



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter
THE FIRST SUNDAY IN LENT ♦ MARCH 10, 2019



VISUAL ARTS MINISTRY

Two Stations of the Cross Experiences

From Ash Wednesday through Good Friday Saint Mark's will exhibit two sets of the Stations of the Cross, offering viewers two visual invitations into this Lenten and Passion Week tradition. In the cathedral nave, Virginia Maksymowicz's sculptural reliefs return for one more year. First exhibited in this space in Lent of 2018, to overwhelming positive response, these powerful works are cast sculptural reliefs in a tradition of religious imagery that dates back to the 13th century.



In the Hallway Gallery, a set of ceramic tiles made by artisans in Jerusalem depict the narrative in a more traditional way. These tiles were brought from the Holy Land and gifted to the cathedral by Saint Mark's member Tom Walker in 2002, and were displayed in the nave each Lent for many years. However the large space of the nave made it difficult to appreciate the delicate expression and fine craftsmanship of the tiles, and when seen in the intimate space of the semicircular hallway, even those who have looked at them for many years may feel that they are seeing the images for the first time.

TODAY

The Monthly Mix

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

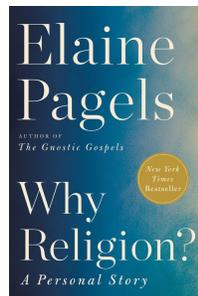
The Monthly Mix welcomes all ages to gather for a breakfast potluck and a formation opportunity. Bring a brunch dish to share (if you can!) and gather with children, youth and families. On this first Sunday of Lent, we will pave the way for a holy Lent together with hands-on activities and reflection 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.

TODAY

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.



MUSIC SERIES

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.

A LENTEN 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. The necessary forms may be downloaded at saintmarks.org/funeral and clergy are available to assist you.

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

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
Linda Leisy	Kristi Davey Purvis
Don & Lilian Snow	Tal Ross
Peggy Marcellus	Penny and Bryan
Steve Sires	Sarah
Will Gluck	Woody
Rob Singh	Morey

THOSE WHO HAVE DIED

Jane Pelly
Terry Aman
Margaret Whitlock
Juliana Atienza

The nave altar flowers this morning are given in the glory of God and in loving memory of Jim Mulligan

FAITH FORMATION

Living the Questions: A Series for Inquirers

STARTING TODAY: 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

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.

SUNDAY FORUMS

First Hand Voices: Film Series introduction

SUNDAY, MARCH 17, 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. Questions: Mary Segall, mesegall@yahoo.com



Reflections on a Pilgrimage to the Holy Land

SUNDAY, MARCH 24, 10:10 A.M. *Bloedel Hall*

Join Deacon Earl Grout and Canon Jennifer King Daugherty as they reflect on their visit to the sites and shrines associated with the life of Jesus and what they learned about the foundational stories of our faith. They will also share their experiences with the Christians of today's Holy Land and the reality of the Palestinian/Israeli conflict.

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* Drawing on the works of Richard Rohr, Ken Wilber, Kathryn Tanner, and the great mystics Teresa and Julian and others, the invitation to wisdom and grace involves work of self-awareness, disruption, and transformation. Using Rohr's rhythm of spiritual journey described as "Order—Disorder—Reorder" as the paradigm, our understanding of God unfolds, from tribal and idolatrous features, into the true character of mercy, justice and love, experienced as grace. All are welcome.

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.

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

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.

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 three 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

Sunday Morning Forum

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.

Sunday, March 10 ♦ The First Sunday in Lent

- HOLY EUCHARIST WITH DECALOGUE, 8 A.M. *Thomsen Chapel*
Preacher: The Very Rev. Steven L. Thomason, Dean & Rector
- HOLY EUCHARIST WITH GREAT LITANY, 9 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean & Rector
- THE MONTHLY MIX, 10:10 A.M. *Leffler House Living Room*
Potluck brunch and activities for all ages This month: Lenten practices
for individuals and families. See p. 1
- HOLY EUCHARIST WITH GREAT LITANY, 11 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean & Rector
- CATHEDRAL BOOK GROUP, AFTER 12:30 P.M. *Cathedral House 209*
Discussing Elaine Pagel's *Why Religion*; See p. 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

Lenten Quiet Morning @ Saint Mark's

SATURDAY, MARCH 23, 2019, 9 A.M.–12:30 P.M. *Cathedral Nave*
This special quiet morning will help you to move deeply into the
sacred season of Lent with morning prayer, centering prayer, walking
meditation, and unstructured time for reflection held in shared silence.
This is a wonderful time for inner reflection and regenerative stillness as
Lent unfolds. This event is co-sponsored by Saint Mark's Cathedral and
The Center at Saint Andrew's. Donations (\$10-\$15 suggested) gratefully
accepted. Reservations are appreciated; please contact The Rev. Canon
Nancy Ross, nross@saintmarks.org

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.

CATHEDRAL STAFF AND LEADERSHIP

- Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
- Barbara Martin, *Childcare Center Director* childcare@saintmarks.org
- Craig Ackermann, *Sexton* crackermann@gmail.com
- Cristi Chapman, *Curate for Spiritual Growth & Stewardship* cchapman@saintmarks.org
- Earl Grout, *Deacon* egrout@saintmarks.org
- Emily Austin, *Deacon* eaustin@saintmarks.org
- Erik Donner, *Executive Assistant & Membership Support* edonner@saintmarks.org
- Gaye Scott, *Cathedral Shop Manager* gscott@saintmarks.org
- Glenn Sands, *Facilities Manager* gsands@saintmarks.org
- Gregory Bloch, *Communications Director* gbloch@saintmarks.org
- Ian Ford, *Sexton* ian@saintmarks.org
- Irene Beausoleil, *Events & Office Coordinator* ibeausoleil@saintmarks.org
- Jason Anderson, *Compline Choir Director* director@complinochoir.org
- Jennifer King Daugherty, *Canon for Congregational Life* jkdaugherty@saintmarks.org
- John Stuntebeck, *Associate Organist* john_stuntebeck@hotmail.com
- Karen Komoto, *Finance Manager* kkomoto@saintmarks.org

- Kelly Moody, *Director of Children's & Family Ministries* kmoody@saintmarks.org
- Ligia Pucci, *Choir School Assistant Conductor* lpucci@saintmarks.org
- Madeleine Stephens, *Music Administrator* mstephens@saintmarks.org
- Michael Kleinschmidt, *Canon for Cathedral Music* mkleinschmidt@saintmarks.org
- Nancy Ross, *Canon for Cathedral Relations* nross@saintmarks.org
- Nicole Silvernale, *Youth Ministry Intern* nsilvernale@saintmarks.org
- Rebekah Gilmore, *Associate Musician & Choir School Director* rgilmore@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; 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