



# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*

THE THIRD SUNDAY AFTER PENTECOST ♦ JUNE 30, 2019



## HAPPY PRIDE!

If you're headed to the parade later today, look out for the Saint Mark's folks marching with the Diocese of Olympia contingent.

## Cathedral closed for Independence Day

This coming Thursday the cathedral building and office will be closed in observance of the July 4 holiday. Thursday morning Eucharist will occur at 7 a.m. as usual, but 6:30 p.m. Evening Prayer will be cancelled.

## SUNDAY FORUM

### Seattle Service Corps Community Forum

NEXT SUNDAY, JULY 7, 10:10 A.M., *Bloedel Hall*

We will bless and send forth the members of the Seattle Service Corps during the 9 a.m. and 11 a.m. liturgies on Sunday, July 7. Join us between the services in Bloedel to hear members reflect on their year and share plans for the next chapter of their lives.

## Funeral Announcement

The funeral for former Rector of St. Peter's, Seattle, and Saint Mark's parishioner, The Rev. Canon Timothy Nakayama, will occur on Saturday, July 13, at 2 p.m. in the Cathedral Nave.

## Saint Mark's Cathedral welcomes:

### The Rev. Canon Dr. Marda Steedman Sanborn



Our preacher this morning is The Rev. Canon Dr. Marda Steedman Sanborn. She is an assisting priest here at Saint Mark's, while her full-time role is as Canon to the Ordinary for the Diocese of Olympia. The Canon to the Ordinary serves many roles on behalf of and in support of the bishop of a diocese, including chief operating

officer for the diocesan center, known as D-House, just north of the Cathedral.

## Bishop Rickel's Statement on the Immigration and Refugee Crisis

Earlier this week, Bishop Rickel released statements in response to recent reports of the conditions undocumented children are forced to endure after crossing the border and being taken into federal custody. His statements contain a valuable list of links to resources, organizations, and ways you can help. If you do not receive mailings from the Diocese of Olympia, please visit [www.ecww.org](http://www.ecww.org) and follow the links on the home page to read his messages.



SeaTac Immigration Detention Center



Last chance to register for Saint Mark's Cathedral Choir School Summer Camp—**Registration deadline is July 1.** Don't miss out! More information and registration at: [saintmarks.org/choircamp](http://saintmarks.org/choircamp)



Saint Mark's Cathedral, Seattle  
Choir School Summer Camp  
July 15 -21, 2019

## CATHEDRAL PRAYER LIST

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

### THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially St. Nicholas, Tahuya and Holy Spirit, Vashon Island; 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

Jeremiah Walker	Tom & his children
Lisa Gilkerson	Molly Hassain
Ben Seewer	The Proctor family
Tina Nakayama & family	Cynthia
Rebecca, William, & Dave Harms	Mary
Clarice Kralovec	Dewey Walker
Estela & Kara	Rick Wyckoff & Carol Judge & family
Warren Walters	Belinda Jackson
Linda Evans	Zhang Weiyan

### THOSE WHO HAVE DIED

Stephen Harms	David Proctor
Dianne	Pieter Wyckoff
Larry Greene	Bill Bain
Fr. Tim Nakayama	Eleanor Rich

*The nave altar flowers this morning are given to the glory of God and in loving memory of Pamela Janello by Juanita Gardner.*

## ***Courage on the Threshold***

### **Embracing Life's Changes with Integrity & Grace: A Courage & Renewal Retreat**

FRIDAY, JULY 12, THROUGH SUNDAY, JULY 14, St. Andrew's House Retreat & Conference Center, Union, WA



If you find yourself poised between the known and the unknown, between what has been and what comes next, we invite you to join us for a weekend

Circle of Trust retreat to explore the theme of threshold. In the retreat, we will contemplate what it means to stand on the threshold with courage and attentiveness, listening for the next congruent step, and honor the threshold moments in our lives as an integral part of the process of transformation and change. We hope you'll join us! Offered by Courage & Renewal facilitators Emily Chamberlain and Karen Harding. **Registration deadline is tomorrow July 1.** For more information and details about how to register: [www.couragerenewal.org/events/threshold2019](http://www.couragerenewal.org/events/threshold2019)

### **Newcomer's Coffee with Clergy**

SUNDAY, JULY 7, AFTER MORNING SERVICES, *Leffler Living Room*

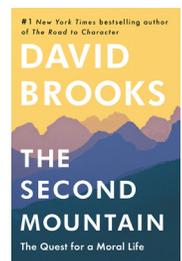
Every month we host a conversation with newcomers after both 9:00 a.m. and 11:00 a.m. services to help us get to know each other, share our stories, and introduce newcomers to Saint Mark's and the Episcopal Church. Please meet in the back of the Cathedral after each service and look for the sign. Questions? Please contact Deacon Earl, [newcomers@saintmarks.org](mailto:newcomers@saintmarks.org) or 206.518.2833.



### **Cathedral Book Discussion**

SUNDAY, JULY 14, 12:20 P.M., *Cathedral House Room 209*

Join us for a discussion of the new book by best-selling author, columnist and PBS star, David Brooks. *The Second Mountain, The Quest for a Moral Life* explores how we might live moral lives in our complicated, diverse and often-confused modern society. Brooks argues that, if we have been fortunate enough to build an adult life for ourselves, we often fall into a valley in which the verities which have guided our lives seem inadequate—therefore we are called to climb our “second mountain.” This new peak is more about our relationships with others and our duty to people and organizations outside ourselves. He tells the stories of some who are passionately doing for others rather than themselves. This book engages and challenges us. The Rev. Dennis Tierney will be our discussion leader. For information contact Pearl McElheran, [pmcelheran@comcast.net](mailto:pmcelheran@comcast.net)





## Pilgrimage on the Peninsula: Youth Creation Care Pilgrimage for Grades 9 through 12

AUGUST 4–10, 2019. *Beginning in Seattle & ending at La Push, WA; Registration: \$600 (\$60 Down-Payment, \$540 final payment due in June; partial scholarships available)*

**Pre-registration deadline is Sunday, June 30; final registration deadline is July 15.**

Earlier we announced two creation care events for youth in the Diocese of Olympia this summer. The registration deadline for the summer camp at Camp Huston has passed, but there is still time to register for the amazing week-long pilgrimage from Saint Mark's to the Pacific Ocean with former Presiding Bishop of the Episcopal Church, The Rt. Rev. Katharine Jefferts Schori. Teen pilgrims will start at Saint Mark's Cathedral and then head west, hiking daily in the mornings; enjoying field-trips, boating and other activities in the afternoon; resting at "waystations" each night; and finally reaching the shores of the Pacific Ocean. Along the way we will hear inspirational stories about what teens and adults are doing to stem climate change. Bishop Jefferts Schori, who has a Ph.D. in Oceanography, will share her unique perspective as both a faith leader and a scientist. For more info. and to register:

<https://youth-creation-care-pilgrimage.eventbrite.com>

## Education for Ministry registration for 2019/20

Do you want to go deeper into your faith in an intense, ongoing way? Do you want to form lasting connections with others who also seek that connection? Consider registering for Education for Ministry (EfM). EfM is a four-year program for lay people to study scripture, church history, and modern theology. Classes connect the material with church tradition, personal experiences, individual beliefs, and current events. Three different classes meet weekly September to June at Saint Mark's: Sundays, 6:00\*–8:30 p.m.; Mondays, 10 a.m.–12:30 p.m.; or Mondays, 6:30–8:30 p.m. Each class is limited to 12 people; enrollment starts now and ends in early August or when classes are full. Tuition, including books, is \$375. Learn more at <http://efm.sewanee.edu/>. Please inquire by contacting clergy or class mentors: Monday morning: Maria Coldwell, [mvcoldwell@hotmail.com](mailto:mvcoldwell@hotmail.com); Monday evening: Tom Hayton, [tomhayton@yahoo.com](mailto:tomhayton@yahoo.com); Sunday evening: Penelope Jackson, [pbjackson@mac.com](mailto:pbjackson@mac.com) [\*Please note that the meeting time of the Sunday Evening class has changed. It will meet 6-8:30 p.m., not 6:30–8:30 p.m.]

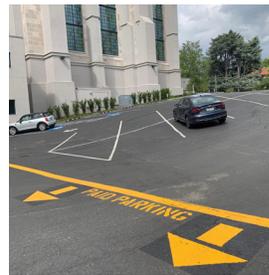


## EARTH DAY NORTHWEST 2020

Earth Day Northwest 2020 ([www.earthdaynw2020.org](http://www.earthdaynw2020.org)) is a coalition of businesses, non-profit organizations, indigenous tribal leaders, educational institutions, and faith communities in the Pacific Northwest, that are joining together to protect and preserve the natural environment, commit to equity and inclusion, and ensure that our cities and towns are safe, livable, and healthy. Saint Mark's Cathedral is a member of EDNW2020, because taking care of God's gift—our planet—is a theological issue requiring our active participation. If you are interested in learning more and/or being part of a Creation Care ministry at Saint Mark's, please contact Marjorie Ringness at [marjorie@ringness.org](mailto:marjorie@ringness.org)

Each month, EDNW2020 produces "Action Resources" with specific things we all can do today to make a difference. A selection of these items will be displayed in the cathedral nave, and some will be particularly highlighted in *Sundays & Beyond* in the coming weeks. Check out the display! The action items will change every few weeks.

## New system for weekday parking launched



An all-parish email was sent out earlier this week announcing a new arrangement for parking in the cathedral lots. **Parking will remain free and open all day Sunday.** However, Monday through Saturday, 9 a.m. to 10 p.m., the lower lot on the south side of the building will become

a paid lot, as indicated by painted stripes and posted signs, beginning June 25. The upper portion of the south lot and the spaces along the north side of the cathedral will be designated "Permit Parking Only"—Saint Mark's members can get a windshield decal that will allow them to park in these areas while here on cathedral business. Pick up your permit decal from the cathedral office during the week, or contact Erik Donner, [edonner@saintmarks.org](mailto:edonner@saintmarks.org). People parking in the lot for other reasons will pay by the hour using the PassportParking website or mobile app ([www.passportparking.com](http://www.passportparking.com)—request zone #1989). Much more information is available on the cathedral website: [saintmarks.org/parking](http://saintmarks.org/parking). Contact Erik Donner or Glenn Sands ([gsands@saintmarks.org](mailto:gsands@saintmarks.org)) for help with the new system, or Dean Steve Thomason ([sthomason@saintmarks.org](mailto:sthomason@saintmarks.org)) with general questions.





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, June 30, 2019 ♦ The Third Sunday after Pentecost*

- HOLY EUCHARIST, 8 A.M., *Thomsen Chapel*  
Preacher: The Reverend Canon Dr. Marda Steedman Sanborn
- HOLY EUCHARIST, 9 A.M., *Cathedral Nave*  
Preacher: The Reverend Canon Dr. Marda Steedman Sanborn
- HOLY EUCHARIST, 11 A.M., *Cathedral Nave*  
Preacher: The Reverend Canon Dr. Marda Steedman Sanborn
- 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, and streaming online at [king.org](http://king.org)

**"ON SAINT MARK'S CATHEDRAL"**

One of the most popular videos in the "On Saint Mark's Cathedral" series has been Canon Michael Kleinschmidt's introduction to the Flentrop organ. In this week's video, "On Hymns," he brings the same enthusiasm to the subject of congregational hymn singing. You may watch it on the Cathedral's Facebook page, its YouTube account, and at [saintmarks.org/video](http://saintmarks.org/video)

**Venmo from the pews!**

There's a new, easy way to make online contributions. You can now use Venmo to make a one-time gift or pay a pledge to Saint Mark's. From the app, search for @SaintMarksCathedralSeattle or just scan the code. Then, enter the amount of your gift, a short note, and submit your payment. It's that simple! This is a great option for people who don't carry cash yet still want to make a gift of gratitude during today's Eucharist. Try it today! The Venmo app is available in the Apple Store and through Google Play. Please contact The Rev. Cristi Chapman ([cchapman@saintmarks.org](mailto:cchapman@saintmarks.org)) or Erik Donner ([edonner@saintmarks.org](mailto:edonner@saintmarks.org)) if you have questions or feedback.



venmo

**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)
- Emily Austin, *Deacon* . . . . . [eaustin@saintmarks.org](mailto:eaustin@saintmarks.org)
- Erik Donner, *Executive Assistant & Membership Support* . . . . . [edonner@saintmarks.org](mailto:edonner@saintmarks.org)
- 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)
- 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