

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

**“Love your enemies.....
Be perfect as your heavenly
Father is perfect”
(Matthew 5:48)**

279 Johnson Street, Kingston, ON K7L 1Y5
613-546-5521.....smarvs@cogeco.net

Web Site: stmaryscathedral.ca

Office Hours: Mon. to Fri. 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

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

FEBRUARY 19TH, 2017
Seventh Sunday of Ordinary Time
Upcoming Events

Masses:

Monday Feb. 20th
7:45 am Father Bill Powell
12:10 pm Angelica & Ventura Dos Santos

Tuesday Feb. 21st
7:45 am Mavis Bracken, 1st anni.
12:10 pm Intentions of C.W.L.

Wednesday Feb. 22nd
7:45 am Father Bill Powell
12:10 pm Gary Murphy

Thursday Feb. 23rd
7:45 am Father Bill Powell
12:10 pm Clare Murray

Friday Feb. 24th
7:45 am Living & deceased members of Knights of Columbus # 728 and their families
12:10 pm Clare Toal

Saturday Feb. 25th
7:45 am Maria Riley
5pm Gunter & Lidwien Gräfe's intentions

Sunday Feb. 26th
8 am Mary Ellen Plummer
10:30 am for the people
7:30 pm Jan & Teresa Kwiatek

Ministries: Sat. Feb. 25th, 5 pm

Altar Servers	Peter M.	Lucas M.
Lectors	Lynn P.	Elizabeth N.
EM of the Eucharist	Donna N.	

Sunday Feb. 26th, 8 am

Altar Servers	Charles F.	
Lectors	Bill M.	Diane D.
EM of the Eucharist	Ann L.	Betty R.

Sunday Feb. 26th, 10:30 am

Altar Servers	Jude T.	Nick B.	Simon B.	Dominic B.
Lectors	Connie A. Cathy H.			
EM of the Eucharist	Domenica B.	Dianne I.	Connie A.	Betty G.
	Sr. Shannon	Jose C.	Bob C.	

Sunday Feb. 26th, 7:30 pm

Altar Servers	Students	
Lectors	Jake C.	Olivia S.
EM of the Eucharist	Ellen H.	

Please pray for our Sick:
Lidwien Gräfe, Beverly Harris, Pierrette Janzen, Theresa Knott, Hermina Lawlor, Marie Leggett, Rita Murray, Marcel Roy, Cathy Veley, Gordon Zinn.



ALPHA continues THIS WED. Feb. 22nd 6 pm - 9 pm



Catholicism 201 THIS THURS. Feb. 23rd 6 pm - 9 pm


St Mary's Moms and Tots: meet Tuesday, Feb.21st, 10-11:30 am at St Mary's Parish Centre.

The Catholic Women's League of Canada: St. Mary's Cathedral Council: Next CWL Meeting will be held Tues. Feb. 21st from 1-3 pm.



World Youth Day Presentation: Thurs, Feb. 23

there will be a World Youth Day presentation at St. Paul the Apostle Parish in the church hall (1111 Taylor Kidd Blvd, Kingston) from 7-8 pm. All are welcome! Some of the pilgrims who attended World Youth Day in Poland would like to share photos, videos and stories of their incredible experience. We appreciated all the prayers and financial support parishioners from across the archdiocese offered over the last 3 years as we journeyed towards WYD. This is a small way for us to say thank you! Refreshments will be served.



Krakow WYD 2016

Seniors' Lunch: March 1st, following the 12:10 pm Mass. Courtesy of St. Mary's Pastoral Caring.

Rite of Election: here at St. Mary's at 4 pm on the First Sunday of Lent, Sunday, March 5th at 4 pm. This is the Archbishop's formal reception of all those who are to be baptised, and who will receive the other sacraments of Initiation, Confirmation and first Holy Communion.

St. Mary's Parish Finance Committee: Wed. March 8th at 9 am.

Latin Mass: March 12th, 3 pm, St. James Chapel.

Contacts

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Planning: Ann Murray,
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Adoration: Natalie Holland,
nholland@cogeco.ca
613-876-1801
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 Sun. 11:30
am to 9 pm, Mon. to Fri. 8:15 am-
8 pm, Sat. 8:15 am to 5 pm.
Adorers needed: Mon. 8:15-9 am
& 9-10 am, Tues. 2-3 pm, Wed.
6-7 pm, Fri. 8:15-9 am, Sat. 9-10
am, 11 am-noon. Please contact
Natalie at 613-876-1801.



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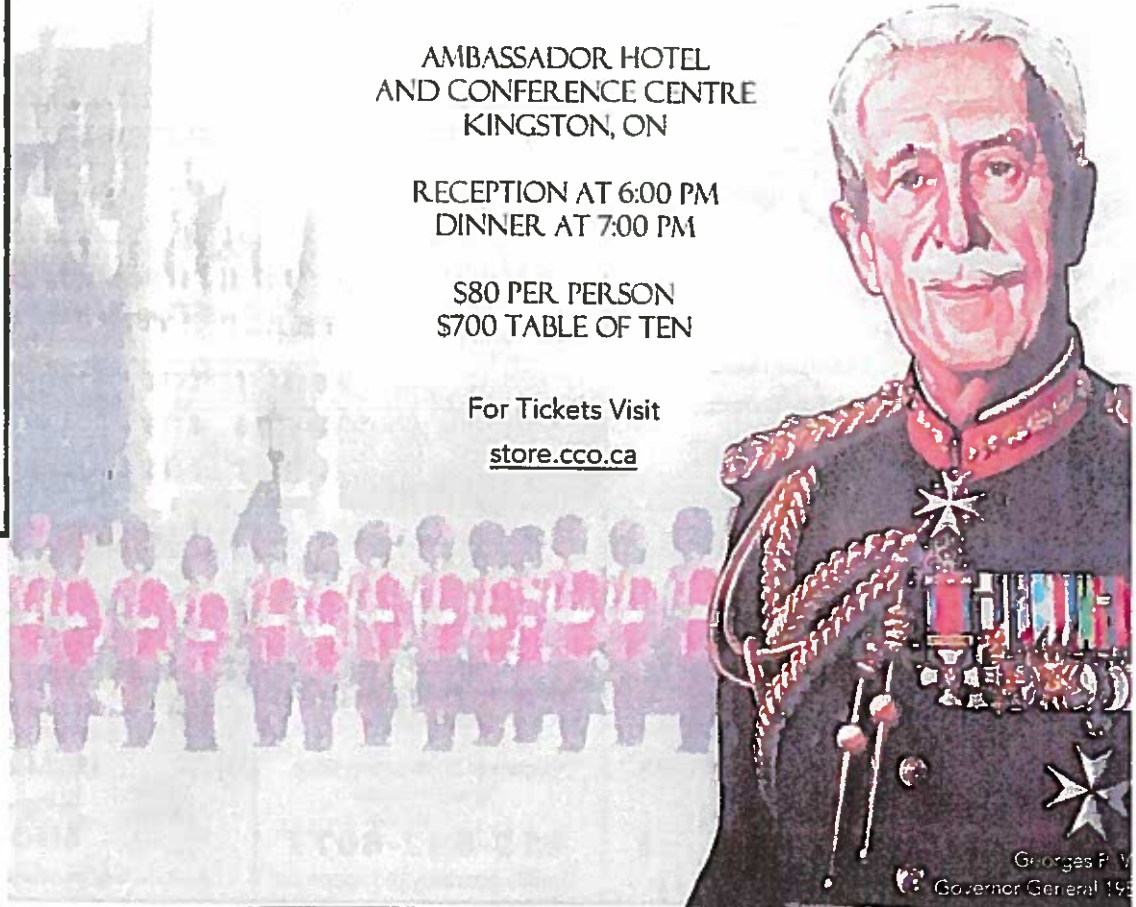
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CURSILLISTAS: Sunday, February 26, 2017 You are invited to an ULTREYA at St. John the Apostle Church Hall, 88 Patrick Street, Kingston beginning at 2:00 p.m. with a witness talk, response, small groups, music, prayer and refreshments. Come out to renew 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@bell.net

NATURAL FAMILY PLANNING: Billings Ovulation Method. Getting married in 2017? Already married? The next clinic is on Monday, Feb. 27 at St. Paul the Apostle Church in Room D from 7-8 pm (patio entrance). Call us at (613)544-8495 or email: kingston@naturalfamilyplanning.ca

PILGRIMAGE TO BARCELONA, LOURDES AND ROME: The year 2017 marks the 50th Anniversary of the founding of Our Lady of Lourdes Parish, Kingston, ON. As part of the celebrations, for this important milestone, the Parish is hosting a Pilgrimage to Barcelona, Lourdes and Rome. The date of the Pilgrimage is from October 10th to October 20th, 2017. Seats are available and may be reserved with a deposit of \$250.00, which is fully refundable until April 11, 2017. This Pilgrimage of thanksgiving will take us to Lourdes, the very place where Our Blessed Mother appeared to St. Bernadette. Please join us as we offer gratitude to Almighty God for the great blessings of the first fifty years of our beloved Parish. For further information and details, please contact Anne Routhier at Maritime Travel: 613-389-8170.



The Catholic Women's League would like to thank all of those who donated toiletries and cash for purchases recently. As we did last year, we collected twelve shopping bags full of essential items for Interval House. Our Lord thought twelve was a very good number and, as his disciples, so do we. Your kindness and generosity towards our sisters in need and their children is very much appreciated.



**I BRING YOU GOOD TIDINGS OF GREAT JOY:
UPDATE REGARDING ST. MARY'S MUSIC MINISTRY**

To date we have had 23 applications for the position of Organist and Music Director. Our selection committee had its inaugural meeting on Friday, February 11, 2017. We reviewed our top selections. Providentially every member had the same applicant as their top pick. This applicant comes with stellar qualifications and references. The references were all consulted and he was contacted and a full day of interviewing took place this past Tuesday. He spent 45 minutes playing our organ, followed by a one hour discussion/interview with Father Shawn, a two hour lunch/interview with the Leadership Team (Ann Lyng, Scott Sanderson and Father Shawn) and Ellen Hawman, to represent the choir. This was followed with two more hours of discussion with Father Shawn and a one hour of time spent with other members of the staff individually. After consulting with each other and the rest of the selection committee we agreed that we feel we have found our candidate. An offer of employment was made on Wednesday and accepted. Our new organist will begin before Holy Week. We as a congregation will see/hear him for the first time on Palm Sunday. At this time I am not revealing his name as all the t's and i's yet need to be crossed and dotted and he submits his resignation from his current parish contract. Stay tuned next week for that information. I am very excited. This is a very, very positive step that will take our Music Ministry here at St. Mary's to a whole new level. Thank you for your prayers.

The Sermon on the Mount

(Matthew Chapters 5, 6 to 7:21)

We have been meditating on the Sermon on the Mount for the past four weeks. Here is a review of what we have heard so far.

- 1) 5:3-12: The Beatitudes. Blessed are: the poor in spirit, those who mourn, the meek, those who hunger and thirst for righteousness, the merciful, the pure of heart, the peacemakers, the persecuted.**
- 2) 5:13-17: Disciples' relationship to the world: Salt of the Earth; Light to the World.**
- 3) 5:17-20: Jesus is the culmination of God's self-revelation.**
- 4) 5:21-26: Disciples must respect life and work for reconciliation.**
- 5) 5:27-30: Disciples must not just avoid adultery, they must have hearts free of lust.**
- 6) 5:31-32: Disciples must respect the marriage commitment.**
- 7) 5:33-37: Disciples must respect the truth. "Above all my beloved, do not swear by heaven or by earth or by any other oath, but let your "Yes" be yes and your "No" be no, so that you may not fall under condemnation." James 5:12.**
- 8) TODAY'S GOSPEL : Disciples must not return violence for violence. Dr. Martin Luther King once said: "Love for enemies is the key to the solution of the problems of our world. Jesus is not an impractical idealist, he is THE practical realist. Our responsibility as Christians is to discover the meaning of this command and seek passionately to live it out."**

Lent at St. Mary's

Lent begins soon on Ash Wednesday, March 1. Masses Ash Wednesday with the distribution of Ashes at the 7:45 am, 12:10 (Archbishop O'Brien presiding) and 7 pm Masses. In his letter to prepare us for Lent the Holy Father says: Soon "we will embark in a new Lenten journey. Prayer, mercy and charity, conversion of heart, these are both our pillars and our solid ground, paving the road towards the Passion and the Resurrection of our Lord Jesus Christ. *"Where is your brother?"* (Gen 4:9) Pope Francis asks in his 2015 Lenten message. He makes a call for each of us to find "our brother" and unite "ourselves in prayer with the Church in heaven." Stand firm and hold fast to this call since "we (all) are tempted by indifference."

We are asked to search again for that "strong and steadfast heart, closed to the tempter but open to God. A heart which lets itself be pierced by the Spirit so as to bring love along the roads that lead to our brothers and sisters." "Let us not underestimate the power of so many voices united in prayer!" Pope Francis urges us in his message.



STATIONS OF THE CROSS: This beautiful meditation on our Saviour's last hours is traditionally prayed on Fridays throughout the year and more often in Lent. Using various formats and various leaders we will pray it after every 12:10 pm Mass, Monday to Friday, Friday evenings at 7 pm and one half hour before all the Sunday Masses. Please include this beautiful prayer as part of your Lenten preparation of your heart to celebrate, in a deeper way this year, the Great Solemnity of Our God's Love for us in His Suffering, Death and Resurrection.

Mark your calendars!

THE BEATITUDES: EVENING OF REFLECTION

Tuesday, March 21, 2017 at 7 pm – 9 pm in St. Mary's Parish Centre led by Father Shawn

The Beatitudes summarize the whole of the Christian vocation. They define what it means to be a disciple of Jesus Christ. "The Beatitudes are at the heart of Jesus' preaching. They take up the promises made to the chosen people since Abraham. The Beatitudes fulfill the promises by ordering them no longer merely to the possession of a territory, but to the Kingdom of Heaven." (*Catechism of the Catholic Church 1716*) They are concerned with virtue and how a believer in Jesus Christ can achieve that virtue. They are the blueprint or road map of the Christian life. Disciples of Jesus Christ strive to live the Beatitudes in their lives. They guide. They teach. They point. Beatitude comes from the Latin *beatus* meaning happiness. They not only bring a believer into a state of peace and happiness, but, if followed completely, will bring the believer right into the Kingdom of God after our journey on this earth is over. Join Father Shawn for this one evening of exploration of this road map to beatitude.

The Discernment of Spirits: An Ignatian Guide for Everyday Living

Saturday Mornings: March 11, 18th, April 1, & 8th

St. Mary's Parish Centre 9:30 am to 12 noon

Something fundamental in every life of faith are the alternations of joy and fear, peace and anxiety, hope and discouragement that every human heart experiences as it journeys toward God. These alternations matter. The joy of experiencing God's closeness instills new energy into the effort to love and serve. The darkness of discouragement and fear chills that quest and may overwhelm it completely. All faithful persons in all walks of life (lay, consecrated, clergy) experience some form of these inner spiritual fluctuations; times of energy and desire for the things of God, and other times when that energy and attraction wane. We are not helpless in the face of such contrasting movements of the heart. There is a way for us to understand these complex spiritual experiences. We can learn to respond wisely to these changes in our hearts. This is the wisdom at the heart of the spiritual life and it is called the Discernment of Spirits. Join Father Shawn as he explores St. Ignatius of Loyola's Rules of Discernment to gain the insights that are necessary for spiritual growth today. These four "workshops" are for all who desire a greater awareness of God's action in their daily spiritual lives. So that we can plan handouts and hospitality please register by emailing smarys@cogeco.net or call Suzanne in the parish office, 613-546-5521 ext. 3.



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From the **Renewal Ministries** team
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