

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 Street Kingston, Ontario 613-546-5521 www.stmaryscathedral.ca



Mass Schedule

St. James Chapel: Monday to Friday at 7:45 am

St Mary's Cathedral Monday to Friday at 12:10 pm, Doors open ½ hour prior to Mass

Sunday Vigil: Saturday at 5pm **Sunday:** 8am, 10:30am, 7:30pm

The Light is On! Opportunities for Confession

Weekday Confessions: 11:30 am to 12 noon **Saturday Confessions:** 4:00-4:50

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

Adoration and Confession: Wednesday 6-9pm in the Cathedral

Adoration of the Blessed Sacrament in St. James Chapel

Monday- Friday 8:15am-9pm **Saturday :** 9am-4pm



SCAN THE CODE TO GIVE

VISIT: stmaryscathedral.ca/give/



Clergy & Staff Contacts

Rector: Father Shawn J. Hughes,

Deacon: Deacon Blaine Barclay,

rector@stmaryscathedral.ca

deacon@stmaryscathedral.ca

In Residence: Father Paul Finn,

Father Timothy Shea and Father Félix Roberge

Office Manager: Liz Ford (On Maternity Leave),

Interim Office Manager: Angela Gambin

Co-Ordinator of Evangelization: Juliet Trolie (On Maternity Leave), juliet@stmaryscathedral.ca

Interim Co-Ordinator of Evangelization: Ann Lyng,

ann@stmaryscathedral.ca

Drop-In Centre Manager: Paty Velazquez,

paty@stmaryscathedral.ca

5 pm Sat. Mass Music Director: Brent Nuevo

brent@stmaryscathedral.ca

10:30 am Sun. Mass Music Director: Brent Nuevo

brent@stmaryscathedral.ca

7:30 pm Sun. Mass Music Director: Liam Noronha

liam@stmaryscathedral.ca

Sacristan and Custodian: Domenic Sanfilippo,

domenic@stmaryscathedral.ca

Custodian : Rick Menard

Rectory Chef: Anjelina Howell

officemanager@stmaryscathedral.ca

Veronica's Veil Shelter Co-Ordinator: Ann Lyng,

officemanager@stmaryscathedral.ca

Coat Drive Co-Ordinator: Mike Chase,

veronicasveil@stmaryscathedral.ca

Queen's Newman House Catholic Chaplaincy:

coatdrive@stmaryscathedral.ca

Chaplain: Father Jan Kusyk

frjankusyk@gmail.com

Sign Up for the Daily Flocknote at stmaryscathedral.ca/flocknote/
St Mary's Youtube Channel: www.youtube.com/@StMarysCathedral

Mass Intentions

Monday March 3rd	7:45 AM Special Intention	12:10 PM †Father Dan Ryan
Tuesday March 4th	7:45 AM †Megan Blaney (24 th Anniv)	12:10PM †Patricia Brennan
Wednesday March 5th	Ash Wednesday, Mass at 7:45, 12:10 and 7PM	
Thursday March 6th	7:45 AM †Father Edward Barrett	12:10 PM †Arturo Treja Hernandez and Intentions of Martha Becerra
Friday March 7th	7:45 AM †Msgr Raby, Pat Fardella And Brian Cosgrove	12:10 PM †Mary and James Lyng
Saturday March 8th	5:00 PM †Joanna Dos-Santos (7 th Anniversary)	
Sunday March 9th	8:00 AM †Mary Ann Green	10:30 AM <i>Pro-Populo Livestream</i>
	7:30 PM †Wayne Hawkins	

The Stations of the Cross will be prayed after all 12:10 pm Masses throughout Lent beginning this Thursday, March 6th.

MINISTRIES:		First Reading:	Second Reading:
Saturday, March 9th	5:00 PM	Isabel Chase	Lynn Pritchard
Sunday, March 10th	8:00 AM	Donna Fazari	Ariella Fazari
Sunday, March 10th	10:30 AM	Nancy Cosgrove	Sr. Maureen Lamarche
Sunday, March 10th	7:30 PM	William Taylor	Michelle Savoie



Would you be able to watch one hour
with the Lord ? Adorers are needed for these times:

Tuesday 6-7 PM
Thursday 6-7 PM

Contact Angela Gambin: officemanager@stmaryscathedral.ca

Teaching Series continues: March 6th & March 13th @ 7pm

The Art of Living: Cultivating The Virtues

If you were unable to attend the other sessions the recording is available and can be viewed at our youtube channel (Go to youtube and search for www.youtube.com/@StMarysCathedral)

You are most welcome to come to the other sessions. You can let us know you are coming by contacting with Ann Lyng: ann@stmaryscathedral.ca or 613-546-5521.

The books available at the office for \$15 contact Angela at officemanager@stmaryscathedral.ca

This course will be livestreamed at www.youtube.com/@StMarysCathedral

His Grace, Archbishop Mulhall will *NOT* give a reflection this Wednesday, because of the celebration of Ash Wednesday.

Lent begins this Wednesday!

Ash Wednesday: March 5th

All the Masses will be in the cathedral:

Holy Mass and Distribution of Blessed Ashes: 7:45 am, 12:10 pm, and 7 pm.

Ash Wednesday Confessions:

7 am to 7:40 am, 11 am to 12 pm noon,
5 pm to 6:50 pm & after 7 pm Mass to 9 pm.



DURING OUR PERIOD OF RENOVATIONS

Going forward the 12:10 pm weekday Mass will be in St. James Chapel. A priest will be in the confessional in the cathedral from 11:30 am. Enter through the rectory side cathedral door.

Also going forward Wednesday evening adoration will be in St. James Chapel. Father Shawn will be in the sacristy for confessions. It will be set up so that you can confess anonymously. Just enter the sacristy through the chapel sanctuary.

Sunday Vigil (i.e. Saturday) and Sunday Masses will continue to be in the cathedral. The design team will thoroughly clean the cathedral before they leave on Fridays.

Also, going forward, funerals can hopefully be held on Saturday if the family would like them in the cathedral or be held in St. James Chapel.

Prayer, Fasting, and Almsgiving: The Three Pillars of Lent

Fasting

Ash Wednesday and Good Friday are days of obligatory fasting and abstinence.

On days of fasting, we are to eat only one meal, that can be breakfast, lunch or dinner. If needed, two smaller meals (not adding up to more than one regular meal) may be eaten at regular mealtime. No food is to be eaten between meals; this is a snack free day.

On days of abstinence, we are to abstain from eating meat. Almost everyone knows that Good Friday is a day of abstinence, but a surprising amount of people forget that Ash Wednesday is too.

All Fridays in Lent are days of abstinence as well.

Fasting goes very well with prayer. It's like salt and pepper; they just work well together. One reason is that by fasting we deny our human appetites, both literally and figuratively, and can focus more intensely on our prayer. Another reason, for both fasting and abstinence, is to show solidarity with the poor. For many centuries the poor didn't have access to meats on a regular basis like the rich did, so to skip a meal and/or abstain from eating meat lets us walk a mile in their shoes and learn to empathize with their plight.