

# 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

## *Prophecy Fulfilled!*

### Old Testament Prophecy:

“Therefore the Lord himself will give you a sign. Behold, the virgin shall conceive and bear a son and shall call his name Emmanuel.” (Isaiah 7:14, 8<sup>th</sup> century, B.C.)

### New Testament Fulfillment:

“Behold, the virgin shall conceive and bear a son, and they shall call his name Emmanuel” (which means, God with us). (Matthew 1:23, 1<sup>st</sup> century A.D.)



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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

Regular Opportunities for Confession

One half hour prior to every Mass held in the Cathedral

Wednesdays 1 pm – 5pm, Saturdays 4 pm – 4:50 pm

## Fourth Sunday of Advent

### Contacts

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#728:** Scott Sanderson  
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Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)  
**University Chaplain:**  
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**Creighton Model Fertility  
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**Serena, Sympto-Thermal Method  
of Family Planning:**  
[www.serena.ca](http://www.serena.ca)  
[serenakingston@gmail.com](mailto:serenakingston@gmail.com)  
**Adoration:** Natalie Holland,  
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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. Please contact Natalie at 613-876-1801.

### Christmas Mass Schedule:

Christmas Eve: Sat., Dec. 24<sup>th</sup>, 5 pm & 7:30 pm

Christmas Day: Sun., Dec. 25<sup>th</sup>, 12 am Midnight, 8 am & 10:30 am

Christmas Day Lunch: A full Christmas dinner for whoever would like to join us that day, especially those who will be alone or who are not able to prepare their own Christmas dinner.

Please note there will NOT be a Sunday Evening Mass Christmas Day.

There also is no 7:45 am Mass Dec. 26<sup>th</sup>.

### New Year's Mass Schedule:

New Year's Eve: Sat., Dec. 30<sup>th</sup>, 5 pm & a special Holy Hour of Adoration from 11 pm to 12 am midnight to pray for our parish for the upcoming year.

New Year's Day: Sun., Jan. 1<sup>st</sup>, 8 am & 10:30 am

Please note there will NOT be a Sunday Evening Mass New Year's Day.

### Confessions Schedule:

#### Usual Daily Schedule:

½ hour before every Mass that takes place in the cathedral: 11:30 am – 12:00 pm noon, Mon. to Fri., 4:00 pm to 4:50 pm on Sat., and Sundays 7:20 am to 7:50 am; 9:50 am to 10:20 am, & 7 pm to 7:20 pm and Wednesday afternoon from 1 pm to 5 pm.

#### AND ADDITIONALLY:

Wednesday, Dec. 21<sup>st</sup> from 7 pm to 9 pm

Thursday, Dec 22<sup>nd</sup> from 7 pm to 9 pm

### MANY HANDS MAKE LIGHT

#### WORK!!!!

**WE NEED HELP WITH THE  
CHRISTMAS DECORATION OF  
THE INTERIOR OF THE  
CATHEDRAL!!!!**



Anyone willing and able to assist with the putting up of the Christmas trees, assembling the Christmas Manger Scene or assisting in any other way, we will be decorating on Thursday, Dec. 22<sup>nd</sup> beginning at 9:00 am. Please contact Janice Lumb if you can help: 613-389-1305. Many hands do make light work!!!!

**Masses:**

**Monday Dec 19th**

7:45 am David Gilhen, in thanksgiving for blessings received

12:10 pm Teresa Kwiatek

**Tuesday Dec. 20th**

7:45 am Intentions of Fr. Stéphane

Pouliot and SASE Kingston

12:10 pm Nora Kariayanis

**Wednesday Dec. 21st**

7:45 am Souls in Purgatory

12:10 pm Emilio Ruffolo

**Thursday Dec. 22nd**

7:45 am Teresa Kwiatek

12:10 pm Mary & James Lyng

**Friday Dec. 23rd**

7:45 am Intentions of Adora Jackson

12:10 pm Norton & Gwendolyn Collins

**Saturday Dec. 24th**

7:45 am Deceased members of Ryan, Johnson & Reid families

5pm Christmas Eve

7:30 pm Christmas Eve

**Sunday Dec. 25th**

12:00 am Christmas Day

8 am Christmas Day

10:30 am Christmas Day

7:30 pm No Mass

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



**OPPORTUNITIES TO PRAY IN SILENCE BEFORE JESUS IN THE BLESSED SACRAMENT.**

Every day (Mon. to Fri.) in St. James Chapel (on the north end of the cathedral) from immediately following morning Mass until 8 pm in the evening. Saturday 8am to 4:30 pm and Sunday 8am to 7 pm.

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

As you know the first family we sponsored relocated and are settled in Québec City. The family has settled in well with the Burundi cultural community there. Lexon and Exera, the oldest sons, would like to return to Kingston beginning in January, to study English and hopefully continue their academics here. It would be greatly appreciated if anyone were willing to loan, or give a low rent on a room for their first month here, until they are settled. If you are able to help with accommodations for these two young men, please contact Angela at [stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

Many have been asking for an update concerning our second sponsored family. The paperwork is still underway to bring a family of 10 to Kingston from Africa. The family is currently dispersed between refugee camps in Rwanda and Uganda, with the youngest daughters of the family still in hiding in Burundi. Their file has been approved by Immigration Canada and has been sent to the Canadian Visa Office in Dar Es Salaam for processing. The refugee committee has been in touch with this office to supply the last of the needed papers, and we are just waiting for the family members to be screened and interviewed before being granted travel papers. This process could take some time; it is impossible to estimate their arrival date just yet. The mother of the family has already arrived and has settled in to life in Kingston and is working full time helping other newcomer families. She is sometimes worried for her family's safety, and greatly appreciates our prayers and support.

**Adoration of the Holy Eucharist by Father Martin Lucia**

Standing up for Christ today In the Blessed Sacrament is like standing up for Christ at Calvary, when only His Mother, Mary Magdalene and the Apostle John were there. On the cross Jesus was lifted up in hatred. Through perpetual adoration he is lifted up in a love where he pours out upon the world all of the graces that he won for us on the cross. Through perpetual adoration Jesus fulfills His promise, which was the first reading for the feast of Christ the King. "I myself will pasture my sheep. The sick I will heal".

From the Blessed Sacrament He fulfills the desire of His heart: "I have come to cast fire upon the earth and would that it be inflamed." From the Heart of Jesus in the Blessed Sacrament comes the fire of His Divine Love and Mercy that will renew the face of the earth.

No one stood up more for Christ in the Blessed Sacrament than the Holy Father, now St. John Paul II. On June 13, 1993, at the 45<sup>th</sup> International Eucharistic Congress in Seville, Spain he proclaimed that the fruit of the congress be the establishment of perpetual adoration in ever parish and Christian community throughout the world.

Is Jesus important enough to you to set aside one special hour each week to be with HIM?

Just one hour once a week is all that He is asking. This is a simple matter of putting first things first. "In everything you do, put God first, and He will direct you and crown your efforts with success".

People are hesitant in making a commitment for a specific hour because they let everything else come before Jesus in the Blessed Sacrament. Your faith will make this commitment easy! Your faith will help you realize this with conviction: The most important thing that you will do this week is spend an hour with Jesus in the Blessed Sacrament. Think of the words of Pope St. John Paul II: "Jesus waits for us in this Sacrament of Love.

Your willingness to choose an assigned hour is a precious expression of your faith that Jesus in the Blessed Sacrament is welcomed, loved, and adored by you. When you get to heaven, Jesus will spend all eternity thanking you and loving you for your fidelity in spending one specific hour with Him in the Blessed Sacrament each week. This is why He says: "BLESSED ARE THEY WHO DO NOT SEE AND YET BELIEVE."

**I am thrilled to announce a new member hired for Our St. Mary's Leadership Team: Scott Sanderson.**

Scott is a 26-year-old who is passionate about sharing the love of Jesus and the truths of his Church.

Originally from Cornwall, Ontario, Scott has lived in Kingston since 2008, when he began his studies at Queen's University. Upon graduating with a Bachelor of Arts in English Literature in 2012, he proceeded to earn a Bachelor of Education in 2013. Scott met his wife, Annie, when they were both students at Queen's, and they were married November 21, 2015 at Sacred Heart of Mary Church on Wolfe Island.

For the past three years Scott has served in the role as the Manager of the Newman House Catholic Chaplaincy at Queen's University and assistant to Fr. Raymond de Souza. His interest in the Church and Evangelization has taken him throughout Canada and around the world to Jerusalem, Rome, Poland, New York, and Chicago, and he has been blessed with opportunities to learn from some of today's great Catholic witnesses such as Bishop Robert Barron, Cardinal Timothy Dolan, George Weigel, and the missionaries of Catholic Christian Outreach, one of whom is his wife, Annie.

Since July 2016, Scott has served as the Grand Knight of our parish Knights of Columbus council #728, which also comprises the parishes of St. John the Apostle and Holy Family.

Scott will be very involved in reaching out to those who do not regularly come. Together with Ann Lyng he will be involved in coordinating Alpha. His official title will be Coordinator of Evangelization. He will be involved in marriage and pre-marriage ministry, is excited about starting a men's ministry program at St. Mary's, and developing many evangelization initiatives. Scott is particularly excited to reach out to those who do not regularly come to church through the use of creative strategies, bold witness, and the new media.

Together with Ann Lyng, the St. Mary's Coordinator of Ministries, and all staff and parishioners, I wish to warmly welcome Scott to St. Mary's Leadership Team and encourage you to do the same in person. You will be seeing lots of him in the New Year.

**WOW WHAT A POWERFUL IMPACT!!!!**

**ALPHA TESTIMONY**

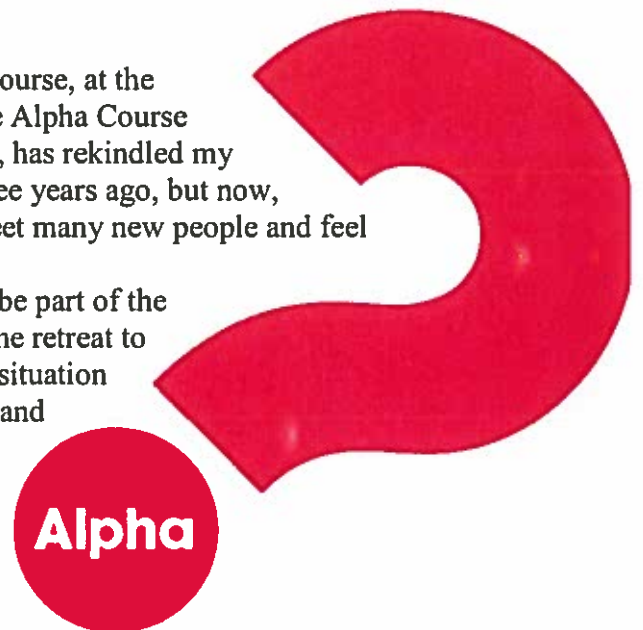
It was the Alpha retreat, the Holy Spirit weekend of the Alpha course, at the NAV Centre in Cornwall that confirmed my reasons for joining the Alpha Course from the start. The course, and especially the Holy Spirit weekend, has rekindled my faith. I returned to the practice of my faith at St. Mary's nearly three years ago, but now, feel that St. Mary's Cathedral is finally my parish. I've gotten to meet many new people and feel genuinely welcomed.

My husband, Peter, and I feel very blessed to have been able to be part of the Alpha program. Most importantly we believe God had us there at the retreat to give us the spiritual strength and affirmation to cope with a family situation that has recently hit a crisis level. The deepening of our prayer life and our affirmation of our faith has given us strength and peace.

Each week St. Mary's Parish Centre was beautifully decorated and a fabulous meal was ready for us at 6:00 pm! A short DVD was watched and then we had time for discussion in small groups. It was absolutely heart-warming to see so many people coming together to make this course possible for us.

The fellowship we experienced warmed our hearts and we are deeply appreciative of St. Mary's Cathedral Parish for hosting the Alpha course.

Sincerely  
Dorothy Wadeck





**Christmas Day Lunch**

**Volunteers are needed to assist with the set up and decorating the Parish Centre and with advanced food preparation on**

**December 22, December 23 and until noon on Christmas Eve.**

If you have some free time on those days, please consider volunteering a couple of hours to assist in advance preparations for the dinners. *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. 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 Moms and Tots:** next meeting is *Tuesday, Dec.20th, 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.

**Christmas Flowers in Memory of Your Loved Ones:** If you would like to make a contribution towards the Christmas Decorations in memory of a deceased member of your family, your family member will be prayed for at the 5 pm and 7:30 pm Masses offered on Christmas Eve. Please feel free to use one of the envelopes at the entrances to the cathedral or to fill out the form below and deposit it into the collection basket or drop it off to the parish office.

✂ ✂ ✂ ✂

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*CHRISTMAS FLOWERS OFFERING*



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Env. No.: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

For the repose of the soul of: \_\_\_\_\_ OR

For the intentions of \_\_\_\_\_

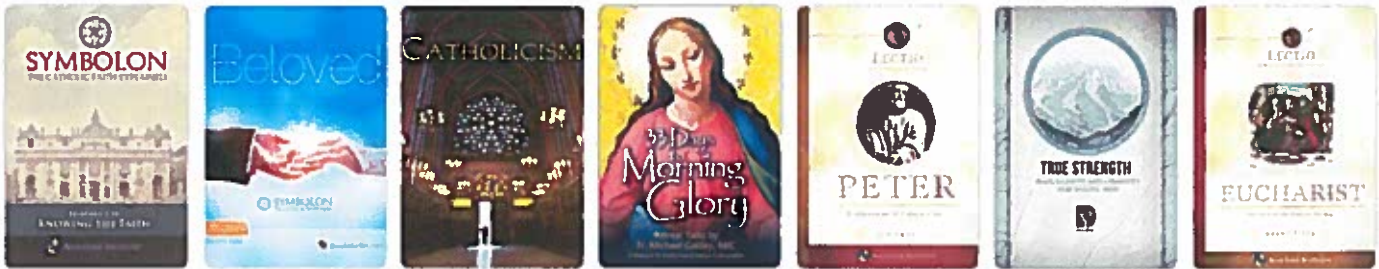
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*ST. MARY'S  
CATHEDRAL*

**CHRISTMAS  
DAY  
DINNER**

For those who are alone  
this Christmas or who are  
unable to prepare a meal for  
themselves

*December 25, 2016  
at 12 noon immediately  
following the 10:30 am  
Christmas Mass*

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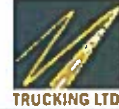
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