



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE SEVENTH SUNDAY AFTER PENTECOST ♦ JULY 28, 2019



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

NEXT 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. 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.

Volunteers needed for a potential new weekday narthex welcome ministry

TODAY, JULY 28, AFTER MORNING SERVICES, *back of the Cathedral Nave*

Now that the narthex restrooms will be locked during the day, several parishioners, led by the Rev. Pat Taylor, have begun planning a narthex-based ministry of welcome and direct service to those who visit the cathedral during the day, particularly those who are experiencing homelessness. If this sounds interesting to you, and you might like to get involved in any capacity, please speak to Rev. Pat in the back of the nave after services today. We are also seeking suggestion for a name for this ministry. You may also email patguggy@gmail.com with any ideas or questions.

Centering Prayer at Saint Mark's Cathedral

Each Monday evening at 7:15, a small band of pilgrims gather in Thomsen Chapel for an hour of Centering Prayer and discussion. This time of meditative prayer, mostly silent, is open to anyone who yearns for a richer experience of the Divine, or are simply curious about contemplative practice. All are welcome.



Centering Prayer is deeply rooted in Christian contemplative tradition, especially as taught by the 16th-century Spanish mystic known as Juan de la Cruz (St. John of the Cross) and by the anonymous 14th-century English author of *The Cloud of Unknowing*. It is inspired by Jesus' formula in Matthew 6:6—"whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you." We trust that we will be rewarded with an ever-deepening relationship with God.

Beginning in the 1970s, Trappist monks led by Abbot Thomas Keating developed the specific practices now known as Centering Prayer, in order to revive the Christian meditative tradition in a way that would take it out of the monastery and make it more widely accessible. Thanks to the writings of Keating and others, today thousands around the world employ this method.

Centering Prayer expands our experience and understanding of prayer. It does not replace liturgical prayer or personal prayer using words. In fact, many who practice Centering Prayer find that it enriches the other forms of prayer that they engage in on a daily basis.

If you are curious and want to know more, consider joining the group that gathers each Monday evening at 7:15 p.m. in Thomsen Chapel. Write to stephengarratt@gmail.com with any questions you may have.

YOUNG ADULTS

BBQ at Canon Jennifer Daugherty's home

TONIGHT, JULY 28, 6:30 P.M., 3810 E. Pike St., Seattle
All are welcome to a casual 20s & 30s gathering at the Daugherty's house, followed by Compline (optional).
Last-minute questions: jkdougherty@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	Dennis Campbell

THOSE WHO HAVE DIED

Molly Hassain	Kyle Martz
Peter & Sally Jarvis	Agnes Stipp
Liz Seder	

Newcomer's Coffee with Clergy

NEXT SUNDAY, AUGUST 4, AFTER MORNING SERVICES, *Leffler Living Room*

Every month we host a conversation with newcomers after the 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 near the baptismal font after each service by the person holding a sign. Questions? Please contact Deacon Earl, newcomers@saintmarks.org or 206.518.2833.



Idriss Mosque 18th Annual Community BBQ

SUNDAY, AUGUST 11, 2:00 P.M., 1420 NE Northgate Way, Seattle, WA

Idriss Mosque invites you to its Annual Barbecue on Sunday, August 11, from 2 p.m. to 5 p.m. This is an outreach event to neighbors and religious and civic communities and leaders in the Puget Sound



to help foster friendship and understanding. Saint Mark's parishioners have visited the mosque on several occasions—and our interest and support have been greatly appreciated. Please email brett.bowton-meade@sunriseid.com with any questions or if you would like to go there to observe prayers at another time.

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.

EAT! PLAY! LOVE!

A Summer Evening Program for the Whole Community

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.

Cathedral seeks part-time Events Support and Facilities Associate

Saint Mark's is now accepting applications for the position of Events Support and Facilities Associate, to work with the Facilities Manager to ensure the cathedral serves its mission of being a house of prayer for all people and as a venue for community groups to meet. The Associate will represent the cathedral to parishioners, ministries, staff and outside user groups. This position is part-time, 15 hours per week, usually serving three evenings each week. Please visit saintmarks.org/employment for a complete job description and how to apply.



Salisbury Cathedral



Canterbury Cathedral

Did you know...

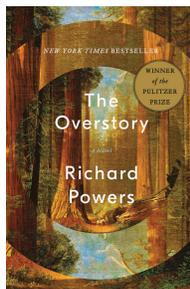
The Compline Choir will serve as choir-in-residence in England at Canterbury Cathedral August 11–18 and Salisbury Cathedral August 19–25? And on Sunday night August 18, they've been invited to sing a special service of Compline in the crypt of Canterbury—the very spot where Peter Hallock sang Compline 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.

Cathedral Book Group

SUNDAY, SEPT. 15, 12:30 P.M., *Cathedral House Room 209*
Saint Mark's Book Group has selected *The Overstory* by Richard Powers for its next book. We will meet for our discussion on Sunday, September 15, after church at approximately 12:30 p.m. in Cathedral House Room 209. The conversation will last until about 2 p.m. Attendees are welcome to bring their own lunch. *The Overstory*, which has just been awarded the Pulitzer Prize for Fiction, is a sweeping novel peopled with a seemingly random array of characters whose stories Powers brilliantly weaves together and intertwines with the contemporary story of our forests and environment. For additional information or questions, contact Pearl McElheran, pmcelheran@comcast.net.



“Holy Waste of Time” Young Adult Retreat

FRIDAY, AUGUST 16—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 popular annual retreat

ST. ANDREW'S HOUSE
retreat & conference center



is for young adults from all over the diocese. There is no agenda (promise!) but there are optional activities: kayaking, 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.

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: **Get Outside**—Whether you are getting out in the Cascades or taking an urban hike, take a moment to honor the history and respect the indigenous land where we live and recreate. “Leave no trace” in our backyard or the backcountry to improve the health of our communities.

Want to share what you do in your life to make a difference? Email your ideas to marjorie@ringness.org. 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

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- Stephen Eddy, *Bookkeeper & Scheduler*.seddy@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; 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 28, 2019 ♦ The Seventh 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.

MARK YOUR CALENDARS FOR TWO SPECIAL OFFERINGS IN 2020

Men's Retreat in the Easter Season

JUNE 5–7 (FRIDAY–SUNDAY), 2020, *Camp Casey on Whidbey Island*
Reflect, share, listen, learn, rest, grow... at a men's weekend away, led by the Dean and a spiritual retreat facilitator. We'll explore themes of discerning the movement of the Spirit in our lives, while reflecting on the challenges of modern life and all its demands. Time for contemplation, conversation, enjoying nature, worship, and each other. Space is limited. Registration will open in September.



**Following in Celtic Footsteps:
A pilgrimage to Iona and the ancient
sacred sites of Britain**

AUGUST 25 THROUGH SEPTEMBER 5, 2020

Led by The Very Rev. Steven Thomason and The Rev. Cristi Chapman; facilitated by professional guides on the ground.

The shape of this 11-day trip is contemplative and communal, drawing on the ancient wisdom of Celtic spirituality and the monastic rhythms of worship, prayer, and life in community, while also breathing in the serene beauty of the landscape. We will begin the journey with three days amid the "thin places" of Iona, then make our way to visit sacred sites in Whitby, Jarrow, and the Rievaulx Abbey. Our itinerary will take us to magnificent Durham Cathedral and St. Cuthbert's Shrine. Inspiration along our journey will draw on the lives of early saints like Columba, Aidan and Bede as well as writings by modern spiritualists like John Phillip Newell, John O'Donohue and Esther de Waal. More details to come this fall, and registration will open in September.