



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE LAST SUNDAY AFTER THE EPIPHANY • MARCH 3, 2019

Choral Evensong: Last Sunday after the Epiphany

SUNDAY, MARCH 3, 2019, 4:30 P.M., *Cathedral Nave*

Offer your praise and prayers to God with the Evensong Choir on the last Sunday in Epiphanytide. The choir will sing Herbert Sumsion's tuneful setting of the Magnificat and Nunc dimittis in the key of G, and Henry Purcell's beloved setting of Psalm 63, "O God, thou art my God." That anthem closes with a chorus of Hallelujahs—our last to be sung on a Sunday until Easter Day, April 21! Many will recognize in Purcell's setting of those Hallelujahs the music that would later be associated with the hymn, "Christ is made the sure foundation."



An Invitation from Dean Thomason

This Lent, Dean Thomason is encouraging every adult at Saint Mark's to plan your own funeral as a spiritual exercise as we make our journey with Jesus to the cross and into resurrection life. If you've already planned your funeral, we encourage you to dust it off, update it as needed, and place it on file at the church. Clergy are available to assist you.

Faithful Living, Faithful Dying: The Lenten Charge of Planning your Own Funeral

TODAY: SUNDAY, MARCH 3, 10:10-10:55 A.M.

Facilitated by Dean Thomason

Dean Thomason will share stories and insights from his work as a parish priest and hospice doctor, and why planning your own funeral is one of the greatest gifts you can give you family (and yourself). We will have some fun and good humor along the way.



Newcomer's Coffee with Clergy

TODAY: SUNDAY, MARCH 3,
AFTER MORNING SERVICES
Leffler Living Room

Every month we host 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? Please contact Rev. Cristi Chapman, cchapman@saintmarks.org.

NOW: 75% off in the Cathedral Shop

Gift items in the Cathedral Shop are now 75% off! Some fixtures are also for sale. The Shop will be open 9 a.m.-5 p.m. on Thursday only; and Sundays 8:30 a.m. to 1 p.m.

20s+30s: Questioning Together

MONDAY, MARCH 4, 7:30-9 P.M., *Leffler Living Room*

Come add your voice to a lively 20s & 30s group discussion over a light dinner. The topic for February: "What makes God and questions about God worth pursuing?" We will meet in the Leffler Living Room, next door to the Cathedral Shop. To RSVP (appreciated but not required), contact Rachel McNary, rachel.mcrary@gmail.com

Mardi Gras Pancake Supper & Dessert Dash!

TUESDAY, MARCH 5, 5:30-8 P.M., *Cathedral Nave*

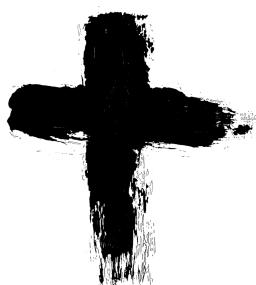
Suggested donation: \$10 per person or \$25 per family

Join us for pancakes, sausage, gumbo, jambalaya, mask making, music, and a dessert dash with fabulous, homemade desserts—what better way to



gather with friends to celebrate the end of the season of Epiphany and step into the season of Lent! We'll also make Alleluia scrolls, and at the end of the evening we'll burn the palms and bury our Alleluias. All proceeds from the Pancake Supper and Dessert Dash will go to support youth ministries and the Seattle Service Corps, so come on out, bring a friend, and celebrate with us! RSVP to Nicole Silvernale, nsilvernale@saintmarks.org

ASH WEDNESDAY SERVICE TIMES • WEDNESDAY, MARCH 6



7 A.M. Thomsen Chapel. The Holy Eucharist with Imposition of Ashes

12 NOON Cathedral Nave. The Holy Eucharist with Imposition of Ashes. with music offered by cathedral musicians

7 P.M. Cathedral Nave. The Holy Eucharist with Imposition of Ashes. with music offered by The Schola of Saint Mark's Cathedral Choir School.

CATHEDRAL PRAYER LIST

To add a name to the prayer list, contact 206.323.0300 x314 or 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 All Saints Episcopal Church, Bellevue, and Church of the Resurrection, Bellevue; 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 ARE SICK OR SUFFERING IN ANY WAY, IN BODY, MIND, OR SPIRIT

Chelsea Trotter	Linda Leisy
Marcia Ott	Don & Lilian Snow
Sue Yunker-Jones	Peggy Marcellus
Anne	Steve Sires
Bob Evanoski	Will Gluck
The Lloyd family	Rob Singh
The Mulligan family	Judith Shaw
Susan Folk and family	Anna Qualls Waitz
Amaira Kashyap	Linda Evans
Vipin Kashyap	Linda Hunter
All who are impacted by domestic violence	Donn Rosenauer
John Gibson, Sr.	Donna
Gaylene Meyer	Robert
Elizabeth Ward	Cissy

THOSE WHO HAVE DIED

Geraldine Johnson
Dave Rystrom
Florence

THOSE WHO DIED IN FEBRUARY WHILE HOMELESS IN SEATTLE

Mark Schuchard	Shaunae Lahman
Derek Johnson	Nathan Etling
Paul Mitchell	Rick Fowler

NOTICE: The funeral for longtime parishioner Jim Mulligan will be at Saint Mark's Cathedral Saturday, March 9, at 1 p.m. with reception to follow in Bloedel Hall.

Young Adult Bible Study: the Lineages of Jesus

EVERY TUESDAY, MARCH 5–APRIL 9, 6:30 P.M.,
Fremont Coffee Company, 459 N 36th St., Seattle, WA 98103
Every Tuesday night from now through April 9, the Diocese of Olympia is hosting a Bible study for young adults at Fremont Coffee Company, focusing on the stories of the ancestors of Jesus. Feel free to come to every session, just one, or anything in between. Contact Sarah Blanco at youngadults@ecww.org for more information, or if you'd like a ride.

Playdate & Supper for Families of Young Children

SATURDAY, MARCH 9, 3:30 P.M., *Leffler Living Room*
Come play together with other Saint Mark's families with young children (newborn–3 years old), and stay for dinner if bedtime allows it! Contact Kelly Moody kmoody@saintmarks.org with questions or dietary needs.

The Monthly Mix

SUNDAY, MARCH 10, 10:10 A.M., *Leffler Living Room*
The Monthly Mix welcomes all ages to gather for a breakfast potluck and a formation opportunity. Bring a brunch dish to share (if you can!) and gather with children, youth and families. On this first Sunday of Lent, we will pave the way for a holy Lent together with hands-on activities and reflection stations, and explore resources for daily devotions and spiritual practices to take home. Contact Kelly Moody, kmoody@saintmarks.org or The Rev. Cristi Chapman, cchapman@saintmarks.org with questions.

Cathedral Book Group

SUNDAY, MARCH 10, 12:30 P.M., *Room 209*
On Sunday, March 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. Join us on the second floor of the Cathedral House. For more info contact Pearl McElheran, pmcelheran@comcast.net.

Living the Questions: A Series for Inquirers

SUNDAYS, FROM MARCH 10 TO APRIL 14, 2019,
12:30 P.M.–2:30 P.M., *Bloedel Hall*

Are you curious about Episcopal liturgy, beliefs, or tradition? Are you feeling called a deeper commitment with God? No matter where you are on your journey, consider attending this five week series, which covers the basics of the Christian faith through the Episcopal lens. The series begins on Sunday, March 10 and continues on Sundays weekly through April 14. Sessions run from 12:30–2:30 p.m. in Bloedel Hall, and a light lunch will be provided each week. Following this series, some decide to become an Episcopalian through confirmation or reception into the church. Some experience a revival of the soul and desire to reaffirm their baptismal vows. Interested? For more information, contact The Rev. Cristi Chapman, cchapman@saintmarks.org

Footwashing at United Way's Community Resource Exchange

WEDNESDAY, MARCH 13, 9 A.M., *Century Link Field, East Hall.*

United Way of King County's Annual Community Resource Exchange (CRE) on Wednesday, March 13, will include a footwashing service. The CRE provides essential services to those experiencing homelessness, all on one day, in one place! Once again a team will be washing feet and providing advanced foot care. If you are called to care for feet and would like to join us on March 13, please email Deacon Emily at eaustin@saintmarks.org

The Invitation to Wisdom and Grace

WEDNESDAYS, MARCH 13, 20, & 27, 6:45–8:15 P.M.
Bloedel Hall. Free. Community dinner: 6–6:30 p.m. (adults \$7, children \$5, max family \$20.) Facilitated by Dean Thomason

The spiritual journey has been described as a process or cycle of Order—Disorder—Reorder. There is Wisdom to be gleaned in all three stages, but we often stall or get trapped in the first phase (conservative) or second stage (liberal), and our understanding of God inclines to tribal, idolatrous and self-serving features. For those willing to press on and live into the Reordering of life, the journey unfolds into engagements with God's true character of mercy, justice and love, which is experienced as grace.



The Cathedral Trio

FRIDAY, MARCH 15, 7:30 P.M.,
Cathedral Nave

The Arts at Saint Mark's presents Naomi Kato, harp, Brian Fairbanks, flute, and Joyce Ramee, viola. This trio of world class musicians was formed in 2007 and have been Resident Artists on Saint Mark's Music Series ever since. Their programs strike a perfect balance of beloved traditional idioms and engaging new music.

Celebrating the Cathedral Shop

SUNDAY, MARCH 17, 12:30 P.M., *Leffler Living Room*
Join us one more time as we celebrate and remember the legacy of the Cathedral Shop. Share your memories and gratitude with those who have been connected to and made this treasured ministry of the Cathedral possible. Light refreshments will be served. No RSVP needed. Questions? Contact The Rev. Cristi Chapman, cchapman@saintmarks.org

Liturgical Minister Training

SATURDAY, MARCH 16, 9 A.M.–12 P.M., *Cathedral Nave*

Saint Mark's will offer workshops for those interested or already participating in liturgical ministries: acolytes, vergers, choirs, altar guild, Eucharistic ministers (chalice bearers), greeters, readers/intercessors, vergers, and ushers at any of the Sunday Eucharists. Come explore a new ministry or come be refreshed in a ministry you are already doing. Features a plenary led by Dean Thomason and Michael Kleinschmidt, as well as breakout sessions with the individual ministries. To sign up please contact Erik Donner: edonner@saintmarks.org. Please let us know which ministry you are interested in; this will impact which portions of the training you need to attend.

MIRABAI STARR: A FIERCE & TENDER WISDOM



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:

Wild Mercy: Wisdom of the Feminine

FRIDAY, MARCH 29, 6:30–8:30 P.M.

The feminine mystic is one who gathers the pain of the world into her arms and transmutes it with "wild mercy"—a merging of fierce courage with the unstoppable forces of forgiveness, compassion, and love. And she is needed now more than ever. This is a public event, and no registration is required. Freewill donations accepted.

Writing Workshop:

From Dark Night to Transformation

SATURDAY, MARCH 30, 9 A.M.–4 P.M.

Saturday's writing workshop draws on wisdom traditions and insights arising from Mirabai's own poignant journey, to explore the catalysts for transformation in our lives—bridging contemplative life and compassionate service, cultivating an inner relationship with the Beloved and expressing that intimacy in community, exploring the transformational power of loss and darkness and the longing for the sacred. Advance registration is required for the Saturday workshop (\$60). Space is limited. Register at saintmarks.org/wisdom

JUST ANNOUNCED!

Mirabai will also participate in the Sunday Forum, Sunday March 31, at 10:10 a.m. She will present on the topic of "Building Community," and read from her latest book, *Wild Mercy*, which will be available to purchase.



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. Requests are due by Tuesday at 5 p.m. for publication on the following Sunday. Announcements may be edited for space and content.

BRING YOUR PALMS TO CHURCH!

Please bring your palms and place in the labeled baskets in to be burned on Shrove Tuesday by **Sunday, March 3rd**.

CATHEDRAL STAFF AND LEADERSHIP

Adam Conley, <i>Seattle Service Corps Director</i>	aconley@saintmarks.org	Kelly Moody, <i>Director of Children's & Family Ministries</i>	kmoody@saintmarks.org
Barbara Martin, <i>Childcare Center Director</i>	childcare@saintmarks.org	Ligia Pucci, <i>Choir School Assistant Conductor</i>	lpucci@saintmarks.org
Craig Ackermann, <i>Sexton</i>	crackermann@gmail.com	Madeleine Stephens, <i>Music Administrator</i>	mstephens@saintmarks.org
Cristi Chapman, <i>Curate for Spiritual Growth & Stewardship</i>	cchapman@saintmarks.org	Michael Kleinschmidt, <i>Canon for Cathedral Music</i>	mkleinschmidt@saintmarks.org
Earl Grout, <i>Deacon</i>	egroot@saintmarks.org	Nancy Ross, <i>Canon for Cathedral Relations</i>	nross@saintmarks.org
Emily Austin, <i>Deacon</i>	eaustin@saintmarks.org	Nicole Silvernale, <i>Youth Ministry Intern</i>	nsilvernale@saintmarks.org
Erik Donner, <i>Executive Assistant & Membership Support</i>	edonner@saintmarks.org	Rebekah Gilmore, <i>Associate Musician & Choir School Director</i>	rgilmore@saintmarks.org
Gaye Scott, <i>Cathedral Shop Manager</i>	gscott@saintmarks.org	Steve Thomason, <i>Dean & Rector</i>	sthomason@saintmarks.org
Glenn Sands, <i>Facilities Manager</i>	gsands@saintmarks.org		
Gregory Bloch, <i>Communications Director</i>	gblock@saintmarks.org		
Ian Ford, <i>Sexton</i>	ian@saintmarks.org		
Irene Beausoleil, <i>Events & Office Coordinator</i>	ibeausoleil@saintmarks.org		
Jason Anderson, <i>Compline Choir Director</i>	director@complinechoir.org		
Jennifer King Daugherty, <i>Canon for Congregational Life</i>	jkdauherty@saintmarks.org		
John Stuntebeck, <i>Associate Organist</i>	john_stuntebeck@hotmail.com		
Karen Komoto, <i>Finance Manager</i>	kkomoto@saintmarks.org		

Sunday, March 3 ♦ The Last Sunday after the Epiphany

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

Preacher: The Rev. Canon Nancy Ross, Associate to the Rector

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

Preacher: The Rev. Canon Nancy Ross, Associate to the Rector

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

Faithful Living, Faithful Dying: The Lenten Charge of Planning your Own Funeral. See p. 1

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

Preacher: The Rev. Canon Nancy Ross, Associate to the Rector

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*

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

Cathedral office seeks volunteers

Saint Mark's has an need for a front desk volunteer in the Cathedral office on during the day on Tuesdays and Fridays. This ministry provides the first point of contact to so many who come to Saint Mark's. Tasks include: greeting visitors, answering the phone, and assisting with office projects. Interested in joining this friendly and dedicated team? Contact Irene Beausoleil, ibeausoleil@saintmarks.org or 206-323-0300 x227.

SAVE THE DATE

Alliance for Gun Responsibility 7th Annual Luncheon

TUESDAY, APRIL 30, 2019, 12:00 P.M., *Sheraton Seattle Hotel*

Come support the Alliance for Gun Responsibility at their 7th Annual Luncheon. The Alliance continues their work for stronger gun laws.

Please contact Stacy Andersen at andersenbicknell@gmail.com or Liz Shea at lizeshea@gmail.com for more information, or if you are interested in sitting at the Saint Mark's table.

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; Neshia Alaovae, Kristen Austin, Bob Chapman, Andrew Himes, Rosemarie LeMoine, Michael Perera, Marjorie Ringness, Michael Seewer, Robert Stevens. *Diocesan Members:* Micah Kurtz and Mary Maxon. *Chancellor:* John Hoerster; *Vice-Chancellor:* Re Knack; *Clerk:* Barbara Erickson; *Treasurer:* Phil Lloyd