

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**

Jesus said to the man born blind; "As long as I am in the world, I am the light of the world... go and wash in the pool of those who are sent."



279 Johnson Street, Kingston, ON K7L 1Y5

613-546-5521

smarys@cogeco.net

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, 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

Masses:

Monday Mar. 27th

7:45 am Fr. Bill Powell (estate)

12:10 pm John Duarte, 2nd anni.

12:40 pm Stations of the Cross

Tuesday Mar. 28th

7:45 am Fr. Bill Powell (Estate)

12:10 pm Monsignor Don Clement

12:40 pm Stations of the Cross

Wed. Mar. 29th

7:45 am The intentions of parishioners

12:10 pm Ellen Barrett

12:40 pm Stations of the Cross

Thursday Mar. 30th

7:45 am Monsignor Don Clement

12:10 pm Intentions of Daniella Park & Jaimie Choi

12:40 pm Stations of the Cross

Friday Mar. 31st

7:45 am Fr. Bill Powell (estate)

12:10 pm Living & Deceased members of Knights Of Columbus # 728 and their families

12:40 pm Stations of the Cross

Saturday April 1st

7:45 am Gordon Zinn

4:30 pm Stations of the Cross

5pm Joan, Peter & Caroline Delva

Sunday April 2nd

8 am Monsignor Don Clement

10:00 am Stations of the Cross

10:30 am for the people

7:00 pm Stations of the Cross

7:30 pm Barbara Gail Mulville, 9th anni

Fourth Sunday in Lent Upcoming Events

THIS FRIDAY & SATURDAY:

24 HOURS FOR THE LORD! CONFESSIONS WILL BE HEARD FROM 1 PM FRIDAY, THROUGH THE EVENING AND NIGHT 'TIL 5 PM SATURDAY. PRIESTS FROM AROUND THE CITY OF KINGSTON WILL BE TAKING TURNS IN THE CONFESSIONAL. COME AND BASK IN THE LORD'S FORGIVING MERCY.

FINAL ALPHA CLASS OF THIS COURSE: **WED. March 29th, 6-9 pm.**

Billings Life is a scientific-based method of fertility management that respects the sacredness of life from the moment of natural conception. It is based on a woman's natural signs of fertility and infertility. The next clinic is Mon. March 27th at St. Paul the Apostle Church from 7-8(patio entrance). Call us at 613-544-8495 or email: kingston@naturalfamilyplanning.ca.

VOLUNTEERS NEEDED: St. Mary's of the Lake Hospital and Mental Health Services is gearing up to move into the new Providence Care Hospital in mid-April, and the Mass time has changed to 2:00 p.m., this will allow people to attend their own parishes in the morning and volunteer in the afternoon. If you have any questions, I would ask that you contact: Patricia Van Boxmeer, Secretary to Rev. Dr. Neil Elford at Providence Care, vanboxmp@providencecare.ca, (613) 548-5567, Ext. 2225.

St Mary's Moms and Tots: meet Tuesday, April 4th, 10-11:30 am at St Mary's Parish Centre.

Please pray for our Sick: Baby Madelin, Dorothy Battalia, Lidwien Gräfe, Lucy Huisman, Theresa Knott, Hermina Lawlor, Marie Leggett, Rita Murray, Crystal St Aubin, and Cathy Veley.

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, and one half hour before the Saturday 5 pm & Sunday 10:30 am & 7:30 pm 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 at Easter.

Ministries: Sat. April 1st, 5 pm

Altar Servers	Barry M.	Glen M.
Lectors	Lynn P.	Sandi W.
EM of the Eucharist	Anne H.	

Sunday, April 2nd, 8 am

Altar Servers	Doug S Betty R Emily R	
Lectors	Betty R.	Janet W.
EM of the Eucharist	Theresa D.	Maria C.

Sunday, April 2nd, 10:30 am

Altar Servers	Jack R.	Mario D.
	Bohdan Y.	Doug S.
Lectors	Connie A.	Janice L.
EM of the Eucharist	Sr. Shannon	Dianne I.
	Gail M. Ed M.	Jose C.
	Betty G.	Bob C.

Sunday, April 2nd, 7:30 pm

Altar Servers	Students	
Lectors	Sara B.	Oliva S.
EM of the Eucharist	Pene L.	

Contacts

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fathershawnjhughes@gmail.com

Deacon Blaine Barclay,
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Parish Office Administrator:
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Co-ordinator of Ministries AND
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lesliedarling37@gmail.com

Parish Council Secretary; Ellen
Hawman,

ellen.hawman@sympatico.ca

Catholic Women's League:
Ellen Hawman

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Co-ordinator of Evangelization
AND Knights of Columbus

Council #728: Scott Sanderson
scottsanderson2@gmail.com

Finance Committee: Chair Mark
Levac, mark@levacsupply.com

University Chaplain:

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Billings Method Natural Family
Planning: Ann Murray,

kingston@naturalfamilyplanning.ca

Creighton Model Fertility

Care™ System: Caitlin Fitzpatrick
cjfitzpatrick@outlook.com

Serena, Sympto-Thermal Method
of Family Planning:

www.serena.ca

serenakingston@gmail.com

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. 4-5, 6-7 pm, Thurs. 2-3, Fri. 8:15-9 am, Sat. 9-10 am, 11 am-noon. Please contact Natalie at 613-876-1801.



community of Bethlehem, the birth place of Jesus, is selling their hand crafted olive wood religious items to the pilgrims who visit the area. The past few years have been extremely hard for the community as a result of declining tourism. Some Christians responded by fleeing the Holy Land, and the absence of a living Christian community is very dangerous for the Holy Sites such as the Church of The Nativity. Please stop and look at their display next weekend. These beautiful handcrafted religious objects make great First Holy Communion, Confirmation and even Wedding gifts. Please be generous to our struggling Christina sisters and brothers in the Holy Land.



Acies Sunday, March 26 at 2:00 Kingston Diocesan Legion of Mary will be held at Our Lady of Lourdes Catholic Church on Days Road, beginning with the rosary and followed by Mass celebrated by Archbishop O'Brien. Refreshments to follow. Everyone welcome!



There's a spot on the bus for you! St. Patrick's, Napanee, Annual Pilgrimage to Our Lady of the Cape Shrine, Cap-de-la-Madeleine, Quebec (including St. Joseph's Oratory, Montreal and Ursulines Museum at Trois-Rivieres), Monday June 5 through Wednesday June 7, 2017. Cost: \$365/single; \$315pp/double; \$310 pp/triple. Pick-up and drop-off at specific locations between Belleville and Brockville. Includes transportation, accommodation, most meals, admissions to sites, and abundant blessings! Contact Alphonse Poitras, 613-354-7643, alphonse.poitras@gmail.com. Payment must be received by April 3rd to reserve your spot.

BIRTHRIGHT invites you to take part in our third annual "Change for Life" baby bottle drive on Mother's Day weekend.

Last year, St. Mary's parishioners donated \$1340 to help our pregnant moms and babies. Out of 80 bottles which were distributed. 50 were returned. That means we still have 30 bottles left. If you have a baby bottle from last year, we would love to get it back so we can use it this year. Each bottle costs us approximately \$2.00 and we are hoping not to have to purchase too many replacement bottles. Thanks so much in advance.

Campaign Life Coalition's Kingston meeting on Tuesday April 18th, 7-9 pm at Isabelle Turner Public Library on Gardiner's Rd. Guest speaker: Jim Hughes, National President of CLC and Vice President of International Right to Life. Please bring friends and relatives. More info. call CLC 613-389-4472 or 613-382-1084.

A Lenten Reflection by Saint Peter Chrysologus,
(406 AD - 450 AD), bishop



Prayer knocks, fasting obtains, mercy receives

There are three things, my brethren, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. Prayer, mercy and fasting: these three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them; they cannot be separated. If you have only one of them or not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself.

When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show mercy to you.

Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold united prayer in our favor.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the psalmist said in prophecy: *A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.*

Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to give him yourself you are never without the means of giving.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, if you do not release the springs of mercy, your fasting will bear no fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others.

24 HOURS FOR THE LORD
GOD RICH IN MERCY
MARCH 31ST – APRIL 1, 2017



THIS FRIDAY AND SATURDAY
1 pm Friday, March 31st to 5 pm to
Saturday, April 1st, 2017 at 5 pm.

Here at St. Mary's Cathedral in solidarity with Pope Francis

Adoration of the Blessed Sacrament and Confessions available
throughout the night.

Priests from many of the Kingston parishes will be available to hear
your confession or just talk. Tell your family and friends.

Come and be showered with
the Lord's Mercy

PART III: CONTINUES SATURDAY, APRIL 1: The Discernment of Spirits: An Ignatian Guide for Everyday Living

If you missed the first two please feel free to come to the other two. The Next two sessions are addressing new areas of the Spiritual life.

Sat. Mornings: April 1st & 8th St. Mary's Parish Centre 9:30 am-12 pm

BE AWARE UNDERSTAND ACT

The past two sessions have discussed the 14 rules of St. Ignatius of Loyola discerning what is the difference between spiritual consolation and spiritual desolation and how God acts in each and how the enemy acts in each. The 14 rules also discuss what we are to do when we find ourselves in spiritual desolation.

These next two sessions cover the relatively unknown further 8 rules of St. Ignatius of Loyola in discerning between two spiritual consolations. When an undertaking awakens spiritual joy within us, is this joy, this happy sense of closeness to God, always a sign that God is calling us to the undertaking? If it is not, how may we distinguish when such joy is a sign of God's call and when it is not? And if, in a particular situation, such joy is not an indication of God's promptings, how are we to understand it?

These two sessions will seek to grasp clearly what persons who strive to "rise from good to better" in the service of the Lord they love, and who along the way, face sensitive and critically important discernment regarding spiritual consolation.

PHILIPPINE NIGHT AT ALPHA !!!

A very, very special thank you to the wonderful Filipino participants in our ALPHA course who generously provided and prepared the meal for our ALPHA session on Wednesday, March 22. Participants were treated to a delicious feast of homemade Philippine cuisine: rice, noodles, egg rolls, spring rolls and chicken. Many, many thanks to Erlinda Alfonso, Tessie Nobles and friends for thoughtfully preparing these exquisite delicacies for all ALPHA participants to enjoy !!! **THANK YOU !!!**



DAYTIME ALPHA COURSE

Thursdays 1 pm to 3:30 pm

Beginning April 20th

ALPHA is for everyone! It is for people in all walks of life and in all stages of life. It is for those who have left the faith, for those who have never encountered the faith and for those who want to discover more about their faith because they are missing something in their relationship with Jesus.

ALPHA IS FOR YOU AND YOU ARE INVITED

Our next **ALPHA** course will be held on Thursday afternoons, April 20 to June 22, 2017 from 1:00 pm to 3:30 pm at St. Mary's Parish Centre, 260 Brock Street. Join us each week for lunch, a video presentation on different topics of the Christian faith and small group discussions. **There is no charge for the course and all are welcome!** To register or for more information contact: Ann Lyng, Coordinator of Ministries, 613-546-5521 Ext. 5,

alyng@cogeco.ca

What Participants in the ALPHA Courses at St. Mary's Cathedral are saying:

"I continue to come to the course because I have found a community that truly cares for me. It means so much to be able to share meals together with others instead of eating alone. I look forward to our Wednesday evening sessions. They are the highlight of my week."

"As we move closer towards the completion of the course, I am becoming more and more aware that I do not want ALPHA to end. I want to continue seeing everyone and maintain the friendships that have formed over the past weeks. ALPHA has been a wonderful opportunity to journey in my faith with new friends."

"I have observed such a difference in people who participated in the first ALPHA course at St. Mary's Cathedral. The change is very apparent; they are happy, cheerful, content, peaceful. That is why I am taking this ALPHA course; I want that in my life."

"There is a lot going on in my family at the present time; we are dealing with a lot of pain and uncertainty about what the future holds. The ALPHA course has been a steadying influence for me during this unsettled time. Each week I look forward to the sharing and support of my group as we explore our faith together."

"The ALPHA course has enkindled my faith and given me the desire to help other people grow in their faith. That is why I am volunteering to be part of the team for the next ALPHA course. It has been a tremendous experience I want to share with other people."

Food
A chance to eat together

Talk
A short talk about the Christian faith

Discuss
A space to share your thoughts in small groups

ALPHA IS RUNNING IN
169
COUNTRIES AND IN
112
LANGUAGES

Ask anything about life, faith and God
#TryAlpha

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<p>WSP MMM GROUP</p> <p>Andy Huctwith, P.Eng., CAHP T: 613.546.2227 ENGINEERS FOR THE RESTORATION OF THE CATHEDRAL</p>	<p>SALT OF THE EARTH Fresh Produce Quality Firewood</p> <p>Phone: 613 331 3078 Email: farrowesalt@kingston.com Website: www.saltoftheearth.com</p>		<p>Join us for Sunday Lunch starting at \$6.69</p> <p>SWISS CHALET RESTAURANT & GRILL 1-866-439-0439 85 Dalton Ave (613) 547-0100</p>
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