



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE THIRTEENTH SUNDAY AFTER PENTECOST ♦ AUGUST 19, 2018

Choir Camp Closing Evensong

FRIDAY, AUGUST 24, 4 P.M., *Cathedral Nave*
Come celebrate Evensong with the 2018 Saint Mark's Cathedral Choir Camp! Hear the fruits of the campers' labor as they lead liturgy with canticles, psalmody, and anthems rehearsed throughout the week.



Ministry Fair

SEPTEMBER 9, 9 A.M. – 1 P.M., *Bloedel Hall*

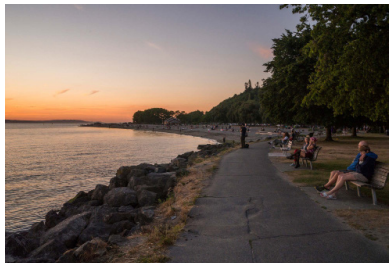
How are you being drawn into deeper spiritual growth and service at Saint Mark's? Come to this festive gathering to learn more about the breadth of ministry opportunities at Saint Mark's. Meet with ministry leaders, savor delicious homemade snacks, and engage in conversation with fellow parishioners as we kick off the program year. Immediately following the 8 a.m., 9 a.m., and 11 a.m. services.

Last Splash of the Summer for children, youth, and Choir School families!

SUNDAY, SEPTEMBER 9, 4-7:30 P.M.

Golden Gardens Park and Beach, Picnic shelter #2

Join us for an end of summer and beginning of the school year party for the whole family! Hot dogs, hamburgers, and drinks provided by Children, Youth and Choir School. Please bring a side dish to share, lawn chairs, lawn games, swimsuits for splashing in the water, and blankets! All are welcome to join us for some fun in the sun! Questions? Contact Rebekah, rgilmore@saintmarks.org or Kelly, kmoody@saintmarks.org.



Sunday programs for children and youth resume September 16

Sunday morning programming for preschool-12th grade resumes on September 16 at 10:10 a.m. Register online at saintmarks.org/children for:

- Preschool-2nd grade: Godly Play (*St Nicholas Building, second floor*)
- 3rd, 4th, and 5th grade: Jesus and his Kingdom of Equals (*St. Nicholas, second floor*)
- 6th-12th grades: Conversation: Faith in Real Life (*Youth Room, below the Nave*)

Memorial service for Dick Garlich

The Celebration of Life for the Rev. Dick Garlich will be held at Saint Mark's on Saturday, August 25 at 9 a.m.

Lay Chaplains in Community gathering

TODAY, 12:30 P.M.,

Cathedral House 210

The Lay Chaplains in Community meet today for team building, reflection, and formation. This group provides spiritual continuity and helps to maintain a faith connection for people living in retirement or other care facilities who are not able to regularly attend worship services. Lay Chaplains are specially trained in pastoral care giving. For more information contact Sandra Smith, sandrasmith.smith747@gmail.com or The Rev. Cristi Chapman, cchapman@saintmarks.org.

Mideast Focus Ministry table

Confused about resolutions related to Palestine and Israel that were approved by the House of Bishops at General Convention in Austin? Stop by and visit with Mideast Focus Ministry members in the back of the nave today to discuss. You can also get a copy of the approved resolutions.

Saint Mark's welcomes guest musicians today

Today we welcome guest musicians who will lead us during morning worship services. At 11 a.m. today we welcome The Mägi Ensemble, and their director Heather MacLaughlin Garbes. We are grateful for these musicians and their help in leading worship today.

CATHEDRAL PRAYER LIST

To add a name to our prayer list, contact 206.323.0300 x314 or Joniepr@msn.com. Prayer requests are listed in *Sundays & Beyond* for four weeks, and, if needed, they are listed in the monthly *Ongoing List*, which is found in the Narthex.

The altar flowers in the Nave today are given to the glory of God and in thanksgiving for the wedding of Greer Hines and Rob Burke.

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Charles Wright Academy, Tacoma; Episcopal Campus Ministry; the clergy, staff and vestry of Saint Mark's Cathedral; all the ministries of Saint Mark's.

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.

ALL WHO SERVE IN THE ARMED FORCES & THEIR FAMILIES: Brian Kee

THOSE WHO HAVE DIED

Deanna Theiss
Bevin Rebecca Armstrong
Vauneva Greenwood
Mary Kathleen McKinley
Peggy
The Rev. Dick Garlich
Tim Watterson

THOSE WHO ARE SICK OR SUFFERING IN ANY WAY, IN BODY, MIND, OR SPIRIT

Kathy Busick	Jennifer Maun & Diana
The Most Rev. Michael Curry	Roetering
Katsyo Daisey England	Bill McLaren
Mardy Ericson	Warren McKinley
John Franklin	Laura Muglia
David & Louise French	Taylor Notaro
Mary Gaye	Monte & Melissa Pittz
Gwen Horne	Ann Revelle
The Rev. Canon Michael Jackson	Linda Scott & Cynthia
Judy Jensen & Family	Helen Thompson
Ron Johnson	John Vendelin & Robin Wood
Jason Kind	Eleanor
Louise Kind	John
Linda Leisy	Karla
	Moira

Batter up! Baseball with the Bishop

AUGUST 21, 7:05-10:05 P.M., *Cheney Stadium, 2502 South Tyler Street, Tacoma, WA 98405*

There's no better way to spend a summer evening than kicking back at the ballpark! Join Bishop Rickel and friends from across the diocese as we watch the Tacoma Rainiers face off against the Reno Aces. Sign up online at: bit.ly/2O5B6wo.

Saint Mark's 20s & 30s host a Hike Eucharist

SATURDAY, SEPTEMBER 8, 8 A.M. - 5 P.M.

Naches Peak Loop Trail, Ashford, Washington 98937

Registration, workshop details, and more are now available in the "Weaving Our Strengths" section of our website at www.thechurchcouncil.org/wos. Workshop themes include organizing for church vitality; our call to advocacy; water in Scripture, our lives and world; standing with our Muslim neighbors; equity in daily life; racial justice; civility; environmental and housing justice; spirituality & justice "reset"; cultural humility; and discernment. Register online here: thechurchcouncil.org/wos.

Children's Chapel resumes in September

SUNDAY, SEPTEMBER 9, 9 A.M., *Thomsen Chapel*

The 9 a.m. Children's Chapel program will resume on Sunday, September 9. This liturgy of the Word, which welcomes children preschool age through second grade, provides a child-friendly homily and more intimate prayer time for little ones. Parents are always welcome, too! For more information contact children@saintmarks.org. In the meantime, please enjoy the worship bags and Sunday Paper Junior with us on the carpet!

Three parishioners still needed to host Seattle Service Corps members for a weekend

FRIDAY, SEP. 21 - SUNDAY, SEP. 23, 6 P.M.

As part of Saint Mark's commitment to hospitality to the Seattle Service Corps members who live on the Saint Mark's campus and serve around Seattle, we are seeking 3 more parishioners who would enjoy hosting one of our corps members for a weekend when they arrive in September. Our hope is this will be a way for the corps members to connect directly with at least one parishioner/family at the very beginning of their time in Seattle. It will also give each corps member a chance to spend a weekend somewhere other than Saint Mark's and see another area of Seattle. We hope you will think of some fun Seattle activities to enjoy together in/around your neighborhood! Interested? Contact Adam Conley, aconley@saintmarks.org or Kara King, king.kara@gmail.com.

Protagonist, works by artist Sara Alfageeh

This collection of graphic illustrations by artist Sara Alfageeh is on display in the Hallway Gallery (second floor of Cathedral House) through September 23. Highlighting different points in Alfageeh's journey as a graphic illustrator, *Protagonist* considers the various sources of charac-

ters that shape our own story. These prints are available to purchase for \$150 each, with all proceeds benefitting the Visual Arts Ministry at Saint Mark's.

Fall Inquirer's and Confirmation Class

SATURDAYS, OCTOBER 6 & 13, 9:30 A.M., *Bloedel Hall*
Do you find yourself curious or confused about Episcopal liturgy, tradition or beliefs? Perhaps you feel called to pursue a deeper commitment to God. No matter where you are on your journey, you are welcomed to this two-week series, which covers the basics of the Christian faith through the Episcopal lens. Following this series, some decide they want to become an Episcopalian through confirmation or reception into the church. Some who attend are experiencing a revival of the soul and may desire to reaffirm their baptismal vows. Interested? Contact The Rev. Cristi Chapman, cchapman@saintmarks.org.

Volunteer in the cathedral office!

Saint Mark's has an opening for a front desk volunteer in the Cathedral office on Fridays from 9 a.m.-4:30 p.m. This ministry provides the first point of contact to so many who come to Saint Mark's. Tasks include: greeting visitors, answering the phone, and assisting with office projects. Interested in joining this friendly and dedicated team? Contact Irene Beausoleil at 206-323-0300 x227 or ibeausoleil@saintmarks.org.



The Wisdom School at Saint Mark's: Upcoming programs

Conspire 2018: The Path of Descent as Path of Transformation

A live webcast with Richard Rohr, Barbara Brown Taylor, Mirabai Starr, and others

AUGUST 31, 12-7 P.M.; SEPTEMBER 1, 8 A.M.-5:30 P.M.;
SEPTEMBER 2, 8:15 A.M.-5 P.M., *Bloedel Hall*

How shall we consider dark times as the source for sacred wisdom? We will explore contemplative teachings, practices, reflection, and conversation with Richard Rohr, Barbara Holmes, Brian McLaren, Barbara Brown Taylor and Mirabai Starr as we seek healthy ways of companionship, community, and courage for our own unique journeys of becoming Love in our world. The mystics of many spiritual traditions teach the path of descent—surrender, generative self-emptying—as the way of transformation. More than ideas or success, the suffering and woundedness we inevitably experience can be our teachers. Open heart, mind, and body to the surprising wisdom to be found in transforming darkness and descent. Fee is \$10, which includes refreshments, light breakfast, Saturday lunch and post-webcast access to videos. Registration and a draft schedule for the weekend can be found at saintmarks.org/wisdomschool.



Enneagram 3.0—Diving Deeper on your Spiritual Journey

Facilitated by Sarah Walston, MA, MEd, LMHC, certified Enneagram instructor

FRIDAY SEP. 14; 6-8 P.M. & SATURDAY SEP. 15, 9:30 A.M.-2:30 P.M., *Bloedel Hall*

Building on two previous workshops in 2017, this workshop will focus in greater detail in three areas: how the Enneagram informs dynamics of interpersonal relationships in family systems, the work place and other settings; common pitfalls in misidentification of one's Enneagram type; and how the Enneagram serves as companion on the spiritual journey of self-work and communal experience. Fee is \$50 for the two-day workshop, which includes Saturday light breakfast and lunch. Register at saintmarks.org/wisdomschool.

Resilience in Troubling Times: Developing Spiritual Practices that Sustain Us on the Journey

Facilitated by Saint Mark's Clergy

WEDNESDAYS, SEPTEMBER 19 & 26, 6:45 P.M., *Bloedel Hall*

Participants will explore a variety of ways to incorporate spiritual practices into daily life that can assist us in making our way in a troubled world more gracefully, less anxiously, with flourishing and faithfulness as integral experiences. Program is free with no registration required; optional Community Dinner at 6 p.m., \$7.



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 journey of faith,
you are welcome here.

Weekday Service Times

- MONDAY-FRIDAY, 6:30 PM
Evening Prayer: McCaw or Thomsen Chapels
- MONDAYS, 7:15 PM
Centering Prayer in McCaw Chapel or
Thomsen Chapel
- WEDNESDAYS, 12 NOON
Holy Eucharist in Thomsen Chapel
- THURSDAYS, 7 AM
Holy Eucharist in Thomsen Chapel

Cathedral Office Hours

MONDAY-FRIDAY, 9 AM - 4:30 PM
Questions, or need to reach a member of the
Clergy or Staff? The Cathedral Office main
number is 206-323-0300.

SUNDAYS & BEYOND

Sundays & Beyond is a weekly publication of
updates, events and activities happening on
campus, 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
Monday at 5 p.m. for publication on the following
Sunday. Announcements may be edited for space
and content.

Sunday, August 19 ♦ The Thirteenth Sunday after Pentecost

- 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
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean and Rector
- CATHEDRAL YOGA, 6 P.M. *Cathedral Nave*
A spiritual practice open to all.
- CONTEMPLATIVE EUCHARIST & HEALING PRAYER, 7 P.M., *Thomsen Chapel*
With times of silence for reflection, simple meditative music and lots of
candlelight.
- COMPLINE, 9:30 P.M. *Cathedral Nave*
Compline is the service of ancient nighttime prayers, sung by the
Compline Choir. A Seattle tradition, broadcast live on KING 98.1 FM.

Fun towels arriving in The Cathedral Shop

Whimsical and cute towels are now arriving in The Cathedral Shop. Great
hostess gifts and birthday presents Check them out!

Memorial service for Janet McCully

The memorial service for Janet McCully will be held at Saint Mark's on
Sunday, October 28 at 2 p.m.

Why are they Fleeing? A conversation with Cristosal

WEDNESDAY, SEPTEMBER 5, 6 P.M., CATHEDRAL NAVE
Images of Central American children at our southern border torn from
their parents' arms have been making headlines and prompting widespread
public outrage. Our government explains such measures as a necessary
strategy to deter "illegal immigration", yet families continue to arrive,
undeterred. Meanwhile, few seem to ask: Why are families willing to risk
their lives to seek safe haven in the United States? What are they fleeing?
And how can we address the root causes of this migration crisis? Join a
conversation and dinner with Noah Bullock, Cristosal Executive Director,
the leading NGO working on forced displacement due to violence in the
Northern Triangle countries of El Salvador, Guatemala, and Honduras—
countries from which the majority of families at our border are fleeing.
Cristosal takes a holistic, human rights-based approach that ranges from
emergency humanitarian assistance for victims of forced displacement to
strategic litigation. Register at saintmarks.org/cristosal.

CATHEDRAL STAFF AND LEADERSHIP

- Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
- Barbara Martin, *Childcare Center Director* childcare@saintmarks.org
- Chris Koepfel, *Sexton* ckoepfel@saintmarks.org
- Christopher McPeak, *Worship Coordinator* cmcpeak@saintmarks.org
- Cristi Chapman, *Curate* cchapman@saintmarks.org
- Earl Grout, *Deacon* egrout@saintmarks.org
- Erik Donner, *Executive Assistant & Membership Support*. edonner@saintmarks.org
- Gaye Scott, *Cathedral Shop Manager* gscott@saintmarks.org
- Glenn Sands, *Facilities Manager* gsands@saintmarks.org
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- Ian Ford, *Sexton* ian@saintmarks.org
- Irene Beausoleil, *Events & Office Coordinator* ibeausoleil@saintmarks.org
- Jason Anderson, *Compline Choir Director* director@complinechoir.org
- Jennifer King Daugherty, *Associate to the Rector* jkdaugherty@saintmarks.org
- John Stuntebeck, *Associate Organist*. john_stuntebeck@hotmail.com
- Karen Komoto, *Finance Manager*. kkomoto@saintmarks.org
- Kelly Moody, *Director of Children's and Family Ministries* kmoody@saintmarks.org
- Liz Bartenstein, *Communications Director* lbartenstein@saintmarks.org
- Madeleine Stephens, *Music Administrator* mstephens@saintmarks.org
- Michael Kleinschmidt, *Canon Musician* mkleinschmidt@saintmarks.org
- Nancy Ross, *Associate to the Rector* nross@saintmarks.org
- Rebekah Gilmore, *Associate Musician & Choir School Director*. rgilmore@saintmarks.org
- Steve Thomason, *Dean and Rector* sthomason@saintmarks.org

2018-2019 VESTRY

Dean and Rector: The Very Rev. Steven L. Thomason; *Senior Warden:* Lynne
Markova; *Junior Wardens:* Cara Peterson and Bob Chapman; Vinh Do, Ralph
Ermoian, Amanda Davis, Andrew Himes, Jim Buskirk, Neshia Alaovae, Rosemarie
LeMoine, Julia Logan, Michael Perera. *Diocesan members:* Greg Walrath, Mary
Maxon. *Chancellor:* John Hoerster; *Treasurer:* Phil Lloyd; *Clerk:* Jenny Donner;
Bishop's Representative: The Rev. Canon Marda Steedman Sanborn.