



ARCHDIOCESE
of
KINGSTON

JOURNEY

COMMUNICATOR FOR THE ROMAN CATHOLIC
ARCHDIOCESE OF KINGSTON

"THAT I MAY KNOW CHRIST
AND THE POWER OF
HIS RESURRECTION"
(PHILIPPIANS 3:10)

PASTORAL CARE
A MINISTRY OF
PRESENCE

THE PULL
AN UNFINISHED STORY
OF CONVERSION

HOLY FEAST
CELEBRATION BY
SYRO-MALABAR
CATHOLIC CHURCH

FUNERAL SERVICE
HELD FOR IRISH
IMMIGRANTS OF 1847

PAST, PRESENT AND FUTURE OF THE
ARCHDIOCESE OF KINGSTON
OCTOBER 2024

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My dear faithful of the Archdiocese,

As we enter the final months of 2024, the Archdiocese prepares to begin the celebration of two important events. In 2025, at the invitation of Pope Francis, the Universal Church will celebrate a Jubilee Year. The last Jubilee was celebrated in the year 2000. Just as this year-long celebration ends, the Archdiocese will celebrate the 200th anniversary of its foundation in 1826. This anniversary celebration will last throughout 2026 and form a foundation for our apostolate for the coming decades.

Our Holy Father has chosen the theme – “Pilgrims of Hope” – for the Jubilee of 2025. This theme will invite each of us to reflect upon and accept our identity as pilgrims. This pilgrimage is marked by hope rooted in Christ. How important will this foundation be. We know from our own experience how frustrating and often disappointing our hopes and initiatives are when they are rooted in ourselves. But with hope founded in Christ and His grace, we allow ourselves to be precious instruments in the hand of the Lord. I pray that this time of the Jubilee Year will be a good introduction to the Anniversary of the Archdiocese in 2026. For this celebration, I have chosen a phrase from Paul’s letter to the Philippians – “To know Christ and the power of his resurrection”. As pilgrims of hope, strengthened in our true identity, our task in 2026 will be to deepen our knowledge of Christ. This is the invitation open to each of the baptized, an invitation to deepen our personal relationship with the risen Christ. Within the articles of this issue of Journey, you will read about individuals and parish communities who are responding to this invitation to know Christ and the power of His resurrection. We rejoice that Jesus is a living reality in the Church and our lives. He desires that each soul He has created comes to know Him and enter an intimate communion like the vine and the branches of John’s gospel.

I hope that the graces and fruits of 2025 will serve as a fitting introduction to our anniversary celebration in 2026. Let us pray that the Lord will bless our preparations, make holy our celebrations, and give His life-giving Spirit to our parishes now, and in future years as He has in the past.

+Michael Mulhall
Archbishop of Kingston

The Erection of the Diocese

LEOPR. XII.



Reverend Alexander Macdonell,
First Bishop of Kingston

**by Veronica Stienburg, Archivist
Sisters of Providence of St. Vincent de Paul**

Diocesan and religious order archives are repositories of the Church's memory and history. One way that we know of "Christ and the power of his resurrection" (Philippians 3:10) is through documents, like the scriptures, but also through the records that have been created in the almost 200 years since this Diocese was created. The archives of the Archdiocese of Kingston is full of treasures that offer a glimpse into the Catholic history of Kingston and the wider diocese.

One of the most important documents in the Archives, you might even say the most important because without it we'd have no Diocese, is the papal brief that created the Diocese of Kingston. A papal brief is an official document issued by the pope and written in Latin. This particular brief was issued on January 27, 1826 by Pope Leo XII, who served as pope from 1823 to 1829. This particular papal brief not only erected the Diocese of Kingston but appointed the Reverend Alexander Macdonell as Bishop of Kingston. The Diocese covered a much larger geographical area than it does today, encompassing all of Upper Canada at the time, from the Quebec border to Windsor.

A Pope would use either a papal brief or a papal bull to create a diocese – the formal term is “erect a diocese”. A papal brief was written on vellum and always has the Pope’s name at the top usually in capital letters, in this case LEO PP XII. For those of you who may have heard of papal bulls, a papal bull is a more formal document (in form and presentation, not in authority) also written on vellum, but with a lead medallion attached by a cord called a bulla that bears the Pope’s seal. On December 28, 1889, after the creation of several new dioceses in what is now the province of Ontario the diocese was promoted to become the Metropolitan Archdiocese of Kingston. The new Joint Archives at the Archdiocesan Centre, when constructed, will house the archives of the Archdiocese, the archives of the Religious Hospitallers of St. Joseph and the archives of the Sisters of Providence of St. Vincent de Paul. Once the new facility is open, we hope to be able to share with you more gems from the history of your diocese and the religious orders who served here.

Caption: Papal brief dated January 27, 1826 erecting the Diocese of Kingston and appointing Rev. Alexander Macdonell as Bishop of Kingston.

ANNUAL FEAST CELEBRATION AT ST. KURIAKOSE CHAVARA SYRO- MALABAR CATHOLIC CHURCH, BELLEVILLE

by Joseph Chacko; Photos by Jithin Abraham



The annual feast of St. Kuriakose Chavara Syro Malabar Catholic Church, Belleville, was celebrated on Sunday, August 18th, 2024, at St. Michael the Archangel Church in Belleville.

The Syro-Malabar church community hosted its second annual festival celebration, drawing people together in faith and festivities over three days. Approximately 425 people participated, most from the Quinte region, with visitors from Toronto and Montreal. This event was a display of cultural and religious unity, honoring the legacy of Saint Kuriakose Elias Chavara. Fr. Johnney Kunnath, the Vicar of St. Kuriakose Chavara Syro Malabar Church and Fr. Richard Whalen, pastor of St. Michael the Archangel church hoisted the flag to inaugurate the feast celebration.

Three days of Devotion and Celebration

The celebration began on Friday, August 16, 2024, with a solemn Holy Qurbana (Mass) for deceased family members, followed by flag hoisting in front of the church. The Holy Qurbana was celebrated on Saturday, August 17 with veneration of statues of saints attended by the large congregation. The Holy Qurbana on Sunday, August 18 celebrated by Fr. Baiju Chakkery from Scarborough, St. Thomas Syro-Malabar Forane church, was a profound expression of devotion, with prayers and hymns reverberating through the church. During the Holy Qurbana, the stained-glass windows of the church glittered with sunshine depicting the life of Jesus Christ shining through, with grace and light. Following the Qurbana, a procession of the statues of St. Kuriakose Chavara, St. Sebastian, St. Thomas, St. Joseph, Blessed Mother Mary, St. Alphonsa, and the Cross with the relic of the wood from the Cross of Jesus Christ, was taken around the church premises.





Cultural Festivities

The event was a spiritual gathering, a tour de force and a fascinating display of cultural grandeur. The church grounds were lit up with colorful glittering lights and filled with the sounds of traditional music and the sights of exquisite performances. The highlight was the Shinkari Melam, a band of twelve drummers playing the traditional festival drumbeats of Kerala state in India. The performance captivated the audience with its rhythmic beats and spirited display.

Church community activities

The church community families offered a variety of traditional culinary delights from the state of Kerala in India, for the festival celebration, served to all attendees. This communal meal fostered a sense of togetherness and allowed everyone to share in the joy of the occasion.

The St. Kuriakose Chavara Syro Malabar Church community extended a warm welcome to everyone, inviting them to participate in the festivities and experience the rich cultural heritage of the Syro Malabar community. The event was a testament to the shared commitment to fostering Catholic faith, a sense of community, and preserving cultural traditions.





FUNERAL SERVICE FOR IRISH IMMIGRANTS OF 1847 MAY GOD HOLD YOU IN THE PALM OF HIS HAND



The sunshine and warm summer weather of August 7, 2024, provided a peaceful and tranquil setting for the funeral Mass and burial of the Irish immigrants who died in Kingston in 1847, more than 170 years ago. The remains of 55 Irish immigrants were discovered during an excavation in 2021 at Kingston Health Science Centre (KHSC). Deposition of the hospital grounds burial site was carefully managed by an Archeology firm under contract by the provincial government until June of 2024 when the remains of all individuals recovered were entrusted to the Archdiocese of Kingston. At the end of June, 52 of those recovered were buried at St. Mary Cemetery with the Rite of Christian Burial. The funeral Mass at St. Mary Cathedral on August 7 was offered for all who perished in the typhoid epidemic of 1847 – 1848 in the presence of the caskets of the remaining three individuals recovered from the site, a man, a woman, and a child.

The funeral Mass was attended by parishioners and clergy from many different parishes across the archdiocese and members of the broader Kingston community. The Knights of Columbus provided a solemn honour guard for the three caskets and served as pallbearers. Descendants of Irish immigrants who perished in the 1847 typhoid epidemic in Kingston participated in the Offertory Procession carrying the book of remembrance to the Altar. Anya Kelly played hymns of praise on a Celtic harp throughout Mass, and a bagpipe player played traditional songs of praise as the caskets were taken to their final resting place in the cemetery. Young members of the Kingston Irish Club laid wreaths for the deceased in St. Mary Cemetery. A reception with refreshments was held after the interment at St. Mary Cemetery for all who attended.

Archival records from 1847 were reviewed to document the names of all who were known to have died of illness upon their arrival to Kingston or shortly after. This list of names was displayed at the funeral Mass with a book of remembrance. Many of these Irish surnames can be found today within the communities and local cemeteries of parishes across the archdiocese. For many families of Irish descendants in the Archdiocese of Kingston, the heritage of faith and hope for a better life has endured across generations.



Like many migrants today, multitudes of Irish immigrants historically suffered great hardship in their efforts to raise their families in the Catholic faith and provide adequate food and shelter. Over 100,000 Irish emigrated to Canada in 1847 and by 1867, the Irish were the second largest non-English group in Canada next to the French (Hull, K., ASI, 2024). Correspondence from Bishop Paul Demsey of the Irish Bishop's Conference expressed deep gratitude for the funeral mass offered on August 7 and for the prayerful remembrance of all who suffered under the tragic circumstances of famine and disease, "It means a great deal to us here in Ireland that you will be remembering fifty-five Irish Emigrants at a Funeral Mass in St. Mary's Cathedral, Kingston, on the 7th of August...It is a great comfort for us to know that they are being remembered and prayed for and it is deeply appreciated. I will also be remembering them in prayer on the 7th of August." Photos taken on August 7 at the funeral Mass and interment as well as the list of names of deceased Irish immigrants from 1847 and other documents can be found on the archdiocese website at <https://romancatholic.kingston.on.ca/1847-interments>



STEUBENVILLE

CATHOLIC YOUTH CONFERENCE REFLECTIONS

ENCOUNTER – CONVERSION – COMMUNITY BY CISILIA CYRIL KOCHERRY

At the Steubenville conference in Ohio we were all promised an encounter, a conversion, and a community. The Lord truly delivered on these promises. This was true for me as well as for most in the St. Michael's Belleville group. The retreat was filled with thought-provoking talks. A memorable one was by Sr. Josephine during the women's talk. It was focused on femininity according to God. She brilliantly said that our human understanding and perception of femininity is simply a drop in a much bigger ocean, that as humans we can't grasp the full concept but God knows and we are enough for him.

The talk that profoundly changed me was on the Holy Spirit and following it was where my promise of encounter was fulfilled. I remember being told that the beauty of the music and the special effects is secondary. Your prayer and your worship are for God and to grow in your relationship with him. When adoration began, that was exactly what happened for me. I focused on the person who I had professed to be my Saviour all these years but had failed to create a relationship with. I had never felt so close to Him before. It wasn't a physical closeness but it was as if though my soul was at home and was joyous. After the adoration, a group of us ran to go to confession, and after there was a look of pure joy on all of our faces. This experience didn't end at the conference; it continued to transform me, fulfilling God's promise of conversion.

Throughout the conference there were little cafes open, and a crowd favourite of the St. Michael's group was the iced coffee. I think, if given the opportunity, some would say that was what they would bring back and give to others (or just keep to themselves). I don't disagree but I would want to bring back that sense of community and offer it to others. The beauty of this conference was that it was so powerful, I know everyone was impacted by the true presence of the Lord. So, when we got back to the bus, there was a change. I felt connected to these people over a shared life-changing conference. It became clear that this sense of community wasn't meant to be confined to our group but was a gift to be shared with the broader youth community.



On the ride back home I was thinking about the three promises and realized, all of a sudden, all three were completely fulfilled. I had a community that I knew at any point I could go to for prayer. I had a community that I could call on for company to attend Mass or for a simple hangout. I had a community I considered family. For any youth that may desire to have an encounter, a conversion, and a community, I offer you this advice: Open your mind to opportunities to grow closer to God. Go to conferences and retreats and attend youth groups offered for Catholic youth around you. You will take away more than you expected and lose nothing along the way. Ecclesiastes 11:4 says “Whoever observes the wind will not sow; and whoever regards the clouds will not reap.” Jesus is waiting for you to open yourself to His love and all that comes with it. Don’t wait for someone else or something else to do it for you! By taking the step to attend Steubenville I heard life-changing talks, I experienced Mass and adoration and left with an unshakeable belief in the presence of the Lord. I was in a community that I saw Christ in every day. It was a weekend where I was filled with eternal joy in Jesus Christ.



STEUBENVILLE CONFERENCE – AN AMAZING EXPERIENCE

by Eby Mathew

The Steubenville Conference was a magical experience, to say the least! It was full of fun, full of faith, and prayer. The drive to Steubenville was not the best as it was close to a 10-hour bus ride and the air conditioning was not working, so when we finally got to Steubenville, all I really wanted to do was sleep and go home. When it was time to go to the talks, I was not too excited but after listening to some of those talks my whole attitude towards the Conference changed. After the talks, I spoke with people from many different places. If it was not for this conference, I would never have met these people.

But out of everything in the Conference, my favourite activity was adoration. I have been to many adorations in my time, but this adoration was something completely different. I have never seen a priest walk with the monstrance and I really enjoyed that. I also really loved the huge spotlight shining down on the monstrance. All in all, the Steubenville Conference was an amazing experience, and I hope to go again next year.



THE PULL

AN UNFINISHED STORY OF CONVERSION

by Patricia Murphy

I wish I could remember the date the first time I felt it but I don't. And I don't know exactly what I was doing. But I know I was in my kitchen caring for my family - probably washing dishes or preparing a meal, attending to mundane matters of everyday family life. And it came out of nowhere, unexpected, unasked for, unmerited. But it was unmistakable who it was and what was happening. It was God pulling me towards Him. One hand in my chest, one hand on my back, pulling me toward Him. Why He decided to do this, why He decided to do this at this time, I don't know. It was something that I did not ask for. I did not anticipate. And I did not look for. Outside of His Love for me I have no other answers.

And at the time it was overwhelming. It is still overwhelming. It happened repeatedly. I called it "The Pull". One hand in my chest, the other on my back pulling me, calling me, drawing me toward Him. And it would bring me to my knees and I would weep. The intensity was so great. I had no words to describe it. I knew deep within me with such clarity that it was God. But I did not know how to respond.

I am Catholic. I was born into the church, baptized, and confirmed. I never fell away from the church in my youth or young adulthood. I never left. And into my adulthood I was active in various ministries in my parish. I was a doer, a box ticker: Attend Mass every Sunday, *tick*. Active participant at Mass, *tick*. Go to confession on occasion, *tick*. Raise my children in the faith, *tick*. Say some prayers, *tick*. I treated my faith like a math equation. Tick these boxes and the result is a "Good and Faithful Catholic" who probably will get to Heaven. And that was it. My faith was hollow. It was empty. There was nothing supporting it. It was a shell. It was at best an intellectual endeavour, a math equation.

Yet inside me, I knew there was a God. That was never a doubt. I could simply look at the world and see God's work. I am so thankful for that Grace. And I always had a desire to get to know God more. To know more about my faith. In my mind, too, that was an intellectual endeavour. In my mind, to know God more, to know more about my faith, meant more education. I would get to know God through an academic pursuit. As I look back now, I can hear the Holy Spirit chuckling at my naivety.

And I feel that it was this Grace, this seed of desire in my heart to know God more that opened me up to the Grace of God entering in a powerful way into my life. I don't have another explanation. Because despite my actions, my box ticking, I was far from the Lord. I was far, far away. I had no relationship with Him. I had no concept of what that meant. I had many things that were unrepented in my life that should have cut me off from relationship with Him, from communion with Him. By technical definition I was spiritually dead.

And yet He kept calling and by His Grace, I responded. At that time, the time of the “Pull”, a few things were very clear. 1) I knew that I needed to pray but I also knew that I did not know how to pray. I knew some prayers. I knew some devotions. But I did not know how to pray. 2) I needed to repent. I needed the Sacrament of Reconciliation. 3) I needed the Eucharist. I needed the presence of Our Lord in the Eucharist and the Holy Sacrifice of the Mass. And God opened the doors for all of these things. He taught me. He enrolled me in the School of the Holy Spirit. He taught me how to pray. He opened up so many things so that I could come to Him in the Blessed Sacrament, and in the quiet of that space, He taught me how to pray. He taught me how to pray in the still of my home. And slowly over time, He has taught me to pray in almost all moments. A quiet movement of my heart that is always towards Him. He taught me what it is to have a relationship with Him. He gave me other moments of profound Grace. A moment where, in the midst of my daily activities that, I knew, knew in an instant that everything, everything, that I ever heard and was taught was true, everything! Another moment where I knew that through the word “Our”, “Our Father”, that I was being called into the same relationship with the Father He has with His Son. So, this Grace, this infused knowledge of the depths of the truths, and the depths of the Father’s Love for me left me weeping in my home as I moved from one daily task to another. I knew and experienced a Love that was greater than anything. A Love for me that was, and is overwhelming. A Love that I knew I would never be able to reciprocate. A Love that was undeserved, unmerited, unearned, fully gratuitous. It was not dependant upon anything I did, said, or accomplished. A Love that is so abundant and freely given that it was, and is hard to accept.

So my dear brothers and sisters, why am I writing you this deeply personal account? I am not special in any way. I am a wife. I am a mother. I have a busy work and family life. My children would unanimously agree that I am abundantly boring. I am like any other person you may encounter in your life. And yet, for reasons that I do not fully understand, God broke into my life in a profound way. Now He has called me to witness to this through this account. To witness to my brothers and sisters, and to witness and proclaim as St Mary Magdalene did to the apostles “I have seen the Lord” (John 20:18). And He is waiting for you too. To open yourself up to His Grace to move into a real relationship with Him. To know and experience in a real, tangible way His Love for you, His desire for you, His longing for you.

Today my concern is the same as St Teresa of Calcutta as she wrote to her sisters in 1993: “I worry some of you still have not really met Jesus - one to one - you and Jesus alone. We may spend time in chapel-but have you seen with the eyes of your soul how He looks at you with love? Do you really know the living Jesus-not from books but from being with Him in your heart? Have you heard the loving words He speaks to you? Ask for the grace, He is longing to give it.





How will He call you into relationship? I don't know. How will it look? I don't know. But the start is simple, but powerful. It starts with a desire to know Him. It starts with prayer. I was so wrong for so long. Getting to know God does not start and stop as an intellectual or academic exercise. We need to open our hearts to Him. To allow Him the space to move beyond our minds, and into our hearts and souls. This is in some ways a simpler math equation. It comes from more being and less doing - being with Him, being with Him in prayer. Prayer that is not simply recitation but prayer that comes from a desire to be with Him, to know Him and an openness to receiving as Our Blessed Mother receives. To holding, pondering and treasuring as Our Blessed Mother does. However, this cannot be done outside of Grace and the removal of barriers to Grace. The Graces that come through the Church and the Holy Sacraments. Reconciliation. The Eucharist. As with any relationship, honesty is necessary. An honest, open, and full confession is vital. Honesty before God including our failings is necessary to growth in our relationship with Him, a non-negotiable. As with Adam and Eve in the Garden after the fall, He is waiting and calling "Where are you?" (Genesis 3:9). Longing for you. Seeking you. Desiring you. Stop hiding and go to Him.

And the Eucharist. Finding time, even in the smallest way, to come before Him and simply be with Him in the Blessed Sacrament. At the time when I knew that I needed to pray but I did not know how, He called me to Himself in the Eucharist, the Blessed Sacrament. Here was the place that He started to teach me how to pray - how to encounter Him, how to hear Him. It is there that He waits for you, yearning for you in every Tabernacle. Go to Him. He is waiting. There is a Love beyond all imagining waiting for you.

This personal account is an unfinished story of conversion. A story of God's Grace breaking into a person's life. A person who is no different than you. A person full of flaws and imperfections. A person who is not pious or perfect. A person who carried her faith as a façade rather than a relationship. And it is only on account of His boundless Grace and boundless love that I have changed. I am still flawed. I still fall. I am still imperfect. I am a sinner. But yet, I am changed. I am changed because of Him. I am changed because I have encountered Him. And I want this for you too. I want you to know Him. I want you to experience His real, tangible love for you. I want you to experience the tender love and mercy of the Father. I want you to experience intimacy with the Son. I want you to experience the joy of the Spirit. I want you to know "the Love of Christ which surpasses all knowledge" (Ephesians 3:19). But you have to want to receive this, to desire this, to accept this. This is our freedom. He cannot break in unless we give Him permission. He is standing at the door knocking. Will you open it?

"In the tender compassion of Our God, the dawn from on high will break upon us, to shine on those who dwell in darkness and the shadow of death and to guide our feet into the way of peace" Luke 1: 78-79

HOLY CROSS PARISH CELEBRATES 195 YEARS WITH JOY AND REFLECTION



by Holy Cross Pastoral Council

On Saturday, September 14th, Holy Cross Parish in Kemptville joyfully marked its 195th anniversary on our patronal feast day, the Exaltation of the Holy Cross. The day was filled with prayer, fellowship, and thanksgiving as we came together with gratitude to celebrate our faith and our long-standing parish community.

The weekend theme, "Signed by the Cross," was chosen to commemorate the 800th anniversary of St. Francis of Assisi receiving the Sacred Stigmata. Our celebration began with our Feast Day Mass at 11:00 am, after which parishioners enjoyed a BBQ lunch featuring beef and pork on a spit, salads, and desserts. The sunny weather allowed everyone to relax and enjoy each other's company while the children had fun in the bouncy castle. Families and friends gathered, sharing in the joy of the day and the spirit of our community.

The festivities continued with a family concert inside the church, where five families shared their musical talents. With a selection of uplifting hymns that celebrated the Feast Day, the concert brought everyone together in song. Throughout the weekend, we were blessed with two Holy Hours led by Father Raymond de Souza, who offered insightful talks on both Friday and Sunday evenings. Friday's Holy Hour reflected on the significance of the sign of the cross, a meaningful prayer in our daily lives, while Sunday's talk explored the significance of the stigmata through the history of our faith.

Our heartfelt thanks go to the many, many volunteers who made this celebration possible. From organizing the BBQ and children's activities to ensuring the smooth running of the Mass and concert, their dedication was a testament to the strength and generosity of our parish community. We are grateful to the Knights of Columbus for providing the tent, which created a welcoming space for all to enjoy the festivities. As we reflect on 195 years of faith and fellowship, we are grateful for all who joined us for this joyous celebration. May the Holy Cross continue to bless our parish as we move forward together toward our 200th anniversary, by knowing the love and sacrifice of Christ through the power of His resurrection.



6th Annual Rideau Canal Men's Retreat, August 2024



by Fr. Brian McNally

The 6th Annual Rideau Canal Men's Retreat proved to be an enjoyable and inspiring pilgrimage by water again this year. A record attendance of thirty-eight men, including five priests, shared and strengthened their Catholic faith while enjoying male camaraderie during this popular outdoor adventure by canoe. The retreat, with its theme of Eucharistic Revival, began on Tuesday, August 6 at Seeley's Bay with the celebration of Holy Mass on the Solemnity of the Transfiguration of the Lord. After breakfast, the men launched canoes, kayaks, and accompanying motorcraft to begin their journey northward over the waters of the historic 1832 Rideau Canal.

After travelling over clear, sparkling waters and through scenic canal cuts on the World Heritage Site waterway, they were then lifted sixty feet upward through the four locks at Jones Falls. They shared lunch on the historic Stone Arch Dam before crossing Sand Lake to Davis Locks, where they camped overnight. The following day's eighteen-kilometre route led through Opinicon Lake to Chaffey's Locks, and into Indian, Clear, and Newboro Lakes. The last leg of the journey was through Newboro Lock and Newboro Canal into Upper Rideau Lake, the summit of the Canal. The group camped overnight on the 1831 McNally pioneer farm along McNally's Bay, where they remained until the retreat ended the following afternoon.

Blessed with perfect weather, they celebrated daily Mass, prayed the Holy Rosary together as a group on the water, appreciated opportunities for the sacrament of Reconciliation, and enjoyed swimming and competitive frisbee. Delicious meals, talks by priests and laymen, numerous opportunities for conversation, discussion, and interaction, and invigorating exercise made this Catholic men's retreat a joyful, grace-filled event.

The enthusiasm of the participants should help ensure that the August 5-7, 2025 retreat is similarly well attended, providing another occasion for Catholic men of the archdiocese to "know Christ and the power of His resurrection" (Philippians 3:10), in keeping with the theme of this edition of Journey.

Contact information for the 2025 retreat:

Dan Hart: hart.daniel64@gmail.com or 613-899-9514

Richard Miron: rrmiron2019@gmail.com or 613-218-6497



The Secular Order of Discalced Carmelites (OCDS)



by Margaret Vallieres

Do you feel God is calling you to deeper spirituality but you are not sure how to answer? The Secular Order of Discalced Carmelites (OCDS) offers support for laity like yourself. Our Community of Mary Queen of Peace has been active in the Archdiocese of Kingston since 1987. We come from all walks of life; men and women, young and old, married and single, each trying to respond to God's call to meditate on the Lord, day and night, while living in the world.

An OCDS "is a member of the Secular Order of Our Lady of Mount Carmel, and St. Teresa of Jesus as a practicing member of the Catholic Church who, under the protection of Our Lady of Mount Carmel, and inspired by Saint Teresa of Jesus and Saint John of the Cross, makes the commitment to seek the Face of God for the sake of the Church and the world." Fr. Aloysius Deeney OCD.

"Know God, that He may be known!"

Carmelite Seculars together with the Friars and Nuns, are sons and daughters of the Order of Our Lady of Mount Carmel and of St. Teresa of Jesus. As a result, they share the same charism, each according to their particular way of life. It is one family with the same spiritual possessions, the same call to holiness (Eph 1:4; 1 Pet 1:15) and the same apostolic mission. (OCDS Constitutions).

The origin of the Discalced Carmel is found in St. Teresa of Jesus, also known as St. Teresa of Avila. Her teachings on prayer and the spiritual life are essential to the formation and life of the Secular Carmelite.

St. John of the Cross was another reformer of the Carmelite Order and is considered, along with St. Teresa of Avila, a founder of the Discalced Carmelites.



Singing the Liturgy of the Hours

by Joseph Hamilton
Our Lady of Lourdes Parish

The Divine Office, also known as the Liturgy of the Hours, is the traditional daily prayer of the Catholic Church. When prayed in full, it occurs every three hours throughout the day. Our ordained priests and deacons are dedicated to more consistently pray these prayers while many laity pray the Vespers (evening prayer) and/or the Laudes (morning prayer). The Hours offer a profound way to connect with God and deepen our spiritual lives. Chanting the Hours creates a deep sense of connection and belonging, making space at important times of the day for glorifying God. The rhythmic cadence of the chant is both soothing and uplifting and helps to focus our minds and hearts as we sing God's psalms back to Him. During Laudes, we receive grace as we wake up from our sleepiness and they help us to gather clarity about our day to come. In Vespers, the parts of the day that we did well with, and those that we did less well with, become sanctified and refocused on the Lord. In this way, the Hours sanctify our whole day and provide a spiritual lens to our lives. By praying the Hours, we join a centuries-old tradition of praying the Psalms of David just as Jesus might have. We pray them along with the saints, and in collaboration with the universal church, gaining a sense of belonging that reminds us that we are part of a much larger spiritual community.

Our Lady of Lourdes Parish's Anniversary falls annually on All Souls Day. For last year's anniversary, a group of parishioners gathered to commemorate the event by chanting the Vespers together. During the Vespers, the intercessions were prayed for the good of our church, our priest, our bishop, our families, our community, and those who need our compassion. Following the event, several parishioners expressed interest in exploring the possibility of gathering for more regular Laudes and Vespers. The joy and spiritual enrichment we experience in singing the Liturgy of the Hours has inspired us to encourage others to try it.

The iBreviary app and the Divine Office app are both free and include the Laudes and Vespers, as well as all the prayers of the Daily Office. These apps help to make the prayers doable and easier to incorporate into your daily routine. Typically, praying the Divine Office takes around 20 minutes. Chanting can be done alone, as a couple, or in groups. The 'Psalm Tones' or sounds used when chanting feel familiar even if we haven't practiced them because they are ancient and traditional. They help to elevate our prayers beyond being written words. As we hold our hearts to the Lord, he does the same to us. The SingTheHours YouTube / Spotify channel is a great place to experience the Daily Office being chanted. If you have experiences of singing the Liturgy of the Hours that you'd like to share or want more information about how to get started, email Journey@archkingston.ca.

PASTORAL CARE, A MINISTRY OF PRESENCE IN PRESCOTT AND CARDINAL



by Bernice Hogan

In June of this year, the parishes of St Mark's in Prescott and Sacred Heart in Cardinal hosted a workshop on Pastoral Care facilitated by Mary-Jo Simms-MacKinnon and Mariola Gozdek from the Archdiocesan office. Invitations to attend were also extended to other local churches in the immediate area and 24 people registered.

Attendees' experience with Pastoral Care varied. The workshop helped those who wondered what Pastoral Care was, and those who had an interest in this ministry, and also provided a refresher to those currently involved with some aspect of Pastoral Care. Participants were quite engaged during this informative workshop as they discovered how a ministry of presence reignites our discipleship to carry on the mission of Christ, to follow in his footsteps bringing his love and compassion to others who may be shut in, sick, suffering, poor or imprisoned. Our identity as baptized people reinforces our responsibility to care for the sick and the poor which is at the heart of the Church.

Through this workshop facilitation and guided group work, participants saw the importance of pastoral care which is not limited to bringing communion to others. We also bring Christ's love and compassion to others through visiting, praying together and just being there when others are in need. It is a ministry of presence. We were challenged to consider how we may respond to Jesus today in our parish communities.

As we create or continue to develop our pastoral response within our communities, I pray:

May Almighty God teach us to recognize His presence in all, especially in the poor and in those who long to see His image. May He help us to be mindful of those who devote themselves to the care of others and persevere unfettered from their goals by discouraging results or lack of support. Make us humble of heart. Help us to serve one another out of reverence for Christ. May our work honor Him and sanctify our brothers and sisters. Amen

PLANTING THE SEEDS OF CATECHESIS IN THE ARCHDIOCESE OF KINGSTON



The Pastoral Service staff at the Chancery have been very excited about the catechetical work going on in our parishes. We want to extend our heartfelt thanks to all the parishes who have proclaimed a resounding “yes” to our Lord’s call to “Go, therefore, and make disciples of all nations” (Matt. 28:19). We are responding to the needs of parishes through regular workshops and the development of supplementary materials and reflections. If you would like assistance with your Sacramental Preparation or faith formation programs, please contact Mary Jo in the Adult Education Office or Taylor in the Family Ministries and Outreach office. The Sacramental Preparation team at St. Mary’s in Carleton Place has generously agreed to share a reflection about their Sacramental Preparation process. Here are their words:

“Bringing all families to Jesus and bringing Jesus to every family” Vision-Driven and Holistic Approach to Sacramental Preparation in St. Mary’s, Carleton Place

**by Heather MacDonald,
with contributions by Fr. Stéphane Pouliot**

Writing this reflection came out of the heart of my parishioner Heather, returning home to the Catholic Church after years of being away. Heather became passionately involved with helping some cradle Catholics to return home. At the same time, Heather maintains a heart for the lost so that others may discover what they do not know is missing in their lives without their active participation in a Catholic parish family.





Start with a Vision/Mission: St. Mary's Mission Bringing all families to Jesus and bringing Jesus to every family.

Why is this important? Because God loves us and inspires us through His Holy Spirit. Our Father sent His only Son Jesus to this world so that we could choose to accept His offer to be reconciled through Jesus with Him and enjoy for ever His Joy and Love in Heaven after death. Some may not have been exposed to the Bible, to the context of the written Word of God, perhaps haven't read the Catechism of the Catholic Church in years or ever, don't regularly attend Mass and are low on the Faith, Hope and Charity scale. Some may not even know that Charity means Love.

If the world around you causes you anxiety in trying to make a living, because of wars, or because of leaders that love power more than the power of love, Jesus is here to help. If you want the best for your children, wouldn't you want to make sure that they see fulfilled in their life the promises of Christ – salvation and eternal life after death?

How? Getting back to basics: The Church considers the family as the first natural society

No matter what state the family is at, Sacramental Preparation includes both a parent and the child preparing for the sacrament:

1. Parents and children receive the same messages, which can later be discussed at home within the family and others.
2. As the child completes the videos and exercises in their workbook, the parent can answer questions the child may have.
3. Others in the household may also want to learn more and ask questions or watch the videos too.
4. The family celebrates with the child who receives the Sacrament and continues to grow in faith as part of the Faith Community.



Step One: Plant the Seeds

Begin by planning an information session(s):

- Prior to the end of the current school year, communicate through Catholic and potentially Private schools, church bulletins and announcements, social media, flyers, etc. a heads up for information sessions what will take place in late August or early September.
- Invite families to express their interest within a 2-week period to ensure they receive a personal invitation near the end of summer so that they may select and attend an information session that best meets their schedule.

Step Two: Water the Seeds

- Communicate, communicate, communicate – early and often!
- Send personal invitations to sign up for information sessions to those families who previously elected to receive one.
- Prepare and communicate a schedule of information sessions starting in August as school staff return and summer draws to a close for many families. Leverage the same communications vehicles used in June.

Now it's time to hold the Information Sessions:

- The goal of the information sessions is to move everyone to the position of a “level playing field”, understanding what it is they are going to embark on as a family, what the expectations are for parents and families, the church and the school and recognizing the celebration of receiving the sacrament is not the end but the beginning of a lifelong journey.
- In the transition from Sacramental Preparation taking place in the schools and now, within the family facilitated by the parish, there may be some inhibitors to success that must be addressed up front.

The What:

The Sacramental Preparation Program is comprised of 4 elements that have proven to be critical success factors for both parent and child engagement:

1. Weekly attendance at Mass
2. Participation in classes
3. Adoration at the end of class
4. Retreats

Step Three: Add plant food

Through the information sessions, add food for thoughtful reflection for the parents – to help parents understand sacramental preparation as a priority, options to help them with priorities (example, holding the same class two weeks in a row), the roles and responsibilities of parents and families along with those of the church, and the mandatory nature of completing the entire program (class, Mass and Adoration).

Step Four: Nurture the seedlings

Prepare families for participation prior to the start of the program:

- Help parents with potential solutions to overcome barriers that stand in their way of embracing the program, including delaying preparation another year if that is helpful. Assist parents in completing the registration form at the information session. Set a date when copies of baptismal certificates are required. Do not let this be a barrier to beginning the first class and set a hard end date for receipt of baptismal certificates to manage expectations. Offer assistance to those who encounter extraordinary circumstances in their quest to obtain the baptismal certificate, i.e. Parish has merged with another or no longer exists.

Step Five: Till The Soil

- We cannot assume all people are at the same place in their faith life. Some come from Catholic families – that does not mean faith formation has taken place in the family, other than attending (or occasionally attending) Mass on Sundays. Capacity for faith formation within the family is there but may vary based on education and experience.
- In the experience of many parents whose child or children, up until now have received sacramental preparation in school, resistance to change is to be expected. Though there may be some resistance from schools, it is the parents we must focus on. We need to lovingly help them to understand that at baptism they chose to bring up their child(ren) in the Catholic Faith, which means much more than checking off a box when the Sacraments are received. And we must illuminate the path to help both parents and children move forward.

One way to do just that is by removing the barriers to participation:

- Cost of materials should not be a barrier to program participation. Workbooks, children's missals for First Communion children and bibles for Confirmation children are funded using a "donate what you can" model, anonymous donations, and church budget.
- Hockey tournament, family event, or sickness one class? Offer the same class twice to remove the excuse for not attending.
- "Sell" the value of the free family retreats– rich content, engaging, fun, and yes there is a free lunch!
- By providing children's missals and bibles and using them throughout the classes, both parents and children are engaged in discussion and practice.

Step Six: Enjoy the Blooms

You've done the hard work of preparing the garden bed, now it's time to watch flowers bloom through the course of the program:

- Class schedules which incorporate all four elements of the sacramental preparation process (Mass, Class, Adoration, Retreats) are proving to be critical success factors. Time in the church at Mass, engaging classes, time in Adoration to thank Jesus and retreats where information sharing, lively discussions, singing and activities along with practice for receipt of Sacraments is resulting in reverent and respectful participation. Celebrations held in groups of 10-15 during various Masses integrating families into the Faith Community.

Step Seven: The Perennial Garden

Keeping God's flowers coming back to church with their brothers and sisters in Faith is worthy of consideration in terms of additional Faith Formation and engagement in church social activities.

The experience of the past 2 years in preparing our families for the sacraments of initiation has been a real blessing for me as a priest, entering my 22nd year of priesthood. I have longed to see young families meet Jesus, and come to their local parish, opening themselves and their children to the Grace communicated through the Sacraments. And it is now happening ordinarily, joyfully, and very simply. It was not obvious to me for the longest time how we could do things differently. When I arrived in St. Mary's (Carleton Place) two years ago, I was blessed to stand on the shoulders of my predecessor, and to continue building on the solid foundation he had laid out. From the vision to the implementation, and continuous improvement, I have felt guided by Jesus in Eucharistic Adoration and He has been the centre of everything we do at St. Mary's, to bring all families to Jesus and to bring Jesus to every family.



2024 LENTEN COLLECTION

PART OF A TAPESTRY OF GIVING

by Taylor Lynch
Director of Family Ministries and Outreach
with contributions by April Brownson

“But who am I, and what is my people, that we should be able to make this freewill offering? For all things come from you, and of your own we have given you.”
1 Chron. 29: 14

When I came on staff in November 2021, one of the projects I was given was to help form a committee for the new Lenten Collection. While this format for Lenten giving and myself may have been new to the Chancery office, our parishioners have a long history of giving generously to help assist our most disadvantaged brothers and sisters. As I have acquainted myself with the workings of the Archdiocese, I quickly learned how our parishioners have passionately and tirelessly met the call to provide for the vulnerable, both at home and abroad. Whether through special collections, like the Needs of the Church in the Holy Land collection, or through the donation of time, treasure, and talents to local parish initiatives, including refugee sponsorship, our parishes have given without counting the cost. Parishioners have historically contributed to African Missions, responded to natural disasters such as hurricanes in Jamaica, and supported the work of local parish conferences of the Society of St. Vincent de Paul, among many other ministry efforts. More recently, parishioners gave so generously for the special collection for those affected by the war in Ukraine. These examples provide only a small snapshot of the beautiful tapestry of giving our parishioners have contributed to over the decades. While some special collections and ministries have come and gone, today parishioners continue to “share abundantly in every good work” (2 Cor. 9: 8) when called upon in various ways to support the disadvantaged and vulnerable.

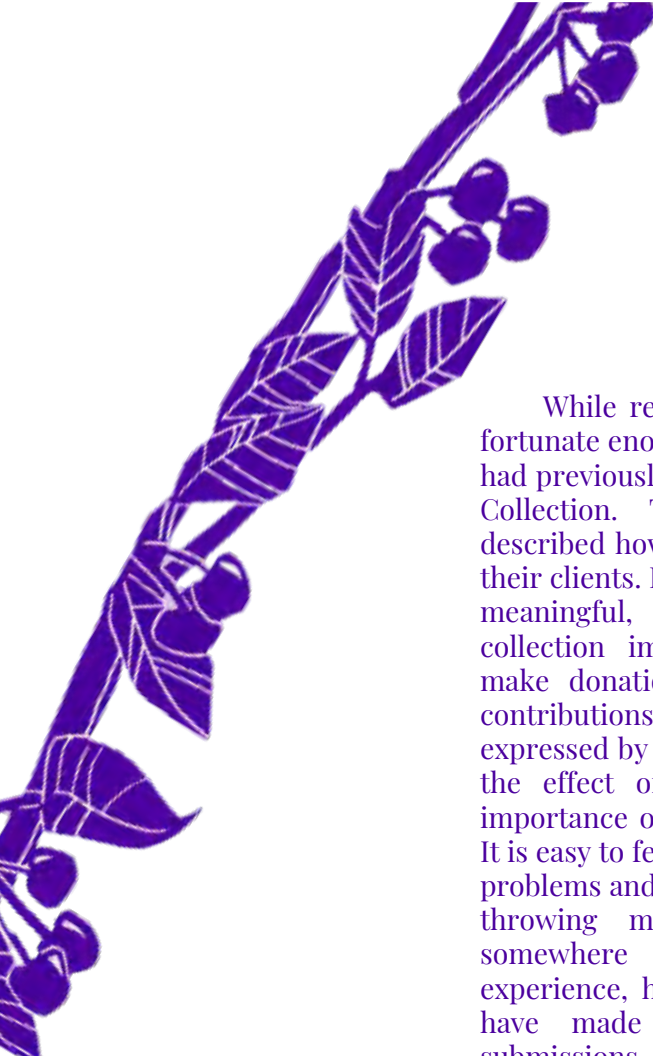
The Lenten Committee formed during the 2022 Lenten season was viewed as an opportunity to continue to weave the tapestry of giving in our Archdiocese. It has been a joy to work with committee members as they recommend local initiatives and organizations to Archbishop Mulhall for funding.

The agencies selected for donations represent the past, present, and future of our Archdiocese. Indeed, for three years now, committee members have continually demonstrated a concern for the immediate and pressing needs of our communities, such as food insecurity, homelessness, and victims of violence. Past Lenten Collection selections have included donations to the Religious Hospitallers of St. Joseph to help with their work in Peru, Mexico, and the Dominican Republic. The sisters have a long history of caring for the sick and destitute, in addition to deep ties to the archdiocese. Finally, the committee has set their eyes on the future, advocating for initiatives that provide support to vulnerable mothers, children, and young adults. Every year committee members suggest organizations that seek to establish stability and safety for young people and their families, allowing them to dream about bigger and brighter futures.

When I look at their faces on our Zoom calls, I am reminded that the committee members themselves represent the future of our Church. The Lenten Collection committee was first convened under the working title of the Young Adults Social Justice Committee and is still used informally amongst committee members, all under the age of 40. They are fathers and mothers of young families and single professionals, all busy with the day-to-day activities of living. Despite the various directions of their vocations, I see how they are striving to be true disciples of Christ in their spheres of influence. They live, work, and play in our faith communities, their varied experiences providing them with intimate insight into the needs of their neighbours. I feel privileged to hear them vulnerably share the concerns they have for their families and communities. What weighs on their hearts reveals the dreams they have for the future of our Church.

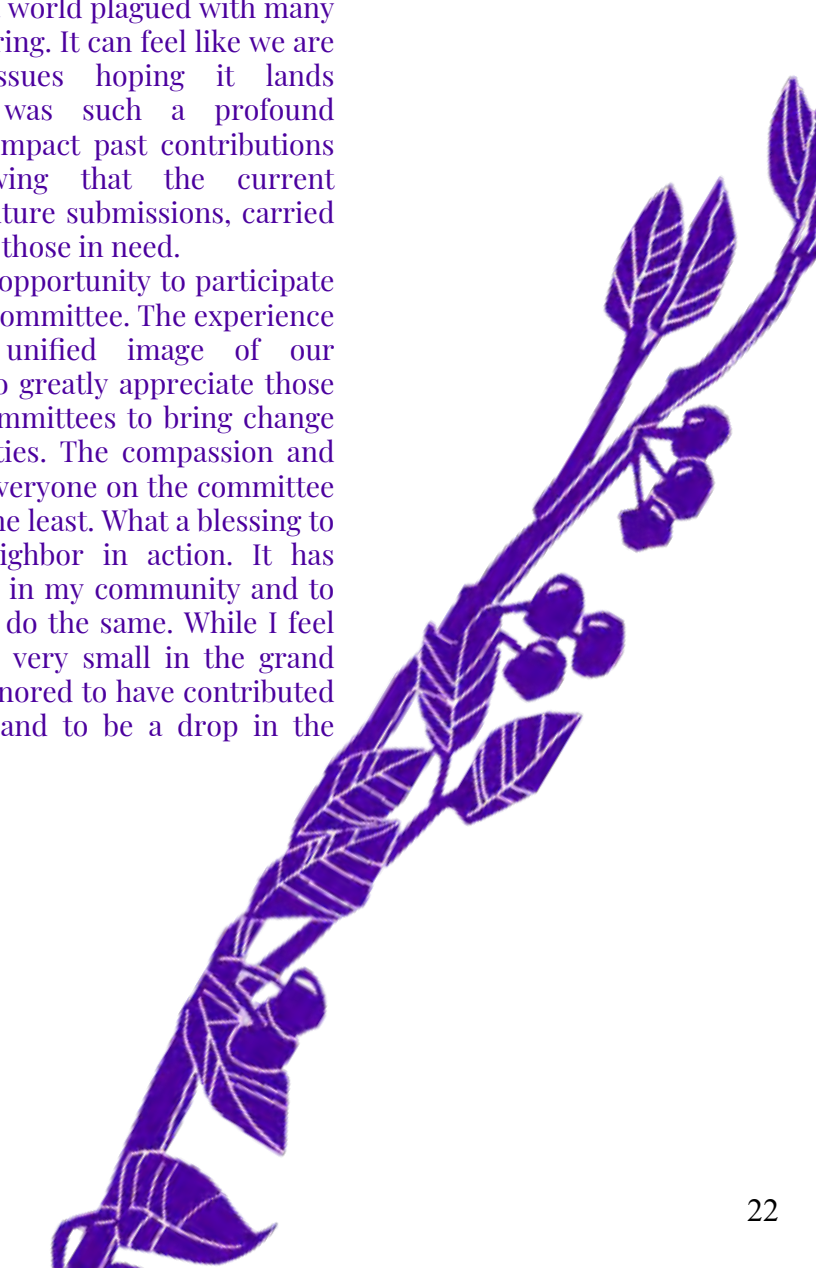
I asked one of this year’s committee members to share her experiences of the Lenten Collection. Here are April Brownson’s words:

When approached by our parish priest (Father Justin Pulikunnel) about working on the Lenten Collection Committee, I was certainly intrigued. Assisting His Grace in distributing charitable funds sounded incredibly important. While I had assisted with parish events I had never served on a committee and was mildly apprehensive. What I didn’t know at the time, was that the committee would be comprised of such faithful and passionate individuals. Working together from all over the Archdiocese to identify deserving organizations brought a sense of unity. Witnessing discernment and working collectively to ensure the funds were evenly distributed between all deaneries created a true team dynamic. Knowing the agencies we submitted would potentially receive funds that would directly impact people in our communities motivated us to ensure we were intentional with our submissions.



While researching potential candidates, I was fortunate enough to speak with an organization that had previously received a donation from the Lenten Collection. The representative I spoke with described how great of an impact the funds had on their clients. Hearing this made the work even more meaningful, understanding how directly this collection impacts communities. Sometimes we make donations, unsure of where our financial contributions are going. To hear the gratitude expressed by someone who has firsthand witnessed the effect of past contributions, reiterated the importance of this committee and its submissions. It is easy to feel small, in a world plagued with many problems and much suffering. It can feel like we are throwing money at issues hoping it lands somewhere useful. It was such a profound experience, hearing the impact past contributions have made and knowing that the current submissions, as well as future submissions, carried the same potential to help those in need.

I am thankful for this opportunity to participate in the Lenten Collection Committee. The experience has created a more unified image of our Archdiocese for me. I also greatly appreciate those involved in organizing committees to bring change directly to our communities. The compassion and consideration shown by everyone on the committee was inspirational, to say the least. What a blessing to witness love for thy neighbor in action. It has motivated me to do more in my community and to work to inspire others to do the same. While I feel the part I played was so very small in the grand scheme of things, I am honored to have contributed to such a worthy cause and to be a drop in the ocean.





Upcoming Events

Fish Fry (St. Mary's – St. Cecilia's Catholic Women's League): Friday, October 11; 5:00– 7:00 pm

Morrisburg Legion (10 Legion Street, Morrisburg)

St. Mary St. Cecilia CWL are sponsoring a fish fry on Friday October 11 at the Morrisburg Legion (10 Legion Street, Morrisburg). Serving from 5:00 pm to 7:00 pm, cost \$22. Tickets available at the door or call Nancy Richer at the Parish Office (613-543-2544).

Blanket Exercise: Renewed Catholic Commitment to Indigenous Reconciliation: Saturday, October 19; 1:00 - 3:30 pm

St John Catholic Elementary School Gym (34 Wilson St E, Perth) Parking behind St John's Church

It has been 2 years since Pope Francis came to Canada on a penitential pilgrimage in which he apologized and called for a future of justice, healing and reconciliation for and with Canada's Indigenous Peoples. In a "Letter to the People of God", the Canadian Bishops are encouraging all Catholics to continue to listen to Indigenous communities on this journey of reconciliation.

On Saturday afternoon, October 19th you too can participate in this process of healing and reconciliation through a unique event in our parish: the Blanket Exercise. This is an interactive way to learn the history and the relationship between Indigenous and non-Indigenous people in Canada.

MaterCare (Guest Speaker Simon Walley): Saturday, October 19; 2:00 pm

Holy Family Chapel (CFB Kingston)

Our Catholic Women's League council at Holy Family Chapel (CFB Kingston) will be hosting guest speaker, Simon Walley of MaterCare International on October 19, 2024.

He will be speaking on efforts to improve maternal healthcare and infant mortality in Rwanda and Uganda. MaterCare is a prolife Catholic organization that has made a difference in struggling areas of the world to improve outcomes for women and children. Q&A and refreshments to follow. Free admission. MaterCare donations are welcomed. RSVP (space is limited) by October 12: bycokc@gmail.com.

Women's 15th Annual Fall Retreat: Saturday, October 26; 9:00 am – 3:30 pm

Holy Cross Catholic Secondary School (521 Clothier Street, Kemptville)

Come join us for the 15th Annual Women's Fall Retreat. The guest speaker, Nancy Steele, is a well-known author and motivational speaker. Nancy will address the theme, "The Steadfast Love of the Lord" (Lamentations 3: 22-23). Nancy will present two interactive keynote talks, with opportunities for discussion. She will invite the attendees to ask themselves: "Where do I see God's steadfast love?" The day will begin with Mass in Holy Cross Catholic Church, celebrated by our spiritual advisor, Father Brian McNally. Music and singing during the Mass and at various points throughout the day will be led by Cynthia Fediuk-Mombourquette and Anna Brown. The retreat will include snacks and a delicious lunch, and the day will culminate in the exchange of prayer partners. The cost of the retreat is \$50 per person. For more information and to register, please go to our website, www.womensfallretreat.com. The deadline for registration is October 18. Attend the Women's Fall Retreat Team and Nancy as we learn to recognize and respond to God's steadfast and intimate love for us

Introduction to Prison Ministry: Saturday, November 2; 9:30 am-4:30 pm

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

Are you interested in Prison Ministry but don't know where to begin? During an intensive one day training, you will be introduced to the key aspects, skills and themes surrounding this ministry.

Some of the topics include: Call to Prison Ministry • Communication Skills • Boundaries • Restorative Justice • Self-care • Prison culture • And more!

For more information contact Mary-Jo at ReligiousEd@archkingston.ca. To register, phone Gorett: 613-548-4461 ext. 112 or e-mail pastoralservices@archkingston.ca. There is no fee, but registration is required by Monday, October 28.

RENEW Toronto Young Adult Conference: Saturday, November 23: Canada Event Centre (Conference day)

Sunday, November 24: St. Michael's Cathedral Basilica (Young Adult Mass celebrated by Archbishop Leo)

"Those who hope in the Lord will run and not be weary." - Isaiah 40:31

RENEW Toronto is back! As pilgrims of hope, young adults between 19-39 are called to more. This year, we call you to deepen your relationship with Christ through hope, prayer and service. What can you expect? Two days of growth & fellowship.

Various Event Activities: Keynote speakers – Workshops - Mass and Adoration – Marketplace - Evening Social



A Prayer of Thanksgiving

Gracious and loving God,

In this season of Thanksgiving, we, the people of the
Archdiocese of Kingston, come together as one in gratitude
for Your abundant blessings.

We thank You for the gift of faith that unites us as a community,
for our families and friends who enrich our lives,
and for the beauty of creation that surrounds us in this region we call home.

Guide us to always walk in Your light,
mindful of Your presence in our daily lives.

We ask that You bless the food we are about to share,
the hands that prepared it, and the loved ones who gather with us.

Help us to be generous with the gifts we have received,
that we may reach out to those in need,
offering them comfort, hope, and love in Your name.

May the spirit of this Thanksgiving extend beyond today,
filling our hearts with peace, compassion,
and a deepened sense of Your grace throughout the year.

We offer this prayer through Jesus Christ, our Lord,
with hearts overflowing in thanks and praise.

Amen.

