

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

THE ANGELUS (The Prayer of the Incarnation)



Do you perhaps recognize this picture? It's a famous painting about a famous prayer: the Angelus! It hung in many homes, including my own, to remind us to pray the Angelus.

In this 19th century work by the French painter Jean-Francois Millet, a farming couple prays the Angelus at dusk

See inside for the prayer on page 7.

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)

SEE CHRISTMAS MASS SCHEDULE INSIDE.

Opportunities for Confession:

One half hour before each Mass held in the Cathedral

Additionally: Wednesdays 1 pm – 5 pm & Saturdays 4 pm – 4:50 pm

Father Paul and I will hear confessions before and after all Masses this Weekend.

Examination of Consciences and Review of Confession at all the entrances

Fourth Sunday of Advent

Throughout Advent the SUNG response to the Prayers of the Faithful will be: "Come, Lord Jesus!"

Please pray for our Sick: Kim Cabral, Ruth Caron, Adam Lachine, Janice Lumb, Maria Matias, Lynn Orellano.

Introit at 10:30 am Mass Drop down dew from above, you heavens, and let the clouds rain down the Just One; let the earth be opened and bring forth a Saviour.

Matthew: The King and His Kingdom *will resume* Mon. Jan. 6th at 9:30 am and repeated Wed., Jan. 8th at 7 pm. New members are welcome.

Parish Meeting, Thursday, January 9th at 7 pm in St. Mary's Parish Centre: to discuss all the projects which need to be undertaken in the near future. Exterior upkeep of the stonework of the cathedral and rectory; ii) Interior of the cathedral: painting, floors, and organ iii) new project idea for the development of the property where the Parish Centre sits.

CHRISTMAS DAY DINNER: Preparations are well underway for our annual Christmas Day Dinner for those who are alone or who are unable to prepare a Christmas Day dinner for themselves. **Our annual Christmas Day Dinner will be held at St. Mary's Parish Centre immediately following the 10:00 am Christmas Day Mass:** a complete turkey dinner will be served from 12:00 pm noon until 2:00 pm. Doors open at 11:30 am. Hot mulled apple cider will be served before the dinner begins.

Many, many people have already volunteered to help with the Christmas Dinner so we will not be accepting any more volunteers at this time. Donations of home baked goods would be greatly appreciated. To donate home baked items please contact Ann at 613-546-5521 Ext 5 or alyng@cogeco.ca



Mass of the Holy Innocents: There will be **Mass at St. Mary's Cathedral at 7:00 pm on Friday, December 27th on the Vigil of the Feast of the Holy**

Innocents. On this particular day of the Christmas Season, when we remember the Holy Innocents - the babies who were killed by Herod seeking the Christ Child - we will gather to pray remembering our "innocents", the thousands of victims of abortion and to pray for an end to the Culture of Death. Please join us. For further information contact Campaign Life Coalition at 613-389-4472 or 613-382-1084 or contact Father Shawn at fathershawnjhughes@gmail.com

Masses:

Monday December 23rd

7:45 am Roberta Viquiera
12:10 pm Souls in Purgatory

Tuesday December 24th

7:45 am Bernice Kittner

No noon Mass

5 pm Children's Pageant followed by Mass
7:30 pm Christmas Mass

Christmas December 25th

12:00 AM Midnight
10 AM Christmas Day Mass

Thursday December 26th

7:45 am **No Morning Mass**
12:10 pm Jo-Ann Baker

Friday December 27th

7:45 am Earl Fjarlie
12:10 pm Margaret Maksymetz
7 pm Vigil Mass of the Feast of the Holy Innocents. Pro-Life Mass

Saturday December 28th

7:45 am Antonia Obilor
5 pm Intentions of Louise Meloche

Sunday December 29th

8 am Carmelita Orellano
10:30 am For the People
7:30 pm Intentions of Louise Meloche

Ministries:

Saturday, December 28th, 5 pm

Altar Servers	Peter M. Barry M.	Lucas M. Lynn O.
Lectors	Lynn P.	Maureen J.
EM of the Eucharist	Adora J.	Mark M.

Sunday, December 29th, 8 am

Altar Servers	Allan S.	Pene L.
Lectors	Cathy S.	Janet W.
EM of the Eucharist	Maria C.	Diane D.

Sunday, December 29th, 10:30 am

Altar Servers	Jack R. Gavin T.	Doug S. Ciaran F.
Lectors	Pat B.	Janice L.
EM of the Eucharist	Grace G. Betty G. Maria M	Domenica B. Marietta M. Bob C Connie A

Sunday, December 29th, 7:30 pm

Altar Servers	Students	
Lector	Evana d'A.	Colby P.
EM of the Eucharist	Lionel R.	Mary M.

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

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

**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 Trevorror MA ND**
drmariannw@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

4th Sunday of Advent: Dec. 21st / 22nd
Sat. at 5 pm, Sun. at 8 am, 10:30 am & 7:30 pm

Christmas Eve: Tuesday, Dec. 24th
5 pm and 7:30 pm

Christmas Day: Wednesday, Dec. 25th
12:00 am midnight and 10:00 am

Followed by our Christmas Day Dinner at 11:30 am,
for those who will be alone or who are not able to
prepare one of their own or those who just wish to join us
All are most welcome.

**Pro-Life Mass on the Vigil of Feast of the
Holy Innocents: Dec. 27th at 7 pm in the Cathedral**

Feast of the Holy Family: Dec. 28th/29th
Sat. at 5 pm, Sun. at 8 am, 10:30 am & 7:30 pm

New Year's Eve: Tuesday, Dec. 31st
Solemnity of Mary the Mother of God at 5 pm
Also New Year's Eve: **Holy Hour to celebrate the New
Year** at 11 pm and pray for the needs of the parish

New Year's Day: Wednesday, Jan. 1st 10 am
Solemnity of Mary the Mother of God

Epiphany: Jan. 4th/5th
Regular Sunday Mass Schedule

Epiphany Carol Sing: Sunday, Jan. 5th at 2 pm

Keeping the Homeless and the Poor in mind throughout Advent and Christmas.

Throughout Advent donations of warm socks, mitts and gloves would be gratefully accepted for the coat drive. Also throughout Advent, but especially at all the Christmas Masses, please bring a non-perishable food item for the food banks for those who have far less than we do.



THE LIGHT IS ON!!!!
OPPORTUNITIES FOR CONFESSION
THIS WEEKEND

Father Paul and I will hear confessions before and after all Saturday & Sunday Masses (Dec. 21st/22nd) this weekend.

Eucharistic



Adoration

Adoration of the Blessed Sacrament in St. James' Chapel.

Some slots have come available. Would you be able to come and spend one hour with the Lord on Mondays from 6 pm to 7 pm, or Thursdays from 2 pm to 3 pm or Thursdays 3 pm to 4 pm or 8:15 am -9 am Mondays, Tuesdays, Thursdays or Fridays. If you would like to take advantage of this silent prayer please contact the Adoration Coordinator Natalie Holland at nholland@cogeco.ca



A SINCERE THANK YOU!

St. Mary's CWL would like to express our sincere thanks and deepest appreciation to everyone who supported our Christmas Bake Sale last weekend which raised \$1973.00. This money will be used for the CWL restoration project at St. Mary's Cathedral.

Congratulations to the winners of the raffle draw prizes:

- 1) Gift basket #1 - Carla Grace
- 2) Gift basket #2 - Bob Cabral
- 3) \$100 Gift Certificate from Kevin J. Blaney, Florist - Gordana Jakov. Gordana generously donated the gift certificate back to St. Mary's Cathedral to purchase flowers for Christmas.
- 4) Gingerbread Cookie Jar with gingerbread cookies - Camilo Romero

A very special thank you to all parishioners who purchased baked goods, gift boxes of Wilton cheese and raffle tickets. We hope you enjoy the cheese and the baked goods. A very blessed Christmas season to all from St. Mary's Cathedral Council of the Catholic Women's League.

CURSILLO MEN'S WEEKEND

is scheduled for **Thursday evening, March 12th through to Sunday, March 15th, 2020** incl., at Providence Spirituality Centre in Kingston. This retreat weekend has been very well received by everyone in Kingston who has taken it to date. It is primarily aimed at those who are far from Christ, or who have wandered far from the Church, or who have been doubting their faith. Come and have your questions, doubts and fears answered in a very welcoming environment.

For more information, please contact Lionel Ryan at 613.634.9588 or 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



CHRISTMAS DAY DINNER:

For all those who will be alone this Christmas or for those who will not be preparing a meal for themselves. Please join us at noon on Christmas Day immediately following the 10 am Christmas Day Mass

Christmas Decorations in Memory of Your Loved Ones: If you would like to make a contribution towards the Christmas Decorations [Trees (Between \$50 & \$70 each) and Poinsettias (\$45) Urns outside (\$60 each)] in memory of a deceased member of your family, or for a living member's intentions, your family member will be prayed for at the 5 pm and 7:30 pm Masses offered on Christmas Eve. Also, a small sign in memorial of your loved one would be placed on the tree or plant. The sign would read "Donated in memory of..." or "Donated for the intentions of..." Thus, the person seeing it will say a prayer for them. If you wish to make a smaller contribution, amounts of any size would be gratefully accepted. Please feel free to use one of the envelopes at the entrances to the cathedral or to fill out the form below and deposit it into the collection basket or drop it off to the parish office.



CHRISTMAS DECORATIONS OFFERING

Name: _____

Address: _____

Email: _____

Env. No.: _____ *Amount:* \$ _____

For the repose of the soul of: _____

OR for the intentions of _____

The Twelve Days of Christmas

Like some other well-known Christmas songs, "The Twelve Days of Christmas" is a very old carol, dating as far back as the 1500s. According to Church tradition, the Christmas celebration lasts twelve days, beginning on Christmas Day (December 25) and extending to Epiphany, (Jan. 6th) the traditional date for the visit of the Magi. In Canada the Solemnity of the Epiphany is celebrated on the nearest Sunday to Jan. 6th. Thus, in 2019 Epiphany is celebrated, Sunday January 5). In the 15th and 16th centuries, counting songs were very much in vogue, so a song about the Twelve Days of Christmas quickly became popular. But The Twelve Day of Christmas is more than just a cute counting song. It has rich symbolism in regard to Christian teachings. Sure, it sounds a bit odd. French hens? Geese-a-laying? What do geese, golden rings, and leaping lords have to do with the Bible or doctrine? Maybe not a whole lot, but the song was also used as a teaching tool, somewhat like a mnemonic device for remembering important aspects of doctrine. Here is what each of the twelve gifts stands for:

My "True Love" in the song refers to God. Thus, each of the following gifts are to be understood as gifts from God.

1. The partridge in a pear tree refers to Jesus Christ on the cross.
2. The two turtle doves refer to the Old and New Testaments.
3. The three French hens stand for faith, hope and love, which are the primary virtues taught in the New Testament.
4. The four calling birds are the four gospels of Matthew, Mark, Luke and John.
5. The five gold rings represent the first five books of the Old Testament, which is called the Pentateuch.
6. The six geese a-laying stand for the six days of creation.
7. The seven swans a-swimming represent the seven gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. (According to some sources, the seven swans refer to the seven sacraments.)
8. The eight maids a-milking are the eight beatitudes.
9. The nine ladies dancing are the nine fruits of the Holy Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
10. The ten lords a-leaping stand for the Ten Commandments.
11. The eleven pipers piping represent the 11 faithful disciples.
12. The twelve drummers drumming symbolize the 12 points of doctrine from the ancient Apostle's Creed.

VISITATION KINGSTON: Are you lonely? Or do you know someone who is? Age, a health condition or life situation can sometimes make socializing difficult. There are volunteers available through St. Mary's Cathedral Pastoral Caring to make weekly home visits for friendly conversation. If you are interested in having a weekly visit or would like more information, contact: Claire Brown Tel. 902-817-7687 e-mail: visitation.kingston@gmail.com

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and faith this April to
strengthen yourself in your
journey towards sanctity.

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and no kind of harm was found on him,
because he had trusted in his God.'

WHEN: APRIL 18, 2020

WHERE: Donald Gordon Centre

TICKETS: \$55 Early Bird, \$65 Regular

REGISTER NOW at: www.kingstonmensministry.ca

LOVE IN ACTION: Do you have someone on your Christmas list that you have no idea what to get them? Read on!! Sponsor a child in your name OR in their name; donate books for their school, donate cows, or chickens, or goats to their family or village. Donate tools like sewing machines so those receiving can become financially independent.

Chalice, is a Canadian Catholic International aid charity that works in impoverished communities around the world to help struggling families overcome the cycle of poverty. Education is the first and most important step in breaking the cycle. Too often, children must skip class or drop out of school to carry water, care for siblings, or earn money for their families.

Sponsorship gives children the support needed to overcome obstacles so they can attend and stay in school, and allows families to provide nutritious food and better care for their children. Children are selected for sponsorship based on need and family circumstances, regardless of race, age, ability, gender, or religion. Education gives every child the opportunity to shine. ***Go to chalice.ca/gift-catalogue for all kinds of great ideas. Also see the catalogue on the bulletin board by the washrooms at the Johnson Street entrance to the Cathedral.***

THE ANGELUS

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, And blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

LET US PRAY

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

This wonderful prayer evolved from a recitation of three Hail Mary's following an evening bell around the 12th century to its present form (with morning and midday recitations) in the 16th century. When prayed in a group setting a leader recites the verses and everyone recites both the responses and the Hail Marys in between each verse, as shown above.

Although the Angelus has been traditionally said three times daily, at 6 am, noon and 6 pm, you can pray it at any time! It is still accompanied by the ringing of a bell (the Angelus bell) in some places such as Vatican City and many parts of the world including here in Kingston at St. Mary's.

The Angelus reminds us of the Annunciation when the angel Gabriel appeared to Mary with great, (if somewhat startling), news! As we read in Chapter One of Luke's Gospel, (Luke 1:26-38) God wished Mary, truly a model of humility, to be the mother of His Son, our Lord Jesus Christ! His desire for her brings to mind the line from Matthew's gospel: "Whoever humbles himself shall be exalted" (Matt 23:12).

Mary was the perfect choice. She had been born without the stain of original sin, as defined by the Church's dogma of the Immaculate Conception. When Mary calls herself the handmaid, the servant, of the Lord, in the Angelus (from Luke 1:38) it is with inspiring humility and *sincerity*. Mary's humility was genuine. As St. Alphonsus de Liguori notes in his classic work *The Glories of Mary*, "her only desire was that her Creator, the giver of every good thing, should be praised and blessed." She thought of herself first and foremost as God's servant, seeking glory not for herself but rather for Him. In so doing, she became, as St. Augustine put it rather poetically, a "heavenly ladder, by which God came into the world," descending from heaven to earth, to become flesh in her womb.

Mary was happy to have God work *through her*. As she expressed it most famously in the canticle the *Magnificat*, "My soul magnifies the Lord and my Spirit rejoices in God my Savior" (Luke 1:46-47).

The Angelus pays tribute to a crucial aspect of Mary's role in the Incarnation, when it quotes from Luke's Gospel "be it done to me according to thy word" (Lk 1:38). This wonderful event could not have happened without her consent, without what is known as her *fiat*. By saying "yes" to God in allowing herself to become His mother, she showed us the ultimate example of trust in our Creator!

Think about the ways in which God calls each of us in our daily lives. Do we say "yes" when Christ wants to work through us in showing His love to others? Or when He asks us to be graceful in trying situations? Prayer and meditation on God's Word in scripture can help us to do His will. Speaking of God's word, the Angelus completes its short summary of the Incarnation with the moving reference to our Lord from John's Gospel: "And the Word was made flesh, and dwelt among us" (John 1:14). As we read in the letter to the Hebrews, Christ was like us in all things but without sin (Heb 4:15). St. Bernard noted that our Lord came to show us His love so that He might then experience ours.

Jesus loved us enough to die for us so that we might live with Him eternally! When we pray the Angelus with humility and love, we are emulating Mary's faith in His goodness. We are blessed in that we can ask both God *and* His Blessed Mother for their assistance on our journey towards Eternal Life!



Fra Angelico: The Annunciation

circa. 1450 AD



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St. Mary's Cathedral Catholic Women's League

invite women from our parish, of all ages and backgrounds, to grow in your faith while serving our community in fellowship.

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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