

# **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](http://www.stmaryscathedral.ca)**



## **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: **Saturday Confessions:** 4:00pm to 4:50 pm

**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**

**Adoration In St. James Chapel Now Open:**

**Monday- Friday 8:15am-9pm**

**Saturday : 9am-4pm**

## Staff Contacts

<p><b>Rector:</b> Father Shawn J. Hughes,  <b>Deacon:</b> Deacon Blaine Barclay,  <b>Office Administrator:</b> Liz Ford,  <b>Co-Ordinator of Evangelization:</b> Juliet Trolio  <b>Drop-In Centre Manager:</b> Paty Velazquez,  <b>5 pm Sat. Mass Music Director:</b> Brent Nuevo  <b>10:30 am Sun. Mass Music Director:</b> Erik Reinart  <b>7:30 pm Sun. Mass Music Director:</b> Liam Noronha  <b>Sacristan:</b> Domenic Sanfilippo,  <b>Custodian:</b> Rick Menard  <b>Rectory chef:</b> Anjelina Howell  <b>IT:</b> Angela Gambin,  <b>Veronica's Veil Shelter Co-Ordinator:</b> Ann Lyng,  <b>Coat Drive Co-Ordinator:</b> Mike Chase,  <b>In Residence:</b> Father Paul Finn, Fr. Mark Ruckpaul,          Father Dan Ryan and Fr. Timothy Shea</p>	<p><a href="mailto:rector@stmaryscathedral.ca">rector@stmaryscathedral.ca</a>  <a href="mailto:deacon@stmaryscathedral.ca">deacon@stmaryscathedral.ca</a>  <a href="mailto:officemanager@stmaryscathedral.ca">officemanager@stmaryscathedral.ca</a>  <a href="mailto:juliet@stmaryscathedral.ca">juliet@stmaryscathedral.ca</a>  <a href="mailto:paty@stmaryscathedral.ca">paty@stmaryscathedral.ca</a>  <a href="mailto:brent@stmaryscathedral.ca">brent@stmaryscathedral.ca</a>  <a href="mailto:erik@stmaryscathedral.ca">erik@stmaryscathedral.ca</a>  <a href="mailto:liam@stmaryscathedral.ca">liam@stmaryscathedral.ca</a>  <a href="mailto:domenic@stmaryscathedral.ca">domenic@stmaryscathedral.ca</a>  <a href="mailto:officemanager@stmaryscathedral.ca">officemanager@stmaryscathedral.ca</a>  <a href="mailto:officemanager@stmaryscathedral.ca">officemanager@stmaryscathedral.ca</a>  <a href="mailto:livestream@stmaryscathedral.ca">livestream@stmaryscathedral.ca</a>  <a href="mailto:veronicasveil@stmaryscathedral.ca">veronicasveil@stmaryscathedral.ca</a>  <a href="mailto:coatdrive@stmaryscathedral.ca">coatdrive@stmaryscathedral.ca</a></p>
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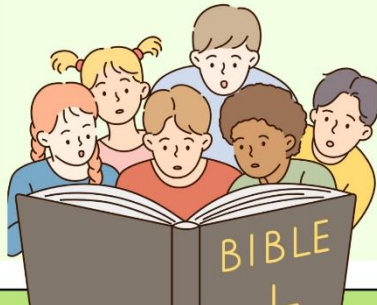
## Mass Intentions

<b>Monday February 5<sup>th</sup></b>	7:45 AM Shannon Doy	12:10 PM Sheok Lim
<b>Tuesday February 6<sup>th</sup></b>	7:45 AM Kathleen Price	12:10 PM Max Bissonnette
<b>Wednesday February 7<sup>th</sup></b>	7:45 AM Doreen Brackenburry	12:10 PM Intentions of Patsy Logel & Rosemary Dovney
<b>Thursday February 8<sup>th</sup></b>	7:45 AM Sergia Cabahug	12:10 PM Mary and James Lyng
<b>Friday February 9<sup>th</sup></b>	7:45 AM Intentions of Maria Cecilia Gaecain	12:10 PM For the King and Zinn Families
<b>Saturday February 10<sup>th</sup></b>	5:00 PM Terry Eardley	
<b>Sunday February 11<sup>th</sup></b>	8:00 AM Intentions of Aaron Gifford	10:30 AM <i>pro-populo livestream</i>
	7:30 PM Special Intention	

MINISTRIES:		First Reading:	Second Reading:
Saturday, Feb. 10 <sup>th</sup>	5:00 PM	Lynn Pritchard	Elizabeth Neely
Sunday, Feb. 11 <sup>th</sup>	8:00 AM	Janet Woo	Aidan Scott
Sunday, Feb. 11 <sup>th</sup>	10:30 AM	Mark Levac	Donna Travis
Sunday, Feb. 11 <sup>th</sup>	7:30 PM	Michelle Savoie	Greg Pucher

**This Wednesday, February 7<sup>th</sup>, Archbishop Mulhall will be continuing his spiritual catechesis in the Cathedral at 7pm. All are encouraged to attend. We are so fortunate to have an archbishop who gives of himself so generously in leading us more deeply in our knowledge and love of Our Dear Lord.**

## CHILDREN'S LITURGY VOLUNTEERS NEEDED



If you are 18 years or older and interested in assisting with Children's Liturgy, please contact [juliet@stmaryscathedral.ca](mailto:juliet@stmaryscathedral.ca)

HOSPITALITY SUNDAY!

## FEBRUARY 4<sup>TH</sup>

Join us for coffee, tea and refreshments at St Mary's Cathedral after the 8 am and 10:30 am Masses! If you are interested in contributing snacks, please email [juliet@stmaryscathedral.ca](mailto:juliet@stmaryscathedral.ca)



## Evening of Prayer

Please join us on Friday, February 16<sup>th</sup> for Taizé Prayer. It is a simple, meditative form of worship, calling us to dwell deeply on Christ's presence around and within us. Led by a schola, songs (like "Jesus, Remember Me"), are prayerfully chanted, accompanied with silence, and short readings which guide the focus of the prayer in our candle-lit, darkened cathedral. This is a perfect way to enter into the spirit of Lent.

ST MARY'S CATHEDRAL



Join us for PART TWO of our study, exploring the 'Formed' series

*'Cultivating Catholic Feminism'*

Women's Ministry

FEBRUARY 15TH, 7PM, 260 BROCK STREET

## A Lenten Series on Sin:

Thursdays : 7:30 pm to 9 pm, February 22, 29, & March 7 at St. Mary's Parish Centre 260 Brock Street, Kingston. We will reflect on : What does the Catechism say about sin? The Seven Capital sins and What is my root sin? These reflections will be led by Father Shawn.

Please register by emailing [juliet@stmaryscathedral.ca](mailto:juliet@stmaryscathedral.ca) or 613-546-5521 ext. 5. This series will be live streamed on our website: [stmaryscathedral.ca](http://stmaryscathedral.ca) All are most welcome.

## Upcoming Events:

**Wednesday, February 14<sup>th</sup>: Ash Wednesday**  
Distribution of Ashes at 7:45 am, 12:10 pm and 7:00 pm Mass

**Thursday, February 15<sup>th</sup>: Womens Ministry at 7pm in the Parish Centre**

**Friday, February 16<sup>th</sup>: Taize Prayer at 7pm in the Cathedral**

**Thursday February 22<sup>nd</sup>, 29<sup>th</sup> and March 7<sup>th</sup>: "A Lenten Series on Sin" from 7:30pm to 9pm in the Parish Centre**

**Saturday March 23<sup>rd</sup>: To prepare for Holy Week, "The Passion of the Christ" from 10am to 3pm in the Parish Centre**

# *Lent Begins February 14<sup>th</sup>, 2024*

## **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 2024, Lent begins, this Wednesday, on February 14<sup>th</sup>, Ash Wednesday, and ends as soon as the Mass of the Lord's Supper starts on Thursday, March 28<sup>th</sup>. The Triduum begins at the Mass of the Lord's Supper on Holy Thursday and goes to Holy Saturday, March 30<sup>th</sup>. The Resurrection celebrations begin with the Easter Vigil the evening of March 30<sup>th</sup> and continue Easter Sunday, March 31<sup>st</sup>.

## **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 He is God and believe His heart desires 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.