

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: "I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh." John 6:51

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 – 5 pm & Saturdays 4 pm – 4:50 pm

Masses: Monday Aug. 20th

7:45 am Intentions of Denise &

Mike Sammon

12:10 pm For those who suffer from
Mental Illness

Tuesday Aug. 21st

7:45 am Intentions of Clemens, Mia,
Annete & Christian

12:10 pm Intentions of Robert
Gagnon & Natalie Holland

Wednesday Aug. 22nd

7:45 am James & Saskia Shields

12:10 pm Repose of the souls of
Bishops, Deacons and Priests

Thursday Aug. 23rd

7:45 am Intentions of Mary &
Herman Overvelde

12:10 pm Intentions of Margit & Bill
Thompson

Friday Aug. 24th

7:45 am Intentions of Mary &
Herman Overvelde

12:10 pm Repose of the souls of
Bishops, Deacons and Priests

Saturday Aug. 25th

7:45 am For Father Shawn's
intentions

5 pm Intentions of Hanley family

Sunday Aug. 26th

8 am For the People

10:30 am For the People

7:30 pm Laurinda & Basilio Matias

Ministries: Sat. Aug. 25th, 5 pm

Altar Servers	Doug S.	Barry M.
Lectors	Lynn P.	Mark M.
EM of the Eucharist	Doug S.	Anne H.

Sunday Aug. 26th, 8 am

Altar Servers	Pene L.	Allan S.
Lectors	Bill M.	Ann L.
EM of the Eucharist	Marcel R.	Betty R.

Sunday, Aug. 26th, 10:30 am

Altar Servers	Doug S.	Jack R.	Marietta	Bohdan Y.
Lectors	Teresa M.	Mark L.		
EM of the Eucharist	Dianne I.	Sr. Shannon	Gail M.	Ed M. Bob C.
	Jose C.	Betty G.		

Sunday, Aug. 26th, 7:30 pm

Altar Servers	Students			
Lector	Michelle S.	Joe A.		
EM of the Eucharist	Pene L.	Grace G.		

Twentieth Sunday in Ordinary Time Coming Events

This Sunday, Aug. 19th, *Cursillo Ultreya*, 2 pm in St. Mary's Parish Centre.

Saturday, September 1st, *Gigantic Yard Sale*. 8 am to 2 pm.

Latin Mass: September 2nd at 3 pm in St. James Chapel.

October 4th we will celebrate the *170th anniversary of the consecration of the cathedral in 1848.*

Please pray for our Sick: Joe Baby, Margaret Clifford, Bev Dickison, Lori Keyes, Teresa Khidir, Janice Lumb, Matthew McDonald, Christopher Offspring, Lynn Orellano, and Ted Pedlar.



EUCCHARISTIC ADORATION IN ST. JAMES' CHAPEL:

The following times have become available. Adorers are needed for Mon. 11 am-12 pm, Tues. 2-3 pm, Tues. 3-4 pm, and Fri. 5-6 pm. If you would be willing to cover one or more of the following hours you would gain untold graces in prayer before the

Blessed Sacrament. If you can help with one of these hours please contact the Adoration Coordinator Natalie Holland, nholland@cogeco.ca or 613-876-1801.

PILGRIMAGE TO QUÉBEC- Holy Family Parish is making this pilgrimage from August 25-August 27. We have room for a few more pilgrims. This pilgrimage will include visits to Saint Anne de Beaupre, the Cathedral of Notre Dame du Cap, Notre Dame des Victories in Old Quebec and the shrine of Saint Kateri Tekakwitha. Estimate of cost is \$250-\$300 per person, double occupancy, including transportation, hotel and breakfast. For more information, please call Marie at 613-539-2348.

CURSILLO IN THE ARCHDIOCESE OF KINGSTON:

The Women's Cursillo this past weekend (Aug. 9th to 12th) was a great success. Great transformation took place with the flowing of many graces. The women who lead the team were mostly from Toronto, with members also from Thunder Bay and Peterborough; a dynamic group of women indeed. The candidates, to a person, were moved by the experience. Father Shawn was the spiritual advisor for the weekend. It was truly a graced experience for him as well.

MARK YOUR CALENDARS! GREAT NEWS: The next Cursillo Weekend for Men, will be Thursday, March 28th, 2019 beginning at 4 pm to Sunday, March 31st ending at 7 pm.-

The Cursillo Weekend offers a short and profound opportunity to encounter Jesus, Again it will be held at the Providence Spirituality Centre here in Kingston. For more info. contact Lionel Ryan at 613.634.9588 RyanLionel07@gmail.com or Father Shawn, fathershawnjhughes@gmail.com.

In the Cursillo Movement evangelization is approached as a very natural act of being Christ-like within each of our daily activities. 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.

Contacts

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

Associate-Pastor:
Father Paul Mawalla

In Residence:
Father Dan Ryan
Father Killian Eke
Father Antony Werunga
Seminarian: Michel Quennville

Deacon: Deacon Blaine Barclay,
blainebarclay31@gmail.com

Parish Office Administrator:
Suzanne, smarys@cogeco.net

**Co-ordinator of Ministries,
Pastoral Caring Coordinator, and
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:** Peter Wadeck
pwadeck@gmail.com

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

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

Catholic Christian Outreach:
Stephanie Dresch: Campus Leader
stephanie.dresch@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

RCLA

Rite of Christian Initiation of Adults

YOU ARE INVITED!

Sometimes invitations lead us to totally unexpected experiences...to a life of peace, faith and hope. If you have **never been baptized** and find yourself attracted to the Catholic faith, come and explore the possibilities of becoming a member of the Roman Catholic Church. If you **have been baptized** in another faith tradition, this journey can lead you to full communion with the Catholic Church. If you were baptized in the Catholic faith but **have never received the sacraments** of Eucharist and Confirmation, come and inquire about how to become fully initiated in the Church. Do you attend Mass with your **Catholic spouse**? Are your **children preparing** to receive the Sacraments? This invitation is for you too. **The RITE OF CHRISTIAN INITIATION OF ADULTS (R.C.I.A.)** is a process by which one can answer God's invitation! St. Mary's offers R.C.I.A., a process of learning and discussion held in the context of prayer, shared experiences and the Word of God! Starting in the fall we will meet each **Tuesday from 7:00 pm – 9 pm**. If you feel this invitation may be intended for you (or someone you know), please email or contact Father Shawn for more information. 613-546-5521 ext. 4 or fathershawnjhughes@gmail.com or contact Deacon Blaine at blainebarclay31@gmail.com

St. Mary's Hot Meals Program is looking for someone to set up and clean up: This is a Volunteer position that receives a small stipend each week. St. Mary's Hot Meals Program is operated Saturdays at St. John the Apostle Parish Hall at 88 Patrick St. We are looking for a minimally paid volunteer to set up and clean up, every Sat from 9 am to 1 pm. Owning one's own vehicle would be an asset. A police check and screening via St. Mary's Screening Committee is necessary. *All interested parties should email alyng@cogeco.ca.* Responsibilities; make coffee for approx. 70 persons, set the table with cups/cutlery, turn on the dishwasher after the meal, ensure washrooms are stocked both at the beginning and end of the meal, assist the teams to bring in groceries, sweep and mop the floors after the meal, pay attention to the kitchen area, and put the garbage out, ensure all the lights are out and the doors are locked behind you, monitor supplies and let Parish office know when refills are needed. In the winter ensure that the entrances are clean of snow and ice to prevent falls, St. John's will provide salt and shovels.

FORMED.ORG

THE BEST CATHOLIC CONTENT

FORMED.org is a revolutionary online platform featuring the best Catholic videos, audio talks, eBooks and movies. Catechism and Personal Faith Formation are at the fingertips of every parishioner. Visit FORMED.org to learn about these resources.

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 **QHJVJVV**. **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.



**SATURDAY,
LABOUR DAY
WEEKEND!**

8 am to 2 pm

SEPTEMBER 1,

Gigantic Yard Sale!!!

We are still accepting items:

If you have something in good, working, saleable condition, which you would be willing to donate, please call the office to arrange a time when you can drop it off or if it is very large it can be picked up. Please no televisions or computers. All other electronics please in good working order. We will store donations from now until the sale in the Fall in the garages and the basement under the cathedral.

Sales, such as this, can only be successful with the donation of items you no longer wish to own and with your help the day of the sale. Tell your neighbours they may have something to donate.

To arrange drop off please contact Ann at 613-546-5521 ext. 5

VOLUNTEERS WILL BE NEEDED EARLY SATURDAY MORNING TO SET UP. If you are able to help set up, very early the morning of September 1, you would be most welcome. We will start at 5 am and be done setting up by 8 am. Please come out and help.... especially if you are fairly young and fairly strong..... **MANY HANDS MAKE LIGHT WORK!!!!** Please let Ann know if you can help with set up as well.



CHRISTLIFE™

CATHOLIC MINISTRY FOR EVANGELIZATION

discovering Christ

COMING IN SEPTEMBER

DO YOU WANT TO?

- **DEEPEN YOUR FAITH AND REJUVENATE YOUR SOUL?**
- **EXPERIENCE OUR CATHOLIC FAITH WITH A RENEWED PASSION?**

COME TO KNOW PERSONALLY THE LOVE OF GOD THROUGH JESUS, IN THE HOLY SPIRIT?

JOIN US FOR DISCOVERING CHRIST!

A 7 WEEK COURSE INCLUDING A DAY RETREAT



A GREAT DINNER!



A DVD BIBLE-INSPIRED TEACHING



DISCUSSION ON THE TEACHING

**THURSDAY EVENINGS,
SEPTEMBER 20 TO NOVEMBER 8, 2018**

6:00 PM TO 8:30 PM

**ST. MARY'S PARISH CENTRE, 260 BROCK STREET
WITH DAY RETREAT ON SATURDAY, OCTOBER 27, 2018**

To register contact: Ann Lyng, 613-546-5521 Ext 5, alyng@cogeco.ca

Vespers (Evening Prayer)

Beginning again in September, every third Sunday of the month we will have Formal Sung Vespers (Evening Prayer) at 6:45 pm before the Sunday evening Mass beginning

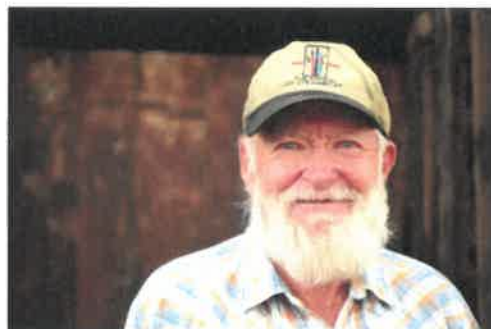
Sept. 16th, 2018

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 choir, with music under the direction of Jeff Moellman. Please join us for this extremely prayerful event.

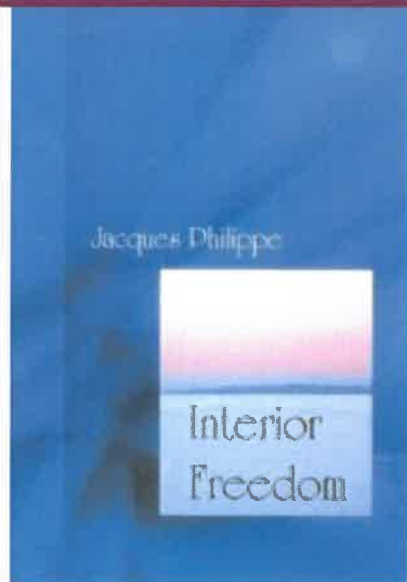


—MEN'S MINISTRY—



**RESUMES SATURDAY, SEPTEMBER 15th, 7 am to 9 am
in St. Mary's Parish Centre**

**All men, 21 yrs. old and above, are invited to join us for great
food, fellowship and faith.**



**ANOTHER GREAT
SPIRITUAL STUDY
COMING THIS FALL**

INTERIOR FREEDOM

by

FATHER JACQUES PHILIPPE

WEDNESDAYS, 7 TO 9 PM, SEPT. 19th, Oct. 3rd, 10th, 17th

Interior Freedom leads one to discover that even in the most unfavorable outward circumstances we possess within ourselves a space of freedom that nobody can take away, because God is its source and guarantee. Without this discovery we will always be restricted in some way and will never taste true happiness.



Author Jacques Philippe develops a simple but important theme: we gain possession of our interior freedom in exact proportion to our growth in faith, hope, and love. He explains that the dynamism between these three theological virtues is the heart of the spiritual life, and he underlines the key role of the virtue of hope in our inner growth. Written in a simple and inviting style, Interior Freedom seeks to liberate the heart and mind to live the true freedom to which God calls each one.

This study will be led by Father Shawn. To register and order your book please contact Ann Lyng at alyng@cocego.ca



RESURRECTION CATHOLIC CEMETERY
 Call and receive your Free Planning Kit Today.
Denis Valente
 (613) 542-3577
 2563 Division Street, Kingston (Glenburnie), ON

R. MICHAEL RODÉ
 CRIMINAL LAW
 PHONE (613) 531-8897 • FAX (613) 531-9022
 michael@rodela.com • www.rodela.com

SCARPAZZA
 HOME DESIGN
 RESIDENTIAL • COMMERCIAL • INTERIOR
 81 Aragon Road Glenburnie Ont. K0M 1S0
 (613) 546-4598. scarpazza@hotmail.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
 613-876-1801
 www.laterlifelearning.ca

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



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

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

St. Mary's Cemetery
 Traditional & Cremation Plots
 Crypts & Niches
 Monuments
 219 St. Mary St.
 Kingston, ON K7M 4G9
 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 Pools & Spas

Grant's nofrills
 lower food prices
 1162 DIVISION STREET, KINGSTON, ONTARIO, CANADA K7K 0C3

HERMAN'S AUTO
 825 Portsmouth Ave
 Kingston, ON K7M 1W8
 Stephen Overvelde
 President
 Tel: 613-547-7690 / Fax: 613-542-9313
 email: stephen@hermansauto.ca
 www.hermansauto.ca

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

Upper Canada
 OFFICE SYSTEMS

MULROONEY TRUCKING LTD

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

SWISS CHALET
 Join us for SUNDAY LUNCH starting at \$6.69
 Delivery / Call Ahead
 1-866-439-0439
 85 Dalton Ave (613) 547-0100

Complete Renovations
 Kurtis Lapere
 905-964-7475
 universalmcmz@live.ca
 87 Linton St., Kingston, ON K7K 1M6

Levac SUPPLY LIMITED
 Service is Our Success

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

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

RIGNEY BUILDING SUPPLIES
 Helping You Build and Renovate Since 1972
 5 Terry Fox Drive
 613-544-9145

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

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

"it's the haircut that counts!"
Marrello
 Frontenac Mall HAIR STYLIST 613-544-6166

RAMEKINS
 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

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

Prize winners in hair styles
 Judge at the New York
 International World Supreme

NELSON LAW
 HONEST and SUCCESSFUL LEGAL REPRESENTATION
 295 Queen Street Kingston K7K 1B7
613-544-1618

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