



CELEBRATING CHILDREN IN CHURCH TO ALL ADULTS IN THE CONGREGATION:

Children are not the future of the church; they are full members of the Body of Christ, right now! The relationships we build at Saint Mark's transcend generations. You are a powerful connection for our children, and their presence is a gift to us all. Learn their names, greet them and their adults during the peace, offer a warm smile. A kind word of encouragement offered to adults with small, active children is always welcome.

TO ADULTS ACCOMPANYING CHILDREN:

We are so glad you are here! Take a deep breath, relax, settle in. God put the wiggle in children; we don't need to suppress it in God's house.

GETTING SETTLED

We invite you to sit near the front where it is easier for children to see and hear. On the left side of the cathedral as you enter, we have a carpeted area for families with little ones where we've provided books, quiet toys, fidgets, and coloring pages for your child to enjoy. Please keep toys on the carpet to minimize noise and keep the path clear for the procession. If you prefer to sit elsewhere, ask an usher for a purple worship bag for your child to use during the service, which you can return when you leave.

DURING THE SERVICE

You can help your child orient to worship by drawing their attention to what's happening. Point out the flowers, the candles, the procession, and the breaking of the bread. Quietly explain the parts of the service as they occur. Sing the hymns, pray, and voice the responses. Follow the postures and gestures we use, such as bowing, kneeling, and crossing ourselves, to engage our bodies. Children learn how to behave in church from the adults who model it for and with them. Please help them practice using quiet voices during the quiet parts of the liturgy.

QUIET SPACE

If you need to leave with your child, you are welcome to do so, but please come back to share in the Eucharist. We have an unstaffed childcare space on the fifth floor (accessible by elevator) where we stream the services. There's a changing table there and in both restrooms in the narthex (the entry area).

CHILDREN'S CHAPEL

Children ages three through second grade are invited to Children's Chapel during the sermon at 9 am. Younger children are welcome to join with their adult. Simply follow the cross as we join the Gospel procession. We return at the Peace.

CATHEDRAL COMMUNITY

We frequently provide intergenerational opportunities beyond Sunday worship for members of all ages to come together as well as age and affinity groups. Learn more about our offerings for children at saintmarks.org/children



SAINT MARK'S CATHEDRAL

1245 10th Ave. E, Seattle

saintmarks.org