07 FEBRUARY 2021

Fifth Sunday in Ordinary Time

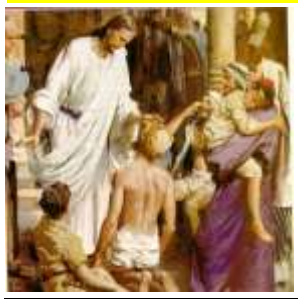
PRO-CATHEDRAL OF THE ASSUMPTION

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

Please View our Website at procathedral.ca for Updates this Upcoming Week

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

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



Job expresses his despair, describing life without hope or happiness. Saint Paul writes that he has no reason to boast – that preaching the Gospel is an obligation. Thus, he offers the Gospel *free of charge* and has *become all things to all, to save at least some*. In the Gospel, Jesus touches and cures Simon's mother-in-law, as well as many others, *throughout the whole of Galilee*. Despair and grief are part of the human condition, and are often brought on because of loss or suffering. In Christ, however, we experience hope and healing. As disciples working to build the kingdom of God on earth, let us, like Saint Paul, willingly take the Gospel to others and share our hope freely with them.

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

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. 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
08 - 14 February 2021

Monday	Genesis 1. 1-19; Mark 6. 53-56
Tuesday	Genesis 1. 20-2.4a; Mark 7. 1-13
Wednesday	Genesis 2. 4b-9, 15-17; Mark 7. 14-23
Thursday	**Genesis 2. 18-25; Mark 7. 24-30**
Friday	Genesis 3. 1-8; Mark 7. 31-37
Saturday	Genesis 3. 9-24; Mark 8. 1-10
Sunday	Leviticus 13. 1-2, 45-46; 1 Corinthians 10. 31—11.1; Mark 1. 40-45

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. Thank you!

11 FEBRUARY ~ WORLD DAY OF THE SICK



The World Day of the Sick will be celebrated, as it is every year, on February 11, the liturgical memorial of the Blessed Virgin Mary of Lourdes. This event is an opportunity to remind Catholics of the necessity of:

- ensuring the sick have quality health care and better conditions,
- encouraging Christians communities to be involved in pastoral health care,
- recalling the need to provide spiritual and moral formation for those working with the sick,
- encouraging the involvement of volunteers,
- promoting reflection on the meaning of suffering, and inviting all those involved in medical care to appreciate the importance of their healing mission.

This year in particular, we think especially of those who have suffered, and continue to suffer, the effects of the worldwide coronavirus pandemic. We also remember those who provide them with assistance and care both in healthcare institutions and within families and communities.

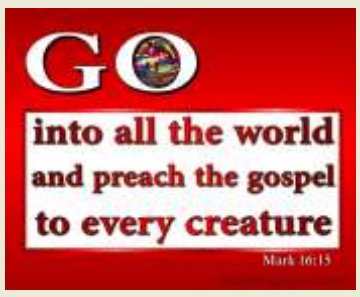
Please pray for our healthcare workers, the suffering, the poor and the marginalized.



Fifth Sunday in Ordinary Time

When listening to Paul's Letter to the Corinthians you will see that he preached the Gospel because he *had* to – because he could not *"not"* share the Good News with everyone he met! Once he encountered Jesus, he willingly devoted his life to sharing the story of love and salvation to all those who he encountered – the weak and the powerful, rich and poor, saints and sinners. Let us pray that God helps us recapture the wonder the crowds must have felt in Jesus' presence – wonder that compels us to share the Good News, too.

Imagine "the whole town gathered at the door." Even in the smallest of villages, that would be a big deal! So it was with Jesus, where crowds seemed to follow him wherever he went, wanting to catch a glimpse of this carpenter's son who cured the sick and drove out demons. When the disciples found him off by himself, praying, and told him "everyone is looking for you," Jesus tells them they need to move on to nearby villages. I sense an urgency in Mark's account of Jesus' movements, showing Jesus as compelled to reach as many people as possible during his public ministry.



It is for us Catholics to remain in our comfort zones – whether a favorite pew, the same core group of "parish friends," or even sticking with one ministry or one mass time. But, as Jesus shows us, preaching the Good News – witnessing to the power of God in our lives – means we cannot stand idly by. We must share this news.

What if we tried to emulate Jesus, albeit in a small way, by reaching beyond our "circles" to greet someone new at our parish, volunteer for the first time or in a different way, or – yes – sit in a different spot! In doing so, we can challenge ourselves to "stretch" a bit and welcome others into our world.

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.

Catholic Women's League

MEMBERSHIPS

95 members and counting! Many members often pay their CWL memberships at the Bazaar. As you know we were unable to host a Bazaar, but, I am sure that you will agree, maintaining memberships is important.

We are accepting memberships by mail this year. Please send your renewals to:

Vicki Doucette, Treasurer
387 Princess Street West
North Bay, ON P1B 6C7

You can also drop off your membership fee through the mail slot at the parish office.
Clearly mark your envelope "CWL MEMBERSHIP"

Please make your cheques payable to the CWL Pro-Cathedral of the Assumption Parish, not to the parish directly. If you have questions please call Brenda Passmore, Membership Chairperson, at 705-474-0447.





Loneliness

Abide in me as I abide in you.

LOVING SPIRIT,
I bring you the pain of my loneliness
with its sharp edge of sadness.
I bring you the hollow place inside
that longs to be filled with love.
I need to trust that you are near,
for no matter how separated I feel,
you are always united with me.
You are a Home for the lonely,
a Haven for the seeker
a Refuge for the rejected.
You are a Heart for the unloved.
Draw me close to your enduring love.
Encourage me to reach out to others.
Guide me toward good companionship.
Help me to be at peace with myself.

Amen

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

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 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

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)