Pro-Cathedral of the Assumption

As the Father sent me, so I send you. Receive the Holy Spirit.

31 May 2020 — Pentecost Sunday

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



The first reading recounts the dramatic coming of the Holy Spirit to the disciples – and their resulting ability *to speak in different tongues*. In his Letter to the Corinthians, Saint Paul writes that while there are *different kinds of spiritual gifts*, there is but *the same Spirit*, and *the same God*. In the Gospel, Jesus appears to the disciples in a locked room, gives them the Holy Spirit, and grants them the authority to forgive sins. Today, as we celebrate the birthday of the Church with the coming of the Holy Spirit, we also reflect on the gifts that the Spirit gives to each of us. Let us pray to be able to recognize them, and ask for the grace to use them for the sake of the Kingdom.

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.



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READINGS: 01 - 07 JUNE

Monday	Genesis 3. 9-15, 20; John 19. 25-27
Tuesday	2 Peter 3. 12-15a, 17-18; Mark 12. 13-17
Wednesday	2 Timothy 1. 1-3, 6-12; Mark 12. 18-27
Thursday	2 Timothy 2. 8-15; Mark 12. 28-34
Friday	2 Timothy 3. 10-17; Mark 12. 35-37
Saturday	2 Timothy 4. 1-8; Mark 12. 38-44
Sunday	Exodus 34. 4b-6, 8-9; 2 Corinthians 13. 11-13; John 3. 16-18



CHECK IT OUT!!

Don't forget to watch the weekly video of the Gospel & Reflection posted on our website each Saturday evening at procathedral.ca

Let other's know about this way of keeping in touch!

MEMORIES OF THE PRO-CATHEDRAL - SHARE YOUR PHOTOS WITH US!



You may not have the first photo, but your photo is valuable, and we want to see it!

Do you have an old picture taken of the Pro-Cathedral? Perhaps a photo taken inside or out (weddings, baptisms, celebrations, past clergy, etc.)? Regardless of the date or occasion, we would love to see it.

Here's how to send a picture. Type this link into your browser: https://procathedral.ca/upload/ and you will be taken to a form to send your pictures. ***You can also email your images to us at procathedralfiles@gmail.com***

Include as much detail with your photo as you can such as date, occasion, people in the photograph (if any), etc.

This Saturday - Join us!

PRO-CATHEDRAL SOCIAL COMMITTEE PRESENTS
CHILI & CHEER GRAB-N-GO EVENT



DRIVE-UP, STAY IN YOUR CARS,

RECEIVE A COMPLIMENTARY CHILI MEAL TO TAKE HOME!
(WHILE QUANTITIES LAST)

EVEN THOUGH WE CAN'T SOCIALIZE IN PERSON, DOESN'T MEAN WE CAN'T BRING A LITTLE CHEER TO YOU WHILE SAFELY DISTANCING.

DETAILS BELOW....



Saturday, May 30, 2020

4:00 pm - 6:00 pm

PRO-CATHEDRAL OF THE ASSUMPTION PARKING LOT
(480 McIntyre St. W)

COMPLIMENTARY *(While quantities last)*
(includes a bowl of chili, bun and cookie)

Drive over to the Pro-Cathedral main parking lot

between 4:00 pm and 6:00 pm on Saturday, May 30th,

STAY IN YOUR CARS and

receive a complimentary meal to take home and enjoy!



Traditionally, our bishop celebrates Confirmation with our youth on Pentecost Weekend.

We had advertised that we were reviewing our Confirmation program to make it a better experience for our students and parents and had decided that the Sacrament of Confirmation would not be celebrated until the Fall of 2020. This Fall, we hope to offer the Sacrament of Confirmation for those in Grades 7, 8 & 9 - to make sure that our young people do not miss this opportunity to receive this great Sacrament of the Holy Spirit.
Watch the parish bulletin for further updates and registration information.

Pray Along!

Each Wednesday afternoon you can view Fr. Rex praying the Devotion in Honour of Our Mother of Perpetual Help.

You can view the video and download the prayer sheet from our Homepage at procathedral.ca or on our Facebook Page



Through the mercy of God, may the souls of our recently faithful departed, rest in peace. Please keep them and their families and friends in your prayers.

SISTER SHANNON HICKEY

Bells & Prayer



When our bells ring at 12:00 noon and 6:00 PM it is customary to pray the Angelus. Perhaps during this time we can say an extra prayer for our healthcare workers, those who continue to work in essential services, and those who have been infected by the coronavirus.

Note: They are now also being rung at 7:30 PM as we join the North Bay community in "making some noise" for those who work in essential services.



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.

Catholic Women's League

Our parish gardeners need your help! There is a very invasive weed taking over and and smothering all the plants. Those who care for the gardens are really struggling to get rid of it. There are only 4 women who take on this job and they really need some help right now. PLEASE, teens, men, women if you can offer an hour or two of your time it would be greatly appreciated. Make it a family project, work together for an hour or two. You will need to bring your own tools, ie: garden hand tools, small shovel or spade. ***PLEASE consider lending a hand.*** Everyone appreciates a beautiful yard, so let's pull together and keep the parish beautiful. Contact Annette Dutrisac at 495-3584 for more details and scheduling.



Summer is here! Well at least the weather is like summer! It usually means one of our biggest meetings of the year, our **June Dinner and Service Pin Ceremony**. Because of Covid 19, we have had to make many changes and have not had a meeting since the first part of March! I would like to let each and every one of you know you are missed. All of our plans this year have changed but are only postponed! When we can meet again we will have dinner together and present our service pins. As well, we will be celebrating our 100th Anniversary!



I wish everyone a safe and happy summer! Stay well and don't be in a rush to engage with too many people. Remember social distancing (a new norm, I think!) Keep an eye on the bulletin in August for announcements. If it is safe we will see you in September!

Peace and Blessings everyone!

Shirlene



We are here to help!
We have people ready and willing to assist you. Need a grocery pickup? A wellness call made to a family member? Other assistance? Give us a call or email and let us know how we can help!

Quick links to TV Masses on our Homepage at procathedral.ca



Salt and Light TV, Holy Name of Jesus Parish, St. Vincent de Paul (French Mass), Ste. Bernadette, EWTN, DailyTVMass, Catholic TV & More!

Easy as going to our homepage and clicking on one of the links.

What is PENTECOST?



PENTECOST comes from the Greek word "Pentecoste" meaning 50th day. Pentecost Sunday is one of the most prominent feast days in the Christian calendar. It is often referred to as the "BIRTHDAY OF THE CHURCH".

It marks the day when the HOLY SPIRIT descended upon the Apostles, who had been living in fear for fifty days following the resurrection of Jesus Christ on Easter Sunday.

On Pentecost, the HOLY SPIRIT came down visibly on the Apostles. He gave them the power to speak in strange tongues to the crowds that came to Jerusalem for that Feast. He also transformed them, from selfish and timid men into giants of courage and faith.

SPIRIT of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity.

Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus' way of love.

Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealings with one another.

May we respect life as we work to solve problems of family and nation, economy and ecology.

Spirit of God, spark our faith, hope and love into new action each day.

Fill our lives with wonder and awe in your presence which penetrates all creation.

Amen

Pentecost and Evangelization



Pentecost is the climax of the life of the earthly Christ. Now that he has been raised and ascended, he empowers the church to continue his mission.

When Jesus breathed on the disciples he sent his "advocates", his disciples, to carry on the mission of the Holy Spirit. He revealed all that the disciples needed to know and gave them strength to go beyond the safe and secure confines of the upper room into a hostile world not ready and willing to hear about Christ.

We too are asked to proclaim as the Father has sent us and we are asked to be a forgiving people.

- In what ways have we brought the Gospel to others?
- When have we tried to breathe the Spirit into others?
- When have we forgiven someone for hurting us?

The Spirit guided the disciples into unknown territory and promises to never leave them. We too can trust that we will never be left alone when we risk talking about God and bringing the message of hope, love and forgiveness to others.



Ordinary Time isn't ordinary. It's much more than that. Here is the Ultimate Guide to Ordinary Time to help you get the most out of this liturgical season.

Ordinary Time is a liturgical season, just like any other. And just like any other season in the liturgical calendar, this season celebrates a very specific time in the life of our Lord, Jesus Christ.

When we think of liturgical seasons we typically think of the major seasons of Advent, Christmas, Lent, and Easter. These seasons celebrate what could be thought of as "The Main Event." Namely, the incarnation, birth, passion, death, resurrection, and ascension of Jesus.

Seems like there isn't much to celebrate after that, right? Wrong!

The 33 (or 34 depending on how the feasts fall) weeks of Ordinary Time contain the rest of Jesus' earthly ministry and some of the major events of the Gospels we have come to know and love.

The miracles, the parables, the calling of the twelve, the sermon on the mount, the bread of life discourse. . . we get all that and more during this season. Truly, there is much to celebrate.

Why the word Ordinary?

The term 'ordinary' in our common use typically refers to something being plain, unimpressive, or unexciting. A kind of 'it is what it is' mentality. For that reason, many people hear 'Ordinary Time' and they immediately think of the season as such. But that understanding doesn't reflect the true meaning of the season.

Ordinary, in this context, comes from the Latin term *ordinalis*, meaning 'numbered' or 'ruled'. This title simply refers to the ongoing and rhythmical nature of the season. Just like everyday life, there is a rhythm to the days and the weeks. Sure, we have holidays and special occasions that we look forward to that change the pace, just like we have holy days and feasts in the Church year. But those special occasions aren't the whole picture, just like there is more to the life of Christ than what we celebrate in other liturgical seasons.

When is the season?

Technically, Ordinary Time has two parts, but it remains one season. The first part begins right after the feast of the Epiphany and runs until Shrove Tuesday, the day before Ash Wednesday (when Lent begins).



The second part begins the Monday after Pentecost and runs until the First Sunday of Advent. This part is typically about twice the length of the first. Ordinary Time typically contains about 33 or 34 weeks, depending on how other Catholic Church feast days fall. Each of these weeks is denoted by the passing of time:

The First Sunday in Ordinary Time
The Second Sunday in Ordinary Time
The Third Sunday in Ordinary Time
etc.

What's the color?

The liturgical color for Ordinary Time is green. This is to represent the time of growth and expansion of the Church following the life, death, and resurrection of Jesus. Green is a very natural color, and is often a symbol for growth and new life.

What are we supposed to do?

Like all liturgical seasons, Ordinary Time is meant to be lived! We aren't passive receptors of the liturgy – or at least we shouldn't be. We are called to be active participants! Participating in Ordinary Time means participating in the everyday life of Jesus.

The Sundays and weeks of Ordinary Time take us through the life of Christ. This is the time of conversion. This is living the life of Christ.

Ordinary Time is a time for growth and maturation, a time in which the mystery of Christ is called to penetrate ever more deeply into history until all things are finally caught up in Christ.

Think about that last phrase for a moment. *Caught up in Christ.*

One of the realities of everyday life is that it is easy to get caught up in things. Politics. Social media. Schedules. Work. Money. Worry. The list could go on. But what would life look like if you were *caught up in Christ*?

Getting caught up in Christ

Here's a short list of ways you can fully embrace this liturgical season and get caught up in Christ:

1. Examine your habits. Your day to day life is typically just a series of habits played out one after the other. If you want your life to change, the first place to look is your habits. A great new habit to start: reading the daily Gospel.
2. Gratitude. Joy always finds its root in gratitude. Try starting each day by thanking God for five ordinary, everyday things. If you have a family, try going around the table at dinner time and list off things together.
3. Use your imagination to reflect on the daily life of Jesus. Imagine Jesus doing the simple things. Eating, walking, joking with his friends. Praying. Make yourself a bystander to the Gospel stories in your imagination.

Ordinary Time is anything but ordinary. But the true power of the season is only unlocked if you live it!

