29 January 2023

Fourth Sunday in Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House!



In the first reading, the prophet speaks of the humble and righteous remnant of Israel. In the second reading, Paul explains that God calls the weak and lowly so there can be only boasting in the Lord. In the Gospel Jesus goes up a mountain, where his disciples follow him, and he teaches them with a series of statements promising blessings and rewards for those who suffer, especially for his sake as disciples. Jesus gives us a different point of view on suffering and discipleship through the beatitudes. Suffering will not have the last word; rather, those who suffer will be blessed. Discipleship is not without cost, but it will be rewarded. With a beatitude perspective, we are reassured and inspired to press onward with rejoicing rather than fear.

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.

Most Rev. Thomas Dowd, D.D.
Bishop of the Diocese of Sault Ste. Marie

Rev. Larry Rymes
Pastor of the Pro-Cathedral Parish

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



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: 3:00 to 3:45 PM each Saturday.

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: Each Friday from 11:00 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.

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 HOURS THIS WEEK

Monday to Thursday	**8:30 AM to 4:30 PM**
Friday	**8:30 AM to 12:00 NOON**

Scripture Readings: 30 JAN - 05 FEB	
Monday	Hebrews 11. 32-40; Mark 5. 1-20
Tuesday	Hebrews 12. 1-4; Mark 5. 21-43
Wednesday	Hebrews 12. 4-7, 11-15; Mark 6. 1-6
Thursday	Malachi 3. 1-4; Luke 2. 22-40
Friday	Hebrews 13. 1-8; Mark 6. 14-29
Saturday	Hebrews 13. 15-17, 20-21; Mark 6. 30-34
Sunday	Isaiah 58. 6-10; 1 Corinthians 2. 1-5; Matthew 5. 13-16

The Blessing of the Throats is a sacramental of the Roman Catholic Church, ordinarily celebrated on February 3, the feast day of Saint Blaise of Sebaste. Saint Blase was the bishop of Sebaste in Armenia during the fourth century and was reputed to have miraculously cured a little boy who nearly died because of a fishbone in his throat. From the eighth century he has been invoked on behalf of the sick, especially those afflicted with illnesses of the throat. ***The blessing of throats will take place at the Masses on February 4 and 5 for anyone who would like to receive this blessing.***



Catholic Women's League

"Mark Your Calendars for March 1st! This is the date of our Council's first General (Meeting) Gathering of 2023. At this meeting an "Instructed Vote" will be taken following reading and discussion on a proposed amendment to the *Constitution & Bylaws 2022 (C&B).* The five proposed revisions are covered in one amendment, so it will not be time consuming. We **do** need a quorum for this Instructed Vote, 10% of our Council members to be in attendance, so please come out to support this important voting process."

WHAT'S THE CWL?

ACCEPTANCE

The gifts we have are more valuable only by sharing them with others. Your gifts are gratefully accepted by the Catholic Women's League, where members willingly share the good things God has given them. We can't wait to meet YOU!

ACTION

As a Catholic Women's League member, you are part of an organization of women, through prayer, faith development, ministries, service, education, advocacy on social justice. Choose your Action! Join us today

ADVOCACY

Catholic Women's League members educate themselves on how to make their voices heard by government and work together to address Social Justice. Join us! Be an Advocate and let your voice be heard!

BELONGING

Do you want to grow your faith, serve your community, act on social justice issues and be supported by a sisterhood, who embrace their core values? If so..

"WELCOME to the CATHOLIC WOMEN'S LEAGUE!"
"YOU BELONG WITH US"

Join the CWL ~ Contact Brenda Passmore for information at: **passmorebe@gmail.com or 474-0447**

We understand that the annual fee of $40 can be cost prohibitive for some people. Please contact Mary-Lynn in strict confidence if the $40 membership presents a difficulty for you. Your membership is important! Members, if you are in a position to financially sponsor a membership fee for someone else, please contact Mary-Lynn at 474-3082.

MASS SCHEDULE

Weekday Masses are Held at 12:05 PM

Monday, 30 January - Weekday in Ordinary Time
No Celebration on Mondays

Tuesday, 31 January - Memorial of St. John Bosco, Priest
Emile Lamothe - Shirley Valenti
Mary and Bert Teklenberg - John, Bernie and Marion
Intention of the Veraldi Family - Myrtle Veraldi

Wednesday, 01 February - Weekday in Ordinary Time
Devotion to Our Lady of Perpetual Help

Paul Smith - Joe and Louise Defonzo
Emile Lamothe - Jessica and Pedro Costa and Family
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Thursday, 02 February - The Presentation of the Lord
Emile Lamothe - W. J. DeGrosbois
Intention of Mary-Lou Smith - Endow Study Group

Friday, 03 February - Weekday in Ordinary Time
Milan Hlusek - Emilia and Michelle
Paul Smith - Robert and Judy
Intention of Sandra and Robert Truchon - Richard Levesque

4:00 PM Saturday, 04 February - Fifth Sunday in Ordinary Time

Lois Wishak - Bunty Swanson
Michael Dolighan - Richard Dolighan

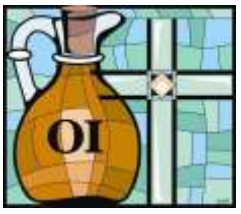
Sunday, 05 February - Fifth Sunday in Ordinary Time
9:00 AM Leo Morrissette - Joe and Louise Defonzo
In Thanksgiving - Ella Lamothe

11:00 AM Intention of the Parishioners - Rev. Larry Rymes

Development & 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. If you have stamps without damage to the perforations, put them in envelopes & drop them into the collection or into the office mail slot.



SACRAMENT OF THE SICK

Feb. 11th is the **31st World Day of the Sick.** This year, the Holy Father's message is entitled "Take Care of Him" where Pope Francis invites "all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness."

In honour of this annual occasion, Fr. Larry will be celebrating the Sacrament of the Sick during the **Friday, February 10 noon Mass**. Anyone seriously sick being in danger of death by reason of illness or old age may be anointed.



Next Saturday – February 4th!

EVERYONE WELCOME

Get Your Tickets this Weekend!
They will be on sale
before and after Mass
or pick up at the Parish Office
this week.
Oh what a night it will be!



OFFERING A MASS



Offering Mass intentions is a tradition of prayer, support, and community. You may request a mass for someone who is deceased; for the intentions of someone who is living; for those who are sick and suffering who need prayers; or in celebration of a special occasion. Contact the parish office if you would like to book a mass. Mass Stipends are $15.00

If you have moved this past year, let us know as soon as possible before income tax receipts are mailed out! Please call the office or email your new address to: office@procathdral.ca



Building Fund VS Roof Campaign

The **Roof Campaign** specifically goes to the expenses we will incur as we do the work on the tower and roof. We need to raise these funds to have on hand for this planned work.

The **Building Fund** is a collection for regular maintenance of our facilities such as repairs, utilities, snow removal, etc.

We ask that people who made a commitment to the building fund continue to donate to it and view the roof campaign as an extra contribution. ***For those who are currently not contributing to either of these funds, we ask that you consider donating to them in your planned 2023 giving as long as it does not cause a hardship to do so.***

Are you using envelope 180 in 2023? We don't know who you are - please call the parish office.

Collection: 22 January 2023	
Sunday Offering	**Building Fund**
$3,339.50	**$1,342.00**

ROOF CAMPAIGN (Second Collection)	ROOF CAMPAIGN (In Regular Collection)
$725.50	**$515.00**

ROOF CAMPAIGN
Gifting by a Foundation: $7,260.28

Getting Married in 2023?

A Marriage Preparation Program Weekend will be held on Friday, February 10 and Saturday, February 11 hosted at Holy Name of Jesus Parish. The weekend includes dynamic speakers, enriching exercises designed to promote dialogue and discussion amongst the couples, plus an opportunity to celebrate Mass.

Friday session: 6:30 PM—9:00 PM
Saturday session 9:30 AM—5:00 PM (Lunch Provided)

Interested couples are asked to contact Samantha Briggs at 705-471-3284 to register for this preparation.



Do you love baking?

Our funeral team invites you to help us provide an important component of our funeral lunches to bereaved families—baking! Fancier items similar to Christmas baking is especially welcomed—bars, squares, brownies, shortbreads. **We could really use your assistance.** We like to have a supply of baking on hand so if you can help, please drop items off to the parish office so that we can place them in the freezer. Questions? Call Shirlene at 493-0718.



TO PURCHASE YOUR TICKETS, VISIT: www.rafflebox.ca/raffle/procathedral

Tickets Amount: 1 for $5, 4 for $10, 20 for $20, 100 for $50

These draws are run through a legitimate, government-approved website called rafflebox. Draws will be held monthly and your regular purchase of tickets will help our Roof Campaign as 100% of our profits will go to this fund. ***All purchases must be made on the secure rafflebox website.***

Euchre Tournament: Come join us for a fun day of cards while supporting the restoration of our St. Joseph's church building in Powassan. Light luncheon provided and prizes to be won -250 Clark Street, Powassan. Saturday, Feb 4 from 10am- 2pm. $20/person

Lenten Mission - "The Fullness of Purpose - Living the Catholic Faith" February 26, 27 & 28, each evening at 7pm at Holy Name of Jesus Church, North Bay. Start your Lenten journey with a three-evening Mission with **Ken Yasinski**! Ken is the most sought-after Canadian Catholic Speaker, Apologist and Evangelist who speaks all across the world and has a popular online presence. A Parish Mission is three evenings that begin at 7pm for 90 minutes, and include time of prayer, a talk and time for reflection. Many use the Parish Mission to springboard their journey of Lent. All are welcome.

Diocese of Sault Ste. Marie hosts the 2023 Northern Ontario Catholic Leadership Conference on Saturday, February 25, 2023 at St. Joseph-Scollard Hall in North Bay. Registration for this event is now open at www.holynamestalphonsus.com/levelup

Catholic Young Adults (Aged 18-35): Meet other Catholic Young Adults looking to deepen faith, grow in relationship with Jesus, and make some Catholic friends. To receive updates on events that are planned, email youngadultsnb@ssmd.ca to get on the mailing list. Facebook and Instagram @youngadultsnb

EDGE for students in grades 6, 7 & 8—Thursdays from 6:30-8:00 PM: Students are welcome to join us for games, music, prayer, friends and faith at Holy Name of Jesus Church. www.holynamestalphonsus.com/edge

OVER THE EDGE for students in high school grades 9-12-Thursdays at Holy Name from 8:00 –9:30 PM. Come to support one another in growing as young people who know and love our faith in Jesus. Nights include games, talks, prayer and socializing. Now more than ever, we need good friends to support our faith journey in life! www.holynamestalphonsus.com/overtheedge

North Bay Right to Life Collects returnable bottles and cans—drop off at 1498 Pinegrove Crescent under the carport. Thank you!

North Bay Pregnancy Help Resource Center: We have a **Prayer Team** who are vital to this ministry—you are welcome to join! For more information contact Judy at judynbphrc@gmail.com or call 475-9270.

Family Enrichment Program, a targeted resource program for parents and their children age birth to four is looking for volunteers. For more information on how you can help, call 472-2152

St. Francis Table Community Meal: Third Saturday of every month at Holy Name Church from 11:30 AM to 1:00 PM. All are welcome for free food and friendship. Call 495-1501 for more information.

Regional Eucharistic Adoration Tuesday to Friday from 11:30 AM to 4:30 PM at Holy Name. ***We need adorers—can you help?*** Please call Karen Beaulieu at 495-6675.



Good Samaritan Corner

The Compassionate Committee for the Homeless in North Bay recognize that the homeless have urgent needs.

What do you do if you come across a person you are concerned about? If they are in medical distress – call 9-1-1. If they do not require medical attention and you are willing to interact with them ask them what they require. They may need warm clothes, a hot meal, a ride to somewhere warm or a place to sleep. There are 7 churches that are part of the Compassionate Committee for the Homeless in North Bay and each church has a copy of the Quick Reference Guide with useful information on the resources available to provide help to the homeless. For your own copy of the Quick Reference Guide please contact Leah Pierce at 472-5687 or at CompassionNorthBay@gmail.com

ore information about the Compassionate Committee for the Homeless in North Bay visit https://www.facebook.com/compassionatecommitteeofnorthbay/ or contact Leah Pierce at 472-5687 or at compassionnorthbay@gmail.com