



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE ELEVENTH SUNDAY AFTER PENTECOST ♦ AUGUST 5, 2018

Sabbatical Revelations: Reflections by Dean Thomason

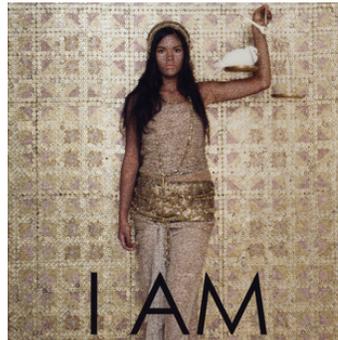
TODAY, 10:10 A.M., *Bloedel Hall*

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.)

“I AM” Exhibit Closing: A Celebration of Voices for Peace from the Middle East

TODAY, 12:30 P.M., *Cathedral Nave*

As the “I AM” exhibition comes to a close, join us for a festive and fun reception with: A family potluck, Dabke dancing, crafts, henna painting, calligraphy, cuisine from Middle East and a staged reading of the play “Abraham’s Land” by Lauren Marshall and Hannah Eady. During this celebration, you will have an opportunity to experience the hospitality, art and culture of people living in the Middle East. Please join us!



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. To RSVP or for questions, contact Rachel McNary, rachel.mcenary@gmail.com. We look forward to seeing you there!

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.

Newcomers Coffee with Clergy

TODAY, AFTER 9 & 11 A.M.

SERVICES, *Leffler Living Room*

Every month Saint Mark's hosts a conversation with newcomers after both 9 a.m. and 11 a.m. services to help us get to know each other, share our stories, and introduce newcomers to Saint Mark's and the Episcopal Church. Questions? Contact Deacon Earl, newcomers@saintmarks.org.

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 Tudor Choir, and their director Doug Fullington. 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 thanksgiving for the marriage of Freddie Coleman and Bryan Turner, and in thanksgiving for the 33rd wedding anniversary of Steve and Kathy Thomason.

THE CHURCH

Justin Welby, *Archbishop of Canterbury*; Michael Curry, *Presiding Bishop*; Greg Rickel, *Bishop*; all the ministries and communities of this diocese, especially Underhill House; St. James Family Center, Cathlamet; Annie Wright School; 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

Vauneva Greenwood
Mary Kathleen McKinley
Peggy
The Rev. Dick Garlich
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
Gwen Horne	Cheryl Roberts & Miller Adams
Linda Hunter	David Scott
Judy Jensen & Family	Linda Scott & Cynthia
Ron Johnson	John Vendelin & Robin Wood
Jennifer Maun & Diana	Eleanor
Roetering	John
Warren McKinley	Moirra

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.

Supporting the Muslim Community

SUNDAY, AUGUST 12, 2 P.M. *Idris Mosque, 1420 NE Northgate Way, Seattle, WA 98115*

Idris Mosque is hosting their 17th Annual neighborhood BBQ on Sunday, August 12, 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.

Lay Chaplains in Community gathering

SUNDAY, AUGUST 12, 12:30 P.M., *Cathedral House 210*

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 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. At this gathering, we will focus on team building, reflection, and formation. 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 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.

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.

Memorial service for Dick Garlichs

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

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, kmoodys@saintmarks.org.

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.

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.



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.

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.

Fall Inquirer's and Confirmation Class

SATURDAYS, OCTOBER 6 & 13, 9:30 A.M., *Bloedel Hall*
All are welcome to come to this two week series, which covers the basics of the Christian faith through the Episcopal lens. Following this series, many 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.



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 5 ♦ The Eleventh 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
- SUNDAY FORUM, 10:10 A.M., *Cathedral Nave*
Sabbatical Revelations with Dean Thomason. More on pg. 1.
- NEWCOMERS COFFEE, *After 9 & 11 a.m. services, Cathedral Nave*
Monthly welcome coffee for those new to Saint Mark's. More on pg. 1.
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: The Very Rev. Steven L. Thomason, Dean and Rector
- "I AM" EXHIBIT CELEBRATION 12:30 P.M. *Cathedral Nave*
Festive closing reception and celebration for the "I AM" art exhibit, more
on pg. 1.
- 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).

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.