Pro-Cathedral of the Assumption

Welcome to Your Father's House!

23 May 2021 — Pentecost Sunday | **480 McIntyre Street West - North Bay, ON - P1B 2Z4**



In the first reading, the Holy Spirit descends upon the disciples who *were all in one place together*. They began proclaiming the Gospel in different languages and all could understand them. Saint Paul encourages the Galatians to *live by the Spirit*, and lists the fruits of the Spirit that will arise from doing so. Jesus promises his disciples that he and the Father will send the Advocate, who will guide them and glorify Christ. The gift of the Holy Spirit, promised by Jesus at the Last Supper, enables Jesus' disciples to boldly proclaim the Good News, continuing Jesus' mission. As we celebrate Pentecost, we are called to open our hearts to the same Spirit so that we, too, might do our part in the work of the Kingdom.

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 and the provincial stay -at-home order, new directives are in place for the preparation and celebration of our sacraments.

Please call the parish office if you require more information for the following:

Marriage, Baptism, Reconciliation, Eucharist, and Anointing of the Sick.

Due to the Provincial Shutdown,
the parish office is closed until further notice.
Please call or email the parish office to contact us and we will return messages in a timely manner.
Sign up to receive our parish bulletin at procathedral.ca which will also allow us to send you

SCRIPTURE READINGS
24 — 30 MAY

Monday	Genesis 3. 9-15, 20; John 19. 25-27
Tuesday	Sirach 35. 1-15; Mark 10. 28-31
Wednesday	Sirach 36. 1-2, 5-6, 13-22; Mark 10. 32-45
Thursday	Sirach 43. 15-25; Mark 10. 46-52
Friday	Sirach 44. 1, 8-13; Mark 11. 11-25
Saturday	Sirach 51. 12-20; Mark 11. 27-33
Sunday	Deuteronomy 4. 32-34, 39-40; Romans 8. 14-17; Matthew 28. 16-20

Virgin Mary, often when we pray we seem to say to God: "Do whatever I say." But you show us the path of true prayer. You tell us: "Do whatever God asks you to do." Teach us to pray like you, Mary, having at heart the intense desire that the will of God, which is pure love, will be embodied in our days and our actions. In this way our lives, as limited as they may be, will become a sign of God in our world. Amen.

Watch our live-stream, Saturday 4:00 PM Mass
View the mass on our website at: procathedral.ca

A dispensation from attending mass is still in place. 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

We will re-schedule all masses once we are again open to celebrate mass. Thank you for your patience.

PARISH OFFICE—LOOKING FOR UPDATES

We would like to work on updating our parish data system so that we have current information on file. Some parishioners have been on our system for years (before the advent of email addresses) and we would like to ensure that we have all of your updated information.

- Do you have an email address that we can add?
- Have you changed from a land line and now use a cell phone? If so, we need your new number.
- Have you moved and forgot to tell us?
- Over 20? Perhaps you were registered as a child member under your parents years ago but would like to be registered as an adult, independent member?

Please email the parish office at **office@procathedral.ca** to provide all of your new information. If you don't have email, please call the office at 472-3970 to advise of changes.

Why Is Ordinary Time Called Ordinary?



After this weekend, Pentecost Sunday, we move into Ordinary Time. It is called "ordinary" not because it is common but simply because the weeks of Ordinary Time are numbered. The Latin word *ordinalis*, which refers to numbers in a series, stems from the Latin word *ordo*, from which we get the English word *order*. Thus, the numbered weeks of Ordinary Time, in fact, represent the ordered life of the Church—the period in which we live our lives neither in feasting (as in the Christmas and Easter seasons) or in more severe penance (as in Advent and Lent), but in watchfulness and expectation of the Second Coming of Christ. The normal liturgical color for Ordinary Time—for those days when there is no special feast—is green. Ordinary Time is the part of the year in which Christ walks among us and transforms our lives. There's nothing "ordinary" about that!



Praying with Mary to Christ: *When we pray the Rosary, we remember the journey of Jesus Christ.*



Starting around the year 300, some Christians seeking a deeper connection to God left their homes to live alone in the deserts of Egypt. Isolation from the world and people allowed these holy men and women to pray constantly. They recited the same prayers over and over, and used pebbles or tiny pieces of wood to keep track of how many prayers they had prayed. In time, some of these individuals came together and lived in community, founding the early forms of the monastic communities that exist today.

By the year 800, monks in Ireland began praying all 150 psalms in sequence. When the cycle of 150 was complete, they would start again. The people were impressed by the holiness of the monks, and asked the monks to teach them to pray. The monks responded by instructing them to pray as Jesus taught us, asking them to pray 150 times the Our Fathers (three groups of 50) in a row. When the people found it hard to keep track of how many prayers they had said, they (like the desert fathers and mothers) used stones to keep count—transferring them from one pocket to another as they prayed. Eventually, someone had the idea to string the stones together. By the year 1000, people were using stones or knots on a string to count their prayers. Rich people had strings of precious gems. In time, people began to pray their repetitive prayers to Mary, the mother of Jesus. They started by repeating the phrase "Hail Mary full of grace, the Lord is with thee" fifty times. The shift in the prayers came because some people were afraid of God, who was all powerful, but they were comfortable with the gentle Blessed Mother. The rose became a symbol of Mary, and by the 1400s, the string of beads was called a rosary, or rose garland. Around 1550, the Hail Mary became longer, taking the form we know today, and the Glory Be, which is also called the doxology, was added. The Rosary is a devotion that honors our relationship with the Blessed Virgin Mary. It is a form of meditation, allowing us to reflect on the life of Christ and deepen our faith. It is easy to pray, and can be learned by family members of all ages.

When we pray the Rosary, we remember the journey of Jesus Christ and the role that his mother played in his life. As we meditate, we wrap ourselves in his story. When we pray the Rosary, we give honor to Mary as the most unique human person in God's creation. But we are not praying to Mary. We are praying with her, our partner in bringing our needs before God. We can see that in the words of the prayer as we entreat Mary to "pray for us, now and at the hour of our death. Amen."



The Pro-Cathedral Prayer Line consists of 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

PICTURES NEEDED

Be part of this historical walk down memory

Looking for more pictures for our Photo Project.

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

procathedralfiles@gmail.com

or drop them off at the parish office for safe copying/scanning.

Pray the Rosary With Us *LIVE* Virtually!



While we may not be able to gather in person, we can continue this beautiful prayer and be present with one another in this **VIRTUAL LIVE EVENT**.

Weekday LIVE Virtual Rosary
Monday to Friday at 11:30 AM

Please join from your computer, tablet or smartphone at this link:

https://www.gotomeet.me/ProCathedral/rosarygroup

You can also dial in using your phone.
Canada: +1 (647) 497-9391

Access Code: 522-660-557

Note: To avoid technical difficulties — we suggest you install GoToMeeting and log in by 11 AM to ensure all settings (audio/video) are enabled according to your device.

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

https://global.gotomeeting.com/install/522660557

WE HOPE YOU WILL JOIN US
& INVITE OTHERS TOO!



"Come, Holy Spirit!"

On Pentecost Sunday, which we celebrate 50 days after Easter, Jesus sends the Holy Spirit upon the disciples. The readings use the language of the senses to describe the powerful presence of the Spirit: A breath, a mighty wind, tongues of fire, a cacophony of languages somehow understood by all.

Jesus sends the Spirit upon each of us as well. And while we may not experience the Holy Spirit with our physical senses, I bet each one of us has sensed the Spirit's presence at different times in life: a homily that deeply resonated, a sense of awe at God's creation, a "moral compass" that guided us toward what is right, or when we found the words to console a friend in crisis or vice versa. Just as the Spirit transformed the disciples and emboldened them to build up the Church by carrying on Jesus' mission, we, too, can ask the Holy Spirit to guide us and strengthen us to be a force for love and unity in our families, parishes, and communities.

In today's Gospel, Jesus sends his disciples out to continue his ministry, assuring them of the presence of the Holy Spirit to guide them. We, too, have been given the gifts of the Holy Spirit and commissioned to use them to build up the Church. Well before we learned about concepts such as "emotional intelligence" or skills tests, Saint Paul assured the Corinthians that there are many different gifts and ministries, but the same Spirit. Our gifts may even change as we move from one chapter of life to another. For example, high school and college students may help lead retreats or participate in service projects, young adults may build a parish website or lead a Bible study, those who are home-bound may offer to pray for others in their parish.

For followers of Christ, the only option not on the table is becoming complacent. As we move from the Easter season to "Ordinary Time," let's invite the Holy Spirit to show us how to be "extra-ordinary" in our discipleship in the coming days and weeks. Then follow through.

Do you sometimes get the Monday blahs? Try starting the day with the Prayer to the Holy Spirit, asking for guidance (and some pep in our step!) as we begin the week:

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.



IS GOD CALLING YOU TO BE A PRIEST?

"Trust in the Lord with all your heart …
He will direct your path."
(Provers 3: 5-6)

WWW.BEAPRIEST.CA

MARRIAGE BANNS

There is a promise of marriage between:

Travis Michael Mathias Neil Snider, son of Herbie Snider & Wendy Aultman and Elisa Ann Catherine Barlow, daughter of Anthony K. Barlow and Corina Roggeveen. ♥

Do you know someone who would appreciate a companionship call? A conversation? A "hello, we are thinking of you" phone call?



Call or email the parish office to give us the name and contact information for anyone you think would appreciate this contact. We want to lessen feelings of loneliness by reaching out to those who are isolated during this pandemic.

STAY CONNECTED!

Not only do we send out the bulletin electronically each week in full colour, we use this means of communication to periodically share current news on a timely basis that affects the Cathedral.

♥

Stay connected by signing up for the bulletin at: procathedral.ca

All we need is your name and a current email!



New to the Cathedral?

Please Register so we can get to know you better!

Email: office@procathedral.ca

REGIONAL NEWS



North Bay Right to Life works to deepen respect for human life and heighten public opposition to abortion and euthanasia and other threats against human life both in the Christian Community and among the general public. ***We are EAGERLY looking for volunteers for our board of directors! If you can help us out, please call Ken Hastie at 840-8434.***

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 recognize that the homeless have urgent needs. If you can donate your time, please consider:

HOPE's Heroes Outreach on Facebook at https://www.facebook.com/groups/766777950854135/

Where people in need don't go without!

The street outreach team goes out three nights a week, Monday, Wednesday, and Friday, with hot meals, clothing, care packages, hygiene items, blankets, tents and alleys all over North Bay. They also keep the city safe and clean by picking up needles. They work around the clock organizing clothing and other items, reaching out and doing wellness checks, and finding campsites to make sure everyone is safe, fed and taken care of. If you are interested in volunteering, or going on an outreach night, please contact Katie Valiquette on Facebook.

Did you know that North Bay has a Healthy Community Ambassador Program? People like Bryan and Benji are part of the HCAP designed to proactively promote safety and well-being in our downtown core and surrounding areas further ensuring that our community remains safe and inclusive for all those that choose to live in North Bay. Its main focus is on engaging vulnerable people, ensuring they are connected with services available and to support downtown and surrounding area business owners and patrons by responding to situations that do not require the assistance of police.

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 ☐