Pro-Cathedral of the Assumption

480 McIntyre Street West
North Bay, ON P1B 2Z4

Third Sunday of Lent
08 March 2026

Welcome to Your Father's House!

Email: office@procathedral.ca Phone: 705-472-3970 Web: www.procathedral.ca

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. Rick Hamelin
Rev. Mr. Donald Shago
Rev. Mr. Gary Westenenk

Diocesan Order of Women
Mrs. Shirley Falconi
Miss Ruth Godon

IN RESIDENCE

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

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 Noon. 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.

WE APPRECIATE YOUR FINANCIAL SUPPORT

WAYS TO GIVE:

- **E-transfer: music.finance@procathedral.ca**
- **Pre-Authorized Donations from Bank Account**
- **Pre-Authorized Donations using Credit Card**
- **Parish Envelopes: Pickup at Entrance**
- **Use "DONATE" button on our Website**
- **Visit CanadaHelps and Search Pro-Cathedral**

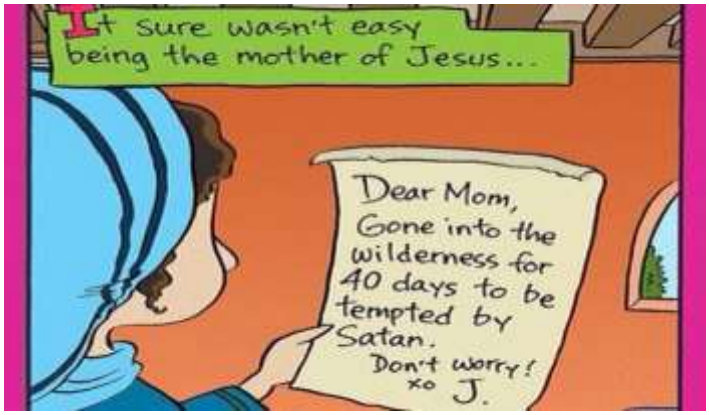


The Third Sunday of Lent Year A reminds us that God is with us, even when we are tired, unsure, or in need. Each reading shows people who feel empty or thirsty, but God gives them what they truly need. He does not leave them alone. He hears their cries and responds with love and care.

In Exodus, the people are in the desert. They have no water and feel afraid. But God tells Moses to strike the rock, and water flows out. God provides, even when they doubt Him. This shows how God stays close, even when we struggle to believe.

The Gospel reading tells the story of the Samaritan woman at the well. Jesus talks with her and offers something much greater than regular water. He gives her hope, truth, and new life. She leaves changed, ready to share what she has found.

These readings help us look at our own lives. Where are we empty? What are we really looking for? Lent is a time to open our hearts to Jesus, the one who gives us living water.



OFFICE HOURS THIS WEEK

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

WEEKLY READINGS: 09 - 15 MARCH

Monday	2 Kings 5. 1-15a; Luke 4. 24-30
Tuesday	Daniel 3. 25, 34-43; Matthew 18. 21-35
Wednesday	Deuteronomy 4. 1, 5-9; Matthew 5. 17-19
Thursday	Jeremiah 7. 23-28; Luke 11. 14-23
Friday	Hosea 14. 1-9; Mark 12. 28b-34
Saturday	Hosea 5. 15b-6.6; Luke 18. 9-14
Sunday	1 Samuel 16. 1b, 6-7, 10-13; Ephesians 5. 8-14; John 9. 1-41

What's Happening at the Cathedral This Week
Monday to Sunday, 09 - 15 March

Date	Time	Location	Event
Tuesday	6:15 PM	Church	First Reconciliation Celebration
Thursday	1:00 PM	Sacristy	Right to Life Meeting
	6:30 PM	Church	Choir Practice
Friday	All Day	Hall	Setup/Cooking for Social Event
Saturday	9:20 AM	Atrium	Catechesis of the Good Shepherd
	5:00 PM	Hall	St. Patrick's Dinner Party
Sunday	9:00 AM	Sacristy	Children's Liturgy of the Word



Winner of the FEBRUARY 2026 Draw of $520.00
SALLY LAFRAMBOISE (Ticket #C-1240)

Congratulations!

Raffle is conducted by the Pro-Cathedral of the Assumption, a charity in North Bay, Ontario under License #RAF1524883. Each draw is generated by computer and the winner is chosen randomly. Rafflebox is a government regulated raffle provider.

THANK YOU TO EVERYONE FOR YOUR SUPPORT!

Website Donations January

Sunday	Building	Roof
$790.00	$165.00	$1,095.00

Pre-Authorized Bank Donations January

Sunday	Building	Roof
$6,556.00	$1,880.00	$707.00

Credit Card Donations February

Sunday	Building	Roof
$3,475.00	$1,286.00	$603.89

Second Sunday of Lent - 01 March

Sunday Offering	Building Fund
$4,269.15	$968.00

ROOF CAMPAIGN REPORT to 01 March	
Roof Campaign Balance	$31,721.58
Sunday, 01 March Collection	
Roof Loose	$676.70
37 Receipted Donations	$997.00
Orchard Gift Card Sales	$80.00
16 X $5.00 Profit	Profit to Date: $585.00
CAMPAIGN BALANCE	**$35,881.17**

Mass Schedule

Tuesday, 10 March - Weekday in Lent — **12:05 PM**
Intention of Joseph O'Neill - Lakshmi Wickamisingke
Veraldi and Knight Family Members - Myrtle Veraldi

Wednesday, 11 March - Weekday in Lent — **12:05 PM**
Intention of Margaret Sroga - The Family
Giuseppina Verrillo - Marthe and Monique Smith
Sheila Grafmuller - Karen-Anne McArthur and Family

Thursday, 12 March - Weekday in Lent — **12:05 PM**
Intention of Juliette Levesque - Richard Levesque
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu
Judy Kelly-Manary - Robert Manary

Friday, 13 March - Weekday in Lent — **12:05 PM**
Frances Agius - John Agius
Sheila Levesque - Richard Levesque
Al Falconi - Suzanne Lukasik

Saturday, 14 March - Fourth Sunday of Lent — **4:00 PM**
Judy Kelly-Manary - Jessica Costa
MacInnis and Williams Families - Kelly MacInnis

Sunday, 15 March - Fourth Sunday of Lent
9:00 AM Maria Mota Miguel - Floripes and Antonio Costa
Ken Carey - The Carey Family

11:00 AM Intention of the Parishioners - Father Larry Rymes

THANK YOU, WE DID IT!

I believe our participation in the Petition on Bill C-218 has been successful. The Churches in our area that participated in this campaign were; Pro-Cathedral of the Assumption, Holy Name of Jesus, St. Alphonsus Liguori and St. Peter the Apostle. I am pleased to report that collectively we submitted 607 Signatures.
Great work everyone in making our voices heard!
These signatures have now been submitted to the office of our MP, Pauline Rochefort.

Shirlene Condie-McVeigh
Diocesan Social Justice Chairperson

Easter Memorial Flowers & Decorations

A beautiful way to remember loved ones during this holy season is to donate memorial flowers and decorations in their memory. Your donation will help decorate the altar and sanctuary during the greatest season of the year ... ***the Resurrection!***



Please use an envelope and drop into the weekly collection or to the parish office. Remember to include the names of the people you wish remembered as well as your full name and address for income tax purposes. Printing would be best!
A listing of remembrances will be printed in the Easter Sunday Bulletin. All donations over $15 are tax deductible.

Remember your loved ones this Easter and give glory to the Lord by helping to decorate for this beautiful season!

CATHOLIC WOMEN'S LEAGUE

Coldest Night of the Year 2026 Results

Friday, February 28th was a cold and icy night, but the CWL cheer was warm and contagious as CWL Sisters of Hope from Catholic Parishes in the North Bay area joined forces to raise money for the Gathering Place. We were all smiles as we celebrated raising $4,220.00! Below are the CWL members walkers from the



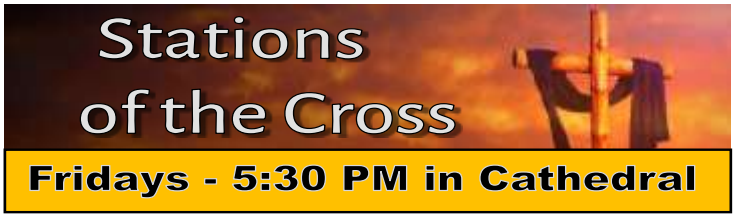


Pro-Cathedral of the Assumption (left to right: Lorna Rick, leader, Jennifer Palangio, Gerri Reid, and Leah Pierce). Our steps were guided by faith! Annette Dutrisac, North Bay CWL Regional Chairperson also joined the fundraiser and made a donation to Peter Gregory, Chair of the Gathering Place.

PLEASE RENEW YOUR 2026 MEMBERSHIP
BEFORE MARCH 31
ENVELOPES ARE IN THE CHURCH
THE CWL NEEDS YOU!

Contact Vice-President, Margaret Sroga, if you have any questions about membership or if you have new contact information at: msroga4946@gmail.com or 705-499-8336.

Don't forget—Saturday, March 21
Regional Gathering starting at 9:30 am at St. Peter the Apostle.



This Tuesday or children who have been preparing will celebrate **the Sacrament of Reconciliation** for the first time Please keep them and their families in your prayers as they experience not just a step in their faith journey, but a beautiful opportunity for healing, renewal, and an encounter with God's boundless mercy.



Lord, as these children prepare to receive their First Reconciliation, fill their hearts with peace and confidence in Your unfailing love. May they come to know the beauty of Your mercy, the joy of forgiveness, and the freedom that comes from being reconciled with You. Guide them always in Your light, that they may grow in faith and trust in Your goodness.

This Lent, let's move forward On Track for Justice



Women protecting the Earth

In Brazil, the lives of several rural communities are disrupted by industrial agriculture, mining and the Carajás railway. Women are at the heart of the fight to protect the land and the environment from the air, water and soil pollution that they cause. This pollution damages their kitchen gardens and harms the health of their children, families and neighbours.

Courageously, these women resist to continue to exist on their land. To assert and protect their rights, they formed a women's association called Seeds of the Earth with the support of Justiça nos Trilhos (JnT), a partner of Development and Peace – Caritas Canada. learn more about the women by watching their testimonies at devp.org/lent. Check out our website under OUT -REACH for Development and Peace videos and more resources.

Lent Day of Confessions

Change my heart & help me to follow the way.

Wednesday, 11 March 2026
St. Peter the Apostle Church
10:00 AM to 8:00 PM

EXAMINATION OF CONSCIENCE

Do I centre my life on God, on fidelity to the Gospel and the Commandments?
Do I set aside time for personal prayer?
Do I keep Sunday by participating in the Eucharist?
Is Sunday a day of prayer and rest?
Do I observe the penitential practices of the Church?
Do I keep Lent as a time of prayer?
Do I behave as a Christian in daily and public life?
Is my faith reflected in my employment?
Have I taken property of others – including my employer?
Am I envious of what others have?
Do I share my goods with those in need?
Do I respect the reputation of others?
Do I care for my family?
Do I model Christian life for my family: parents, wife, husband, children?
Do I exercise authority with genuine concern and responsibility?
Do I give others the same respect that I expect for myself?
Have I dishonoured my body by thoughts or actions incompatible with Christian life?
Am I faithful to my marriage?
Do I set an example of committed single living?
Do I live out my commitments to my spouse and my children to the best of my ability and reflect God's love and faithfulness?
How do I deal with the difficulties, failures and disappointments of life?
Do I tend to the spiritual, physical and medical needs of my body?
Can others see the grace of Baptism at work in my life?

MASS OF CHRISM 2026



Bishop Thomas Dowd invites all the faithful of the Diocese to attend the Chrism Mass, which will be celebrated on Tuesday, March 24 at 7:00 p.m. at Precious Blood Cathedral, Sault Ste. Marie.

During this solemn celebration, the Bishop will bless the holy oils that will be used in the sacraments throughout the year, and the priests of the Diocese will renew their priestly promises.

All are warmly invited to participate in this important diocesan celebration and to keep our priests in your prayers.

Hello Envelope Users ~ 18 114 174

If you are using these 2026 envelope numbers, could you please contact the parish office and let us know this is you? Rest assured, your donations are being posted to your number, we just need to know who you are. Thank you!



NEXT MATCH THE ROOF LOOSE COLLECTION WEEEKEND IS MARCH 28 & 29 !

Thank you to our anonymous donor, this collection will be matched up to $1,000.00

If you would like to match the Roof Loose Collection in May or June call the office.

You can match the full collection taken or up to a certain amount—whatever you decide.



Isn't it time to get rid of your pennies that have piled up? If you are sitting on jars of pennies and don't know what to do with them — we can take those too!

Lenten Retreat: St. Joseph's Catholic Church in Powassan invites everyone to their 3 day Lenten Retreat, Sunday, March 22 to Tuesday, March 24, at 7 pm each evening. The Retreat Master is Deacon Brad Lewis, who ministers at St. Patrick's Parish in Kearney and at Holy Spirit Parish in Burks Falls. Deacon Lewis teaches public speaking and Homiletics in the Diaconate Formation Program for the Peterborough Diocese. The theme of the retreat is "Come and See and Encounter". A free-will offering will be most appreciated.

Free Easter Sunday Dinner: Open Arms Café at St. John's Anglican Church Main Street. Sunday April 5 from 4:00 to 6:00 PM. All are welcome—come and jejoy a warm meal. In partnership with the Compassionate Committee for the Homeless in North Bay

The Amen app is a free Catholic meditation app that offers a variety of resources to help you connect with God. It provides daily prayers and meditations and nourishing scripture to inspire your spiritual journey.



As well, it provides guided Lectio Divina, a traditional Christian practice of prayerfully reading and meditating on scripture to deepen one's relationship with God.

If you wish, it offers a community feature to connect with others in prayer and share experiences.

You can download the app from the App Store or Google Play to access these resources and enhance your spiritual practice.



The Centre for Religious Education and Catechesis will be running their program for a Certificate in Adult Faith Education (CAFE) in May 2026. CAFE is offered by the Centre for Religious Education and Catechesis (CREC) in partnership with the Providence Institute for Transformative Leadership at Saint Paul University.

This program is offered online so that it is available to all who accompany adult faith from across the country. Six modules over 12 months (no Summer sessions) focus on theories and practices that support life-giving adult faith and responsive Christian discipleship.

Generous funding from the Sisters of Service allows us to offer this program at a nominal fee and spaces are limited.

While it is always the call of the church to provide effective adult faith development, it's particularly timely as an essential foundation for the synodal church we are building together.

Stay tuned for further information/application information.

The Good Samaritan Corner



Addressing the needs of people experiencing homelessness doesn't just mean providing food, essential items, and warm footwear. It also includes advocacy and education.

Here are some results from the 24-hour Point-in-Time Enumeration conducted in the District of Nipissing on October 8, 2025.

- 452 people were identified as homeless;
- 130 people stayed in emergency shelters;
- 153 people stayed in unsheltered locations;
- 77 people stayed in transitional housing; and
- 92 people stayed in institutional settings.

Did you know that 31 children under the age of 16 were staying in an emergency shelter?

For more information about the Compassionate Committee for the Homeless in North Bay visit us at https://www.facebook.com/compassionatecommitteeofnorthbay/