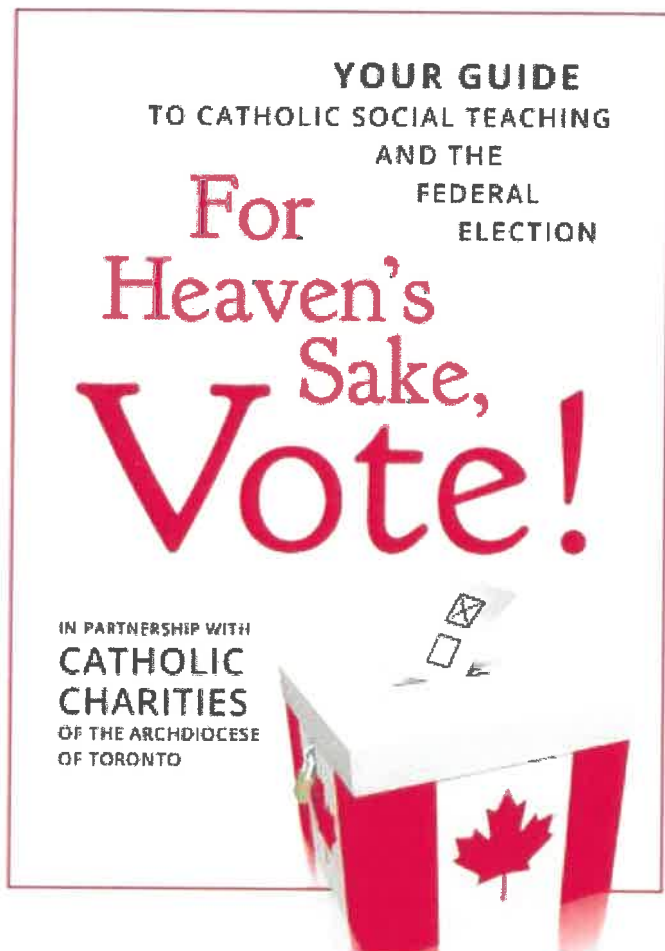


The Cathedral of St. Mary of the Immaculate Conception



The Mother Church of the Faithful of the Archdiocese of Kingston

The Most Reverend Michael Mulhall, Archbishop of Kingston

BE SURE AND VOTE!

From the Catechism of the Catholic Church

“Submission to authority and co-responsibility for the common good make it morally obligatory to pay taxes, to exercise the right to vote, and to defend one’s country.” (#2340)

279 Johnson Street, Kingston, ON K7L 1Y5 Telephone: 613-546-5521

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

Parish Office Hours: Monday to Friday 10 am to 4 pm, Closed 12 noon to 1 pm

Mass Schedule:

Weekdays: 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

29th SUNDAY IN ORDINARY TIME

Masses:

Monday October 21st

7:45 am Special Intention

12:10 pm Hermano & Angelina Couto

Tuesday October 22nd

7:45 am Stephen John Hall, anni.

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

Wednesday October 23rd

7:45 am Fr. Shawn's Intentions

12:10 pm Souls in Purgatory

Thursday October 24th

7:45 am Bishop Remi Gaulin, deceased bishops and clergy members

12:10 pm Deceased members of North, Poole & Whitelaw families

Friday October 25th

7:45 am Guy St. Marseille

12:10 pm Living & deceased members of Knights of Columbus # 728

Saturday October 26th

7:45 am Michael Edward Long, 11th anni.

5 pm Deceased members of Cosgrove and Barrett families

Sunday October 27th

8 am Giovanni & Rita Auriemma

10:30 am For the People

7:30 pm Earl Fjarlie

Ministries:

Saturday, October 26th, 5 pm

Altar Servers	Peter M. Lucas M. Barry M.
Lectors	Margaret K. Mark M.
EM of the Eucharist	Ellen H. Doug S.

Sunday, October 27th, 8 am

Altar Servers	Allan S. Pene L.
Lectors	Sharon M. Betty R.
EM of the Eucharist	Ann L. Diane D.

Sunday, October 27th, 10:30 am

Altar Servers	Nick B. Dominic B. Doug S. Simon B. Gavin T.
Lectors	Teresa M. Mark L.
EM of the Eucharist	Domenica B. Bob C. Joe C. Karla C. Connie A. Ed M. Gail M.

Sunday, October 27th, 7:30 pm

Altar Servers	Students
Lector	Kim R. Lionel R.
EM of the Eucharist	Colby P. Mary R. (choir)

October is the month dedicated to the Most Holy Rosary. We will pray the Rosary before all Sunday Masses in October. If you are not already praying the rosary at home it is a great prayer to pray on your own, with your spouse or your entire family.

Cursillo Ultreya, Sunday, Oct. 20th, at 2 pm.

Matthew: The King and His Kingdom continues Monday Oct. 21st OR Wednesday, Oct. 23rd at 7 pm. See posters.

Rite of Christian Initiation (RCIA) continues Tues., Oct. 22, 7-9 pm

Knitting Group resumes: Tues., Oct. 22 at 1:30 pm at the Parish Centre. We make infant sweaters and baby blankets for families in need through the HUGS program (Helping us Grow Strong) at KGH. New members welcome. For further information, Contact Cathy Allen at 613-548-4187 or catpetallen@bell.net.

Introduction to Prison Ministry continues Wed. Oct. 23, 6:30 – 8:30 pm at the Diocesan Pastoral Centre, 390 Palace Rd. Contact Mary-Jo or Gorett ore@romancatholic.kingston.on.ca /613-548-4461.

Latin Mass: No Latin Mass in November. The next Latin Mass is Dec. 1st. at 3 pm in St. James Chapel.

FAITH ON FIRE: One Day Life in the Holy Spirit

Seminar at St. Paul the Apostle Church Hall, Sat. Nov. 2nd. Hosted by the Faith on Fire Prayer Community. Speakers: Fr. Ben St. Croix, CC, Miriam Wright & Fr. Richard Whalen. Registration fee \$30 (students \$15); pay at the door. Please register by Oct. 28th. For more information and to register please contact Cheryl at 613-929-0777, email faithonfirekingston@gmail.com.



IT IS THAT TIME OF THE YEAR AGAIN!!!

Hotel Dieu Hospital is looking for clean, gently used winter coats for the 2019 -2020 Winter Coat Drive. Down-filled style coats and ski jackets (**washable- no wool or fur**), warm mitts, socks, hats, scarves and winter boots in good condition for men, women and children are urgently needed. Warm

lightweight blankets are also needed for those sleeping on the street. Large, XL and XXL sizes for men and women are particularly needed. Collection began on Tuesday, October 15. Donation bins are located at the Sydenham Street entrance of Hotel Dieu Hospital.

Volunteers are needed to help with the distribution of the coats.

The distribution will be located ONLY at St. Mary's Parish Centre. It will operate Monday to Friday from 1:00 pm to 4:00 pm, November 12 to December 20, 2019 reopening after the Christmas break on January 2, 2019 and continuing until January 17, 2019. Any assistance during that time would be most appreciated. **To volunteer or for more information about volunteering, contact Ann Lyng 613-546-5521 Ext. 5 or alyng@cogeco.ca**

Contacts

Rector: Father Shawn J. Hughes,

fathershawnjhughes@gmail.com

Associate-Pastor (Half-time)

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

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:** Ian Moore

imoore@arbormemorial.com

Finance Committee Chair: Mark

Levac, mark@levacsupply.com

University Chaplain:

Fr. R. de Souza,

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

Marianne Trevorrow MA ND

drmarianne@ionacare.ca

**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

Birthright

Marie Sardinha of Birthright sent a lovely thank you card through me, thanking the parishioners of St. Mary's for the \$2,273.06 that was collected here in support of the "Change for Life" Baby Bottle Campaign. God Bless you all for your generosity. Please keep the moms, babies and work of Birthright in your prayers.

St. Mary's Cathedral Parish Prayer Line has over 30 intercessors willing to pray for your needs. To submit a prayer request contact Ann at 613-546-5521 Ext 5; alyng@cogeco.ca

Please pray for our Sick: Mike Baines, Finn Beharry, Ruth Caron, Louise Doolan, Adam Lachine, Janice Lumb, Maria Matias and Lynn Orellano.

PARISH PASTORAL CARING: Catholics who truly care for each other Are you or someone you know unable to get out of your home or are living in a nursing home and would like to receive Holy Communion and a visit from a member of the Parish Pastoral Caring team? To arrange for Holy Communion at home please contact Ann at 613-546-5521 Ext 5; alyng@cogeco.ca

THE NAME OF GOD IS MERCY: Come join us **Oct. 24** from **6:30-8:30 pm**, at **St. John The Apostle Parish Hall** for an evening exploring Pope Francis vision of hope and mercy. This evening will be a conversation on "*The Name of God is Mercy.*" Facilitator: Friar Ed Debono. To register please call Gorett at the Diocesan centre 613-548-4461 ext.112 email ore@romancatholic.kingston.on.ca or on-line <https://romancatholic.kingston.on.ca/mercy>. There is no charge for this evening, but registration is required.



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:

Tuesday October 29th – Theology on Tap: "Rediscover the Joy of Believing"; 7:30 pm @ Queen's Grad Club (162 Barrie St.)

Wednesday November 13th – Theology on Tap: "Theology of Work" 7:30 pm @ Queen's Grad Club (162 Barrie St.)

Birthright

is looking to welcome new volunteers. Volunteering with Birthright is both rewarding and easy. With a small commitment of 2 and a half hours per week, you can truly make a difference in the lives of a young mother and her baby. Full training and mentorship is provided for our volunteers so you can truly help the women who need you. If you are interested in this very good work please call at 613-546-5433 or email us at info@kingstonbirthright.ca Visit our website at www.kingstonbirthright.ca



Marilyn McLean from the Kingston Street Mission was the guest speaker at the Catholic Women's League General Meeting on Tuesday, October 15. Ms. McLean's presentation "**Living on the Street: Homelessness, Street Poverty, and Human Trafficking**" was very passionate and informative, detailing some of her personal history in beginning and volunteering at the Street Mission. An animated question and answer period followed the presentation.

Kingston Street Mission is open from the end of October through the end of April, 5-6 nights a week (volunteer availability) from 8 pm to 11:30 pm. This "safe-haven" is open for those who are marginalized, living below the poverty line or are living on the streets. It provides a warm stopover, warm food and fellowship in the colder months. The Kingston Street Mission relies on donations from churches, businesses, organizations and individuals. Income Tax receipts are available for donations of \$20 or more when donated through St. Andrew's Presbyterian Church, 130 Clergy Str. E. K7K 3S3. Dedicated, caring volunteers are greatly needed. Volunteers must be 18 years or older. A CPIC (police criminal check for vulnerable sector) is required along with a letter of reference from a minister, employer or another organization. Please contact Marilyn McLean at 613-449-0916 for more information or to donate. For more info www.kingstonstreetmission@webs.com.



Coins for Life and Life Chain: Thank you most sincerely for your generous donations through our Coins for Life fundraiser over the summer months. We appreciate your financial support and the commitment that you make to help save the lives of God's precious preborn babies. CLC Kingston will be able to continue financially and with your prayers through the coming months. Thank you also to all those who attended **Life Chain** on October 6th witnessing to the sanctity of all human life particularly those who are threatened in their mothers' wombs.

ANOTHER GREAT PRESENTATION SPONSORED BY OUR CATHOLIC WOMEN'S LEAGUE

"A Palliative Care Physician's Perspective on the Practice of Euthanasia in Canada"

St. Mary's Catholic Women's League Open this Meeting to all parishioners.

Dr. Leonie Herx, Division Head of Palliative Medicine at Queen's University, will be the guest speaker at our general meeting on Tuesday, November 19 from 7 to 9 pm at St. Mary's Parish Centre.

Dr. Herx will speak on "**A Palliative Care Physician's Perspective on the Practice of Euthanasia in Canada**". Her presentation will include an overview of the euthanasia laws and practices in Canada and an exploration of some of the issues facing society as well as the practice of medicine and palliative care in a country where euthanasia is legal. A discussion on how we respond to suffering as a community will follow Dr. Herx's presentation. **All CWL members and all members of our parish are cordially invited to attend** what promises to be a very informative evening on the impact of legalized euthanasia in our society. Dr. Herx and her family are parishioners here at St. Mary's. For more information contact CWL President Ann Lyng, 613-546-5521 Ext. 5, alyng@cogeco.ca

We will celebrate **THE SOLEMNITY OF ALL SAINTS WITH**
Solemn Sung Vespers (Evening Prayer)
Friday, November 1st, 2019 at 7 pm

The choir will lead us in this beautiful prayer of thanksgiving

Vespers is the sunset evening prayer service of thanksgiving in the Liturgy of the Hours. The prayer consists of an opening hymn, three chanted psalms giving thanks for the day, a brief reading from Scripture, the Magnificat, formal prayer intentions, the Our Father and a closing prayer. This prayer is led by a presider and choir, with the music under the direction of Jeff Moellman. Please join us for this very beautiful, prayerful event.

N.B. Archbishop Mulhall will celebrate the 12:10 pm noon Mass on the Solemnity of All Saints.

ITALIAN DINNER FUNDRAISER Saturday, November 9th at 6 pm!
TICKETS STILL AVAILABLE!!!

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, 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 613-546-4934,
or Suzanne-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.

OKTOBERFEST 2019 - BLESSED SACRAMENT Church Hall: Knights of Columbus COUNCIL 11524, SAT. OCTOBER 26th @ 6:30 pm, 3 Briscoe St., Amherstview. Music Provided By: Tim Hallman Good Friends, Good Food, Good Music Cost: \$20.00 per person - ADVANCE TICKETS ONLY Ticket Sales **Cut off Oct. 20th** Call: Paul Godfrey at 613-384-2671.

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. **PLEASE NOTE DATE CHANGES: It will be offered Thursdays, 7-9 pm and repeated Fridays, 2 – 4 pm beginning Nov. 14/15 and continue for four sessions to Dec. 5/6.** To register and order your book please contact Ann Lyng at alyng@cocego.ca



ARCHDIOCESE
of
KINGSTON

Liturgical Conference 2019
Call to Ministry
Called in Baptism, Formed
in Faith Communities

Facilitator: Bernadette Gasslein

Friday eve. 15th November 7:00 PM – 9:00 PM
& Saturday 16th November 9:00 AM – 2:30 PM

Providence Spirituality Centre, 1200 Princess St. Kingston

Commuters: \$35.00, Overnight: \$80.00. Fee includes: Friday Social, Saturday Lunch, & Coffee breaks
Registration closes Monday, November 4th, by contacting Gorett 613-548-4461 or
ore@romancatholic.kingston.on.ca or <https://romancatholic.kingston.on.ca/call-to-ministry>

FRIDAY

7:00 PM Rooted in Baptism - An exploration of baptism as the roots of all ministry. We will explore three (of twenty plus!) aspects of our baptismal identity and how they enable us to celebrate the liturgy.

9:00 PM Social

SATURDAY

9:00 AM Morning Prayer with the Rite of Sprinkling in the Chapel

9:50 AM Establishing a common vision for liturgical formation in general. We'll explore what the Church has to say about liturgical formation using documents such as the **Constitution on the Sacred Liturgy**, the **Code of Canon Law**, the **General Directory for Catechesis**, Pope Benedict's post-synodal apostolic exhortation, *Sacramentum Caritatis*, and Pope Francis's Apostolic Exhortation *Evangelii Gaudium*. The vision that emerges helps address the challenge of consistency in liturgical formation.

10:45 AM – 11:10 AM Break

11:10 AM – 12:15 PM The Theologies of the Ministries

The need for the initial formation for ministries. We need to understand the theology of each of the ministries.

- i) **The Ministries of the Word** (*Leaders of Children Liturgy, Lectors/ Readers, Pastoral Care Ministers, others...*)
- the proclamation of the word - an event of the presence of God; the role of the Holy Spirit in the proclamation of the Word, lending your voice to the Lord.
- ii) **Extraordinary Ministers of Holy Communion** (ministers at Mass as well as Pastoral Care ministers)
Understanding the Communion Rite.
- iii) **Ministers of music** (Cantors, choir directors, psalmists, instrumentalists)- lending your vice to the Lord.
Ministers of music: agents of communion.
- iv) **Ministers of hospitality** Gracious hosts or bouncers at the banquet of God's kingdom.

12:30 PM – 1:30 PM Lunch

1:30 PM – 2:30 PM The Spiritualities of Ministries

The Presenter: Bernadette Gasslein is the editor of *Celebrate!*, a Canadian liturgy magazine. She has been involved in various liturgical and catechetical ministries, including four years as a project specialist with the National Office of Religious Education of the Canadian Conference of Catholic Bishops. She now leads workshops around North America. Gasslein holds a license in sacred theology with specialization in pastoral catechetics from the Institut Catholique de Paris. She is coordinator of liturgical life at St. Charles Parish in Edmonton, Alberta, where she and her husband live.

One of our newest Saints: Canonized last Sunday, October 13TH, 2019



John Henry Newman

(21 February 1801 – 11 August 1890) was an English theologian and poet, first an Anglican priest and after converting became a Roman Catholic priest and cardinal. He was an important and controversial figure in the religious history of England in the 19th century. In 1845 Newman officially left the Church of England and his teaching post at Oxford University and was received into the Catholic Church. He was quickly ordained as a priest and continued as an influential religious leader, based in Birmingham. In 1879, he was created a cardinal by Pope Leo XIII in recognition of his services to the cause of the Catholic Church in England.

Newman was a literary figure of note: his major writings include the *Tracts for the Times* (1833–1841), his autobiography *Apologia Pro Vita Sua* (1865–1866), the *Grammar of Assent* (1870), and the poem "The Dream of Gerontius" (1865), which was set to music in 1900 by Edward Elgar. He wrote the popular hymns "Lead, Kindly Light" and "Praise to the Holiest in the Height" (taken from *Gerontius*).

Newman's beatification was officially proclaimed by Pope Benedict XVI on 19 September 2010 during his visit to the United Kingdom. His canonisation was officially approved by Pope Francis on 12 February 2019, and took place on 13 October 2019.

Cardinal Newman, St. John Henry Newman, is the patron saint of the Newman Houses around the world. They are the Catholic presence on non-Catholic university campus including here at Queen's University. Newman House is located at 192 Frontenac Street.

A Short Road to Perfection by John Henry Cardinal Newman
September 27, 1856

It is the saying of holy men that, if we wish to be perfect, we have nothing more to do than to perform the ordinary duties of the day well. A short road to perfection—short, not because easy, but because pertinent and intelligible. There are no short ways to perfection, but there are sure ones.

I think this is an instruction which may be of great practical use to persons like ourselves. It is easy to have vague ideas what perfection is, which serve well enough to talk about, when we do not intend to aim at it; but as soon as a person really desires and sets about seeking it himself, he is dissatisfied with anything but what is tangible and clear, and constitutes some sort of direction towards the practice of it.

We must bear in mind what is meant by perfection. It does not mean any extraordinary service, anything out of the way, or especially heroic—not all have the opportunity of heroic acts, of sufferings—but it means what the word perfection ordinarily means. By perfect we mean that which has no flaw in it, that which is complete, that which is consistent, that which is sound—we mean the opposite to imperfect. As we know well what imperfection in religious service means, we know by the contrast what is meant by perfection.

He, then, is perfect who does the work of the day perfectly, and we need not go beyond this to seek for perfection. You need not go out of the round of the day.

I insist on this because I think it will simplify our views, and fix our exertions on a definite aim. If you ask me what you are to do in order to be perfect, I say, first—Do not lie in bed beyond the due time of rising; give your first thoughts to God; make a good visit to the Blessed Sacrament; say the Angelus devoutly; eat and drink to God's glory; say the Rosary well; be recollected; keep out bad thoughts; make your evening meditation well; examine yourself daily; go to bed in good time, and you are already perfect.



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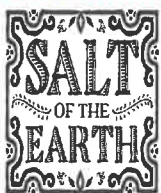
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**St. Mary's Cathedral Catholic
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invite women from our
parish, of all ages
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to grow in your faith
while serving our
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Membership fee is \$25 per year.
Meetings are held on the third
Tuesday of the month. For more
information, please contact
CWL President Ann Lyng at
alyng@cogeco.ca

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We meet on the second
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7 pm at the Parish Centre. For more
information, please contact Grand
Knight Ian Moore at
imoore@arbormemorial.com

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