



this January

Here's what's happening **this January** at Saint Mark's Cathedral. Our website also lists the major events happening on campus (and, if needed, how to get tickets) at www.saintmarks.org/ComingEvents/FeaturedEvents.php.

We hope this will give you a chance to mark your calendar and plan to attend some of the many exciting events that will be happening on campus.



Don't miss out!

"Like" us on our Facebook page at [Saint Mark's Episcopal Cathedral](https://www.facebook.com/SaintMarkscathedral) and get reminders and updates or start a conversation! Subscribe to **Sundays and Beyond** our email newsletter with up to date information about events in the coming up and to learn more about events advertised here- or added to the calendar. **Sundays and Beyond** is the primary way to read the announcements each week. To subscribe, go to <http://www.saintmarks.org/Publications/MailingList.php>. As always, there are many more meetings and activities happening that are not listed here, but can be found on our online calendar at <http://www.saintmarks.org/Calendar/Calendar.php>.



Across the Diocese

Many exciting things are happening around the Diocese that we just don't have room to tell you about in our own publications. Subscribe to *Across the Diocese*, a weekly email with listings of events and opportunities around our diocese. Contact Norah Joslyn at njoslyn@ecww.org

Annual Meeting & Parish Elections

Sunday, Jan. 29, 12:45 p.m.

Bloedel Hall

Save the Date! Community lunch and meeting. Candidate information available at saintmarks.org and in the narthex.

This year, in response to your feedback for more opportunities, the Nominating Committee has planned Sunday forums where you can get to know the candidates and ask questions. **Meet the Candidate** forums on Sundays, Jan 15 and 22 at in *Bloedel Hall*.



Training for *Eucharistic Visitors*

who provide communion to the sick, elderly, or shut-in. Please join us for training to become a Eucharistic Visitor. Time commitment will be approx. once/month.

Training on January 28, 9 am—1 pm. Contact Danielle at linkd@spu.edu or 720-312-9387.



Hungry for Change: Food, Ethics & Sustainability

Series begins Sunday, Jan. 15, 6 pm - 7:30pm *Leffler Living Room*

6 week series explores how our food choices affect ecosystem health, the health of farm workers and treatment of animals. Sobering materials which can renew personal resolutions about food. Northwest Earth Institute text. See Carolyn White to obtain text, carolynwhite@comcast.net

Preparing the Way: Calling a new Dean

Members of the call committee will be in the back of the nave on most Sunday mornings to answer questions about the process.

You can also keep up-to-date on our website: www.saintmarks.org— click on the yellow box.



Newcomers Class Series

Sunday, Jan. 15 & 22, 12:30 pm
Leffler Living Room

If you are a new or recent visitor to Saint Mark's, join us to learn more about the Cathedral and the Episcopal Church. We'll share a light lunch and get to know one another on January 15 & 22 starting after the 11:00 am service. We complete the series with a Brunch at Diocesan House on February 5. Contact newcomers@saintmarks.org or call 206-523-2158 for more information.

Let Your Life Speak: Faith Discernment Groups

What does it mean to have faith, and to live it? What does being "Christian" look like in your daily life and work? It's probably *not* only about going to church. To live your faith—to "let your life speak," takes discernment, and the help of others. Discernment is something best done in community. Begins **Sunday, January 15 at 12:30 pm** in the *Library* (*Please note location change*). One-time fee of \$15 will cover the costs, including Parker Palmer's book, "*Let Your Life Speak*." Limited funds? Scholarships are available!

Light lunch and refreshments will be available. Please contact **Deacon Stephen Crippen**, [206-214-7650](tel:206-214-7650) or email stephen@stephencrippen.com to let us know if you can make it or if you have any questions. More on our website www.saintmarks.org.

January Calendar

Find information here about what's happening on Sunday and special offerings throughout the month. You'll also find listings of some of the open, weekly events held at the Cathedral (listed only on the first meeting of the month). Please check our online calendar on our website or subscribe to **Sundays and Beyond** to learn about other events, committee meetings and to confirm time and place.

Sunday Service Times

8 a.m. Eucharist in Thomsen Chapel
9 a.m. Eucharist in the Nave
11 a.m. Eucharist in the Nave
5:30 pm Evensong in the Nave
7 p.m. Eucharist in Thomsen Chapel (co-sponsored by Integrity, LGBT ministry of the Episcopal Church)
9:30 p.m. Compline in the Nave, chanted by the Compline Choir and broadcast live on KING 98.1 FM.

Weekday Service Times

Wednesdays, 12 noon Holy Eucharist in Thomsen Chapel
Thursdays, 7 a.m. Holy Eucharist in Thomsen Chapel
Light breakfast following the liturgy
Monday—Friday, 6:30 p.m. Evening Prayer McCaw Chapel or Thomsen Chapel.



Sunday, January 1 - *the 2d after Christmas- the Holy Name of our Lord Jesus Christ*

Lessons and Carols with Holy Eucharist at all morning services.

7 pm Integrity Eucharist *Thomsen Chapel* This service is co-sponsored by Integrity, the Lesbian and Gay ministry of the Episcopal Church. Preacher: the Rev. Catharine Reid. A social hour follows in the *Leffler Living Room*.
9:30 pm Compline *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM.

Monday, January 2

Noon- 1:30 pm **Al-Anon Capitol Hill Group** *Conference Room* This support group offering strength and hope for friends and families of problem drinkers meets every Monday at the Cathedral. <http://www.wa-al-anon.org/>

7:15 pm **Centering Prayer** *McCaw Chapel* Every Monday, study, discuss, and practice this popular method of contemplative prayer which places a strong emphasis on interior silence.

7:30 pm **Alcoholics Anonymous** *Bloedel Hall* An open AA meeting every Monday night.

Tuesday, January 3

11:45 am **Ladies Bible Study** *Leffler Living Room* Join us every Tuesday for a brown-bag lunch and bible study.

6:45 pm **Seattle Insight Meditation Society** *Bloedel Hall* Every Tuesday, SIMS hosts this opportunity for meditation. <http://seattleinsight.org/>

Wednesday, January 4

12:45 pm **SAGE Monthly Luncheon** *Bloedel Hall* Our former Pastor for Congregational Care, the Rev. Sue Reid will share with us her experiences with the Ionian Community of Faith in the British Isles. We will also discuss details and plans for the **Berlin Trip** (more on back page). To learn more about this event contact: Kathie Moen, 206-257-0050, kpgm@pax-jus.us. *Free will offering. All ages invited and encouraged to attend. SAGE luncheons happen on the first Monday of the every month.*

4:30 pm **Junior Choristers** *Northrup Room* This choir is open to all in Grades K-2. Contact: Rebekah Gilmore at rgilmore@saintmarks.org or 206.323.0300, ext. 297.

6:15 pm **Boys and Girls Choir** *Choir Room* This choir is open to all in Gr. 3-7. Contact: Rebekah Gilmore at rgilmore@saintmarks.org or 206.323.0300, ext. 297.

6:30 pm **Youth Ensemble** *Northrup Room or Cathedral Nave* This choir, grades 7-12, is open to all in Seattle and the Diocese of Olympia. No audition required. Contact: Brian Fairbanks at bfairbank@saintmarks.org or 206.323.0300, ext. 294

8 p.m. **Sober and Free Alcoholics Anonymous Meeting** *Leffler Boardroom*. This support group offering strength and hope for friends and families of problem drinkers meets every Wednesday. <http://www.wa-al-anon.org/>.

Thursday, January 5

5:30 pm **Finance Committee Meeting** *Conference Room* This is a committee of the Vestry. All parish members welcome to attend. Contact Walt Stuteville, wstuteville@comcast.net.



**New Year's Day:
Holy Eucharist with**

Lessons and Carols

**Sunday, January 1
all morning liturgies**

LITURGY IN THE ROUND

At the 9 and 11 services, we will be adapting our seating into a circle as a one time experiment.

Why sit in a circle? When we sit in a circle we can see each other. The dynamic of our interactions changes dramatically. Instead of staring at the back of people's heads, we see each other's faces. The ministers of the liturgy who normally sit on the platform are more clearly members of the assembly, called forth to do specific ministry at particular moments. We have a better sense of being one body and of our involvement in worship, i.e. we are active participants, rather than observers. It helps us remember we are *gathering around* our central symbols.



**Hunger Offering
Sunday**

Sunday, January 8

Please help those who do not have enough to eat by donating to the Hunger Offering today. Collection baskets can be found at the back of the nave and on the Hunger Offering table. Thank you. Contact: Sarah sarahbeer@comcast.net.

6:30 pm **MidEast Focus presents: BDS Israel: The Legacy of Dr. King & Mandela**
Bloedel Hall Omar Barghouti is an independent Palestinian commentator and human rights activist. (See box on right.)



Saturday, January 7



8:45 am **Habitat for Humanity** a crew of St. Mark's volunteers will be helping Seattle Habitat build homes in Rainier Vista in southeast Seattle. Sign up on January 1 at the Habitat table in the coffee corner. For more information call Gordon Miller (425-427-8172).

MidEast Focus presents: BDS Israel: The Legacy of Dr. King & Mandela

Thursday, January 5,
6:30 pm
Bloedel Hall

Omar Barghouti, a founding member of Palestinian Civil Society Boycott, Divestment and Sanctions (BDS) campaign against Israel, will talk on "BDS Israel: The Legacy of Dr. King and Mandela." Omar Barghouti is an independent Palestinian commentator and human rights activist. He is a founding member of the Palestinian Campaign for the Academic and Cultural Boycott of Israel (PACBI) and the Palestinian Civil Society Boycott, Divestment and Sanctions (BDS) campaign against Israel. Sponsored by the Mideast Focus Ministry, The Episcopal Bishop's Committee on Israel/Palestine and 9 other active Palestinian groups.



Sunday, January 8 - *the First Sunday after the Epiphany- the Baptism of Our Lord Jesus Christ*

Preacher: Greg Garrett

Hunger Offering Sunday Please help those who do not have enough to eat by donating to the Hunger Offering today. Collection baskets can be found at the back of the nave and on the Hunger Offering table. **Thank you.** Contact: Sarah sarahbeer@comcast.net.

Music: 9 am *The Three Kings* (Cornelius) **11 am** *Baptism of Christ* (Peter Hallock); *The Three Kings* (Healey Willan)

9 am Bread Bakers Guild *Bloedel Kitchen*

Baptism celebration in the nave between services. Hear the Godly Play baptism lesson between services on the red rug- all ages invited to listen!

5:30 pm **Choral Evensong** *in the Nave* The Peregrine Medieval Vocal Ensemble sings.



6 pm **New Year Community Dinner** *Bloedel Hall* HAM's monthly community dinners seek to bring people together from all walks of life, those who are homeless or housed. We sit together, eat a meal, share our stories and get to know one another. HAM feeds anyone who is hungry for food, hungry for the Spirit, hungry for conversation or hungry for human contact. **Free-** donations accepted to benefit Tent City 3 and to help cover costs.

Bring non-perishable food to be collected for the Cherry Street Food Bank. Contact: justin.craig17@gmail.com.

7 pm **Integrity Eucharist** *Thomsen Chapel* This service is co-sponsored by Integrity, the Lesbian and Gay ministry of the Episcopal Church. Preacher: the Rev. Alan Mack. A social hour follows in the *Leffler Living Room*.

9:30 p.m. **Compline** *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM.

Wednesday, January 11



7-8 pm **Saint Mark's Cathedral Preschool Open House** *Preschool classrooms, Leffler House* Families interested in learning more about enrolling at the preschool are invited to attend. Check out our unique preschool program which features small class sizes, play-based learning, and a strong

social justice and community service curriculum. Information at st-marks-preschool.org. Contact Kelly Mulligan, director, at 206.323.1844

Thursday, January 12

5:30 pm **Finance Committee Meeting** *Conference Room* This is a committee of the Vestry. All parish members welcome to attend. Contact Walt Stuteville, wstuteville@comcast.net.



Guest
Preacher:
Greg Garrett

Sun., Jan. 8, all morning
services

Garrett's most recent book, *The Other Jesus*, is a personal work of theology examining how to be thoughtful and faithful follower of Jesus in the 21st century. Greg is an award-winning Professor of English at Baylor University, Writer in Residence at the Episcopal Theological Seminary of the Southwest and at Gladstone's Library in Hawarden, Wales, and a licensed lay preacher based at St. David's Episcopal Church in Austin, Texas. Read more: www.saintmarks.org/ComingEvents/FeaturedEvents.php#Garrett

Saturday, January 14

9 am **Yoga in the Cathedral** *Cathedral Nave* Yoga as moving meditation: an all-levels, flowing, contemplative yoga class accompanied by live music in the beauty of the Cathedral. Please bring your own yoga mat and dress in layers to stay warm.

Suggested donation is \$15, but please *just pay what you can afford. All are welcome.*

10 am **Greenbelt Group** *Meet at the Trailhead— southwest corner of parking lot* The green space around our campus is a critical part of welcoming the wider community onto our campus— give a morning this month to help get them 'in shape' for winter.

11 am **Celebration of the life of Ellen Smith** *Thomsen Chapel* A reception follows in Leffler House Living Room.



Greenbelt Group

The green space around our

campus is a critical part of welcoming the wider community onto our campus— give a morning this month to help keep them 'in shape' for all to enjoy.

Greenbelt: Sat., Jan. 14 & 28, Feb. 11 & 25

Contact Robert at rehayden2000@aim.com

Diocesan High School Youth Conference— "Believe"

Friday, January 13— Sunday, January 15

Worship, music, small groups, speakers, games, a dance, fun, new friends. Contact Diocese of Olympia. If you have any questions, please call the Diocesan youth and young adult office at 206-325-4200 or 1-800-488-4978, ext. 2039.



January Tent City Supply Drive

Sunday, Jan. 15,

all morning services

Back of the nave.

Please bring non-perishable food items to be donated to Tent City residents. Canned soup and canned meats are especially appreciated. Personal hygiene products are great donations, too. Sponsored by the Homeless Advocacy Ministry.

Grief Support Group

For people in need the support of others who have also lost someone close. *The grief group will find a time that is mutually agreeable to all.* Contact the Rev. Irene Tanabe at itanabe@saintmarks.org or 206.323.0300, ext. 227.



Sunday, January 15 - the 2d Sunday after Epiphany

Preacher: The Rev. Canon Rebecca L. McClain

Music: 9 am *Plenty good room* (spiritual). 11 am *Didn't my Lord deliver Daniel* (arr. Moses Hogan); *Search me, O God* (Alice Parker) – The Junior Choristers and The Boys and Girls Choir join the Cathedral Choir

10:15 am **Sunday Forum: Meet the candidates for Vestry** *Bloedel Hall* An opportunity to hear from and ask questions of the 8 candidates for Vestry— elections are on Sunday, January 29 and their terms will begin in February. Learn more about the Vestry on our website at www.saintmarks.org. Candidate information available on our website and in the back of the nave.

10:15 am **Sunday School** *Various locations* Learn about the curriculum at Saint Mark's on our website, or contact Cindy Spencer, Children & Youth Ministries Coordinator cspencer@saintmarks.org or 206.323.0300, ext. 225.

9 am **Third Sunday Brunch** *Leffler House* All are welcome!

12:45 pm **Sunday Forum: Meet the candidates for Vestry** *Bloedel Hall* An opportunity to hear from and ask questions of the 8 candidates for Vestry— elections are on Sunday, January 29 and their terms will begin in February. Learn more about the Vestry on our website at www.saintmarks.org. Candidate information available on our website and in the back of the nave.

12:30 pm **Winter Newcomer Class Series Begins** *Leffler Living Room* If you are a new or recent visitor to Saint Mark's, join us to learn more about the Cathedral and the Episcopal Church. We'll share a light lunch and get to know one another on January 15 & 22 starting after the 11:00 am service. We'll complete the series with a Brunch at Diocesan House on February 5. Contact newcomers@saintmarks.org or call 206-523-2158 for more information.

12:30 pm **Let Your Life Speak: Faith Discernment Groups** *Leffler Board Room* What does it mean to have faith, and to live it? (*More on the first page.*)

Contact Deacon Stephen Crippen, [206-214-7650](tel:206-214-7650) with questions.

12:30 pm **Church in the World Ministry Gathering** *Conference Room*. Hear from CIW ministry leaders about the work we are doing. Contact Betsy betsy@hihohealth.com

5:30 p.m. **Choral Evensong** *Nave* Saint Mark's Youth Ensemble (*Eve of Martin Luther King, Jr.*)



6 pm Hungry for Change: Food, Ethics and Sustainability

Leffler Living Room 6 week series explores how our food choices affect ecosystem health, the health of farm workers and treatment of animals. Sobering materials which can renew personal resolutions about food. Northwest Earth Institute text. See Carolyn White to obtain text. carolynwhite@comcast.net

7 pm **Integrity Eucharist** *Thomsen Chapel* Preacher: The Rev. Patricia Taylor. This service is co-sponsored by Integrity, the Lesbian and Gay ministry of the Episcopal Church. A social hour follows in the Leffler Living Room.

9:30 pm **Compline** *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM. *Post-Compline organ concert.*

Monday, January 16

Martin Luther King, Jr. Day *Cathedral Offices closed.*

2 pm **'Demented Spouses'** *The Rev. Pat Taylor's apartment* This is a mutual support group for spouses or life partners caring for a partner suffering from dementia and diminished cognitive capacity from a medical condition. We meet on the third Monday of the month. Contact: the Rev. Pat Taylor, patguggy@gmail.com or 206-860-1459.

Tuesday, January 17

7 pm **Ordinations to the Transitional Diaconate** *Cathedral Nave* Bishop Rickel will ordain 4 transitional deacons. Come support these members of the diocesan community on their journey towards the priesthood.

Saturday, January 21

9:30 am **Quilt Ministry** *Conference Room* Coming up we'll focus on creating lap quilts for those in the Saint Mark's Community who have health issues as well as continuing to make quilts for DESC facilities. We meet on the 3d Sunday of the month – all skill levels (including beginners!) are invited to join us. Contact: Carol Green cgreen@u.washington.edu.

1:00 pm **Celebration of the Life of Rev. Joyce McConnell** *Cathedral Nave* A reception follows in Bloedel Hall.



Sunday, January 22 - the 3d Sunday after Epiphany

Preacher: The Rev. David Mesenbring

Music: 9 am *To those who knotted nets of twine* (Doran/Troeger)

11 am Choral Mass: *Missa de la batalla escoutez* (Francisco Guerrero)

10:15 am **Sunday Forum: Meet the candidates for Vestry** *Bloedel Hall* An opportunity to hear from and ask questions of the 8 candidates for Vestry— elections are on Sunday, January 29 and their terms will begin in February. Learn more about the Vestry on our website at www.saintmarks.org. Candidate information available on our website and in the back of the nave.

10:15 am **Sunday School** *Various locations* Learn about the curriculum at Saint Mark's on our website, or contact Cindy Spencer, Children & Youth Ministries Coordinator cspencer@saintmarks.org or 206.323.0300, ext. 225.

12:45 pm **Sunday Forum: Meet the candidates for Vestry** *Bloedel Hall* An opportunity to hear from and ask questions of the 8 candidates for Vestry— elections are on Sunday, January 29 and their terms will begin in February. Learn more about the Vestry on our website at www.saintmarks.org. Candidate information available on our website and in the back of the nave.

12:30 pm **Winter Newcomer Class Series** *Leffler Living Room* If you are a new or recent visitor to Saint Mark's, join us to learn more about the Cathedral and the Episcopal Church. We'll share a light lunch and get to know one another on January 15 & 22 starting after the 11:00 am service. We'll complete the series with a Brunch at Diocesan House on February 5. Contact newcomers@saintmarks.org or call 206-523-2158 for more information.

12:30 pm **Let Your Life Speak: Faith Discernment Groups** *Leffler Board Room* What does it mean to have faith, and to live it? What does being "Christian" look like in your daily life and work? It's probably *not* only about going to church. To live your faith—to "let your life speak," takes discernment, and the help of others. Discernment is something best done in community. Light lunch and refreshments will be available. One-time fee of \$15 will cover the costs, including Parker Palmer's book, "Let Your Life Speak." Limited funds? Scholarships are available! Contact Deacon Stephen Crippen, [206-214-7650](tel:206-214-7650) with questions.



2 pm **Organ Plus concert: Trio Sonatas by J.S. Bach** *Thomson Chapel* Jieun Kim Newland, organ; Cecilia Archuleta, violin; Charles Coldwell, recorder.

5:30 p.m. **Choral Evensong** *Nave* Saint Mark's Gallery Choir (*Epiphany 3*)



SAGE hits the road again: to Berlin

Sunday, April 22—Friday, May 1, 2012

Visit our own

former Pastor, the Rev. Dan Conklin. Experience museums from antiquity to modern. Contact: Kathie Moen, 206-257-0050, kpgm@pax-jus.us **Last chance to sign up! January** is when we must make final plans and commitments.

Visit churches (Berlin Cathedral, Dan's own St. Mary's, St. George's Anglican) and historic sites: Reichstag, Chancellery, Holocaust Memorial and Jewish Museum. Remember "East/West Germany, the Wall and Check Point Charlie? Enjoy a boat tour on the river Spree, stroll/shop on Kurfurstendamm, take day trips to Palace Sans Souci in Potsdam, the spa town of Bad Sappow with its thermal waters, or the Polish border town of Stettin (Szczecin) on the Oder. Participants can select preferred activities.



Organ Plus concert: Trio Sonatas by JS Bach **Sunday, Jan. 22, 2 pm**

Thomson Chapel. Jieun Kim

Newland, organ; Cecilia Archuleta, violin; Charles Coldwell, recorder. Suggested donation \$10, advance passes available at the Cathedral Shop (206.323.1040).

Arts at Saint Mark's season brochure available on our website at <http://www.saintmarks.org/Worship/Arts/concerts1112.pdf> and in the narthex.



6 pm **Hungry for Change: Food, Ethics and Sustainability Conference** Room 6 week series explores how our food choices affect ecosystem health, the health of farm workers and treatment of animals. Sobering materials which can renew personal resolutions about food. Northwest Earth Institute text. See Carolyn White to obtain text. carolynwhite@comcast.net

7 pm **Integrity Eucharist** *Thomsen Chapel* Preacher: The Rev. Helen Harper. This service is co-sponsored by Integrity, the Lesbian and Gay ministry of the Episcopal Church. A social hour follows in the Leffler Living Room.

9:30 pm **Compline** *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM. *Post-Compline organ concert*.

Tuesday, January 24

6 pm **December Vestry Meeting** *Council Room, Diocesan House* Regular monthly meeting of the Vestry. All members are welcome to attend. Agenda available on our website at www.saintmarks.org/About/Governance/Vestry.php

Saturday, January 28



9 am—1 pm **Training for new Eucharistic visitors** who provide communion to the sick, elderly, or shut-in. Please join us for training to become a Eucharistic Visitor. Time commitment will be approx. once/month. Contact Danielle at linkd@spu.edu or 720-312-9387.

8:30 am **Godly Play Core Training: Parables** *St. Nicholas Classrooms* Contact Cindy Spencer Children & Youth Ministries Coordinator 206.323.0300, ext. 225 or cspencer@saintmarks.org to sign up or for more information

10 am **Greenbelt Group** *Meet at the Trailhead— southwest corner of parking lot* The green space around our campus is a critical part of welcoming the wider community onto our campus— give a morning this month to help get them 'in shape' for winter.

Countywide Observance of the Week of Prayer for Christian Unity

Tuesday, January 24, 7 pm
First AME (1522 14th Ave., Seattle, 98122) Reception will follow.

This year's observance features the Very Rev. Michael G. Ryan, Pastor of St. James Cathedral, Seattle as preacher; Presiding Elder Shermella Garrett of the Pacific Northwest District of the African Methodist Episcopal Church; and the First AME Choir, New Directions, under the direction of Sandra Smith-Jackson.

Newcomers Ministry:

Remember your first months at Saint Mark's? Coming to a new place on your spiritual journey can be hard. Would you be willing to be a friendly contact for people new to our community? Please contact Carol Green (newcomers@saintmarks.org) or Deacon Earl Grout (egrout@saintmarks.org) to learn more.

Parish Friends:

Parish Friends are up and running in offering fellowship and spiritual support to parishioners who are ill or unable for various reasons to participate actively at Saint Mark's. Contact Dewey Walker (deweywalker@msn.com) if you know of someone from our community we should be contacting or are interested in becoming a Parish Friend.



Sunday, January 29 - the 4th Sunday after Epiphany

Preacher: The Rev. Irene Tanabe

10:15 am **Sunday School** *Various locations* Learn about the curriculum at Saint Mark's on our website, or contact Cindy Spencer, Children & Youth Ministries Coordinator cspencer@saintmarks.org or 206.323.0300, ext. 225.

Music: 9 am *Tell out, my soul* (K. Lee Scott) 11 am *Dies sanctificatus* (Jacob Handl); *Laudate Dominum* (Mozart)

12:45 pm **Annual Meeting, Parish Elections and Festive Meal** *Bloedel Hall*

5:30 p.m. **Choral Evensong** *Nave Church of the Redeemer, Kenmore (Epiphany 4).*



6 pm **Hungry for Change: Food, Ethics and Sustainability** *Leffler Living Room* 6 week series explores how our food choices affect ecosystem health, the health of farm workers and treatment of animals. Sobering materials which can renew personal resolutions about food. Northwest Earth Institute text. See Carolyn White to obtain text. carolynwhite@comcast.net

7 pm **Integrity Eucharist** *Thomsen Chapel* Preacher: *tbd*. This service is co-sponsored by Integrity, the Lesbian and Gay ministry of the Episcopal Church. A social hour follows in the Leffler Living Room.

9:30 pm **Compline** *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM. *Post-Compline organ concert*.

Wednesday, February 1

12:45 pm **SAGE Monthly Luncheon** *Bloedel Hall* To learn more about this event contact: Kathie Moen, 206-257-0050, kpgm@pax-jus.us. *Free will offering. All ages invited and encouraged to attend. SAGE luncheons happen on the first Monday of the every month.*

4:30 pm **Junior Choristers** *Northup Room* This choir is open to all in Grades K-2.

Contact: Rebekah Gilmore at rgilmore@saintmarks.org or 206.323.0300, ext. 297.

6:15 pm **Boys and Girls Choir** *Choir Room* This choir is open to all in Gr. 3-7.

6 Contact: Rebekah Gilmore at rgilmore@saintmarks.org or 206.323.0300, ext. 297.

Wednesday, February 1, cont'd

6:30 pm **Youth Ensemble** *Northrup Room or Cathedral Nave* This choir, grades 7-12, is open to all in Seattle and the Diocese of Olympia. No audition required
Contact: Brian Fairbanks at bfairbank@saintmarks.org or 206.323.0300, ext. 294
8 p.m. **Sober and Free Alcoholics Anonymous Meeting** *Leffler Boardroom* support group offering strength and hope for friends and families of problem drinkers meets every Wednesday. <http://www.wa-al-anon.org/>.



Sunday, February 5 – 5th Sunday after the Epiphany

Cathedral Tour today after the 11 am service.

Preacher: The Rev. Stephen Crippen

10:15 am **Sunday School** *Various locations* Learn about the curriculum at Saint Mark's on our website, or contact Cindy Spencer, Children & Youth Ministries Coordinator
cspencer@saintmarks.org or 206.323.0300, ext. 225.

12:30 pm **Winter Newcomers Brunch** *Diocesan House (1551 10th Ave E– 3 doors north of the Cathedral)* All newcomers are welcome to join us for brunch whether or not you have attended any of the classes. An opportunity to make connections with staff and other members of Saint Mark's. For more information contact Carol Green at 206.523.2158 or newcomers@saintmarks.org.

5:30 p.m. **Choral Evensong** *Nave* Boys and Girls Choir sings (Epiphany 5).



6 pm **Hungry for Change: Food, Ethics and Sustainability** *Leffler Living Room* 6 week series explores how our food choices affect ecosystem health, the health of farm workers and treatment of animals. Sobering materials which can renew personal resolutions about food. Northwest Earth Institute text. See Carolyn White to obtain text.
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9:30 p.m. **Compline** *Cathedral Nave*. Also known as the "chant service," Compline is the ancient nighttime prayers, sung by the Compline Choir. A Seattle tradition, broadcast on KING 98.1 FM.

Tuesday, February 6

Noon- 1:30 pm **Al-Anon Capitol Hill Group** *Conference Room* This support group offering strength and hope for friends and families of problem drinkers meets every Monday at the Cathedral. <http://www.wa-al-anon.org/>

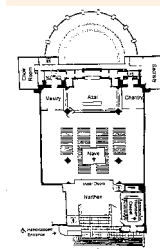
4:30 pm **Saint Mark's Cathedral Foundation Annual Meeting** *Diocesan House* The Annual meeting includes election of new board members and officer, 2011 Financial Report and other business under consideration. Note: We are seeking a high-profile guest speaker and will update you when we know. Wine and cheese reception follows in the Great Hall.

7:15 pm **Centering Prayer** *McCaw Chapel* Every Monday, study, discuss, and practice this popular method of contemplative prayer which places a strong emphasis on interior silence.

7:30 pm **Alcoholics Anonymous** *Bloedel Hall* An open AA meeting every Monday night.

Tour Guide training!

Have you been around the Cathedral for more years than you'd like to count? We need your expertise to help provide Tours of the Cathedral to newcomers and guests. We currently offer Tours on the first Sunday of the month after the 11:00 am service, but are in need of additional tour guides. Guides are scheduled every three or four months and we'll provide training. Contact Carol Green, 206.523.2158 or newcomers@saintmarks.org.



Cathedral Tour

Saturday, Feb. 5, 12:45.

On the first Sunday of (most)

months, join us for a tour of the Cathedral following the 11 a.m. service. Anyone interested in a look at the back rooms of the Cathedral, including the organ, are invited to join in. Meet at the Baptismal Font. Contact newcomers@saintmarks.org.



Celebrating 20 Years: *Honoring the Individual, Celebrating the Community*

<http://st-marks-preschool.org>
preschool@saintmarks.org or 206.323.1844

Saint Mark's Counseling Service

We offer professional counseling tailored to meet your specific needs and goals. Safe and confidential. For more information or to schedule an appointment, please call.



Kathleen Tyrrell, M.S., L.M.F.T.
206.323.0339

Located in Leffler House on the south side of the parking lot



Saint Mark's Children need your help to raise a *Mile of Pennies*

We set an ambitious goal this summer - to raise a **Mile of Pennies** in support of the water projects run by Episcopal Relief and Development. The average walk for water is 1.5 miles each way. **A mile is 84,480 pennies!** If you would like to help us, you may contribute any combination of money that can be converted to pennies. A contribution jar is located in the Cathedral shop, or you can leave your donation with [Cindy Spencer, Children/Youth Ministries Coordinator](#).



New to Saint Mark's?

Whether you are looking for a new church home or just passing through, we hope you'll tell us a little bit about yourself. Find a "Welcome Card" in the pews, fill it out and hand it to an usher or member of the clergy. (During the week feel free to drop it by the church office (downstairs!)). OR find our online form at <http://www.saintmarks.org/Community/Membership.php>. Learn more about us online at www.saintmarks.org click on the "Our Community" link and select: "About Saint Mark's".

Looking for a place to get involved? Here are some specific needs or check our ministry resource guide for contact information on other ministries. <http://www.saintmarks.org/About/Directories/MinistryResourceGuide.pdf>

Counters count the Sunday offering and help prepare the bank deposit on Monday mornings. We work in a team rotation— the time commitment is about 2 hours every 4-5 weeks. Contact Carol Judge, Lead Counter 206-547-1760

Noel House shopper Noel House at Saint Mark's needs help with shopping for our lady overnight guests. We shop weekly, so ideally we would have four shoppers with each person shopping just one time per month. If you are interested please contact Norva Osborn norva@ix.netcom.com or Colleen Hayward colleen-hayward@mac.com.

Coming Attractions *this February**

- Monday, February 6, *Saint Mark's Cathedral Foundation Annual Meeting*
- Tuesday, February 7, *New Vestry orientation*
- Friday– Saturday, February 10-11, *Vestry Retreat (Camp Huston, Gold Bar)*
- Friday, February 17, *Concert: Cathedral Trio*
- Monday, February 20, *Offices Closed for President's Day holiday*
- Tuesday, February 21, *Mardi Gras Party*
- Wednesday, February 22, *Ash Wednesday*

* More information about services, meetings and events at the Cathedral is available on our website at www.saintmarks.org. Subscribe to Sundays and Beyond for weekly updates at bit.ly/SMCemaillist.

Please submit information for *this February* to info@saintmarks.org by the end of the day on January 15.

Saint Mark's Cathedral Foundation Annual Meeting

Tuesday, Feb. 6, 4:30 pm
Diocesan House

The Foundation exists to support the future of the Cathedral by receiving, raising, and managing capital and endowment funds for the Cathedral's buildings and grounds.

The Annual meeting includes election of new board members and officer, 2011 Financial Report and other business under consideration. Note: We are seeking a high-profile guest speaker and will update you when we know. Wine and cheese reception follows in the Great Hall. To learn more or make a gift, contact the board at Foundation@saintmarks.org



The Cathedral Shop

The "out of the ordinary" shop for all of your gift-giving needs. You'll be surprised at our wide selection. of books, CD's, jewelry, gifts and greeting cards all offered in a warm friendly atmosphere.

Mon.-Sat., 11 am - 5:30 pm
Sun. 9 am - 1 pm
Extended hours on concert evenings.

Located across the parking lot from the Cathedral.
shopatsaintmarks.org
206.323.1040

Like us on Facebook!