



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SIXTEENTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 29, 2019



SUNDAY FORUM

Labyrinth 101

TODAY: 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.

Choral Evensong resumes next Sunday, celebrating the Feast of Saint Michael and All Angels

SUNDAY, OCTOBER 6, 2019, 4:30 P.M., *Cathedral Nave*

Unite your prayers and praises with Saint Mark's Evensong Choir to bid all God's holy angels to guide and defend us as day gives way to evening, work gives way to rest, and summer gives way to fall. The choir will offer Herbert Brewer's concise and extroverted settings of the *Magnificat* and *Nunc dimittis* in the key of D major; and a dramatic motet by the Tudor composer Richard Dering describing the war in heaven, the Archangel Michael slaying the dragon, and the voice of "thousands of thousands" praising God, as depicted in the Book of Revelation, chapters 5 and 12.



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.



Blessing of the Animals

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.

Habitat for Humanity Interfaith Build

SATURDAY, OCTOBER 5, 8:30 A.M.–5 P.M.

Members of the Saint Marks Habitat for Humanity (HFH) Justice Ministry will be volunteering at the HFH Interfaith Build in Pacific, WA (near Auburn, in Pierce County). If interested joining us, please contact Jacquelyn Miller at jcmiller31@gmail.com.

Bill Hastig Funeral

The funeral service for longtime parishioner Bill Hastig will occur **Saturday, October 19, at 1 p.m.** in the cathedral nave. A reception will follow in Bloedel Hall.

In addition, **the cathedral is looking for photographs of Bill.** If you have any snapshots you would be willing to share, please contact Greg Bloch, gbloch@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 St. Timothy, Chehalis, and St. Peter, Seaview; 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

Christian Johnson	Carlos Morales Carmona
Judith Kyle	Tiphannie Viette
For all people impacted by storms and hurricanes	Molly Grant
Paul Balmforth	Paul Balmforth
Trish Beall	Nancy Cleminshaw
Donna Barnes	Fred Fayette & family
Allison Strong	Stephen & Jana Drane
Ari Parry-Moore	Mary Bayne
Paul Osborne	Rose Osborne
Steve Smyth	Jan and Judy Kyle
Bob McLauchlan	Damianus Aditya & Rosario
Ayo Babalola	Josephine

THOSE WHO HAVE DIED

Kevin Chandler	Nancy McLauchlan
Bobby Skinner	Kathie Moen
Ian Cummings	Frances Hatzis
Matthew Soweke	

IN THANKSGIVING

For the birth of Willamina James Lash Pike
For the Vestry, providing hospitality after morning services

The nave altar flowers this morning are given to the glory of God and in celebration of their tenth wedding anniversary by Erik and Jenny Donner.

Feast of All Saints and Baptisms: November 3

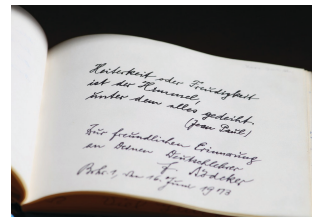
On Sunday, November 3, the church will celebrate the Feast of All Saints, which is the next opportunity to baptize and welcome new Christians into God's household. To find out more, please contact The Rev. Canon Cristi Chapman (cchapman@saintmarks.org or 206.323.0300 x203).

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.



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 or 206.518.2833.



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) or Kelly Moody (kmoody@saintmarks.org).

Youth Group Night

FIRST SUNDAY OF THE MONTH, BEGINNING

OCTOBER 6, 5:30-7:30 P.M., Youth Room

Join us following the 4:30 p.m. Choral Evensong for dinner, discussion, fun, and fellowship. Each month we'll share a meal and conversation together. The evening will also feature unstructured fellowship time for crafts, games, optional activities, and continued conversation. Dinner is provided. Hope to see you there!



20s & 30s

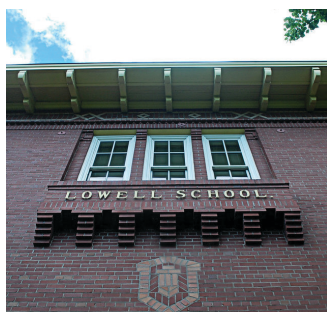
Questioning Together

MONDAY, OCTOBER 7, 7:30 P.M., *Leffler Living Room*

Come be a part of this lively discussion with a kind and curious group over a light dinner. Our question this month is: **Why church? Why now?** RSVP (appreciated but absolutely not required) to Rachel McNary at rachel.mcnary@gmail.com.

Volunteers Needed at Lowell Elementary School

The teachers at Lowell Elementary School, right here in the Saint Mark's neighborhood, have let our volunteers know that they need more volunteer help. The school serves a very diverse student population, including children who are homeless and those with special needs. A positive presence—whether in the classroom, lunchroom, playground, office, at the buses or on a field trip—can really make a difference. If you're interested in volunteering, you can learn more and sign up directly with Lowell School at lowellelementary.org/volunteer. Or if you'd like to talk with someone at Saint Mark's who is a Lowell volunteer, contact The Rev. Canon Nancy Ross at nross@saintmarks.org.



Underhill House Listener training

WEDNESDAY, OCTOBER 16, 12:00–2:30 P.M.,
Underhill House (six blocks south of Saint Mark's, near Republican and Broadway)



Underhill House, a quiet place to pause for prayer, is offering its next Listener training on Wednesday, October 16 from 12 p.m.–2:30 p.m. Come consider whether

you'd like to greet, listen and pray with our guests once or twice a month, Wednesdays or Thursdays on Capitol Hill near Broadway and Republican (enter through the side courtyard of All Pilgrims Christian Church). Come and discern—no commitment necessary to attend training. If you have questions or would like to sign up, please contact The Rev. Susan Dean at susan@underhillhouse.org. To learn more please visit www.underhillhouse.org/partners.

CREATION CARE MINISTRY

NEXT MEETING: THURSDAY, OCTOBER 3,
6 P.M., *Leffler Living Room*

The National Religious Coalition on Creation Care's Religious Declaration of Unprecedented Human Emergency, signed by Bishop Rickel, states "As people of faith, we believe that our planet—which nurtures and sustains life—is a gift, and that we have a responsibility to cultivate a world in which all beings can thrive, physically and spiritually." Our newly revived Creation Care Ministry is looking at how climate change affects all ministries here at Saint Mark's, and considering ways to reduce our carbon footprint as individuals and as a congregation. Contact Marjorie Ringness at marjorie@ringness.org if you are interested in being a part of this ministry. Or come to our next meeting on October 3 at 6 p.m. in Leffler Living Room.

Concerned about climate change, but not sure what you can do about it? Here's a simple tip: **Go meat or dairy free once a week.** Decrease your carbon footprint by 13% by replacing red meat with chicken or turkey or other forms of protein at least once a week. Go to <https://earthdaynw2020.org/take-action> for more ways you can make a difference. Take the pledge to take action and empower change for a sustainable community, region, and planet at: www.earthdaynw2020.org/pledge.

Health Ministry and Medical Equipment Library Update

The Health and Medical Equipment Ministry has recently made a large donation of wheelchairs, walkers, crutches, and canes to the **SCM Medical Mission**, a Seattle-based organization that sends doctors and other volunteers to Syria and to refugee camps in neighboring countries. These items, donated by members of the Saint Mark's congregation, are being shipped in early October to Jordan to be distributed to Syrian refugees in the camps there. Rita Zawaideh, the organizer of this initiative, will be sharing stories and photos when the equipment arrives.



The Medical Equipment Library, located in the crypt of Saint Mark's cathedral, contains an abundance of donated items to be used by anyone who needs them. Please contact Mary Segall, mesegall@yahoo.com, to check out items for your own use, or if you have an idea of a way this equipment could be used.



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

Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
Cristi Chapman, *Canon for Spiritual Growth & Stewardship* cchapman@saintmarks.org
David Wagner, *Facilities Manager* dwagner@saintmarks.org
Earl Grout, *Deacon* egrout@saintmarks.org
Emily Austin, *Deacon* eaustin@saintmarks.org
Erik Donner, *Executive Assistant & Membership Support* edonner@saintmarks.org
Gregory Bloch, *Communications Director* gbloch@saintmarks.org
Jason Anderson, *Compline Choir Director* director@complinechoir.org
Jennifer King Daugherty, *Canon for Congregational Life* jkingdaugherty@saintmarks.org
Jim Pannell, *Director of Operations* jpannell@saintmarks.org
John Stuntebeck, *Associate Organist* john_stuntebeck@hotmail.com
Kelly Moody, *Director of Children's & Family Ministries* kmoody@saintmarks.org
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

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
Seth Warren, *Events Support & Facilities Associate* swarren@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, 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

Sunday, September 29, 2019 ♦ The Sixteenth Sunday after Pentecost

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

Preacher: The Rev. Canon Cristi Chapman, Canon for Spiritual Growth and Stewardship

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

Preacher: The Rev. Canon Cristi Chapman, Canon for Spiritual Growth and Stewardship

SUNDAY FORUM, 10:10 A.M., *Bloedel Hall*. "Labyrinth 101"

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

Preacher: The Rev. Canon Cristi Chapman, Canon for Spiritual Growth and Stewardship

SPIRITED WOMEN: GATHERING TOGETHER TO GROW TOGETHER, 12:45 P.M., *Leffler Living Room*

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.



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

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.

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!