

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

**“Put out into the deep!” Luke 5:4
Lent begins this Wednesday!!!!**

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

Fifth Sunday in Ordinary Time February 7th, 2016

Contacts

Rector: Father Shawn Hughes,
fathershawnjhughes@gmail.com

Associate Pastor: Fr. Stéphane Pouliot, fatherstephane@gmail.com

Deacon Blaine Barclay,
blainebarclay31@gmail.com

Parish Office Administrator:
Suzanne, smarys@cogeco.net

Pastoral Caring Coordinator:
Ann Lyng, alyng@cogeco.ca

Sacristan: Leslie Darling,
lesliedarling37@gmail.com

Organist: Catherine Helferty,
catherinehelferty@hotmail.com

Parish Council Secretary; Ellen Hawman,

ellen.hawman@sympatico.ca

Catholic Women's League:
Ellen Hawman

ellen.hawman@sympatico.ca

Knights of Columbus Council #728: Doug Snider, dj53@live.ca

Finance Committee: Chair Mark Levac, mark@levacsupply.com

University Chaplain:

Fr. R. de Souza,
chaplain@newmanhouse.ca

Billings Method Natural Family

Planning: Jennifer Farah,
kingston@naturalfamilyplanning.ca

Creighton Model Fertility

Care™ System: Caitlin Fitzpatrick
cjfitzpatrick@outlook.com

Serena, Sympto-Thermal Method of Family Planning:

www.serena.ca

serenakingston@gmail.com

Adoration: Karen King,
karenking333@gmail.com,
613-541-5010 ext. 2415

St. Mary's Refugee Sponsorship:
Angela Gambin
stmarysrefugee@gmail.com

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 107 have already signed up!!!!

Also

We have a wonderful new website... same address
.... many new features.... Check it out
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, sign up for the ebulletin all available on our website...check out <http://stmaryscathedral.ca/>

Upcoming Events

Today, Latin Mass February 7th, 2016 at 3 pm in St. James Chapel.

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.

Knights of Columbus Council #728: Next Meeting is Feb. 9th at 7 pm
BOOK CLUB: Beginning February 10th, Every Wednesday during Lent from 10:00 am -11:30 am at the Parish Centre

St. Mary's Moms and Tots: Inviting all members in the Kingston area for faith formation and fellowship. Next meeting is Feb. 16th. Babysitting provided. 10-11:30 am, St. Mary's Parish Centre, 260 Brock St.

St. Mary's Catholic Women's League: Next Meeting Tuesday, February 16th, 1 - 3 pm in the Parish Centre.

St. Marys Refugee Sponsorship Meeting-February 24th at 7 pm in the St. Mary's Parish Centre. Contact Angela at stmarysrefugee@gmail.com for more info.

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

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

Lenten Parish Mission: March 14th, 15th, 16th & 17th see ad.

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.

BOOK CLUB: Beginning February 10th, 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.



Lent Begins *THIS* Wednesday, Feb. 10th

Ash Wednesday Masses: all in the cathedral

7:45 am, 12:10 pm (Archbishop O'Brien presiding), & 7 pm

Ash Wednesday Confessions: 11:00 to 12:00 noon, 1 to 7pm.

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. 11th

Masses

Monday Feb. 8th

7:45 am Judy Montgomery
12:10 pm Jose Pereira, 6th anni

Tuesday Feb. 9th

7:45 am Helen Byrnes
12:10 pm Mary & James Lyng

Wednesday Feb. 10th-Lent begins

ALL Masses will be held in the Cathedral for Ash Wednesday
7:45 am Anna Ferguson

12:10 pm Paul Kromer, Intentions
7:00 pm Archbishop Brendan O'Brien's Intentions

Thursday Feb. 11th

7:45 am Helen Coughlin
12:10 pm Lidwien & Gunter Gräfe, Intentions

Friday Feb. 12th

7:45 am Maria Luciuk, 4th anni
12:10 pm Augustino Bochnia

Saturday Feb. 13th

7:45 am Souls in Purgatory
5 pm Margaret Spooner

Sunday Feb. 14th

8 am David Holland
10:30 am for the people
7:30 pm Archbishop Brendan O'Brien's Intentions

Ministries: Sat. Feb. 13th 5 pm

Altar Servers	Alec D. Peter M. Lucas M.
Lectors	Elizabeth N. Cathy H.
EM of the Eucharist	Anne H.

Sunday Feb. 14th 8 am

Altar Servers	Doug S. Elizabeth S.
Lectors	Betty R. Janet W.
EM of the Eucharist	Adora J. Diane D.

Sunday Feb. 14th 10:30 am

Altar Servers	Nick B. Charles F. Michael G. Dominic B.
Lectors	Dianne I. Larry R.
EM of the Eucharist	Carmen D. Santina D. Betty G. Rita F. Elizabeth S. Natalia A. Domenica B.

Sunday Feb. 14th 7:30 pm

Altar Servers	Students
Lectors	Mark D. Michelle S.
EM of the Eucharist	Doug S. Pene L.

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



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

League during the Jubilee of Mercy has accepted the mandate to emulate Blessed Sister Klara of Krakow during the Holy Year of Mercy, by performing corporal and spiritual acts of mercy, is 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. 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: February 16th, 2016, 7:30-9:30 pm, at Francis J. Spence Pastoral Centre, 390 Palace Rd. Kingston. Information (613) 548-4461 ext. 113. "Let's Talk-Dealing with Daily Concerns"-Group facilitated.

Year of Mercy-Archdiocesan Celebration

The Rite of Election with Catechumens and The Rite of Calling Baptized Candidates to Lenten Renewal

NEXT Sunday February 14th, 2016 at 4 pm 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.



The Winter Coat Drive was extremely successful again this year! Hotel Dieu Hospital and St. Mary's Cathedral Parish Winter Coat Drive wrapped up on January 29, 2016. This year, 605 people visited the distribution location at St. Mary's Parish Centre, where 1494 items were handed out including 818 coats. Special thanks to all the volunteers and staff at Hotel Dieu Hospital for receiving and sorting donations and to all the volunteers at St. Mary's Parish Centre who distributed coats and who greeted each visitor with respect, dignity and a helpful attitude: Deacon Blaine Barclay, Lily Barclay, Emma

Chorneyko, Rita Fjarlie, Mary and Mark Hitchcock, Teresa Khidir, Christine Lamere, Fred Light, Ann Lyng, Sr. Isabelle MacLaughlin, RHSJ, Marianne Murphy, Donna North, Jayna Richards, Sandi Wilson and a very special thank you to Walter Durante who volunteered every day! Watch for new collection dates this upcoming fall when we will once again be gathering gently-used coats to bring some extra warmth to people in our community through the winter months. And please make a note: We will be particularly looking for XL / XXL / XXXL men's and women's winter coats and winter boots.

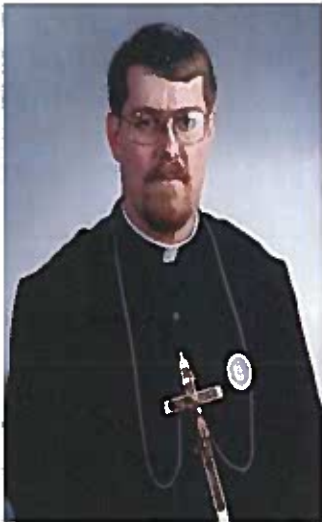
**The Canadian Conference of Catholic Bishops and The Evangelical Fellowship of Canada
Declaration on Euthanasia and Assisted Suicide**

HAVE YOU SIGNED THE DECLARATION YET????? IF NOT WHY NOT????

READ THE DECLARATION AT THESE LINKS: English - <http://www.euthanasiadeclaration.ca/sign-the-declaration/>
French - <http://www.euthanasiadeclaration.ca/fr-signer-la-declaration/>

And follow the links to sign here <http://www.euthanasiadeclaration.ca/sign-the-declaration/>

**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

Opportunities for Confession During Lent

Monday to Friday, 11:30 am to 12 noon; Wednesday afternoons: 1 pm to 5 pm

Saturdays: 4pm to 4:50 pm; Sundays: 7:20 am to 7:50 am; 9:50 am to 10:20 am; 6:50 pm to 7:20 pm.

Twenty Four Hours with the Lord: Once again, and especially during the Jubilee of Mercy, 24 Hours with the Lord, will be held at St. Mary's Cathedral, beginning at 1 pm, after the noon Mass, Friday, March 4th and concluding before the 5 pm Saturday Vigil Mass on Saturday, March 5th. Adoration of the Blessed Sacrament will take place in the cathedral throughout this time. Confessions will be heard by priests from parishes throughout the Kingston area. Please come, day or night, and receive this great gift of the Lord's Loving Mercy. If you know someone who has been away for awhile perhaps they also might like to accompany you. Please pass the word.

PREPARING FOR LENT: What does the Church say about Fasting and Abstinence?

It is a traditional doctrine of Christian spirituality that a constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved (Jer. 18:11, 25:5; Ez. 18:30, 33:11-15; Joel 2:12; Mt. 3:2; Mt. 4:17; Acts 2:38). Christ Himself said that His disciples would fast once He had departed (Lk. 5:35). The general law of penance, therefore, is part of the law of God for man.

The Church has specified certain forms of penance, both to ensure that the Catholic will do something, as required by divine law, while making it easy for Catholics to fulfill the obligation. Thus, the 1983 *Code of Canon Law* specifies the obligations of Latin Rite Catholics [Eastern Rite Catholics have their own penitential practices as specified by the *Code of Canons for the Eastern Churches*].

Canon 1250 All Fridays through the year and the time of Lent are penitential days and times throughout the entire Church.

Canon 1251 Abstinence from eating meat or another food according to the prescriptions of the conference of bishops is to be observed on Fridays throughout the year unless they are solemnities; abstinence and fast are to be observed on Ash Wednesday and on the Friday of the Passion and Death of Our Lord Jesus Christ.

Canon 1252 All persons who have completed their fourteenth year are bound by the law of abstinence; all adults are bound by the law of fast up to the beginning of their sixtieth year. Nevertheless, pastors and parents are to see to it that minors who are not bound by the law of fast and abstinence are educated in an authentic sense of penance.

Can. 1253 It is for the conference of bishops to determine more precisely the observance of fast and abstinence and to substitute in whole or in part for fast and abstinence other forms of penance, especially works of charity and exercises of piety.

The Church, therefore, has two forms of official penitential practices - three if the Eucharistic fast before Communion is included.

Abstinence The law of abstinence requires a Catholic 14 years of age until death to abstain from eating meat on Fridays in honor of the Passion of Jesus on Good Friday. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as gelatin, butter, cheese and eggs, which do not have any meat taste.

On the Fridays outside of Lent the U.S. bishops conference obtained the permission of the Holy See for Catholics in the US to substitute a penitential, or even a charitable, practice of their own choosing. Since this was not stated as binding under pain of sin, not to do so on a single occasion would not in itself be sinful. However, since penance is a divine command, the general refusal to do penance is certainly gravely sinful. For most people the easiest way to consistently fulfill this command is the traditional one, to abstain from meat on all Fridays of the year which are not liturgical solemnities. When solemnities, such as the Annunciation, Assumption, All Saints etc. fall on a Friday, we neither abstain or fast.

During Lent abstinence from meat on Fridays is obligatory in the United States as elsewhere, and it is sinful not to observe this discipline without a serious reason (physical labor, pregnancy, sickness etc.).

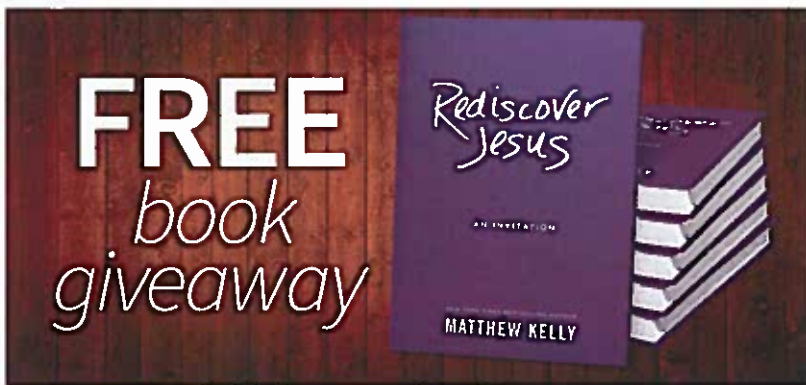
Fasting The law of fasting requires a Catholic from the 18th Birthday [Canon 97] to the 59th Birthday [i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday] to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem contrary to the spirit of doing penance.

Those who are excused from fast or abstinence Besides those outside the age limits, those of unsound mind, the sick, the frail, pregnant or nursing women according to need for meat or nourishment, manual laborers according to need, guests at a meal who cannot excuse themselves without giving great offense or causing enmity and other situations of moral or physical impossibility to observe the penitential discipline.

Aside from these minimum penitential requirements Catholics are encouraged to impose some personal penance on themselves at other times. It could be modeled after abstinence and fasting. A person could, for example, multiply the number of days they abstain. Some people give up meat entirely for religious motives (as opposed to those who give it up for health or other motives). Some religious orders, as a penance, never eat meat. Similarly, one could multiply the number of days that one fasted. The early Church had a practice of a Wednesday and Saturday fast. This fast could be the same as the Church's law (one main meal and two smaller ones) or stricter, even bread and water. Such freely chosen fasting could also consist in giving up something one enjoys - candy, soft drinks, smoking, that cocktail before supper, and so on. This is left to the individual.

One final consideration. Before all else we are obliged to perform the duties of our state in life. When considering stricter practices than the norm, it is prudent to discuss the matter with one's confessor or director. Any deprivation that would seriously hinder us in carrying out our work, as students, employees or parents would be contrary to the will of God. By Colin Donovan STL

BUS TRIP FROM ST. MARY'S CATHEDRAL TO THE 24TH 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**



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 are available**

to you this Sunday, February 6th & 7th, 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.

Beautiful Act of Love by Blessed John Henry Cardinal Newman

My Lord, I believe, and know, and feel, that You are the Supreme Good. And, in saying so, I mean, not only supreme Goodness and Benevolence, but that You are the sovereign and transcendent Beautifulness. I believe that, beautiful as is Your creation, it is mere dust and ashes, and of no account, compared with You, who are the infinitely more beautiful Creator. I know well, that therefore it is that the Angels and Saints have such perfect bliss, because they see You. To see even the glimpse of Your true glory, even in this world throws holy men into an ecstasy. And I feel the truth of all this, in my own degree, because You have mercifully taken our nature upon You, and have come to me as man and we saw His glory, the glory as it were of the only begotten of the Father." The more, O my dear Lord, I meditate on Your words, works, actions, and sufferings in the Gospel, the more wonderfully glorious and beautiful I see You to be.

And therefore, O my dear Lord, since I perceive You to be so beautiful, I love You, and desire to love You more and more. Since You are the One Goodness, Beautifulness, Gloriousness, in the whole world of being, and there is nothing You, but You are infinitely more glorious and good than even the most beautiful of creatures, therefore I love You with a singular love, a one, only, sovereign love. Everything, O my Lord, shall be dull and dim to me, after looking at You. There is nothing on earth, not even what is most naturally dear to me, that I can love in comparison of You. And I would lose everything whatever rather than lose You. For You, O my Lord, are my supreme and only Lord and love.

My God, You know infinitely better than I, how little I love You. I should not love You at all, except for Your grace. It is Your grace which has opened the eyes of my mind, and enabled them to see Your glory. It is Your grace which has touched my heart, and brought upon it the influence of what is so wonderfully beautiful and fair. How can I help loving You, O my Lord, except by some dreadful perversion, which hinders me from looking at You? O my God, whatever is nearer to me than You, things of this earth, and things more naturally pleasing to me, will be sure to interrupt the sight of You, unless Your grace interfere. Keep my eyes, my ears, my heart, from any such miserable tyranny. Break my bonds—raise my heart. Keep my whole being fixed on You. Let me never lose sight of You; and, while I gaze on You, let my love of You grow more and more every day. Amen



**ST. ANDREW SCHOOL OF
EVANGELIZATION-KINGSTON
PRESENTS**

NEW LIFE



AT ST. MARY'S PARISH CENTRE, 260 BROCK STREET

COURSE DATES: FRIDAY FEBRUARY 19, 2016: 6:00 PM – 9:30 PM
SATURDAY FEBRUARY 20, 2016: 8:30 AM – 8:30 PM
SUNDAY FEBRUARY 21, 2016: 8:00 AM – 4:00 PM

COST: \$50 includes all meals, breaks and course materials

TO REGISTER: PHONE OR EMAIL WAYNE MARTINS:
613-767-4848; waynemartinsdd@hotmail.com

PAYMENT: MAIL OR DROP OFF PAYMENT ***BY FEBRUARY 12, 2016*** TO:
ST. MARY'S CATHEDRAL
279 JOHNSON STREET
KINGSTON ON K7L 1Y5
ATTN: ANN LYNG

TO REGISTER ONLINE VISIT OUR WEBSITE: www.sase.ca

 <p>Glenhaven Memorial Gardens by Arbor Memorial</p> <p>RESURRECTION CATHOLIC CEMETERY Call and receive your Free Planning Kit Today.</p> <p>Denis Valente (613) 542-3577</p> <p>2563 Division Street, Kingston (Glenburnie), ON</p>	<p>R. MICHAEL RODE BARRISTER AND SOLICITOR</p> <p>303 Bagot St., Suite 3, P.O. Box 2378 Kingston, Ontario K7L 5J9 Phone: (613) 531-8897 • Fax: (613) 531-9022 michael@rodela.com • www.rdelaw.ca</p>	 <p>MMM GROUP</p> <p>Andy Huctwith, P.Eng., CAHP T: 613.546.2227</p> <p>ENGINEERS FOR THE RESTORATION OF THE CATHEDRAL.</p>	<p>Later Life Learning (613) 546-2625 www.laterlifelearning.ca</p>
 <p>AMEY'S TAXI SERVICES SECOND TO NONE</p> <p>613.546.1111</p>	 <p>Custom Cabinets by Wood Effects Featuring our unique line of heritage style Murphy Wall Beds www.woodeffects.ca (pictured left: "Homesteader" wall bed)</p>	 <p>MULROONEY TRUCKING LTD.</p>	<p>MICHAEL A. McCUE Barrister & Solicitor 837 Princess St. (613) 542-3700</p>
 <p>ST. MARY'S CEMETERY DIVINE MERCY MAUSOLEUM 718 DIVISION STREET KINGSTON 613-548-4343 Traditional and Cremation Plots Crypts and Niches</p>	<p>Proudly a part of Kingston's <i>Catholic Community for Generations</i></p>  <p>Gordon F. Tompkins Funeral Homes</p> <p>Central Chapel 49 Colborne Street - Downtown Kingston (613) 546-5454 www.gftompkinscentral.ca</p> <p>Township Chapel 435 Queen's Corner - Kingston West (613) 546-5150 www.gftompkinstownship.ca</p>	<p>VINCENT A. RAMSAY Barrister and Solicitor</p> <p>Family Law, Wills & Estate Legal Services</p> <p>3 Rideau Street 613-546-3274 e-mail: vramsay@rideaustreetlaw.ca</p>	 <p>Cunningham Swan LAWYERS</p> <p>SMITH ROBINSON BUILDING SUITE 300 - 27 PRINCESS STREET KINGSTON, ON K7L 1A3 TEL: 613-544-0211 WWW.CSWAN.COM</p>
	<p>ST. LAWRENCE POOLS <i>Family, Fun & Fitness</i></p>	 <p>nofrills. lower food prices</p> <p>1102 DIVISION STREET, KINGSTON, ONTARIO, CANADA K7K 0C3</p>	 <p>John F Black Barrister and Solicitor 388 King Street East Tel 613-546-0587 jfbblack@cfa.on.ca</p>
	<p>ROYAL LEPAGE</p> <p>Marian Meagher Sales Representative</p> <p>Complete Real Estate Services 710 Wellington Street Kingston, Ontario K7L 3K6 Home: (613) 204-1200 (Ext. 613) 544-4721 Email: marian@royallepage.ca www.royallepage.ca/realty/kingston</p>	 <p>HERMAN'S AUTO</p> <p>825 Portsmouth Ave Kingston, ON K7V 1W8</p> <p>Stephen Overvalde President</p> <p>Tel: 613-542-7690 / Fax: 613-542-9313 email: stechen@hermansauto.ca www.hermansauto.ca</p>	<p>Join us for Sunday Lunch starting at \$6.69 Delivery / Call Ahead</p> <p>SWISS CHALET RESTAURANT & GRILL</p> <p>1-866-439-0439 85 Dalton Ave (613) 547-0100</p>
 <p>Alexander N DoRogo Property Manager</p> <p>Local Student Apartments</p> <p>613-531-1332 alex_dorego@hotmail.com</p> <p>104 Clergy St. East Kingston, ON K7L 3J4</p>	 <p>Levac SUPPLY LIMITED EST. 1963</p> <p>Service is Our Success</p> <p>Industrial & Automotive Safety Supplies & Equipment</p> <p>Industrial Health & Safety Training</p> <p>(613) 546-6663</p> <p>25 Railway Street</p>	<p>RONNEY ENGINEERING LIMITED CONSULTING STRUCTURAL ENGINEERS</p> <p>Structural Engineers for three generations... Since 1926 (613) 542-3092</p>	 <p>State Farm™</p> <p>Bridget Walker-Payne Providing Insurance & Financial 1335 Princess - 544-1335</p>
 <p>RIGNEY BUILDING SUPPLIES</p> <p>Helping You Build and Renovate Since 1972</p> <p>5 Terry Fox Drive 613-544-9145</p>	 <p>RAMERINS Candle Place Dining</p> <p>New Take Out Menu *delivery available Breakfast a la Carte Sat. & Sun. 9am-2pm Let us Cater your next event! 1540 Bath Road 613 384 0793</p>	<p>TAYLOR STUDIOS Weddings • Portraits 285 King St. E. (613) 541-1098 www.taylorstudios.ca</p>	
<p>NELSON LAW</p> <p>HONEST and SUCCESSFUL LEGAL REPRESENTATION</p> <p>295 Queen Street Kingston K7K 1B7</p> <p>613-544-1618</p>	<p>"it's the haircut that counts!"</p>  <p>Marrello</p> <p>Prize winners in hair styles Judge at the New York International World Supreme</p> <p>FRANCOISE TAYLOR HAIR STYLIST 613-544-6105</p>	<p>SCARPAZZA DESIGN</p> <p>Mr. Fil Scarpazza (613) 546-4598</p>	