



JOURNEY

COMMUNICATOR FOR THE ROMAN CATHOLIC
ARCHDIOCESE OF KINGSTON

"THE LAMP OF FAITH
WILL ALWAYS BE LIT ON EARTH
AS LONG AS THERE
IS THE OIL OF PRAYER."

POPE FRANCIS



OCTOBER 2022

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"God is our Lighthouse. Share. Use Helping Hands. Be Safe. Work Together. Include Everyone. Don't Litter. Be Nice. Take Turns. Be Patient. Think of Others. This is how we will shine our light."

Art by students of J.L. Jordan Catholic School, Brockville



Message from Archbishop Mulhall

My dear faithful of the Archdiocese of Kingston,

As the seasons change and the days shorten, our appreciation heightens for the warmth and bright glow of the sun. We are inclined to pause our hurried pace and take in the beauty of a fall day knowing the warmth will soon give way to frost and snowflakes. We are children of the light and the rhythms of creation draw us subtly into awareness of our need for our God, the source of all light and goodness. God, in His wisdom, made us for Himself and for life together, in community.

We are mystically connected to each other, sharing in a grace-filled communion in the Church. These bonds extend beyond the communion we share with family, friends, neighbours and fellow workers. This communion is based on the fact that Christ has called each of us to Himself, in His Church. We each have an apostolate, a sharing in Christ's ministries, to our brothers and sisters and to all creation. When we have a profound encounter with Christ that is matured and deepened over time, the Holy Spirit leads us out of ourselves to serve others in the vocations marked for us. We see the living out of many varied apostolates or vocations within the stories shared in this edition of Journey and the fruits of pilgrimage, prayer and service to our sisters and brothers.

As we enter the fall and winter months ahead, let us be concerted in our efforts to seek, renew and deepen our personal encounter with Jesus Christ. Let us re-awaken in our hearts the knowledge that our happiness depends on our self-giving for Christ and our brothers and sisters, mindful that decadence and self-seeking can harm our progress. We must rededicate ourselves to our unique apostolates. Through our lives, dedicated to prayer and proclaiming the Gospel through our actions and words, we are blessed participants in God's divine plan. For this, we must thank God and ask for his continued gifts of grace. Let us begin each day in grateful praise and let the light of Christ nourish and lead us.

Yours in Christ,

+Michael Mulhall
Archbishop of Kingston

Picture: J.L. Jordan Catholic School is exploring the theme of God as our lighthouse, guiding us toward the right path and helping us along our faith journey. By extension, students are also exploring how they can be a lighthouse to others, letting God's light shine through them to guide others.

Renewal of Vows and Commitments

By Ann Boniferro, Director of Pastoral Liturgy & Music

With grateful hearts, the Sisters of Providence of St. Vincent de Paul and the Providence Associates were gathered to renew their vows and commitments. This celebration occurs annually on September 15, the Memorial of Our Mother of Sorrows; however, because Providence Motherhouse is considered by public health to be a long-term care facility, in recent years Associates and Sisters living outside Providence Motherhouse were only able view the liturgy on livestream. This year, the Motherhouse residents were joined in the Chapel of Mary, Mother of Compassion by eleven Sisters of Providence living in the community and seven Providence Associates. All were willing to follow necessary protocols, including masking and rapid testing, in order to be part of the celebration.



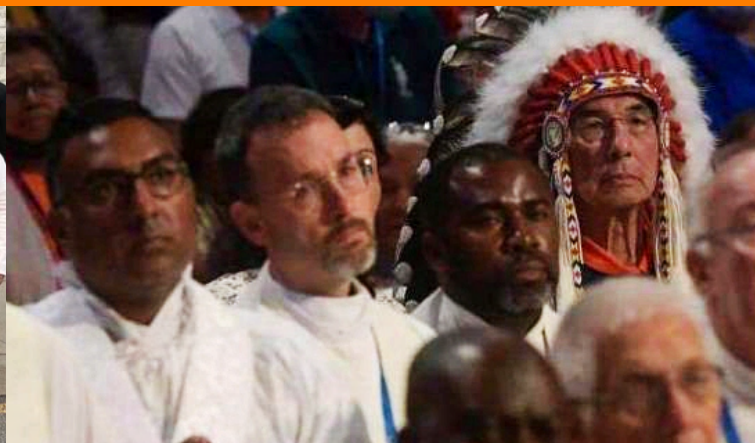
Sister Frances O'Brien was the presider for Liturgy of the Hours – Evening Prayer. Following the Proclamation of the Light and the Evening Thanksgiving, all joined in singing the hymn Mary, Mother of Compassion, with text by the late Sister Peggy Flanagan set to Finlandia by Sibelius. Within the context of the liturgy, Sister Sandra Shannon, General Superior, addressed the Sisters and Associates, asking if they wished to continue living out their baptismal call as vowed religious and lay associates, living in communion, strengthened by prayer and bonded in unity and love through the corporate mission of the Sisters of Providence of St. Vincent de Paul. Sisters then rededicated themselves to the vows of chastity, poverty, and obedience and to continued witness to the Providence of God through the congregation. Next, Barbara Baker, Director of the Providence Associates, came forward to invite the Associates to renew their commitment for one year, promising to live out the charism of serving with compassion, trusting in Providence, and walking in hope, and to further the Mission of the Congregation.

Following the liturgy, all were invited to the Sisters' dining room to continue the celebration with a special meal. Although non-residents were not able to mingle with residents, it was wonderful to be in the same room together. We look forward to future celebrations and the possibility of being more fully present to one another.

Pictured above: Sister Sandra Shannon, General Superior, addressing the Sisters of Providence and Providence Associates.
Below: Barbara Baker, Associates Director, addressing the Providence Associates.



Journey of Transformation: A Penitential Pilgrimage Walking Together with our Indigenous Brothers and Sisters



By Fr. Stéphane Pouliot

A diocesan delegation composed of 31 pilgrims co-led by Father Justin Pulikunnel and Father Stéphane Pouliot, participated in a penitential pilgrimage from Tuesday, July 26 to Thursday, July 28, 2022. This pilgrimage was dedicated to prayer and the offering of sacrifices for the fruitfulness and ongoing commitment of all Canadians to the work of reconciliation with our Indigenous brothers and sisters. The pilgrimage was primarily centred around the national shrines located in the province of Québec (St. Joseph Oratory, Montreal; Our Lady of the Cape, Cap-de-la-Madeleine/Trois-Rivières; and Ste. Anne de Beaupré, Côte-de-Beaupré/Quebec City). It would culminate on the morning of July 28, in an outdoor/indoor papal Mass at the basilica dedicated to St. Anne, the grandmother of Jesus.

On the first day, we prayed the Stations of the Cross on the grounds of St. Joseph Oratory, celebrated the Holy Sacrifice of the Mass in the community chapel of the Holy Cross Fathers, and travelled to our destination, St. Benoît-du-Lac, a monastery of Benedictine monks, located in the Eastern Townships. After experiencing the legendary hospitality of the monks who welcomed us and fed us supper, we prayed with them, Night Prayer, from the Liturgy of the Hours and retired for the night.

On the second day, after breakfast at the monastery, and praying Morning Prayer with the monks, we travelled to Our-Lady-of-the-Cape shrine where we celebrated the Holy Sacrifice of the Mass in the original chapel dedicated to the Immaculate Conception of Our Blessed Mother. We also took time to discover how a hopeful new pastor in 1867, Father Luc Désilets, led his parishioners to begin praying the Rosary at the church, then within their homes. Over several years, this sparked a parish revival of engagement which made it necessary to build a larger church to accommodate the growing number of parishioners, hungry and thirsty for the grace of the sacraments.

Persevering all winter in praying the Rosary in their homes, the parishioners obtained, through the intercession of the Mother of God, a miraculous favour from the Most Holy Trinity. Despite the mild winter weather, an ice bridge formed across the entire width of the St. Lawrence River allowing the transportation of stones for the construction of a new church from a quarry on the opposite shore. This ordinary parish family, at the dawn of Canada as a newly constituted confederation, became a growing congregation of Catholics activated as disciples in the evangelization of their families, region, province, and eventually, their country and beyond. Inspired by their example, we prayed the sorrowful mysteries of the Rosary on the grounds of the Marian shrine and before the artistic monuments representing them. After travelling to nearby Trois-Rivières, pilgrims were able to receive the sacrament of reconciliation, in the parking lot of the motel, before retiring for the night.

Early in the morning, on the third day, we travelled to Quebec City, and as we were going through security checks, we encountered the Grand Chief of the Mohawks from the Bay of Quinte, Chief R. Donald Maracle, and together we journeyed to the Basilica of Ste. Anne de Beaupré on one of the many shuttle buses commissioned for this purpose.

Pictured top left: Members of the pilgrimage group on route to Quebec.

Pictured top right: Fr. Justin Pulikunnel, Fr. Stéphane Pouliot, and Chief Littlefoot at the Basilica of Ste. Anne de Beaupré.

Photo from Vatican News.



Pictured left: Outdoor Stations of the Cross at St. Joseph Oratory in Montreal. Right: Praying the Sorrowful Mysteries at Our Lady of the Cape.

Some of our pilgrims were able to participate in the Mass on the grounds outside the magnificent church, and 21 of the 31 were able to pray inside the basilica as Pope Francis offered the Most Holy Sacrifice of the Mass. The basilica was filled mostly with our Indigenous brothers and sisters, as well as with other pilgrims from across our beautiful country. We then travelled back home to Kingston. All throughout the pilgrimage, on the bus, there was a beautiful balance of rest, fellowship, prayer, spiritual reading, and reflection, to enable us to stay focused. On this last leg of the journey, many testimonies were shared by those who chose to do so, including our bus driver, Bruce. The following testimonies of pilgrims on this transformational journey are shared with permission:

“... I am overwhelmed with the many moments when I was touched so deeply by our prayers and devotions. Heartfelt thanks ... for leading me to a very deep and spiritual experience.” (Claire)

“I started this journey knowing I needed to heal and find myself... and trust God in the process. I’ve been letting the sadness win lately and felt alone. There have been so many connections for me these last few days. Now I feel freed. Tuesday, I heard the whispers of His call, saw God’s examples of love. Wednesday, I started to let in God’s love and let it overflow a little... A hint of hope returned. Today (Thursday), I can stand on mountain top and laugh with joy and amazement that I can feel again. My heart is full. My cup is full of hope, full of faith again... Thank you for this chance to rediscover God’s love!” (Sylvia)

“... thank you for the wonderful pilgrimage. I was going through a lot of heartfelt pain with my mother. We never had a great relationship, but with her being sick and the thoughts of having to bring her to my home was very painful. When we did the stations (of the Cross), every word was like a knife to my heart. I realized how selfish I really am. Now, I’m ready to take on whatever God requires me to do. If my mom has to live with us, so be it!” (Susie)

None of us came back unchanged from this pilgrimage. Our prayers, devotions, and sacrifices, contributed powerfully to the deepening of our faith in God’s Providence. It is His Providence who guides our personal journeys, our families, our parishes, and our walking together with our Indigenous brothers and sisters. We will continue to reflect, throughout the years ahead, on the words of our Holy Father who came as an elder brother and a spiritual grandfather to our land. We have been greatly blessed.



Members of the pilgrimage in Quebec City with Chief R. Donald Maracle of the Mohawks of the Bay of Quinte.



Three seminarians studying for the Archdiocese of Kingston had the privilege to attend Vespers with Pope Francis during his visit to Canada. Savio Cyril Kocherry (1st Philosophy), Jude Thusiar (Pastoral Year), and William Danahy (2nd Philosophy), look back on their experiences from that memorable day.

Prayer of the Church with the Head of the Church

The Liturgy of the Hours is the Church's universal prayer. Everyone is called to pray the Church's prayer. However, those who pray the Hours are often associated with its alternate name, the Divine Office, namely clergy, religious, and those aspiring to be clergy and religious. My seminarian brothers and I fall under the latter category.

As a result, I can be assured that the Church prays alongside me, everytime I pray the Office - including the Pope. It is significant when that reality of assurance becomes a reality of the present moment. Going to Quebec, praying in French, English and Latin with the Vicar of Christ was an unforgettable experience. This was especially the case because the Pope chose to celebrate the memorial of St. Francois de Laval, the first bishop of the Diocese of Quebec, the first Diocese in the New World. During Vespers, not only were we praying with the universal Church, but with the Pope in person, invoking the intercession of the first bishop in Canada, for the Church - especially in Canada.



The man behind the Pope

When I've met people I've looked up to for the first time, I've always been a little disappointed. I think: "They look like any other person I would meet on the street. They seem normal!" It might sound a little absurd but it's what has always come to mind. And that is what came to mind when I saw the Holy Father during Vespers. The Pope is the successor of Peter, chosen by Christ to guide the Church. He is the visible head of the Church. But he's also human, with needs, gifts and flaws. I thought to myself: "There is nothing outwardly special about him other than his white cassock which points to him being the Pope."

When Christ grew up in Nazareth and ministered in the land of Judea, people would pass by him without realizing that He was God. This is not to say anything negative about Christ or the Holy Father. Sanctity of life is usually hidden and subtle. It is in the little everyday things that the light of Christ shines forth.

Remarkable Silence

To pray Vespers with the Holy Father was a blessing. Not all blessings are free. Some require a cost. The cost of this particular blessing was an 11-hour road trip to and from Kingston to Quebec City. The one-day journey also involved security clearance, shuttle bus rides, and a two hour wait for the Holy Father's arrival to the venue. After all this, what did I understand from the Pope's message? To my shock, very little.

The discourse after the reading was delivered in the Pope's native language, Spanish, which was then subsequently translated into French. That seemed fitting given the circumstances. My inability to comprehend both languages made the Pope's reflection, at that moment, unremarkable. Remarkable, however, was his prayerful silence before the tomb of the first Bishop of Canada. Nothing was said but everyone understood the significance of that moment. Pope Francis sought the intercession of another Francis, St. François de Laval. The Bishop of Rome prayed for guidance from the Saintly Bishop of Quebec.

The current Archbishop of Quebec, Cardinal Lacroix, was standing next to the Holy Father. Thus, three Bishops were present in this multi-generational vignette. One standing, one wheelchair bound, and the other in the ground. The silence was heard: the Church in Canada stands with hope, bound to the One Faith, nourished by the Gospel firmly planted in the ground.

Image from Vatican News



CELEBRATING 100 YEARS OF FRATERNITY AND SERVICE

ARCHBISHOP J. VINCENT CLEARY ASSEMBLY 0857, KNIGHTS OF COLUMBUS KINGSTON



By William Coppens, Faithful Navigator

The Archbishop J. Vincent Cleary Assembly 0857 of the Knights of Columbus, Kingston, proudly celebrate 100 years of service and fraternity in October 2022! On February 28, 1922, Supreme Council of the Knights of Columbus granted a Fourth Degree Charter to the newly formed Archbishop J. Vincent Cleary Assembly 0857, one of the earliest assembly charters in Ontario. This new assembly was named after the first archbishop of Kingston. It started with a handful of members, many of whom were veterans from WWI. It prospered in Kingston, survived through the Great Depression, World War II and most recently the Covid 19 pandemic.

The assembly grew under the leadership of thirty-three Faithful Navigators and countless dedicated Sir Knights. Kingston has witnessed their patriotic service to our Church and country. Sir Knights are patriots to the Roman Catholic Church, its bishops and clergy, to our country - Canada, its flag, its Charter of Rights and Freedoms and its veterans. The faithful have seen Sir Knights serving at special celebrations of the mass as honour guards, in Remembrance Day services, at funeral services for clergy, fellow Knight members, and parading in civic events. Today the Archbishop J. Vincent Cleary Assembly is recovering from the pandemic with the resolve and dedication to "grow the order".

A special celebration to mark the 100th anniversary of the Assembly will take place on Saturday, October 22, 2022. It will begin with Holy Mass at St Mary's Cathedral at 5:00 p.m. with Archbishop Michael Mulhall celebrating. At 6:00 p.m. the celebration moves to Our Lady of Fatima parish hall with a social hour followed by a four-course dinner at 7:15 p.m. and keynote speaker. All are welcome and tickets, priced at \$50 per person, must be purchased by October 12th. Please contact William Coppens at 613-634-0375 for further details. Join us in marking this momentous occasion in faith and fellowship.



Pictured above: The Knights of Columbus 4th Degree on the occasion of the Inauguration of Archbishop Brendan O'Brien
Pictured below: Sir Knights Charlie Phalen and Ian Moore on Remembrance Day at a Memorial in St. Mary's Cemetery.

Young Adults of the Archdiocese Help to Identify Lenten Collection Recipients

Parish communities across the Archdiocese contributed generously to the Lenten collection in the spring of 2022. A total of \$66 500 was raised to be distributed to alleviate the needs of vulnerable members of our communities and address injustices locally, nationally and globally. For the first time, a committee of eight young adults, aged 20 to 35, from across the Archdiocese was assembled to provide advice to Archbishop Mulhall regarding prioritization of social justice issues within our communities, where funds could be directed, as well as knowledge of agencies providing needed services. After one in person meeting and several virtual meetings, committee members shared tremendous insights into the needs within their respective communities identifying poverty, homelessness, crisis pregnancies, food insecurity, end of life issues and mental health as significant priorities.

Docile to the promptings of the Holy Spirit, committee members looked for agencies and service providers that reflected our Catholic understanding of the human person in service within local communities. A list of agencies and service groups supporting the needs of vulnerable community members across the Archdiocese was compiled. Since not all agencies could be funded, priority was given to those addressing needs within the diverse communities of the Archdiocese who were not likely to be receiving widespread financial support from other funding sources. Eleven different agencies across all four deaneries received funding from the Lenten collection as well as the Indigenous Reconciliation Fund established by the Canadian Conference of Catholic Bishops (CCCCB). A full list of agencies and a breakdown of funds allocated can be found [here](#) (hyperlink to July letter) on the Archdiocesan website. All funds were distributed in early August.

Committee member, Mikaila Da Silva, shared her experience with the overall process, “Being a member of the Lenten Collection committee was very rewarding and edifying. Collaborating and discoursing with committee members lead to engaging discussions and spirit-filled decisions. The fruits of the committee were particularly beautiful to witness. I was humbled to play a role in helping the marginalized populations in our Archdiocesan community and pray that the impact of the committee extends far beyond what we can see.” In the coming years, a committee of young adults will continue to assess local needs and bring forward agencies and causes for the Archbishop Mulhall’s consideration in the annual distribution of the Lenten collection. Agencies selected will vary year to year based on current needs and may include national and international causes.

WEEKENDER PROGRAM FOR KIDS RECIPIENT OF LENTEN COLLECTION DONATION

By Laura Roobol, Coordinator WP4K/Projects Chair

The Brockville Conference of the Society of Saint Vincent de Paul (SSVP) are thrilled to share some information with you about our Weekender Program for Kids (WP4K). The WP4K operates throughout the school year and provides food assistance on the weekends to local children, who live with food insecurity. These children often benefit from breakfast and/or lunch programs at school during the week, but on the weekend they are at risk of going hungry. That's where we come in! We provide the children enrolled in the WP4K with a large baggie of food items to take home with them each Friday. A can of pasta, juice boxes, oatmeal packs, granola bars, Fruit 2 Go, soup mix and a pudding cup are among the food items the kids bring home, to help fill their tummies over weekends. Our first 16 WP4K baggies went home from our first "partner" school on Dec 11, 2015. Since then, we have expanded to partner with 19 area schools (JK - Grade 8) in our Conference area, and we have delivered a total of 37,062 WP4K baggies! That's 37,062 weekends made easier for children who live with food insecurity, thanks to generous supporters like you.

Pictured: The WP4K Team. From L to R. Laura, Terry, Patricia, Larry, Donna, Corbett, Linda, Joanne, Claire, Claudia, Penny, Jan, Mary & Ken.





How does the WP4K work? Our very dedicated WP4K volunteers get together one morning each week, and alternate between picking up a large grocery order, and packing and delivering the baggies. Grocery days are also used to break down the cases of what we buy (removing the outer packing) and getting items stacked and ready for packing the next week. Our tables are set up like an assembly line, and we pack down both sides. We pack and deliver 2 weeks of baggies to our partner schools every other Wednesday, giving the schools some flexibility in handing out the baggies by Friday. Last year we were packing 492 baggies, for our 246 kids, in 2 hours. Our volunteers make deliveries throughout the City of Brockville, in addition to making deliveries covering a 48 km east-west stretch from Johnstown to Mallorytown and north to Spencerville and Athens, and all points in-between.

The WP4K is a strictly confidential program. Staff at the school enrol children using the form and guidance we provide to them. They give us the total number of children they would like to enrol. After the baggies are dropped off to the schools, they are discreetly handed out to the children by the school staff, so as not to single out the kids in WP4K.

With our 8th year underway, we are estimating it will cost \$240 to sponsor a child for 2022/2023 school year. We currently have 214 children enrolled in the WP4K and we are expecting 250+ children by the time all our schools are back on board.

In closing, the Brockville Conference of SSVP wishes to thank the Most Rev. Michael Mulhall and the Archdiocese of Kingston Lenten Collection Committee, for the generous donation to our Weekender Program for Kids (WP4K). We also wish to thank all the parishioners in the Kingston Archdiocese for your kind donations to the Lenten collection 2022. We would also like to offer a special thank you to the parishioners of our 4 Conference Parishes of Saint Francis Xavier and Saint John Bosco, in Brockville, Saint Mark, in Prescott, and Sacred Heart, in Cardinal, for their continued support year after year, of all of our programs.



Picture bottom left: WP4K Volunteer Corbett and Courtney, Brockville Superstore Assistant Grocery Manager.
Bottom right: Volunteers packaging baggies.

Family Ministry and the World Meeting of Families Report

By Taylor Lynch, Director of Family Ministry and Outreach

The 10th World Meeting of Families took place in Rome, in June of 2022. In support of local World Meeting of Families festivities, a family picnic was held on June 26th after the 10:30 a.m. Mass at St. Mary Cathedral, followed by lively soccer games in the park. It was a lovely, hot summer day and a wonderful time to celebrate the sanctity of family life.

In 2016, Pope Francis released an 'apostolic exhortation'; a document which addresses the whole church, on the topic of the family and family life. In this document, Pope Francis states that married couples should be involved as leaders, designing and carrying out programs for families within their own communities, providing witness to the joy and love of family life. In the spirit of this call to witness, a series of ten short video reflections featuring families of the Archdiocese of Kingston was created to commemorate the 10th World Meeting of Families. These beautiful videos can be found on the Archdiocese website at the following link: <https://romancatholic.kingston.on.ca/family-ministry>



St. Peter Parish and Living Witnesses to the Joy and Love of Family Life



In keeping with Pope Francis' vision of married couples and families designing and carrying out programs for families, the St. Peter in Chains parish community hosted a full week of activities for families to coincide with the World Meeting of Families. Reflections from the two key organizers, Fr. Michel Quenneville and Jessica Couture follow with a description of the week-long program.

Fr. Michel Quenneville: "In late June, Pope Francis hosted the 10th World Meeting of Families in Rome – a gathering every three years of families from around the world to celebrate, support and help families grow in their common call to holiness. Being the building-blocks of our society, families are essential to our parishes! Here, at St. Peter's, we wanted to replicate within our parish community, what the Universal Church was proposing: celebrating and supporting our own families.



The focus of the week's activities was to re-engage the families of our parish – especially in the wake of the impact of the pandemic. It was also an opportunity to evangelize to other families in the Trenton area. Re-engage and evangelize, that was where we felt the Holy Spirit was leading us. With this in mind, we wanted to have fun activities at the parish but we also knew that it was important to help families engage in faith topics at home. That is where the idea of a take-home activity package came into play: we offered families prepared daily at-home activities and a corresponding short catechesis along with discussion questions that could be completed at the dinner table. The planning and running of the week's activities required volunteers. Many parishioners offered a helping hand which turned out to be a wonderful blessing: families were helping families! The greatest blessing though was to see that when families are engaged, the parish grows as a family!"

Jessica Couture: "I was approached by Fr. Michel to assist with organizing some fun family-friendly activities for the World Meeting of Families in June. I was humbled to be asked to assist and jumped at the opportunity to create some exciting events for our parish. What started with small beginnings quickly blossomed into an entire week of fun for the families of St. Peter's Church. With careful planning and brainstorming we were able to establish a beautiful lineup of events for families, and many people came together to make the week possible. Fr. Michel and I reached out to a number of volunteers to help as well at the Legion of Mary and St. Peter's Knights of Columbus. The Knights of Columbus generously agreed to donate and host the Family BBQ. The volunteers assisted behind the scenes to pull together the other elements and the Legion of Mary volunteers helped with logistics."

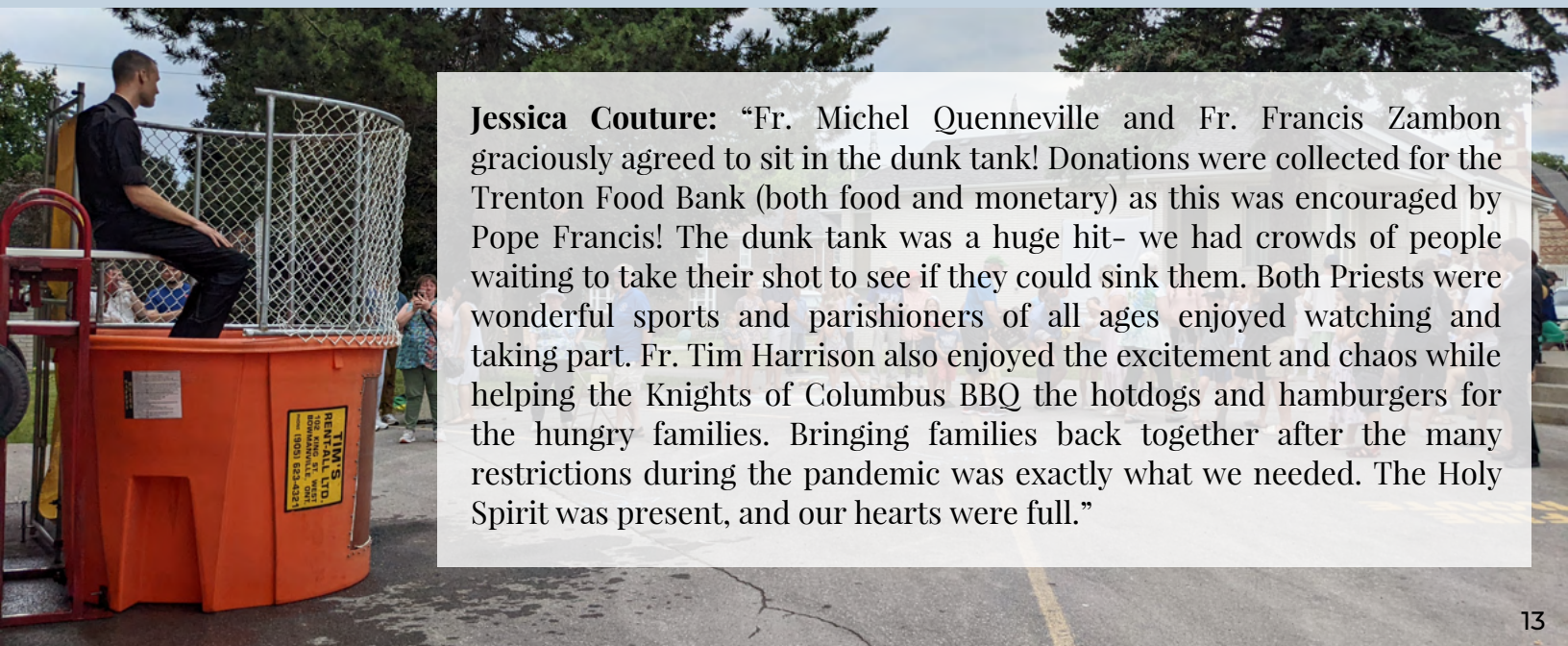
Sunday: Opening Mass and Ice Cream Sunday. Ice cream cones and bars were served to parishioners after Mass in the church parking lot

Monday- Thursday: Take home packages provided that included activities and reflections for families to complete each day, take pictures and send them to a parish email for us to see

Friday: Outdoor movie night at the church featuring Disney's Encanto. Parishioners brought blankets and chairs and joined us on the church lawn, watching the movie on the side of the Parish center. S'mores and ice cream were served to all

Saturday: Catch up day for any take home activities that families were unable to complete during the week

Sunday: Closing Mass at 11:00 am followed by a BBQ and outdoor fun! The lawn of the church was decorated and had a large set up of yard games (and prizes!), face painting, music, and a dunk tank!



Jessica Couture: "Fr. Michel Quenneville and Fr. Francis Zambon graciously agreed to sit in the dunk tank! Donations were collected for the Trenton Food Bank (both food and monetary) as this was encouraged by Pope Francis! The dunk tank was a huge hit- we had crowds of people waiting to take their shot to see if they could sink them. Both Priests were wonderful sports and parishioners of all ages enjoyed watching and taking part. Fr. Tim Harrison also enjoyed the excitement and chaos while helping the Knights of Columbus BBQ the hotdogs and hamburgers for the hungry families. Bringing families back together after the many restrictions during the pandemic was exactly what we needed. The Holy Spirit was present, and our hearts were full."

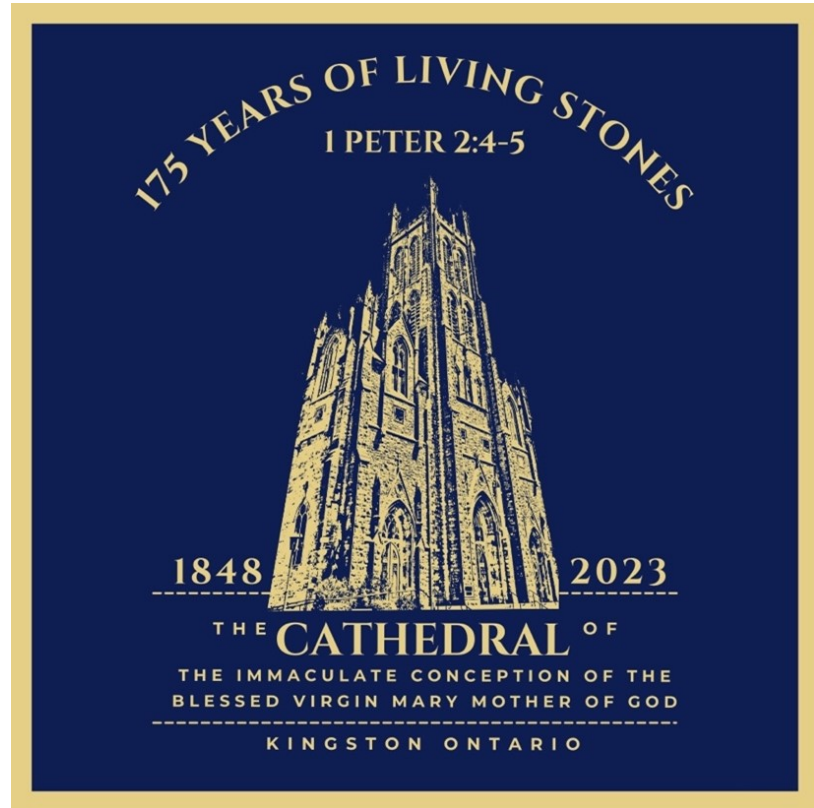
175 Years of Living Stones

“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

By Angela Gambin

This year St. Mary’s Cathedral celebrates the beginning of its 175th anniversary since it was consecrated as the mother church of the archdiocese. It was consecrated under the title ‘The Cathedral of the Immaculate Conception of the Blessed Virgin Mary, Mother of God’ but is fondly known as St. Mary’s Cathedral. The theme of the 175th anniversary year of celebrations is ‘Living Stones’. Scripture refers to the faithful as ‘living stones’; the ‘stones’ that make up the Church that Jesus came to build (1 Peter 2: 4-5). Jesus, God’s Incarnate Son himself, is the foundation, the cornerstone. The Church is designed for God’s glory and we, the living stones, are called to glorify the Lord in all that we do (1 Corinthians 10:31).

Living stones have crafted the history of St. Mary’s Cathedral since well before Confederation, starting in 1799 when Mass was offered in a frame building on the corner of Bagot and Queen streets. The next chapter evolved when many living stones volunteered their labour to construct Bishop Alexander Macdonell’s vision of a new cathedral for Kingston. Though not completed in his lifetime, St. Mary’s Cathedral was the fruit of his vision and the labour of many, many volunteers. In 1848 when the cathedral was consecrated, The British Whig reported that “it was one of the largest and finest buildings on this continent” and marvelled at the “perseverance and indomitable zeal” that led to such a building being erected in the city of Kingston.



The cathedral is so much more than an historical building. Sacred buildings make visible the Church, the Body of Christ. The New Testament is filled with architectural images for Christ and his Church, with Christ as cornerstone and faithful believers as living and precious stones that make up the temple of his body. (1 Peter 2:5, Ephesians 2:20, Romans 12:1-2). An earthly church building makes visible the glorified mystical Body of Christ. The tangible building leads and inspires the faithful to contemplate the things of heaven.

The cathedral is unique within our Archdiocese. It takes its name from the cathedra, the throne or seat of the Archbishop, from which he presides over the Liturgy. It is a symbol of the kingship and magisterial authority of Jesus Christ, which is made present in the bishop, the High Priest of the Archdiocese. The cathedra is the chair of the shepherd who keeps us together as one people with our faith in our one Lord.

Mark Your Calendars and Participate

The celebrations of the anniversary year will commence Oct 9th, 2022, at the 10:30 am Mass of Thanksgiving celebrated by His Grace, Archbishop Mulhall. Special events will be held throughout the year. Our Blessed Mother, the principal patron of the cathedral and the archdiocese will be honoured in various ways throughout the year. On October 14th, 2022, at 7:00 pm in the cathedral, Father Raymond de Souza will give a theological explanation of the three Marian Dogmas contained in the consecratory title of the cathedral. As we begin Advent Archbishop Mulhall will lead us on November 29th at 7:00 pm in a reflection on applying the virtues of Our Lady to our daily lives. The main celebration of the 175th anniversary will be Sunday, August 13th, 2023 at the 10:30 am Mass followed by an 'old fashioned' reception on the cathedral lawns. The schedule of all events will be available on St Mary's Cathedral website, in the bulletins, and in the anniversary guidebook.

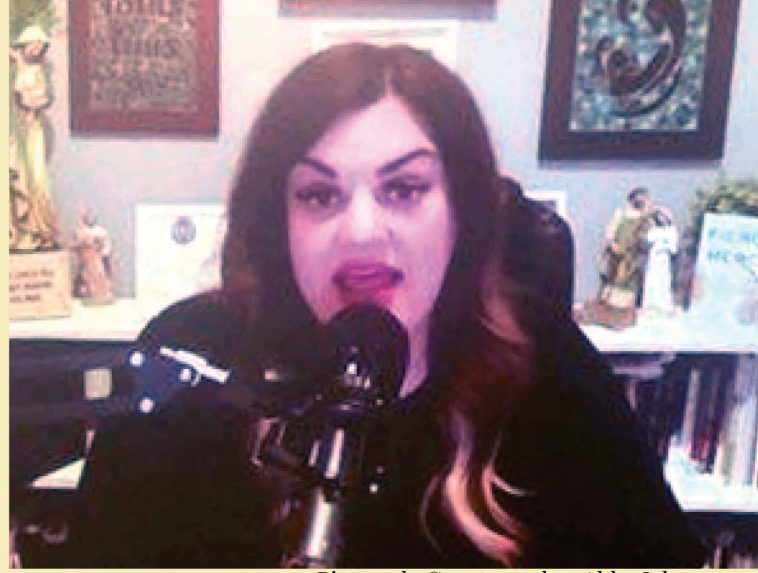


Lasting Tributes to the 175th Anniversary

A five-foot bronze statue of Our Lady holding the Christ child has been commissioned in honour of the 175th Anniversary. This beautiful monument was purchased through a generous bequest and is entitled 'Sedes Sapientiae', Seat of Wisdom. Our kind benefactor requested that the statue be placed in a Marian Garden on the lawns of the cathedral. Each week a small 'travelling pilgrim' version of the statue will journey to individual family homes to encourage special family Marian prayers and consecration to Our Blessed Mother.

Two books have been written in commemoration of this special anniversary and will be released this year. The first features the stained-glass windows of the cathedral which are true works of art that tell the story of salvation history. This stunning coffee table book highlights each window panel and its history. It will be a great source for reflection and prayer. The second publication is a beautiful colouring book featuring the stained-glass windows as a dynamic way to teach the faith to our youngest living stones, our children, and grandchildren. Please come and join us as we give thanks for the past, celebrate the present, and prepare for our mission in the future throughout this very special year of jubilee. As a woman from Prescott commented when she came to celebrate her 90th birthday at the cathedral, "it is the cathedral and therefore my church as well." Let us glorify the Lord in this special year of jubilee together, as living stones.

BIRTHRIGHT KINGSTON: CELEBRATING 50 YEARS OF LOVING THEM BOTH



Pictured : Guest speaker Abby Johnson

By Marie Sardinha

Our Lady of Fatima parish hall was the setting for the golden anniversary celebration of Birthright Kingston on May 5, 2022. “We were so excited to finally be able to celebrate this milestone, even if it was one year late,” commented Marie Sardinha who has been the Executive Director of Birthright Kingston for the past 18 years.

Over 200 people gathered, many for the first time in 3 years to a delicious dinner, tantalizing silent auction and live music provided by The Limestone Trio. A very happy mom and dad and 18-month-old child provided their beautiful testimony of their journey after they came to Birthright. Another highlight of the evening was guest speaker Abby Johnson who joined us via Zoom. Abby is the author of the best-selling book and motion picture, “Unplanned” which chronicles both her experiences within Planned Parenthood and her dramatic exit. She is the founder of “And Then There Were None,” a ministry designed to assist abortion clinic workers in transitioning out of the industry. With the generous support of attendees at the anniversary celebration, \$ 18,000 was raised. These funds will go a long way to advance the life-affirming work of Birthright Kingston. We thank all who attended for their generous support and look forward to another 50 years of assisting and loving moms and babies.



St. Patrick's, Lansdowne & St. Brendan's, Rockport Baseball Fundraiser



by Bernadette Burgess

On July 31st, a fundraiser baseball game was held between the priests of our archdiocese, 'Padres' and the youth of the parishes, the 'Leprechauns'. The event was a huge success with 15 priests and seminarians participating and over 125 in attendance. The Catholic Women's League provided barbecue food items and a sweets booth. We were blessed to have generated over \$1650 in proceeds! Spectators were entertained by pranks from both benches and the skills of those involved, both young and old. Despite the determination and hard-fought battle by the Padres, the Leprechauns came out on top, but fun was had by all.

Holy Family Parish Says Farewell to Friar Jim Fukes

By Marie Sardinha

After eight years serving the Holy Family Parish community in Kingston, Friar Jim Fukes is returning to the US. He has been assigned to Mother Cabrini Parish in Shamokin Pennsylvania beginning October 1, 2022. Friar Jim arrived in Kingston in the Fall of 2014 and since that time, he has embraced our community with his gentle spirit and commitment to serve his parishioners.

During his stay with us, Friar Jim has supported his parish community with numerous improvement projects. Holy Family church has benefited from a new furnace and cooling system, a washroom to accommodate people with mobility issues, new modern front doors and an impressive landscaping project, in partnership with the Algonquin and Lakeshore Catholic District School Board.

On September 11, parishioners gathered outside the church for a picnic in celebration of Friar Jim's time with us, to thank him and to say farewell. He was presented with a new chalice that he requested remain in our parish in his name. We are sad that Friar Jim's time with us has come to an end, but we are grateful to have had him with us and are happy that he will be able to share his many gifts and talents with his new parishioners at Mother Cabrini parish. May God bless Friar Jim as he continues his life of humble service.



Religious Education Department

By Mary Jo MacKinnon-Simms

The Office of Religious Education is here to assist and support parishes in workshops, accompaniment, evangelization, and catechesis.

A workshop, “Cultivating Empathy, Hope and Healing in a Lonely World: Spiritual Resources for Theological Reflection and Personal Growth” took place on June 18 at St. Paul the Apostle church hall. The presenter was Robert Mundle (Palliative Care Chaplain). Robert presented a powerful workshop on accompanying those most in need using spiritual resources and artwork from the National Art Gallery.



The Archdiocesan Laudato Si webpage has numerous ideas for home and parish use to foster stewardship for our earth. The webpage can be found using the following link: www.romancatholic.kingston.on.ca/laudato-si

PRISON MINISTRY



“...I was in prison, and you visited me.”
Matthew 25:36

Prison Ministry News:

An evening for chaplains and volunteers took place on Tuesday, June 21st at the Pastoral Care Centre. It was a productive time to gather as a community, share information on what is happening in this ministry and collaborate on opportunities for the future. There will be a Prison Ministry Volunteer Training Program taking place at the Pastoral Centre starting in the Spring and running for six weeks. To be notified when the date is set, please email Gorett at ore@romancatholic.kingston.on.ca. Please check out the new webpage for Prison Ministry: www.romancatholic.kingston.on.ca/prison-ministry

We continue to look for ways to support lay faith development.

Check out the on-line faith formation course offered at Newman Theological College at www.newman.edu/CCS.

The CCCB has several webinars series for parish resources for Evangelization, Catechesis and Catholic Education. They can be found at the following link:

Video Resources - Canadian Conference of Catholic Bishops

We are always updating our resources. Please check our website to see what's new and contact us to add something you think may be helpful.

13th Annual

WOMEN'S FALL RETREAT

Women's
Fall Retreat

SATURDAY, OCTOBER 15TH, 2022

To Register, visit:

www.womensfallretreat.com

"Pray always; Do not lose heart!"

Luke 18: 1



Heritage Hall, Kemptville Campus

820 Heritage Drive, Kemptville

In Person: \$65

Zoom: \$20

The Women's Fall Retreat team is hosting a one-day hybrid retreat, both in person and online via Zoom. The retreat will be held at Heritage Hall on the grounds of the Kemptville Campus, 820 Heritage Dr., Kemptville, ON. Women of all ages are invited to participate. Keynote speaker Beverly Illauq will present three talks relating to Luke 18:1: "Pray always: Do not lose heart." The day begins with Holy Mass celebrated by Fr. Brian McNally, and includes keynote presentations, discussion groups, music and delicious buffet lunch for those attending in person. Participants attending virtually can choose the sessions they wish to attend. Cost: \$65 in person; \$20 for Zoom version. Info & to register, see www.womensfallretreat.com. For inquiries, please email wfrconnections@gmail.com. For parishes and organizations with social media, here is the Facebook Event that can be shared: <https://fb.me/e/22x62SvPW>

Upcoming Events



Rosary Coast to Coast

Sunday, October 9th, 2022, 4:00 pm; Via Zoom

Looking for a way to celebrate Thanksgiving? This year, Rosary Coast to Coast will be held on Sunday, October 9th. Pray the Chaplet of the Divine Mercy, the holy rosary and consecration to the Immaculate Heart of Mary! Gather the children of the world to pray together through the recitation of the rosary, ideally in the presence of our Eucharistic Jesus in our churches. If not possible, pray at home with your families and prayer groups!

Contact: Angie Carboni; Phone: 416-871-3908

Email: marsha.c@stbernadettesfrc.org

St. Mary's Cathedral 175th Anniversary

Sunday, October 9th, 2022: Mass of Thanksgiving

October 14th, 2022; 7:00 pm: Father Raymond de Souza will give a theological explanation of the three Marian Dogmas contained in the consecratory title of the cathedral.

November 29th, 2022; 7:00 pm: As we begin Advent Archbishop Mulhall will lead us in a reflection on applying the virtues of Our Lady to our daily lives.

Sunday, August 13th, 2023; 10:30 am: Mass followed by an 'old fashioned' reception on the cathedral lawns.

Monthly Meeting for Secular Franciscan Order

Thursday, November 3rd, 2022, 7:00 pm

Repeats every first Thursday of the month until June 1st, 2023

Location: St. John the Apostle Parish Hall

The Secular Franciscan Order (OFS) is a branch of the worldwide Franciscan Family. We are single and married women and men. We work, worship, and play in the community where we live. Everyone is invited to join us for our monthly meetings to share Franciscan spirituality. We meet the first Thursday of the month at 7:00 pm, at St. John the Apostle Church Hall of Kingston. For more information, please call JC Trottier at 613-531-2708 or Friar Ed at (613)546-6900 ext. 204.

Project Rachel Grief Retreat

November 4th - November 6th, 2022

Location: St. Mary of Egypt Refuge

Project Rachel at St. Mary of Egypt Refuge (located near Madoc) is offering a retreat November 4-6th. We minister to those grieving the loss of their child from abortion.

For more information, phone us at 289-691-6840, e-mail projectrachel@stmarysrefuge.org, or visit www.stmarysrefuge.org/rachel.

Holly Jolly Christmas Sale

Saturday, November 26th; St. Francis of Assisi School (114 Wiley Street, Kingston)

ATTENTION CRAFTERS! Holy Family Parish in Kingston is celebrating our 12th annual Holly Jolly Christmas Craft Sale at St. Francis of Assisi School. Come join us and earn extra money. Limited spaces are available at \$25.00 per table, paid in advance. Tables will be supplied. For further information and to book a spot, please contact Sandy at 613-548-3761, or by email at orangeladybug99@yahoo.ca.

TRANSFORMATION THROUGH PRAYER

Pope Francis says,
“It is prayer that transforms
this day into grace,
or better, that transforms
us: it quells anger, sustains
love, multiplies joy, instills
the strength to forgive.”

The Church invites us to deepen our commitment to prayer by dedicating the month of October to praying the Rosary especially for the intentions of the Sacred Heart of Jesus and the Immaculate Heart of Mary. The month of November is dedicated to prayer for the Holy Souls in purgatory. Our prayers can bring peace to our troubled world and to our own hearts.

For peace in Ukraine, Iran, Ethiopia, Yemen and all regions experiencing violence, war and oppression, we pray to the Lord. Lord, hear our prayer.

Visit our website for the Papal and Archdiocesan Prayer Intention each month and unite your prayers to the salvific work of our Church.

Submissions for the December edition of Journey are due Monday, December 5, 2022.
Please send your submission to journey@romancatholic.kingston.on.ca