

PENTECOST SUNDAY

MASS SCHEDULE

May 23 – May 31, 2026

The Spirit intercedes for us with sighs too deep for words.

Saturday, May 23

5:00 p.m. For the People

Sunday, May 24

9:00 am. Edgardo Torres

11:00 a.m. George Teves

Monday, May 25- Blessed Virgin Mary,

Mother of the Church

10:00 For Pedro Munoz

Tuesday, May 26- St Philip Neri

9:30 – 9:50 a.m. Confessions

10:00 am For Carl & Margaret Gutheinz

5:15 p.m. Mass

Wednesday, May 27 -St Augustine of Canterbury

10:00 a.m. For Helen Morrisey

Prayer for Vocations

Thursday, May 28 – St Christopher Magallanes and

Companions

9:30 a.m. Holy Cross High School Mass

4:30 – 4:50 p.m. Confessions

5:15 p.m. For Bill Dawson

Friday, May 29 – St Paul VI, Pope

10:00 a.m. For Severino Munoz Sr. & Jr.

Saturday, May 30

4:00 – 4:30 p.m. Confession

5:00 p.m. For Fr. Bill Stacey

Sunday, May 31

9:00 a.m. For the People

11:00 a.m. For Edgardo Torres

*Join livestreamed Mass Sundays at 9:00 a.m. on our website
stpaulkingston.com*

PRAYERS FOR THE DECEASED

You are asked to remember in prayer those recently deceased
VERA FOBERT

PRAYERS FOR THOSE WHO ARE ILL

Please remember in your prayers the following:

Aiden Bedard, GF Miller, Marg and John Walton, Sean Sayle, Carmel Rumleski, Carol Robinson, Denis and Sherry Guenette, Phillip Luckovich, Yvette DiBenedetti, Joanne Purdy, Baby Ryatt Drew, Jean Quinn, Irene Hamilton, Eunice Garcia and Vener Manuel, Laura McKenney, Tony Waller, Denise DeVita, Frances Campbell and Philip Morris

If there are members of your family or friends who are ill or recently died, and for whom you wish prayers, please contact the office at 613-389-8222



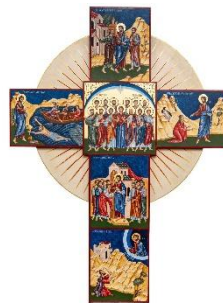
GOSPEL REFLECTION

The Holy Spirit is the hardest person of the Trinity to describe or imagine. Yet there are many descriptions or images used in Scripture. The Spirit is described as living water which flows to all living things to refresh and enliven, in order to make them flourish with virtues and gifts appropriate to their needs and vocations. The Spirit is referred to “the wind that blows where it will”. The wind is the air that keeps us alive all the time; we only notice it when, occasionally, it becomes a mighty force. In Hebrew the same word describes both Spirit and breath. That is why Jesus breathes the Spirit upon the Apostles, just as God did at creation into the human formed from the dust of the earth. The Spirit is this breath of God that gives us life. The Spirit is the Paraclete or Advocate, the friend or counsellor who stands by us, who opens our eyes to see, and our ears to hear and our hearts to love. It is by the Spirit that we can say, “Jesus is LORD!” The Spirit is also the Spirit of Truth. The Spirit is the divine Love flowing eternally from the Father and the Son, from the Father through the Son. In that Love the Father and the Son eternally love us, and so the Spirit is the Love of the Father and the Son that flows into the world, to transform people into God’s friends, creating a loyalty towards the Father whose Son we receive in love.



HELP US HONOUR THE MEMORY OF MARY CAMPEAU!

Please help us to honour the memory of Mary Campeau and her lifelong work of assisting others in need. Support the Mary Campeau Memorial Charity Golf Tournament. Play golf, Invite sponsorship, Donate items for auction. Call Shaun, 613.634.4229.



PARISH CELEBRATION

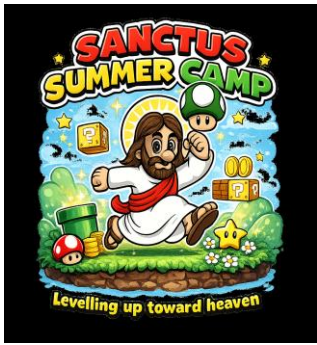
On Pentecost Sunday we will celebrate the 200th Anniversary of the Creation of the Archdiocese of Kingston in 1826. The Anniversary ICON, given to each parish at the 200th Diocesan mass, will be placed in the Sanctuary for the remainder of the celebration. Pentecost celebrates the birth of the Church with the descent of the Holy Spirit upon the Apostles. This Sunday we celebrate the birth of the Church of Kingston by the power of the Holy Spirit and implore the Spirit of Christ to renew our efforts to proclaim the Gospel of Christ and be witnesses to his resurrection.

COULD YOU HELP ST. PAUL'S FUNDRAISING?

This fiscal year St. Paul the Apostle received an increase in our Charity Gaming allotment from the City of Kingston. These funds help support our parish's Sanctuary Refugee Sponsorships. Our volunteers attend two-hour shifts at the gaming facility on Montreal Street. With the allotment increase this year we could use a little help. Would you be available for one or two, two-hour shifts a month? Most of our shifts now are daytime Fridays, but other times can be available. These are easy shifts and training is provided. For information please contact the parish office at office@stpaulkingston.com or 613-389-8222. Your help would be greatly appreciated!

EXPERIENCE THE K OF C EXEMPLIFICATION, SUNDAY, MAY 24

Would you like to know more about the Knights of Columbus and the ways we help Catholic men grow their faith and nurture love in their marriage and family today? We invite men and their families to take about 30 minutes to witness a live exemplification ceremony in the church following the 11 am Mass on Sunday, May 24. No need to register, no commitment, just show up. For more information, call Shaun, 613.634.4229.



SANCTUS SUMMER CAMP COMING SOON, HERE AT ST PAUL'S PARISH

For students currently in Grades 1-7 (born 2013-2019)
Your choice of either
Week 1: July 13-17 or
Week 2: July 20-24
\$150/camper with discounts for multiple children! Registration

opens on June 1st online! For more information contact Kristin Diaz at youthimpact@stpaulkingston.com

VOLUNTEERS NEEDED

adults and high school students to help with supervising campers, leading games and songs, preparing crafts and activities, sharing the love of Jesus. Students currently in Grade 8 entering Grade 9 in the fall, can apply to be Leaders in Training. High school students receive community service hours for volunteering. Contact Kirstin Diaz at youthimpact@stpaulkingston.com



Find the latest event updates

at: <https://www.romancatholic.kingston.on.ca/calendar>

2026 Seminarian Dinner – Celebrate our Seminarians Sunday, July 12, 2026

Meet & Greet with cash bar begins at 3:00 PM
Programming at 4:30 PM Dinner begins at 5:20 PM
Our Lady of Fatima Hall, Kingston
Join us for a 4-course Supreme Chicken Dinner hosted by the Knights of Columbus of the Archdiocese of Kingston in order to provide financial support towards the training of Seminarians and funds direct to each seminarian to help defray their annual costs. \$60 per plate purchase ensures your opportunity to participate. Full 10-person table sponsorships available
Children's meal available for \$25 <http://zeffy.com/en-CA/ticketing/seminarian-dinner--2026seminarian-dinner--2026>

A Silent Peace Vigil

In a time marked by violence, division, and conflict, many people are asking how they can respond in a meaningful way. The Sisters of Providence and Providence Associates invite you to join them for a silent, prayerful vigil in solidarity with all those affected by violence. In front of Kingston City Hall, Ontario Street, Every Monday 12 noon – 12:30 Together, these intentions are lifted to the Divine Light that permeates the universe as we pray and work for peace—for our world and for future generations.

Celebrating 60 Years of Faithful Service!

You are invited to join in honouring Fr. John F. Grainger on the occasion of his 60th Anniversary to the Priesthood. This remarkable milestone has unwavering devotion in the countless lives he has touched. Please join us, Sunday, June 7th starting with Mass at 2 pm at St. Joseph's, Kingston (392 Palace Road, Kingston). Followed by a reception in St. Joseph's parish hall until 4:30 pm.



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Forming Catholics for Life.

I Am Who I Am | Lectio: God | Episode 1

Who is God and what does he mean when he says "I Am Who I Am"? Join Dr. Elizabeth Klein in her latest Lectio series as she begins to unpack the mystery of who God is.

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!

