

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

THIS WEDNESDAY IS ASH WEDNESDAY LENT

prayer • fasting • almsgiving

Be perfect as your heavenly Father is perfect!

Love as He loves!

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: Ash Wednesday: 7:15 am to 7:45 am; 8:30 am to 12 noon; 1 pm – 7pm & this Saturday 4 pm – 4:50 pm

Masses:

Monday Feb. 24th

7:45 am Deceased Deacons, Priests & Bishops, Archbishop J. A. O'Sullivan
12:10 pm Patricia McDonald, deceased members of Murray & McDonald families

Tuesday Feb. 25th

7:45 am Intentions of Archbishop Michael Mulhall

12:10 pm Intentions of Teresa Khidir

Wed. Feb. 26th ASH WEDNESDAY

7:45 am **In the Cathedral**

12:10 pm **In the Cathedral-Archbishop**

Michael Mulhall presiding

Aurora & Jesus Bautista

7:00 pm **In the Cathedral**

Thursday Feb. 27th

7:45 am Deceased Deacons, Priests & Bishops, Archbishop F. Spence

12:10 pm Intentions of Helen Obilor

Friday Feb. 28th

7:45 am Jean Krupka

12:10 pm Knights of Columbus # 728, living and deceased

Saturday Feb. 29th

7:45 am In thanksgiving

5 pm In thanksgiving Fr. Mac Burke, Fr. Brian Price

Sunday March 1st

8 am Doris Hall-Humpherson

10:30 am For the People

4:00 pm Rite of Election

7:30 pm Archbishop Meagher

Ministries: Sat., Feb. 29th, 5 pm

Altar Servers	Peter M	Lucas M	Barry M
Lectors	Elizabeth N.	Samara L.	
EM of Eucharist	Mark M.	Marlene M.	

Sunday, March 1st, 8 am

Altar Servers	Allan S.	Doug S.
Lectors	Bill M.	Ann L.
EM of Eucharist	Theresa D.	Maria C.

Sunday, March 1st, 10:30 am

Altar Servers	Jack R	Nick B	Gavin T
	Ciaran F		
Lectors	Mark L.	Noah L.	
EM of Eucharist	Chris L	Haily McL	Bob C
	Marietta M	Betty G.	
	Brandon McL.	Carmen D.	

Sunday, March 1st, 7:30 pm

Altar Servers	Students	
Lector	Kim R.	Hannah Q.
EM of Eucharist	Maria M.	Lionel R.

SEVENTH SUNDAY IN ORDINARY TIME

LENT BEGINS THIS WEDNESDAY!

Wed., Feb. 26th: Ash Wednesday

Masses with Distribution of Blessed Ashes – All in the Cathedral

7:45 am, 12:10 pm & 7 pm.

CONFESSIONS: ASH WEDNESDAY:

One half hour before each of the three Masses, and 8:30 am to 12 noon and 1 to 7 pm.

START LENT OFF WELL!!! Get to confession!!

Matthew: The King and His Kingdom continues this Mon. Feb. 24th at 9:30 am and is cancelled on Ash Wed., Feb. 26th at 7 pm.

RCIA Tues., February 25th, 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 at the Parish Centre, 260 Brock St.

THIS TUESDAY: Shrove Tuesday, Pancake Dinner.

February 25th at 5:00 – 7:00 pm in St. Mary's Parish Centre.

Sponsored by the Knights of Columbus.

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.

Latin Mass: St. James Chapel at 3 pm.

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.

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

Contacts

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

Associate-Pastor (Half-time)
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In Residence:

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Father Killian Eke
Father Paul Finn

Parish Office Administrator:
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Pastoral Caring Coordinator, and
Catholic Women's League**

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ministries.smc.279@gmail.com

Music Director and Organist:
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Children's Liturgy: Laura Raycraft,
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Creighton Model Fertility:
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**Serena, Sympto-Thermal Method
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St. Mary's Refugee Sponsorship:
Angela Gambin,
stmarysrefugee@gmail.com

Ash Wednesday Collection. Parishes of the central deanery will receive a collection offering at all Masses Ash Wednesday, February 26TH. Your donations are our response to a request from the St. Vincent de Paul Society of Kingston. Please be generous to our local brothers and sisters in need. Envelopes will be provided by each parish. Income tax receipts will be issued by each parish. Each parish will forward their cheque to the society.

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 STARTS THIS THURSDAY!

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.



**BEGINS NEXT
WEEKEND**

**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

GREAT FOR LENT

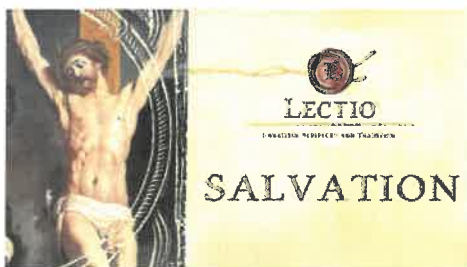
THE CONTENT ON FORMED.ORG CHANGES VERY REGULARLY. HAVE YOU CHECKED IT OUT LATELY? THERE IS A NEW WAY OF ACCESSING FORMED.ORG. EASIER THAN EVER!

Follow these simple steps.

Step 1. Go to formed.org. **Step 2.** Click on Register. **Step 3.** When asked for your parish enter: The Cathedral of St. Mary of the Immaculate Conception, Kingston, Ontario. **Step 4.** Enter your email address. **Step 5.** It will ask for your name address and a password you create. **Step 6.** A Verification email will be sent to your email. Click on confirm and you will have all the great content mentioned above (AND MORE!!) at your fingertips in the comfort of your home or wherever you are.

Using FORMED for Lent 2020

The FORMED Team has put together some tips on how make the most of your FORMED subscription during this Lenten season.



Lectio: Salvation with Dr. Michael Barber

Brand new to FORMED is the video study, *Lectio: Salvation with Dr. Michael Barber*. There are 10 sessions in this course. Consider doing the first 5-6 sessions during Lent and continue after Easter for the remaining sessions



READY TO BE TRANSFORMED THIS LENT?

Get start by signing up for FORMED Lenten Reflections! Receive a short daily video from esteemed Scripture scholar Dr. Tim Gray delivered right to your inbox! Great inspiration insights and challenges in just a few minutes each day. Go to [Formed.org/Lent](https://formed.org/Lent)

A LENT TO REMEMBER

(5 episodes)

Using the highly-acclaimed Augustine Institute programs Symbolon and Forgiven: The Transforming Power of Confession, A Lent to Remember explores the ways God reaches out to each of us with his mercy. Through Christ's suffering on the cross in the Paschal Mystery and his perpetual reception of his people in the Sacrament of Reconciliation, God makes his love, his very self, present to us in the world. By reflecting on the Paschal Mystery and making a step-by-step examination of the Rite of Confession, A Lent to Remember communicates God's invitation to each one of us to come experience his indescribable love this Lent. Go to <https://watch.formed.org/a-lent-to-remember>



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Go to dynamiccatholic.com/best-lent-ever

It's a free email program that will guide you on an incredible journey toward the-best-version-of-yourself. Starting Ash Wednesday (Feb. 26th), you'll receive daily emails with short inspirational videos, practical tips for your life, and personal stories from the Dynamic Catholic team. From Ash Wednesday to Easter, you'll discover ways to transform your life in forty days. You'll learn simple yet powerful ways to transform your life in forty days—and you'll be well on your way to becoming the person God created you to be.



MORE ON FORMED *Forgiven: The Transforming Power of Confession*

This series provides the Church's teaching about the Sacrament of Reconciliation, including a practical "walk through" of what happens in the confessional and how every moment connects to Scripture, Catholic Tradition, and God's passionate desire to be with you. Deepen your knowledge and appreciation of this great Sacrament.

Session 1: Where Are You? (31 minutes)

Session 2: An Encounter with Mercy (26 minutes)

Session 3: The Rite Explained (33 minutes)

Session 4: For Children: How to Make a Good Confession (14 minutes)

Session 5: Dr. Tim Gray: Biblical Foundations: Sin, Mercy, and the Sacrament of Confession (65 minutes)

Session 6: Dr. Edward Sri: Answering Common Questions about Confession (38 minutes)



THE STATIONS OF THE CROSS: On the walls of every Catholic Church are the Stations of the Cross, the last 14 instances of Jesus's life here on earth. It is though His Suffering and Death surround us like arms, embracing us and reminding us that our God knows what suffering and death are, reminding us that He is here with us in them. This beautiful meditation on our Saviour's last hours is traditionally prayed on Fridays throughout the year and more often in Lent. *We will pray the Stations after every 12:10 pm Mass, Monday to Friday, and 40 minutes before the Saturday 5 pm & Sunday 10:30 am & 7:30 pm Masses.* Please include this beautiful

prayer as part of your Lenten preparation of your heart to celebrate, in a deeper way this year, the Great Solemnity of Our God's Love for us in His Suffering, Death and Resurrection at Easter.

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.

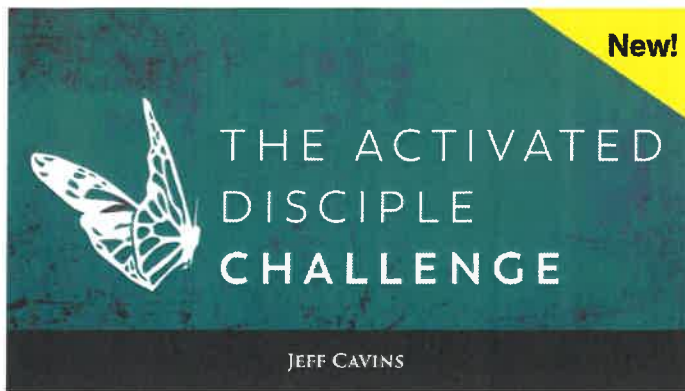
1. Excessive drinking (perhaps alcohol all together)
 2. Gossip
 3. Pornography
 4. Impure actions, impure talk, telling of or listening to impure “jokes.” If you wouldn't tell it to your mother it shouldn't be said or listened to.
 5. Complaining—try accepting the cross you're given instead of objecting 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 name : The Cathedral of St. Mary of the Immaculate Conception, Kingston, Ontario. 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



Are you a fan or a follower? Take your faith to the Next level this Lent.

As Catholics, we practice our faith, and we study what it means to truly be a disciple of Jesus Christ. But we often find that we're not fully living out the bold, abundant, Christ-like life we're called to live.

The Activated Disciple 40-Day Challenge is a **clear, step-by-step transformation program** that helps you

put what you've been studying into action to become the activated disciple you're called to be.

An activated disciple is someone who strives every moment of every day to imitate Jesus. It's someone who desires such a close relationship with God that every area of their life is **fully transformed**. It's someone who actively proclaims the Gospel in their daily life.

The Activated Disciple 40-Day Challenge walks you through this transformation every step of the way with daily *lectio divina*, situational awareness in being observant for opportunities to evangelize, check-ins in prayer with the spiritual help of the saints and with an accountability partner, and time set aside to reflect on "*the shape of your day*" with a daily examen, as you cultivate the eight characteristics that mark the life of a disciple:

- 1) Love 2) Forgiveness 3) Humility 4) Patience 5) Selflessness 6) Kindness
- 7) Attentiveness 8) Contrition

We invite you to take the challenge. As you reorient your life toward Jesus, you'll notice the profound transformation a close relationship with him brings each day. Go to:

<https://ascensionpress.com/collections/activated-disciple>



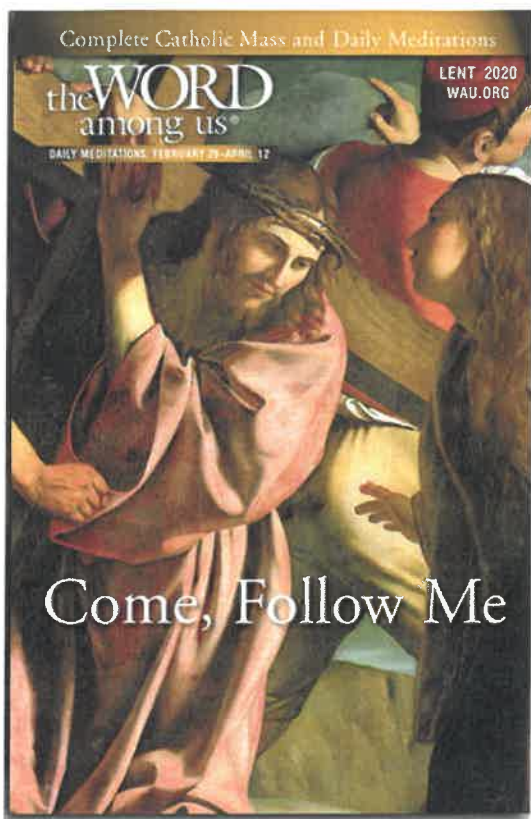
Kingston's Ukrainian community will remember City's first Ukrainian Catholic Divine Liturgy

On **Wednesday, 18 March 2020, at 4:30 pm** you are invited. Kingston's Ukrainian community will unveil a *Christ Pantocrator* icon and historical marker at St. John the Apostle Roman Catholic Church, recalling the **city's first Ukrainian Catholic Divine Liturgy**. It was celebrated 75 years ago by the Honorary Captain Reverend Michael Pelech, the Ukrainian (Greek) Catholic padre of Military District 10.

Exactly 75 years later the Ukrainian Canadian Club of Kingston and Kingston Branch of the League of Ukrainian Canadians will mark this historic occasion with an ecumenical prayer and the unveiling of this icon along with a trilingual (English, Ukrainian, French) plaque citing Captain Pelech's remarks.

The public is welcome.

The blessed icon we unveil shall long remind the faithful and our friends of the many contributions made by Ukrainians to the City of Kingston and Canada, our home and native land." For more information please contact: Dr. L Luciuk, lluciuk@cogeco.ca



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(see posters on bulletin boards)

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613-546-5521 ext. 5 or at
ministries.smc.279@gmail.com

INTERNATIONAL SPEAKERS:

KEYNOTE: FATHER JAMES MALLON WITH RALPH MARTIN AND
MSGR. GREGORY SMITH

MASS WITH HIS EMINENCE, CARDINAL THOMAS COLLINS.



First Annual Pancake Dinner

Shrove Tuesday



Knights of Columbus Council #728

FIRST ANNUAL PANCAKE DINNER

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BROCK AND CLERGY STREET**



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FROM 5 PM UNTIL 7 PM**



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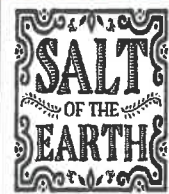
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St. Mary's Cathedral Catholic Women's League
invite women from our parish, of all ages and backgrounds, to grow in your faith while serving our community in fellowship.

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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