

The Cathedral of St. Mary of the Immaculate Conception

The Mother Church of the Faithful of the Archdiocese of Kingston
The Most Reverend Brendan M. O'Brien, Archbishop of Kingston

"And he was transfigured before them....They fell to the ground and were overcome by fear....But Jesus came and touched them, saying, 'Get up and do not be afraid'." (Matthew 17:1-9)



279 Johnson Street, Kingston, ON K7L 1Y5

613-546-5521

smarys@cogeco.net

stmaryscathedral.ca

Office Hours: Mon. to Fri. 9-5, closed 12-1 pm

Mass Schedule:

St. James Chapel: Mon.-Sat. 7:45 am

Cathedral: Mon.-Fri. 12:10 pm

Saturday Vigil: 5:00 pm; Sunday Masses: 8:00 am, 10:30 am, 7:30 pm

Regular Opportunities for Confession

One half hour prior to every Mass held in the Cathedral

Wednesdays 1 pm – 5pm,

Saturdays 4 pm – 4:50 pm

Masses:

Monday Mar. 13th

7:45 am Fr. Bill Powell (Estate)

12:10 pm Irmgard Fellhofer

12:40 Stations of the Cross

Tuesday Mar. 14th

7:45 am Fr. Bill Powell (Estate)

12:10 pm Norton Collins

12:40 Stations of the Cross

Wed. Mar. 15th

7:45 am Fr. Bill Powell (Estate)

12:10 pm Souls in Purgatory

12:40 Stations of the Cross

Thursday Mar. 16th

7:45 am Fr. Bill Powell (Estate)

12:10 pm In thanksgiving

12:40 Stations of the Cross

Friday Mar. 17th

7:45 am Fr. Bill Powell (Estate)

12:10 pm Samuel McCullough

12:40 Stations of the Cross

Saturday Mar. 18th

7:45 am Fr. Bill Powell (Estate)

4:30 pm Stations of the Cross

5pm John Szarek, 1st anni.

Sunday Mar. 19th

8 am Mary & James Lyng

10:00 am Stations of the Cross

10:30 am for the people

7:00 pm Stations of the Cross

7:30 pm Jeanne d'Arc Veilleux

Second Sunday in Lent

Upcoming Events

NEXT ALPHA: WED. March 15th 6-9 pm

Catholicism 201: Our first Catholicism 201 has come to a very successful completion. Thank you to all who took the course. A HUGE thank you to Ann Lyng, the key coordinator of this course. Also a HUGE thank you to all those who worked in the kitchen so tirelessly to ensure that a fine meal was presented every single time and to the invaluable clean up crew a HUGE thank you as well. MANY, MANY THANKS one and all!! A job extremely well done!!

Latin Mass: 12/03/17, 3 pm, St. James Chapel.

THIS SUNDAY: KNIGHTS OF COLUMBUS



BREAKFAST: Sausages, Bacon, Potatoes, Eggs, Waffles and more! The Knight of Columbus are cooking a delicious breakfast on **Sunday, March 12th, 8:30 am-1 pm**, to raise money for our council activities.

Tickets are \$7.00 each and kids under 10 are free! Hope to see you at St. Mary's Parish Centre. For information contact Grand Knight Scott Sanderson at (613) 453-0850.

Ministries:

Saturday, March 18th, 5 pm

Altar Servers	Barry M.	Glen M.
Lectors	Ann L.	Mark M.
EM of the Eucharist	Anne H.	

Sunday, March 19th, 8 am

Altar Servers	Betty R.	Doug S.
	Emily R.	
Lectors	Bill M.	Emily A.
EM of the Eucharist	Gail M.	Ed M.

Sunday, March 19th, 10:30 am

Altar Servers	Mario D.	Bohdan Y.
Lectors	Gail M.	Ed M.
EM of the Eucharist	Sr. Shannon	Connie A.
	Marietta M.	Betty G.
	Bob C.	Dianne I. Jose C

Sunday, March 19th, 7:30 pm

Altar Servers	Students
Lectors	Michelle S. Olivia S.
EM of the Eucharist	Donna N.

St Mary's Moms and Tots: meet Tuesday, March 21st, 10-11:30 am at St Mary's Parish Centre.

The Catholic Women's League of Canada: St. Mary's Cathedral Council: Next CWL Meeting will be held Tues. March 21st from 1-3 pm.

VOLUNTEERS NEEDED: St. Mary's of the Lake Hospital and Mental Health Services is gearing up to move into the new Providence Care Hospital in mid-April, and the Mass time has changed to 2:00 p.m., this will allow people to attend their own parishes in the morning and volunteer in the afternoon. If you have any questions, I would ask that you contact: Patricia Van Boxmeer, Secretary to Rev. Dr. Neil Elford at Providence Care, vanboxmp@providencecare.ca, (613) 548-5567, Ext. 2225.

The CWL of St. John the Apostle Catholic Church, 88 Patrick St., Kingston is hosting a St. Patrick's Day luncheon on Fri., March 17 from 11 am-2 pm in the parish hall. Use the side door on Quebec Street for entry. Cost is \$5.00 per person and includes soup, sandwiches, dessert, coffee and tea. All welcome!

Please pray for our Sick: Lidwien Gräfe, Beverly Harris, Theresa Knott, Hermina Lawlor, Marie Leggett, Rita Murray, Marcel Roy, Cathy Veley.

Contacts

Rector: Father Shawn Hughes,
fathershawnjhughes@gmail.com

Deacon Blaine Barclay,
blainebarclay31@gmail.com

Parish Office Administrator:
Suzanne, smarvs@cogeco.net

**Co-ordinator of Ministries AND
Pastoral Caring Coordinator:**

Ann Lyng, alyng@cogeco.ca

Sacristan: Leslie Darling,
lesliedarling37@gmail.com

Parish Council Secretary; Ellen
Hawman,

ellen.hawman@sympatico.ca

Catholic Women's League:
Ellen Hawman

ellen.hawman@sympatico.ca

**Co-ordinator of Evangelization
AND Knights of Columbus**

Council #728: Scott Sanderson

scottsanderson2@gmail.com

Finance Committee: Chair Mark
Levac, mark@levacsupply.com

University Chaplain:

Fr. R. de Souza,

chaplain@newmanhouse.ca

Billings Method Natural Family

Planning: Ann Murray,

kingston@naturalfamilyplanning.ca

Creighton Model Fertility

Care™ System: Caitlin Fitzpatrick

cjfitzpatrick@outlook.com

**Serena, Sympto-Thermal Method
of Family Planning:**

www.serena.ca

serenakingston@gmail.com

Adoration: Natalie Holland,

nholland@cogeco.ca

613-876-1801

St. Mary's Refugee Sponsorship:

Angela Gambin

stmarysrefugee@gmail.com

EUCCHARISTIC ADORATION IN ST. JAMES' CHAPEL:

You are invited to spend time with Jesus in the Blessed Sacrament in Eucharistic Adoration Sun. 11:30 am to 9 pm, Mon. to Fri. 8:15 am-8 pm, Sat. 8:15 am to 5 pm. Adorers needed: Mon. 8:15-9 am & 9-10 am, Tues. 2-3 pm, Wed. 4-5, 6-7 pm, Thurs. 2-3, Fri. 8:15-9 am, Sat. 9-10 am, 11 am-noon. Please contact Natalie at 613-876-1801.



St. Mary's Cathedral Council of the Catholic Women's League

will be having their next general meeting on Tuesday afternoon March 21st, following the noon Mass, from 1 to 3 p.m. at the Parish Centre. The agenda will include information and discussion about recent initiatives: (1) the letter to Sophie Kiwala, MPP, concerning the importance of including conscience rights for health care professionals in Bill 84. Please bring your own lunch; beverages and dessert will be provided. Our meetings always have a spiritual, a business and a social component. Our spiritual advisor is Father Shawn Hughes. For more information or to arrange for transportation, please contact the President, Ellen Hawman: ellen.hawman@sympatico.ca or 613-634-8635.

ORGAN SCHOLARSHIPS AVAILABLE: Each year the Kingston Centre of the RCCO has scholarships available for talented pianists of all ages who would like to be introduced to, and develop their playing skills on the pipe organ. The Kingston centre receives financial support for these scholarships from the National RCCO office, local individuals and parishes, and raises funds by sponsoring centre events. Scholarships provide 10 hours of free organ lessons with a qualified instructor. Each student has the opportunity to play in the student concert in late-winter and is invited to attend all local RCCO events. The deadline to apply for a scholarship is March 31, 2017. Auditions will be held for qualified applicants in April. Application forms and more information can be obtained from www.rcco-kingston.org

CURSILLISTAS: You are invited to an ULTREYA on Sunday, March 19, 2017 at St. John the Apostle Church Hall, 88 Patrick Street, Kingston. The Ultreya will start at 2:00 p.m. and will consist of a witness talk, response, small groups, music, prayer and refreshments. All Cursillistas are invited to come out to renew old friendships and meet fellow Cursillistas. For more information contact Mike and Diane Foley in Kingston at 613-546-6224 mfoley8@cogeco.ca or Neil and Margaret Cameron in Brockville at 613-498-1702 cameron25@bell.net



Father Shawn Gave Up Shaving for Lent. What did you give up?

Seriously though, why is Father Shawn not shaving during Lent? Three main reasons:

1) It is my way of keeping my ashes from Ash Wednesday; the continual reminder that I am a sinner, for which I need to repent and that I am a LOVED sinner, for which I need to be ever more deeply grateful. 2) It is also is a visual reminder each morning of my fasts. One of my fasts is that I have given up coffee. I am offering the grace of that particular suffering for you, the parishioners here of St. Mary's. The beard also reminds me of my other fasts and those for whom they are being offered so I am more consciously praying for you and them throughout Lent. 3) Finally, I want you to look at me with my beard and say to yourself: "Father Shawn gave up shaving for Lent, how am I doing with what have I given up?" It is easier to fast when you have an intention for which you are offering your fasting. Lent is a very, very important season of preparation and transformation. Don't miss out on this opportunity for conversion: If you haven't begun a Lenten Plan for fasting, prayer and generosity, you need to ask yourself: "Why am I not taking the grace of Lent seriously this year! It's not too late. Don't miss this great opportunity for conversion!"



STATIONS OF THE CROSS: This beautiful meditation on our Saviour's last hours is traditionally prayed on Fridays throughout the year and more often in Lent. Using various formats and various leaders we will pray it after every 12:10 pm Mass, Monday to Friday, and one half hour before the Saturday 5 pm & Sunday 10:30 am & 7:30 pm Masses. Please include this beautiful prayer as part of your Lenten preparation of your heart to celebrate, in a deeper way this year, the Great Solemnity of Our God's Love for us in His Suffering, Death and Resurrection at Easter.

CONTINUES THIS UPCOMING SATURDAY: The Discernment of Spirits: An Ignatian Guide for Everyday Living

If you missed the first one please feel free to come to the others:
Sat. Mornings: March 18, April 1, & 8 St. Mary's Parish Centre 9:30 am-12 pm

Something fundamental in every life of faith are the alternations of joy and fear, peace and anxiety, hope and discouragement that every human heart experiences as it journeys toward God. These alternations matter. The joy of experiencing God's closeness instills new energy into the effort to love and serve. The darkness of discouragement and fear chills that quest and may overwhelm it completely. All faithful persons in all walks of life (lay, consecrated, clergy) experience some form of these inner spiritual fluctuations; times of energy and desire for the things of God, and other times when that energy and attraction wane. We are not helpless in the face of such contrasting movements of the heart. There is a way for us to understand these complex spiritual experiences. We can learn to respond wisely to these changes in our hearts. This is the wisdom at the heart of the spiritual life and it is called the Discernment of Spirits. Join Father Shawn as he explores St. Ignatius of Loyola's Rules of Discernment to gain the insights that are necessary for spiritual growth today. These four "workshops" are for all who desire a greater awareness of God's action in their daily spiritual lives. So that we can plan handouts and hospitality please register by emailing smarys@cogeco.net or call Suzanne in the parish office, 613-546-5521 ext. 3.

TWO GREAT ON-LINE HIGHLY RECOMMENDED RESOURCES TO DEEPEN YOUR LENTEN EXPERIENCE

The Best Lent Ever with Matthew Kelly

<http://dynamiccatholic.com/bestlentever/lent-reflections-2017>



Spend your time with Christ in the Daily Gospel this Lent

alongside Bishop Barron and the Word on Fire community.

<http://www.lentreflections.com/>



DAYTIME ALPHA COURSE



ALPHA is for everyone! It is for people in all walks of life and in all stages of life. It is for those who have left the faith, for those who have never encountered the faith and for those who want to discover more about their faith because they are missing something in their relationship with Jesus.

ALPHA IS FOR YOU AND YOU ARE INVITED

Our next **ALPHA** course will be held on Thursday afternoons, April 20 to June 22, 2017 from 1:00 pm to 3:30 pm at St. Mary's Parish Centre, 260 Brock Street. Join us each week for lunch, a video presentation on different topics of the Christian faith and small group discussions. **There is no charge for the course and all are welcome!** To register or for more information contact: Ann Lyng, Coordinator of Ministries, 613-546-5521 Ext. 5, alyng@cogeco.ca

Join the Call for Conscience: February 6 - March 31: The Ontario Government has introduced Bill 84, *Medical Assistance in Dying (MAID) Statute Law Amendment Act*, which, at present, does not provide conscience protection for doctors and health care providers who conscientiously object to taking part in Medically Assisted Dying. A "Call for Conscience" campaign has been initiated to encourage Ontarians to write to their local MPP's asking them to protect conscience rights – in particular, to support an amendment to Bill 84 that would provide conscience protection for doctors and health care providers and create a care coordination service which protects both patients and health care workers. Further information can be found at www.canadiansforconscience.ca.

CONGRATULATIONS ONE AND ALL!!!!



350 Letters were signed at last weekend's Masses and sent to Sophie Kiwala, our MPP, on Monday, March 6th. Congratulations. If you didn't get to sign a letter and would like to they are available at the doors of the church. Sign it and give it to one of the priests or Ann Lyng and we will see it gets sent to Ms. Kiwala. Many thanks to the members of the Catholic

Women's League who took the initiative and collected the names at the doors of the cathedral last weekend.

YOU ARE INVITED!
EWTN'S FREE FAMILY CELEBRATION EVENT
Celebrating the Life & Legacy of Mother Angelica



April 1, 2017 Centrepointe Theatres 101 Centrepointe Drive Ottawa, Ontario,
Canada

Inspirational talks by EWTN hosts Johnnette Benkovic, Fr. Larry Richards, and Fr. Mitch Pacwa. Plus an all-star tribute to EWTN foundress, Mother Angelica for more information go to ewtn.com/familycelebration or call 1-205-795-5813.

EWTN CONFERENCE SCHEDULE: Saturday April 1st, 2017

8:30 am Doors Open

9:45 am Opening Prayer and Welcome by Michael P. Warsaw, EWTN Chairman of the Board & Chief Executive Officer

10:00-11:00 am Address by Johnnette Benkovic, host of *Women of Grace*

11:00 am-12:00 pm Address by Fr. Larry Richards, host of *Be A Man*

12:00 pm-1:30 pm Lunch Break & Confessions

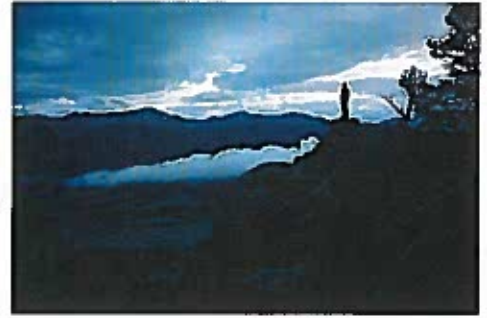
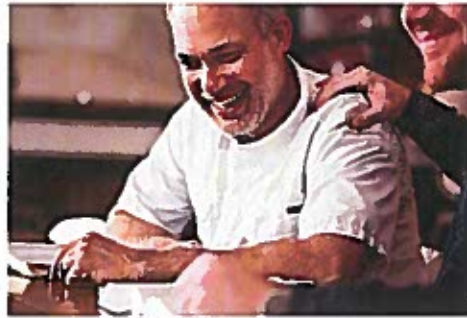
1:30-2:30 pm Address by Fr. Mitch Pacwa, host of *EWTN Live*

2:30 pm Break

3:00 pm Special Presentation: The Life and Legacy of Mother Angelica

4:30 pm Pray the Rosary with the Franciscan Missionaries of the Eternal Word

5:00-6:00 pm Holy Mass with the Most Reverend Terrence Prendergast, SJ,
Archbishop of Ottawa



—MEN'S MINISTRY—



Enjoy a hearty breakfast.

Grow in your faith with other men.

Pray for your wife & kids.

Become the man God created you to be.

First session:

Saturday, March 18 from 7:00 - 9:00 AM

St. Mary's Parish Centre (260 Brock Street - Kingston)

**For more information contact Scott Sanderson
scottsanderson2@gmail.com or by phone at (613) 546-5521 EXT. 6**

 <p>Glenhaven Memorial Gardens by Arbor Memorial</p> <p>RESURRECTION CATHOLIC CEMETERY Call and receive your Free Planning Kit Today.</p> <p>Deals Valente (613) 542-3577</p> <p>2563 Division Street, Kingston (Glenburnie), ON</p>	<p>R. MICHAEL RODÉ BARRISTER AND SOLICITOR</p> <p>303 Bagot St., Suite 3, P.O. Box 2278 Kingston, Ontario K7L 5J9 Phone: (613) 531-8897 • Fax: (613) 531-9022 michael@rodela.ca • www.rmlaw.ca</p>		<p>Later Life Learning (613) 546-2625 www.laterlifelearning.ca</p>
<p>AMEY'S TAXI 613.546.1111 SERVICE SECOND TO NONE</p>	<p>SCARPAZZA HOME DESIGN RESIDENTIAL - COMMERCIAL - INTERIOR 81 Aragon Road Glenburnie, Ont. K0M 1S2 (613) 546-4598 scarpazza@hotmail.com</p>	<p>MULROONEY TRUCKING LTD.</p>	<p>MICHAEL A. McCUE Barrister & Solicitor 837 Princess St. (613) 542-3700</p>
<p>ST. MARY'S CEMETERY DIVINE MERCY MAUSOLEUM 718 DIVISION STREET KINGSTON 613-548-4343 Traditional and Cremation Plots Crypts and Niches</p>	<p>Proudly a part of Kingston's <i>Catholic Community</i> for Generations</p> <p></p> <p>Gordon F. Tompkins Funeral Homes</p> <p>Central Chapel 49 Colborne Street - Downtown Kingston (613) 546-5454 www.gftompkinscentral.ca</p> <p>Township Chapel 419 Davis Drive - Kingston West (613) 546-5150 www.gftompkinstownship.ca</p>	<p>VINCENT A. RAMSAY Barrister and Solicitor</p> <p>Collaborative Family Law, Family Law Office of the Children's Lawyer Panel Member Wills & Estates</p> <p>3 Rideau St., Kingston 613-546-3274 e-mail: vramsay@rideaustreetlaw.ca</p>	<p> Cunningham Swan LAWYERS</p> <p>SMITH ROBINSON BUILDING SUITE 300 - 27 PRINCESS STREET KINGSTON, ON K7L 1A3 TEL: 613-544-0211 WWW.CSWAN.COM</p>
		<p> Grand's nofrills. lower food prices</p> <p>1162 DIVISION STREET, KINGSTON, ONTARIO, CANADA K7K 0C3</p> <p> HERMAN'S AUTO</p> <p>825 Portsmouth Ave Kingston, ON K7M 1W8 Stephen Overvelde President Tel: 613-542-7690 / Fax: 613-542-9313 email: stephen@hermansauto.ca www.hermansauto.ca</p>	<p>John F Black Barrister and Solicitor 388 King Street East Tel 613-546-0587 jfbblack@cfa.on.ca</p>
<p>WSP MMM GROUP</p> <p>Andy Huctwith, P.Eng., CAHP T: 613.546.2227 ENGINEERS FOR THE RESTORATION OF THE CATHEDRAL</p>	<p>ST. LAWRENCE POOLS Family. Fun. Fitness</p>		
	<p>SALT OF THE EARTH Fresh Produce Quality Firewood</p> <p>10 Phone: 613 331 3078 10 Email: farmstead@kingston.com 10 Website: www.saltoftheearth.com</p>		<p>SWISS CHALET Join us for Sunday Lunch starting at \$6.69 Delivery / Call Ahead 1-866-439-0439 85 Dalton Ave (613) 547-0100</p>
<p>Alexander N DoRego Property Manager Local Student Apartments 613-531-1332 104 Clergy St. East alex_dorego@hotmail.com Kingston, ON K7L 3J4</p>	<p>Levac SUPPLY LIMITED EST. 1945 Service is Our Success</p> <p>Industrial & Automotive Safety Supplies & Equipment</p> <p>Industrial Health & Safety Training</p> <p>(613) 546-6663 25 Railway Street</p>	<p>RONNEY ENGINEERING LIMITED CONSULTING STRUCTURAL ENGINEERS Structural Engineers for three generations... Since 1926 (613) 542-3092</p>	
<p>RIGNEY BUILDING SUPPLIES</p> <p>Helping You Build and Renovate Since 1972</p> <p>5 Terry Fox Drive 613-544-9145</p>	<p>R RAMEKINS New Take Out Menu *delivery available Breakfast a la Carte Sat. & Sun. 9am-2pm Let us Cater your next event! Casual Fine Dining 1540 Bath Road 613 384 0793</p>	<p>TAYLOR STUDIOS Weddings • Portraits 285 King St. E. (613) 541-1098 www.taylorstudios.ca</p>	<p>State Farm Bridget Walker-Payne Providing Insurance & Financial 1335 Princess - 544-1335</p>
<p>NELSON LAW HONEST and SUCCESSFUL LEGAL REPRESENTATION 295 Queen Street Kingston K7K 1B7 613-544-1618</p>	<p>Horticulturist Gariepy Lawn & Garden 25 yr. experience</p> <p>lawn and garden clean-up seasonal lawn maintenance perennial garden care pruning, mulching</p> <p>Free consultation We provide Personalized service Liability insured</p> <p>Registered Seniors Association Service Provider</p> <p>613-542-8077 Email: ggariepy@cogeco.ca</p>	<p>"it's the haircut that counts!"</p> <p>Marrello</p> <p>Frontiers Mall HAIR STYLIST 613-544-6166</p> <p>Prize winners in hair styles Judge at the New York International World Supreme</p>	<p>Kevin J Blaney Florist</p> <p>Whatever the occasion, Kevin will make it special!</p> <p>180 Montreal St Kingston, ON 613-546-3551</p> <p>Free deliveries to the hospitals and funeral homes</p>