

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 HAS  BEGUN!!!!!!

HAVE YOU BEGUN LENT??????

IF NOT! WHY NOT?

279 Johnson Street, Kingston, ON K7L 1Y5

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

email: smarys@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

First Sunday in Lent

Coming Events

Masses:

Monday Feb. 19th

7:45 am For a fruitful Lent
12:10 pm Angelica & Ventura Dos Santos

Tuesday Feb. 20th

7:45 am Gordon Zinn, 1st anni.
12:10 pm James Hughes 8th anni.

Wednesday Feb. 21st

7:45 am Intentions of Nicholas Kaempffer
12:10 pm Catholic Women's League

Thursday Feb. 22nd

7:45 am Intentions of Father Shawn
12:10 pm Living & deceased members of Meagher family

Friday Feb. 23rd

7:45 am Living & deceased members of Kot family
12:10 pm Joseph & Bill Donnelly

Saturday Feb. 24th

7:45 am Lois Hopkinson
5:00 pm Clair Toal

Sunday Feb. 25th

8 am For the people of the Parish
10:30 am For the people of the parish
7:30 pm Living & deceased members of the Kot family

Ministries: Sat. Feb. 24th, 5 pm

Altar Servers	Barry M.	Dianne I.
Lectors	Adora J.	Mark M.
EM of the Eucharist	Theresa D.	Anne H.

Sunday Feb. 25th, 8 am

Altar Servers	Marcel R. Emily R.	Betty R.
Lectors	Abby C.	Allan S.
EM of the Eucharist	Marcel R.	Betty R.

Sunday, Feb. 25th, 10:30 am

Altar Servers	Bohdan Y Jack R.	Doug S. Mario D.
Lectors	Mark L.	Janet W.
EM of the Eucharist	Dianne I. Connie A. Bob C.	Sr. Shannon Teresa K. Jose C. Betty G

Sunday, Feb. 25th, 7:30 pm

Altar Servers	Students	
Lector	Carmen B.	Michelle S.
EM of the Eucharist	Pene L.	Ellen H.

Please pray for our Sick:

Carmen Davies, Lori Keyes, Matthew McDonald, Tony Overvelde, Mary Seguin and Gabriel Sikema.

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

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

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

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

Wed., Feb. 21st: Alpha continues in the Parish centre.

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

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

Fri., Feb. 23rd: World Day of Prayer and Fasting for Peace.

Sat., Feb. 24th: Band Of Christian Brothers Men's Conference in Toronto. We still have two spaces in the vehicle.

Sun., Mar. 2nd: Latin Mass at 3 pm, St. James Chapel, Fr. Price presiding.

STATIONS OF THE CROSS: will be prayed Monday through Friday throughout Lent after the noon Mass.

Introit text for 10:30 am Mass: When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days. (Psalm 91:15-16) All bow at the thrice holy name of God: Glory to the Father and to the Son and to the Holy Spirit. As it was in the beginning is now and will be forever. Amen.

SOLEMN SUNG VESPERS

This New tradition continues at St. Mary's
Every third Sunday of the month we will have Solemn
Sung Vespers (Evening Prayer),
THIS SUNDAY, Feb. 18th
6:45 pm here at St. Mary's Cathedral

Vespers is the sunset evening prayer service in the Catholic and Orthodox liturgies of the liturgy of the hours. The prayer consists of an opening hymn, three chanted psalms giving thanks for the day, a brief reading from Scripture, the Magnificat, formal prayer intentions, the Our Father and a closing prayer. This prayer is led by a presider, and cantor, with music under the direction of Jeff Moellman. Please join us

Message from Archbishop O'Brien

I want to express appreciation to those who provided e-mail addresses for the Call for Conscience Campaign. The Coalition for Health Care will be following up with you shortly. Thank you for joining in this effort to provide conscience protection for doctors and medical facilities and increased funding for palliative care.

Contacts

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Father Antony Werunga

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Catholic Women's League
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Adoration: Natalie Holland,
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613-876-1801

St. Mary's Refugee Sponsorship:
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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.

THIS SUNDAY: FEBRUARY 18TH AT 4 PM

Archdiocesan Celebration of the Rite of Election and Rite of Calling Baptized Candidates to Lenten Renewal:

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.



DOMENICA AND THE ITALIAN BAKERS ARE BACK!!! PALM SUNDAY, MARCH 25th

after the 8 am and 10:30 am Sunday Masses, Domenica Bracciodieta and her Italian friends are having another bake sale making all different kinds of homemade Italian Easter Bread. Proceeds from this fundraiser will go toward the Sanctuary Floor

Restoration. Many thanks to all for their generosity to St. Mary's in doing all this wonderful baking.



The Knights of Columbus of Kingston Present an Evening with FATHER THOMAS ROSICA of SALT AND LIGHT TELEVISION. \$38 per person Includes \$10 charitable donation to Salt and Light TV; Four course Meal begins at 5:30 featuring Veal Cordon Bleu as the main entrée. Dietary needs accommodated. Cash Bar available. , Meal, timing, location details at Knightsdeals.ca or Pete 613.817.5353. Father Rosica's presentation begins at 7 pm. If you want to come only for the Presentation it is \$10. Children under 12 free. Salt and Light gift store items will be available. At Our Lady of Fatima Parish Hall. For more info and for tickets email deals@knightsdeals.ca or call or text 613-817-5353.

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.



Join the Catholic Bishops of Ontario's "Call for Conscience"

The Government of Canada passed legislation in June 2016, legalizing euthanasia/assisted suicide. Despite wording in the legislation intended to protect doctors and facilities, the College of Physicians and Surgeons of Ontario is forcing health care workers to participate in ending the lives of their patients. No other country does this. Provinces across Canada do not do this. Yet, Ontario refuses to protect doctors who object to assisted suicide/euthanasia. Please visit www.CanadiansforConscience.ca to learn more, join the "Call for Conscience" and write directly to your elected Member of Provincial Parliament asking them to protect conscience rights.



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.

Share
Lent 2018

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.

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.

THESE DAILY REFLECTIONS ARE GREAT FOR LENT

Lenten Reflections

Experience the Catholic Faith in a Whole New Way

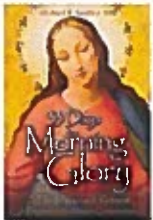
HOW DO YOU ACCESS IT? Follow these simple steps.

Step 1: Go to formed.org. **Step 2** Click on Register. **Step 3.** Enter St. Mary's Parish Code which is QHVJWV. **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!)

LENTEN
GOSPEL
REFLECTIONS

Lenten Gospel Reflections with Bishop Robert Baron

Go to Wordonfire.org and follow the prompts to sign up for these powerful daily reflections



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 Gaitley, 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. We will gather to introduce the retreat on Monday, Feb. 19th, at 7 pm in the Parish Centre. 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.

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.

10 Reasons why we fast

- 1. When you fast, you tell the Lord that you love him more than food.**
I think this is the most basic level, the first thing we understand about fasting as a child. Every piece of candy we don't eat, every meal we skip is a love letter to the Lord. Early on, it's very hard, but gradually we begin to put Christ first so that a snack seems nothing compared to Christ.
- 2. Fasting helps to detach you from your psychological dependence on food.** We are obsessed with food and let it rule us. The idea of having enough self-control to skip a snack, let alone a meal, is astounding to us. But when you choose hunger for love of God, you begin to realize that hunger isn't so bad. During fasting you don't have to plan your life around food. Food is a gift or a detail, never the driving force in life. There's great freedom in that.
- 3. Fasting makes eating worshipful.** If you've ever been really hungry—*really* hungry—you know that the first bite of stale bagel is rapturous. That whole first meal, really, is the best thing you've ever tasted. Far from running from food because the world is evil, fasting teaches us to find God in the good things of creation. And if you fast frequently, you get in the habit of worshiping when you eat. Every good food becomes a prayer and soon you see the whole world as sacramental—which, after all, is the point.
- 4. Fasting gives you mastery over your body.** More than just helping you to rule your appetite, fasting teaches you to rule your appetites. When you fast, you discipline your body and learn to be its master, not its slave. *I don't know how people can be chaste when they haven't practiced self-mastery in the arena of food first.* If you can learn to deny yourself in what is an actual need, your ability to deny yourself a great desire is strengthened dramatically.
- 5. Fasting unites you to the suffering Christ.** During Lent, we walk with our suffering God through the desert, up the hill, and onto the Cross. When our Lenten journey is more than inconvenient, when it's actually painful, to a degree, we can offer our hearts to him and learn to love him better. We suffer for love of him, which paradoxically teaches us just how deeply he loves us.
- 6. Fasting teaches you to accept every cross, not just the ones you choose.** For many of us, the great difficulty of our particular cross is that it is chosen for us. The more we learn to take up the crosses of our choosing, the more we learn to embrace the one that is thrust upon us. True fasting makes me decrease and him increase. We learn to rely on his strength at work in us; if he can carry this little cross I made for myself, he can certainly carry the big one he picked out for me.
- 7. Fasting changes your attitude to discomfort.** Before I started fasting, hunger was misery, an occasion for whining and self-pity. After years of training, my automatic reaction to hunger is to pray. There are even times when I find myself praising God for the hunger before remembering that I'm not fasting, I just haven't gotten around to eating. When hunger is prayer, it's not hard to make pain and exhaustion and other physical discomfort prayer. We adjust our attitudes by surrendering our bodies to God and before long we find that virtue isn't as hard as it once seemed.
- 8. Fasting teaches you to live in solidarity with the poor.** When you've reflected on real hunger, it's hard to be swayed by missing a meal. And it's easy to ache with love for those who don't choose starvation.
- 9. Fasting humbles you.** When you're awkwardly turning down food without telling people why,⁴ you're humbled. When you realize how addicted you are to "fill in the blank", you're humbled. When you're so hungry you get light-headed and you have to break your fast to honour your body, when your hunger makes you cranky, when you realize just how little control you have over your body or your mind, when you realize how much you take for granted, you're humbled and humbled and humbled again.
- 10. Fasting strengthens your prayer.** The testimony of Scripture is clear on this issue: "this kind comes out only by prayer and fasting." (Matthew 17:21) Fasting purifies our intentions and puts force behind our prayers. When you're fasting for an intention, you're telling God how much you mean it. This Lent, will you consider adding one sacrifice (food or otherwise) to your list of resolutions specifically for the Holy Father, for your parish priest, for your parish?

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



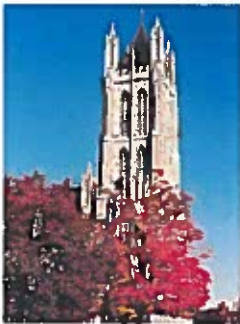
WHY AN AUTOMATIC DEBIT PLAN?

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.

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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.



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