Liturgies for the week of October 12, 2026



Tues. Oct. 13	4:30 p.m.	***Neil & Michael***
		Devotions to St. Anthony of Padua
Wed. Oct. 14		
Saint Callistus I	8:00 a.m.	***Special Intention***
Thurs. October 15		
St. Teresa of Jesus	8:00 a.m.	
Fri. October 16	8:00 a.m.	***For the parishioners***
St. Marie-Marguerite D'Youville		
Sat. October 17	8:00 a.m.	***Souls in Purgatory***
St. Ignatius of Antioch		*Devotions to Our Blessed Mother*
	4:30 p.m.	***Rosemary Spicer-Harrison***
Sun. October 18	8:30 a.m.	***Cecil McGlenn & family***
	10:30 a.m.	***Michael & Margie Burke***



Those requesting our prayers this week: Sharon Asselstine, Tom Coulter, Terry Lively, Maria Dias



The Sanctuary Lamp

is burning for a
Special Intention

If you wish to have the Sanctuary Lamp burn for your intention please speak to Fr. Ajeesh. The offering is $6.00

Offertory Collection

Sunday, Oct. 4, 2026: $4,130.00
Needs of the Church: $90.00
Thank you for your generous financial support.

2nd Collection Next Weekend for World Mission Sunday

Parish Information

Fr. Ajeesh Jose OSB 343-333-4150, ajeeshkosb@gmail.com
Parish Office Secretary: Beth Maloney
613-546-6900 Tues. - Fri. 9:00 a.m. - 3:00 p.m.
Parish Council Chairperson: Joe Hamilton
CWL President: Jasmine Chapman jasminestjohnscwl@gmail.com
Knights of Columbus: Daniel Lewis 613-328-6542

St. John the Apostle Parish

Served by the Vallombrosan Benedictines
88 Patrick Street, Kingston, Ontario K7K 3P1
613-546-6900
e-mail: **StJohn.Kingston@archkingston.ca**
website: **www.stjohns-kingston.net**



Fr. Ajeesh Jose OSB
Administrator
St. John the Apostle Parish
Superior of the Monastery

Fr. Albin John OSB
Associate Pastor
St. John the Apostle Parish

Fr. Shinto James OSB
Administrator
Holy Family Parish

"For many are called, but few are chosen."
Matthew 22:14

Sunday, October 11, 2026
28th Sunday in Ordinary Time

Sacramental Services

Eucharist
Saturday Vigil 4:30 p.m.
Sunday 8:30 a.m. and 10:30 a.m.
Weekdays:
Mon. (no Mass) Tues: 4:30 p.m.
Wednesday to Saturday 8:00 a.m.

Reconciliation
Saturday 4:00 – 4:20 p.m.
Sunday 8:00 – 8:20 a.m.
and
10:00 – 10:20 a.m.
or by appointment

Other Sacraments you may require:
Baptism, First Reconciliation, First Communion, Confirmation,
Marriage, Anointing of the Sick.
Note: Marriages must be arranged six months prior to the date of the wedding.
Please contact Fr. Ajeesh Jose, OSB Administrator 343-333-4150

The Life History of St. Benedict of Nursia



1. **Birth and Childhood:** St. Benedict of Nursia, known as the Father of Western Monasticism and Patron of Europe, was born around 480 AD in Nursia, present-day Norcia, Italy. He was born into a Christian family and had a twin sister, St. Scholastica, who also dedicated her life to God. Benedict grew up during a period of political instability following the decline of the Roman Empire. From his childhood, he showed a sincere desire for holiness and a deep longing to seek God.

2. **Higher Studies and Divine Call:** Benedict was sent to Rome for higher studies. However, he became disturbed by the worldly ambitions and moral corruption he witnessed. Realizing that worldly success could not satisfy his spiritual longing, he abandoned his studies and chose a life dedicated entirely to God. This decision marked the beginning of his journey toward holiness through prayer, solitude, and self-discipline.

3. **Life in Subiaco:** Benedict withdrew to Subiaco, a mountainous region near Rome, where he lived as a hermit in a cave for approximately three years. A monk named Romanus supported him by providing food. During this period, Benedict grew in holiness, prayer, and spiritual wisdom. Gradually, people began to seek his guidance. He established several small monastic communities in the surrounding region, becoming a spiritual father to many monks.

4. **Special Gifts:** According to Pope St. Gregory the Great's Dialogues, Benedict possessed extraordinary spiritual gifts, including prophecy, healing, spiritual discernment, and miraculous intervention. He is particularly remembered as a defender against evil spirits and the power of the devil. His deep faith, prayer, and trust in God enabled him to resist temptation and guide others toward spiritual freedom. Through his holiness, wisdom, discipline, and compassionate leadership, he became a model for monks and nuns throughout the Church.

5. **Monte Cassino:** Around 529 AD, Benedict moved to Monte Cassino, between Rome and Naples. There, he established a monastery that became the centre of his spiritual mission. He organized a community of monks committed to prayer, work, obedience, and fraternal charity. Monte Cassino became a significant centre of Christian spirituality and monastic life.

6. **Benedictine Monasticism and the Rule**: Benedict developed a balanced form of monastic life in which monks seek God together through prayer, work, study, and community living. His greatest contribution was the Rule of St. Benedict, a practical guide for monastic life. The Rule emphasizes humility, obedience, silence, moderation, hospitality, and mutual love. It became a foundation of Western monasticism and served as a model for the rules and constitutions of many other religious congregations.

7. **Death**: St. Benedict died around 547 AD at Monte Cassino. According to tradition, he received Holy Communion and died standing in prayer, supported by his monks. He was buried near his beloved sister, St. Scholastica. His feast is celebrated on July 11 in the Roman Catholic Church.

8. **Benedictine Spirituality**: Benedictine spirituality is centred on seeking God in everyday life. It emphasizes three important values: Community life: living together in unity, prayer, mutual respect, and service. Hospitality: welcoming every guest as Christ, especially the poor and strangers. Humility: recognizing our dependence on God and treating others with love and respect. The motto Ora et Labora, meaning “Pray and Work,” expresses the Benedictine balance between prayer and daily responsibilities.

9. **Benedictines Today:** Benedictine monks and nuns continue to live in monasteries throughout the world. The Benedictine Confederation, established in 1893, brings together autonomous Benedictine monasteries and congregations while respecting their independence. Major congregations include the Cassinese, Subiaco Cassinese**,** English, Solesmes, Ottilians, Sylvestrines and Vallombrosan congregations. Their apostolates include prayer, education, pastoral ministry, hospitality, and service to the Church.

10. **The Benedictine Medal and Cross**: The Medal of St. Benedict is a sacramental of the Catholic Church. It bears the image of St. Benedict and the Cross, together with Latin inscriptions invoking God's protection against evil. The medal reminds the faithful of Christ's victory over sin and evil and encourages them to live with faith, prayer, and trust in God. St. Benedict was proclaimed Patron of Europe by Pope St. Paul VI in 1964. His life and teachings continue to inspire Christians to seek God through prayer, humility, community, and faithful service.