



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE TENTH SUNDAY AFTER PENTECOST ♦ AUGUST 18, 2019

Blessing All Our Labors

LABOR DAY SUNDAY, 9 A.M. EUCHARIST



Join us Sunday, September 1, during and after the 9 a.m. service for a special blessing of all holy labors. All will be invited to come forward to present an item that symbolizes your daily

work and vocation in the world. Maybe it is a spatula, a stethoscope, yarn, crayons, or a book. Bring something that is meaningful and reflective of the holy collaboration God invites you into each day. Once all of the holy objects are gathered at the altar, a blessing will be offered. Afterward at coffee hour, join in conversation to share what is meaningful to you about your holy efforts. What might you bring to remember that God is in your midst, empowering you to live a faithful life in each moment? Contact The Rev. Cristi Chapman (cchapman@saintmarks.org) or Michael Seewer (mseewer@saintmarks.org) for more details and with questions.

Front Door Ministry

SUNDAY, AUGUST 25, 10 A.M., *Cathedral House 210*

The new Front Door Ministry will meet at 10 a.m. on Sunday, August 25, in room 210 for training and continued planning. We encourage interested people to attend even if they have not signed up to serve. If you have any questions, please contact The Rev. Pat Taylor (patguggy@gmail.com).



Eucharistic Visitors at Saint Mark's Cathedral

Today's hospitality after the 9 & 11 a.m. services is provided by the Eucharistic Visitors team. Saint Mark's team of Eucharistic Visitors is a vital part of our sacramental life. This team of licensed lay ministers is available to take Holy Communion to those who are shut in, hospitalized, or unable to attend because of health. A Eucharistic Visitor (EV) is not a substitute for clergy, but rather provides a way for the parishioner to have a direct connection to the faith community, participating in the nurturing, strengthening, healing, and renewing of communion that their fellow parishioners experienced shortly before during worship services. We commission Eucharistic Visitors during the service as a sign of our being "one body" in Christ, no matter where we are. Anyone who feels called to this ministry is invited to a process of discernment and training. Eucharistic Visitors are licensed by the diocese after being trained. We ask that prospective visitors go out with a licensed visitor at least twice before being licensed, and then training and the license application process can occur.

If you are interested in accompanying a licensed EV on a visit, let us know. Eucharistic visitation is a "two-by-two" ministry, but the second person does not have to be licensed. This makes for a very blessed snapshot of the worship life of Saint Mark's, mutually blessing both those being visited, and the visitor, in the experience of the sacramental and worship life of our cathedral community. If you are interested in learning more, or in joining a licensed EV on a visit, please contact Kevin Johnson at kevincjohnson@comcast.net.

Threshold Fund Update

Saint Mark's Cathedral established the Threshold Fund earlier this year to assist individuals and families in transitioning from homelessness to secure housing. Here is a mid-year report highlighting the ways your generosity has helped several people. Since launching the program in March, 14 households (30 individuals in all) have received assistance totaling \$17,320.92. The average assistance was \$1,237.21. The Threshold Fund is one aspect of Saint Mark's Cathedral's response to the homelessness crisis. To support this work, make a contribution to Saint Mark's designated for the Threshold Fund. Thank you for your generosity.



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 Bishop Rickel and the bishop's staff; All Commissions, Committees & Programs of the Diocese; Retired clergy, clergy widows/widowers, and clergy households of the diocese; 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

Dennis Campbell	Patrick Monahan
Mary Pacher	Mary Sage
Richard Tait	Rose
Tom Weaver	Emilo, Sandra, Erickson,
Tabitha Gadzuk	Itzel & Mateo
Erin	Bill Hastig
SK	Linda Evans
Charles	The Loftis family
Grant J	Randy Gilchrist
Hugh & Cindy O	Michael

THOSE WHO HAVE DIED

Barbara Agent	Priscilla Logan
Fred Davis	Mimi Howard
Dennis Frey	Isabel Fair
Susy Hanneman	Mary Helen McFadden
Therese Gray	Hunter Tynes
Celine Teeson	Nate Loftis
John Duncan	Ronald Murrish

NOTICE: Funeral services for Mimi Howard will be Saturday, August 24, at 2 p.m. in the Nave, and for Eleanor Rich will be Saturday, September 21, at 1 p.m. in Thomsen Chapel.

New Time for Wednesday Eucharist

Beginning September 4, the midweek Eucharist will move from noon on Wednesdays to 5:30 p.m. to accommodate more people on campus and connect the service with evening programming. Join us in the holy space of Thomsen Chapel for a brief celebration of Holy Eucharist using the Iona Rite (adapted), then stay on if you can for dinner in Bloedel at 6 p.m. and formation offerings that follow. (Note: The Thursday 7 a.m. Eucharist in Thomsen Chapel continues to meet, followed by breakfast in Leffler House; and Evening Prayer occurs each weekday at 6:30 p.m.)



THE DIOCESE OF OLYMPIA

MENTAL HEALTH TASK FORCE PRESENTS:

Crisis Intervention Training

TUESDAY, SEPTEMBER 10, 10 A.M.-2 P.M., *Bloedel Hall*.
Cost, \$10 per person (bring a sack lunch, coffee/tea provided)

Facilitated by Renee Balodis-Cox, LMHC, MA, MS

Join this vital training for anyone who encounters people in distress and for Saint Mark's ministries that serve vulnerable populations. Come learn effective ways to approach and respond to those in crisis, particularly those suffering from mental illness and drug abuse. You'll learn strategies for safe, positive, and helpful responses to situations that can be dangerous and come away with more confidence and compassion in dealing with those in crisis. Register and pay online at ecww-crisis-intervention.eventbrite.com. For more information, contact jkdaugherty@saintmarks.org or mhtf@ecww.org.

THE WISDOM SCHOOL AT SAINT MARK'S

The Art of Forgiveness

WEDNESDAY EVENINGS, SEPTEMBER 11, 18, & 25,
6:45-8:15 P.M., *Bloedel Hall.*, Facilitated by Dean Thomason
Optional community dinner at 6 p.m.



(adults \$7, children \$5, max family \$20)

We all know what it is to be betrayed in life, and to face the deep pain and mistrust that follow, often distorting the shape of our lives forever.

Forgiveness is not forgetting or pretending the betrayal did not happen. Why is forgiving so difficult... and

reconciliation often even harder? Why does Jesus call us to forgive, and how can it be life-giving? In this series, we will explore forgiveness as a spiritual practice guided by the Wisdom literature of our Judeo-Christian tradition and other religions, while also exploring the works of modern theologians and psychologists as we seek to engage in this work and its healing balm in our lives.

RESCHEDULED: Cathedral Book Group

SUNDAY, SEPTEMBER 22, 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 22, after church from approximately 12:30 to 2 p.m. in room 209. Attendees are welcome to bring their own lunch. Contact Pearl McElheran, pmcelheran@comcast.net, with questions.

Spirited Women: Gathering Together to Grow Together

SUNDAY, SEPTEMBER 29, 12:45 P.M.,

Leffler Living Room

Are you longing for a deeper connection at Saint Mark's? Have you wondered about spiritual disciplines and how to put those into practice in your daily life? Join us on Sunday, September 29, at 12:45 p.m. in Leffler Living Room, as Saint Mark's begins a new ministry focused on women's spirituality. Spirited Women will gather three times a year and focus on practices that help develop and nurture a healthy spirituality. At the first gathering, bring a favorite dish to share and a story about your offering. Share a meal together and listen to stories about what makes the dish special. Wonder together how food connects us to each other and to our past. Then ponder how the practice of eating together might be a spiritual practice. RSVP to The Rev. Cristi Chapman (cchapman@saintmarks.org) or Mary Segall (mesegall@yahoo.com).

Liturgical Ministers Training

SATURDAY, SEPTEMBER 21, 9 A.M.-12 P.M.

Cathedral Nave

Have you made Saint Mark's your church home? Do you regularly attend worship? Do you appreciate the beauty of the liturgy? If so, then consider joining one of the many liturgical ministries here at Saint Mark's. The word liturgy comes from the Greek *leitourgia* which literally means "the work of the people." It certainly takes a lot of work to make our worship happen, and all are invited to join in helping us make that happen each week. We have openings for ushers, acolytes, chalice bearers, lectors, and intercessors at many of our Sunday services. You can learn more about these and over forty other ministries at the Ministry Fair on September 15 (after all morning services), as well as at the Liturgical Ministers Training on Saturday, September 21, from 9 a.m.-12 p.m. If interested, please email Michael Seewer at mseewer@saintmarks.org for more information.



Blessing of the Animals—something new

SATURDAY, OCTOBER 5, 4:30 P.M.



Mark your calendars—Saint Mark's Cathedral will be observing the Feast Day of Saint Francis of Assisi slightly differently this year. Rather than an add-on to the Sunday service, a Saturday afternoon liturgy will be focused on the life of the

visionary saints Francis and Clare; God's gift of the earth, our island home; and the beloved animals who share that home with us. The service will be held outdoors (weather permitting), and all creatures great and small, are welcome to receive a blessing.

MUSIC NOTES

2019-2020 Saint Mark's Music Series

Now announcing the 2019-2020 Saint Mark's Music Series! This year's musical offerings include a collaboration between the Saint Mark's Choir School and the Boston Camerata; a performance of Tchaikovsky's Divine Liturgy from Cappella Romana and Pacific Youth Choir; a return of Messiaen's powerful Quartet for the End of Time; and performances from local and national artists. You can find complete concert and ticketing information at saintmarks.org/concerts. You may purchase Season Tickets until October 1.

Saint Mark's Choir School

The Choir School is now accepting new members. Saint Mark's Choristers aspire to teach, to learn, to inspire, and to lead the varied communities of Saint Mark's Cathedral through work as liturgical ministers.



Register your child for the 2019-20 season at www.saintmarks.org/choirschool, and spread the word to all the young singers in your life! *Junior Choristers* (5-year-olds and early elementary); *Senior Choristers* (intermediate elementary/middle school); *Cathedral Schola* (high school and changed-voice boys). Please contact Madeleine Stephens at mstephens@saintmarks.org with questions.

Choir Openings

The Cathedral Choir has openings for tenors and altos, and Saint Mark's Singers has openings for tenors and basses. Admission to the Cathedral Choir is by audition. While admission to Saint Mark's Singers does not require an audition, a meeting with the Canon for Cathedral Music is required. Until September 11, please contact Rebekah Gilmore (rgilmore@saintmarks.org) for more information or to schedule an audition. On September 11 or later, please contact Michael Kleinschmidt (mkleinschmidt@saintmarks.org). Detailed information about both choirs is available among brochures in the narthex, or at saintmarks.org/music-arts/choirs/.

TAKE ACTION

Concerned about climate change, but not sure what you can do about it? Here's this week's tip: **Be Stormwater Savvy.** One-third of Washington's water sources are threatened by stormwater runoff pollution. Stormwater pollution comes from many sources, including all of our driveways, parking lots and urban areas. Pick up after your pets, avoid using pesticides on your lawn and service your car regularly to avoid leaks on your driveway. Go to EarthDayNW2020.org for more details and ideas. Want to share what you do in your life to make a difference? Email 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, AT NOON*

Holy Eucharist in Thomsen Chapel

*service time changes to 5:30 p.m. September 4

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; 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, August 18, 2019 ♦ The Tenth Sunday after Pentecost

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

Preacher: The Reverend Cristi Chapman

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

Preacher: The Reverend Cristi Chapman

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

Preacher: The Reverend Cristi Chapman

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*

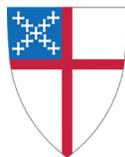
Ancient nighttime prayers, sung by the Women's Compline Choir. A Seattle tradition since 1956; broadcast live on KING 98.1 FM, and streaming online at king.org.

A Gentle Summer Reminder

We are grateful for your presence and commitment to Saint Mark's mission and ministries. All that we do here is made possible by gifts such as yours. Summertime offers us all opportunities for rest and relaxation from our normal routines, and many of us take time away. Payment of pledges drop off about this time every year, but the expenses continue, so we appreciate it very much when pledges are paid along the way. Thank you for your generosity.

Fall Inquirers' Series

TWO SATURDAYS: SEPTEMBER 28 & OCTOBER 5, 9 A.M. TO 1 P.M., *Bloedel Hall*



Come explore faith through the Episcopal lens, and discover how the Spirit may be moving uniquely in your own life.

All are welcome, whatever your experience—newcomers and longtime parishioners alike. The Inquirers' Classes lead many to receive the sacrament of Baptism or be confirmed or

received into the Episcopal Church. Interested? Contact The Rev. Cristi Chapman, cchapman@saintmarks.org.

Carriage House Reopens

Repairs and renovations of the Carriage House are completed, and it is once again available for use. The Carriage House is located behind the Leffler House, accessible by a gate to the left of Leffler's front porch. It has space for groups up to 20 people (comfortably), but up to 30 (with reconfiguration). It includes a kitchenette with refrigerator, microwave, and sink.

