



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FIFTH SUNDAY AFTER THE EPIPHANY ♦ FEBRUARY 10, 2019

The Monthly Mix: Jesus and Palestine

TODAY: SUNDAY, FEBRUARY 10, 10:10 AM, *Leffler Living Room*
Bring a brunch dish to share! Gather with parishioners of all ages to enjoy a potluck meal, consider Jesus's life in Ancient Palestine, and hear about Kids4Peace, a youth leadership organization in our community forging relationships in Israel/Palestine today. This monthly brunch gathering varies in topic and activity, and is meant to appeal to parishioners of all ages.

First Hand Voices: Film Series introduction

TODAY: SUNDAY, FEBRUARY 10, 10:10 A.M. *Bloedel Hall*
This year's Mideast Focus Film Series theme is "Finding Home." Join us for an introductory forum, "First Hand Voices," which will feature Palestinian-American architect Rania Qawasma-Dana. She is a founder of Architecture for Refugees, a platform dedicated to raising awareness of the displacement crisis and engaging the public in social equity and community based design. She is also the creator of "This is Home", an award winning infographic neighborhood guidebook for refugees.

Faith Action Network 2019 Interfaith Advocacy Day

THURSDAY, FEBRUARY 14, 9 A.M.-3 P.M.
This is your chance to meet with legislators in Olympia, sharing our vision for peace and justice as people of faith. The Faith Action Network partners for the common good with people of all faiths who stand up boldly for our shared values. Register at fanwa.org. FAN will set up an appointment for you and others from your district to meet with your legislators.

Raising the Roof: Immigration and Christian Responsibility Sanctuary at Saint Mark's welcomes The Rev. Nancy Frausto



SATURDAY, FEBRUARY 16, 9 A.M.-12:30 P.M.,
Bloedel Hall

(Rev. Frausto will also preach at all morning services on Sun., Feb. 17 and will be part of the forum with Dean Thomason at 10:10 a.m.)

The Rev. Nancy Frausto of St. Luke's Episcopal Church in Long Beach, CA raised the roof at General Convention last summer! A founding member of the Diocese of Los Angeles Sanctuary Task Force and a Dreamer (DACA recipient), she is a powerful preacher and teacher and witness to the power of God's liberating love. Her workshop

at Saint Mark's brings together personal story, the state of immigration in our country, and our responsibility and action as Christian community. Come be part of the conversation!

Playdate and Dinner for families with young children 3 and under

SATURDAY, FEBRUARY 16, 3:30-5:30 P.M., *Leffler Living Room*

Come play together with other Saint Mark's families with young children, and stay for dinner if bedtime allows it! We will meet again to play and eat together on March 9th. Questions? Contact Kelly Moody kmoody@saintmarks.org

Donation opportunity for United Churches Emergency Fund and Lowell Elementary

TODAY: FEBRUARY 10, AFTER MORNING SERVICES, *Back of the Nave* United Churches Emergency Fund is in need of items for hygiene kits, and Lowell Elementary is running low on snacks sent home with students on the weekends and over school vacations. We will collect travel size toiletry items for UCEF and individually wrapped, nut-free snack items for Lowell at all morning services on February 10. Please look for a table at the back of the nave on that day. For more information or more details on what to contribute, contact Marjorie Ringness, marjorie@ringness.org.

Hunger Offering today

Today is Hunger Offering Sunday at Saint Mark's, where we take a special donation for six partner food banks in Seattle. These organizations help thousands of Seattleites who are struggling with food insecurity and basic living needs, and your donations make a big difference in their lives. Stop by the Hunger Offering table in the back of the nave to learn about what we do, and how you can help.

CATHEDRAL PRAYER LIST

To add a name to the prayer list, contact 206.323.0300 x314 or prayers@saintmarks.org. Prayer requests are listed in *Sundays & Beyond* for approximately four weeks.

The nave altar flowers are given to the Glory of God and in loving memory of her parents, Alice Fulton and Edwin Luther Green, by Ed & Molly Henderson.

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially St. Clement of Rome, Seattle, and St. John the Baptist, West Seattle; the clergy, staff and vestry of Saint Mark's Cathedral; all the ministries of Saint Mark's.

THE WORLD

Donald J. Trump, *President*; Jay Inslee, *Governor*; Jenny Durkan, *Mayor of Seattle*; António Guterres, *Secretary General of the United Nations*; Israel, Palestine, Pakistan, North Korea, Afghanistan, Iran, Iraq, Libya, South Sudan, Zimbabwe, Syria, Turkey, Nigeria, Yemen, Kenya, the Philippines, Sri Lanka.

ALL WHO SERVE IN THE ARMED FORCES
& THEIR FAMILIES: Christopher White

THOSE WHO ARE SICK OR SUFFERING
IN ANY WAY, IN BODY, MIND, OR SPIRIT

Diane D'Souza	Juana & family
Raissa DeSmet	Nancy and family
Sharon Ferguson	Richard
The Flynn Family	Chelsea Trotter
Rosario, Josephine & Damianus	Jussie Smollet
Chris Kausche	Marcia Ott
Magdalena Lovejoy	Sue Yunker-Jones
Greg Owen	Anne
Loralee Price	Bob Evanoski
Jerry and John	The Lloyd family

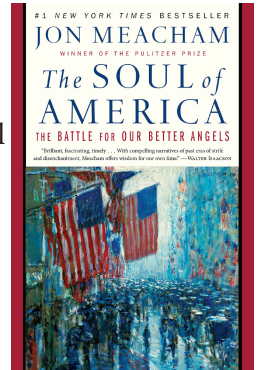
Altar flowers to commemorate a special day or individual

Flowers give beauty, hope and solace and enhance the fabric of the church. They can also be a meaningful way to celebrate or commemorate a special person in your life, or an occasion such as a birthday or anniversary. Sign up to honor or remember your special someone or date on the new Altar Flowers Calendar on the Welcome Table. You may pick a specific Sunday and donate an amount that is comfortable for you and the Flower Ministry will handle the rest! Questions? Contact flowers@saintmarks.org.

Dean Thomason-hosted book conversation on Meacham's *The Soul of America* continues

TUESDAY FEBRUARY 19, 7-8:30 P.M., (& previously Jan. 15), Leffler Living Room

Pulitzer-Prize winning author Jon Meacham has written a compelling assessment of our current political and social climate in light of historical reflections, offering us a beautiful invitation to summon our "better angels." Meacham writes: "The good news is that we have come through such darkness before." Meacham and Dean Thomason attended college together at Sewanee, later serving on the University's Board of Trustees together in the late 1990s.



RESCHEDULED: Homeless and Hunger Advocacy Retreat

SATURDAY, FEBRUARY 23, 10 A.M.-2 P.M., Bloedel Hall
Facilitated by The Rev. Marilyn Cornwell, The Rev. Cristi Chapman, and ministry leader David Wagner

This event has been rescheduled for February 23. What is advocacy, and how is advocacy a spiritual practice? How might the Spirit be calling Saint Mark's to advocate for those in the Seattle area who are experiencing homelessness and hunger insecurity? Join us as Saint Mark's hosts a one-day retreat to explore these questions. We will focus on three topics: understanding what faith-based advocacy is and where it finds its meaning and grounding; exploring the history of homeless/hunger advocacy at Saint Mark's, and forming a plan for how we might respond now to the needs of the broader community. A light lunch will be served. For questions, contact The Rev. Cristi Chapman, cchapman@saintmarks.org or David Wagner, akdavid710@gmail.com. Register at saintmarks.org/retreat.

Living Well, Dying Well: Planning the Last Chapter of Your Life

SATURDAY, FEBRUARY 23, 9 A.M.-2:30 P.M. St.

Andrew's Episcopal Church. Cost: \$20, includes lunch and resources

How will you and your loved ones make decisions that respect your autonomy and human dignity in the last chapter of your life? Explore these questions with Bishop Rickel, Dean Steve Thomason, health professionals, attorneys and local clergy. They will share stories, and provide medical, legal and spiritual tools and guidance. Bishop Rickel will lead a reflection after showing the film "Speaking of Dying." All who attend will receive the Life Planning Manual, a tool developed by our diocese. Workshop sponsored by the Life Planning Ministry of the Cathedral Foundation of the Diocese of Olympia. Register online at: living-well-dying-well.eventbrite.com

RESCHEDULED: The Compline Choir presents an England Pilgrimage Fundraising Concert

FRIDAY, MARCH 1, 7:30 P.M. *First Lutheran Church of Richmond Beach 18354, 8th Ave. NW, Shoreline, WA 98177*

This event has been rescheduled for March 1. The Compline Choir will present an hour-long Epiphany season concert entitled “God Made Manifest” at First Lutheran Church of Richmond Beach. Scripture, poetry of Eliot, Guité, and Donne, combine with music by Byrd, Marenzio, Cornelius, Hallock, & Jackson for this unique event. A reception hosted by First Lutheran Church follows the concert. A free-will offering will be taken.

Mardi Gras Pancake Supper & Dessert Dash!

TUESDAY, MARCH 5, 5:30–8 P.M., *Cathedral Nave*
Suggested donation: \$10 per person or \$25 per family



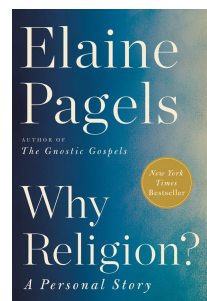
Join us for pancakes, sausage, gumbo, jambalaya, mask making, music, and a dessert dash with fabulous, homemade desserts – what better way to gather with friends to celebrate the end of

the season of Epiphany and step into the season of Lent! We'll also make Alleluia scrolls, and at the end of the evening we'll burn the palms and bury our Alleluias. All proceeds from the Pancake Supper and Dessert Dash will go to support youth ministries and the Seattle Service Corps, so come on out, bring a friend, and celebrate with us! RSVP to Nicole Silvernale, nsilvernale@saintmarks.org

Living the Questions: A Series for Inquirers

SUNDAYS, 12:30 P.M.–2:30 P.M., FROM MARCH 10 TO APRIL 7, 2019, *Bloedel Hall*

Are you curious about Episcopal liturgy, beliefs, or tradition? Are you feeling called a deeper commitment with God? No matter where you are on your journey, consider attending this five week series, which covers the basics of the Christian faith through the Episcopal lens. The series begins on Sunday, March 10th and continues on Sundays weekly through April 7th. Sessions run from 12:30–2:30pm in Bloedel Hall, and a light lunch will be provided each week. Following this series, some decide to become an Episcopalian through confirmation or reception into the church. Some experience a revival of the soul and desire to reaffirm their baptismal vows. Interested? For more information, contact The Rev. Cristi Chapman, cchapman@saintmarks.org



Cathedral Book Group

SUNDAY, MARCH 10, 12:30 P.M., *Cathedral House Rm. 209*

On Sunday, March 10 we will discuss Elaine Pagel's *Why Religion?* This memoir seeks to explain how and why the author was attracted to religious studies, an unconventional calling for a young woman in the 1960s. She weaves personal tragedy into her work, illuminating how religion shaped how we understand ourselves and relate to one another. Dean Thomason's series on Revelations drew on another of Pagel's books. Join us on the second floor of the Cathedral House.

For more info contact Pearl McElheran, pmcelheran@comcast.net.



Mirabai Starr—A Fierce and Tender Wisdom

FRIDAY MAR. 29, 6:30–8:30 P.M. &

SATURDAY MAR. 30, 9 A.M.–4 P.M.

Mirabai Starr has written extensively on the mystics and the unifying teachings at the heart of all spiritual paths, with a gift for making timeless wisdom accessible to contemporary seekers. She returns to Saint Mark's for two offerings:

Wild Mercy: Wisdom of the Feminine

FRIDAY MARCH 29, 6:30–8:30 P.M.

The feminine mystic is one who gathers the pain of the world into her arms and transmutes it with “wild mercy”—a merging of fierce courage with the unstoppable forces of forgiveness, compassion, and love. And she is needed now more than ever. This is a public event, and no registration is required. Freewill donations accepted.

Writing Workshop:

From Dark Night to Transformation

SATURDAY MARCH 30, 9 A.M.–4 P.M.

Saturday's writing workshop draws on wisdom traditions and insights arising from Mirabai's own poignant journey, to explore the catalysts for transformation in our lives—bridging contemplative life and compassionate service, cultivating an inner relationship with the Beloved and expressing that intimacy in community, exploring the transformational power of loss and darkness and the longing for the sacred. Advance registration is required for the Saturday workshop (\$60). Space is limited.



SAINT MARK'S EPISCOPAL CATHEDRAL

1245 Tenth Ave East, Seattle, WA 98102
206.323.0300
info@saintmarks.org
saintmarks.org

*Wherever you are on
your journey of faith,
you are welcome here.*

Weekday Service Times

MONDAY – FRIDAY, 6:30 P.M.

Evening Prayer in Thomsen

MONDAY, 7:15 P.M.

Centering Prayer in Thomsen Chapel

WEDNESDAY, 12 NOON

Holy Eucharist in Thomsen Chapel

THURSDAY, 7 A.M.

Holy Eucharist in Thomsen Chapel

Cathedral Office Hours

MONDAY-FRIDAY, 9 AM – 4:30 P.M.

Questions, or need to reach a member of the
Clergy or Staff? The Cathedral Office main
number is 206-323-0300.

SUNDAYS & BEYOND

Sundays & Beyond is a weekly publication of
updates, events and activities happening on
campus, and the Cathedral prayer list. It is available
by electronic subscription, on Saint Mark's website,
and in print in the nave. To submit announcements
for these publications, visit

saintmarks.org/announce. Requests are due by
Tuesday at 5 p.m. for publication on the following
Sunday. Announcements may be edited for space
and content.

Sunday, February 10 ♦ The Fifth Sunday after the Epiphany

HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*

Preacher: The Rev. Canon Jennifer King Daugherty, Associate to the Rector

HOLY EUCHARIST, 9 A.M. *Cathedral Nave*

Preacher: The Rev. Canon Jennifer King Daugherty, Associate to the Rector

THE MONTHLY MIX, 10:10 A.M. *Leffler Living Room*

Putluck brunch and conversation for all ages. See p. 1.

SUNDAY FORUM, 10:10 A.M. *Bloedel Hall*

First Hand Voices: An Introduction to Mideast Focus Film Series. See p. 1

HOLY EUCHARIST, 11 A.M. *Cathedral Nave*

Preacher: The Rev. Canon Jennifer King Daugherty, Associate to the Rector

CATHEDRAL YOGA, 6 P.M. *Cathedral Nave*

A spiritual practice open to all.

CONTEMPLATIVE EUCHARIST, 7 P.M., *Thomsen Chapel*

With times of silence for reflection, simple meditative music by
candlelight. Optional healing prayers are offered following the service.
Presider: The Rev. Cristi Chapman, Curate

COMPLINE, 9:30 P.M. *Cathedral Nave*

Compline is the service of ancient nighttime prayers, sung by the
Compline Choir. A Seattle tradition, broadcast live on KING 98.1 FM.

Cathedral Shop closing, adapted Shop hours

As was previously announced, the Cathedral Shop at Saint Mark's will be
closing after more than 30 years of ministry. As we wind the operation
down, the shop will have adapted store hours. The Shop will be open 9
a.m. to 5 p.m. on Thursday only; and Sundays 8:30 a.m. to 1 p.m. We will
keep you updated on any changes to these hours.

Celebrating the Cathedral Shop

SUNDAY, MARCH 17, 2019, 12:30 P.M.–2:00 P.M. *Leffler Living Room*

Join us one more time as we celebrate and remember the legacy of the
Cathedral Shop. Share your memories and gratitude with those who have
been connected to and made this treasured ministry of the Cathedral
possible. Light refreshments will be served. No RSVP needed. Questions?
Contact The Rev. Cristi Chapman, cchapman@saintmarks.org

CATHEDRAL STAFF AND LEADERSHIP

Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
Barbara Martin, *Childcare Center Director* childcare@saintmarks.org
Craig Ackermann, *Sexton* crackermann@gmail.com
Cristi Chapman, *Curate for Spiritual Growth & Stewardship* cchapman@saintmarks.org
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Steve Thomason, *Dean & Rector* sthomason@saintmarks.org

2018–2019 VESTRY

Dean and Rector: The Very Rev. Steven L. Thomason; *Senior Warden:* Lynne Markova; *Junior Wardens:* Cara Peterson and Bob Chapman; Vinh Do, Ralph Ermoian, Amanda Davis, Andrew Himes, Jim Buskirk, Neshia Alaovae, Rosemarie LeMoine, Julia Logan, Michael Perera. *Diocesan members:* Greg Walrath, Mary Maxon. *Chancellor:* John Hoerster; *Vice Chancellor:* Re Knack; *Treasurer:* Phil Lloyd; *Clerk:* Jenny Donner; *Bishop's Representative:* The Rev. Canon Marda Steedman Sanborn.