

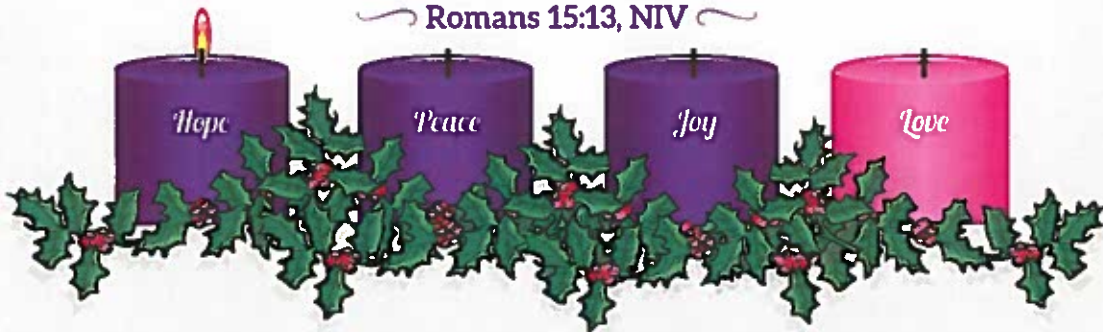
# The Cathedral of St. Mary of the Immaculate Conception

The Mother Church of the Faithful of the Archdiocese of Kingston  
The Most Reverend Brendan M. O'Brien, Archbishop of Kingston

Advent Week One

May the God of hope fill you with all joy and peace  
as you trust in him, so that you may overflow with hope  
by the power of the Holy Spirit.

~ Romans 15:13, NIV ~



**"Brothers and Sisters,  
you know what time it is,  
how it is now the moment for you  
to wake from sleep." Romans 13:11**

279 Johnson Street, Kingston, ON K7L 1Y5

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 12-1 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

**Rector:** Father Shawn Hughes,  
[fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

**Deacon Blaine Barclay,**  
[blainebarclay31@gmail.com](mailto:blainebarclay31@gmail.com)

**Parish Office Administrator:**  
Suzanne, [smarys@cogeco.net](mailto:smarys@cogeco.net)

**Pastoral Caring Coordinator:**  
Ann Lyng, [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

**Sacristan:** Leslie Darling,  
[lesliedarling37@gmail.com](mailto:lesliedarling37@gmail.com)

**Organist:** Catherine Helferty,  
[catherinehelferty@hotmail.com](mailto:catherinehelferty@hotmail.com)

**Parish Council Secretary; Ellen Hawman,**  
[ellen.hawman@sympatico.ca](mailto:ellen.hawman@sympatico.ca)

**Catholic Women's League:**  
Ellen Hawman

[ellen.hawman@sympatico.ca](mailto:ellen.hawman@sympatico.ca)

**Knights of Columbus Council #728:** Scott Sanderson

[scottsanderson2@gmail.com](mailto:scottsanderson2@gmail.com)

**Finance Committee:** Chair Mark Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)

**University Chaplain:**

Fr. R. de Souza,

[chaplain@newmanhouse.ca](mailto:chaplain@newmanhouse.ca)

**Billings Method Natural Family Planning:** Ann Murray,

[kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca)

**Creighton Model Fertility Care™ System:** Caitlin Fitzpatrick

[cjfitzpatrick@outlook.com](mailto:cjfitzpatrick@outlook.com)

**Serena, Sympto-Thermal Method of Family Planning:**

[www.serena.ca](http://www.serena.ca)

[serenakingston@gmail.com](mailto:serenakingston@gmail.com)

**Adoration:** Natalie Holland,  
[nholland@cogeco.ca](mailto:nholland@cogeco.ca)

613-876-1801

**St. Mary's Refugee Sponsorship:**

Angela Gambin

[stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

## 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. Adorers needed Tues. 4 to 5, & Tues. 5 to 6, Thurs 11-12. Please contact Natalie at 613-876-1801.

## First Sunday of Advent

We begin a new Liturgical Year this Sunday, Nov. 26<sup>th</sup>/27<sup>th</sup>. We have been reading predominantly from the Gospel of Luke. Now we will begin to read predominantly from the Gospel of Matthew until the end of the next Liturgical Year, the Solemnity of Christ the King, November 26, 2017.

### Upcoming Events:

**2017 ENVELOPES ARE READY FOR PICK UP AT THE BACK OF THE CHURCH THIS WEEKEND AND NEXT.**

**Did you know that the Billings Ovulation Method** is an effective way of planning and spacing your family that can be used by any woman, at any age, whether she has regular or irregular periods, is breastfeeding, or approaching menopause? Next clinic is **Mon. November 28th** at St. Paul the Apostle Church from 7-8 pm (patio entrance). Call us at (613) 544-8495 or email: [kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca).

**Parish Pastoral Council meeting:** Friday, Dec. 2<sup>nd</sup> at 9:30 am.

**Latin Mass:** Dec 4<sup>th</sup> in St. James Chapel, 3 pm. Father Price presiding.

**St Mary's Moms and Tots:** next meeting is *Tuesday, Dec. 6th, 10-11:30* am at St Mary's Parish Centre. All mothers, babies and children welcome! Contact [St.MarysMomsandTots@gmail.com](mailto:St.MarysMomsandTots@gmail.com) or find us on facebook.

**Seniors Lunch** Dec 7<sup>th</sup> after the noon Mass.

**Thank you from Archbishop O'Brien:** I want to thank all those who supported The Archbishop's Dinner to feed the hungry, which was held on November 17<sup>th</sup>. Through the generosity of those who attended the dinner, as well as donors and sponsors, \$60,000 was raised for food banks throughout the Archdiocese of Kingston. My sincere gratitude to all of you.

Most Reverend Brendan M. O'Brien, Archbishop



**BEAUTIFUL CHRISTMAS CARDS FOR SALE:** Our stunning stained glass nativity windows captured and turned into beautiful Christmas cards. Some are horizontal with a Nativity Scripture passage. Some are vertical with blank insides. 5 for \$10. Available after every Sunday Mass.

## Knights of Columbus Pancake, Waffles & Sausage Breakfast:

Sunday, December 11th, 2016, 9 am to 12:30 pm. in St. Mary's Parish Centre. Proceeds will go in support of students attending Catholic Christian Outreach's (the mission on campus) annual Rise Up conference.



Masses:

Monday Nov. 28th

7:45 am Deceased members of Overvelde & Gerretson families

12:10 pm Victor Kromer

Tuesday Nov. 29th

7:45 am Souls in Purgatory

12:10 pm Patricia McDonald, deceased members of Murray & McDonald families

Wednesday Nov. 30th

7:45 am Souls in Purgatory

12:10 pm June Ryder-Burbidge

Thursday Dec. 1st

7:45 am Mr & Mrs Arthur P. Norris, Stephen Norris

12:10 pm Karen Smith

Friday Dec. 2nd

7:45 am Souls in Purgatory

12:10 pm Souls of Costa, Oliveira & Lima families

Saturday Dec. 3rd

7:45 am John Herman

5 pm Bel Dismas

Sunday Dec. 4th

8 am Mary Lyng, 13<sup>th</sup> anni.

10:30 am for the people

7:30 pm Maria Buksbaum

Ministries: Sat. Dec. 3rd, 5 pm

Altar Servers	Peter M.	Lucas M.
Lectors	Mark M.	Cathy H.
EM of the Eucharist	Mark M.	

Sunday Dec. 4th, 8 am

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

Sunday Dec. 4th, 10:30 am

Altar Servers	Nick B.	Dominic B.	Simon B.	Doug S.
Lectors	Dianne I. Sr. Sheila B.			
EM of the Eucharist	Betty G.	Bob C.	Gail M.	Ed M. Carmen D.
	Sr. Shannon Connie A.			

Sunday Dec. 4th, 7:30 pm

Altar Servers	Students		
Lectors	Olivia S.	Suzanne J.	
EM of the Eucharist	Donna N.	Pene L.	

**Please pray for our Sick:** Allan Barclay, Patrick Duggan, Lidwien Gräfe, Beverly Harris, Pierrette Janzen, Theresa Knott, Hermina Lawlor, Rita Murray, Marcel Roy, Rose Rutherford, Gordon Zin, Patrick Zwicker.



**CHILDREN'S CHRISTMAS PAGEANT:**

**Mary and Joseph! Angels! Shepherds! Kings! Narrator! More! needed for our**

**Christmas Pageant under the direction of Laura Raycraft.** For the 5 pm Mass at the Cathedral on Christmas Eve. Children and a parent/guardian will need to attend rehearsals: Saturdays Dec. 3rd and 10th, and 17<sup>th</sup> at 11 am. Please contact Laura Raycraft by Wed. Nov. 30th to register your child for a role. Please provide your name, your child's name and age, telephone and email contact information. Thank you for helping to make our Christmas Eve a very special time for all. Anyone interested in helping as well can reply to my email: [laura.joel@hotmail.com](mailto:laura.joel@hotmail.com)

**Have you learned or are you learning French and would like to practice?** Or are you a native speaker interested in reading and willing to enrich the learning experience of our parish learners? Then **join us for a monthly reading club in French.** Books will be chosen according to level of proficiency and there could be more than one group depending on level and number of participants. Discussion in French need not be extensive and informal French instruction will be available. This is a great way to use and develop your listening, reading and speaking skills while having fun. An organizing meeting will be held December 10<sup>th</sup> at 1:30 pm, St. Mary's Parish Centre, with our first club meeting in January. Father Shawn will be joining this group to improve his conversational French. Contact Louise Meloche at [613-766-7632](tel:613-766-7632) or at [ljmsservices@outlook.com](mailto:ljmsservices@outlook.com) for more info. All levels are welcome! *À bientôt!*

**HOLY FAMILY PARISH HOLLY JOLLY CHRISTMAS CRAFT & BAKE SALE** Holy Family School: 114 Wiley St. Kingston, Sat., Dec. 3rd: 10 am to 4 pm & Sun., Dec. 4: 10 am to 1 pm. **FREE ADMISSION – DONATION TO FOOD BANK APPRECIATED.**

**Regiopolis-NotreDame Arts** Presents Disney's The Little Mermaid - A Broadway Musical, December 7 to the 10th at 7 pm Tickets are \$12 for Students, \$20 for Adults. A Saturday Matinee will be performed Dec. 10 at 2 pm - Tickets \$15 Adults, \$8 Students, and \$6 for children. We hope to see you Under the Sea!

**Campaign Life Coalition Christmas Cakes:** will be sold at St. Mary's Cathedral after all Masses on December 3/4<sup>th</sup> and December 10/11<sup>th</sup>, 2016 . For a donation of \$25.00 to CLC's Pro-life work you will receive a beautiful boxed deluxe Christmas cake. We also have a regular bar cake for \$15.00. They make great Christmas gifts! *Also for the first time...we will be offering all-natural and*



*hand-made chocolate bars from the COCO chocolate company.* Contact: Betty Roy or CLC at 613-389-4472.

**The CWL from St. John the Apostle Catholic Church,** 88 Patrick St. Kingston is hosting a ham supper with all the fixings on Wed. Dec. 7 at 5:30. Cost is \$10.00 per ticket, \$5.00 for 5-10 year-olds, and free for under 5. Everyone welcome! Please contact Mary Amodeo at 613-544-2305 or Theresa Miller at 613-542-3117 to reserve your tickets.





### Christmas Day Lunch

Looking way ahead...but we need to! The Parish Pastoral Caring Team is organizing for the annual Christmas Day Dinner for those who are alone or who are unable to prepare a Christmas Day dinner for themselves. Again this year we are reaching out to serve the needs of more people within our local community. In addition to our annual Christmas Day Dinner at the Parish Centre immediately following the 10:30 am Christmas Day Mass, we will also hold a Christmas Day Dinner at Holy Family School in Rideau Heights. At both venues, a complete turkey dinner will be served from 12:00 pm noon until 2:00 pm. Numerous volunteers are needed to assist with set up, with serving and with clean-up afterwards at both locations. Donations of home baked food items would be greatly appreciated. This is a great opportunity for discipleship by giving of oneself in imitation of God's great gift of Himself, which we celebrate on Christmas Day. We ask that you prayerfully consider volunteering at the dinners as we strive to serve the less fortunate in our community during this joyous time of the year. Individual volunteers, as well as entire families, who served at our previous Christmas Day dinners, stated that it was one of the best Christmases they have ever experienced thus reaffirming that those who give of themselves to others receive many graces in return!!! Come and experience for yourself the joy of giving. If you are interested in volunteering or are willing to contribute baked items, please contact Ann Lyng at 613-546-5521 Ext 5 or [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

## ST. MARY'S CATHEDRAL PARISH / HOTEL DIEU HOSPITAL 2016 COAT DRIVE:

### HOTEL DIEU HOSPITAL WILL COLLECT THE COATS:

Hotel Dieu Hospital is looking for clean, gently used winter coats for the 2016 Coat Drive. Down- filled style coats and ski jackets (washable- no wool or fur), warm mitts, hats, scarves and winter boots in good condition for men, women and children are urgently needed. Large, XL and XXL sizes for men and women are particularly needed. Collection began October 11 and continues to December 16.



**ST. MARY'S CATHEDRAL PARISH WILL DISTRIBUTE THEM:** Volunteers are needed to help with the Winter Coat Drive: Volunteers are needed to help with distribution of coats. The distribution will be located ONLY at St. Mary's Parish Centre. It will operate Monday to Friday from 1:00 to 4:00 pm, November 28, 2016 to January 13, 2017. Any assistance during that time would be most appreciated. To volunteer or for more information about volunteering, contact Ann Lyng 613-546-5521 Ext. 5 or [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

## Singers are needed for our Christmas choir under the direction of Catherine Helferty, our Organist and Music Director.



Please prayerfully consider joining the **Christmas Choir** for the month of December this year. The choir will be singing at two Christmas Eve Masses: 7:30 pm and at Midnight Mass, with half an hour of music before each Mass. We will be rehearsing from 8:00 pm to 9:00 pm on Mondays December 5th and 12th and on Monday December 19th from 7:00 pm to 9:00 pm. If you would like more information or would like to sign up, please contact Catherine Helferty at [catherinehelferty@hotmail.com](mailto:catherinehelferty@hotmail.com)



**Pope Francis dedicated his homily at morning Mass last Tuesday** in the Casa Santa Marta to a reflection on death. As we close the liturgical year this past week and begin a new liturgical year this First Sunday of Advent this reflection is good for all of us.

Taking his cue from the day's reading from the book of Revelation, the Pope's homily focused on the reality of how all of us will face Jesus on the day of judgement, Vatican Radio reported.

The Holy Father acknowledged that death is not something we like to think about, but is a reality we

all face. He said he keeps a diary in which he notes the date of a person's death, so that as each year passes and he sees the anniversary, he reflects on how time has passed.

The Pope said this obliges us to think about what we'll leave behind: "We'd do well to think: 'But what will the day be like when I will be in front of Jesus? When He asks me about the talents that he gave me, what use I made of them, when He will ask me: how was my heart when the seed was dropped, like a path or like thorns: that Parable of the Kingdom of God. How did I receive His Word? With an open heart? Did I make it germinate for the good of all or in secret?'"

Pope Francis quoted from the Gospel reading that warns Christians not to be deceived. And the deception being spoken about, he explained, is alienation, estrangement, the deception of superficial things that do not have transcendence, the deception of "living as though we never had to die." When the Lord comes, the Pope asked, "how will he find me? Waiting for Him or in the midst of the many 'alienations' of life?"

"I remember as a child, when we went to catechism we were taught four things: death, judgement, hell or glory. After the judgement there is this possibility. 'But Father, this is to frighten us...' 'No, this is the truth because if you do not take care of your heart, because the Lord is with you and (if) you always live estranged from the Lord, perhaps there is the danger, the danger of continuing to live estranged in this way from the Lord for eternity.' And this is a terrible thing!"

Pope Francis concluded his homily by urging his listeners to think about their day of judgement and how they will fare but not to fear that moment because the Lord tells us, "remain faithful until death and I will give you the crown of life."

"Fidelity to the Lord does not disappoint. If each one of us is faithful to the Lord, when death comes, we will say like Francis (of Assisi) 'come sister death...' we won't be afraid. And when the day of judgement comes, we will look at the Lord: 'Lord I have many sins but I have tried to be faithful.' And our Lord is good. I give you this advice: 'be faithful until death – said the Lord – and I will give you the crown of life.' With this fidelity we won't be afraid of death, when we die we won't be afraid of the day of judgement."

# A Spiritual Program Proposal for Advent

**“Rejoice in the Lord always; again I will say, Rejoice.**

**...The Lord is near.” St. Paul’s letter to the Philippians 4:4-5.**

Several years ago I found much of what appears below in an article written by Father Thomas Rosica of Salt and Light Productions. I have altered it here and there but the bulk of it remains Father Rosica’s.

One of the great stars of the Advent season is John the Baptist. The gospels of Mark and Matthew attest to the large numbers who heard him and went out to see him. The Baptist was a man of the desert and began his preaching there.

Throughout biblical history, leaders and visionaries have gone to the desert to see more clearly, to listen intently for God’s voice, to discover new ways to live. The “desert” or “wilderness” is that holy place where God’s word is unbound and completely free to be heard. Advent offers us a chance to return to our deserts and discover the word that God has spoken to us.



Luke makes vivid in his gospel the meaning of repentance and forgiveness which John the Baptist preached. It was not to consist simply in sentiments of sorrow and remorse, but rather repentance translated into concrete actions.

There was a great sense of expectancy among the people of John’s time for a Messiah. The crowds asked him, “What then shall we do?” to prepare for the coming of the Messiah. The Baptist told those with two coats to share one with those who had none. Likewise, those with an abundance of food were to share with the hungry. Tax collectors were told to collect no more than was appointed to them. Soldiers were to rob no one and be content with their wages. People in general were told to be generous, just, honest, grateful and compassionate.

While in prison, John began to hear about the deeds and message of Jesus. John sent his own disciples to Jesus to ask him: “Are you he who is to come, or shall we look for another?” (Matthew 11:3)

Jesus, according to Matthew, sent back the message: “Go and tell John what you hear and see: the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. And blessed are those who take no offence to me.” (Matthew 11:4-5)

John probably expected a fiery social reformer certainly not someone who would associate with the poor, the lame, the blind, outcasts and sinners. Yet Jesus invited John to look around and see the works that had already been accomplished. At times, our Messiah is just so ordinary that we overlook his presence, his message and his works.

What then shall we do to prepare for His birthday this year? Let me suggest a plan of action for these final weeks of 2012: Carve out a little piece of desert in the midst of the busyness of your life. Maybe say “No, thank you,” to one or two of the many invitations we receive this time of year. Take a little



time for reflection. Go to that desert place and listen to God's voice. Take some time to prayerfully reflect on the depth of God's love for you personally in His coming to us in Jesus Christ.

When you have taken a little time in "the desert" in prayer, then put skin on God and .... a) Mend a quarrel. b) Build peace. c) Seek out a forgotten friend. d) Dismiss suspicion and replace it with trust. e) Send a Christmas card to someone with whom you are not reconciled. It is so easy to do that this time of year. A simple card saying that you were thinking of them at this time of year. It could go a long way to mending those broken relationships. f) Share some treasure. g) Give a kind answer even though you would like to respond harshly. h) Take time for those around you. Ultimately we have such a short time here. Make it count. In this day and age our time seems to be our most precious commodity. Don't hoard it to yourself. Find the time. Make time. Take time with others.

Focus on people not on things. I've yet to see a U-Haul at any funeral. I've never met a seriously ill person who wished they had spent more time at the office! a) Manifest your loyalty in word and deed. b) Keep a promise. c) Forgo a grudge. d) Forgive an enemy. e) Listen more. f) Apologize if you were wrong. g) Be kind even if you weren't wrong! h) Try to understand. i) Scoff at envy. j) Examine the demands you make on others. k) Think first of someone else. l) Appreciate. m) Be kind and gentle. n) Laugh a little. Laugh a little more. o) Deserve confidence. p) Take up arms against malice. q) Decry complacency. r) Express gratitude. s) Go to church. Stay in church a little while longer than usual. Drop by for a visit through the week. The doors are open throughout the day. t) Welcome a stranger. u) Gladden the heart of a child. v) Take pleasure in the beauty and wonder of the earth. w) **Speak your love. Speak it still once again. Speak it even more loudly. Speak it quietly. And in the midst of everything, rejoice! The Lord is near!**

By being more like Him, by allowing Him to change us, the Kingdom comes close to us, and very close to all those we encounter.

Have a wonderful Advent of preparation for the glorious celebration of Christmas. Use the above as a prayerful examination. Reread it over and over, maybe each Sunday in Advent and work on its suggestions throughout the week. Incorporating the above into your everyday life is what it truly means to be ready for Christmas.

In Christ,

*Father Shawn*

*P.S.*

A carefully prepared confession is the very best way to prepare for Christmas. Taking what you have not succeeded with in the above and doing a good examination of conscience and repenting in a Sacramental Confession will bring you to Christmas completely prepared to receive the Lord in a powerfully new way this Christmas season.

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