



# SUNDAYS & BEYOND

*The Saint Mark's Cathedral weekly newsletter*

THE THIRTEENTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 8, 2019



## SUNDAY FORUM

### Border Report from Canon Nancy Ross

TODAY, 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 conditions on the ground 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.

### Last Splash! School Year Kickoff Picnic for children, youth and Choir School

TODAY, SUNDAY, SEPTEMBER 8, 4-7 P.M., *Madrona Beach Park Picnic shelter, 853 Lake Washington Blvd.*

Join us for an end of summer and beginning of the school year party for the whole family! Hot dogs, hamburgers, fixings, and tableware provided by Children & Family, Youth, and Choir School Ministries. All the rest provided by you: high schoolers, bring desserts; middle schoolers, bring side dishes; preschool/elementary, bring drinks. Please bring lawn chairs, lawn games, swimsuits for splashing in the water, and blankets. Questions? Contact Kelly Moody, [kmoody@saintmarks.org](mailto:kmoody@saintmarks.org); Nicole Silvernale, [nsilvernale@saintmarks.org](mailto:nsilvernale@saintmarks.org); or Rebekah Gilmore, [rgilmore@saintmarks.org](mailto:rgilmore@saintmarks.org).



### 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.



### Holy Eucharist with Service of Light: New time and new liturgical style for Wednesday Liturgy

EVERY WEDNESDAY, 5:30 P.M., *Thomsen Chapel*



Join us in the holy space of Thomsen Chapel at 5:30 on Wednesdays for the brief and beautiful celebration of the Service of Light and Holy Eucharist using an evocative liturgy adapted from the Iona Rite. This candlelit liturgy at the close of the day provides

a space of calm, peace, and renewal to reflect upon the day that is past and gather our prayers together. You are invited to stay on if you can for dinner in Bloedel Hall immediately following at 6 p.m. and Cathedral Commons programming that follows.

### 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](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 St. James, Cathlamet, and St. Stephen, Longview; 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

Linda Evans	Janet
The Loftis family	Bernice
Randy Gilchrist	Laura Muglia
Mark Litherland	JesCynthia David
Lynda	The David Family
Linda	Cynthia Townshend-Lacock
Janet, Debbie & Stimmy	& Darrell Lacock
Mike	Jeevan Roy Komanapalli
Michael	Mary Segall
Sammy Mocha	Don & Alice Jean Lewis

### THOSE WHO HAVE DIED

Mary Helen McFadden	Bill Hastig
Hunter Tynes	Lillian Simon
Nate Loftis	Belinda Jackson
Ronald Murrish	Clarence Nolte

### THOSE WHO DIED IN AUGUST IN SEATTLE AND WERE UNSHELTERED

Bruce Dixon	Dennis Bangura
Randy Rhynalds	Randall Hammerer
David Daly-Ritchie	Heidi Brooks

### IN THANKSGIVING

For the birth of Emmett Seikchi Dubrow Peterson

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

## 20s & 30s

### Questioning Together

MONDAY, SEPTEMBER 9, 7:30 P.M., *Leffler Living Room*



Come be a part of this lively discussion over a light dinner. Our question this month is: **How and why do you pray?** To RSVP (appreciated but not required) or for questions, contact

Rachel McNary, [rachelmcnary@gmail.com](mailto:rachelmcnary@gmail.com). Looking forward to seeing you there!

### Choir School Open House

TUESDAY, SEPTEMBER 10, OR WEDNESDAY, SEPTEMBER 11 (DETAILS BELOW), *in the Choir School rooms, located in the Saint Nicholas building on the second floor*

The Choir School is now accepting new members, and we want to invite you—and anyone you know who might be interested—to our Open House. 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. All children are welcome regardless of experience or church affiliation. Come and learn what a typical rehearsal is like for these joyful singers.



**Junior Choristers** (5-year-olds and early elementary):  
Tuesday, September 10, 4:45 p.m.  
or Wednesday, September 11, 3:30 p.m.

**Senior Choristers** (intermediate elementary/middle school): Wednesday, September 11, 4:30 p.m.

**Cathedral Schola** (high school and changed-voice boys):  
Wednesday, September 11, 7:30 p.m.

Please contact Choir School Registrar Madeleine Stephens at [mstephens@saintmarks.org](mailto:mstephens@saintmarks.org) with questions.

### UPDATED: Crisis Intervention Training

TUESDAY, SEPTEMBER 10, OR 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](http://ecww-crisis-intervention.eventbrite.com). For more information, contact Canon Daugherty at [jkdaugherty@saintmarks.org](mailto:jkdaugherty@saintmarks.org) or [mhtf@ecww.org](mailto:mhtf@ecww.org).

## Saint Mark's Ministry Fair

NEXT SUNDAY, SEPTEMBER 15, STARTING AT 8:30 A.M. AND CONTINUING AFTER MORNING SERVICES, *Bloedel Hall*

On Ministry Fair Day, enjoy the procession of ministry signs representing the myriad ways this community serves together. (Ministry leaders: be sure to pick up your sign in the narthex or designate someone from your ministry to do so for both the 9 and 11 a.m. services next week to join in the procession.) And then, everyone come down to Bloedel Hall after the liturgies to explore the array of ministries here at Saint Mark's and meet the volunteers who make them happen. With tables full of posters and pictures and literature and hand-outs and great snacks—as well as friendly faces ready to talk with you—you may find an area that interests you. It's a chance to ask questions and engage with this active community in a festive and informative setting.



## Liturgical Ministers Training

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



Saint Mark's will offer workshops for those interested or already participating in liturgical ministries: acolytes, vergers, choirs, altar guild, Eucharistic ministers (chalice bearers), greeters, readers/intercessors, and ushers at any of the Sunday Eucharists. Come explore a new ministry or come be refreshed in a ministry you are already doing. Features a plenary led by Dean Thomason, as well as breakout sessions with the individual ministries. To sign up please

contact Michael Seewer at [mseewer@saintmarks.org](mailto:mseewer@saintmarks.org). We encourage all liturgical ministers to attend a training at least once every few years. Please let us know which ministry you are interested in; this will impact which portions of the training you need to attend.

## SUNDAY FORUM

### Meet the Seattle Service Corps

SUNDAY, SEPTEMBER 22, 10:10 A.M., *Bloedel Hall*

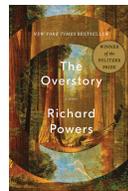
Come meet and hear from our new Seattle Service Corps members as they share their hopes, goals and stories. Show your support and bring your questions and insights for the newest cohort of Service Corps members!



### Welcome the new Seattle Service Corps with an Old-Fashioned Pounding, Potluck, and House Blessing

SUNDAY, SEPTEMBER 22, POTLUCK: 12:30-2 P.M., WITH HOUSE BLESSING AT 1 P.M., *Leffler Living Room*  
What's a "pounding," you ask? From a rich tradition of southern hospitality, an "old-fashioned pounding" is a chance to gift a "pound" of a staple to welcome new neighbors. You are invited to bring a dish to share, potluck style, and/or a "pound" (whatever quantity works for you) of a staple—coffee, olive oil, sugar, flour, even toilet paper, paper towels, soap, and shampoo would be gratefully received. Meet the new SSC members as they practice shared hospitality. Join them for a house blessing in their residence at 1 p.m. Suggestions? Potluck sign-up? Contact Service Corps Director Adam Conley at [aconley@saintmarks.org](mailto:aconley@saintmarks.org).

### RESCHEDULED: Cathedral Book Group



SUNDAY, SEPTEMBER 22, 12:30 P.M.,

*Cathedral House Room 209*

Saint Mark's Book Group will discuss the recent Pulitzer Prize-winning novel *The Overstory* by Richard Powers. Questions: Pearl McElheran, [pmcelheran@comcast.net](mailto:pmcelheran@comcast.net).

### 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. Saint Mark's Singers does not require an audition, but a meeting with the Canon for Cathedral Music is required. Please contact Rebekah Gilmore ([rgilmore@saintmarks.org](mailto:rgilmore@saintmarks.org)) for more information or to schedule an audition.

## CREATION CARE MINISTRY & EARTH DAY NORTHWEST 2020

Concerned about climate change but not sure what to do? Here's this week's tip: **Carpooling is a great and easy way to lessen your impact.** Ride to work with coworkers or organize a carpool for your child's sports team. Carpool to church with other members from your part of town. According to RideShare, traffic on the nation's roads could be reduced as much as 20% if everyone carpooled once a week. Go to

[EarthDayNW2020.org](http://EarthDayNW2020.org) for more details and ideas and take the pledge to take action and empower change for a sustainable community, region, and planet. If you are interested in being more involved in the Creation Care Ministry at Saint Mark's, contact Marjorie Ringness at [Marjorie@Ringness.org](mailto:Marjorie@Ringness.org). 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  
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, 5:30 P.M. *(note new time)*

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

*Sunday, September 8, 2019 ♦ The Thirteenth 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

SUNDAY FORUM, 10:10 A.M. *Bloedel Hall*

Canon Nancy Ross discusses her recent experiences on the U.S.-Mexico Border.

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*

A candlelit service with meditative music and time for silent reflection.

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).

**Calling all Saint Mark's authors!**

With the recent renovations to Leffler House, we'd like to establish a "Saint Mark's Authors Collection" containing one or two signed copies of parishioners' publications in a special bookcase in Leffler Living Room. It will be like a lending library, where folks might peruse, borrow and return the books for others to enjoy, so that we might celebrate your accomplishments as a community. If you have published a book (or other print document), please consider bringing a copy or two to the Dean's office, and we will catalog them and place them in Leffler. Let the community celebrate with you!



**Join the Saint Mark's Quilt Ministry**

The Saint Mark's Quilt Ministry welcomes new members. You don't have to be an expert quilter—some sewing skill is all it takes. We will be happy to teach you the basics, and we have sewing machines you can borrow. Stop by our table on September 15 at the Ministry Fair or join us on the third Saturday of most months, share a light lunch, and have a great time while we make comfort quilts for members in times of stress or celebration, and quilts to support many of Saint Mark's ministries.

**CATHEDRAL STAFF AND LEADERSHIP**

Adam Conley, *Seattle Service Corps Director* . . . . . [aconley@saintmarks.org](mailto:aconley@saintmarks.org)  
Cristi Chapman, *Canon for Spiritual Growth & Stewardship* [cchapman@saintmarks.org](mailto:cchapman@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; 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