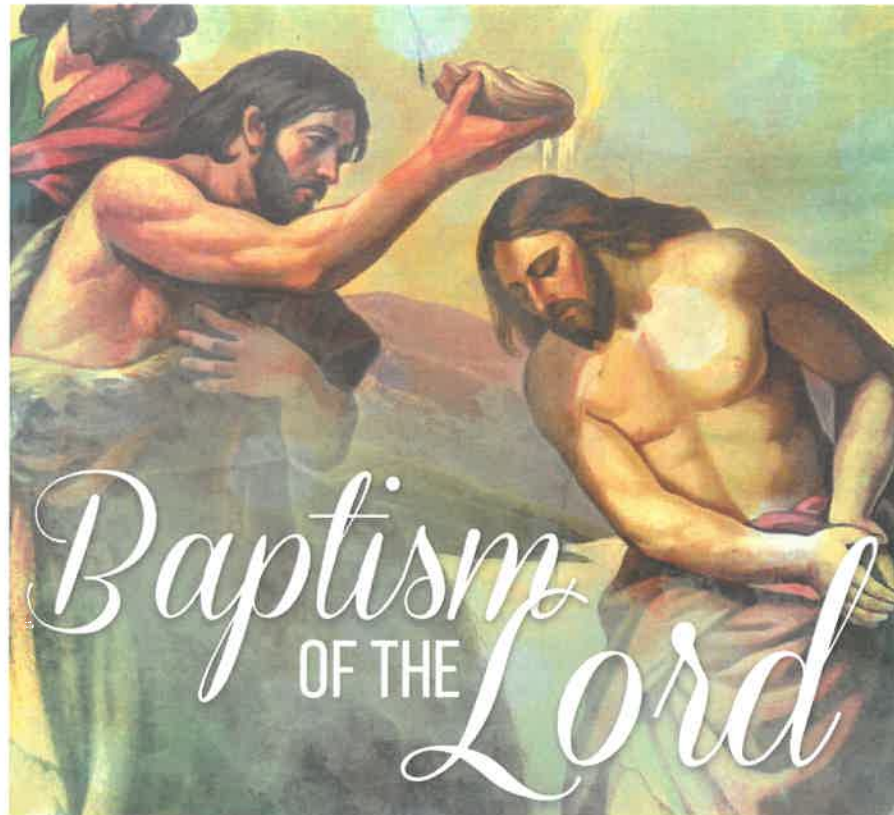


# The Cathedral of St. Mary of the Immaculate Conception

The Mother Church of the Faithful of the Archdiocese of Kingston  
The Most Reverend Brendan M. O'Brien, Archbishop of Kingston



## 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

# Baptism of the Lord

*The Final Day of the Christmas Season*

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

**Masses: Monday Jan. 14th**

7:45 am Deceased Bishops, Priests and Deacons

12:10 pm Matthew McDonald

**Tuesday Jan. 15th**

7:45 am Imma Garofalo

12:10 pm Living & deceased members of CWL

**Wednesday Jan. 16th**

7:45 am Deceased Bishops, Priests and Deacons

12:10 pm Jesus Bautista, 6 yr. anni.

**Thursday Jan. 17th**

7:45 am Imma Garofalo

12:10 pm Intentions of Bill & Margit Thompson

**Friday Jan. 18th**

7:45 am Intentions of Isaac Thompson

12:10 pm Victorina Cases

**Saturday Jan. 19th**

7:45 am Imma Garofalo

5 pm Deceased Bishops, Priests and Deacons

**Sunday Jan. 20th**

8 am For the People

10:30 am For the People

7:30 pm John Yakimeczko, 34<sup>th</sup> anni.

**Ministries: Sat. Jan. 19th, 5 pm**

Altar Servers	
Lectors	Adora J. Ann L.
EM of the Eucharist	Anne H. Mark M.

**Sunday Jan. 20th, 8 am**

Altar Servers	
Lectors	Cathy S. Sarah B.
EM of the Eucharist	Theresa D. Diane D.

**Sunday, Jan. 20th, 10:30 am**

Altar Servers	
Lectors	Valerie N. Evelyn T.
EM of the Eucharist	Connie A. Karla C. Bob C Joe C Betty G Dianne I Marietta M

**Sunday, Jan. 20th, 7:30 pm**

Altar Servers	Students
Lector	Evana D'A Hannah Q.
EM of the Eucharist	Mary R. Grace G.

**Please pray for our Sick:**

Ruth Beaucage, Ruth Caron, Isaac Cassim, Jacob Cooper, Bob Clancey, Bev Dickison, Delfina Fabbro, Teresa Khidir, Janice Lumb, Maria Matias, Lynn Orellano, Danielle Quinelle and Ted Pedlar.

**Take down of Christmas Decorations:** This Monday, Jan. 14<sup>th</sup> at 8:30 am. Again, many hands make light work and the decorations come down much quicker than they go up.

**Next Catholic Women's League Meeting:** This Tuesday, Jan. 15<sup>th</sup> at 1 pm in St. Mary's Parish Hall.

**Finance Committee Meeting:** Jan. 16<sup>th</sup> @ 9 am.

**Following Christ: begins,** This Wed., Jan. 16<sup>th</sup> in St. Mary's Parish Hall, 7 pm to 8:30 pm (no meal) see p. 7.

**Next Men's Ministry:** This Saturday January 19<sup>th</sup>, 7 am to 9 am

**Adoration and Confession for Families.** Third Saturday of the Month, 1:30 – 3 pm, Our Lady of Lourdes Parish. Next: January 19<sup>th</sup>.

**Next Cursillo School of Leaders Meeting:** Tuesday, January 22<sup>nd</sup>, 7 pm to 8:30 pm in St. Mary's Parish Hall.

## FOLLOWING CHRIST

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**WHAT DOES IT MEAN TO FOLLOW JESUS TODAY?**

**HOW DO WE DEVELOP**

**THE LIFESTYLE OF A DISCIPLE?**

**JOIN US FOR THIS EXCITING NEW SERIES!**

*Wednesday Evenings*

*January 16 to February 27, 2019*

*7:00 pm to 8:30 pm*

*St. Mary's Parish Centre, 260 Brock Street*

*Retreat Day*

*Saturday, February 23, 2019 9:00 am to 3:00 pm*

**There is no charge for the course!**

**To register contact:**

**Ann at 613-546-5521 Ext 5; alyng@cogeco.ca**

## Contacts

**Rector:** Father Shawn J. Hughes,  
[fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

**Associate-Pastor:**  
Father Paul Mawalla

[paul.mawalla54@gmail.com](mailto:paul.mawalla54@gmail.com)

**Deacon:** Deacon Blaine Barclay,  
[blainebarclay31@gmail.com](mailto:blainebarclay31@gmail.com)

### In Residence:

Father Dan Ryan  
Father Killian Eke  
Father Paul Finn

**Seminarian:** Michel Quenneville  
[j.a.michel.quenneville@gmail.com](mailto:j.a.michel.quenneville@gmail.com)

**Parish Office Administrator:**  
Suzanne, [smarys@cogeco.net](mailto:smarys@cogeco.net)

**Co-ordinator of Ministries,  
Pastoral Caring Coordinator, and  
Catholic Women's League**

**President:** Ann Lyng,  
[alyng@cogeco.ca](mailto:alyng@cogeco.ca)

**Music Director and Organist:**  
Jeff Moellman,  
[musicmoell@gmail.com](mailto:musicmoell@gmail.com)

**Children's Liturgy:** Laura Raycraft,  
613-328-0426,  
[stmaryschildliturgyoftheword@gmail.com](mailto:stmaryschildliturgyoftheword@gmail.com)

**Parish Council Secretary:** Ellen  
Hawman,  
[ellen.hawman@sympatico.ca](mailto:ellen.hawman@sympatico.ca)

**Knights of Columbus Council #728  
Grand knight:** Peter Wadeck  
[pwadeck@gmail.com](mailto:pwadeck@gmail.com)

**Finance Committee Chair:** Mark  
Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)

**University Chaplain:**  
Fr. R. de Souza,  
[chaplain@newmanhouse.ca](mailto:chaplain@newmanhouse.ca),  
[rjdesouza@cardus.ca](mailto:rjdesouza@cardus.ca)

**Catholic Christian Outreach:**  
Stephanie Dresch: Campus Leader  
[stephanie.dresch@cco.ca](mailto:stephanie.dresch@cco.ca)

**Billings Method Natural Family  
Planning:** Ann Murray,  
[kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca)

**Creighton Model Fertility Serena,  
Sympto-Thermal Method of  
Family Planning:** [www.serena.ca](http://www.serena.ca)  
[serenakingston@gmail.com](mailto:serenakingston@gmail.com)

**Adoration:** Natalie Holland,  
[nholland@cogeco.ca](mailto:nholland@cogeco.ca)  
613-876-1801

**St. Mary's Refugee Sponsorship:**  
Angela Gambin,  
[stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

## Why does the Christmas Season Extend to January 13<sup>th</sup> this year?

As you know the Christmas season begins with December 25<sup>th</sup> and extends for traditional 12 days of celebration to January 6<sup>th</sup> when we celebrate the coming of the Kings/Wisemen/Magi. This year Jan. 6<sup>th</sup> falls on a Sunday. In contemporary times if it does not fall on Sunday, Epiphany is celebrated on the Sunday following January 1. If that is January 6<sup>th</sup> or less, (Jan 2<sup>nd</sup> to Jan 5<sup>th</sup>) then we have another full week of Christmas Season until the following Sunday when we celebrate the Baptism of the Lord. If Epiphany, the Sunday following New Years, falls on Jan. 7<sup>th</sup> or 8<sup>th</sup>, then that Monday we celebrate the Baptism of the Lord and the Christmas Season is shorter ending on the 8<sup>th</sup> or 9<sup>th</sup>. Since January 6<sup>th</sup> is falls on a Sunday this year, this year we have the longest Christmas Season possible.



Do people tell you you should be in the choir? Have you heard the beautiful music the choir is producing and thought, "I'd love to be part of that!"? Consider exploring the Church's tradition of sacred music by joining the Cathedral Choir. Share your gift with your parish community! The first rehearsal of the New Year is on

Monday, January 14, 7:00-9:00pm in the Cathedral.

Enter through the rectory courtyard (west) door. You can park in the courtyard parking lot. Contact Jeffrey Moellman for additional information at [musicmoell@gmail.com](mailto:musicmoell@gmail.com)

## CURSILLO

### Cursillo Weekend for Men to be Held in Kingston

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

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### 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 St. 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:

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

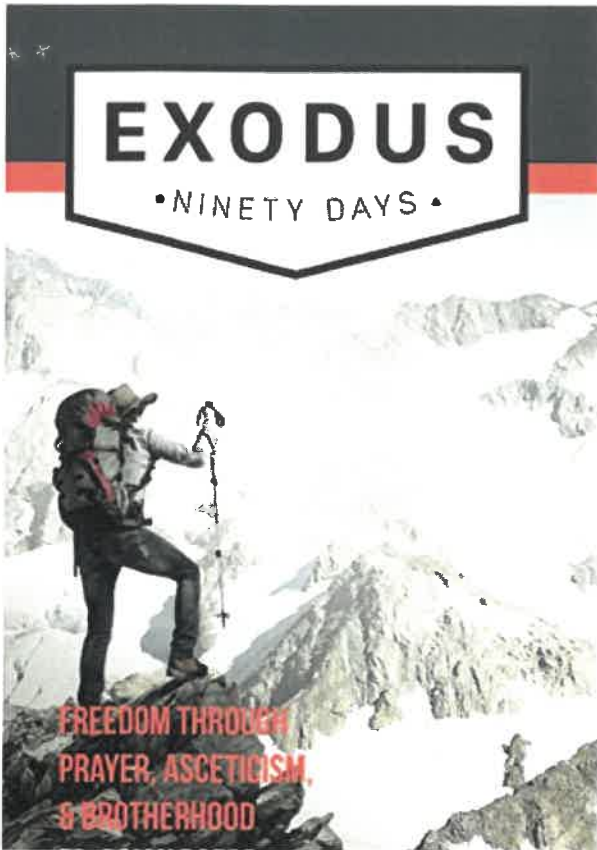
### ➡ ...To help to influence their environment by the force of their testimony

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.

## THIS JANUARY GIVE THE GIFT OF SINGING!

Children (and grandchildren!) ages 8 and up are invited to sing in a new youth choir at St. Mary's Cathedral beginning this New Year. This is a wonderful opportunity to explore a rich variety of music, and learn about singing in a supportive group setting! Contact Jeffrey Moellman, Director of Music for details: 613.985.2224 or [musicmoell@gmail.com](mailto:musicmoell@gmail.com). This group will meet after school in St. Mary's Parish Centre on Thursdays, from 4:30 pm to 6 pm beginning Jan. 17<sup>th</sup>.





## A CALL TO ALL THE MEN OF THE PARISH TO JOIN FATHER SHAWN IN LIVING EXODUS 90

I want to invite you on a journey with me called Exodus 90, that **starts on January 21<sup>st</sup> and ends on Easter Sunday**. Over 90 days, we'll walk as brothers on this path to freedom, leading us closer to Christ, and becoming MORE like the men the Church needs today.

The goal of Exodus 90 is to achieve the freedom necessary to fully engage the love of God and love of neighbour we are called to. The freedom sought by men accepting the roadmap of Exodus 90 is not limited to sexual liberty, but also the enslavement to countless temptations advanced by our culture: materialism, narcissism (or selfishness), alcoholism, and most significantly, spiritual coldness. Exodus 90 is based on

a challenging 90-day period of purification, a dying to self, which is supported by a fraternity of like-minded men for greater interior freedom and, eventually, a more purified and selfless love. The experience is fantastic for all Catholic men and especially those discerning a vocation, for men preparing for marriage, for men struggling with an addiction of any kind, or for a man who has difficulty finding God and desires to radically unite himself to his Heavenly Father. The work of Exodus 90 is effective for the realization of overall self-mastery and openness to the will and mystery of God.

Exodus 90 is not primarily a program of penance or self-abasement. It is a program for men who seek, together, to strive for a more perfect freedom. This is the cornerstone of the exercise and much will be lost if that is forgotten. Most men, when invited to join Exodus 90, are filled with fear and anxiety - the first step is overcoming the fear of loss of control and giving control to God.

Because of our addictions: to work, sports, emails, social media, Netflix, even some to pornography, many men have lost the freedom to see the real things Christ intends for their lives. Exodus 90 is not just for men who struggle with these temptations but it is for all men who seek true freedom in Christ, therefore, it is for all men.

This is a program of prayer, self-discipline and fraternity.

***Intrigued???? .....Check it out [Exodus90.com/get-started](http://Exodus90.com/get-started)***

and if you decide to commit let me know. It would be disingenuous of me to promote this and not be willing to do it myself. So, I will be doing this challenge myself and would love to be joined by as many men of the parish as possible. .... 15 days from this Sunday this personal and parish transformation will begin!

**DEVELOPING THE LIFESTYLE OF  
AN INTENTIONAL DISCIPLE**

**The second module in the CHRISTLIFE series**



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**9:00 am to 3:00 pm**

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**To register contact: Ann at 613-546-5521 Ext 5; [alyng@cogeco.ca](mailto:alyng@cogeco.ca)**

## A Beautiful Thank you to our parish from Seconde Nyanzobe (the mother of the refugee family we sponsored)

**She writes:**

**I remember....I will never forget**

I remember it was in 2015 when I entered Canada without anything except myself and my hope. I remember that, like a crazy girl, I let behind me my family, my country, everything. I remember my destination has been Kingston. I think I got a vision to go there where I fell in love with the friendly community. I found amazing people in the city. I will remember each one who gave me the warmest welcome I've ever seen in my life.

My memory goes to Deborah, may her soul rest in peace! I'm particularly thankful for a friend who gave me a home during 2 years of my lonely journey, and through her, many people will recognize themselves.

I will never forget those amazing sisters and brothers at St. Mary Cathedral, you all have been the best pillars of my life. My gratitude goes especially to Fr. Shawn, "you are unique Fr. Shawn", thank you. I know these 2 words can't say enough what I feel.

I will never forget that evening, when a group of people braved the cold and came to meet my family at the airport after more than 30 hours of flight; the welcome words in my language "amahoro" (means peace), the Canadian flags, Angela who left the little Patrick at hospital, I have learnt from you. Thank you so much.

I will never forget all the actions in details, because of you all, I recovered smile and life. *I share with you my joy for this period of Nov, 2017 -Nov 2018, first anniversary since my family is here in Canada.*

My family and I, we will never forget your generosity and your open heart. We will never forget that your treasure financed us a whole year. You guided us like babies learning to walk, and step by step, you made us strong and valuable. We will not forget that. And we promise to give back. And I know together we are very powerful.

Each one including the little Patrick for the actions taken to make us comfortable and properly settled, we say "We remember and we will never forget it".

Thank you for each one of you for your presence in our life.

**MAY GOD BLESS YOU and THANK YOU SO MUCH!**

**P.S. From Father Shawn**

Seconde, very kindly, thanked me. That is just because I was the "face" of the parish as they encountered us. All the work, and ***I mean all the work*** of planning, welcoming and arranging for everything that has been done for Seconde and her family has been done by Angela Gambin, Laura Raycraft, their families and the St. Mary's Refugee Committee members who have assisted them behind the scenes before and since their arrival and those of you who have contributed financially. They deserve ***all*** the gratitude. I merely had to confirm their initiative and say: "Yes, let's do this." I join my prayer to Seconde's: May God Bless you all!



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