

# 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

## Love

If I speak in the tongues of mortals and of Angels, but do not have love, I am a noisy gong or a clanging cymbal. <sup>2</sup> If I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. <sup>3</sup> If I give away all my possessions, and if I hand over my body so that I may boast,<sup>[a]</sup> but do not have love, I gain nothing:

<sup>4</sup> Love is patient; love is kind; love is not envious or boastful or arrogant <sup>5</sup> or rude. It does not insist on its own way; it is not irritable or resentful; <sup>6</sup> it does not rejoice in wrongdoing, but rejoices in the truth. <sup>7</sup> It bears all things, believes all things, hopes all things, endures all things. <sup>8</sup> Love never ends.

But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. <sup>9</sup> For we know only in part, and we prophesy only in part; <sup>10</sup> but when the complete comes, the partial will come to an end.

<sup>11</sup> When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. <sup>12</sup> For now we see in a mirror, dimly,<sup>[b]</sup> but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known.

<sup>13</sup> Now faith, hope, and love abide, these three; and the greatest of these is love.

1 Corinthians 13:1-13

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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 9-5, closed 12 noon-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

**Opportunities for Confession:** One half hour prior to every Mass held in the Cathedral;  
Wednesdays 1 pm – 5pm, Saturdays 4 pm – 4:50 pm

## Fourth Sunday in Ordinary Time January 31st, 2016

### Contacts

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### EUCCHARISTIC ADORATION IN ST. JAMES' CHAPEL:

You are invited to spend time with Jesus in the Blessed Sacrament in Eucharistic Adoration at any time Sun. 11:30 am to 9 pm, Mon. to Fri. 8:15 am-9 pm, Sat. 8:15 am to 5 pm. People are needed for the following; Mon 9-10 am, Tues 6-7 pm, Wed 5-6, 6-7 pm, Thurs 5-6 pm, Sat 11-12 am, 1-2 pm. Please contact Karen King at 613-541-5010 ext. 2415.

**PLEASE TAKE NOTE:** We are pleased to announce that the parish bulletin will now be available in a convenient electronic format. To receive the new bulletin weekly in your email inbox, please send an email to [stmarysdispatch@gmail.com](mailto:stmarysdispatch@gmail.com) 107 have already signed up!!!!

### Also

We have a wonderful new website... same address  
.... many new features.... Check it out .....

[stmaryscathedral.ca](http://stmaryscathedral.ca)

Just a reminder that you can look up recent homilies, bulletins, contact information, as well as print registration forms (new parishioners), automatic withdrawal sign-up forms and Mass offering forms...all available on our website...check out <http://stmaryscathedral.ca/>

### **Lent Begins a week Wednesday, February 10<sup>th</sup>**

Please bring your Palms from last year in next weekend to be burned for the Ashes.

Ash Wednesday Masses: all in the cathedral  
7:45 am, 12:10 pm (Archbishop O'Brien  
presiding), & 7 pm

Stations of the Cross will be prayed throughout  
Lent, Monday to Thursday, after the 12:10 pm  
Mass & Friday's at 7 pm, beginning Feb. 11<sup>th</sup>

### **Upcoming Events**

**St. Mary's Moms and Tots:** Inviting all members in the Kingston area for faith formation and fellowship. Next meeting is Feb. 2nd. Babysitting provided. 10-11:30 am, St. Mary's Parish Centre, 260 Brock St.

**Seniors' Lunches** continue Wednesday February 3<sup>rd</sup>, 2016 after the 12:10 pm Mass in the Parish Centre. All are welcome. Hosted by the St. Mary's Pastoral Care team.

**Latin Mass:** February 7<sup>th</sup>, 2016 at 3 pm in St. James Chapel.

**NEW LIFE GROUP: A Catholic Ministry for the Separated & Divorced:** February 2<sup>nd</sup>, 2016 "Finance & Lifestyle as a Single Person/Single Parent-Presented by Simon Robinson. 7:30-9:30 pm at Francis J. Spence Pastoral Centre, 390 Palace Rd. Kingston. Information (613) 548-4461 ext. 113.

**Please pray for our Sick:** Darren Black, Beverly Harris, Irene Haugh, James Horan, James Hunter, Theresa Knott, Hermina Lawlor, Earl McDonald, Carmelita Orellano, Stephen Rooney, Connie Tan, Réal Vienneau, Giordana White.

## Masses

### Monday Feb. 1st

7:45 am Joseph Patterson Healy, Mary Ellen Kelly Healy, members of Kelly & Healy families

12:10 pm Intentions of the Kromer family

### Tuesday Feb. 2nd

7:45 am Joseph Patterson Healy, Mary Ellen Kelly Healy, members of Kelly & Healy families

12:10 pm Helen Byrnes

### Wednesday Feb. 3rd

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Manuel Ponte

### Thursday Feb. 4th

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Rita Turgeon

### Friday Feb. 5th

7:45 am Joseph Patterson Healy, Mary Ellen Kelly Healy, members of Kelly & Healy families

12:10 pm Helen & Raymond Hutchings, J.J. (Jack) Doolan

### Saturday Feb. 6th

7:45 am Archbishop Brendan O'Brien's intentions

5 pm Romeo Feola

### Sunday Feb. 7th

8 am Mary Rita Sequin

10:30 am for the people

7:30 pm Hermina & Werenfried Van de Ven

### Ministries: Sat. Feb. 6th 5 pm

Altar Servers	Simon B. Nick B. Dominic B.
Lectors	Sandi W. Ann L.
EM of the Eucharist	Mark M.

### Sunday Feb. 7th 8 am

Altar Servers	Marcel R. Betty R. Emily R.
Lectors	Betty R. Janet W.
EM of the Eucharist	Marcel R. Diane D.

### Sunday Feb. 7th 10:30 am

Altar Servers	Doug S. Mario D. Bohdan Y. Barry M.
Lectors	Dianne I. Pat B.
EM of the Eucharist	Domenica B. Santina D Marietta M. Connie A. Bob C. Sr. Shannon

### Sunday Feb. 7th 7:30 pm

Altar Servers	Pene L.
Lectors	Suzanne J. Taylor C.
EM of the Eucharist	Pene L. Michelle S.

## Year of Mercy-Archdiocesan Celebration

### The Rite of Election with Catechumens

### and The Rite of Calling Baptized Candidates to Lenten Renewal

On Sunday February 14<sup>th</sup>, 2016 at 4 pm here at St. Mary's Cathedral, Archbishop O'Brien will celebrate the Rite of Election with catechumens from the Archdiocese of Kingston. At the same celebration, all baptized candidates seeking full communion with the Catholic Church will be called to Lenten renewal. All parishioners are welcome to attend this special event and to support our new brothers and sisters in faith. Refreshments will be served afterwards at St. Mary's Parish Centre.



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

League next meeting on Tuesday afternoon February 16th, following the noon Mass, from 1 to 3 p.m. at the Parish Centre.

Please bring your own lunch; beverages (and perhaps dessert!) will be provided. The CWL is holding their membership drive. Look for

our information table after weekend Masses beginning January 31<sup>st</sup> and throughout February, or place your membership fee in an envelope with your name and contact information and marked "CWL" in the collection basket.

### Attention Parents of Public/Private School Students either in grade 2 and older (Sacraments of First Reconciliation/Confession/First Holy Communion), or in grade 7/8 or older. (Sacrament of Confirmation)!

On Saturday mornings, beginning January 23<sup>rd</sup>, St. Mary's Cathedral will offer classes over several months to prepare your children. 9:30am for the children preparing for the Sacraments of First Confession/First Holy Communion, and 11:00am for those preparing for the Sacrament of Confirmation. We will meet at St. Mary's Parish Centre-corner of Brock St. and Clergy St. Parents are encouraged to attend. Please contact Father Stéphane Pouliot at [fatherstephane@gmail.com](mailto:fatherstephane@gmail.com) as soon as possible to register or at 613-546-5521 extension 6. Also please pass this along to members of your families who might not see this.

### Another great opportunity to deepen your faith!!!!

### SASE-Kingston Presents a Course on the Power of God's

### Salvation

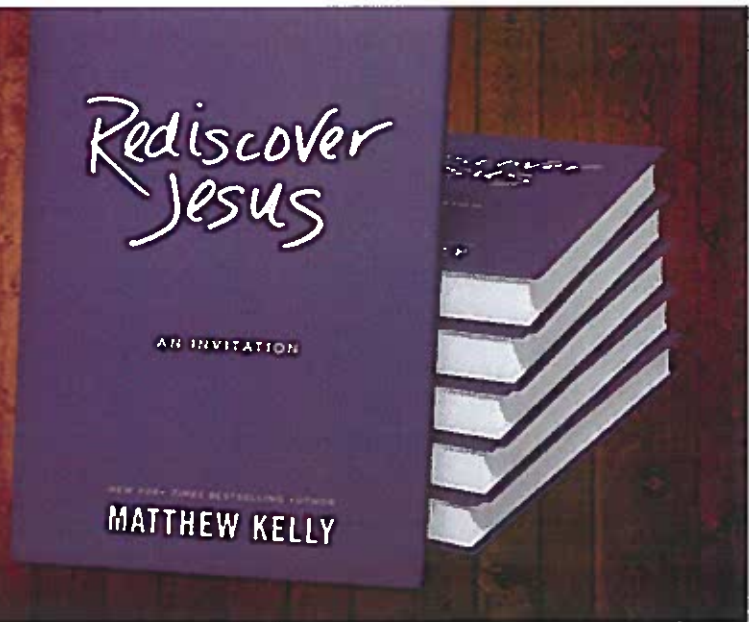
St. Andrew School of Evangelization Kingston (SASE- Kingston) is offering the course 'New Life' which will take place at St. Mary's Parish Centre from **Friday, February 19 to Sunday, February 21, 2016**. Registration fee is \$50, which includes all meals, breaks and course materials. If you desire to bring your baptism to life, are willing to encounter Jesus as profoundly alive, are hungry to know God's love personally, are eager for your faith to grow and are hoping to have your life renewed by the Spirit of God, this is the course for you!!! To register or for more information, contact Ann Lyng, 613-546-5521 Ext. 5.

### ARE YOU A DYNAMIC CATHOLIC? DO YOU WANT TO BE A BETTER DYNAMIC CATHOLIC

**BEST LENT EVER:** Are you searching for a deeper purpose from life. Are you searching for a clearer understanding of God's plan for your life? What matters most and what matters least? Then it's time to rediscover Jesus.

Based on Matthew Kelly's new bestseller *Rediscover Jesus*, Dynamic Catholic's free Best Lent Ever daily email program will take you on a 40-day spiritual journey to encounter Jesus—and yourself—in a deeply personal way, and begin (or nourish) a habit of daily prayer. To sign up for your daily email go to <http://dynamiccatholic.com/bestlentever/>

# FREE book giveaway



## REDISCOVER JESUS THIS LENT.

If there is one person we should each get to know in a deeply personal way, it is Jesus. And the best time to get to know Jesus is right now. In his NEW book *Rediscover Jesus*, Matthew Kelly, America's best-selling Catholic author and internationally acclaimed speaker, takes you on a 40-day spiritual journey to encounter Jesus—the amazing friend who is going to help you answer life's tough questions. **Free copies of this book will be available to you next Sunday, February 6<sup>th</sup> & 7<sup>th</sup>**, for your prayerful study over the 40 days of Lent. The books are free on the condition you return them by Holy Thursday, so that they can be made available to those who we only see at Christmas, Good Friday and Easter to encourage them to get to know Jesus on a more profound level. If you wish a copy to keep please speak to Father Shawn, otherwise just pick one up and enjoy throughout Lent.

### **About the book:**

At a time when so many people are spiritually disillusioned and searching for ways to live, love, work, and play that nurture the soul rather than destroy it, Matthew Kelly once again delivers a powerful book that encourages us in our weariness, challenges us in our comfort, and invites us to rediscover the beautiful possibilities God places before us daily.

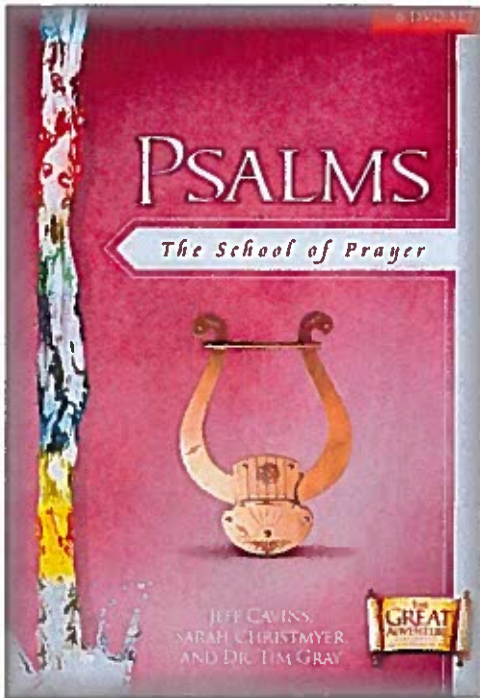
*Rediscover Jesus* is a profound invitation to seek deeply personal answers to our deeply personal questions. Each page seems to effortlessly reach into every aspect our lives, providing spiritual wisdom and practical insights that help us to know both Jesus and ourselves in a new way.

Some books find us at just the right time, and those books change our lives forever. *Rediscover Jesus* is one of those books.

How well do you know Jesus?

I think about this often, and I always come to the same realization. I don't know Jesus anywhere near as well as I would like to know him. The desire is there, but life gets in the way. There are times when I seem to be making great progress, and other times when I wonder if I know him at all.

But I always arrive back at the same inspiring and haunting idea: If there is one person that we should each get to know in a deeply personal way, it is Jesus the carpenter from Nazareth, the itinerant preacher, the Son of God, the King of Kings and the Lord of Lords, the Lamb of God, the new Adam, the Messiah, the Alpha and the Omega, the Chosen One, the Light of the World, the God-Man who wants good things for us more than we want them for ourselves, the healer of our souls.



FANTASTIC LENTEN OPPORTUNITY!!

## **Psalms: The School of Prayer**

DVD series facilitated by Jeff Cavins, Sarah Christmyer, and Tim Gray

With *Psalms: The School of Prayer*, The Great Adventure moves from telling the Story to making it personal. While the historical books of the Bible recount God's creative and redemptive acts in history, the Psalms reveal Israel's response to God's covenant offer and serve as a model for our response to Him. Indeed, one could say that the historical books tell the "outside" of the story of Israel by giving an historical perspective, while the Psalms tell the "inside" story, which comes from the deeply personal perspective of one who is seeking God. Our communication with God is enhanced by a deeper understanding of the book of Psalms and of the individual psalms that reside in each of our hearts.

At the heart of the Bible are the Psalms, prayers from God that help us learn to pray. The Holy Spirit inspired them. Israel sang them. Christ himself prayed them, as did our Blessed Mother. These sacred hymns become our heartfelt response to God's loving and wondrous deeds for us. Their words captivate the imagination and draw us into a deeply personal encounter with

God. Join us for this DVD series led by Jeff Cavins, Tim Gray and Sarah Christmyer as they show you how to establish a deeply personal dialogue with God through the Psalms. Facilitated by Ann Lyng and Father Shawn. Thursdays, Feb 18<sup>th</sup>, 25<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup> & March 31<sup>st</sup>, April 7<sup>th</sup> @ 7-9 pm. *"This study has given me a renewed love of the Word, a desire to learn more, and most of all, a closeness to Jesus that I have not experienced before."* –Linda Fort Smith, Arkansas

## **PREPARING FOR LENT**



### **The Most Difficult Fasting**

"...the most difficult charity or fasting is the charity of goodness such as that practiced by the Good Samaritan who bent over the wounded man unlike the priest who hurried past, maybe out of fear of becoming infected. And this is the question posed by the Church today: 'Am I ashamed of the flesh of my brother and sister?'

"When I give alms, do I drop the coin without touching the hand (of the poor person, beggar)? And if by chance I do touch it, do I immediately withdraw it? When I give alms, do I look into the eyes of my brother, my sister? When I know a person is ill, do I go and visit that person? Do I greet him or her with affection?"

There's a sign that possibly may help us, it's a question: Am I capable of giving a caress or a hug to the sick, the elderly, the children, or have I lost sight of the meaning of a caress? These hypocrites were unable to give a caress. They had forgotten how to do it..... Don't be ashamed of the flesh of our brother, it's our flesh! We will be judged by the way we behave towards this brother, this sister."

Pope Francis, March 7, 2014



**BOOK CLUB:** Beginning Feb. 10<sup>th</sup>, every Wednesday during Lent from 10:00 am -11:30 am at the Parish Centre. We will be studying Pope Francis' new book, 'The Name of God is Mercy'. Facilitated by Deacon Blaine. Copies of the book are available at Chapters bookstore. For advance registration contact

Ann Lyng, 613-546-5521, [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

Young adults from **St. Paul the Apostle Church will be hosting a Pancake Supper on Shrove Tuesday (Tues. Feb. 9) from 5-7pm at Holy Cross Catholic Secondary School in the cafeteria** (1085 Woodbine Rd). Funds raised will help support their pilgrimage to World Youth Day in Krakow, Poland this summer. Join us for pancakes, sausages, dessert & refreshments. Tickets can be purchased by contacting Nadia Gundert at 613-484-2446 or picked up at the door. \$5 a person, \$15 a family.

**BUS TRIP FROM ST. MARY'S CATHEDRAL TO THE 24<sup>TH</sup> ANNUAL LIFT JESUS HIGHER RALLY IN TORONTO, SATURDAY, MARCH 5, 2016, 9:00 am to 5:30 pm** at the Metro Toronto Convention Centre. **Keynote Speaker: Deacon Larry Oney and the Renewal Ministries Team: Ralph Martin, Sr. Ann Shields, Peter Herbeck. Holy Mass (with Sunday readings) celebrated by His Eminence Thomas Cardinal Collins.** There is a separate Youth Event (13-18 yrs.). Music, inspiring personal testimony, Prayer Ministry for Healing and Empowerment, Confessions, Divine Mercy Celebration, Eucharistic Procession, Power-Packed talks. Bus will leave St. Mary's Cathedral at 5:30 am sharp. We will stop for dinner on the return trip and should be back home by 9:00 pm. Cost for round trip transportation (admission ticket and dinner not included) is \$45. In addition, tickets to the rally are available at \$20 for adults and \$15 for youth. This rally always is, and promises to be this year, a fantastic spiritual experience of great speakers and wonderful liturgies and prayer. Bus reservations will go quickly. Call as soon as possible. **For reservations and tickets contact Ann Lyng at 613-546-5521 Ext 5 or at [alyng@cogeco.ca](mailto:alyng@cogeco.ca)**

**Meditation from a conference by Saint Thomas Aquinas.** This past Thursday, January 28<sup>th</sup> we celebrated the feast day of St. Thomas Aquinas, arguably the greatest theologian the Church has ever had. Below is a meditation from the Office of Readings of the Liturgy of the Hours for that day.

**The cross exemplifies every virtue**

Why did the Son of God have to suffer for us? There was a great need, and it can be considered in a twofold way: in the first place, as a remedy for sin, and secondly, as an example of how to act.

It is a remedy, for, in the face of all the evils which we incur on account of our sins, we have found relief through the passion of Christ. Yet, it is no less an example, for the passion of Christ completely suffices to fashion our lives. Whoever wishes to live perfectly should do nothing but disdain what Christ disdained on the cross and desire what he desired, for the cross exemplifies every virtue.

If you seek the example of love: Greater love than this no man has, than to lay down his life for his friends. Such a man was Christ on the cross. And if he gave his life for us, then it should not be difficult to bear whatever hardships arise for his sake.

If you seek patience, you will find no better example than the cross. Great patience occurs in two ways: either when one patiently suffers much, or when one suffers things which one is able to avoid and yet does not avoid. Christ endured much on the cross, and did so patiently, because when he suffered he did not threaten; he was led like a sheep to the slaughter and he did not open his mouth. Therefore Christ's patience on the cross was great. In patience let us run for the prize set before us, looking upon Jesus, the author and perfecter of our faith who, for the joy set before him, bore his cross and despised the shame.

If you seek an example of humility, look upon the crucified one, for God wished to be judged by Pontius Pilate and to die.

If you seek an example of obedience, follow him who became obedient to the Father even unto death. For just as by the disobedience of one man, namely, Adam, many were made sinners, so by the obedience of one man, many were made righteous.

If you seek an example of despising earthly things, follow him who is the King of kings and the Lord of lords, in whom are hidden all the treasures of wisdom and knowledge. Upon the cross he was stripped, mocked, spat upon, struck, crowned with thorns, and given only vinegar and gall to drink.

Do not be attached, therefore, to clothing and riches, because they divided my garments among themselves. Nor to honors, for he experienced harsh words and scourgings. Nor to greatness of rank, for weaving a crown of thorns they placed it on my head. Nor to anything delightful, for in my thirst they gave me vinegar to drink.

**SOMETHING FOR JUST THE MEN!!!!**

**I'D ENCOURAGE ALL OF OUR MEN IN THE PARISH TO CONSIDER ATTENDING THIS CONFERENCE!!!**





**BAND OF CHRISTIAN BROTHERS**


"Iron sharpens iron, so a man sharpens the countenance of his friend."  
(Proverbs 27:17)

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Email: [info@ServiamMinistries.com](mailto:info@ServiamMinistries.com) or 1-888-522-2070  
\*GST and ticket fees apply for reservation and processing fees for this event date\*\*



St. Mary's Cathedral is sponsoring a bus for this event. It will leave at 6 am March 19<sup>th</sup> and return by 9 pm. To register (\$39) & reserve and pay for your seat (\$38) for the bus please contact [alyng@cogeco.ca](mailto:alyng@cogeco.ca). (Total \$77). Deadline to register is March 1, 2016. See posters on the bulletin boards for more information. Father Shawn will be going on the bus and attending what promises to be a great day!!!



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