

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

Corpus Christi: The Solemnity of the Body and Blood of Christ



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 12-1 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

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St. Mary's Refugee Sponsorship:
Angela Gambin
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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 Sun. 11:30 am to 9 pm, Mon. to Fri. 8:15 am-8 pm, Sat. 8:15 am to 5 pm. **ALL Hours are required.** Please contact Natalie at 613-876-1801. Effective May 28th we will be closing at 6:00 pm Tues., Wed. and Thurs until June 19, 2016

Corpus Christi : The Solemnity of the Body and Blood of Christ

Upcoming Events

THIS SUNDAY, MAY 29TH: On the Occasion of his **50th anniversary of Ordination to the Holy Priesthood**, Father John Grainger invites you to join with him in celebrating a Holy Mass of Thanksgiving at 2:30 pm here at the Cathedral. Reception under the tents on the cathedral lawns to follow. (This is the Sunday Mass of the day and certainly fulfills your Sunday obligation)

Last Seniors' Lunch for the season is Wed. June 1st, following the 12:10 pm Mass...Many thanks to the Pastoral Caring team. We will take a break from these wonderful gatherings until September. Many thanks to all who have attended and to the great team who prepare and serve the lunches and to those who have provided entertainment over this past year.

Latin Mass, next Sunday, June 5th, 3 pm in St. James Chapel

BEGINS THIS TUESDAY: Every Life Matters Series on

Euthanasia and Assisted Suicide: Tues. & Wed., May 31st, June 1st, June 7th & June 8th. See ad.

St. Mary's Moms & Tots: Inviting all members in the Kingston area for faith formation and fellowship. Tues., June 7th & June 21st, 10-11:30 am. Babysitting provided. St. Mary's Parish Centre, 260 Brock St.

Lviv, Ukraine: FOLKLORE June 10, 11 & 12, 2016 at Regiopolis –Notre Dame High School, 130 Russell Street, Passport: \$5.

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

will be having their final meeting before the summer break on Tuesday June 21st at 6 pm at the Mandarin Restaurant in the Frontenac Mall. Father Shawn will be our guest. Members who would like to attend should contact Lois Halligan at 613-548-3168 by Saturday June 18th so that we can know numbers for the reservation.

The Knitting Group which has been meeting most Saturday mornings since February will take a break during the months of June, July and August and resume in the fall. For more information contact Ellen Hawman at 613-634-8635 or ellen.hawman@sympatico.ca



You are invited this Thursday:

Jubilee of Priests: On Thursday, June 2, 2016, at 4:00 p.m., you are invited to join the priests of the Archdiocese at St. Mary's Cathedral in Kingston for a Holy Hour and Eucharistic Adoration in celebration of the Jubilee of Priests. This event coincides with the Day of Prayer for the Sanctification of Priests, which is observed each year on or near the Feast of the Sacred Heart of Jesus, which is this Friday. In solidarity with Pope Francis, and priests around the world, the event at the Cathedral on June 2nd takes place during the same time as the celebration of the Jubilee of Priests in Rome (June 1st to 3rd)

THIS FRIDAY!!!! Knights of Columbus Council # 728 Fish Fry

Friday, June 3rd, 2016 at St. Mary's Parish Centre 5 pm to 7 pm
By Mike Mundell's Fish and Chips... Tickets available after all Masses: May 28/29, Take Out Available. (\$15 per person, children under ten: \$5, Family rate: \$35). Contact Doug Snider for more info. dj53@live.ca or 613-572-6046. Proceeds to Holy Family Parish Restoration Project.

Masses

Monday May 30th

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Clair Kearns

Tuesday May 31st

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Maurice Brousseau

Wednesday June 1st

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Souls in Purgatory

Thursday June 2nd

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Maria Giugovaz, 21st anni

Friday June 3rd

7:45 am Intentions of Father Stéphane Pouliot

12:10 pm Agatha Schrama

Saturday June 4th

7:45 am Hermina & Werenfried Van de Ven

5 pm John Szarek

Sunday June 5th

8 am Pavla Brousseau

10:30 am for the people

7:30 pm Hermina & Werenfried Van de Ven

Ministries: Sat. June 4th, 5 pm

Altar Servers	Doug S Elizabeth S
Lectors	Cathy H. Mark M.
EM of the Eucharist	Donna N.

Sunday June 5th, 8 am

Altar Servers	David M Elizabeth S
Lectors	Diane D. Bill M.
EM of the Eucharist	Theresa D. Betty R.

Sunday June 5th, 10:30 am

Altar Servers	Doug S Glen M Mario D Barry M
Lectors	Sr. Sheila B. Callie M
EM of the Eucharist	Rita F Sr. Shannon Connie A. Dianne I. Bob C. Jose C. Betty G.

Sunday June 5th, 7:30 pm

Altar Servers	Students
Lectors	Olivia M. Mark D.
EM of the Eucharist	Grace G. Ellen H. Jacqueline O.

Please pray for our Sick:

Louise Doolan, Karen Emond, Kevin Emond, Taylor Emond, Beverly Harris, Pierrette Janzen, Theresa Knott, Hermina Lawlor, Janice Lumb, & Monsignor Lynch.

Summer Camp for Girls: Camp Camino is offering a camp for young women (ages 10 to 13 & 14 to 16) August 13th -19th 2016 The camp offers daily Mass, sports, games, bonfires and a whole lot more. Check out our video and early registration offers @: campcamino.ca.

THIS WEEK: St. Maximilian Kolbe Relic Comes to Canada: 2016 marks the 75th anniversary of the martyrdom of St. Maximilian Kolbe, a Conventual Franciscan Friar, at the World War II concentration camp in Auschwitz, Poland. There will be 7:00 pm Mass followed by a Prayer Service with veneration of the relic on Monday, May 30th at St. John the Apostle Church 88 Patrick St., Kingston. The relic will be available for veneration Tuesday, May 31st, 1:30 pm until 7:00 pm. There will be a second opportunity at Holy Family Church, 200 Weller Avenue, Kingston on Wednesday, June 1st with a 7:00 PM Mass followed by a Prayer Service with veneration of the relic. The relic will remain at Holy Family Church until Thursday, June 2nd, 5 pm **Coins for Life: On June 11/12th** containers will be available for you to take home after all Masses. Please fill the containers over the summer and return them on **Sept. 17/18th**. Your spare change will help to fuel our efforts on behalf of **Life**. Please take a container if you would like to participate. Sponsored by **Campaign Life Coalition** 613-389-4472 or 613-382-1084

142nd ANNUAL PILGRIMAGE to Sainte-Anne-de-Baupré and Cap-de-la- Madeleine from the Archdiocese of Kingston and neighbouring Dioceses will be on August 13-14, 2015. Our weekend celebrant is Archbishop Paul-André Durocher, Archdiocese of Gatineau. Pope Francis has encouraged all of us to make a pilgrimage during the Year of Mercy. What an opportunity for all of us to participate in this 142nd Annual Pilgrimage. The Archdiocese of Québec designated a Door of Mercy at the Shrine of Ste-Anne-de-Baupré. You will have an opportunity to participate Saturday evening at Ste-Anne in a "Stations of Mercy". Information: Mike Budge at 613-224-8110. Pilgrimage Web Site: www.ste-anne-de-beaupre.com

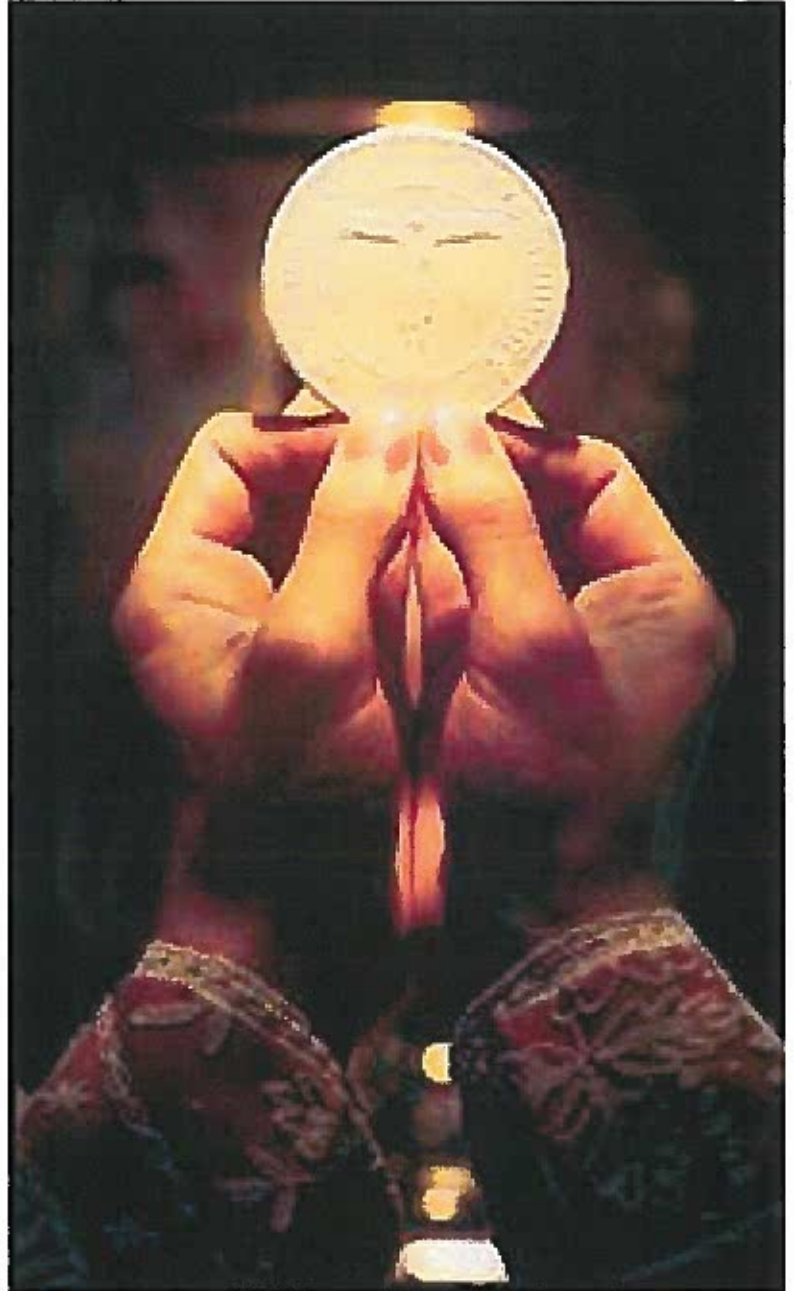


A huge thank you to our great Service Team who prepared and presented the *St. Andrew School of Evangelization* course *EMMAUS* this past weekend! Over 60 participants from Kingston, Belleville, Kirkland Lake, Perth, Rockport, Sharbot Lake, and Toronto attended this dynamic course. It was a very powerful and grace filled experience of personal encounter with Our Lord Jesus Christ as revealed through His Word in Sacred Scripture. Courses such as this require 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: Father Stéphane Pouliot, Coordinator of the Course: Ann Lyng and also from St. Mary's Cathedral, Robert Brown, Tammy Browning, Maureen Devlin, Cathy Holland and John Umunna. From Our Lady of Lourdes: Wayne Martins. From St. Francois d'Assise: Jackie Litalien. From Mississauga: Ken Goodwin and Nancy Scarangella. A very special thank you to volunteers helping with meal preparations: Ginette Johnson, Teresa Khidir, Monique Marchand, Sharon Musgrave and Margaret Vallieres and to Mary Hinds and Karen King for generously billeting participants from out of town. **Mark your calendars for our next course! 'JOHN- THE FORMATION OF A DISCIPLE' will be presented from October 27 to October 30 at St. Mary's Parish Centre.** This course will lead you into a new way of relating to Our Lord Jesus, as His disciple and friend! Watch for details to follow at a later date.

Adoro Te Devote (I Devoutly Adore You) **by St. Thomas Aquinas**

(a great prayer to pray to prepare for Mass or after having received Holy Communion)

I devoutly adore You, O hidden God
truly hidden beneath these appearances.
My whole heart submits to You
and in contemplating You
it surrenders itself completely.
Sight, touch, taste are all deceived
in their judgment of You,
but hearing suffices firmly to believe.
I believe all that the Son of God has
spoken:
there is nothing truer than this word of
Truth.
On the Cross only the Divinity was hidden,
but here the Humanity is also hidden,
I believe and confess both
and I ask for what the repentant thief
asked.
I do not see the wounds as Thomas did,
but I confess that You are my God.
Make me believe more and more in You,
hope in You, and love You.
O Memorial of our Lord's death!
Living Bread that gives life to man,
grant my soul to live on You
and always to savor Your sweetness.
Lord Jesus, good Pelican,
wash me clean with Your Blood,
one drop of which can free
the entire world of sins.
Jesus, whom now I see hidden,
I ask You to fulfill what I so desire:
that on seeing You face to face,
I may be happy in seeing Your Glory. Amen



AS YOU HEARD LAST WEEKEND DEACON BLAINE GAVE US A SPECTACULARLY BEAUTIFUL AND PROFOUND HOMILY ON THE HOLY TRINITY. I AM INCLUDING IT THIS WEEKEND FOR YOUR PRAYERFUL PONDERING AND FOR MEDITATION.



Jesus is the Wisdom of God, with God from the beginning, before time, from all eternity. Incarnate in time for us. As our first reading says, “I was beside Him, like a master worker“. God and the wisdom of God are co-eternal and co-present with each other, they are in a relationship of reciprocity, of mutual delight and rejoicing. Listen again to what proverbs says about this relationship. “I was daily his delight, rejoicing before him always.” Other translations use words like, playing, content, smiling, having fun, pure delight, laughing, rejoicing in his presence, to characterize the quality of this relationship. The Christian scriptures and Tradition have always read this ancient Jewish text as prefiguring the Theology of the Trinity. We have here then, the eternal life of the one God being portrayed in the language of relationship, mutuality, reciprocal delight, and of joy of the presence of the other person. There is a playfulness about the language of this text. Apparently, God knows all about having fun, about having a good time, even before there was time, of enjoying the company of the other Persons.

It is no wonder that the Early Church Fathers described the relationship between the persons of the Trinity as “*perichoresis*”, a Greek word which means “to dance around with”, a circle dance. It captures well the quality of reciprocity and mutual delight in each other’s company that is internal to the nature of God. What is God? In short, God is not a ‘what’, but a ‘who’, not a

solitary lonely who, but the who of *communio*, of giving the gift of the self to the other, and receiving the gift of the Other. The One God is Three Personed. As the hymn says, “God in Three Persons, Blessed Trinity”, ‘the Father, the Son, and the Holy Spirit’. To be sure, Christians are Monotheists, we believe in one God. We do not believe in three Gods, nor are the Father, the Son, and the Holy Spirit three modes, aspects or faces of the one God, as if there was a God behind God, so to speak. God is at the same time both one and three. There is real otherness and difference in the one nature of God. This is why we can proclaim that God is love.

This Trinitarian profession is at the heart of our Catholic Faith. Catholic Faith stands or falls with the Doctrine of the Trinity. Are we not baptised, plunged into the mystery of this three-fold name? Do we not sign ourselves with sign of the cross, which is a Trinitarian profession of faith? “In the Name of Father, and the Son, and the Holy Spirit”. The Creed that we profess, whether the Apostles Creed or the Nicene Creed, are Trinitarian in their structure. “Do you believe in God the Father, do you believe in God the Son, do you believe in God the Holy Spirit?” At the high point of our Eucharistic feast, in what is called the ‘epiclesis’, just before the consecration, the priest asks the Father to send the Holy Spirit to transform the gifts of bread and wine into the body and blood of the Son. In short, the whole of the Christian life is lived as a participation in the life of the Trinity. This participation calls us ever deeper into a life of self-donation. In the Trinity, self-donation holds nothing back. Jesus says, “All that the Father has is mine”. In the Trinity, the reciprocal openness to the gift of the other persons is also total. Jesus says, the Spirit “will speak whatever He hears”. And we are created in this image.

According to St. John Paul II even our embodied human nature reflects this image of the Trinity, this threefold pattern. The very biological structure of the human body says that we are incomplete without the other, without relationship, without intimacy, without love, and this relationship by its very nature is meant to be fruitful and generative in the birth of the child, the other. This is St. John Paul’s famous Theology of the Body. The Trinitarian pattern of One, Two, Three, is inscribed, written in our very flesh. Like God, we too are made for communion, otherness, fruitful love, mutual delight and rejoicing.

Of course our lives often fall short of this. Fragmented, and wounded, we stumble towards ecstasy. But the life of our Three Personed God is ex-static as well, eternally flowing out towards the other in radical reciprocity, and overflowing towards us in Creation, Incarnation and the Spirit’s animating power, rejoicing and delighting also in the company of human beings, and inviting us into their dance. The dance of this Trinitarian love that, as St. Paul says, “has been poured into our hearts”.



The St. Mary's Cathedral Council of the Catholic Women's League of Canada invites you to join them in a prayer initiative for some of those in most need of God's mercy.

We are each committing to one hour per week of prayers of our own choice from now until the end of June at which time we will reassess this initiative.

Young people in Cross Lake Nation and Attawapiskat First Nation are struggling with many social issues and many have attempted suicide while others have taken their lives. There has been a plea for prayers and cards/letters of support from the youth of these communities. Write positive messages into cards, take a picture and post it on Twitter to #motherlove. The postal addresses to send positive messages to are: Youth in Cross Lake, Cross Lake Band Office, P.O. Box 10, Cross Lake, MB R0B 0J0 and/or Youth in Attawapiskat, Payukotayno Administrative Office, 50 Bay Road, P. O. Box 189D, Moosonee, ON P0L 1Y0

There is ongoing media attention to the plights and their causes of the First Nations people. Please stay current and ask your federal representative to be sure that the government honours their commitment to our First Nations peoples. There are two resolutions prepared by the Ontario Provincial Council of the Catholic Women's League that can provide you with more information:

ON 14.02 Feathers of Hope-Empowering First Nations Youth and

ON 11.01 Safe Potable Water for First Nation Communities

<http://www.cwl.on.ca/resolutions>

Lviv, Ukraine



FOLKLORE

June 10, 11 & 12, 2016

Regiopolis Notre Dame High School
130 Russell Street, Kingston

Passport: \$5.00

Ukrainian Canadian Club of Kingston
613-549-5060

THIS WEEK

Knights of Columbus Council # 728

Fish Fry

Friday, June 3rd, 2016

St. Mary's Parish Centre
5 pm to 7 pm

By Mike Mundell's Fish and Chips
at St. Mary's Parish Centre

(\$15 per person, children under ten: \$5
Family rate: \$35)

Take Out Available

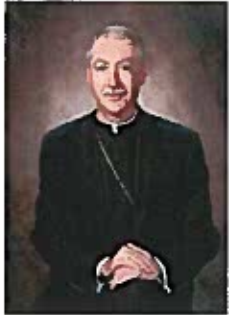
Contact Doug Snider for more
information:

dj53@live.ca or 613-572-6046

Tickets available after all Masses
Today & May 21/22 and 28/29

Proceeds will go to
Holy Family Parish Restoration Project

BEGINS THIS TUESDAY: Every Life Matters Series
on Assisted Suicide and Euthanasia: Tues., May 31st, Wed.,
June 1, Tues, June 7th, & Wed. June 8th : 7:00 pm to 9:00 pm



In the 2016 Easter season, Archbishop Smith of the Archdiocese of Edmonton hosted a series of presentations on the subject of physician-assisted suicide and euthanasia. Five sessions were held at five different parishes across the Archdiocese of Edmonton, each dealing with a different aspect of this important topic. They included prayer, personal witness, teaching from the Archbishop, and time for questions and answers.

We will be looking at the recorded webcasts at St. Mary's Parish Centre to learn more about this tragic situation and its consequences, about what our faith teaches, and about what we can do in response. Please come for one, two or all five of these very good presentations.

Session 1 – What is it all about?

An outline of the legal situation now facing our country. With special guests Kate Faught, a lawyer specializing in estate litigation, and Dr. Anna Voeuk, a physician specializing in palliative care and Archbishop Smith.

Session 2 - What's wrong with assisted suicide and euthanasia?

With special guests Lisa Daniels, a young mother who tells her own personal story of finding meaning, purpose and happiness in life despite suffering debilitating pain; and Dr. Anna Voeuk, a palliative care physician who speaks about the need for improved access to palliative care for all Canadians. Archbishop Smith explains and illustrates Church teaching around suicide and euthanasia.

Session 3 - It's my body, my choice

With special guests Father Eamonn McNerney, a hospital chaplain who shares his personal experience with a family whose loved one requested euthanasia, and Dr. Robert Hauptman, a specialist in pain management who maintains that with modern medical care, no patient should have to suffer intolerable pain. Archbishop Smith explains and illustrates Church teaching around freedom, choice, and personal autonomy -- concepts that are often used to justify assisted suicide and euthanasia.

Session 4 - I don't want to suffer

With special guests Jeri and Chuck Marple, who tell us how their disabled daughter Mary has been a blessing in their lives, and Dr. Anna Voeuk, a palliative care physician speaks on caring for the caregivers and families of those with severe illness or disability, or nearing end of life. Archbishop Smith teaches on the Christian understanding of the mystery of suffering.

Session 5 - What must we do? How we are called to respond to this new situation?

With special guests Mark Pickup, who tells of a very dark time when he came close to losing the will to live, and Dr. Anna Voeuk, who asks us all to defend doctors, nurses and pharmacists who refuse to participate in assisted suicide or euthanasia. Archbishop Smith offers four concrete ways we as Catholics can defend human life against such attacks.

So that we have the appropriate number of handouts available please register by emailing alyng@cogeco.ca or phoning 613-546-5521 ext. 5.

Jesus waits for us in this Sacrament of Love
“In the sacred Host, He is present, the true treasure, always waiting for us.
Only by adoring this Presence do we learn how to receive Him properly.”

**DID YOU KNOW THE BLESSED SACRAMENT IS EXPOSED ALL DAY
EVERY DAY IN ST. JAMES' CHAPEL?
THERE IS AN OASIS OF PEACE AND PRAYER JUST WAITING
FOR YOU TO PAY A VISIT**



The Blessed Sacrament is exposed in a Monstrance

What is Eucharistic Adoration?

Understood simply, Eucharistic Adoration is adoring or honouring the Eucharistic Presence of Christ. In a deeper sense, it involves "the contemplation of the Mystery of Christ truly present before us". During Eucharistic Adoration, we "watch and wait", we remain "silent" in His Presence and open ourselves to His Graces which flow from the Eucharist ... By worshipping the Eucharistic Jesus, we become what God wants us to be! Like a magnet, The Lord draws us to Himself and gently transforms us. In its fullest essence ... Eucharistic Adoration is "God and Man reaching out for each other, at the same time!"

The Eucharist is: Jesus truly present - Body, Blood, Soul, and Divinity!

At the moment of Consecration, during the Mass, the "gifts" of bread and wine are transformed (transubstantiated) into the actual Body and Blood of Christ, at the Altar. This means that they are not only spiritually transformed, but rather are actually (substantially) transformed into the Body and Blood of Christ. The elements retain the appearance of bread and wine, but are indeed the actual Body and Blood of Christ. This is what is meant by Real Presence: the actual, physical presence of Jesus in the Eucharist. Christ instituted this Holy Sacrament of the Eucharist in order to remain with mankind until the end of time (Jn. 14:18).

The (reserved) Blessed Sacrament serves as a focal point of devotion.

Because, as Catholics, we believe that Christ is truly and substantially present in the Eucharist, the Blessed Sacrament is given the same adoration and devotion that is accorded to Christ. At the beginning of the exposition of the Blessed Sacrament, a priest or deacon removes the sacred host from the tabernacle and places it in the Monstrance on the Altar for adoration by the faithful. "Monstrance" is the vessel used in the Church to display the consecrated Eucharistic Host, during Eucharistic adoration or benediction. The word monstrance comes from the Latin word *monstrare*, meaning "to expose". When a consecrated host is placed in the monstrance, It is said to be a solemn exposition. At all other times, the reserved Sacrament is kept locked in the Tabernacle, so that the faithful may pray in the presence of the Sacrament. "Perpetual Adoration" is Eucharistic Adoration round the clock (that is, twenty-four hours a day). A "Holy Hour" is "Eucharistic Adoration of Reparation" which lasts for about an hour. Adoration ceremonies traditionally include Scripture readings, hymns, prayers and time for silent adoration.

Eucharistic exposition and benediction is a complete liturgical service in its own right and is to be celebrated as such. Eucharistic exposition and benediction are no longer considered devotions, but rather are a part of the Church's official liturgy. This liturgy is designed to "acknowledge Christ's marvelous presence in the Sacrament and invites us to the spiritual union with Him that culminates in sacramental communion

"Could you not watch one hour with Me?"

Jesus waits for us in the Blessed Sacrament. He waits for our little Acts of faith, adoration, love, thanksgiving, repentance, reparation and charity that we can offer Him as we contemplate -- His Divine Majesty -- in the Blessed Sacrament. St. Alphonsus Liguori wrote: "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us". The

Eucharist is a priceless treasure: By not only celebrating the Eucharist, but also by praying before It outside of Mass, we are enabled to make contact with the very wellsprings of Grace ..." Pope St. John Paul II in one of his homilies said, "It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in His heart ... If, in our time Christians must be distinguished by the "art of prayer", how can we not feel a renewed need to spend time in spiritual conversation, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?"

"The Lord is faithful to all His promises and loving toward all He has made." (Ps 145:13)

Day and night Jesus dwells in the Blessed Sacrament because of His Infinite love for us! Jesus gives us His body (to eat) so that He can nourish us, strengthen us and give us His own life and lest we be blinded by His glory, He humbles Himself to come to us in the humble species of bread... "Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is My affection for you." (Mt 28:20; Jer 31:3)

How must we respond? ...Through our worship and recognition of Him in the Eucharist! He is calling us to faith, that we many come to Him in humility.

"Come to Me, all who labour and are heavy laden, and I will give you rest."

Are you tired because of the burden of your duties, because of frustration due to unsuccessful projects, because many misunderstand you? Are you heavy laden with guilt from past sins? Are you trying to find hope and meaning in life? Do not lose heart! Abandon yourself to Jesus in this "Sacrament of Love": He will refresh you! The more time you spend with Jesus, the more you will come away feeling renewed and healed. Guaranteed!!!! Miracles of conversion, peace, discovery of vocations, answers to prayers, physical healings, and many other wonderful things happen where and when the Lord Jesus is adored in the Blessed Sacrament. They are the "gifts" that point to the Almighty Giver and testify to His Real Presence in the Blessed Sacrament...

Let us love being with the Lord! There we can speak with Him about everything. We can offer Him our petitions, our concerns, our troubles, our joys, our gratitude, our disappointments, our needs and our aspirations. Above all we can remember to pray: 'Lord send laborers into Your harvest! Help me to be a good worker in Your vineyard!' When asked, "What would save the world?" ... Mother Teresa replied: "My answer is prayer. What we need is for every parish to come before Jesus in the Blessed Sacrament in holy hours of prayer."

"Remain in Me, as I remain in you."

We grow spiritually with each moment we spend with Jesus! Through our Adoration, Jesus calls us to a personal relationship (to become His friends and disciples), to "remain in Him" (Divine Intimacy), to "remain in His love" (Keep His commandments). He promises that all those who remain tightly bonded to Him, will bear much fruit and "their joy will be complete". For without Him, we can do nothing. Through this "friendship", we are inspired and strengthened to take on life's challenges, to carry our daily cross with a new attitude, to become a "new creation" (more and more like Jesus).

Through Eucharistic Adoration - we proclaim Jesus to the World.

Eucharistic Adoration is an affirmation of our faith. Through this vigil of prayer, we give witness to our belief that God is truly dwelling with His people.

Love one another as I have loved you."

Eucharistic Adoration helps build a community of love.

The Eucharist is the Sacrament of unity, Jesus unifying His people. Through the personal love, that one shares with the Saviour, one is more able to grasp the reality that we are the whole Body of Christ. Prayers as a community, especially intercessory prayers for the needs of the community and the World - help to build a "civilization of love" - to "transform the World". The prayers that we say can draw the World and everybody in the World closer to Christ and to God the Father for His blessing.

A Vision for Visions...

Let us take a closer look at the sacred vessel, the Monstrance, that houses the Body, Soul and Divinity of Our Lord. The Monstrance draws all eyes to the Sacred Host that is seemingly surrounded by rays, like the sun. Similarly, we each are called to be a "Living Monstrance", radiating the presence of the Lord Who dwells in us.

The Monstrance is surmounted by a Cross ... what does this tell us? Let us look at Jesus in the Monstrance, Who humbles Himself to come before us as a piece of bread. Let us reflect on our own life's situations that call us to humility. Are we humble, as God wants us to be, to bear our Crosses daily? Other virtues such as patience, temperance, self-control and piety will soon follow.

A Taste of Heaven awaits us in Eucharistic Adoration!

Indeed, Earth is joined to Heaven each time we are united with the Saints and Angels in extolling God, Who, in worship we see, if not with the sight of eyes, then with the eyes of faith. We are called to abide in the Eucharistic Presence of our Lord, like the Saints and Angels do in Heaven, as they behold the glory of God and sing His praise! The Saints and Angels wait upon the Lord and do His Will in all things. Their presence magnifies the Lord. They also intercede (for us) before the Lord. When we look upon the Sacred Host, we look at Jesus, the Son of God. Do we see Him in all His glory and majesty? Do our lips proclaim His praise? Do our souls magnify the Lord - making Him clearer, more in focus, and larger to others around us? Do we place the needs of others before Him? Are we open to the Will of God and strive for perfection in our spiritual lives so that we, too, may one day join the company of Saints in Heaven?

It is at this moment when we are most intimately in communion with God that we experience a taste of Heaven, a foreshadowing of what it will be like, when, by God's grace, we enter into everlasting life. "Indeed, this is the will of My Father, that everyone who looks upon the Son and believes in Him shall have eternal life. Him I will raise up on the last day." (Jn 6:40)

We Grow in Love for Jesus with Every Encounter.

In John 21:16, Jesus asks Peter the question that will determine his whole life: "Simon, son of John, do you love me?" Jesus is asking each of us the same question: do you love me? Those of us who have an experience of love, know, that true love sets no conditions; it simply loves and yet it must be nurtured and nourished by intimacy, closeness or regular contact.

It is the same with time spent in divine intimacy with Jesus in the Blessed Sacrament. How can our encounters with the Lord not cause us to fall more and more in love with Him? As we yield to such love, it will prompt hunger for Scripture and the Sacraments as we seek to know and experience Him on a deeper level. It will make us remember Him throughout the day, inspire us to do little things "just for Him" and try and make ourselves more attractive to Him by lives of purity and holiness. And yet, we should not feel discouraged if we cannot love Him fully because Jesus assures us that He will always love us with a love that surpasses all.

"O God, You are my God -- for You I long!"

In Psalm 63, the Psalmist longs for divine life, which is based on a close relationship with God. The Psalm most beautifully expresses the intimate relationship between God and the one who worships Him in His holy Temple. Such must be OUR love and total self-giving to Jesus, exposed on the Altar, for our sake!

"O God, You are my God -- for You I long! For You my body yearns; for You my soul thirsts, like a land parched, lifeless, and without water. So I look to You in the Sanctuary to see Your power and glory. For Your love is better than life; my lips offer You worship! I will bless You as long as I live; I will lift up my hands, calling on Your name. My soul shall savor the rich banquet of praise, with joyous lips my mouth shall honor You!"

Jesus asks for so little.... Yet, He gives so much!

"This - The Eucharist - the whole Christ" is His gift to all. Whether we are young or old, sick or healthy, poor or rich, only by regularly partaking in the sacrifice of the Holy Mass and Eucharistic Adoration, can we reap immense spiritual and temporal blessings in our lives!

The Blessed Sacrament is the LIVING FOUNTAIN OF LIFE where we drink in the love of Christ Who alone quenches our thirst.

Thus, our time spent with our Beloved Saviour in Adoration, can become the most profound, meaningful, joyful, peaceful and healing experience we could ever encounter!

May our adoration never cease!

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ITINERARY

SEPTEMBER 25, 2016:

Depart Kingston at 1:30 pm. Travel from Kingston to Stockbridge, Mass.
Dinner and overnight in Stockbridge. Breakfast is included.

SEPTEMBER 26, 2016:

Visit Shrine of Divine Mercy. Lunch included at the Shrine. Mass with Father Shawn concelebrating. Eucharistic Adoration, Confessions, Rosary for Life, Novena, Chaplet of the Divine Mercy and Benediction. Blessing of religious articles plus an opportunity to venerate a first class relic of St. Faustina. Dinner and overnight in Stockbridge. Breakfast included.

SEPTEMBER 27, 2016:

Travel from Stockbridge, Mass. to Lancaster, Penn.
Attend Sight & Sound Theatre presentation of Samson.
Dinner and overnight in Lancaster, includes breakfast.

SEPTEMBER 28, 2016:

Travel from Lancaster, Penn. to Doylestown, Penn.
Guided tour of the Shrine of our Lady of Czestochowa with Mass concelebrated by Father Shawn. Lunch is **not** included but can be pre-ordered at a cost of \$12.00 USD/person.
Travel from Doylestown, Penn. to Kingston arriving by 10:00 pm.

COST PER PERSON: \$705.00 CD (double occupancy only available)
Cancellation and /or medical insurance extra

INCLUDES:

- 3 ½ days plus 3 nights accommodation (3 breakfasts and one lunch included).
- Admission to the Shrine of Divine Mercy in Stockbridge Mass., Our Lady of Czestochowa in Doylestown, Penn. and Sight and Sound Theatre in Lancaster, Penn.
- Round trip transportation by McCoy deluxe coach.

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