

The Season of Lent

Third Sunday

The Samaritan Woman at the Well



**“If You
knew the
Gift of
God!”**

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

279 Johnson Street, Kingston, ON K7L 1Y5

Telephone: 613-546-5521, Fax: 613-546-1947, email: smarys@cogeco.net,

Web Site: 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

Contacts

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Adoration: Karen King,

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613-541-5010 ext. 2415

St. Mary's Refugee Sponsorship:

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 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; Sun 4-5 pm, Mon 5-6 pm, Tues 9-10 am, 6-7 pm, Wed 5-6, 6-7 pm, Thurs 5-6, 6-7 pm, Sat 11-12 am, 1-2 pm.** Please contact Karen King at 613-541-5010 ext. 2415.

Third Sunday of Lent February 28, 2016

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 107 have already signed up!!!!

Upcoming Events

BOOK CLUB: Every Wednesday during Lent in the Parish Centre: 10 am-11:30 am. Pope Francis' new book, 'The Name of God is Mercy'.

DVD Series: PSALMS: THE SCHOOL OF PRAYER continues this Thursday, March 3rd, 7-9 pm in the Parish Centre. See ad on p. 4.

St. Mary's Moms and Tots: Inviting all members in the Kingston area for faith formation and fellowship. Next meeting is Tues., March 1st. Babysitting provided. 10-11:30 am, St. Mary's Parish Centre, 260 Brock St.

Seniors' Lunch: Wed., March 2nd, after 12:10 pm Mass in the Parish Centre. All are welcome.

Parish Pastoral Council: Next Meeting, Wed., March 2nd, at 7 pm.

Latin Mass: Sun., March 6th at 3 pm in St. James Chapel. Father Price presiding.

Finance Committee: Next meeting, Wed. March 9th at 3 pm.

Rescheduled St. Mary's Refugee Sponsorship Meeting-Wed., March 9th at 7 pm in St. Mary's Parish Centre. Contact Angela at stmarysrefugee@gmail.com for more info.

St. Mary's Catholic Women's League: Next Meeting Tues., March 15th, 1 – 3 pm in the Parish Centre.

BUS TRIP FROM ST. MARY'S CATHEDRAL TO THE LIFT JESUS HIGHER RALLY IN TORONTO, SAT. MARCH 5 @ 9:00 am to 5:30 pm at the Metro Toronto Convention Centre. Contact Ann at alyng@cogeco.net.

The Archdiocese of Kingston's Jubilee Year Lenten Mission: March 14th, 15th, 16th & 17th see ad.

Stations of the Cross will be prayed throughout Lent, Monday to Thursday, after the 12:10 pm Mass & Fridays at 7 pm

Please pray for our Sick: Darren Black, Kevin Emond, Father Robert Flurey, Beverly Harris, Irene Haugh, James Horan, James Hunter, Theresa Knott, Hermina Lawlor, Janice Lumb, Earl McDonald, Archbishop O'Brien, Carmelita Orellano, Connie Tan, Réal Vienneau, Giordana White, Bill Wornes.

THIS FRIDAY AND SATURDAY, MARCH 4TH & 5TH!!!! IN SOLIDARITY WITH POPE FRANCIS: Sacrament of

Reconciliation and Eucharistic Adoration: For the third year, especially in this Jubilee of Mercy, Pope Francis is proposing his initiative called **24 Hours for the Lord.** He has asked that at least one church in each diocese remain open for twenty-four hours offering the Sacrament of Penance in the context of Eucharistic Adoration. This will take place in Rome on **Friday, March 4th**, 2016 beginning at 5 pm. Pope Francis will lead a Penitential celebration on Friday evening, and also hear confessions himself. In solidarity with the Holy Father, this initiative will take place in the Archdiocese of Kingston at St. Mary's Cathedral beginning at 1 pm on Friday, March 4th and ending at 5 pm on Saturday, March 5th. You are warmly invited to adore Our Lord in the Blessed Sacrament and/or receive His merciful love in the Sacrament of Reconciliation throughout the day and night. The Parish Priests of the Kingston area parishes will be taking turns in the confessional.

Masses
Monday Feb. 29th
 7:45 am Hermina & Werenfried Van de Ven
 12:10 pm Deceased members of the Hannusch family
Tuesday March 1st
 7:45 am Hermina & Werenfried Van de Ven
 12:10 pm Adelheid Kromer
Wednesday March 2nd
 7:45 am Hermina & Werenfried Van de Ven
 12:10 pm Archbishop O'Brien's Intentions
Thursday March 3rd
 7:45 am Joseph Healy, Mary Ellen Healy, family members of Kelly & Healy families
 12:10 pm Peter Tyrrell
Friday March 4th
 7:45 am Hermina & Werenfried Van de Ven
 12:10 pm Julie O'Rourke, 5th anni.
Saturday March 5th
 7:45 am Joseph Healy, Mary Ellen Healy, family members of Kelly & Healy families
 5 pm Alois Ochs
Sunday March 6th
 8 am Flora Mundacruz
 10:30 am for the people
 7:30 pm Romeo Feola

Ministries: Sat. March 5th 5 pm

Altar Servers	Peter M. Elizabeth S. Lucas M.
Lectors	Mark M. Sandi W.
EM of the Eucharist	Anne H.

Sunday March 6th 8 am

Altar Servers	David M. Charles F.
Lectors	Ann L. Diane D.
EM of the Eucharist	Betty R. Adora J.

Sunday March 6th 10:30 am

Altar Servers	Dominic B. Glen M. Bohdan Y. Nick B.
Lectors	Larry R. Dianne I.
EM of the Eucharist	Sr. Shannon Marietta M. Carmen D. Santina D. Domenica B. Rita F. Elizabeth S.

Sunday March 6th 7:30 pm

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

2015 Tax receipts are at the back of the church. Please pick them up.

St. Mary's Cathedral Council of the CWL is collecting toiletry articles for women's shelters. As part of our mandate to emulate Blessed Sister Klara of Krakow during the Holy Year of Mercy, by performing corporal and spiritual acts of mercy, we are asking for contributions of women's toiletry articles which will be distributed to the women's shelters in Kingston. There will be collection containers beside our membership table after all weekend Masses from now until the end of February. Any items, large or small, will be gratefully received. Thank you for your generosity towards women in need of our help. For more information, please contact Ellen Hawman at ellen.hawman@sympatico.ca or 613-634-8635

NEW LIFE GROUP: A Catholic Ministry for the Separated & Divorced: March 1st, 7:30-9:30 pm, at Francis J. Spence Pastoral Centre, 390 Palace Rd. Kingston. Information (613) 548-4461 ext. 113. **Legal Issues-Deborah Swartz presenter.**

BUS TRIP FROM ST. MARY'S CATHEDRAL TO THE LIFT JESUS HIGHER RALLY IN TORONTO, SAT. MARCH 5 @ 9 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

Please join us for a **ST. PATRICK'S DAY CONCERT** on Sun. March 13, at the Parish Centre immediately following the 10:30 am Sunday Mass. There will be a traditional Irish lunch followed by a concert featuring Celtic Rumbings with the opportunity to learn and participate in Irish dances. Tickets are \$10 for adults with children under 10 admitted free. Tickets will be on sale after all Sunday Masses or you may reserve tickets by contacting Ann Lyng at 613-546-5521 Ext 5 or alyng@cogeco.ca



The Knights of Columbus Council 728
 will be hosting a

ROAST BEEF/ CHICKEN CORDON BLEU
FUNDRAISER DINNER

April 23, 2016 from 6 to 8 pm at St Mary's Parish Centre, 260 Brock St. (corner of Brock and Clergy Sts.). Choice of ROAST BEEF Dinner for \$ 30.00 or CHICKEN CORDON BLEU for \$ 25.00...includes garden salad, roasted baby potatoes, vegetables, dessert, choice of coffee, tea, juice or water. Children 12 yrs. & under, Chicken Finger Dinner for \$10.00. Tickets available after Masses. Speak to the Knight at the back or Fr. Shawn.

For more info. please contact GK Doug Snider at 613-572-6046 or dj53@live.ca

The proceeds will go to St. Mary's restoration fund.

24 Hours For The Lord – Pope Francis Encourages Global Participation

For the third year the Holy Father has welcomed the 24 Hours For The Lord initiative to be celebrated during this year's Lent. This year the special time for prayer and confessions, here at St. Mary's Cathedral will take place on Friday March 4th beginning after the noon Mass and conclude Saturday March 5th just before the 5 pm Saturday Mass.

The Pontifical Council for the Promotion of the New Evangelisation has said the theme that will guide reflection is "God, rich in mercy" (Ephesians 2:4). Churches around the world, including the cathedral parish here in the Archdiocese of Kingston, have been asked where possible to dedicate a full 24 hours to the Sacrament of Reconciliation ensuring the initiative coincides with Eucharistic Adoration. (here we will actually have 28 hours of Reconciliation).

The Pontifical Council of the New Evangelization wanted to reinforce that statement and when the first 24 Hours For The Lord was introduced it was received with great enthusiasm with many people taking part. Pope Francis will preside at a penitential celebration- "a celebration of forgiveness" - in St Peter's Basilica in order to place the Sacrament of Reconciliation at the centre of the Church's mission of the new evangelisation. Pope Francis gives us two reasons for why we need to receive this Sacrament instituted by Our Lord (even when Lent is over!):



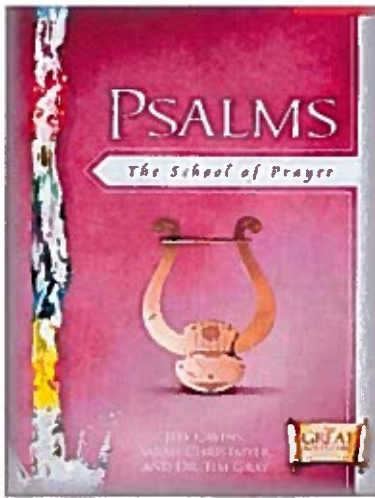
“First, the fact that the forgiveness of our sins is not something we can give ourselves. I cannot say: I forgive my sins. Forgiveness is asked for, is asked of another, and in Confession we ask for forgiveness from Jesus. Forgiveness is not the fruit of our own efforts but rather a gift; it is a gift of the Holy Spirit who fills us with the wellspring of mercy and of grace that flows unceasingly from the open heart of the Crucified and Risen Christ.

“Secondly, it reminds us that we can truly be at peace only if we allow ourselves to be reconciled, in the Lord Jesus, with the Father and with our sisters and brothers. And we have all felt this in our hearts, when we have gone to confession with a soul weighed down and with a little sadness; and when we receive Jesus’ forgiveness we feel at peace, with that peace of soul which is so beautiful, and which only Jesus can give, only Him.”

However, for any of us who are uncomfortable with confessing, the Pope had loving words of encouragement: **“Do not be afraid of Confession! When one is in line to go to Confession, one feels all these things, even shame, but then when one finishes Confession one leaves free, grand, beautiful, forgiven, candid, and happy. This is the beauty of Confession!”**

I would encourage you to contact family member(s) or friend(s) who may have been away from confession for some time. I hope they see this as Pope Francis’ personal invitation to them to come, receive the Mercy of the Lord and go away unburdened from whatever it is they carry in their life. The Lord Jesus is ever generous in His Loving Mercy. It is available in every confessional just for the asking.

May each of you continue to have a very blessed Lent!!!!



A FANTASTIC LENTEN OPPORTUNITY!!! If you missed the first one don't worry. It is **VERY** worthwhile to attend. **Psalms: The School of Prayer Continues** Another great DVD series in the Catholic GREAT ADVENTURE BIBLE TIMELINE 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. 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. The Psalms are 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. 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. Thursdays: March 3rd, 10th, April 7th & April 14th at 7-9 pm.



FREE Daily Lent Reflections - Would you like a deeper, more powerful Lent this year? Then sign up for Bishop Robert Barron's FREE daily Lent reflections at LentReflections.com or by texting LENT to 22828. Each day, from Ash Wednesday (February 10) until Easter Sunday (March 27), the creator and host of the CATHOLICISM film series will send you a short reflection, straight to your inbox. There's simply no better way to super-charge your Lent. Be sure to sign-up at LentReflections.com!

Lenten Prayer Suggestion: A great website to help your daily prayer throughout the year, but especially in Lent, is sacredspace.ie Sacred Space offers new content every day. It is run by the Jesuits in Ireland. Also dynamiccatholic.com/bestlentever

THE ST. ANDREW SCHOOL OF EVANGELIZATION IN KINGSTON (SASE-KINGSTON)

Thank you to the great Service Team who prepared and presented the St. Andrew School of Evangelization (SASE) course 'NEW LIFE' this past weekend. It was a very powerful experience of the Salvation of God through a personal encounter with the Risen Jesus and a new outpouring of the Holy Spirit for rebirth to live as a child of God and an heir of His kingdom. It requires months and months of preparation to put on a weekend of such high quality evangelization. Many thanks to our great service team who so generously gave of their time and talents: Director of the course: Kim Long, Belleville, Coordinator of the course: Ann Lyng, and also from St. Mary's Cathedral: Tammy Browning, Maureen Devlin, Cathy Holland and Father Stéphane Pouliot, Priest of the course. From Our Lady of Lourdes: Wayne Martins. From St. Francois d'Assise: Jackie Litalien and Adele Sauriol. From St. Paul the Apostle: Nadia Gundert. Also from Belleville: Rod Badgley, Steve Dolan and German and Sonia Lopez. Many thanks to volunteers helping with meal preparations: Ginette Johnson, Donna North and Margaret Vallieres. And also thank you to Jesse Chisolm and Jocelyne Freundorfer for providing childcare services for our participants.

TODAY, AND FOR THE NEXT TWO SUNDAYS WE WILL HAVE THE SCRUTINIES AT THE 10:30 AM MASS.

What are the "Scrutinies"?

These very special rites are celebrated on the middle three Sundays of Lent, at liturgies where the Elect are present. The Elect are those in our midst who are preparing for Baptism. Part of their journey to the font is that they have been received among us, the Rite of Acceptance, and they have been enrolled in the Book of the Elect in the Rite of Election.

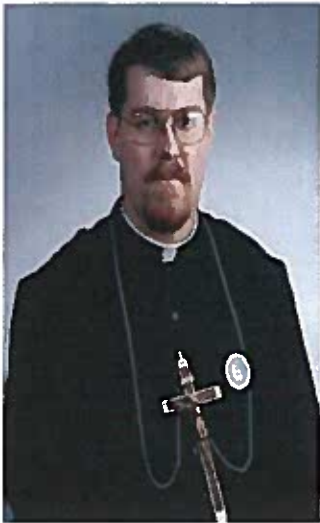
Even if these rites are not celebrated at the liturgy we attend, or not celebrated in our parish or congregation at all, it can be wonderful to reflect upon the journey these Elect are making during Lent, as an inspiration and source of renewal for us in our journey.

These are ancient rites and they may, at first, seem strange to us. But they are profoundly rooted in our human experience. We need to examine (scrutinize) how we are, the areas of our lives where we are tempted, or seriously sin - in what we do and what we fail to do. We really need healing and the strength that can come from the support of our sisters and brothers.

Invitation to Silent Prayer

One of the most powerful moments of the Scrutinies is how they begin. After the homily, the Elect are invited to come forward with their sponsors and to kneel down. Then, the whole assembly is invited to pray for them in silence. It is a very solemn moment. This community has cared for these elect for some months now on their journey. We have sent them to reflect more and more deeply on the Word of God, and expressed to them our longing for the day on which they would join us at the table of the Lord. Now we pray for them in this sacred silence, deeply asking God to protect them and heal them in the weeks ahead.

MARK YOUR CALENDARS FOR WHAT PROMISES TO BE A SPECTACULAR SPIRITUAL EXPERIENCE FOR OUR PARISH!!!!



IN THIS JUBILEE YEAR OF MERCY YOU ARE INVITED TO
A LENTEN MISSION

HERE AT ST. MARY'S CATHEDRAL

DIVINE MERCY IN THE GOSPELS

Father Ben Cameron, C.P.M., The Fathers of Mercy of Auburn, Kentucky
Saturday, March 12th & Sunday, March 13th, Homilist at all the Masses
At St. Mary's Cathedral

Monday, March 14th: *Ask for Mercy: The Prodigal Son*
Tuesday, March 15th: *Be Merciful: The Good Samaritan*
Wednesday, March 16th: *Confidence in Mercy: The Sinful Woman*
Thursday, March 17th: *The Cross: Wellspring of Infinite Divine Mercy*

Daily Mass: 7:45 am and 12:10 pm

Each Evening: 6 pm Exposition of the Blessed Sacrament & Confessions
7 pm to 8 pm: Mission Talk
8:00 pm: Confessions following the Talk

Works of Mercy: Great Lenten Actions to Memorize and Undertake.

Corporal Works of Mercy: The Corporal Works of Mercy are those kind acts by which we help our neighbours with their material and physical needs. They are: Feed the hungry, Give drink to the thirsty, Clothe the naked, Shelter the homeless, Visit the sick, Visit the imprisoned and Bury the dead.

Spiritual Works of Mercy: The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbours with their emotional and spiritual needs. They are: Counsel the doubtful, Instruct the uninformed, Admonish sinners, Comfort the afflicted, Forgive offenses, Bear wrongs patiently, and Pray for the living and the dead.

POPE FRANCIS ON THE IMPORTANCE OF THE WORKS OF MERCY:

Vatican City, Jan 29, 2016 / 03:33 pm ([CNA/EWTN News](#)).- Speaking to the plenary assembly of the Congregation for the Doctrine of the Faith on Friday, Pope Francis spoke of the prime importance of all the works of mercy, both corporal and spiritual.

"We are in the Holy Year of Mercy. I hope that in this Jubilee all the members of the Church will renew their faith in Jesus Christ, the face of the Father's mercy, the way who united God and man," the Pope said Jan. 29 in the Vatican's Clementine Hall. "Mercy, then, is the foundation of the life of the Church: the first truth of the Church, indeed, is Christ's love."

"How then can we not desire that all Christian people – pastors and faithful – rediscover and return to the center, during the Jubilee, the corporal and spiritual works of mercy?"

"When, in the evening of life, it shall be asked of us what we did to feed the hungry and give drink to the thirsty, equally shall it be asked of us if we have helped people to set their doubts aside, if we have committed ourselves to welcoming sinners, admonishing them or correcting them, if we have been able to combat ignorance, especially in relation to the Christian faith and the good life."

The works of mercy, he said, are how Christians are to concretely carry out "the spirit of mercy," adding that they are important, and not merely a devotion.

The Pope lamented how few Catholics know what the works of mercy are. He recounted that during one of his crowded audiences in the Paul VI Hall, he mentioned the works of mercy.

"I stopped and I asked the question: 'Which of you remember well what are the spiritual and corporal works of mercy? Those who remember, raise your hand.' Not more than 20 in a hall of 7,000. We must continue to teach the faithful these things, which are so important."



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