



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SECOND SUNDAY IN LENT ♦ MARCH 8, 2020

CORONAVIRUS INFORMATION

We are continuing to monitor the coronavirus (COVID-19) situation and follow recommendations and requirements. Dean Steve Thomason will communicate further details and developments affecting Saint Mark's Cathedral. Sign up to receive email updates from the Dean at saintmarks.org/newsletter (select "Saint Mark's Global List" from the choices). Up-to-date information regarding current recommendations and their impact on the life of the cathedral is posted at saintmarks.org/virus.

You are encouraged to take care of yourselves in these times, to stay home from church if that feels safer or you are worried about risk, and, of course, to stay home if you may be sick.

CANCELLATIONS

The workshop "Creating Burning Bushes" with Sharon Ely Pearson scheduled for this afternoon has been cancelled.

The Cappella Romana concert of Tchaikovsky's *Divine Liturgy*, scheduled for the afternoon of Sunday, March 15, has been cancelled.

Cathedral Commons (Wednesday night Wisdom School/Vulnerability series), Sunday Forums, the Inquirers' Class, Cathedral Yoga and Tuesday Bible Study are suspended and will not be meeting through the month of March—with new dates to be re-scheduled, hopefully in April. Stay tuned!

CONTINUING ACTIVITIES

Choir School and Choir rehearsals will continue as usual until further notice.

The Wednesday evening parish supper, prepared under professional health and safety standards, will also continue as usual.

Hunger Offering Today

The second Sunday of the month is Hunger Offering Sunday, where we take a special donation for six partner food banks in Seattle. These organizations help thousands of Seattleites who are struggling with food insecurity and basic living needs, and your donations make a big difference in their lives. Stop by the Hunger Offering table in the back of the nave to learn about what we do, and how you can help.



SUNDAY FORUM

Stations of the Cross: A Lenten Practice

TODAY, MARCH 8, 10:10 A.M., *Cathedral Nave*.

Meet in Compline corner

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).



Saint Mark's Sock Drive

A sock drive is being 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.

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 Apostles, Bellevue; St. Margaret, Bellevue; and St. Michael & All Angels, Issaquah; 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

David Moen	The Rev. Gayle Pershouse
Linda Hunter	Robson Lima
& Donn Rosenaur	Ana Claudia
Norman Robert Hunter	Z
Jacqueline Hunter	Brad
Jeanne Morda	Sue
Tad	Louise Kind and family
Desmond	Marilynne Scott
Kip Lange	Paul Kutsunai
Maria Do	Lee Carter's family
Ginger Minugh	and others who have
Dianne Stipp	been exposed to the
Samuel	coronavirus and are in
Adonay	quarantine
Victor & Regina	Damianus Aditya
Alicia	Josephine Rosario
John	Gene Crow

THOSE WHO HAVE DIED

Larry Anderson	Rylee Marks
Arthur Lisch	Bob Jackson
Virginia (Jinny) Bloedel	Walt Kind
Wright	Don Judd

THOSE WHO DIED IN THE LAST FIVE WEEKS IN SEATTLE WHILE HOMELESS

Sergio Munar Jr	Sharlo Sete
Stephany Burdick	Houston Tobin
Michael Heart	Melissa Speed
Christopher Walters	David Monroe
Heather Thompson	Baby Girl B

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

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 our planet. Please take a prayer card, available on the welcome table in the back of the nave. A new card will be available each week. Here is the prayer for the second week of Lent, from *The Book of Common Prayer* 1979:



We give you thanks, most gracious God, for the beauty of earth and sky and sea; for the richness of mountains, plains, and rivers; for the songs of birds and the loveliness of flowers. We praise you for these good gifts, and pray that we may safeguard them for our posterity. Grant that we may continue to grow in our grateful enjoyment of your abundant creation, to the honor and glory of your Name, now and for ever. 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.

THE RADIX PROJECT

small groups / deep roots

The Radix Project Returns in the Easter Season

DEADLINE TO REGISTER: FRIDAY, APRIL 3. BEGINS WITH A PLENARY SESSION WEDNESDAY, APRIL 15.



In January of 2020, we launched the *Radix Project: Small Groups/Deep Roots*. More than 150 people in 18 small groups met weekly for six weeks to share their stories, reflect on scripture, and pray for one another with intention. The feedback was overwhelmingly positive, so we are going to do it again during the season of Easter. The spring series, designed

by Spiritual Formation Associate Kelly Moody and the cathedral Dean and Canons, will focus on post-resurrection encounters in the Gospels. To register, saintmarks.org/radix, or complete a postcard (available in the back of the nave) and place it in the offering plate or turn it in to the cathedral office. Contact Kelly Moody, kmoody@saintmarks.org, with any questions. *NOTE: While there is a possibility that these meetings will be disrupted by the current coronavirus situation, they will not begin until after Easter, and the situation will certainly be different six weeks from now. We live in hope!*

Is This Not the Fast that I Choose...?

"Lent-il" Soup Supper with the Service Corps

TUESDAY, MARCH 24, 6-7:30 P.M., *Leffler Living Room*

Join Seattle Service Corps for a homemade "lent-il" soup supper and conversation based on Isaiah 58. We will reflect on how fasting from the things that separate us from God and our neighbor enable us to work toward service and justice. All are welcome. Freewill offering to offset costs and support the ministry of the SSC. RSVP to Adam Conley, aconley@saintmarks.org, by March 21.



Foot-Washing Volunteers Needed

WEDNESDAY, APRIL 1, *CenturyLink Field East Hall*

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 a.m.–11:30 a.m. or 11:30 a.m.–2:30 p.m. If interested, email Deacon Emily at eaustin@saintmarks.org.

Men's Retreat—Just Seven Spots Left. Reserve Your Place Today!

FRIDAY THROUGH SUNDAY, JUNE 5-7, 2020, at Camp Casey on Whidbey Island, facilitated by The Rev. Dr. Stuart Hoke and Dean Steve Thomason.

This will be a time of rest, leisure, camaraderie, and spiritual renewal. Gatherings such as this one afford us the opportunity to gain perspective on life, and are beautifully restorative. We will have an internationally recognized retreat leader in The Rev. Dr. Stuart Hoke, an Episcopal priest whose life changed on 9/11 when he stood beneath the Twin Towers as they fell. He then led the relief efforts housed in historic St. Paul's Chapel across the street from Ground Zero. For more information, and to reserve your spot, go to saintmarks.org/mensretreat.



CHOIR SCHOOL SUMMER CAMP 2020!

AGE 5-GRADE 8: JULY 13-17

HIGH SCHOOL: AUGUST 3-7

The Choir School is excited to present this year's camp theme: *Fruits of the Spirit*. This year for the first time we offer camps for children of all ages, from 5-year-olds through high schoolers. Join us for a week of music, learning, community, and lots of fun.... You can find much more information and register at saintmarks.org/choircamp.



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, containing 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 Conversations is a podcast about members of the community of Saint Mark's. Subscribe wherever you get your podcasts, or listen at saintmarks.org/podcast



CATHEDRAL STAFF AND LEADERSHIP

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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.

Sunday, March 8, 2020 ♦ The Second Sunday in Lent

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

Preacher: The Rev. Canon Cristi Chapman

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

Preacher: The Rev. Canon Cristi Chapman

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). *No Forum in Bloedel Hall today—meet in Compline corner in the nave for Stations of the Cross.*

STATIONS OF THE CROSS PRESENTATION & LITURGY, 10:10 A.M., *Cathedral Nave.* See p. 1.

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

Preacher: The Rev. Canon Cristi Chapman

CANCELLED: CATHEDRAL BOOK GROUP, 12:30 P.M. See p. 1.

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

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

CANCELLED: "CREATING BURNING BUSHES," 12:45 P.M.

A workshop on faith at home led by author Sharon Ely Pearson.

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

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.

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.