



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SIXTH SUNDAY AFTER PENTECOST ♦ JULY 21, 2019



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

SUNDAY, AUGUST 4

We are honored to have The Right Reverend 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 Ph.D. in oceanography, will spend a week in our diocese leading a "Creation Care Youth Pilgrimage" beginning here at Saint Mark's and ending at La Push 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.

YOUNG ADULTS

BBQ at Canon Jennifer Daugherty's home

SUNDAY, JULY 28, 6:30 P.M., 3810 E. Pike St., Seattle

Join SMC members in their 20s and 30s and meet other young adults at a casual gathering at Jennifer and Will Daugherty's house, 3810 E. Pike St., Seattle. It's in the Madrona neighborhood, about 10 to 15 minutes from Saint Mark's. All are welcome! Some may choose to attend Compline at 9:30 p.m. afterward. There is ample street parking. To RSVP, alert the Daughertys of dietary restrictions, or if you have questions, email Canon Jennifer at jkdaugherty@saintmarks.org.

Daily Evening Prayer at Saint Mark's

For more than 20 years, Evening Prayer has occurred every weekday evening here at Saint Mark's. This worship ministry of daily prayer meets Monday through Friday at 6:30 p.m. in Thomsen Chapel (unless pre-empted by another worship service or event happening at the same time), led by a small but faithful group of Episcopalians. In this service, which marks the end of the work day for most of us, we acknowledge that all time is God's time, and we give praise and thanks that all time is in God's hand.

Evening Prayer is one of four similar prayer services in the *Book of Common Prayer 1979*—the others being Morning Prayer, Noonday Prayer, and Compline. These liturgies, collectively called the "Daily Office," derive from Christianity's earliest centuries, and versions of these services are prayed by Lutherans, Roman Catholics, Orthodox and other traditions, to this day. At the time of the English Reformation a version of the Daily Office was crafted in English for the first *Book of Common Prayer*, from which our service is derived—thus Evening Prayer is a distinctive part of our Anglican heritage as well.

The practice at Saint Mark's was instituted in September 1998 by The Very Reverend Gerald Porter, Provost of the Diocese of Olympia at the time. Provost Porter viewed Evening Prayer at the Cathedral as one way of celebrating the unity of Saint Mark's and other congregations in the Diocese as one people of God. Central to this vision was the invitation to licensed lay readers in Seattle-area congregations to serve as worship leaders.

All are invited and welcome to join us any weekday evening at 6:30 p.m. in Thomsen Chapel. The service usually lasts about 30 minutes. And if you are interested in learning how to become a licensed worship leader of Evening Prayer, contact Cathedral Sacristan & Head Verger Michael Seewer at mseewer@saintmarks.org.



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 The Order of Saint Francis; Episcopal Retirement Communities; and Earth Ministry; the clergy, staff and vestry of Saint Mark's Cathedral; and 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

Mary Sage	Lynda Pritchard Newcombe
Brian Vann	Mary Freundlich
Linda Hunter	Diana Wright
Donn Rosenauer	Pam
John	Cyllene
Marilyn	Penelope Jackson
Jeff	Meg Higgins
Jennifer	Diane Stipp
Liz Seder & family	Rob Reid
Sebastian Sartori	

THOSE WHO HAVE DIED

Eleanor Rich	Peter & Sally Jarvis
Larry Hoss	Liz Seder
Sandra Arnold	Kyle Martz
Molly Hassain	Agnes Stipp

The nave altar flowers this morning are given to the glory of God and in loving memory of her grandparents, Philip and Lozein O'Hanlon, by Lynn Offutt. The chapel altar flowers are given to the glory of God and in celebration of the marriage of Teresa Pliskowski and Brook Brayman.



Salisbury Cathedral



Canterbury Cathedral

Did you know...

The Compline Choir will serve as choir-in-residence in England at Canterbury Cathedral August 11–18 and Salisbury Cathedral August 19–25? And on Sunday night August 18, they've been invited to sing a special service of Compline in the crypt of Canterbury—the very spot where Peter Hallock sang Compline in the late 1940s, inspiring his vision for what has become a 66-year tradition of Compline in Seattle.



And what about the service of Compline here at Saint Mark's on the Sundays when the choir is in England? An all-female choir has been assembled under the direction of Rebekah Gilmore, featuring some of the most accomplished professional female vocalists in the Seattle area. The women will sing three very special services of Compline, featuring newly commissioned music, while the men of the Compline Choir are away—an unprecedented liturgical event not to be missed.

“Holy Waste of Time” Young Adult Retreat

FRIDAY AUGUST 16 THROUGH SUNDAY AUGUST 18, St. Andrew's House Conference & Retreat Center, Union, WA
Come on over to St.

Andrew's House, a rustic lodge right on the Hood Canal, to relax and unwind. This

ST. ANDREW'S HOUSE
retreat & conference center



popular annual retreat is for young adults from all over the diocese. There is no agenda (promise!) but there are optional activities: kayaks, hikes, yoga, songs on the deck (bring your musical instruments!), games, swimming, arts and crafts, you name it. All meals are included—creative home-style cooking with locally sourced ingredients is a St. Andrew's House tradition. We'll finish on Sunday with a casual and collaborative Eucharist. The whole weekend (2 nights' lodging, six meals, kayak rental and activities) comes to \$85/person. Saturday day-trippers are very welcome for \$25/person. For more information, and to register, visit ecww.org, or email youngadults@ecww.org.

Narthex bathrooms to be locked on weekdays

Due to safety and security concerns and incidents that present health 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. The vestry has encouraged the Justice Ministries leadership to explore a ministry of hospitality to greet and assist people who may need access to the bathrooms during weekdays. If you're interested in being a part of this new ministry, please let Senior Warden Julia Logan and Dean Steve Thomason know. Please know that folks can come to the Hoerster Annex entrance for assistance during office hours.

My Saint Mark's directory photos

Did you know that every member of Saint Mark's has a profile on the *My Saint Mark's* website with room for a headshot? Though we no longer have printed parish directories, this electronic directory is accessible to parishioners who want to contact others in the parish community. We would like to get photos for each person on file to help us more easily recognize each other, especially those involved in cathedral ministries. The directory information and photos are also accessible through the *ChurchLife* mobile app. You can upload a photo of yourself using the website or app, or if you prefer, simply email the photo to Cathedral Sacristan & Head Verger Michael Seewer at mseewer@saintmarks.org. Or, ask him to take your photo! Visit *My Saint Mark's* by going to saintmarks.org and clicking on *My Saint Mark's* in the top right-hand corner. Download the app in the iTunes or Google Play app store by searching for "ChurchLife" (one word).



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* (WANW) 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? Problems, solutions, and questions addressed. Stop by the table on the porch after morning services 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 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 or Re Knack 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, or head to saintmarks.org/summer to register. Registration deadline: August 5.

EARTH DAY NORTHWEST 2020

Earth Day Northwest 2020 (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

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: **Reduce food waste** by planning your meals and storing food properly. In the U.S., it's estimated that 40% of food goes uneaten, and the average family throws away more than \$1,300 every year in the form of food waste. This translates to increased methane emissions in landfills, and to depleted resources.

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



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.



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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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

Sunday, July 21, 2019 ♦ The Sixth Sunday after Pentecost

HOLY EUCHARIST, 8 A.M., *Thomsen Chapel*
Preacher: The Rev. Canon Jennifer King Daugherty, Canon for Congregational Life

HOLY EUCHARIST, 9 A.M., *Cathedral Nave*
Preacher: The Rev. Canon Jennifer King Daugherty, Canon for Congregational Life

HOLY EUCHARIST, 11 A.M., *Cathedral Nave*
Preacher: The Rev. Canon Jennifer King Daugherty, Canon for Congregational Life

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



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 flowers@saintmarks.org or (206) 229-4997

New Cathedral Bookkeeper & Scheduler

With the recently communicated departure of Saint Mark's Finance Manager Karen Komoto in early August, we are pleased to announce the new Saint Mark's Bookkeeper and Scheduler, Stephen Eddy. Stephen comes to Saint Mark's with a strong accounting, payroll, and data processing background. He is a lifelong Presbyterian, serving as a member of the Session (similar to Vestry), and is also a worship leader and musician in his congregation. Please join us in welcoming Stephen to Saint Mark's!

