

Bulletin - February 26, 2023

1st Sunday of Lent

Fasting and self-denial, backed up by prayer and alms-giving, keep us growing in friendship with God. Let us make this Lent a time for beginning all over again by renewing our trust in Jesus.

–Desmond Knowles–

The Sanctuary Lamp burns to remind us of Christ's presence in the Blessed Sacrament.

This week the Sanctuary Lamp burns

FOR A SPECIAL INTENTION

If you wish to sponsor the sanctuary lamp for one week the stipend is \$10.00

Please do not attend any Mass if you are experiencing any symptoms such as a stuffy or runny nose, cough, sore throat, fever, headache, pink eye, decreased appetite etc...

Mass Intentions

1st Sunday in Lent - February 26, 2023

Sat. Feb. 25 -5 pm – Basil Brosso (estate)

Sun. Feb. 26 - 9:30 am – for the people

Tues. Feb. 28 –9:00 am – Mary Boyle (Jack)

Wed. Mar. 1 - 9:00 am – Mary Boyle (Jack)

Thurs. Mar. 2 –9:00 am – Unannounced

Fri. Mar. 3– 9:00 am – Beverley Carty (Clare Legere)

2nd Sunday in Lent - March 5, 2023

Sat. Mar. 4 -5 pm - for the people

Sun. Mar. 5 - 9:30 am – Mary Boyle (Jack)

St. Patrick's Day Musical Afternoon

Thursday, March 16th, 2023, from 1:00 - 3:00 pm

St. Joseph Parish (392 Palace Road, Kingston, ON)

The Social Committee of St. Joseph's Pastoral Council will provide an afternoon of musical entertainment, featuring Chris Murphy, Jon McLurg and Noah St. Amand (of Turpin's Trail), for those who are Irish and for those who "wish they were." Please join us in the church for an opportunity to enjoy local musicians. Light refreshments will be served in the parish hall.

Come and bring a friend or two! A free-will monetary offering would be appreciated, proceeds for Veronica's Veil Overnight Warming Center.

Veronica's Veil Overnight Warming Center Seeking Male Volunteers

Male volunteers needed to staff 4-hour shifts throughout the night for a men's shelter at the St. Mary's Parish Centre. Contact Ann Lyn: (613)572-4892 or annlyng96@gmail.com

<https://stmaryscathedral.ca/dropincentre/>

At this time of year many Gr. 12 students are awaiting responses from the universities or colleges that they've applied to for Sept 2023. A good way to help them deepen their faith and get to know other youth with sound values could be to let them know about the student residences run by faithful of the Prelature of Opus Dei in the different cities, which are really outstanding (see links below). They are usually located right in the heart of the student ghetto, and are very well-appointed, with excellent meals, stunning chapels, full-service laundry, access to priests, and most importantly, a family tone where Christian charity is really lived. Note also that non-practicing Catholics, non-Catholic Christians, and non-Christians are welcome too in those residences/centres.

Men's Student Residences in Canada

1) Quebec City - Boisgomin

<https://boisgomin.ca/>

2) Montreal - Riverview Centre

<https://www.riverviewcentre.ca/>

3) Ottawa - Parkhill

<https://www.parkhillresidence.ca/>

4) Toronto - Ernescliff

<http://www.ernescliff.ca/>

5) Calgary - Bowmont

<https://www.bowmont.org/>

Women's Student Residences in Canada

1) Quebec City - Trimar

<http://centrecultureltrimar.com/>

2) Montreal - Forteneige Centre

<https://www.fonteneige.ca/>

3) Ottawa - Valrideau

<https://www.valrideau.com/>

4) Toronto - Kintore

<https://www.kintorecollege.ca/>

Lenten Retreat - Renewing my relationship with Jesus

Saturday, April 1st, 2023; 9:30 am - 3:00 pm

Francis J. Spence Pastoral Centre, Room A (390 Palace Road Kingston, ON)

Presenter: Deacon Bill Gervais D Min

In our sessions together, we will be guided by the gospels, church traditions, aspects of Ignatian spirituality, and especially the wisdom of Pope Benedict who claimed being a Christian requires an intimate relationship with Jesus. *"If my desire is solely to be devout, and to perform my religious duties, then my friendship with God will grow arid It will become loveless."* (Deus Caritas Est, 18)

This is a free event but registration is required (light lunch and beverages are provided). Please register by Wednesday, March 29th, 2023. To register, contact Gorett at ore@romancatholic.kingston.on.ca or call 613-548-4461 ext. 112. When registering please indicate any food allergies.

The facilitator for this program of prayer is Deacon Bill Gervais, DMin. He has advanced degrees in pastoral ministry and spirituality. His ministries include pastoral care, spiritual direction, as well as facilitating days of reflection, retreats, and writing a monthly religion column for the Kingston Whig-Standard.

St. Mary's Drop-In Centre Looking for Volunteers

260 Brock St Kingston Volunteer your time to help one of our teams: We need your help with staffing shifts, collecting/organizing donations, working at our Community Garden, and fundraising. Our guests regard the church as a safe haven and we continually hear that our loving volunteers make all the difference. We strive to see Jesus in all those who come through our doors (Mt 25:40). We are always in need of more volunteers, particularly to staff the shifts at the Drop-In Centre and to provide pastoral care to our guests. To volunteer, please get in touch with **Paty Velazquez, Coordinator. Email: paty@stmaryscathedral.ca; Phone: (613) 546-5521 <https://stmaryscathedral.ca/dropincentre/>**

The Billings Method of Natural Family Planning

Are you looking for a way to manage your fertility that does not involve contraception or surgery? The Billings Ovulation Method is a highly effective and simple way to manage fertility. This method is backed by over 60 years of scientific research. Send an email to kingston@naturalfamilyplanning.ca to connect with a local teacher. We are currently offering individual, virtual introductions.

More information about NFP is also available on our Archdiocesan website on the Family Ministry page. [Click here to visit.](#)

Pray for Ukraine: Prayer of Invocation to Our Lady of All Nations

Lord Jesus Christ, Son of the Father, send now Your Spirit over the earth.

Let the Holy Spirit live in the hearts of all nations

that they may be preserved from degeneration, disasters, and the ravages of war.

May Our Lady of all Nations, the Blessed Virgin Mary, be our advocate.

Blessed Mother, Queen of Peace, pray for the people of Ukraine.

Amen.