Pro-Cathedral of the Assumption

Welcome to Your Father's House

Stay awake, for the day of the Lord is at hand.

Second Sunday of Advent
06 December 2020



The prophet Isaiah speaks for the Lord in giving comfort to his people, proclaiming the service of Jerusalem at an end – and that her guilt is expiated. They are to *prepare the way of the Lord*, for *the glory of the Lord shall be revealed*, and he will shepherd them with care. In the second reading, Peter writes to his community that *the day of the Lord will come like a thief*. Therefore, they ought to conduct themselves *in holiness and devotion … eager to be found without spot or blemish before him*. In the Gospel, John the Baptist heralds the coming of Jesus as he exhorts his listeners to turn away from sin and be baptized. The voice of God breaks into our world through sacred Scripture and the witness of modern-day disciples. Does it resound and echo in our thoughts, words, and actions, forming and shaping our lives? Or, is it dulled and dimmed by our worldly ways? Now is the time to listen, now is the time to act, for the kingdom of God is at hand.

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. Thomas Dowd, D.D.**
Bishop of Sault Ste. Marie

RECTOR **Msgr. Dave Tramontini**

ASSISTANT **Rev. Rex Lumine**

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	

Our faith community dates back to 1886 when we were **originally located on Main Street West and called St. Mary's of** the Lake. 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



Due to the coronavirus new directives are in place for the preparation and celebration of our sacraments. Please call the parish office if you require more information for:
Marriage, Baptism, Reconciliation, Eucharist, and Anointing of the Sick.

Reconciliation from 3:00 to 3:45 PM. Cathedral opens at 3:00 PM.

Please see our **Eucharist** schedule on next page of this bulletin.

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.

MONDAY to THURSDAY 8:30 AM - 4:30 PM
(Closed 12:00 Noon to 12:30 PM)
FRIDAY 8:30 AM - 12:00 NOON

OFFICE HOURS

READINGS FOR THE WEEK
07 ~ 13 December

Monday	Isaiah 35. 1-10; Luke 5. 17-26
Tuesday	Genesis 3. 9-15, 20; Ephesians 1. 3-6, 11-12 Luke 1. 26-36
Wednesday	Isaiah 40. 25-31; Matthew 11. 28-30
Thursday	Isaiah 41. 13-20; Matthew 11. 11-15
Friday	Isaiah 48. 17-19; Matthew 11. 16-19
Saturday	Zechariah 2. 10-13; Luke 1. 39-47
Sunday	Isaiah 61. 1-2a, 10-11; 1 Thessalonians 5. 16-24; John 1. 6-8, 19-28

Advent is Here ~ Prepare!

Celebrate the season by watching the Canadian Conference of Catholic Bishops Journey through Advent Video Series These short videos will be posted each Monday for the upcoming Sunday and can be viewed on our website homepage procathedral.ca under LINKS

What do we do to Prepare and Celebrate Advent?
What are the Advent Symbols?
What does Gaudete Sunday Mean?
What do the Candles of the Advent Wreath Represent?
& Much More!!

Celebrate by Watching and Reading
Selected Advent Programming & Readings

Also Watch Father Joseph's Advent Reflection Videos

VISIT ewtn.com/advent/
(Eternal Word Television Network)



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

Advent Week 2 ~ Prayer



Light two candles and sit for a moment in silence.

Christ our Hope,

Illuminate our hearts with your grace. Enlarge our vision so that we recognize our kinship with all the people of the world. Help us to give to others in ways that will meet their deepest needs. We await your coming with gratitude.

Amen

www.Sadlier Religion



Have you donated yet?

Women Alone in Friendship



Just a note to let you know that our gatherings are temporarily postponed due to COVID-19. Hopefully we will gather again in the New Year!

MASS SCHEDULE

Weekday Masses are Held at 12:05 PM

Monday, 07 December - St. Ambrose, Bishop/Doctor
John Deviveiros - Maria and Joe
Sheila Flannery - Roy and Bunty Swanson

Tuesday, 08 December - Immaculate Conception of Mary

Please join us today for our

Respect for Life Mass at 12:05 PM

Wednesday, 09 December - Weekday in Advent
Mother of Perpetual Help Devotions
Claudette Barry - Cecile Robert
Ray Lalonde - Carol Lavallee
Jack Sullivan - Angie McGuinty and Family

Thursday, 10 December - Weekday in Advent
Members of the Levesque and Martin Families - Richard Levesque
Katheryn and Al Boudreau - High School Friends

Friday, 11 December - Weekday in Advent
Sue McMartin - Grant and Michelle McMartin
Sheila Flannery - Anne Fisher

4:00 PM Saturday, 12 December - Third Sunday of Advent
Sam Veraldi - Jacquelyn and Luke Veraldi
Beverly Brown - Carol Rowe and Linda O'Neill

Sunday, 13 December - Third Sunday of Advent
9:00 AM Teresa and Frank Piekarski - Trudy, George and Jillian
Jack Sullivan - Shirley Valenti
Marilyn Campbell - The Waltenbury Family

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

Note: Only weekday masses are announced verbally.

SACRAMENT OF CONFIRMATION!

Students in Grade 7, 8 or 9 are invited to register now to prepare for the Sacrament of Confirmation! Our preparation program begins in January 2021!

Our preparation program brings everyone from across our region to prepare together. Due to the special circumstances of the pandemic, there will be three simultaneous celebrations of the Sacrament of Confirmation on Saturday, February 13, 2021. Youth will celebrate at the parish where they are registered and attend.

Registration for all Candidates is available online only at: www.holynamestalphonsus.com/confirmation
A complete list of preparation dates and confirmation procedures can be found here as well.

Our preparation sessions will adhere to all safety protocols and are designed to inspire, have fun, deepen faith and build new friendships.

Registration Deadline is January 13, 2021.

How can I draw close to God who lives within me?

Life is crazy. There's a ton going on. How can we draw close to God in the midst of crisis, complicated relationships, and constant distractions? One little tip is to pay attention to what or whom we are looking at. Where's our gaze? Is it on ourselves or on God?

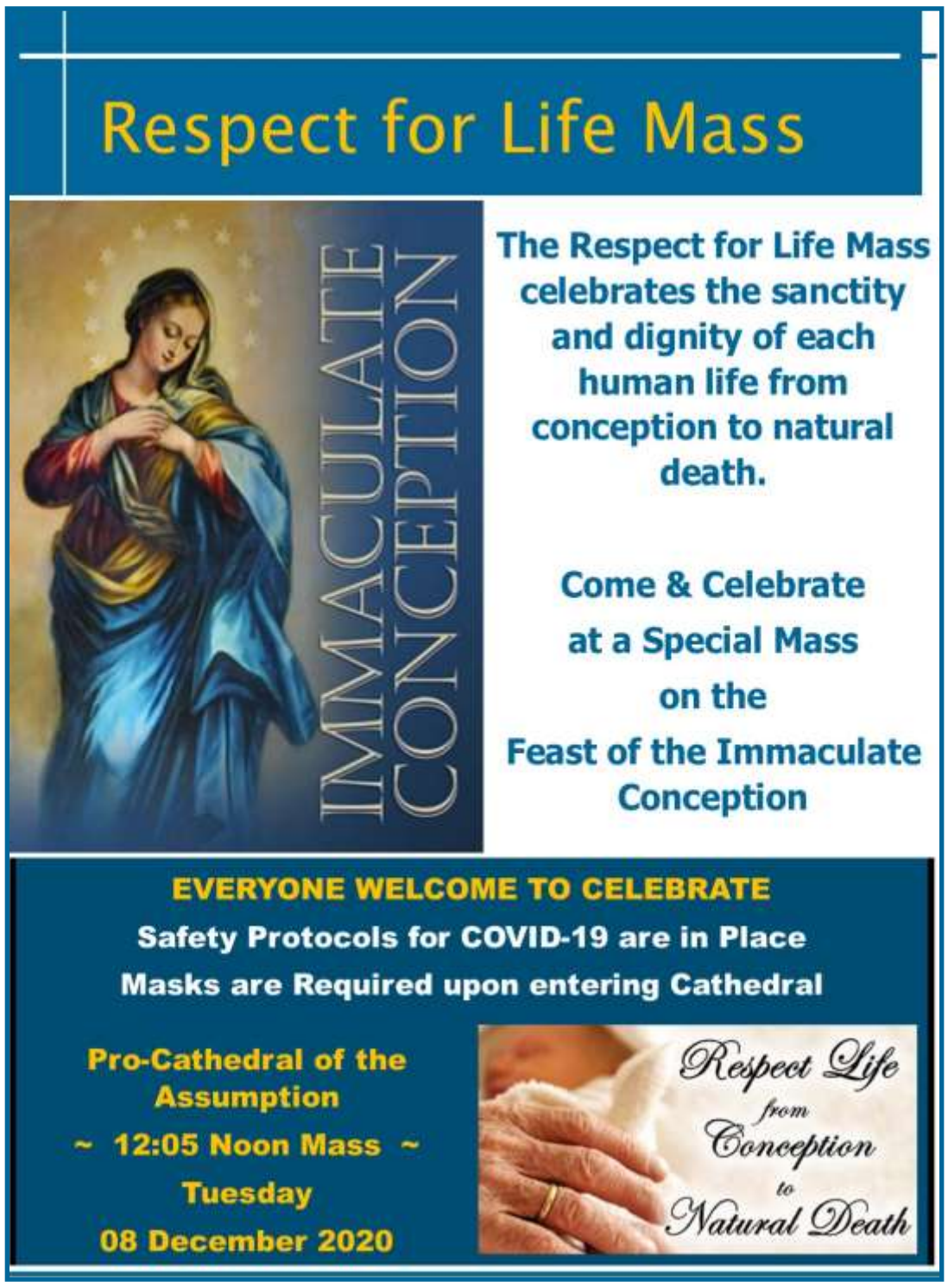
Through daily prayer we can discover that we are intimately held and loved by Him. We begin to notice that we no longer need to fix, control, prove, and defend ourselves, or cling to fleeting comforts, pleasures, and addictions. God literally takes over.

We can take the focus off ourselves and place our attention on God. This "Godward gaze" takes patience and time, but it's well worth the struggle—for the peace and joy we long for can only be found in Him.

Remind Yourself, with confidence that you are in God's hands and he is in charge.

1. When you want to control, say, "Jesus, help me to let go."
2. When a situation does not go well, review with Jesus and ask: "Where do I need to grow in this? Is there something I need to forgive?"
3. When you want to stress eat, but know it won't satisfy you, say: "Jesus, I need You. Come, fill me." Then refocus.
4. Even though silence can be scary, unplug so you can connect with God.
5. When you have a terrible day, offer everything to Jesus.
6. Be generous and help someone.
7. When you are feeling unloved or alone, sit with Jesus. No need to hide. Pray, "Restore and heal me, Jesus."
8. Know that your past, present, and future belong to God. Say, "Jesus, I trust in You. Thank You. Give me Your peace."

Sisters of Life "Imprint" Winter Issue



Second Sunday of Advent ~ Prepare the way of the Lord!

Catholic Women's League

On Sunday, November 15 two new members, Henscelleh Amid (left) and Mira Hotte, of the Pro-Cathedral of the Assumption CWL, pose at Twiggs on McKeown while armed with new information about the organization which calls its members to grow in faith, and to witness to the love of God through ministry and service. On joining the CWL, Henscelleh stated, "We are happy to be part of the CWL, a community of faith women, working together in fellowship promoting Christian life and living by example." They look forward to contributing to the CWL in many ways once the COVID-19 pandemic is over.



Annette Dutrisac, Organization Chairperson, explained that the photo shows an unending supply of great conversations while physical distancing.

A message from Elizabeth Delarosbel, Community Life Chairperson



It all started with a pang of a commitment frozen in time by the corona virus. I started sewing the face masks in October, to let our friends at 416 Lakeshore know that despite the restrictions of COVID-19, they are not forgotten. I had been given a beautiful card with the bible verse "Remember, I am with you always". Matthew 28:20. I knew, then, I would be writing a letter to each of them. By the time the masks were completed, it was already November, the month to remember. With a generous donation I procured poppies and added the new black metal centre pins.

I made the necessary calls and set a time date for delivery. It was a very sunny and warm day and I met the residents at the picnic table in their yard. Thanks to a donation on a Tim's Card I brought along a box of coffee for people to enjoy. Although it was a short drop-off visit, I believe we all went away with a smile in our hearts. The gift bag contained a letter, a poppy with the "metal" black pin, the washable face mask and three disposable masks. There are presently 19 residents at 416 Lakeshore, affordable housing and mental health support services.

Education and Health Message



The National Bursary Fund: Members can use this opportunity to take online courses, workshops, etc. One thousand dollars can be awarded per year to a maximum of $4,000 in a member's lifetime.

For more information visit: https://cwl.ca/wp-content/uploads/2019/09/552-National-Bursary-Application-Form-2019.pdf. For a quick link to this application visit our website at procathedral.ca under GROUPS, Catholic Women's League and you can click on the link.



In 1988, the League received two generous donations in response to the call for lay formation in Pope John Paul II's Exhortation, Christifideles Laici. In light of the expressed desire of the League to encourage members' ***service "For God and Canada",*** the national executive agreed by motion that these donations be used to establish a bursary fund. Please contact Leah Pierce, Education and Health Chairperson, at 472-5687 should you have any questions.

2021 CWL MEMBERSHIPS

Membership fees of $25 can be dropped into the parish collection or dropped off at the parish office.

If you have parish envelopes you will find a CWL Membership Envelope inside. ***You can also use any envelope you have at home***. Make sure to put your name and address on the envelope and mark it CWL MEMBERSHIP. Membership envelopes will be forwarded to Membership Chair, Brenda Passmore.

You can also mail your $25 renewals to Vicki Doucette, Treasurer, at 387 Princess Street West, North Bay, ON, P1B 6C7. **Make your cheques payable to the CWL Pro-Cathedral of the Assumption Parish**, *not to the parish directly*.

The Pro-Cathedral CWL wishes to continue their good works and assistance through their programs such as offering scholarships to students; supporting the school lunch programs, Right to Life, Pregnancy Help & Resource Centre, Gathering Place, Catholic Charities, and many other community initiatives.



Due to the pandemic, we have been prohibited from hosting our annual parish bazaar and as a result unable to raise needed funds for our activities.

We are asking if members of our community could make a onetime CWL donation though our regular collection contribution system on Sunday.

If you could possibly help we would be most grateful. We invite donations of any amount placed in the collection boxes at the back of the church or dropped into the mail slot at the parish office. Please be sure to mark your envelopes CWL and make cheques payable to Pro-Cathedral CWL.

Thank you for your consideration of our request.

COLLECTION REPORT: 29 NOVEMBER	
Sunday Offering	**Building Fund**
$2,809.95	**$1,492.00**



Because COVID-19 has impacted the way we do things, this year we are preparing for and celebrating the sacraments in a different way.

First Reconciliation: There will be no common classes or common celebration. Upon registration a book concerning this sacrament will be mailed to you. Once you have gone through the material with your child, contact the Cathedral and a private time will be arranged with you for your child to celebrate with myself or Fr. Rex.

First Eucharist: In January, our team will meet to take into consideration new developments and decide how to proceed with this Sacrament. We will keep you informed as to our plans at that time.

Baptism is the pre-requisite to all the other Sacraments.

If your child has not been baptized *please contact our parish office.*

We want to work with you to have your child receive this sacrament in order to enter the Christian community.

Now is the time to register your child if they are in Grade 2 or 3 or older.

Please know that should you decide not to have your child prepare for sacraments this Fall we will joyfully welcome them to do so next year.

If you have any questions or concerns please feel free to call or email the parish office. We are looking forward to working with you as your child prepares to celebrate the sacraments.

Yours in Christ,

Msgr Dave Tramontini

Visit our Website to Register: procathedral.ca

Select Sacraments / Reconciliation and scroll down to "Receiving the Sacrament of Reconciliation for the 1st Time"
Complete the Form & Return to Parish
(Instructions are included on Form)



Catholic Charities

Our Food Bank runs every Tuesday morning from 9:00 to 11:30 AM. ***If you can help, we are looking for donations of CLEAN grocery store bags for distribution of food items.***

WATCH LIVE



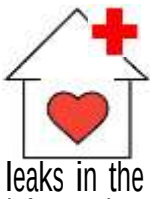
The Installation Celebration of Bishop Thomas Dowd to The Diocese of Sault Ste. Marie

Held at the Pro-Cathedral of the Assumption 17 December 2020 ~ 2:00 PM

Brought to you by Salt & Light Television

Salt & Light Website: saltandlighttv.org

You are GOD'S HOME



"Imagine yourself as a living house.
God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised.
But presently He starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is He up to?
The explanation is that He is building quite a different house from the one you thought of — throwing on a new wing here, putting an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself." C.S. Lewis

Noah waited 120 years before the predicted rains arrived.
Abraham waited 25 years for a promised son.
Joseph waited 14 years in prison for a crime he didn't commit.
Job waited perhaps a lifetime, 60-70 years, for God's justice.

God prepares leaders in a slow-cooker, not in a microwave oven. More important than the awaited goal is the work God does in us while we wait.

Waiting deepens and matures us, levels our perspective, and broadens our understanding.

Tests of time determine whether we can endure seasons of seemingly unfruitful preparations, and indicate whether we can recognize and seize the opportunities that come our way.

Parish Donations 2021

God endows each of us with personal gifts, talents and material possessions. Stewardship is acknowledging that God is the source of each gift that has been received and each possession that has been accumulated. Stewardship also means to give a portion back to God, as a direct way of expressing our thanksgiving to Him for these gifts.

In this stressful year where many are affected by the coronavirus we are grateful for the support we have received that allowed us to meet our operating budget and to progress our Church in its mission to share the Gospel, support our ministries, and assist our community.

If you are currently not contributing financially we ask that you prayerfully consider making a financial commitment to the parish.

Ways You can Help Support our Parish

2021 Parish Envelopes: Currently being handed out individually to those requesting them from an usher. ***We will do this each weekend so if we run out one weekend, please know that we will have more available the following weekend.*** You can also drop by the parish office to pick up your parish offering envelopes. ***Have you thought about changing to pre-authorized donations through your bank or credit card?*** It's a safe and reliable way of supporting the Cathedral while allowing us to better budget!

NOTE: If you are already donating through pre-authorized bank account or credit card donations your deductions will continue the same into 2021 unless you would like to revise the amounts deducted. Contact the parish office if you would like to revise your contribution amounts. If you donate through automatic withdrawals, you do not need to take parish envelopes.

Pre-Authorized Bank & Credit Card Donations

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).

You can also 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 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.)

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

WHAT'S HAPPENING IN YOUR NEIGHBOURHOOD?

EDGE Youth Nights for all students in Grade 6, 7 & 8 from any school or church. Held Thursday nights from 6:30-8:00 PM at Holy Name of Jesus Church. Includes time for music, games, prayer, teaching and social time led by Catholic high school students, Fr. Daniele Muscolino and a team of volunteer adults. A safe, fun place for youth to find solid friendships and learn more about our Catholic faith. EDGE presents Catholic teachings in a way that young people can understand and develop in their spiritual lives. For more information visit www.holynamestalphonsus.com/edge or call 495-1501. Masks are mandatory and all safe protocols will be strictly followed.

Free Christmas Dinner: Due to Covid-19, the Community Christmas Day Dinner will be served at Memorial Gardens (Gate 2) Friday December 25 from 10:30 AM to 2:30 PM. We can sit 50 people at time and take out service (Gate 3) will be offered from 10:30 AM until 2:30 PM as well. There will be entertainment and gifts for everyone. Masks must be worn and social distancing protocols will be in place. Email: nbchristmasdinner@gmail.com if you have any questions. **Note: Volunteer Roles have been filled**. Event hosted by The Christmas Day Dinner Committee 2020

North Bay Pregnancy Help & Resource Centre: We have reopened and appointments can be made to see clients/visitors by calling 475-9270. Along with guidance and support, did you know that we provide layettes to new moms and also have a baby clothes closet? Donations of diapers, unscented wipes, baby wash, soothers, bibs, bath towels, receiving blankets, & much more would be greatly appreciated. Please call to see what our requirements are. We are also looking for volunteers for graphic design, reception at the office, fundraising, client care advocates and a retired nurse to help us with our pre-natal course. If you would like to be part of our prayer ministry, send an email to judyproulx@icloud.com and let her know.

This Advent - Be in the Moment - Experience Peace!

Miscarriage & Loss

A miscarriage can have deeply felt and long-lasting effects on a woman and a couple. It is heart breaking no matter when it happens during pregnancy.

The parish is making available a Care and Comfort Package to parents who have lost a child through miscarriage in order to help in your time of loss and grief.



If you wish to receive a package, please call or email the parish office. Your information will be held in the strictest confidence.

Christmas & New Year's Mass Schedule

Christmas Eve—Thursday, 24 December

5:00 PM ~ 8:00 PM ~ 12:00 MIDNIGHT

Incense will be used at 8 PM & Midnight Masses

Doors Open 1 Hour Prior to Masses

A simultaneous mass will be celebrated in the parish hall at all mass times. The 5:00 PM mass will be live-streamed as well as being made available afterwards on our website for viewing at your convenience.

Please arrive as a family unit if you wish to sit together.
Seating can not be "saved" for others.

Once the Cathedral and Parish Hall are full, due to social-distancing protocols, all others will be gently turned away. We cannot add additional seating or have people standing in the Cathedral or Hall.

We apologize in advance and ask that you extend your usual courtesy towards our ushers during this difficult time.

** Please see note about Spiritual Communion Below **

Christmas Day – Friday, 25 December

11:00 AM Christmas Mass (12:05 PM Mass Cancelled)

Holy Family Weekend

Saturday, 26 December & Sunday, 27 December

Regular 4:00 PM, 9:00 AM & 11:00 AM Masses

Monday, 28 December—Thursday, 31 December

Regular 12:05 PM Masses

New Year's Day

Friday, 01 January

Solemnity of Mary, Mother of God

11:00 AM Mass

(12:05 PM Mass Cancelled)



Did you know that Christmas Day and New Year's Day are Holy Days of Obligation?

A dispensation from mass is still in place if you are unable to attend mass.

If you are unable to receive the Eucharist physically, Pope Francis invites us to make a Spiritual Communion—that is to invite Christ in to our hearts, and ask that Christ come close to us, and that we come close to Christ.

You can join Pope Francis for Spiritual Communion at:

https://youtu.be/5LNjJaWuidw

This link is also posted on our website under LINKS at procathedral.ca

December is a Giving Month!
Why not Give the Gift of Food?

Get into the true spirit of Christmas and help our Catholic Charities Food Bank provide food to those in need in our community.

Drop off your donations of non-perishable food items to the parish office during business hours all through the month of December.

Thank you!

Christmas Memorial Flowers & Decorations

A beautiful way to remember loved ones during this holy season is to donate memorial flowers and decorations in their memory. Your donation will help decorate the altar and sanctuary during the Christmas Season.

Please print the name of the person(s) you wish remembered and your name and address on a paper and insert it into an envelope marked Christmas Flower Donation.

Drop the envelope in the collection or to the parish office by December 21.

A listing of remembrances will be published on our website and emailed to everyone who is subscribed to receive the bulletin on-line (358 people and counting!)

Remember your loved ones this Christmas and give glory to the Lord by helping to decorate for this beautiful season!

You can pray An Act of Spiritual Communion

My Jesus,

I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen.