



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE LAST SUNDAY AFTER THE EPIPHANY ♦ FEBRUARY 23, 2020

SUNDAY FORUM

Celebrating the Radix Project

TODAY, FEBRUARY 23, 10:10 A.M., *Bloedel Hall*



All who participated in *The Radix Project: Small Groups/Deep Roots*—and anyone who didn't participate but is curious to know what it was like—are invited to reflect on the experience together with Dean Steve Thomason and Kelly Moody.

Join us for an interactive discussion and an opportunity to provide written feedback, which will shape the vision for small group study at Saint Mark's going forward, concluding with a blessing of each group's good work.

Spirited Women:

Gathering Together to Pray Together

TODAY, FEBRUARY 23, 12:45 P.M., *Leffler Living Room*

Spirited Women gathers occasionally throughout the year to talk about practices that help develop and nurture a healthy spirituality. Today's discussion will address Lenten disciplines. We will explore the practice of praying with Anglican prayer beads, and then we will make sets to use this coming Lent. A light lunch will be served. Contact Canon Cristi Chapman (cchapman@saintmarks.org) or Mary Segall (mesegall@yahoo.com) with questions.



Mideast Focus Film Series Launch and Opening Reception: *Tel Aviv on Fire*

FRIDAY, FEBRUARY 28. RECEPTION, 6:15 P.M.; PROGRAM, 7 P.M., *Bloedel Hall*



Join Saint Mark's Mideast Focus Ministry for the first offering in its 2020 Film Series. A catered reception will precede the film screening. *Tel Aviv on Fire* is a comedy highlighting the awful absurdity of the Occupation, and proving that it's possible to find humor in the midst of cultural conflict. Through the story of a dialogue coach working on a Palestinian soap opera, it shows that ordinary life is impossible to disentangle from political trauma. The film won the Best Film and Best Screenplay awards at the Haifa International Film Festival 2019. Additional events in the series will be offered on March 27, April 24, and May 15. For details, please pick up a postcard from the brochure rack in the narthex, or visit saintmarks.org/mideast.

Mardi Gras/Shrove Tuesday at Saint Mark's: Pancakes, Dessert Dash, and Closing of the Doors

TUESDAY, FEBRUARY 25, 5:30 P.M., *Cathedral Nave*

The annual Mardi Gras Pancake Supper with Dessert Dash and Closing of the Doors Liturgy takes place February 25, organized by Saint Mark's Children, Youth, and Families Ministries in partnership with the Seattle Service Corps. Gather in the nave for a festive meal including pancakes, jam-balaya, and more. The meal concludes with the Dessert Dash, a fundraiser for the Service Corps and Saint Mark's youth programming. When the meal is finished, around 7 p.m., a brief but powerful liturgy of the Closing of the Doors will prepare the worship space for the beginning of Lent the next day, Ash Wednesday. RSVP (highly appreciated to help meal planning, but not required) to Nicole Silvernale: nsilvernale@saintmarks.org.



ASH WEDNESDAY AT SAINT MARK'S

WEDNESDAY, FEBRUARY 26

7 A.M. in *Thomsen Chapel*

NOON in the *cathedral nave*

7 P.M. in the *cathedral nave*

The Holy Eucharist
with Imposition of Ashes

See the complete liturgical schedule for Lent,
Holy Week, and Easter at: saintmarks.org/lent



Newcomer's Coffee with Clergy

NEXT SUNDAY, MARCH 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.

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. Peter, International District (Seattle), and Trinity Parish, Seattle; the clergy, staff, and vestry of Saint Mark's Cathedral; and all the ministries of the cathedral, especially the Acolyte Ministry.

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

Betsy Grabinski	Norman Robert Hunter
Stephen Drane	Jacqueline Hunter
Mike Murray	Jeanne Morda
Breedlove family	Tad
Estelle Thompson	Desmond
Linda Rosch	Kip Lange
David Moen	Maria Do
Linda Hunter	Ginger Minugh
☪ Donn Rosenaur	

THOSE WHO HAVE DIED

Mary Jo Andrews	Bud Elliott
Lucile van Wesep-Wolthuis	Larry Anderson
Thomas R. Conger	Arthur Lisch
Rev. John Bell	Virginia (Jinny) Bloedel
Jo Ellen Breedlove	Wright
James Hayes	Rylee Marks
Douglas Mayhew	Bob Jackson
Christi Jackson	

IN THANKSGIVING

For the Children, Youth, & Family Ministries, who are providing hospitality after morning services

The nave altar flowers are given to the glory of God and in loving memory of Donna Quigley by Alan Quigley.

SUNDAY FORUM

Neighbors Helping Neighbors: Learning about UCEF

SUNDAY, MARCH 1, 10:10 A.M., Bloedel Hall



Saint Mark's provides funds and referrals to the United Churches Emergency Fund (UCEF) to help those who are seeking assistance to cover rent or utility bills. Its focus is to provide eviction protection to keep families and individuals from becoming homeless and to provide assistance to homeless families and individuals moving into housing. Come learn about UCEF's structured vetting and record-keeping process and how they combine funds from different sources to help renters stay in their homes. After the end of the forum, attendees will put together snack packs for UCEF clients. (If you would like to help provide contents for the packs, send a note to brett.bowton-meade@sunriseid.com for guidance about what items are needed.)

CHORAL EVENSONG

ON THE FIRST SUNDAY IN LENT

SUNDAY, MARCH 1, 4:30 P.M.



Saint Mark's Evensong Choir will again offer this service of evening prayer and praise from a position among the congregation on the nave floor. The choir will sing a contemplative setting of the *Magnificat* and *Nunc dimittis* composed in 2001 for the choir of Truro Cathedral by Gabriel Jackson, and Heinrich Schütz's setting of the ever-reassuring words of John 3:16: "God so loved the world..." As we enter the penitential season, all will join in singing John Mason Neale's prayer for light and guidance, "O very God of very God" (Hymn #672).

Living the Questions:

A Series for Inquirers and Newcomers

SUNDAYS, MARCH 1—APRIL 5, 12:45–2:30 P.M.,

Leffler Living Room

Explore the basics of the Christian faith through the Episcopal lens. The series begins on Sunday, March 1, and continues each Sunday through April 5. Sessions run from 12:45–2:30 p.m.

in Bloedel Hall. A light lunch will be provided each week. Following this series, some decide to become Episcopalians through confirmation or reception into the church; others experience a revival of the soul and desire to reaffirm their baptismal vows. Interested? For more information or to RSVP, contact Canon Cristi Chapman, cchapman@saintmarks.org.



20S & 30S

Questioning Together

MONDAY, MARCH 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

March will be: **As a church, how do we find common connection while valuing differences that make each person unique?** RSVP (appreciated but not required) to Emily Meeks (emcmeeks@gmail.com) or Michael Perera (perera.michael@gmail.com).

Creating Burning Bushes: Supporting Faith at Home and on the Road

SUNDAY, MARCH 8, 12:45 P.M., *Bloedel Hall*

Join Sharon Ely Pearson, one of the most respected leaders in the Episcopal Church, for lunch and learning together. This interactive workshop will offer a variety of options for families to engage in faith practices amidst the busy-ness of their lives. Child care will be available during the event. RSVP to Kelly Moody (kmoody@saintmarks.org) or The Rev. Canon Cristi Chapman (cchapman@saintmarks.org).



Exploring Scripture: The Book of Revelation and Apocalyptic Scripture

THURSDAYS, MARCH 12–APRIL 23, 7 P.M.



The 20s and 30s Group invites you (all ages) to join us as we explore Revelation and other apocalyptic literature and examine what these scriptures mean for us as

Episcopalians. Beginning on March 12, we will meet from 7–8:30 p.m. on five Thursday evenings, three in March and two in April (3/12, 3/19, 3/26, 4/16, and 4/23). If you are interested in joining this exploration, please contact Canon Daugherty (jkdaugherty@saintmarks.org) and Melissa Sanborn (leighsanborn@msn.com).

CREATION CARE MINISTRY

NEXT MINISTRY MEETING:

MONDAY, MARCH 9, 6 P.M., *Leffler Sun Room*

We are called to be stewards of the Earth that supports all life, on behalf of all God's creatures and for future generations. Here's this week's tip from Earth Day Northwest 2020: Transportation makes up about 29% of total U.S. greenhouse emissions.

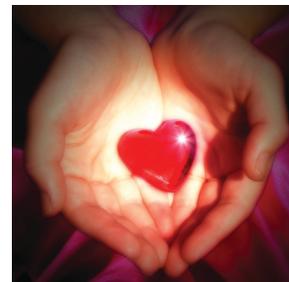
Carpooling is a great and easy way to lessen your impact. According to RideShare, the U.S. could save 3.3 millions gallons of gasoline each day if the average commuting vehicle carried one additional person. And traffic on the nation's roads could be reduced as much as 20% if everyone carpooled once a week. So share a ride and reduce your impact!

CATHEDRAL COMMONS

Lenten Series: The Power of Vulnerability

THREE WEDNESDAYS—MARCH 4, 11, & 18, 6:45–8:15 P.M., *Bloedel Hall*. Facilitated by Canons Chapman, Daugherty, & Ross. 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.

To risk being vulnerable is to risk discovering one's true, authentic self. What does it take to be vulnerable? What gets in the way of authentic living, and why? Based on scriptural study and the work of Dr. Brené Brown, this series examines barriers that get in the way of authentic living, including how shame-honor cultures have promoted increasingly contorted experiences of self and others. We will also look at practices that foster a healthy framework of living. Truth that grows from love doesn't bite or belittle—instead, truth nurtures the fullness of our being with each other, with ourselves, and with God. It is the kind of truth that thrives on real vulnerability. How is this work related to the Lenten journey? Join us as we engage in self-reflection, examining how barriers in our own lives affect us and how they can be transformed into new, better ways of living.



SATURDAY, MARCH 14

A LENTEN QUIET MORNING

9 A.M.–12:30 P.M., IN THE CATHEDRAL NAVE

A morning of silence, prayer, and reflection
RSVP to: cchapman@saintmarks.org

SUNDAY FORUM

Stations of the Cross: A Lenten Practice

SUNDAY, MARCH 8, 10:10 A.M., *Cathedral Nave*



The Visual Arts and Adult Faith Formation ministries will lead this prayerful engagement with the Stations of the Cross. First we will explore the history of this spiritual practice, and then learn about the sculptural reliefs created by Virginia Maksymowicz on display in

the nave throughout Lent. We will then pray through the Stations and reflect on the experience together. How might God be inviting you to engage in this practice this year? How might the Stations resemble a pilgrimage? Contact Seyi Akanni (seyi.akanni@gmail.com), Erin Beary Anderson (bearye@seattleu.edu), or The Rev. Canon Cristi Chapman (cchapman@saintmarks.org) with questions.



SAINT MARK'S
EPISCOPAL CATHEDRAL

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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



Sunday, February 23, 2020 ♦ The Last Sunday after the Epiphany

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:*

Celebrating the Radix Project, see p. 1.

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

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

SPIRITED WOMEN, 12:45 P.M., *Leffler Living Room*. See p. 1.

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

CONTEMPLATIVE EUCHARIST, 7 P.M., *Thomsen Chapel*

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.



Medical Equipment Donation Update

In October 2019, the Salaam Cultural Mission, under the leadership of Rita Zawaideh, sent a shipping container to Syrian refugees living in small camps in Jordan. Included in the container were wheelchairs and walkers from the Saint Mark's Cathedral Medical Equipment Resource Center. We have just received an update from SCM, along with the photos above, informing us that these items have been delivered. The equipment was gratefully received. To make a donation of medical equipment or to borrow an item from the Resource Center yourself, please contact Mary Segall (mesevall@yahoo.com).

CATHEDRAL STAFF AND LEADERSHIP

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2020 VESTRY

Dean & Rector: The Very Rev. Steven L. Thomason; *Senior Warden:* Julia Logan; *Junior Wardens:* Peter McClung & Walter Stuteville; *Members:* Kristen Austin, Clara Berg, Carrie Davis, Roberta Kanive, Emily Meeks, Kari Nasby, Michael Perera, Marjorie Ringness, Robert Stevens; *Diocesan Members:* Micah Kurtz & Karla Koon; *Chancellor:* Re Knack; *Clerk:* Barbara Erickson; *Treasurer:* Phil Lloyd.