28 January 2024
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, Moses says God will raise up a new prophet who will speak the words of God. In the second reading, Paul contrasts the divided loyalties of married people with those who are unmarried and have only the desire to please the Lord. In the Gospel, Jesus commands an unclean spirit to be quiet and come out of a man in the synagogue. When Jesus speaks or teaches, his words have power – for example in today's Gospel by driving out demons. In our lives, Jesus can free us from anxiety and bring us into union with the Father in the kingdom to come. Unlike all the preceding prophets, Jesus does not simply convey God's word and commands, he *is* God's word in the flesh. His power derives from the Father, for he and the Father are one.

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

IN RESIDENCE

Rev. Joseph de Viveiros, CR Chaplain, Nipissing-Parry Sound District Schools

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
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**

READINGS FOR THE WEEK	
Monday	2 Samuel 15. 13-14, 30; 16.5-13a; Mk. 5. 1-20
Tuesday	2 Samuel 18. 9-10, 14b, 24-26a, 30-19.3; Mark 6. 21-43
Wednesday	2 Samuel 24. 2, 9-17; Mark 6. 1-6
Thursday	1 Kings 2. 1-4, 10-12; Mark 6. 7-13
Friday	Malachi 3. 1-4; Luke 2. 22-40
Saturday	1 Kings 3. 4-13; Mark 6. 30-34
Sunday	Job 7. 1-4, 6-7; 1 Corinthians 9. 16-19, 22-23; Mark 1. 29-39

What's Happening at the Cathedral This Week
Monday to Sunday, 29 JAN — 04 FEB

Date	Time	Location	Event
Tuesday	6:00 PM	Hall	ALPHA (See Insert)
	7:00 PM	Sacristy	Baptism Preparation
Thursday	6:30 PM	Church	Choir Practice
Saturday	9:25 AM	Atrium & Hall	Level I, II, III Catechesis of the Good Shepherd
	5:00 PM	Hall	Chili Cook-Off Social

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 Blaise 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 3 and 4 for anyone who would like to receive this special blessing.

Sunday Collection - 21 January

Sunday Offering	Building Fund
$2,947.75	**$565.00**

ROOF CAMPAIGN REPORT

Roof Campaign Balance		**$8,003.00**
Sunday, 21 January, 2024		
Roof Loose	$	354.60
34 Receipted Donations	$	889.80
Orchard Gift Card Sales		
1 Card X $5.00 Profit	$	5.00
Total Profit to 21 January	**$**	**5.00**
New Roof Campaign Balance	**$**	**9,252.40**

MASSES THIS WEEK

Tuesday, January 30 - Weekday in Ordinary Time - 12:05 PM
Gisele Tiernay - Kathy Storie
Lloyd Voisin - Katherine Voisin and Family
Geno Cundari - Mary-Lynn and Family

Wednesday, January 31- Memorial of St. John Bosco - 12:05 PM
Devotion to Our Lady of Perpetual Help
Doug Hollin - The Pro-Cathedral Choir Members
Tommy Klein - Karen-Anne McArthur
Lottie and Harry Manary - Robert and Judy

Thursday, February 1 - Weekday in Ordinary Time - 12:05 PM
Léo Beaupré - Bob and Donna Frechette
Intention of Ben Oakes - Ann Sullivan
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Friday, February 2 - The Presentation of the Lord - 12:05 PM
Milan Hlusek - Emilia and Michelle
Susan Levesque - Richard Levesque
Brian Smith - Celine Mayer

Saturday, February 3 - 5th Sunday in Ordinary Time - 4:00 PM
Addie and Laura Schiavo - Arthur and Lucille Schiavo
Colleen Klein - Paul and Nadine Condon
Gerald Albert - Suzanne Lukasik

Sunday, February 4 - Fifth Sunday in Ordinary Time
9:00 AM Barbara Veraldi - Marthe Smith
Colleen Klein - Myrtle Veraldi
Thomas Sibian - Sakshmi

11:00 AM Int. of the Pro-Cathedral Parishioners - Fr. Larry Rymes



A Baptismal Preparation Meeting will be held in the Lower Sacristy on Tuesday, January 30 beginning at 7:00 PM. Those who wish to register for this meeting to have their child baptized are asked to call the parish office by Monday, January 29. *Baptism Preparation is mandatory by Diocesan Policy.*

**At some point we will exchange time for eternity.
May we be prepared to meet the Lord now and at
the completion of our earthly pilgrimage.**

ENVELOPE USERS

Do not use envelopes from any year but 2024

We change the numbers each year and someone else is now assigned your number & will get credit for your donations.

Please add your name and address to the first 2-3 weeks on your new envelopes so we can assign the number to you.

Thank you so much for your cooperation!



Catholic Women's League

MEMBERSHIPS

Make joining the CWL or renewing your membership part of your New Year's Resolutions! ***$40 Membership Fee for 2024 is due now.***

Drop off with your name and address through the parish office mail slot or into the collection addressed clearly to "CWL MEMBERSHIP CHAIR"

Please pick up your CWL Membership Card in the CWL box on the table at the right hand side of the Church Entrance.

To all Single Women!!

(Divorced, Single, Widowed ~ All are Welcome)

You're invited to join the Pro Cathedral Single Ladies Social Group. Together, we go to a movie, dinner, antiquing, shopping in the surrounding area, coffee every Thursday, theatre (local/Shaw/Stratford), berry picking, card nights, sleigh ride, long & short trips and a number of events.

If this is something you might enjoy, please call Karen for more information at 705-495-6675, or email: kbeaulieu914@gmail.com or text 705-493-4191

We only have two meetings per year to set the agenda and you can choose to attend or not attend any event that is planned. Entirely at your commitment and comfort level.

Won't you join us?



Catholic Charities Clothing Depot operates from the Pro-Cathedral rectory basement every second Wednesday from 1:30 PM to 3:00 PM. Volunteers are needed to help out with pre-sorting clothes, usually the Tuesday afternoon before opening on Wednesday.

If you have some time to spare and can help us to sort the donated items and help distribute clothes, please call the parish office. There are several scheduled church groups who help us out so your commitment may only be every six weeks. Thank you for your consideration!

If you have clothes or footwear in good repair, please donate by dropping them off at the parish office during office hours. We can only accept seasonal clothing due to limited space.



Sunday Liturgy With Children

Each Sunday 9 AM Mass



Sunday Liturgy With Children is held every Sunday at the 9:00 AM Mass from September until June for all children ages 4-12 years old. The focus of each group is to incorporate a variety of experiences that appeal to a young child's natural sense of wonder about God.

YOUR CHILD IS WELCOME TO ATTEND!



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

The Good Samaritan Corner



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

Catholic Charities Food Collection: Distribution from the Catholic Charities Food Bank located in the basement of the Pro-Cathedral of the Assumption Rectory takes place Tuesdays from 9 until 11:30 a.m.

The following donations are appreciated: peanut butter, jam, cheeze whiz, mayonnaise, salmon, tuna and other non-perishable food items.

In addition, Catholic Charities volunteers have also been trying to ensure that their clients are warm and dressed properly for the winter season. Please consider donating boots, coats, mitts, scarves, hats, warm sweaters, etc.

Please bring donations of food or clothing to the Pro-Cathedral parish office during the week Monday to Thursday 8:30 a.m. to 4:30 p.m. and Friday 8:30 a.m. to 12:00 noon. For more information contact the office at 472-3970 or email office@procathedral.ca

For more information visit https://www.facebook.com/compassionatecommitteeofnorthbay or contact Leah Pierce at 472-5687 or at CompassionNorthBay@gmail.com

North Bay Pregnancy Help & Resource Centre

Offering guidance, support and layettes to new moms.

If you can donate diapers, wipes, baby wash, etc.

call 475-9270 or email: NBPHRC@hotmail.com

Getting married in 2024? To help you prepare to live out your vocation as husband and wife, the Church requires that you participate in a marriage preparation program. Plan to attend the Marriage Preparation Weekend April 12 & 13: 6:30—9:30 pm on Friday, April 12 followed by 9:30 am—5:00 pm on Saturday, April 13. Interested couples should call Samantha at 705-471-3284 for more information and to register.

Feeling Smart? Join us for our Trivia Night! North Bay Pregnancy Help & Resource Centre Fundraiser, at The North Bay Museum February 3 at 6:30 PM. Hot chocolate bar, prizes and highlights about the Pregnancy Centre. Space for 12 teams of 4 people - and it is only $40/team. Register quickly at 475-9270 or email: contactus@nbphrc.ca

That Man is You! is an interactive men's program that combines the latest findings of modern science with the teachings of the Church and the wisdom of the saints to develop authentic male leaders capable of transforming themselves, their families and greater society. Food, fellowship and faith February 17, 24 at 7:00 AM at St. Peter's. For more information or to register visit: tmiynorthbay.ca

Holy Name Ring the Bell Raffle Lottery — Win $25,000: All proceeds to bell tower restoration. Main Prize Draw of $25,000 on Easter Sunday 2024. Early Bird Draw of $1,000 this coming New Year's Eve. Tickets are $20 available at Holy Name or call 495-1501. Must be 18+ to purchase a ticket. Lottery License M853216.

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

OVER THE EDGE for students in high school Grades 9-12 -Thursdays from 8pm - 9:30pm beginning November 9! 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 and take place at Holy Name of Jesus Church or visit for more info: www.holynamestalphonsus.com/overtheedge

CLAY is a fun, faith-filled youth group led by parent volunteers, for grades JK-grade 5. Join us Thursdays 6:30- 8pm at St. Joseph's Parish, Powassan. Contact Jessica Shepherd 497-6219 for info.

Community Living North Bay looking for compassionate host families to open their hearts and homes to an adult with an intellectual disability. Reach out to familyhomje@clnb.org or 476-5117 ext. 225 for more information about renumeration, support and relief.