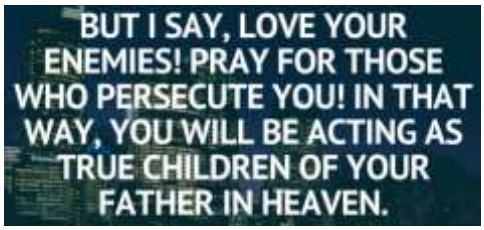
23 February 2020
Seventh Sunday in Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House!



In Leviticus, the Lord declares his statutes to Moses for the Israelites, calling them to holiness and love. In our second reading, Paul instructs the Corinthians, calling them to holiness as temples of the Holy Spirit. In the Gospel from Matthew, Jesus preaches a new standard of love and justice, calling his followers to love their enemies. Jesus expands on the law that his followers knew well. As God loves all people without partiality – the bad and the good, the just and the unjust – so are all who follow him to do. Certainly this can be difficult, but it is not impossible. For by Christ's sacrifice, we have been made children of the Father. With his help, and God's grace, we are capable of striving for the perfection in love to which we are called.

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

PERMANENT MINISTERS

Deacons
Rev. Mr. Albert Falconi
Rev. Mr. Donald Shago
Rev. Mr. Rick Hamelin
Rev. Mr. Gary Westenenk

Diocesan Order of Women
Mrs. Shirley Falconi
Mrs. Norma Milligan
Miss Ruth Godon

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.



(705) 472-3970
(705) 494-8222
office@procathedral.ca
www.procathedral.ca
facebook.com/procathedral

Parish Sacraments



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 - FRIDAY	**8:30 AM to 4:30 PM**

READINGS: 24 FEBRUARY—01 MARCH	
Monday	James 3 13-18; Mark 9. 14-29
Tuesday	**James 4. 1-10; Mark 9. 30-37**
Ash Wednesday	**Joel 2. 12-18; 2 Corinthians 5. 20—6.2; Matthew 6. 1-6, 16-18**
Thursday	Deuteronomy 30. 15-20; Luke 9. 22-25
Friday	**Isaiah 58. 1-9a; Matthew 9. 14-15**
Saturday	**Isaiah 58. 9b-14; Luke 5. 27-32**
Sunday	Genesis 2. 7-9, 16-18, 25; 3. 1-7; Romans 5. 12-19; Matthew 4. 1-11

DATE	TIME	WHAT'S UP?
February 24	7:00 PM	CWL Executive Meeting
February 25	1:00 PM	Line Dancing in Hall
February 25	5:00—7:00 PM	Shrove Tuesday Pancakes!!
February 26	**Ash Wednesday** **9:30 AM Mother St. Bride School Mass** **12:05 PM Ash Wed. Solemn Celebration** **5:00 PM Ash Wed. Solemn Celebration**	
February 27	Bible Study of the Psalms Cancelled this Week	
March 1	4:15-6:00 PM	Right to Life Dinner in Hall

Beginners Line Dancing

We are having a lot of fun and learning something new!

Fun Afternoon for anyone who would like to learn line dancing, get a little aerobic exercise and have some fun! Gentle exercise for all ages! Instructor Theresa Ethier will lead us.
Bring a friend and come on out!! Also bring a water bottle and street/running shoes to change into when you get here. Everyone welcome!
In Parish Hall on Tuesdays from 1:30 to 3:00 PM ~ $6/ person weekly. Dates: Feb 25, March 3, 10, 17, 24, 31, etc. ***You can attend any week at your convenience but consistency would be great too!***

Widows Helping Widow's Group



"Widows helping widows is primarily a social support group and we gather for: coffee at Twiggs every Wednesday at 10 am, good movie & dinner, once/ month for lunch, catered Christmas dinner, annual healing Mass, as well as other social events as they arise throughout the year. We would love to have you join our group of widows.

Call Karen Beaulieu (495-6675) for more information. Perhaps you have a family member who would never pick up the phone to call? Why not talk to them about coming out to our gatherings? Rides available. We are a very friendly, welcoming group and look forward to meeting you!

PRAYER LINE

The prayer line is a group of parishioners who pray for the needs of others. Concerns great and small are presented to the Lord on your behalf. If you have a prayer request or would like to join the group call Sister Shirley McNamara at 474-3800, Ext. 295 or Lorraine Atchison at 474-0613 and they will gladly pass them on to others who are waiting to receive your requests.

MASS SCHEDULE

Weekday Masses are Held at 12:05 PM

Monday, 24 February - Weekday in Ordinary Time
Evelyn Pelletier - Catholic Women's League
Lloyd Voisin - Greg and Jennie Humbert
Ken Carey - Robert and Judy

Tuesday, 25 February - Weekday in Ordinary Time
Lloyd Voisin - Joe and Louise Defonzo
Antonietta Rizzuto - Families & Catechists of Catechesis of the Good Shepherd

Wednesday, 26 February - ASH WEDNESDAY

**** NO Devotion to Our Lady of Perpetual Help Today**

12:05 PM Solemn Celebration for Ash Wednesday
5:00 PM Solemn Celebration for Ash Wednesday

Thursday, 27 February - Weekday of Lent
Lillian and Blair Sullivan - Ann Sullivan and Family
Cecil Edward Goodreau - The Family
Anne Lafontaine-Baechler - Margaret Anne Lafontaine

Friday, 28 February - Weekday of Lent
Bill Balfour - Mary Ellen Balfour and Family
Intention of Gary Westenenk - The Voisin Family

4:00 PM Saturday, 29 February - First Sunday of Lent
Zofia and Wiktor Nowicki - Margaret Sroga
Anne Marie Baechler - The Costa Family
Eleanor Macaluso - Judy and Dan Alexander

Sunday, 01 March - First Sunday of Lent
9:00 AM Hector Lavigne - His Sisters
Intention of Mathilde Bazinet - Roy and Bunty Swanson

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

Note: Only weekday masses are announced verbally.

STATIONS OF THE CROSS
FRIDAYS DURING LENT
5:00 PM in the Cathedral



Lent & Fasting & Abstinence

We may give up meat or other desirable foods on Fridays during Lent, and especially on Good Friday, the day of Christ's saving death on the cross.

Our abstinence for Catholics 14 years and older (as long as there are no health issues) is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing to a work of charity) or other acts of piety (taking part in a service of worship with others, praying with our family, spending some extra time in personal prayer, especially with the scriptures.

Catholic Women's League

Executive Meeting Monday, February 24 at 7:00 PM in the Lower Sacristy.

The next **General Meeting** will be held on Wednesday, March 4, at 6:30 PM in the Parish Hall.

Did you know? The Sault Ste. Marie Diocesan Catholic Women's League of Canada 100th Anniversary Convention will be held right here in North Bay! Starting Friday, April 24 and running until Sunday, April 26, CWL members from 30 councils will be part of the history of the CWL.

Members of the Pro-Cathedral of the Assumption CWL who are interested in attending the convention are asked to register by contacting Shirlene Condie-McVeigh, President, at shirlenecondie@gmail.com or at (home) 476-2748. Due to the high demand for this convention paid positions will be determined on a first-come-first-serve basis. Don't delay!



Our Lenten journey begins on February 26. Lent symbolizes Jesus' journey of 40 days and nights fasting in the Judean Desert while being tempted by Satan. Colleen Perry, Ontario Provincial Council President, suggests instead of giving something up invites us all to give more of ourselves to each other. Disconnect with electronic devices and reconnect with friends and family.

The provincial council will be focusing on loneliness for the next two years. ***Someone you least expect could be feeling quite lonely!*** Invite someone for coffee or lunch, don't wait!

The Social was very successful! Approximately 100 people came and enjoyed the brunch and music provided by Art Henry.





A sincere thank you to my wonderful team: Janet Poeta, Art Henry, Jeff and Hillary Borden!



Thank you to all the parishioners who came out. This event keeps getting bigger and bigger and as you can see from the smiles, people really enjoy this social event.

Michelle Chew, Social Sunday Coordinator

SHARE LENT 2020

Development and Peace CARITAS CANADA

Lent prepares us for the heart of the Christian faith — the great Easter celebration of the Resurrection of Jesus Christ, our Lord. It is a time to have a heart-to-heart with God; to let oneself be more inhabited by Jesus, the Savior; **to ask for peace for oneself, one's family and the peoples of the Earth; and to** seek inner transformation through prayer, fasting and almsgiving. To give alms is to practice charity by making oneself close to those of the world who are in need. It means sharing, in the name of social justice, our comfort and abundance. It means being in solidarity with our sisters and brothers in the countries of the South who are striving to build a world of justice and peace, a world where all can live with dignity. In keeping with this seasonal spirit of Lent, Development and Peace — Caritas Canada calls us to reaffirm our commitment For our Common Home. **In response to Pope Francis' concern for the Amazon and its peoples, we are invited to heed the cry of the poor and the cry of** the Earth through the testimonies of Indigenous and traditional communities who are struggling to protect the Amazon forest from shameless plunder. We are also invited to live an ecological conversion and to take concrete actions to preserve the future of our Earth and of present and future generations. Generously giving to Share Lent allows Development and Peace to continue to support marginalized communities in the Amazon and across the Global South in their commitment to transform the world. In living the Share Lent campaign, we are nourished by the spirit of Lent, which prepares us to celebrate the Resurrection of Jesus Christ, our Lord. We wish you a joyous ascent **towards Easter! "The cry of the poor is the Church's cry of** hope. When we make their cry our own, we can be certain, our **prayer too will reach to the clouds."**

Homily of Pope Francis at the concluding mass of the Pan-Amazonian Synod Mass

COLLECTION - 16 FEBRUARY	
Sunday Offering	**Building Fund**
$4,276.30	**$1,810.00**



NEXT SUNDAY – MARCH 1 Spaghetti, Meatballs & Lasagna Dinner – All you can eat!

Support Right to Life and join us from 4:15 to 6:00 PM at Pro-Cathedral Parish Hall. Adults/$15, Children 3-10/$5, Takeout Orders $10 (No bun, salad or desert) Also holding a silent auction. EVERYONE WELCOME - PLEASE COME OUT!!

REGIONAL EVENTS

2020 Northern Ontario Catholic Youth Conference will be held on Saturday, February 29 at St. Joseph-Scollard Hall. Join youth from across Northern Ontario for a day of faith, music, sharing, talks and powerful witness featuring popular Catholic Speaker Chris Bray. This year's theme is "unChained" as we reflect on how God can free us from what holds us back in life. Registration fee of only $20 includes all meals! Conference runs from 10 AM to 8 PM and overnight accommodations are available for travellers. All young people aged 13-19 are invited to register online at www.holynamestalphonsus.com/unchained, pick up a Registration Form at your church or from your high school Chaplain, or call Fr. Daniele Muscolino at 705-495-1501. This event is presented by the Roman Catholic Diocese of Sault Ste. Marie.

Holy Name and St. Alphonsus parish communities present a 3-**Evening Lenten Mission with the theme "Radical Love"** on Sunday, March 1; Monday, March 2; and Tuesday, March 3 at 7:00 PM each evening at Holy Name Church. Mission led by popular Catholic Speaker Chris Bray, one of North America's leading speakers on all things Catholic - speaking to tens of thousands of people each year. He has also been featured on EWTN, 100 Huntley St, & Salt & Light TV. All are welcome to join us!

Come and See Day of Prayer Saturday, March 14 rom 9:30 AM to 3:00 PM at St. Joseph's Motherhouse. Ages 28 to 35 welcome. Suggested offering $30. Please register by March 7. cromano@csjssm.ca or 474-3800, X-230

New Evangelization Summit – live from Ottawa on April 25. Join us as we stream this webcast live at St. Peter's Church. Registration is FREE for everyone! Don't miss your chance to be present at North America's premier conference on the New Evangelization! **Pre-register at newevangelization.ca. No computer? Call your parish office.** On April 25 please arrive by 8:00 AM for check-in. Talks begin promptly at 9:00 AM and run until 4:00 PM. Lunch, coffee, tea and snacks provided. Guest speakers Sherry Weddell, Michael Dopp, Brett Powell, Barbara Mason, Fr. Robert Spitzer, S.J. Check out their biographies at newevangelization.ca Be inspired to be an evangelist!

Marriage Preparation Weekend: June 5-6, October 23-24. 6:30 PM Friday 9:30 AM to 5:00 PM Saturday. To register or for more information, call or text Samantha Silver at 471-3284 or email at samyehsilver@gmail.com to reserve your place. Material cost of $75 is payable at registration. Limited to 18 couples register soon!

The Promises of Fatima: Come pray the Rosary with a group of people who form a Fr. Gobbi Cenacle honouring our Blessed Virgin Mary. Wednesday mornings at 9:30 AM at St. Peter's

Lenten Retreat Day – The Paschal Mystery – a Way of Life at St. Joseph's Motherhouse McColgan Room February 29 from 9:30 AM to 3:00 PM with facilitator Sr. Pat Carter. Suggested offering $40 includes breaks and lunch. Call 474-3800 X-213 or email Sr. Pauline at pguindon@csjssm.ca to register.

The Voice of the Martyrs Canada Presents Solitary Refinement – incredible true stories from the persecuted church. By Dennis Hassell under the direction of Tom Carson – running time 75 minutes. Tuesday, March 10 at First Baptist Church 1250 Cassells Street. For ages 13+, free admission, contributions gratefully accepted. All are welcome!

Book the Date Now - National March for Life Thursday, May 14. Bus leaves to Parliament Hill from Staples Parking Lot 7:00 AM, returning 9:00 PM. $30/Adults, $20/Students Call Jeannine at 705-724-3424

Lent at Villa Loyola – Lectio Devina: Explore and share experiences and grow towards a better and deeper understanding of our Lord Jesus Christ's message for us. Tuesdays: 2 to 4 PM. Dates: March 3, 10, 17, 24, 31, April 7, May 19, June 16. Director: Fr. Wim Dombret, S.J. Cost: Free/tax receipt provided for donation of $25 or more Registration: Call 705-522-3502 ext. 0 Monday to Friday or by email at loyola@isys.ca

Catechesis of the Good Shepherd Level I Training Session for those interested in becoming a catechesis working with the 3-6 year old child will be held July 5 to July 10 2020. For more information and to register visit www.cgsac.ca>training or contact Erin Tayler at 840-8509

Sisters of St. Joseph Present

Christian Meditation Group Tuesdays from 1:30-2:30 PM in the Holy Family Chapel. Join with others to experience contemplative prayer by entering into silence to open yourself to the love and presence of God.

Taize Prayer: Third Thursday of the month from 7:00-8:00 PM. A Taizé hour of worship involves song, periods of silence, a scripture reading and meditation, intercessory prayer and/or icons.

Villa Loyola Sudbury Lenten Retreat - Explore the deep well of meaning and mystery that we call creation or nature. From this well may flow a deep-rooted care for our common home and a call to action. From Friday March 13 7 PM to Sunday March 15 1 PM with director, Fr. John McCarthy, S.J. Cost: $225.00 live-in/ $140.00 commute. Register by calling 705-522-3502 ext, 0 Monday to Friday or by email at loyola@isys.ca

CLAY: A fun filled Catholic Youth Program for ages JK to Grade 6. Clay meets Thursday evenings from 6:30-8:00 PM at St. Gregory's School in Powassan. Enter via the back door (Gym Entrance). No charge. Come and join us for games, crafts and faith teachings in a fun filled environment. For information please contact Jessica Sheppard at (705) 496-6219 or jessicasheppard@gmail.com.

EDGE: NEW Catholic Youth Program: ALL students in Grade 6, 7 & 8 from any school or church are welcome to join our EDGE Youth Nights on Thursdays from 6:30-8:00 PM at Holy Name of Jesus Church. Each includes music, games, prayer, teaching and social time. Evenings are led by Catholic high school students, Fr. Daniele Muscolino and a team of volunteer adults. EDGE provides a safe, fun place for youth to find solid friendships and learn more about our Catholic faith. For more information visit www.holynamestalphonsus.com/edge or call 705-495-1501.

ASCENT: A Journey of Discipleship for Catholic Young Adults 18-35 A new Catholic educational and spiritual program. Deepen your faith, grow in your relationship with Jesus, and learn about what it means to be truly Catholic. Become a true disciple of Jesus and have your questions about the Catholic faith answered. Join us Sunday afternoons from 12:45- 2:30 PM at Holy Name of Jesus Church. For more info visit www.holynamestalphonsus.com/ascent

North Bay Pregnancy Help & Resource Centre
323 Algonquin Avenue, North Bay, ON P1B 8J8
Open weekdays 10:00 AM–4:00 PM. Tel: 475-9270.
Offering free pregnancy testing, optional counselling,
a friendly non-judgmental ear, baby supplies,
and community service referrals.

WANT TO LEARN MORE ABOUT THE CATHOLIC FAITH?
KNOW SOMEONE WHO DOES?

Been THINKING ABOUT BECOMING A CATHOLIC for some time but never got around to doing anything about it?

Is the time right for you? Call the Parish Office to see how we can welcome you into the Church.