

ASSUMPTION OF MARY - AUGUST 15, 2010

Mass Intentions

Sunday - August 15	5:00 pm - Hughes Amo	8:00 am - Stepfono Rivolta	10:30 am - For the People	7:30 pm - Special Intention - K.K/L.R.
Monday	7:45 am - Mary Sarah Lively	12:10 pm - Manuel Ponte & Family	5:15 pm - NO MASS	
Tuesday	7:45 am - Diana Derbyshire	12:10 pm - Alphonse McCue	5:15 pm - NO MASS	
Wednesday	7:45 am - Hughes Amo	12:10 pm - Vivian Goodfriend	5:15 pm - NO MASS	
Thursday	7:45 am - Special Intention - Catharina Van Herpt	12:10 pm - Heather Lynch	5:15 pm - NO MASS	
First Friday	7:45 am - June Sears	12:10 pm - Deceased Members of Fernetich Family	5:15 pm - NO MASS	
Saturday	7:45 am - Brendan Mhusk	12:00 pm - Jan & Karla Brecka	5:00 pm - Lillian & Ira Menard	
Sunday	8:00 am - Dorothy Barre	10:30 am - For the People	7:30 pm - In Thanksgiving & for all favours rendered	

Archbishop Brendan O'Brien will be the celebrant at the 10:30 a.m. Mass Sunday, August 15.

Sunday Readings

- 1) Revelation 11:19; 12:1-6; 10
- 2) 1 Corinthians 15:20-26
- 3) Luke 1:39-56

Sunday, the Solemnity of the Assumption of the Blessed Virgin Mary takes the place of the Ordinary Time readings. The two options from the Gospel of Luke depict either the Visitation: "How does this happen, that the mother of my Lord should come to me?" or Mary's beautiful response to her cousin Elizabeth: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior." Taken from the "Weekly Guide for Daily Prayer" on the Creighton University's Online Ministries web site: <http://www.creighton.edu/CollaborativeMinistry/online.html> Used with permission.)

Stewardship Report: Your generous support of the Cathedral Ministry last weekend resulted in:

- Regular - \$5,977.02
- Food Bank - \$150.00
- Cathedral Preservation - \$7.00

Thank you for your generosity.

Prayer Intentions: Please pray for all the sick, aged and home bound, especially: *Winston McGee, Neil Dorego, Elizabeth Cobb, Kyle Adams, Paul Johnson, James O'Neill, James Heyssel, Bud Wilson, Olivera Lambeta, Margaret Forbes, Fr. Raymond Vickers, Sr. Barbara Stuart, CSC, Gordon Townsend.* If you wish prayers to be said for members of your family or friends who are ill, please call the office 613-546-5521 with their names.

You are invited to share in an hour of prayer during Adoration of the Blessed Sacrament to pray for vocations to the Priesthood and Religious life.

Last Wednesday of each month 7:00 to 8:00 p.m. in St. James Chapel at St. Mary's Cathedral.

We need more Priests in our diocese and in the world. We can make a difference. Please come and pray with us.

Jesus said to him, "If you wish to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven. Then come, follow me." When the young man heard this statement, he went away sad, for he had many possessions. ~ Matthew 19

MASS/CONFESSION SCHEDULES

With the changes in staffing at Cathedral, there will have to be some adjustments to the Mass and Confession schedules. The daily 5:15 Mass will not be reinstated in the fall; it will be celebrated on First Fridays only. Also confessions will be heard on Saturdays from 4 pm to 4:45 pm; when there are weddings and if no relief is available, confessions might be delayed. It will take some time to determine if any other changes will be required.

JOIN US FOR EUCHARISTIC ADORATION:

We have an urgent opening for Sun 2 to 3pm, Thu 4 to 5pm, Sat 3 to 4 pm. Additional Adorers are required for all hours and substitute adorers to cover occasional cancellations. If you can commit to spending one hour every week, please call Karen at 613-541-5010 ext. 2415 or at 613-542-8321

"May Mary, who in the freedom of her 'Fiat' and her presence at the foot of the cross, offered to the world, Jesus, the Liberator, help us to find him in the Sacrament of the altar," - Pope John Paul II

At this time we are in serious need of people who can help occasionally to cover Eucharistic Adoration hours. If you would be willing to be added to our list of substitute Adorers please call the number above. There is no weekly commitment to offer your help this way; you would receive calls to ask if you can help for certain hours and you can decide day by day if the time is convenient or possible for you to fill. You will be greatly rewarded by Our Lord for every minute that you spend with him in His true presence!! Perhaps this is the perfect way for you to start participating in Adoration, try it out, and experience the wonderful peace that it brings--this is a good way to start out and learn what it is all about. Please call!!

Altar Servers are needed for all Sunday Masses: Children who have celebrated their First Communion, Youth, Adults; women and men are most welcome to serve at the Altar in our Cathedral. Training will be provided. Please call the office with your contact information at 613-546-5521.

Latin Mass: Sunday, September 5 at 3:00 p.m. in St. James' Chapel, Fr. Price will be the Celebrant.

The Rite of Christian Initiation of Adults (RCIA) If you or someone you know inquires about the Catholic Church, would like to be baptized, celebrate the Sacrament of Eucharist and/or Confirmation, please talk to one of our Priests or Deacon after the Mass or call the Cathedral office 613-546-5521 and ask about the RCIA. New Inquiry sessions will start soon. We will be happy to assist you.

Flute Institute Tune Your Flute Playing! For Intermediate and Advanced Flutists. Monday, August 23-Friday, August 27, 2010 Upper Canada Academy of Performing Arts, 260 Brock Street, Kingston. Clinician: Dr. William Egnatoff.

The Institute: Tune up you flute playing, making it free and effortless, using the whole body. Gain technical knowledge on body mapping, balance, breathing, embouchure, tone production, intonation, articulation, technical facility, fingerings, harmonics, and contemporary techniques. Get tips on setting up an effective practice routine. Deepen your understanding of “the language of music” through melodies, etudes, and common flute repertoire. The class will address individual interests and concerns and will use video feedback and supportive peer critique, in addition to direct guidance from the clinician. Daily format: warm up (stretching and breathing; exercises to develop fullness and directness of tone, low register, articulation); group improvisation (exploration of the capabilities of the flute); melodies (M. Moyse 24 Melodies, Tone Development through Interpretation); studies, repertoire—participant choice, master class format; clinic (“Ask the Doctor”); flute choir.

About the Clinician: Dr. William Egnatoff began teaching flute in 1960. His most influential teachers were Ed Abramson, Marcel Moyse, and Robert Aitken. His teaching also draws on voice pedagogy and body-mapping. From 1974-80, he taught flute at the Department of Music, University of Saskatchewan. He played in the Saskatoon Symphony Orchestra 1961-68 and 1974-80 (Principal) and the Saskatoon Woodwind Quintet, directed the SSO Summer Orchestra Workshop 1975-78, and played with Te Deum Concerts in Dundas (1968-71) and the Hamilton Philharmonic (Second flute, 1969-70). He studied composition 1965-67 with Murray Adaskin and has written several instrumental and choral works. He plays in The Kingston Classics Trio, Classic Delights Trio, and The Telemann Trio and sings in the Cantabile Men’s Chorus. He is Associate Professor, Computers in Education, Queen’s Faculty of Education. He is developing a flute teaching Web site and a biography of Robert Aitken.

Indoor Winter Walking Volunteers Needed: WALK ON is a unique opportunity to contribute to the health of your community and help others as they become more active. You can help by leading a weekly scheduled indoor walk. For more information contact Karla Weber, Coordinator of Volunteers at KFL&A Public Health, 613-549-1232 x1159

World Youth Day: in Madrid Spain is August 15-23, 2011 (this includes “days in the diocese”); anyone interested in going or for more information please contact: Anne Heemskerk, youth ministry coordinator, 613-548-4461 or email: youth@romancatholic.kingston.on.ca.

Have you ever considered a vocation to the permanent Diaconate? For more information and admission requirements please contact Deacon Bill Gervais, Office of the Permanent Diaconate, 390 Palace Road, Kingston, Ontario, K7L 4T3; 613-548-4461.

New Life Group Meeting: a Catholic Ministry for the Separated and Divorced on alternate Tuesday evenings. Next meeting: August 17. Topic: Coping with Other: Communication. Video/Discussion. 7:30 to 9:30 p.m. at Diocesan Centre, 390 Palace Road, Kingston. All faith denominations are welcome.

Good News, Bad News

A minister stood in front of his congregation and announced, "I have good news and bad news. The good news is we have enough money to pay for our new building program. The bad news is that it's still in your pockets."

The Best Way To Pray

A priest, a minister and a guru sat discussing the best positions for prayer, while a telephone repairman worked nearby. 'Kneeling is definitely the best way to pray,' the priest said. 'No,' said the minister. 'I get the best results standing with my hands outstretched to Heaven.' 'You're both wrong,' the guru said. 'The most effective prayer position is lying down on the floor.' The repairman could contain himself no longer. 'Hey, fellas,' he interrupted. 'The best prayin' I ever did was when I was hangin' upside down from a telephone pole!!!'

Two Ears: Since God gave us two ears and one mouth, He must have wanted us to do twice as much listening as talking.

Prayer: God answers Knee-Mail.

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LITURGICAL MINISTRIES - Sunday, August 22

Time:	Altar Servers	Eucharistic Ministers	Lectors
5:00	N. Ottenhof, J. Putos	J. Fahey, P. Lagueux, P. Fardella	S. Wilson, M. Murphy
8:00	C. Foster, P. Martin, D. Martin	M. Roy	D. Duttle, B. Roy
10:30	N. Beadle, S. Beadle, N. Macartney	C. Abella, Sr. T. Shannon, M. Marcial, B. Graham, J. Couto, F. Tan, D. Braccioldieta	M. Svendsen, J. Lumb
7:30	E. Snider, D. Snider	M. Savoie, P. Lucas	A. Stewart, L. Vallieres