

THE WISDOM SCHOOL

AT SAINT MARK'S CATHEDRAL



2022-2023 PROGRAM YEAR OFFERINGS



SAINT MARK'S CATHEDRAL
1245 Tenth Avenue East
Seattle, WA 98102

Now entering its seventh 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.

WEB: www.saintmarks.org

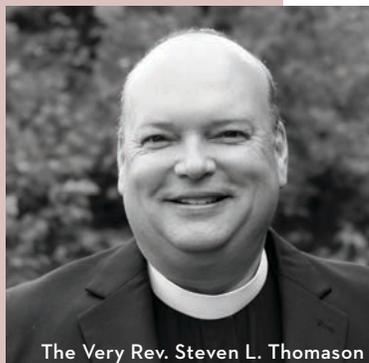
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SAINT MARK'S CATHEDRAL ACKNOWLEDGES THAT WE
GATHER ON THE TRADITIONAL LAND OF THE FIRST
PEOPLE OF SEATTLE, THE DUWAMISH PEOPLE, WHO ARE
STILL HERE, AND WE HONOR WITH GRATITUDE THE LAND
ITSELF AND THE LIFE OF THE DUWAMISH TRIBE

THEME FOR THE YEAR: AN EMBODIED SPIRITUALITY

Building on last year's theme (Spirituality of Desire), the body is home to the complete human being; we stand in a long tradition of mystical wisdom that rejects epistemologies inclined to separate physical from spiritual, or other dualisms that distinguish the embodied experience as "bad." The body is the realm of spiritual transformation; it is at once a microcosm of subjective experience and an integral part of the universal Mystery that is spiritual union with the Ground of Being.



The Very Rev. Steven L. Thomason

Becoming and Belonging: Embodied Spirituality in the Age of Artificial Intelligence

Wednesdays September 21 & 28, 2022, 6:45–8:15 p.m.

In person in Bloedel Hall and online via Zoom videoconference

FACILITATED BY DEAN STEVE THOMASON

Drawing on the evolutionary theology of Teilhard de Chardin and the ground-breaking postulations by Ilia Delio, we will explore what embodied spirituality means in a post-human world where climate change, artificial intelligence, and modern medicine converge to create an altered dynamic in which humans exist and evolve. What is the role of spirituality in this increasingly complex and complicated world?

Program is free, no registration; optional community dinner at 6 p.m. (\$8/adult; \$25/max. family)

The Paradoxical Friendship of Grief and Joy

Wednesdays October 19 & 26, 2022, 6:45–8:15 p.m.

In person in Bloedel Hall and online via Zoom videoconference

FACILITATED BY CANON JENNIFER KING DAUGHERTY

Grief and joy can seem like opposites—experiences of sadness and loss are profoundly different from those of happiness and delight. Yet, both grief and joy reveal our vulnerability and capacity to love; they both soften our hearts and make us aware of our dependence on God. In this two-week series, Canon Jennifer King Daugherty will explore the paradoxical kinship of grief and joy and how the wisdom and grace we gain from either experience deepens our understanding of the other—and our relationship with God.

Program is free, no registration; optional community dinner at 6 p.m. (\$8/adult; \$25/max. family)



The Rev. Canon
Jennifer King Daugherty

Appropriation or Appreciation?—Liturgy & Intersectionality

Saturday, November 12, 2022, 9:30 a.m.–3 p.m.

In person in Bloedel Hall and online via Zoom videoconference

THE REV. DR. HILLARY RAINING, SAINT MARK'S 2022 THEOLOGIAN-IN-RESIDENCE

How do we pray and worship in a way that fully reflects the fullness of the Kingdom of God while also honoring the integrity of identity? How can our liturgies be shaped with appreciation of all people vs. appropriation without true integration? Reconciling liturgical traditions that were shaped from a primarily white viewpoint takes the ability to have open and honest conversations around creativity and change, and requires alliance on the Holy Spirit's call to be one in Christ.

Pre-registration required—visit saintmarks.org/wisdomschool



The Rev. Dr. Hillary Raining

Addiction and Love: Reclaiming Our True Identity

Wednesday, January 11, 2023, 6:45–8:15 p.m.

In person in Bloedel Hall and online via Zoom videoconference

FACILITATED BY KILLIAN NOE

Most of us suffer from mistaken identity. We identify as the trauma we have endured or the behaviors that emerge from that trauma. The spiritual journey is the life-long journey of reclaiming our truest identity, which is Love. We will reflect on the many ways we numb our pain instead of staying present to and being transformed by our pain and we will celebrate the hope/joy of living from Love.

Program is free, no registration; optional community dinner at 6 p.m. (\$8/adult; \$25/max. family)



Killian Noe

THE WISDOM SCHOOL ♦ 2022-23 PROGRAM YEAR OFFERINGS

The Art of Pilgrimage:

A workshop on Sacred Journey

Friday, FRIDAY, JANUARY January 20, 2023, 6:30–8:30 p.m.
and Saturday, January 21, 2023, 9:30–2:30 p.m.

FACILITATED BY PHIL COUSINEAU



A pilgrimage is a spiritually transformative journey to a sacred place. This workshop will focus on seven spiritual practices intended to augment your travels, whether sacred or secular. Each practice is designed to help the traveler be present in the moment, to experience the miracles of the world with all the senses, to show respect

and reverence for the sites you visit, and to honor those who walked there before you. Richard Neibuhr once said: “Pilgrims are poets who create by taking journeys.” Using photography, brief film clips on pilgrimage, contemplative music and other media, participants will explore this sacred work together. Please bring a journal, pen or pencil, and a favorite spiritual poem or passage pertinent to an upcoming journey.

Pre-registration required—visit saintmarks.org/wisdomschool

A Not-So-Quiet Day

Saturday, February 4, 9:30 a.m.–2:30 p.m.

FACILITATED BY WENDY CLAIRE BARRIE, CATHEDRAL
CANON FOR INTERGENERATIONAL MINISTRIES

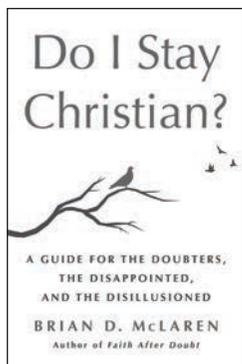
This offering for children, youth, and adults is an intentionally intergenerational exploration of embodied spiritual practices. Experiences include walking the labyrinth, Praying in Color, Ignatian imaginative prayer, silence, music-making, movement, and yoga. Come for the morning, or the afternoon, or stay for the full session. A schedule will be made available, and a light lunch will be provided.

Do I Stay Christian?

*A Day for Doubters, the Disappointed, the Disillusioned
(and anyone pondering this question)*

Friday, March 17, 2023, 9:30 a.m.–3:30 p.m., cathedral nave

WITH BRIAN MCLAREN



Join renowned leader Brian McLaren for a dynamic interactive event exploring the future of Christian faith in the 21st century by living the question: *Do I Stay Christian?*

9:30 a.m.–12 p.m.: **Session One—“No”**

1:30–3:30 p.m.: **Session Two—“Yes”**

Pre-registration required—visit saintmarks.org/wisdomschool

Sacred Listening as a Transformational Practice

Two Wednesdays: April 26 & May 3, 6:45–8:15 p.m.

In person in Bloedel Hall and online via Zoom videoconference

FACILITATED BY THE REV. LINZI STAHLECKER
& THE REV. CANON ELIACÍN ROSARIO-CRUZ

Sacred listening is more than the hearing of words and sounds. Sacred listening is an invitation into relationship and an honoring of the ways in which the Divine presence is felt and responded to in our lives as a source of transformation. In these sessions, we will learn about, and practice, various ways to cultivate sacred listening, how to notice and recognize the resistances and avoidances that may hinder our transformation, and we will create spaces together that honor the sharing of our stories and the fostering of transformative relationships as a way to enhance and expand our relationship with God.

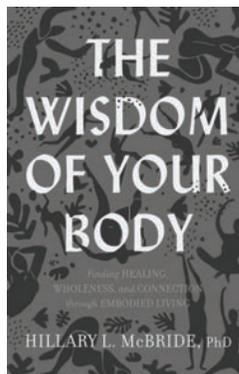
Program is free, no registration; optional community dinner at 6 p.m. (\$8/adult; \$25/max. family)

The Wisdom of Your Body

*Finding Healing, Wholeness, and Connection
through Embodied Living*

Saturday, May 6, 2023, 9:30 a.m.–3 p.m.

WITH HILLARY L. McBRIDE, PH.D.



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 care inside of us, so that we can truly remember our bodily selves.

Pre-registration required—visit saintmarks.org/wisdomschool

A Weekend Retreat for Women

Friday–Sunday, April 21–23, 2023, at St. Andrew’s House
Retreat Center, Union, WA

FACILITATED BY THE REV. CANON JENNIFER KING
DAUGHERTY & THE REV. LINZI STAHLECKER

Laying aside the things of daily life, on retreat we step into an intentional time of spiritual care and awareness. During this time away we will rest deeply, and honor our relationships with one another and with God. Time on retreat is shaped to create a spaciousness within, and an opportunity to discern and encounter the movement and call of the Spirit in each of our lives.

Mothered by God: Divine Feminine and the Black Madonna

Saturday, June 3, 2023, 9 a.m.–2:30 p.m.

WITH CHRISTENA CLEVELAND, PH.D.



Dr. Christena Cleveland

The Divine is not limited to one specific gender or race but for many people, the dominant or exclusive image of God they've experienced is that of a white male. Such a poverty of metaphor limits not only our understanding of the Holy One who overflows all human categories but also reinforces white supremacy and patriarchy. Join Dr. Christena Cleveland as she explores the Divine Feminine, especially in the context of her 400-mile walking pilgrimage across central France in search of ancient Black Madonna statues. Dr. Cleveland is a social psychologist, public theologian, author, and activist. She is the founder and director of the Center for Social Justice and Renewal as well as its sister organization, Sacred Folk.

Pre-registration required—visit saintmarks.org/wisdomschool

SEASONAL PRACTICES

Advent Quiet Morning at St. Andrew's Green Lake

November 26, 2022, 9 a.m.–12:30 p.m., 111 NE 80th St., Seattle

Lenten Quiet Morning at Saint Mark's Cathedral

Date TBD, 2023, 9 a.m.–12:30 p.m., in the cathedral nave

Enter more deeply into these sacred seasons with prayer, meditation, and silence.

New Year's Eve Labyrinth Walk ♦ December 31, 2022, 6 p.m.–midnight

Since 1999, Seattle's most peaceful New Year's tradition.



Brian McLaren

ONGOING OFFERINGS

Cathedral Yoga ♦ Mondays, 6:30–7:30 p.m., cathedral nave

A spiritual practice open to all. Pay what you can.

Contemplative Eucharist ♦ Sundays, 7 p.m., Thomsen Chapel

An evening service of Holy Eucharist with candlelight, meditative music, and silence.

Compline ♦ Sundays, 9:30–10 p.m., cathedral nave

A sung service of nighttime prayers—a beloved Seattle tradition since 1956, broadcast live on KING-FM 98.1 and livestreamed at saintmarks.org/livestream

Centering Prayer ♦ Most Tuesdays*, 7 p.m., Thomsen Chapel

A weekly time of silent meditation, followed by group conversation.

*Check calendar for schedule

Taizé Service ♦ Service offered seasonally at 7 p.m. in the cathedral nave

A liturgy of candlelight, prayer, and contemplation with music in the style of Taizé.

Upcoming offerings: Tuesday, September 6, 2022 & Tuesday, November 8, 2022

Learn more, including links to join online services, at: saintmarks.org/wisdomschool



Dr. Hillary McBride



Following in the Footsteps of Jesus— A Lenten Pilgrimage to the Holy Land

March 3–13, 2023

FACILITATED BY THE VERY REV. STEVEN L. THOMASON
& THE REV. KATHERINE SEDWICK

This pilgrimage is currently at capacity, but a wait list is being taken.

For more more information, please visit: saintmarks.org/pilgrimage2023