Pro-Cathedral of the Assumption

"God so loved the world that he gave his only-begotten Son"

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

07 June 2020 — Solemnity of the Most Holy Trinity



On Mount Sinai, Moses encounters the God of Israel as a God of compassion and kindness. Saint Paul urges the Corinthians to live in fellowship and peace as brothers and sisters, children of the one God. In the Gospel, Jesus teaches that his mission is grounded in the total love of the Father for all of creation. Today's feast is a celebration of God's self-revelation to us through the mystery of the Incarnation. For it is in Christ that we come to know that within the Godhead there is a Trinity of three divine persons to whom belong all glory, praise, and honor, and from whom all life flows.

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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(705) 494-8222

office@procathedral.ca

www.procathedral.ca

facebook.com/procathedral

READINGS: 08 - 14 JUNE

Monday	1 Kings 17. 1-6; Matthew 5. 1-12
Tuesday	1 Kings 17. 7-16; Matthew 5. 13-16
Wednesday	1 Kings 18. 20-39; Matthew 5. 17-19
Thursday	Acts 11. 21b-26; 13. 1-3; Matthew 10. 7-13
Friday	1 Kings 19. 9a, 11-16; Matthew 5. 27-32
Saturday	1 Kings 19. 16b, 19-21; Matthew 6. 33-37
Sunday	Deuteronomy 8. 2-3, 14-16; 1 Corinthians 10. 16-17; John 6. 51-59



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!



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.



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 Cemonne Bigras, csj

Claire Faubert Simone Lascelles

Savario "Sam" Veraldi



No Shortage of Cheer at the Pro-Cathedral Chili & Cheer Event!



Smiles and spirits were plentiful from the Pro-Cathedral Social Committee that welcomed the many carloads of people to their *Chili & Cheer Grab-N-Go Event that took place in the Pro-Cathedral parking lot on Saturday, May 30 from 4:00 – 6:00 pm.*

Since the onset of social isolating due to the COVID-19 pandemic, the Pro-Cathedral Social Committee met through virtual means to plan events in an effort to foster connection and uplift spirits, not only within our faith community, but also the community at large. Many ideas were cultivated including using social media by offering gospel reflections from our clergy, spiritual devotions, a video with messages of hope and love from parishioners, a photo memory campaign and this event, the Chili & Cheer.





The intent of the Chili & Cheer event was to provide an uplifting, community event in a safe, social distancing environment. Anyone who drove or walked up, received a complimentary package of one serving of chili, a bun, a cookie and a card with an inspirational message of hope. The meals were distributed by Monsignor Dave and Father Rex and other social committee volunteers. With much love and an abundance of smiles, approximately 200 meals were distributed.

Thank you to our Social Committee for another great event and for spreading cheer! It was a wonderful for our parish community and we are blessed by your servant hearts!

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



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



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 with weeding, watering, and pruning throughout the summer.



Teens, men, and 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. ***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.

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.

COLLECTION: 24 & 31 MAY 2020	
Sunday Offering	Building Fund
$6,220.00	$1,953.00

MASS REQUESTS

Please know that all masses that were booked or requested will be re-scheduled once our liturgies begin again.



The First Sunday after Pentecost is celebrated as The Solemnity of the Most Holy Trinity. The Trinity is the manner in which Catholics believe God is revealed to the world. The Catechism of the Catholic Church tells us, "The mystery of the Holy Trinity is the central mystery of the Christian faith and of the Christian life." (CCC, #261)

The Church shows that because God is "mystery," meaning that we just can't pin God down — we're unable to know *everything* there is to know about God — God has tried to communicate to us just who He is. Traditionally, the Church expressed this as, God being revealed as Father, Son, and Holy Spirit, three expressions or "persons" of one divine essence. The Trinity is one. Catholics do not believe in three Gods but rather one God in a unity of three persons with one divine nature. Sound confusing?

One analogy that could be helpful is to think of the different states of matter: solid, liquid, and gas. Ice can become water and water can become steam. All of these are the same essence and contain equal amounts of hydrogen and oxygen but they appear in different forms.



What Is Trinity Sunday All About?

God the Father
The church uses the image of the Father — the Creator from which everything flows and has its being — to express the first person of the Trinity. While the Son and the Holy Spirit are not "lesser gods" they do proceed from the Father as God's own self-gift to humanity.

God the Son
The second person of the Trinity is the Son — Jesus himself, God become man. Catholics believe that God freely chooses to come into human history in the person of Jesus. God becomes like us and dies our human death for us. But because Jesus is God, He cannot be held by death and rises to a new life, supremely better than human experience.

God the Holy Spirit
The third person of the Trinity is the Holy Spirit, who proceeds from both the Father and the Son. Jesus announces that his Father will send the Holy Spirit to be with and in the disciples, to teach and guide them. The Spirit is God's real presence living within all of us, which brings us inspiration (which literally means "to draw in the Spirit").
God is three "persons" but one "essence." The Father is just as much "God" as the Son and neither is "more God" than the Spirit.

Still confused? Instead of "persons" let's substitute the word "expressions" of God. The Trinity can be thought of in these three expressions:

- ***God is "beyond us."*** We can never really fathom what God is, but we know that He is far beyond our limited human nature or anything we can come to know in that human experience. God is the ultimate mystery, the question that we never fully answer. This is God the Father — the creator, the one who is beyond all understanding.

- ***God is also "among us."*** We come to know God in the person of Jesus. God takes on our human nature and becomes "one of us." Catholics also believe that this human experience of God continues in the sacrament of the Eucharist. God the Son is among us.

- ***God is also "within us."*** God is the "divine spark" that awakens us to the fact that we are alive. God imbues us with our creativity, our gifts and talents, and our limitations as well. As we come to know ourselves as people, we also come to know God — who knows us better than we know ourselves. This is the experience of God the Holy Spirit.

God is all these things and more. We don't know all that God is but this is how God has been revealed to us throughout the course of our history — how we have come to best express God.

Mike Hayes, Busted Halo

NEW SERIES 'CALLED TO SERVE' HIGHLIGHTS VOCATION STORIES

In this new series "Called to Serve" we profile various people who God has called to serve the Church in many different ways - Deacons, Priests, Bishops, Religious Sisters and Brothers and Lay Men & Women.

In each episode, we highlight the journey of what it's like to be called by God, and discover the grace God grants to those He calls.



In this first episode, we profile Bishop Marcel Damphousse, Bishop of the Diocese of Sault Ste. Marie, and Archbishop-Elect of the Archdiocese of Ottawa-Cornwall. Bishop Damphousse shares when he knew that God was calling him to serve the Church as a priest, the joys and struggles he faced, and what he is looking forward to in his new appointment as Archbishop.

You can view this episode on our Facebook page or on our website or type the following into your browser: https://youtu.be/WV1z2Mx6icU

Pope Francis June Prayer Intention

That those who suffer would find hope in the healing heart of Jesus.

Development and Peace Stamp Collection



The stamps affixed on the right corner of your envelopes can be very useful. Members of Development and Peace, who are philatelists, sell them to stamp collectors. The proceeds will help fund development projects. If you wish to support this initiative, simply cut off the stamps from your envelopes without damaging perforations. **Save them in baggies or envelopes and when we are back together again they can be dropped into the collection basket.** ***Our D & P Coordinator, Lorraine Atchison, will make sure they are sent to the Stamp Project. Thank you for your support!!!***

The Church is closed. How can I make a donation?



During these COVID days, we invite you to use pre-authorized donations, *even if only temporarily*. You can do this through your bank account or by using a credit card.

If technology is your friend, please download the Banking Pre-Authorized Form or Credit Card form from our website at procathedral.ca under About Us, Stewardship/ Contributions. Complete the form and mail or drop it off back to us at in the mailbox to the left of the rectory office door (480 McIntyre Street West).

If technology befuddles you, simply email the parish office at office@procathedral.ca or call us at 472-3970 and we will figure out how best to get the documentation necessary to get you started to you.

Other ways you can contribute:

- We continue to accept **envelopes** at the parish door through the mail slot—you can drop off current and postdated cheques.
- Use our "**Donate Today" button** on our website. Just click and fill in the blanks and you can make a donation to the Cathedral.
- **E-transfer from your bank account through interac e-transfer** to music.finance@procathedral.ca Put in the message of the e-transfer how you would like your funds disbursed (i.e. Sunday, Building, Easter, etc.)

Again, as long as it does not cause hardship to you, we are grateful for your continued support.

Father, you sent your Word to bring us truth
and your Spirit to make us holy.
Through them we come to know the mystery
of your life.
Help us to worship you, one God in three Persons,
by proclaiming and living our faith in you.
We ask you this, Father, Son, and Holy Spirit, one God,
true and living, for ever and ever. Amen

