

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



“Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”

Luke 10: 41-42

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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

Contacts

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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. **We need someone for Tues. 3-4 pm & Thurs. 3-4pm, Sat. 11-noon.** Please contact Natalie at 613-876-1801.

Sixteenth Sunday in Ordinary Time

Please pray for our Sick: David Cabral, Louise Doolan, Lidwien Gräfe, Beverly Harris, Charlie Horrigan, Pierrette Janzen, Theresa Knott, Hermina Lawlor, and Janice Lumb.

Upcoming Events

NEW LIFE GROUP-A CATHOLIC MINISTRY FOR SEPARATED & DIVORCED: next meeting is July 19th, 7:30-9:30 pm at Francis J. Spence Pastoral Centre, 390 Palace Rd. Kingston. Contact Sr. Lucy Kearney, SP at 613-548-4461 ext. 113, family@romancatholic.kingston.on.ca.

We will say a formal good-bye to Father Stéphane at and after the 10:30 am Mass on Sunday, August 7th. Please plan on attending and please keep Father in your prayers as he prepares for and takes up his new assignment.

Coins for Life: 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.

Pilgrimage to St. Ann in Cormac: 78th annual pilgrimage to the Shrine of St. Ann in Cormac on Sunday July 31st. The principal Pilgrimage Mass: 11 am with Bishop Michael Mulhall presiding. Mass for healing: 2 pm. Info: www.cormacpilgrimage.com. Bus leaves at 7:30 am, tickets are \$ 50 from St. Mary's Cathedral; please call the parish office (Suzanne) to reserve a seat/drop of money, 613-546-5521 ext. 3. **Deadline: July 18th, 2016.**

"CURSILLISTAS: You are invited to an Ultreya on Sunday, July 24th, 2016 at 2:00 pm. in St. John the Apostle Parish Hall on Patrick Street in Kingston. All Cursillistas are invited to come out to renew old friendships and meet fellow Cursillistas. For more information contact Mike and Diane Foley in Kingston at 613-546-6224 mfoley8@cogeco.ca or Neil and Margaret Cameron in Brockville at 613-498-1702 cameron25@ripnet.com"

Vocations Summit: The Bishop of Ogdensburg, the Most Reverend Terry R. LaValley, has invited the people of the Archdiocese of Kingston to participate in a one-day Vocations Summit in Lake Placid, New York, on Sunday, September 25, 2016. This gathering will celebrate the universal call to holiness and its manifestation in the vocations of Christian marriage, the single state, consecrated life, and the ordained priesthood and diaconate. Guest speakers will be Bishop Robert Barron, Bishop Christopher Coyne, George Weigel, and Jennifer Fulwiler. Sunday Mass will be celebrated at 3:15 p.m. More detailed information and registration forms can be found at inspirecalledtolove.com. There is no registration fee for this event and no charge for the noon-hour meal; however, registration is required.



**WHERE DO YOU GO TO
HAVE THE BIG QUESTIONS
OF LIFE ANSWERED?**

Masses

Monday July 18th

7:45 am Special intentions

12:10 pm Marion Orr, 20th anni

Tuesday July 19th

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Intentions of Father Shawn Hughes

Wednesday July 20th

7:45 am Intentions of Bernard McDonald

12:10 pm Mass of Thanksgiving

Thursday July 21st

7:45 am Hermina & Werenfried Van de Ven

12:10 William & Bertha Thompson

Friday July 22nd

7:45 am Hermina & Werenfried Van de Ven

12:10 pm Jim Brady

Saturday July 23rd

7:45 am Hermina & Werenfried Van de Ven

5 pm Mary Lyng

Sunday July 24th

8 am Mary (Win) Davidson and deceased family members

10:30 am for the people

7:30 pm Hermina & Werenfried Van de Ven

Ministries: Sat. July 23rd, 5 pm

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

Sunday July 24th, 8 am

Altar Servers	Marcel R. Emily R. Betty R.
Lectors	Bill M. Diane D.
EM of the Eucharist	Betty R. Adora J.

Sunday July 24th, 10:30 am

Altar Servers	Nick B. Barry M. Simon B. Bohdan Y.
Lectors	Marietta M. Pat B.
EM of the Eucharist	Teresa K. Dianne I. Bob C. Santina D. Domenica B. Callie M. Jose C.

Sunday July 24th, 7:30 pm

Altar Servers	Pene L.
Lectors	Jake C. Ann L.
EM of the Eucharist	Anne H. Doug S.



Life is busy!! Every day we answer so many questions: What should I wear? What is the weather like? How am I going to fit everything in? But then there are those bigger questions. Like:

Why I am I here? Where am I heading? Is this it? Is there more to life than this?

These are the big questions in life. And we rarely take time to think them through thoroughly. Alpha is the course to explore those big questions. Where you can speak about those questions openly and honestly? ALPHA is one place where you go to have the big life questions answered.

Alpha is designed to reinvestigate the basics of the Christian faith. It is for those who have left the faith. Those who have not encountered the faith. And those who want to re-investigate the faith because they feel they have either missed something or they are not getting out of their relationship with Jesus what they should be. ALPHA is for you.

Do you want to find out how Jesus is relevant to your life today?

Do you feel like something is not quite right or something is missing?

The actor Jim Carrey once said: "I wish everyone could become rich and famous so they will know that that is not the answer!"

Russell Brand, comedian and actor, once said: "Drugs and alcohol are not my problem. Reality is my problem. Drugs and alcohol are my solution to fill up the hole inside of me. "

Jesus said "I am the bread of life." John 6:35. I am the one that satisfies that inner longing. Jesus claimed to be that one person that can satisfy that inner longing

In one of his last songs Freddie Mercury, the lead singer of the rock group Queen, asked the question: 'Does anybody know what we are living for?'

In spite of the fact that he had amassed a huge fortune and had attracted thousands of fans, Freddie Mercury admitted in an interview shortly before his death in 1991 that he was *desperately lonely*. He said, 'You can have everything in the world and still be the loneliest man, and that is the most bitter type of loneliness. Success has brought me *world idolisation* and *millions of pounds*, but it's prevented me from having the one thing we all need – a *loving, ongoing relationship*.'

There is only one relationship that is completely loving and ongoing, and for which we were created. Without that relationship there will always be a deep sense of aloneness and a lack of ultimate meaning and purpose.

At the heart of the Christian faith is this relationship with God where we find what we are living for.

How can human beings have a relationship with the Creator of the universe? How in practice can we begin to communicate with God? What is the basis of this relationship?

Jesus said: "I am the way the truth and the life." John 14:6

Ultimately, There is only one relationship that goes on forever. And that is our relationship with God.

And Jesus said I am the way to that relationship.

What makes you happy? Sign up for Alpha and learn how to deepen your relationship with Jesus.



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