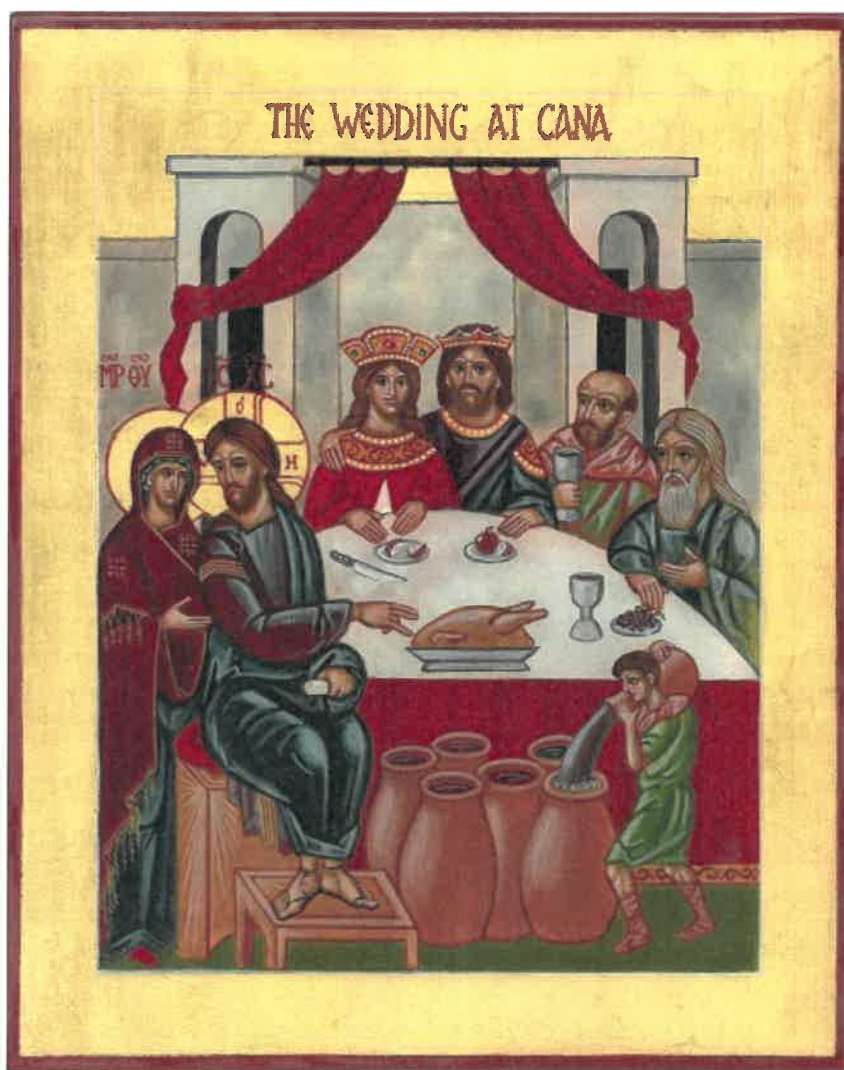


The Cathedral of St. Mary of the Immaculate Conception

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

Masses: Monday Jan. 21st

7:45 am Deceased members of the Delva family
 12:10 pm Helen (Doolan) Hutchings, anni.

Tuesday Jan. 22nd

7:45 am Deceased members of the Delva family
 12:10 pm Matthew McDonald

Wednesday Jan. 23rd

7:45 am Maria Yakimeczko, 10th anni.

12:10 pm Dorle Kromer

Thursday Jan. 24th

7:45 am Deceased members of the Delva family
 12:10 pm Intentions of Father Shawn Hughes

Friday Jan. 25th

7:45 am Cor Vanderlinden
 12:10 pm Living & deceased members of Knights of Columbus # 728

Saturday Jan. 26th

7:45 am Jean Komarnisky
 5 pm Yolanda & Giovanni Fernetich

Sunday Jan. 27th

8 am Jacqueline Heinz
 10:30 am For the People
 7:30 pm Laurinda & Basilio Matias

Ministries: Sat. Jan. 26th, 5 pm

Altar Servers	
Lectors	Dianne I. Elizabeth N.
EM of the Eucharist	Marlene M. Mark M.

Sunday Jan. 27th, 8 am

Altar Servers	
Lectors	Janet W. Cathy S.
EM of the Eucharist	Marcel R. Emily R..

Sunday, Jan. 27th, 10:30 am

Altar Servers	
Lectors	Sally R. Larry R.
EM of the Eucharist	Chris L. Sr. Shannon Connie A. Domenica B. Carmen D. Betty G. Bob C.

Sunday, Jan. 27th, 7:30 pm

Altar Servers	Students
Lector	Michelle S. Lionel R.
EM of the Eucharist	Pene L. Ellen H.

Second Sunday in Ordinary Time

Following Christ: continues, This Wed., Jan. 23rd in St. Mary's Parish Hall, 7 pm to 8:30 pm (no meal) see p. 7.

Cursillo Ultreya: This Sunday., Jan 20th in St. Mary's Parish Hall, 2 pm to 4 pm.

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

ST. MARY'S ARCHDIOCESAN YOUTH CHOIR: Thursdays, 4:30 PM – 6 PM, in St. Mary's Parish Hall, under the direction of Jeffrey and Caroline Moellman.

Latin Mass: Sunday Feb. 3rd, St. James Chapel at 3 pm.



Development and Peace

CARITAS CANADA

The **Share Lent Launch for Development and Peace** will take place on **Saturday, February 9th** at 12:00 noon- 3:00 p.m. at **St. Joseph's**

Parish in Kingston. A light lunch will be provided. To register, please contact Jan at 613-968-9659 or Sr. Helen at 613-766-2376.

Everyone is welcome!

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, Carol Mouke, Lynn Orellano, Danielle Quinelle and Ted Pedlar.



A huge thank you to the Decorating Team & all those who came out last Monday to work so hard removing the Christmas trees, swags, poinsettias & Nativity. There were so many hands we were finished in record time!

A special thank you to Herman Overvelde for supplying his truck once

again & carting several loads to the recycling centre to be composted. Also, thank you Mary & Mark Hitchcock for helping to load all the trees from the front steps.

Thank you to Anne Hogarth, Louise Meloche, Sharon Musgrave & Natalie Holland for the extra duty of watering the trees throughout the holidays. May God Bless you abundantly for your service to the parish.Janice & Richard Lumb.

Our team - Mary & Mark Hitchcock, Lola Hulton, Anne & Greg Hogarth, , Natalie Holland, Erin Levac, Janice & Richard Lumb, John McIntyre, Sharon Musgrave, Amy Doux Nyanzobe, Mary Van Laren, Doug Snider, Deacon Blaine Barclay, Father Paul Mawalla, Father Shawn Hughes, and the students from École Cathédrale.

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:
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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,
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Catholic Women's League
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alyng@cogeco.ca

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musicmoell@gmail.com

Children's Liturgy: Laura Raycraft,
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Parish Council Secretary: Ellen
Hawman,
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**Knights of Columbus Council #728
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pwadeck@gmail.com

Finance Committee Chair: Mark
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University Chaplain:
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chaplain@newmanhouse.ca,
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Catholic Christian Outreach:
Stephanie Dresch: Campus Leader
stephanie.dresch@cco.ca

**Billings Method Natural Family
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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



A New Initiative out of St. Mary's

Archdiocesan Youth Choir: This past week, 20 children took part in the first rehearsal of the Cathedral Youth Singers at St. Mary's Parish Hall.

Our Director of Music, Jeff Moellman, and his wife Caroline, have begun this choir to offer Catholic children ages 8 and up from around the Kingston area an opportunity to learn about singing, and to explore some great music in a fun and supportive group.

So, if you know any families who may be interested in this wonderful opportunity for their children, please invite them to contact Jeff as soon as possible to sign-up. musicmoell@gmail.com or 613-546-5521 ext. 7.

How Modern Culture Is Robbing
Billions of People of Happiness

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New York Times Bestselling Author

MATTHEW KELLY

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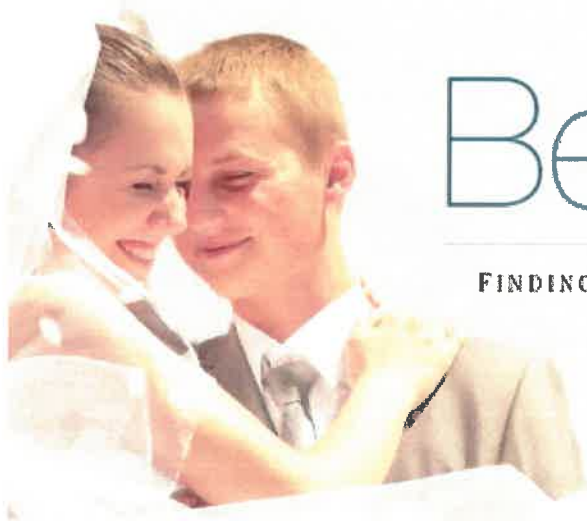
As you know this book was distributed at the Christmas Eve and Christmas Day Masses. I hope you got one and have taken some time to read it. If you have finished reading it I would encourage you to pass it on to someone in your family or circle of friends who would benefit from it or bring it back to the cathedral and leave it on one of the back tables so that those who were out of town or did not get one would have a chance to read it.

CURSILLO

Cursillo Weekend for Men to be Held in Kingston

Is scheduled for Thursday evenings, 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.

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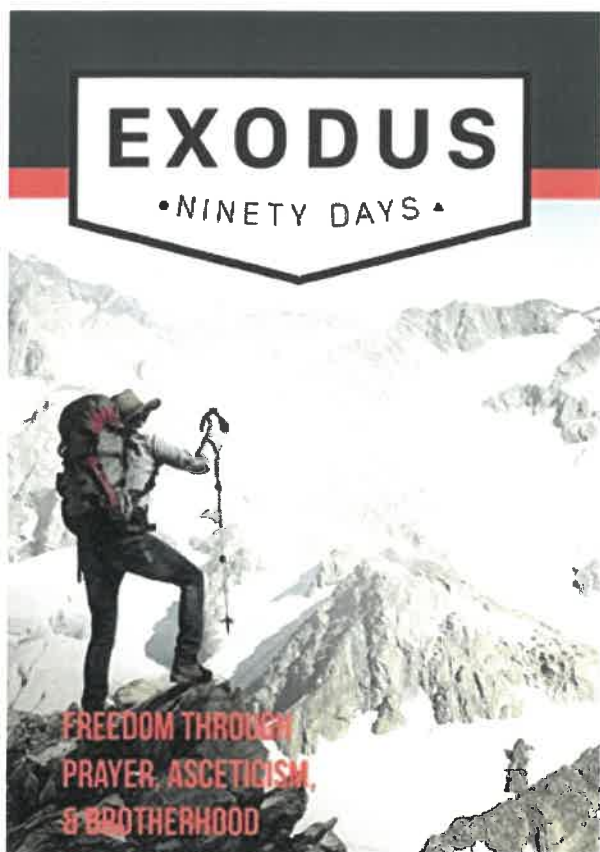
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If you haven't accessed Formed yet, just follow these simple steps.

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 its great content 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!)



***STARTS TOMORROW,
MONDAY, JANUARY 21***

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 21st 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

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. ***STARTING TOMORROW*** this personal and parish transformation will begin!



LIFT JESUS HIGHER RALLY
SATURDAY, MARCH 2, 2019
RESERVE THE DATE & A SEAT ON THE
BUS!!!

BUS TRIP FROM ST. MARY'S CATHEDRAL TO THE "LIFT JESUS HIGH RALLY" IN TORONTO on SATURDAY, March 2, 2019.

The theme of this year's rally is
"HOPE IN THE MIDST OF SUFFERING."

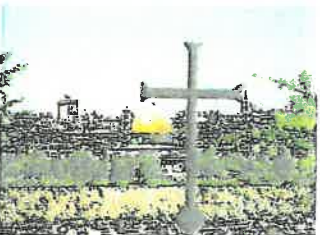
Keynote speaker is Fr. Mark Goring, CC. Fr. Mark grew up in Pembroke, Ontario and is currently the Director of the Catholic Charismatic Centre in Houston, TX. Fr. Mark joins the Renewal Ministries team of **Ralph Martin, Sr. Ann Shields and Peter Herbeck.** The Lift Jesus Higher Rally is an annual event for youth and adults that focuses on evangelizing through uplifting music, testimonials, confessions, reflections, Divine Mercy celebration, a Eucharistic Procession and Mass celebrated by Cardinal Collins. Bus leaves the Cathedral at 5 am sharp and returns home by approximately 9:00pm. We will stop for dinner on the return trip. Travel is by McCoy deluxe coach. Cost of round trip transportation (dinner not included) is \$70 but the cost may decrease depending on numbers. **Hope in the Midst of Suffering** will be an unforgettable rally which will fill you with abundant joy and hope that God always provides for His people. **Come celebrate this great annual event enjoyed year after year by many over the past 26 years!** Tickets to the rally are available through the parish (Adults \$25, Youth \$15). For more information or to reserve tickets and bus seating, contact Ann Lyng at 613-546-5521 Ext 5 or at alyng@cogeco.ca

PILGRIMAGE TO HOLY LAND

Under spiritual leadership of Fr. Shawn Hughes, Rector
St. Mary's Cathedral, Kingston

October 19 - 30, 2020 - 12 days \$TBA (Toronto Dep., incl all taxes and tips)

- Oct. 19 Afternoon departure from Toronto to Tel Aviv.
- Oct. 20 Morning arrival in Tel Aviv. Upon meeting our guide we embark on a panoramic view of Jaffa and are transferred to our hotel in Galilee. Time for rest, Mass, dinner and overnight.
- Oct. 21 After breakfast we depart for Tiberias. We travel by boat on the Sea of Galilee, visit Capernaum, home of St. Peter and the site of Jesus' preaching, on to Tabgha to see the Church of the Multiplication with its beautiful 5th century fish mosaic. We also visit the Church of the Primacy and celebrate Mass on the Mount of the Beatitudes. Continue to Cesarea Philippi, where Jesus revealed to His disciples for the first time that He was indeed Messiah. Return to our hotel for dinner and overnight.
- Oct. 22 This morning we start our tour in Cana - the site of Jesus' first miracle. Here we celebrate marriage renewal ceremony. We move on to Nazareth where we celebrate Mass at the Basilica of Annunciation and visit Mary's Well and St. Joseph's church. We also visit the Nazareth village where we experience village life in the Galilee in the time of Jesus. In the afternoon we ascend Mount Tabor - the Mount of Transfiguration.
- Oct. 23 This morning we depart Galilee for Judea and the area of Jerusalem. En route we visit Haifa and Mt. Carmel, the "burning place" where Elijah called fire down to confound the prophets of Baal. Here we celebrate Mass. We continue via Cesarea by the Sea to Judea for our dinner and overnight.
- Oct. 24 Today's journey takes us to the ancient city of Jerusalem: St. Ann's Church, Pool of Bethesda, Pilate's Judgment Hall, the Chapel of the Flagellation and the Arch of Ecce Homo, the convent of the sisters of Zion. We continue with the Stations of the Cross - Via Dolorosa to the Holy Sepulchre. Mass will be celebrated in one of the many churches of Jerusalem. In the afternoon we visit the Western Wall, also called the "Wailing Wall". We see the place of the Mosque of Omar and El Aksar. Return to our hotel for dinner and overnight.
- Oct. 25 We continue our tour of sacred places in Jerusalem. We visit the Mount of Olives: the Church of all Nations, the Church of Maria Magdalene, Dominus Fleuit Church, Chapel of the Ascension, Garden of Gethsemane, Mary's Tomb, Church of the Pater Noster. We continue to the village of Bethany with the tomb of Lazarus (time permitting). In the afternoon we visit Mount Zion with the Upper Room (Room of the Last Supper) and the Church of St. Peter's in Gallicantu. Return to our hotel for dinner and overnight.
- Oct. 26 Today we will drive to Emmaus where Jesus appeared following His Resurrection. We will then pray the Rosary together in the Church of Dormition, where Mary was assumed into heaven. Free time, dinner and overnight.
- Oct. 27 Today we visit Bethlehem - where Jesus was born, celebrating Christmas Mass in one of the grottos. We visit the Manger, the Crusaders' Cloister and the Grotto of St. Jerome - Shepherd's field. Return to our hotel for dinner and overnight.
- Oct. 28 This morning we leave for a full day excursion to Masada, the Dead Sea, Qumran, where the Dead Sea Scrolls were discovered in 1947. Time for swimming in the Dead Sea. Continue to Jericho, the oldest continuously inhabited city the world. After Mass in Jericho we stop at the Jordan River in Qasr al-Yahud, where Jesus was baptized. Return to our hotel for dinner and overnight.
- Oct. 29 After breakfast we take a short drive to Ein Karem, the picturesque village where Mary visited her cousin Elizabeth. Here we will visit the Church of the Visitation. Return to Jerusalem, free time for leisure.
- Oct. 30 After breakfast we are transferred to the airport in Tel Aviv for a flight to Toronto. Evening arrival.



Travel arrangements by International Heritage Tours

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For more information and to reserve a spot please contact Ann Lyng
613-546-5521 ext. 5 or alyng@cogeco.ca



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