



IMMACULATE CONCEPTION PARISH

*Inspired by the Holy Spirit, We Live the Good News of Christ
Through Worship, Community, and Stewardship*

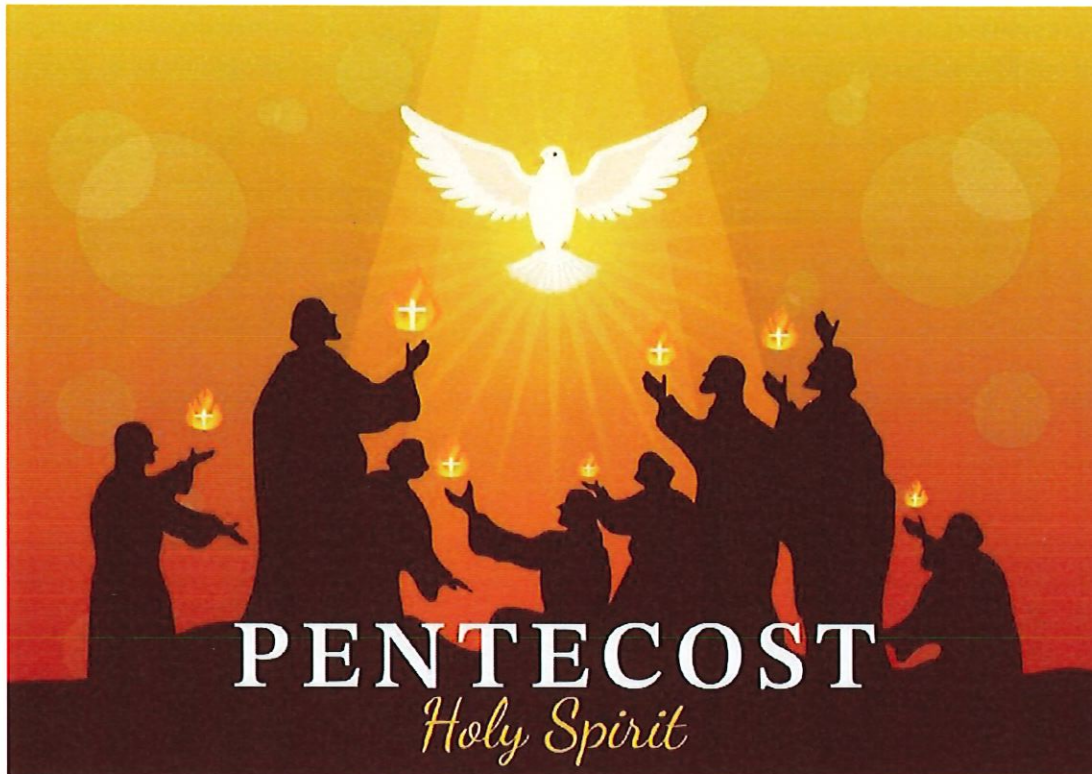
820 18th Ave. Seattle, WA 98122

www.icseattle.org

Parish Family with: St. James Cathedral and Christ Our Hope

May 24, 2026

PENTECOST SUNDAY DAY



Pray for our Parishioners

For the Eternal repose of the soul of Spencer George Thompson (June 5, 2003—April 10, 2026)
Altar Server at Immaculate Conception Church. Obituary: www.funerals.coop/obituaries/spencer-thompson.

May the perpetual light shine upon him. You will be missed!

Funeral Mass: Friday, May 29, 2026 at 11AM at Immaculate Conception Church

For the Eternal repost of the soul of Purificacion Acosta

Healing Prayers for Alice Davis, Rosalyn Fournier, Sharon Pitre - Williams, and Ann Imbert.

Please contact the parish office at 206-322-5970 or bulletin@icseattle.org to add a parishioner's name or your family's name to our weekly prayer's list.

From the Pastor's Desk | May 24, 2026

ST. JAMES CATHEDRAL | IMMACULATE CONCEPTION | CHRIST OUR HOPE

Dear Friends,
Some of you may know that my first ministry at the Chancery was as the Director of Peace and Justice Ministry for the Archdiocese. I was hired for that role in 2002, before I was a priest. By that time I had spent almost 25 years in parish ministry as a lay person, and this new role gave me the opportunity to delve deeper into Catholic Social Teaching, which had attracted me since my college days because it provided an alternative way of seeing our life in the world.

Catholic Social Teaching gave me a framework to think about politics that went beyond the simple partisanship that seemed to dominate political debate and action. From the prophets to the teachings of Jesus, care for the poor was more than a modern question of debate between conservatives, liberals and independents. In my own formation, it became clear that the seeking after peace and justice and attending to the most vulnerable in society was at the heart of the Biblical tradition.

That tradition found a new moment in the papacy of Pope Leo XIII. Writing in 1891, the Holy Father brought that long Biblical tradition and our Catholic reflection on that tradition to bear on a modern challenge—the industrial revolution. The 19th century had seen a monumental shift in society that brought great progress but often at the cost of the exploitation of workers. The Pope commended the progress while condemning the abuse of workers in the strongest terms.

His Encyclical, *Rerum Novarum* (Of New Things), was the beginning of modern Catholic Social Teaching. Popes since Leo XIII have written and spoken about modern challenges and how the Catholic tradition can contribute to the public policy debates surrounding those challenges. When Cardinal Robert Prevost chose the name Leo XIV when he was elected to the papacy, one of the things his choice signaled was a recognition on his part that we are in the midst of another monumental leap forward in the life of humanity. He recognizes that the opportunities and challenges of Artificial Intelligence (AI) are as significant as those his predecessor grappled with at the end of the 19th century.

Pope Leo XIV was shaped and formed in Catholic Social Teaching and how it flowed through the teachings of the Second Vatican Council and the ministries of Popes from St. John XXIII, to St. Paul VI, to St. John Paul II, to Benedict XVI and to his immediate predecessor, Pope

Francis. The heart of the Church's teachings since *Rerum Novarum*, is summed up in a powerful statement from the Synod of Bishops in 1971: "Action on behalf of justice and participation in the transformation of the world fully appear to us as a constitutive dimension of the preaching of the Gospel, or, in other words, of the Church's mission for the redemption of the human race and its liberation from every oppressive situation" (Justice in the World, #6).

This powerful statement makes clear that not only should the Church speak out and apply its teaching to modern issues of public policy, but it *must* do so if it is to fulfill its mission to preach the Gospel. Today there are many issues that demand the Church's reflection and guidance. We anticipate that Pope Leo XIV's first encyclical will be promulgated soon and will address the challenges and opportunities of AI. The Pope and the U.S. Bishops have spoken boldly on the need to treat with dignity those in the womb and those who are forced to migrate in order to survive. The Pope has called for an end to the insanity of war and urges world leaders to seek the way of justice and peace.

In all of these ways, and many more, the Church continues that long tradition that attracted my interest as a college student many years ago—a tradition that offers an alternative voice to the partisan politics that polarize and alienate. We have a local opportunity to pray for the transformation of our world, and in particular, to support the dignity of those incarcerated in the Northwest Detention Center in Tacoma. **On Monday, May 25, Memorial Day, Archbishop Etienne will celebrate Mass at St. Leo's in Tacoma at 10:00am, then lead a Eucharistic Procession to the Detention Center. I invite you to join us as we prayerfully support those who are suffering.**

As we gather to conclude the Easter Season with this weekend's celebrations of Pentecost, may the Holy Spirit empower us so that this "action on behalf of justice" for our immigrant brothers and sisters might contribute to "the Church's mission for the redemption of the human race and its liberation from every oppressive situation."

Sincerely in the Risen Lord,


Father Gary F. Lazzeroni
Pastor

PENTECOST LITURGY READINGS

Liturgy of the Word

FIRST READING

Proclaimed in Tagalog

Acts of the Apostles 2:1-11

On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability. At that time there were devout Jews from every nation living in Jerusalem. When they heard the loud noise, everyone came running, and they were bewildered to hear their own languages being spoken by the believers. They were completely amazed. "How can this be?" they exclaimed. "These people are all from Galilee, and yet we hear them speaking in our own native languages! Here we are—Parthians, Medes, Elamites, people from Mesopotamia, Judea, Cappadocia, Pontus, the province of Asia, Phrygia, Pamphylia, Egypt, and the areas of Libya around Cyrene, visitors from Rome (both Jews and converts to Judaism), Cretans, and Arabs. And we all hear these people speaking in our own languages about the wonderful things God has done!"

RESPONSORIAL PSALM: Psalm 104

R. Lord, send out your spirit, and renew the face of the earth.

SECOND READING:

Proclaimed in English

1 Cor 12:3b-7, 12-13

SEQUENCE

Veni, Creator Spiritus

GOSPEL:

Deacon Joseph Connor

John 20:19-23

HOMILY:

Fr. Sylvester Chanda

PRAYERS OF THE FAITHFUL - Multilingual

1. Eritrean – Selam Telekmarian
2. Nigerian – Ngozi Oleru
3. Filipino – Fred Verzosa
4. Vietnamese – Linn Nguyen
5. Spanish – Kathy Gorny
6. English - Denise Pavageau

Come, Holy Spirit, and bless the whole Church; show us how to follow the Spirit's lead, and reach out with love to those who are marginalized. *R. We pray to the Lord.*

Come, Holy Spirit, Wisdom of God Most High, and guide the leaders of nations, that they may become instruments and artisans of peace. *R. We pray to the Lord.*

Come, Holy Spirit, Father of the poor, and bless those burdened by injustice, poverty, hunger, or disease; relieve their suffering and rekindle their hope. *R. We pray to the Lord.*

Come, Holy Spirit, fire of love, and bless all gathered here, that we may open our hearts, minds, and lives to your transforming power. *R. We pray to the Lord.*

For the ministries of our regional Church, that we may continue support every person in our archdiocese and, through the Annual Catholic Appeal, actively sustain the great works underway in our community.

R. We pray to the Lord

For the Faithful departed: that the Spirit of God poured out at Pentecost may grant them eternal life with God.

R. We pray to the Lord

Catechesis 101

Sharing our Faith: Our Lenten Journey here at Immaculate Conception.

Station 12 – reflection from Deacon Joseph Connor

Jesus dies on the cross

Reflection from an African American Male Perspective

The crucifixion of Jesus is a pivotal event in Christianity, and its meaning is deeply rooted in my experience as an African American. As an African American Jesus' death is not just a symbol of atonement for sins but also a reflection of the authoritarian power and the struggle for freedom and justice. This perspective is shaped by the historical context of slavery and the ongoing fight for civil rights. Jesus' death offers a lens through which to understand the broader reasons for His sacrifice and its relevance in everyday society.

As Christians we have a unique understanding of Jesus' death, which is often intertwined with the themes of hope, redemption, and the call to action for social justice. His death on the cross serves as a reminder of the ongoing struggle against oppression, the dehumanization of others, and the need for a more equitable society.

So I ask, what must we do to start making change so that these horrific deaths and 'crucifixions' no longer happen?

Station 13 – reflection from Ian Heisser

Jesus' body is taken down from the cross

A Final Act of Love

At the Thirteenth Station, we witness something profound and deeply human: the careful, loving hands of Mary and the disciples receiving the body of Jesus as it is taken down from the Cross. He is no longer breathing. He can offer no words of gratitude, no acknowledgment of their care. And yet those who loved Him treated His broken body with the fullest measure of tenderness, reverence, and dignity — as if He were still very much alive.

This is not merely the story of a burial. It is a testimony to what it means to see the sacred worth in another person — even, and perhaps especially, when that person cannot see it in themselves or communicate it to the world. The love shown to Christ in His death was not contingent on what He could give in return. It was love given freely, because He was worthy of it.

The Faces We Pass Every Day

How often do we pass people in our daily lives and look through them rather than at them? The man curled beneath a doorway in the cold. The woman on the corner holding a cardboard sign. The neighbor who seems to be struggling but goes unasked about. We move through our routines with purpose and efficiency, and in doing so, we can inadvertently strip those on the margins of the most basic gift we can offer: the acknowledgment that they exist, that they matter, that they are seen.

To ignore someone is not a neutral act. It communicates, however unintentionally, that they are less than human — that their

suffering is not worthy of our attention. This is the very opposite of what Christ modeled throughout His earthly life, and it stands in stark contrast to the care shown to Him at the Thirteenth Station.

The Calling: To See as Christ Sees

We are invited to ask ourselves: if Christ walked in our shoes, would He avert His gaze? Scripture gives us the answer clearly. Jesus stopped for the blind beggar when the crowd tried to silence him. He touched the leper when touching was forbidden. He spoke to the Samaritan woman when convention said He should not. He did not merely tolerate the presence of the suffering — He sought them out, because in them He saw the face of the Father.

The calling of every Christian is not simply to avoid cruelty, but to actively extend dignity. This means making eye contact. It means pausing. It means offering not just charity, but recognition — the acknowledgment that the person before us carries within them the image of God, the *imago Dei*, no matter how obscured it may appear by poverty, illness, or circumstance.

The Thirteenth Station is a mirror held up to each of us. Mary did not ask whether Jesus deserved her care in that moment. She simply gave it. May we find the courage to do the same — to see Christ in the faces of those the world passes by, and to respond not with indifference, but with the same love that cradled Him at the foot of the Cross.

Lord, open our eyes to see You in all who suffer. Give us the grace to stop, to care, and to love as You love.

Catechesis 101

Station 14—reflection from Fr Chanda

Jesus is laid in the tomb

“Lord Jesus Christ, by your own three days in the tomb, you hallowed the graves of all who believe in you and so made the grave a sign of hope that promises resurrection even as it claims our mortal bodies. Grant that our brother/sister may sleep here in peace until you awaken him/her to glory, for you are the resurrection and the life. Then he/she will see you face to face and in your light will see light and know the splendor of God, for you live and reign for ever and ever. Amen.”

The above prayer is said over the place of committal to bless the place of rest for a loved one. Each time I visit home, I always visit my parents graves and the words of this prayer gives me a lot of comfort and ease the pain within me knowing that Christ’s death and three days in the tomb fills me with hope that one day, from the tomb, life will spring forth. No longer do I look at my parents resting place as a tomb but as a womb were new life is already happening and at the day of resurrection, I will have the joy of seeing my parents face to face.

May we always find comfort each time we visit the resting place of our loved ones because Christ’s three days in the tomb made holy the graves of all who believe in him.

Tomb to womb were new life will spring forth.

PENTECOST

From the Catechism of the Catholic Church no 731

On the day of Pentecost when the seven weeks of Easter had come to an end, Christ's Passover is fulfilled in the outpouring of the Holy Spirit, manifested, given, and communicated as a divine person: of his fullness, Christ, the Lord, pours out the Spirit in abundance (Acts 2:33-36). The promise of the Holy Spirit is fulfilled at Pentecost marking the birth of the Church filled with God’s very life, the Holy Spirit fully alive living and working in and through the members of Christ’s body, meaning all the baptized. This gift of the Holy Spirit is given to us so that we are empowered for the work of evangelization. May this year’s Pentecost bring about a renewed spirit within us and a zeal for the work of evangelization.

Pentecost also marks the end of the Easter Season, and together we continue with Ordinary Time hearing those beautiful stories of Jesus’ public ministry. Ordinary Time with its 33 or 34 weeks is also a special time were we journey closely with Jesus, paying attention and learning from the Lord his way of loving, speaking, caring and treating those he encountered. The hope is that each Sunday we gather for Mass, the grace that flows from the eucharist can help us day by day to conform our lives to Christ and that we can be a concrete visible presence of Christ in our world today.

Congratulations to Amaya Marie Pitre on his Baptism!

We joyfully welcome Amaya into the family of faith and celebrate this special moment with his loved ones. May God bless him abundantly and guide him as he grows in faith.

The Life of Our Community

Parish Calendar Planning Meeting

Immaculate Conception will host a **Parish Calendar Planning Meeting on Saturday, May 30, 2026** for all ministry leaders and parish family members planning to host events, meetings, or fundraisers in the upcoming year.

This meeting will establish the official parish calendar for **June 1, 2026 through June 1, 2027**, so it is important that all groups planning activities attend. Please register in advance so we can prepare accordingly and begin organizing event details ahead of time:

<https://archseattle.ccbchurch.com/goto/forms/7926/responses/new>



We appreciate your cooperation as we work together to plan a well-organized and successful year for our parish family.

Note: Events not submitted at this meeting may not be included on the parish calendar.

BIBLE STUDY (*happening now*) - Study "*Psalms: The School of Prayer*" **8 Weeks, March 16—May 25 (Mondays) 6:00-7:30pm.** For questions, contact Lori Chisholm-Cook at lori.chisholm@gmail.com.

SIGS MEALS—This gathering takes place on the last Tuesday of each month, and volunteers are always welcome. The event is named in honor of our beloved parishioner and donor, Sig Haugland. Next gathering—**May 26, 2026 3:00 PM Jean Moran Hall Kitchen.** For questions, contact Alex Soto at (206) 271-2463

YOUTH MASS - Calling all youth, we **NEED YOU** to help us make our youth mass awesome! Whether you're into reading (lectoring), helping with gifts, singing in the choir, ushering, or even altar serving, we want **YOU** to be part of the Mass. This is a great opportunity to get involved and serve God. If you want to join us, please complete the online form - <https://archseattle.ccbchurch.com/goto/forms/7459/responses/new> or scan the QR code *or* going to www.icseattle.org under parish life -> ministries to sign up and let us know how you'd like to help. **Youth masses - May 31, August 30 and November 29.**



YOUNG ADULTS - Come grow in faith and community! Are you looking to deepen your faith and connect with other young adults in our parish family? Join us for our next young adult gathering on Friday, June 5 at 6:30pm. For more information, please contact Blake Steller at bsteller@stjames-cathedral.org or (907) 244-6683.

JUNETEENTH—**Save the date, June 14, 2026** for the annual Juneteenth celebration hosted by Knights of Peter Claver at Immaculate Conception Parish, following the 11am mass. Please join us for food and fellowship.

LUAU—**Save the date!** 49th Annual Luau - **August 15, 2026 - 5:30 -9:30 pm** - More information and ticket sales coming soon. For more information, please contact Deneta Iglesias at denetaiglesias@yahoo.com

MEMORIAL DAY REMEMBRANCE MASSES—**May 23 & 25 | Various times | Holyrood, Gethsemane, Calvary and St. Patrick cemeteries.** Join us for Memorial Day Remembrance Masses at all four of our Associated Catholic Cemeteries to pray for the souls of our fallen veterans and for the faithful departed. <https://archseattle.org/events/memorial-day-masses/>



NAMI FAMILY SUPPORT GROUP - Open to anyone who has a family member with a mental illness, meets **online on 1st Sat of the month and in person on 3rd Sat of the month** at St James Pastoral Outreach Center, 1:30-3:00pm. *Registration:* helpline@namiseattle.org.

WALKING WEDNESDAYS—**St. James Mental Health and Wellness Ministry** - Join us every Wednesday beginning June 3rd through August 26 for a walk around first hill neighborhood. **Meet at the Pastoral Outreach Center—9007 Columbia Street.** Walk starts at 11am. All abilities are welcome. Dogs are welcome too.

BRAIN HEALTH BLOCK PARTY—**4th Annual First Hill** - Explore First Hill and Celebrate Brain Health. **Friday, June 26, 2026, 11 AM—2PM.** Fun and Free Event for All Ages. Special invite to folk age 50+! Learn more: <https://tinyurl.com/BHBP2026>

Upcoming Events

May 25 (Mon)

May 26 (Mon) 3PM

May 29 (Fri) 11AM

May 30 (Sat) 10AM

May 31 (Sun) 11AM

June 14 (Sun) 12PM

Rectory Office Closed—Memorial Day Holiday

SIGS Meals, Immaculate Conception Jean Moran Hall

Funeral Mass and hospitality for our beloved Spencer Thompson

2026-27 Liturgical and Events Calendar Planning Meeting - Jean Moran Hall

Youth Mass

JUNETEENTH hosted by Knights of Peter Claver following 11AM mass

MASS SCHEDULE:

11:00 AM SUNDAYS (10:30 Holy Rosary)

Also live streamed at

<https://www.facebook.com/ImmaculateConceptionSeattle>

8:00 AM SUNDAYS – Eritrean Community

Pastor – The Very Reverend Gary F. Lazzeroni

Parochial Vicars – Rev. Francis Thumbi &
Rev. Sylvester Chanda

Pastor Emeritus - Very Reverend Michael G. Ryan

Deacon Joseph Connor

Pastoral Care Request - If you would like to request a house blessing, Communion, or the Anointing of the Sick, please contact Fr. Chanda directly at schanda@stjames-cathedral.org.

Mental Health, Grief and Resources

Anisa Ralls—Director of Mental Health and Wellness Ministry at St. James Cathedral (206) 382-4269
aralls@stjames-cathedral.org

PARISH OFFICE

Office Hours: M-F, 9 AM to 3 PM or

By Appt. - call (206) 322-5970, office@icseattle.org

Alice Davis x602 paa@icseattle.org
Pastoral Assistant for Administration and Facilities

Shanita Burrell-Stewart x603 shanitasb@icseattle.org
Volunteer Coordinator

Grace Neri x601 office@icseattle.org
Administrative Assistant

Blake Steller bsteller@stjames-cathedral.org
Parish Family Director of Youth and Young Adult Ministry

CHOIR

Michaela Credo (Family) mjcredo08@yahoo.com
Sherrell Mitchell (Gospel) rell4christ@gmail.com

COUNCILS

Pastoral Council Maria Batayola (Chair), Connor Trapp, Deacon Joe Connor, Fred Verzosa, Marisa Harvey, and Sharon Pitre-Williams.

Finance Council Jane Powers (Chair), Lori Chisholm, and Toni Hall.

Please visit the church website at www.icseattle.org for other requests like Baptismal, Wedding, Bulletin Post, Giving and more.

Stewardship:

Caring for Our Church and Community

Year-to-Date Collection Stewardship of Treasure Report

As of 05.18.2025 - \$149,720.95

As of 05.17.2026 - \$160,405.33

Blessings and Thank you!

ARE YOU A REGISTERED PARISHIONER AT IMMACULATE CONCEPTION CHURCH?

Many who attend Immaculate Conception church regularly and consider the ICC their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the church, are able to celebrate their wedding at ICC, and their children may attend any of the Catholic Rainbow Schools at Parishioner rates. To register, visit www.icseattle.org or use the QR code.



BULLETIN POST SUBMISSION

Please scan the QR code to submit any Immaculate Conception Church Seattle bulletin post request, including prayer requests.

For questions, please contact the parish office at office@icseattle.org or 206-322-5970.



REPORTING ABUSE

Helpline 800-446-7762 helpline@seattlarch.org
protectandheal.seattlarchdiocese.org. Report any suspicion of abuse by any church personnel to the local law enforcement. Call the Helpline if you know of sexual abuse or misconduct by a member of the clergy, an employee, or volunteer of the Archdiocese of Seattle. The Archdiocese of Seattle has a longstanding commitment to transparency, accountability, and assistance to persons sexually abused by clergy or anyone working on behalf of the church.

For children's safety and victim assistance see <https://preventionusccb.org/resources>



Annual Catholic Appeal



GOAL: \$28,480

THE 2025 ANNUAL CATHOLIC APPEAL BEGINS

Together in faith is the theme of this year's **Annual Catholic Appeal**, and this weekend kicks off the 2025 campaign! The Annual Catholic Appeal funds ministries and services for your local Catholic community across Western Washington. This combined effort of parishes and the Archdiocese of Seattle ensures the availability of outreach ministries, Catholic education, faith formation, administrative services for parishes and much more!

This year, our parish's goal is **\$28,480**. All gifts received over our goal will be returned to the parish to complete the project we began last year of installing sec. Please prayerfully consider how you can participate in helping our parish be a light to others.



JOB OPENINGS

Pastoral Assistant for Faith Formation The parishes of Family 17 (St. James Cathedral, Immaculate Conception, and Christ Our Hope) have an opening for a Pastoral Assistant for Faith Formation to develop, implement, and direct Faith Formation Programs. This person will also plan and facilitate Sacramental Preparation programs in collaboration with appropriate groups and/or individuals in the parish family. Salary range is \$75,000-\$85,000 annually. This is a full-time position with an Archdiocesan Benefits package.

Custodian St. James Cathedral has an opening for a Custodian to perform basic janitorial and floor care responsibilities. This person will also work with the Cathedral Facilities staff in setting up for special events. Plumbing, electrical, and basic carpentry skills are a plus. Salary range is \$24-26 hourly. This is a full-time position with an Archdiocesan Benefits package.

To receive a job description and details, download and complete the application (<http://archseattle.org/wp-content/uploads/2020/12/HR1.2-EmploymentApp2019Parish.pdf>) and send it with a resume, via e-mail, to Larry Brouse, lbrouse@stjames-cathedral.org.

Please be aware of **scam emails or text messages** falsely claiming to be from any **Priests** or other parish staff. Scammers often:

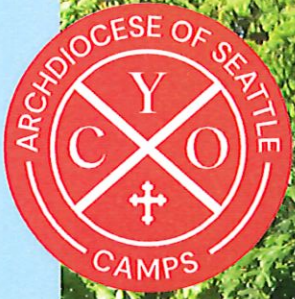
- Ask for **gift cards, money transfers, or urgent help**
- Use fake emails that look similar to parish addresses (e.g., fr.john.icchurch@gmail.com instead of the real one)
- Claim they are “in a meeting” or “too busy to talk” and ask for help quickly



Important Reminders:

- **Parish staff will NEVER ask for gift cards, wire transfers, or personal banking info by email or text.**
- When in doubt, **call the parish office directly** at [Parish Phone Number].
- **Do not respond** to suspicious messages — delete and report them.

Stay safe and spread the word to others who may not be aware!

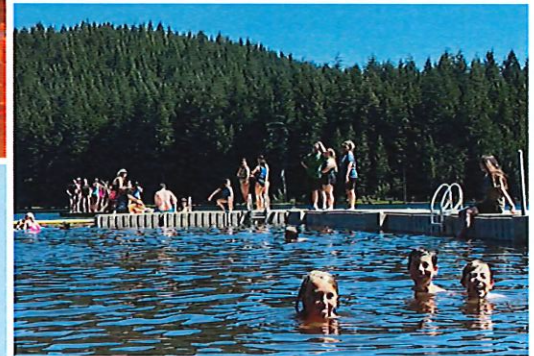
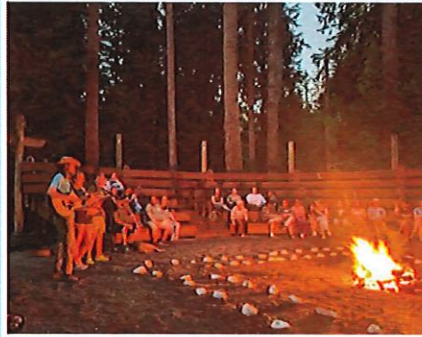


CYO Camps 2026

Archdiocese of Seattle's CYO Camps is a summer camp experience like no other, where youth:

- Leave the screens at home and plug into adventure, nature and real connection
- Grow personally in faith, leadership and confidence building
- Feel a sense of belonging, joy and friendship
- Have fun in a safe and supportive environment
- Encounter God through his creation and shared experiences.

...all while living, learning and growing in the Catholic faith.



Learn more and register today at cyo.camp

ST. JAMES CATHEDRAL
IMMACULATE CONCEPTION | CHRIST OUR HOPE

YOUNG ADULT WOMEN'S BIBLE STUDY

Discerning Faith in the Modern World

Young adult women are invited to join a monthly Bible study and faith sharing group. Over the course of six months, we will dive into the lives of six saintly women, discovering the wonders God worked through them, recognizing our similarities with them, and asking for their prayers as we navigate today's world as Catholic women.

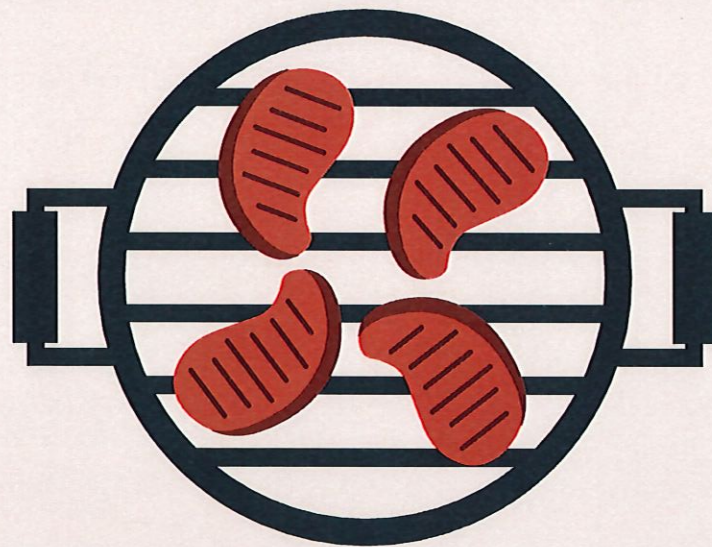
Thursday, June 11 at 6:30 PM
on Zoom

For more information and to RSVP, please reach out to Kemley Nieva at kemleynieva@gmail.com

YOUTH MINISTRY SUMMER BBQ

St. James Cathedral | Immaculate Conception | Christ Our Hope

All teens, parents, and families within our Parish Family are invited to come together, meet one another, enjoy food and fellowship, and continue dreaming about the future of youth ministry. Whether your family is already excited to be involved, still unsure, or simply curious, we would love to have you there!



Date

Saturday, June 13

Time

1 PM - 3 PM

Place

St. James Cathedral
Pastoral Outreach
Center

Reach out to Blake Steller to RSVP
bsteller@stjames-cathedral.org



SAVE
The date!

AUGUST 15, 2026 - SATURDAY
5:30 - 9:30PM
IMMACULATE CONCEPTION

49th Annual
LUAU



ST. JAMES MENTAL HEALTH AND WELLNESS MINISTRY

Join us every Wednesday beginning June 3rd
through August 26th for a walk around our
neighborhood.

All
abilities
are
welcome

Walk starts
at
11 am

Dogs are
welcome
too!

Walking Wednesdays!



Take in the fresh air and soak up the scenery — a
great way to get exercise, clear your mind, and
explore the world around you.

We will meet at the Pastoral Outreach Center
907 Columbia Street

For more information Contact Anisa Ralls, MA LMHC, Director of
the Mental Health and Wellness Ministry at (206)382-4269 or
aralls@stjames-cathedral.org

You are Invited to a SPRING FOREST THERAPY WALK



JOIN US!

Being in nature and experiencing the forest through our senses offers a world of delight – and it's good for our health! It's about slowing down, opening our senses, and feeling the beauty, relaxation and healing that nature has to offer.

- Everyone is welcome
- No experience necessary
- Slow-paced and gentle

An easy walk with many rests, 2 hours in total. Led by Dan Stroh, with the nonprofit organization Ancient Earth Outings. Dan is a forest therapy guide certified by the Association for Nature and Forest Therapy.

ancienteearthoutings.org

Our new series of forest therapy walks launches this Spring!

Two sessions offered:

- Sat, May 2, 2026, 10 am - 12 noon
Seward Park, Seattle
- Weds, June 10, 2026, 10 am - 12 noon
Washington Park Arboretum, Seattle

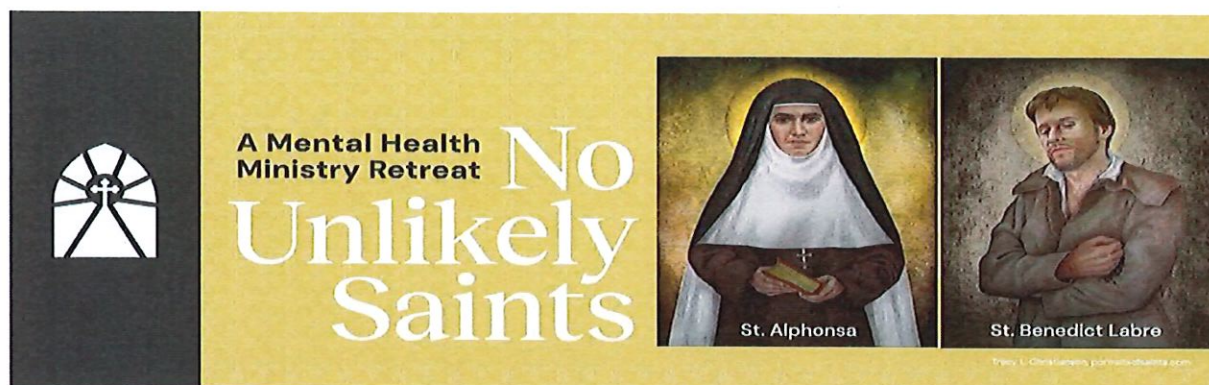
Space is limited; registration is required but there is no cost. To register or for additional information, please contact:

Anisa Ralls, (206)382-4269

aralls@stjames-cathedral.org

Sponsored by the Mental Health and Wellness Ministry, St. James Cathedral





Learn how mental illness can become a pathway to holiness by exploring the lives of saints who struggled with mental illness.

All those struggling with mental illnesses or those concerned with understanding and helping others in a faith-based context are invited to a Mental Health Ministry Retreat at the Peace & Spirituality Center in Bellevue on Sat. June 20th, 9:30am-4:30pm.

This retreat – “No Unlikely Saints” – will focus on the ties between saints and mental illness. With the guidance of our keynote speaker Cameron Bellm, we will journey with the saints, many of whom have journeyed with mental illness themselves, to show us how mental health struggles can be pathways to holiness.

All participants will receive a courtesy copy of Cameron’s book, a 6-week devotional that addresses a different mental illness each week and offers a saint who can accompany us.

There is no cost to attend; for registration please go to:

<https://archseattle.org/events/mental-health-ministry-retreat/>

For additional questions, contact Joe Cotton, Director of the Office for the Vicar General, at joe.cotton@seattlearch.org.

Sponsored by Archdiocese of Seattle [Mental Health Ministry](#), which strives to provide parishes and schools with resources and trainings that will aid them in creating welcoming communities of compassion, support and education to reduce the stigma of mental illness and prevent suicide.

4th Annual First Hill Brain Health Block Party

EXPLORE FIRST HILL AND CELEBRATE BRAIN HEALTH

Friday, June 26, 2026, 11am-2pm

Fun and Free Event For All Ages | Special invite to folks age 50+!

Healthy Snacks

1

Start at any participating location

2

Enjoy a fun brain-healthy activity

3

Get your passport map stamped*

4

Head to the next location of your choice



*Get 3 passport stamps for a chance to be entered into a prize drawing



SKYLINE



Learn more: <https://tinyurl.com/BHBP2026>





ROOTED
IN LOVE

SENT TO
SERVE



SUMMER 2026... | ARE YOU READY TO MAKE AN IMPACT?

Service-Immersion Week with

AGAPE SERVICE PROJECT

Encountering the farmworker community of Whatcom County

DISCOVER CHRIST IN COMMUNITY

...SUMMER 2026

Dates: August 2-6

For more information, contact Blake Steller

bsteller@stjames-cathedral.org



“TO WALK ON WATER ...

“ ... LEAVE THE BOAT”

Oct. 30 - Nov. 1, 2026

Fr. Sylvester Chanda

**“TO WALK ON WATER, ... LEAVE THE BOAT,” Oct.30th - Nov.1st, Fr. Sylvester Chanda
Archbishop Brunett Retreat Center at the Palisades, Federal Way
Saint Anthony Prayer Group Renton (206-992-1034, 206-409-5066)**