

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



LENT BEGINS THIS WEDNESDAY

279 Johnson Street, Kingston, ON K7L 1Y5

Telephone: 613-546-5521, Fax: 613-546-1947

email: smarvs@cogeco.net Web Site: stmaryscathedral.ca

Parish Office Hours: Monday to Friday 9 to 5 pm, Closed 12 noon to 1 pm

Mass Schedule:

St. James Chapel: Mon.-Sat. 7:45 am Cathedral: Mon.-Fri. 12:10 pm

Saturday Vigil: 5:00 pm (no incense) Sunday Masses: 8:00 am (no incense),
10:30 am (incense is used), 7:30 pm (incense is used)

Opportunities for Confession "The Light is On!"

One half hour before each Mass held in the Cathedral

Additionally: Wednesdays 1 pm – 5pm & Saturdays 4 pm – 4:50 pm

3Masses:

Monday Feb. 12th

7:45 am Catherine, John & Earl Duffe

12:10 pm Deceased members of the Cobb family

Tuesday Feb. 13th

7:45 am Living & deceased members of the Kot family

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

Ash Wednesday Feb. 14th

7:45 am Cathedral - Ashes Catherine Delva

12:10 pm Cathedral- Ashes

Mary & Ann Lyng

7 pm Cathedral- Ashes

For a good Lent for the Parish

Thursday Feb. 15th

7:45 am Danylo Luciuk, 4th anni.

12:10 pm Siegmund family

Friday Feb. 16th

7:45 am Ruby Dookhan

12:10 pm Intentions of Wolfgang Bollian

Saturday Feb. 17th

7:45 am Ruby Dookhan

5:00 pm Elizabeth Bundalek

Sunday Feb. 11th

8 am Living & deceased members of the Kot family

10:30 am For the people of the parish

7:30 pm For the people

Ministries: Sat. Feb. 17th, 5 pm

Altar Servers	Barry M.	Dianne I.
Lectors	Lynn P.	Sandi W.
EM of the Eucharist	Adora J.	Mark M.

Sunday Feb. 18th, 8 am

Altar Servers	Charles F.	Doug S.
Lectors	Betty R.	Ann L.
EM of the Eucharist	Theresa D.	Maria C.

Sunday, Feb. 18th, 10:30 am

Altar Servers	Tiago F	Jude T	Jack R
Lectors	Pat B.	Janice L.	
EM of the Eucharist	Betty G.	Rita F.	Bob C.
	Domenica B.	Grace G.	Marietta M.
	Teresa K.		

Sunday, Feb. 18th, 7:30 pm

Altar Servers	Students
Lector	Dianne I. Michelle S.
EM of the Eucharist	Marlene M. Doug S.

LENT BEGINS THIS WEDNESDAY!

Wed., Feb. 14th: Ash Wednesday Masses with Distribution of Ashes –

All in the Cathedral 7:45 am, 12:10 pm & 7 pm



CONFESSIONS: WEDNESDAY: One half hour before each Mass and 1 to 7 pm

Sixth Sunday in Ordinary Time

Coming Events

Tues., Feb. 13th: Knights of Columbus meeting at 7 pm, Parish Centre.

Wed., Feb. 14th: Alpha continues in the Parish centre.

Thurs., Feb. 15th: The Bible and the Sacraments continues at 7 pm in the Parish Centre.

Sat., Feb. 17th: Next Men's Ministry, 7 – 9 am, Parish Centre.

Sun., Feb 18th: Rite of Election, here at St. Mary's, 4 pm.

Mon Feb. 19th: 33Days to Morning Glory; Lenten Project at 7 pm in Parish centre. See ad.

Tues., Feb. 20th: Moms & Tots at 10 am, Parish Centre.

Tues., Feb. 20th: Catholic Womens' League meeting, 1-3 pm, Parish Centre.

Thurs., Feb. 22nd: The Bible and the Sacraments continues at 7 pm in the Parish Centre.

Sat., Feb. 24th: Band Of Christian Brothers Men's Conference

Please pray for our Sick: Carmen Davies, Lois Hopkinson, Lori Keyes, Matthew McDonald, Tony Overvelde, Gabriel Sikema and Jim Wakelin.

World Day of the Sick: On Sunday, February 11, 2018, the Church celebrates the World Day of the Sick. This is an opportunity for us to highlight the healing ministry of the Church and our call to serve those who are ill. It is also an occasion to recognize those who care for the sick: doctors, nurses, health care workers, pastoral care givers, and family members.

The following is an excerpt from the Holy Father's Message for the 2018 World Day of the Sick:

"The Church's maternal vocation to the needy and to the sick has found concrete expression throughout the two thousand years of her history in an impressive series of initiatives on behalf of the sick. This history of dedication must not be forgotten. It continues to the present day throughout the world. In countries where adequate public health care systems exist, the work of Catholic religious congregations and dioceses and their hospitals is aimed not only at providing quality medical care, but also at putting the human person at the centre of the healing process, while carrying out scientific research with full respect for life and for Christian moral values. In countries where health care systems are inadequate or non-existent, the Church seeks to do what she can to improve health, eliminate infant mortality and combat widespread disease. Everywhere she tries to provide care, even when she is not in a position to offer a cure."

Contacts

Rector: Father Shawn J. Hughes,
fathershawnjhughes@gmail.com

In Residence:

Father Dan Ryan
Father Killian Eke
Father Antony Werunga

Deacon: Blaine Barclay,
blainebarclay31@gmail.com

Parish Office Administrator:
Suzanne, smarys@cogeco.net

**Co-ordinator of Ministries,
Pastoral Caring Coordinator,
Catholic Women's League
President:** Ann Lyng,
alyng@cogeco.ca

Music Director and Organist:
Jeff Moellman,
musicmoell@gmail.com

Parish Council Secretary: Ellen
Hawman,
ellen.hawman@sympatico.ca

**Knights of Columbus Council
#728 Grand knight:** Jude Thusiar
jthusiar@hotmail.com

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

University Chaplain:
Fr. R. de Souza,
chaplain@newmanhouse.ca,
rjdesouza@cardus.ca

Catholic Christian Outreach:
Sherley Vo – lead Missionary
sherley.vo@cco.ca

**Billings Method Natural Family
Planning:** Ann Murray,
kingston@naturalfamilyplanning.ca

**Creighton Model Fertility
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

NEXT SUNDAY: Archdiocesan Celebration of the Rite of Election and Rite of Calling Baptized

Candidates to Lenten Renewal: On Sunday, 18 February 2018, at 4:00pm at St. Mary's Cathedral, Archbishop O'Brien will celebrate the Rite of Election with Catechumens from the Archdiocese of Kingston. At the same celebration, all Baptized Candidates seeking full communion with the Catholic Church will be called to Lenten renewal. All parishioners are welcome to attend this special event and to support our new brothers and sisters in faith. Refreshments will be served afterwards at St. Mary's Parish Centre.

You will have noticed that in the Prayers of the Faithful we are praying for the clergy and parishes around the Archdiocese of Kingston. Many of the parishes are doing this. The parishes began with the Clergy and Parishioners of St. Mary's Cathedral a couple of weeks ago and you will see a different parish prayed for each weekend. This week we are praying for the clergy and parishioners of Holy Cross, Kemptville. It would be good to add them to your prayer intentions for the upcoming week.

The CWL of St. John the Apostle Church, 88 Patrick Street, Kingston is hosting a **pancake supper** on Shrove Tuesday, February 13, starting at 5:00 p.m. in the parish hall. Cost is \$5.00 for adults and free for children under 5 years old. All are welcome!

WOULD YOU LIKE A BORDER? A French female exchange student has emailed me asking if she can be housed by someone in the Catholic community from 19 February to 9 May. She has previously lived in Church-affiliated student housing in France and England. I am wondering if anyone in our St. Mary's community would be interested in hosting her during this period? If so please contact Father Shawn.

Band of Christian Brothers Men's Conference: On February 24th join Hector Molina and Bishop of St. Catharines' Gerard Bergie along with hundreds of men for Serviam Ministries' 3rd annual **Band of Christian Brothers Men's Conference** at Canada Christian College in Toronto. The theme is "Manly Virtue". It is a one day intensive men's retreat consisting of spiritual talks, Mass, Adoration, Confession, fraternity and prayer. All info and tickets: <https://www.serviamministries.com/events/virtue/info@ServiamMinistries.com> or 1-888-522-2070. A car or cars is going from Kingston. Contact Father Shawn if interested.

ST. PATRICK'S DAY MUSICAL AFTERNOON Thurs. March 8, from 1-3 pm, at **St. Joseph's Church**, 392 Palace Rd. Kingston, Chris Murphy, Jon McLurg and Brian Flynn (of Turpin's Trail) will provide musical entertainment for those who are Irish and for those who "wish they were." Please join us in the church for an opportunity to enjoy local musicians. Light refreshments will be served in the parish hall. Come and bring a friend or two! A free-will monetary offering would be appreciated.

World Day of Prayer and Fasting for Peace

The Holy Father, Pope Francis, has invited all the Church to observe the Friday of the first full week of Lent, **February 23, 2018**, as a day of prayer and fasting for peace in the many areas of conflict throughout the world, particularly the Democratic Republic of the Congo and South Sudan.

Call for Conscience Campaign 2018

The Bishops of Ontario, in conjunction with the Coalition for Healthcare and Conscience, are looking for 100,000 e-mail addresses as part of a campaign to encourage our elected Members of Provincial Parliament (MPPs) and those seeking office this June to increase funding for palliative care, to protect doctors and healthcare professionals who do not want to be involved in Medical Assistance in Dying (MAID), and to protect faith-based healthcare facilities from participating in MAID. To join this campaign, go to the website of the Archdiocese of Kingston, www.romancatholic.kingston.on.ca and click on the link, 'Call for Conscience Campaign 2018', where you would enter your name, e-mail address, and postal code, to identify your riding. Another way to participate in this campaign is to send a letter by regular mail to your Member of Provincial Parliament.



Archdiocese of Kingston

WORKSHOP FOR PARISH MUSICIANS

For Music Directors, Instrumentalists, Cantors, Psalmists, Choir Members and anyone interested in liturgical music.

at St. Paul the Apostle Church, 1111 Taylor Kidd Blvd., Kingston
SATURDAY, 24 FEBRUARY 2018 9:30 AM – 3 PM. For more

Information, and to Register on-line please visit the Archdiocese of

Kingston website: <http://www.romancatholic.kingston.on.ca/> or call Gorett or Mariola at 613. 548-4461.

GREAT FOR LENT

**THE CONTENT ON FORMED.ORG CHANGES VERY REGULARLY
HAVE YOU CHECKED IT OUT LATELY!!!**

A fantastic new parish program is now available to you on line through St. Mary's.

HOW DO YOU ACCESS IT? Follow these simple steps.

Step 1: Go to formed.org. **Step 2** Click on Register. **Step 3.** Enter St. Mary's Parish Code which is **QHJVJWV**. **Step 4:** Enter your email address **Step 5:** It will ask for your name address and a password you create. **Step 6:** A Verification email will be sent to your email. Click on confirm and you will have all the great content mentioned above (AND MORE!!!!) at your fingertips in the comfort of your home or wherever you are. (You only have to go through this process once and you then Login with your email and password!)

Cursillo Weekend for Men to be held in Kingston –

Pope Francis encourages us to encounter Jesus. The Cursillo Weekend offers a short and profound opportunity to encounter Jesus **Thurs. evening, March 8th to Sun. March 11th** at Providence Spirituality Centre, Kingston. For more info. contact Lionel Ryan at 613.634.9588 RyanLionel07@gmail.com or Friar Ed Debono at 613.546.6900 204 / eddebono@aol.com.

In the Cursillo Movement we approach evangelization as a very natural act of being Christ-like within each of our daily activities. We realize that while most people would like to live their lives in a Christ-like manner, the pressures of the world often make this difficult. The Cursillo Movement provides a method and a technique to provide each of us with the tools, the mentality, the strength, and the support to make this natural type of evangelization possible.

Evangelization means: 1) proclaiming the Gospel, 2) fulfilling our Baptismal responsibility (some of us were not even aware that our Baptismal responsibility required us to do something), 3) leavening the environments, and 4) living what is fundamental for being a Christian. We should not allow these statements to scare us off. These are nothing more than by-products of living our lives in a fully Christian manner. The Cursillo Movement can assist each of us in developing a deeper understanding of what it means to be fully Catholic by being fully Christian.

I will be taking this course with the men of the Archdiocese of Kingston. I would like every man in St. Mary's Parish to prayerfully consider joining this great opportunity to deepen your relationship with the Lord Jesus.

Father Shawn



—MEN'S MINISTRY—

MEN'S MINISTRY

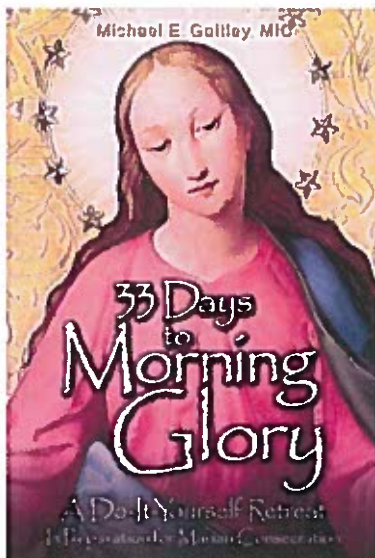
“Silence is necessary, and even absolutely necessary. If silence is lacking, then grace is lacking.” - Saint Maximilian Kolbe

Saturday, February 17 from 7:00-9:00 AM at St. Mary's Parish Centre.

Our topic this month:

The Season of Lent: Following Jesus into the Silence of the Desert

A GREAT LENTEN PROJECT



A NEW DAWN IN OUR LIFE IN CHRIST

“He said to the disciple, “Behold your mother!” And from that hour that disciple took her into his own home.” (John 19:27) From the Cross our suffering Saviour tenderly places each of us personally into the hands of His mother. Father Michael Gailley, MIC, reminds us that the heart and hands that nurtured the Christ are the same heart and hands that nurture us, forming us into “other Christs.”

This is a ‘do-it-yourself’ retreat. It is a wonderful prayerful way to walk through Lent, which begins, on Ash Wednesday, February 14th. We will gather to introduce the retreat on Monday, Feb. 19th, at 7 pm in the Parish Centre. You will receive your book and guidance how best to enter into the daily use of this book in your own home. We will gather again on Saturday, March 24th, at 1 pm in the cathedral, to complete our Consecration to Our Blessed Mother.

This retreat touches on the inspiring life of St. Louis de Montfort and the personal journeys of outstanding modern-day Christian models like St. Maximilian Kolbe, St. Teresa of Calcutta and St. John Paul II. It integrates the basic truths of our faith, such as our baptismal consecration to Almighty God and the Trinitarian aspects of our Christian way of life. This is a moving and transformative journey into the loving Heart of Our Lord and Saviour Jesus Christ and his earthly mother. This book will help us appreciate and understand more fully our own unique and unrepeatable relationship with her.

Carl Anderson, the Supreme Knight of the Knights of Columbus has this to say: This book is “accessible, vivid, even edgy. Father Gailley’s 33 Days to Morning Glory brings Marian devotion into the modern lives of everyone with enriching freshness. Filled with insights and generously complemented by the saintly writings of St. John Paul II and others, this retreat guides the reader on one of the surest ways to “open wide the doors to Christ”: entrusting oneself to Christ’s mother, the first who opened her life to Jesus.

Even if you have done this or another Marian Consecration it is good to renew it and travel through Lent with this daily assistance. I have done it before and have benefitted very much from it and I plan to journey through it with you again this Lent. To reserve a book please register by sending an email to the parish office: smarys@cogeco.net or call Suzanne at 613-546-5521 ext. 3.



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. *We will pray the Stations after every 12:10 pm Mass, Monday to Friday, and 40 minutes 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.

2018 Lenten Message of His Holiness Pope Francis

“Because of the increase of iniquity, the love of many will grow cold” (Mt 24:12)

Dear Brothers and Sisters,

Once again, the Pasch of the Lord draws near! In our preparation for Easter, God in his providence offers us each year the season of Lent as a “sacramental sign of our conversion”.^[1] Lent summons us, and enables us, to come back to the Lord wholeheartedly and in every aspect of our life.

With this message, I would like again this year to help the entire Church experience this time of grace anew, with joy and in truth. I will take my cue from the words of Jesus in the Gospel of Matthew: “Because of the increase of iniquity, the love of many will grow cold” (24:12).

These words appear in Christ’s preaching about the end of time. They were spoken in Jerusalem, on the Mount of Olives, where the Lord’s passion would begin. In reply to a question of the disciples, Jesus foretells a great tribulation and describes a situation in which the community of believers might well find itself: amid great trials, false prophets would lead people astray and the love that is the core of the Gospel would grow cold in the hearts of many.

False prophets

Let us listen to the Gospel passage and try to understand the guise such false prophets can assume.

They can appear as “snake charmers”, who manipulate human emotions in order to enslave others and lead them where they would have them go. How many of God’s children are mesmerized by momentary pleasures, mistaking them for true happiness! How many men and women live entranced by the dream of wealth, which only makes them slaves to profit and petty interests! How many go through life believing that they are sufficient unto themselves, and end up entrapped by loneliness!

False prophets can also be “charlatans”, who offer easy and immediate solutions to suffering that soon prove utterly useless. How many young people are taken in by the panacea of drugs, of disposable relationships, of easy but dishonest gains! How many more are ensnared in a thoroughly “virtual” existence, in which relationships appear quick and straightforward, only to prove meaningless! These swindlers, in peddling things that have no real value, rob people of all that is most precious: dignity, freedom and the ability to love. They appeal to our vanity, our trust in appearances, but in the end they only make fools of us. Nor should we be surprised. In order to confound the human heart, the devil, who is “a liar and the father of lies” (*Jn 8:44*), has always presented evil as good, falsehood as truth. That is why each of us is called to peer into our heart to see if we are falling prey to the lies of these false prophets. We must learn to look closely, beneath the surface, and to recognize what leaves a good and lasting mark on our hearts, because it comes from God and is truly for our benefit.

A cold heart

In his description of hell, Dante Alighieri pictures the devil seated on a throne of ice,^[2] in frozen and loveless isolation. We might well ask ourselves how it happens that charity can turn cold within us. What are the signs that indicate that our love is beginning to cool?

More than anything else, what destroys charity is greed for money, “the root of all evil” (*1 Tim 6:10*). The rejection of God and his peace soon follows; we prefer our own desolation rather than the comfort found in his word and the sacraments.^[3] All this leads to violence against anyone we think is a threat to our own “certainties”: the unborn child, the elderly and infirm, the migrant, the alien among us, or our neighbour who does not live up to our expectations.

Creation itself becomes a silent witness to this cooling of charity. The earth is poisoned by refuse, discarded out of carelessness or for self-interest. The seas, themselves polluted, engulf the remains of countless shipwrecked victims of forced migration. The heavens, which in God’s plan, were created to sing his praises, are rent by engines raining down implements of death.

Love can also grow cold in our own communities. In the Apostolic Exhortation *Evangelii Gaudium*, I sought to describe the most evident signs of this lack of love: selfishness and spiritual sloth, sterile pessimism, the temptation to self-absorption, constant warring among ourselves, and the worldly mentality that makes us concerned only for appearances, and thus lessens our missionary zeal.^[4]

What are we to do?

Perhaps we see, deep within ourselves and all about us, the signs I have just described. But the Church, our Mother and Teacher, along with the often bitter medicine of the truth, offers us in the Lenten season the soothing remedy of prayer, almsgiving and fasting.

By devoting more time to *prayer*, we enable our hearts to root out our secret lies and forms of self-deception,[5] and then to find the consolation God offers. He is our Father and he wants us to live life well. *Almsgiving* sets us free from greed and helps us to regard our neighbour as a brother or sister. What I possess is never mine alone. How I would like almsgiving to become a genuine style of life for each of us! How I would like us, as Christians, to follow the example of the Apostles and see in the sharing of our possessions a tangible witness of the communion that is ours in the Church! For this reason, I echo Saint Paul's exhortation to the Corinthians to take up a collection for the community of Jerusalem as something from which they themselves would benefit (cf. *2 Cor* 8:10). This is all the more fitting during the Lenten season, when many groups take up collections to assist Churches and peoples in need. Yet I would also hope that, even in our daily encounters with those who beg for our assistance, we would see such requests as coming from God himself. When we give alms, we share in God's providential care for each of his children. If through me God helps someone today, will he not tomorrow provide for my own needs? For no one is more generous than God.[6]

Fasting weakens our tendency to violence; it disarms us and becomes an important opportunity for growth. On the one hand, it allows us to experience what the destitute and the starving have to endure. On the other hand, it expresses our own spiritual hunger and thirst for life in God. Fasting wakes us up. It makes us more attentive to God and our neighbour. It revives our desire to obey God, who alone is capable of satisfying our hunger.

I would also like my invitation to extend beyond the bounds of the Catholic Church, and to reach all of you, men and women of good will, who are open to hearing God's voice. Perhaps, like ourselves, you are disturbed by the spread of iniquity in the world, you are concerned about the chill that paralyzes hearts and actions, and you see a weakening in our sense of being members of the one human family. Join us, then, in raising our plea to God, in fasting, and in offering whatever you can to our brothers and sisters in need!

The fire of Easter

Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew. One such moment of grace will be, again this year, the "24 Hours for the Lord" initiative, which invites the entire Church community to celebrate the sacrament of Reconciliation in the context of Eucharistic adoration. In 2018, inspired by the words of Psalm 130:4, "With you is forgiveness", this will take place from Friday, 9 March to Saturday, 10 March. In each diocese, at least one church will remain open for twenty-four consecutive hours, offering an opportunity for both Eucharistic adoration and sacramental confession. During the Easter Vigil, we will celebrate once more the moving rite of the lighting of the Easter candle. Drawn from the "new fire", this light will slowly overcome the darkness and illuminate the liturgical assembly. "May the light of Christ rising in glory dispel the darkness of our hearts and minds",[7] and enable all of us to relive the experience of the disciples on the way to Emmaus. By listening to God's word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope and love.

With affection and the promise of my prayers for all of you, I send you my blessing. Please do not forget to pray for me.

[1] *Roman Missal, Collect for the First Sunday of Lent (Italian).*

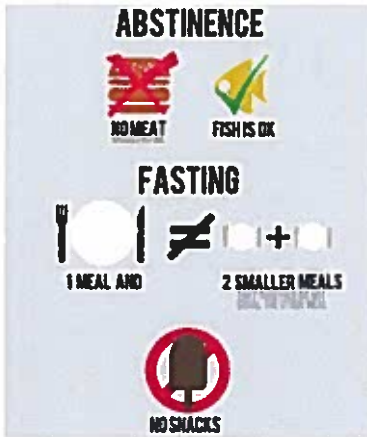
[2] *Inferno XXXIV, 28-29.*

[3] "It is curious, but many times we are afraid of consolation, of being comforted. Or rather, we feel more secure in sorrow and desolation. Do you know why? Because in sorrow we feel almost as protagonists. However, in consolation the Holy Spirit is the protagonist!" (*Angelus, 7 December 2014*).

[4] *Evangelii Gaudium, 76-109.*

[5] Cf. *BENEDICT XVI, Encyclical Letter Spe Salvi, 33. Cf. PIUS XII, Encyclical Letter Fidei Donum, III.*

[6] *Roman Missal (Third Edition), Easter Vigil, Lucernarium.*



ASH WEDNESDAY IS A DAY OF OBLIGATORY FAST AND ABSTINENCE. (No meat and reduced food) ONE SHOULD ABSTAIN AND FAST ALL THE FRIDAYS OF LENT.

SUGGESTIONS of things to Do for Lent

Ash Wednesday is THIS Wednesday, February 14th. The great season of Lent begins.

I've always loved Lent. It's like Jesus Boot Camp – 6 weeks of hard-core prayer, fasting and Almsgiving, but then you get 7 weeks of Easter, praise the Lord!!! Let's get really practical.

What are you going to do for Lent?

You probably know that the three pillars of Lent are *prayer, fasting, and almsgiving*. Did you know that you're supposed to do all three? Did you know that you can do more than one thing in each category? (I would suggest 3 in each category) Did you know that giving up regular Coke and only drinking Coke Zero, Diet Coke, and Caffeine-free Coke is a totally lame way to go?

Lent is not the time to go so hard that you die—or make others wish they were dead because you're so cranky. But *IT MUST* be taken seriously!

Consider the following as you decide what you are going to do for Lent?

- #1. Lent is a time to discern what the Lord is calling you to do.
- #2. What does God want you to be more detached from this Lent?
- #3. What sin is God calling you to abandon this Lent.
- #4. How does God want you to lean on God and see the needs of those around you this Lent.

HERE ARE SOME OPTIONS:

Fasting is the most obvious. Even non-Catholics will ask you what you gave up for Lent. For some of us, Lent is an opportunity to root out some of the evil in our lives. Maybe it's time to give one (or all) of these sins up. Really make a sincere effort to work on the three that afflict you the most.

1. Excessive drinking (alcohol all together)
2. Gossip
3. Pornography
4. Complaining—try accepting the cross you're given instead of objecting that you'd rather choose your own.
5. Negativity
6. Being snarky or short or cold or whatever it is you do that makes talking to you an act of charity

Fasting Liturgically

This Sunday is the last time we will sing the Alleluia & the Gloria until we sing them at the Easter vigil

7. Laziness—try exercising for Lent. Fast from sloth. Fast from procrastination.
8. Arguing
9. Judging people
10. Comparing yourself with others
11. Anger
12. Impure books/television/movies/music
13. Lying
14. Cursing

Or maybe there's something good in your life that you're too dependent on. Or even something good that is healthy for you but that you could offer to the Lord for 40 days. Fasting can help you grow spiritually in so many ways. How about giving up (or at least reducing)

15. Snacking
16. Television
17. Eating between meals
18. Going to movies
19. One meal (especially on Wednesdays and Fridays)
20. Social Media: Facebook, Snapchat, instagram, twitter, email.
21. Pop
22. Chocolate
23. Secular music
24. Sweets/desserts
25. Hitting the snooze button
26. Secular reading
27. Meat (especially on Wednesdays & Fridays)
28. Junk food
29. Fast food (perhaps give up drive-thru)
30. Going out for meals – give the money you save to the poor, a charity, or your parish
31. Coffee
32. If not coffee perhaps give up cream and/or sugar in your coffee
33. Sarcasm
34. Staying up –give yourself a bedtime and stick to it.
35. Get up a little earlier..... get up at the same time every day.
36. Wasting your life on the internet
37. Checking your smartphone when you're with people
38. Driving when you could walk
39. Idle curiosity—be content not to know.

TOGETHER FOR PEACE

Pope Francis Village gives a home to 550 families following the destruction after Typhoon Haiyan in the Philippines. Come to hear about the rebuilding work of Development and Peace – see the pictures, enjoy refreshments... at Holy Family Church, 200 Weller Street on Wednesday, February 28th, 7-8:00 pm, Luke Stocking, Central Animator will lead the discussion.

PRAYER: Attach an intention to what you are offering and it becomes a prayer of its own. E.g. I am not eating between meals on Monday for the good of my spouse.

Prayer should be at the centre of your life all the time, but especially during Lent. Try one of the suggestions below—altering amount and frequency if you like.

Going to Holy Mass through the week – maybe even daily!

40. A chapter of the Bible a day. You can get through all 4 Gospels in Lent if you read 2 chapters a day and don't skip Sundays.
41. Say an extra decade of the Rosary. Say the Rosary.

42. Minimum of 10 minutes of meditation a day
43. Chaplet of Divine Mercy
www.thedivinemercy.org/message/devotions/praythechaplet.php
44. Join a Bible study at your parish
45. 20 minutes of Spiritual reading a day
46. The Rosary—a decade or even a whole Rosary each day
47. Stop by an adoration chapel on your way home each day. (St. James Chapel at St. Mary's Cathedral is open from 7 am to 8 pm every single day for Adoration of the Blessed Sacrament. Try it! You'll like it!)
48. Don't turn music on while you drive—pray instead
49. Get Best Lent Ever. Go to dynamiccatholic.com
50. The Liturgy of the Hours—once a day or seven times, if you like. <http://www.usccb.org/prayer-and-worship/liturgy-of-the-hours/index.cfm>
51. Spend the time you would have spent watching TV reading the lives of the Saints or watching documentaries on the Saints. (Go to formed.org. Enter the parish code: QHVJWV. You will be prompted to enter your email and a personal email. Tons of great Catholic movies, documentaries, teaching, books etc.)
52. Go to confession—highly suggest go at the beginning of Lent and then at the end of Lent, even if it is the first time in 30 years... Confessions before every Mass that occurs in the Cathedral and Additionally: 1 to 7 pm on Ash Wednesday, and each week on Wednesdays, 1 to 5 pm and Saturdays 4 to 4:50 pm.
53. Pray the Stations of the Cross every Friday..... or every day. Prayed after the 12:10 pm Mass, Mon. to Fri., at St. Mary's Cathedral.
54. Get up early to pray. Even 15 minutes extra will be a great bonus.
55. List 5 things you're grateful for every day
56. Journal – keep track of inspirations.
57. Be intentional about your time—make a schedule (with prayer featuring prominently) and stick to it
58. Pick a virtue to strive for each day
59. Spend 10 minutes each night talking to the Lord about your day—thanking him for the good and the bad, apologizing and asking for forgiveness for how you fell short, asking for the grace to be better the next day
60. Listen to Catholic CDs while you drive
61. Pay closer attention at Mass

Almsgiving isn't always as easy as giving money to the poor. Figure out how you need to love the people around you and do it.

62. Donate the money you would have spent on whatever you're fasting from
63. Spend the time you would have spent watching TV with your family
64. Be less critical of those you have the duty to love the most: your parents, your spouse and your children.
65. Visit a nursing home
66. Step up your tithing game (from 10% to 15%). If you don't tithe, start!!
67. Save up all your change and give them to charity
68. Call your mother, your father, your siblings, your children..... if it is not your habit do it a couple of times during Lent.
69. Volunteer once a week— soup kitchen, St. Mary's Hot Meals Program, shoveling snow, whatever!
70. Give someone a compliment every day
71. Perform an act of charity every day
72. Tell someone about Jesus

CONSIDER ENROLLING IN OUR AUTOMATIC DEBIT PROGRAM: IT BENEFITS THE CATHEDRAL TREMENDOUSLY



WHY AN AUTOMATIC DEBIT PLAN?

Automatic Debit allows St. Mary's parishioners to make their regular Sunday offering using "Direct Debit" system. Automatic Debit is an option, not a requirement! It is being used throughout the Archdiocese of Kingston. We would like to make it available to those St. Mary's parishioners who would like to take advantage of it. When you participate in the automatic debit system, your regular Sunday offerings are only withdrawn from your account once a month, on or about the 30th day of each month and deposited into the parish account. It does not include any special collections including cathedral restorations/ preservations.

You will be able to contribute to all special collections, cathedral restorations/preservations using your envelopes.

WILL I STILL USE ENVELOPES?

Envelopes will continue to be issued to all parishioners who request them. Those who choose to use the automatic debit system can simply write PAD (pre-authorized debit) on their regular offertory envelope and drop them into the collection basket. You can also use your envelopes for the special collections not covered by your automatic debit offering.



BENEFITS FOR YOU & FOR ST. MARY'S CATHEDRAL

Automatic Debit is convenient. Your offering is deducted automatically. You will no longer need to search for your cheque book, buy cheques to use for your Church offerings, or stop and withdraw cash from the bank on the way to Mass.

Automatic debit allows you to support St. Mary's when you are away — a benefit for the church since expenses continue all year long. Most importantly, it's safe and secure. You are protected by very strict banking rules that guarantee your money and account is safe. It's flexible; you can increase, decrease or withdraw from the program at any time simply by dropping a signed note into the collection basket or Parish office 30 days prior to the

next withdrawal.

HOW DO I ENROLL IN AUTOMATIC DEBIT? Decide the amount of your monthly offertory contribution to be withdrawn from your bank account every month.

Fill out the **Automatic Debit Authorization** below. Also, include a blank cheque marked "VOID" and place both in a sealed envelope. Place the envelope in the collection basket or drop it by the parish office or mail it in. Strict confidentiality is always observed in all parishioner financial transactions.

-----X-----

AUTOMATIC DEBIT AUTHORIZATION FORM

I/We hereby authorize St. Mary's Cathedral, Kingston, Ontario to debit my/our account on or around the 30th day of each month in the amount indicated below:

Monthly Offering: \$ _____

"I/we understand that my participation in the Automatic Debit Plan does not include special collections including Cathedral Restorations." Please print clearly & attach a "VOID" cheque.

Name(s): _____

Name of Bank/Trust/Credit Union: _____

Branch Address: _____

Account #: _____

Date: _____

Signature(s): _____

FOR FURTHER INFORMATION SPEAK TO SUZANNE IN THE PARISH OFFICE: 613-546-5521 ext. 3.



Glenhaven
Memorial Gardens
by Arbor Memorial

RESURRECTION CATHOLIC CEMETERY

Call and receive your Free Planning Kit Today.

Denis Valente
(613) 542-3577

2543 Division Street, Kingston (Glebe/Glebe), ON

R. MICHAEL RODE
CRIMINAL LAW

PHONE (613) 531-8897 • FAX (613) 531-9022
michael@rodela.ca • www.rodela.ca

SCARPAZZA

HOME DESIGN
RESIDENTIAL - COMMERCIAL - INTERIOR
91 Acagon Road Glanville, Ont. K0H 1S2
(613) 546-4586 scarpazza@me.com

**Mercedes-Benz
Kingston**

1432 Bath Road
Kingston, ON K7M 4X6
Phone 613-548-8600
Fax 613-548-7050
www.mercedes-benz-kingston.ca

Later Life Learning
(613) 546-2625
www.laterlifelearning.ca

MICHAEL A. McCUE
Barrister & Solicitor
837 Princess St.
(613) 542-3700

AMEY'S TAXI
SERVING KINGSTON SINCE 1952
613.546.1111
SERVICE SECOND TO NONE

**SALT OF THE EARTH
Community Farm**

Farm Market ~ Veg CSA
Firewood ~ Meat and Eggs
1054 Highway #2 East
613-331-1078 Only 5 minutes from downtown!
www.saltofkingston.com

Proudly a part of Kingston's
*Catholic Community
for Generations*



Gordon F. Tompkins
Funeral Homes

Central Chapel
49 Colborne Street - Downtown Kingston
(613) 546-5454
www.gftompkinscentral.ca

St. Mary's Cemetery
Serving Our Catholic Community Since 1850

- Traditional & Cremation Plots
- Crypts & Niches
- Monuments

780 Queen St. East, Box 4, St. Catharines, ON L2N 1A8
613-548-4343

Cunningham Swan
LAWYERS
SMITH ROBINSON BUILDING
SUITE 300 - 27 PRINCESS STREET
KINGSTON, ON K7L 1A3
TEL: 613-544-0211
WWW.CSWAN.COM

CK Counselling
Registered Psychotherapist
613-542-7260
crkarremans@yahoo.ca

ST. LAWRENCE POOLS
Family, Fun & Fitness

Township Chapel
435 Davis Drive - Kingston West
(613) 546-5150
www.gftompkinstownship.ca

nofrills
lower food prices

1102 DIVISION STREET, KINGSTON, ONTARIO, CANADA K7K 6C3

825 Portsmouth Ave
Kingston, ON K7V 1W8
Stephen Overvoide
President
Tel 613-542-7690 / Fax 613-542-9313
email: stephen@hermansauto.ca
www.hermansauto.ca

VAN HERPT MOTORS LTD.

1468 Bath Road
Kingston, ON K7M 4X6
Phone 613-542-2284
Fax 613-531-9842
www.vanherptvolvo.com

John F Black
Barrister and Solicitor
388 King Street East
Tel 613-546-0587
jfbblack@cfa.on.ca

Join us for
Sunday Lunch
starting at \$6.69
Delivery / Call Ahead
SWISS CHALET
RESTAURANT & CAFE
85 Dalton Ave
1-866-439-0439
(613) 547-0100

RIGNEY BUILDING SUPPLIES

Helping You
Build and Renovate
Since 1972

5 Terry Fox Drive
613-544-9145

Levac SUPPLY LIMITED
EST. 1966
Service is Our Success

Industrial & Automotive
Safety Supplies & Equipment
Industrial Health
& Safety Training
(613) 546-6663
25 Railway Street

RAMERKINS
New Take Out Menu
*delivery available
Breakfast a la Carte
Sat. & Sun. 9am-2pm
Let us Cater your next event!
1540 Bath Road 613 384 0793

State Farm
Bridget Walker-Payne
Providing Insurance & Financial
1335 Princess - 544-1335

TAYLOR STUDIOS
Weddings • Portraits
285 King St. E. (613) 541-1098
www.taylorstudios.ca

**Horticulturist
Gariepy Lawn & Garden**
25 yr. experience

lawn and garden clean-up
seasonal lawn maintenance
perennial garden care
pruning, mulching

Free consultation
We provide Personalized service
Liability Insured

Registered Seniors Association
Service Provider

613-542-8077
Email: ggariepy@cogeco.ca

RE Roney ENGINEERING
Kingston's Structural
Engineers
900 Purdy's Mill Road,
Kingston, ON K7M 3M9
613-542-3092
www.roneyengineering.com

"it's the haircut that counts!"

Marrello
Professional Hair HAIR STYLIST 613-544-6166
Prize winners in hair styles
Judge at the New York
International World Supreme

Kevin J Blaney Florist
Whatever the occasion,
Kevin will make it special!

180 Montreal St
Kingston, ON
613-546-3551

Free deliveries to the hospitals and funeral homes

NELSON LAW

HONEST and SUCCESSFUL LEGAL REPRESENTATION

295 Queen Street Kingston K7K 1B7
613-544-1618