

LITURGY LINE

A Seasonal Resource from the Liturgy Office of the Archdiocese of Seattle

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Vol. 2 Issue #2

Winter 2010

Catholics Coming Home

This Lent, the Archdiocese of Seattle will participate in Catholics Come Home, a national media campaign encouraging non-practicing Catholics to return to the practice of their faith through ads that will air on local television. We asked Helen Oesterle, a member of the Catholics Come Home Task Force for the Archdiocese of Seattle, to share some thoughts with us about how our liturgies can be even more welcoming.

St. Paul instructs us "Welcome one another, therefore, as Christ has welcomed you." (Romans 15:7).

Pope Paul VI preached that "the Church exists in order to evangelize" (EN 14), that is, the Church exists to proclaim the Good News and bring people to an intimate encounter with Christ. When we gather to celebrate Mass it is important that we make this our focus. This Lent people who respond to the invitation from Catholics Come Home commercials or from a friend will not be seeking a program; they will be seeking an encounter with Christ.

This encounter with Christ is the core value of each and everything we do in the Church. Hospitality needs to be an essential component in liturgy so we can recognize and welcome one another as the Body of Christ. This can happen in many ways:

- The entire assembly, including all liturgical ministers, needs to be ready at all times to receive those who may come home or visit--greet them, welcome them, and by our example model for them what it means to have a relationship with Christ and his Church. In addition, providing worship aids will not only assist parishioners to participate fully, actively, and consciously in the liturgy, but they are essential to assist visitors.
- Preaching needs to encourage, challenge, and inspire God's people to share the Good News with their family, friends, and neighbors. It is so important that each and every parishioner is asking their family and friends to come home. In addition, especially in the Northwest, Catholics know a lot of family and friends who are not affiliated with any faith community. Sometimes just an invitation to come to Mass is all a person needs to encounter Christ in a meaningful way.
- All the collective efforts of the community must be offered up in prayer. The parish is encouraged to pray specifically for those who have left the Church, who may have been hurt by the Church,

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those who exploring their relationship with God and seeking a faith community, and those who are returning home or finding a new home in the parish

- Finally, the Dismissal Rite commands us to go forth "to love and serve the Lord" thereby increasing our ability to spread the Good News to all of creation, . This love and service is demonstrated by our willingness to witness it with our lives. We are called to "bring Jesus into every situation" (GMD, pg. 2). The laity have the unique ability to bring their faith and love for Christ to the workplace, the home, the mall, etc.

Liturgy is central to who we are as Church and every element is important in our evangelization efforts. We are continually challenged to bring our best and be our best so we can more truly reflect the face of Christ to both our neighbor and the stranger. In our efforts to be ready for the Catholics Come Home commercials during Lent, let those efforts extend in the months and years to come as we carry on the mission of our Lord, Jesus Christ.

[Helen Oesterle](#)

*Director of Religious Education at St. James Cathedral
and a member of the Archdiocesan
Catholics Come Home task force.*

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LENT Questions & Answers

What are the primary themes of the Lenten season?

The Lenten season has a dual character: to prepare catechumens for the sacraments and to prepare the faithful to celebrate the paschal mystery at Easter. Catechumens will focus on the rites that will lead them to Christian initiation. All the faithful, by prayer, fasting, and almsgiving, prepare themselves for the renewal of their baptismal promises at Easter.

What changes happen in the liturgy during Lent?

The liturgies of Lent look and sound quite different from any other season of the liturgical year. The liturgical environment is simplified and the organ is used only to support the assembly's singing. We bid farewell to the Alleluia at the last Mass on Tuesday, February 16, not to sing it again until the Easter Vigil on April 3. The Gloria is not sung during Lent, except on the solemnities of St. Joseph, Husband of Mary (March 19) and the Annunciation (March 25).

Is the veiling of crosses permitted during Lent?

After the Holy Thursday liturgy, any cross that cannot be removed from sight should be covered with a red or violet cloth in preparation for the veneration of the

cross on Good Friday. The Roman Missal allows (but does not require) the veiling of crosses and images beginning after Masses on the Saturday of the Fourth Week of Lent, at the pastor's discretion.

Should the fonts be emptied during Lent?

No! Lent is a season of preparation for baptism and for baptismal renewal. The blessed water and the paschal mystery it signifies are just as real or relevant during Lent as at other times of the year - perhaps even more so! It is not appropriate to empty the fonts or to fill them with sand during the Lenten season. The fonts will remain filled until the Triduum begins.

Are weddings allowed during Lent?

Yes, weddings are permitted even during the Lenten season, but all liturgies in Lent are Lenten liturgies. Given the restrictions on music and flowers during this season, couples should be encouraged to find a date outside of the Lenten season.

What about the sacrament of reconciliation during Lent?

It is the ancient custom in the Church for all the faithful to celebrate the sacrament of reconciliation in preparation for Easter. This can take place at any time during the Lenten season, at the regularly-scheduled penance times, or at special communal penance services with individual confession during this season. The Rite of Penance provides several sample services that can be used during this season.

What time is the Easter Vigil?

"The entire celebration of the Easter Vigil takes place at night. It should not begin before nightfall; it should end before daybreak on Sunday" (Sacramentary). The United States Bishops have clarified that the Easter Vigil "is to take place in darkness... that is, after the time in the evening when daylight is last visible. This time is roughly equivalent to [the end of] astronomical twilight as defined by the Naval Observatory." Check the Naval Observatory Website to help you calculate the proper time for the Easter Vigil. In general, in the Archdiocese of Seattle, this means that the Easter Vigil should not start before 8:30pm.

Where can I find guidelines for planning the liturgies of Lent and the Triduum?

The most important guidelines and rubrics can be found in the Sacramentary, the Rite of Christian Initiation for Adults and the Lectionary for Mass. Other important resources include Paschale Solemnitatis, a 1988 Instruction from the Congregation for Divine Worship of the Vatican and Guidelines for our Archdiocese. In addition, there is much valuable information in the Ceremonial of Bishops as well as *Sing to the Lord: Music in Divine Worship*.

What is the proper way to dispose of last year's Holy Oils?

Each year, before Holy Thursday, the worthy vessels that contain Holy Oils should be emptied and cleaned and the previous year's oils shall be disposed of in a reverent manner.

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The Archdiocesan Chrism Mass

The Chrism Mass will take place on **Thursday, March 25 at 7:00pm at St. James Cathedral**. The Chrism Mass is one of our most important annual Archdiocesan celebrations, gathering priests and deacons, religious and lay ministers, candidates for full communion and Elect from parishes across the Archdiocese. While the Chrism Mass is traditionally celebrated on Holy Thursday, the Church allows for it to be celebrated earlier in Lent in dioceses like ours, where the wide geographical reach would make it difficult for the priests and people to gather on Holy Thursday.

At the center of the Chrism Mass is the blessing of the oils to be used in sacramental celebrations throughout the Archdiocese. The Archbishop blesses the Oil of Catechumens and the Oil of the Sick. The Sacred Chrism—used in the sacraments of



Confirmation and Holy Orders, as well as for the dedication of new altars and church buildings—is not simply blessed, but consecrated, with a solemn prayer and other special rites. The Archbishop mixes the oil with sweet-smelling balsam essence, and then breathes over the oil, a gesture which recalls the Holy Spirit, which God breathed over the void at the dawn of creation.

The Chrism Mass is not just about the holy oils. In the Entrance Antiphon for the Mass, we hear words from the Book of Revelation: "Jesus Christ has made us a kingdom of priests to serve his God and Father: glory and kingship be his for ever and ever. Amen." The Chrism Mass is also about priesthood: the royal priesthood of all the baptized, and the special priestly ministry of the ordained. The rites for the Chrism Mass include the Renewal of Commitment to Priestly Service for priests and bishops. And the entire assembly has the opportunity to renew their commitment to live their vocation with integrity. "Lord, stretch forth your hand from your dwelling-place on high, and strengthen us for your ministry."

P. S. If you don't observe the optional rite of the reception of the holy oils at the Evening Mass of the Lord's Supper on Holy Thursday, you might consider doing so this year. The rite is available [here](#).

The Music of Lent

The words of the prophet Joel call out to us each Ash Wednesday, "Blow the trumpet in Zion! Proclaim a fast, call an assembly; Gather the people, notify the congregation...." And so begin our 40 days. While the trumpets might better serve the festive liturgies of Easter, Joel makes us ponder the power of music to gather a community to stand together before God as saved sinners, and, surrounding those Elect who are preparing to sink into the waters to die and rise with Christ, to call out for mercy... and be heard. In this spirit of Lent, what should we sing and how should we sing it?

What should we sing? Many parishes begin the first Sunday of Lent with a penitential procession using the Litany of the Saints. This sets a poignant tone: *pray for us, you holy ones!* We cannot make this journey on our own. It also foreshadows the walk to the font the Elect will make on that great night of the Easter Vigil. Sing the *Kyrie Eleison*, choosing a simple and accessible setting from the ancient chants or more recently composed options available to us. Select a noble mass setting, one that bears the austerity of Lent and that can be used from year to year, or perhaps a setting that may be sung unaccompanied in unison during Lent and then enriched with harmonies and big instrumentation during the Easter season. If your parish has Elect preparing for baptism, consult early on with your pastor and RCIA director on how the Scrutinies will be celebrated on the third, fourth and fifth Sundays of Lent. Explore the musical possibilities held in the rite itself: chanting the intercessions for the Elect, singing a song of praise to conclude the rite, joining in a refrain as the Elect are dismissed.

How should we sing? The liturgical documents instruct us that during Lent, musical instruments should be played only to give sufficient support to the singing of the assembly. We're cutting back to the bare essentials here: the singing of the assembly. Challenge your choir with more unison singing (a good unison is deceptively difficult), encouraging them to listen for and love the sound of the assembly. Try for one or two pieces that may be sung unaccompanied, so that the assembly may truly hear itself in sung prayer. Sing with humility, knowing that whenever we gather as church we stand united in our human weakness, bound by sinfulness within and without. But sing with confidence, for the God we acclaim is the One who saves us, the One who turns to look on us again with mercy and compassion this holy season.

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Swine Flu Fears and Responses

The swine flu may not be making headlines any more, but it is still good to acknowledge the fears of many and to avoid the risk of spreading germs wherever possible. Here are some ideas for responding to the situation without compromising the liturgy.

Holy Water Fonts While person-to-person contact is the most likely way that the virus will spread, holy water fonts, unless they are refreshed regularly, can become a breeding ground for bacteria. Keep the fonts clean by emptying them, disinfecting bowls, and refilling them with clean water on a regular basis - at least once a week, more often if they get significant use. [Read more about baptismal water and pathogens.](#)

Sign of Peace Encourage those who are not feeling well not to exchange the sign of peace with others. Encourage those who are concerned about the spread of germs to exchange a bow or hug instead, or simply to use a hand-sanitizer at the conclusion of the sign of peace.

Extraordinary Ministers of Holy Communion should be well aware of the precautions they need to take by this point. They should: 1) not serve when they are sick. 2) Sanitize their hands before and after distributing Holy Communion. This can be done discreetly, especially if each minister is provided with a pocket container of hand-sanitizer, rather than passing along a large container. 3) Open the purificator and use a clean spot after each communicant receives from the cup. It is amazing how many ministers think they are not supposed to unfold the cloth! 4) Thoroughly wipe the rim of the cup where each person's lips have touched it, and turn it to a clean, dry place for the next communicant.

For answers to questions about the swine flu and the liturgy, see this useful resource on the USCCB website: <http://www.usccb.org/liturgy/swineflu.shtml>. And for the most accurate and up-to-date information on the swine flu and how to respond, visit the easy-to-use website of the Center for Disease Control, <http://www.cdc.gov/h1n1flu>.

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Low Gluten Hosts

The Liturgy Office and the Archdiocesan Liturgical Commission have received many questions about the use of low gluten hosts at Mass for people suffering from celiac sprue disease. The digestive system of

those with this condition is significantly compromised by the consumption of gluten, which is one of the major ingredients in wheat flour. It is estimated that as many as fifteen percent of all persons of northern European origin are affected by this disease to varying degrees. It is important to respond in a pastorally sensitive manner to the needs of those with celiac sprue disease. The United States Conference of Catholic Bishops recommends several options.

1. It may be possible for the person to consume a small part of a host rather than a whole one. This will vary depending on the severity of gluten intolerance.
2. Those who are unable to receive the host because of its gluten content may receive Holy Communion under one form only, the Precious Blood. "Catholics believe that whoever receives Holy Communion only under the form of bread or only under the form of wine still receives the whole Christ, in his Body and Blood, soul and divinity" (USCCB).

3. Special low gluten hosts may be obtained [Congregation of Benedictine Sisters of Perpetual Adoration](#), Altar Breads

Department, 31970 State Highway P, Clyde, Missouri 64432 (Phone: 1-800-223-2772). Please note that while there are many "gluten free



hosts" available on the market, including hosts made with rice flour, some of these are not valid matter for the celebration of the Eucharist. "The Church believes that it is impossible to consecrate anything except wheat bread and grape wine. From the time that the Lord Jesus took bread and wine and told his disciples 'Do this in memory of me,' the Roman Catholic Church has tried faithfully to fulfill Christ's command by taking unleavened bread made from water and wheat flour, and wine made from grapes for use at the Eucharist" (USCCB).

While it is not possible to consecrate hosts that are totally gluten-free, the hosts made by the Benedictine Sisters in Clyde, Missouri have been rated "perfectly safe" by the publication *Gluten Free Living*. Read more at the USCCB website,

<http://www.usccb.org/liturgy/celiasprue.shtml> and <http://www.usccb.org/liturgy/innews/1103.shtml> (the latter article also includes information about the use of mustum instead of wine for the Eucharist).

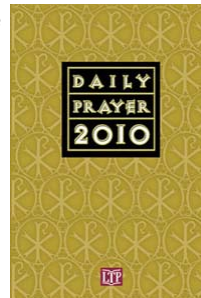
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Resources for 2010

What's new? What looks good? Here are some new liturgical resources pastors and parish ministers may want to be aware of.

Ritual para el bautismo de los niños A new edition of the Rite of Infant Baptism in Spanish is now available from Liturgical Press. Click [here](#) for more information.

Daily Prayer 2010 The annual resource from Liturgy Training Publications has a local color this year: the 2010 edition was coauthored by Corinna Laughlin, Pastoral Assistant for Liturgy at St. James Cathedral, and Ward Johnson, a member of the Cathedral Choir of St. James. *Daily Prayer* includes intercessions based on the Gospel of the day which can easily be adapted for use at weekday Mass. Click [here](#) to read more.



Preparing for the New Roman Missal Father Paul Turner has written an approachable series of leaflets that address the changing Mass texts. Published by Liturgy Training Publications. Click [here](#) to find out more.

Sing to the Lord The 2007 instruction on music in divine worship from the United States Conference of Catholic Bishops is always in season! It provides excellent background in what pastoral music is all about, as well as essential guidance in the how-to's of the music of the Mass. Click [here](#) for more information.

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Roman Missal UPDATE

Last month, the United States Conference of Catholic Bishops voted to approve the final sections of the new translation of the Sacramentary or Roman Missal. The text still has to be approved by several other conferences of bishops in other English-speaking countries, and then it will be submitted to the Congregation for Divine Worship and the Discipline of the Sacraments in Rome for final recognition or approval. Only then will it be returned to the United States Conference of Catholic Bishops, who will then have the responsibility for setting a date for its implementation.

So what should we be doing now? Priests should mark their calendars for a presentation on the new Missal by representatives of the Committee on Divine Worship of the USCCB, scheduled for September 29-30, 2010. And, if you haven't already done so, take a look at the new texts at <http://www.usccb.org/romanmissal/> Read the texts for the assembly, read the Eucharistic Prayers, read about the history of vernacular translation. It may be two or more years before we are called upon to implement the translations in our parishes, but now is the time to begin thinking about how best to catechize the faithful about the new translation.

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HAPPENINGS
in the
ARCHDIOCESE

These are just a few highlights of liturgical celebrations and other educational opportunities that might be of interest. For More information about these events call 206.382.4878 or [email](#)

Sacred Space

When: 9am - 1pm, Saturday, Feb. 27

Where: St. Brendan, Bothell

AND

When: 9am - 1pm, Saturday, April 24

Where: St. Joseph, Vancouver

What: This course will explore the Christian understanding of sacred space; the historical development of Christian art and architecture; the difference between liturgical and devotional art; furnishings, vessels and vesture used for liturgy; preparing the environment for liturgy for different feasts and seasons including degree of solemnity; and resources and other suggestions for liturgical art and architecture.

Cost: \$30.00

Theology of the Eucharist

When: 9am - 1pm, Saturday, March 13

Where: St. Joseph, Vancouver

What: This course will review the teachings of the Catholic Church on the Holy Eucharist: theology, symbolism, biblical texts, and the presence of Christ in the Eucharist. It is complementary to the course Celebrating the Mass (The two courses may be taken in either order.)

Cost: \$30.00

Celebrating the Mass

When: 9am - 1pm, Saturday, March 20

Where: St. Joseph, Vancouver

What: This course will review liturgical practices of the mass and include a brief introduction of Eucharistic worship outside Mass. Celebrating the Mass is one of the required foundational courses in the certification process. It is complementary to the course Theology of the Eucharist (The two courses may be taken in either order.)

Cost: \$30.00

Liturgical Basics

When: 9am - 1pm, Saturday, April 10

Where: St. Mary, Aberdeen

What: This course introduces the participant to the basics of the Liturgy of the Roman Catholic Church. Emphasis is placed on basic resources for liturgy, principles for preparation and celebration of the Church's liturgical life, and general liturgical terminology.

Cost: \$30.00

Scripture and the Liturgy

When: 9am - 1pm, Saturday, April 17

Where: St. Brendan, Bothell

What: This course introduces the participant to the relation between the Sacred Scriptures and the Sacred Liturgy, by showing both how the Scriptural text is a source for the Liturgy, as well as how the Liturgy is a source for the Scriptural text.

Cost: \$30.00

Rite of Election and Call to Continuing Conversion

More info: Contact [Archdiocesan Liturgy Office](#)

South Seattle/South King

When: 7:30pm, Thursday, February 18, 2010

Where: St. James Cathedral, Seattle

Northern Deanery

When: 7:30pm, Friday, February 19, 2010

Where: Church of the Assumption, Bellingham

Olympic Deanery

When:

11:00am, Saturday, February 20, 2010

Where: Our Lady Star of the Sea, Bremerton

Hispanic Faith Communities (in Spanish)

When:

Noon, Saturday, February 20, 2010

Where: St. James Cathedral, Seattle

More info:

North Seattle and Snohomish Deaneries

When: 7:30pm, Monday, February 22, 2010

Where: St. James Cathedral, Seattle

Eastside Deanery and part of South King Deanery

When: 7:30pm, Wednesday, February 24, 2010

Where: St. James Cathedral, Seattle

Southern Deaneries

When: 7:30pm, Thursday, February 25, 2010

Where: St. John the Evangelist, Vancouver

South Sound Deanery

When:

7:30pm, Friday, February 26, 2010

Where: St. Edward, Shelton

Pierce Deanery

When: 11:00am, Saturday, March 6, 2010

Where: St. Charles Borromeo, Tacoma

Archdiocesan DAY OF RECONCILIATION

When: 10:00 - 5:00pm, Saturday, March 20, 2010

Where: St. James Cathedral, Seattle

What: A day to celebrate the Sacrament of Reconciliation as a local Church, with priest confessors available throughout the day at St. James Cathedral.
More info: [Corinna Laughlin](#), St. James Cathedral, or Liturgy Office of the Archdiocese of Seattle

Chrism Day, 2010

When: 1:00 - 4:30pm, Thursday, March 25, 2010

Where: St. Edwards Church, Seattle

What: A presentation on "Marriage and the Domestic Church" by the Most Rev. Joseph E. Kurtz, D.D., Archbishop of Louisville.

More info: Contact [Office of Catholic Faith Formation](#), 206-382-4096.

Chrism Mass, 2010

When: 7:00pm, Thursday, March 25, 2010

Where: St. James Cathedral, Seattle

What: The annual celebration for the Blessing and Consecration of the Holy Oils for Initiation, Ordination, Dedications and Anointing of the Sick. Come! experience the celebration of the Local Church of Western Washington gathered with their Archbishop.

More info: Contact the [Archdiocesan Liturgy Office](#) at 206-382-4878

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OPPORTUNITIES
for the
PASTORAL MUSICIAN

The Seattle Chapter *of the* National Association of Pastoral Musicians is hosting great opportunities for those who foster the art of musical liturgy!

A LITURGICAL MUSIC READING SESSION

with Jerry Galipeau, Assoc. Publisher WLP

When: 7:30 PM, Friday January 29, 2010

Where: St. Ignatius Chapel, Seattle University

What: A chance to hear and sing music published by World Library Publications with others. Sample packets will be distributed to participating singers!

Cost: Free

RSVP by January 25

More info: Marijean Heutmaker 253.631.1940 or mariheutmaker@gmail.com

CLERGY/PASTORAL MUSICIAN DINNER

with guest speakers from St. James Cathedral

Very Reverend Michael G. Ryan, pastor

Dr. James Savage, Director of Music

When: 7:00 PM, May 14, 2010

Where: Isaac Orr Conference Center, 910 Marion,

Seattle

What: An opportunity for those responsible for parish music ministry to gather with their priest and celebrate the art of musical liturgy. Time for social, dinner, and a remarkable presentation by the pastor and music director of St. James Cathedral. They will share their experience of working together in a long term professional relationship and offer tips on how they nurtured a world class pastoral music program. Father Ryan and Dr. Savage will also be available for question and answer with the dinner participants.

Cost: \$35 per person (dinner and program)

RSVP by May 7

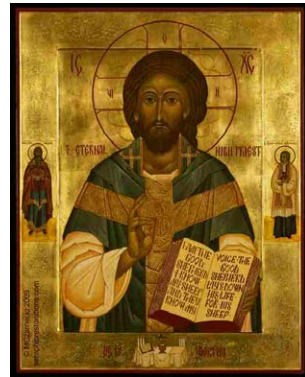
More info: Susie Fujita 253.759.7924 or gsfujita@msn.com

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Celebrating the Year for Priests

The Year for Priests is underway! The year runs June 19, 2009 to June 19, 2010. The Archdiocesan [website](#) links to some available resources.

Your parishioners may ask about the requirements for obtaining the plenary indulgence in this special Year for Priests. The indulgence may be obtained only on the first and last days of the Year for Priests (thus June 19, 2010) and on the first Thursday of each month. The following steps by which the lay faithful may obtain the indulgence are taken from the website of the United States Conference of Catholic Bishops.



- Attend Mass
- Receive the Sacrament of Reconciliation
- Pray for priests
- Pray for the intentions of the Holy Father

The Archdiocesan Liturgy Office offers the following hymn text that you may and use at parish liturgies and other prayer. Parishes have permission to reprint as needed. Please reference the copyright provided below.

In Celebration of the Year for Priests 2009-2010

TUNE: ST. PETER (or any 86 86 meter)

Baptized and formed in Jesus Christ,
And nourished by the word,
Our priests are sent to heal and serve
A broken, hurting world.

With caring hands and loving hearts,
With wisdom sure to teach,
They've listened to the call of God,
To bring Christ's love to each.

In earthen vessels, God has poured
The precious gifts of grace;
In spite of weakness, priests become
Reflections of Christ's face.

To God, the source of every call,
We lift our hearts in prayer,
And sing a song of thankfulness
for God's abundant care!

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LITURGICAL MINISTRIES INSTITUTE Update



About 40 LMI participants will be completing their certificate track this winter! This is an exciting time. Stay tuned for more information about a celebration mark this big event!

SEE THE ABOVE DATES for the Winter/Spring 2010 offerings.

[Tony Varas](#)
Associate Director
Liturgy Office Archdiocese of Seattle

PRAYING FOR OUR PARISHES IN 2010

DID YOU KNOW? During the year, every parish and mission of the Archdiocese of Seattle is prayed for at the weekend Masses and Evening Prayer at the Cathedral, usually on the Sunday closest to the parish feast day. The complete schedule for 2010 has been posted to the Cathedral website: www.stjames-cathedral.org. Find the link to the LITURGY page on the sidebar and click on "Praying for the Parishes of the Archdiocese of Seattle."

To learn more or to arrange a pilgrimage, contact [Corinna Laughlin](#), Pastoral Assistant for Liturgy, 206 622-3559.

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NEED ASHES FOR ASH WEDNESDAY?

Does your parish need ashes for Ash Wednesday? The Cathedral has a large quantity



to share (for free!). Contact [Corinna Laughlin](#), Pastoral Assistant for Liturgy, 206 622-3559.

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