



# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*

THE FIFTH SUNDAY AFTER PENTECOST ◆ JULY 14, 2019



## Cathedral Yoga ministry updates



It's been over five years since the Cathedral Yoga ministry was launched, offering a one-hour practice in the sacred space of the cathedral nave each Sunday at 6 p.m. It is spiritual practice, but its spirituality emerges through an intense, focused bodily awareness. Over the years the ministry has created a devoted community for whom the class is very valuable, with some participants coming almost every week. For others, it is yoga that brings them through the doors of the cathedral for the first time. Although donations are encouraged, there is no fee to participate.

For the last few years the ministry has been coordinated by **Irene Beausoleil**, a Saint Mark's member familiar to many as an acolyte at the 11 a.m. Eucharist service. Irene is an excellent, professional yoga instructor, under whose leadership the ministry continues to thrive. Recently, however, two new instructors have begun leading classes.



**Nadine Blinn** is a Seattle native whose passion for yoga began when she was advised to try it for pain relief in her shoulders, hips, and lower back. She learned that yoga can be helpful for anyone in any setting, and became a certified instructor, completing 200 hours of training with 8 Limbs Yoga



## Choir Camp concluding Evensong liturgy

FRIDAY, JULY 19, 4:00 P.M., *Cathedral Nave*



All are welcome to attend a service of Choral Evensong at the conclusion of the week-long Choir School Summer Camp. Offer prayers and praises for the day as the camp participants show off their hard work. (The campers will also offer music for the 11 a.m. Eucharist service on Sunday, July 21.)

## Narthex bathrooms to be locked on weekdays

Due to safety and security concerns and incidents that present hazards to those accessing and cleaning the bathrooms, the vestry has directed that the narthex bathrooms be locked except during public events and worship in the cathedral. If you are on campus during the week, please come to the Hoerster Annex entrance to access bathrooms adjacent to Bloedel Hall.

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in Seattle. She is the proprietor of Balanced Humans, a company which offers yoga and meditation classes at corporate offices, residential buildings, conferences, and special events.

**Todd Greenwood** has been practicing yoga, off and on, for over 25 years. In 2014, Todd completed his 200-hour Vinyasa Teacher Training with Ali Valdez of Sattva Yoga. Following his certification, Todd volunteered with Yoga Behind Bars and taught yoga to incarcerated youth at King County Juvenile Detention Center for several years. He frequently incorporates questions of social and environmental justice into his classes in thought-provoking ways.



Finally, Cathedral Yoga now has its own Facebook presence, where you can find out about upcoming classes, last-minute announcements, and general information. Please visit [facebook.com/SaintMarksCathedralYoga](https://facebook.com/SaintMarksCathedralYoga) and click "Like." And if you've ever been curious about Cathedral Yoga but never attended, give it a try! You may be surprised at what you discover.

## 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](mailto: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 Little Sisters of St. Clare, The Third Order Society of St. Francis, the Community of the Lamb, and the Brotherhood of St. Andrew; 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

Dewey Walker	Jeff
Rick Wyckoff & Carol Judge & family	Jennifer
Belinda Jackson	Liz Seder & family
Zhang Weian	Sebastian Sartori
Mary Sage	Lynda Pritchard Newcombe
Brian Vann	Mary Freundlich
Linda Hunter	Diana Wright
Donn Rosenauer	Pam
John	Cyllene
Marilyn	

### THOSE WHO HAVE DIED

Pieter Wyckoff	Sandra Arnold
Bill Bain	Molly Hassain
Eleanor Rich	Peter & Sally Jarvis
Larry Hoss	Liz Seder

*The nave altar flowers are given to the glory of God and in loving memory of the Rev. Canon Timothy Nakayama.*

## Hunger Offering today

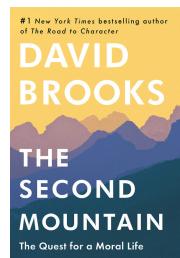


Today is Hunger Offering Sunday at Saint Mark's, where we take a special donation for six partner food banks in Seattle. These organizations help thousands of Seattleites who are struggling with food insecurity and basic living needs, and your donations make a big difference in their lives. Stop by the Hunger Offering table in the back of the nave to learn about what we do, and how you can help.

## Cathedral Book Discussion today

TODAY, 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 that have guided our lives seem inadequate. That is when 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. Brooks tells the stories of some who are passionately doing for others rather than themselves. This book engages and challenges us. Our discussion will be led by The Rev. Dennis Tierney. For information contact Pearl McElheran, [pmcelheran@comcast.net](mailto:pmcelheran@comcast.net)



## Join the Flower Ministry

Do you enjoy arranging flowers and bringing beauty to the Cathedral? Please consider joining the Flower Ministry. We are a group of volunteers with a common love of flowers and the Cathedral. We are not professionals, but we enjoy working in teams to support and learn from each other. The time commitment is flexible. Come join us! Please contact Kit Herrod at (206) 229-4997 or [flowers@saintmarks.org](mailto:flowers@saintmarks.org)



## Altar flowers to commemorate a special someone or date

Flowers in the Cathedral are a special and meaningful way to celebrate or commemorate a special person in your life or an occasion such as a birthday or anniversary. Sign up to honor or remember your special someone or date on the Altar Flowers Calendar on the Welcome Table. You may pick a specific Sunday and donate an amount that is comfortable for you and the Flower Ministry will handle the rest. Questions can be sent to the Flower Ministry at [flowers@saintmarks.org](mailto:flowers@saintmarks.org)



## **Former Presiding Bishop Katharine Jefferts Schori to speak and preach at Saint Mark's Cathedral**

SUNDAY, AUGUST 4, 2019

We are honored to have Bishop Katharine Jefferts Schori as our guest on Sunday, August 4. She will speak at the 10:10 a.m. "Friends Talking" forum in Bloedel Hall and will preach at the 11 a.m. Cathedral Eucharist. The former Presiding Bishop, who prior to her ordination earned her PhD in Oceanography, will spend a week in our diocese leading a "Creation Care Youth Pilgrimage" beginning here at Saint Mark's and ending at LaPush on the Olympic Peninsula. The pilgrims and their families will join the 11 a.m. service and will be sent with a blessing. All are welcome to join Bishop Katharine for the forum, and to hear her preach at the 11 a.m. service.



## **What is Washington Against Nuclear Weapons?**

SUNDAY, AUGUST 11, AFTER 9 & 11 A.M. SERVICES,  
*Front patio, weather permitting, or back of the Nave*

What can parishioners do to help avoid nuclear war? Learn about the Washington Against Nuclear Weapons coalition of Washington Physicians for Social Responsibility. Should Saint Mark's become a member of the WANW coalition and lend our voice to the growing number of faith-based organizations in this coalition? Problem, solutions, and questions addressed. Stop by the table on the porch between 10–11 on Sunday, August 11. For more information or if you can't make it on August 11, please contact Pat Leckenby at [pleckenby@gmail.com](mailto:pleckenby@gmail.com) or 206-316-7475.

## **Annual Family Camping Adventure**

THURSDAY, AUGUST 22 THROUGH SUNDAY,  
AUGUST 25, Newhalem campground in North Cascades  
National Park

The Annual Family Camping Adventure is August 22–25 at Newhalem campground in the North Cascades. This is a relaxed gathering with hiking and adventures for families with kids of all ages. Generally we hike on Saturday according to interest and intensity, and regroup for a potluck dinner Saturday evening. There are lots of other options for more relaxing adventures as well. A family-friendly river rafting excursion is being considered for Sunday. More information to come. Contact Don Sutkus [don@sutkus.com](mailto:don@sutkus.com) or Re Knack [rknack@omwlaw.com](mailto:rknack@omwlaw.com) with questions and for information about how to register.



# **EAT! PLAY! LOVE!**

*not your average bible study...*

FOUR EVENINGS: AUGUST 12–15, 5–8 P.M., Bloedel Hall. Fee: \$40 per person (max family \$120) includes four delicious dinners and a T-shirt to keep. Scholarships available. Come eat, sing, learn, create, and build a beloved community of neighbors. People of **all ages** are invited to register for dinner, Bible study, worship, and community building during four August evenings. We will explore the question once asked of Jesus, "Who is my neighbor?" with the entire clergy team and parishioners from every Sunday service. Dinner begins at 5:15 p.m., and the program at 5:45. What will it be like? Games, storytelling, communal art projects, sharing life, and enjoying one another. We will end each evening with Compline. Come! Questions? Contact Kelly Moody, [kmoody@saintmarks.org](mailto:kmoody@saintmarks.org), or head to [saintmarks.org/summer](http://saintmarks.org/summer) to register. Registration deadline: August 5.

## **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 rotating selection of these items will be displayed in the cathedral narthex, and some will be highlighted in this space.

### **TAKE ACTION**

Concerned about climate change, but not sure what you can do about it? Here's this week's tip: **Shop Seasonal.** When you buy in season, you often support local farmers and you're getting fresher, healthier food. Go to <https://earthdaynw2020.org/take-action/> for more ways you can make a difference

Take the pledge to take action and empower change for a sustainable community, region, and planet at: [www.earthdaynw2020.org/pledge](http://www.earthdaynw2020.org/pledge)



**SAINT MARK'S**  
EPISCOPAL CATHEDRAL

1245 Tenth Ave East, Seattle, WA 98102

206.323.0300

[info@saintmarks.org](mailto:info@saintmarks.org)  
[saintmarks.org](http://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.



You may make a donation to Saint Mark's at any time using the Venmo mobile app. Scan the code or search for @SaintMarksCathedralSeattle

### CATHEDRAL STAFF AND LEADERSHIP

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Madeleine Stephens, <i>Music Administrator</i>	<a href="mailto:mstephens@saintmarks.org">mstephens@saintmarks.org</a>

*Sunday, July 14, 2019 ♦ The Fifth Sunday after Pentecost*

**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

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

*Preacher:* The Very Rev. Steven L. Thomason, Dean and Rector

**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”

This week’s video, titled “**On Reading the Lesson**,” features Saint Mark’s lector and accomplished local actor Ruth McRee reflecting on the act of proclaiming Holy Scripture in worship. You may watch it on the cathedral’s Facebook page, its YouTube account, and at [saintmarks.org/video](http://saintmarks.org/video)

This is the final video in the current series, although filmmaker David Wild is already working on several more, to be released in the Fall. In the meantime, catch up on any you may have missed, and if you have an idea for something at the cathedral which would be a good subject for a video like these, please drop a line to the Communications Director at: [gblock@saintmarks.org](mailto:gblock@saintmarks.org)



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 Michael Seewer, *Cathedral Sacristan & Head Verger* [mseewer@saintmarks.org](mailto:mseewer@saintmarks.org)  
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 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; *Nesbia 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