21 FEBRUARY 2021

First Sunday in Lent

PRO-CATHEDRAL OF THE ASSUMPTION

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



Stay-at-Home Order Extended until Monday, 08 March 2021

Please View our Website at procathedral.ca for Updates

Watch our Live-streamed Mass each Saturday at 4 PM

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

In the first reading, God establishes a covenant with Noah and his sons, promising never to flood the earth again. In the second reading, Peter writes to his community about those *in the days of Noah* who *were saved through water*. *This prefigured baptism,* which is what saves them now. In the Gospel, Jesus is tempted by Satan in the desert. He then goes to Galilee to begin his public ministry. Lent isn't an end unto itself; we go into the desert with Jesus in order to advance in holiness and in our spiritual life. All the blessings and trials in our lives are not closed events. They're precursors to more: greater trust in God, deeper union with him, and a greater sense of our mission to proclaim the kingdom of God.

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.

Due to the extended lockdown, the office will not be open until the anticipated date of March 8, 2021

Watch our website at procathedral.ca for Updates

READINGS FOR THE WEEK
22 - 28 February 2021

Monday	1 Peter 5. 1-4; Matthew 16. 13-19
Tuesday	Isaiah 55. 10-11; Matthew 6. 7-15
Wednesday	Jonah 3. 1-10; Luke 11. 29-32
Thursday	**Esther 14. 1, 3-5, 12-14; Matthew 7. 7-12**
Friday	Ezekiel 18. 21-28; Matthew 5. 20-26
Saturday	Deuteronomy 26. 16-19; Matthew 5. 43-48
Sunday	**Genesis 22. 1-2, 9-13, 15-18; Romans 8. 31b-35, 37; Mark 9. 2-10**

UPDATES & INFORMATION

Due to the extended lock-down ashes will not be available for distribution.

The following is subject to change depending on future directives we may receive from health authorities and our diocesan office.

Sunday Liturgy

Watch on Saturday at 4:00 PM

at procathedral.ca

(Live-streamed Every Week)

Stations of the Cross

Fridays in Lent at 5:00 PM

Watch at procathedral.ca

(Live-streamed Every Week)

You can view all of our live-stream celebrations on our website at procathedral.ca or at facebook.com/procathedral

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

You can pray An Act of Spiritual Communion

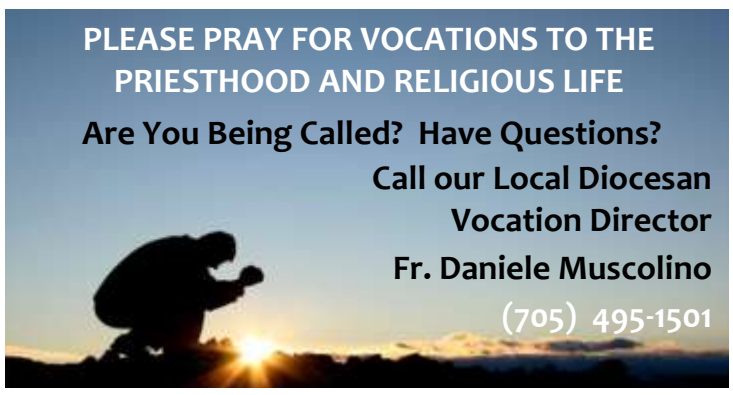
My Jesus,

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.



Catholic Women's League

CWL Soul Sisters Relay For Life Team

Once again, CWL Soul Sisters will come together to relay in the fight against cancer! As many of you may know, this year's relay will be conducted virtually on Saturday, June 12, 2021. If you would like to join our team, please go to www.relayforlife.ca and then Relay For Life in North Bay: CWL Soul Sisters - Cancer Fundraising - Canadian Cancer Society, and then click on 'JOIN THIS TEAM". I have great news! As the returning Captain, I am very proud to announce that my daughter, Amelia will be this year's co-captain. Please contact Leah at pn.thebay@gmail.com, 472-5687, or Amelia at amelia.pierce9@gmail.com, 845-0256, for information.

The Canadian Cancer Society Relay For Life is more than a fundraiser — it's a chance for you to send a powerful message of solidarity to your community. In 2018, the Canadian Cancer Society provided Canadians with almost 206,000 trips to cancer-related appointments. More than 338,000 people were helped through their peer support programs. $4.54 million in research was invested focusing on improving quality of life during and after cancer. Over 14 million people accessed information resources on cancer.ca.

Why we Relay: each dollar raised will help us be bigger than cancer. *Last year, thousands of people across the country came together to support those affected by cancer in their communities. Together, we raised $23 million at Relay For Life!*



On Friday, June 21, 2019, the **CWL Soul Sisters Relay For Life** team took to the 22 Wing Athletic Field to fight against cancer.

(Left to right back row) Lorraine Atchison, Annette Dutrisac, Denise Hebert, Wilda Beaupré, Leah Pierce, Bethany Aitchison, Andrée Cornish, Marilyn Halsall, Barb Foubert and Madeliene Morison. *(Left to right front row)* Amelia Pierce, Elizabeth Delarosbel and Lisa Henry.

Photo credit: Anthony Romaine



Share Love, Share Lent



The *Share Love, Share Lent* campaign is inspired Pope Francis's encyclical, *Fratelli Tutti* and its call "for a love that transcends… geography and distance" and "allows us to acknowledge, appreciate and love each person."

Solidarity Calendar

This year, join us for an interactive journey through the season of Lent with our solidarity calendar. Each week, we'll explore a different facet of Development and Peace through activities that include moments of prayer, action and fundraising. We'll also host several virtual events, where you'll get to meet some of our partners, members and staff. To receive weekly updates about upcoming events and campaign activities, subscribe to our newsletter.
Join webinars, pray, watch videos, and more! We can't wait to bring the Share Love, Share Lent campaign to you.

Sign up to follow our Solidarity Calendar at devp.org/lent. Don't miss the calendar and news from Development and Peace by visiting our website under LINKS at procathedral.ca

Recovering Together

A call for global solidarity in the face of the COVID-19 pandemic and the climate crisis

The pandemic has put our human family in crisis. Severe malnutrition and extreme poverty are increasing around the world as people get sick and jobs are lost. Refugees, women and Indigenous peoples face the worst impacts of the pandemic, as the challenges of the virus add to their extremely vulnerable situation.

The pandemic began while we were already facing another threat—the global climate crisis. Even as COVID-19 continues to disrupt our lives, our jobs, our economies and our countries, the impacts of climate change are further intensifying with devastating forest fires in the Amazon, extreme weather events, and rising temperatures around the world.

Both COVID-19 and climate change have exposed the deepening inequalities in our country and around the world. The people who were already living on the frontlines of the climate crisis, especially in the Global South, are also the most vulnerable to the risks of the COVID-19 pandemic, and they have the fewest resources to recover. Without basic infrastructure, such as housing, clean water, and food security, a lock-down is impossible for many people in the Global South.



For inspiration, information and to donate, visit devp.org/lent

Compassionate Committee for the Homeless in North Bay



Dear Parishioners,

Recently, I joined with other church leaders in the North Bay community to form the Compassionate Committee for the Homeless in North Bay. Many of you know that there has been a sharp increase in the number of homeless.
The committee's ultimate goal is to work with existing agencies and organizations to find permanent housing for the homeless, however, we recognize that this may take time, and right now the homeless have urgent needs.
In the coming weeks, the committee will be researching what those needs are, identifying the gaps in existing services, and providing the faithful with information on how to help those in need in our community.
We ask that you pray for the committee members as they work together to address the needs of the homeless, and pray for our brothers and sisters who do not have a place to call home.

Yours in Christ,
Msgr. Dave



First Sunday in Lent

Even amid the forced slowdown of a pandemic, distractions abound: Netflix bingeing, online shopping, even positive pursuits like home organizing and personal fitness.

Lent challenges us to let go of the unnecessary distractions and dare to make friends with solitude, which can be a daunting proposition because it means keeping company with our own thoughts. Jesus, our human and divine Savior, faced the desert and was tempted by Satan. But he also emerged from the desert, and announced himself and the Gospel to the people of Galilee. He goes on to accept his death on a cross for the sake of our salvation, the fulfillment of the covenant between God and his people. As we enter Lent, as we enter our desert, we pray for the fortitude to forego temptation, opening our hearts to God's will for us, and ready to proclaim it to the world.

What are you doing for Lent this year? You might say "Netflix, candy, Facebook, or chocolate". Or you might take the "do good" route: "I'll pray more." "I'll help with chores." "I'll volunteer or donate to charity." All good things.

Whatever "the plan," however, today's Gospel challenges us to be quiet and listen. While a plan gives us accountability and can lead to growth, sometimes less truly can be more. This year, spend less time planning and more time listening for God's voice in the silence. However we decide to approach Lent, let us pray that these 40 days bring us closer to God and our lives more in line with his will for us.

"One does not live on bread alone, but on every word that comes forth from the mouth of God." This Lent, take the time to read the daily readings and the Gospel.

World Day of Prayer 2021

The World Day of Prayer service will be hosted by Calvin Presbyterian Church via Zoom this year and everyone is invited to participate!

This year's service has been done as a video with the introduction by the writing country, Vanuatu with the theme "Build on a Strong Foundation."

Through the worship service we will hear the voices of the Vanuatu women, whom invite us to focus on the Bible story in Matthew 7:24-27. Jesus tells a story about the kingdom of heaven using the image of a house and the land on which the house is built. Choosing the land on which to build the house is an important decision for people in Vanuatu. The combination of considering the terrain and the climate is crucial in a tropical archipelago located in the South Pacific Ocean prone to earthquakes, cyclones, volcanic eruptions and rising sea levels.



Vanuatu's susceptibility to cyclones is highlighted in the painting chosen to represent WDP 2021. It shows a mother bending and praying over her child. The waves crash over her but a palm tree bends protectively over them. The woman's skirt is modeled after the traditional clothing on Erromango. On the horizon you can see small crosses representing the lives taken by Cyclone Pam in 2015.

To hear the voice of Vanuatu women, their joys, their hopes and their struggles let us all join together in this ecumenical celebration.

World Day of Prayer
March 5, 2021 ~ 2:00 PM
Log in by 1:45 PM as the service will begin promptly at 2:00 PM

To join by computer, tablet or smart phone
use the link provided below.
This link is also published on our website at procathedral.ca for your convenience.

https://us02web.zoom.us/j/82805543849?pwd=ZTVQaGhuMEZGUExHV3REbFhrQW5XZz09
Meeting ID: 828 0554 3849
Passcode: 030521

To join using your home phone call: +1 647 374 4685
Meeting ID: 828 0554 3849#
Participant: #
Passcode: 030521#



Take a Tour of the Catechesis of the Good Shepherd Atrium



CGS is a Christian formation for children ages 3 through 12 and based on the teaching methods of Maria Montessori and on the understanding that there is a deep bond between God and each child. The Atrium is a place where children grow in the knowledge of Jesus and his love and are provided hands-on materials encouraging them to explore and deepen their experience with this love at their own pace. Find out more about the Atrium by watching our video and if you are interested in finding out more about our Atrium, would like a tour, or would like to bring your child out to our gatherings contact Erin Tayler at 705-840-8509 or betayler@fibreop.ca



Watch the video on our website at procathedral.ca under Ministries—Youth & Children or view on our Facebook page: facebook.com/procathedral

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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

Confirmation 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.

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.



Feed Your Soul



What happened yesterday won't feed your soul. As tempting as it can be to focus on the past, don't forget that you've got a great big beautiful day in front of you too. How will you feed your soul today? Watch Matthew Kelly's "The Missing Piece" video this week by signing up for Best Lent Ever at Dynamic Catholic.

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

Dynamic Catholic: Best Lent Ever
Feed your Souls with Prayer this Lent!

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

Nothing will transform your life so completely, absolutely, and forever like really learning how to pray. That's why this year's BEST LENT EVER journeys through Matthew Kelly's latest book, *I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit.*

Beginning on Ash Wednesday and continuing through all forty days of Lent, you will receive a daily email with a short video to help you reconnect with yourself and your God.

If you choose to throw yourself into this experience, we promise you that you will be surprised by what God can do in your life **with just an email, a short video and an open heart. So this year, don't just sign up for BEST LENT EVER, have your best lent ever!**

REGIONAL NEWS

The Nipissing-Parry Sound Catholic District School Board's Parent Involvement Committee welcomes you to a **free virtual information session** focused on supporting wellness entitled ***"Eat. Sleep. Move. Think: The Ripple Effect. Leverage sleep, food, movement and mindset to amplify resilience and your health"***, being held virtually on Thursday, February 25 at 6:00pm. Join scientist, psychologist and bestselling author Dr. Greg Wells for this informative and engaging keynote presentation. Visit npsc.ca for registration details.

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

NBPHRC

Pro-Cathedral of the Assumption
Roman Catholic Church
480 McIntyre Street West
North Bay, ON P1B 2Z4

(705) 472-3970
office@procathedral.ca



To all parents with children in grades 2 & 3 who are considering having their child receive First Eucharist:

Greetings and Peace in the Lord!

Do you have a child currently in Grade Two or Three? If so, we invite you to register them for the Sacrament of First Eucharist.

Your child's Sacramental life with God began the day that he/she was baptized into the family of God. It was then that you the parent(s) made commitments to the Community and to God, to bring your child up in the practice of the faith to the best of your ability. It is now time to consider furthering your child's initiation into the Christian Community.

It is our hope that the religious formation and faith growth of your child will have a high priority with you and your family. If you decide that this is important to the life of you and your family then please accept this invitation to register him/her to celebrate their First Eucharist.

COVID-19 has touched and impacted our lives in so many different ways. We are concerned about the health and safety of your child and your family, therefore, we will be preparing for and celebrating this sacrament in a different way this year.

Baptism & First Confession are the pre-requisites to receiving First Eucharist.

If your child has not received these two sacraments contact our parish office.

We want to work with you to have your child be able to receive their First Eucharist.

There will be no in-person classes. 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 so we will know your child is ready. If circumstances allow, we may be able to gather in a common Zoom meeting with other families as we near the completion of the children's preparation. At this time, we are hoping to celebrate First Eucharist on Sunday, June 6. How we will celebrate will depend upon the directives we receive from health authorities with respect to the pandemic. As we near June 6 we will be in contact with you to provide more details.

Please know that should you decide not to have your child prepare for this sacrament this year we will joyfully welcome you 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.

Thank you,



Rev. Msgr. Dave Tramontini, Rector

Register by Visiting our Website at: procathedral.ca
Select Sacraments / Eucharist and scroll down to
"Receiving the Sacrament of Eucharist for the First Time"
Complete the Form & Return to Parish
(Instructions are included on Form)