



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE TWELFTH SUNDAY AFTER PENTECOST ♦ AUGUST 12, 2018

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

TODAY, 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.



Presiding Bishop Curry preached as Episcopalians gathered in public witness outside an immigrant detention center in Taylor, Texas. Photo: Episcopal News Service.

Supporting the Muslim Community

TODAY, 2 P.M. *Idris Mosque,*

1420 NE Northgate Way, Seattle, WA 98115

Idris Mosque is hosting their 17th Annual neighborhood BBQ today from 2-5 p.m. They invite Saint Mark's parishioners every year and we usually see a couple dozen making the trip. Please join us if you can and maybe bring a friend! If you have a question, please send a note to Brett Bowton-Meade, brettb@sunriseid.com.



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! Come join us for some fun in the sun! Questions?

Contact Rebekah, rgilmore@saintmarks.org or Kelly, kmoody@saintmarks.org.

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. 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: bit.ly/2O5B6wo.

Hunger Offering today

Today is Hunger Offering Sunday at Saint Mark's, where we take a special donation for six partner food banks in Seattle. These organizations help thousands of Seattleites who are struggling with food insecurity and basic living needs, and your donations make a big difference in their lives. Stop by the Hunger Offering table in the back of the nave to learn about what we do, and how you can help.

Saint Mark's welcomes guest musicians today

Today we welcome several 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 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

Bevin Rebecca Armstrong
Vauneva Greenwood
Mary Kathleen McKinley
Peggy
The Rev, Dick Garlich's
Tim Watterson
Dorothy Ademujohn
Jack Dahlquist

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

Kathy Busick	Lynn Offutt
The Most Rev. Michael Curry	Ann Revelle
Katsyo Daisey England	Cheryl Roberts & Miller Adams
David & Louise French	David Scott
Gwen Horne	Linda Scott & Cynthia
Linda Hunter	Helen Thompson
Judy Jensen & Family	John Vendelin & Robin Wood
Ron Johnson	Eleanor
Louise Kind	John
Jennifer Maun & Diana Roetering	Karla
Bill McLaren	Moir
Warren McKinley	

Lay Chaplains in Community gathering (rescheduled)

SUNDAY, AUGUST 19, 12:30 P.M., *Cathedral House 210*
The Lay Chaplains in Community meeting originally scheduled for today will now be held on Sunday, August 19. For more information contact Sandra Smith, sandrasmith.smith747@gmail.com or The Rev. Cristi Chapman, cchapman@saintmarks.org.

Memorial service for Dick Garlich's

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

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!

Sunday programming for children and youth resumes 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*)

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.

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.

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.

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.

Cathedral Shop: BBQ towels and mitts

Come and check out the selection of BBQ towels, aprons and mitts available in The Cathedral Shop. Great for summer grilling!

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 12 ♦ The Twelfth Sunday after Pentecost

- HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*
Preacher: The Rev. Canon Nancy Ross, Associate to the Rector
- HOLY EUCHARIST, 9 A.M. *Cathedral Nave*
Preacher: The Rev. Canon Nancy Ross, Associate to the Rector
- SUNDAY FORUM, 10:10 A.M., *Cathedral Nave*
General Convention recap with Dean Thomason. More on pg. 1.
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: The Rev. Canon Nancy Ross, Associate to the 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.

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 wide-
spread public outrage. Our government explains such measures as a
necessary strategy to deter "illegal immigration", yet families continue to
arrive, undeterred. Meanwhile, few in our country 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 or "push fac-
tors" 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. Event
registration coming soon. More at cristosal.org.

CATHEDRAL STAFF AND LEADERSHIP

- Adam Conley, *Seattle Service Corps Director* aconley@saintmarks.org
- Barbara Martin, *Childcare Center Director* childcare@saintmarks.org
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- 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.