

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 FIRST SUNDAY OF LENT

THE TEMPTATIONS OF JESUS

(MATTHEW 4: 1-11)

Satan's Temptation of Christ (1872)
by Vasily Surikov

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: Wednesday: 1 pm – 5 pm &
Saturday 4 pm – 4:50 pm and 6 pm to 7
pm before Fr. Jacques Philippe's talks.

WELCOME
FATHER JACQUES PHILIPPE

Eight Doors to the Kingdom Parish Mission

THIS MONDAY, TUESDAY & WEDNESDAY

March 2nd to March 4th, 2020

7 pm in St. Mary's Cathedral



THE PERFECT WAY TO BEGIN LENT 2020

Monday: Spiritual Poverty, Consolation &
Meekness

Tuesday: Thirst, Mercy and Purity of Heart

Wednesday: Peace and Strength.

**This is the only Canadian stop on Father Jacques' current
North American speaking tour.**

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.

Masses:

Monday Mar. 2nd

7:45 am Deceased Deacons, Priests & Bishops, Archbishop Wilhelm
12:10 pm Adelheid Kromer

Tuesday Mar. 3rd

7:45 am Onofre Moran Garcia
12:10 pm Dominic Tan

Wed. Mar. 4th

7:45 am Megan Blaney, 19th anni.
12:10 pm Roberta Viquiera

Thursday Mar. 5th

7:45 am Doreen Kelly
12:10 pm Alois Ochs

Friday Mar. 6th

7:45 am Ira Lambert
12:10 pm Don & Mary Bruce & Family

Saturday Mar. 7th

7:45 am In thanksgiving
5 pm Jean & Liam McKeough

Sunday March 8th

8 am For the people
10:30 am For the People
7:30 pm Laurinda & Basilio Matias

Ministries: Sat., March 7th, 5 pm

Altar Servers	Barry M. Dianne I. Lynn O.	
Lectors	Carmel F.	Lynn P.
EM of Eucharist	Doug S.	Mark M.

Sunday, March 8th, 8 am

Altar Servers	Emily R.	Sharon M.
Lectors	Dan K.	Janet W.
EM of Eucharist	Emily R.	Marcel R.

Sunday, March 8th, 10:30 am

Altar Servers	Doug S. Jack R. Niriah H. Ephraim L. Ciaran F.
Lectors	Asher H. Leonie H.
EM of Eucharist	Bernadette E. Connie A. Bob C. Karla C. Joe C. Grace G. Domenica B.

Sunday, March 8th, 7:30 pm

Altar Servers	Students	
Lector	Joe A.	Colby P.
EM of Eucharist	Pene L.	Grace G.

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.

FIRST SUNDAY IN LENT



The Stations of the Cross:

Will be prayed before the 5 pm Saturday Mass, the 10:30 am and 7:30 pm Sunday Masses and after the 12:10 pm daily Masses.

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

Parish Mission with Father Jacques

Philippe. Monday, March 2nd, Tuesday, March 3rd and Wednesday, March 4th all at 7 pm.

Latin Mass: March 1st, due to Father Price's recent surgery the Latin Mass will not be held in March. Please keep Father in your prayers.

Rite of Election: This Sunday, the 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.



Family Picnic

Family Picnic at the Parish Centre:

Today! Sunday March 1st after the 10:30 Mass at St Mary's Parish Centre. An opportunity for couples, parents, and children to meet and to

enjoy coffee and a simple lunch together. Suggested donation \$5 per family. ourladymission@gmail.com.

Matthew: The King and His Kingdom continues this Mon. March 2nd at 9:30 am ONLY. **Wed., Mar. 4th is cancelled due to the Parish Mission.**

RCIA Tues., March 3rd, 7-9 pm in the Parish Centre.

NEW PARISH INITIATIVE: DROP IN CENTRE FOR THE HOMELESS AND THE VERY POOR Afternoons, 1 to 4 pm at the Parish Centre, 260 Brock St.

Seniors' Lunch: Wed. March 4th following the 12:10 pm Mass at the Parish Centre.

IRISH DINNER: Sunday, March 15, 6:30-9:30 pm at Our Lady of Lourdes Parish Hall, 490 Days Road, Kingston. \$35: Traditional Irish Dinner, Dessert & Wine included. Music by Mary's Merry Minstrels. A fundraiser for the parish buildings. Contact: 613-389-1276; 613-389-4368; 613-389-3532.

Next Men's Ministry: Saturday, March 21st, 7 am to 9 am.

Next Women's Ministry: Thursday, March 26th, 7 pm

Banns of Marriage.

There is a promise of marriage between PABLO GAVALDON FERNANDEZ and CATALINA MEDINA GARCIA. If any one knows the cause or just impediment why these persons should not be joined together in Holy Matrimony, you are asked to declare it. This is the FIRST publication."

Contacts

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In Residence:
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Father Killian Eke
Father Paul Finn

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Update on our new Parish Drop-in-Centre for the Poor and the Homeless

Wow! What a week as our first guests walked through the doors of our Parish Drop-in-Centre. There have been over 20 guests per day make use of our Drop-in-Centre ranging in age from late teens up to some in their 60's and 70's. They have been very appreciative of what is being done for them. Our guests are isolated and lonely and are mostly seeking human kindness and friendship. They have enjoyed the activities provided for them. Our caring volunteers are providing an essential service by being a listening presence, providing soup and sandwiches, snacks like cookies and fruit, hot chocolate etc. Also the guests seem to be seeking spirituality and greatly appreciate the presence of the statue of St. Rita, Patroness of Impossible Causes and the Hopeless. The Morning Show on Global television and the Global News both have done feature spotlights on the Drop-in-Centre this week. Check out the websites <https://globalnews.ca/video/6598192/st-marys-parish-centre-is-in-this-weeks-community-spotlight>

Many, many thanks to all our volunteers and especially to the organizing committee of Ann Lyng, Stewart Langley and Stephanie Bélanger. Donations would be greatly appreciated. Contact Ann at ministries.smc.279@gmail.com / 613-546-5521 ext. 5.



GREAT FOR LENT

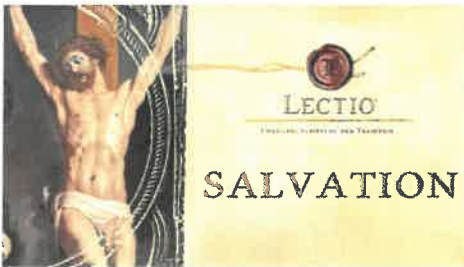
THE CONTENT ON FORMED.ORG CHANGES VERY REGULARLY. HAVE YOU CHECKED IT OUT LATELY? THERE IS A NEW WAY OF ACCESSING FORMED.ORG. EASIER THAN EVER!

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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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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)

DO YOU WANT TO FAST THIS LENT? POPE FRANCIS' FASTING IDEAS

Fast from hurting words	<i>...and say kind words</i>
Fast from sadness	<i>...and be filled with gratitude</i>
Fast from anger	<i>...and be filled with patience</i>
Fast from pessimism	<i>...and be filled with hope</i>
Fast from worries	<i>...and have trust in God</i>
Fast from complaints	<i>...and contemplate simplicity</i>
Fast from pressures	<i>...and be prayerful</i>
Fast from bitterness	<i>...and fill your hearts with joy</i>
Fast from selfishness	<i>...and be compassionate to others</i>
Fast from grudges	<i>...and be reconciled</i>
Fast from words	<i>...and be silent so you can listen</i>

Take this list and prayerfully prepare for things to do for Lent.

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



ARCHDIOCESE *of* KINGSTON

Archbishop's Lenten Message Ash Wednesday 2020

My dear Faithful of the Archdiocese of Kingston and the Diocese of Pembroke,

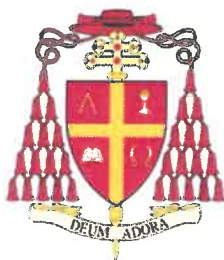
My greetings in the Lord Jesus.

Our observance of Ash Wednesday begins our precious spiritual pilgrimage towards the Easter celebration. I am very much looking forward to this Holy Season together in the Archdiocese of Kingston and the Diocese of Pembroke. The beginning of this pilgrimage is marked today by fasting and abstinence from meat, which the Church asks us to observe. This practice helps us to focus on the beauty of the interior spiritual life of faith, so that we can follow the Lord through Lent to the victory of His resurrection. The Scripture readings from today's Mass make this clear: "See, now is the acceptable time; now is the day of salvation".

These words from St. Paul's letter to the Corinthians exhort us to begin today. Prayer, fasting and almsgiving are the instruments which guide us through these forty days with Christ. He leads us into the interior truth of ourselves, our weak and sinful condition. The silence of personal prayer is the place where we encounter Christ. In His merciful care, He will carry us to the deep meaning of His death and resurrection at our Easter celebration. The more we enter this wonderful itinerary, the more we will experience the joys and freedom of the power of His resurrection.

My dear brothers and sisters, we begin this pilgrimage today with the entire Church, and we hold in prayer especially our infirm brothers and sisters, along with the catechumens who prepare for baptism at Easter. Please know of my prayers for all of you as we begin this precious Lenten time, in our year and in our lives.

✚ Michael Mulhall
Archbishop of Kingston
Apostolic Administrator of Pembroke



**Statement from Cardinal Thomas Collins, Archbishop of Toronto
re Introduction of Bill C-7
(An Act to amend the Criminal Code (medical assistance in dying))**

The federal government has introduced new legislation expanding the eligibility criteria for euthanasia. The inaccurate term, medical assistance in dying (MAiD), is currently used to describe what this law would allow, but this process is more accurately called euthanasia or assisted suicide. Pain medication and other resources and procedures can be used effectively to medically assist people who are dying, but that is not what MAiD means. It means giving a lethal injection to people who are not dying, so that they will die.

Those who oppose euthanasia expressed concern in 2016, when it was first legalized, that once the state legally provided death for some, it would only be a matter of time before the criteria for that would be expanded. This was dismissed as a slippery slope argument; we were told that “safeguards” would protect the most vulnerable. Now, less than four years later, we are far down the slope, and the criteria for euthanasia have been radically expanded.

There is no longer a requirement that the person receiving euthanasia be terminally ill. Under this legislation, any serious incurable illness, disease, or disability would render one eligible for euthanasia. Additionally, without any further study or direction from the courts, the new legislation would legalize euthanasia where consent is obtained by an advance directive. This is a new chapter of death on demand. Canada has cast aside restrictions at a far quicker pace than any other jurisdiction in the world that has legalized euthanasia.

As our legislators and country consider the legislation presented this week in Parliament, we should be mindful of the following:

- In 2016, the government indicated that before any new legislation would be introduced, there would be a thorough five-year review of the impact of euthanasia in Canada – no such review has taken place. Yet the government moves forward without such critical analysis, even though it is reported that since 2016 at least 13,000 people have died from lethal injection.
- Where is the political will to push forward on palliative care for all Canadians? Only 30 per cent of Canadians have access to quality palliative care even though we know that pain and loneliness are among the biggest fears of those who are suffering. Palliative care can address these issues. If all Canadians had access to quality palliative care, fewer would seek lethal injection. Instead of developing an overall culture of care, we are rushing towards death on demand. The same



doctors who are trying to care for their patients will now be called on to endorse euthanasia for them.

- Under the proposed legislation, disabled Canadians with no terminal illness will now be eligible for lethal injection. People with disabilities already face substantial challenges relating to employment, housing, appropriate medical care and support. Their lives matter. They should never be seen as a burden to our society. We should be alarmed that those who have struggled for decades to be treated with equality may well be pressured, whether from family, friends or even their own health care professionals, to “ease their burden” and end their lives. These people need assisted living, not assisted death.

I invite all Canadians concerned about this legislation to contact their Member of Parliament to voice their concerns. We should also take time to be truly present to those who may feel that they are on the margins in our community. Those who feel that their life no longer has value must be assured by all of us that this is absolutely not the case – there is dignity within each human life, not just when we are young, healthy and able, but even more so, when we are fragile and vulnerable.

It is up to every Canadian to foster a culture of care and love for one another. The answer is not assisted death in its many forms; it is accompanying our family, our friends and even strangers to assist them in life, recognizing the inherent dignity of every person.

Cardinal Thomas Collins
Archbishop of Toronto
February 25, 2020



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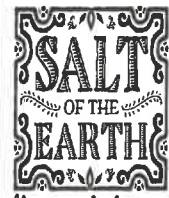
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St. Mary's Cathedral Catholic Women's League
invite women from our parish, of all ages and backgrounds, to grow in your faith while serving our community in fellowship.

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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