



ST. JAMES CATHEDRAL
The First Sunday of Lent
March 9, 2025

ORDER OF CELEBRATION FOR
The First Sunday of Lent

INTROIT

Psalm 91: *Qui habitat*
chant, adapt. Thomas B. Stratman (1939–2008)

Cantor I give them life long and full,

ALL: 
and I show them my power to save, says the Lord.

GREETING

PENITENTIAL ACT

chant, Vatican XVII, adapt.



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

OPENING PRAYER (COLLECT)

The Liturgy of the Word

FIRST READING

Deuteronomy 26:4-10

PSALM RESPONSE

Psalm 91
Michel Guimont (b. 1952)



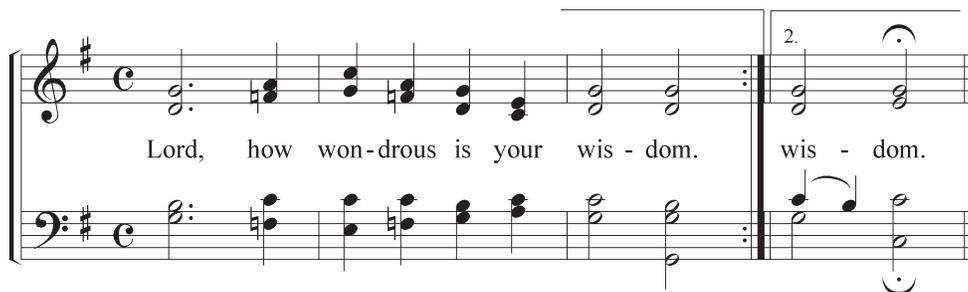
Be with me, Lord, when I am in trou - ble.

SECOND READING

Romans 10:8-13

TRACT

Thomas B. Stratman



Lord, how won-drous is your wis - dom. wis - dom.

GOSPEL

Luke 4:1-13

HOMILY

Father William Heric (Sunday evening)
Father Gary Lazzeron (all other Masses)

DISMISSAL OF THE ELECT (10:00)

Psalm 91: *Qui habitat*
chant, adapt. Thomas B. Stratman

Cantor "I give them life long and full,

ALL **And I show them my power to save," says the Lord.**

AMEN

Christus vincit



The Communion Rite

LORD'S PRAYER

AGNUS DEI

Vatican XVII



R. 1, 2 Mi - se - re - re no - bis.
 R. 3 Do - na no - bis pa - cem.

COMMUNION

Scapulis suis

He will overshadow you with his pinions, and you will find refuge under his wings.
 His faithfulness will encompass you with a shield.

Mode III

(10:00am)

Nolo mortem peccatoris
 Thomas Morley (c1557–1602)

“I do not wish the death of a sinner.” These are the words of the Savior.
 Father, I am thine only Son, sent down from heav'n mankind to save.
 Father, all things fulfilled and done according to thy will, I have.
 Father, my will now all is this: *Nolo mortem peccatoris*.

Low-gluten hosts are distributed at the credence table, near the presider's chair.
When you return to your place, please kneel or be seated.

HYMN OF PRAISE

The glory of these forty days

ERHALT UNS HERR



1. The glo - ry of these for - ty days We
 2. A - lone and fast - ing Mo - ses saw The
 3. So Dan - iel trained his mys - tic sight, De -
 4. Then grant that we like them be true, Con -



cel - e - brate with songs of praise; For Christ, by whom all
 lov - ing God who gave the law; And to E - li - jah,
 liv - ered from the li - on's might; And John, the Bride - groom's
 sumed in fast and prayer with you; Our spir - its strength - en



things were made, Him - self has fast - ed and has prayed.
 fast - ing, came The steeds and char - i - ots of flame.
 friend, be - came The her - ald of Mes - si - ah's name.
 with your grace, And give us joy to see your face.

PROCESSION

ST. JAMES CATHEDRAL

The Most Reverend Paul D. Etienne, Archbishop of Seattle

PASTOR

The Very Reverend Michael G. Ryan

PAROCHIAL VICAR

Rev. Alex Pablo

IN RESIDENCE

Rev. Bryan Hersey, Rev. David Brant

PASTORAL ASSISTANT for ADMINISTRATION

Lawrence N. Brouse (206-382-4280)

FAITH FORMATION

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

John Marquez, OCIA (Becoming Catholic) (206-654-4640)

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

CHILDREN'S FAITH FORMATION

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

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

LITURGY

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

Julie Sharples, Spencer Truong, Peter Burns, Wendell Dyck,

sacristy (206-654-4646)

MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist

Christopher Stroh, Assistant Director of Music & Organist

Stacey Sunde, Director of Youth Music

Marjorie Bunday, Music Office Assistant

SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515)

Peter Burns, Outreach Assistant

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

Tom Bentler, Nathan Braxton, Marc Blasquez (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

Patrick Suhrbier, Senior Immigrant Legal Services

Sayuko Setvik, Tutoring Coordinator

Laura Murton, Immigration Legal Coordinator

STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)

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

PARISH OFFICE

Yanti Kapoyos, Weddings and Funerals (206-382-4288)

Bev Mauser, Louise Mennella, Wedding Coordinators

Mary MacLean, Bookkeeper (206-382-4564)

Maggie Corrigan, Office Manager (206-622-3559)

FACILITIES and GROUNDS

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

Alan Frasher, Brian Jones, Khai Nguyen, Tan Nguyen, facilities

CELEBRATIONS of the SACRAMENTS

MASS

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

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

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

VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

CONFESSIONS/SACRAMENT OF RECONCILIATION

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

BAPTISM

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

MARRIAGE

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

ANOINTING of the SICK

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

FUNERALS

for parishioners, 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 BOOKSTORE

Open weekdays 11-3 and after weekend Masses

CATHEDRAL COLUMBARIUM

Maria Laughlin, 206-382-4284

CATHEDRAL KITCHEN

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

PARISH OFFICE HOURS:

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

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

804 Ninth Avenue, Seattle, WA 98104

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

www.stjames-cathedral.org

WELCOME TO OUR PARISH FAMILY

ST. JAMES CATHEDRAL
IMMACULATE CONCEPTION | CHRIST OUR HOPE

The First Sunday of Lent March 9, 2025

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

ON THE COVER *Jesus returned from the Jordan and was led by the Spirit into the desert for forty days.* Icon of the Baptism of the Lord. Joan Brand-Landkamer, Cathedral iconographer.

CATHEDRAL RESTROOMS While construction on the Portico Project is underway, the Cathedral's main restrooms remain closed. At each weekend Mass, restrooms in Cathedral Hall are open. In addition, there is a wheelchair accessible restroom on the south side of the west vestibule. This small restroom is reserved for families and those with mobility issues. Lastly, portable restrooms are available at the Terry Avenue entrance to the Cathedral Courtyard.

MONTHLY HOSPITALITY AFTER 8:00AM MASS Join us in the Pastoral Outreach Center for blueberry scones, fresh fruit, and fellowship.

SUNDAY HOSPITALITY AFTER 10:00AM MASS Join us in Cathedral Hall for blueberry scones from Macrina Bakery, fresh fruit, and fellowship.

PARISH PILGRIMAGE MARCH 10-20, 2025 This Lent, Father Ryan will lead a group of 103 parishioners on a journey of prayer in France and Italy. The group will visit holy places in Normandy and Paris, before heading to Rome for the Jubilee, processing through the Holy Door and celebrating Mass at St. Peter's Basilica. At each stop along the way, the pilgrims will pray for our parish community. A book of intentions will be carried at each Mass and placed on the altar of the holy places the pilgrims visit. Be a part of the pilgrimage by sharing your intention for Lent and for the Jubilee Year. In a special way, you are invited to mention the names of deceased loved ones for whom the pilgrims can pray in Rome. Submit your intention via the Cathedral website or use the QR code at right. *Information*, Maria Laughlin, mlaughlin@stjames-cathedral.org.



PARISH REMEMBRANCE *Throughout the year, because we are the Cathedral Church, we remember in prayer at Mass and Vespers each parish family in the Archdiocese of Seattle. This week we pray for the parish families of North American Martyrs in Edmonds and St. Joseph in Tacoma.*

CHILDREN'S FAITH FORMATION CLASSES AND PARENT GATHERING: SUNDAY MARCH 9 AT 11AM

Parents, after you drop off your child at class, please come to our monthly parent gathering. Our guest speaker is parishioner, Patty Repikoff, who has been a Lay Ecclesial Minister for 54 years. Patty will present on The Daily Examen, an ancient practice in the Church that can help us see God's hand at work in our whole experience. Coffee, tea, and snacks will also be provided. *Information*, Tami Kowal, 206-219-5822 or tkowal@stjames-cathedral.org.

IMMIGRANT ASSISTANCE TUTORING: MEANINGFUL CONNECTIONS ONLINE

Student I and Tutor A have been meeting online for 3.5 years. It is clear from talking to them that their care and support for each other is mutual. When Tutor A was injured, Student I was worried about his well-being. Even though Student I has been in this country for a long time, she has a continual desire to improve her English and be connected to the community. As her husband lives with a chronic illness, online tutoring is one important way Student I can have a meaningful connection with someone while being home. In a time of frightening changes, including to immigration policies, it gives us hope to notice the good things that are also happening with our immigrant neighbors that are steady and life-giving. New students are coming to our program every week. Please contact Sayuko to join our wonderful tutor team. No prior experience in ESL or Citizenship tutoring necessary, and both in-person and online tutors are needed. *Information*, Sayuko Setvik, ssetvik@stjames-cathedral.org or 206-382-4511.

HOUSING AND HOMELESSNESS ADVOCACY DAY

MARCH 14 IN OLYMPIA Express your support to your state lawmakers for fair housing and an end to homelessness! Join the Housing Advocacy Committee of St. James Cathedral and St. Joseph Parish, as well as advocates from all of Washington state, to share your story with lawmakers and other stakeholders. The day will include time to develop and strengthen your advocacy skills through attending workshops. *Information*, Patrick Barredo, pbarredo@stjames-cathedral.org, 206-382-4515.

ST PATRICK'S DAY MASS You are invited to join the Irish community at Seattle's annual St Patrick's Day Mass on Monday, March 17, at 6:00pm at St. John the Evangelist Catholic Church, 7916 1st Ave NW, Seattle. Mass readings, prayers and hymns will be from the Mass of St. Patrick as celebrated in Ireland. The Presider will be Rev. John Madigan assisted by Rev. Martin Bourke and other priests of the archdiocese.

Sacred Steps

CONGRATULATIONS AND GOD'S BLESSINGS to the children who made their First Reconciliation on Saturday, February 1. May God continue to bless you, Cece, Beya, Charlotte, Benedict, Brendan, Christian, Garry, Emmanuel, Audrey, 'Ileini, Leo, Josiah, Sadie, Gabriel, Jiraiya, Rayden, Kaia, and Lucas!

IN OUR OWN VOICE PRESENTATION On Saturday, March 22, 10:00am-11:30am in the Pastoral Outreach Center, 907 Columbia Street, you are invited to attend a free 90-minute presentation by trained NAMI Seattle presenters living in recovery from mental health conditions. Open to anyone who wants to learn more about mental health! Sponsored by the Mental Health and Wellness Ministry. *Information*, Anisa Ralls, aralls@stjames-cathedral.org or 206-382-4269.

CATHOLIC RELIEF SERVICES' RICE BOWL

is celebrating 50 years of helping Catholic faith communities bring Lent to life and encounter God through our global family. During the 40 days of Lent, let us journey together through CRS Rice Bowl to meet people in Nigeria, Guatemala and Bangladesh who are rising above the challenges of hunger and malnutrition. Since 1975, Catholics across the United States have come together each Lent to respond to global hunger through the CRS Rice Bowl program. Learn how people like you have made a local and global impact on the lives of our sisters and brothers in need and why our prayers and almsgiving are still needed today. During this holy season, let us recommit to sharing bread for life with our global family so that all people can reach their God-given potential. Visit crsricebowl.org/week-1 to read this week's Story of Hope.



MAKE A DIFFERENCE IN WASHINGTON STATE Stay informed with the Washington State Legislature's 2025 session by joining the Washington State Catholic Conference and advocate for issues impacting our vulnerable communities. Please do so by scanning the QR code.



GARDEN VOLUNTEERS NEEDED We are looking for garden enthusiasts, green thumbs and novices to join our team of volunteers in the cathedral garden. Our busy season is about to begin and we need help planting, growing and harvesting fresh vegetables and fruits for the cathedral kitchen. *Information*, Peter Burns at 206-264-2082, or pburns@stjames-cathedral.org

ST VINCENT DE PAUL THANKS YOU A car accident requiring extensive repairs caused this hard working woman to fall behind on rent because she couldn't get to her house cleaning jobs. She is also a nursing student at a nearby college. Her college is helping with car repairs so she will be back to work soon. Thanks to your generous donations, her housing will also be secure. *Information*, Blake Steller 907-244-6683 or blsteller@gmail.com

QUESTIONS ABOUT CATHOLICISM? Do you have questions about the Catholic faith? Are you new to Mass and wondering what it's all about? Are you cautiously curious about the Church, or perhaps decidedly interested in becoming Catholic? *Information*, John Marquez, 206-654-4640, jmarquez@stjames-cathedral.org.

Lent 2025 at St. James Cathedral

Dear Friends,
Did you know that the word 'Lent' is an Old English word – a variation on the word "lengthen"? Lent is very late this year, so we're quite aware that the days are lengthening and that spring is about to spring!

Most of us will welcome spring with open arms – especially after that bitter cold snap in late January and early February. Wouldn't it be great if we welcomed Lent as warmly as we welcome spring! Lent, of course, means penance and self-denial and most of us are not overly attracted to such things. I know I'm not. But penance and self-denial can be paths to deeper growth and freedom, and the Church's time-tried Lenten program is all about growth and freedom. And there are plenty of offerings here at St. James to make this Lenten pilgrimage a rich and grace-filled experience. Let me mention a few.

PRAYER. The most important prayer we have is, of course, the Sunday Mass we celebrate here together in the Cathedral. If we were to do nothing more this Lent than to actually be at Mass each Sunday and to participate fully, actively, and consciously in the Mass, we would be doing something almost guaranteed to help us grow in faith and in our relationship with Christ and with our brothers and sisters in the Body of Christ. But we needn't stop there. Lenten weekday Masses are also a wonderful way for deepening our walk with Christ during this holy season.

Other Lenten prayer possibilities might include making your family prayer at meal times – or your morning and evening prayers – a little less rote and a little more intentional; or taking some time each day to read and reflect prayerfully on a passage from one of the Gospels. And there are some wonderful prayer opportunities at the Cathedral, too: Sunday afternoon Vespers and Benediction of the Blessed Sacrament, the Stations of the Cross on Mondays and Fridays; and joining in Adoration after Mass on Thursday mornings.

Still one other opportunity for prayer this Lent is to pray for our "Elect" who will be baptized and confirmed and receive the Eucharist for the first time at the Easter Vigil. You can find their names in the bulletin. This can be a wonderful way of reaching out to our newest members, supporting them along their journey of faith. And it's something absolutely everyone can do!

FASTING. The church is wise in reminding us that fasting can help put us in closer contact with Jesus who willingly accepted suffering and even death in order to show the depth of his love for us. What better way to draw close to Jesus than by freely denying ourselves some of life's comforts? And what better way to draw close to the suffering people of the world – the hungry, the homeless, the hopeless – than by tasting, even in a small way, their cup of suffering?

And here's another way of reaching out to those who are hungry and homeless. Why not volunteer to help out at the Cathedral Kitchen or to take a turn helping to prepare and serve our Sunday morning breakfast? These are great ways to be in solidarity with those who experience a "forced fast" every day. If you are interested, contact Patrick Barredo.

ALMSGIVING. The Rice Bowl is a really good way to turn fasting into a work of Christian love. Think what will happen this Lent if you make the Rice Bowl your table centerpiece and then put into it each day or each week the money you have saved by eating a little more simply than usual. On Holy Thursday, when we invite all of you to bring forward your Rice Bowls at the offering moment of the Mass, you will see in a powerful way how people who take Lent seriously can make a difference not only in their lives but in the lives of hungry people in our world.

My friends, this Lent of 2025 takes place in a Jubilee Year whose theme is Pilgrims of Hope. I will have the privilege of leading 100 of your fellow parishioners on a pilgrimage to France and Italy from March 10-20. We plan to bring all of you along with us in our prayer, and I ask for your prayers as well. Please be a part of this pilgrimage by sharing your own intentions for us to carry with us (visit the Cathedral website to submit your intention), and by following each day's adventures on social media.

It was at our baptism that we got the 'passport' for our pilgrimage, and it is our baptism that calls us to walk the Lenten journey with Jesus. May we walk the journey together, each of us a *pilgrim of hope!*



Father Michael G. Ryan

Prayer and Faith Formation Opportunities

MASS The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for are particularly rich in their ability to inspire and challenge. Weekday Masses are at 8:00am daily, and Mondays, Wednesdays, and Fridays at 12:10pm.

THE WAY OF THE CROSS is a wonderful Lenten tradition in the Church. There are two opportunities to pray the Stations each week: on Mondays following 12:10pm Mass, and Fridays following the 8:00am Mass. On Sunday, April 6, Cathedral youth readers will lead the Stations of the Cross following the 12 Noon Mass. *The Cathedral's Stations of the Cross are the work of Joan Brand-Landkamer, inspired by French artist Georges Rouault.*



MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on Friday, March 28.

VESPERS AND BENEDICTION OF THE BLESSED SACRAMENT This beautiful prayer is part of the Liturgy of the Hours, the official prayer of the Church. It is celebrated in the Cathedral each Sunday afternoon at 4pm.

CONTEMPLATIVE EVENING PRAYER On Friday, March 7 at 6:30pm, you are invited to join in contemplative evening prayer with the music of the ecumenical community of Taizé, France.

ADORATION OF THE BLESSED SACRAMENT Each Thursday during Lent, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Rice Bowls are in the vestibules of the Cathedral. Daily reflections available at www.crsricebowl.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. Confessions are heard every Saturday from 8:30am-9:30am. Our communal celebrations of the Sacrament of Penance will be Saturday, April 5 (time TBA), and Monday, April 7 at 7:00pm.

ST. LUKE AND THE KINGDOM OF GOD

Thursday evenings, March 6, 13, 20, 27, and April 3; 7:00pm, Cathedral Hall. Please join a five week Lenten study of the Gospel of Luke. We will examine its portrait of Jesus as



the Christ who fulfills the messianic promises of the Old Testament, while establishing the Kingdom of God on earth and proclaiming salvation for all. This Scripture study is a wonderful way to draw closer to God in preparation for Easter by coming to better know His Son through the story of His life, death and resurrection. Tara Simons, presenter, is a teacher and writer who has her M.A. in Catholic Theology from the Franciscan University of Steubenville and did her doctoral studies in Theology at the Graduate Theological Union in Berkeley, CA. *Information and registration*, 206-654-4658 or jsimpson@stjames-cathedral.org.



Pilgrims of Hope Parish Pilgrimage to France and Italy

This Lent, Father Ryan will lead a group of 103 pilgrims on a journey of prayer in France and Italy. The group will visit holy places in Normandy and Paris, before heading to Rome for the Jubilee, processing through the Holy Door and celebrating Mass at St. Peter's Basilica.

Please join the pilgrims virtually by following along with the pilgrimage each day on the Cathedral's Instagram and Facebook pages.

At each stop along the way, the pilgrims will pray for our parish community. A book of intentions will be carried at each Mass and placed on the altar of the holy places the pilgrims visit. **Be a part of the pilgrimage by sharing your intention for Lent and for the Jubilee Year.** In a special way, you

are invited to mention the names of deceased loved ones for whom the pilgrims can pray in Rome. Submit your intention via the Cathedral website or use the QR code at right.



OCIA during Lent

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. Soon they will no longer be called *Catechumens*, but "*Elect*," following the celebration of the Rite of Election. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for those to be baptized at the Easter Vigil:

Leonor Aparicio ▪ Brian Appelman ▪ Shay Appelman ▪ Paris Counter ▪ William Demoraes ▪ Charlie Glaser ▪ Vinnie Glaser ▪ Dora Gyarmati ▪ Jared Ilg ▪ Thomas Nolan ▪ Alston Prater ▪ Karan Verma ▪ Lindsey Vigo ▪ Pam Vilonza

Youth Elect:
Liam Kimble

Please visit the Place of Prayer near the Cathedral font and pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.



The following are some important moments in the journey of our Catechumens:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election on Saturday, March 8. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place at the 10:00am Mass on March 23, 30, and April 6.

SATURDAY, APRIL 19, 8:30pm: THE EASTER VIGIL On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday.

Ash Wednesday is March 5, 2025. Good Friday is April 18, 2025.

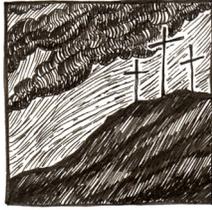
Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain

strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

Musical Prayer during Lent

UNIVERSITY OF NOTRE DAME MEN'S GLEE CLUB Saturday, March 8 at 8:00pm



The iconic Notre Dame Glee Club, on their Pacific Northwest Spring Tour, offers a program of sacred music that includes Renaissance and contemporary motets (including Franz Biebl's beloved "Ave Maria") as well as hymns and spirituals. Tickets (\$0-\$50) & more information, visit <https://www.stjames-cathedral.org/music/concerts>.

OPUS 7 VOCAL ENSEMBLE AND CHAMBER ORCHESTRA: HEAR MY PRAYER Saturday, March 15 at 8:00pm

Opus 7 performs a Lenten concert of profound music for choir and orchestra by Eastern European and Scandinavian composers as a musical prayer for hope and perseverance; comfort for those who grieve and those who are fearful; and peace and justice in Ukraine. Tickets (\$15-\$60)* & more info: <https://opus7.org/>.

CAPPELLA ROMANA and 45th PARALLEL UNIVERSE: REQUIEM FOR THE FORGOTTEN Friday, March 28 at 7:30pm

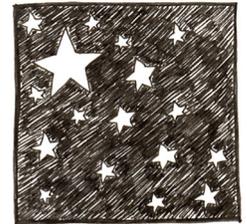
Requiem for the Forgotten by Frank La Rocca for choir, organ, and strings commemorates the displaced and the homeless, championing the inherent dignity of every person. The program opens with the a cappella *Mass for Double Choir* by Josef Rheinberger (1839-1901), who dedicated it to Leo XIII, a pope known for his advocacy for social justice. Tickets (\$15-\$58)* and information, <https://cappellaromana.org/concert/requiem-for-the-forgotten/>.

MEDIEVAL WOMEN'S CHOIR: PENITENTIA Saturday, April 5 at 8:00pm

Lent is a time for reflection upon human frailty, sorrow for our sinful nature, and the desire to make amends. There is a rich

tradition of song that reflects this medieval reality, inspiring believers to repent and guiding them on the path towards salvation. Full of beauty and pathos, this is some of the most profound music in the medieval canon. Tickets (\$30; St. James parishioners free at online ticketing) and information, <https://medievalwomenschoir.org/events/>.

THE OFFICE OF TENEBRAE Wednesday, April 16 at 7:00pm



The name *Tenebrae* (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. *Tenebrae* today is celebrated in many different forms, which can include the chanting of the Lamentations of Jeremiah, and the gradual extinguishing of candles and other lights in the church to signify the darkness that overshadowed the earth at Christ's crucifixion. The loud noise, or *strepitus*, at the conclusion of the service suggests the earthquake described in the Passion narratives. The single candle left burning is the symbol and promise of Christ's triumph over death and darkness. The Cathedral Cantorei will sing Palestrina's setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE Friday, April 18 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Giovanni Battista Pergolesi's *Stabat Mater* and meditations by Father Paul Janowiak, SJ, on the Seven Last Words of Christ. *Stabat Mater* is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.



Celebrate the 175th anniversary of the Archdiocese of Seattle! Volunteer with other Catholics as the living Body of Christ in this "Season of Service," March to May 2025. May we recognize our legacy of faith by demonstrating our commitment to serving others.

Volunteer with a program below or of your own choosing. Let's see if Cathedral parishioners can serve the most hours of any parish in the Archdiocese!

Report your volunteer hours to Patrick Barredo, Director of Social Outreach and Advocacy pbarredo@stjames-cathedral.org

ST. JAMES CATHEDRAL

Sunday Breakfast is cooked on Saturday afternoons and served on Sunday mornings. *Patrick Barredo, 206-382-4515, pbarredo@stjames-cathedral.org*

The Cathedral Kitchen serves the best free meal in Seattle every weeknight. *Mick McHugh, 206-949-6114, mickmchugh00@gmail.com*

The Cathedral Kitchen Garden grows organic produce used in the Cathedral Kitchen. *Peter Burns, pburns@stjames-cathedral.org*

The Solanus Casey Center provides housing referrals and helps with obtaining personal IDs. *Adriana Henry, 206-223-0907, adrianah@ccsww.org*

Sandwich Ministry provides homemade sandwiches for the St. Martin de Porres men's shelter. *Peter Burns, pburns@stjames-cathedral.org*

Volunteer Services welcomes volunteers to do yardwork for low-income elderly and disabled neighbors. *Griffin Cole, GriffinC@ccsww.org*

SOUTH KING

Sacred Heart Family Shelter in Kent provides safe, comfortable shelter to families experiencing the crisis of homelessness. *Volunteer & Resources Coordinator Julie Thompson, juliet@ccsww.org*

The Federal Way Day Center welcomes adults who are homeless and vulnerably housed. There are showers, laundry, computers, access to health care and social services and more. *If interested, please call 253-893-7895.*

THE EAST SIDE

Issaquah Meals has served weeknight meals for over 35 years. *To volunteer, 425-679-0342, ccskingcountyinfo@ccsww.org*

New Bethlehem Day Center in Kirkland provides a welcoming and resource-rich destination for homeless families.

Contact 425-679-0354, nbpinfo@ccsww.org

LINKS Lunch Buddy Program in the Lake Washington School District is looking for caring adults to meet for 1 hour a week with elementary students for one-on-one time. *Victoria Goetze-Nelson lunchbuddy@lwsd.org*

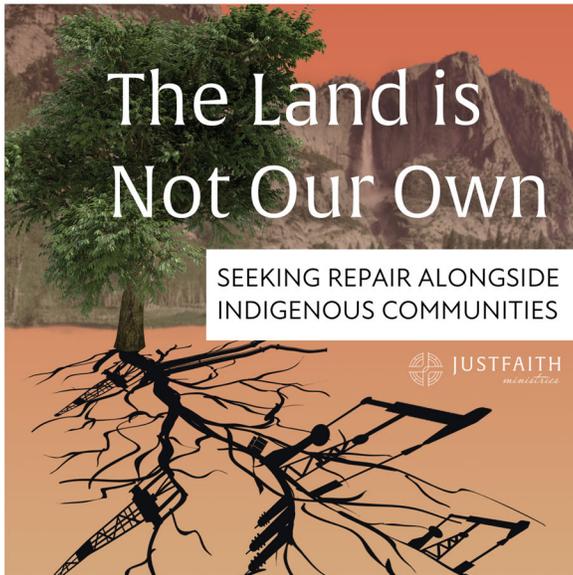
Bellevue's **Sophia Way Organization** strives to end homelessness for adult women by providing shelter, social services, and supportive permanent housing. *Megan Duncan, megan.d@sophiaway.org*

THE NORTH END

Retired & Senior Volunteer Program volunteers check in clients, assist with selecting food, loading into the car, and more. *Paulette Jacobson, 425-374-6311, Paulettej@ccsww.org*

Chore Volunteers help elderly and disabled neighbors maintain independence and dignity. Can you spare 1 or 2 hours a week to help with light housework or shopping? *Gretchen Wooten, 425-374-6323, MGWooten@ccsww.org*

Prepares (Pregnancy and Parent Support) Family Companions provide direct one-on-one support for struggling families. You can also act as a Companion on a team of volunteers. *Aleah Patulot 206-737-9264 prepares@ccsww.org*



The St. James Racial Solidarity Team invites you to this small group study series.

Tuesdays, March 25 to May 27

6:30pm - 8:30pm

on Zoom

MAURA FALLON & BROOK RIGGIO,
FACILITATORS

“It is your right, your birthright, to seek out others to work toward a world you imagine, a world where we are all free.” — Sarah Augustine

The Land Is Not Our Own: Seeking Repair Alongside Indigenous Communities will inspire and equip you to stand alongside Native communities in working for justice and repair. This 8-week small group lays a foundation of trust and relationship, so that together participants can acknowledge injustice, honor the interconnectedness of all Creation, and seek healing, repair, and hope alongside Indigenous communities.

The Land Is Not Our Own is an invitation to hope, joy, and healing. Together, the small group will celebrate Indigenous artists and activists, engage in a spiritual reorientation toward honoring our sacred connection with one another and all Creation, and learn concrete ways that individuals, churches, and communities can partner with Native leaders in their work for justice and repair.

GOALS

- Guide participants in “discern[ing] how Christian communities can address the extinction, enslavement, and extraction done in the name of Christ on Indigenous lands.”
- Equip participants to seek justice and repair alongside Indigenous leaders.
- Celebrate the wisdom and traditions of Indigenous authors, artists, and spiritual teachers
- Through spiritual reorientation, inspire daily decision-making that honors participants’ sacred relationships with all of Creation.
- Transform the participants into a community of love and support. The members will continue to encourage one another as you seek spiritual transformation and take action for justice after the program has finished.

Information, Patrick Barredo, Director of Social Outreach and Advocacy
206-382-4515 | pbarredo@stjames-cathedral.org

Archbishop Etienne invites you to the

Jubilee Mass for Healthcare Professionals and Caregivers

April 5 | 5:30pm
St. James Cathedral

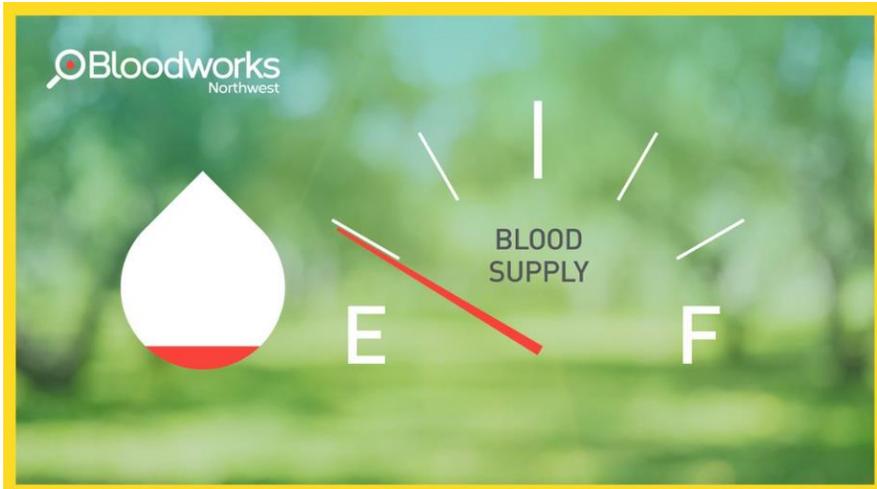


This Mass celebrates members of the healthcare community including doctors, pharmacists, nurses, nursing assistants, caregivers, first responders, chaplains and all other members of the healthcare profession.

Mass is held 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.”



Jubilee 2025
Pilgrims of Hope



St. James Cathedral is running another two-week blood donation campaign (AKA virtual drive). Please give blood between **Sunday March 23 to Saturday April 5** at ANY Bloodworks Northwest location (donor center or community blood drive) and when you arrive to donate, check in (register) and provide the code **SJC** to the registrar so we can track our impact!

Please use the QR code to find all the convenient nearby locations offered in our two-week timeframe. Please book your appointment now to reserve your spot!

Appointments are required. If you need help booking your appointment, please contact the **Donor Care Team** at schedule@bloodworksnw.org

For info on blood donation, please visit BloodworksNW.org

Please eat a meal and hydrate prior to giving blood! And please bring photo ID!



BloodworksNW.org / 800-398-7888