



# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*

THE FOURTH SUNDAY AFTER THE EPIPHANY ♦ FEBRUARY 3, 2019

## Northwest Community Bail Fund Update Forum

SUNDAY, FEBRUARY 3, 10:10 A.M., *Bloedel Hall*

The Northwest Community Bail Fund (NCBF), which started as a justice ministry at Saint Mark's, is now a non-profit organization operating in Western Washington. A recent recipient of the Seattle Seahawks players grant, NCBF has provided bail for over 180 people. Join us at the Sunday Forum as board members provide an update on the Bail Fund's progress. NCBF has seen significant growth and change in 2018, and is moving into 2019 with big plans for further steps toward equality and justice in WA jails. Come and learn about the fund's role in fighting for socio-economic and racial equity.

## Choral Evensong for the Feast of the Presentation of Christ in the Temple

TODAY, FEBRUARY 3, 4:30 P.M., *Cathedral Nave*

Saint Mark's Evensong Choir will sing the particularly Schubertian setting of the *Magnificat* and *Nunc dimittis* in G major by Charles Villiers Stanford, and Charles Wood's beloved anthem for double choir, "Hail, gladdening light." Come, lend your voice in prayer and praise on this special evening in celebration of the Feast of the Presentation of Christ in the Temple.



**HOMELESS/HUNGER  
ADVOCACY RETREAT**



## Homeless and Hunger Advocacy Retreat

SATURDAY, FEBRUARY 9, 10 A.M.-2 P.M., *Bloedel Hall*

*Facilitated by The Rev. Canon Marilyn Cornwell, The Rev. Cristi Chapman, and ministry leader David Wagner*

What is advocacy, and how is advocacy a spiritual practice? How might the Spirit be calling Saint Mark's to advocate for

those in the Seattle area who are experiencing homelessness and hunger insecurity? Join us as Saint Mark's hosts a one-day retreat to explore these questions. We will focus on three topics: understanding what faith-based advocacy is and where it finds its meaning and grounding; exploring the history of homeless/hunger advocacy at Saint Mark's, and forming a plan for how we might respond now to the needs of the broader community. A light lunch will be served. For questions, contact The Rev. Cristi Chapman, [cchapman@saintmarks.org](mailto:cchapman@saintmarks.org) or David Wagner, [akdavid710@gmail.com](mailto:akdavid710@gmail.com). Register at [saintmarks.org/retreat](http://saintmarks.org/retreat).

## Cathedral Shop closing, adapted shop hours

As was previously announced, the Cathedral Shop at Saint Mark's will be closing after more than 30 years of ministry. As we wind the operation down, the shop will have adapted store hours. Next week hours will be 11 a.m. to 5 p.m. on Wednesday and Thursday; Sunday will remain 8 a.m.-1 p.m. The weeks following until the end of March will be Thursday 9 a.m.-5 p.m., and Sunday will remain the same. We will keep you updated on any changes to these hours.

## Newcomers Coffee with Clergy

TODAY, FEB. 3,  
AFTER 9 & 11 A.M.  
SERVICES,

*Leffler Living Room*

Every month

Saint Mark's hosts

a conversation with newcomers after both 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 meet in the back of the Cathedral after each service and look for the sign. Questions? Contact Deacon Earl, [newcomers@saintmarks.org](mailto:newcomers@saintmarks.org).



## Youth Group Night

TODAY, AFTER EVENSONG,

5:30 P.M.-8 P.M. *Bloedel Hall*

Join us tonight after Evensong for cookie decorating and valentine making for the women of Noel House, as well as games and a lively discussion on spiritual gifts! Dinner included! (Though our structured youth group programming goes from 5:30 p.m.-8 p.m., youth are welcome to stay for continued discussion, games, or to do homework until Compline at 9:30 p.m.)

## CATHEDRAL PRAYER LIST

To add a name to the prayer list, contact 206.323.0300 x314 or [prayers@saintmarks.org](mailto:prayers@saintmarks.org). Prayer requests are listed in *Sundays & Beyond* for approximately four weeks.

### THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Ascension, Seattle; Epiphany, Seattle; the clergy, staff and vestry of Saint Mark's Cathedral; 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

### THOSE WHO HAVE DIED

Wilma	Otis W. Howe, Jr.
Joan Meyer	Felipe Gomez Alonzo
Richard Kravako	Hank Noordham
Charlotte Field	Will Notbohm

### THOSE WHO ARE SICK OR SUFFERING IN ANY WAY, IN BODY, MIND, OR SPIRIT

Diane D'Souza	Greg Owen
Raissa DeSmet	Loralee Price
Sharon Ferguson	Jerry and John
The Flynn Family	Juana & family
Rosario Josephine & Damianus	Nancy and family
Chris Kausche	Richard
Magdalena Lovejoy	

## 20s+30s: Questioning Together

MONDAY, FEBRUARY 4, 7:30-9 P.M., *Youth Room*

This group gathering offers a supportive community for those in their 20s and 30s to explore questions of faith and meaning in our time. We meet on the first Monday of every month. The topic for February: "What makes God and questions about God worth pursuing?" Wherever you are in your faith journey, you are welcome. We will meet in the Youth Room, in the basement of the Cathedral House. A light dinner will be served. To RSVP (appreciated but not required), contact Rachel McNary, *rachel.mcnary@gmail.com*. We look forward to seeing you there!

## A Growing Urgency: Advancing Technologies and their Ethical Challenges

WEDNESDAY, FEB. 6 (*& previously Jan. 30*), 6:45-8:15 P.M.  
*Community dinner: 6-6:30 p.m. (adults \$7, children \$5, max family \$20)*

*Facilitated by Joe Caggiano and The Rev. Cristi Chapman*  
No force is more powerful than technology in shaping the world in which we live. Data-driven social media, predictive behavioral algorithms, gene manipulation, and climate focused engineering interventions are a few of the rapidly-advancing technologies that impact our lives. How can we engage in this environment when technological development and decision-making often lie beyond the scope of daily experience? This two week series will help us to explore new ways to approach decisions about technology; whether the Church's role in social justice or environmental activism is a precedent for deeper influence on emerging technologies; and what it means to be a moral agent, rather than passive recipient, in the face of relentlessly advancing technologies.

## The Compline Choir presents an England Pilgrimage Fundraising Concert

FRIDAY, FEB. 8, 7:30 P.M.

The Compline Choir will present an hour-long Epiphany season concert entitled "God Made Manifest" at First Lutheran Church (Richmond Beach), 18354 8th Ave NW, Shoreline, WA 98177. Scripture, poetry of Eliot, Guité, and Donne, combine with music by Byrd, Cornelius, Hallock, and Jackson for this unique event. A reception hosted by First Lutheran Church follows the concert. A free-will offering will be taken.



## Faith Action Network 2019 Interfaith Advocacy Day

THURSDAY, FEBRUARY 14, 9 A.M.-3 P.M.

This is your chance to meet with legislators in Olympia, sharing our vision for peace and justice as people of faith. The Faith Action Network partners for the common good with people of all faiths who stand up boldly for our shared values. Register at [fanwa.org](http://fanwa.org). FAN will set up an appointment for you and others from your district to meet with your legislators.

## The Monthly Mix: Jesus and Palestine

SUNDAY, FEBRUARY 10, 10:10 AM, *Leffler Living Room*  
Bring a brunch dish to share! Gather with parishioners of all ages to enjoy a potluck meal, consider Jesus's life in Ancient Palestine, and hear about Kids4Peace, a youth leadership organization in our community forging relationships in Israel/Palestine today. This monthly brunch gathering varies in topic and activity, and is meant to appeal to parishioners of all ages.

## First Hand Voices: Film Series introduction

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

This year's Mideast Focus Film Series theme is "Finding Home." Join us for an introductory forum, "First Hand Voices," which will feature Palestinian-American architect Rania Qawasma-Dana. She is a founder of Architecture for Refugees, a platform dedicated to raising awareness of the displacement crisis and engaging the public in social equity and community based design. She is also the creator of "This is Home", an award winning infographic neighborhood guidebook for refugees.

## Donation opportunity for United Churches Emergency Fund and Lowell Elementary

FEB. 10, AFTER MORNING SERVICES, *Back of the Nave*  
United Churches Emergency Fund is in need of items for hygiene kits, and Lowell Elementary is running low on snacks sent home with students on the weekends and over school vacations. We will collect travel size toiletry items for UCEF and individually wrapped, nut-free snack items for Lowell at all morning services on February 10. Please look for a table at the back of the nave on that day. For more information or more details on what to contribute, contact Marjorie Ringness, [marjorie@ringness.org](mailto:marjorie@ringness.org).

## Raising the Roof: Immigration and Christian Responsibility – Sanctuary at Saint Mark's welcomes The Rev. Nancy Frausto

SATURDAY, FEB. 16, 9 A.M. – 12:30 P.M., *Bloedel Hall*

(Rev. Frausto will also preach at all morning services on Sun., Feb. 17 and will be part of the forum with Dean Thomason at 10:10 a.m.)

The Rev. Nancy Frausto of St. Luke's Episcopal Church in Long Beach, CA raised the roof at General Convention last summer! A founding member of the Diocese of Los Angeles Sanctuary Task Force and a Dreamer (DACA recipient), she is a powerful preacher and teacher and witness to the power of God's liberating love. Her workshop at Saint Mark's brings together personal story, the state of immigration in our country, and our responsibility and action as Christian community. Come be part of the conversation!

## Dean Thomason-hosted book conversation on Meacham's *The Soul of America* continues

TUESDAY FEB. 19, 7–8:30 P.M., (*& previously Jan. 15*),  
*Leffler Living Room*

Pulitzer-Prize winning author Jon Meacham has written a compelling assessment of our current political and social climate in light of historical reflections, offering us a beautiful invitation to summon our "better angels." Meacham writes: "The good news is that we have come through such darkness before." Meacham and Dean Thomason attended college together at Sewanee, later serving on the Univer-



## Mirabai Starr—A Fierce and Tender Wisdom

FRIDAY MAR. 29, 6:30-8:30 P.M. &  
SATURDAY MAR. 30, 9 A.M.-4 P.M.

Mirabai Starr has written extensively on the mystics and the unifying teachings at the heart of all spiritual paths, with a gift for making timeless wisdom accessible to contemporary seekers. She returns to Saint Mark's for two offerings. She will give a talk on March 29 on "Wild Mercy: Wisdom of the Feminine." On March 30 she will lead a writing workshop entitled "From Dark Night to Transformation." More, including registration for the workshop, at [saintmarks.org/wisdom](http://saintmarks.org/wisdom).

sity's Board of Trustees together in the late 1990s. Books available for purchase in the Cathedral Shop.

## Altar flowers to commemorate a special day or individual

Flowers give beauty, hope and solace and enhance the fabric of the church. They can also be a meaningful way to celebrate or commemorate a special person in your life, or an occasion such as a birthday or anniversary. Sign up to honor or remember your special someone or date on the new Altar Flowers Calendar on the Welcome Table. You may pick a specific Sunday and donate an amount that is comfortable for you and the Flower Ministry will handle the rest! Questions? Contact [flowers@saintmarks.org](mailto:flowers@saintmarks.org).

## Cathedral Book Group

SUNDAY, MARCH 10, 12:30 P.M., *Cathedral House Rm. 209*

On Sun., Mar. 10 we will discuss Elaine Pagel's *Why Religion?* This memoir seeks to explain how and why the author was attracted to religious studies, an unconventional calling for a young woman in the 1960s. She weaves personal tragedy into her work, illuminating how religion shaped how we understand ourselves and relate to one another. Dean Thomason's series on Revelations drew on another of Pagel's books. Join us on the second floor of the Cathedral House. For more info contact Pearl McElheran, [pmcelheran@comcast.net](mailto:pmcelheran@comcast.net).





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, 12 NOON  
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.

*Sunday, February 3 ♦ The Fourth Sunday after the Epiphany*

- HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*  
Preacher: The Rev. Cristi Chapman, Curate
- HOLY EUCHARIST, 9 A.M. *Cathedral Nave*  
Preacher: The Rev. Cristi Chapman, Curate
- SUNDAY SCHOOL, 10:10 A.M. *Various locations*  
Offerings for children/youth preschool through high school. Ask at the  
Welcome Table or pick up a blue map for classroom locations.
- SUNDAY FORUM, 10:10 A.M. *Bloedel Hall*  
Northwest Community Bail Fund update. More on page 1.
- NEWCOMER'S COFFEE, AFTER 9 & 11 A.M. SERVICES, *Leffler Living Room*  
Informal coffee and discussion with Saint Mark's clergy. All are welcome.
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*  
Preacher: The Rev. Cristi Chapman, Curate
- CHORAL EVENSONG, 4:30 P.M. *Cathedral Nave*  
Psalms, hymns, prayers and canticles offered as a sacrifice of praise and  
thanksgiving for the day.
- YOUTH GROUP NIGHT, 5:30 P.M. *Youth Room*  
Cookie decorating for Noel House, games and discussion. More on page 1.
- CATHEDRAL YOGA, 6 P.M. *Cathedral Nave*  
A spiritual practice open to all.
- CONTEMPLATIVE EUCHARIST, 7 P.M., *Thomsen Chapel*  
With times of silence for reflection, simple meditative music by  
candlelight. Optional healing prayers are offered following the service.
- COMPLINE, 9:30 P.M. *Cathedral Nave*  
Compline is the service of ancient nighttime prayers, sung by the  
Compline Choir. A Seattle tradition, broadcast live on KING 98.1 FM.

**Living Well, Dying Well: Planning the Last Chapter of Your Life**

SATURDAY, FEB. 23, 9 A.M. - 2:30 P.M. *St. Andrew's Episcopal Church,*  
*\$20, incl. lunch and resources, Register: [living-well-dying-well.eventbrite.com](http://living-well-dying-well.eventbrite.com)*  
How will you and your loved ones make decisions that respect your autonomy  
and human dignity in the last chapter of your life? Explore these questions  
with Bishop Rickel, Dean Steve Thomason, health professionals, attorneys and  
local clergy. They will share stories, and provide medical, legal and spiritual  
tools and guidance. Bishop Rickel will lead a reflection after showing the film  
"Speaking of Dying." All who attend will receive the Life Planning Manual,  
a tool developed by our diocese. Workshop sponsored by the Life Planning  
Ministry of the Cathedral Foundation of the Diocese of Olympia

**CATHEDRAL STAFF AND LEADERSHIP**

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**2018-2019 VESTRY**

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