



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE THIRD SUNDAY IN LENT ♦ MARCH 24, 2019



SUNDAY FORUM

Reflections on a Pilgrimage to the Holy Land

TODAY, 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.

FAITH FORMATION

Living the Questions: A Series for Inquirers

SUNDAYS, TODAY TO APRIL 14, 12:30 P.M.–2:30 P.M., *Bloedel Hall*. (If you missed the first two sessions, you may still join the class.)

Are you curious about Episcopal liturgy, beliefs, or tradition? Are you feeling called to 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

CATHEDRAL COMMONS

The Invitation to Wisdom and Grace

WEDNESDAY, MARCH 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.

TODAY

Wellesley College Choir

TODAY, MARCH 24, 3:00 P.M., *Cathedral Nave*

Representing Wellesley College in Massachusetts, the Wellesley College Choir, directed by Dr. Lisa Graham, is thrilled to embark on their first concert



tour to the Pacific Northwest. Join us and *Chroma*, an ensemble of Seattle Pro Musica directed by Karen P. Thomas, on March 24 at 3:00 p.m. at Saint Mark's Cathedral to hear the Spring 2019 touring ensemble, performing works by Ēriks Ešņvalds, Allahrakka Rahman, Ola Gjeilo, R. Murray Schafer, and Karen P. Thomas.



MIRABAI STARR: A FIERCE & TENDER WISDOM

The visit of Mirabai Starr is this coming weekend! Her presentation on the evening of Friday, March 29 is open to the public with a freewill offering, but the all-day writing workshop on Saturday, March 30 requires pre-registration and is filling up! Register today at saintmarks.org/mirabai See p. 3 for more information.

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 Emmanuel, Mercer Island, and Holy Cross, Redmond; 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

Peggy Marcellus	Penny and Bryan
Steve Sires	Sarah
Will Gluck	Woody
Rob Singh	Morey
Judith Shaw	Erin McKinney
Anna Qualls Waitz	Chris Kausche
Linda Evans	Bill Seewer
Linda Hunter	Amber
Donn Rosenauer	Taylor Notaro
Donna	Shaylah Pouliot
Robert	Gary Kestle
Cissy	Magdalena Lovejoy
Kristi Davey Purvis	Dave Bargelt
Tal Ross	Richard

THOSE WHO HAVE DIED

Ernalee Thonn

Wrestling with God:

Faith & Film Discussion Series

FRIDAYS, MARCH 29, APRIL 26, & MAY 10, 7:00 P.M.,
Diocesan House, 1551 10th Ave E, Seattle, WA 98102

The Diocese of Olympia presents a monthly film series exploring stories that wrestle with faith—the beauty and the mystery, as well as the ways in which religion is used to oppress and exclude. In ***Silence (March 29)*** Jesuit missionaries in Japan confront persecution by the local authorities and must wrestle with the colonialism of mission work and God's silence in the midst of suffering. ***Disobedience (April 26)*** is the story of two orthodox Jewish women who have fallen in love with one another and must face expulsion from their faith community. Finally, ***Ava (May 10)*** tells the autobiographical story of an Iranian teenage girl whose parents suspect her of having an inappropriate relationship with one of her male classmates, putting her in conflict with her community's religious fundamentalism. Watch the films with us, and stay for conversations about the connections between the movies, our faith, and the world around us. All films are free and, refreshments will be served. Bring a friend!

Episcopal People of Color Gathering

SUNDAY, MARCH 31, 12:30 P.M.,

Cathedral House Room 210

Starting March 31, there will be a monthly gathering for queer, trans, and straight people of color interested in exploring questions of racial, cultural, and gender identities and assumptions as they relate to our experiences of faith and life. This new ministry will be led by POC members of Saint Mark's and is for any POC interested in the work of decolonizing their Christianity, practicing anti-racism from a POC perspective, and honoring queer-centered theology as these topics relate to personal identity and lived experience. We'll start with a short liturgy, share a meal, and hold a safe space for each other as we explore what it means to be a person of color inside a white majority church. For more information, contact Emma Song-Rowe at emma.song.rowe@gmail.com; Neshia Alaovae at nalaovae@gmail.com; Linda Chia at luchiao112@gmail.com; or Canon Jennifer Daugherty, jkdaugherty@saintmarks.org

Noel House Women's Shelter Volunteer Potluck Lunch

SUNDAY, MARCH 31, 12:30 P.M., *Leffler Living Room*

Join us at the Annual Noel House Volunteer potluck on March 31. We meet right after the 11:00 service in Leffler Living Room. It's a good time to share stories and receive updates from Noel House staff. Open to all: current, past and future volunteers and friends of Noel House. Bring some food to share. Beverages are provided. If you're new to Saint Mark's, this is a chance to learn more about the women's shelter. Saint Mark's has hosted the shelter for over 20 years. Contact Norva Osborn, norva@ix.netcom.com

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.

20s + 30s

Questioning Together

MONDAY, APRIL 1, 2019, 7:30 P.M., *Leffler Living Room*

Come be a part of a lively discussion over a light dinner.

The topic for April: “How

do we understand the story of the cross and what does it have to do with us?” This month only, we will be joined in our questioning by special guests, elders to question with us. We will meet again on May 6 and June 3. To RSVP (appreciated but not required) or for other information, contact Rachel McNary, rachel.mcnary@gmail.com



Holy Folders Easter Bulletin Stuffing Party!

THURSDAY, 18 APRIL, 1 P.M., *Bloedel Hall*

On Easter Sunday we welcome over two thousand people through the doors of the cathedral, and each one of those people needs a bulletin stuffed by hand with inserts and donation envelopes. Come join the party! Refreshments and good company provided. Many hands make light work! Questions: Barbara Erickson, bj46@msn.com

20s + 30s

“Who is God? What does God Want?”

Exploring Scripture with 20s/30s

THURSDAYS: APRIL 25, MAY 2, MAY 9, & MAY 16, 7-8:30 P.M., *Leffler Living Room*

Come join other 20s/30s in exploring the questions, “Who is God? What does God want?” by studying and interpreting scripture together. We will look at different Old Testament and New Testament passages from a variety of perspectives—historical, contextual, theological, and more—in order to discover the “surplus of meaning” for our lives today. No prior experience or familiarity with scripture is required—just bring your curiosity and questions. Attendance at all four sessions is highly encouraged as each week will build on the last. Facilitated by Canon Jennifer Daugherty. To register and receive preparatory materials or for questions, contact jkdaugherty@saintmarks.org

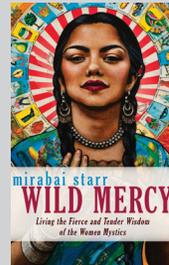
Alliance for Gun Responsibility 7th Annual Luncheon

TUESDAY, APRIL 30, 2019, 12:00 NOON, *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., *Cathedral Nave*

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., *Bloedel Hall*

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 24 ♦ The Third Sunday in Lent

- HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*
Preacher: The Very Rev. Steven L. Thomason, Dean and Rector
- HOLY EUCHARIST, 9 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean and Rector
- SUNDAY FORUM, 10:10 A.M. *Bloedel Hall*
Reflections on a Pilgrimage to the Holy Land with Canon Jennifer
Daugherty and Deacon Earl Grout. See p. 1
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean and Rector
- INQUIRERS' CLASS, 12:30 P.M., *Bloedel Hall*
A continuation of the class covering the fundamentals of the Christian
faith and Episcopalian traditions ; See p. 1.
- WELLESLEY COLLEGE CHOIR TOURING ENSEMBLE, 3 P.M.
Cathedral Nave, 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

Choral Evensong on the Fifth Sunday in Lent

SUNDAY, APRIL 7, 2019, 4:30 P.M., *Cathedral Nave*
Offer your praises and prayers to God as springtime light bathes
the cathedral nave on the eve of the last week in Lent. Saint Mark's
Evensong Choir will offer particularly spacious and soulful music:
Gabriel Jackson's setting of the Magnificat and Nunc dimittis for
Truro Cathedral, and Paul Halley's setting of Bernard of Clairvaux's
devotional hymn, "Jesus, the very thought of thee."

CATHEDRAL STAFF AND LEADERSHIP

- Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
- Barbara Martin, *Childcare Center Director* childcare@saintmarks.org
- Cristi Chapman, *Curate for Spiritual Growth & Stewardship* cchapman@saintmarks.org
- Earl Grout, *Deacon* egrout@saintmarks.org
- Emily Austin, *Deacon* eaustin@saintmarks.org
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- 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