healing. We will watch the series *When a Loved One Dies by Suicide* together and explore stories of Catholics whose loved ones have died by suicide and explains Church teaching while providing comfort and support. Open to anyone in the Archdiocese. Co-sponsored by the Seattle Archdiocese Mental Health Ministry. On Zoom, Tuesdays, June 11—July 30, 6:30-8pm. Facilitated by Anisa Ralls. *Registration required*, 206-382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org).

## SEATTLE ARCHDIOCESE MENTAL HEALTH MINISTRY BIPOC MENTAL HEALTH EVENT

Wednesday, July 10, 7pm, virtual presentation with Dr Chero Chuma, CSJP, who will speak about *BIPOC Mental Health: The Intersection of Faith, Race, and Mental Health*. How can faith and race interact in promoting mental health awareness in BIPOC communities? *Registration* <https://archseattle.org/events/bipoc-mental-health-the-intersection-of-faith-race-and-mental-health/>

**MEMORY HUB BLOCK PARTY** Second Annual Brain Health First Hill Block Party! Wednesday, July 10, 1:00pm-4:00pm, meet at the corner of Terry and Marion and walk around the First Hill neighborhood participating in fun and family-friendly activities. *Information* [thememoryhub.org/event/brain-health-block-party](https://thememoryhub.org/event/brain-health-block-party)

**VISIT THE CATHEDRAL BOOKSTORE** Located in Archbishop Murphy Courtyard on the south side of the Cathedral, the Cathedral Bookstore is open weekdays 11-3 and after each weekend Mass. *Information*, Caroline Okello, 206-654-4650 or [cokello@stjames-cathedral.org](mailto:cokello@stjames-cathedral.org).

# ST. JAMES MENTAL HEALTH AND WELLNESS MINISTRY

Beginning June 5th Through August 28th, join us every Wednesday (except 6/19) at 11am for a walk around our neighborhood.

All  
abilities  
are  
welcome

Dogs are  
welcome  
too!

## Walking Wednesdays!



Take in the fresh air and soak up the scenery — a great way to get exercise, clear your mind, and explore the world around you.

We will meet at the Pastoral Outreach Center  
907 Columbia Street

For more information Contact Anisa Ralls, MA LMHC, Director of the Mental Health and Wellness Ministry at (206)382-4269 or [aralls@stjames-cathedral.org](mailto:aralls@stjames-cathedral.org)

# FILM SCREENING



Tuesday, June 4, 2024 | 6:30pm-8:00pm

St. James Cathedral Pastoral Outreach Center

907 Columbia Street

Free Parking at O'Dea High School

The ST. JAMES CARE FOR CREATION COMMITTEE invites you to view this extraordinary documentary portrait of the NEZ PERCE TRIBE as they continue to carry out their ancient promise to protect Chinook salmon, cornerstone species and first food their people have subsisted on for tens of thousands of years. As a dammed river system and climate impacts threaten the extinction of Chinook salmon, a cornerstone of their culture and ancestral diet, they continue to do their part to uphold this relationship—but will it be enough to save wild salmon from extinction?

After the documentary, WILL RUTT, executive director of the Intercommunity Peace and Justice Center, will lead a discussion of the film, and offer ways to take action in solidarity with salmon and the Nez Perce Tribe.

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



**Intercommunity**  
Peace & Justice Center

# LOVE

## Contemplative Prayer with music from Taizé



**Friday, June 7, 2024  
6:30pm**

St. James Cathedral

*Jesus our peace,  
by the Holy Spirit  
you always come to us.  
And in the deepest part of our  
soul, there is the wonder of a  
presence. Our prayer may be  
quite poor,  
but you pray within 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.

# DE-ESCALATION AND PERSONAL SAFETY THROUGH A TRAUMA-INFORMED LENS



**Monday June 10, 2024 6:00pm—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:



- To identify preventative approaches to avoid problematic situations,
- To identify intervention approaches to manage challenging behavioral situations
- To prepare for the psychological/emotional impact of challenging behavioral situations and how to maintain composure,
- To prepare for effective verbal approaches to difficult behavioral situations,
- To enhance your physical and/or environmental safety.

This workshop is free for Cathedral staff and volunteers.

*Registration required. Registration deadline June 3.*

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

# When a Loved One Dies by Suicide SUPPORT GROUP



**Tuesdays, June 11—July 30, 2024  
6:30pm—8:00pm, on Zoom**

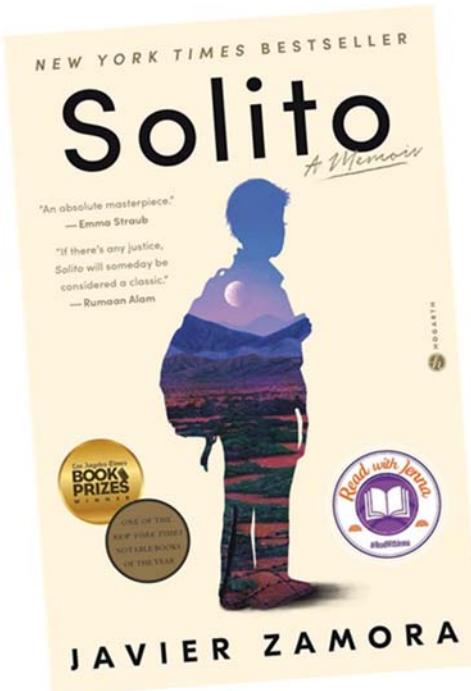
For anyone who has experienced suicide loss, this new grief support group will encourage you to reflect on how our Catholic faith can facilitate spiritual healing, provide comfort in the midst of ongoing grief, and inspire both hope and service. We will watch the series *When a Loved One Dies By Suicide* together, featuring stories of Catholics whose loved ones have died by suicide and explaining Church teaching on suicide while offering prayers of comfort and support.

You are invited to join this new 8-week grief support group facilitated by St. James Cathedral Staff Anisa Ralls and co-sponsored by the Archdiocese of Seattle Mental Health Ministry.

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

CATHEDRAL BOOK CLUB

# Solito: A Memoir



**Thursday, June 20, 2024**

**7:00 pm | Holy Names Room**

Pastoral Outreach Center (907 Columbia St.)

The Cathedral Book Club and St. James Immigrant Assistance are reading *Solito: A Memoir* by Javier Zamora. We will meet in the Pastoral Outreach Center on Thursday, June 20 at 7:00pm.

A young poet tells the inspiring story of his migration from El Salvador to the United States at the age of nine, in a gripping tale of bravery and perseverance, to find his family.

Winner of the Los Angeles Times prize for autobiography, the American Library Association Alex Award, a finalist for the PEN/Galbraith Award for nonfiction, one of the New York Public Library's 10 Best Books of the Year, and listed as one of the 10 best books of the year by the New York Times Book Review, NPR, Washington Post, San Francisco Chronicle, and Kirkus Review.

"I read *Solito* with my heart in my throat and did not burst into tears until the last sentence. What a person, what a writer, what a book! An absolute masterpiece." Emma Straub

"It's hard to reconcile the fact that this book hasn't always been with us. How can something so essential and fundamental to the American story not already be part of our canon?" *San Francisco Chronicle*

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*Solito is available in the Cathedral Bookstore.*

There is no registration requirement, but please contact Joyce Mork-O'Brien at [jamob14@comcast.net](mailto: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.

# Foot Care Clinic

## and blood pressure checks!

Please sign up with one of the volunteers!

**\*sign ups will begin day of clinic\***



We provide a very unique service done by medical professionals! Our nurses can help check your feet and provide advice on care.

@ St. James - Pastoral Outreach Center (907 Columbia St.) every last Wednesday from 1:00-4:00

