

## THE ASCENSION OF THE LORD

### MASS SCHEDULE

May 16 – May 24, 2026

God has gone up with a shout, the lord with the sound of a trumpet.

#### Saturday, May 16

5:00 p.m. For the People

#### Sunday, May 17

9:00 am. For the Souls in Purgatory

11:00 a.m. For Helen O'Neill

#### Monday, May 18 – St John I, Pope

10:00 Liturgy of the Word with Communion

#### Tuesday, May 19

10:00 am Liturgy of the Word with Communion

5:15 p.m. **NO MASS**

#### Wednesday, May 20 – St Bernardine of Siena

10:00 a.m. Liturgy of the Word with Communion

Prayer for Vocations

#### Thursday, May 21 – St Christopher Magallanes and

#### Companions

10:00 a.m. Liturgy of the Word with Communion

4:30 – 4:50 p.m. **No Confessions**

5:15 p.m. **NO MASS**

#### Friday, May 22 – St Rita of Cascia

10:00 a.m. Liturgy of the Word with Communion

#### Saturday, May 23

4:00 – 4:30 p.m. **Confession**

5:00 p.m. For the People

#### Sunday, May 25

9:00 a.m. For Edgardo Torres

11:00 a.m. For George Teves

Join livestreamed Mass Sundays at 9:00 a.m. on our website [stpaulkingston.com](http://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 member sof 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

When through his birth, Jesus, the Son of God, entered into our human world, God descended and made his home with us; now through his Ascension, Jesus, a Son of Man has entered into God's world, sits at his right hand and brings the human race with him into heaven. Heaven united with earth, and earth united with heaven! This is the mystery of Christ we celebrate in today's Solemnity of the Ascension: God and humanity are now one through Christ and he is the bridge or mediator between earth and heaven. This is Jesus' new and eternal role. The Ascension, although it seems to celebrate the ascending of Jesus into heaven and out of the sight of the apostles, it is really celebrating the unity of God with the human race and the continued presence of Jesus among us through the Holy Spirit. Now we know that the Kingdom of God is not just in heaven; it is among and within us as well. Now in faith we must go with the power of Jesus's Spirit to proclaim that Kingdom to all nations. May the Holy Spirit help us to understand this mystery of our faith and give us the zeal to proclaim it.

#### **DIOCESAN PRIESTS WILL BE AWAY ON RETREAT FROM MONDAY MAY 18 - FRIDAY MAY 21**

#### 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.

#### DID YOU MISS THE HOLY LAND SALE?

Bethlehem's Christian community relies on selling handcrafted olive wood religious artifacts to visiting pilgrims, forming its primary income. Mark your calendars for May 16th & 17th, St. Joseph's Church, Palace Road are hosting a sale featuring beautiful artifacts Your purchase will not only enrich your collection but also contribute to strengthening the Christian presence in The Holy Land.



 VIXit 1909

#### POPE LEO'S PRAYER INTENTION FOR MAY

*That everyone might have food*

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

## 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](mailto:office@stpaulkingston.com) or 613-389-8222. Your help would be greatly appreciated!



### THANK YOU FROM FR. JUDE ON HIS FIRST YEAR ANNIVERSARY OF ORDINATION TO THE PRIESTHOOD

Thank you so much for the prayers, kind wishes and cards as I marked my first anniversary. It was a joy

and a delight to celebrate with you! Thank you especially to those who organized the little party on Sunday! I am deeply grateful! It is a joy to serve you! Please know that you are in my prayers.

## PRAYER ON THE ASCENSION

**Lord Jesus, you became man and came to live among us. For love of us, you suffered and died for us. Because you are God, you conquered death and rose on the third day. Today you return to your Father and our Father, but you promised to remain with us until the end of time, and to send us the Holy Spirit. We rejoice and thank you, Lord Jesus. Come Holy Spirit, purify and transform us, kindle within us the fire of your love.**

**The Office will be closed on Monday, May 18 and will reopen on Tuesday, May 19.**



## 8th Annual Rideau Canal Men's Retreat **Tues. - Thur., August 4-6, 2026 Cost \$100**

For Catholic men 18 years and older (*plus teenage sons with their fathers*) Travelling by canoe, kayak or pontoon boat from Seeley's Bay to Upper Rideau Lake, with overnight tenting at Davis Lock and along McNally's Bay. Canoes and paddles supplied, along with meals. Daily Mass, Rosary

### **Information:**

[fbrianmcnally@gmail.com](mailto:fbrianmcnally@gmail.com) (613-464-2908)

### **Registration:**

[hart.daniel64@gmail.com](mailto:hart.daniel64@gmail.com) (613-899-9514)

or [rrmiron2019@gmail.com](mailto:rrmiron2019@gmail.com) (613-218-6497)

### **Find the latest event updates**

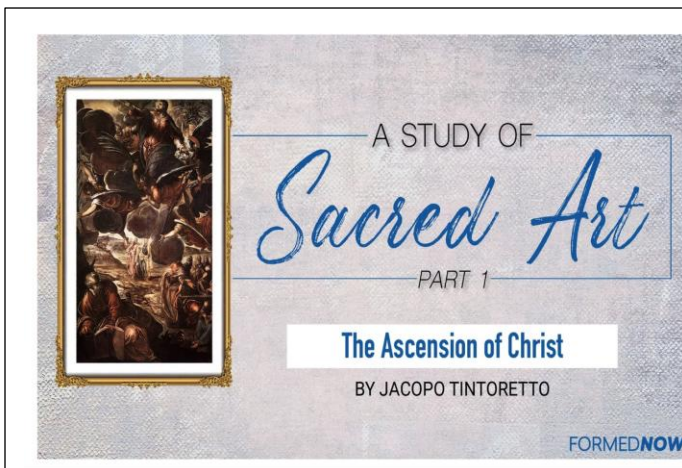
at: <https://www.romancatholic.kingston.on.ca/calendar>

## Billings Ovulation Method

Whether you're a couple hoping to postpone or achieve pregnancy naturally, or a mother wanting to help your daughter understand God's design for fertility, this method is for you. Billings Ovulation Method teaches a woman to understand her natural signs of fertility through all her changing life stages, including breastfeeding, perimenopause, and even stressful times. Easy to learn & use.

Email: [kingston@naturalfamilyplanning.ca](mailto:kingston@naturalfamilyplanning.ca)

Website: [www.ontarionaturalfamilyplanning.ca](http://www.ontarionaturalfamilyplanning.ca)



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Forming Catholics for *Life*.

## **The Ascension | Sacred Art**

Join Dr. Ben Akers and Taylor Kemp to expand your knowledge of sacred art. In this episode on Formed, they discuss The Ascension of Christ by Jacopo Tintoretto.

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

