

# 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 Temptations of Jesus in the Desert

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Parish Office Hours: Monday to Friday 10 to 4 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 – 5pm & Saturdays 4 pm – 4:50 pm

**Masses: Monday March 11th**

7:45 am Hugh and Betty Amo, estate

12:10 pm Irmgard Fellhofer

**Tuesday March 12th**

7:45 am Imma Garofalo, estate

12:10 pm Almon F. Doolan, Doolan family members

**Wednesday March 13th**

7:45 am Hugh and Betty Amo, estate

12:10 pm Patricia McDonald, deceased members of Murray & McDonald families

**Thursday March 14th**

7:45 am Imma Garofalo, estate

12:10 pm Nort Collins

**Friday March 15th**

7:45 am Imma Garofalo, estate

12:10 pm Bob & Mimi Clancey,

Intentions

**Saturday March 16th**

7:45 am Hugh and Betty Amo, estate

5 pm Kim Fortune

**Sunday March 17th**

8 am For the People

10:30 am For the People

7:30 pm For the People

**Ministries: Sat. March 16th, 5 pm**

Altar Servers	
Lectors	Dianne I. Lynn P.
EM of the Eucharist	Mark M. Jacqueline O.

**Sunday, March 17th, 8 am**

Altar Servers	
Lectors	Allan S. Ann L.
EM of the Eucharist	Theresa D. Maria C.

**Sunday, March 17th, 10:30 am**

Altar Servers	
Lectors	Pat B. Adrien L.
EM of the Eucharist	Marietta M Domenica B Joe C. Betty G. Bob C. Chris L. Connie A.

**Sunday, March 17th, 7:30 pm**

Altar Servers	Students
Lector	Joe A. Sara B.
EM of the Eucharist	Ellen H. Doug S.

**Please pray for our Sick:**

Ruth Caron, Isaac Cassim, Bob Clancey, Bev Dickison, Teresa Khidir, Janice Lumb, Maria Matias, Carol Mouke, Lynn Orellano, and Ted Pedlar.

## Principled Politicians

It is so wonderful to see that principled politicians still exist among us. There is nothing truer than Dr. Jane Philpott's statement made during her resignation from cabinet, Monday. "There can be a cost to acting on one's principles, but there is a bigger cost to abandoning them." Amen, to that Dr. Philpott. There always is a cost to acting on one's principles. All leaders, civil and religious, myself included, need to be mindful of this great truth! We all need to be mindful of this in our everyday events! It is this great truth that cost the martyrs their lives; rather than concede worship to worldly things, they died because of their trust and faith in God. In our modern age the cost of acting on one's principles is always high and often very high.

## First Sunday of Lent

**Hospitality this Sunday after the 8 am and 10:30 am Masses**

**St. Mary's Archdiocesan Youth Choir:** Thursdays, 4:30 – 6 PM, in St. Mary's Parish Hall.

**Seniors' Lunch:** will be held on THIS Wed., March 13<sup>th</sup>, after 12:10 pm Mass.

**Men's Ministry** will be held THIS Sat., March 16<sup>th</sup>, 7 am to 9 am in St. Mary's Parish Hall.

**Our Lady of Lourdes Irish Dinner Fundraiser:** March 16<sup>th</sup> at 6:30 pm. \$30 see the poster on the bulletin boards for the complete menu & reservation information.

**St. Mary's CWL** meeting is **rescheduled to March 26<sup>th</sup>**, 1-3 pm at the Parish Hall.

**Sung Solemn Vespers** will be held for the Solemnity of St. Joseph at St. Mary's Cathedral on Tuesday, March 19, at 7:00pm. The Cathedral Choir will lead with chanted Psalms and choral works by Gibbons and Mercier. All are invited to attend. For information, contact Jeffrey Moellman, Director of Music, 613.546.5521, x7.

**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, or Mike Foley at 613.546.6224 /mfoley8@cogeco.ca, or Father Shawn J. Hughes at 613.546.5521 Ext. 4 /fathershawnjhughes@gmail.com .



## THE STATIONS OF THE CROSS:

*We will pray the Stations after every 12:10 pm Mass, Monday to Friday, and 40 minutes before the Saturday 5 pm & Sunday 10:30 am & 7:30 pm Masses. Please include this beautiful prayer as part of your Lenten preparation of your heart to celebrate, in a deeper way this year, the Great Solemnity of Our God's Love for us in His Suffering, Death and Resurrection at Easter.*

## **Contacts**

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**St. Mary's Refugee Sponsorship:**  
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## **Pursuit of Glory Catholic Men's Conference**

Men, do you want to deepen your faith, and become more the man that God wants you to be? Would you like to deepen your

**understanding of what it means to be a Catholic man** in an ever changing modern world? Would you like to gather with other Catholic men to pray together and celebrate our Catholic Faith. If so, then the **Pursuit of Glory Catholic Men's Conference: Put on the Armor of Christ**, is for you! This conference will be held **Saturday, April 27, 2019**, 9 am to 3:30 pm, at the Donald Gordon Conference Centre of Queen's University. Come out to hear dynamic international Catholic speaker, Greg Wasinski, who is coming to join us from Ohio. The day will begin with Holy Mass and includes three conferences by Greg Wasinski, a gourmet lunch and snacks throughout the day. All this for just \$55. Registration is limited so be sure to register asap to ensure you secure a spot. To register on line <https://www.kingstonmensministry.ca/pursuit-of-glory/> or call Kyle Grace at 613-449-9227 or contact Father Shawn Hughes at [fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com).

SEE POSTERS ON THE BULLETIN BOARDS

## **ST. PATRICK'S MUSICAL AFTERNOON AT ST. JOSEPH'S**

392 Palace Road. THIS Thursday, March 14<sup>th</sup>, 2019, from 1:00-3:00 p.m., Chris Murphy, Jon McLurg and Brian Flynn (of Turpin's Trail), will provide an afternoon of musical entertainment.

**Are you in your 20s or 30's? The Salve Regina Society** is a Catholic fellowship group for young adults in Kingston, ON centered on faith, fun, and fellowship.

**Upcoming events: Living the Faith Amidst Pop Culture** - 7:30 pm, Monday, April 11 - venue is moved to 168 Johnson Street.

If you have any questions, please contact [srskingston1@gmail.com](mailto:srskingston1@gmail.com)

**St Mary's Refugee Sponsorship Update:** The St Mary's Cathedral Refugee Sponsorship Committee has some exciting news to share! We are currently in discussions about potentially beginning a third sponsorship, this time in conjunction with St. John the Apostle Parish. To date, St. Mary's has completed two sponsorships, – and we still have \$10,000 left over from the original money collected in September of 2015. If we were to combine these funds with funds that St. John's parish has already raised, and combine our volunteers we would still have sufficient resources for another sponsorship. Our next step is to see if we could obtain a spot from Immigration Canada for a private sponsorship, as there are a limited number available each year.

The new sponsorship would be for a Somali single mother with five children. As a result of a conflict with a terrorist group, the mother was divorced by her Somali husband and left to fend for herself and her children. She was forced to run with the children or face execution at the hands of the terrorists. The mother and children are currently living in hiding in Kampala. The children are ages 17, 13, 13, 11, and 10. They all speak Somali. They would receive settlement support from the Refugee Sponsorship Committee, as well as long-term support from a Canada-based family with whom they are already friends. If we obtain permission to sponsor, the next step will be to call a Refugee Committee meeting and get started! Please contact Angela Gambin for further information at [stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

# NO GREATER LOVE- A BIBLICAL WALK THROUGH CHRIST'S PASSION



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- EXPERIENCE THE SIGHTS AND SOUNDS OF THE PLACES WHERE JESUS WALKED, PRAYED, SUFFERED AND DIED
- EXPERIENCE A DEEPER UNDERSTANDING AND APPRECIATION OF GOD'S IMMEASURABLE AND UNCONDITIONAL LOVE FOR US
- ARE YOU READY TO DRAW CLOSER TO JESUS IN HIS PASSION THAN EVER BEFORE?

**THOUSANDS SOUGHT JESUS DURING HIS LIFE.  
ONLY A FEW FOLLOWED HIM TO CALVARY.**

## WHAT WILL YOU DO?

**MONDAY AFTERNOONS: MARCH 11 TO APRIL 15 from 2:00 PM -3:30 PM**

**OR**

**WEDNESDAY EVENINGS: MARCH 13 TO APRIL 17 from 7:00 PM - 8:30 PM**

**AT ST. MARY'S PARISH CENTRE, 260 BROCK STREET**

**TO REGISTER CONTACT ANN: 613-546-5521 EXT 5; [alyng@cogeco.ca](mailto:alyng@cogeco.ca)**



## BEAUTIFUL NEW VESTMENTS

**The Beautiful New Purple Vestments you saw on Ash Wednesday and this weekend have been generously donated by St. Mary's Council of the Catholic Women's League.**

**The Chasuble and 2 dalmatics each cost \$500 American and a stole for \$300 was also purchased. With taxes, the exchange and shipping, the ladies paid just over \$2,800.**

**Thank you so very much ladies for your generosity in raising the money and in donating the vestments to the parish. God bless you!**



**MEN'S MINISTRY,  
This Saturday, March 16<sup>th</sup> ,  
7 am - 9am**

**Great Spirituality, Great Fellowship and (not least) Great Breakfast!!**

# Temptation: 12 Things to Know

By Kathleen Beckman and found at <https://catholicexchange.com/temptation-12-things-know>



As we read in the Catechism, “Temptation is an attraction, either from outside oneself or from within, to act contrary to right reason and the commandments of God. Jesus himself during his life on earth was tempted, put to the test, to manifest the opposition between himself and the devil and the triumph of his saving work over Satan (CCC 538). The Catechism also teaches that the so-called capital sins: pride, greed, envy, anger, lust, gluttony, and sloth/laziness, are the root of all temptation. These vices replace the vision of the good (God) with the illusions of self-

fulfillment, self-power, and self-advancement. Some temptations seem harmless and others are truly perverse. All temptations should be resisted with God’s grace or they will lead to sin, and the pain that accompanies sin.

On February 17, 2013, commenting on the temptation of Christ in the desert, then Pope Benedict XVI said in his Sunday Angelus Address (the second last Angelus Address that the Pope gave before his retirement on February 28, 2013),

“Man is never wholly free from temptation...but with patience and true humility we become stronger than any enemy. The patience and humility required to defeat *the enemy* come by following Christ every day and from learning to build our life *not outside of him or as if he did not exist*, but in him and with him, because he is the source of true life. In contrast to this is the temptation to remove God, to order our lives and the world on our own, relying solely on our own abilities. This is why in Jesus God speaks to man in an unexpected way, with a unique and concrete closeness, full of love, because God has now become incarnate and enters the world of man to take sin upon himself, to overcome evil and bring man back into the world of God.”

This echoes St. John’s teaching, “For love of God is this, that we keep his commandments. And his commandments are not burdensome, for whoever is begotten by God conquers the world. And the victory that conquers the world is our *faith*. Who indeed is the victor over the world but the one who *believes* that Jesus is the Son of God? (1 John 5:3-5).”

The gift of faith is dynamic. It leads us into *God’s victory* over temptation and sin. Faith is a difficult thing also. Why? Because it means we are to be poor in spirit, that is, to regain the attitude of a child who believes and relies in God. The opposite of such faith in God is pride because a proud person thinks that everything depends on him, as if God did not exist in his life. Self-reliance in the face of temptation and sin is folly.

Knowing the tendency we have to pride, egoism, self-reliance, independence, and impatience, the evil one entices us to rely on our own calculations. This is why we often miss the God-given way out of temptation. God desires our childlike faith so that, *in him and with him*, we have confidence that he fights *for us*. The Word of God teaches us this lesson.

St. Peter exhorts us in 1 Peter 5:8-11, “Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for someone to devour. *Resist him, steadfast in faith*, knowing that your fellow believers throughout the world undergo the same sufferings. The God of all grace who called you to his eternal glory through Christ Jesus will himself restore, confirm, strengthen, and establish you after you suffered a little. To him be dominion forever.”

Every Christian knows what it is to experience temptation and to suffer from sin, both ours, and those of others. But we believe that God restores, confirms, strengthens, and establishes us after we suffer for a while because he is merciful to repentant sinners and brings good out of evil. I’ve seen this repeatedly in the loving way that God liberates his people—even those poor souls who suffer the painful condition of severe diabolical obsession or complete possession. Yes, even those poor souls who at some point in their life became so desperate so as to sell their soul to the devil—God loves and liberates them when they turn to him with repentance and faith! One Rome exorcist told a classroom of priests, “Possession *can* be a school of holiness,

for the victim and their family.” How? Faith! The faith of an evangelical child manifests in the desperate cry for help, and their humble dependency upon God’s priest and the prayers of the Church.

Fr. Tadeusz Dajczar writes,

“The unusual love that God has toward sinners and God’s pedagogy toward us is shown in the parable of the Prodigal Son. If our faith becomes lukewarm and has no expression, God can allow us to fall. God does not want evil but may want its consequences, since the consequences of evil impart grace and the call to be converted. This can be seen very clearly in the example of the Prodigal Son... After we fall, we should not feel down in spirit, since we hurt God more in this way, than by the sin itself. Moreover, saints say that after a fall we are to expect graces greater than before the fall.”

### **This is the reality of Divine Mercy.**

The most powerful encounter with Divine Mercy can occur in confessional. Catholics have recourse to the sacrament of reconciliation. The experience of sacramental Divine Mercy brings me to understand that I am beloved of God. When we dare to believe that, our bond of love for God is strengthened. Then my spiritual armor is fortified for resisting temptation because love is the sum of the armor of God.

On February 18, 2014, in his morning mass homily at Casa Santa Marta, Pope Francis stressed, “When we are tempted, only the Word of God, the Word of Jesus saves us. Christ is always willing to teach us how to escape from temptation. Jesus is great because he not only brings us out of temptation, but also gives us more confidence. The Lord waits for us...trusts us who are so tempted, who are sinners...He always opens horizons. Where does temptation come from? How does it work in us? The Apostle tells us that it is not from God, but from our passions, our inner weaknesses, from the wounds left in us by original sin.”

The Holy Father warned, “Temptation begins with a tranquil air, and grows. It grows, and it grows and if one does not stop it, it fills everything. Temptation is contagious and closes us in an environment where you can’t get out easily.” At times of temptation, he said, “We do not hear the Word of God, we don’t hear. We don’t understand. Temptation closes us in, takes away the ability to see ahead, closes every horizon and in this way leads us to sin.” Pope Francis said that, “The Lord tells those who are tempted, “Lift up your eyes, look at the horizon, do not be closed, do not close in on yourself.” The Pope stressed, “This Word will save us from falling into sin in the moment of temptation.” This reminds us of the Psalmist who wrote, “I have stored up your word in my heart, that I might not sin against you (Psalm 119:11).”

### **12 Things to Know About Temptation: A Summary**

1. Temptation is an attraction, either from outside oneself or from within, to act contrary to right reason and the commandments of God (CCC 538).
2. The capital sins: pride, greed, envy, anger, lust, gluttony, and sloth/laziness are at the root of all temptation.
3. “Man is never wholly free from temptation... but with patience and true humility we become stronger than any enemy” (Pope Benedict XVI).
4. “The patience and humility required to defeat *the enemy* come by following Christ every day and from learning to build our life *not outside of him*” (Pope Benedict XVI).
5. The victory that conquers the world is our *faith* (1 John 5:4). When we fall, begin again in faith.
6. The gift of faith is dynamic. It leads us into God’s victory over temptation and sin.
7. The opposite of faith in God is pride because a proud person thinks that everything depends on him, as if God did not exist in his life. Self-reliance in the face of temptation is folly.
8. Temptation closes us in, takes away the ability to see ahead, closes every horizon and in this way leads us to sin” (Pope Francis).
9. Christ is always willing to teach us how to escape from temptation. Jesus is great because he not only brings us out of temptation, but also gives us more confidence (Pope Francis).
10. If our faith becomes lukewarm and has no expression, God can allow us to fall. God does not want evil but may want its consequences, since the consequences of evil impart grace and the call to be converted (Fr. Tadeusz Dajczar).
11. “No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength, but with the trial he will also provide a way out, so that you may be able to bear it” (1 Cor. 10:13).
12. When our bond of love for God is fortified by sacramental confession, our spiritual armor is strengthened for resisting continuous temptations from the world, the flesh and the devil.



## Homily of the Holy Father, Pope Francis

“Blow the trumpet [...] sanctify a fast” (*Joel 2:15*), says the prophet in the first reading. Lent opens with a piercing sound, that of a trumpet that does not please the ears, but instead proclaims a fast. It is a loud sound that seeks to slow down our life, which is so fast-paced, yet often directionless. It is a summons to stop – a “halt!” –, to focus on what is essential, to fast from the unnecessary things that distract us. It is a wake-up call for the soul.

This wake-up call is accompanied by the message that the Lord proclaims through the lips of the prophet, a short and heartfelt message: “Return to me” (v 12). To return. If we have to return, it means that we have wandered off. Lent is the time to rediscover the *direction of life*. Because in life’s journey, as in every journey, what really matters is not to lose sight of the goal. If what interests us as we travel, however, is looking at the scenery or stopping to eat, we will not get far. We should ask ourselves: On the journey of life, do I seek the way forward? Or am I satisfied with living in the moment and thinking only of feeling good, solving some problems and having fun? What is the path? Is it the search for health, which many today say comes first but which eventually passes? Could it be possessions and wellbeing? But we are not in the world for this. *Return to me*, says the Lord. To *me*. The Lord is the goal of our journey in this world. The direction must lead to him.

Today we have been offered a sign that will help us find our direction: the head marked by ash. It is a sign that causes us to consider what occupies our mind. Our thoughts often focus on transient things, which come and go. The small mark of ash, which we will receive, is a subtle yet real reminder that of the many things occupying our thoughts, that we chase after and worry about every day, nothing will remain. No matter how hard we work, we will take no wealth with us from this life. Earthly realities fade away like dust in the wind. Possessions are temporary, power passes, success wanes. The *culture of appearance* prevalent today, which persuades us to live for passing things, is a great deception. It is like a blaze: once ended, only ash remains. Lent is the time to free ourselves from the illusion of chasing after dust. Lent is for rediscovering that we are created for the inextinguishable flame, not for ashes that immediately disappear; for God, not for the world; for the eternity of heaven, not for earthly deceit; for the freedom of the children of God, not for slavery to things. We should ask ourselves today: Where do I stand? Do I live for fire or for ash?

On this Lenten journey, back to what is essential, the Gospel proposes three steps which the Lord invites us to undertake without hypocrisy and pretence: almsgiving, prayer, fasting. What are they for? Almsgiving, prayer and fasting bring us back to the three realities that do not fade away. Prayer reunites us to God; charity, to our neighbour; fasting, to ourselves. God, my neighbour, my life: these are the realities that do not fade away and in which we must invest. Lent, therefore, invites us to focus, first of all *on the Almighty*, in prayer, which frees us from that horizontal and mundane life where we find time for *self* but forget God. It then invites us to focus *on others*, with the charity that frees us from the vanity of acquiring and of thinking that things are only good if they are good for me. Finally, Lent invites us to *look inside our heart*, with fasting, which frees us from attachment to things and from the worldliness that numbs the heart. Prayer, charity, fasting: three investments for a treasure that endures.

Jesus said: “Where your treasure is, there will your heart be also” (*Mt 6:21*). Our heart always points in some direction: it is like a compass seeking its bearings. We can also compare it to a magnet: it needs to attach itself to something. But if it only attaches itself to earthly things, sooner or later it becomes a slave to them: things to be used become things we serve. Outward appearance, money, a career or hobby: if we live for them, they will become idols that enslave us, sirens that charm us and then cast us adrift. Whereas if our heart is attached to what does not pass away, we rediscover ourselves and are set free. Lent is the time of grace that liberates the heart from vanity. It is a time of healing from addictions that seduce us. It is a time to fix our gaze on what abides.

Where can we fix our gaze, then, throughout this Lenten journey? It is simple: upon the Crucified one. Jesus on the cross is life’s compass, which directs us to heaven. The poverty of the wood, the silence of the Lord, his loving self-emptying show us the necessity of a simpler life, free from anxiety about things. From the cross, Jesus teaches us the great courage involved in renunciation. We will never move forward if we are heavily weighed down. We need to free ourselves from the clutches of consumerism and the snares of selfishness, from always wanting more, from never being satisfied, and from a heart closed to the needs of the poor. Jesus on the wood of the cross burns with love, and calls us to a life that is passionate for him, which is not lost amid the ashes of the world; to a life that burns with charity and is not extinguished in mediocrity. Is it difficult to live as he asks? Yes, it is difficult, but it leads us to our goal. Lent shows us this. It begins with the ashes, but eventually leads us to the fire of Easter night; to the discovery that, in the tomb, the body of Jesus does not turn to ashes, but rises gloriously. This is true also for us, who are dust. If we, with our weaknesses, return to the Lord, if we take the path of love, then we will embrace the life that never ends. And surely we will be full of joy.



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