Pro-Cathedral of the Assumption

480 McIntyre Street West
North Bay, ON P1B 2Z4

Seventh Sunday in Ordinary Time
19 February 2023

Welcome to Your Father's House!



Living a life of faith means acting with love and mercy. In the first reading, the Lord calls his people to be holy and to love as he loves. Saint Paul writes *that the Spirit of God dwells in [us].* In the Gospel, Jesus offers examples of what he means by fulfilling the law. The call to spiritual perfection or holiness dominates our readings today. We are called to be perfect as the heavenly Father is perfect, and to demonstrate that holiness in the way we treat one another and in our knowledge that **we are temples of God's Holy Spirit.**

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 — Family Day	**OFFICE CLOSED**
Tuesday to Thursday	**8:30 AM to 4:30 PM**
Friday	**8:30 AM to 12:00 NOON**

Scripture Readings: 20 - 26 February

Monday	Sirach 1. 1-10; Mark 9. 14-29
Tuesday	Sirach 2. 1-11; Mark 9. 30-37
Ash Wednesday	Joel 2. 12-18; 2 Corinthians 5. 20—6.2; Matthew 6. 1-6, 16-18
Thursday	Deuteronomy 30. 15-20; Luke 9. 22-25
Friday	Isaiah 58. 1-9a; Matthew 9. 14-15
Saturday	Isaiah 58. 9b-14; Luke 5. 27-32
Sunday	Genesis 2. 7-9, 16-18, 25; 3. 1-7; Romans 5. 12, 17-19; Matthew 4. 1-11





Lent Begins on Ash Wednesday 22 February 2023

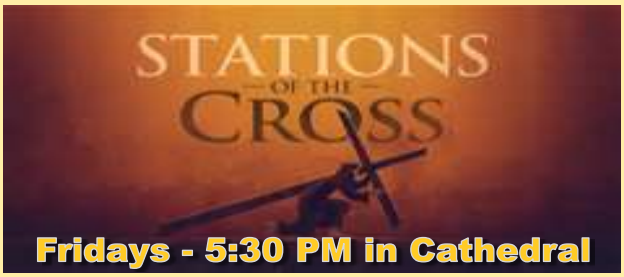
Celebrations 12:05 PM & 5:30 PM

The ashes on our forehead are our public witness that we acknowledge our failure and sins. We admit our human weakness and plead for Christ's help, because we are powerless without Him.



The sign of the cross on our foreheads is a reminder of the other times of our Christian lives that we have been signed with cross and holy oil: the sacraments of Baptism, Confirmation, and Anointing of the Sick.

On Ash Wednesday this cross upon our forehead is different. There is no sacrament, no holy oils. We are signed with dust, a reminder of our death and decay. The ashes remind us of our sins. And yet, that cross of ashes is not doom and gloom. The cross gives us hope, reminding us that our source of grace is Christ crucified. He conquers sin and death. ***By receiving that cross of ashes, we are making the first step to return to Christ and walk with Him on this Lenten journey, because without Him we are and can do nothing!***



Lent & Fasting & Abstinence

We may give up meat or other desirable foods on Fridays during Lent, and especially on Good Friday, the day of Christ's saving death on the cross.

Our abstinence for Catholics 14 years and older (as long as there are no health issues) is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing to a work of charity) or other acts of piety (taking part in a service of worship with others, praying with our family, spending some extra time in personal prayer, especially with the scriptures.



Weekday Masses are Held at 12:05 PM — MASS SCHEDULE

Monday, 20 February - Weekday in Ordinary Time
No Celebration on Mondays

Tuesday, 21 February - Weekday in Ordinary Time
Emile Lamothe - Annemarie Young
Joan Demarco - The Demarco Family
Marie Shannon - Kevin and Maureen O'Hare

Wednesday, 22 February - Ash Wednesday
Devotion to Our Lady of Perpetual Help

9:30 AM School Celebration—Mother St. Bride & St. Alexander
12:05 PM Mass with Distribution of Ashes
5:30 PM Mass with Distribution of Ashes

Thursday, 23 February - Weekday in Lent
Lois Wishak - The Family
Joan Watier - Suzanne Lukasik
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Friday, 24 February - Weekday in Lent
Paul Smith - Peter Galinski
Emile Lamothe - Frank and Barb Gurini
Alexander "Bud" McDougall - Don and Lorraine Shago

4:00 PM Saturday, 25 February - First Sunday of Lent
Anita Plante - The Family
Lois Wishak - Karen-Anne McArthur

Sunday, 26 February - First Sunday of Lent
9:00 AM Giovanni Borsi - Aurelia Toth and Family
Paul Smith - Jessica and Pedro Costa and Family
Irene McParland - A Friend

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

World Day of Prayer

"I Have Heard About Your Faith"



Artwork by Hui-Wen HSAIO

An Ecumenical Worship Service will be held at the Pro-Cathedral on Friday, March 3 at 1:30 PM. This celebration will be followed by a reception in the Parish Hall and all are welcome.

This year's service has been written by the World Day of Prayer Committee of Taiwan. Be part of 1.5 million Christians speaking 90 different languages in 150 countries by coming together with others and uniting in prayer for the relevant issues affecting women and children throughout the world.

A free-will offering can be made at this celebration with 100% of the donations forwarded to the Women's Inter-Church Council of Canada. Donations over $20 will receive and income tax receipt by their office.

Catholic Women's League

General Meeting—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."

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

SAVE THE DATE!
We have been invited to join the ladies of St. Peter's CWL for an information session on Development and Peace
Guest Speaker Kiegan Irish with Q&A Time
THURSDAY, MARCH 9 @ 7:00 PM
Held at St. Peter's Parish Hall
Refreshments will be Served

CWL NATIONAL BURSARY FUND



Have you been thinking of expanding your knowledge of the Catholic faith? The National Bursary Fund (available to all members) assists women with the cost of furthering their education. The fund may be applied to various educational opportunities on spiritual growth, adult lay formation, youth ministry, parliamentary procedure, literacy tutoring and ministry to patients in palliative care or shut-ins. The maximum award is $1,000 per year per applicant, and a member can receive up to $4,000 in her lifetime.

Applications to the National Bursary Fund (with supporting documentation – refer to the criteria) ***must be submitted to national office and postmarked by May 15th and completed on the official form (use this link):***

https://cwl.ca/wpcontent/uploads/2021/06/552-National-Bursary-Application-Form-2021.pdf



Adoration of the Blessed Sacrament
Each Friday 11 AM - NOON

Collection: 12 February 2023	
Sunday Offering	**Building Fund**
$3,214.00	$1,263.00
ROOF CAMPAIGN (Second Collection)	**ROOF CAMPAIGN (In Regular Collection)**
$724.25	$435.00

✝ MEMORIAL FUND ✝



The following names have been received at the request of donors in memory of our deceased friends and relatives:

Paul Smith, Emile Lamothe, Irene McParland

Joan Watier**, Aurele Boudreau, Lois** Wishak



Gracious God, Lent begins a period of inner reflection and examination. The days stretch before me and invite me inward to that silent, holy space that holds your Spirit. This special time beckons me to see my life through Christ's eyes and the truth and reality of your love incarnate. Give me the grace to enter the space of these days with anticipation of our meeting. And when I open my soul to your presence, let your loving kindness flow over me and enter my heart. I ask this for the sake of your love.

LENT BEGINS ON ASH WEDNESDAY

EXPERIENCE PEACE AND LOVE THROUGH THE BEAUTIFUL SACRAMENT OF CONFESSION:
HEARD SATURDAYS 3:00-3:45 PM





This raffle is conducted by the Pro-Cathedral of the Assumption, a charity in North Bay under Licence #RAF1286202

PURCHASE YOUR FEBRUARY DRAW TICKET BY VISITING

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 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 with a credit card and the purchaser must reside in Ontario.***

It's Lent - Please be Generous!



Next weekend we take our collection for our Catholic Charities Food Bank run from the basement of the Rectory.

Times are tough for everyone and our clients are struggling and need your assistance. Can you donate non-perishable food items? Please bring them with you to church or drop them off at the parish office during office hours.

Whatever you can spare … we can share! ♥



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.

NEXT WEEKEND! 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



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.

Is your child starting Kindergarten in September 2023? Join the Nipissing-Parry Sound Catholic District School Board for one of our Kindergarten Information Sessions, where you will have the opportunity to explore everything our schools have to offer! Please visit www.npsc.ca for more details.

St. Joseph-Scollard Hall Secondary School welcomes everyone to their SJSH High School Information Night on Tuesday, February 21 at 6pm. Please watch for more details (coming soon!) on the SJSH webste (sjsh.npsc.ca) and social media.

Shalom Place, a ministry of the Sisters of St. Joseph, presents a Lenten Series – Three Evenings of Reflection on each of the Woman at the Well, the Man Born Blind and the Raising of Lazarus. Come and spend some time immersed in these stories of encounter with Jesus facilitated by Burnie Thorp. **Sundays March 5, 12, 19** from 7:00 to 8:30 PM on ***ZOOM***. Register by March 3 by email at shalomssm@shaw.ca, using the "contact us" link at www.shalomplace.ca or by phone at 705-254-4690. Your offering gift allows the ministry of Shalom Place to continue. Thank you.

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.



THE ALPHA EXPERIENCE

Imagine what it would look like if each one of us invited one person that we already share life with to explore a relationship with Jesus through Alpha and find new hope this year.
We are asking our parishioners to have the courage to invite someone or even sponsor them through the Alpha Experience, where they can come to learn more about faith and ask the tough questions that prevent them from having a relationship with Jesus.

It's not to late to join us!!
We gather each Monday evening for the next 8 weeks 6:00 PM at Holy Name of Jesus Church
A free meal begins each session.
To register and for more information visit www.alphanorthbay.com

Good Samaritan Corner



The Compassionate Committee for the Homeless in North Bay focusses on three key areas which include faith, service, and social justice? Faith brings us together doing God's work, while service or charity (i.e., Backpacks of Love) addresses the urgent needs of the homeless, and social justice (i.e., letter writing campaign) addresses the reasons behind homelessness and encourages all three levels of government to eliminate homelessness in North Bay.

As Ontario celebrates Family Day on Monday, February 20, 2023, please pray for those families in North Bay who do not have a place to call home or are near homeless. For instance, we have heard that people go without food to pay rent, and mothers do not eat so that they can feed their children.

According to Statistics Canada – Homelessness in Canada, 3% of people have experienced unsheltered homelessness, while approximately 15% experience hidden homelessness. For more information visit https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2022017-eng.htm

How can you help? Please consider supporting The Gathering Place, the North Bay Food Bank, Catholic Charities, and our very own Compassionate Committee for the Homeless in North Bay.

For more 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