

18TH SUNDAY IN ORDINARY TIME - AUGUST 1, 2010

Mass Intentions

Sunday - August 1	5:00 pm - Vivian Good-friend	8:00 am - Myrtle & Stanley Burns	10:30 am - For the People	7:30 pm - Venturo Dos Santos
Monday	7:45 am - Special Intention - Sue, Rick & Lucas Fisher	12:10 pm - Special Intention - M.H.	5:15 pm - NO MASS	
Tuesday	7:45 am - Theresa Loyst	12:10 pm - Brecka / Brousseau Families	5:15 pm - NO MASS	
Wednesday	7:45 am - Special Intention for Catharina Van Herpt	12:10 pm - Fr. Jack Groenewegen	5:15 pm - NO MASS	
Thursday	7:45 am - Eileen McConnell	12:10 pm - Jack (J.J.) Doolan & Family	5:15 pm - NO MASS	
First Friday	7:45 am - Beatrice Finucan	12:10 pm - Maria Giugovaz	5:15 pm - Thomas Malachy O'Neill	
Saturday	7:45 am - Special Intention - S.A.	12:00 pm - Special Intention - R.Y.S.	5:00 pm - Mary Win Davidson	
Sunday	8:00 am - Gerard Walsh	10:30 am - For the People	7:30 pm - Special Intention	

Sunday Readings

- 1) Ecclesiastes 1:2; 2:21-23
- 2) Colossians 3:1-5, 9-11
- 3) Luke 12:13-21

The week begins with the Eighteenth Sunday in Ordinary Time. The first reading from Ecclesiastes offers a powerful caution about focusing too much on the things of this world: "Vanity of vanities! All things are vanity!" In Luke's gospel Jesus tells the parable of the rich man storing up treasures for the future, and he warns, "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." 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 - \$5,329.80

Cathedral Preservation - \$255.00

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 Hysel, 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.

Latin Mass: Sunday, August 1 and Sunday September 5 at 3:00 p.m. in St. James' Chapel, Fr. Price will be the Celebrant.

JOIN US FOR EUCHARISTIC ADORATION:

We have an urgent opening for Sun 2 to 3pm, Thur 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!!

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.


New-Fangled Ideas: An elderly priest was speaking to a younger priest. "You had a good idea to replace the first four pews with plush bucket theatre seats. It worked like a charm! The front of the church always fills first now."

As the young priest nodded, the old priest continued, "You also told me to assign a little more beat to the music because it would bring young people back to church. So, I supported you when you bought in that rock 'n' roll Gospel choir. Now, our services are consistently packed."

"Thank you, Father," answered the young priest. "I am pleased that you are open to the new ideas of youth."

"All of these ideas have been well and good," said the elderly priest. "But, I'm afraid you've gone too far with the drive-thru confessional."

"But Father," protested the young priest. "My confessions and donations have nearly doubled since I began that!" "Yes," replied, the elderly priest. "I appreciate that, but the flashing neon sign, 'Toot 'n' Tell or Go to Hell' cannot stay on the church roof!"

	<p><u>Wedding Banns</u> Michael James Shea & Whitney Erin Kittner</p>
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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.

Archdiocesan Twinning Update: There are three main areas that we are focusing on in developing our twinning relationship with Kingston, Jamaica: youth, communication and education. We will be deepening our friendships with the youth of Jamaica through the 2011 K2K Mission Trip as well as by bringing youth from Jamaica up to visit us in September '11. Better communication links are being developed through our diocesan websites. And, numerous educational exchanges are being organized through our schools. For more information about our twinning initiatives go to: www.romancatholic.kingston.on.ca.

A Prayer Shawl Group will meet each Wednesday morning from 10:00 - 11:00 a.m. for July and August, in the Hotel Dieu Hospital Chapel for quiet reflective prayer, crafting of shawls, sharing of healing stories and blessing of any completed shawls. ALL are welcome to one or more group sessions - no cost - no ongoing commitment necessary. If you would like more information please call the Pastoral Care Department at 613-544-3400 ext 2231.

LIFE TEEN: High School Youth Ministry Program "It's a Jungle out There" Kickoff Night 17 October 2010 at 5:15 Dinner & Life Night for Teenagers 7:30 pm Life Teen Mass St. Paul the Apostle Parish, Kingston ALL ARE INVITED TO LIFETEEN MASSES all parishioners invited for cake and refreshments following the 7:30 p.m. Mass

Teen Musicians: Life Teen is looking for talented TEEN musicians and vocalists to join the LIFE TEEN Band. If God has given you the gift of song, share your talent and help lead our community in praising our Lord! The band will meet once a week to rehearse If interested, please contact Mike or Nadia @ lifeteenkingston@gmail.com

Core Team: Teens need adult mentors to walk beside and stand behind them as they choose to follow Christ. As a Life Teen Core Member you will be the willing hands and hearts that witness Christ in the world. Any university/college-aged students or adults interested in joining the Core Team or getting more information are asked to please contact Mike or Nadia @ lifeteenkingston@gmail.com Information night will be held on Monday, 30 August @ 7:30 p.m. (in the basement of the Church, Room D)

Annual Ham and Turkey Supper at St. Denis Church, Athens. Wednesday, August 18, 2010 starting at 4:00 p.m. Adults :\$12.00 Children (5-12): \$6.00 Under 5 FREE.

For the vision still has its time, presses on to fulfillment, and will not disappoint; If it delays, wait for it, it will surely come, it will not be late. ~ Habakkuk 2

20 Rules of Wisdom

- 1) God wants spiritual fruit, NOT religious nuts.
- 2) Dear God, I have a problem, it's me.
- 3) Growing old is inevitable, growing UP is optional.
- 4) There is no key to happiness. The door is always open.
- 5) Silence is often misinterpreted, but NEVER misquoted.
- 6) Do the math....count your blessings.
- 7) Faith is the ability to not panic.
- 8) Laugh every day; it's like inner jogging.
- 9) If you worry, pray. If you pray...don't worry.
- 10) As a child of God, prayer is kind of like calling home every day.
- 11) Blessed are the flexible for they shall not be bent out of shape.
- 12) The most important things in your home are the people.
- 13) When we get tangled up in our problems, be still; God wants us to be still so He can untangle the knot.
- 14) A grudge is a heavy thing to carry.
- 15) He who dies with the most toys...is still dead.
- 16) We do not remember days, but moments. Life is moving too fast so enjoy your precious moments.
- 17) Nothing is real to you until you experience it, otherwise its just hearsay.
- 18) It's all right to sit on your pity pot every now and again. Just be sure to flush when you are done.
- 19) A lone amateur built the Ark. A large group of professionals built the Titanic...think about it
- 20) Surviving and living your life successfully requires courage. The goals and dreams you're seeking require courage and risk taking. Learn from the turtle, it only makes progress when it sticks out its neck!

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LITURGICAL MINISTRIES - Sunday, August 8

Time:	Altar Servers	Eucharistic Ministers	Lectors
5:00	J. Heroux, L. Heroux, P. Lagueux	P. Lagueux, S. Wilson, D. North	E. Neely, M. Murphy
8:00	C. Foster, M. Roy	B. Roy, D. Duttle	E. McDonald, S. McDonald
10:30	A. Coates-Lemery, S. Coates-Lemery, N. Beadle	R. Ofield, D. Bracciodieta, M. Meagher, B. Cabral, A. Lyng, N. Assuncao, M. Marcial	R. Price, C. Abella
7:30	P. Lucas, E. Snider, D. Snider	E. Snider, D. Snider	A. Stewart, M. Savoie