

19TH SUNDAY IN ORDINARY TIME - AUGUST 8, 2010

Mass Intentions

Sunday - August 8	5:00 pm - Mary Win Davidson	8:00 am - Gerard Walsh	10:30 am - For the People	7:30 pm - Special Intention
Monday	7:45 am - Bertha Mhusk	12:10 pm - Rita Turgeon	5:15 pm - NO MASS	
Tuesday	7:45 am - Special Intention for Catharina van Herpt	12:10 pm - Mrs. Patricia McDonald	5:15 pm - NO MASS	
Wednesday	7:45 am - Steffono Rivolta	12:10 pm - Mary Lyng	5:15 pm - NO MASS	
Thursday	7:45 am - Theresa Humes	12:10 pm - Clair Kearns	5:15 pm - NO MASS	
First Friday	7:45 am - Eileen McConnell	12:10 pm - Ken Hogan	5:15 pm - NO MASS	
Saturday	7:45 am - Ventura Dos Santos	12:00 pm - Norton & Gwen Collins	5:00 pm - Hughes Amo	
Sunday	8:00 am - Steffono Rivolta	10:30 am - For the People	7:30 pm - Special Intention - K.K/L.R.	

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

Sunday Readings

- 1) Wisdom 18:6-9
- 2) Hebrews 11:1-2, 8-19
- 3) Luke 12:32-48

Sunday is the Nineteenth Sunday in Ordinary Time. In Luke's Gospel, Jesus cautions us to be ready for the coming of the Lord. "Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into."

Finding intimacy with our Lord is not limited to people who can go away on a retreat. We can all be contemplatives in action, if only we can focus on our relationship with the Lord in the background, every day. This week we can feed on the words of life which Jesus gives us. And, we can ask for the graces we need, in the midst of our busy lives. 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 - \$5,854.52
- Food Bank - \$150.00

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 Hessel, 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.

"Lord, if my brother sins against me, how often must I forgive him? As many as seven times?" Jesus answered, "Not seven times but seventy-seven times." ~ Matthew 8

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.

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.

St. Charles Borromeo Annual Cemetery Mass will be held Saturday on August 21, 2010 at 11:00 a.m. with a light lunch following in the St. Charles Borromeo Parish Hall. Everyone Welcome! For more information, please contact the Parish Office at 613-396-2846

How Did Jonah Survive? There was this Christian lady that had to do a lot of traveling for her business so she did a lot of flying. But flying made her nervous so she always took her Bible along with her to read and it helped relax her. One time she was sitting next to a man. When he saw her pull out her Bible he gave a little chuckle and went back to what he was doing. After a while he turned to her and asked "You don't really believe all that stuff in there do you?" The lady replied "Of course I do; it is the Bible." He said "Well what about that guy that was swallowed by that whale?" She replied "Oh, Jonah. Yes I believe that, it is in the Bible." He asked "Well, how do you suppose he survived all that time inside the whale?" The lady said "Well I don't really know I guess when I get to heaven I will ask him." "What if he isn't in heaven?" the man asked sarcastically. "Then you can ask him" replied the lady.

Driving Permit: A young boy had just gotten his driving permit. He asked his father, who was a minister, if they could discuss the use of the car. His father took him to his study and said to him, "I'll make a deal with you. You bring your grades up, study your Bible a little and get your hair cut and we'll talk about it." After about a month the boy came back and again asked his father if they could discuss use of the car. They again went to the father's study where his father said, "Son, I've been real proud of you. You have brought your grades up, you've studied your Bible diligently, but you didn't get your hair cut!" The young man waited a moment and replied, "You know Dad, I've been thinking about that. You know, Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair...." To which his father replied, "Yes, and they walked every where they went!"

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LITURGICAL MINISTRIES - Sunday, August 15

Time:	Altar Servers	Eucharistic Ministers	Lectors
5:00	P. Lagueux, J. Putos	B. Thurgood, C. Thurgood, P. Lagueux	R. Joy
8:00	E. Snider, D. Snider	D. Duttle, B. Roy	B. Murray, C. Pereira
10:30	D. Devlin, N. Macartney	R. Ofield, N. Assuncao, T. daCosta, C. Whitmarsh, B. Cabral, E. Murray, R. Price	B. Kasaboski, G. Murray
7:30	P. Lucas, L. Girard	M. Meagher, P. Lucas	L. Vallieres, A. Stewart