



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FOURTEENTH SUNDAY AFTER PENTECOST ♦ AUGUST 26, 2018

Welcome, Choir School campers!

Saint Mark's annual Choir School Summer Camp was held this past week. Campers sang beautiful music throughout the week; enjoyed visits from guests specializing in art, drumming, and composition; went on field trips; and more. These joyful music-makers, who hail from all around the diocese, will sing at the 11 a.m. service today.

Ministry Fair

SEPTEMBER 9, 8:30 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.



Host a Seattle Service Corps member for the weekend!

FRIDAY, SEP. 21-SUNDAY, SEP. 23

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 two more parishioners who would enjoy hosting one of our corps members for a weekend when they arrive in September. This will be a great way for the corps members to connect with at least one parishioner/family at the beginning of their time in Seattle. It will also give each corps member a chance to spend a weekend off campus 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.

Enneagram Workshop—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

In this workshop participants 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. Attendance at prior workshops is not required, but participants should arrive knowing what enneagram type they are. Register at saintmarks.org/wisdom.



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.

Seattle Service Corps Welcome Basket

You're invited to extend a gesture of hospitality and welcome to our 2018-2019 Service Corps! Our five new corps members arrive on September 5. You're invited to bring non-perishable items that would make for a fun and friendly welcome basket. Please mark them with attention to Service Corps director Adam Conley and drop off at the office during the week, or bring them to the Welcome Table on Sunday, September 2. Questions? Contact Adam, aconley@saintmarks.org.

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 are given to the glory of God and in loving memory of The Reverend Dick Garlichs and in loving memory of Lea and Doug Richter and Bella.

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Diocesan Council; Board of Directors; Standing Committee; 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
The Rev. Dick Garlichs

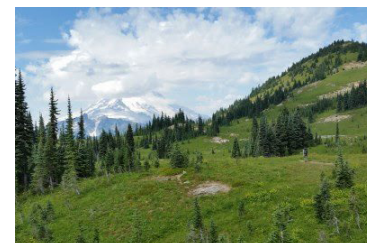
THOSE WHO ARE SICK OR SUFFERING IN ANY WAY, IN BODY, MIND, OR SPIRIT

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

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



Please join us for a hike and celebration of the Eucharist in the natural glory of God's creation. This event is hosted by Saint Mark's 20s and 30s, but we wish to invite all who are interested in joining on this journey! We will hike the Naches Loop Trail (length 3.2 miles round trip). The difficulty level is medium and we plan to go at a pace that is accessible to the entire group. We expect the excursion to take about 3 hours including the Eucharist celebration. We'll meet at Saint Mark's at 8 a.m. and then carpool to the site. To RSVP, email Russ Crosbie, rcrosbie22@gmail.com.

Last Splash of the Summer!

SUNDAY, SEP. 9, 4-7:30 P.M., Golden Gardens Park, 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.

Liturgical Minister Training

SATURDAY SEP. 16, 9 A.M.-12 P.M., Cathedral Nave

Saint Mark's will offer workshops for those interested or already participating in liturgical ministries: acolytes, altar guild, Eucharistic ministers (chalice bearers), greeters, readers/intercessors, vergers, and ushers at any of the Sunday Eucharists. Come explore a new ministry or come be refreshed in a ministry you are already doing. Features a plenary led by Dean Thomason as well as breakout sessions with the individual ministries. To sign up please contact Chris McPeak, cmcpeak@saintmarks.org. Please let us know which ministry you are interested in; this will impact which portions of the training you need to attend.

Young Adult Dinner at the Deanery

SUNDAY, SEPTEMBER 16, 6-9 P.M. 901 Federal Ave E.

Those in their 20s and 30s are invited to dinner at Dean Thomason's home, 901 Federal Ave. E. (a short 3-block walk from the cathedral). Some may choose to attend Compline at 9:30 p.m. afterward. All are welcome—bring a friend, too! This gathering is a great way to meet other young adults at Saint Mark's. Kindly RSVP to Erik Donner, edonner@saintmarks.org.

Walking the Way of Love

At the triennial General Convention of the Episcopal Church, Presiding Bishop Michael Curry formally invited

Funeral for Deanna Theiss

The Funeral for parishioner Deanna Theiss will be held on Saturday, September 15 at 3 p.m. in Thomsen Chapel. Reception to follow in the Cathedral Nave.

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. Learn more about The Way of Love here. Questions? Contact any of the clergy (who will use this as part of their “Resilience in Troubled Times” series in September.)



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

Facilitated by Saint Mark's Clergy
WEDNESDAYS, SEP. 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.

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 characters 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.

Support Seattle Service Corps & food justice!

MONDAY, SEPTEMBER 24, 6 P.M.

Lagunitas Brewing Company, 1550 NW 49th St., Seattle, WA
Support the Seattle Service Corps and serve our homeless neighbors at the same time! SSC has a new partner for one of our participating corps members—St. Luke's, Ballard. This relationship involves St. Luke's Edible Hope meals ministry, which has been meeting the needs of folks on the margins in Ballard for decades. St. Luke's needs our help to fund the SSC internship, so this is a great way to support two worthy causes. Please join our new corps members and advisory board at a fundraiser in support of this partnership on Sep. 24. For more info and to register, visit: bit.ly/ediblehope.

Dean's recommended books in the Cathedral Shop

Come and browse new books recommended by Dean Thomason! Titles include: *Lila*, by Marilyn Robinson; *Prayers for an Inclusive Church*, by Steven Shakespeare; *The Secrets Between Us*, by Thrity Umrigar; *Money and Possessions*, by Walter Brueggemann; *Before We Were*

Upcoming Sunday Forums

Why We Say the Creeds: A Series by Dean Thomason

SUNDAYS, SEP 16 & 23, 10:10-10:50 A.M., *Bloedel Hall*
In this two week series, we will explore the historical and liturgical context for the creeds as we wrestle with their content and meaning, and why we use them still. We will also look at alternative forms of the creed.

Special Parish Forum: The Cathedral is getting a new Baptismal Font

SUNDAY SEP. 30, 10:10 A.M., *Bloedel Hall, Facilitated by Dean Thomason*

The tree planter we've used for years as a baptismal font has delivered many precious memories for this community, but it leaks and is difficult to clean. The Cathedral has received a wonderful gift to commission NW artist Julie Speidel to design and fashion a new baptistery that fits the spacious cathedral and has running water! The piece incorporates both ancient and modern concepts while celebrating the rich tradition of Christian baptism handed down to us. In this forum, we will describe the design process, theological underpinnings for the design, and next steps toward installation. The artist and others involved in the design process will be on hand as well. All are welcome.

Yours, Lisa Wingate; and *Revelations: Visions, Prophecy and Politics in the Book of Revelation*, by Elaine Pagels.

Choir School Registration Open!

The Saint Mark's Cathedral Choir School will teach your children to *pray* with their voices and *sing* praises from their hearts. Register your child for the 2018-19 season at saintmarks.org/choirschool, and spread the word to all the young singers in your life!

Junior Choristers (5 yr olds and early elementary)

Tuesdays, 4:45-6 p.m., beginning September 11 or

Wednesdays, 3:30-4:45 p.m., beginning Sep. 12

Senior Choristers (intermediate elementary/middle school),

Wednesdays 4:45-6 p.m., beginning Sep. 12

Cathedral Schola (High School and changed voice boys), Wednesdays 7:30-8:30 p.m., beginning Sep. 12
And, save the date for Choir Camp 2019! July 15-19, and Sunday July 21. More at saintmarks.org/choircamp.



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 26 ♦ The Fourteenth 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.

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, Septem-
ber 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 in-
formation contact children@saintmarks.org. In the meantime, please enjoy
the worship bags and Sunday Paper Junior with us on the carpet!

Sunday programs for children and youth resume September 16

Sunday morning programming for preschool-12th grade resumes on Sep-
tember 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: Donuts and Conversation (*Youth Room, below the Nave*)

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 sci-
entific perspective, but the ins and outs of what makes life matter. For more
information contact Pearl McElheran, pmcelheran@comcast.net.

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.