

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



LENT BEGINS THIS WEDNESDAY

279 Johnson Street, Kingston, ON K7L 1Y5

Telephone: 613-546-5521, Fax: 613-546-1947

email: smarys@cogeco.net Web Site: stmaryscathedral.ca

Parish Office Hours: Monday to Friday 9 to 5 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 4th
7:45 am Megan Blaney, 18th anni.
12:10 pm Matthew McDonald
Tuesday March 5th
7:45 am Intentions of Isaac Thompson
12:10 pm Alois Ochs
ASH Wednesday March 6th
7:45 am Imma Garofalo, estate
12:10 pm Donald & Mary Bruce
7:00 pm Ash Wednesday
Thursday March 7th
7:45 am Imma Garofalo, estate
12:10 pm Lidwien Gräfe
Friday March 8th
7:45 am Special Intentions
12:10 pm Dominic Tan
Saturday March 9th
7:45 am Imma Garofalo, estate
5 pm Mary & James Lyng
Sunday March 10th
8 am Rev. Bob Flurey, 3rd anni.
10:30 am For the People
7:30 pm Laurinda & Basilio Matias

Ministries: Sat. March 9th, 5 pm

Altar Servers	
Lectors	Adora J. Mark M.
EM of the Eucharist	Jacqueline O. Dianne I.

Sunday March 10th, 8 am

Altar Servers	
Lectors	Sarah B. Diane D.
EM of the Eucharist	Betty R. Theresa D.

Sunday, March 10th, 10:30 am

Altar Servers	
Lectors	Marietta M. Mark L.
EM of the Eucharist	Domenica B. Connie A. Janet W. Sr. Shannon Karla C Grace G Bob C

Sunday, March 10th, 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.

LENT BEGINS THIS WEDNESDAY!

Wed., March 6th: Ash Wednesday Masses
with Distribution of Ashes –
All in the Cathedral 7:45 am, 12:10 pm & 7 pm.



CONFESSIONS: ASH WEDNESDAY: One half hour before each of the three Mass, 8:30 am to 12 noon and 1 to 7 pm. ***START LENT OFF RIGHT!!!!***

Eighth Sunday in Ordinary Time

St. Mary's Archdiocesan Youth Choir: Thursdays, 4:30 – 6 PM, in St. Mary's Parish Hall.
Latin Mass: March 3rd at 3 pm, St. James Chapel.

Family Picnic at the Parish Centre: THIS Sunday March 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.



Fisher Dinner: Catholic Christian Outreach fundraiser for their ministry here on campus. THIS Tuesday, March 5th at 5 pm. Tickets are still available. See posters on each bulletin board in the cathedral.

Stations of the Cross will be prayed every day in Lent after the 12:10 pm Mass, beginning Thursday, March 7th, and 40 minutes before the Saturday, 5pm, Sunday 10:30 am and 7:30 pm Masses.

Seniors' Lunch: will be held on Wed., March 13th, after 12:10 pm Mass, as the first Wed. of March is Ash Wednesday.

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

Men's Ministry: March 16th, 7 am to 9 am. Come out for a great Breakfast , great fellowship and a great talk on Living the Best Lent Ever.

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 .

Are you in your 20s or 30s? The Salve Regina Society
is a Catholic fellowship group for young adults in Kingston, ON centered on faith, fun, and fellowship.
Upcoming events:
How to Go Deeper- 7:00 pm, Monday, March 4 - Queen's University Grad Club

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



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. SEE POSTERS ON THE CATHEDRAL'S BULLETIN BOARDS



ST. PATRICK'S MUSICAL AFTERNOON AT

ST. JOSEPH'S

On Thursday, March 14th, 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, for those who are Irish, and for those who "wish they were." Please join us at St. Joseph's Church, 392 Palace Road, Kingston, for an opportunity to enjoy local musicians. Light refreshments will be served in the parish hall. Come and bring a friend or two! A free-will monetary offering would be appreciated.

Archdiocesan Celebration of the Rite of Election and Rite of Calling Baptized Candidates to Lenten Renewal

NEXT Sunday, 10 March 2019, at 4:00pm at St. Mary's Cathedral, Archbishop O'Brien will celebrate the **Rite of Election with Catechumens** from the Archdiocese of Kingston. After the testimony of their sponsors, pastors and team members, the Archbishop will publicly declare the Church's approval of these catechumens, now called "Elect" for the Easter Sacraments of Baptism, Confirmation and Holy Communion.

At the same celebration, all **Baptized Candidates** seeking full communion with the Catholic Church will be called to Lenten renewal. (Those already baptized and who will receive the other Sacraments of Initiation into the Catholic Church)

All are welcome to attend this special event and to support our new brothers and sisters in the Faith.

Light Refreshments will be served after the ceremony in St. Mary's Parish Centre.

GREAT FOR LENT

THE CONTENT ON FORMED.ORG CHANGES VERY REGULARLY
HAVE YOU CHECKED IT OUT LATELY!!!

HOW DO YOU ACCESS IT? 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 **QHJVJWV**. **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 the great content mentioned above (AND MORE!!!!) 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!)

WHAT IS ON FORMED.ORG FOR LENT?



Relive History's Most Important Week with Pope Benedict

This Lent, walk beside Jesus as we read and discuss Pope Benedict XVI's Jesus of Nazareth: Holy Week in a book club right on FORMED. Tune in Live on Monday, March 4th at 2 pm ET for the book club's Kick-off!!! Father Joseph Fessio, S. J. will share stories of his studies under then Cardinal Ratzinger and discuss the importance of this great book. How do you access it? See notice at top of this page.

LENTEN REFLECTIONS

EXPERIENCE THE CATHOLIC FAITH IN A WHOLE NEW WAY

READY TO BE TRANSFORMED THIS LENT?

Get start by signing up for FORMED Lenten Reflections! Receive a short daily video from esteemed Scripture scholar Dr. Tim Gray delivered right to your inbox! Great inspiration insights and challenges in just a few minutes each day.

MORE ON FORMED.



Forgiven: The Transforming Power of Confession

This series provides the Church's teaching about the Sacrament of Reconciliation, including a practical "walk through" of what happens in the confessional and how

every moment connects to Scripture, Catholic Tradition, and God's passionate desire to be with you. Deepen your knowledge and appreciation of this great Sacrament.

Session 1: Where Are You? (31 minutes)

Session 2: An Encounter with Mercy (26 minutes)

Session 3: The Rite Explained (33 minutes)

Session 4: For Children: How to Make a Good Confession (14 minutes)

Session 5: Dr. Tim Gray: Biblical Foundations: Sin, Mercy, and the Sacrament of Confession (65 minutes)

Session 6: Dr. Edward Sri: Answering Common Questions about Confession (38 minutes)



THE STATIONS OF THE CROSS: On the walls of every Catholic Church are the Stations of the Cross, the last 14 instances of Jesus's life here on earth. It is though His Suffering and Death surround us like arms, embracing us and reminding us that our God knows what suffering and death are. Reminding us that He is here with us in them. This beautiful meditation on our Saviour's last hours is traditionally prayed on Fridays throughout the year and more often in Lent. *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.

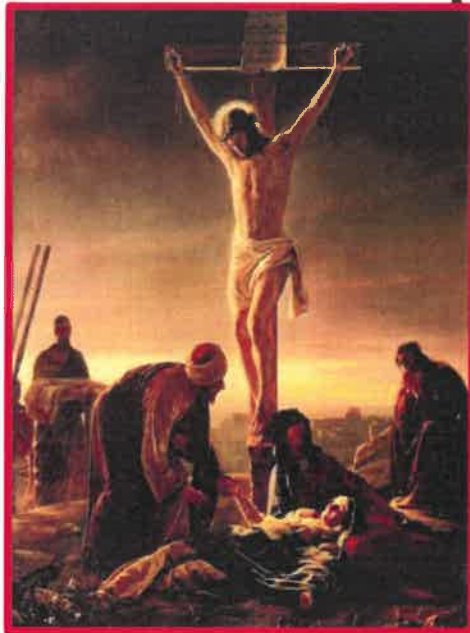
What Is BEST LENT EVER?

Go to <https://dynamiccatholic.com/best-lent-ever>

It's a free email program that will guide you on an incredible journey toward the-best-version-of-yourself. Starting Ash Wednesday (March 6), you'll receive daily emails with short inspirational videos, practical tips for your life, and personal stories from the Dynamic Catholic team. From Ash Wednesday to Easter, you'll discover ways to transform your life in forty days. You'll learn simple yet powerful ways to transform your life in forty days—and you'll be well on your way to becoming the person God created you to be.

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

FILMED IN THE HOLY LAND!



WALK STEP-BY-STEP WITH JESUS FROM THE GARDEN OF GETHSEMANE TO THE MOUNT OF CALVARY

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?

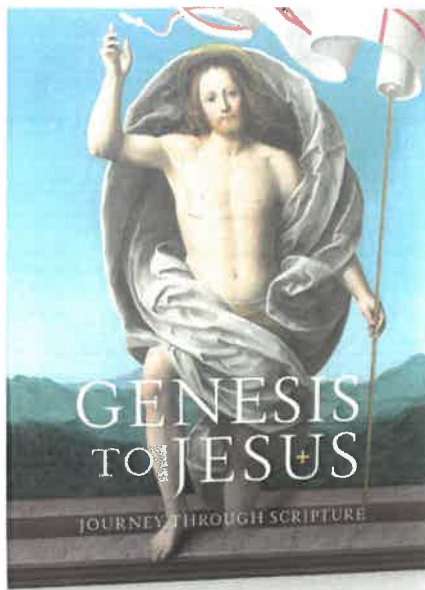
MONDAY AFTERNOONS: MARCH 11 TO APRIL 15 from 2:00 PM -3:30 PM

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

ANOTHER GREAT PROGRAM FOR LENT: Discover Your Place in Salvation History This Lent



Did you know your important place in the greatest story ever told?

This Ash Wednesday, enter the sweeping narrative of salvation history like never before with our newest Journey Through Scripture study, *Genesis to Jesus*.

Based on the covenantal theology of world-renowned scholar Dr. Scott Hahn and produced to the highest quality by Matthew Leonard, *Genesis to Jesus* makes the story of salvation history brilliantly clear and vibrantly alive.

Don't miss the chance to watch *Genesis to Jesus* for free this Lent! Go to: <https://stpaulcenter.com/studies-tools/journey-through-scripture/genesis-to-jesus/>. Don't let your friends miss out! Let them know about this amazing free Lenten opportunity. This Bible study might just change their life.

Why do we do Ascetic Acts and acts of Penance like fasting throughout Lent?

Someone asked me recently what possible good could fasting and penance do for their spiritual lives. I was a bit taken aback as this is the tried and true method of being transformed through these great spiritual practices. The following is taken from the Exodus 90 program's explanation of why we fast, pray more and do acts of asceticism.

What is penance? Penance is the interior “conversion in relation to oneself, to God, and to others” (Catechism of the Catholic Church: CCC paragraph 1434). Acts of penance are outward signs of this inward conversion that express contrition and love for God.

“Interior repentance is a radical reorientation of our whole life, a return, a conversion to God with all our heart, an end of sin, a turning away from evil, with repugnance towards the evil actions we have committed” (CCC1431). Practicing asceticism as penance helps you toward a profound conversion. It will aid you in making the turn that you are seeking from idolatry to sanctity, from slavery to freedom.

Both the Old and New Testaments are filled with men making acts of penance, whether for their own sinful actions and imperfections, as in the case of David (2 Samuel 12:16–23) and Job (42:6), or for the sins of others, as Jesus did (c.f., Matthew 4:2, Luke 4:2). Through these few, and other biblical examples, Scripture shows us that outward acts of penance are a necessary part of the spiritual life. However, the Catechism reminds us that without interior conversion, “such penances remain sterile and false” (CCC 1430).^{*} At the same time, “interior conversion urges expression in visible signs, gestures, and works of penance” (CCC 1430). Clearly, we need both interior conversion and outward acts of penance if we want to attain freedom and sanctity. They move the soul to God together. Thus, in his Word, God invites us: “Return to me with all your heart, with fasting, with weeping, and with mourning; and tear your hearts and not your garments” (Joel 2:12–13).

The disciplines of prayer and asceticism, and fraternity are designed to help you put the inner conversion and the external acts of penance together, providing a framework for success.

Ascetic Acts as Offering

Another blessing of ascetic acts is their value as a sacrifice to offer up to the Lord for our own sanctity and the sanctity of those we love. The Church calls us to “partake of the prayer and sacrifice of Christ” (CCC 2205). Many of the world’s comforts, though good in and of themselves, can actually hinder us from fulfilling this call, because they steal our opportunities for sacrifice.

Think about the western way of life today. Many (probably most) of us rest each night in climate-controlled homes. We rise each morning from our comfortable bed, take a hot shower, and grab food out of our refrigerator to enjoy our breakfast. The worst part of our day is when we arrive at work and are forced to endure the elements for nearly thirty meters as we trek across the paved parking lot from our car to our office space. Yet we are still tempted to complain.

Let’s think about this honestly. What do we have to complain about? What do we have to offer up? Ask yourself, “What daily suffering do I actually have to offer up to God for my family?” Acts of asceticism quickly become indispensable to our spiritual work as Christians once we realize the power of suffering in the spiritual life.

As you enter into this spiritual exercise of Lent, each discipline you decide to take on will provide you with something to offer up for yourself and for your family. The suffering of saying “no” to alcohol may annoy you, but if you see that your “no” is actually a silent “yes” to the opportunity of making an offering to the Lord, then

your mindset will suddenly change. Instead of being annoyed by this “no,” you now have a “yes”—a gift that can benefit your spouse, your children, your friends or your parish—to offer to the Lord. This happens simply by uniting your sacrifice to the cross and prayerfully offering up the sacrifice to the Lord for your specific intention.

St. Paul demonstrates this in his writing to the Colossians, saying, “Now I rejoice in my sufferings for your sake, and in my flesh I complete what is lacking in Christ’s afflictions for the sake of his body, that is, the Church” (Colossians 1:24). For it is when our suffering is united to the suffering of Christ that “it becomes a participation in the saving work of Jesus” (CCC 1521). The cross brings salvation.

As you make your Lent, you can participate in the suffering of Christ by joyfully offering up the small sufferings of your daily disciplines for specific people. For example: *Lord, I offer this “no” to my desire to watch the championship sports game today as a “yes” to You, our one true God. Please accept this as an offering for my wife. I pray that she may know your love more fully. Amen.*

The ascetic practices of the spiritual exercise of Lent will outfit you with the prudent suffering you need to make your daily offerings to the Father. Whether your life is comfortable or not, suffering is your gift to the Lord for your sanctity and the sanctity of those you love.

SUGGESTIONS of things To Do for Lent

CHOOSE MANY AND BE GENEROUS WITH THE LORD. “Resist the devil and he will take flight. Draw close to God, and He will draw close to you!” (The Letter of James 4:7-8)

What are you going to do for Lent?

You probably know that the three pillars of Lent are *prayer, fasting, and almsgiving*. Did you know that you’re supposed to do all three? Did you know that you can do more than one thing in each category? (I would suggest 3 in each category) Did you know that giving up regular Coke and only drinking Coke Zero, Diet Coke, and Caffeine-free Coke is a totally lame way to go? Lent is not the time to go so hard that you die—or make others wish they were dead because you’re so cranky. But *IT MUST* be taken seriously!

HERE ARE SOME SPIRITUAL OPTIONS FOR FASTING, PRAYER AND OTHER ACTS OF ASCENTISM FOR THIS LENT:

Fasting is the most obvious. Even non-Catholics will ask you what you gave up for Lent. For some of us, Lent is an opportunity to root out some of the evil in our lives. Maybe it’s time to give one (or all) of these sins up. Really make a sincere effort to work on the three that afflict you the most.

1. Fast from Excessive drinking (alcohol all together).
2. Fast from Gossip.
3. Fast from viewing Pornography.
4. Fast from Complaining—try accepting the cross you’re given instead of objecting that you’d rather choose your own.
5. Fast from negativity.
6. Fast from being snarky or short or cold or whatever it is you do that makes talking to you an act of charity
7. Fast from laziness—try exercising for Lent.
8. Fast from sloth.
9. Fast from procrastination.
10. Fast from arguing. Especially fast from always having to have the last word!
11. Fast from judging people.
12. Fast from comparing yourself with others.
13. Fast from anger.
14. Fast from impure books/television/movies/music.
15. Fast from lying.
16. Fast from cursing.

Or maybe there’s something good in your life that you’re too dependent on. Or even something good that is healthy for you but that you could offer to the Lord for 40 days. Fasting can help you grow spiritually in so many ways. How about giving up (or at least reducing);

- 17. Fast from snacking.
- 18. Fast from television.
- 19. Fast from eating between meals.
- 20. Fast from going to movies.
- 21. Eat only one large meal and one small meal on the Wednesdays and Fridays.
- 22. Fast from Social Media: Facebook, Snapchat, Instagram, twitter, email; Except for essential work or study related necessity.
- 23. Fast from soft drinks.
- 24. Fast from chocolate.
- 25. Fast from secular music. Only listen to music that lifts your heart and soul to God.
- 26. Fast from sweets/desserts.
- 27. Fast from hitting the snooze button.
- 28. Fast from secular reading and add in some reading of Scripture or Spiritual books.
- 29. Fast from meat on Wednesdays & Fridays. Fish is allowed.
- 30. Fast from junk food.
- 31. Fast from fast food (perhaps give up drive-thru).
- 32. Fast from going out for meals –give the money you save to the poor, a charity, or your parish.
- 33. Fast from coffee: If not coffee perhaps give up cream and/or sugar in your coffee.
- 34. Fast from sarcasm.
- 35. Fast from staying up –give yourself a bedtime and stick to it. (minimum seven hours).
- 36. Fast from sleeping in. Get up a little earlier...get up at the same time every day.
- 37. Fast from wasting time mindlessly surfing the internet.
- 38. Fast from checking your smartphone when you’re with people.
- 39. Fast from driving when you could walk.
- 40. Fast from idle curiosity–be content not to know.

PRAYER: Attach an intention to what you are offering and it becomes a prayer of its own.
E.g. I am not eating between meals on Monday-for the good of my spouse.

Prayer should be at the centre of your life all the time, but especially during Lent. Try one of the suggestions below–altering the amount and frequency if you like.

- 41. Reading a chapter of the Bible a day. You can get through all 4 Gospels in Lent if you read 2 chapters a day and don’t skip Sundays.
- 42. Minimum of 10 minutes of silent meditation a day.
- 43. Going to Holy Mass through the week – maybe even daily!
- 44. Say the chaplet of Divine Mercy.
www.thedivinemercy.org/message/devotions/praythechaplet.php
- 45. Join a Bible study on-line or the one being offered here in your parish.
- 46. 20 minutes of Spiritual reading a day.
- 47. The Rosary–a decade or even a whole Rosary each day.
- 48. Stop by an adoration chapel on your way home each day. (St. James Chapel at St. Mary’s Cathedral is open from 7 am to 8 pm every single day for Adoration of the Blessed Sacrament. Try it! You’ll like it!)
- 49. Don’t turn music on while you drive–pray instead.
- 50. Get Best Lent Ever. Go to: dynamiccatholic.com
- 51. The Liturgy of the Hours–once a day or seven times, if you like. <http://www.usccb.org/prayer-and-worship/liturgy-of-the-hours/index.cfm>

- 52. Spend the time you would have spent watching TV reading the lives of the Saints or watching documentaries on the Saints. (Go to formed.org. Enter the parish code: QHVJWV. You will be prompted to enter your email and a personal email. Tons of great Catholic movies, documentaries, teaching, books etc.)
- 53. Go to confession—it is highly suggested to begin your Lent and then end Lent with Confession, even if it is the first time in 30 years...Confessions are held before every Mass that occurs in the Cathedral and additionally: 8:15 am to 12 noon and 1 pm to 7 pm on Ash Wednesday, and each week on Wednesdays, 1 to 5 pm and Saturdays 4 to 4:50 pm.
- 54. Pray the Stations of the Cross every Friday...or every day. Prayed after the 12:10 pm Mass; Monday to Friday at St. Mary’s Cathedral.
- 55. Get up early to pray. Even 15 minutes extra will be a great bonus.
- 56. List 5 things you’re grateful for every day.
- 57. Journal – keep track of inspirations.
- 58. Be intentional about your time—make a schedule (with prayer featuring prominently) and stick to it.
- 59. Pick a virtue to strive for each day: Faith, Hope, Charity/Love, Fortitude, Justice, Temperance, Prudence.
- 60. Spend 10 minutes each night talking to the Lord about your day—thanking Him for the good and the bad, apologizing and asking for forgiveness for how you fell short, asking for the grace to be better the next day.
- 61. Listen to Catholic CDs while you drive.
- 62. Pay closer attention at Mass.

Almsgiving isn’t always as easy as giving money to the poor. Figure out how you need to love the people around you and do it.

- 63. Donate the money you would have spent on whatever you’re fasting from to a local charity or to your parish.
- 64. Spend the time you would have spent watching TV with your family.
- 65. Be less critical of those you have the duty to love the most: your parents, your spouse and your children.
- 66. Visit a nursing home.
- 67. Step up your tithing game (from 10% to 15%). If you don’t tithe, (give 10% of your income to your parish) start!!
- 68. Save up all your change and give them to charity.
- 69. Call your mother, your father, your siblings, your children...if it is not your habit; do it a couple of times during Lent.
- 70. Volunteer once a week– soup kitchen, St. Mary’s Hot Meals Program, shoveling snow, whatever!
- 71. Give someone a compliment every day.
- 72. Perform an act of charity every day.
- 73. Tell someone about Jesus.

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. Given the courage and resilience that the family has demonstrated in surviving to this point, they will doubtless adapt to Canada very quickly. 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.

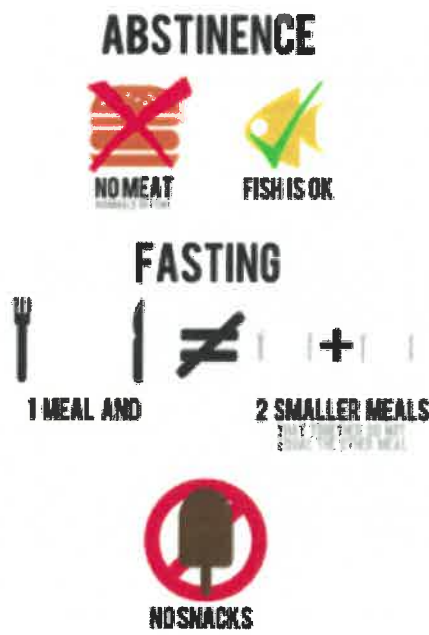
If we obtain permission to sponsor, the next step will be to call a Refugee Committee meeting and get started! Please contact Angela Gambin for further information at stmarysrefugee@gmail.com

10 MORE Reasons why we fast:

1. **When you fast, you tell the Lord that you love him more than food.** I think this is the most basic level, the first thing we understand about fasting as a child. Every piece of candy we don't eat, every meal we skip is a love letter to the Lord. Early on, it's very hard, but gradually we begin to put Christ first so that a snack or even (God help us) a piece of bacon seems nothing compared to Christ.
2. **Fasting helps to detach you from your psychological dependence on food.** I think we are obsessed with food; we let it rule us. The idea of having enough self-control to skip a snack, let alone a meal, is astounding to us. But when you choose hunger for love of God, you begin to realize that hunger isn't so bad. After years of fasting, I don't have to plan my life around food. Food is a gift or a detail, never the driving force in my life. There's great freedom in that.
3. **Fasting makes eating worshipful.** If you've ever been really hungry—I mean *really* hungry—you know that the first bite of stale bagel is rapturous. That whole first meal really is the best thing you've ever tasted. Far from running from food because the world is evil, fasting teaches us to find God in the good things of creation. And if you fast frequently, you get in the habit of worshiping when you eat. Every good food becomes a prayer and soon you see the whole world as sacramental—which, after all, is the point.
4. **Fasting gives you mastery over your body.** More than just helping you to rule your appetite, fasting teaches you to rule your appetites. When you fast, you discipline your body and learn to be its master, not its slave. *I don't know how people can be chaste when they haven't practiced self-mastery in the arena of food first.* If you can learn to deny yourself in what is an actual need, your ability to deny yourself a great desire is strengthened dramatically.
5. **Fasting unites you to the suffering Christ.** I'm not just being flippant when I say "Jesus suffocated to death for you; I think you can handle skipping snack time." During Lent, we walk with our suffering God through the desert, up the hill, and onto the Cross. When our Lenten journey is more than inconvenient, when it's actually painful, to a degree, we can offer our hearts to him and learn to love him better. We suffer for love of him, which consoles his bleeding heart and teaches us just how deeply he loves us.
6. **Fasting teaches you to accept every cross, not just the ones you choose.** I once found myself furious because I had been looking forward to lemonade and my table was given tea instead. It took me a minute to realize that I would gladly have chosen to go the whole day without food but I just *could not* accept not getting a drink that I didn't even particularly like. For many of us, the great difficulty of our particular cross is that it is chosen for us. The more we learn to take up the crosses of our choosing, the more we learn to embrace the one that is thrust upon us. True fasting makes me decrease and him increase. I learn to rely on his strength at work in me; if he can carry this little cross I made for myself, he can certainly carry the big one he picked out for me.
7. **Fasting changes your attitude to discomfort.** Before I started fasting, hunger was misery, an occasion for whining and self-pity. After years of training, my automatic reaction to hunger is to pray. There are even times when I find myself praising God for the hunger before

remembering that I’m not fasting, I just haven’t gotten around to eating. When hunger is prayer, it’s not hard to make pain and exhaustion and other physical discomfort prayer. We adjust our attitudes by surrendering our bodies to God and before long we find that virtue isn’t as hard as it once seemed.

- 8. **Fasting teaches you to live in solidarity with the poor.** I hear people say “I’m starving” all the time. “No,” I want to shout, “You aren’t!” You know who’s starving? Orphans in Africa and Calcutta and even, God help us, some people on our streets here at home. But you? You’re barely even hungry. When you’ve reflected on real hunger, it’s hard to be swayed by missing a meal. And it’s easy to ache with love for those who don’t choose starvation.
- 9. **Fasting humbles you.** When you’re awkwardly turning down food without telling people why,⁴ you’re humbled. When you realize how addicted you are to Pop Rocks, you’re humbled. When you’re so hungry you get light-headed and you have to break your fast to honour your body, when your hunger makes you cranky, when you realize just how little control you have over your body or your mind, when you realize how much you take for granted, you’re humbled and humbled and humbled again.
- 10. **Fasting strengthens your prayer.** The testimony of Scripture is clear on this issue: “this kind comes out only by prayer and fasting.” (Matthew 17:21) Fasting purifies our intentions and puts force behind our prayers. When you’re fasting for an intention, you’re telling God how much you mean it. This Lent, will you consider adding one sacrifice (food or otherwise) to your list of resolutions specifically for the Holy Father, for your parish priest, for your parish?



Now, there are many people who can’t fast in an extreme way, for whatever reason. If you can’t skip a meal, there are favourite foods you can cut out. If you’ve struggled with an eating disorder, though, your penance will be to eat. For you, dear one, that is penance enough.

For the rest of you, I’d like to challenge you to pray about stepping up your game this Lent. If you’re psychologically dependent on snacks, give them up. If you “need” 3 square meals a day, try cutting back to two on Fridays. Go vegan for Lent or just cut out meat. If you’re being led to something more extreme, I’ll assume you’re working with a spiritual director and don’t need my ideas. Extreme fasting should always be discussed with a spiritual director and never taken on under one’s own volition solely.

The Church in her wisdom has required these minor Lenten sacrifices of us; let’s offer them joyfully to the Lord and see what he has to teach us.

Ash Wednesday and Good Friday are days of Obligatory Fast and Abstinence. Fasting and Abstinence is required on all the Fridays (some do Wednesdays as well) of Lent.

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