

# 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 Spirit of the LORD is upon Me  
Because He anointed Me

**PREACH** the Gospel  
**PROCLAIM** to the **POOR**  
release and recovery of  
**CAPTIVES** and **SIGHT** of **BLIND**  
TO SET FREE those who are **OPPRESSED**  
PROCLAIM the favorable year  
of the **LORD**

Luke 4:18-19

## 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. 28th

7:45 am Thomas Burke  
12:10 pm Raymond H. Hutchings,  
anni.

**Tuesday Jan. 29th**

7:45 am Eva & Philip Little  
12:10 pm Matthew McDonald

**Wednesday Jan. 30th**

7:45 am Betty Amo, by the Parish  
12:10 pm Souls in Purgatory

**Thursday Jan. 31st**

7:45 am Imma Garofalo  
12:10 pm Patricia McDonald,  
deceased members of Murray &  
McDonald families

**Friday Feb. 1st**

7:45 am Imma Garofalo  
12:10 pm Intentions of Kromer  
family

**Saturday Feb. 2nd**

7:45 am Deceased Bishops, Priests  
and Deacons

5 pm Lavern Jones

**Sunday Feb. 3rd**

8 am For the People  
10:30 am For the People  
7:30 pm For the People

**Ministries: Sat. Feb. 2nd, 5 pm**

Altar Servers	
Lectors	Sandi W. Mark M.
EM of the Eucharist	Jacqueline O. Adora J.

**Sunday Feb. 3rd, 8 am**

Altar Servers	
Lectors	Bill M. Betty R.
EM of the Eucharist	Ann L. Maria C.

**Sunday, Feb. 3rd, 10:30 am**

Altar Servers	
Lectors	Janet W. Connie A.
EM of the Eucharist	Carmen D. Chris L. Grace G. Marietta M. Domenica B. Karla C. Betty G.

**Sunday, Feb. 3rd, 7:30 pm**

Altar Servers	Students
Lector	Carmen B. Joe A.
EM of the Eucharist	Lionel R. Mary R.

**Please pray for our Sick:**

Ruth Caron, Isaac Cassim, Jacob Cooper, Bev Dickson, Teresa Khidir, Janice Lumb, Maria Matias, Carol Mouke, Lynn Orellano, Danielle Quinelle and Ted Pedlar.



**“Today this passage is fulfilled in your hearing!”**

**Third Sunday in Ordinary Time**



**Today is Hospitality Sunday!** Join us after the 8:00 am and 10:30 am Masses for a cup of coffee, a wee sweet and meet some of your fellow parishioners !!!

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

**St. Mary’s Archdiocesan Youth Choir:** Thursdays, 4:30 – 6 PM, in St. Mary’s Parish Hall, under the direction of Jeffrey and Caroline Moellman. See ad. Pg. 3

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

**Seniors’ Lunch:** Wed., Feb. 6th, immediately following the 12:10 pm Mass, St. Mary’s Parish Hall.

The Share Lent Launch for Development and Peace will take place on Saturday, Feb. 9th at 12 noon-3 pm 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!*



**Share Lent 2019 Workshop: The Refugee Crisis & Catholic Social Teaching** St. John Bosco Catholic Parish, 175 Windsor Dr., Brockville, ON. On Sun., Feb. 10, after the 10 am Mass. Light lunch provided. Please call to register: Sister Helen at 613-766-2376 or Tara at 613-738-9644 ext. 224.

**ADORATION OF THE BLESSED SACRAMENT**

A reminder that the Blessed Sacrament is exposed in St. James Chapel for silent prayer every day from after the 7:45 am Morning Mass until 8 pm in the evening. We always need at least one person before Our Lord exposed in the Blessed Sacrament and therefore have a schedule. If you are able to sign up for a regular time each week that would be very helpful. Otherwise, He is there waiting for you to drop by and spend some time with Him whenever you are passing by. Please contact Natalie Holland 613-876-1801 if you are able to spend this hour with Jesus.



## **Contacts**

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Catholic Women's League**

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**Creighton Model Fertility Serena,  
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Family Planning:** [www.serena.ca](http://www.serena.ca)  
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**Adoration:** Natalie Holland,  
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613-876-1801

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



## **Family Picnic**

**Family Picnic at the Parish Centre:**  
Sunday Feb. 3rd 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  
activities for children, all are welcome. Suggested donation \$5 per  
family. [ourladymission@gmail.com](mailto:ourladymission@gmail.com).

## **A New Initiative out of St. Mary's**

**Archdiocesan Youth Choir:** 20 children took part in the  
inaugural rehearsal, of the Cathedral Youth Singers at St. Mary's

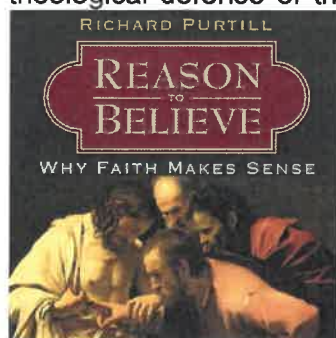


Parish Hall. Our Director of Music, Jeff Moellman,  
and his wife, Caroline, have begun this choir to offer  
Catholic children, ages 8 and up, from around the  
Kingston area, an opportunity to learn about singing,  
and to explore some great music in a fun and  
supportive group. If you know any families 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](mailto:musicmoell@gmail.com) or  
613-546-5521 ext. 7.

## **GREAT APOLOGETICS ON FORMED.ORG**

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desire for happiness. That argument unfolds over the 30 chapters of the  
two-volume textbook and is supplemented by two short-form videos per  
chapter. **If you haven't accessed Formed yet, just follow these simple  
steps. Step 1:** Go to [formed.org](http://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!)

# 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) .

## **CONGRATULATIONS AND A HUGE THANK YOU TO ALL OUR VOLUNTEERS AFTER THE BUSIEST WINTER COAT DRIVE EVER!!!**



The St. Mary's Cathedral- Hotel Dieu Hospital Winter Coat Drive wrapped up last week after the busiest season ever! The Coat Drive was open weekday afternoons from November 12, 2018 until January 18, 2019 during which time:

- **964** people visited the distribution location at St. Mary's Parish Centre where
- **2622** items of winter clothing, including
- **848** coats were handed out.

*Special thanks to all our dedicated volunteers at St. Mary's Cathedral Parish* who distributed the coats while greeting each visitor with respect and dignity: **Mary Ellen Bulger, Marla and Robin Cases, Linda Dupuis, Walter Durante, Mary and Mark Hitchcock, Lola Hulton, Marianne Murphy, Rose Marie Murray, Donna North, Marion Payne, Nancy Pearce and Tom Smallegange.** Thank you also to members of St. Mary's CWL for supplying coffee and snacks for all visitors. And a very special thank you to all contributing warm winter clothing for those in need within our community!

Watch for our new collection dates next Fall when we will once again be gathering gently-used coats to bring some extra warmth to people in our community throughout the winter months. The greatest need is for men and women's coats sizes XL / XXL / XXXL as well as winter boots, socks, gloves, toques and blankets.



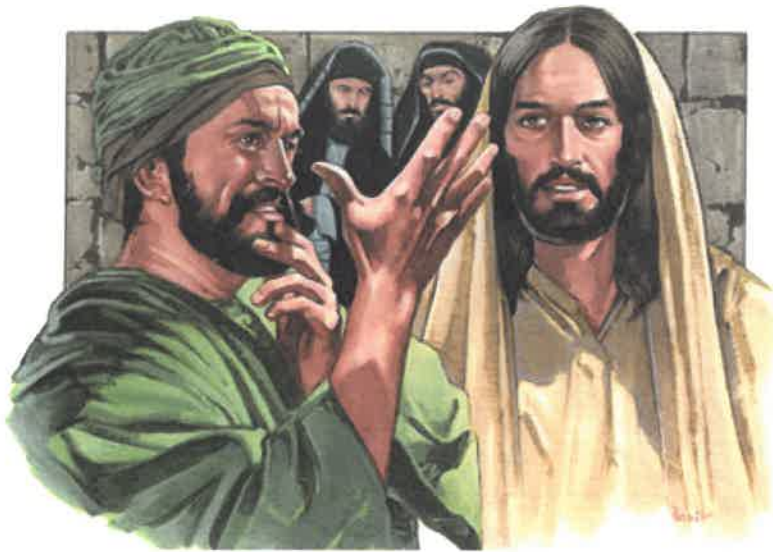
## **THE COLUMBO CLUB OF THE KNIGHTS OF COLUMBUS, COUNCIL 728, MAKE A TREMENDOUSLY GENEROUS DONATION TO THREE OF OUR PARISHES AND TO THE UNIVERSITY HOSPITAL FOUNDATION**

After the sale of Schofield Camp in 2017 the Columbo Club of the Knights of Columbus members of Council 728 have donated \$50,000 to Holy Family Parish, Kingston; \$50,000 to St. John the Apostle Parish, Kingston, and \$50,000 to the University Hospital Foundation designated to be used for the New Providence Manor site's chapel. They also donated \$150,000 to us here at St. Mary's Cathedral and designated<sup>1</sup> it to be used on the Cathedral flooring with the proviso that their donation be acknowledged with a plaque of recognition. A presentation of cheques was made on Tuesday, January 15<sup>th</sup> in St. Mary's Parish Hall.

I must say this is extremely generous of the Knights. See pictured above the Schofield Camp Committee with Father Shawn. From left to right: Grand Knight Peter Wadek, Doug Snider, Ian Moore, Walter DaCosta (Committee Chair), Danny Lewis, Denny O'Donnell and Bernie Gelineau.

Council 728 is comprised of members from the three parishes who received donations. Many, many thanks gentlemen for your extreme generosity.

(N.B. Designated donations must be used for the purpose indicated by the donor and cannot be used for the general expenses of the parish. Thus, this donation will go into a special fund until such time that the cathedral floor is replaced.)



**I found this meditation extremely practical and useful. It is from [acatholic.org](http://acatholic.org) and is based on the Gospel of the daily Mass of Wednesday this past week, January 23<sup>rd</sup>.**

The gospel: Mark 3: 1-6

### **The Man with a Withered Hand**

3 Again he entered the synagogue, and a man was there who had a withered hand. <sup>2</sup> They watched him to see whether he would cure him on the sabbath, so that they might accuse him.

<sup>3</sup> And he said to the man who had the withered hand, "Come forward." <sup>4</sup> Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. <sup>5</sup> He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. <sup>6</sup> The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

### **The Reflection:**

In the Gospel selection from Mark, Jesus and the Pharisees actually have something in common: They're both looking for opportunities. Jesus, of course, was ever watchful for the chance to do the Father's will, spreading the Good News and helping those most in need. The Pharisees were *also* watchful: "They watched Jesus closely to see if he would cure [a man with a withered hand] on the sabbath"; they did so not because they wanted to thank Jesus or see what insight he might offer, but so that they might accuse him of breaking their laws. Imagine if the Pharisees had used that *same* observatory skill to look for ways *they* could serve God. What if they turned their efforts from looking to see how they might accuse Jesus instead toward *understanding* what he was trying to teach them?

We only have so many hours here on this mortal realm before we face our final fates. The words we use gossip or accuse can be replaced with words of comfort. The eyes we use to find fault can be used to find ways to help. The minutes we use to eke out one more creature comfort, to look for one more selfish opportunity, to cluck our tongues disapprovingly can all be used to give comfort to those in despair, to give opportunities to those in need, to find a way to help.

In your daily life, whose eyes do you use? The compassionate gaze of our Lord and Saviour, or the judgmental, accusatory stare of the Pharisees?

Here's a challenge to you, if you haven't tried such before: When possible, try to see things in the best possible light. If a baby is crying at Mass and you find it distracting, reflect on our Faith's pro-life teachings and the miracle that is that child; smile warmly and perhaps offer to help, if appropriate. If a spouse offers an uncharacteristically unkind or thoughtless word, consider that they may have had a bad day or might have something on their mind; resist the urge to retaliate in kind and instead retaliate with kindness. If someone has done something cruel or untrustworthy to you, reflect how empty their own lives must be for them to act in that way, and pray for them (perhaps even keeping your heart open to forgiveness in the future).

This doesn't mean you need to be a doormat, or be everything to everyone. There's no need to take total leave of our senses or make ourselves vulnerable to others. *We all* have needs and troubles, and in Christ's time on Earth, he didn't try to make sure every soul he encountered was 100% happy, healthy, and sated.

But if there are two possible ways to interpret a situation, try interpreting it with kindness. When you feel called to "do something," see what you can do that will *help* rather than *hurt*, that will elevate others rather than tearing them down. When in doubt, try to use the eyes of Christ.



**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](mailto:alyng@cogeco.ca)



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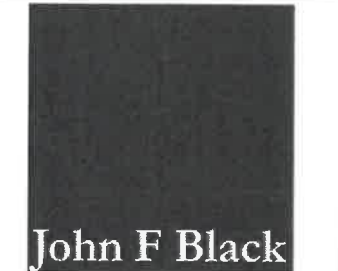
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