



ST. JAMES CATHEDRAL  
*The Third Sunday in Ordinary Time*  
January 24, 2021

ORDER OF CELEBRATION FOR

*The Third Sunday in Ordinary Time*

**WELCOME! A few important notes on today's liturgy:**

- + **Wearing a mask is mandatory whenever you are in the Cathedral. Your mask must cover both your nose and your mouth at all times.**
- + **The clergy and readers are permitted to remove their masks, but only when they are speaking. They will wear masks at all other times.**
- + **Always observe social distance of at least six feet between family groups, including during the communion procession and as you leave.**
- + **Do not move around the Cathedral before or during Mass. Please follow the directions of the ushers as you leave the Cathedral.**
- + **Congregational singing is not permitted at this time.**
- + **Thank you! We can all help each other stay safe and comfortable by following these common sense guidelines.**

*The Introductory Rites*

PRELUDE

“Moderato” from *Three Tone Pieces*, op. 22  
Niels Gade (1822-1890)

ENTRANCE *sung by the cantor*

*The Kingdom of God*  
LAUDATE DOMINUM

PENITENTIAL ACT *sung by the cantor*

*St. James Mass for Peace*  
Bern H. Herbolsheimer (1947-2016)

GLORIA *sung by the cantor*

*Congregational Mass*  
John Lee (1908-1990)

COLLECT (OPENING PRAYER)

*The Liturgy of the Word*

FIRST READING

Jonah 3:1-5, 10

RESPONSORIAL PSALM *sung by the cantor*

Psalm 25  
Richard Proulx (1937-2010)

SECOND READING

I Corinthians 7:29-31

GOSPEL

Mark 1:14-20

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

All respond: Lord, hear our prayer.

## *The Liturgy of the Eucharist*

SANCTUS *sung by the cantor*

*St. James Mass for Peace*  
Bern H. Herbolsheimer

MYSTERY OF FAITH *sung by the cantor*

AMEN

LORD'S PRAYER

AGNUS DEI *sung by the cantor*

*St. James Mass for Peace*  
Bern H. Herbolsheimer

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

### *Distribution of Holy Communion*

- + **Communion is given only in the hand.**
- + **Maintain six feet of separation between household groups as you come forward.**
- + **Wear your mask. Hold your hands out as flat as possible so that the minister can easily put the host on your open palm without touching your hand.**
- + **After receiving Holy Communion, lower your mask with one hand, put the host in your mouth, and then put your mask back on.**

COMMUNION

“Follow me; I will make you fishers of men.”  
Whereupon they, leaving their nets and their boat, followed the Lord.

*Venite post me*  
chant, Mode VIII

*Dear Lord and Father of mankind*

Dear Lord and Father of mankind, forgive our foolish ways,  
re clothe us in our rightful mind, in purer lives thy service find,  
in deeper reverence, praise.

C. Hubert H. Parry (1848–1918)

Charles Greenleaf Whittier (1807–1892)

BLESSING AND DISMISSAL

PROCESSION

“Allegro con fuoco” from *Three Tone Pieces*, op. 22  
Niels Gade

- + **Following the procession, please exit by the door nearest you. This may not be the door you came in. Maintain social distance as you leave the Cathedral. Thank you for following the directions of the ministers.**

## 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

Kathleen McCabe, Director (206-382-2018)  
Brenda Bellamy, Children's Faith Formation (206-274-3108)  
Rosanne Michaels, Faith Formation (206-654-4658)  
Jennifer Wong, Baptism Coordinator (206-619-0816)  
Theresa Van de Ven, Administrative Assistant (206-219-5822)

### LITURGY

Corinna Laughlin, Pastoral Assistant for Liturgy (206-264-2086)  
John Marquez, Julie Sharples, sacristy (206-654-4646)

### MUSIC MINISTRY (206-382-4874)

Joseph Adam, Director of Music & Cathedral Organist  
Stacey Sunde, Director of Youth Music  
Marjorie Bunday, Music Office Assistant

### SOCIAL OUTREACH and ADVOCACY

Patrick Barredo, Director (206-382-4515); Luke Henkel (206-382-4235)  
Cathedral Kitchen: Mick McHugh (Interim Director),  
John Givins (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, Immigrant Legal Services  
Sayuko Setvik, Tutoring Coordinator

### STEWARDSHIP and DEVELOPMENT

Maria Laughlin, Director (206-382-4284)  
Caroline Okello, Welcome and Volunteer Coordinator (206-382-4500)

### YOUTH MINISTRY

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

### PARISH OFFICE

Mary MacLean, Bookkeeper (206-382-4564)  
Micki-Jo Palmer, Executive Assistant for Finance (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, Gebregziabher Abay, Lino Nillas

### CELEBRATIONS of the SACRAMENTS

#### MASS

Sundays 8:00am - 10:00am - 12 Noon  
Weekdays 8:00am  
Saturdays 8:00am & "Vigil" 5:30pm

#### VESPERS and BENEDICTION of the BLESSED SACRAMENT

Sundays at 4:00pm

**BAPTISM** Communal celebrations are held monthly. A preparation program for parents and godparents is required. Contact Jennifer Wong for information, 206-619-0816.

**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** A communal celebration is held twice yearly. 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 Nancy Granger, 206-382-4269

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

**W**ELCOME, 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 3rd Sunday in Ordinary Time January 24, 2021

**ON THE COVER** "I will make you fishers of men." West nave stained glass window, St. James Cathedral. Charles Connick, artist, 1916-1918.

**FLORAL OFFERINGS** are a wonderful way to remember a deceased loved one, celebrate an anniversary, or give thanks for a prayer that has been answered. *Information*, Micki-Jo Palmer, mpalmer@stjames-cathedral.org or 206-622-3559.

**WEEKDAY MASSES OPEN TO THE PUBLIC** Each day from Monday through Saturday, an 8:00am Mass is celebrated in the Cathedral. All are welcome to attend without prior registration. On Tuesdays, the 8:00am Mass is followed by Exposition of the Blessed Sacrament, concluding with rosary at 12 Noon.

**ST VINCENT DE PAUL THANKS YOU** A family ran a catering business. COVID caused their business to collapse, which meant that suddenly no one in the family had jobs or income. One of the men in the family eventually called the SVdP Helpline (206-767-6449) because he was having trouble believing that he might qualify for unemployment benefits. He could not wait any longer to figure that out because his rent was due and no one in his family could help him pay it. Our Cathedral Vincentians helped pay his rent, relieving his anxiety and giving him a little more time (and our encouragement) to track down those unemployment benefits and look for another job. Your donations to SVdP at St James make our help possible – thank you! *Information*, Jo Ann Wiesner, 206-291-4012 or wiesnerjo@gmail.com

**OUTREACH OPPORTUNITIES DURING THE PANDEMIC** Catholic Community Services/Catholic Housing Services (CCS/CHS) has asked the Cathedral to provide meals for their day centers and shelters. Unopened store-bought casseroles and unopened sandwich-ingredients (bread, deli meat, vegetables and condiments) are greatly appreciated. In addition, toiletries (toothpaste, toothbrushes, soaps and shampoos, feminine hygiene products), canned ready-to-eat meals (ie soup or chili), cup of noodles, easy mac & cheese, K-cup coffee, cocoa and tea, individual servings of chips, crackers, granola bars and cereals have been requested. Deliver food to Cathedral Hall (803 Terry Ave.), Tuesdays, 9am to 11am. *Information*, Patrick Barredo, pbarredo@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. Thomas Aquinas in Camas and St. John Bosco in Tacoma.*

## Musical Prayer

**FRIDAY, JANUARY 29 AT 6:30PM:** Join us for a live concert from the Cathedral! Joseph Adam, Cathedral organist, performs an all-Bach program. You can find the livestream at [vimeo.com/stjamescathedral](https://vimeo.com/stjamescathedral) or [facebook.com/stjamesseattle](https://facebook.com/stjamesseattle). For a complete archive of 40+ musical offerings since the pandemic began, visit [www.stjames-cathedral.org](http://www.stjames-cathedral.org).

### CARE FOR CREATION EVENT: 2040 FILM SCREENING

Join fellow Catholic parishioners for an amazing at-home screening of this award-winning climate documentary. Drawing on the best minds from around the world to focus on climate, economics, technology, civil society, agriculture and sustainability, 2040 maps out a pathway for change that can lead us to a more ecologically sustainable and equitable future. 2040 is a story of hope, and a powerful tool to encourage people to take action. Once registered you will be able to watch the movie any time you like from January 21 to February 6. We will also have a discussion about the movie and solutions discussed in the movie on Sunday February 7. Sponsored by the St. James Care for Creation Committee, other South Seattle parishes, Intercommunity Peace and Justice Center and Seattle University Institute for Catholic Thought and Culture. *Information and Registration*, <https://care4creation.eventbrite.co.uk>.

**NEW! CIRCLE OF HOPE** St. James Cathedral Mental Health & Wellness Ministry is happy to introduce *Circle of Hope*, a Zoom gathering where those who find themselves struggling with life's daily challenges can experience fellowship and support in a safe, faith-filled environment. Whether you live with a chronic mental illness or feel the emotional impact of the effects of COVID, you are invited to join this welcoming group. Facilitators Nancy Granger, St. James Cathedral Parish Mental Health Nurse and Cathedral parishioner David Pina, retired Air Force Chaplain, Suicide Prevention Specialist look forward to joining you in this community of faith and support. This group will meet weekly via Zoom for 8 sessions on Thursdays, February 18 - April 8, 6:30-8:00pm. Capacity is limited. *For information and to determine whether this group is right for you*, contact Nancy Granger, 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

### ST. JAMES CATHEDRAL IS HIRING AN ASSISTANT FOR SOCIAL OUTREACH AND ADVOCACY

The incumbent will provide support for the Cathedral's ministries for the poor and underserved, with a particular focus during the pandemic on meal programs and care for creation. This is a 25-29 hour/week position, non-exempt. To receive a job description and details, interested applicants should download the Seattle Archdiocesan Job Application and send it with a resume, via e-mail, to Patrick Barredo, Director of Social Outreach and Advocacy, 206-619-2879, [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

**JOB OPENING FOR CUSTODIAN** The parish has an opening for a Custodian to perform basic janitorial and floor care responsibilities. This person will also work with the Cathedral Facilities staff in setting up for special liturgies and events and basic maintenance tasks. This is a full time position with an Archdiocesan Benefits package. To receive a job description and details, interested applicants should download the Seattle Archdiocesan Job Application at: <http://www.seattlearchdiocese.org/Assets/HR/EmploymentApp2019Parish.pdf> and send it with a resume, via e-mail, to Tang Nguyen, [nguyen@stjames-cathedral.org](mailto:nguyen@stjames-cathedral.org).

**NEW! CARE CALLS MINISTRY *The Need:*** Due to COVID-19 there is an epidemic of loneliness in our communities. A great number of people suffer mental and physical consequences from isolation and loneliness. We see this in the world around us and in our own parish. ***The Response:*** St. James Cathedral Mental Health and Wellness Ministry (MHWM) has initiated a new ministry to help alleviate loneliness and establish connections with parishioners who may be isolated or lonely. **Care Calls:** Care Calls is outreach to people who live alone or have little connection with people. Volunteers phone identified parishioners on a regular basis to offer listening and companionship. Calls will connect people who are lonely to people who have time to listen and chat. The volunteers who become callers are individuals who understand the call of Christ to care for our brothers and sisters and want to make a difference in someone's life. They have the time to make regular calls and build relationship. They can also provide supportive reminders that help with everyday life, like remembering to take medication or keep medical appointments. Care Callers are volunteer phone friends, serving others because their hearts are in the right place. In doing so, they may even fill a void in their own lives. ***How you can help:*** Please let us know of someone you think would benefit from and be open to receiving a regularly scheduled Care Call from a MHWM volunteer. *If you are interested in becoming a MHWM volunteer and joining Care Calls ministry, or would like more information*, contact Nancy Granger, 206-382-4269 or [ngranger@stjames-cathedral.org](mailto:ngranger@stjames-cathedral.org).

### ARE YOU A REGISTERED PARISHIONER AT ST. JAMES?

Many who attend St. James regularly and consider the Cathedral their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the Cathedral (including offering envelopes!). You can register online at [www.stjames-cathedral.org](http://www.stjames-cathedral.org).

**ST. JAMES CATHEDRAL ON SOCIAL MEDIA** Be sure to follow the Cathedral on social media for up-to-date information about ongoing events in the life of the Cathedral! On Instagram: [@stjamescathedral](https://instagram.com/stjamescathedral). On Facebook and Twitter: [@stjamesseattle](https://facebook.com/stjamesseattle). And of course, you can always visit the Cathedral website at [www.stjames-cathedral.org](http://www.stjames-cathedral.org) for up to date information.

## Sacred Steps

**REST IN PEACE** Please pray for the repose of the souls of *Jeanne Marie Lee* and *Mark Kasper*.

# Thank you

This past Christmas, the **ST. JAMES ADVENT GIVING TREE** looked quite different—but the generosity of parishioners like you was just as extraordinary as ever.

St. James Social Outreach and Advocacy would like to extend our most heartfelt gratitude for all those who helped make a very dark year that much brighter for many in western Washington.

Your gifts went to the following organizations:



**PREPARES**, a nurturing response of the Washington Catholic community which assists pregnant and parenting women, men, & families, received gifts of diapers, wipes, strollers, and learning books.



Youth in the **King County Juvenile Detention Center** have been in stark isolation during this pandemic crisis. Generous donors gifted an abundance of sweat-shirts for them, to keep them warm during these cold winter months. Unfortunately, because of the pandemic, the youth were not able to have a Holiday party to celebrate the festive season.

**The Tri Parish Food Bank**, a program of Catholic Community Services which assists Skagit Valley migrant farm-workers and their families, was grateful for toys, art supplies, sporting goods, winter coats, hats and gloves, and over 300 teddy bears!



**St. James Immigrant Assistance** provides ESL tutoring, citizenship preparation, naturalization assistance, & support for elders. One client was full of praise: *“Thank you for the Holiday gift card. I very appreciate it. Thank you, St. James Cathedral. Thank you so much!”* Another client added: *“Thank you so much for bringing us cleaning supplies today. My mother and I are so happy. We also want to thank all donors who bought us these supplies.”*

Located across the street from St. James Cathedral, the **Frederick Ozanam House** (a 56-unit low-income residence and chemical dependency center operated by Catholic Housing Services) received some Christmas cheer in the form of warm sweaters for every resident.



# for your generosity

# Grief Support Group



Tuesdays, January 26—March 16, 2021  
6:30pm-8:00pm, on ZOOM

Are you grieving the death of someone close to you?  
Grief and loss can have a significant impact on our lives  
long after the death of the person we love.

The grieving process has no timeline and is unique to each individual,  
but meeting with others who are going through a similar experience  
can provide support and help us cope.

You are invited to join this 8-week grief support group  
facilitated by St. James Cathedral Staff Nancy Granger  
and Rosanne Michaels

*Information and registration, Rosanne Michaels, 206-790-1519  
or [rmichaels@stjames-cathedral.org](mailto:rmichaels@stjames-cathedral.org)*

## ONLINE SPIRITUAL RETREAT



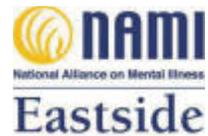
This online retreat will focus on our life journey. We will explore pain and suffering in the 1st hour. In the 2nd hour we will turn to faith, hope and love. We will learn how to use faith, hope and love to help continue our life journey when pain and suffering are holding us back. Do something very special for yourself and take 2 hours out of your day and treat yourself to some very much needed self care. It might be the best 2 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.*

**SATURDAY, JANUARY 30, 2021**  
**10.00 AM TO 12.30 PM**  
**Register:**  
**[www.nami-eastside.org](http://www.nami-eastside.org)**

- Space is limited so please register before January 27.
- Please register individually and plan to participate on your own device even if you are joining as a couple or group.





## It has never been easy to live a Eucharistic life.

It has never been easy to live a Eucharistic life. When Jesus first proclaimed this mystery to his disciples, some were scandalized: "As a result of this, many of his disciples returned to their former way of life and no longer accompanied him" (John 6:66). The time we live in poses special challenges to faith. We live in a culture that has largely forgotten God. Faith is often presented as a dusty relic of a bygone day, and the Church as just one more flawed human institution. These attitudes that pervade our culture can have an impact on our faith life, eroding the sacramental imagination and making it harder for us to recognize Christ's Real Presence in the Eucharist and in the world around us.

But we know that the Eucharist is the Real Presence of Christ in our churches and in our lives, and that this mystery is the fulcrum of history. We need to nurture — or rediscover — our "Eucharistic amazement," to use the phrase of Pope St. John Paul II. The Eucharist is the cornerstone of all we do: the source from which we draw our identity as a community of believers, the summit to which all our work and service is directed.

Archbishop Paul D. Etienne  
*The Work of Redemption: Eucharistic Belief and Practice in the Archdiocese of Seattle*  
Read the whole pastoral letter at [NWCatholic.org](http://NWCatholic.org)

## St. Thomas Aquinas on the Eucharist

O marvelous sacrament in which God is hidden, and our Jesus, like a new Moses, conceals his face under the creatures made by him! May every generation praise him! Wonderful is this sacrament in which, in virtue of the words of institution, the species signify and are changed into flesh and blood charged with the divine power; appearances remain in their proper substance; and, without violating the law of nature, the one and whole Christ himself is present in different places because of the consecration, as a voice is heard and exists in many places.... He is whole and entire and perfect in each and every fragment of the host, just as a hundred mirrors multiply the same visual appearance.



St. Thomas Aquinas  
(1225-1274)

## For Reflection

Have I experienced the tension between our prevailing culture and my Catholic faith?

How do I nurture my "Eucharistic amazement"?

What does it mean to call the Eucharist "source and summit"?

\*\*

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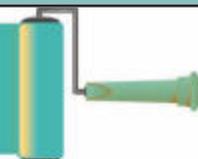
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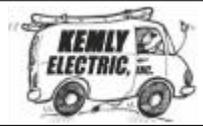


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