

# 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

**LENT HAS BEGUN!!!!**  
**DON'T MISS OUT ON THIS OPPORTUNITY**  
**FOR CONVERSION!!!**

*Fast*



*Give*



*Prepare*



*Pray*



279 Johnson Street, Kingston, ON K7L 1Y5

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[stmaryscathedral.ca](http://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. 6th**

7:45 am Ellen Barrett  
12:10 pm Alois Ochs  
12:40 Stations of the Cross

**Tuesday Mar. 7th**

7:45 am Father Shawn's Intention  
12:10 pm Patricia McDonald,  
deceased members of McDonald &  
Murray families

12:40 Stations of the Cross

**Wed. Mar. 8th**

7:45 am Maria Riley  
12:10 pm Father Shawn's Intentions  
12:40 Stations of the Cross

**Thursday Mar. 9th**

7:45 am Souls in Purgatory  
12:10 pm Parishioners' Intentions  
12:40 Stations of the Cross

**Friday Mar. 10th**

7:45 am Almon F. Doolan & Doolan  
Family  
12:10 pm Fr. Robert Flurey, 1<sup>st</sup> anni.

12:40 Stations of the Cross

**Saturday Mar. 11th**

7:45 am Maria Riley  
4:30 pm Stations of the Cross  
5pm Jack Gregoire

**Sunday Mar. 12th**

8 am Dianne Marie Theresa Cole  
10:00 am Stations of the Cross  
10:30 am for the people  
7:00 pm Stations of the Cross  
7:30 pm Father Bill Powell

**Ministries: Sat. Mar. 11th, 5 pm**

Altar Servers	Peter M.	Lucas M.
Lectors	Cathy H.	Lynn P.
EM of the Eucharist	Mark M.	

**Sunday Mar. 12th, 8 am**

Altar Servers	Charles F.	
Lectors	Bill M.	Emily A.
EM of the Eucharist	Ann L.	Maria C.

**Sunday Mar. 12th, 10:30 am**

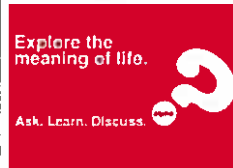
Altar Servers	Doug S.	Jude T.	Glen M.	Mario D.
Lectors	Sally R.		Larry R.	
EM of the Eucharist	Betty G.	Domenica B.	Janet W.	Teresa K.
	Laura R.	Connie A.	Carmen D.	

**Sunday Mar. 12th, 7:30 pm**

Altar Servers	Students		
Lectors	Hannah Q.	Olivia S.	
EM of the Eucharist	Doug S.		

# First Sunday in Lent

## Upcoming Events



**ALPHA**

**WED. March 8<sup>th</sup>  
6-9 pm**

**Catholicism 201**

**THURS. March 9<sup>th</sup>  
6-9 pm**



**TODAY: Rite of Election:** here at St. Mary's at 4 pm on the First Sunday of Lent, Sunday, March 5<sup>th</sup> at 4 pm. This is the Archbishop's formal reception of all those who are to be baptised, and who will receive the other sacraments of Initiation, Confirmation and first Holy Communion. Please join us and support those from around the Archdiocese who will be joining the Catholic Church at the Easter Vigil.

**St Mary's Moms and Tots:** meet Tuesday, March 7th, 10-11:30 am at St Mary's Parish Centre.

**St. Mary's Parish Finance Committee:** Wed. March 8<sup>th</sup> at 9 am.

**Seniors' Lunch:** March 8th, following the 12:10 pm Mass. Courtesy of St. Mary's Pastoral Caring.

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

**KNIGHTS OF COLUMBUS BREAKFAST:** Sausages, Bacon, Potatoes, Eggs, Waffles and more! The Knight of Columbus are cooking a delicious breakfast on *Sunday, March 12<sup>th</sup>, 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.

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

**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](mailto: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!

## **Contacts**

Rector: Father Shawn Hughes,  
[fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

Deacon Blaine Barclay,  
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Co-ordinator of Ministries AND  
Pastoral Caring Coordinator:

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Co-ordinator of Evangelization  
AND Knights of Columbus

Council #728: Scott Sanderson

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Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)

University Chaplain:

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[chaplain@newmanhouse.ca](mailto:chaplain@newmanhouse.ca)

Billings Method Natural Family

Planning: Ann Murray,

[kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca)

Creighton Model Fertility

Care™ System: Caitlin Fitzpatrick

[cifitzpatrick@outlook.com](mailto:cifitzpatrick@outlook.com)

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of Family Planning:

[www.serena.ca](http://www.serena.ca)

[serenakingston@gmail.com](mailto:serenakingston@gmail.com)

Adoration: Natalie Holland,

[nholland@cogeco.ca](mailto:nholland@cogeco.ca)

613-876-1801

St. Mary's Refugee Sponsorship:

Angela Gambin

[stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

## **EUCHARISTIC 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. 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.

## **THREE STEP LENTEN PROGRAM:**

proposed by Father Shawn during last weekend's homily

It is always good during Lent to fast from whatever in your life draws you away from God. Worry would be a great thing to fast from throughout Lent. The three spiritual practices I have just stated would be an excellent Lenten program.

1) **PRAYER:** Every time we catch ourselves worrying to pray quickly, on the spot: "Come Holy Spirit?" "Pray the our Father" and for Lent add a bit more time to your daily prayer routine. The fruit of Prayer is Faith. Deeper Faith drives worry away.

2) Secondly: **TAKE UP THE SCRIPTURES EACH DAY DURING LENT:** A suggestion would be to read Matthew, Mark, Luke or John's Passion Narrative from the Last Supper through to the Resurrection to deepen your preparation for Holy Week...Or another...Commit to reading one of the gospels from beginning to end...I would strongly suggest John's gospel for this Lent. Remember: "No Bible, no breakfast! No Bible, no bed!"

3) Thirdly: **COME TO THE SACRAMENTS MORE OFTEN DURING LENT:**

Go to confession at the beginning of Lent and as Lent comes to a close. There are reviews of how to go to confession and how to prepare for confession at the doors of the Church. Get to confession in these upcoming weeks, at least once, twice would be better...and more if you need it. You know there is a priest in the confessional for at least one half hour before every Mass that takes place in this cathedral. Also from 1 to 5 pm on Wednesdays and 4 to 5 pm on Saturdays. Plenty of Opportunity. And more will be added as Lent progresses.

Come to Mass more often this Lent. If you are retired try coming to daily Mass during Lent...you know that Mass is available at least twice a day here at the cathedral. If you are working there is an early morning 7:45 am Mass. For those that are working and with young families, try to get out to Mass once or a couple of extra times a week. That is how we grow in peace, this is how we grow in Faith, in Trust...these are the best antidotes to worry...especially for those dealing with difficult issues or who have loved ones who are dealing with difficult issues. The Blessed Sacrament is exposed for Adoration in St. James' chapel from 8:15 am through to 8 pm almost every single day. If you can't get out to Mass plan regular visits to the Blessed Sacrament.



**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.

## **STARTS THIS UPCOMING SATURDAY: The Discernment of Spirits: An Ignatian Guide for Everyday Living**

**Sat. Mornings: March 11, 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](mailto:smarys@cogeco.net) or call Suzanne in the parish office, 613-546-5521 ext. 3.

### **THE BEATITUDES: EVENING OF REFLECTION**

**Tues., March 21, 2017, 7 – 9 pm in St. Mary's Parish Centre led by Father Shawn**

The Beatitudes summarize the whole of the Christian vocation. They define what it means to be a disciple of Jesus Christ. "The Beatitudes are at the heart of Jesus' preaching. They take up the promises made to the chosen people since Abraham. The Beatitudes fulfill the promises by ordering them no longer merely to the possession of a territory, but to the Kingdom of Heaven." (*Catechism of the Catholic Church 1716*) They are concerned with virtue and how a believer in Jesus Christ can achieve that virtue. They are the blueprint or road map of the Christian life. Disciples of Jesus Christ strive to live the Beatitudes in their lives. They guide. They teach. They point. Beatitude comes from the Latin *beatus* meaning happiness. They not only bring a believer into a state of peace and happiness, but, if followed completely, will bring the believer right into the Kingdom of God after our journey on this earth is over. Join Father Shawn for this one evening of exploration of this road map to beatitude.

**FOLLOWING MASS MEMBERS OF THE CATHOLIC WOMEN'S LEAUGE WILL BE AT THE DOORS OF THE CHURCH SEEKING YOUR SIGNATURE ON LETTERS OF PROTEST TO BE SENT TO SOPHIE KIWALA, OUR MPP. PLEASE SIGN A LETTER BEFORE YOU LEAVE!!!!!! THEY WILL BE SENT ON MONDAY.**

## **WHY WON'T THE GOVERNMENT OF ONTARIO PROTECT DOCTORS AND HEALTH CARE WORKERS?**

**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](http://www.canadiansforconscience.ca).

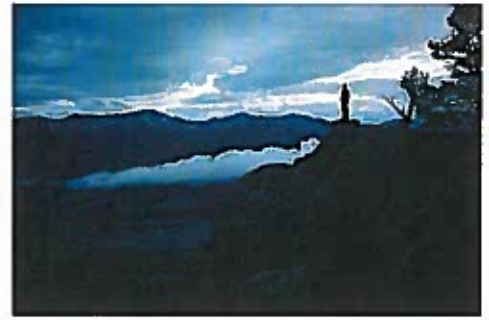
### **DAYTIME ALPHA COURSE**



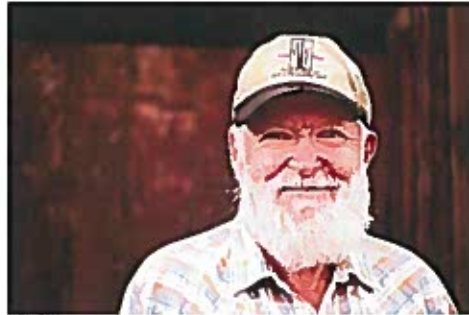
**ALPHA** is for everyone! It is for people in all walks of life and in all stages of life. It is for those who have left the faith, for those who have never encountered the faith and for those who want to discover more about their faith because they are missing something in their relationship with Jesus.

#### **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](mailto:alyng@cogeco.ca)



# —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**

## A GREAT LENTEN SPIRITUAL READING RESOURCE!!!!

### HAVE YOU GONE TO FORMED.ORG YET????

A fantastic new parish program is now available to you on line through St. Mary's.

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### HOW DO YOU ACCESS IT? Follow these simple steps.

Step 1: Go to formed.org. Step 2 Click on Register. Step 3. Enter St. Mary's Parish Code which is QHVJWV. Step 4: Enter your email address Step 5: It will ask for your name address and a password you create. Step 6. A Verification email will be sent to your email. Click on confirm and you will have all the great content mentioned above (AND MORE!!!!) at your fingertips in the comfort of your home or wherever you are. (You only have to go through this process once and you them Login with your email and password)



### WHY DO WE PRACTICE FASTING (Reducing) AND ABSTINENCE (avoiding meat) ? (from www.catholic.com)

Lent is the 40 days before Easter in which Catholics pray, fast, contemplate, and engage in acts of spiritual self-discipline. Catholics do these things because Easter, which celebrates the Resurrection of Christ, is the greatest holy day of the Christian year (even above Christmas) and Catholics have recognized that it is appropriate to prepare for such a holy day by engaging in such disciplines.

The reason Lent lasts 40 days is that 40 is the traditional number of judgment and spiritual testing in the Bible (Gn 7:4, Ex 24:18, 34:28, Nm 13:25, 14:33, Jon 3:4). Lent bears particular relationship to the 40 days Christ spent fasting in the desert before entering into his public ministry (Mt 4:1-11). Catholics imitate Christ by spending 40 days in spiritual discipline before the celebration of Christ's triumph over sin and death.

Fasting is a biblical discipline that is found in both the Old and the New Testament. Christ expected his disciples to fast (Mt 9:14-15) and issued instructions for how they should do so (Mt 6:16-18). Abstinence from certain foods is also a biblical discipline. In Daniel 10:2-3 we read, "In those days I, Daniel, was mourning for three weeks. I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks." Catholics use a practice similar to Daniel's when, as a way of commemorating Christ's Crucifixion on a Friday, they abstain from eating meat on that day of the week during Lent. The only kind of flesh they eat on Friday is fish, which is a symbol of Christ.

Even the Ash Wednesday practice of having one's forehead signed with ashes has a biblical parallel. Putting ashes on one's head was a common biblical expression of mourning (1 Sm 13:19, Est 4:1, Is 61:3; see also Est 4:3, Jer 6:26, Ez 27:30, Dn 9:3, Mt 11:21, Lk 10:13). By having the sign of the cross made with ashes on their foreheads, Catholics mourn Christ's suffering on the cross and their own sins, which made that suffering necessary.

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