

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



Preparing our Hearts to Receive the Lord in an Ever More Profound Way at Christmas

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: See Advent Confessions Schedule inside.

Masses:

Monday December 2nd

7:45 am Souls in Purgatory

12:10 pm In thanksgiving

Tuesday December 3rd

7:45 am Souls in Purgatory

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

Wednesday December 4th

7:45 am Souls in Purgatory

12:10 pm Mary Lyng, 16th anni.

Thursday December 5th

7:45 am Souls in Purgatory

12:10 pm Jacqueline King-Lee & family

Friday December 6th

7:45 am Intention of Herman & Mary Overvelde

12:10 pm Walter & Ilse Unterberger

Saturday December 7th

7:45 am Souls in Purgatory

5 pm Maria Estrada

Sunday December 8th

8 am Laurinda & Basilio Matias

10:30 am For the People

7:30 pm Joan & Douglas Barry

Ministries:

Saturday, December 7th, 5 pm

Altar Servers		
Lectors	Mark M.	Lynn P.
EM of the Eucharist	Marlene M.	Doug S.

Sunday, December 8th, 8 am

Altar Servers		
Lectors	Dan K.	Sharon M.
EM of the Eucharist	Diane D.	Theresa D.

Sunday, December 8th, 10:30 am

Altar Servers		
Lectors	Hailey McI	Brandon McI
EM of the Eucharist	Ed M. Gail M. Joe C.	Brandon McI. Betty G. Hailey McI. Chris L.

Sunday, December 8th, 7:30 pm

Altar Servers	Students	
Lector	Michelle S.	Lionel R.
EM of the Eucharist	Anne H.	Maria M.

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

First Sunday of Advent

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

Introit To you, I lift up my soul, O my God. In you, I have trusted; let me not be put to shame. Nor let my enemies exult over me; and let none who hope in you be put to shame.

Latin Mass. This Sunday, Dec. 1st. at 3 pm, St. James Chapel.

Matthew: The King and His Kingdom continues Mon. Dec. 2nd See posters.

Rite of Christian Initiation (RCIA) Tues., Dec. 3rd, 7-9 pm

Seniors Lunch Dec. 4th, following the Noon Mass, St. Mary's Parish Centre.

An Advent Evening with Archbishop Mulhall, Wednesday, Dec. 4th at 7 pm here at St. Mary's. See ad.

Searching for and Maintaining Peace: Final Session, Thursday, Dec. 5th at 7 pm in the Parish Centre.

Patronal Feast Day Mass, Dec. 9th, here at 7:30 pm

Knights of Columbus meet Tues. Dec. 10th, at the Parish Centre 7 pm

CHILDREN'S CHRISTMAS PAGEANT:



Mary and Joseph! Angels! Shepherds! Kings! Narrator! More! Needed for our Christmas Pageant under the direction of Laura Raycraft and Carolyn Positano. At 5 pm before the Christmas Eve Mass at the Cathedral. Children wishing to participate and a parent/guardian are required to attend rehearsals: Saturdays Dec. 7th, & 14th from 10:30-11:30 am and Dec. 22nd after the 10:30 am Sunday Mass. Please contact Laura Raycraft to register your child providing your name, your child's name and age, telephone and email contact information. Thank you for helping to make our Christmas Eve a very special time for all! laura.joel@hotmail.com. Spread the word! The more the merrier!!!

There will be First Friday Adoration of the Blessed Sacrament throughout the night beginning Friday, Dec. 6th at 8 pm and ending with the 7:45 am Mass Saturday, Dec. 7th.

Our Lady of Guadalupe Special Mass: Many members of the Spanish Community have asked that a special celebration be held on Wednesday, Dec. 11th, the vigil of the Feast of Our Lady of Guadalupe. It will begin with the Rosary at 6 pm, other prayers and songs and Holy Mass at 7 pm. Mass will be in English. Anyone who would like to is invited to join us.



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: Peter Wadek
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

SACRED ADVENT

Embrace the Advent season as a sacred space from the ease of your e-mail inbox. *Sacred Advent* is a daily e-mail prayer break during a busy season.

Each day invites you to slow down for a moment of reflection inspired by the rich Scripture and traditions of Advent. The series features the words of Vinita Hampton Wright, Amy Welborn, the Irish Jesuits, and more. The messages also include suggestions for further exploration of Advent themes through additional online articles and prayers.

Sacred Advent will make this Advent a season filled with sacred moments.

Sign up to receive the daily messages from the First Sunday of Advent, December 1, 2019, through Christmas Day. The messages will come from the Year in Our Church from Loyola Press.

To sign up go to <https://www.loyolapress.com/our-catholic-faith/liturgical-year/advent/sacred-advent-retreat>

Advent is...Preparation!

We only know about the promise of Christ's return because he has already dwelt among us. Though fully divine, he became fully human for our sake, being born over two thousand years ago in Bethlehem to the Virgin Mary. We remember this wonderful event, the Incarnation, with jubilant celebration each year at Christmas. Advent is not only a time to prepare for the Second Coming, but also a time to prepare our hearts to celebrate the mystery of the birth of Our Lord: his First Coming. The *General Norms for the Liturgical Year and Calendar* states that Advent is also "a time of preparation for Christmas when the first coming of God's Son to men is recalled." We notice that in the third and fourth weeks of Advent, the prayers and readings in the liturgy shift from a focus on the end of time to a focus on the immediacy of our personal response to the message of the Gospel and, especially after December 16th, to the events that led up to the birth of Jesus Christ.

In our North American culture, keeping Advent as a time of preparation to celebrate Christmas is very difficult. It seems that as soon as the costumes are put away from Halloween, Christmas arrives in full force! From mid-November to December 24th, we are bombarded with holiday ads. Christmas music starts to increase exponentially on the radio. The season of Advent seems to be experienced by most of us as less a preparation for Christmas and more like Christmas itself, so much so by the time the 25th of December rolls around, we're exhausted and ready to chuck out the Christmas tree! Why not trust the gentle unfolding that Advent gives us as preparation for the Christmas season? Take time to reflect prayerfully on the meaning of Advent by reading and pondering the scripture readings of the day. Is it possible to wait until the week before Christmas to start putting up the Christmas decorations and then leave them up for the whole of the Christmas season? Advent calendars are a wonderful way for children to count down the days until Christmas. Each "door" could be opened in the morning accompanied by this simple prayer: "Come, Lord Jesus, come!

Come and open our hearts. Fill us with your love!" There is no need to be dour and solemn during Advent season, after all, it is a time of joyful hope. Perhaps, all we need to do is keep our Christmas preparations in perspective of the reason for it all: the gift of Christ who has already come into the world. May our preparation this Advent put us at joyful service of the Kingdom of God.



THE LIGHT IS ON!!!!

OPPORTUNITIES FOR CONFESSION THROUGHOUT THE ADVENT SEASON

Here at the Cathedral:

Every Monday through Friday: 11:30 am – 12 noon

Every Wednesday in Advent: 1 to 7 pm

Every Saturday: 4 to 4:50 pm

Every Sunday: 7:20 to 7:55 am, 9:50 to 10:20 am, 7:00 to 7:25 pm

And Father Paul and I will hear confessions after all Saturday & Sunday Masses on Dec. 7/8, and Dec. 21/22

In the City:

St. Joseph's Parish: Sunday, Dec. 8th at 2 pm

St. Paul the Apostle: Wednesday, Dec. 11, 2 to 4 pm and 7 to 9 pm.

St. John the Apostle: Sunday, Dec. 15 from 1 pm.

Blessed Sacrament, Amherstview, Thursday, Dec. 19 from 7 pm.

Our Lady of Lourdes: ½ hour before every Mass

Examinations of Conscience and a review of How to Go to Confession are at all the entrances of the cathedral.

In the Community:

The Cantabile Choris of Kingston present "Wings of Angels" on Friday, Dec. 20 at 7:30 and Sat., Dec. 21 at 2 and 7:30 pm at The Spire. These beautiful concerts, which have become a favourite with Kingston audiences, include Christmas music from around the world and carols by candlelight. The Saturday matinee is especially designed with young families in mind. Tickets are now on sale at Novel Idea, Arden's Music and www.cantabilechoirs.ca

Kingston Youth Artists Presents: AN ADVENT CELEBRATION featuring the Academy Chamber Orchestra and Youth Choir, Jeffrey Moellman Conductor and Organist. Sunday, Nov. 24 at 3 pm at St. Paul's Anglican Church, Sydenham and Sunday, Dec. 1 at 3 pm in St. Paul's Anglican Church (Queen and Montreal), Kingston. Free-will offering. Reception to Follow. See posters on the bulletin boards.

Third Annual: A Michelle Kasaboski Christmas, Sunday, Dec. 15, 2019, 4:30 pm at The Grand Theatre. Tickets: Adult \$40, Student \$20 at 613-530-2050, kingstongrand.ca, michelkasaboski.com See posters on the bulletin boards.



An Advent Evening with Archbishop Michael Mulhall in Preparation for Christmas

Wednesday, December 4th, 7:00 pm to 8:30 pm, at St. Mary's Cathedral. Surrounded by the beautiful music of the season of Advent, Archbishop Mulhall will present three brief prayerful reflections on how each of us can prepare well to celebrate the great event of the Incarnation of Lord, which we celebrate at Christmas. A reception of mulled cider and shortbread will follow. All are most welcome.

Decorating the Church for Christmas



**MANY HANDS MAKE LIGHT WORK!!!
WE NEED HELP WITH THE CHRISTMAS DECORATION
OF THE INTERIOR OF THE CATHEDRAL!!!**

Friday December 20th

Anyone willing and able to assist with the putting up of the Christmas trees, assembling the Christmas Manger Scene or assisting in any other way is encouraged to help decorate the cathedral on Friday, Dec. 20th beginning at 8:30 am. Please contact Janice Lumb if you can help: 613-389-1305 or lumbj@kos.net. Many hands do make light work!!!

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 Pointsettias (\$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 _____



CWL CHRISTMAS BAKE SALE

Let us do your Christmas baking and shopping! St. Mary's Cathedral Council of the Catholic Women's League will hold a **Christmas bake sale after all the Sunday Masses on the weekend of December 14/15**. Delicious homemade cookies, squares, candy, loaves and other seasonal delicacies will be available as well as gift boxes of Wilton cheese. These baskets



make perfect Christmas gifts for family, neighbours and friends or just as a treat for yourself! All proceeds go towards the CWL renovation project at St. Mary's Cathedral.

Thank you in advance for your support!



The Archdiocese of Kingston Solemnity of the Immaculate Conception

The Holy Sacrifice of the Mass offered will be on the occasion of the Archdiocesan Celebration of the Immaculate Conception of the Blessed Virgin Mary here at
St. Mary's Cathedral on
Monday, December 9th at 7:30 pm
Archbishop Michael Mulhall presiding
Reception to follow at École Cathédrale

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



CHRISTMAS DAY DINNER VOLUNTEERS: The Parish Pastoral Caring Team are beginning preparations for our annual Christmas Day Dinner for those who are alone or who are unable to prepare a Christmas Day dinner for themselves. Once again this year we are reaching out to serve the needs of more people within our local community. **Our annual Christmas Day Dinner will be held at St. Mary's Parish Centre immediately following the 10:00 am Christmas Day Mass** when a complete turkey dinner will be served from 12:00 pm noon until 2:00 pm. Doors open at 11:30 am.

Volunteers are needed to assist with the set up and decorating the Parish Centre and with advanced food preparation on December 21st, December 23 and until noon on Christmas Eve Day. If you have some free time on those days, please consider volunteering a couple of hours to assist in the preparations. Donations of home baked food items would be greatly appreciated. This is a great opportunity for discipleship by giving of oneself in imitation of God's great gift of Himself, which we celebrate on Christmas Day. We ask that you prayerfully consider volunteering at the dinner as we strive to serve the less fortunate in our community during this joyous time of the year. Individual volunteers as well as entire families, who have volunteered at our previous Christmas Day dinners, have stated that it was one of the best Christmases they ever experienced thus reaffirming that those who give of themselves to others receive many graces in return. Come and experience for yourself the joy of giving! If you are interested in volunteering or are willing to contribute baked goods, please contact Ann Lyng at 613-546-5521 Ext 5 or alyng@cogeco.ca.

Campaign Life Coalition National will no longer be distributing Christmas Cakes for sale through CLC Kingston and the local parishes but they are available directly from the Toronto office. Please call CLC Toronto at 1416-204-9749 or clc@campaignlifecoalition.com Thank you for your support.

Also, Please mark your calendar for the Holy Innocent Mass which will be offered at 7:00p.m. on Friday Dec. 27, 2019 at St. Mary's Cathedral (Dec. 28th this year is on Saturday and therefore a Sunday Liturgy.) Plan to attend with family and friends to pray for our innocent victims of abortion who have died at Kingston General Hospital, their parents, doctors and staff and for an end to the sin of abortion. May God Bless you. Campaign Life Coalition 613-389-4472.

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.



Great Advent Daily Reflections



The God Minute (thegodminute.org) is a daily prayer podcast to centre your day in God. Led by a Catholic priest it blends music, scripture and a thoughtful, spiritual message in a peaceful 10 minute prayer that goes where you go. Listen with your coffee in the morning, on your way to work, during an evening walk.

SIGN UP

For Daily Advent Thoughts
from RCSpirituality.



We live in a loud world: a world with competing messages, expectations, and agendas. These voices make it hard to hear the voice of God. During Advent, these competing voices seem to get louder and louder. Here at RCSpirituality, we know that you want to put God first. So, this Advent, let us help you spend a few moments each day focusing on God and his love for you.

[Sign up for Daily Advent Thoughts with RCSpirituality](#) to help keep God's voice first. Each morning, during the 24 days of Advent, you will receive a short message from Fr. John Bartunek, LC, to soften the competing voices and help keep God's voice first in your life. Go to rcspirituality.org and follow the prompts to sign up for Daily Advent Thoughts.



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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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7 pm at the Parish Centre. For more information, please contact Grand

Knight Ian Moore at

imoore@arbormemorial.com

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