

# **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](http://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



ST. MARY'S

SCAN THE CODE TO GIVE

VISIT: [stmaryscathedral.ca/give/](http://stmaryscathedral.ca/give/)



## Clergy & Staff Contacts

**Rector:** Father Shawn J. Hughes,  
**Deacon:** Deacon Blaine Barclay,

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[deacon@stmaryscathedral.ca](mailto: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),  
**Interim Co-Ordinator of Evangelization:** Ann Lyng,  
**Drop-In Centre Manager:** Paty Velazquez,  
**5 pm Sat. Mass Music Director:** Brent Nuevo  
**10:30 am Sun. Mass Music Director:** Brent Nuevo  
**7:30 pm Sun. Mass Music Director:** Liam Noronha  
**Sacristan and Custodian:** Domenic Sanfilippo,  
**Custodian :** Rick Menard  
**Rectory Chef:** Anjelina Howell  
**Veronica's Veil Shelter Co-Ordinator:** Ann Lyng,  
**Coat Drive Co-Ordinator:** Mike Chase,  
**Queen's Newman House Catholic Chaplaincy:**  
**Chaplain:** Father Jan Kusyk

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**St Mary's Youtube Channel: [www.youtube.com/@StMarysCathedral](http://www.youtube.com/@StMarysCathedral)**

## Mass Intentions

|                             |                                                                        |                                                 |
|-----------------------------|------------------------------------------------------------------------|-------------------------------------------------|
| <b>Monday March 10th</b>    | <b>7:45 AM</b> †Doreen Hinch                                           | <b>12:10 PM</b> †Father Bob Flurey              |
| <b>Tuesday March 11th</b>   | <b>7:45 AM</b> †Ann Gelineau                                           | <b>12:10PM</b> Intentions of Thomas Thompson    |
| <b>Wednesday March 12th</b> | <b>7:45 AM</b> †Brian Whalen                                           | <b>12:10PM</b> †Kok Hong Tan                    |
| <b>Thursday March 13th</b>  | <b>7:45 AM</b> In Thanksgiving for the<br>Davies Charitable Foundation | <b>12:10 PM</b> †Richard, Sally, and Sean James |
| <b>Friday March 14th</b>    | <b>7:45 AM</b> †Msgr Raby, Pat Fardella<br>And Brian Cosgrove          | <b>12:10 PM</b> †Nort Collins                   |
| <b>Saturday March 15th</b>  | <b>5:00 PM</b> †Francesco Cimellaro                                    |                                                 |
| <b>Sunday March 16th</b>    | <b>8:00 AM</b> †Betty Roy                                              | <b>10:30 AM</b> <i>Pro-Populo Livestream</i>    |
|                             | <b>7:30 PM</b> Intentions of James and Lorraine Green                  |                                                 |

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

| MINISTRIES:          |          | First Reading:   | Second Reading:       |
|----------------------|----------|------------------|-----------------------|
| Saturday, March 15th | 5:00 PM  | Luigia Cimellaro | Elizabeth Neeley      |
| Sunday, March 16th   | 8:00 AM  | Ann Lyng         | Diane Duttle          |
| Sunday, March 16th   | 10:30 AM | Kurtis Tighe     | Sarah Knill-McParland |
| Sunday, March 16th   | 7:30 PM  | Lionel Ryan      | Carmen Bycok          |

**Teaching Series concludes: March 13<sup>th</sup> @ 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](http://www.youtube.com/StMarysCathedral))

You are most welcome to come to this last session. You can let us know you are coming by contacting with Ann Lyng: [ann@stmaryscathedral.ca](mailto:ann@stmaryscathedral.ca) or 613-546-5521.

The books available at the office for \$15 contact Angela at [officemanager@stmaryscathedral.ca](mailto:officemanager@stmaryscathedral.ca) This course will be livestreamed at [www.youtube.com/StMarysCathedral](http://www.youtube.com/StMarysCathedral)

**In this first full week of Lent His Grace, Archbishop Mulhall will give a reflection this Wednesday, March 12<sup>th</sup>, at 7PM  
in St James Chapel**

## **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. 5 pm Saturday) and all 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.



## **Fasting on Fridays:**

On Fridays, especially during Lent, we are all invited by the Church to fast. We can do this on others days but especially on Fridays we are called to Fast, especially during Lent and to abstain from meat. Remember the church recommends what a fast day looks like: one regular sized meal and any other meal should be very small, less than a normal meal. The Gospel is clear about fasting: Matthew 9:14-15. It's good to be reminded why we fast on Fridays. Jesus is told by the Pharisees and the crowds that John the Baptist's disciples fast, the Pharisees fast, but His disciples don't fast. They wonder what is up with that? Jesus' reply is:

"How can wedding guests fast when the bridegroom is with them? But when the bridegroom is taken away from them then on that day, they will fast." That is why we fast on Friday. Friday is the day that our bridegroom was taken away from us. Jesus is the bridegroom. Jesus is God himself who is the bridegroom to Israel. He was taken away on Good Friday. So every Friday, we remember Good Friday, and we remember Jesus' death and sacrifice for us. And out of sorrow that our sins put Jesus to death, we fast. As a way of showing our sorrow and our love we offer up our sacrifice because Jesus' sacrifice was efficacious to save us from sin. We add a small little sacrifice in thanksgiving to Jesus for the redemption and salvation of us. We offer it for the salvation of others. It is penance for ourselves, but we offer it for the salvation of others. Offer your prayer for those who need to draw closer to God. It will not be wasted.

If you haven't chosen what your Prayer, Fasting and Almsgiving are for Lent one would have to ask: "Why Not?" Don't let this wonderful spiritual opportunity pass you by!

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

Are you retired? Hopefully daily Mass or some extra Holy Masses are on your to do list for this Lent.

During Lent, we are called to do three things in particular by our Lord: prayer, almsgiving and fasting. Almsgiving, and fasting are deeply related. They frame prayer, which is our relationship with God. What improves our prayer life? What draws us into deeper intimacy with God? Alms giving and fasting. Fasting names the ability to deny oneself: to give up for others and for God. Almsgiving is a result of that sacrifice. It is generosity to others. Almsgiving and fasting frame our life a prayer. They create the condition for deep intimacy with God because they name the kind of charity and selflessness that draws us closer to God, who is love. So our prayer is more effective when we are more charitable.

## DURING THE JUBILEE YEAR YOU CAN RECEIVE A PLENARY INDULGENCE DAILY DURING LENT

<https://www.ewtnvatican.com/articles/4-ways-to-gain-a-plenary-indulgence-daily-during-lent-4665>

Did you know you can receive a plenary indulgence for your dearly departed loved ones or for yourself by: A) Praying the Stations of the Cross? B) Praying the Rosary with others, in a church or in a family gathering C) Visiting the Blessed Sacrament for at least ½ hour and D) Reading or Listening to Sacred Scripture for at least ½ hour.

To receive a plenary indulgence

There are Four Necessary Conditions for receiving a plenary indulgence when you do any of the prescribed works listed above. Each has the bonus of adding to our Lenten journey. They are:

- a) Sacramentally confess your sins
- b) Receive Holy Communion.
- c) Pray for the intentions of the Holy Father. One Our Father and one Hail Mary.
- d) You must "have the interior disposition of complete detachment from sin, even venial sin."