



# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*

THE FIFTEENTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 22, 2019



## SUNDAY FORUM

### Meet the Seattle Service Corps

TODAY, SEPTEMBER 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!

### Potluck, house blessing, and old-fashioned pantry pounding for the Service Corps today

THIS AFTERNOON, SEPTEMBER 22, POTLUCK: 12:30-2 P.M.; HOUSE BLESSING: 1 P.M., *Leffler Living Room*

An "old-fashioned pounding" is a chance to gift a "pound" of a staple to welcome new neighbors. Join the new SSC members for a potluck and a house blessing in their residence. Questions: Adam Conley, [aconley@saintmarks.org](mailto:aconley@saintmarks.org).

## Cathedral chairs are coming!

Last spring many community members made memorial gifts for cathedral chairs to replace the pews that are in poor condition. Because of their generosity, **168 chairs** (each with a kneeling cushion) are set to arrive in early October, and we will make the transition then. If you would like to own one or more of the pews that are being removed, you are welcome to them, but you must make arrangements to move them yourself, and they must be out of the nave the week the chairs arrive. Contact Facilities Manager David Wagner, [dwagner@saintmarks.org](mailto:dwagner@saintmarks.org), to coordinate. The side aisle pews will remain for those for whom pews are an important part of the worshiping experience.



## Ongoing improvements to Bloedel Hall acoustics



Earlier this year, the Bloedel Hall sound system was upgraded, and the consultant suggested revisions to the Bloedel stage to further improve acoustics in the space. Our wonderful Habitat for Humanity

crew has begun work on enclosing the back part of the stage, which is rarely used. This will create another small group meeting space, and is designed to decrease the echo effect that comes with the shell at the back of the stage. We look forward to hearing how the sound improves for all the groups that use Bloedel Hall for meetings, classes, and forums.

## Children's Sunday Church School resumes today



TODAY, SEPTEMBER 22, 10:10-10:55 A.M.

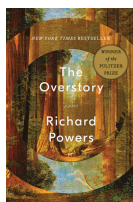
In the light-filled St. Nicholas classrooms, *Godly Play* (ages 3-8) and *Jesus and His Kingdom of Equals* (ages 9-11) begin today after the 9 a.m. service. Questions: Kelly

Moody [kmoody@saintmarks.org](mailto:kmoody@saintmarks.org).

## Cathedral Book Group

TODAY, SEPTEMBER 22, 12:30-2 P.M.,  
*Cathedral House Room 209*

Discussing *The Overstory* by Richard Powers. All are welcome. Contact Pearl McElheran, [pmcelheran@comcast.net](mailto:pmcelheran@comcast.net).



## New Director of Operations arrives September 24

As announced previously, we welcome Jim Pannell to this new role at Saint Mark's, and look forward to his joining the leadership team. Jim comes from the banking and finance industry, and has served in leadership roles at Grace Cathedral in San Francisco. Please join us in welcoming Jim to Saint Mark's.



## 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](mailto: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 All Saints, Vancouver; and St. Anne, Washougal; 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

|                            |                        |
|----------------------------|------------------------|
| Laura Muglia               | Donna Barnes           |
| JesCynthia David           | Allison Strong         |
| The David Family           | Ari Parry-Moore        |
| Cynthia Townshend-Lacock   | Paul Osborne           |
| & Darrell Lacock           | Steve Smyth            |
| Jeevan Roy Komanapalli     | Bob McLauchlan         |
| Mary Segall                | Ayo Babalola           |
| Don & Alice Jean Lewis     | Carlos Morales Carmona |
| Christian Johnson          | Tiphonie Viette        |
| Judith Kyle                | Molly Grant            |
| For all people impacted by | Paul Balmforth         |
| storms and hurricanes      | Nancy Cleminshaw       |
| Paul Balmforth             | Fred Fayette & family  |
| Trish Beall                | Stephen & Jana Drane   |

### THOSE WHO HAVE DIED

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

*The nave altar flowers this morning are given to the glory of God and in loving memory of Nellie Marshall Holcomb by her family, Lee, Karen, Douglas, Holly, Robin, David, Rylee, Jonathan, and Alexis; and in loving memory of Greg and Sarah by Mike and Stacy. The chapel altar flowers are given to the glory of God and in loving memory of Eleanor Rich by Mark Ricketts and Robert Fuller-Rocha.*

### IN THANKSGIVING

For the birth of Willamina James Lash Pike  
For the Chalice Bearer Ministry, providing hospitality after morning services

## Prep & serve at Community Lunch on Capitol Hill

TUESDAY, SEPTEMBER 24, 10:00 A.M.—1:30 P.M.,  
Central Lutheran, 1710 11<sup>th</sup> 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. 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. For more information, check out the Community Lunch website: [communitylunch.org](http://communitylunch.org). If you have questions or would like to join, send an email to Dale Largent, [dalargent@gmail.com](mailto:dalargent@gmail.com).

## CATHEDRAL COMMONS

### The Art of Forgiveness

WEDNESDAY EVENING, SEPTEMBER 25, 6:45–8:15 P.M., Bloedel Hall. Optional community dinner

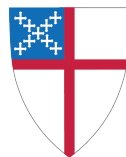
at 6 p.m. Facilitated by Dean Thomason.

All are welcome, even if you have missed previous sessions; videos of the first two are available at [saintmarks.org/forgiveness](http://saintmarks.org/forgiveness).



### Fall Inquirers' Series

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



All are welcome, regardless of experience, to this introduction to the Christian faith through an Episcopal/Anglican lens. RSVP before September 26 to: The Rev. Cristi Chapman, [cchapman@saintmarks.org](mailto:cchapman@saintmarks.org).

### Spirited Women:

#### Gathering Together to Grow Together

SUNDAY, SEPT. 29, 12:45 P.M., Leffler Living Room

Join us on Sunday, September 29, as Saint Mark's begins a new ministry focused on women's spirituality. At the first gathering, bring a favorite dish to share and a story about what makes your offering special.

Wonder together how food connects us to each other and to our past, and how eating together might be a spiritual practice. RSVP to The Rev. Cristi Chapman ([cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)) or Mary Segall ([mesegall@yahoo.com](mailto:mesegall@yahoo.com)).



## 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.

## CATHEDRAL COMMONS

### Sanctuary: Jaime's Story

WEDNESDAY, OCTOBER 2, 6:45–8:15 P.M., *Bloedel Hall*. Optional community dinner at 6 p.m., \$7.

At a very special Cathedral Commons on October 2, we will join together to hear Jaime's personal story in his own words, and to share and socialize with this special man who has trusted us and joined our community in Sanctuary. Come early for the new 5:30 p.m. Eucharist in Thomsen Chapel, followed by the community dinner.



### Saint Francis Day Celebration

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



Saturday afternoon outdoor liturgy (weather permitting), featuring readings, prayers, musical offerings by acclaimed Seattle improviser James Falzone, and the Blessing of the Animals. Bring a photo to

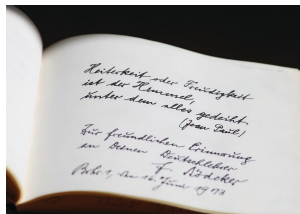
be blessed if your animal companion would find the event difficult to attend.

## SUNDAY FORUM

### *The Poetic Life: Wisdom from John O'Donohue, Mary Oliver, & Wendell Berry*

SUNDAY, OCTOBER 6, 2019, 10:10 A.M., *Bloedel Hall*  
*Led by Dean Thomason.*

Transitions in life like marriage, a child's birth, retirement, and death present as liminal moments that invite us to cross from the familiar into newfoundland. The journey is rife with pitfalls and the possibility of conversion. Using select poems from these three masters, we will tease out the beauty to be discovered in such experiences.



### P.B.S. (Parent Bible Study) presents: Celebrating the Harvest through Scripture

FIRST SUNDAY OF THE MONTH, BEGINNING  
SUNDAY, OCTOBER 6, 5:30–7 P.M., *Carriage House*  
(subsequent meetings in *Leffler Living Room*)



This fall, the parents of Saint Mark's will begin a new encounter with scripture on the first Sunday of the month immediately following Evensong. On October 6 and November 3, we will talk about

giving, receiving, and the practices of gratitude. A potluck dinner will be served, so consider bringing something to share with others. Childcare will be available.

Facilitated by The Rev. Canon Cristi Chapman and Kelly Moody. You are encouraged to RSVP: Cristi Chapman ([cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)) or Kelly Moody ([kmoody@saintmarks.org](mailto:kmoody@saintmarks.org)).



## CHORAL EVENSONG

OBSERVING THE FEAST OF  
**ST. MICHAEL & ALL ANGELS**  
**OCTOBER 6, 4:30 P.M.**

### Newcomer's Coffee with Clergy

SUNDAY, OCTOBER 6, 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. Meet near the baptismal font after each service by the person holding a sign. Questions? Please contact Deacon Earl, [newcomers@saintmarks.org](mailto:newcomers@saintmarks.org) or 206.518.2833.



## SAINT MARK'S YOUTH GROUP

### Sunday Morning Donuts & Discussion

EVERY SUNDAY, 10:10–10:55 A.M.

### Open Youth Room Wednesday Nights

EVERY WEDNESDAY 4 P.M.–5:30 P.M.



*In the Youth Room (in the cathedral basement). For youth grades 6–12. Donuts & Discussion in the Youth Room resumes **today**, September 22, and Wednesday evening unstructured fellowship time begins September 25. Contact*

Director of Youth Ministry Nicole Silvernale with questions, [nsilvernale@saintmarks.org](mailto:nsilvernale@saintmarks.org).

### Youth Group Night

FIRST SUNDAY OF THE MONTH (RESUMES  
OCTOBER 6), 5:30–7:30 P.M., *Youth Room*.

Our monthly youth group nights will resume Sunday, October 6. Join us following the 4:30 p.m. Choral Evensong for dinner, discussions, fun, and fellowship. Each month we'll share a meal together and create space for theological and faith conversations, on topics chosen by the group. The evening will also feature unstructured fellowship time for crafts, games, optional activities, and continued conversation. Dinner is provided. Hope to see you there!

### Host a visiting priest in your home

An Anglican priest from northern Vancouver Island, B.C. is seeking accommodations on the weekend of October 19–20. If this interests you, please contact Greg Bloch at [gbloch@saintmarks.org](mailto: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](mailto:info@saintmarks.org)  
[saintmarks.org](http://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](http://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

Adam Conley, *Seattle Service Corps Director*. . . . . [aconley@saintmarks.org](mailto:aconley@saintmarks.org)  
Cristi Chapman, *Canon for Spiritual Growth & Stewardship* [cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)  
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Earl Grout, *Deacon* . . . . . [egrout@saintmarks.org](mailto:egrout@saintmarks.org)  
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John Stuntebeck, *Associate Organist*. . . . . [john\\_stuntebeck@hotmail.com](mailto:john_stuntebeck@hotmail.com)  
Kelly Moody, *Director of Children's & Family Ministries* . . [kmoody@saintmarks.org](mailto:kmoody@saintmarks.org)  
Madeleine Stephens, *Music Administrator* . . . . . [mstephens@saintmarks.org](mailto:mstephens@saintmarks.org)  
Michael Kleinschmidt, *Canon for Cathedral Music* [mkleinschmidt@saintmarks.org](mailto:mkleinschmidt@saintmarks.org)  
Michael Seewer, *Cathedral Sacristan & Head Verger* . . . [mseewer@saintmarks.org](mailto:mseewer@saintmarks.org)

## Sunday, September 22, 2019 ♦ The Fifteenth Sunday after Pentecost

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

*Preacher:* The Rev. Canon Nancy Ross, Canon for Cathedral Relations

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

*Preacher:* The Rev. Canon Nancy Ross, Canon for Cathedral Relations

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

Meet the Seattle Service Corps.

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

*Preacher:* The Rev. Canon Nancy Ross, Canon for Cathedral Relations

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](http://king.org).

### Feast of All Saints and Baptisms: November 3

On Sunday, November 3, the church will celebrate the Feast of All Saints. This principal feast of the church also is the next opportunity to baptize and welcome new Christians into God's household. If you have been wondering about or considering baptism for yourself or someone in your family and would like to find out more, please contact The Rev. Canon Cristi Chapman ([cchapman@saintmarks.org](mailto:cchapman@saintmarks.org) or 206.323.0300 x203).



### Cathedral Conversations: A Podcast about Saint Mark's Community Members

You can listen to episodes right now at [saintmarks.org/podcast](http://saintmarks.org/podcast), or through iTunes, Spotify, or Google podcasts. Contact Greg Bloch [gbloch@saintmarks.org](mailto:gbloch@saintmarks.org) with questions or to suggest future guests.

### 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!

Nancy Ross, *Canon for Cathedral Relations* . . . . . [nross@saintmarks.org](mailto:nross@saintmarks.org)  
Nicole Silvernale, *Director of Youth Ministry* . . . . . [nsilvernale@saintmarks.org](mailto:nsilvernale@saintmarks.org)  
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Steve Thomason, *Dean & Rector*. . . . . [sthomason@saintmarks.org](mailto: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