31 JANUARY 2021

Fourth Sunday in Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

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

Due to Covid-19 & Provincial Lockdown there are no Celebrations until further Notice

Watch our Live-streamed Mass from the Pro-Cathedral on Saturdays at 4 PM

View on our Website at procathedral.ca or facebook.com/procathedral

Moses tells the people that God will raise up a prophet and put his own words in the prophet's mouth. This prophet will speak all that God commands him to. Saint Paul encourages the Corinthians to be free from anxieties and be *without distraction* so that they may be fully devoted to the Lord. In the Gospel, Jesus teaches in a synagogue in Capernaum. As he speaks, and as he drives out an unclean spirit, the crowd is *amazed* by his authority. In today's Gospel account of Jesus entering Capernaum, those who heard his teaching and witnessed him drive out an unclean spirit are astonished. Their amazement is due to the authority of Christ, who is God himself. Are we, too, in awe at the work of God in our lives?



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 is postponed until further notice. Please watch for updates on our webpage at procathedral.ca and on our Facebook Page.

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 CLOSED UNTIL FURTHER NOTICE

EMAIL & TELEPHONE MESSAGES WILL BE PERIODICALLY CHECKED DURING THIS TIME

READINGS FOR THE WEEK
01—07 February 2021

Monday	Hebrews 11.32-40; Mark 5.1-20
Tuesday	Malachi 3. 1-4; Luke 2. 22-40
Wednesday	Hebrews 12. 4-7, 11-15; Mark 6. 1-6
Thursday	Hebrews 12. 19-19, 21-24; Mark 6. 7-13
Friday	Hebrews 13. 1-8; Mark 6. 14-29
Saturday	Hebrews 13. 15-17,20-21; Mark6. 30-34
Sunday	Job 7. 1-4, 6-7; 1 Corinthians 9. 16-19, 22-23; Mark 1. 29-39

WATCH OUR MASS

Live-streamed from the Pro-Cathedral at 4:00 PM on Saturdays which will remain posted on our website for viewing at: procathedral.ca
The mass link will also be at facebook.com/procathedral

The Provincial authorities have announced that the" Lock Down" remains in place.
The parish will not be holding masses until the end of this lock down time.

Masses will be re-scheduled in the order they were received.

Thank you for your patience while we go through this trying time.

A dispensation from mass is still in place if you are unable to attend mass.
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 Posted on Our Website under LINKS at procathedral.ca

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.

If you have moved or now use a cell phone number please call or email the parish office so we can change this information on our parish data system

Development and Peace Stamp Collection



Don't forget that your stamps affixed to the right corner of your envelopes can help fund Development and Peace projects as they sell them to stamp collectors. Please support this initiative by simply cutting off the stamps from your envelopes without damaging perforations.
Save them in baggies/envelopes & drop them into the office mail slot.
Our D & P Coordinator, Lorraine Atchison, will make sure they are sent to the Stamp Project.

Pope's Prayer Intention for February

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

Feast of the Presentation of the Lord

02 February 2021



On February 2nd, we celebrate the Feast of the Presentation of the Lord, the day the gospels say that the parents of Jesus obeyed the law of Israel by presenting their newborn to the temple forty days after the birth of a child.

At the beginning of the eighth century, Pope Sergius inaugurated a candlelight procession in honour of the presentation; and at the end of the same century the blessing and distribution of candles which continues to this day became part of the celebration, giving the feast its popular name: Candlemas.

Traditionally we would make candles available as a special way of remembering the Feast of the Presentation. Why not light a candle at home and offer this special prayer in honour of this day:

All-powerful Father, Christ Your Son became man for us and was presented in the temple. May he free our hearts from sin and bring us into your presence. We ask this through our Lord Jesus Christ, Your Son who lives and reigns with You and the Holy Spirit one God forever and ever.

World Day for Consecrated Life

02 February 2021

The purpose of the day is "to help the entire Church to esteem ever more greatly the witness of those persons who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord."

✞ ***Please pray for all those men and women who have consecrated their lives to God through service to the Church and help encourage and support those who are investigating the consecrated life.***

Sacramental Preparation 2021

1st Reconciliation
1st Eucharist
Confirmation

During the 2020-2021 school year and due to COVID-19, we have altered the way we are doing Sacrament Preparation.

For the ***Sacraments of First Reconciliation and First Eucharist***, it is a home-based, parent-led, and parish-supported program.

We provide parents with preparation materials which you can work on at home with your children. When complete, and your child is ready to celebrate their sacraments, you call the parish office to discuss and prepare for the celebration.

Currently, for ***Confirmation Preparation***, we have postponed our preparation program. However, we would like your child to register as soon as possible so we can be in touch.



For Children in Grades 2, 3 & Older

First Reconciliation: It's not too late to register!

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

The pandemic has delayed our preparation plans but after our team meets and decides how to proceed with this Sacrament we will keep you informed.

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.

Msgr. Dave

***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.

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)



Register Soon!

With the extended lockdown, our preparation for Confirmation will be delayed. Even though our preparation is postponed - please register as soon as possible so we can keep in touch with you with further updates.

Students in Grade 7, 8 or 9 are invited to register now to prepare for the Sacrament of Confirmation!



Our preparation program brings everyone from across our region to prepare together. 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.

Please Note

This is a unique year due to the pandemic.

We want you to be comfortable in the choices you make for your child.

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

Fourth Sunday in Ordinary Time

When was the last time you were "astonished" and "amazed"? Parents might point to the birth of their child. Space enthusiasts might recall Neil Armstrong's walk on the moon. Perhaps we felt that sense of amazement the first time we saw the Grand Canyon or another natural wonder. For the people of Capernaum, Jesus had that effect. He taught with authority. He commanded an unclean spirit. In our modern society with the constant bombardment of news and social media, it can be easy to become numb to the wonder that surrounds us. Perhaps we think we've seen it all. Even Jesus and the words that turned ordinary people into extraordinary disciples of the early Church can be something we take for granted or only think about for 20 minutes on Sunday. Our Gospel challenges us to quiet the noise, and Paul encourages us to seek "adherence to the Lord without distraction." Let us pray that the Lord rekindles our faith, so that we may hear his words again as if for the first time and engage ourselves anew in living according to his teachings.



We can share the Good News. We can simply let our faith lives enter our conversations, just as our work and other interests do. It could be as simple as, "our priest said something Sunday that really stuck with me," As we begin to talk about our faith and listen to others share their insights, we not only grow closer to one another, but can grow in faith together.

✝ MEMORIAL FUND ✝

The following names have been received at the request of donors in memory of our deceased friends and relatives:

WALTER BLAHEY

MILDRED PUDDISTER

Catholic Women's League

Simple pleasures can bring such peace and contentment. As I sit here writing this note, I am watching my bird feeder out the front window. I have had it out there for some time now and changed the food in it once. Not because birds had eaten it but because they had not! I thought, perhaps, it was because the food was stale, or because they did not like the seed mix. So, I refilled it with Niger seed and low and behold chick-adees are now feeding. That is my simple pleasure! Feeling calm from watching the birds is relaxing. In this, another time of lockdown, it is important to find enjoyable things to do that brings peace and contentment. I want to reassure members of the CWL and parishioners that your Executive continues to work behind the scenes. We are holding virtual meetings, making plans to continue God's work the best we can during these times of a global pandemic. You will, from time-to-time see posts in the bulletin of what has been happening and you will be kept informed of what we accomplish during this pandemic. We must remember that, *"We can do all things through Christ who strengthens us."* Philippians 4:13 (this used to be a favourite quote that often kept me going.) Thank you to Chad Franklin for posting it and reminding me.) I hope it will keep you going and enlighten your mood!



Shirlene, CWL President

No Bazaar Bazaar Report



As you know, we were unable to hold our annual Christmas Bazaar and Tea Fundraiser due to the restrictions in place as a result of the COVID-19 pandemic. Instead, we asked you to consider donating what you would have spent in support of the bazaar. We are thrilled to report that we raised $1,785 from the generous donations of our parishioners! Bless you all for your continued support of the good works done by members of the CWL, such as addressing food security in our community. Again another huge THANK YOU, for your donations.

PARISH REGISTRATION:

Please help keep our records up-to-date! You may bring this form to the parish office or place in the collection.

Name: _____ Email: _____

Address: _____ Phone: _____

City: _____ P/C: _____ Cell Phone: _____

☐ I am new to the parish and I wish to register

☐ I am unsure if registered, please check

☐ I have recently moved, please update



I wish to donate using:

Contribution Envelopes ☐

VISA/MasterCard ☐

Pre-Authorized Bank Donations ☐

Parish Donations 2021



Call or Email the parish office if you donate using envelopes **and didn't get them before the shutdown. We will get them out to you!**

We thank the many members of our community who continue to support the parish through planned giving.

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: Available from an usher at all our masses. Or, please call or email the parish office and a box of envelopes can be mailed to you.

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.

Stewardship

Feed Your Soul

Our bodies need nourishment every day. So we feed them. We give them water. We make sure we get enough rest. Our souls need nourishment every day, too. With spiritual wisdom from Matthew Kelly and other leading Catholic authors of our time, Daily Reflections will help you focus on what really matters so you can become the-best-version-of-yourself.



Start each day with an inspiring quote sent directly to your inbox. These simple yet powerful messages will help you to live each day with passion and purpose.

Sign up for free today.
www.dynamiccatholic.com/daily-reflections

Find the link on our website at procathedral.ca under LINKS

Collection Report: 17 & 24 January 2021	
Sunday Offering	**Building Fund**
$3,258.00	**$1,182.00**

January Credit Card Donations	
Sunday Offering	**Building Fund**
$4,164.67	**$906.00**



LENT IS COMING!

Becoming, doing, and changing!

Lent begins on Ash Wednesday ~ 17 February

REGIONAL NEWS



The Pen Pal Project: Near North Palliative Care Network in conjunction with Nipissing University invite you to join them in bringing generations together. Sign up to be a pen pal today – matching seniors and students from the Indigenous Studies Course at Nipissing University to help each other alleviate the feelings of isolation during these times. Call 705-497-9239 or email: events@nnpcn.com for more information.

North Bay Pregnancy Help & Resource Centre: 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, wipes, baby wash, etc. & much more are appreciated. Please call to see what our requirements are. Looking for volunteers for different roles as well! Please call if you can help. If you would like to be part of our prayer ministry, email judyproulx@icloud.com