PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House! **Hosanna!**



Isaiah speaks of the well-trained tongue and open ears that God has given him, saying, The Lord God is my help, therefore I am not disgraced. In the second reading, Saint Paul testifies to the selflessness and humility of Jesus in obediently accepting death on the cross. At Jesus' name every knee should bend … and every tongue confess that Jesus Christ is Lord. The Gospel narrates Jesus' last hours, from his anointing with perfumed oil by a woman, through his last supper, betrayal, passion, death, and burial. Estimates say that human beings make as many as 35,000 choices each day. Through his sin of pride, the first man, Adam, attempted equality with God. Through humility and docility, Jesus put aside pride and accepted death on a cross for the salvation of mankind. In each moment, we have a choice – will we follow the example of Adam or the example of Jesus?

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



Marriage: Please pick up a Marriage Information Booklet in the Church Vestibule to review prior to contacting the parish office.

Anointing the Sick: Please call the parish office for more information.

Reconciliation: Every Saturday from 3:00 until 3:45 PM.

Eucharist: Please see mass schedule published in this bulletin. Call the parish office to arrange for a Eucharistic Minister to visit the sick and shut-in who are unable to attend Mass.

Adoration of the Blessed Sacrament: On the First Friday of each month from 10:00 AM until 12:00 noon.

Baptism: Please pick up a Baptism Information Booklet in the Church Vestibule to review prior to contacting the parish office.

READINGS FOR THE WEEK



29 March ~ 04 April 2021

"He will bring forth justice to the nations. He will not cry or lift up his voice …"

Monday	Isaiah 42. 1-7; John 12. 1-11
Tuesday	Isaiah 49. 1-6; John 13. 21-33, 36-38
Wednesday	Isaiah 50. 4-9a; Matthew 26. 14-26
Thursday	Exodus 12. 1-8, 11-14; 1 Corinthians 11. 23-26; John 13. 1-15
Friday	Isaiah 52. 13-53.12; Hebrews 4. 14-16; 5. 7-9; John 18. 1—19. 42
Saturday	Genesis 1. 1-2.2; Genesis 22. 1-18; Exodus 14. 15-31; 15. 20, 1; Isaiah 54. 5-14; Isaiah 55. 1-11; Baruch 3. 9-15, 32-4.4; Ezekiel 36. 16-17a, 18-28; **Romans 6. 3-11;** Mark 16. 1-8
Sunday	Acts 10. 34a, 37-43; Colossians 3. 1-4; John 20. 1-18

Donations to Easter Memorial Flowers & Decorations



Please have the names of those you wish remembered and your donation in by the end of Monday so that we can be sure to add them to our list of remembrances that will be printed in the Easter Sunday Bulletin.

STATIONS OF THE CROSS GOOD FRIDAY

7:00 PM in the Cathedral & Livestreamed so you can participate from home too!
(NOTE TIME CHANGE)

Palm Sunday

On this day of great rejoicing,
Lord Jesus Christ, when we welcome
You as our King and Saviour,
we also walk in the shadow of Your cross.
Hosanna! We cry.
Blessed are You who come in God's name to save us.
Hosanna!
Strengthen our faith on this Palm Sunday
so that when the time comes
to carry the cross we might still
call out to You with heartfelt praise.
Give us the grace and the courage
to follow You this Holy Week
from death to resurrection,
from darkness to the fullness of light.
We need You,
Lord Jesus Christ, our Saviour.
Hosanna!

FYI FOR YOUR INFORMATION

Incense will be used at the Holy Thursday liturgy on April 1 at 7:00 PM and at the Easter Vigil on Saturday, April 3 at 8:15 PM. The incense we are now using is Trinity Brand, made with hypo-allergenic, non-choking, high quality resin.

HOLY WEEK WORSHIP SCHEDULE

Monday of Holy Week - 29 March
Regular 12:05 Mass
Jim Molnar - Mary Lou and Paul Smith
Members of the Levesque & Martin Families - Richard Levesque
Intention of Roy Swanson - The Swanson Family

Tuesday of Holy Week - 30 March
Regular 12:05 PM Mass
Marietta Castiglione - Ventura Castiglione and Family
Giuseppe "Joe" Pavone - Nadine and Paul Condon
Living & Deceased Members of the Catholic Women's League

Wednesday of Holy Week - 31 March
Our Lady of Perpetual Help Devotions
Regular 12:05 PM Mass
Lloyd Voisin - Katherine Voisin
Milan Hlusek - Emilia and Michelle
Paul Brisson - Andree Cornish

Thursday of Holy Week - 01 April
No 12:05 PM Mass Today
7:00 PM
Mass of the Lord's Supper
Followed by
Adoration of the Blessed Sacrament until 10:00 PM

Good Friday - 02 April
3:00 PM
Solemn Celebration of the Passion & Death of Christ
7:00 PM
Solemn Stations of the Cross

Holy Saturday - 03 April
No 4:00 PM Mass Today
8:15 PM
Holy Saturday Easter Vigil



Easter Sunday - 04 April
Resurrection of the Lord
9:00 AM and 11:00 AM Mass

Intentions of the donors and in memory of those whose names have been received for our Easter Memorial List

Names to be Published in our Easter Sunday Bulletin

OFFICE HOURS THIS WEEK	
Monday - Thursday	**8:30 AM to 4:30 PM**
Good Friday	**OFFICE CLOSED**

Good Friday is a universal day of fasting and abstinence from meat for those aged 14 to 59. Fasting means we have one regular meal and less at other meals, and of course, no snacking. If you have a medical condition in which fasting is harmful you should not fast. When possible, we try to extend the discipline of fasting and abstaining from meat until after the Vigil on Holy Saturday. Christian fasting obtains its full meaning when we deprive ourselves of food, or unnecessary beverages, in order to be more open for prayer.



For an otherwise healthy individual the law of abstinence from meat binds those who are 14 and older; the law of fasting binds those from 18 to 59 years of age.



HOLY WEEK
LIVE-STREAM CELEBRATIONS



For those who cannot attend our Holy Week Celebrations in person, we will be live-streaming the following liturgies which can be viewed at our website procathedral.ca

Please share with family and friends.

Palm Sunday	**Saturday, 27 March**	**4:00 PM**
Holy Thursday	**Thursday, 01 April**	**7:00 PM**
Good Friday	**Solemn Celebration**	**3:00 PM**
	Stations of the Cross	**7:00 PM**
Easter Vigil	**Saturday, 03 April**	**8:15 PM**



Holy Week & Easter from Home



The Holiest of Weeks

Knowing that there will be people who cannot attend the Easter celebrations at Church, the Diocese is issued a General Executory Decree concerning Holy Week and Easter offering the faithful a chance to renew their baptismal promises and be blessed with holy water in their homes.

You can participate in the elements of Easter in your home with the ritual that will be provided to you next weekend. As well, a taper and vial of holy water will be provided to you. You can also pick these items up at the parish office *after* Easter weekend.

Many of our households include people who do not share the Catholic faith but who may wish to participate in this time of prayer.

They are welcome to participate in the prayer ritual provided that they (or their parent or guardian freely request it.

A video explaining and demonstrating the blessing with holy water will be posted on our website at procathedral.ca under LINKS as well as on our Facebook page.





Palm Sunday of the Lord's Passion

It can be strange that there is a kind of excitement about receiving the fresh palms, followed by the somber reading of the Passion. The contrast is striking: While the palms, in ancient times, symbolized goodness and victory, hope and triumph, the account of Jesus' suffering and death reminds us of the price he paid for our redemption. Jesus knew that we can't have one without the other. It is the paradox of the cross: Jesus gave his life so that we might live.

For many, the past year has been like one long Good Friday, filled with discouragement, suffering, and loss. As we reflect on Jesus' passion, the palms we carry home remain a sign of hope; we know now how the story will end. As we place our palms in a special place, let us say a prayer of thanks to Jesus and ask for the grace to renew our faith and trust in God as we enter Holy Week.

The Triduum



There is a richness in the liturgies of Holy Thursday, Good Friday, and the Easter Vigil that are both humbling and uplifting. This time period, known as the Sacred Triduum (Latin for "three days") is the official end of Lent, and the summit of the liturgical year. As a society, we give far more attention to the buildup and celebration of Christmas – which is not to deny its importance, of course! – and so sometimes the Triduum is not as familiar to people in both its meaning and importance. Yet, it is during these days that we most intentionally remember and celebrate the gift of our redemption; we liturgically embrace the paschal mystery of Christ: dying he destroyed our death, and rising he restored our life. We have faced a difficult year together, and we rely on each other for prayer.

Catechesis of the Good Shepherd

Zoom meeting on Monday, March 29 at 7:00 PM to introduce CGS to anyone interested in knowing more. This introduction will lead to a zoom book review of "Good Shepherd and the Child: A Joyful Journey" Wonderful insights into children's spirituality and how to nurture it. If you are interested in registering, please email Erin Tayler at betayler@fibreop.ca



Adoremus - A Deep Dive into the Divine: The Catechesis of the Good Shepherd. Find out more about how a unique catechetical program offers a profound — and profoundly liturgical— method of imparting the faith.
View link at procathedral.ca under Ministries, Children & Youth or Current News



New to the Cathedral?
Please Register so we can get to know you better!
Email: office@procathedral.ca

Catholic Women's League

A Welcoming Heart: A Reflection with Sr. Linda MacIsaac

During this pandemic, we may feel confined in one way or another.

You are invited to this time for reflection on **Thursday, April 1 at 3:00 p.m**.

Join us via Zoom by clicking on our Zoom Link under LINKS from the Pro-Cathedral webpage at procathedral.ca ***Please feel free to share this information with another in your family, parish or community that may like to join us.***



The CWL 2021 Annual General Meeting (AGM) of the Pro-Cathedral of the Assumption Council will be conducted virtually on Wednesday, April 21 at 6:30 p.m.

Sault Ste. Marie Diocesan CWL Annual General Meeting – will hold the AGM in place of a convention on Saturday, April 17. There is no formal registration for this event, which will be held virtually on GoToMeeting.

Stay tuned for more details on how to attend these two important gatherings.



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

Collection Report 14 & 21 March	
Sunday Offering	**Building Fund**
$9,451.50	**$3,170.00**

LIFE ASCENDING

The purpose of the movement is to assist men and woman of retirement age in their spiritual growth and encourage them to take full part in church life. ***Ascending Life is a lay movement in the Church for seniors and retired persons 55 years and over, based on the belief that retirement years should be years of activity and challenge.*** It is a Christian movement that believes that as long as we live we should move forward and onward, to new horizons, new experiences, new growth of mind, heart and spirit. Ascending Life carries within itself a message of hope for those who feel isolated, lonely, forgotten and whose talents and experiences in our Church and our Society remain untapped. **See More and check out current links on our website at procathedral.ca under MINISTRIES.**

REGIONAL NEWS

ALPHA - Are you or someone you know asking "Is there more to life than this?" "How can I have faith?" Are you looking for ways to engage your faith in a deeper and more fruitful manner? Holy Redeemer Parish in Sudbury will be hosting the ALPHA program online **starting April 8th**. ALPHA is a 12-week Christian program, which focuses on the basic gospel message. More information and how to register is available by contacting Omer at odupuis@fibreop.ca. Jesus says in in the gospel of John: "**Come and see**." Why don't you or tell a friend!?

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



The Good Samaritan Corner: The Compassionate Committee for the Homeless in North Bay, supported by the Pro-Cathedral, recognize that the homeless have urgent needs. If you can donate your time, please consider the following:

HOPE's Kitchen at 1007 Cassells St., 705-223-1884: Looking for volunteers to work the night shift. If you can give a few hours please contact Chris Brown, co-owner, and operator.

Hope Awaits Ministry at 390 First Ave East: Works within the city of North Bay to end homelessness. They work with men who are homeless until they are independent, truly transforming lives. Their shelter program offers safe housing for up to 7 men. They also offer a clothing bank filled with warm clothing. They currently have an employment opportunity for a Part-time Shelter Care Worker: Be a part of a team that is reaching out to those in need with the love and compassion of Jesus Christ! For information on this ministry or the employment opportunity visit: https://www.hopeawaitsministries.com/ (see Employment at bottom of page).

More information on outreach ministries visit procathedral.ca and view under OUT-REACH

DEVELOPMENT & PEACE NEWS



Online Way of the Cross
Friday, 2 April, 2021 ~ 2:30 PM

Register on our website
at procathedral.ca
under CURRENT NEWS

This year the Development and Peace The Way of the Cross invites us to reflect on the need to share love and to develop greater social fraternity in light of Jesus's passion, death and resurrection. Please join us for this online event to pray the stations together with staff, members and friends of Development and Peace.

Confirmation Register Soon!

Because of the pandemic, our preparation for Confirmation has been 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 <u>all</u> 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.

PICTURES NEEDED

Be part of this historical walk down memory lane!

Looking for more pictures for our Photo Project.

If you have pictures you would like to share, please send them to us.

<u>procathedralfiles@gmail.com</u>
or drop them off at the parish office for safe copying/scanning.



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

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.



The Centipede

A single guy decided life would be more fun if he had a pet. So he went to the pet store and told the owner that he wanted to buy an unusual pet. After some discussion, he finally bought a talking centipede, (100-legged bug), which came in a little white box to use for his house. He took the box back home, found a good spot for the box, and decided he would start off by taking his new pet to church with him.

So he asked the centipede in the box "Would you like to go to church with me today? We will have a good time." But there was no answer from his new pet. This bothered him a bit, but he waited a few minutes and then asked again, "How about going to church with me and receive blessings?"

But again, there was no answer from his new friend and pet. So he waited a few minutes more, thinking about the situation. The guy decided to invite the centipede one last time. This time he put his face up against the centipede's house and shouted, "Hey, in there! Would you like to go to Church with me and learn about God?"

This time, a little voice came out of the box "I heard you the first time! I'm putting my shoes on!"

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.



The new Pro-Cathedral COVID protocol will now require that all parishioners and visitors will be seated in the middle of each pew. Please follow the direction of the ushers. Your understanding and cooperation is greatly appreciated as we all work together to keep each other safe.

One of the most important directions to follow on our return to the Cathedral is that ***it is very important that you sit in the pew you are directed to and do not move once seated to another location.*** Moving locations cross-contaminates and does not allow time for proper sanitization.

Reminders:

* A dispensation from the Sunday and Holy Day obligation to participate in the Mass remains in place for all Catholics.
* Anyone who is in an at-risk health group or does not feel comfortable attending a public gathering should stay home. Even with the best health practices and increased efforts to clean the Church, there is a risk of infection anytime a person enters a public space.
* Anyone who is sick or has recently been exposed to the coronavirus should refrain from attending a public Mass as it is an act of charity to safeguard the health of others.
* Attendance at Masses is still restricted to ensure proper social distancing. ***If required***, we will celebrate a second mass simultaneously each weekend in the parish hall.
* We are mandated to wear masks by the Ontario Medical Office of Health and the Assembly of Catholic Bishops of Ontario. We ask that you ***please bring and wear your mask before entering the Cathedral***.
* Follow all directions from our ushers so social distancing can be maintained.

PLEASE SOCIAL DISTANCE & COOPERATE
WITH ALL DIRECTIONS GIVEN BY OUR USHERS

Parish Donations 2021

If you need any information on our donation options, please do not hesitate to call or email the parish office - we are still checking in to make sure we can connect with everyone!

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

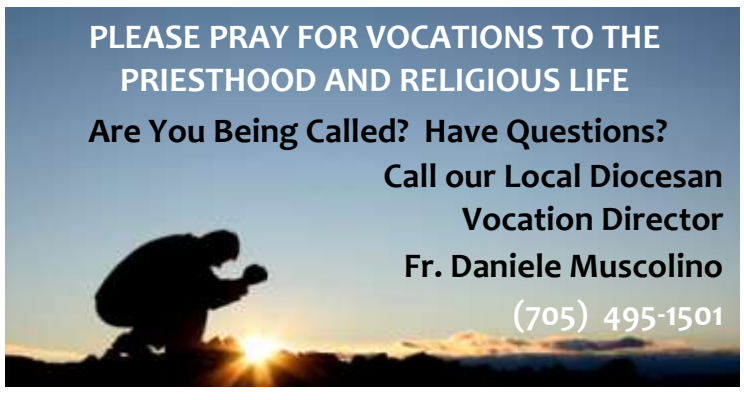
Ways You can Help Support our Parish

- **2021 Parish Envelopes**
- **Pre-authorized donations from your bank account.**
- **Credit card donations**
- **E-transfer music.finance@procathedral.ca**
- **Use our "Donate Today" button on our website at procathedral.ca**

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!**

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.

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



PARISH REGISTRATION:

Please help keep our records up-to-date! Drop this form into our mail slot at the office or email us the information.

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 ☐