



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FIRST SUNDAY IN LENT ♦ MARCH 1, 2020



Newcomer's Coffee with Clergy

TODAY, MARCH 1, AFTER MORNING SERVICES, *Cathedral House Room 210*

Every month we host a conversation with newcomers after 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 gather near the baptismal font after each service (look for the person holding a sign). Questions? Please contact Deacon Earl, newcomers@saintmarks.org or 206.518.2833.

SUNDAY FORUM

Neighbors Helping Neighbors: Learning about UCEF

TODAY, MARCH 1, 10:10 A.M., *Bloedel Hall*

Saint Mark's provides funds and referrals to the United Churches Emergency Fund (UCEF) to help those who are seeking assistance to cover rent or utility bills. Its focus is to provide eviction protection to keep families and individuals from becoming homeless and to provide assistance to homeless families and individuals moving into housing. Come learn about UCEF's structured vetting and record-keeping process and how they combine funds from different sources to help renters stay in their homes. After the end of the forum, attendees will put together snack packs for UCEF clients.



SUNDAY FORUM

Stations of the Cross: A Lenten Practice

NEXT SUNDAY, MARCH 8, 10:10 A.M., *Cathedral Nave*



The Visual Arts and Adult Faith Formation ministries will lead this prayerful engagement with the Stations of the Cross. Explore the history of this spiritual practice and learn about the sculptural reliefs created by Virginia Maksymowicz

on display in the nave throughout Lent. (In the Hallway Gallery, a set of ceramic Stations made in the Holy Land are also on display until Easter.) Then, join as we pray through the Stations and reflect on the experience together. How might God be inviting you to engage in this practice this year? How might the stations resemble a pilgrimage? Questions? Contact Erin Beary Andersen (bearye@seattleu.edu) or The Rev. Canon Cristi Chapman (cchapman@saintmarks.org).

Choral Evensong for the First Sunday in Lent

TODAY, MARCH 1, 4:30 P.M., *Cathedral Nave*

Today, Saint Mark's will again offer this service of evening prayer and praise using the collegiate style of seating with the choir on the nave floor in our midst. The choir will sing a contemplative setting of the *Magnificat* and *Nunc dimittis* by Gabriel Jackson, and Heinrich Schütz's setting of the ever-reassuring words of John 3:16: "God so loved the world..." As we enter the penitential season, all will join in singing John Mason Neale's prayer for light and guidance, "O very God of very God" (Hymn #672).



Creating Burning Bushes:

Supporting Faith at Home and on the Road

NEXT SUNDAY, MARCH 8, 12:45 P.M., *Bloedel Hall*



Join Sharon Ely Pearson, one of the most respected leaders in the Episcopal Church, for lunch and learning together. Families are more often found on a sports field on Sunday mornings than in church, and home is the primary place where faith is nurtured and lived out. In today's world,

caregivers need all the support they can get. How can we move beyond our reliance on a school approach and offer ways and tools to meet needs? How might we support families in creating an environment in which all generations are living out their baptismal promises in daily life without adding something new to what they are already doing? This interactive workshop will offer a variety of options for families to engage in faith practices amidst the busy-ness of their lives. Child care will be available during the event. RSVP to Kelly Moody (kmoody@saintmarks.org) or The Rev. Canon Cristi Chapman (cchapman@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 All Saints, Bellevue, and Church of the Resurrection, Bellevue; the clergy, staff, and vestry of Saint Mark's Cathedral; and all the ministries of the cathedral, especially the ministries of the Altar Guild and the Bread Bakers.

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

Mike Murray	Maria Do
Breedlove family	Ginger Minugh
Estelle Thompson	Dianne Stipp
Linda Rosch	Samuel
David Moen	Adonay
Linda Hunter	Victor & Regina
& Donn Rosenaur	Alicia
Norman Robert Hunter	John
Jacqueline Hunter	The Rev. Gayle Pershouse
Jeanne Morda	Robson Lima
Tad	Ana Claudia
Desmond	Z
Kip Lange	

IN THANKSGIVING

For the Creation Care Ministry, who are providing hospitality after morning services

THOSE WHO HAVE DIED

Lucile van Wesep-Wolthuis	Bud Elliott
Thomas R. Conger	Larry Anderson
Rev. John Bell	Arthur Lisch
Jo Ellen Breedlove	Virginia (Jinny) Bloedel
James Hayes	Wright
Douglas Mayhew	Rylee Marks
Christi Jackson	Bob Jackson

20S & 30S

Questioning Together

MONDAY, MARCH 2, 7:30 P.M., *Leffler Living Room*



Come join our lively discussion over a light dinner with this supportive and curious group. Our question for

March will be: **As a church, how do we find common connection while valuing differences that make each person unique?** RSVP (appreciated but not required) to Emily Meeks (emcmeeks@gmail.com) or Michael Perera (perera.michael@gmail.com).

CATHEDRAL COMMONS

Lenten Series: The Power of Vulnerability

THREE WEDNESDAYS—MARCH 4, 11, & 18, 6:45–8:15 P.M., *Bloedel Hall*. Facilitated by Canons Chapman, Daugherty, & Ross. Come early for Holy Eucharist with Service of Light at 5:30 p.m. in Thomsen Chapel, and/or optional Community Dinner at 6 p.m., \$7.

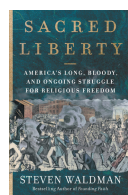
To risk being vulnerable is to risk discovering one's true, authentic self. What does it take to be vulnerable? What gets in the way of authentic living, and why? Based on scriptural study and the work of Dr. Brené Brown, this series examines barriers that get in the way of authentic living, including how shame-honor cultures have promoted increasingly contorted experiences of self and others. We will also look at practices that foster a healthy framework of living.



SAINT MARK'S BOOK GROUP

Sacred Liberty by Steven Waldman

SUNDAY, MARCH 8, 12:30 P.M., *Cathedral House 210*



The next selection for Saint Mark's Book Group explores how we have built a unique model of "religious freedom" in America, and how our commitment to religious pluralism is constantly being tested. All are welcome to participate.

11 a.m. Ushers Seeking New Team Members

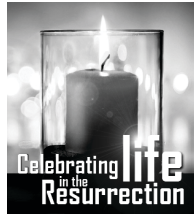
The ushers of the 11 a.m. service are looking for six to 12 people to join this vital ministry. Ushers serve in teams of six, with each team scheduled approximately once per month. The role of usher is a liturgical ministry as well as a ministry of hospitality, ensuring the comfort and safety of the hundreds who worship here each week. Anyone can join—great for newcomers and long-time members alike. If you are interested in joining a team, please contact Cathedral Sacristan Michael Seewer (mseewer@saintmarks.org), or speak to any member of the clergy.



Celebrating Life in the Resurrection: A Workshop on Planning the Celebration of Your Life through Faith, Hope and Love

SATURDAY, MARCH 14, 9 A.M.-2:30 P.M., *Ebsworth Life Center at St. Thomas Episcopal Church, Medina*

Join Bishop Rickel, Dean Thomason, and friends for pastoral perspectives, guidance and practical advice on planning a funeral or memorial service, featuring presentations by speakers from across the diocese in addition to small group discussions and activities.



Organist Douglas Cleveland will lead the singing of beloved hymns. Everyone will receive the *Life Planning Manual*, a very good tool developed by our diocese. Cost: \$20, includes lunch and many handouts. **Registration deadline: Friday, March 6.** Space is limited! Please register today at https://celebrating_life.eventbrite.com or contact the Rev. Rich Weyls at 206.383.5600.

Exploring Scripture: The Book of Revelation and Apocalyptic Scripture

FIVE THURSDAYS, MARCH 12-APRIL 23, 7 P.M.

The 20s and 30s Group invites you (all ages) to join us as we explore Revelation and other apocalyptic literature and examine what these scriptures mean for us as Episcopalians. To join, please contact Canon Daugherty (jkdaugherty@saintmarks.org) and Melissa Sanborn (leighsanborn@msn.com).

SATURDAY, MARCH 14

A LENTEN QUIET MORNING

9 A.M.-12:30 P.M., IN THE CATHEDRAL NAVE

A morning of silence, prayer, and reflection

RSVP to: cchapman@saintmarks.org

Liturgical Ministers Training

SATURDAY, MARCH 21, 9 A.M.-NOON, *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, altar guild, chalice bearers, lectors, and intercessors at many of our Sunday services. You can learn more about these and more at the Liturgical Ministers Training on Saturday, March 21 from 9 a.m.-noon. If interested, please email Michael Seewer at mseewer@saintmarks.org for more information.

CREATION CARE MINISTRY

NEXT MINISTRY MEETING:

MONDAY, MARCH 9, 6 P.M., *Leffler Sun Room*

For Lent, the Creation Care ministry is offering prayers selected from a variety of sources to prompt spiritual reflection on our responsibilities as citizens of the planet. Please take a prayer card, available on the tables in the back of the nave. A new card will be available each week. Here is the prayer for the first week of Lent, from Earth Ministry:



For the web of life that connects us all, we give thanks. For the sacred places where we hear your small, still voice, we listen. For those carrying the heavy burden of climate injustice, we speak out. Guide us to be good stewards of your marvelous creation. Inspire us to advocate for our common home. Help us work for justice so all may receive your abundance. Amen.

For an excellent ongoing Lenten practice, go to <https://earthministry.org/wp-content/uploads/2019/01/Earth-Ministry-WAIP-Lent-prayer-action-guide.pdf> and consider a "fast from carbon" this Lent. This document is also available in the narthex racks.

Foot-Washing Volunteers Needed

WEDNESDAY, APRIL 1, *CenturyLink Field East Hall*
Mark your calendars! A foot-washing event will be held at United Way of King County's Annual Community Resource Exchange on Wednesday, April 1, at CenturyLink Field. Volunteers will help wash people's feet and give out new socks, as well as be a companion to those experiencing homelessness—talk with them, share with them, be human with them. We need people to do what Jesus did, humbly go to your knees and wash the feet of another person. Available shift times are: 7:30-11:30 a.m. or 11:30 a.m.-2:30 p.m. If interested, email Deacon Emily at eaustin@saintmarks.org.



Saint Mark's Sock Drive

For those who cannot participate in the foot-washing itself, a sock drive will be held at Saint Mark's Cathedral during the month of March. A collection box will be near the Welcome Table. We will be collecting only new men's athletic socks and men's and women's compression socks. Donations will be accepted until Sunday, March 29.



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 spiritual journey,
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.

Sundays & Beyond is a weekly publication of cathedral news and events, and the Cathedral prayer list. 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.

The email version of *Sundays & Beyond* is sent each Friday morning, and more announcements and details than can fit in the print version, as well as a preview of the upcoming Sunday liturgies. Sign up at: saintmarks.org/newsletter.



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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Kelly Moody, *Associate for Spiritual Formation* kmoody@saintmarks.org
Madeleine Stephens, *Music Administrator* mstephens@saintmarks.org

Sunday, March 1, 2020 ♦ The First Sunday in Lent

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, *Cathedral House room 210*. Informal coffee and discussion with Saint Mark's clergy.

SUNDAY FORMATION, 10:10 A.M., *St. Nicholas Building*: Godly Play (ages 3–8); Jesus and His Kingdom of Equals (ages 9–11). *Youth Room*: Donuts & Discussion (junior high/high school). *Bloedel Hall Sunday Forum*: **Learning about UCEF**, see p. 1.

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

Preacher: The Rev. Canon Jennifer King Daugherty

INQUIRERS' CLASS, 12:45 P.M., *Leffler Living Room*

A six-week exploration of the Christian faith through an Episcopal lens.

Contact Canon Chapman to learn more: cchapman@saintmarks.org.

CHORAL EVENSONG, 4:30 P.M. *Cathedral Nave*

Psalms, hymns, prayers and canticles offered as a sacrifice of praise and thanksgiving for the day.

CATHEDRAL YOGA, 6 P.M., *Cathedral Nave*. A spiritual practice open to all.

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

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.

Service Leaflet Redesigned

You have probably already noticed that, beginning today, the Order of Service in the leaflet has been reduced in size, in order to reduce the cathedral's paper use. Music is now exactly the same size as it appears in the Hymnal, and scripture readings are now printed in the size previously used for choir anthem texts. Contact Greg Bloch, gbloch@saintmarks.org, with feedback.

CATHEDRAL CONVERSATIONS: NEW EPISODE!

Compline Choir Director Jason Anderson: The Seattle Rite

Cathedral Conversations is a podcast about members of the community of Saint Mark's. In the latest episode, Jason Anderson talks about the history of the Compline Choir and why it is so important to Saint Mark's and the Seattle community; and he hints at some of the big plans he has in mind for the future. Subscribe wherever you get your podcasts, or listen at saintmarks.org/podcast.



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Stephen Eddy, *Bookkeeper & Scheduler* seddy@saintmarks.org
Steve Thomason, *Dean & Rector* sthomason@saintmarks.org

2020 VESTRY

Dean & Rector: The Very Rev. Steven L. Thomason; *Senior Warden:* Julia Logan;
Junior Wardens: Peter McClung & Walter Stuteville; *Members:* Kristen Austin, Clara Berg, Carrie Davis, Roberta Kanive, Emily Meeks, Kari Nasby, Michael Perera, Marjorie Ringness, Robert Stevens; *Diocesan Members:* Micah Kurtz & Karla Koon;
Chancellor: Re Knack; *Clerk:* Barbara Erickson; *Treasurer:* Phil Lloyd.