

# **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**

## **THIRSTING FOR THE TRUTH!!!!**



(John 4: 5-42)

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**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**

# Third Sunday in Lent Upcoming Events

## Masses:

### Monday Mar. 20th

7:45 am Catherine Welfard Delva

12:10 pm Leah McCue

12:40 pm Stations of the Cross

### Tuesday Mar. 21st

7:45 am Shirley Abrahams

12:10 pm Intentions of St. Mary's

CWL

12:40 pm Stations of the Cross

### Wed. Mar. 22nd

7:45 am Catherine Welfard Delva

12:10 pm Fred Darling, 6<sup>th</sup> anni.

12:40 pm Stations of the Cross

### Thursday Mar. 23rd

7:45 am Shirley Abrahams

12:10 pm Reny daCosta-Lima, 6 yrs

12:40 pm Stations of the Cross

### Friday Mar. 24th

7:45 am Catherine Welfard Delva

12:10 pm Monsignor Don Clement

12:40 pm Stations of the Cross

### Saturday Mar. 25th

7:45 am Souls in Purgatory

4:30 pm Stations of the Cross

5pm Monsignor Don Clement

### Sunday Mar. 26th

8 am Gordon Zinn

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 (estate)

## Ministries:

### Saturday, March 25th, 5 pm

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

### Sunday, March 26th, 8 am

Altar Servers	Charles F.	
Lectors	Elizabeth N.	Emily A.
EM of the Eucharist	Ann L.	Betty R.

### Sunday, March 26th, 10:30 am

Altar Servers	Nick B.	Jude T.
	Glen M.	Dominic B.
Lectors	Louise M.	Pat B.
EM of the Eucharist	Dianne I.	Grace G.
	Domenica B.	Connie A.
	Betty G.	Jose C. Bob C.

### Sunday, March 26th, 7:30 pm

Altar Servers	Students	
Lectors	Abby C.	Michelle S.
EM of the Eucharist	Ellen H.	

## NEXT ALPHA: WED. March 22nd 6-9 pm

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

**POSTPONED: The Catholic Women's League of Canada: St. Mary's Cathedral Council:**

**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.

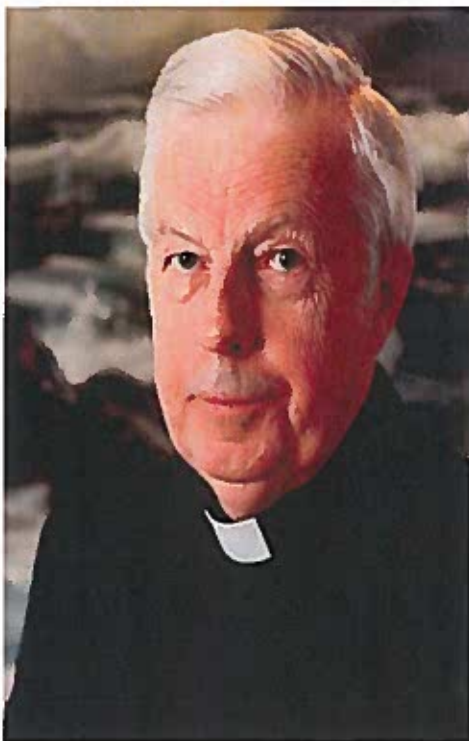
**Please pray for our Sick:** Baby Madelin, Dorthy Battalia, Lidwien Gräfe, Lucy Huisman, Theresa Knott, Hermina Lawlor, Marie Leggett, Rita Murray, Crystal St Aubin, and Cathy Veley.

**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.

## UN ENORME GRAZIE FOR ITALIAN NIGHT AT ALPHA!!!



A very, very special thank you to our wonderful Italian ladies who so generously provided and prepared the meal for the ALPHA course on Wednesday, March 15. ALPHA participants were treated to a delicious meal of home made pasta, salad, apple crisp and ice cream. Many thanks to Domenica Braccioldieta, Marianna Del Mistro, Santina Donini, Wilma Saccon and Lina Venditti for thoughtfully giving of their time and their remarkable culinary skills for all ALPHA participants to enjoy! We are truly grateful for your ongoing support! **GRAZIE!!!**



## REST IN PEACE MONSIGNOR CLEMENT

I am saddened to inform you of the death of Rev. Msgr. Donald Patrick Clement on Wednesday, 15 March 2017. Many of you will remember Monsignor Clement when he was the rector here from 1990 until his retirement in 2005.

The details regarding the Visitation, Vigil Service, Mass of Christian Burial; and Interment are as follows:

**VISITATION:** Priests are usually waked in the church of their last assignment or their home parish church. Monsignor Clement will lie in state here at St. Mary's Cathedral on Monday, March 20, 2017. The body will be received with prayers at 1:20 pm and waked from 2:00 - 6:00 p.m., with Vigil Service at 3:00 p.m. and Visitation cont'd Tuesday, March 21, 2017, from 9:00 - 9:45 a.m.

Monsignor Clement's Funeral Mass will be celebrated here in the cathedral on Tuesday, March 21, 2017 @ 10:00 a.m. with Archbishop O'Brien presiding.

**INTERMENT:** will take place immediately following the Funeral Mass at St. Mary's Cemetery, Kingston, ON

**OBITUARY:** Msgr. Clement passed away peacefully at Kingston General Hospital on Wednesday morning, March 15, 2017, in his 90th year. The beloved former Rector of St. Mary's Cathedral was born in Ottawa, Ontario, on June 19, 1927, and grew up in the Prescott area. He received an engineering degree from Queen's University in 1952, and worked in his chosen field until he entered St. Augustine's Seminary in 1956. He was ordained a priest for the Archdiocese of Kingston on May 28, 1961. From 1961 until 1967, he served as Associate Pastor at St. John's Parish, Kingston, and at St. Joseph's Parish, Kingston. In 1972, he was appointed Pastor of Holy Family Parish, Kingston, where he served until 1984, when he was appointed Pastor of Blessed Sacrament Parish, Amherstview. In 1990, he was made a Prelate of Honour (Monsignor), and that same year, he was appointed Rector of St. Mary's Cathedral, a position he held until his retirement in 2005. During his term as Rector, he oversaw an extensive restoration of the Cathedral. Msgr. Clement held several administrative positions within the Archdiocese of Kingston: he was Dean of the Central Deanery, member of the College of Consultors, and member of both the Personnel Committee and the Finance Committee. He was also instrumental in the development of the Permanent Diaconate Program of the Archdiocese. Msgr. Clement served six terms as Trustee of the Frontenac-Lennox and Addington Roman Catholic Separate School Board, from 1975-1988, including a term as Vice-Chair from 1981-82, and as Chair from 1983-1985. He was a tireless worker on behalf of the Kingston community, helping to establish Martha's Table in Kingston, and serving on the George Masoud Foundation, the United Way Campaign, and the Symbol of Faith and Heritage Campaigns. In retirement, he served as chaplain to the Sisters of Providence at their Motherhouse in Kingston and provided sacramental ministry at both Bath and Frontenac Correctional Institutions.

Msgr. Clement was predeceased by his parents, François Clement and Loretta (Carey) Clement, and by his sisters, Bernadette (late Fernand) Boivin and Françoise (late Ron) Bowden. He is survived and greatly missed by several nieces and nephews: Ann Boivin Kamp (Al), Christine Strocel (Ernie), John Boivin (Karen), Michael Boivi (Sharon), Mary Lou Mulvey (Mark), Andrea Howard, and their families.

A special thank you to the amazing and caring staff at Providence Motherhouse, Providence Manor and Kingston General Hospital.



## **Contacts**

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Angela Gambin

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## **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, 10-11 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.

**Acies** Sunday, March 26 at 2:00 Kingston Diocesan Legion of Mary will be held at **Our Lady of Lourdes Catholic Church** on Days Road, beginning with the rosary and followed by Mass celebrated by Archbishop O'Brien. Refreshments to follow. Everyone welcome!

**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](http://www.rcco-kingston.org)

## **Postponed!!!! St. Mary's Cathedral Council of the Catholic Women's League** will NOT 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](mailto:ellen.hawman@sympatico.ca) or 613-634-8635.



There's a spot on the bus for you! St. Patrick's, Napanee, **Annual Pilgrimage** to Our Lady of the Cape Shrine, Cap-de-la-Madeleine, Quebec (including St. Joseph's Oratory, Montreal and Ursulines Museum at Trois-Rivieres), Monday June 5 through Wednesday June 7, 2017. Cost: \$365/single; \$315pp/double; \$310 pp/triple. Pick-up and drop-off at specific locations between Belleville and Brockville. Includes transportation, accommodation, most meals, admissions to sites, and abundant blessings! Contact Alphonse Poitras, 613-354-7643, [alphonse.poitras@gmail.com](mailto:alphonse.poitras@gmail.com). Payment must be received by April 3rd to reserve your spot.

## **PART III: CONTINUES SATURDAY, APRIL 1: The Discernment of Spirits: An Ignatian Guide for Everyday Living**

**If you missed the first two please feel free to come to the other two. The Next two sessions are addressing new areas of the Spiritual life.**

**Sat. Mornings: 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.

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

- 1) The Best Lent Ever with Matthew Kelly: <http://dynamiccatholic.com/bestlentever/lent-reflections-2017>**
- 2) 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**

**Thursdays 1 pm to 3:30 pm  
Beginning April 20th**

**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)**

## **THREE STEP LENTEN PROGRAM**

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 following three spiritual practices 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 Cathedral. 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.



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



April 1, 2017 Centrepointhe Theatres 101 Centrepointhe Drive Ottawa, Ontario,  
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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](http://ewtn.com/familycelebration) or call 1-205-795-5813.

**EWTN CONFERENCE SCHEDULE:** Saturday April 1<sup>st</sup>, 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



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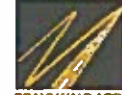
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