

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



THE FIRST SUNDAY OF ADVENT

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:

One half hour before each Mass held in the Cathedral

Additionally: Wednesdays 1 pm – 5 pm

& Saturdays 4 pm – 4:50 pm

Also on all Thursdays in Advent from 5 pm to 7 pm

& Sunday, December 23rd, 1 to 4 pm

Examination of Consciences and Review of Confession at all the entrances

Masses: Monday Dec. 3rd

7:45 am Repose of the souls of
Bishops, Priests, Deacons
12:10 pm Intentions of the volunteers
of St. Mary's Cathedral Sacristy

Tuesday Dec. 4th

7:45 am Repose of the souls of
Bishops, Priests, Deacons
12:10 pm Mary Lyng, 15th anni.

Wednesday Dec. 5th

7:45 am Repose of the souls of
Bishops, Priests, Deacons
12:10 pm Jacqueline King-Lee &
deceased family members

Thursday Dec. 6th

7:45 am Repose of the souls of
Bishops, Priests, Deacons
12:10 pm Walter & Isle Unterberger

Friday Dec. 7th

7:45 am Repose of the souls of
Bishops, Priests, Deacons
12:10 pm Intentions of Leona
Ruckpaul

7:30 pm Solemnity of Our Lady

Saturday Dec. 8th

7:45 am Repose of the souls of
Bishops, Priests, Deacons
5 pm Aurora & Jesus Bautista

Sunday Dec. 9th

8 am For the People
10:30 am For the People
7:30 pm Piedade & Joaquim
Dourado

Ministries: Sat. Dec. 8th, 5 pm

Altar Servers	
Lectors	Mark M. Lynn P.
EM of the Eucharist	Doug S. Ann L.

Sunday Dec. 9th, 8 am

Altar Servers	
Lectors	Sarah B. Allan S.
EM of the Eucharist	Theresa D. Maria C.

Sunday, Dec. 9th, 10:30 am

Altar Servers	
Lectors	Pat B. Carmen B.
EM of the Eucharist	Betty G. Rita F. Bob C. Domenica B. Maria M. Marietta M. Sr. Shannon

Sunday, Dec. 9th, 7:30 pm

Altar Servers	Students
Lector	Taylor C. Joe A.
EM of the Eucharist	Ellen H. Anne H.



First Sunday in Advent



TODAY Family Indoor Picnic Sunday Dec. 2nd after the 10:30 am

Mass at St Mary's Parish Centre. An opportunity for couples, parents, and children to meet and to enjoy coffee and a simple lunch together. There will be Advent activities for children, all are welcome. Suggested donation \$5 per family.

ourladymission@gmail.com

Pastoral Caring Holy Hour praying Evening Prayer in St. James Chapel for the needs of our parishioners and parish; every Monday. This Monday, Dec. 3rd at 6 pm. Please join us!



COAT DRIVE CONTINUES MON. TO FRI. 1 PM TO 4 PM. in St. Mary's Parish Centre.

Seniors' Lunch this Wednesday Dec. 5th, after the 12:10 pm Mass, at St. Mary's Parish Centre.

Regiopolis-Notre Dame Musical: Into the Woods: Stephen Sondheim's award winning musical, Dec. 5th, 6th, 7th & 8th at 7 pm and 1:30 pm matinee on Dec. 8th. Contact 613-545-1902.

Latin Mass will be celebrated Dec. 9th, at 3 pm in St. James Chapel.

Please pray for our Sick: Ruth Beaucage, Ruth Caron, Jacob Cooper, Bev Dickison, Teresa Khidir, Janice Lumb, Matthew McDonald, Lynn Orellano, Ann Pickett, Danielle Quesnel and Ted Pedlar.

CHILDREN'S CHRISTMAS PAGEANT:

The Pageant will be a little different this year... hopefully we'll have more participants so that a choir can be formed to lead us in the carols of the pageant.

Mary and Joseph! Angels! Shepherds! Kings! Narrator! More! Needed for our Christmas Pageant under the direction of Laura Raycraft and Carolyn Positano.



For the 5 pm Mass at the Cathedral on Christmas Eve. Children wishing to participate and a parent/guardian are required to attend rehearsals: Saturdays: Dec. 1, 8 & 15 from 10:30-11:30 am. Please **contact Laura Raycraft** to register your child providing your name, your child's name and age, telephone and email contact information. Thank you for helping to make our Christmas Eve a very special time for all! laura.joel@hotmail.com. **Spread the word! The more the merrier!!!**

Contacts

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

Associate-Pastor:

Father Paul Mawalla

paul.mawalla54@gmail.com

Deacon: Deacon Blaine Barclay,

blainebarclay31@gmail.com

In Residence:

Father Dan Ryan

Father Killian Eke

Father Paul Finn

Seminarian: Michel Quenneville

j.a.michel.quenneville@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

Children's Liturgy: Laura Raycraft,

613-328-0426,

stmaryschildliturgyoftheword@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

Christmas Season Holy Mass Schedule

4th Sunday of Advent: Dec. 22nd/23rd

Sat. at 5 pm, Sun. at 8 am, 10:30 am & 7:30 pm

Christmas Eve: Monday, Dec. 24th

5 pm and 7:30 pm

Christmas Day: Dec. 25th

12:00 am midnight and 10:00 am

Followed by our Christmas Dinner at 12 noon,
For those who will be alone or cannot prepare one
of their own.

Feast of the Holy Family: Dec. 29th/30th

Sat. at 5 pm, Sun. at 8 am, 10:30 am & 7:30 pm

New Year's Eve: Monday, Dec. 31st

Solemnity of Mary the Mother of God at 5 pm

Holy Hour to Ring in the New Year at 11 pm

New Year's Day: Jan. 1st

10 am

Epiphany: Jan. 5th/6th

Regular Sunday Mass Schedule

**Keeping the Homeless and the Poor in mind
throughout Advent and Christmas.**

Throughout Advent donations of warm socks, mitts
and gloves would be gratefully accepted. Also
throughout Advent but also at all the Christmas
Masses please bring a non-perishable food item for
those who have far less than we do.

Decorating the Church for Christmas



MANY HANDS MAKE LIGHT WORK!!!
**WE NEED HELP WITH THE CHRISTMAS DECORATION
OF THE INTERIOR OF THE CATHEDRAL!!!**

Anyone willing and able to assist with the putting up of the Christmas trees, assembling the Christmas Manger Scene or assisting in any other way are encouraged to help decorate the cathedral on **Thursday, Dec. 20th** beginning at 8:30 am. Please contact **Janice Lumb** if you can help: 613-389-1305 or lumbj@kos.net. Many hands do make light work!!!

Christmas Decorations in Memory of Your Loved Ones: If you would like to make a contribution towards the Christmas Decorations (Trees and Flowers) in memory of a deceased member of your family, or for a living member's intentions, your family member will be prayed for at the 5 pm and 7:30 pm Masses offered on Christmas Eve. The beautiful Christmas Trees from British Columbia average about \$50 each. The large three plant poinsettias cost around the same. A small sign in memorial of your loved one would be placed on the tree or plant. The sign would read "Donated in memory of..." or "Donated for the intentions of..." If you wish to make a smaller contribution amounts of any size would be gratefully accepted. Please feel free to use one of the envelopes at the entrances to the cathedral or to fill out the form below and deposit it into the collection basket or drop it off to the parish office.



CHRISTMAS FLOWERS OFFERING

Name: _____

Address: _____

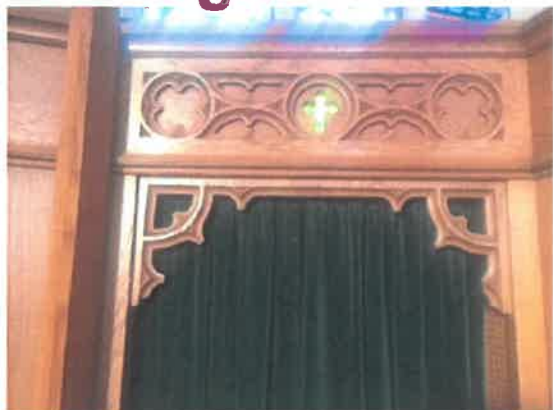
Email: _____

Env. No.: _____ Amount: \$ _____

For the repose of the soul of: _____

OR for the intentions of _____

The Light is On!



The Sacrament of Reconciliation (Confession) is an essential part of our Advent preparation for Christmas. In light of that, in addition to our regular times, there will be a priest in the confessional from 5 pm to 7 pm, every Thursday evening of Advent. (Dec. 6th, 13th, 20th) and Sunday, December 23rd, from 1 pm to 4 pm.

Our Regular Times

One half hour before each daily Mass held in the Cathedral

Wednesdays 1 pm – 5 pm

Saturdays 4 pm – 4:50 pm

Also there will be Advent Penitential Services around the City:

Wednesday, Dec. 12th at St. Paul the Apostle 2-4 pm and 7-8 pm at 2 pm

Sunday, Dec. 16th at St. Joseph's from 2-4 pm.

So many opportunities to receive the Lord's Compassionate Merciful Love!



Archdiocese of Kingston Solemnity of the Immaculate Conception

The Holy Sacrifice of the Mass will be offered and Ordination to the Permanent Diaconate on the occasion of the Archdiocesan Celebration of the Immaculate Conception of the Blessed Virgin Mary here at St. Mary's Cathedral on

Friday, December 7th at 7:30 pm

Archbishop Brendan O'Brien presiding

Reception to follow at École Cathédrale

A Wonderful Meditation on the Immaculate Conception of Our Lady

Taken from *Divine Intimacy* by Father Gabriel of St. Mary Magdalen, O.C.D. pp. 267-8. The reflection is for the Presentation of the Blessed Virgin Mary which we celebrated on Wed., Nov. 21

From her very earliest years Mary gave herself wholly to God and dedicated herself entirely to his service. Having been conceived in grace and hence exempt from any shadow of sin, Mary was completely open to God, available to his will, and free to give herself to him with the impetus of a love that knew nothing of the delays, the obstacles, or the alternatives that spring from a nature wounded by sin. Her immaculate purity, resplendent with grace, made her capable of adhering to all the good that God proposed to her, to all that was pleasing to him. Thus Mary made a gift of herself that was so absolutely complete that it excels that of any other created being and is surpassed only by that of Jesus the Christ, our God become Man.

From the beginning of her existence Mary was "the handmaid of the Lord" (Luke 1:38) and loved and served him with all her strength. Her answer to the Angel of the Annunciation expressed the attitude in which she has already long lived; this is why, even before she answered, the Angel was able to say: "Do not be afraid, Mary, for you have found favour with God." (Luke 1:30). The Blessed Virgin had always responded with full freedom and with all the love of her immaculate heart to God's initiative in making her be conceived immaculate and therefore full of grace. Because of this, she, who was already full of grace, found new grace in the sight of the Most High who made her the mother of his divine Son.

Mary's greatness is sublime, but it is lived with such simplicity that it neither dismays us nor overwhelms us, but rather attracts and invites us to follow in her footsteps. By means of the grace we have received in baptism, which supports us in our struggle against sin, we are called as Christians to achieve a spotless purity and a full freedom that are like those of Mary so that, together with her and with her help, we may give a generous response to God's gift. If we cooperate fully with the grace we have received, we shall be given fresh graces, and these in turn will make us capable of a yet higher response.



DO YOU HAVE SOMEONE IN YOUR LIFE THAT YOU HAVE NO IDEA WHAT TO GET THEM FOR CHRISTMAS?

In their name, you could give/donate to CHALICE, and better the life of child in a poorer area of the world by donating livestock, farm equipment, health & hygiene aid, food, trade tools and equipment, water, sports equipment, classroom materials, clothing. CHALICE is a Canadian sponsorship program started by Father Patrick Cosgrove in Nova Scotia. Gift catalogues for ideas are at the doors of the cathedral or go to chalice.ca. Please be generous this Christmas with those who have far less than we do. Official tax receipts will be given.

A Spiritual Program Proposal for Advent

**“Rejoice in the Lord always; again I will say, Rejoice.
...The Lord is near.” St. Paul’s letter to the Philippians 4:4-5.**

Several years ago I found much of what appears below in an article written by Father Thomas Rosica of Salt and Light Productions. I have altered it here and there but the bulk of it remains Father Tom’s.

One of the great stars of the Advent season is John the Baptist. The gospels of Mark and Matthew attest to the large numbers who heard him and went out to see him. The Baptist was a man of the desert and began his preaching there.

Throughout biblical history, leaders and visionaries have gone to the desert to see more clearly, to listen intently for God's voice, to discover new ways to live. The "desert" or "wilderness" is that holy place where God's word is unbound and completely free to be heard. Advent offers us a chance to return to our deserts and discover the word that God has spoken to us.

Luke makes vivid in his gospel the meaning of repentance and forgiveness which John the Baptist preached. It was not to consist simply in sentiments of sorrow and remorse, but rather repentance translated into concrete actions.

There was a great sense of expectancy among the people of John's time for a Messiah. The crowds asked him, "What then shall we do?" to prepare for the coming of the Messiah. The Baptist told those with two coats to share one with those who had none. Likewise, those with an abundance of food were to share with the hungry. Tax collectors were told to collect no more than was appointed to them. Soldiers were to rob no one and be content with their wages. People in general were told to be generous, just, honest, grateful and compassionate.

While in prison, John began to hear about the deeds and message of Jesus. John sent his own disciples to Jesus to ask him: "Are you he who is to come, or shall we look for another?" (Matthew 11:3)

Jesus, according to Matthew, sent back the message: "Go and tell John what you hear and see: the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. And blessed are those who take no offence to me." (Matthew 11:4-5)

John probably expected a fiery social reformer certainly not someone who would associate with the poor, the lame, the blind, outcasts and sinners. Yet Jesus invited John to look around and see the works that had already been accomplished. At times, our Messiah is just so ordinary that we overlook his presence, his message and his works.

What then shall we do to prepare for His birthday this year? Let me suggest a plan of action for these final weeks of 2012: Carve out a little piece of desert in the midst of the busyness of your life. Maybe say “No, thank you,” to one or two of the many invitations we receive this time of year. Take a little time for reflection. Go to that desert place and listen to God's voice. Take some time to prayerfully reflect on the depth of God’s love for you personally in His coming to us in Jesus Christ.

When you have taken a little time in “the desert” in prayer, then put skin on God and a) Mend a quarrel. b) Build peace. c) Seek out a forgotten friend. d) Dismiss suspicion and replace it with trust. e) Send a Christmas card to someone with whom you are not reconciled. It is so easy to do that this time of year. A simple card saying that you were thinking of them at this time of year. It could go a long way to mending those broken relationships. f) Share some treasure. g) Give a kind answer even though you would like to respond harshly. h) Take time for those around you. Ultimately we have such a short

time here. Make it count. In this day and age our time seems to be our most precious commodity. Don't hoard it to yourself. Find the time. Make time. Take time with others.

Focus on people not on things. I've yet to see a U-Haul at any funeral. I've never met a seriously ill person who wished they had spent more time at the office!

i) Manifest your loyalty in word and deed. ii) Keep a promise. iii) Forgo a grudge. iv) Forgive an enemy. v) Listen more. vi) Apologize if you were wrong. vii) Be kind even if you weren't wrong! viii) Try to understand. ix) Scoff at envy. x) Examine the demands you make on others. xi) Think first of someone else. xii) Appreciate. xiii) Be kind and gentle. xiv) Laugh a little. Laugh a little more. xv) Deserve confidence. x) Take up arms against malice. y) Decry complacency.

xvi) Express gratitude. xviii) Go to church. Stay in church a little while longer than usual. Drop by for a visit through the week. The doors are open throughout the day. xix) Welcome a stranger. xx) Gladden the heart of a child. xxi) Take pleasure in the beauty and wonder of the earth.

xxii) **Speak your love. Speak it still once again. Speak it even more loudly. Speak it quietly. And in the midst of everything, rejoice! The Lord is near!**

By being more like Him, by allowing Him to change us, the Kingdom comes close to us, and very close to all those we encounter.

Have a wonderful Advent of preparation for the glorious celebration of Christmas. Use the above as a prayerful examination. Reread it over and over, maybe each Sunday in Advent and work on its suggestions throughout the week. Incorporating the above into your everyday life is what it truly means to be ready for Christmas.

Daily Reflections to Help You Live Advent Better

A. Daily reflections from Best Advent Ever or Bishop Barron

Go to adventreflections.com or type in Best Advent Ever Bishop Barron

B. Daily reflections from Michael Kelly <https://dynamiccatholic.com/best-advent-ever>

C. Daily reflections from Creighton University Ministries

<http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/dailyguide.html>

AND/OR

SIGN UP

For Daily Advent Thoughts
from RCSpirituality.



We live in a loud world: a world with competing messages, expectations, and agendas. These voices make it hard to hear the voice of God.

During Advent, these competing voices seem to get louder and louder. Here at RCSpirituality, we know that you want to put God first. So, this Advent, let us help you spend a few moments each day focusing on God and his love for you. [Sign up for Daily Advent Thoughts with RCSpirituality](http://rcspirituality.org) to help keep God's voice first. Each morning, during the 23 days of Advent, you will receive a short message from Fr. John Bartunek, LC, to soften the competing voices and help keep God's voice first in your life. Go to rcspirituality.org and follow the prompts to sign up for Daily Advent Thoughts.

CURSILLO

Cursillo Weekend for Men to be Held in Kingston

scheduled for Thursday evening, March 28th through to Sunday, March 31st, 2019 incl., at Providence Spirituality Centre in Kingston. For more information, please contact Lionel Ryan at 613.634.9588 / ryanlionel07@gmail.com, or Mike Foley at 613.546.6224 / mfoley8@cogeco.ca, or Father Shawn J. Hughes at 613.546.5521 Ext. 4 / fathershawnjhughes@gmail.com.

What exactly is Cursillo?

St. John Paul II said Cursillo is “an instrument raised up by God for the proclamation of the gospel of our time”.

"Here is your role in the Church : to create clusters of believers who will carry the message of salvation everywhere, showing the seriousness of your opinion not by imposing it, but by a strong testimony". (Pope John Paul II)

Cursillo is a movement within the Roman Catholic Church

Its name comes from the Spanish word "Cursillo" which means small course.

Its original full name is "Cursillo de Cristiandad" (short course in Christianity). However, it is not a theoretical course nor a traditional retreat; it is best described as an experience. An experience that leads to discover and better live what is fundamental in Christianity

During the Cursillo's 3-days, participants share a profound experience of Christian life ...

The week-end starts on a Thursday night and ends on Sunday night. During these three days, we learn :

- to get to know us (encounter of self) ,
- to experience the presence and love of Jesus Christ (encounter with God),
- to see the good that can provide a loving and caring Christian community (encounter with others).

... To help to influence their environment by the force of their testimony

The Cursillo Movement (CM) is an apostolic movement. Its goal is to share with the community the essence of Christianity and Christian values and in this way gradually transform the community from within. To convey its objective, the CM uses the expression "[leavening society with the gospel](#)" and it is counting primarily on the testimony of friendship and the deepening of the personal conversion of its members.



ALL NIGHT ADORATION in ST. JAMES' CHAPEL:

**This FRIDAY, the first Friday, Dec. 7 at 9 pm to
SAT. morning, Dec. 8th, 7:45 am**

**COME AND SPEND ONE (OR PART OF ONE) HOUR
WITH THE LORD**

**Regular Adoration: After the 7:45 am Mass to 8 pm every night
12 noon to 7 pm on Sundays**

***“Our Lord is present in the Eucharist as a prisoner of love
waiting to enter into dialogue with us. We are never closer to heaven
than when we are before Our Eucharistic Lord.”***

Campaign Life Coalition Christmas Cakes: delicious custom



baked Christmas Cakes will be sold at St. Mary's Cathedral
after all Masses on December 1st/2nd and December 8/9th
2018. For a donation of \$25.00 to CLC's Pro-life work you will
receive a beautiful boxed deluxe Christmas cake. We also have
a regular bar cake for \$18.00. They make great Christmas gifts!
Parish Contact: Betty Roy or CLC at 613-389-4472
(Kingston) 613-382-1084 (Gananoque).



**ST. MARY'S CATHEDRAL COUNCIL OF THE
CATHOLIC WOMEN'S LEAGUE**

**ADVENT RETREAT
WITH FATHER SHAWN**

“PREPARING OUR HEARTS FOR THE COMING OF THE MESSIAH”



**SATURDAY, DECEMBER 8, 2018
10:00 AM TO 1:00 PM
ST. MARY'S PARISH CENTRE**

**There will be a potluck luck immediately following the retreat. Please bring
your favourite dish.**

**ALL LADIES IN OUR PARISH ARE CORDIALLY
INVITED TO JOIN US FOR THE RETREAT**

ADVENT LESSONS & CAROLS

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Jeffrey Moellman, *director & organist*

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Archbishop Brendan M. O'Brien, *presider*

The perfect, candlelit beginning to
an Advent of preparation and prayer:
a journey through Salvation History
with Sacred Scripture,
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and favourite Advent hymns

SATURDAY, DECEMBER 1

7:00pm

www.StMarysCathedral.ca | facebook.com/StMarysCathedral | 613.546.5521



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- ❖ **COFFEE, HOT CHOCOLATE, RAFFLE DRAWS**

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AFTER THE 8:00 AND 10:30 AM MASSES

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ST. MARY'S CATHEDRAL**





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