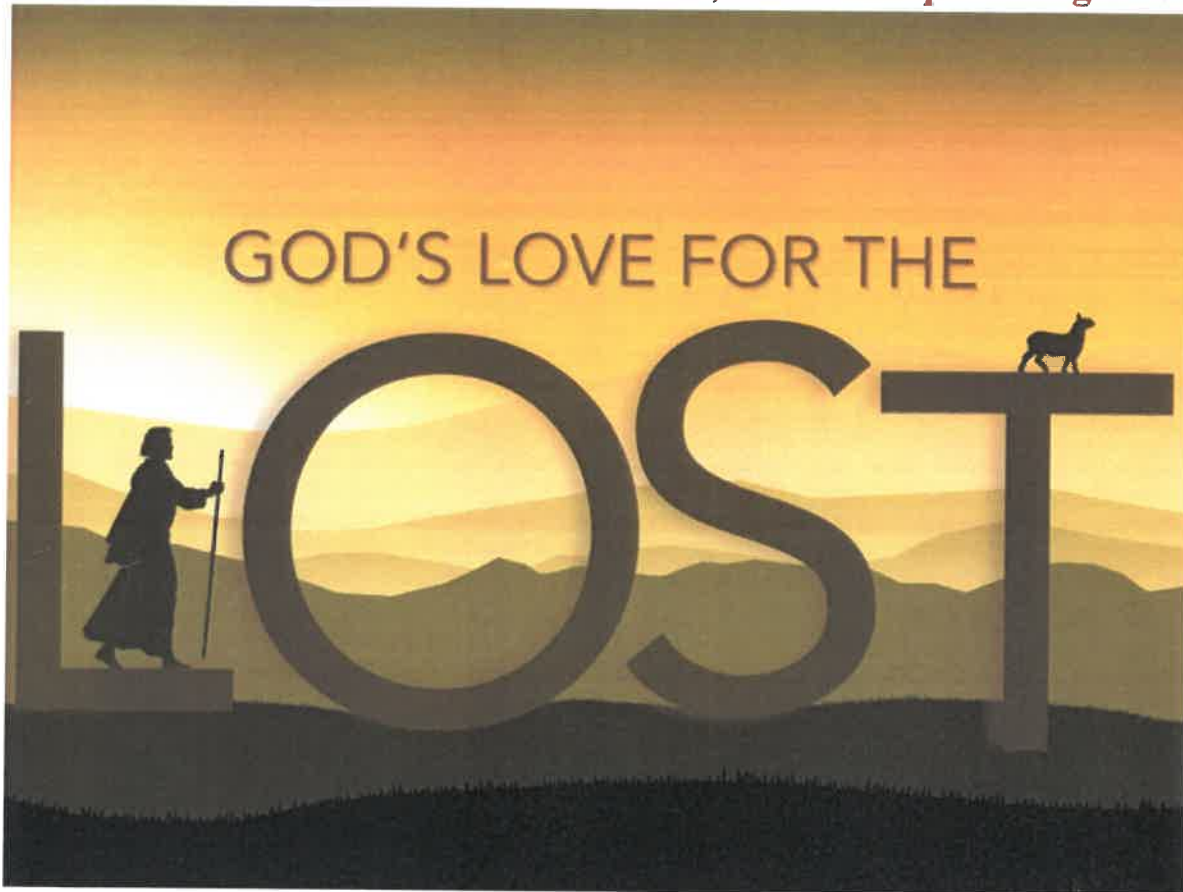


# The Cathedral of St. Mary of the Immaculate Conception

The Mother Church of the Faithful of the Archdiocese of Kingston  
The Most Reverend Michael Mulhall, Archbishop of Kingston



279 Johnson Street, Kingston, ON K7L 1Y5

Telephone: 613-546-5521, Fax: 613-546-1947

email: [smarys@cogeco.net](mailto:smarys@cogeco.net) Web Site: [stmaryscathedral.ca](http://stmaryscathedral.ca)

Parish Office Hours: Monday to Friday 10 am to 4 pm, Closed 12 noon to 1 pm

### Mass Schedule:

St. James Chapel: Mon.-Sat. 7:45 am Cathedral: Mon.-Fri. 12:10 pm  
Saturday Vigil: 5:00 pm (no incense) Sunday Masses: 8:00 am (no incense),  
10:30 am (incense is used), 7:30 pm (incense is used)

Opportunities for Confession: "The Light is On!"  
One half hour before each Mass held in the Cathedral

Additionally: Wednesdays 1 pm – 5 pm & Saturdays 4 pm – 4:50 pm

### Masses:

#### Monday September 16th

7:45 am Deceased members of the Barrett & Cosgrove families

12:10 pm Deceased members of Saccon family

#### Tuesday September 17th

7:45 am Hans Van der Hoeven

12:10 pm Living & deceased members of St. Mary's CWL

#### Wed. September 18th

7:45 am Patrick Kelly

12:10 pm Fred Blum

#### Thursday September 19th

7:45 am Special intention

12:10 pm Souls in Purgatory

#### Friday September 20th

7:45 am Special Intention

12:10 pm Deceased members of Lamarche family

#### Saturday September 21st

7:45 am Special Intentions

5 pm Deceased members of the Barrett & Cosgrove families

#### Sunday September 22nd

8 am Intentions of Craig & Chantal Blondin

10:30 am For the People

7:30 pm Piedade & Joaquim Dourado

### **Ministries Sat. Sept. 21st, 5 pm**

Altar Servers	
Lectors	Adora J. Sandi W.
EM of the Eucharist	Mark M. Jacqueline O'C

### **Sunday, Sept. 22nd 8 am**

Altar Servers	
Lectors	Cathy S. Janet W.
EM of the Eucharist	Theresa D. Emily R.

### **Sunday, Sept. 22nd, 10:30 am**

Altar Servers	
Lectors	Gail M. Ed M.
EM of the Eucharist	Ed M. Chris L. Connie A Bob C. Sr. Shannon Gail M. Marietta M.

### **Sunday, Sept. 22nd, 7:30 pm**

Altar Servers	Students
Lector	Michelle S. Joe A.
EM of the Eucharist	Anne H. Mary R.

### **Please pray for our Sick:**

Mike Baines, Ruth Caron, Louise Doolan, Adam Lachine, Margaret Kavanagh, Janice Lumb, Maria Matias, Vernon Mulhall and Lynn Orellano

## **24th SUNDAY IN ORDINARY TIME**

### **Cursillo Ultraya, Sunday, Sept. 15<sup>th</sup>, at 2 pm.**

**Matthew: The King and His Kingdom** begins this Monday morning starting tomorrow Sept. 16<sup>th</sup> at 9:30 am OR Wednesdays beginning this Wednesday, Sept. 18<sup>th</sup> at 7 pm. See posters.

**Catholic Women's League Meeting:** this Tuesday, Sept. 17<sup>th</sup>, 7-9 pm  
**Rite of Christian Initiation (RCIA)** resumes: this Tuesday, Sept. 17<sup>th</sup>, 7-9 pm

**Men's Ministry resumes:** this Saturday, September 21<sup>st</sup>, 7 am to 9 am

**Campaign Life Coalition** would like to pick up the filled Coins for Life containers after the Masses next **Sat. and Sun., Sept. 21/22.**

**Knitting Group resumes:** Tuesday, Sept. 24<sup>th</sup> at 1:30 pm in the parish centre.

**Cursillo School of Leaders:** Tuesday, September 24<sup>th</sup>, 7-9 pm

**Cursillo Secretariat Meeting:** Friday, September 20<sup>th</sup> at 7 pm

**Red Mass** with Archbishop Mulhall presiding, Thursday, Oct. 3 at 7 pm

**Solemn Sung Vespers** (Evening Prayer) on the Anniversary of the Consecration of the Cathedral. Friday, October 4<sup>th</sup> at 7 pm.

**One Day Life in the Holy Spirit Seminar** at St. Paul the Apostle Church Hall, Saturday, November 2, 2019 see ad on p. 5.

### **St. Joseph's Parish will celebrate Mass at St. Mary's Cemetery.**

718 Division St. on Sun., 22 Sept. at 2 pm. This will be an excellent opportunity to remember, and to commend to God, family members, friends and former parishioners who have gone before us. Please invite others who might wish to join you; bring a hat and lawn chair for your comfort and convenience. In the event of rain, Mass will be at St. Joseph's Church at 392 Palace Rd.

**Billings Life** clinic is Mon., Sept. 23 at St. Paul the Apostle Church from 7- 8 pm in room D(patio entrance). Call us at (613)544-8495 or email: [kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca).

**Our Lady of Lourdes CWL** will be holding a Fall Bazaar and Chili Luncheon (\$5.00 per person) on Sat., Sept. 28 from 10 am to 2 pm. Crafts, baked items, homemade jellies and preserves will be available. For more info. please contact Elizabeth Iori at 613-384-4812.

**Celebration in Honour of St. Francis of Assisi:** Pope Francis has designated September 1st to October 4th as a Season of Creation on care of our common home. Join the Secular Franciscan Fraternity and the Franciscan Friars of Kingston in celebrating, the death into new life, of St. Francis of Assisi. All are welcome. Thurs., Oct. 3rd, at 7 pm at St. John the Apostle Church, 88 Patrick St., Kingston. After the service all are invited to the hall for refreshments and a time of community building.

### **PRAYING THE PSALMS WE PROCLAIM: Day of Reflection for Parish Musicians: Vocal and Instrumental:**

*A mini-retreat day of reflection for parish musicians serving the Archdiocese of Kingston.* Sat., Oct. 5th, 9:30 am-2:30 pm at St. Paul the Apostle Church, 1111 Taylor Kidd Blvd. Facilitator: Deacon Bill Gervais. This mini retreat for parish musicians will invite participants to reconnect with the psalms they sing each Sunday. Through a series of talks, guided prayer, silent reflection and small group discussions participants will discover the power of the psalms they proclaim, their meaning and how to pray with them. Registration is required. Refreshments and Lunch will be provided. Free-will offering. Registration is required. Contact Gorett Da Silva 613-548 -4461, email [ore@romancatholic.kingston.on.ca](mailto:ore@romancatholic.kingston.on.ca)

## **Contacts**

**Rector:** Father Shawn J. Hughes,

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

**Associate-Pastor (Half-time)**

Father Paul Mawalla

[paul.mawalla54@gmail.com](mailto:paul.mawalla54@gmail.com)

**Deacon:** Deacon Blaine Barclay,

[blainebarclay31@gmail.com](mailto:blainebarclay31@gmail.com)

**In Residence:**

Father Dan Ryan

Father Killian Eke

Father Paul Finn

**Parish Office Administrator:**

Suzanne, [smarys@cogeco.net](mailto:smarys@cogeco.net)

**Co-ordinator of Ministries,  
Pastoral Caring Coordinator, and  
Catholic Women's League**

**President:** Ann Lyng,

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

**Music Director and Organist:**

Jeff Moellman,

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

**Children's Liturgy:** Laura Raycraft,

613-328-0426,

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

**Parish Council Secretary:** Ellen  
Hawman,

[ellen.hawman@sympatico.ca](mailto:ellen.hawman@sympatico.ca)

**Knights of Columbus Council  
#728, Grand knight:** Ian Moore

**Finance Committee Chair:** Mark  
Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)

**University Chaplain:**

Fr. R. de Souza,

[rjdesouza@cardus.ca](mailto:rjdesouza@cardus.ca)

**Catholic Christian Outreach:**

Stephanie Dresch: Campus Leader

[stephanie.dresch@cco.ca](mailto:stephanie.dresch@cco.ca)

**Billings Method Natural Family  
Planning:** Ann Murray,

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

**Creighton Model Fertility**

Marianne Trevorror MA ND

[drmarianne@ionacare.ca](mailto:drmarianne@ionacare.ca)

**Serena, Sympto-Thermal Method  
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)

## **Are You or Someone You Know thinking of becoming a Catholic or interested in learning more about the Catholic Faith?**

Consider joining The Rite of Christian Initiation of Adults (RCIA). RCIA is an Initiation Process into the Catholic Faith for Adults who a) have never been baptized, or b) are Christians baptized in another Faith Tradition seeking now to be received into full communion with the Catholic Church, or c) for Catholics who are baptised, but who have not received either their first Holy Communion and/or the Sacrament of Confirmation and who now wish to complete their Christian initiation.

All those planning on taking the course must meet initially with either Father Shawn, [fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com) or Deacon Blaine at [bbarclay31@me.com](mailto:bbarclay31@me.com). Please contact one of us for an appointment.

***Rite of Christian Initiation (RCIA) resumes:  
Tuesday, September 17th, 7-9 pm***

continues each Sunday at the 10:30 am Mass. We are always looking for adults to assist with the Children's Liturgy. If you would be interested please contact Laura Raycraft at [laura.joel@hotmail.com](mailto:laura.joel@hotmail.com).



Children's Liturgy  
of the **Word**

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

will be having their fall general meetings on Tuesday evenings September 17, October 15 and November 19, from 7 to 9 pm, at the Parish Centre. Women from our parish, of all ages and backgrounds, are invited to become members. Membership fee is \$25 per year. Meetings are held monthly on the third Tuesday of every month and have a spiritual, social and business component. Spiritual guidance at our meetings will be provided by our spiritual advisor, Father Shawn. If you wish to grow in your faith while serving our community in fellowship with other members come and learn more about the CWL! For more information or to arrange a ride to the meetings, please contact CWL President, Ann Lyng at 613-546-5521 Ext 5; [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

**Duc In Altum 2019-20 Info Night** Calling all young adults in their 20's & 30's! We invite you to attend an **info night** about an awesome opportunity in our archdiocese for young adults: "Duc In Altum" (Latin for "Put Out Into the Deep"). This experience consists of an opening & closing retreat weekend away and 6 Saturday sessions once a month throughout the year. We invite you to journey with other Catholic young adults in faith and fun! Join us for our info night on **this Tuesday, September 17<sup>th</sup> at 7pm** at the Diocesan Centre (390 Palace Road, Kingston). For more info contact Nadia Gundert at [youth@romancatholic.kingston.on.ca](mailto:youth@romancatholic.kingston.on.ca) or call 613-484-2446. See the posters on the bulletin boards.

**Our Lady of Lourdes Parish**, Kingston will be hosting its annual fundraising event, *An Evening of Tasting, on Saturday, September 21, 2019*. This event will feature A variety of wine, scotch and craft beer along with a variety of tasty appetizers from our parish kitchen. Tickets are \$45. For further information, Contact Elaine Clark, 613 389 1276 or Marianne Murphy. 613 888 4368.

**FALL CONCERT** On Thurs. 10 Oct., the local talents of Chris Murphy, Jon McClurg and Brian Flynn, will entertain at St. Joseph's Church, 392 Palace Rd. from 1-3 pm., in a Thanksgiving Day Concert. Please come, bring a friend or two, and enjoy two hours of music and fellowship. Light refreshments will be served. A free-will monetary offering would be appreciated.

## FROM LAST WEEK'S HOMILY: SHUTTING THE DOOR: Praying a Daily Examen

### PRAYER OF ST. NICHOLAS OF FLUË

Almighty God and Father, take all things from me which keep me from you.

Almighty God and Father, grant all things to me which lead me to you.

Almighty God and Father, take me from myself, and give all of me to you. Amen.

<https://www.loyolapress.com/our-catholic-faith/ignatian-spirituality/examen-and-ignatian-prayer/how-can-i-pray-the-daily-examen>

St. Ignatius of Loyola provides a simple five-step routine for our daily Examen:

1. **Give thanksgiving:** I begin by giving God thanks for all the things I'm grateful for today. I allow my mind to wander as I reflect on the ways God has blessed me on this particular day. I allow big things and small things to arise—everything from the gift of my faith, to the gift of my marriage, to the easy commute to work today.
2. **Ask for the Spirit:** Next, I want to look at the moments in my day when I did not act so well. However, before doing so, I ask God to fill me with his Spirit so that the Spirit can lead me through this difficult soul-searching. Otherwise, I'm liable to hide in denial, wallow in self-pity, or seethe in self-loathing.
3. **Review and recognize failures:** I look back at my day and ask the Lord to point out to me the moments when I have failed in big ways or small. I take a sobering look at the mistakes I've made this day.
4. **Ask for forgiveness and healing:** If I have sinned, I ask God to forgive me and set me straight again. If I have not sinned but simply made a mistake, I ask for healing of any harm that might have been done. I ask for help to get over it and move on. I also ask for wisdom to discern how I might better handle such tricky moments in the future.
5. **Pray about the next day:** I ask God to show me how tomorrow might go. I imagine the things I'll be doing, the people I'll see, and the decisions I'll be mulling over. I ask for help with any moments I foresee that might be difficult. I especially ask for help in moments when I might be tempted to fail in the way I did today.

To help me remember the five steps, I like to use a 5-Rs mnemonic:

**Relish** the moments that went well and all of the gifts I have today.

**Request** the Spirit to lead me through my review of the day.

**Review** the day.

**Repent** of any mistakes or failures.

**Resolve**, in concrete ways, to live tomorrow

**DATES FOR SESSIONS 1 TO 11**

**BEGINS THIS MONDAY MORNINGS SEPT. 16 TO DECEMBER 2 9:30 - 11:30 AM**

**WEDNESDAY EVENINGS: SEPT. 18 TO Nov. 27, 7 to 9 pm**

# MATTHEW



*The King and His Kingdom*

**COST: \$40 FOR PARTICIPANT WORKBOOK**

**LOCATION: ST. MARY'S PARISH CENTRE**

To register or for information contact Ann: [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

or 613-546-5521 ext. 5

**JEFF CAVINS AND SARAH CHRISTMYER**





**BEGINS THIS SATURDAY!!!!**

All men of Kingston: Mark your calendar.  
**MEN'S MINISTRY RESUMES SATURDAY,**  
**SEPTEMBER 21<sup>st</sup>, 7 am to 9 am in St. Mary's Parish Centre. All**  
 men, 21 yrs. old and above, are invited to join us for great food,  
 great fellowship and great faith.

**BEGINS THIS WEDNESDAY:**

**Salesian Spirituality : Live Today Well!**

**A Retreat with St. Francis de Sales and St. Jane de Chantal**

Place: Catholic Pastoral Centre, 390 Palace, Kingston - Room A

Dates: Wednesday evenings – Sept 18, Sept 28, Oct 2, Oct 9

Time: 6:30 pm - 8pm

Facilitator: Robert Mundle, MDiv, ThM, STM, RP, CSCP -

Consecrated member of the Society of the Sons of St. Francis de Sales

**Objective:** Participants will benefit from the practical wisdom and model of spiritual friendship demonstrated by

St. Francis de Sales (1567-1622) and St. Jane de Chantal (1572-1641). We will explore their rich legacy of writings about the devout life and spiritual direction and draw on their guidance based in Catholic doctrine to help us meet the many challenges we face in our daily lives that can distract us from the universal call to holiness. Sessions will include instruction on the Salesian tradition, as well as time for group prayer, reflection and faith sharing.

Fee:\$10 per participant;

- Sessions:**
- (1) Introduction to the Salesian spiritual tradition
  - (2) Living the "Little Virtues" - humility, gentleness, and simplicity
  - (3) Duty of State; and Spiritual Detachment
  - (4) Intention: The key to spiritual perfection; and Spiritual Friendship



**Saint Francis de Sales and the Salesians**

A Spirituality for the Modern World

**SEARCHING FOR AND MAINTAINING PEACE by FATHER JACQUES PHILIPPE**

We live in a day and age characterized by an extraordinary amount of agitation and lack of peace. This tendency manifests itself in our spiritual as well as our secular life. In our search for God and holiness, in our service to our neighbor, a kind of restlessness and anxiety take the place of the confidence and peace which ought to be ours. What must we do to overcome the moments of fear and distress which assail us all too often in our lives? How can we learn to place all our confidence in God and abandon ourselves into his loving care? This is what is taught in this simple, yet profound little treatise on peace of heart. Taking concrete examples from our everyday life, the author invites us to respond in a Gospel fashion to the upsetting situations we must all confront. Since peace of heart is a pure gift of God, it is something we should seek, pursue and ask him for continually. This book and the study of it is here to help us in that pursuit. This study will be led by Father Shawn. **PLEASE NOTE DATES CHANGE:** It will be offered Thursdays, 7-9 pm and repeated Fridays, 2 – 4 pm beginning Nov. 14/15 and continue for four sessions to Dec. 5/6. To register and order your book please contact Ann Lyng at [alyng@cocego.ca](mailto:alyng@cocego.ca)



**One Day Life in the Holy Spirit Seminar** at St. Paul the Apostle Church Hall, Saturday, November 2, 2019 hosted by the Faith on Fire Prayer Community. Speakers: Fr. Ben St. Croix, CC, Miriam Wright & Fr. Richard Whalen. For more information or to register please contact Cheryl at 613-929-0777 or email [faithonfirekingston@gmail.com](mailto:faithonfirekingston@gmail.com). Registration fee \$30 (students \$15) pay at the door. Please register by October 28.

# The Archdiocese of Kingston's Annual **RED MASS**

Thursday, October 3<sup>rd</sup>, 2019 at 7 pm The Cathedral of St. Mary of the Immaculate Conception:  
Most Reverend Michael Mulhall, Archbishop of Kingston, presiding.

**Attention all judges, lawyers, and all who work in the justice system.**

On Thursday, October 3<sup>rd</sup>, 2019, Archbishop Mulhall will be celebrating the Red Mass at 7 pm in St Mary's Cathedral (Johnson St at Clergy). The Red Mass, which is offered particularly for those in the legal profession, (lawyers, judges, clerks, court reporters, court security officers, legal assistants, receptionists, and students and professors of the Faculty of Law), is generally celebrated close to the opening of the courts, which commences the judicial year. The tradition of the Red Mass has been celebrated since the 13<sup>th</sup> century. All who work in the justice system are most welcome and encouraged to attend this Mass. Everyone else is very welcome as well. A wine and cheese reception will follow in St. Mary's Parish Centre. If you require further information please contact Christina Rorabeck at 613-545-9896 or [christina@rstlaw.ca](mailto:christina@rstlaw.ca) or Father Shawn at [fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

**We will celebrate the 171st anniversary of the  
Consecration of the Cathedral in 1848 with**

*Solemn Sung Vespers* (Evening Prayer)

Friday, October 4<sup>th</sup>, 2019 at 7 pm

**The choir will lead us in this beautiful prayer of thanksgiving**

Vespers is the sunset evening prayer service of thanksgiving in the Catholic and Orthodox liturgies of the Liturgy of the Hours. The prayer consists of an opening hymn, three chanted psalms giving thanks for the day, a brief reading from Scripture, the Magnificat, formal prayer intentions, the Our Father and a closing prayer. This prayer is led by a presider and choir, with the music under the direction of Jeff Moellman. Please join us for this very beautiful prayerful event.



**FAITH on FIRE Prayer Group** – You are warmly welcomed to join **weekly** evenings of Praise and Worship, Prayer, and Fellowship at **St. Paul the Apostle (Room D – street side entrance)** on **Wednesdays from 7- 9 pm** beginning **Wed. Sep 18**. Step into the “current of grace” and discover what it means to be fully alive and how to use your charisms to build up the Church! For more information contact us at [faithonfirekingston@gmail.com](mailto:faithonfirekingston@gmail.com).

**An Introduction to Prison Ministry: Wednesday Evenings from 6:30 – 8:30 pm, Oct. 16 to Nov. 20 at the Pastoral Centre, 390 Palace Rd.** Have you ever wanted to do some type of Prison Ministry but weren't sure what's involved or how to go about it? This workshop series is designed for you. Over the course of 6 weekly, 2-hour sessions, participants will be introduced to key aspect, skills and themes surrounding this ministry. Some of the topics include: Call to Prison Ministry, Communication skills, boundaries, restorative justice, self-care and prison culture. For more information contact Mary-Jo or Gorett at [ore@romancatholic.kingston.on.ca](mailto:ore@romancatholic.kingston.on.ca) / 613-548-4461.

**VIRTUAL YARD SALE was a great success. Over \$1,200 was raised for CWL projects. Many thanks for your participation!!!**

**Many thanks to Natalie Holland and Rob, Erica and Ethan Gagnon for all their hard work.**



*Mark your Calendars:*  
**ITALIAN DINNER FUNDRAISER**

**6 pm, Saturday, November 9th!**

**Domenica, Wilma, Pina, Santina and their Italian friends are back...COOKING UP A STORM**

in St. Mary's Parish Centre-260 Brock St. Authentic Italian Dinner includes homemade ravioli, salad, chicken alla francesca, potatoes, vegetables, dessert, coffee/tea and a glass of wine...all for just \$50.00! **Funds will go towards**

**the Sanctuary Floor Fund.** The hope of the ladies is to have fundraisers until we can replace the very old thread bare carpet with marble which will never need to be replaced again. For tickets, please contact Domenica Bracciodieta at 613-546-4934 or contact Suzanne at the Parish office 613-546-5521 ext. 3. Please support this very generous group, many of whom are from parishes all over the city. All the food is being donated so the cost of admission goes 100% to replacing the sanctuary floor. Volunteers needed for serving and cleaning, please contact Suzanne/Domenica to sign up to help. **TICKETS WILL BE ON SALE AT ALL MASSES ON THE WEEKEND OF SEPTEMBER 21/22. THEY ALWAYS GO VERY QUICKLY SO PLEASE BE SURE AND GET YOURS EARLY**

## ST. MARY'S CATHEDRAL MINISTRIES FAIR

**AFTER ALL MASSES ON THE WEEKENDS OF  
SEPTEMBER 21/22 AND SEPTEMBER 28/29**

**Where is GOD calling **YOU** to serve?**

- **TALK WITH MINISTRY LEADERS AND OTHER PARISHIONERS INVOLVED IN MINISTRY**
- **DISCOVER WHERE GOD IS CALLING YOU TO SHARE YOUR GIFTS OF FAITH, TIME AND TALENTS BECOME MORE ACTIVE IN PARISH LIFE AND MEET NEW FRIENDS**
- **LEARN MORE ABOUT THE OPPORTUNITIES TO SERVE IN OUR PARISH COMMUNITY**



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