



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE ELEVENTH SUNDAY AFTER PENTECOST ♦ AUGUST 25, 2019

TODAY

Front Door Ministry

TODAY, 10 A.M., *Cathedral House 210*



The new Front Door Ministry meets today at 10 a.m. in room 210 for training and continued planning. We encourage interested people to attend even if they have not signed up to serve. To reach room 210, go down one level of the stairs through the doors in the northwest corner of the nave and follow the signs. We hope to see you there!

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.)

SUNDAY FORUM

Border Report from Canon Nancy Ross

SUNDAY, SEPTEMBER 8, 10:10 A.M., *Bloedel Hall*



The situation for immigrants and refugees at our southern border is fraught and complex. As part of Saint Mark's Sanctuary Ministry, Canon Nancy Ross joined colleagues from Houston and Richmond to go to McAllen and

Brownsville, Texas, to witness first hand and meet with organizations working on the ground. Come hear what unfolded, and learn about ideas developing for how we can be part of the work.

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.

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.

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.

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

Richard Tait	Linda Evans
Tom Weaver	The Loftis family
Tabitha Gadzuk	Randy Gilchrist
Erin	Mark Litherland
SK	Michael Seewer
Charles	Lynda
Grant J	Linda
Hugh & Cindy O	Janet, Debbie and Stimmy
Patrick Monahan	Mike
Mary Sage	Michael
Rose	Sammy Mocha
Emilo, Sandra, Erickson, Itzel & Mateo	Daniel Berger
Bill Hastig	Janet
	Bernice

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

The nave altar flowers are given to the glory of God and in loving memory of Mimi Howard by her family.

THE DIOCESE OF OLYMPIA

MENTAL HEALTH TASK FORCE PRESENTS:

UPDATED: Crisis Intervention Training

TUESDAY, SEPTEMBER 10, & SATURDAY, OCTOBER 12, 10 A.M.-2 P.M., Bloedel Hall.

Cost, \$10 per person (bring a sack lunch, coffee/tea provided)

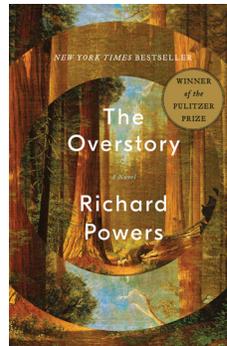
Facilitated by Renee Balodis-Cox, LMHC, MA, MS

Due to a large number of registrants, a **second (identical) training has been added on October 12**. 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 Canon Daugherty at jkdaugherty@saintmarks.org or mhtf@ecww.org.

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. *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. Contact Pearl McElheran, pmcelheran@comcast.net, with questions.

Carriage House Reopens

Have you seen the Carriage House recently? Its repairs and renovations after the recent roof damage are completed, and it is once again available for use. The Carriage House is located behind 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.



NOTICE: The funeral service for Eleanor Rich will be Saturday, September 21, at 1 p.m. in Thomsen Chapel.

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 more than 40 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.

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 in brochures in the narthex, or at saintmarks.org/music-arts/choirs/.



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 2019-2020 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.

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).



EARTH DAY NORTHWEST 2020

Creation Care Ministry

MONDAY, AUGUST 26, 6 P.M., *Leffler Living Room*
A Creation Care Ministry is developing a stronger presence here at Saint Mark's, and we are looking for ways to grow and make a difference. If you are interested in digging deeper into a Creation Care ministry at Saint Mark's and have ideas about projects and activities that would further this effort, contact Marjorie Ringness at marjorie@ringness.org. And please join us for a Creation Care Ministry meeting on Monday, August 26, at 6 p.m. in the Leffler Living Room. Please join us to help decide how St. Mark's can make a difference.

TAKE ACTION

Concerned about climate change, but not sure what you can do about it? Here's this week's tip: This back-to-school shopping season, **buy recycled and environmentally-friendly school supplies**. Buy only what you need and avoid last-minute purchases and reduce excess by making a shopping list—and sticking to it! 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 25, 2019 ♦ The Eleventh Sunday after Pentecost

HOLY EUCHARIST, 8 A.M., *Thomsen Chapel*
Preacher: The Reverend Emily Austin

HOLY EUCHARIST, 9 A.M., *Cathedral Nave*
Preacher: The Reverend Emily Austin

HOLY EUCHARIST, 11 A.M., *Cathedral Nave*
Preacher: The Reverend Emily Austin

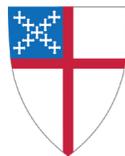
CATHEDRAL YOGA, 6 P.M., *Cathedral Nave*
A spiritual practice open to all.

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.

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.

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.