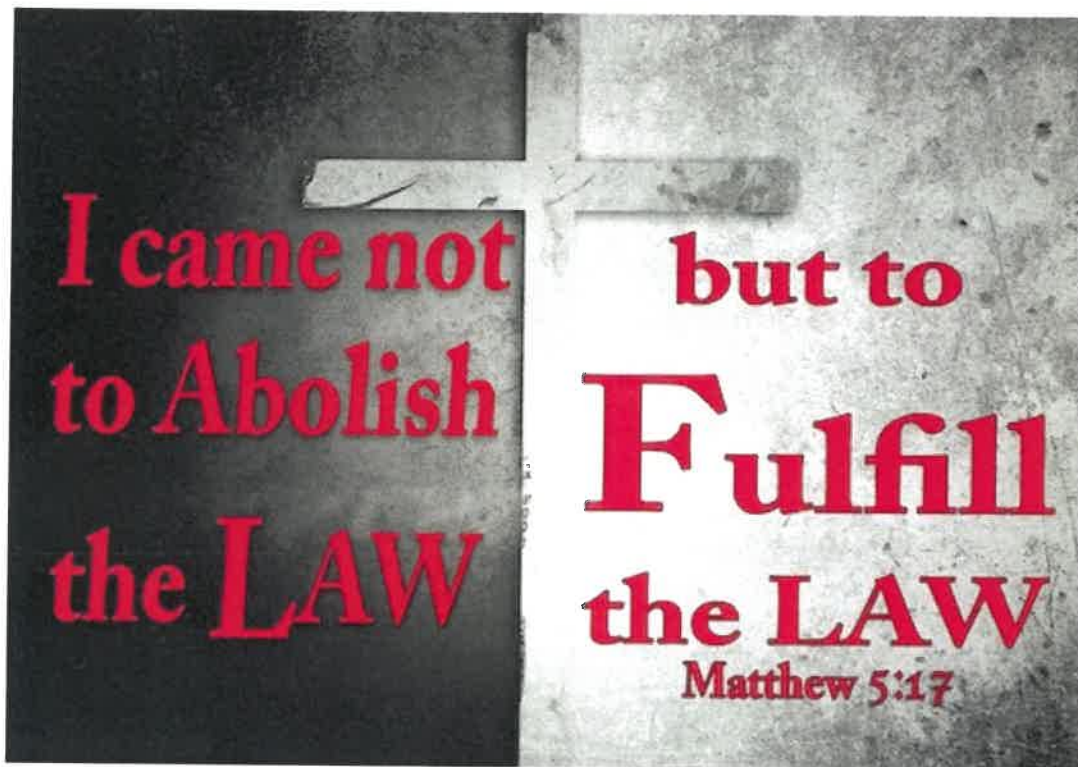


The Cathedral of St. Mary of the Immaculate Conception

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



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:

One half hour before each Mass held in the Cathedral
Additionally: Wednesdays 1 pm – 5 pm & Saturdays 4 pm – 4:50 pm

Masses:

Monday Feb. 17th

7:45 am Deceased Deacons, Priests & Bishops, Bishop John O'Brien

12:10 pm Intentions of Wolfgang Bollian

Tuesday Feb. 18th

7:45 am In thanksgiving

12:10 pm Living & deceased members of Catholic Womens League

Wednesday Feb. 19th

7:45 am Deceased Deacons, Priests & Bishops, Bishop James Vincent Cleary

12:10 pm Angelica & Ventura Dos Santos

Thursday Feb. 20th

7:45 am Deceased Deacons, Priests & Bishops, Bishop Charles Hugh Gauthier

12:10 pm James Hughes

Friday Feb. 21st

7:45 am Deceased Deacons, Priests, & Bishops, Bishop Michael Joseph Spratt

12:10 pm The Siegmund family

Saturday Feb. 22nd

7:45 am In thanksgiving

5 pm Michael Moore

Sunday Feb. 23rd

8 am Deceased Deacons, Priests & Bishops, Bishop Michael Joseph O'Brien

10:30 am For the People

7:30 pm Piedade & Joaquim Dourado

Ministries:

Saturday, February 22nd, 5 pm

Altar Servers	Barry M Dianne I Lynn O	
Lectors	Mark M.	Carmel F.
EM of the Eucharist	Adora J.	Ellen H.

Sunday, February 23rd, 8 am

Altar Servers	Emily R.	Sharon M.
Lectors	Elizabeth N.	Cathy S.
EM of the Eucharist	Betty R.	Janet W.

Sunday, February 23rd, 10:30 am

Altar Servers	Doug S.	Marietta M.	Ephraim H.	Niriah H.	Gavin T.		
Lectors	Connie A.	Pat B.					
EM of the Eucharist	Joe C.	Domenica B.	Bob C.	Karla C.	Maria M.	Grace G.	Connie A.

Sunday, February 23rd 7:30 pm

Altar Servers	Students				
Lector	Lionel R.	Michelle S.			
EM of the Eucharist	Pene L.	Colby P.			

Please pray for our Sick: Fr. Mac Burke, Fr. Brian Price, Kim Cabral, Ruth Caron, Michael Egan, Adam Lachine, Janice Lumb, Maria Matias, Lynn Orellano, Donna Travis.

2019 Income Tax Receipts are available to be picked up at the back of the cathedral by the statue of St. Anthony.

SIXTH SUNDAY IN ORDINARY TIME

Cursillo Ultreya; This Sun., February 16th, 1:30 to 2:30 pm, Parish Centre

Matthew: The King and His Kingdom continues this Mon. Feb. 17th at 9:30 am and repeated Wed., Feb. 19th at 7 pm. New members are welcome.

RCIA Tues., February 18th, 7-9 pm in the Parish Centre.

NEW PARISH INITIATIVE: DROP IN CENTRE FOR THE HOMELESS AND THE VERY POOR. Begins Feb. 24th:

Afternoons, 1 to 4 pm.

Shrove Tuesday, Pancake Dinner, February 25th at 5:00 – 7:00 pm in St. Mary's Parish Centre. Sponsored by the Knights of Columbus.

Lent Begins in 1 ½ weeks: Ash Wednesday: February 26th. All Masses that day, 7:45 am, 12:10 pm, & 7 pm, in the Cathedral with the distribution of Ashes.

New Women's Ministry Group: Thursday, February 27th at 7 pm in the Parish Centre. See ad further in.

First Sunday of Lent: February 29th / March 1st Father Jacques Philippe preaching at all Masses. 5 pm Sat, 8 am, 10:30 am and 7 pm Sunday.

Rite of Election: First Sunday of Lent March 1st at 4 pm here at the cathedral. Archbishop Mulhall will receive those who have been preparing to enter the Church at the Easter Vigil. You are invited to come and support the catechumens. A light reception will follow.

Parish Mission with Father Jacques Philippe. Monday, March 2nd, Tuesday, March 3rd and Wednesday, March 4th all at 7 pm.

Men's Cursillo. Thursday, March 12th to Sunday, March 15th. At the Providence Spirituality Centre. See ad further in.

28th ANNUAL

LIFT JESUS HIGHER RALLY

(see posters on bulletin boards)

SATURDAY, MARCH 7TH, TORONTO

FOR TICKETS AND TO RESERVE A BUS

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or at ministries.smc.279@gmail.com

Contacts

Rector: Father Shawn J. Hughes,
rector.smc.279@gmail.com

Associate-Pastor (Half-time)
Father Paul Mawalla
associatepastor.smc@gmail.com

Deacon: Deacon Blaine Barclay,
deacon.smc.279@gmail.com

In Residence:
Father Dan Ryan
Father Killian Eke
Father Paul Finn

Parish Office Administrator:
Suzanne,
secretary.smc.279@gmail.com

**Co-ordinator of Ministries,
Pastoral Caring Coordinator, and
Catholic Women's League**

President: Ann Lyng,
ministries.smc.279@gmail.com

Music Director and Organist:
Jeff Moellman,
music.smc.279@gmail.com

Children's Liturgy: Laura Raycraft,
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**Serena, Sympto-Thermal Method
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Adoration: Natalie Holland,
nholland@cogeco.ca
613-876-1801

St. Mary's Refugee Sponsorship:
Angela Gambin,
stmarysrefugee@gmail.com

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 / ryanlionel07@gmail.com, or Mike Foley at 613.546.6224 / mfoley8@cogeco.ca, or Father Shawn J. Hughes at 613.546.5521 Ext. 4 / rector.smc.279@gmail.com.



A Brand New Ministry at St. Mary's Cathedral

Flourish Women's Ministry

Flourish Women's Ministry aims to provide women (21+) with a forum for fellowship and faith formation according to the teachings of the Catholic Church. This ministry will also offer women an opportunity to connect with each other in a safe place where vulnerability and authenticity are encouraged. You are invited to meet on the fourth Thursday of each month from 7 to 9 pm.

Topics to be presented are:

Feb. 27th The Feminine Genius;

March 26th The Temperament God Gave You;

April 23rd Loving Friends in their Language;

May 28th Mary and the History of her Rosary;

June 25th Discerning for Decision Making; and

July 23rd Preaching the Gospel to Yourself.

Under the initiative of Christina Alaimo, Mikaila De Sousa and Meaghan Hart. For further information contact flourishministrykingston@gmail.com See posters.



First Annual Pancake Dinner

Shrove Tuesday



Knights of Columbus Council #728

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spread the WORD

**Sunday Masses/Feb. 29th /March 1st
Eight Doors to the Kingdom Parish Mission
March 2nd to March 4th, 2020**



**THIS PROMISES TO BE A FABULOUS
RETREAT FOR OUR PARISH**

THE PERFECT WAY TO BEGIN LENT 2020

**St. Mary's Cathedral Kingston is the only
Canadian stop on Father Philippe's current
speaking tour in North America.**

The great French spiritual master and author, Father Jacques Philippe, is coming from France to the Cathedral from **February 29th to March 4th**. He will preach at all the Sunday Masses the First Sunday of Lent, (5 pm, Feb. 29th & March 1st at 8 am, 10:30 am and 7:30 pm) and will lead a Parish Mission on the Eight Beatitudes at 7 pm on Monday, March 2nd, Tuesday, March 3rd and Wednesday, March 4th. For further information, please contact Ann Lyng at ministries.smc.279@gmail.com, 613-546-5521 ext. 5 or Father Shawn Hughes at rector.smc.279@gmail.com

Father Jacques Philippe is a prolific author: *These are the titles* of some of his books which indicate the depth of the presentations we are going to receive the first week of March: *Nine Days to Rediscover The Joy of Prayer; The Eight Doors of the Kingdom: Meditations on the Beatitudes; Fire and Light, Learning to Receive the Gift; Real Mercy: Mary, Forgiveness and Trust; Thirsting for Prayer; Called to Life; In the School of the Holy Spirit; Searching for and Maintaining Peace: A Small Treatise on Peace of Heart; Time for God; Interior Freedom; The Way of Trust and Love: A Retreat Guided by St. Thérèse of Lisieux.* Copies of these books will be available for purchase during the retreat.

These are the themes on which he has written:

Detachment, Difficulties in Prayer, Faith, Hope, and Love, Fidelity and Perseverance in Prayer, Finding Time for Prayer, Freedom, God's Action in Us, God's Calls, Happiness, Lectio Divina, Love, Obedience to Inspiration, Paths to Holiness, Prayer, Prayer and Unity of Life, Sacred Scripture, Spiritual Discernment, Spiritual Poverty, Suffering, The Humanity of Jesus, and The Present Moment, The Sermon on the Mount, The Eight Beatitudes

Take this list and prayerfully prepare for things to do for Lent. Lent begins in 1 ½ weeks: Feb. 26th

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)** Lent is not the time to go so hard that you die—or make others around you wish they were dead because you're so cranky. But **IT MUST** be taken seriously with an expectant heart for true transformation! We enter into the disciplines of Lent to show our gratitude to the Lord and to become more virtuous as disciples of Jesus.

HERE ARE SOME OPTIONS: Prayerfully choose some from each category.

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 that has a firm grip 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. Excessive drinking (perhaps alcohol all together)
2. Gossip
3. Pornography
4. Impure actions, impure talk, telling of or listening to impure “jokes.” If you wouldn't tell it to your mother it shouldn't be said or listened to.
5. Complaining—try accepting the cross you're given instead of objecting that you'd rather choose your own.
6. Negativity
7. Being snarky or short or cold or whatever it is you do that makes talking to you an act of charity
8. Laziness—try exercising for Lent. Fast from sloth. Fast from procrastination.
9. Arguing
10. Judging people
11. Comparing yourself with others
12. Anger
13. Impure books/television/movies/music
14. Lying
15. 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)

16. Snacking
17. Television
18. Eating between meals
19. Going to movies
20. One meal (especially on Wednesdays and Fridays)
21. Social Media: Facebook, Snapchat, instagram, twitter, email.
22. Pop
23. Chocolate
24. Secular music
25. Sweets/desserts
26. Hitting the snooze button
27. Secular reading
28. Meat (especially on Wednesdays & Fridays)
29. Junk food
30. Fast food (perhaps give up drive-thru)
31. Going out for meals – give the money you save to the poor, a charity, or your parish
32. Coffee
33. If not coffee perhaps give up cream and/or sugar in your coffee
34. Sarcasm
35. Staying up –give yourself a bedtime and stick to it. “Those who stay up late have decided not to pray in the morning.”
Father Bob Bedard, the Founder of the Companions of the Cross.

36. Get up a little earlier..... get up at the same time every day.
37. Wasting your life on the internet
38. Checking your smartphone when you're with people
39. Driving when you could walk
40. 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 amount and frequency if you like.

Going to Holy Mass through the week -- maybe even daily!

41. 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 meditation a day
 43. Chaplet of Divine Mercy www.thedivinemercy.org/message/devotions/praythechaplet.php
 44. Join a Bible study at your parish
 45. 20 minutes of Spiritual reading a day
 46. The Rosary--a decade or even a whole Rosary each day.
 47. 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 Monday to Friday, 7 am- 5 pm on Saturday and 12 noon to 7 pm on Sunday, for Adoration of the Blessed Sacrament. Try it! You'll like it!)
 48. Don't turn music on while you drive--pray instead
 49. Get Best Lent Ever. Go to dynamiccatholic.com
 50. 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>
 51. 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.)
 52. Go to confession-- highly suggest go at the beginning of Lent and then at the end of Lent, even if it is the first time in 30 years... Confessions before every Mass that occurs in the Cathedral and Additionally: 1 to 7 pm on Ash Wednesday, and each week on Wednesdays, 1 to 5 pm and Saturdays 4 to 4:50 pm.
 53. Pray the Stations of the Cross every Friday..... or every day. Prayed after the 12:10 pm Mass, Mon. to Fri., at St. Mary's Cathedral.
 54. Get up early to pray. Even 15 minutes extra will be a great bonus.
 55. List 5 things you're grateful for every day
 56. Journal -- keep track of inspirations.
 57. Be intentional about your time--make a schedule (with prayer featuring prominently) and stick to it.
 58. 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
 59. Listen to Catholic CDs while you drive
 60. 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.**
61. Donate the money you would have spent on whatever you're fasting from
 62. Spend the time you would have spent watching TV with your family
 63. Be less critical of those you have the duty to love the most: your parents, your spouse and your children.
 64. Visit a nursing home
 65. Step up your tithing game (from 10% to 15%). If you don't tithe, start!!
 66. Save up all your change and give them to charity
 67. Call your mother, your father, your siblings, your children..... if it is not your habit do it a couple of times during Lent.
 68. Volunteer once a week-- soup kitchen, St. Mary's Hot Meals Program, shoveling snow, whatever!
 69. Give someone a compliment every day
 70. Perform an act of charity every day
 71. Tell someone about Jesus



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alyng@cogeco.ca



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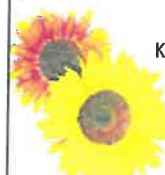
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