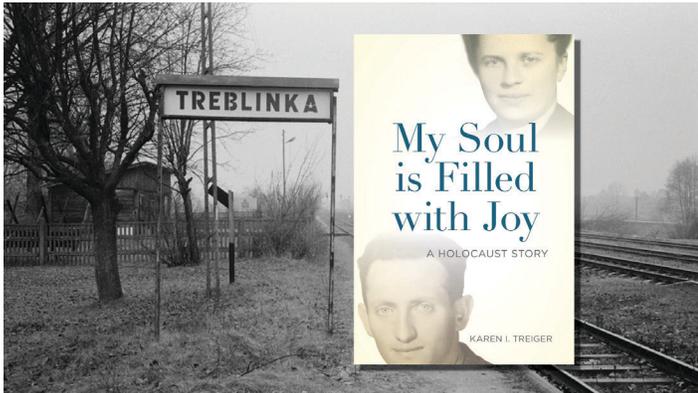




# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*  
THE THIRD SUNDAY OF EASTER ♦ MAY 5, 2019



## ***My Soul is Filled with Joy: A Holocaust Story*** **with Seattle author Karen Treiger**

TODAY, MAY 5, 12:30–2 P.M., *Bloedel Hall*  
**Winner of a 2019 Bronze IPPY Award (Independent Publisher)!**

Join Seattle author Karen Treiger as she talks about her award-winning book which recounts the harrowing tale of her in-laws, Sam and Esther Goldberg. Sam and Esther survived the Holocaust and ultimately escaped to settle in the United States. [Sam was one of only 65 people to escape from the Treblinka death camp and survive throughout WWII. Sam met his wife Esther while she was on the run from Nazi soldiers herself.] The Goldberg's story is one of persistence and hope in the midst of the horrors from WWII. Karen is an accomplished and dynamic speaker and has presented at many conferences, community events, and is a member of the Seattle Holocaust Center for Humanity's Speakers' Bureau. She recently retired from practicing law.

## **Youth Group Night**

TONIGHT, 5:30–8 P.M., *Youth Room*

This month at our youth group gathering we will take time to enjoy the spring weather with some outdoor activities and explore our personal and communal beliefs! There will be lively conversation, as well as games, crafts, and dinner! Hope to see you there!

## **Newcomers and Inquirers Brunch**

SUNDAY, MAY 12, 12:30 P.M., *Diocesan House, 1551 10<sup>th</sup> Ave E.* (Meet at the back of the nave to walk over together.)

Perhaps you are new (or, relatively new) to Saint Mark's over these last several months. Perhaps you attended one of our Newcomer Coffee Hour sessions, or recently completed the Inquirers Class. If either is true, please come join us for Sunday Brunch on May 12, 2019. Enjoy good food and fellowship! Come get to know members of Saint Mark's clergy, vestry, staff and congregation members. We will gather after the 11 a.m. service, around 12:30 p.m., and stroll to Diocesan House, three buildings north of the cathedral. We hope you can join us for a pleasant meal and an opportunity to ask questions, share reflections, and find out more about our congregation and faith experiences.

## **SUNDAY FORUM**

### **The Easter Story: When God Improvises**

TODAY, MAY 5, 10:10 A.M., *Bloedel Hall*. Facilitated by  
*The Rev. Cristi Chapman*

The primary goal of improv is to keep the story going, to find new ways of saying “yes,” even when no other way forward seems possible. When the reality of the resurrection finally begins to sink in, people discover just how far God goes to stay in relationship with us, just how far God is willing to go to say “yes, and...!” How might improv be like the Resurrection? How might we live more authentically as an Easter people keeping the narrative going in our own lives? Come find out and practice what it means to say “yes, and...!” Questions? Contact The Rev. Cristi Chapman, [cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)

## **Choral Evensong on the Third Sunday of Easter**

TODAY, MAY 5, 4:30 P.M.

Once a month, Saint Mark's unique Evensong Choir, which brings together the voices of highly-skilled children, teenagers, and adults, offers Choral Evensong in a traditional Anglican Cathedral style. On May 5 the choir will offer Charles Villiers Stanford's splendid setting of the Magnificat and Nunc dimittis in C major. The anthem will be a setting by Josef Gabriel Rheinberger's radiant *Abendlied*,

a setting of Luke 24:29—the disciples' invitation to the resurrected Christ on the road to Emmaus, “Stay with us, for it is almost evening and the day is now nearly over.” (The final Choral Evensong of the season will occur on June 2, observing the Feast of the Ascension.)



## 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 St. Mary, Lakewood, and St. Joseph-St. John, Lakewood; 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  
Shane Monkman

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

Sharon Bloodgood	Laura
Paul & Betty Beeman	Mark and Janna
Terry Okrucky	Margaret Thouless & family
Monte Pittz	Krista Olson
Cheryl Tonnes	Andre Gentil
Jetta Antonakos	Judy Nalley
Don Lewis	Linda, her husband, &
Richard	children
Ruby	Janet
Janet	Linda Donato
Steve	Colleen Boynes
Becky Novelli	Mark Sykes
Mary & her family	Baby Cat
Cheryl Tonnes	Barbara Atcheson
Adriana Gamez Lopez & family	Tricia Berry Bell
Carla, John, and Ren	Mary Fairhurst

### THOSE WHO HAVE DIED

Chris Kausche  
The Rev. Chuck Atcheson

## NOTICE: Memorial Service for Tamara Kincaid

Longtime Saint Mark's parishioner Tamara Kincaid died on April 8. Her memorial service will be held on Sunday, May 19 at 2 p.m. in the Cathedral Nave, followed by a reception in Bloedel Hall.

## 20s + 30s

### Questioning Together

MONDAY, MAY 6, 7:30 P.M., *Leffler Living Room*

Come be a part of this lively discussion over a light dinner. Our topic this month: How are spirituality and sexuality connected? Contact Rachel McNary ([rachel.mcnary@gmail.com](mailto:rachel.mcnary@gmail.com)) for questions or to RSVP (appreciated but not required).

### GiveBIG on Wednesday May 8:

#### Support the Northwest Community Bail Fund



Northwest Community Bail Fund (which began as a ministry of Saint Mark's) is asking for our support in helping the indigent and marginalized walk out of jail pre-trial while advocating for systemic bail reform.

Poor people accused of crimes face a stark choice: stay in jail while trying to fight the case or plead guilty in order to go home, return to work, or care for their children. This creates a system in which innocent people often plead guilty because they can't afford bail, thus being marked with a criminal record.

NCBF was a vision of Saint Mark's members before growing into an independent non-profit, and has been blessed by the support and encouragement of the Saint Mark's community from the very beginning.



Please participate in GiveBIG 2019, a city-wide day of collective philanthropy on Wednesday, May 8, in two ways:

- ◆ **Make an individual donation to the NCBF** via the GiveBIG 2019 website at <https://www.givebig2019.org/NorthwestCommunityBailFund>. Donations can be scheduled ahead and will be processed during GiveBIG day on May 8.
- ◆ **Ask your community and network to donate to NCBF.** Just forward this information to your friends, family, and contacts, and tell them why you believe it's important to participate in GiveBIG 2019 supporting NCBF.

Questions? Contact Canon Daugherty at [jkdaugherty@saintmarks.org](mailto:jkdaugherty@saintmarks.org)

## THE WISDOM SCHOOL AT SAINT MARK'S

### Wisdom Praxis/Practice Circle

SATURDAY, MAY 11, 9 A.M.-3 P.M.

Come for a wisdom day grounded in contemplative practices of meditation and lectio divina, contemplative chant and movement, and small group conversation, focused on the three centers of our Being as Ways of Knowing. The event is facilitated



by The Rev. Patricia Rome Robertson, former rector of St. Stephen's Church in Seattle and a 20-year student of Centering Prayer and Cynthia Bourgeault. Fee: \$50, space is limited. Visit [saintmarks.org/wisdom](http://saintmarks.org/wisdom) to learn more and to register.

### Introduction to Restorative Justice

SATURDAY, MAY 11, 9:00 A.M., *Cathedral House 210*  
A transformative methodology for community building and conflict resolution using a restorative approach. Restorative Practices support people to step into important and difficult conversations in ways that increase connection and understanding. It provides true community-based solutions, accountability, and transformative change while deepening trust. The training will focus on a methodology of talking circles and a conflict engagement based on Dominic Barter's Restorative Circle model. Questions, contact Pam Orbach, [pamorbach@empoweringconnection.com](mailto:pamorbach@empoweringconnection.com)  
For registration and more information: <https://centerforrestorativesolutionsseattle.com/intro-to-restorative-justice-may-2019>

### Safeguarding Trainings

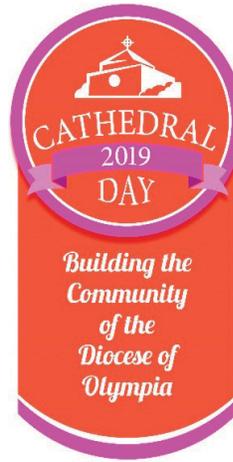
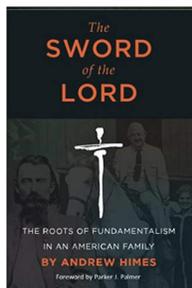
SATURDAY, MAY 11, 8:30 A.M. & 12:30 P.M., *Skinner Auditorium (and additional times and locations as announced)*

Per Dean Thomason's February 18 email to the parish, the cathedral campus will be re-keyed the week of June 3. In order to be issued a new key, it is required that you complete (1) Safeguarding God's Children and Safeguarding God's People, and (2) a background check. No exceptions will be made. Both safeguarding trainings are being offered on Saturday, May 11 in Skinner Auditorium at Saint Mark's. Safeguarding God's Children is 8:30–11:30, and Safeguarding God's People is 12:30–3:30; RSVP to Adam Conley, [aconley@saintmarks.org](mailto:aconley@saintmarks.org). Additional times and locations can be found at <https://ecww.org/safeguarding-trainings/> (To complete the background check, contact Erik Donner, [edonner@saintmarks.org](mailto:edonner@saintmarks.org))

### Cathedral Book Discussion Group

SUNDAY, MAY 12, 2019, 12:30 P.M., *Cathedral House 209*

John R. Rice was one of the leading fundamentalist voices in the twentieth century. In *The Sword of the Lord: the Roots of Fundamentalism in an American Family*, his grandson, Saint Mark's parishioner and vestry member Andrew Himes, weaves his family history with American history and thought to show how fundamentalist Christianity developed out of these historic events and was a reaction to them. Andrew will join our book discussion on May 12, following the 11:00 service, in Cathedral House Room 209. Questions: Karen Knudson, [knudsonkn@hotmail.com](mailto:knudsonkn@hotmail.com)



### CATHEDRAL DAY 2019!

SATURDAY, MAY 18, 11:00 A.M.–3:00 P.M.

Everyone's invited—mark your calendar for this day of fun and festivities at Saint Mark's Cathedral in Seattle. The day starts with a grand procession of clergy, choristers and confirmation candidates. It's a day of blessings! Stay for complimentary lunch from food trucks. Walk on the new outdoor labyrinth, jump in the bounce house, play games on the

newly restored front lawn, make a smoothie with your own pedal power, and much more. Please register online (it's free!) at <https://cathedral-day-2019.eventbrite.com>

### SAVE THE DATE

#### Hymn Sing to support Seattle Service Corps!

SATURDAY, MAY 25, 11 A.M.–12:30 P.M., *Nave*  
Sing along with Seattle Service Corps! Join talented SSC musicians and sing your favorite hymns in the nave, Saturday, May 25 from 11 a.m. to 12:30 p.m. Coffee and treats will be served. Donations to support this important ministry will be accepted.

#### Active Assailant and Violence on Faith-Based Properties: Proactive and Reactive Readiness

SATURDAY, MAY 25, 2019, 9 A.M. TO 2:30 P.M., *Bloedel Hall. Fee: \$15, includes lunch*

In the light of both recent and historical events, Saint Mark's Cathedral will host this important emergency preparedness workshop facilitated by Ronald J. Miller, retired police officer and Safety and Security Coordinator for the Diocese of Olympia, and Joanne L. Miller, nurse practitioner and former hospital trauma coordinator. The workshop will look at the history of violent attacks on places of worship, strategies of prevention and de-escalation, and protocols for when the unthinkable happens. Anyone interested in the topic is encouraged to attend; Clergy, Staff, Vestry, Ushers, Greeters, any other front-line volunteers, and leadership of Choirs and Children & Youth Ministries are particularly urged to participate. To register, visit [saintmarks.org/emergency](http://saintmarks.org/emergency)

#### Camp in the Cascades: Six-Day at Camp Huston for Grades 9 through 12

JULY 14–20, 2019, *Camp Huston, Gold Bar, WA; Fee: \$500 (partial scholarships & early-bird discounts available)*

Join teens from across the Episcopal Diocese of Olympia as we explore how loving one another is a pathway to peace. We'll enjoy small group conversations, speaker panels, workshops, and daily worship, along with games, a dance, a variety show, and activities like hiking, swimming, crafts and archery. For more information and to register: <https://six-day-at-camp-huston.eventbrite.com>



**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, May 5 ♦ The Third Sunday of Easter*

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

*Preacher: The Rev. Canon Nancy Ross*

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

*Preacher: The Rev. Canon Nancy Ross*

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

“The Easter Story: When God Improvises” with The Rev. Cristi  
Chapman. See p. 1.

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

*Preacher: The Rev. Canon Nancy Ross*

AUTHOR KAREN TREIGER ON MY SOUL IS FILLED WITH JOY,  
12:30 P.M., *Bloedel Hall*. See p. 1.

CHORAL EVENSONG, 4:30 P.M. *Cathedral Nave*

A sacrifice of praise and thanksgiving for the day. 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*

Ancient nighttime prayers, sung by the Compline Choir. A Seattle  
tradition since 1956; broadcast live on KING 98.1 FM

**Cathedral Chairs as an Eastertide Memorial Gift**

If you receive emails from the cathedral, you should have recently  
received an invitation from Dean Thomason to make a gift in memory  
of a loved one in the form a cathedral chair to furnish the nave as  
some of our pews near the end of their usable life. The cost of a chair  
and memorial plaque, which will last for decades to come, will be  
approximately \$475. You will hear more about this in the coming weeks.  
(To sign up for emails, please visit [saintmarks.org/news](http://saintmarks.org/news) and follow the  
signup link.)

**“ON SAINT MARK’S CATHEDRAL”**

Last week’s video by David Wild was about the most visible and  
public aspect of the cathedral—our building. This week’s is about  
one of the most unseen and unknown cathedral ministries: **“On  
Baking the Bread”** profiles the dedicated community members  
who make bread for Holy Communion each week. You may watch  
it on the Cathedral’s Facebook page, its YouTube account, and at  
[saintmarks.org/video](http://saintmarks.org/video)

**CATHEDRAL STAFF AND LEADERSHIP**

- Adam Conley, *Seattle Service Corps Director* . . . . . [aconley@saintmarks.org](mailto:aconley@saintmarks.org)
- Cristi Chapman, *Curate for Spiritual Growth & Stewardship* [cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)
- Earl Grout, *Deacon* . . . . . [egrout@saintmarks.org](mailto:egrout@saintmarks.org)
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- Glenn Sands, *Facilities Manager* . . . . . [gsands@saintmarks.org](mailto:gsands@saintmarks.org)
- Gregory Bloch, *Communications Director* . . . . . [gbloch@saintmarks.org](mailto:gbloch@saintmarks.org)
- Ian Ford, *Sexton* . . . . . [ian@saintmarks.org](mailto:ian@saintmarks.org)
- Irene Beausoleil, *Events & Office Coordinator* . . . . . [ibeausoleil@saintmarks.org](mailto:ibeausoleil@saintmarks.org)
- Jason Anderson, *Compline Choir Director* . . . . . [director@complinechoir.org](mailto:director@complinechoir.org)
- Jennifer King Daugherty, *Canon for Congregational Life* [jkdaugherty@saintmarks.org](mailto:jkdaugherty@saintmarks.org)
- John Stuntebeck, *Associate Organist*. . . . . [john\\_stuntebeck@hotmail.com](mailto:john_stuntebeck@hotmail.com)
- Karen Komoto, *Finance Manager*. . . . . [kkomoto@saintmarks.org](mailto:kkomoto@saintmarks.org)
- Kelly Moody, *Director of Children’s & Family Ministries* . . . . . [kmoody@saintmarks.org](mailto:kmoody@saintmarks.org)
- Ligia Pucci, *Choir School Assistant Conductor* . . . . . [lpucci@saintmarks.org](mailto:lpucci@saintmarks.org)

- Madeleine Stephens, *Music Administrator* . . . . . [mstephens@saintmarks.org](mailto:mstephens@saintmarks.org)
- Michael Kleinschmidt, *Canon for Cathedral Music* [mkleinschmidt@saintmarks.org](mailto:mkleinschmidt@saintmarks.org)
- Michael Seewer, *Cathedral Sacristan & Head Verger* . . . . . [mseewer@saintmarks.org](mailto:mseewer@saintmarks.org)
- Nancy Ross, *Canon for Cathedral Relations* . . . . . [nross@saintmarks.org](mailto:nross@saintmarks.org)
- Nicole Silvernale, *Youth Ministry Intern* . . . . . [nsilvernale@saintmarks.org](mailto:nsilvernale@saintmarks.org)
- Rebekah Gilmore, *Associate Musician & Choir School Director* [rgilmore@saintmarks.org](mailto:rgilmore@saintmarks.org)
- Steve Thomason, *Dean & Rector*. . . . . [sthomason@saintmarks.org](mailto: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, Roberta Kanive, Rosemarie LeMoine, Michael Perera,  
Marjorie Ringness, Robert Stevens. *Diocesan Members:* Micah Kurtz and Mary  
Maxon. *Chancellor:* John Hoerster; *Vice-Chancellor:* Re Knack; *Clerk:* Barbara  
Erickson; *Treasurer:* Phil Lloyd