



## **Spiritual Activities and Events During the Year of St. Paul**

As Bishop De Angelis wrote in the fall edition of the Catholic Herald, the Year of St. Paul began this past June and will continue until June, 2009. We are encouraged to grow in our faith, following the example of the great Apostle to the Gentiles. Below are some ways that you can grow spiritually in our Diocese this Jubilee year.

### **Indulgences**

Our Holy Father, Pope Benedict XVI, has granted indulgences during this Jubilee celebration. An indulgence is the removal, either partially or completely, of the temporal punishment a Christian must endure due to his or her sins, which would otherwise have to be completed as penance on earth or in suffering temporarily in purgatory. The individual's guilt in committing these sins (a related but separate matter) must be forgiven beforehand. Then the Church, as "the minister of redemption," grants the gift of an indulgence, which is a dispensation of the merits of Christ and the saints applied to Christians who meet particular requirements (see Catechism of the Catholic Church, 1471-9).

In order to receive an indulgence as part of the Year of St. Paul, one must:

- 1) Make a sacramental Confession,
- 2) Receive Eucharistic Communion,
- 3) Pray for the Pope's intentions (at least one Our Father),
- 4) Recite the Creed (either Apostles' or Nicean),
- 5) In a spirit of total detachment from any inclination to sin, take part devoutly in a sacred function or in a pious public exercise in honour of St. Paul.

Bishop De Angelis has chosen the three churches dedicated to St. Paul (in Lakefield, Norwood and Gravenhurst) and the Cathedral of St. Peter-in-Chains as pilgrimage centres to which Christians are encouraged to visit. Attending one of these parishes and carrying out a spiritual exercise in honour of St. Paul is necessary to receive the indulgence in the Diocese.

## **Spiritual Exercises at Diocesan Pilgrimage Sites**

### **Saint Paul the Apostle, Lakefield**

- **Individual Confession:** Fridays from 6:30-7:00pm; 30 min. before weekend Masses; anytime upon request.
- **Sunday Masses:** Saturday at 7:00pm; Sunday at 10:00am
- **Weekday Masses:** Monday, Thursday and Saturday at 8:30 am; Wednesday, Friday at 7:00pm
- **Every Friday from 7:00am-7:00pm:** Exposition of the Blessed Sacrament, followed by Holy Mass
- **First Friday of each month:** All-day Exposition of the Blessed Sacrament; Confessions from 6-6:30pm; Rosary at 6:20pm; Benediction and Litany of the Sacred Heart at 6:45 pm; and Holy Mass at 7:00 pm
- **First Saturday of each month:** Exposition of the Blessed Sacrament at 8:00am with silence; Confessions from 8-8:30am; Glorious Mysteries of the Rosary at 8:30am; Benediction of the Blessed Sacrament at 8:45am, followed by the Litany of the Blessed Virgin Mary; Mass at 9:00am. Come for any or all of these celebrations.
- **Advent Penitential Service, December 18 at 7:00 pm:** Prayer Service and Individual Confessions
- **Feast of the Conversion of Saint Paul, Sunday, January 25:** Mass at 10:00am followed by exposition of the Blessed Sacrament with the Litany and prayers to Saint Paul. A reception will follow with coffee and sweets in the Parish Hall.
- **Closing Celebration - Monday, June 29, 2009, Feast of Saints Peter & Paul:** All day exposition of the Blessed Sacrament followed by Mass at 7:00 pm

If you have any questions, please contact St. Paul parish at 705-652-3095.

### **Cathedral of St. Peter-in-Chains**

- **Individual Confession:** Every Saturday from 4:00–5:00pm; First Fridays before both Masses
- **Weekday Masses:** Mon.-Fri. at 7:30am, 12:10pm, Sat. at 9:00am
- **Exposition of the Blessed Sacrament:** First Fridays: 8:00am-12:00pm; Fridays (except first Fridays): 12:30-1:30pm

• **Devotion to O. L. of Perpetual Help:** Saturday: 8:30am

• **Votive Masses in Honour of St. Paul; 6-7pm Confession; 7pm Mass**

**January 23, 2009:** “Paul’s Conversion Experience on the Road to Damascus; and our Personal Conversion in the Year of St. Paul”; Guest Celebrant and Homilist: Fr. Kenneth Rae

**February 20, 2009:** “Rekindling a Love for the Eucharist and the Church in the Year of Saint Paul”; Guest Celebrant and Homilist: Fr. Damian Smullen

**June 26, 2009:** “The Universal Call to Holiness and the Universal Call to Mission in the Year of Saint Paul”; Guest Celebrant and Homilist: Fr. Joseph Devereaux

• **Holy Hours in Honour of St. Paul; 6-7 Confession; 7pm Adoration**

**March 20, 2009:** “Lifting High the Cross of Christ in the Year of Saint Paul”; Led by Fr. Thomas Lynch

**April 24, 2009:** “Paul and the New Life in Christ as Found in Paul’s Letter to the Romans”; Led by Fr. Stan Chu Ilo

**May 22, 2009:** Led by His Excellency, Bishop Nicola De Angelis

## **Diocesan Events**

In addition to the indulgences and spiritual exercises available at parishes, the following will also be taking place in the Diocese:

- A Lenten lecture on St. Paul in each deanery;
- An ecumenical prayer service on January 21, 2009 at the Cathedral of St. Peter-in-Chains, during the Week of Prayer for Christian Unity;
- Observance of the Feast of the Conversion of St. Paul (January 25) throughout the Diocese, in all parishes;
- Trip to the Holy Land, Turkey, Greece and Rome following the journey of St. Paul;
- More information to come