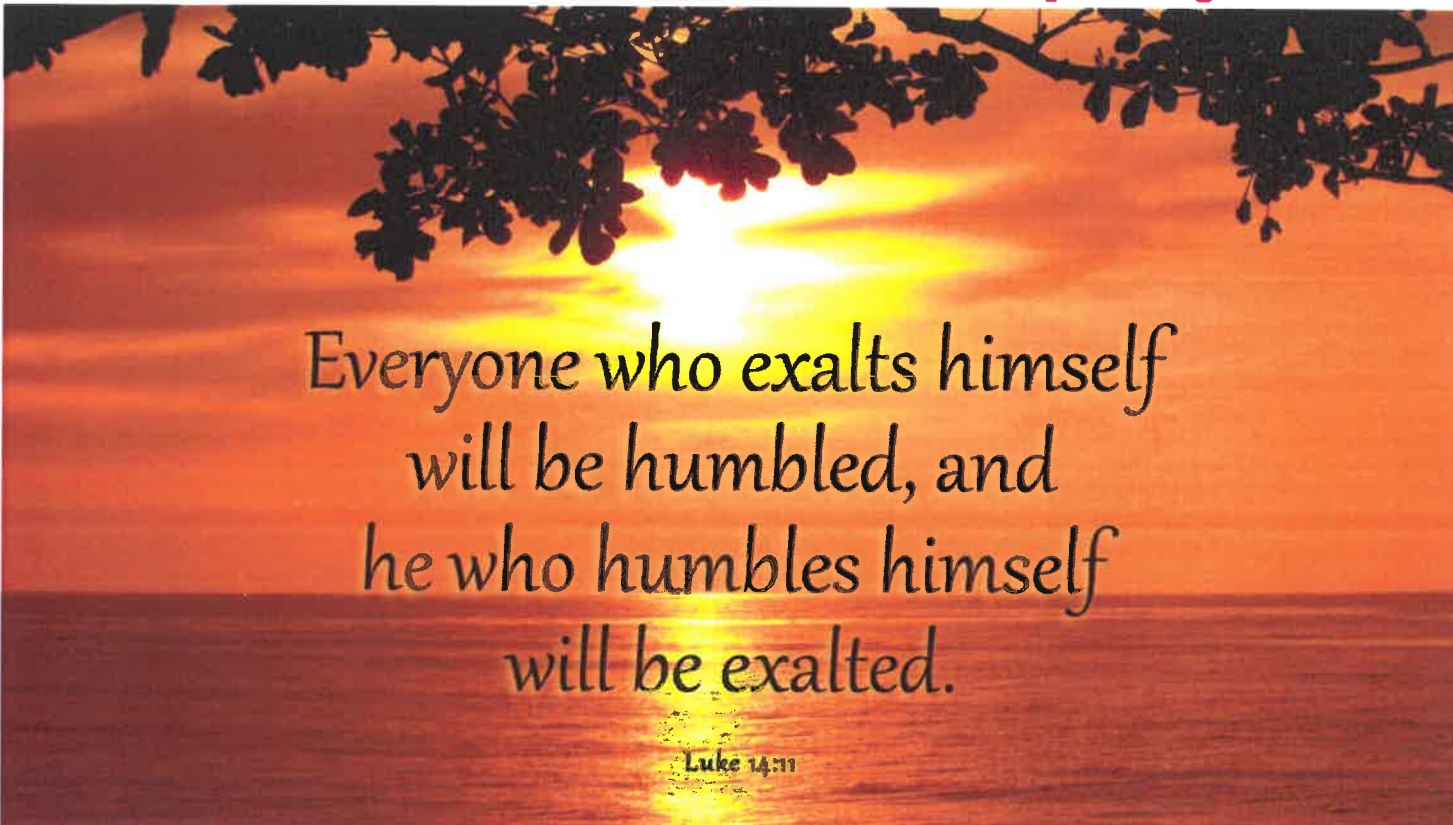


# The Cathedral of St. Mary of the Immaculate Conception

The Mother Church of the Faithful of the Archdiocese of Kingston  
The Most Reverend Michael Mulhall, Archbishop of Kingston



Everyone who exalts himself  
will be humbled, and  
he who humbles himself  
will be exalted.

Luke 14:11

279 Johnson Street, Kingston, ON K7L 1Y5

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

email: [smarys@cogeco.net](mailto:smarys@cogeco.net) Web Site: [stmaryscathedral.ca](http://stmaryscathedral.ca)

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

**Masses:****Monday September 2nd**

7:45 am Special intention

12:10 pm Remi Sison's Intentions

**Tuesday September 3rd**

7:45 am Special intention

12:10 pm Remi Sison's Intentions

**Wed. September 4th**

7:45 am Special intention

12:10 pm Rodrigue Deault

**Thursday September 5th**

7:45 am Special intention

12:10 pm Remi Sison's Intentions

**Friday September 6th**

7:45 am Intentions of Anne

Hogarth

12:10 pm Remi Sison's Intentions

**Saturday September 7th**

7:45 am Remi Sison's Intentions

5 pm P. C. Paulose, 1<sup>st</sup> anni.**Sunday September 8th**

8 am Mary &amp; James Lyng

10:30 am For the People

7:30 pm Greg Howell

**Ministries Sat. Sept. 7th, 5 pm**

Altar Servers	Barry M.	Dianne I.
Lectors	Adora J.	Sandi W.
EM of the Eucharist	Mark M.	Marlene M.

**Sunday, Sept. 8th, 8 am**

Altar Servers	Doug S.	Allan S.
	Sharon M.	
Lectors	Bill M.	Ann L.
EM of the Eucharist	Emily R.	Theresa D.

**Sunday, Sept. 8th, 10:30 am**

Altar Servers	Doug S.	Jack R.
	Ephraim L.	Bohdan Y.
Lectors	Teresa M.	Dianne I.
EM of the Eucharist	Gail M. Sr. Shannon	
	Bob C Ed M Carmen D.	
	Domenica B. Connie A.	

**Sunday, Sept. 8th, 7:30 pm**

Altar Servers	Students
Lector	Evana d'A Tephane O.
EM of the Eucharist	Ellen H. Grace G.

**Please pray for our Sick:**

Ruth Caron, Ken Davies, Louise Doolan, Adam Lachine, Janice Lumb, Maria Matias, Vernon Mulhall, Lynn Orellano, Joanie Sagriff and Irene Smith.

*N.B. You are encouraged to take this bulletin home with you. If you are not taking it with you it would be most helpful if you would leave it on one of the tables near the exits of the cathedral on your way out. Many thanks.*

**22nd SUNDAY IN ORDINARY TIME**

**Seniors' Lunch resumes:** Sept. 4<sup>th</sup>, 1 pm after the noon Mass in the Parish Centre.

**Latin Mass** Sept. 8<sup>th</sup>, 3 pm, St. James Chapel

**Knights of Columbus resumes:** Tuesday, September 10th, 7-9 pm

**Catholic Women's League resumes:** Tuesday, September 17th, 7-9 pm

**Rite of Christian Initiation (RCIA) resumes:** Tuesday, September 17th, 7-9 pm

**Men's Ministry resumes:** Saturday, September 21st, 7 am to 9 am.

**Further to the Financial Statement of Last Week:****Just for perspective and for your information:**

Our insurance bill came this week. It is \$80,762. The Archdiocese has been asked to pay 75% of this bill. Our share is \$20,109.63. At this point we must pay our share in installments as we don't have enough in the bank to cover that amount.

**Seniors' Lunches:** "The theme for September 4th is "Welcome Back - Great food, good music." All lunches are held on the first Wednesday of the month after the noon Mass. The Pastoral Caring Team offer wholesome meals; music, often live entertainment; seasonal & spiritual themes & most of all, friendship & fun. A free will offering is suggested. Bring a friend and hope to see you there!"

**Children's Liturgy of the Word** will resume next Sunday, Sept 8<sup>th</sup> at the 10:30 am Mass. We are always looking for adults to assist with the Children's Liturgy. If you would be interested please contact Laura Raycraft at [laura.joel@hotmail.com](mailto:laura.joel@hotmail.com).



**FAITH on FIRE Prayer Group** – You are warmly welcomed to join **weekly** evenings of Praise and Worship, Prayer, and Fellowship at **St. Paul the Apostle (Room D – street side entrance)** on **Wednesdays from 7- 9 pm** beginning **Wed. Sep 18**. Step into the “current of grace” and discover what it means to be fully alive and how to use **FIRE!** your charisms to build up the Church! For more information contact us at [faithonfirekingston@gmail.com](mailto:faithonfirekingston@gmail.com).

**PRAYING THE PSALMS WE PROCLAIM: Day of Reflection for Parish Musicians: Vocal and Instrumental:** *A mini-retreat day of reflection for parish musicians serving the Archdiocese of Kingston.* Saturday, October 5th, 2019, 9:30 a.m. - 2:30 pm at Saint Paul the Apostle Church, 1111 Taylor Kidd Blvd, Kingston. Facilitator: Deacon Bill Gervais. This mini retreat for parish musicians will invite participants to reconnect with the psalms they sing each Sunday. Through a series of talks, guided prayer, silent reflection and small group discussions participants will discover the power of the psalms they proclaim, their meaning and how to pray with them. Registration is required. Refreshments and Lunch will be provided. Free-will offering. Registration is required. Contact Goretta Da Silva 613-548-4461, email [ore@romancatholic.kingston.on.ca](mailto:ore@romancatholic.kingston.on.ca).



## **Contacts**

**Rector:** Father Shawn J. Hughes,

[fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

**Associate-Pastor (Half-time)**

Father Paul Mawalla

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

**Deacon:** Deacon Blaine Barclay,

[blainebarclay31@gmail.com](mailto:blainebarclay31@gmail.com)

**In Residence:**

Father Dan Ryan

Father Killian Eke

Father Paul Finn

**Parish Office Administrator:**

Suzanne, [smarys@cogeco.net](mailto:smarys@cogeco.net)

**Co-ordinator of Ministries,**

**Pastoral Caring Coordinator, and**

**Catholic Women's League**

**President:** Ann Lyng,

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

**Music Director and Organist:**

Jeff Moellman,

[musicmoell@gmail.com](mailto:musicmoell@gmail.com)

**Children's Liturgy:** Laura Raycraft,

613-328-0426,

[stmaryschildliturgyoftheword@gmail.com](mailto:stmaryschildliturgyoftheword@gmail.com)

**Parish Council Secretary:** Ellen

Hawman,

[ellen.hawman@sympatico.ca](mailto:ellen.hawman@sympatico.ca)

**Knights of Columbus Council**

**#728, Grand knight:** Ian Moore

**Finance Committee Chair:** Mark

Levac, [mark@levacsupply.com](mailto:mark@levacsupply.com)

**University Chaplain:**

Fr. R. de Souza,

[chaplain@newmanhouse.ca](mailto:chaplain@newmanhouse.ca),

[rjdesouza@cardus.ca](mailto:rjdesouza@cardus.ca)

**Catholic Christian Outreach:**

Stephanie Dresch: Campus Leader

[stephanie.dresch@cco.ca](mailto:stephanie.dresch@cco.ca)

**Billings Method Natural Family**

**Planning:** Ann Murray,

[kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca)

**Creighton Model Fertility**

Marianne Trevorror MA ND

[drmarianne@ionacare.ca](mailto:drmarianne@ionacare.ca)

**Serena, Sympto-Thermal Method of Family Planning:**

[www.serena.ca](http://www.serena.ca)

[serenakingston@gmail.com](mailto:serenakingston@gmail.com)

**Adoration:** Natalie Holland,

[nholland@cogeco.ca](mailto:nholland@cogeco.ca)

613-876-1801

**St. Mary's Refugee Sponsorship:**

Angela Gambin,

[stmarysrefugee@gmail.com](mailto:stmarysrefugee@gmail.com)

## **Are You or Someone You Know thinking of becoming a Catholic or interested in learning more about the Catholic Faith?**

Consider joining The Rite of Christian Initiation of Adults (RCIA). RCIA is an Initiation Process into the Catholic Faith for Adults who a) have never been baptized, or b) are Christians baptized in another Faith Tradition seeking now to be received into full communion with the Catholic Church, or c) for Catholics who are baptised, but who have not received either their first Holy Communion and/or the Sacrament of Confirmation and who now wish to complete their Christian initiation.

Deacon Blaine will head up the Formation Team this year. All those planning on taking the course must meet initially with either Father Shawn, [fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com) or Deacon Blaine at [bbarclay31@me.com](mailto:bbarclay31@me.com). Please contact one of us for an appointment.

For members of the parish: if you know someone who is interested let them know about this process or give their contact information to Deacon Blaine or Father Shawn. Missionary Disciples go out of their way to draw people to Jesus Christ and His Church.

***Rite of Christian Initiation (RCIA) resumes: Tuesday, September 17th, 7-9 pm***



### **St. Mary's Cathedral Council of the Catholic Women's League**

will be having their fall general meetings on Tuesday evenings September 17, October 15 and November 19, from 7 to 9 pm, at the Parish Centre. Women from our parish, of all ages and backgrounds, are invited to become members.

Membership fee is \$25 per year. Meetings are held monthly on the third Tuesday of every month and have a spiritual, social and business component. Spiritual guidance at our meetings will be provided by our spiritual advisor, Father Shawn. If you wish to grow in your faith while serving our community in fellowship with other members come and learn more about the CWL! For more information or to arrange a ride to the meetings, please contact CWL President, Ann Lyng at 613-546-5521 Ext 5; [alyng@cogeco.ca](mailto:alyng@cogeco.ca)

**Duc In Altum 2019-20 Info Night** Calling all young adults in their 20's & 30's! We invite you to attend an **info night** about an awesome opportunity in our archdiocese for young adults: "**Duc In Altum**" (Latin for "Put Out Into the Deep"). This experience consists of an opening & closing retreat weekend away and 6 Saturday sessions once a month throughout the year. We invite you to journey with other Catholic young adults in faith and fun! Join us for our info night on **Tuesday, September 17<sup>th</sup> at 7pm** at the Diocesan Centre (390 Palace Road, Kingston). For more info contact Nadia Gundert at [youth@romancatholic.kingston.on.ca](mailto:youth@romancatholic.kingston.on.ca) or call 613-484-2446. See the posters on the bulletin boards.

**Our Lady of Lourdes Parish**, Kingston will be hosting its annual fundraising event, *An Evening of Tasting, on Saturday, September 21, 2019*. This event will feature A variety of wine, scotch and craft beer along with a variety of tasty appetizers from our parish kitchen. Tickets are \$45. For further information, Contact Elaine Clark, 613 389 1276 or Marianne Murphy. 613 888 4368.

# MATTHEW

*The King and His Kingdom*



A 24-Part Bible Study Featuring Jeff Cavins



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### ***Matthew: The King and His Kingdom***

shows how Jesus fulfills God's promises to Israel and establishes his kingdom on earth. Through references to the Old Testament promises of God to his people and the messages God sent them through the prophets, *Matthew* provides the key to understanding the rest of the New Testament and Christ as the fulfillment of God's plan.

Jeff Cavins explains how Jesus is challenging and empowering us to achieve a new level of holiness and how, to live it, we must be thoroughly immersed in the kingdom of heaven on earth, the Church.

### **DATES FOR SESSIONS 1 TO 11**

**MONDAY MORNINGS**

**SEPTEMBER 16 TO DECEMBER 2, 2019**

**9:30 AM TO 11:30 AM**

**OR**

**WEDNESDAY EVENINGS**

**SEPTEMBER 18 TO NOVEMBER 27, 2019**

**7:00 PM TO 9:00 PM**

### **COST:**

**\$40 FOR PARTICIPANT WORKBOOK**

### **LOCATION:**

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

### **TO REGISTER OR FOR INFORMATION CONTACT**

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

**SESSIONS 12-24 WILL BE OFFERED IN 2020**

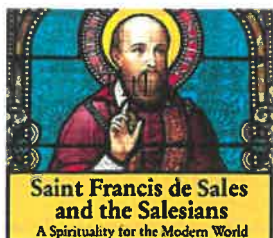
**DEADLINE TO REGISTER AND ORDER WORKBOOKS IS MONDAY, SEPTEMBER 2**





## ALL MEN OF KINGSTON: MARK YOUR CALENDAR MEN'S MINISTRY RESUMES SATURDAY, SEPTEMBER 21<sup>st</sup>,

7 am to 9 am in St. Mary's Parish Centre. All men, 21 yrs. old and above, are invited to join us for great food, great fellowship and great faith.



## Salesian Spirituality : Live Today Well!

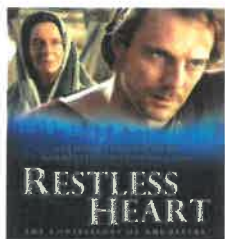
A Retreat with St. Francis de Sales and St. Jane de Chantal  
Place: Catholic Pastoral Centre, 390 Palace, Kingston - Room A  
Dates: Wednesday evenings – Sept 18, Sept 28, Oct 2, Oct 9  
Time: 6:30 pm - 8pm

**Facilitator:** Robert Mundle, MDiv, ThM, STM, RP, CSCP - Consecrated member of the Society of the Sons of St. Francis de Sales

**Objective:** Participants will benefit from the practical wisdom and model of spiritual friendship demonstrated by St. Francis de Sales (1567-1622) and St. Jane de Chantal (1572-1641). We will explore their rich legacy of writings about the devout life and spiritual direction and draw on their guidance based in Catholic doctrine to help us meet the many challenges we face in our daily lives that can distract us from the universal call to holiness. Sessions will include instruction on the Salesian tradition, as well as time for group prayer, reflection and faith sharing.

**Fee:** \$10 per participant;

- Sessions:**
- (1) Introduction to the Salesian spiritual tradition
  - (2) Living the "Little Virtues" - humility, gentleness, and simplicity
  - (3) Duty of State; and Spiritual Detachment
  - (4) Intention: The key to spiritual perfection; and Spiritual Friendship



**St. Augustine's Feast Day** was this past Wednesday, August 28<sup>th</sup> and his mother's, St. Monica's was this past Tuesday, August 27<sup>th</sup>. This is the first full length movie ever produced about these great saints. Augustine lived a wild life in his teens and twenties. Monica shed many tears and stormed heaven for his conversion until his baptism at the age of 33. And what a conversion. St. Augustine lived over 1,500 years ago. Yet, his books are still sold in bookstores. People have been reading his words for over 1,500 years. He and St. Thomas Aquinas are considered the greatest minds of the Church. To view this wonderful film online go to [formed.org](http://formed.org) and enter the parish code QHVJWV. Enjoy!!!!

## SEARCHING FOR AND MAINTAINING PEACE by FATHER JACQUES PHILIPPE

We live in a day and age characterized by an extraordinary amount of agitation and lack of peace. This tendency manifests itself in our spiritual as well as our secular life. In our search for God and holiness, in our service to our neighbor, a kind of restlessness and anxiety take the place of the confidence and peace which ought to be ours. What must we do to overcome the moments of fear and distress which assail us all too often in our lives? How can we learn to place all our confidence in God and abandon ourselves into his loving care? This is what is taught in this simple, yet profound little treatise on peace of heart. Taking concrete examples from our everyday life, the author invites us to respond in a Gospel fashion to the upsetting situations we must all confront. Since peace of heart is a pure gift of God, it is something we should seek, pursue and ask him for continually. This book and the study of it is here to help us in that pursuit. This study will be led by Father Shawn. To register and order your book please contact Ann Lyng at [alyng@cocego.ca](mailto:alyng@cocego.ca)

# The Archdiocese of Kingston's Annual **RED MASS**

Thursday, October 3<sup>rd</sup>, 2019 at 7 pm The Cathedral of St. Mary of the Immaculate Conception:  
Most Reverend Michael Mulhall, Archbishop of Kingston, presiding.

**Attention all judges, lawyers, and all who work in the justice system.**

On Thursday, October 3<sup>rd</sup>, 2019, Archbishop Mulhall will be celebrating the Red Mass at 7 pm in St Mary's Cathedral (Johnson St at Clergy). The Red Mass, which is offered particularly for those in the legal profession, (lawyers, judges, clerks, court reporters, court security officers, legal assistants, receptionists, and students and professors of the Faculty of Law), is generally celebrated close to the opening of the courts, which commences the judicial year. The tradition of the Red Mass has been celebrated since the 13<sup>th</sup> century. All who work in the justice system are most welcome and encouraged to attend this Mass. Everyone else is very welcome as well. A wine and cheese reception will follow in St. Mary's Parish Centre. If you require further information please contact Christina Rorabeck at 613-545-9896 or [christina@rstlaw.ca](mailto:christina@rstlaw.ca) or Father Shawn at [fathershawnjhughes@gmail.com](mailto:fathershawnjhughes@gmail.com)

## **Virtual Yard Sale** is ready for viewing and buying

*View items and buy online at:*

**maxsold** Kingston (Ontario, Canada) Downsizing Online Auction - Hwy 2 East

<https://maxsold.maxsold.com/auction/kingston-ontario-canada-downsizing-online-auction-hwy-2-east-17889/bidgallery/>

Questions? Contact Natalie Holland 613-876-1801

**Funds raised will be used to support the projects of The Catholic Women's League.**

**An Introduction to Prison Ministry: Wednesday Evenings from 6:30 – 8:30 pm, Oct. 16 to Nov. 20 at the Pastoral Centre, 390 Palace Road.** Have you ever wanted to do some type of Prison Ministry but weren't sure what's involved or how to go about it? This workshop series is designed for you. Over the course of 6 weekly, 2-hour sessions, participants will be introduced to key aspect, skills and themes surrounding this ministry. Some of the topics include: Call to Prison Ministry, Communication skills, boundaries, restorative justice, self-care and prison culture. For more information contact Mary-Jo or Gorett at [ore@romancatholic.kingston.on.ca](mailto:ore@romancatholic.kingston.on.ca) / 613-548-4461.



### **Thank you to our Tour Guides**

Pictured left to right: Trudy Gorski, Javier Salgado-Navarette, Fr. Dan Ryan, Susan Overvelde. Missing: Jane Delva, Walter Durante, Rose Marie Murray, Lisa Norman, Donna North, Nenette O'Donnell, Lynn Orellano and alternate: Bernie MacDonald.

As summer draws to a close bringing with it the end of our tour season, we wish to take this opportunity to extend our appreciation and gratitude to our team of dedicated Tour Guides who, from July 1 to Labour Day, generously gave of their time and talents to welcome **more than 900 visitors from all over the world** and share with them the rich history of our magnificent Cathedral. Many tourists indicated that they have past family baptisms and marriages that have taken place in the Cathedral thus, and appreciated having the opportunity to learn more about the history of our cathedral and experience the setting where family events had occurred. **Many thanks to our Tour Guides for being such great Ambassadors for the Cathedral by extending a warm St. Mary's Cathedral welcome to all our visitors.**





**Mark your Calendars:**  
**ITALIAN DINNER FUNDRAISER**  
**6 pm, Saturday, November 9th!**

**Domenica, Wilma, Pina, Santina and their Italian Friends are back .....**

**COOKING UP A STORM**

In St. Mary's Parish Centre-260 Brock St. Authentic Italian Dinner includes homemade ravioli, salad, chicken alla francesca, potatoes, vegetables, dessert, coffee/tea and a glass of wine...all for just \$50.00!

**Funds will go towards the**

**Sanctuary Floor Fund.** The hope of the ladies is to have fundraisers until we can replace the very old thread bare carpet with marble which will never need to be replaced again. For tickets, please contact Domenica Bracciodieta at 613-546-4934 or contact Suzanne at the Parish office 613-546-5521 ext. 3. Please support this very generous group, many of whom are from parishes all over the city. All the food is being donated so the cost of admission goes 100% to replacing the sanctuary floor. Volunteers needed for serving and cleaning, please contact Suzanne/Domenica to sign up to help. **TICKETS WILL BE ON SALE AT ALL MASSES ON THE WEEKEND OF SEPTEMBER 21/22.**

## ST. MARY'S CATHEDRAL



**AFTER ALL MASSES ON THE WEEKENDS OF  
SEPTEMBER 21/22 AND SEPTEMBER 28/29**

**Where is GOD calling YOU to serve?**

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