



SUNDAYS & BEYOND

The Saint Mark's Cathedral weekly newsletter

THE FIFTEENTH SUNDAY AFTER PENTECOST ♦ SEPTEMBER 2, 2018

Today is Chris McPeak's final Sunday at Saint Mark's

Bishop Rickel has assigned Chris to serve an internship at Christ Church in Seattle as part of his continued formation toward becoming a priest. Today is his last day as Worship Coordinator, and he is our preacher today. We will ask God's blessings on him and his wife Amanda at the conclusion of the 9 a.m. service, and receptions in their honor will follow both the 9 a.m. and 11 a.m. services. Please join in thanking them for their service these last few years.



Newcomers Coffee with Clergy

TODAY, AFTER 9 & 11 A.M.

SERVICES, *Leffler Living Room*

Every month we host 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. Contact Deacon Earl, newcomers@saintmarks.org.

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.

Labor Day closing

The Cathedral offices will be closed on Monday, September 3 in observance of Labor Day.

Parking decals for Saint Mark's community—get yours at the Ministry Fair

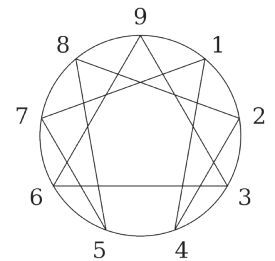
Parking decals will be available at the Ministry Fair on Sunday Sep. 9, so please drop by the table to get your decal, if needed. (If you already have a decal, no action is needed!) Decals will be issued at no cost; please be sure to bring your license plate number to register. The decal, which is to be placed in the lower right front windshield, is needed to park for free in the campus lots when you attend a function any day outside of Sunday.

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 on how the Enneagram informs dynamics of interpersonal relationships in family systems and how it can serve as companion on the spiritual journey of self-work and communal experience. Attendance at prior workshops is not required, but participants should arrive knowing their Enneagram type. Register at saintmarks.org/wisdom.



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.

A dedication 90 years in the making! Consecration and Dedication of the Cathedral Renovations

SUNDAY OCTOBER 21 AT 4:30 P.M.

Saint Mark's will host a special service of Consecration and Dedication of the cathedral renovations and the new baptismal font. The Rt. Rev. Gregory H. Rickel, Bishop of The Episcopal Diocese of Olympia, will preside. Among the donor recognitions will be a Donor Wall naming all 806 individual donors and every parish who contributed to this historic capital campaign. Gala reception to follow. We hope to see you there!

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 Holy Spirit, Battle Ground; St. Matthew, Castle Rock; 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, Christopher White

THOSE WHO HAVE DIED

John McCain
Kofi Annan
Linnie Martin
Deanna Theiss

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

John Black	Taylor Notaro
Katsyo Daisey England	Monte & Melissa Pittz
Mardy Ericson	Ann Revelle
John Franklin	Rich Stanley
Mary Gaye	Helen Thompson
The Rev. Canon Michael Jackson	Christina & Jennifer M
Jason Kind	Margaret & family
Louise Kind	Max, Nico, Julian, & Leo
Linda Leisy	Moira
Linnie Martin	Suzy & family
Bill McLaren	
Chris Michaelsen	
Laura Muglia	

Choir openings for adults

Saint Mark's Singers (9 a.m. service) currently welcomes new members of all voice parts, and the Cathedral Choir (11 a.m. service) has openings currently in the tenor and bass sections. A meeting with Canon Michael Kleinschmidt is required for both choirs—*without* audition for Saint Mark's Singers, and a *with* audition for the Cathedral Choir. Contact Canon Michael Kleinschmidt, mkleinschmidt@saintmarks.org.

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 invite *all* who are interested in joining on this journey! We will hike the Naches Loop Trail (length 3.2 miles round trip). We'll meet at Saint Mark's at 8 a.m. and then carpool to the site. RSVP to 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. 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.

Global Climate Action Summit Multi-Faith Service

WEDNESDAY, SEPTEMBER 12, 4 P.M., *Bloedel Hall*

As part of the Global Climate Action Summit event in San Francisco, Grace Episcopal Cathedral will host a multi-faith service of connection and commitment to sustainable actions. Participating leaders include His Holiness the Dalai Lama, His All-Holiness Ecumenical Patriarch Bartholomew and our own Presiding Bishop, The Most Reverend Michael B. Curry. We will be streaming the webcast in Bloedel Hall. You are invited to stay for supper at 6 p.m. More at gracecathedral.org. Questions? Contact Carolyn White, car20lyn31@gmail.com.

Parish Listening Process Forum— I-1631

WEDNESDAY, SEP. 12, 7 P.M., *Bloedel Hall*

The Saint Mark's Cathedral Vestry has been asked to consider endorsing Initiative 1631, the Carbon Emissions Fee Measure that will be appearing on the ballot this November. You are invited to a Parish Listening Process Forum, where you will have the opportunity to hear presentations for and against the initiative, ask questions, and discuss this issue with your fellow parishioners. Please come and be part of the discussion. Questions? Please contact Senior Warden Lynne Markova, ismarkova@comcast.net.

Beautiful city pillows back in stock at the Cathedral Shop

Iconic landmarks of great cities of the world are now back in stock in The Cathedral Shop. The cities are recreated in intricate embroidery on this eye-catching accent pillow. Cities in stock are Seattle, Portland, Paris San Francisco, Rome, and London.

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! Kindly RSVP to Erik, edonner@saintmarks.org.

One last host needed for Seattle Service Corps!

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 cathedral campus and serve around Seattle, we are seeking just one more parishioner 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. Interested? Contact Kara King, king.kara@gmail.com.

Liturgical Minister Training

SATURDAY SEP. 22, 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, choir, and ushers at any of the Sunday Eucharists. Come explore a new ministry or 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. Contact Erik Donner, edonner@saintmarks.org to sign up. Please let us know which ministry you are interested in—this will impact which portions of the training you need to attend.

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.

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. Join us for music, food, raffles, beer (and soft drinks!) to raise money to help feed

our neighbors in need and foster community. Admission is \$20; read more and register at: bit.ly/ediblehope.

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 Cathedral has received a wonderful gift to commission NW artist Julie Speidel to design 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. The artist and others involved in the design process will be on hand as well.

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

Green thumb (or not)—we need you!

With the installation of the labyrinth, there are new possibilities for garden beds in the front lawn. The Saint Mark's Cathedral Garden Volunteers invite you to be part of making those happen! The group meets on the second Saturday of the month, February-November. Work involves the basics of good gardening; anyone with or without a green thumb is invited to join! To sign up, contact Norva Osborn, norva@ix.netcom.com.

Offerings for children and youth at the start of the school year

Children's Chapel resumes Sunday, September 9

9 a.m., Thomsen Chapel. This liturgy of the Word welcomes children preschool age through second grade. Parents welcome! For more info, contact children@saintmarks.org.

Sunday programs for children, youth resume Sept. 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
- 3rd, 4th, and 5th grade: Sunday School
- 6th-12th grades: Donuts and Conversation



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, September 2 ♦ The Fifteenth Sunday after Pentecost

- HOLY EUCHARIST, 8 A.M. *Thomsen Chapel*
Preacher: Chris McPeak, Worship Coordinator
- HOLY EUCHARIST, 9 A.M. *Cathedral Nave*
Preacher: Chris McPeak, Worship Coordinator
- HOLY EUCHARIST, 11 A.M. *Cathedral Nave*
Preacher: Chris McPeak, Worship Coordinator
- 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*
Learn why families risk their lives to seek safe haven in the United States and how can we address the root causes of the 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. Register at saintmarks.org/cristosal.

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.

Cathedral Book Group

SUNDAY, SEPTEMBER 16, 1-2:30 P.M., *Cathedral House 209*
The Cathedral Book Group is reading *When Breath Becomes Air* by Paul Kalanithi, MD. For more info, contact Pearl McElheran, pmcelheran@comcast.net.

Fall Inquirer's and Confirmation Class

SATURDAYS, OCTOBER 6 & 13, 9:30 A.M., *Bloedel Hall*
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. Contact The Rev. Cristi Chapman, cchapman@saintmarks.org.

CATHEDRAL STAFF AND LEADERSHIP

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|--|--|--|--|
| Adam Conley, <i>Seattle Service Corps Director</i> | aconley@saintmarks.org | Kelly Moody, <i>Director of Children's and Family Ministries</i> | kmoody@saintmarks.org |
| Barbara Martin, <i>Childcare Center Director</i> | childcare@saintmarks.org | Liz Bartenstein, <i>Communications Director</i> | lbartenstein@saintmarks.org |
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| John Stuntebeck, <i>Associate Organist</i> | john_stuntebeck@hotmail.com | | |
| Karen Komoto, <i>Finance Manager</i> | kkomoto@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.