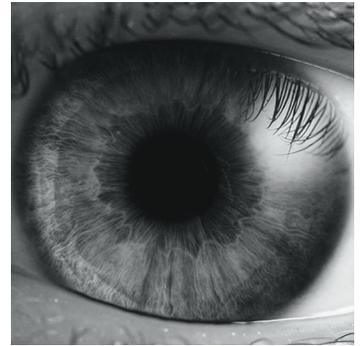
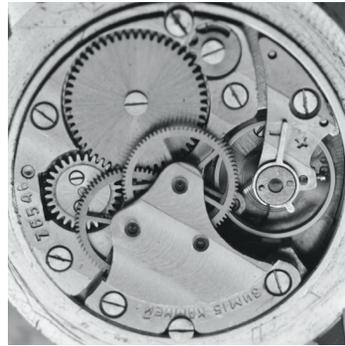
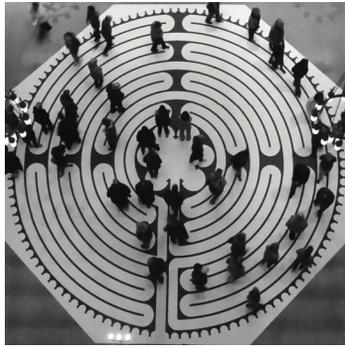
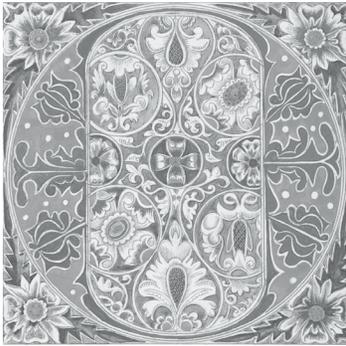


THE WISDOM SCHOOL

AT SAINT MARK'S CATHEDRAL



2020-2021 PROGRAM YEAR OFFERINGS

Now entering its fifth year, **The Wisdom School at Saint Mark's Cathedral** was created with a broad vision to invite people on diverse spiritual journeys to listen to and learn from each other in a vital practice of collaborative engagement.

Saint Mark's takes its place in the centuries-old understanding that cathedrals are gathering places, "commons," where a space for reasoned discourse, lifelong learning, and spiritual renewal is held sacred for all seekers. We hope you find opportunities to deepen and enrich your spiritual journey.



SAINT MARK'S
EPISCOPAL CATHEDRAL

1245 Tenth Avenue East
Seattle, WA 98102

EMAIL: info@saintmarks.org

WEB: www.saintmarks.org

PH: 206.323.0300

THE WISDOM SCHOOL AT SAINT MARK'S

MISSION STATEMENT:

The Wisdom School at Saint Mark's Cathedral offers a balanced path for spiritual transformation grounded in prayer and practice, drawing on the Christian contemplative tradition while respecting the diversity of experiences born from contemplative practices of other traditions.

A Note about Schedule of Offerings in Light of Pandemic-related Challenges.

Dear friends,

We know that much is uncertain about when and how life may resume some semblance of normalcy in the wake of the pandemic. Indeed, life will not return to "normal" as it was before. And yet we have the opportunity to consider the spiritual transformation that can come in light of such challenges. We've shifted the Wisdom School offerings to 2021, but have built in contingencies to the planning. Some offerings may translate well to a virtual setting; others will be rescheduled or cancelled if necessary. But the invitation is made even now, with a desire and longing for us to continue our work with Wisdom, and to do so together. I hope you will peruse this brochure and mark your calendar now for the offerings to come.

—The Very Rev. Steven L. Thomason

THEME FOR THE YEAR: A SPIRITUALITY OF DESIRE

Traditionally desire is understood as existing in the realm of carnal experience, and is therefore to be denied or rejected. But mystics know a deeper truth—that desire is at the core of our spiritual awareness and informs all that we do and are, in response to God's desire for us, or alternatively, as a shadow that hinders that union through false attachments.

OPENING PLENARY

A Spirituality of Desire

Wednesday, January 13, 2021, 6:45 p.m.–8:15 p.m., Bloedel Hall (provisionally) and via Zoom

FACILITATED BY DEAN STEVE THOMASON

Drawing on art, poetry, science and theology, including writings of the mystics, we explore desire as a deeply-seated (and perhaps divinely hard-wired) spiritual gift that enables us to engage the Other in life-giving union while also reflecting on ways we fall prey to false attachments meant to fill the spiritual whole that only God can fill.

No fee, pre-registration required for Zoom link.

Belden C. Lane

Ravished by Nature's Beauty: Christian Mystics and the Longing for God

Friday, January 22, 2021, 6:30–8:30 p.m. & Saturday, January 23, 2021, 9:30 a.m.–3 p.m.

Christian mysticism can be deeply earthy and sensual in its yearning for union with the Divine. Hildegard of Bingen and Teresa of Avila found a wondrous God in trees and flowing water. Catherine of Siena and Ignatius Loyola were drawn by the brightness of fire and the darkness of the cave. These mystics call us back to a "Great Conversation" with the natural world, reconnecting our spiritual lives with the earth. Renowned theologian and best-selling author Belden Lane will guide this wholesome exploration through images, storytelling, poetry and guided meditation.

Advance registration required. Fee: \$60, includes resources, snacks and Saturday lunch.

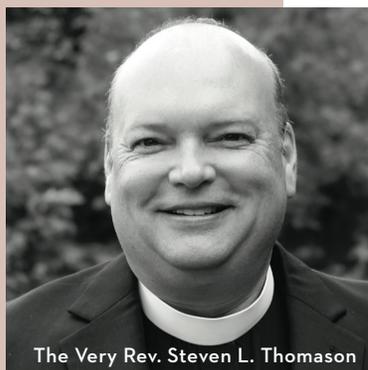
Spirituality of the Meal

A Saturday gathering, March 20, 2021

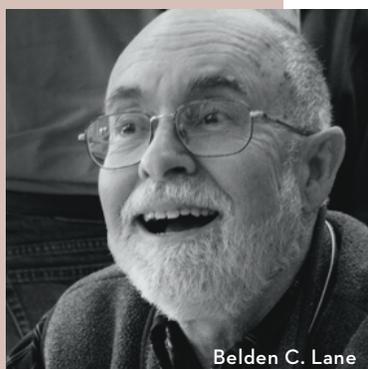
FACILITATED BY CHEF MARC AUBERTIN & DEAN STEVE THOMASON

Food is a profound portal into spiritual growth even as it often carries trappings of stress and shame for many. It doesn't have to. Sharing a meal is a holy experience, if we avail ourselves to the opportunity to practice presence and see the bounty before us as opportunity to practice gratitude. Brief reflections across the day will include history of the meal and reflecting on food as spiritual metaphor. Participants will engage in sensate tasting, and will share a meal prepared by all present.

Advance registration required. Fee \$25, includes resources and food.



The Very Rev. Steven L. Thomason



Belden C. Lane



WOMEN'S RETREAT

Desire and Holy Longing

April 16–18, 2021, at Camp Casey on Whidbey Island

FACILITATED BY CANONS DAUGHERTY, ROSS & CHAPMAN

What is God's desire for you and how might you live more fully into God's holy longing for you? Spend a



weekend away with Saint Mark's clergy women to connect with each other and listen for the movement of the Spirit in our lives. Time will be set aside for prayer, reflection, creative expression, worship and enjoying each other's company.

Fee: \$250; includes two nights lodging (single rooms) and all meals. Partial scholarships available. Space is limited; priority given to those who participate in The Wisdom School. To register, contact The Rev. Canon Cristi Chapman, cchapman@saintmarks.org.

MEN'S RETREAT

“Our Shelter from the Stormy Blast”—Spiritual Reflections on 9/11, Pandemic, and Change

June 11–13, 2021, at St. Andrew's House Retreat Center on beautiful Hood Canal

FACILITATED BY THE REV. DR. STUART HOKE & DEAN STEVE THOMASON



The world has changed... again. As a priest on staff at Trinity Church Wall Street in New York City, The Rev. Dr. Stuart Hoke happened to be standing under the North Tower of the World Trade Center when it was attacked on September 11, 2001. For his talks at our retreat, he will reflect on

that experience, as well as the many spiritual awakenings that emerged from the ashes—learnings that touch all of us as we navigate life in the 21st century, especially in the wake of a global pandemic.

Fee: \$250; includes two nights lodging (single rooms) and all meals. Partial scholarships are available. Space is limited; priority given to those who participate in The Wisdom School. A non-refundable deposit is required to hold your space.

TWO EVENTS WITH

Dr. Hillary McBride, PhD

Saint Mark's Cathedral is delighted to host best-selling author and *The Liturgists* podcaster Hillary McBride for two events in the spring of 2021. A renowned therapist and researcher with a PhD in Counseling Psychology, she has a gift for walking alongside people as they grow, heal and change, and exploring with honesty and compassion difficult seasons in life and transitions in our beliefs. *The Liturgists* podcasters share a desire to create spaces for those recovering from spiritual trauma while also lifting up historically marginalized people. Watch Dr. McBride's TheoEd talk at: <https://theoed.com/hillary-mcbride>.



Dr. Hillary McBride

This Is My Body



Friday, April 30, 2021, 6:30–8 p.m.

Public reading and signing in the cathedral nave of her new book *This is My Body: Practices for Coming Home to Yourself and Living Fully Alive*

Open to the public. No fee; freewill donations accepted.

Body and Spirit: Why We Are Both and Why Both Matter

Saturday, May 1, 2021, 9:30 a.m.–3 p.m.

Many of us have, unknowingly, been sold the story that our minds are superior to our bodies, and that our bodies are barriers to “pure” or “true” spirituality. Together, we will examine how these ideas continue to keep us from wholeness. We'll explore practices that help us repair the fragmentations we carry inside of us, so that we can truly remember our bodily selves.

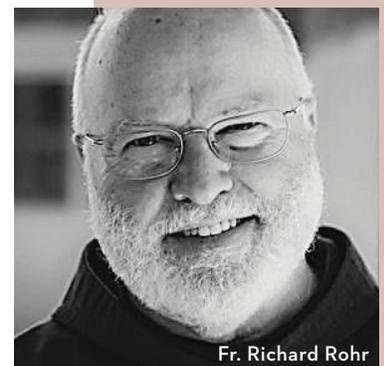
Fee: \$60. Space is limited and advance registration is required.

CONSPIRE 2021: The final in a seven-year series

A livestreamed conference
September 24–26, 2021

Join Richard Rohr and friends in this capstone experience building on Richard Rohr's alternative orthodoxy to create a gateway into practical and authentic contemplation—a way of life rooted in radical openness to God's loving presence. Saint Mark's Cathedral serves as a host site for the virtual conference.

Advance registration required. Fee: \$20, includes refreshments across the three-day conference.



Fr. Richard Rohr

“Consider that God may dwell in you, in all of you: not just your thoughts, but fingernails, cells, eyeballs, and stomach skin. And, because of that may you find courage to begin to honour your body, making it a lavishly loved temple, fit for the Divine.”

—DR. HILLARY MCBRIDE

“We do not think ourselves into new ways of living, we live ourselves into new ways of thinking.”

—FR. RICHARD ROHR

CAPSTONE

Following in Celtic Footsteps: A Pilgrimage to Iona and Ancient Missions of Britain

Tentative dates: July 25–August 5, 2021

LED BY THE VERY REV. STEVEN L. THOMASON
& THE REV. CANON CRISTI CHAPMAN.

Rescheduled from August 2020 due to the pandemic, the shape of this 11-day trip is contemplative and communal, drawing on the ancient wisdom of Celtic spirituality and the monastic rhythms of worship, prayer and life in community, while also breathing in the serene beauty of the landscape. We will begin the journey with Durham as our base, moving about ancient missions in Northumbria, with lodging just down from magnificent Durham Cathedral, containing Cuthbert's shrine and Bede's tomb. We will make our way to Glasgow, then on to the island of Iona, known as a "thin place" of holy presence. Inspiration along our journey will draw on the lives of early saints like Columba, Aidan and Bede as well as writings by modern spiritualists like John Phillip Newell and Esther de Waal. There will be two pre-pilgrimage gatherings for those who make the trip.



Space is limited. A deposit will be required to hold your place. For more information, including itinerary and total cost when finalized, visit saintmark.org/iona.

SEASONAL PRACTICES

Advent Quiet Morning

December 12, 2020, 9 a.m.–12:30 p.m.,
at St. Andrew's, Green Lake, 111 ne 80th St., Seattle.

Lenten Quiet Morning

March 13, 2021, 9 a.m.–12:30 p.m., at Saint Mark's Cathedral.

These two special Quiet Mornings help us move deeply into the sacred seasons with morning prayer, centering prayer, walking meditation, and unstructured time for reflection held in shared silence. Freewill donations gratefully accepted.

New Year's Eve Labyrinth Walk

December 31, 2020, 6 p.m.–midnight

By candlelight and contemplative music, many people mark the turn into a new year by engaging in this spiritual practice. With pews removed, the labyrinth is laid down in the center of this sacred cathedral, allowing people to "circle to the center," a practice designed to illuminate the inner path of wisdom. At the stroke of midnight we celebrate the Eucharist with the labyrinth's rose as our grounding. All are welcome. Suggested donation: \$5 per person.

ONGOING OFFERINGS

Check www.saintmarks.org for updates on reopening.

Cathedral Yoga

Sundays, 6–7 p.m., Cathedral Nave



A bodily and spiritual practice led by experienced teachers and open to all. No fee, but a freewill offering is appreciated. **Offering will resume in Phase 3 or 4 of reopening, per the Governor's guidelines.**

Contemplative Eucharist

Sundays, 7 p.m., Thomsen Chapel

A candlelit Eucharist with, simple meditative music and periods of silence. Anointing and healing blessings are offered after the service. **Offering will resume in Phase 3 or 4 of reopening, per the Governor's guidelines.**

Compline

Sundays, 9:30 p.m., Cathedral Nave

A beloved Seattle tradition since 1956, the Compline Choir leads this meditative choral service of nighttime prayers. **Service will remain closed to the public until Phase 4, but live broadcasts continue uninterrupted each week on KING 98.1 FM, or streaming at king.org/listen.**

Centering Prayer

Mondays, 7 p.m., Thomsen Chapel

Through silence, meditation, and readings, we open our minds and hearts—our whole being—to God, the Ultimate Mystery, reaching beyond thoughts, words, and emotions, that we might experience God's presence within us. **Offering will resume in Phase 3 or 4 of reopening, per the Governor's guidelines.**

Evening Prayer

Monday–Friday, 6:30 p.m.

Every weekday, lay readers offer a spoken service of daily prayer following the form of the *Book of Common Prayer 1979*. **Offering will continue via Zoom video-conferencing until Phase 3 or 4, when Thomsen Chapel reopens.**

