



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE TWELFTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 1, 2019

SUNDAY FORUM

Border Report from Canon Nancy Ross

NEXT SUNDAY, SEPTEMBER 8, 10:10 A.M., *Bloedel Hall*



The situation for immigrants and refugees at our southern border is fraught and complex. As part of Saint Mark's Sanctuary Ministry, Canon Nancy Ross joined colleagues from Houston and Richmond to go to McAllen and Brownsville, Texas, to

witness first hand and meet with organizations working on the ground. Come hear what unfolded, and learn about ideas developing for how we can be part of the work.

THE WISDOM SCHOOL AT SAINT MARK'S

The Art of Forgiveness

WEDNESDAY EVENINGS, SEPTEMBER 11, 18, & 25,
6:45–8:15 P.M., *Bloedel Hall, facilitated by Dean Thomason*

Optional community dinner at 6 p.m.

(adults \$7, children \$5, max family \$20)

We all know what it is to be betrayed in life, and to face the deep pain and mistrust that follow, often distorting the shape of our lives forever. Forgiveness is not forgetting or pretending the betrayal did not happen. Why is forgiving so difficult... and reconciliation often even harder? Why does Jesus call us to forgive, and how can it be life giving? In this series, we will explore forgiveness as a spiritual practice guided by the Wisdom literature of our Judeo-Christian tradition and other religions, while also exploring the works of modern theologians and psychologists as we seek to engage in this work and its healing balm in our lives.



NOTICE: The funeral service for Eleanor Rich will be held Saturday, September 21, at 1 p.m. in Thomsen Chapel.

Newcomer's Coffee with Clergy

TODAY, SEPTEMBER 1, AFTER MORNING SERVICES,
Leffler Living Room

Every month we host a conversation with newcomers after both the 9 a.m. and 11 a.m. services to help us get to know each other, share our stories, and introduce newcomers to Saint Mark's and the Episcopal Church. Please meet in the back of the Cathedral after each service and look for the sign. Questions? Please contact Deacon Earl, newcomers@saintmarks.org or 206.518.2833.



Choir School Open House

TUESDAY, SEPTEMBER 10,
OR WEDNESDAY, SEPTEMBER 11 (DETAILS BELOW)
in the Choir School rooms, located in the Saint Nicholas building on the second floor

The Choir School is now accepting new members, and we want to invite you—and anyone you know who might be interested—to our Open House. Saint Mark's Choristers aspire to teach, to learn, to inspire, and to lead the varied communities of Saint Mark's Cathedral through work as liturgical ministers. All children are welcome regardless of experience or church affiliation. Come and learn what a typical rehearsal is like for these joyful singers.

Junior Choristers (5-year-olds and early elementary):
Tuesday, September 10 at 4:45 p.m.
or Wednesday, September 11 at 3:30 p.m.

Senior Choristers (intermediate elementary/middle school): Wednesday, September 11 at 4:30 p.m.

Cathedral Schola (high school and changed-voice boys):
Wednesday, September 11 at 7:30 p.m.

Please contact Choir School Registrar Madeleine Stephens at mstephens@saintmarks.org with questions.

CATHEDRAL PRAYER LIST

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

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Holy Spirit, Battle Ground, and St. Matthew, Castle Rock; the clergy, staff and vestry of Saint Mark's Cathedral; and 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 Shane Monkman

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

Patrick Monahan	Linda
Mary Sage	Janet, Debbie & Stimmy
Rose	Mike
Emilo, Sandra, Erickson, Itzel & Mateo	Michael
Linda Evans	Sammy Mocha
The Loftis family	Janet
Randy Gilchrist	Bernice
Mark Litherland	Laura Muglia
Lynda	JesCynthia David
	The David Family

THOSE WHO HAVE DIED

Susy Hanneman	Mary Helen McFadden
Therese Gray	Hunter Tynes
Celine Teeson	Nate Loftis
John Duncan	Ronald Murrish
Priscilla Logan	Bill Hastig
Mimi Howard	Lillian Simon
Isabel Fair	

IN THANKSGIVING

For the birth of Emmett Seikchi Dubrow Peterson

The nave altar flowers are given to the glory of God and in loving memory of Pete Mullen by Mary Mullen.



20s & 30s

Questioning Together

MONDAY, SEPTEMBER 9, 7:30 P.M., *Leffler Living Room*
Come be a part of this lively discussion over a light dinner. Our question this month is: **How and why do you pray?** To RSVP (appreciated but not required) or for questions, contact Rachel McNary (rachelmcnary@gmail.com). Looking forward to seeing you there!

THE DIOCESE OF OLYMPIA

MENTAL HEALTH TASK FORCE PRESENTS:

UPDATED: Crisis Intervention Training

TUESDAY, SEPTEMBER 10, OR SATURDAY, OCTOBER 12, 10 A.M.–2 P.M., *Bloedel Hall*

Cost, \$10 per person (bring a sack lunch, coffee/tea provided)

Facilitated by Renee Balodis-Cox, LMHC, MA, MS

Due to a large number of registrants, **a second (identical) training has been added on October 12.** Join this vital training for anyone who encounters people in distress and for Saint Mark's ministries that serve vulnerable populations. Come learn effective ways to approach and respond to those in crisis, particularly those suffering from mental illness and drug abuse. You'll learn strategies for safe, positive, and helpful responses to situations that can be dangerous and come away with more confidence and compassion in dealing with those in crisis. Register and pay online at ecww-crisis-intervention.eventbrite.com. For more information, contact Canon Daugherty at jkdaugherty@saintmarks.org or mhtf@ecww.org.

Saint Mark's Ministry Fair

SUNDAY, SEPTEMBER 15, STARTING AT 8:30 A.M. AND CONTINUING AFTER MORNING SERVICES, *Bloedel Hall*

On Ministry Fair Day, enjoy the procession of ministry signs representing the myriad ways this community serves together. And then, come down to Bloedel Hall after the liturgies to explore the array of ministries here at Saint Mark's and meet the volunteers who make them happen. With tables full of posters and pictures and literature and hand-outs and snacks—and friendly faces—you may find an area that interests you. It's a chance to ask questions and engage with this active community in a festive and informative setting.



Liturgical Ministers Training

SATURDAY, SEPTEMBER 21, 9 A.M.-12 P.M.,

Cathedral Nave



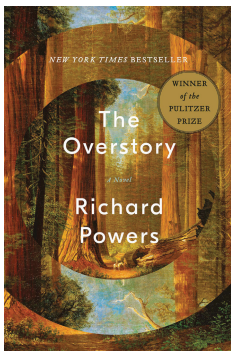
Have you made Saint Mark's your church home? Do you regularly attend worship? Do you appreciate the beauty of the liturgy? If so, then consider joining one of the

many liturgical ministries here at Saint Mark's. The word liturgy comes from the Greek *leitourgia*, which literally means "the work of the people." It certainly takes a lot of work to make our worship happen, and all are invited to join in helping us make that happen each week. We have openings for ushers, acolytes, chalice bearers, lectors, and intercessors at many of our Sunday services. You can learn more about these and more than 40 other ministries at the Ministry Fair on Sunday, September 15 (after all morning services), as well as at the Liturgical Ministers Training on Saturday, September 21. If interested, please email Michael Seewer at mseewer@saintmarks.org for more information.

RESCHEDULED: Cathedral Book Group

SUNDAY, SEPTEMBER 22, 12:30 P.M.,

Cathedral House Room 209



Saint Mark's Book Group has selected *The Overstory* by Richard Powers for its next book. We will meet for our discussion on Sunday, September 22, after church from approximately 12:30 to 2 p.m. in room 209. Attendees are welcome to bring their own lunch. *The Overstory*, which has just been awarded the Pulitzer Prize for Fiction, is a sweeping novel peopled with a seemingly random array of characters whose stories Powers brilliantly weaves together and intertwines with the contemporary story of our forests and environment. Contact Pearl McElheran, pmcelheran@comcast.net, with questions.

Spirited Women:

Gathering Together to Grow Together

SUNDAY, SEPTEMBER 29, 12:45 P.M.,

Leffler Living Room

Are you longing for a deeper connection at Saint Mark's? Have you wondered about spiritual disciplines and how to put those into practice in your daily life? Join us on Sunday, September 29, at 12:45 p.m. in Leffler



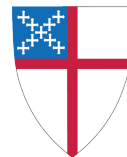
Living Room, as Saint Mark's begins a new ministry focused on women's spirituality. Spirited Women will gather three times a year and focus on practices that help develop and nurture a healthy spirituality. At the first gathering, bring a favorite dish to share and a story about your offering. Share a meal together and listen to stories about what makes the dish special. Wonder together how food connects us to each other and to our past. Then ponder how the practice of eating together might be a spiritual practice. RSVP to The Rev. Cristi Chapman (cchapman@saintmarks.org) or Mary Segall (mesegall@yahoo.com).



Fall Inquirers' Series

TWO SATURDAYS: SEPTEMBER 28 & OCTOBER 5, 9 A.M.-1 P.M., Bloedel Hall

Come explore faith through the Episcopal lens, and discover how the Spirit may be moving uniquely in your own life. All are welcome, whatever your experience—newcomers and longtime parishioners alike. The Inquirers' Classes lead many to receive the sacrament of Baptism or be confirmed or received into the Episcopal Church. Interested? Contact The Rev. Cristi Chapman, cchapman@saintmarks.org.



CREATION CARE MINISTRY & EARTH DAY NORTHWEST 2020

Concerned about climate change but not sure what to do? Here are this week's tips: This back-to-school shopping season, **buy used clothes and donate ones you are no longer using** to keep those materials out of landfills. Green up the brown bag and save money by packing a **reusable, waste free lunch**. Go to EarthDayNW2020.org for more details and ideas and

take the pledge to take action and empower change for a sustainable community, region, and planet. If you are interested in being more involved in the Creation Care Ministry at Saint Mark's, contact Marjorie Ringness at Marjorie@Ringness.org. Take the pledge to take action and empower change for a sustainable community, region, and planet at: www.earthdaynw2020.org/pledge.



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, 5:30 P.M.

Holy Eucharist in Thomsen Chapel

**note the new time, beginning September 4*

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.



You may make a donation to Saint Mark's at any time using the Venmo mobile app. Scan the code or search for @SaintMarksCathedralSeattle

CATHEDRAL STAFF AND LEADERSHIP

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Michael Seewer, *Cathedral Sacristan & Head Verger* . . . mseewer@saintmarks.org

Sunday, September 1, 2019 ♦ The Twelfth Sunday after Pentecost

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

Preacher: The Rev. Canon Jennifer King Daugherty

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

Preacher: The Rev. Canon Jennifer King Daugherty

NEWCOMER'S COFFEE, AFTER 9 & 11 A.M. SERVICES, *Leffler Living Room*. Informal coffee and discussion with Saint Mark's clergy. All are welcome.

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

Preacher: The Rev. Canon Jennifer King Daugherty

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

A spiritual practice open to all.

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

A candlelit service with meditative music and time for silent reflection. Optional healing prayers are offered following the service.

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

Ancient nighttime prayers, sung by the Compline Choir, newly returned from England. A Seattle tradition since 1956; broadcast live on KING 98.1 FM, and streaming online at king.org.

New time and new liturgical style for Wednesday Eucharist

Beginning September 4, the midweek Eucharist will move from noon on Wednesdays to 5:30 p.m. to accommodate more people on campus and connect the service with evening programming. Join us in the holy space of Thomsen Chapel for a brief celebration of Holy Eucharist using the Iona Rite (adapted), then stay on if you can for dinner in Bloedel Hall at 6 p.m. and formation offerings that follow.

Compline Update

The Compline Choir's two-week U.K. pilgrimage has come to an end, and it was a profound experience for all involved. At Canterbury cathedral, a staff member told the choir members that they had expanded his notion of what was possible with male voices. Dean Thomason co-officiated compline in the Canterbury crypt, a recording of which may be heard at complinepodcast.org. Meanwhile, the reaction to the stunning singing of the Women's Compline Choir was overwhelming, with many expressing in moving terms what it meant to them to hear women's voices sing the familiar compline chants and prayers for the first time. The Women's Choir received extensive coverage in local media, both print and radio. You will hear from the Women's Compline Choir again in the future—stay tuned. The men return to chant the office tonight at 9:30 p.m.

Nancy Ross, *Canon for Cathedral Relations* nross@saintmarks.org
Nicole Silvernale, *Director of Youth Ministry* nsilvernale@saintmarks.org
Rebekah Gilmore, *Associate Musician & Choir School Director* rgilmore@saintmarks.org
Stephen Eddy, *Bookkeeper & Scheduler*. seddy@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; Kristen Austin, Bob Chapman, Andrew Himes, Roberta Kanive, Rosemarie LeMoine, Michael Perera, Marjorie Ringness, Robert Stevens. *Diocesan Members:* Micah Kurtz and Mary Maxon. *Chancellor:* John Hoerster; *Vice-Chancellor:* Re Knack; *Clerk:* Barbara Erickson; *Treasurer:* Phil Lloyd