



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SEVENTH SUNDAY AFTER THE EPIPHANY ♦ FEBRUARY 24, 2019



Arts at Saint Marks presents: Boston Brass

FRIDAY, MARCH 1, 2019, 7 P.M., *Cathedral Nave*

The Arts at Saint Mark's celebrates the creative human spirit by presenting outstanding music events in the sacred spaces of the cathedral. Treating audiences to a unique brand of entertainment, the Boston Brass will perform exciting classical arrangements and burning jazz standards at their concert on Friday, March 1. Canon Michael Kleinschmidt will accompany on the mighty Flentrop. This promises to be a lively evening, and will captivate all ages! Tickets can be purchased at saintmarks.org/concerts.

The Intersection of Faith-based Advocacy and Homelessness

TODAY: SUNDAY, FEBRUARY 24, 10:10–10:55 A.M.,
Bloedel Hall

Seattle and King County are experiencing a homelessness crisis—some studies suggest our city may have the highest rate of homelessness of any urban area in the United States. Saint Mark's has a long history of ministry to and advocacy for those who are unsheltered and unhoused, and new energy to address the crisis was expressed in response the cathedral's "Statement of Commitment and Action" in 2016. Over the past year, the leadership of the ministry was reorganized, and new initiatives have been planned, including Saint Mark's Threshold Fund, which was launched in Advent to an overwhelming response, and a new approach to advocacy. Join us at the forum to learn more!

The Compline Choir presents: *God Made Manifest*, 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*

The Compline Choir will present an hour-long Epiphany season liturgy entitled "God Made Manifest" at First Lutheran Church of Richmond Beach. Readings of scripture and 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 in support of the choir's upcoming pilgrimage to Canturbury and Salisbury Cathedrals this summer.

Now: 70% off in the Cathedral Shop

Sale continues in The Cathedral Shop. 70% off! Some fixtures are also for sale. The Shop will be open 9 a.m.–5 p.m. on Thursday only; and Sundays 8:30 a.m. to 1 p.m.

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:

Let Your Life Speak:

Why Everyone Should Plan Their Own Funeral

WEDNESDAY FEBRUARY 27, 6:45–8:15 P.M.

Facilitated by Dean Thomason and Cathedral Clergy

Why do we have funerals? Are they for the deceased or those left behind? Why should you plan your own funeral? Dean Thomason and the Cathedral Clergy will address such questions, and facilitate a hands-on look at the theological underpinnings of the burial liturgies and how you make decisions regarding your own funeral plans, offering that work as a gift to your loved ones. Clergy will also talk about documenting that plan and how regularly reviewing that plan can become 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.

Facilitated by Dean Thomason

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. Peter's, Seattle, and Trinity Parish, 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	Marcia Ott
Raissa DeSmet	Sue Yunker-Jones
Sharon Ferguson	Anne
The Flynn Family	Bob Evanoski
Rosario, Josephine & Damianus	The Lloyd family
Chris Kausche	The Mulligan family
Magdalena Lovejoy	Susan Folk and family
Greg Owen	Amaira Kashyap
Loralee Price	Vipin Kashyap
Jerry and John	All who are impacted by domestic violence
Juana & family	John Gibson, Sr.
Nancy and family	Gaylene Meyer
Richard	Elizabeth Ward
Chelsea Trotter	Linda Leisy
	Don & Lilian Snow

THOSE WHO HAVE DIED

Mary Leslie

NOTICE: The funeral for longtime parishioner Jim Mulligan will be at Saint Mark's Cathedral Saturday, March 9, at 1 p.m. with reception to follow in Bloedel Hall.



Choral Evensong: Last Sunday after the Epiphany

SUNDAY, MARCH 3, 2019, 4:30 PM, *Cathedral Nave*
Offer your praise and prayers to God with the Evensong Choir on the last Sunday in Epiphanytide. The choir will sing Herbert Sumsion's tuneful setting of the Magnificat and Nunc dimittis in the key of G, and Henry Purcell's beloved setting of Psalm 63, "O God, thou art my God." That anthem closes with a chorus of Hallelujahs—our last to be sung on a Sunday until Easter Day, April 21! Many will recognize in Purcell's setting of those Hallelujahs the music that would later be associated with the hymn, "Christ is made the sure foundation."

20s+30s: Questioning Together

MONDAY, MARCH 4, 7:30-9 P.M., *Youth Room*
Come add your voice to a 20s & 30s group lively discussion over a light dinner. The topic for February: "What makes God and questions about God worth pursuing?" We will meet in the Youth Room, in the basement of the Cathedral. Enter the stairwell near the women's restroom, go down the stairs and follow the hallway around. To RSVP (appreciated but not required), contact Rachel McNary, rachel.mcnary@gmail.com.

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



Playdate & Supper for Families of Young Children

SATURDAY, MARCH 9, 3:30 P.M., *Leffler Living Room*
Come play together with other Saint Mark's families with young children (newborn-3 years old), and stay for dinner if bedtime allows it! Contact Kelly Moody kmoody@saintmarks.org with questions or dietary needs.

The Monthly Mix

SUNDAY MARCH 10, 10:10 A.M., *Leffler Living Room*
The Monthly Mix welcomes all ages to gather for a breakfast potluck and a formation opportunity. Bring a brunch dish to share (if you can!) and gather with children, youth and families. On this first Sunday of Lent, we will pave the way for a holy Lent together with hands-on activities and reflection stations, and explore resources for daily devotions and spiritual practices to take home. Contact Kelly Moody, kmoody@saintmarks.org or The Rev. Cristi Chapman, cchapman@saintmarks.org with questions.

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, 9 A.M. *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.

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.

BRING YOUR PALMS TO CHURCH!

Please bring your palms and place in the
labeled baskets in to be burned on Shrove
Tuesday by **Sunday, 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

2019–2020 VESTRY

Dean & Rector: The Very Rev. Steven L. Thomason; *Bishop's Representative:* The
Rev. Canon Marda Steedman Sanborn; *Senior Warden:* Julia Logan; *Junior*
Wardens: Jim Buskirk and Amanda Davis; Neshia Alaovae, Kristen Austin, Bob
Chapman, Andrew Himes, Rosemarie LeMoine, Michael Perera, Marjorie
Ringness, Michael Seewer, Robert Stevens. *Diocesan Members:* Micah Kurtz and
Mary Maxon. *Chancellor:* John Hoerster; *Vice-Chancellor:* Re Knack; *Clerk:*
Barbara Erickson; *Treasurer:* Phil Lloyd

Sunday, February 24 ♦ The Seventh Sunday after the Epiphany

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

Preacher: The Very Rev. Steven L. Thomason, Dean and Rector

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

Preacher: The Very Rev. Steven L. Thomason, Dean and Rector

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

On the Intersection of Faith Based Advocacy and Homelessness. See p. 1

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

Preacher: The Very Rev. Steven L. Thomason, Dean and 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. Canon Nancy Ross

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

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

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.