



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SIXTH SUNDAY AFTER THE EPIPHANY ♦ FEBRUARY 17, 2019



Saint Mark's Cathedral welcomes The Rev. Nancy Frausto

TODAY: FEBRUARY 17, 10:10 A.M., *Bloedel Hall, and at all morning services.*

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. We are thrilled to welcome her to Saint Mark's this weekend to lead a workshop on "Immigration and Christian Responsibility" on Saturday February 16, and preaching at all morning services and participating in a Sunday Forum at 10:10 a.m. in Bloedel Hall.

Donation opportunity for United Churches Emergency Fund and Lowell Elementary

TODAY: FEBRUARY 17, AFTER MORNING SERVICES,
(Note: this appeal has been rescheduled from last week.)

We will collect travel size toiletry items for UCEF and individually wrapped, nut-free snack items for Lowell in the back of the nave at all morning services on February 17. For more information, contact Marjorie Ringness, marjorie@ringness.org.

Hunger Offering today

(Note: this appeal has been rescheduled from last week.)

Today is Hunger Offering Sunday at Saint Mark's, where we take a special donation for six partner food banks in Seattle. Stop by the Hunger Offering table in the back of the nave to learn more.

The Process of Forgiveness

WEDNESDAY, FEBRUARY 20, 6:45-8:15 P.M. *Bloedel Hall. Community dinner: 6-6:30 p.m. (adults \$7, children \$5, max family \$20) Facilitated by Canon Jennifer King Daugherty* For Christians, Jesus' commandment to forgive is right up there with loving God and our neighbor. But forgiveness can be elusive and sometimes can feel impossible. What is it anyway? And how do we move toward forgiving our friends, enemies and even ourselves? Come join Canon Daugherty in exploring forgiveness and practical ways to heal our relationships. (Part of the series "Practically Speaking: Life Practices for Faithful Living" offered February 20, April 10 & May 8.)

Homeless & Hunger Advocacy Retreat

SATURDAY, FEBRUARY 23, 10 A.M.-2 P.M., *Bloedel Hall* (Note: This event has been rescheduled from February 9.) This event will explore what effective advocacy can be, and begin planning how Saint Mark's will respond. A light lunch will be served. More information and registration at saintmarks.org/retreat

An Invitation from Dean Thomason

This Lent, Dean Thomason is encouraging every adult at Saint Mark's to plan (or update) your own funeral as a spiritual exercise as we make our journey with Jesus to the cross and into resurrection life. There are several formation offerings to guide you in this work:

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, 111 NE 80th St., Seattle.

Cost: \$20, includes lunch and resources

Dean Thomason, Bishop Rickel, and other speakers will address medical, legal, and spiritual aspects involved in making decisions at the end of life. This Workshop is sponsored by the Life Planning Ministry of the Cathedral Foundation of the Diocese of Olympia.

Register: living-well-dying-well.eventbrite.com

Let Your Life Speak:

Why Everyone Should Plan Their Own Funeral

WEDNESDAY, FEBRUARY 27, 6:45-8:15 P.M.

Dean Thomason and Cathedral Clergy will discuss funeral rites from liturgical, theological, psychological, and practical perspectives. Clergy will talk about the process of planning a funeral, and how that planning can itself be an important spiritual practice. Free. (Optional dinner at 6 p.m. for \$7).

Faithful Living, Faithful Dying:

The Lenten Charge of Planning your Own Funeral

SUNDAY, MARCH 3, 10:10-10:55 A.M.

Dean Thomason will share stories and insights from his work as a parish priest and hospice doctor, and why planning your own funeral is one of the greatest gifts you can give you family (and yourself). We will have some fun and good humor along the way.

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 CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially St. Paul's, Queen Anne; 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	Richard
Raissa DeSmet	Chelsea Trotter
Sharon Ferguson	Jussie Smollet
The Flynn Family	Marcia Ott
Rosario, Josephine & Damianus	Sue Yunker-Jones
Chris Kausche	Anne
Magdalena Lovejoy	Bob Evanoski
Greg Owen	The Lloyd family
Loralee Price	The Mulligan family
Jerry and John	Susan Folk and family
Juana & family	Amaira Kashyap
Nancy and family	Vipin Kashyap
	All who are impacted by domestic violence

THOSE WHO HAVE DIED

Jim Mulligan
Stephen

THOSE WHO HAVE DIED IN JANUARY WHILE HOMELESS IN SEATTLE

Kimberly Eaves	Shellie Brewington
John Alston Lane	Demetri High
Martin Aumick	Ronnie Lee Tyler
Martin "Tony" Burton	Fatuma Mohamed
Christine Foulks	Brian Anardi
Richard Stauffer	Peter Leeways

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

TUESDAY FEB. 19, 7-8:30 P.M., *Leffler Living Room*

A continuation of the conversation on Pulitzer-Prize winning author Jon Meacham's compelling assessment of our current political and social climate in light of historical reflections. All are welcome, even if you didn't attend the first session.

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, Guite, 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

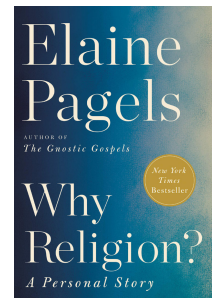
of the season of Epiphany and step into the season of Lent! We'll also make Alleluia scrolls, and at the end of the evening we'll burn the palms and bury our Alleluias. All proceeds from the Pancake Supper and Dessert Dash will go to support youth ministries and the Seattle Service Corps, so come on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

Cathedral Book Group

SUNDAY, MARCH 10, 12:30 P.M.

Cathedral House Room 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.



Living the Questions: A Series for Inquirers

SUNDAYS, 12:30 P.M.-2:30 P.M., FROM MARCH 10
TO APRIL 14, 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 14th. Sessions run from 12:30–2:30 p.m. 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

Footwashing at United Way's Community Resource Exchange

WEDNESDAY, MARCH 13. *Century Link Field, East Hall.* United Way of King County's Annual Community Resource Exchange (CRE) on Wednesday, March 13, will include a footwashing service. The CRE provides essential services to those experiencing homelessness, all on one day, in one place! Once again a team will be washing feet and providing advanced foot care. If you are called to care for feet and would like to join us on March 13, please email Deacon Emily at eaustin@saintmarks.org

The Invitation to Wisdom and Grace

WEDNESDAYS, MARCH 13, 20, & 27, 6:45–8:15 P.M. *Bloedel Hall. Free. Community dinner: 6–6:30 p.m. (adults \$7, children \$5, max family \$20.) Facilitated by Dean Thomason*

The spiritual journey has been described as a process or cycle of Order—Disorder—Reorder. There is Wisdom to be gleaned in all three stages, but we often stall or get trapped in the first phase (conservative) or second stage (liberal), and our understanding of God inclines to tribal, idolatrous and self-serving features. For those willing to press on and live into the Reordering of life, the journey unfolds into engagements with God's true character of mercy, justice and love, which is experienced as grace.

Liturgical Minister Training

SATURDAY MARCH 16, 9 A.M.–12 P.M., *Cathedral Nave* Saint Mark's will offer workshops for those interested or already participating in liturgical ministries: acolytes, vergers, choirs, altar guild, Eucharistic ministers (chalice bearers), greeters, readers/intercessors, vergers, and ushers at any of the Sunday Eucharists. Come explore a new ministry or come be refreshed in a ministry you are already doing. Features a plenary led by Dean Thomason and Michael Kleinschmidt, as well as breakout sessions with the individual ministries. To sign up please contact Erik Donner: edonner@saintmarks.org. Please let us know which ministry you are interested in; this will impact which portions of the training you need to attend.

Lenten Quiet Morning @ Saint Mark's

SATURDAY, MARCH 23, 2019, 9 A.M.–12:30 P.M. *Cathedral Nave*

This special quiet morning will help you to move deeply into the sacred season of Lent with morning prayer, centering prayer, walking meditation, and unstructured time for reflection held in shared silence. This is a wonderful time for inner reflection and regenerative stillness as Lent unfolds. This event is co-sponsored by Saint Mark's Cathedral and The Center at Saint Andrew's. Donations (\$10–\$15 suggested) gratefully accepted. Reservations are appreciated; please contact The Rev. Canon Nancy Ross, nross@saintmarks.org

MIRABAI STARR: A FIERCE & TENDER WISDOM



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. Register at saintmarks.org/wisdom



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 Chapel
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 17 ♦ The Sixth Sunday after the Epiphany

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

Preacher: The Rev. Nancy Frausto, Associate Rector, St. Luke's Episcopal
Church, Long Beach, CA

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

Preacher: The Rev. Nancy Frausto, Associate Rector, St. Luke's Episcopal
Church, Long Beach, CA

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

A conversation with The Rev. Nancy Frausto. See p. 1

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

Preacher: The Rev. Nancy Frausto, Associate Rector, St. Luke's Episcopal
Church, Long Beach, CA

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 now offering 60% off all merchandise

As we wind the operation down, the shop will have adapted store hours.
The Shop will be open 9 a.m.–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

BRING YOUR PALMS TO CHURCH BY MARCH 3!

On Shrove Tuesday we burn the palms used last year at Palm
Sunday to produce the ashes to be used the next day, Ash
Wednesday. Please bring your palms and place in the labeled
baskets in Thomsen Chapel and the nave by March 3rd.

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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Rebekah Gilmore, *Associate Musician & Choir School Director* rgilmore@saintmarks.org
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.