



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE NINETEENTH SUNDAY AFTER PENTECOST ♦ OCTOBER 20, 2019

SUNDAY FORUM

Money & Spirituality

TODAY, OCTOBER 20, 10:10-10:55 A.M., *Bloedel Hall*

Why is it so hard to talk about money?

What does our understanding of

money say about our understanding of God? How does our understanding of God impact our understanding of money? Join Robert Stevens and The Rev. Canon Cristi Chapman as they talk about the connection between money and spirituality and lead us through a reflection on role of money and theology in our lives.

ALL IN

ANNUAL GIVING FOR 2020

All-Parish Strategic Visioning Forum

WEDNESDAY, OCT. 23, 6:45-8 P.M., *Bloedel Hall*
(Community dinner beforehand at 6 p.m., \$7)

OR SUNDAY, OCT. 27, 10:10-10:55 A.M., *Bloedel Hall*

The current Saint Mark's Strategic Plan is now almost three years old and is in need of an update. This plan plays an important role in defining the future strategy and direction of our church and you are invited to participate! Please plan to attend one of the parish forums. Whether you are a long-time parishioner, just started attending recently, or anything in between, your feedback and suggestions are welcome. Please contact Strategic Planning Committee chairs, Lynne Markova (lsmarkova@comcast.net) or Julia Logan (jmciverlogan@me.com) if you have any questions.

Volunteers needed for Diocesan Convention

FRIDAY, NOVEMBER 8, *Lynnwood Convention Center*

The annual diocesan convention would not be possible without our wonderful volunteers! Please consider joining the Diocesan Convention Registration Team. Volunteers are needed for morning and afternoon shifts (8:30 a.m.-noon or 11:30 a.m.-3:00 p.m.). An orientation will be conducted at the beginning of each shift, and volunteers will be joined by Diocesan staff. If you are interested in helping this year, please contact Matt Koski, Diocesan Resource Coordinator, at mkoski@ecww.org, and indicate which shift you are available for.

Liturgical Living:

Learning to Dance with God in Every Place

FRIDAY EVENING, NOVEMBER 1, 6-8 P.M., *Bloedel Hall*; AND SATURDAY, NOVEMBER 2, 9 A.M.-2 P.M., *Skinner Auditorium*. Program is free but registration is required. Community dinner provided at 6 p.m. Friday. Lunch and snacks provided Saturday. Children are welcome to participate on Friday evening, and childcare will be available by request both days.

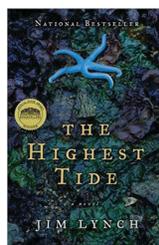
How do we live authentically day by day, minute by minute? How do we discover and celebrate the divine presence in our everyday lives? Gertrud Mueller Nelson is one of the great applied theologians of our time, offering wisdom and tangible ways to shape our lives by the images, stories and rituals that enable

us to mark time in life-giving ways. Her seminal work has shaped generations by inviting us to move from unconscious living into the rhythms of meaningful existence. Join us as Gertrud Mueller Nelson shares her understanding of how we might "dance with God" in our simple daily cycles, in the cycles of the seasons, and in the sacred celebration that is our very life, from birth to our final transition to eternity. Learn more and register at www.saintmarks.org/DanceWithGod.



Cathedral Book Discussion Group

SUNDAY, NOVEMBER 10, 12:30-2 P.M., *Cathedral House room 209*



Join the Book Discussion on Sunday, November 10 to discuss *The Highest Tide* by acclaimed local author Jim Lynch. This is a spellbinding novel about a young boy's fascination with the wonders of the seashore during a summer that will change his life. One moonlit night, 13-year-old Miles O'Malley slips out of

his house, packs up his kayak, and goes exploring on the flats of Puget Sound. But what begins as an ordinary hunt for starfish, snails, and clams is soon transformed by an astonishing sight: a beached giant squid. As the first person to ever see a giant squid alive, the speed-reading, Rachel Carson-obsessed insomniac instantly becomes a local curiosity. This book is suitable for young readers—youth and families are welcome.

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 Chaplains on the Harbor, Westport, and St. Christopher, Olympia; the clergy, staff, and vestry of Saint Mark's Cathedral; and all the ministries of the cathedral, especially Compline and Faith Action Network (FAN).

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 Bayne	Larry Warren
Rose Osborne	Julie Speidel
Jan and Judy Kyle	Derek and Amy
Damianus Aditya & Rosario	Kate O'Brien
Josephine	V'Ella Warren
John Patrick Burke	Those who struggle with the burden of debt
Taylor Notaro	Those who bear the impact of climate change
Linda Donato	Bishop Vincent Warner
Bishop Marc Andrus	Andy
Jo Ann Haines	Kathy Minsch
Jerry Wells	
Nico Littleton	

THOSE WHO HAVE DIED

Kathie Moen	Chelsea Dupuis
Frances Hatzis	Jerry Wells
Monte Pittz	Don Hofstrand
George Haynes	

IN THANKSGIVING

For Saint Mark's Creation Care ministry, providing hospitality after morning services

The nave altar flowers are given to the glory of God and in loving memory of Roberta Brumbaugh by Vicki Glover, and in loving memory of Bill Hastig. The chapel altar flowers are given to the glory of God and in loving memory of Nancy McLauchlan.

Funeral Announcements

This season we celebrate the life of several community members who have died:

- ◆ **Nancy McLauchlan** October 20, 2 p.m. in the chapel.
- ◆ **Kathie Moen**, October 27 at 2 p.m. in the nave.
- ◆ **Hunter Tynes**, November 10 at 2 p.m. in the nave.
- ◆ **George Haynes**, November 16 at 1 p.m. in the nave.

Women In Song: Latvian Voices, Māgi Ensemble, and Inglemoor High School

TODAY, OCTOBER 20, 3:00 P.M., Nordstrom Recital Hall stage at Benaroya Hall



Saint Mark's Artist-in-Residence The Māgi Ensemble are thrilled to share the Illsley Ball Nordstrom Recital Hall stage at Benaroya Hall with **Latvian Voices**, an outstanding professional a cappella women's ensemble from Latvia. Inglemoor High School's Chamber

Choir Women will join us as we celebrate women in music. Pre-concert lecture with Laura Jēkabsons and Guntis Šmidchens at 2 p.m. Tickets available at <https://www.seattlesymphony.org/concerttickets/calendar/2019-2020/benaroyahall/women-in-song>.

Compline Choir presents a world premiere

SUNDAY, OCTOBER 27, AT THE COMPLINE SERVICE

At next Sunday's service, the Compline Choir is thrilled to present a new work commissioned especially for the choir from composer Alice Parker (b. 1925). Parker is a towering figure in American music, best known for her masterful arrangements of spirituals and folk songs, but whose original compositions have a unique voice entirely her own. "Love One Another" for men's voices *a cappella*, is a haunting work written to a text by Parker herself, which resonates deeply with the ethos of the Compline Choir and the service of compline at Saint Mark's. Catch the premiere in person in the nave, live on KING-FM, or afterwards on the podcast.



CATHEDRAL COMMONS

Homelessness and Affordable Housing by the Numbers: A Conversation with Rogers Weed

WEDNESDAY, OCTOBER 30, 6:45-8:15 P.M., Bloedel Hall. Optional community dinner at 6 p.m., \$7.



Join Rogers Weed as he discusses the latest data highlighting the crisis in affordable housing and its impact on homelessness in King County. Rogers will share the latest results and trends from McKinsey and Company (known as "The McKinsey Report"). McKinsey uses data from a variety of governmental and NGO sources to look at possible causes of the region's housing crunch. This is the first major update to the report since it was first published in 2017. From 2009 until 2013, Rogers served in Governor Chris Gregoire's cabinet as Director of the Department of Commerce for Washington State, and he now chairs the board of Building Changes a nonprofit which works on preventing and ending homelessness in Washington State.

CATHEDRAL COMMONS

Sanctuary at Saint Mark's welcomes:

Casa Latina Mujeres Sin Fronteras

WEDNESDAY, NOVEMBER 6, 6:45-8:15 P.M., *Bloedel Hall*. Optional community dinner at 6 p.m., \$7.

The mighty *Mujeres Sin Fronteras* (Women Without Borders) group from Casa Latina comes to Saint Mark's for Cathedral Commons to share their inspiring personal stories with us and their work and successes in rights and safety for domestic workers. Saint Mark's is so grateful to be in relationship with Casa Latina, and to hear first-hand how our Latinx neighbors are making a difference in the community in the midst of these fraught times. We make a difference when we know each other face to face!



A Fierce and Tender Wisdom: Reclaiming the Feminine across Spiritual Traditions

An Evening with Mirabai Starr & Ann Holmes Redding

TUESDAY, NOVEMBER 12, 7 P.M., *Meydenbauer Center, Bellevue, WA*. Tickets: \$25. Scholarships available.

Mirabai Starr joins with Christian-Muslim guide and former Saint Mark's Cathedral staff member Ann Holmes Redding to explore and model cooperative feminine leadership in these turbulent times. Register now at <http://bit.ly/mirabai9> or call 425-455-1565.

Open house at Federal Way Sikh Center

SUNDAY, NOVEMBER 17, 4 P.M., *Khalsa Gurmat Center, 2835 South 344th St., Federal Way*

On November 17, the Khalsa Gurmat School and Sikh Community Center will host an interfaith open house in celebration of the 550th anniversary of the founder of the Sikh faith, Guru Nanak. They reached out to invite the Saint Mark's community to attend "to learn about the Sikh community and create some shared experiences so that we can stand together in solidarity." Learn more at www.khalsagurmatcenter.org. Contact gbloch@saintmarks.org if you are interested in carpooling to and from the cathedral.



SUNDAY FORUM

Mideast Focus presents: a refugee's story through the lens of a local Seattle filmmaker

SUNDAY, NOVEMBER 17, 10:10 A.M., *Bloedel Hall*



The Mideast Focus Ministry invites you to see a short, award winning, film titled *This Being Human*. In 2003 when the war in Iraq began, Hameed was seven years old. This film is about a young boy's struggle to escape a war-ravaged home and how it brought him to Seattle. Hameed Makttoof, the subject of the film, and the filmmaker,

Aimie Vallat, will join us to discuss the film and address questions you might have.



ALL IN

ANNUAL GIVING FOR 2020

How is God present in all creation? How are you present to God within yourself? The theme for this year's annual appeal, **All In**, is both an invitation and a challenge to all of us to become living images of God's generosity and love, giving of our substance with joyful hearts. You can make your financial commitment using paper pledge forms or online at saintmarks.org/stewardship. On Sunday, November 10, we will gather and bless financial commitments for 2020. The names of everyone who has submitted a pledge on or before November 10 will be published on November 24. If you have questions, please contact Erik Donner at 206.323.0300, x217 or edonner@saintmarks.org.

Don't miss the short video stewardship messages, available now at saintmarks.org/stewardship.



CREATION CARE MINISTRY

The National Religious Coalition on Creation Care's Religious Declaration of Unprecedented Human Emergency, signed by Bishop Rickel, states "As people of faith, we believe that our planet—which nurtures and sustains life—is a gift, and that we have a responsibility to cultivate a world in which all beings can thrive, physically and spiritually." Our newly revived Creation Care Ministry is looking at how climate change affects all ministries here at Saint Mark's, and considering ways to reduce our carbon footprint as individuals and as a congregation. Contact Marjorie Ringness at marjorie@ringness.org to learn more.

Concerned about climate change, but not sure what you can do about it? Here's a tip from Earth Day Northwest: Fall is here and winter is on the way! **Seal cracks, gaps, and leaks, and add insulation** to save up to 10% on home heating and cooling costs. Use inexpensive weather-stripping and door sweeps to reduce air leaks around entry doors. For a no-cost fix, roll up a bath towel and hold it against the bottom of the door with a weight. Save energy—and money! Go to <https://earthdaynw2020.org/take-action> for more ways you can make a difference. 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, 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. 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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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, 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, October 20, 2019 ♦ The Nineteenth Sunday after Pentecost

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

Preacher: The Rev. Canon Nancy Ross, Canon for Cathedral Relations

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

Preacher: The Rev. Canon Nancy Ross, Canon for Cathedral Relations

SUNDAY FORMATION, 10:10 A.M., *Bloedel Hall:* **Sunday Forum: Money & Spirituality** with The Rev. Canon Cristi Chapman and Robert Stevens.

St. Nicholas Building: Godly Play (for ages 3-8); Jesus and his Kingdom of Equals (ages 9-11). *Youth Room:* Donuts & Discussion (junior high/high school).

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

Preacher: The Rev. Canon Nancy Ross, Canon for Cathedral Relations

FUNERAL, 2 P.M., *Thomsen Chapel*. Funeral liturgy for Nancy McLaughlan

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.



Cathedral Conversations: A Podcast about Saint Mark's Community Members

A new episode has just been released, featuring **The Rev. Canon Cristi Chapman** in conversation with Michael Perera. Find it where ever you normally listen to podcasts. Contact Greg Bloch, gbloch@saintmarks.org, with questions or to suggest future guests.

Nominations period is now open

Information about becoming a candidate for the Vestry or as Delegate to the Diocesan Convention will be available after morning services at the back of the Nave on Sunday October 6, 13, 20, & 27. A member of the Nominations Committee will be there to answer your questions and accept nominations for these important posts. For more information, please contact Lynne Markova at lsmarkova@comcast.net

