



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FOURTEENTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 15, 2019

Saint Mark's Ministry Fair Today

AFTER ALL MORNING SERVICES, *Bloedel Hall*



On Ministry Fair Day, enjoy the procession of ministry signs representing the myriad ways this community serves together. Then all are invited come down to Bloedel Hall after the liturgies to enjoy coffee and refreshments... and 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—as well as friendly faces ready to talk with you—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.

Blessing of the Animals

SATURDAY, OCTOBER 5, 4:30 P.M., *front lawn*

As was announced previously, Saint Mark's will observe the Feast of St. Francis with a Saturday afternoon outdoor liturgy (weather permitting) which will be focused on Saints Francis and Clare, God's gift of the earth, and the beloved animals who share that home with us. The service will feature musical offerings by acclaimed Seattle musician (and Saint Mark's member) James Falzone. You and your animal companions won't want to miss this exciting event!



Sunday School for children resumes next Sunday

SUNDAY, SEPTEMBER 22, 10:10–10:55 A.M., *in the classrooms on the second floor of the St. Nicholas Building.*



Join parent and volunteer leaders from 10:10 to 10:55 a.m. in the St. Nicholas Building for the first week of Church School!

Children age 3–8 participate in *Godly Play*, a Montessori-based method of Episcopal

faith formation. Ages 9–11 participate in *Jesus and His Kingdom of Equals*, a gospel-focused curriculum with hands-on activities and community-building. Parents get to know one another in the hallway suite between classrooms, or attend the forum in Bloedel Hall. Contact Kelly Moody kmoody@saintmarks.org with questions.

Children's Chapel moves to a Monthly Schedule

In order to support our cathedral's mission to facilitate more intergenerational worship opportunities, the 9 a.m. Children's Chapel is moving to a monthly schedule. It will be offered



on the second Sunday of each month, starting October 13. We will gather at the baptismal font after the Gospel, then process to Thomsen Chapel for a child-specific response to the Liturgy of the Word and engaging worship that supports children's need for tactile, kinesthetic and concrete learning experiences. As the primary pastors of children, parents are always welcome! We return to the nave at the Peace. Contact Scott Coil shcoil@gmail.com or Kelly Moody kmoody@saintmarks.org with questions.

SUNDAY FORUM

Meet the Seattle Service Corps

NEXT SUNDAY, SEPT. 22, 10:10 A.M., *Bloedel Hall*

Come meet and hear from our new Seattle Service Corps members as they share their hopes, goals and stories. Show your support and bring your questions and insights for the newest cohort of Service Corps members!



Welcome the SSC with an Old-Fashioned Pounding, Potluck, and House Blessing

NEXT SUNDAY, SEPT. 22, POTLUCK: 12:30–2 P.M.;

HOUSE BLESSING: 1 P.M., *Leffler Living Room*

What's a "pounding," you ask? From a rich tradition of southern hospitality, an "old-fashioned pounding" is a chance to gift a "pound" of a staple to welcome new neighbors. You are invited to bring a dish to share, potluck style, and/or a "pound" (whatever quantity works for you) of a staple—coffee, olive oil, sugar, flour... even toilet paper, paper towels, soap, and shampoo. Join the new SSC members for a house blessing in their residence at 1 p.m. Suggestions? Potluck sign-up? Contact Service Corps Director Adam Conley at aconley@saintmarks.org.

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 Good Shepherd, Vancouver; and St. Luke ~ San Lucas, Vancouver; 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

Janet	Don & Alice Jean Lewis
Bernice	Paul Balmforth
Laura Muglia	Trish Beall
JesCynthia David	Donna Barnes
The David Family	Allison Strong
Cynthia Townshend-Lacock	Ari Parry-Moore
& Darrell Lacock	Paul Osborne
Jeevan Roy Komanapalli	Steve Smyth
Mary Segall	

THOSE WHO HAVE DIED

Bill Hastig	Bobby Skinner
Lillian Simon	Ian Cummings
Belinda Jackson	Matthew Soweke
Clarence Nolte	
Kevin Chandler	

IN THANKSGIVING

For the many Saint Mark's ministry groups who are providing hospitality today at the Ministry Fair.
For the birth of Emmett Seikchi Dubrow Peterson

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

Choir Openings

The Cathedral Choir has openings for tenors and altos (auditioned), and Saint Mark's Singers has openings for tenors and basses (not auditioned). Please contact Canon Kleinschmidt (mkleinschmidt@saintmarks.org) for more information, or simply talk to him at the Ministry Fair!

Calling all Saint Mark's authors!

With the recent renovations to Leffler House, we'd like to establish a "Saint Mark's Authors Collection" containing one or two signed copies of parishioners' publications in a special bookcase in Leffler Living Room. It will be like a lending library, where folks might peruse, borrow and return the books for others to enjoy, so that we might celebrate your accomplishments as a community. If you have published a book (or other print document), please consider bringing a copy or two to the Dean's office, and we will catalog them and place them in Leffler. Let the community celebrate with you!

The Art of Forgiveness

WEDNESDAY EVENINGS, SEPTEMBER 18 & 25 (AND PREVIOUSLY SEPT. 11), 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.



Liturgical Ministers Training

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



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, 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, as well as breakout sessions with the individual ministries. To sign up please

contact Michael Seewer at mseewer@saintmarks.org. We encourage all liturgical ministers to attend a training at least once every few years. Please let us know which ministry you are interested in; this will impact which portions of the training you need to attend.

SUNDAY FORUM

Labyrinth 101

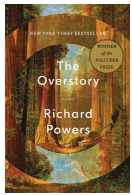
SUNDAY, SEPTEMBER 29, 10:10 A.M., *Bloedel Hall*

Not all who wander are lost, especially for those who walk labyrinths. What is a labyrinth? How is walking a labyrinth another kind of prayer? What is the history of this wandering, walking prayer?



Join Walter Stuteville, Judy Andrews, and Doug Thorpe as they talk about these questions, share their own experiences of this spiritual practice, and invite you to consider this as a part of your own spiritual practice.

RESCHEDULED: Cathedral Book Group



SUNDAY, SEPTEMBER 22, 12:30–2 P.M.,
Cathedral House Room 209

Saint Mark's Book Group has selected *The Overstory* by Richard Powers for its next book. 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.

Sunday Donuts and Discussion in the Youth Room

RESUMES SUNDAY, SEPT. 22, 10:10–10:55 A.M.,

Youth Room (in the cathedral basement).

For youth grades 6–12.

Head to the youth room after the 9 a.m. service for thoughtful discussion over donuts (or an equally delicious treat)—on the sermon, lectionary, current events, or whatever is on your mind. Donuts and discussion returns September 22, so be there for delicious donuts and lively conversation as we return from summer break!



Open Youth Room Wednesday Nights

EVERY WEDNESDAY (STARTS SEPTEMBER 25), 4 P.M.–5:30 P.M., *Youth Room. For youth grades 6–12.*

The youth room will be open for unstructured fellowship and free time every Wednesday from 4–5:30 p.m. There will be opportunities for crafts, games, conversation, homework, ping-pong tournaments, spiritual practices, and more! This is your space to use respectfully and creatively. You will then have the option to join in at the new 5:30 p.m. worship service, and then head to Bloedel afterwards for dinner at 6 p.m. Contact Director of Youth Ministry Nicole Silvernale with questions, nsilvernale@saintmarks.org.

CREATION CARE MINISTRY & EARTH DAY NORTHWEST 2020

Concerned about climate change but not sure what to do? Here's this week's tip: **Keep up with maintenance on your car to reduce emissions.** Go easy on the gas pedal and brakes to increase safety and save money on fuel cost at the same time. 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.

Prep & Serve at Community Lunch on Capitol Hill

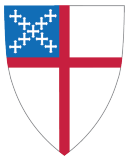
TUESDAY, SEPTEMBER 24, 10:00 A.M.–1:30 P.M.,
Central Lutheran, 1710 11th Avenue, by Cal Anderson Park.

Come join a group of Saint Mark's volunteers as we gather to prepare and serve lunch to neighbors who are experiencing homelessness. No prior experience required—only a willingness to team up with others looking to offer tangible evidence of our interest in sharing what this city offers with all of its citizens. Staffers at Community Lunch assign roles; we assist in preparing food and getting the hall set up, serving a hot meal at noon and cleaning up. If you have questions or would like to join, send an email to Dale Largent, dalargent@gmail.com. For more information, check out the Community Lunch website: communitylunch.org.

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.



Host a visiting priest in your home

The cathedral was recently contacted by an Anglican priest from northern Vancouver Island, B.C. He will be visiting Seattle on the weekend of October 19–20 and has asked if anyone from the cathedral community would be able and willing to open their home to him and his wife for two nights. If this interests you, please contact Greg Bloch at gbloch@saintmarks.org and he will put you in touch.



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. (note new time)

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.



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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Madeleine Stephens, *Music Administrator*mstephens@saintmarks.org
Michael Kleinschmidt, *Canon for Cathedral Music* .mkleinschmidt@saintmarks.org
Michael Seewer, *Cathedral Sacristan & Head Verger* . . mseewer@saintmarks.org

Sunday, September 15, 2019 ♦ The Fourteenth Sunday after Pentecost

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

MINISTRY FAIR, AFTER ALL MORNING SERVICES, *Bloedel Hall*

Come learn about the exciting ministries of the cathedral, and the many opportunities to get involved.

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*

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. A Seattle tradition since 1956; broadcast live on KING 98.1 FM, and streaming online at king.org.

ANNOUNCING! *Cathedral Conversations*: A Podcast about Saint Mark's Community Members

Saint Mark's is excited to present *Cathedral Conversations*, an ongoing podcast series featuring interviews from our own church community. In each episode, Michael Perera hosts a conversation with a member of our congregation to talk about their service at Saint Mark's, and how and why the cathedral has become their spiritual home. Episode 1 features a revealing conversation with Dean Steve Thomason. You can listen to episodes right now at saintmarks.org/podcast, or through iTunes, Spotify, or Google podcasts. Contact Greg Bloch gbloch@saintmarks.org with questions or to suggest future guests. Happy listening!



Join the Saint Mark's Quilt Ministry

The Saint Mark's Quilt Ministry welcomes new members. You don't have to be an expert quilter—some sewing skill is all it takes. We will be happy to teach you the basics, and we have sewing machines you can borrow. Stop by our table at the Ministry Fair, or join us on the third Saturday of most months, share a light lunch, and have a great time while we make quilts to comfort community members and to support cathedral ministries. Contact Carol Green at ccgreen@uw.edu or Jo Ann Bailey at joannb415@gmail.com.

Nancy Ross, *Canon for Cathedral Relations*nross@saintmarks.org
Nicole Silvernale, *Director of Youth Ministry*nsilvernale@saintmarks.org
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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