



# JOURNEY

COMMUNICATOR FOR THE ROMAN CATHOLIC  
ARCHDIOCESE OF KINGSTON

FANNING  
THE FLAMES  
OF HOPE

WE MAKE  
OUR WAY  
TO THE FATHER

UNDERSTANDING  
INDULGENCES

PILGRIMAGES &  
PILGRIM CHURCHES  
OF THE ARCHDIOCESE



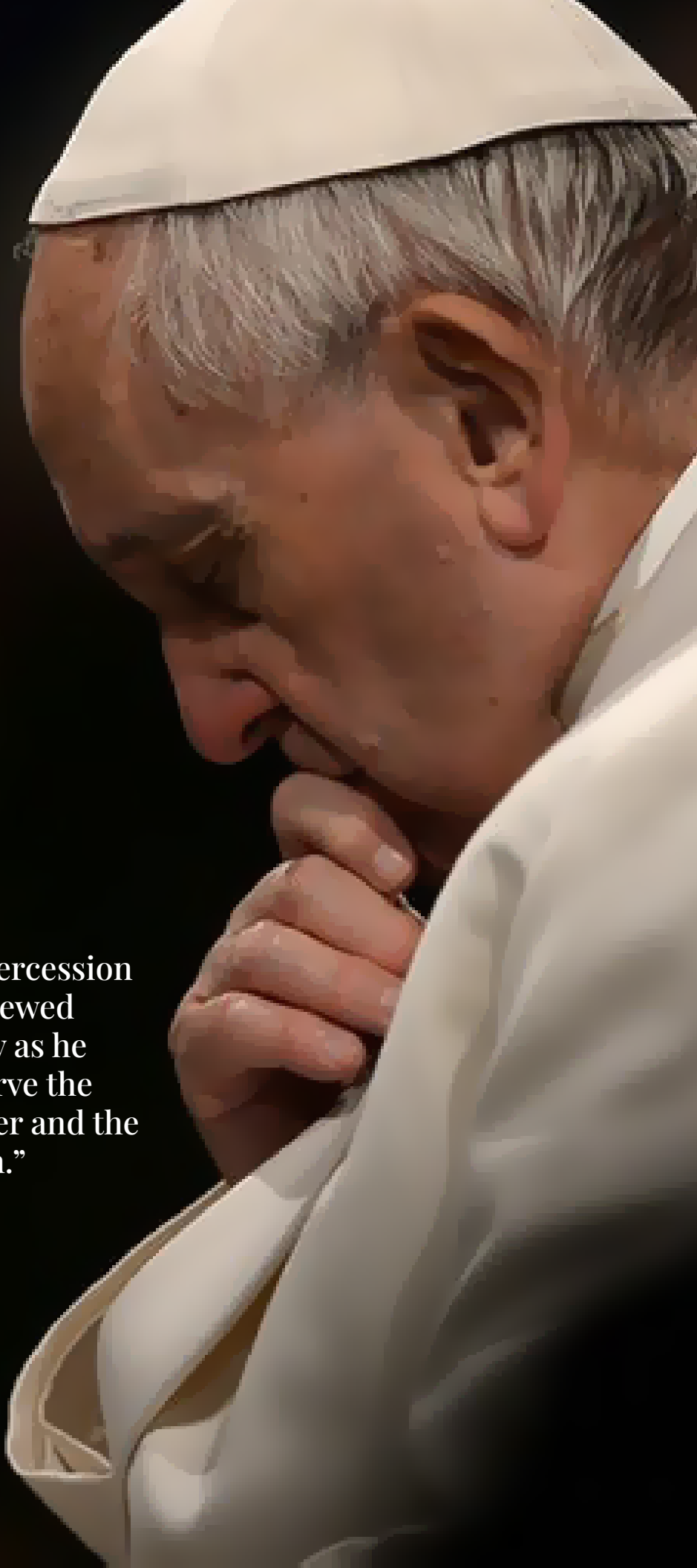
JUBILEE 2025  
PILGRIMS OF HOPE

# Prayers for Pope Francis

We join our prayers across the Archdiocese of Kingston to all people of goodwill throughout the world praying for Pope Francis. May God bless him and strengthen him. The following prayer was shared by Bishop William McGrattan of Calgary, President of the Canadian Council of Catholic Bishops, on behalf of the faithful of Canada for Pope Francis:

“May the Lord, through the intercession of Our Lady, grant him renewed strength, health, and energy as he continues his vocation to serve the Church as the Successor of Peter and the Vicar of Christ on Earth.”

Amen.





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Visit our Jubilee 2025 webpage [www.romancatholic.kingston.on.ca/jubilee2025](http://www.romancatholic.kingston.on.ca/jubilee2025) for more resources and activities for individuals, families, or parish groups.



*My dear brothers and sisters in Christ,*

This edition of Journey is dedicated to our celebration of the special Jubilee. Many will remember the Jubilee of the year 2000, with which Pope John Paul II guided the Church into its third millennium. We who were blessed to celebrate this event should call to mind the unforgettable opening of the Holy Doors at St. Peter's in Rome and celebrations in our home local Churches. The Holy Jubilee Year of 2025 follows in this same tradition of the Church inviting the faithful to celebrate a "special gift of grace ... which is a full expression of the mercy of God." (*Letter of the Holy Father for the Holy Year*)

The Holy Father has asked the Church to celebrate the Jubilee as "Pilgrims of Hope". Along with Faith and Charity, Hope is a virtue that is infused by God into the souls of the faithful leading us towards eternal life. This gift needs constant strengthening through prayer and sacramental grace. At the same time, vigilance should be observed to avoid the dangers to Christian hope. The dangers to the virtue of hope are part of our fallen condition and have been experienced by men and women of every generation. And yet, the Holy Father has observed throughout his pontificate that these dangers are especially prevalent for us in today's world.

"We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. The forthcoming Jubilee can contribute greatly to restoring a climate of hope and trust as a prelude to the renewal and rebirth that we so urgently desire; that is why I have chosen as the motto of the Jubilee, Pilgrims of Hope." (*Letter of Holy Father*)



The Church has taught that there are two foundational remedies which are a strength to our hope. We can strive to be people of great soul, people who strive for the virtues and gifts proper to our souls, namely love, joy, peace, patience, kindness, goodness, gentleness, self-control. Galatians 5.22 This is not the “greatness” that the world would usually identify, but rather the hidden mysterious wisdom of God which he reveals to those who love him. Nor is this only for the talented and successful as our environment might lead us to think. All souls created by God have the natural fittingness to aim towards the great things listed above. We may find that our souls are out of practice after many years without prayer, but we can easily re-discover how to move our soul to the great things of love, gentleness and kindness.

St. Paul is a wonderful example of this spirit. After proclaiming to the Philippians of his great desire to know Christ and the power of his resurrection, he can state “that forgetting all that lies behind, and straining forward to what lies in front, I am racing towards the finishing point to win the prize of God’s heavenly call in Christ.” Philippians 3.13 For though Paul was not oblivious to his future sharing in the cross of Christ, “what lies in front” was always in his mind, striving for the prize which God had prepared for him.

The second remedy against despair is humility. If we are to strive to be of “great soul”, our efforts will be fruitless unless we appreciate with humility that it is God inspiring and bringing to completion the virtues we practice. We search always for the strength to act with humility. God provides the model in his incarnation and the offering of himself for our sins on Calvary. “Come to me and learn from me for I am meek and humble of heart.” Matthew 11.29

Let these graces be the staff and sandals of our pilgrimage. I pray that we may strike out on the path of this pilgrimage, to which the Holy Father has invited us, supporting one another in grace and passing through the doors the Lord has opened for us in the events of this Jubilee Year.

+ Archbishop Michael Mulhall







## Pilgrims of Hope: Taking one step forward into the darkness of uncertainty

by Savio Kocherry

Providence has brought together two events separated by history, but united in theme: the 1,700<sup>th</sup> anniversary of the Council of Nicaea and the Jubilee Year of 2025. Both of these events are centered around “hope”.

The Jubilee Year marking the quarter of the 21st century brings to mind joy and celebration, repentance and indulgences, pilgrimages and holy doors. This year, the Holy Father encourages us to place a particular emphasis on being “Pilgrims of Hope”. But what does it mean to be a pilgrim of hope? How are we supposed to live this out?

As is often the case in the Church, looking to the past can reveal answers for the future. And the 1,700<sup>th</sup> anniversary of Nicaea can provide some insight into being a pilgrim of hope.

Nicaea was convened by Emperor Constantine in 325 to address the Arian controversy. Arius, a priest of Alexandria, taught that Jesus was not a Divine Being, but merely an exalted creature. He believed that since God must be One, and the Father was already God, then the Son cannot be God. This was in opposition to the orthodox belief that the Son was equal to the Father. After the long-fought debates, the Fathers of Nicaea concluded that “the Son was consubstantial (of one substance) with the Father”, thereby condemning Arianism for its heretical teachings.

The Council of Nicaea is significant not only because it was the First Ecumenical Council in Church history, nor because it provided doctrinal clarification on the nature of Christ, but because it even managed to survive after all. For over 50 years after Nicaea, the once-condemned Arian heresy had gained widespread popularity, wreaking havoc on the Church. It was acceptable to believe that the Son was less than the Father, subordinate to Him. In response to this period, St. Jerome famously said, “the whole world groaned to find itself Arian.”

Nicaea would eventually be vindicated by the Council of Constantinople in 381, but the post-Nicene period was one of tremendous uncertainty. It was precisely in this context that hope was necessary to strengthen the Faithful amidst theological turmoil. The early Christians could not have known for certain that Nicaea would win out. So what did they do? They lived their lives heroically by fulfilling their duties while holding on to their faith. In other words, they simply took one step forward into the darkness of uncertainty. They were pilgrims of hope.

Just as the early Christians were pilgrims of hope in the post-Nicene period, so too are we called to be pilgrims of hope in our contemporary society, marked by a moral darkness and the uncertainty of relativism. Our response should be no different. As pilgrims, perhaps exhausted and even without consolation, we take one step forward. This small act of hope—fidelity to our vocation while maintaining our faith—is the lesson that Nicaea can teach us in this Jubilee Year.



A large, detailed marble statue of Moses, seated and facing left. He has a long, flowing beard and curly hair, and is wearing a robe. The statue is set against a warm, orange-toned background.

# THE TRADITION OF JUBILEE YEARS IN SALVATION HISTORY

by Fr. John Hibbard

God's mercy is truly incredible! Throughout salvation history, the Law of Moses prescribed that the Jewish people observe a special year of forgiveness every fiftieth year as described in Leviticus 25, 10-13, "You shall hallow the fiftieth year and proclaim the liberty throughout the land, to all its inhabitants; it shall be a jubilee for you when each of you shall return to his property and each of you shall return to his family. This fiftieth year is to be a jubilee year for you...". In 1299 amidst great suffering due to plagues and wars, Pope Boniface VIII declared that the following year, 1300, would be a "year of forgiveness of all sins" and in 1470 Pope II instituted Jubilee years to be celebrated every twenty-five years.

Two traditional features of a Jubilee year that have endured over time are pilgrimages to Rome to pray at the tombs of St. Peter and St. Paul and the opening of a Holy Door for the faithful to pass through to receive a special plenary indulgence. A plenary indulgence is an incredible gift of mercy available through the treasury of the Church that erases the punishment of sin and restores the soul to purity, removing all weakness and stain caused by past sins. The Jubilee is a Holy Year as it calls all the faithful to intensify their commitment to strengthen their faith, complete works of charity, and grow in virtue.



## FANNING THE FLAMES OF HOPE IN THE 2025 JUBILEE YEAR PILGRIMS OF HOPE

by Fr. John Hibbard

In addition to calling the Church to renewed vigor through repentance and acts of faith, hope, and charity, each Jubilee Year has a particular focus. Pope Francis has designated this Jubilee with its motto: Pilgrims of Hope. After the effects of the pandemic and unsettled conditions throughout the world, he writes:

**“We must fan the flame of hope that has been given us and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision. ... This will indeed be the case if we are capable of recovering a sense of universal fraternity and refuse to turn a blind eye to the tragedy of rampant poverty that prevents millions of men, women, young people and children from living in a manner worthy of our human dignity. Here I think in particular of the many refugees forced to abandon their native lands. May the voices of the poor be heard throughout this time of preparation for the Jubilee, which is meant to restore access to the fruits of the earth to everyone.”** [*Letter of Pope Francis*]

## JUBILEE ACTIVITIES FOR FAMILIES OR PARISH GROUPS

Explore the themes of the Jubilee Year with your family or fellow parishioners using the Jubilee activities created by the Canadian Council of Catholic Bishops. Adult faith resources for all Canadian Catholics to enter into prayerful participation in this Jubilee Year of Hope can be found on the Canadian Council of Catholic Bishops website. A series of activities have been developed for the six themes outlined in the Papal Bull, “*Spes non Confundit*”. They can be found at [CCCB Adult Faith Resources on the Jubilee Year 2025 – Canadian Conference of Catholic Bishops](#).

A group reflection and discussion guide are provided on each theme. The program is designed to take approximately 60 minutes for small groups to complete readings, and individual and group reflections, drawing deeper into the following Jubilee themes:

1. A Universal Call to Jubilee: to be celebrated in Rome and worldwide.
2. Hope: Rooted in Baptism and enlivened by the Holy Spirit, faith, hope, love, and patience sustain us.
3. A Journey of Hope: we are a pilgrim people.
4. Signs of Hope: the desire for peace and justice and the call to be signs of hope for the poor, imprisoned, sick, and dying.
5. Appeals for Hope: ensuring the fruits of the earth are available to everyone, the forgiveness of debt, and celebrating the 1700th Anniversary of the Council of Nicea emphasizing our call to be synodal and to evangelize.
6. Anchored in Hope: the death and resurrection of Jesus, the witness of the Mother of God, the saints and martyrs, the gift of indulgences, and their importance.



# As Pilgrims, We Make Our Way to the Father

by Archbishop Michael Mulhall

The teachings of Jesus are full of allusions to journeys and pilgrimages. Not only did he travel ceaselessly throughout Palestine, but he gave to his first apostles and disciples the mandate to go out to the ends of the world. These journeys were to spread the good news of the kingdom to all the towns and villages of the Holy Land and to proclaim the gospel of the resurrection of Jesus to all nations.

Very early on, fervent Christians traveled to holy places, especially the places in Palestine connected to the earthly life of our Saviour. In keeping with the holy pilgrimage to Jerusalem, Christians began making pilgrimages to the tombs of the apostles Peter and Paul at Rome, and later to the tombs of Apostles, saints, and places of Marian intercession.

These physical and at times difficult journeys were intended to give clarity to the journey of the soul towards heaven. This is the calling of all the baptized to our heavenly homeland with God. This is a time for us to rededicate ourselves to the pilgrimage of our time in our journey to the Father. May these celebrations strengthen within us the conviction that the Church does not wander aimlessly in the world of human events but, founded on the apostles, she makes patient progress as the bride of Christ to the fulfillment ordained by God.





# Understanding Indulgences Today

by Fr. James Quirk

Over the centuries, the doctrine and practice of Indulgences has offered the faithful a powerful way to seek forgiveness for the temporal punishment due to sin. Today there is some confusion over what they are and how they fit into the broader teachings of the Church but that need not be the case; in 1967, Pope St Paul VI issued the Apostolic Constitution, *Indulgentiarum doctrina*, re-emphasizing the importance of Indulgences, while revising their practice.

An Indulgence is the remission of temporal punishment for sins that have already been forgiven. The guilt of sin is absolved through the Sacrament of Penance but there are still lingering consequences, or temporal punishment, that need to be addressed. Indulgences help to alleviate these consequences, offering an opportunity for spiritual healing and purification. Sin disrupts the harmony of God's universal order, affecting both the individual sinner and the wider community, requiring not only repentance but also reparation of the damage caused. Indulgences allow the faithful to participate in the restoration of God's spiritual order.

The Church teaches that the Treasury of Merit – the spiritual wealth earned through the suffering, death, and resurrection of Jesus Christ, as well as the prayers and works of the saints – is dispensed through Indulgences, and authority to grant indulgences has been entrusted to the Church, enabling it to aid the faithful in their journey toward complete reconciliation with God.

All members of the Church, whether on earth, in Purgatory or in Heaven, are united in Christ and through this unity, the prayers and good works of the living can benefit the souls in Purgatory, just as the saints in Heaven continue to intercede for us. Moreover, by offering Indulgences on behalf of the souls in Purgatory, the Church helps the faithful move more quickly toward the fullness of God's grace. This mutual exchange of spiritual goods strengthens the bonds of charity among the members of the Church and promotes the common good. Indulgences are intended to aid the faithful in their journey toward salvation, offering spiritual benefit for both the living and the deceased.





While indulgences are an important part of Catholic life, they are not meant to be a substitute for personal repentance or the need for genuine conversion. To receive an Indulgence, the faithful must perform prescribed acts of piety, penitence and charity. These acts serve as a means for them to grow in faith and deepen their relationship with God. Indulgences are not an excuse to neglect the necessary work of personal holiness. Instead, they are a reminder that sin has lasting effects that need to be repaired.

One of the key changes introduced by Pope St Paul VI was in restructuring how Partial Indulgences are measured. Previously, Indulgences were often quantified by 'days' or 'years' but now the measurement reflects the action itself - specifically, the degree to which the faithful's charity is expressed in the action. This allows for a more nuanced and meaningful approach, focussed upon the intention and sincerity of the action rather than a fixed time period. Those who perform an action attached to a Partial Indulgence receive a partial remission of temporal punishment both through the action itself and through the Church's intervention.

Plenary Indulgences can now be acquired only once per day and certain conditions must be met: sacramental confession, Eucharistic Communion and prayer for the Pope's intentions. These conditions can be fulfilled in advance or at a later time (within twenty days), although it is ideal for them to occur on the same day as the indulgenced work.

The practice of Indulgences offers Catholics a rich and meaningful way to engage with their faith and seek reconciliation with God; they not only benefit spiritually but also strengthen the unity of the Church as a whole. Ultimately, Indulgences serve as a reminder of the power of God's mercy and the importance of community in the journey toward salvation. They encourage the faithful to embrace the full measure of God's love, while helping to restore order and holiness to the world. The Church invites us to reflect on our spiritual journey and the importance of striving for complete unity with God, through Christ and in the fellowship of the saints.





## Four Indulgences Available to Everyone

The Jubilee year allows the faithful everywhere to receive a plenary indulgence by planning a pilgrimage to a designated Pilgrimage Church at a time most convenient to them from the opening to the closing of the Jubilee year. Other indulgences (plenary and partial) are available to the faithful during specific liturgical seasons or celebrations every year! Here are four to consider:

1. A plenary indulgence is available to the faithful who participate in 30 minutes of Eucharistic Adoration and conform to the conditions listed below (\*).
2. A plenary indulgence is available to the faithful who, during the season of Lent, pray before a Crucifix on the Fridays of Lent the following prayer and conform to the conditions listed below (\*):

*Behold, O kind and most sweet Jesus, I cast myself on my knees in Your sight, and with the most fervent desire of my soul I pray and beseech You that You would impress upon my heart lively sentiments of Faith, Hope, and Charity, with a true repentance for my sins, and a firm desire of amendment, while with deep affection and grief of soul, I ponder within myself and mentally contemplate Your five most precious wounds; That which David spoke in prophecy of You, O good Jesus: "They pierced my hands and my feet; they have numbered all my bones".*

In keeping with all indulgences, the faithful must receive Holy Communion on the day of the indulgence and conform to the conditions listed in the article on indulgences (page 9).

3. A plenary indulgence is available to the faithful who, for a reasonable amount of time, visit the sick or shut-in and conform to the conditions listed below (\*).
4. A partial indulgence is available to the faithful who pray the Rosary, Anima Christi prayer, The Memorare, The Magnificat, The De Profundis, the Divine Praises, or many other prayers, hymns, and litanies at any time throughout the year, and conform to the conditions listed below (\*).

\*The same conditions apply to obtaining each indulgence including receiving Holy Communion, participating in the Sacrament of Reconciliation, and praying at least two prayers for the intentions of the Holy Father, ideally on the same day but otherwise within 20 days of completing the prescribed work/devotion.

A full list of prayers associated with partial and plenary indulgences and other devotions available to the faithful to merit indulgences can be found at <https://www.freecatholicbooks.com/books/indulgences.pdf>



# SPECIAL JUBILEE OF HOPE PROGRAMS AT THE SIX CANADIAN SHRINES

Each of the six national Shrines in Canada is offering a special schedule of events for this Jubilee year. If you are considering traveling in Canada this year, explore the websites below to see how a pilgrimage to one of the national shrines may fit into your travel plans.



## **St. Joseph's Oratory**

Montreal, Quebec

[www.saint-joseph.org](http://www.saint-joseph.org)

## **St. Anne de Beaupres**

Quebec City, Quebec

[www.sanctuairesainteanne.org](http://www.sanctuairesainteanne.org)

## **Our Lady of the Cape**

Trois Riviere, Quebec

[www.sanctuaire-ndc.ca](http://www.sanctuaire-ndc.ca)

## **Canadian Martyrs Shrine**

Midland, Ontario

[www.martyrs-shrine.com](http://www.martyrs-shrine.com)

## **St. Anthony's Hermitage**

Lac-Bouchette, Quebec

[www.st-antoine.org](http://www.st-antoine.org)

## **The Bishop Velychkovsky Martyr's Shrine**

Winnipeg, Manitoba

[www.bvmartyrshrine.com](http://www.bvmartyrshrine.com)





## ARCHDIOCESE OF KINGSTON JUBILEE OF HOPE PILGRIMAGE CHURCHES



St. James is the Patron Saint of Pilgrims, and in the Archdiocese of Kingston, we are blessed with an ideal destination for a holy pilgrimage during this Jubilee year of hope. The St. James' Chapel was constructed in 1890 on its current site along Brock St., attached to the Cathedral. Throughout this Jubilee year of Hope, the faithful are encouraged to make a pilgrimage to the St. James Chapel and participate in Holy Mass at 7:45 a.m. or 12:10 p.m. each weekday and stay for Adoration of the Blessed Sacrament in the Chapel. Adoration continues in the Chapel from 8:15 a.m. to 9:00 p.m. Monday to Friday and from 9:00 a.m. to 4:00 p.m. on Saturday.

St Mary of the Immaculate Conception Cathedral is currently under renovation, necessitating the closing of the Cathedral from Monday to Friday for the next several months to enable the contractors to complete their work. The faithful may visit the Cathedral on Saturday and Sunday afternoons, individually or in groups, to complete a pilgrimage in this Jubilee year. Please contact the parish office in advance, 613-546-5521, to make arrangements for your pilgrimage.

### St. Mary of the Immaculate Conception Cathedral, Kingston

**Location:** 279 Johnson St. Kingston, Ontario

Pilgrims are welcome to visit St. James Chapel Monday to Friday between 7:30 a.m. and 9:00 p.m. and participate in Holy Mass and Adoration of the Blessed Sacrament.

#### St. James Chapel Holy Mass Schedule:

7:45 am & 12:10 pm Monday to Friday

#### Adoration of the Blessed Sacrament:

8:15 am to 9:00 pm Monday to Friday

9:00 am to 4:00 pm Saturday

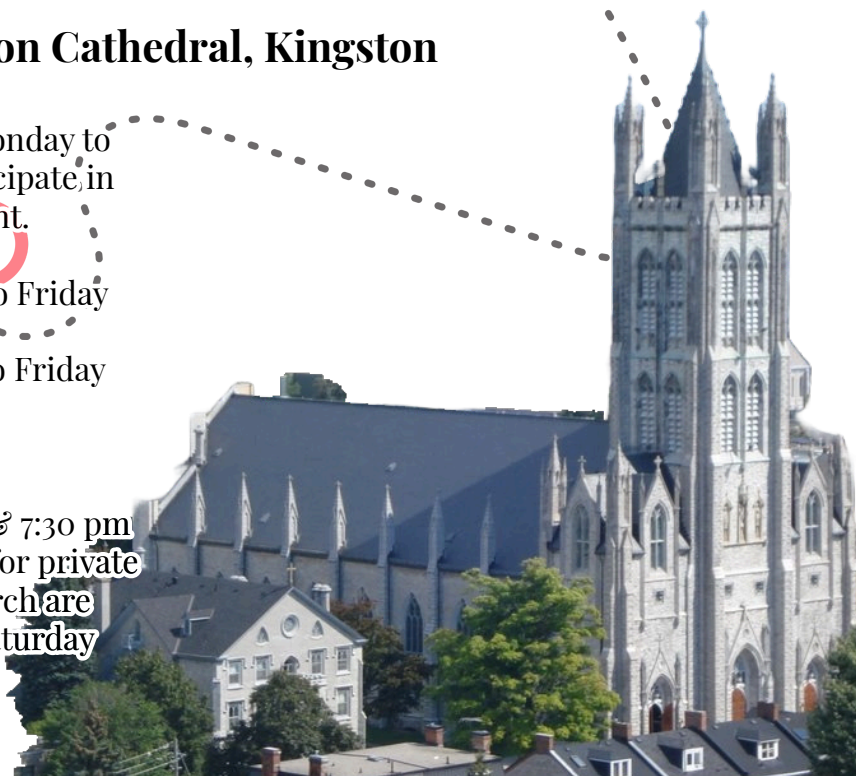
#### St. Mary's Cathedral Holy Mass Schedule:

Saturday - 5:00 pm

Sunday - 8:00 am, 10:30 am & 7:30 pm

Pilgrims are welcome to remain after Holy Mass for private prayer time on Sundays. Guided tours of the church are available from May 20 to September 1, 2025, on Saturday afternoons.

**Parish Office:** 613-546-5521





The following churches will open to pilgrims on Easter Monday, April 21, and remain open throughout the Jubilee year. In keeping with the terms of the plenary indulgence associated with this Jubilee Year of Hope, pilgrims may attend Holy Mass in the church, offer prayers for the intentions of The Holy Father, be detached from sin, and receive the Sacrament of Reconciliation within 20 days.

### St. Michael The Archangel, Belleville

**Location:** 296 Church St., Belleville

**Holy Mass Schedule:** Monday, Wednesday, Friday – 12:10 pm

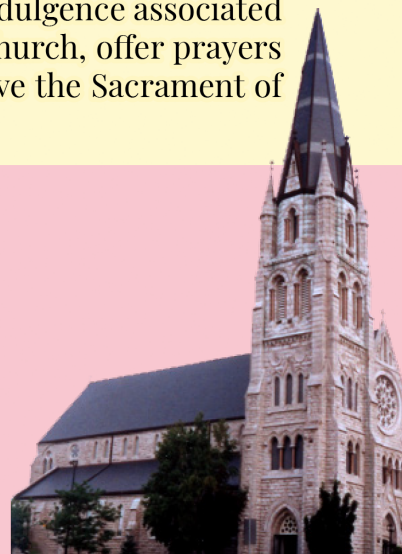
Tuesday, Thursday – 8:00 am

Saturday 9:00 am and 5:00 pm

Sunday 8:00 am, 9:30 am & 11:00 am

**Parish Office:** 613-962-4634

- Pilgrims are welcome to remain after Holy Mass for private prayer time.



### St. John the Baptist, Perth

**Location:** 38 Wilson St. East, Perth

**Holy Mass Schedule:** Tuesday – 4:30 pm

Wednesday – 12:00 pm

Thursday – 12:00 pm

Friday – 9:00 am

Saturday – 5:00 pm

(also 9:00 am First Saturday of each month)

Sunday – 9:00 am & 11:00 am

**Parish Office:** 613-267-1043

Pilgrims are welcome to remain after Holy Mass for private prayer time.



### St. Francis Xavier, Brockville

**Location:** 66 Church St., Brockville

**Holy Mass Schedule:** Monday – 12:10 pm

Wednesday – 12:10 pm

Thursday – 12:10 pm

Friday – 12:10 pm

Saturday – 4:30 pm

Sunday – 9:00 am & 11:00 am September – June,

10:00 am July – August

**Parish Office:** 613-342-2993

Pilgrims are welcome to remain after Holy Mass for private prayer time.



### St. Joseph, Kingston

**Location:** 392 Palace Road, Kingston

**Holy Mass Schedule:** Monday – 5:15 pm

Tuesday – 9:00 am

Wednesday – 9:00 am

Thursday – 9:00 am

Friday – 5:15 pm

Saturday – 5:15 pm

Sunday – 9:00 am & 11:00 am

**Parish Office:** 613-547-5004

Pilgrims are welcome to remain after Holy Mass for private prayer time.





# Celebrating All Who Serve in the Archdiocese of Kingston

The Archdiocese of Kingston is blessed with priests, deacons, and laity serving in health care settings, schools, prisons, and parishes, attending to the spiritual needs of others and the welfare of their parish communities. The following articles celebrate some of these individuals who generously give of their time and gifts. Thank you to all who answer the call to share the love, compassion and mercy of Jesus Christ through the many ministries of the Church, as labourers in the vineyard.

## Catholic Chaplain Marks 20 Years of Service to Kingston General Hospital

**By Peter Rajchert**

It is a quiet night on Patrick Street in Kingston, Ontario. People are calmly sleeping inside their homes. Suddenly, lamp light floods one of the windows in the two-story yellow and brown-brick house at 88 Patrick (the house serves as a friary for the Conventual Franciscan Friars who minister to the men, women and children at St. John the Apostle Parish next door). Seconds earlier, the ringing of the phone had interrupted the silence inside the friary. Friar David Collins picks up the receiver and quietly says, "Hello." He may have been resting, but Friar David's mind was ready for this call. A nurse from Kingston General Hospital tells him that a patient in a difficult health situation needs a Catholic chaplain. Friar David says, "I'm on my way," and then hangs up. He grabs his keys and drives his car south along mostly empty Barrie Street until he reaches the hospital. Several hundred meters away, the vast St. Lawrence River, still shrouded in darkness, meanders towards the Atlantic Ocean.

As Friar David steps through the front doors of Kingston General, he finds himself immediately immersed in the complex drama of human life. A patient may have requested the Sacrament of the Anointing of the Sick before doctors and nurses wheel him into the operating room for surgery. The sacrament immediately brings ease to this ailing individual. Another terminal patient, having asked for the Last Rites from Friar David, has only hours left to live. Friar David prays over and ministers to the woman. She too begins to feel spiritual relief. Death is not the end.







Photo from KGH website

Friar David Collins never planned on becoming a hospital chaplain. One day in the autumn of 2003, while he was on sabbatical in Ireland, he received an email from his minister provincial, Friar Canice Connors. In the email, Friar Canice asked Friar David if he was willing to become pastor of St. John the Apostle Parish and chaplain of Kingston General Hospital in Kingston, Ontario. Friar David, in the past, had talked with Archbishop Anthony Meager of Kingston about working in the city. He gladly accepted his new assignment. Friar David enjoys taking on new and interesting ministries in his journey as a Franciscan. As an experienced priest, he was ready to provide pastoral care to the people of St. John the Apostle. To prepare for his work as a chaplain, he registered for the clinical pastoral education course at Scarborough Grace Hospital in Toronto. The course, offered by faculty members from the University of Toronto's School of Theology, gives students opportunities to provide spiritual care to patients under the supervision of instructors. As an excellent and empathetic communicator and an ordained priest with a background in theology, Friar David found chaplaincy very rewarding. Patients that asked for communion or any form of assistance that brought them closer to God boosted Friar David's faith. Today, more than 20 years after taking on the chaplaincy, Friar David still feels his faith growing every time he ministers to a patient.

Besides being on call for emergency situations, Friar David is on duty at the hospital from Monday to Thursday. Supported by trained volunteers, he visits patients who have indicated on their intake forms that they are Catholic. He is, however, available to anyone who wants to speak with him. Patients, their relatives and other community members are often facing turbulent emotional moments at the hospital. Friar David always actively listens to them. Sometimes simply having a caring person's ear gives these individuals the energy to go forward. Friar David is also open to discussion and prayer. He reminds patients, relatives and staff at Kingston General that even at the most difficult moments, God is at their side, supporting them. When he prays with these individuals, God's calming presence becomes even more palpable to everyone around.

Faith is a powerful gift. It gives people hope and propels them into the future. It empowers men, women, and children to be active spiritually and physically (when circumstances warrant). Yet, faith must be fostered so that it may burn brightly. Friar David Collins' chaplaincy work fosters the faith of countless people. It strengthens them when they are at their weakest and most vulnerable.



# KING CHARLES III CORONATION MEDAL RECIPIENTS AT HOLY CROSS PARISH



Pictured: Honourable MP Michael Barrett, Coronation medal recipients Fr. Raymond de Souza and Kathy Ferguson, and parishioners of Holy Cross Parish.

Holy Cross Parish in Kemptville was doubly blessed on Parliament Hill recently. Michael Barrett, Member of Parliament for Leeds-Grenville-Thousand Islands and Rideau Lakes, presented the King Charles III Coronation Medal to twenty constituents on January 18, 2025, including two from Holy Cross – Katy Ferguson and Father Raymond J. de Souza.

The commemorative medal was created in honour of the King's Coronation in 2023 by the federal government. Important royal milestones often include commemorative medals awarded to Canadians distinguished by their service in various fields. For example, for the late Queen's Diamond Jubilee in 2012, the federal government struck 60,000 medals to be awarded to Canadians who had made noteworthy contributions to Canadian life. The federal government did not issue a medal for the Platinum Jubilee of Queen Elizabeth II in 2022, but the King Charles III coronation medal was announced in conjunction with His Majesty's coronation in May 2023.

While the decision was taken by the federal Liberal government, medals are awarded on a non-partisan basis. Of the 30,000 coronation medals struck, some were reserved for members of the Canadian Armed Forces and the federal civil service. Members of Parliament of all parties were allotted a certain number for their constituents. Barrett, a Conservative, welcomed nominations from the public, as did many other MPs.



“It’s an honour to be able to present on behalf of Canada this recognition to members of our community for their exceptional service and contributions,” Barrett said at the ceremony on Parliament Hill, in the Sir John A. Macdonald building. “The extraordinary work of these individuals exemplifies service, sacrifice, and the freedom and values of Canada. On behalf of the people of Leeds-Grenville-Thousand Islands and Rideau Lakes, I extend my congratulations and gratitude to each of the medal recipients for their contributions to our community and our country.”

Katy Ferguson, a parishioner who attends Mass at Holy Cross with her husband Patrick, and her children Lucas and Loretta, was recognized for “many years of volunteering behind the scenes in North Grenville as well as strong encouragement for others to get involved.”



Pictured: Honourable MP Michael Barrett, Coronation medal recipients Fr. Raymond de Souza and Kathy Ferguson.

Katy has served as chair of the St. Michael’s high school council for the past six years, as well chairing the Holy Cross school council for even longer than that. She has been on the school board’s Parent Involvement Committee as well the board’s Faith and Equity Advisory Committee. At Holy Cross parish, Katy had served on the pastoral council and assisted with organizing vacation bible camp, a girls’ group and a mothers’ group. The honour came as a complete surprise, with Katy professing to be “completely shocked”.

“I am most proud of recognition for encouraging others to be involved,” Katy said. “I love engaging others and trying to inspire them.”

Father Raymond, the pastor of Holy Cross since 2022, was recognized for his “remarkable work as a parish priest.” Fr. Raymond interpreted that as “a recognition of the vitality and contribution of all those parishioners whose generous service is the reason that the parish priest gets noticed.”

At the ceremony, his contribution as a “university professor, newspaper columnist and strong defender of religious liberty at home and abroad” was also recognized.

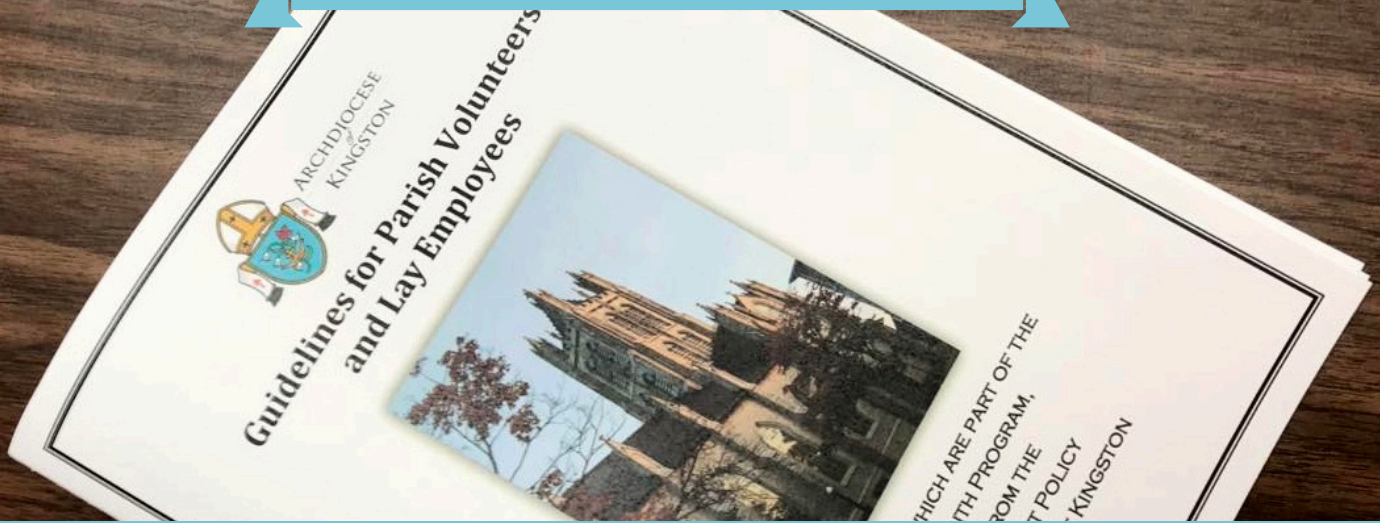
Both Katy and Fr. Raymond were invited to bring guests to the ceremony. Katy was accompanied by her family and Fr. Raymond invited a group of parish leaders to join him, all of whom were greeted by Michael Barrett.

Barrett, his wife and five children live in Spencerville and attend Sunday Mass at St. Lawrence O’Toole there, as well as at St. John Bosco in Brockville. But on occasion during the summer, they also go to Mass at Holy Cross in Kemptville, making the Coronation Medal ceremony a threefold blessing for the parish.



# Celebrating 20 Years of Screening of Volunteers in the Archdiocese of Kingston

**Thank you all Volunteers!**



**by Mariola Gozdek**

The Screening of Volunteers program originated in 1999 by the ministry of Citizenship, Culture and Recreation with Volunteer Canada. It was directed at all church, sport, recreational and community organizations. The goal was to screen especially those volunteers dealing with the vulnerable, both adults and children, and assist them with much needed resources and procedures.

Among church groups Catholic, Anglican, and Unitarian churches participated in Ontario Screening Initiative (OSI). For faith-based organizations a program called Screening in Faith was developed and became the base document for the Assembly of the Catholic Bishops of Ontario (OCBO) who strongly recommended implementation of screening in all dioceses of the province.

In February 2005, Archbishop Anthony Meagher, mandated that Screening in Faith initiative be implemented in every parish of Archdiocese of Kingston. This mandate and screening policy was in effect under the leadership of Archbishop Brendan O'Brien and continues to be carried out under the leadership of Archbishop Michael Mulhall.

The Archdiocese of Kingston is blessed with many volunteers and staff in each parish who understand their baptismal call and generously share their gifts in ministry of the Church. All are aware of the duty of care to maintain a safe environment and caring community for everyone, especially the most vulnerable.

The Screening Initiative is led by the Archdiocesan Screening Coordinator who looks after Parish Screening Teams, updates the procedures and annually facilitates training for new parish screening team members.

The Archdiocesan Screening Policy calls each parish to have a Parish Screening Team of at least 2 or more team members. Most parishes update their teams as needed with new members trained annually at the Archdiocesan level.

Many parishioners have volunteered in the screening ministry for over 20 years. Today we salute you all: Past and present Parish Screening Team Members. Thank you all for your time and your dedication to this ministry. Your work in ensuring safe environments is very much appreciated.



# The Holy Stairs 2025

The





# Jubilee Pilgrimages in the Archdiocese of Kingston

Across the Archdiocese of Kingston, there are a number of pilgrimage opportunities for the faithful, of all ages. Here are a few examples of Jubilee year pilgrimages and who to contact for more information. Please note that the Archdiocese of Kingston is not sponsoring any pilgrimages. Information provided here is from parish organizers and is shared for the benefit of the faithful.

## **Lenten Pilgrimage to St. Joseph's Oratory, Montreal**

**Wednesday, March 19, 2025**

Pilgrims will depart at 7:00 a.m. from St. Mary in Carleton Place, travel by coach to St. Joseph's Oratory in Montreal, and attend Holy Mass in English in the Crypt Church. Private time for prayer and exploring the many holy places at the Oratory will be available to pilgrims. The bus will depart at 3:00 pm, making a stop for the comfort of passengers, and return to St. Mary at 7:00 p.m. For more information, please contact Katelyn at 613-257-1284 or email [office@stmarysparishcp.com](mailto:office@stmarysparishcp.com)

## **Medjugorje**

**March 21 – April 1, 2025**

Jubilee Year of Hope pilgrimage to Medjugorje, Bosnia Herzegovina

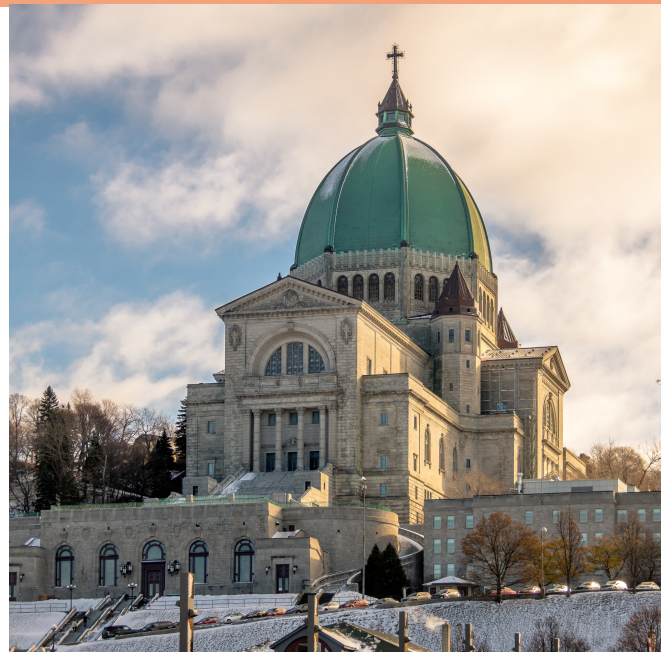
This pilgrimage will visit the Shrine of Our Lady Queen of Peace, St. James Church in Medjugorje, which has been granted a Holy Door by the Vatican. Pilgrims will spend time at places of prayer including Apparition Hill, Cross Mountain, and the Divine Mercy Church in Surmance. Karen Shannon, Holy Name of Mary Parish, Marysville is the coordinator. She can be reached by email, [Karen.Shannon@queensu.ca](mailto:Karen.Shannon@queensu.ca)

## **Steubenville 2025 Youth Conference**

**June 27-29, 2025**

Franciscan University of Steubenville, Ohio

After a very successful trip to Steubenville in June 2024, St. Michael's Parish in Belleville is organizing another trip this year for teenagers to attend their youth conference, and opening this opportunity for youth across the archdiocese. Patrick Bailey is the coordinator. For more information, please contact Pat at 613-921-5236 or by email [bailz77@yahoo.com](mailto:bailz77@yahoo.com)







## **Canadian Martyrs Shrine, Midland**

**July 24-25, 2025**

St. Mary Cathedral parish is organizing a pilgrimage to the Canadian Martyrs Shrine in Midland for July 24 – 25, 2025. Pilgrims will participate in a special evening program at St. Marie Among the Hurons on Thursday evening then spend the day at the Martyrs Shrine where Holy Mass, Stations of the Cross and the Sacrament of Reconciliation will be available. For further information contact Ann Lyng at [ann@stmaryscathedral.ca](mailto:ann@stmaryscathedral.ca)

## **Medjugorje Youth Festival**

**August 1 – August 10, 2025**

This Jubilee Year of Hope pilgrimage to Medjugorje, Bosnia Herzegovina will allow pilgrims (aged 18 + (or younger accompanied by a legal guardian) to participate in the annual Youth Festival, August 4 to 8, with young adults and the young at heart including the celebration of Holy Mass at dawn on the top of Cross Mountain. Pilgrims can pass through the Holy Door at St. James Church and spend time in prayer on Apparition Hill and other sites within the parish of Medjugorje. Karen Shannon, Holy Name of Mary Parish, Marysville is the coordinator. She can be reached by email, [Karen.Shannon@queensu.ca](mailto:Karen.Shannon@queensu.ca)



## **Men's Canoe Retreat 7th Annual Rideau Canal**

**Tuesday, August 5- Thursday, August 7**

Planning is underway for the 7th Annual Rideau Canal Men's Retreat 2025 for Catholic men (18 years and older, and fathers with teenage sons) August 5-7, 2025.

As in previous years, the goal is to gather Catholic men in an outdoor adventure/retreat where we can share our faith and enjoy a little male camaraderie. We hope that all who are interested in participating in this enjoyable event can work their schedules and join us for this time of prayer, daily Mass, opportunities for Confession, and lots of fun, fraternity, exercise, and adventure. For more information contact Dan Hart

Email: [hart.daniel64@gmail.com](mailto:hart.daniel64@gmail.com)



## **Jubilee Year of Hope Pilgrimage to Fatima, Lourdes, Rome and Assisi**

**November 5 – 17, 2025**

Pilgrims will join Father Justin Pulikunnel and Father Shawn Hughes in traveling from November 5 to November 17 to Europe to receive the great graces of pilgrimage in this Jubilee Year. Pilgrimage to Rome and visit Saint Peter's Basilica, the Sistine Chapel, and more. Discover all that the Eternal City has to offer, including the Trevi Fountain and fabulous Basilicas. Entrust yourself to the Blessed Virgin Mary in Lourdes and Fatima. For the full itinerary and more information please contact Ann Lyng at [ann@stmaryscathedral.ca](mailto:ann@stmaryscathedral.ca).





## Prayer for Guidance from Saint James for Pilgrims

Holy Father,  
we seek the wisdom and guidance of Saint James  
as we embark on our journeys.  
May his steadfast faith illuminate our paths,  
granting us courage in uncertainty  
and strength in our trials.  
Help us to embrace the spirit of pilgrimage,  
fostering a deeper connection  
with You and our fellow travelers.  
Lead us safely to our destinations, O Lord.  
Amen.

## The Jubilee Prayer

The faithful are invited to pray the following prayer throughout this Jubilee year for the transformation of our hearts and the whole world in Jesus Christ, through faith, hope, and charity.

Father in heaven,  
may the faith you have given us  
in your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom.  
May your grace transform us  
into tireless cultivators of the seeds of the  
Gospel.  
May those seeds transform from within  
both humanity and the whole cosmos  
in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.  
May the grace of the Jubilee  
reawaken in us, Pilgrims of Hope,  
a yearning for the treasures of heaven.  
May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.  
To you our God, eternally blessed,  
be glory and praise for ever.  
Amen.

