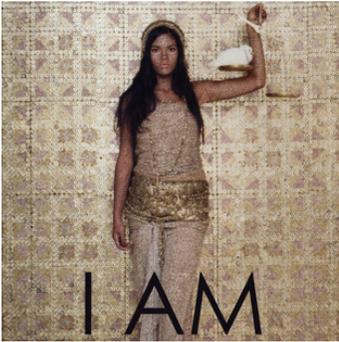




SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE TENTH SUNDAY AFTER PENTECOST ♦ JULY 29, 2018



Closing reception for the “I AM” exhibit next Sunday

SUNDAY, AUGUST 5, 12:30 P.M., *Cathedral Nave*

“I AM,” the art exhibition currently on display in the Cathedral Nave, celebrates the rich, diverse and pivotal contribution that Middle Eastern women make to the enduring global quest for peace. Join us for a closing reception next Sunday, August 5, a “Celebration of Voices for Peace from the

Middle East.” The event will include a family potluck, Dabke dancing, crafts, henna painting, calligraphy, and cuisine from Middle East. Paul Gordon-Chandler will take the audience on a journey through Kahlil Gibran’s writings, art, and the places he lived. Gibran was a captivating poet-artist who moved beyond religion to the core of universal spirituality, with a unique blend of East and West. You can also pick up a copy of the *Harper’s Bazaar Arabia* article about the exhibit in the back of the Cathedral Nave.



Sabbatical Revelations: Reflections by Dean Thomason

SUNDAY, AUGUST 5, 10:10 A. M., *Bloedel Hall*

Lions and tigers and bears, oh my! Or vipers and warships and bee-eaters, oh my! The Thomasons are safely back from their extended time in Greece and elsewhere and have stories to tell. Drawing inspiration from the art they saw, and the people they met, Dean Thomason will share some perspectives on the experience. (He will also teach a course on

the Creeds in September, and a series on the Book of Revelation in October and November.)

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., *Leffler Living Room*

How shall we consider dark times as the source for sacred wisdom? Across three days, 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 (personal and communal) 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.

Saint Mark’s welcomes guest musicians today

While Saint Mark’s Evensong Choir is on pilgrimage, we welcome several guest musicians who will lead us during morning worship services. Today, Cara Peterson serves as organist at the 8 a.m. service and Roger Sherman, Associate Organist Emeritus, serves as organist at the 9 & 11 a.m. services. At 11 a.m. today we welcome Seattle Choral Company and their director Freddie Coleman. Seattle Choral Company continues to be one of our Artist-in-Residence choirs at Saint Mark’s. 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 flowers in the Nave are given to the glory of God and in celebration of Timi Vann's August 15 birthday by her Auntie L and Uncle B.

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Community of the Lamb; Brotherhood of St. Andrew; 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

The Rev. Dick Garlich
Tim Watterson
Dorothy Ademujohn
Jack Dahlquist
Janet McCully
Tom Killorin

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

Linda Evans	Cheryl Roberts &
Linda Hunter	Miller Adams
Alice McCully & Family	David Scott
Ron Johnson	Linda Scott & Cynthia
Lynn Offutt	Moir
Ann Revelle	



Walking the Way of Love

At the triennial General Convention of the Episcopal Church, Presiding Bishop Michael Curry formally invited the whole church to take up the "Way of Love" during his sermon at the Opening Eucharist. The Way of Love is something like a "rule of life" for Episcopalians, as we grow more deeply with Jesus Christ at the center of our lives, and bear witness to his way of love in and for the world. This framework is illustrated with seven key practices: Turn, Learn, Pray, Worship, Bless, Go, and Rest. You can learn more and watch a video of Bishop Curry talking about The Way of Love at episcopalchurch.org/explore-way-love. Questions? Contact Canon Daugherty, jkdaugherty@saintmarks.org.

Questioning Together, a 20s & 30s group offering

MONDAY, AUGUST 6, 7:30 P.M., *Leffler Living Room*
This group gathering offers a supportive community for those in their 20s and 30s to explore questions of faith and meaning in our time. We will meet on the first Monday of every month. The topic for August: "Where is God when bad things happen?" Wherever you are in your faith journey, you are welcome. A light dinner will be served; an RSVP is appreciated but not required. Looking forward to seeing you there! To RSVP or for questions, contact Rachel McNary, rachel.mcnary@gmail.com.

Sunday Forum: Report from the 79th General Convention of the Episcopal Church

AUGUST 12, 10:10 A.M., *Bloedel Hall*
In what has been claimed as the most activist convention in our Church's history, more than 1000 church leaders spent nine days adopting resolutions by which we will find our way as a Church in such areas as: Prayer Book revision, responses to the Me Too movement, and justice in Israel and Palestine. Join us as Dean Thomason and Judy Andrews share their observations and a summary from the Episcopal Church's triennial General Convention.

Lay Chaplains in Community gathering

SUNDAY, AUGUST 12, 12:30 P.M., *Cathedral House 210*
The next gathering of Lay Chaplains in Community takes place Sunday, August 12 at 12:30 p.m. in Cathedral House 210. We will gather for team building, reflection, and formation. Lay Chaplains at Saint Mark's provide spiritual continuity and help maintain a faith connection for those people of Saint Mark's living in retirement or other care

Memorial service for Dorothy Ademujohn

Dorothy Ademujohn's memorial service will be held at Joseph M. Johnson and Son Funeral Home in Petersburg Virginia, on Saturday, August 4 at 11 a.m.

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.

facilities, who, because of mobility or other limitations, are not able to regularly attend worship services. Lay Chaplains are specially trained in pastoral care giving and the ministry of presence. For more information contact Sandra Smith, sandrasmith.smith747@gmail.com or The Rev. Cristi Chapman, cchapman@saintmarks.org.

Choir School Summer Camp

AUGUST 20-24, with Sunday Participation on August 26 Saint Mark's Choir School Summer Camp is offered for rising 3rd grade-8th grade children, regardless of church affiliation, who are interested in singing beautiful and exciting music of the Christian faith in the striking cathedral setting, while growing as musicians and children of God. Read more and register at saintmarks.org/choircamp.

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 other Episcopalians from Across the Diocese for Baseball with the Bishop as we watch the Tacoma Rainiers face off against the Reno Aces. Ticket cost includes reserved seating, complimentary meal (hotdog, chips and bottled water), a souvenir game program, and group recognition on the video board during the game. Sign up online at: eventbrite.com/e/baseball-with-the-bishop-tickets-48181281510.

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!

2018 Mid-year giving statements

To save on printing and postage costs, January through June giving statements for pledging households will not be mailed. Instead, you can check your giving history anytime on Saint Mark's website, saintmarks.org/mysaintmarks. If you'd like a current 2018 giving statement, please contact Erik Donner, edonner@saintmarks.org.

Seeking volunteers to host Seattle Service Corps members for a weekend!

FRIDAY-SUNDAY, SEPTEMBER 21-23
As part of Saint Mark's commitment of welcome and hospitality to the Seattle Service Corps members who live on the Saint Mark's campus and serve around Seattle, we are seeking 5-6 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! If you are interested, or have questions, please contact Kara King, king.kara@gmail.com or 206.949.0792.

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.



Cathedral Book Group

SUNDAY, SEPTEMBER 16, 1-2:30 P.M., *Cathedral House 209*
The Cathedral Book Group will be reading *When Breath Becomes Air* by Paul Kalanithi, MD an inspirational book of how a physician addresses his experience, not just looking at what living is and how it works from a scientific perspective, but the ins and outs of what makes life matter. For additional information contact Pearl McElheran, pmcelheran@comcast.net.

Save the date: Where there's a Will, there's a Way A diocesan workshop on planning ahead and providing for your loved ones

SEPTEMBER 29, 9 A.M. - 2:30 P.M., *St. John, Snohomish*
\$20, includes lunch and workshop resources.

What is your hope for your legacy—both for your loved ones and for the church you love? Explore this question with us! Presenters include estate planning attorneys, clergy and financial advisors. Bishop Greg Rickel and Dean Steve Thomason will talk about transformative gifts and share stories. Everyone who attends will receive the Life Planning Manual, a very good tool developed by our diocese. The registration deadline is September 27; registration link coming soon!



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, July 29 ♦ The Tenth Sunday after Pentecost

- HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*
Preacher: The Rev. Canon Dr. Marda Steedman Sanborn
- HOLY EUCHARIST, 9 A.M. *Cathedral Nave*
Preacher: The Rev. Canon Dr. Marda Steedman Sanborn
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: The Rev. Canon Dr. Marda Steedman Sanborn
- 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.

A Holy Waste of Time Young Adult Retreat

FRIDAY, AUGUST 17, 4 P.M. - SUNDAY, AUGUST 19, 1 P.M.
St Andrew's House, 7550 Washington 106, Union, WA 98592
Young adults (ages 18-35) from around the Diocese of Olympia are invited
to this annual weekend of fun, fellowship and faith at a gorgeous rustic
lodge on the Hood Canal and with a view of the Olympic Mountains. In
the spirit of time-wasting, choose your own adventure: kayak, paddle-
board and swim the beautiful calm waters of the Hood Canal; take a hike
on the forest trails nearby; or simply read in the lodge or sun on the deck.
St. Andrew's House boasts delicious home-style cooking with locally-
sourced foods. Sign-up now; this event sells out quickly! For more info and
to register, visit: bit.ly/holywasteoftime. Saint Markians who sign up should
join the 20s and 30s Facebook group to make carpool plans together;
(search "Saint Mark's 20s & 30s" on Facebook).

New in the Cathedral Shop: handmade topographical wood maps

Beautiful wood topographical bottle openers and coat hooks are for Sale in
the Cathedral Shop. These unique wall mounted pieces have topographi-
cal maps of Mount Rainier laser etched into wood. These are handmade in
Seattle and are both beautiful and functional.

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
- Gregory Bloch, *Shop Associate & Liturgical Assistant* gbloch@saintmarks.org
- 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.