

**The Cathedral of the Immaculate Conception of the Blessed Virgin
Mary, Mother of God The Mother Church of the Faithful of the
Archdiocese of Kingston**

The Most Reverend Michael Mulhall, Archbishop of Kingston

279 Johnson St., Kingston, ON. 613-546-5521 www.stmaryscathedral.ca



Do not think that I
came to destroy the
Law or the Prophets.
I did not come to
destroy them, but
to fulfill them

Matthew 5:17

Mass Schedule

Masses: Monday thru Friday in *St. James* at 7:45 am & in the Cathedral at 12:10 pm;

Doors Open ½ hour prior to Mass

Opportunities for Confession: The Light is On!

Weekday Confessions: 11:30 am to 12 noon

Sunday Confessions: 7:30 to 7:55 am, 9:50 to 10:20 am & 7:00 to 7:25 pm

Adoration and Confession: Wednesday 6 pm – 9 pm in **the Cathedral**

Contacts

Rector: Father Shawn J. Hughes,
Deacon: Deacon Blaine Barclay,
Parish Office Administrator: Liz Guiney,
Co-Ordinator of Evangelization: Juliet Trollo,
Drop-In Centre: Paty Velazquez,
Music Director and Organist: Jeff Moellman,
Sacristan: Domenic Sanfilippo,
IT: Angela Gambin,
In Residence: Father Dan Ryan, Father Paul Finn,
 and Fr. Jan Kusyk
Sign Up for the Daily Flocknote at <https://stmaryscathedral.ca/flocknote/>

rector@stmaryscathedral.ca
deacon@stmaryscathedral.ca
officemanager@stmaryscathedral.ca
juliet@stmaryscathedral.ca
paty@stmaryscathedral.ca
music@stmaryscathedral.ca
domenic@stmaryscathedral.ca
livestream@stmaryscathedral.ca

Mass Intentions

Monday February 13th	7:45 AM Drop-In Centre	12:10 PM Matthew Luckhose
Tuesday February 14th	7:45 AM Veronica's Veil	12:10 PM Fr. Edward Keyes
Wednesday February 15th	7:45 AM Fr. Ed Barrett	12:10 PM Danylo Luciuk
Thursday February 16th	7:45 AM Fr. Rene Labelle	12:10 PM Margaret Jewitt
Friday February 17th	7:45 AM Special Intention	12:10 PM Intentions of Jomon Joy
Saturday February 18th	5:00 PM All Volunteers at St. Mary's Cathedral	
Sunday February 19th	8:00 AM Vocations in the Archdiocese	10:30 AM <i>Pro-Populo Livestream</i>
	7:30 PM Special Intention	

MINISTRIES:		First Reading:	Second Reading:
Saturday, Feb. 18 th	5:00 PM	Lynn Pritchard	Maureen Jamieson
Sunday, Feb. 19 th	8:00 AM	Aidan Scott	Anne Hogarth
Sunday, Feb. 19 th	10:30 AM	Jurek Romaniec	Bernadette Egan
Sunday, Feb 19 th	7:30 PM	Isabelle Larocque	Edwin Moreno

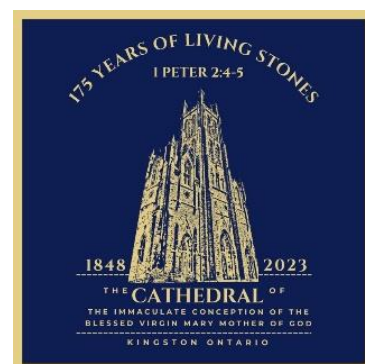
175 Years of Living Stones

"Come to Him, a living Stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ."

1 Peter 2:4-5

The Beharry Family

This week, Troy, Alana, Francis, Abigail and Noah bring home our
'Sedes Sapientiae', Seat of Wisdom Statue, as it continues its
 pilgrimage through the parish.
 Please keep the Beharry Family in your prayers this week.



HOSPITALITY SUNDAY!

FEBRUARY 12TH

Join us for coffee, tea and refreshments at St Mary's Cathedral after the 8 am and 10 am Masses! If you are interested in contributing snacks, please email juliet@stmaryscathedral.ca



NATALIE HOLLAND IS AT IT AGAIN!

Do you have earrings, necklaces, and rings that you don't wear any more? Are there small items hanging around that are just gathering dust?

Natalie will gladly take them off your hands as she begins another creative fundraiser that turns one person's 'extraneous items' into another person's 'treasured find'.

All proceeds will go toward the cathedral's redecoration.

Upcoming Events:

Thursday, February 16th 7-9 pm: Women's Ministry in the Parish Centre

Sunday, February 12th: Hospitality Sunday

Ash Wednesday Masses and distribution of blessed Ashes:

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

Tuesday, February 28th 1:30 pm: Knitting Group in the Parish Centre



Women's Ministry

LIVING STONES;
BUILDING THE
CHURCH
THROUGH
FAMILY

Join us for an evening of prayer, reflection, fellowship, and a talk by Jocelyne Freundorfer on the "Building the Church Through Family".

Feb. 16 2023 7-9 pm



St. Mary's Knitting Group

St. Mary's Knitting group resumes Tuesday, February 28th at 1:30 p.m. at the Parish Centre. We make infant sweaters and baby blankets to be given to families in need through the Helping Us Grow Strong (HUGS) Program at KGH. Since September 2015 this program also gives a "Mini Hugs" gift To all new mothers.

Being a Servant of God, Creatively

We meet on the 4th Tuesday of each month from 1:30-3:30 p.m. New members' welcome.

For further information, contact Catherine Allen at 613-548-4187 or catpetallen@bell.net.



Lent Begins February 22nd, 2023

When does Lent begin and end?

The Universal Norms state:

The forty days of lent, and therefore Lenten fasting, run from Ash Wednesday up to but excluding the Mass of the Lord's Supper exclusive. This means that Lent begins at 12:01 a.m. on Ash Wednesday and runs to just before the Mass of the Lord's Supper on the evening of Holy Thursday. As soon as the Mass of the Lord's Supper starts, it's a new liturgical season: Triduum. There is a deeper Fast from after the Lord's Supper, through Good Friday, and Holy Saturday ending with the beginning of the Easter Vigil Holy Saturday evening. This year, in 2022, Lent begins, this Wednesday, on February 22, Ash Wednesday, and ends as soon as the Mass of the Lord's Supper starts on Thursday, April 6. The Triduum begins at the Mass of the Lord's Supper on Holy Thursday and goes to Holy Saturday, April 8. The Resurrection celebrations begin with the Easter Vigil the evening of April 8th and continue Easter Sunday, April 9.

What Are the Rules for Fasting During Lent?

Ash Wednesday and Good Friday are days of fasting abstinence. The law of fast binds those who are from 18 to 59 years old, unless they are excused for a sufficient reason (e.g., a medical condition that requires more frequent food, etc.).

According to the Church's official rules (as opposed to someone's personal summary of them):

The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned—approved local custom [Apostolic Constitution *Paenitemini*, Norms, III:2].

The system of mitigated fasting that is required by law thus allows for "one full meal" and "some food" in the morning and evening. The Church's official document governing the practice of fasting does not encourage scrupulous calculations about how much the two instances of "some food" add up to, though obviously each *individually* is less than a full meal, since only one of those is allowed.

Why do we Fast?

Fasting is laying down the pleasures of earth so that we can take up the pleasures of heaven. We fast to grow closer to God. Fasting increases our “spiritual senses,” tunes us into God’s voice, deepens our intimacy with Holy Spirit, and increases our awareness of His manifest presence and desire to partner with us.

Fasting increases levels of individual and corporate anointing. The Bible is clear that you gain power in the Holy Spirit through fasting. The Spirit of the Lord led Jesus into the desert to be tempted and to fast for 40 days. Luke 2:52 tells us that after this fast and time of temptation that Jesus returned ‘*in the power of the Spirit.*’

Fasting is also a time to gain direction. I know in my own times for fasting that during a season of fasting the Lord allows me to operate in a greater clarity of his purposes. When you fast, be specific. Fasting without a clear purpose is a quick way to break your fast early and disappointed.

Fasting is an opportunity to grow in prayer and the word. If you’re not reading and praying, you’re just dieting. There is a clear spiritual element that is involved in fasting. Use the time you would be eating meals to eat the word. Be consistent and diligent to focus your mind on Jesus. Ask the Holy Spirit to renew your mind in the word and guide your thoughts through the day. At no point in time will you get MORE from the word than when you are in a time of fasting.

Because Jesus told us to: The last reason we fast is this; **we fast because Jesus told us to.** Simple obedience and simple devotion is our practice. If we love Jesus and believe His heart holds good things for us, then our hearts should desire to simply be obedient to his teachings. Heartfelt Obedience to Jesus’ teaching and direction is worth it every time.

SUGGESTIONS FOR LENT SPIRITUAL PRACTICES

**Take this list and prayerfully prepare for things to do for Lent.
Lent begins next Wednesday, February 22nd**

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: Fasting, Prayer & Almsgiving)** 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 for the love that He has shown us by His Suffering and Death for our redemption. We also enter into the disciplines of Lent to become more virtuous as disciples of Jesus.

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

Fasting

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 that has a firm grip in our lives. Really make a sincere effort to give up 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
16. **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)**
17. Snacking

18. Television
19. Eating between meals
20. Going to movies
21. One meal (especially on Wednesdays and Fridays)
22. Social Media: Facebook, Snapchat, Instagram, twitter, email.
23. Pop
24. Chocolate
25. Secular music
26. Sweets/desserts
27. Hitting the snooze button
28. Secular reading
29. Meat (especially on Wednesdays & Fridays)
30. Junk food
31. Fast food (perhaps give up drive-thru)
32. Going out for meals – give the money you save to the poor, a charity, or your parish
33. Coffee
34. If not, coffee perhaps give up cream and/or sugar in your coffee
35. Sarcasm
36. 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.
37. Get up a little earlier.... & get up at the same time every day.
38. Wasting time on the internet
39. Checking your smartphone when you’re with people
40. Driving when you could walk
41. Idle curiosity–be content not to know.

PRAYER

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.

42. **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!
43. 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.
44. Minimum of 10 minutes of meditation a day
45. Chaplet of Divine Mercy www.thedivinemercy.org/message/devotions/praythechaplet.php
46. Join a Bible study at your parish
47. 20 minutes of Spiritual reading a day
48. The Rosary–a decade or even a whole Rosary each day.
49. Stop in the Adoration Chapel at some point on Fridays and spend time in Silent Prayer. Come to Adoration Wednesdays in the cathedral and spend 15 minutes (or more) in silent prayer.
50. Get Best Lent Ever. Go to dynamiccatholic.com
51. The Liturgy of the Hours–maybe do Morning or Evening Prayer (or both). It comes every morning in the Flocknote. If you don’t get the flocknote contact Father Shawn. rector@stmaryscathedral.ca

52. 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.)
53. Go to confession– highly suggest to 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 hour before the 12:10 pm & 7 pm Mass on Ash Wednesday, and each week on Wednesdays during Adoration from 6 pm to 9 pm, Saturdays 4 to 4:50 pm and one-half hour before the 8 am, 10:30 am & 7:30 pm Sunday Masses. Examinations of Conscience are at the back of the Cathedral.
54. Pray the Stations of the Cross every Friday.... or every day. We will pray them after the 12:10 pm Mass, Mon. to Fri., at St. Mary's Cathedral. There will also be a Stations of the Cross on our website for those unable to come out. www.stmaryscathedral.ca
55. Get up earlier, to pray. Even 15 minutes extra will be a great bonus.
56. List 5 things you're grateful for every day
57. Journal – keep track of inspirations and challenges.
58. Be intentional about your time–make a schedule (with prayer featuring prominently) and stick to it.
59. 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 do better the next day.
60. Listen to good inspirational CDs and podcasts while you drive
61. Pay closer attention at Mass.

Almsgiving

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.

62. Donate the money you would have spent on whatever you're fasting from
63. Spend the time you would have spent watching TV with your family
64. Be less critical of those you have the duty to love the most: your parents, your spouse and your children.
65. Visit a nursing home
66. Step up your tithing game (from 10% to 15%). *If you don't tithe, start!!*
67. Save up all your change and give them to charity
68. Call your mother, your father, your siblings, your children..... if it is not your habit do it a couple of times during Lent.
69. Volunteer once a week– spend time with the poor at a soup kitchen, at St. Mary's Drop-in Centre, shoveling snow, whatever!
70. Give someone a compliment every day
71. Perform an act of charity every day
72. Tell someone about Jesus.

THE SACRAMENT OF RECONCILIATION/CONFESSION/PENANCE

True repentance has three elements:

1. **Contrition or sorrow for sin.** This can be obtained only at the foot of the Cross. We may not have an emotion of sorrow, but when we see what our sins have done to Jesus, we shall be sorry.
2. **Confession of all known sin.** This involves a careful examination of our conscience. We cannot confess our sins until we see exactly how we look to the all-seeing eye of God.
3. **Satisfaction and Amendment of life.** We must intend to lead a new or better life. This intention is shown by our acceptance and performance of the penances imposed by the Priest in confession.

Before examining your conscience, say this prayer:

O Holy Spirit, Source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before your judgment-seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, knowing how deeply they have wounded the loving Heart of my Heavenly Father; and help me to make a good confession that all stain of guilt may be washed away in the Precious Blood of my Saviour Jesus Christ. Amen.

Think of yourself as God's son/daughter, His child, and in the wickedness of following Satan rather than your loving Father.

Do not be in a hurry, and do not worry because you cannot remember everything. Be honest with God and with yourself; this all God asks of you.

Do not fret about your sins. Remember, you are trying to recall them in order that you may be forgiven, not that you may be condemned.

“A broken and contrite heart, O Lord, you shall not despise.”

(Psalm 51:17)

Examination of Conscience

Love of God

- ❖ Do I love God?
- ❖ Do I make an idol of money, possessions or sex?
- ❖ Do I blaspheme by taking the Name of the Lord in vain?
- ❖ Do I study and listen to the Word of God and try to obey God's commandments?
- ❖ Do I go to Mass regularly on Sundays and Holy Days? (in Canada that is all Sundays and Christmas Day and New Year's Day).
- ❖ Do I keep Sunday as a holy day, avoiding all unnecessary work?
- ❖ Do I say my prayers regularly?
- ❖ Do I receive Holy Communion in the state of mortal sin or without the necessary preparation?

Love of Neighbour

- ❖ Have I hated others?
- ❖ Do I love my family and friends?
- ❖ Have I been faithful to my spouse?
- ❖ Have I been kind and helpful to my children?
- ❖ Have I honoured my mother and father? (Honour is a quality that combines love, respect and being proud of and honest with them)
- ❖ Do I contribute my share of my treasure to the Church? Do I tithe? Tithing is recommended and means giving to God 10% of one's income. At the minimum do I give at least one hourly wage?
- ❖ Do I contribute my share of my time to the Church? This would be works of service and/or time spent in adoration before the Blessed Sacrament.
- ❖ Do I contribute my share of my talent to the Church? Am I generous with the gifts God has given me? My singing voice, reading well in public, altar serving, pastoral caring, visiting the sick, volunteering at the Drop-in Centre etc.
- ❖ Do I contribute to the needs of those less fortunate?
- ❖ Have I lived up to my promises made at Baptism and Confirmation?
- ❖ Am I a peacemaker and an example to others of Christian living?
- ❖ Do I speak up for my beliefs and principles as a Christian?
- ❖ Do I encourage my family and children to live a Christian life?
- ❖ Do I give gentle correction when they are not?
- ❖ Do I visit the bereaved, the lonely, those who are sick and unable to get out?
- ❖ Have I respected the integrity of creation – animals and nature?
- ❖ Have I stolen from others?
- ❖ Have I cheated my spouse, my employer, my employee or others?
- ❖ Have I made restitution of what I have stolen?
- ❖ Have I damaged others' good name?
- ❖ Have I been quarrelsome?
- ❖ Have I thought ill of others and used others for my own ends?

- ❖ Have I exploited others sexually? (paid for sex or viewed pornography)
- ❖ Do I strive to forgive those who have hurt me or do I hold on to resentments and the desire for revenge?

❖ **The Way of Perfection**

- ❖ Do I fast and abstain from red meat as required by the Church? (That is on Ash Wednesday, Good Friday and all Fridays of the year.)
- ❖ Do I practice self control over my emotions and actions?
- ❖ Have I followed what my conscience tells me?
- ❖ Have I tried to acquire habits of wisdom and understanding?
- ❖ Have I wallowed in self- pity?
- ❖ Have I allowed myself to be consumed by ambition, bitterness or disappointment?
- ❖ Have I wasted my money?
- ❖ Have I kept my word?
- ❖ Have I been proud or arrogant?
- ❖ Have I been vain?
- ❖ Have I coveted other people's possessions or status?
- ❖ Have I indulged impurity? (pornography, masturbation, sexual fantasies)
- ❖ Have I been envious of others?
- ❖ Have I been greedy, angry, lazy, indifferent?
- ❖ Do I truly seek first the kingdom of God in my life and place my trust in Him?

Review of How to go to Confession

Five Steps for a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins.
4. Resolve to amend your life.
5. After your confession do the penance the priest assigns.

How to Go to Confession: (the highlighted parts are what you say.)

Make the Sign of the Cross.

In the Name of the Father, the Son and the Holy Spirit. Amen.

Say these customary or similar words: **Bless me Father, for I have sinned. It has been _____ since my last Confession. These are my sins.**

(List the specific sins which you have committed since your last confession. Tell your sins with sufficient detail so the priest will understand, but without needless details. Speak so that the priest will hear and understand you, but not so loudly that others will overhear your confess. Confess only your sins and not the sins of someone else.)

Finish with: For these and all the sins of my life I am truly sorry and ask pardon from God and you, Father. (This is so that any sins you may have forgotten, that don't come to mind, just now, are also forgiven.)

After mentioning of the sins which you offer to the Lord for forgiveness and whatever spiritual counselling the priest gives you, the priest will give you a penance. The penance is usually a prayer, scripture reading or an act that the priests give you to do to externally demonstrate to God that you are sincerely sorry for your sins. Then the priest will ask you to say your Act of Contrition. You then would say the following or an Act of Contrition prayer which you have learned. Don't worry if you don't know one, the priest will help you with it by having a copy to help you or even better bring this along with you and read from it.

Act of Contrition. (*one of the following or another that you have learned.*)

O my God I am heartily sorry for having offended you. I detest all my sins most sincerely. Not only because by them, I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are so good and deserving of all my love. I firmly resolve with the help of your grace never more to offend you, to do my penance and to amend my life. Amen.

Or

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In his name, my god, have mercy. Amen.

Or

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better and to avoid anything that might lead me to sin. Amen.

Or

Lord Jesus Christ, Son of the Living God, have mercy on me a sinner.

The priest will then pray the following prayer of absolution in which the Lord washes you clean of your sins”

God the Father of mercies, through the death and resurrection of His Son, has sent the Holy Spirit among us for the forgiveness of sin. Through the ministry of the Church may God grant you pardon and peace and I absolve you of your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Then the priest will say:

Your sins are all forgiven. Go in the peace of Christ.

You respond: Thanks be to God.