



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FIRST SUNDAY OF ADVENT ♦ DECEMBER 1, 2019

SUNDAY FORUM

The Wonder in the Waiting—An Advent Forum

TODAY, DECEMBER 1, 10:10 A.M., *Bloedel Hall, with Canons Cristi Chapman and Nancy Ross*

On this first Sunday of Advent, come together to explore the sacredness of “waiting” in our lives—the holy, sacred, fertile times, as well as the tense and difficult times. Four beloved parishioners will share their personal experiences of “the waiting.” And we will also share with each other how we find ourselves waiting—and what we find in the waiting—as we again breathe into this season of expectation for the Christ who has already come and continues to come into our lives.

Newcomer's Coffee with Clergy

TODAY, DECEMBER 1, AFTER MORNING SERVICES, *Leffler Living Room*



Every month we host a conversation with newcomers after the 9 a.m. and 11 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 gather near the baptismal font

after each service. (Look for the person holding a sign.)

Questions? Please contact Deacon Earl, newcomers@saintmarks.org or 206.518.2833.

Christmas Memorials & Thanksgivings

Help underwrite the beautiful flowers and music of the season by making a special contribution in honor or memory of someone. You can make your gift online at saintmarks.org/give, or fill out the form inserted in your bulletin today and make your gift by check. Return the form with your check in the offering plate, to the cathedral office, or by mail (instructions may be found on the form.) Contributions received by December 15 will be acknowledged in the bulletins on Christmas Eve and Christmas Day.



Alternative Giving and Gift Blessing Celebration

SUNDAY, DECEMBER 15, 10 A.M., *Cathedral Nave*

On the third Sunday of Advent, we will explore and celebrate three ways of rethinking holiday gift-giving:

📦 Wool-blend Sock Drive for Noel House

Youth, Children, & Family Ministries is collecting 30 pairs of new winter socks for the women of Noel house during the alternative giving celebration on December 15. You are invited to participate by bringing new wool-blend socks and placing them in front of the altar with other gifts for a blessing (or, if you can't be at church on the 15th, drop them off at the cathedral office no later than Friday, December 13).



📦 Advent Giving Tree—

Buy a Christmas Gift for a Child

The Saint Mark's Giving Tree in the nave is trimmed with tags for you to take and purchase Christmas gifts for children from Casa Latina, Mary's Place, and Lowell School! Please take a tag or two this Sunday and next (December 1 and 8). Then on Sunday, December 15, bring your wrapped and tagged gifts (as instructed on the tag you take) to church and place them in front of the altar for the blessing (or, if you can't be at church on Sunday, drop them off at the cathedral office no later than Friday, December 13). Join in this joyful Advent practice and opportunity to share the blessings of the season. Questions? Email Canon Nancy Ross at nross@saintmarks.org.

📦 Alternative Gifts Available on December 15

Give a gift in someone's honor, and make a difference in our community! On Sunday, December 15, you can donate to the Threshold Fund or Noel House, supporting services for people who are homeless; or to Episcopal Relief & Development, The Refugee Resettlement Office of the Diocese of Olympia, or the Northwest Community Bail Fund. You will receive a lovely card to slip into your Christmas cards showing that you have made the donation in the recipient's honor—an alternative gift from the heart for those on your Christmas list.

TONIGHT!

“O” ANTIPHONS SERVICE

Advent procession with lessons & carols

**SUNDAY, DECEMBER 1
7 P.M.**

a cathedral tradition since 1986



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 St. Paul, Mount Vernon, and La Iglesia Episcopal de la Resurrección, Mount Vernon; the clergy, staff, and vestry of Saint Mark's Cathedral; and all the ministries of the cathedral, especially Sunday Morning Forums and the Interfaith Dialogue Group.

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

Travis's children and family	Nancy Cleminshaw
Becky Novelli	Andy and his children
Jonie Pritchard	Julia
Jennifer Graichen	Marilynn McGlashan
Deb	Marianne Snow
Matthew Briggs	Patricia de la Fuente
Patricia Burke	Bobbie Lord
John Patrick Burke	Lynne Markova
Moses Ayorinde Adebimpe	Virginia Lenker
Matthew Briggs	

THOSE WHO HAVE DIED

Travis	Teresa Marie Cook
Joe Antoncich	Ken Donner
Becky Dunn	Louie Crew
Marilynn McGlashan	Tom Jones
Marjorie Ridders	

IN THANKSGIVING

For the Saint Mark's Quilters Ministry, providing hospitality after morning services.

Th nave altar flowers are given in honor of Lily Stickel and Dale Stickel by Sheila Stickel.

20s & 30s Questioning Together

MONDAY, DECEMBER 2, 7:30 P.M., *Leffler Living Room*



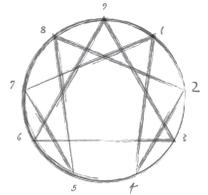
Come join our lively discussion over a light dinner with this supportive and curious group. Our question for December will be: **Where do you turn when your faith is challenged?** RSVP (appreciated but not required) to Rachel McNary, rachel.mcnary@gmail.com.

CATHEDRAL COMMONS

Enneagram 101: A Primer and Refresher, with Dean Steve Thomason

WEDNESDAY, DECEMBER 4, 6:45-8:15 P.M., *Bloedel Hall*. Come early for Holy Eucharist with Service of Light at 5:30 p.m. in Thomsen Chapel, and/or optional Community Dinner at 6 p.m., \$7.

The Enneagram is a holistic personality-typing system composed of nine distinct types, each of which serves as a lens through which a person views the world and approaches human interactions and development. This session is for people who are new to the Enneagram or who would like a refresher. While no prior experience with the Enneagram is necessary, participants are encouraged to know their type before the class. Learn more at: enneagraminstitute.com or purchase *The Essential Enneagram* by David Daniels and Virginia Price.



This forum provides a useful (but not required) prelude to the much more in-depth two-day enneagram workshop, January 10 & 11, with guest teacher Sarah Walston. **Register for that event now** at saintmarks.org/subtypes.

SATURDAY, DECEMBER 7

AN ADVENT QUIET MORNING

**9 A.M.-12:30 P.M., at St. Andrew's, Green Lake
111 NE 80th St., Seattle**

A morning of silence, prayer & reflection, co-sponsored by Saint Mark's.
RSVP to: cchapman@saintmarks.org

SAINT MARK'S ARTISTS-IN-RESIDENCE

Seattle Choral Company presents:

O Yule Full of Gladness: Christmas in Scandinavia

SATURDAY, DECEMBER 7, 8 P.M., *Cathedral Nave*



**SEATTLE
CHORAL
COMPANY**

Join the Seattle Choral Company for their 12th annual Cathedral Christmas offering, this year titled *O Yule Full of Gladness:*

Christmas in Scandinavia. The music, from across Scandinavia, blends cheer and melancholy into a unique sound. In their wish for light and warmth, Scandinavians really know how to brighten the darkest time of year! Tickets and information: www.seattlechoralcompany.org.

Mother Sperry's Plum Pudding

If your Christmas tradition was to buy Mother Sperry's Plum Pudding from the Cathedral Shop (now closed), Winnie Sperry wants you to know you can still get her pudding! Call her at 206.329.8631, or go to mothersperrysplumpudding.com.



Never Again Is Now: China's Uyghur Muslim Community

SUNDAY, DECEMBER 8, 5-7:30 P.M., *Bloedel Hall*



Once again, the world is seeing religious minorities being demonized, rounded up, and targeted for genocide. This is what Uyghur Muslims are experiencing today in the Xinjiang Uyghur Autonomous Region of China (also known as Eastern Turkestan). Come

for a heartfelt presentation by Dilnur Qurban and other Uyghur guests, as well as anthropologist Darren Byler (University of Washington) to learn more about this crisis and what we can do as individuals and as a community. Contact Mary Segall, mesegall@icloud.com, or Brett Bowton-Meade, brett.bowton-meade@sunriseid.com, for more details.

Israel Today: How Did We Get Here? Where Are We Going?

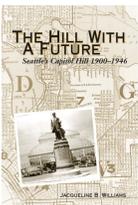
SUNDAY, DECEMBER 8, 7:00 P.M., at *Temple de Hirsch Sinai, 1441 16th Ave., Seattle*

This past September, Israelis went to the polls in their second national election of 2019. And while the election results were inconclusive, the election itself tested the boundaries of Israel's democratic norms. Just as the current U.S. administration has demonized immigrants and people of color here at home to shore up its right-wing base, the Israeli right used the same playbook to demonize Israel's Arab citizens. This election, the very right of Israel's Arab minority citizens to vote—and participate in the democratic process—was under threat. But there are patriotic Israelis who struggle tirelessly on behalf of democracy and equality. Together, Rabbi Daniel Weiner and Dr. David Myers will explore this political moment, how we got here, and the forces in place to build a shared future for Jews and Arabs in a just Israel.



The Hill with a Future Launch Party

SUNDAY, DECEMBER 8, 5 P.M., at *Vermillion, 1508 11th Avenue, Seattle*



The board of Capitol Hill Historical Society has extended a special invitation to the Saint Mark's community to celebrate the release of *The Hill with a Future: Seattle's Capitol Hill 1900-1946*, the only book solely dedicated to the history of Capitol Hill. Learn more and RSVP at: hillwithafuture.eventbrite.com.

THE PAGEANT OF THE NATIVITY

Holy Scripture, multiple choirs, and cathedral finery—a grand retelling of the Nativity story for all ages.

TUESDAY, DECEMBER 17,
7 P.M.



CREATION CARE MINISTRY

NEXT MEETING: THURSDAY, DECEMBER 5,
6 P.M., *Cathedral House room 210*

Saint Mark's is considering how it can reduce its carbon footprint, both as an institution and as a community. Take a first step personally and **estimate your own carbon footprint** at <https://werenew.net/kingcountywa>.

Here's a tip for this season of plentiful food and celebrations: **reduce your use of single-use plastics by storing leftovers in reusable containers with lids**. Avoid using zip-lock plastic bags and plastic wrap. Go to www.earthdaynw2020.org for more ideas and to pledge to make a difference in your own small way.

CATHEDRAL COMMONS

Prepare the Way! Practicing the Way of Advent, Including Christmas Gift Making for Seafarers

WEDNESDAY, DECEMBER 11, 6:45-8:15 P.M., *Bloedel Hall*. Come early for Holy Eucharist with Service of Light at 5:30 p.m. in *Thomsen Chapel*, and/or optional Community Dinner at 6 p.m., \$7.

Advent is about waiting. It is also about preparing. But what are we preparing for and why? What do our sacred companions in scripture tell us about what it means to get ready? Join us as we explore these questions through scripture and then practice getting something important ready. That something will include preparing Christmas gifts that will be given out to merchant seafarers during the Christmas season. How might our preparation also be an act of incarnation? Bring hearts and hands to this Advent preparation!



THE RADIX PROJECT

small groups / deep roots

Small group ministry is coming to Saint Mark's in January! Starting the week of January 8, groups of 8-10 people will meet weekly for seven weeks (through Feb. 23). Sessions will include time for shared stories, scripture, reflection, and prayer. The Radix Project is about knowing one another and knowing ourselves, just as we are known by God. There is no task to be accomplished, only the invitation to be with each other and with God. To be a part of a Radix group, please RSVP by Sunday, December 15, using the postcard postcard you received in the mail last week. Drop the postcard in the offering plate or at the office, mail it in, or contact Dean Thomason (sthomason@saintmarks.org). Extra postcards are also available at the back of the nave. Consider being a part of this transformative ministry.



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 spiritual journey,
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.

SUNDAYS & BEYOND

Sundays & Beyond is a weekly publication of cathedral news and events, 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 Conversations is a podcast about members of the community of Saint Mark's. Subscribe wherever you get your podcasts, or listen at saintmarks.org/podcast



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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, Carrie Davis, Andrew Himes, Roberta Kanive, Rosemarie LeMoine, Kari Nasby, 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, December 1, 2019 ♦ The First Sunday of Advent

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 FORMATION, 10:10 A.M., *St. Nicholas Building:* Godly Play (ages 3–8); Jesus and His Kingdom of Equals (ages 9–11). *Youth Room:* Donuts & Discussion (junior high/high school). *Bloedel Hall Sunday Forum: The Wonder in the Waiting—An Advent Forum*, see p. 1.

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

Preacher: The Very Rev. Steven L. Thomason, Dean and Rector

CATHEDRAL YOGA, 6 P.M., *Skinner Auditorium (note new location)*

A spiritual practice open to all. Relocated for today only.

THE "O" ANTIPHONS LITURGY, 7 P.M., *Cathedral Nave*

Join the Cathedral Choir, the Compline Choir, and the Senior Choristers for this beloved liturgy of scripture, prayer, incense, music, and pageantry celebrating the beginning of Advent. A Saint Mark's tradition since 1986.

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.

A New Look from the Ambo

You may notice something slightly different on the altar platform this Sunday—the ambo (our combination lectern/pulpit) has been renovated and repainted. A warmer brown shade was selected by the cathedral's Design Committee to create visual unity between the west wall, the historic wainscotting in the nave, and the mighty Flentrop. Other elements of the altar furnishings have been painted to match. The work of sanding, repairing, priming, and painting was all done by new Facilities Associate (and cathedral videographer) Chris Brown. Huge thanks to all involved!



Strategic Planning Survey—Last Chance

The online Strategic Planning survey must close Monday, December 2. Visit surveymonkey.com/r/SaintMarksStrategicPlanning to make your voice heard.

NEW PODCAST EPISODE

Adam Conley: Directing the Service Corps

In the latest episode of *Cathedral Conversations*, Adam Conley tells us about how he got started in the Episcopal Church, his journeys through England and Saint Paul's in Seattle, and how being the director of the Seattle Service Corps is a kind of homecoming for him.