13 AUGUST 2017

19th Sunday in Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

480 McIntyre Street West - North Bay, Ontario - P1B 2Z4

Welcome to Your Father's House!



In the first reading, God reveals himself to Elijah in a quiet whisper. Paul expresses sorrow in his Letter to the Romans that his fellow Israelites have not accepted Jesus as the Messiah. In the Gospel, Jesus comes to his disciples, walking on the water during a storm. Sometimes, in the midst of life's storms, we might feel that Jesus has abandoned us. But Jesus walks with us every step along the way. During stormy times, it's important to turn to Jesus because he will give us the grace, guidance and strength we need to endure and make our way out of the storm.

Our Parish Mission Statement

We, the members of the Pro-Cathedral of the Assumption community, believe that we have been called through Baptism to live the Good News of Jesus Christ under the patronage of Mary, our Mother. We accomplish this by proclaiming the Word, celebrating the Sacraments, & reaching out to others.

PASTOR **Most Rev. Marcel Damphousse , D. D.**
Bishop of Sault Ste. Marie

RECTOR
Msgr. Dave Tramontini

ASSISTANT
Rev. Rex Lumine

IN RESIDENCE

Msgr. Normand Clement Chaplain, Nipissing-Parry Sound District Schools

PERMANENT MINISTERS

Deacons	*Diocesan Order of Women*
Rev. Mr. Albert Falconi	Mrs. Shirley Falconi
Rev. Mr. Donald Shago	Mrs. Norma Milligan
Rev. Mr. Rick Hamelin	Miss Ruth Godon
Rev. Mr. Gary Westenenk	Mrs. Frances-Clare Fraboni



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Our faith community dates back to 1886 when we were **originally located on Main Street West and called St. Mary's** of the Lake and the cornerstone of the existing Cathedral was laid in 1904. The history of our parish is recorded in the memories of thousands of people who built our community.

Pope Francis' AUGUST Prayer Intention

FOR ARTISTS

That artists of our time, through their ingenuity, may help everyone discover the beauty of creation.

MARRIAGE BANNS

There is a promise of marriage between:

John Frederick Ermel, son of Gerard Ermel & Maria (Goeng) and Helen Myrtle Isabel Adams, daughter of Kenneth Adams & Patricia Beckett. ♥

Parish Liturgies



Marriage: Please pick up a Marriage Information Booklet in the Church Vestibule to review prior to contacting the parish office.

Anointing the Sick: Please call the parish office for more information.

Reconciliation: Every Saturday from 3:00 until 3:45 PM.

Eucharist: Please see mass schedule published in this bulletin. Call the parish office to arrange for a Eucharistic Minister to visit the sick and shut-in who are unable to attend Mass.

Adoration of the Blessed Sacrament: On the First Friday of each month from 10:00 AM until 12:00 noon.

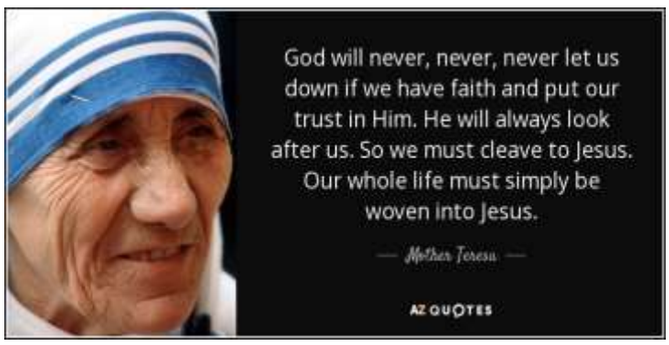
Baptism: Please pick up a Baptism Information Booklet in the Church Vestibule to review prior to contacting the parish office.

The Pro-Cathedral is **wheel chair accessible**. The entrance to the elevator is on Algonquin Avenue. Please enter the vestibule and ring the bell for an attendant. Service available at all weekend masses. Weekday masses service available 11:30 AM to 12:45 PM. A **Hearing Aid System** is available for use by the hearing impaired. Please ask an Usher or Sacristan to assist you upon entering the church.

OFFICE HOURS THIS WEEK	
MONDAY	**8:30 AM TO 12:00 NOON**
TUESDAY & WEDNESDAY	**8:30 AM TO 4:30 PM**
THURSDAY & FRIDAY	**OFFICE CLOSED**

WEEKLY READINGS: 14 - 20 AUGUST	
Monday	**Deuteronomy 10. 12-22; Matthew 17. 22-27**
Tuesday	**Revelation 11. 19a; 12. 1-6a, 10ab; Luke 1. 39-**
Wednesday	**Deuteronomy 34. 1-12; Matthew 18. 15-20**
Thursday	**Joshua 3. 7-10a; 11, 13-17; Matthew 18. 21—**
Friday	**Joshua 24. 1-13; Matthew 19. 3-12**
Saturday	**Joshua 24. 14-29; Matthew 19. 13-15**
Sunday	**Isaiah 56. 1, 6-7; Romans 11. 13-15, 29-32; Matthew 15. 21-28**

Ever thought about being a member of our funeral lunch team? There are a million small jobs that need doing by both men and women to support our parish families in their time of grief. ***Call Maudena at 495-2532 if you can help out in this fulfilling ministry!***



Catholic Women's League News

. The **next meeting of the Executive** we be held on Monday, August 28 at 7:00 PM in the Lower Sacristy

. The next **General Meeting** will be held on Wednesday, September 8 at 7:00 PM in the Parish Hall



. Save the date for the **upcoming CWL** Bazaar to be held on Saturday, November 18! This year's theme is Old Country Christmas. This year's co-conveners are Annette Dutrisac and Lisa Henry.

October General Meeting Movie Night



Wednesday October 4 ~ 7:00 pm
Everyone is welcome to watch with us!! This year's movie is "The Shack" It runs 132 minutes so reports will be tabled.

After a family tragedy, Mack spirals into a crisis of faith, and questions God's existence and life's purpose. Mack is unable to move on, until he gets a mysterious invitation to an abandoned shack. There, God reveals Himself in the form of three strangers led by Papa. Mack's journey will transform audiences of all ages.

The Prayer Process by Matthew Kelly

In The Prayer Process we take time – a minute, two minutes or maybe ten minutes – to spend time with Jesus every day. Pick a specific time when you will pray; for example, first thing in the morning or at night when the kids go to sleep. Find a quiet place where you can exclusively focus on God and begin.

The seven steps of The Prayer Process are as follows:

1. **Gratitude:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.
2. **Awareness:** Revisit the times of the past twenty-four hours when you were and were not the-best-version-of-yourself. Talk to God about these situations and what you learned from them.
3. **Significant Moments:** Identify something you experienced today and explore what God might be trying to say to you through that event (or person).
4. **Peace:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.
5. **Freedom:** Speak with God about how he is inviting you to change your life, so that you can experience the freedom to be the-best-version-of-yourself.
6. **Others:** Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.
   Finish by praying the Our Father.

Each of the first six steps in the process should stimulate a conversation with God. It is easy to fall into the trap of merely thinking about these things. When you find yourself doing that, return to actually speaking with God about whatever it is you are thinking. The goal is to develop the ability to have intimate conversations with God during this time set aside for prayer. The more deeply rooted we become in this daily habit of prayer, the more those conversations with God will spill over into the moments of our daily lives.

If you are just beginning, you may want to start with just one minute of conversation with God each day, adding a minute each week until you reach ten. If that is the case, don't try to race through all seven aspects of the prayer process. Just use the first step, Gratitude. Spend your minute speaking to God about everyone and everything you are grateful for, and then close with an Our Father. As you expand your time of prayer over the coming weeks, adding minutes, I suggest you add one step at a time of the process to your daily prayer. The key is to get the conversation started.

Nothing will change your life more meaningfully than developing a vibrant and sustainable prayer life

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Weekday Masses are Held at 12:05 PM

MASS SCHEDULE

Monday, 14 August - St. Maximilian Kolbe, Priest/Martyr
Jack Puddister - Mildred Puddister
Omer Foubert - Art and Elizabeth Appleton

Tuesday, 15 August - Assumption of the Blessed Virgin Mary
Julia Duggan - Bonnie Parslow
Intention of Dolores and Terry O'Connor - Katherine Amo and Family

Wednesday, 16 August - Weekday in Ordinary Time
Devotion to Our Lady of Perpetual Help
Emily Paquette - Philip Paquette
For Souls in Purgatory - E. Roy

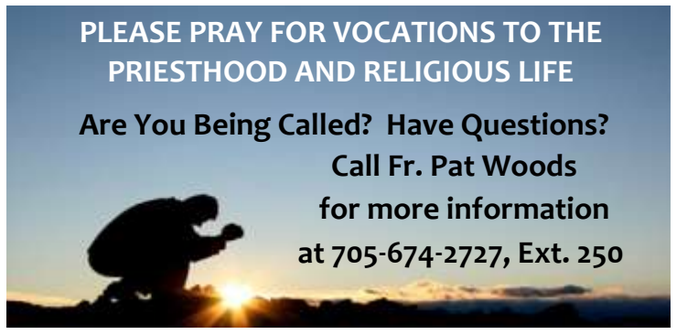
Thursday, 17 August - Weekday in Ordinary Time
Marcel Boissonneault - Randy and Jeannette Dominico
For Souls in Purgatory - Lorenza Thompson

Friday, 18 August - Weekday in Ordinary Time
Bill McMahon - Denise McMahon
Adelina Tignanelli - Egidio Tignanelli

4:00 PM Saturday, 19 August - 20th Sunday in Ordinary Time
Liberato Campanaro - Carmela Campanaro and Tony
Len and Leona Murphy - The Murphy Family
For Special Intentions - Mary Doyle

Sunday, 20 August - Twentieth Sunday in Ordinary Time
9:00 AM Deceased Relatives of Lloyd and Katherine Voisin
In Thanksgiving - Marissa Lobo
Barbara Peterson - Richard and Sheila Levesque

11:00 AM Intention of the Parishioners - Msgr. Dave Tramontini





NEW PARISHIONERS

Please complete a Parish Registration Form found in the pamphlet holder at the entrance to the Cathedral so we can get to know you better. Thank you!

Beautiful Holy Land Wood Art Display & Sale will be held September 30 and October 1 before and after all masses (Saturday 4:00 PM, Sunday 9:00 and 11:00 AM) at the Pro-Cathedral in support of the Christian community of Bethlehem which has suffered greatly due to political unrest.



For more information, visit LATEST NEWS at http://procathedral.diocesessm.org

COLLECTION: 30 JULY 2017	
Sunday Offering	**Building Fund**
$4,610.35	**$1,330.60**

REGIONAL BULLETIN NOTICES ARE POSTED IN THE GLASS CABINET AT THE CATHEDRAL CENTRE