

29 January
2017

PRO-CATHEDRAL OF THE ASSUMPTION

4th SUNDAY IN
ORDINARY TIME

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

Welcome to Your Father's House!

The first reading explains that those who live by God's ways will be protected. In the second reading, Saint Paul reminds the Corinthians that God used their lowliness to demonstrate Christ's glory. The Gospel shares the beatitudes given by Jesus in his Sermon on the Mount. Today's readings make clear that God's ways are not the status quo. Each reading demonstrates God's glory in the most unlikely of people – the weak, the humble, the lowly. Conventional wisdom is rendered moot by God. These readings challenge us to reflect on our own biases as to who is worthy and who is to be admired. Whose ideals are we striving to live by?



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.

Parish Liturgies

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: Every Saturday from 3:00 until 3:45 PM.

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: On the First Friday of each month from 10:00 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.

PASTOR Most Rev. Marcel Damphousse, D. D.
Bishop of Sault Ste. Marie

RECTOR
Msgr. Dave Tramontini

ASSISTANT
Rev. Rex Lumine

IN RESIDENCE

Msgr. Normand Clement Chaplain, Nipissing-Parry Sound District Schools
Rev. A. Man-Son-Hing Pastor, St. Peter the Apostle & St. Elizabeth Temagami

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
Mrs. Frances-Clare Fraboni



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	8:30 AM to 12:00 NOON
TUESDAY to THURSDAY	8:30 AM to 4:30 PM
FRIDAY	OFFICE CLOSED

WEEKLY READINGS

30 JANUARY—05 FEBRUARY



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	Isiah 58. 6-10; 1 Corinthians 2. 1-5; Mt. 5. 13-16



 (705) 472-3970
 (705) 494-8222
 cathedral@bellnet.ca
 procathedral.ca
 facebook.com/procathedral

Our faith community dates back to 1886 when we were originally located on Main Street West and called St. Mary's of the Lake and 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.

Are we Living from the Culture or from God's Gaze?

Chasing the Wind ~ Too often we forget who we are. In our current media-saturated culture we are constantly bombarded with images and messages telling us who we should be and what we need to be happy. But our hearts tell us otherwise. We can spend a lifetime chasing after success, achievement, and stuff, trying hard to look good and play the part, but underneath the surface the scene is different. Beyond the laughter and fleeting pleasures, we're actually feeling unsettled, empty and alone—longing for so much more. We ask, "Where's the purpose and meaning? I thought I would be happier." We tend to silence these deeper desires and keep ourselves busy and distracted, wondering, "Am I the only one who feels this way?"

The Gaze: Finding Me ... In Him ~ There is another way. If we shed the masks and become who we really are. It's that simple. Our deepest and truest identity lies in the unshakable gift of our Baptism, the reality that we have been made God's children. It is not something we can earn or merit; it is pure gift, and no one can take it away from us. The truth is, God is our loving Father, who is constantly looking upon us with love, awaiting us, thirsting for our love. It is within this loving gaze that we discover who we really are and find the courage to live in freedom.

Thinking Big Together ~ As we spend time living within God's loving gaze, we begin to look at ourselves and the world differently. Goals begin to change, no longer limited, fleeting, and superficial. We think big, together. Our goals go beyond tomorrow, they are eternal. Our choices and decisions are now not rooted in what others think about us, but in truth, in what delights the Lord and is most loving and life-giving to the other. And in this process, we find ourselves. We find our identity and lasting happiness—and the profound meaning of our lives.

*Sr. Mary Elizabeth, SV
IMPRINT, Winter 2016 Issue*

Collection: 22 January 2017

Sunday Offering

\$5,608.51

Building Fund

\$738.45



Social Sunday - Next Weekend

February 5 after the 11:00 AM Mass

Come out and chat with friends or discuss the homily.

Or ... just come out to our gathering and enjoy some great food.

Weekday Masses
are Held at 12:05 PM

MASS SCHEDULE

Monday, 30 January - Weekday in Ordinary Time

George Markham - The Markham Family
Geno Cundari - Mary-Lynn and Family

Tuesday, 31 January - Memorial of St. John Bosco, Priest

Rose Moher - Mary Hanley
Sister Edwina Sheahan - Ann Sullivan

Wednesday, 01 February - Weekday in Ordinary Time

Devotion to Our Lady of Perpetual Help

Joan Demarco - Tony Demarco and Family
Marty Martinello - Robert Falconi

Thursday, 02 February - The Presentation of the Lord

Bill McMahon - Sharon Brown
Intention of Gerry and Joyce Lafontaine - Armand & Barbara Foubert

First Friday, 03 February - Weekday in Ordinary Time

Sam Verrillo - The Family
Milan Hlusek - Emilia and Michelle

4:00 PM Saturday, 04 February - 5th Sunday in Ordinary Time

Albert Menard - Henri Menard
Teresa Kelly - Don and Lorraine Cappadocia

Sunday, 05 February - Fifth Sunday in Ordinary Time

9:00 AM Stephen Ranney - Debra Ranney and Family
Jeannette Beaulieu - Karen and Denis Beaulieu

11:00 AM Intention of the Parishioners - Msgr. Dave Tramontini



UPDATE ON OUR PARISH PHOTO DIRECTORY

The final proof has been sent back to the photo directory company and we are hoping to receive our directories within the next four weeks. We will let you know when they are available as soon as they are received! **Thank you for your patience.**



Like us at facebook.com/procathedral

See our new page, watch for coming events—ask your friends to like us too!

FIRST EUCHARIST REGISTRATION



Our first preparation meeting for First Eucharist will be held on Sunday, February 26 at 10:00 AM in the Parish Hall.

To attend this meeting your child should have received his/her Sacrament of First Reconciliation. If your child has not received this sacrament, we will be offering preparation for this sacrament this Fall.

The preparation for First Eucharist gathering is an informative meeting led by the Sacramental Preparation Team of our parish and will be very helpful in preparing your child to receive the Eucharist. Together we will have an opportunity to discuss the Sacramental preparation of your child, making it an enjoyable experience for everyone! We will also explain what services can be offered by the Christian community to help you.

THIS MEETING IS A MUST FOR PARENTS AND THEIR CHILDREN

Please bring a copy of your child's Baptismal Certificate to this meeting even if they were baptized at the Pro-Cathedral.

PLEASE NOTE

After this meeting is held we will no longer be able to accept new registrations for this session.

ENVELOPE USERS

Please do not use envelopes from any other year than 2017. It affects our record keeping as someone else is using your number from previous years.

We have the following envelope numbers being used for 2017 and we do not know who you are. Please call the parish office as soon as possible to identify that you are the user of the following envelopes:

31, 178, 233, 374, 386, 415

PRAYER LINE

Do you have prayer requests you would like others to pray for? These requests may be anonymous or in detail. If so, please call Sister Shirley McNamara at 474-3800, Ext. 295 or Lorraine Atchison at 474-0613 and they will gladly pass them on to others who are waiting to receive your requests. If you wish to join a prayer line to pray for intentions, call the above contacts as well.



PRO-CATHEDRAL CATHOLIC WOMEN'S LEAGUE

CWL Pin Holders

League sisters often wear more than one pin at one time, leaving holes in clothing. So, the inner entrepreneur in one member, Brenda Passmore with the Pro-Cathedral of the Assumption in North Bay, came out to fix the problem. Inspired by the Girl Guides of Canada badge holders, the CWL pin holders keep all the pins on one ribbon. Brenda found a company in North Bay that would produce the clasps and found several ladies who would sew the ribbons. The project has taken off! The ribbons can be purchased through Brenda for \$10.



Message from Rhonda DeGraw, Christian Family Life Standing Committee Chair: 2017 Global Youth Summit - Sixty inspiring and visionary people (ages 18-23) who are passionate about creating change will be selected for an all-expenses paid trip to Switzerland from July 16-20, 2017. If chosen, you will have the opportunity to learn about campaigning, fundraising, public relations, project pitching and more.

Apply now for this unique opportunity to join Global Citizens from around the world in a life-changing week of workshops, skill-building sessions, and networking opportunities. The Global Youth Summit empowers exceptional youth advocates with the skills necessary to catalyze positive social change and provides a platform to engage world leaders. Participants are also eligible to apply for financial support to get their projects off the ground. Global Changemakers is only accepting applications until January 31 so be sure to submit your application as soon as possible.

Visit GlobalChangemakers.net/events for more information and to apply.

Good day Gents. Did you know that since the month of December the Pro-Cathedral has served over 400 people during five funeral lunches? **We need you.** Yes we can still use your brawn, but we could also use your talents serving coffee and washing dishes. There are a million small jobs that need doing by both men and women to support our parish families in their time of grief.



Volunteer doing a job that is just right for you and you will feel a sense of fulfillment!

Jesus said the truly fortunate people are those who are rich in the things that matter to God, not those who have money, power, popularity or fame. The things that are important in God's kingdom are often the opposite of the worldly things we find so attractive

REGIONAL NEWS

A pancake and sausage breakfast hosted by North Bay Right to Life will take place on **Sunday, January 29 after the 9 & 11 am Masses at St. Peter's Church.** Held in conjunction with their Annual Membership Drive. Everyone is welcome! It is an easy way to show support for pro-life efforts to inform and protect all stages of human life from conception until natural death. Children under 3 years of age-free, children aged 3 to 10 years-\$3.50 each (or 3 for \$10.00)—Everyone else \$6.00 per person.

Musician Needed at Holy Redeemer Church at 1887 Bancroft Dr. in Sudbury Keyboard Player or Guitarist - for Sunday Morning 9 AM Mass. If you play an instrument that could assist in our Sunday Morning Liturgy, please contact Fr. Peter Moher at 705-566-8330 or Email to holyredeemer@diocesessm.org

Attention all women: Are you nervous about speaking in public? Do your knees knock? Come out and learn effective public speaking techniques in a safe, supportive and fun environment on Saturday, February 18, 2017 at 9:00 am in the McColgan Room at St Joseph's Motherhouse (handicap accessible). Please bring a brown bag lunch. Coffee and tea will be available throughout the day. This interactive workshop is sponsored by The Catholic Women's League. All women are welcome. If possible, please register by calling Anna at 472-0354.

Costa Rica Mission Trip 2017 - Duke of Edinburgh 5th Annual Spaghetti Supper on Sunday, February 12 at St. Peter's Church. Cost: \$12/Adult; \$5/children under 10. Take-out available. For tickets call Frank 474-3809 or Marcelle 475-1851

Prayers for the New Evangelization in our Region: If you feel called to pray for the New Evangelization in our Region, Join us every Tuesday at Holy Name Church from 10:45 AM to 11:45 AM. In front of the Blessed Sacrament, we will pray for the Holy Spirit to help us to be Evangelizers. For information contact Fran 476-4146 or Holy Name 495-1501

Open Adoration: St. Alphonsus in Callander every Friday 8:30 AM to 12:00 Noon. First Friday 8:30 AM to 8:30 AM (24Hrs). **St. Joseph's Motherhouse** first Sunday of the month from 3:30-4:30 PM in Holy Family Chapel and Pro-Cathedral First Friday 10:00 AM to 12:00 Noon.

THE EDGE Catholic Youth Group: Calling Grades 5, 6, 7 and 8's!! Join us Mondays at 6:45 PM in the hall of St. Joseph's Church, Clark St., Powassan. THE EDGE uses live music, drama, small group discussions, guest speakers, games, Scripture, crafts and other cool stuff to explore issues about our Faith, solid values, youth concerns and happy living!! Call Pauline 724-5964 for information or transportation.

Marriage Preparation Weekends: Call Regional Catholic Services at 472-5821 to reserve your place. Material cost is \$40.00 per couple payable at time of registration. **Spring 2017 Sessions:** 24-25 February, 21-22 April. Register early!

CLAY - (Catholic Love Attitude Yes!) A Youth Program for JK to Grade 5, Thursday evenings 6:30-8:00pm at St. Gregory's School Gym, Powassan, back entrance. Come out and join us for games, crafts and faith teachings in a fun filled and positive environment. For more information please contact Laurie Dobbs at 724-1277 or Jessica Sheppard at 724-1835 or jessicasheppard@gmail.com.

Lenten Retreat at Villa Loyola ARE YOU KIDDING? – Remembering and reclaiming the gifts of the child. Friday March 10 (7 pm) to Sunday March 12 (1 pm) with Director: Fr. Philip Chircop, S.J. Jesus said "I'm telling you, once and for all, that unless you return to square one and start over like children, you're not even going to get a look at the Kingdom." In this retreat we will explore some habits of the heart intended to educate us into becoming childlike once again. Cost: \$230.00, all inclusive (a non-refundable \$30 deposit is required with registration) For more information and registration 705-522-3502 ext. 0 or loyo-la@isys.ca



The Tweetable Pope: "I see clearly that the thing the church needs most today is the ability to heal wounds and to warm the hearts of the faithful ... I see the church as a field hospital after battle."



VIGIL CANDLES

Blessed white candles are available ½ hour before and ½ hour after all masses on the weekend and weekdays.

You may enter the Sacristy and ask our Sacristan for your vigil candle. It will be lit and at that time you may place your candle on the stand. An offering of \$5 per candle is suggested to help defray costs.

Devotion to Our Lady of Perpetual Help every Wednesday at 11:55 AM at Pro-Cathedral prior to the 12:05 PM mass.

Sisters of St. Joseph (Motherhouse) Presents:

Christian Meditation: Each Wednesday 1:30—2:30 PM until April 12 Holy Family Chapel. This is an invitation to journey deeply into your own heart, into your own being. Only with such depth of experience and vision can we live in real harmony with what is."

Year of Mercy Film Series 2nd Friday each month 6:00—9:00 PM Bishop Carter Room

Taize Prayer: Third Thursday of month (Sept.—June) 7:00—8:00 PM Holy Family Chapel. Taize prayer includes song, scripture, and silence. Silence is to meditate and pray for openness to God's presence in our lives - join us as we pray for peace in the world.

Free Literacy and Numeracy Adult Classes with Nipissing-Parry Sound Catholic Alternative & Continuing Education for adults aged 19 and older. Improve your reading, writing, math and computer skills; upgrade your skills for secondary school credit, employment, college, apprenticeship or for a greater sense of independence; develop a personal learning plan and work at your own pace. Attend full or part-time. Enrol anytime – continuous intake all year!! Call 472-7771 or visit www.npsc.ca for information.

Birthright: Pregnant? Need Help? Call 1-800-550-4900 or visit: www.birthright.org Email: info@birthright.org "We're in this for life!" A free confidential service as an alternative to abortion.

Did you know that the Powassan United Church has a Basement Bookshop open year-round? Thursdays 10 AM to 3 PM, Saturday 9 AM to Noon. Fiction, sports, reference, health, children's mystery, etc. Soft cover .50, Hard covers \$1.00

[Knights of Columbus Meetings](#)

Fr. Michael Cundari Council, 12030 at Holy Name Church: General Meeting fourth Tuesday of each month at 7:30 PM Contact: Joe Sinicrope at 497-0604

Corpus Christi Knights of Columbus Council 12106 now meet second Tuesday of each month with regular and executive meetings held the same day at the Canadian Forces Base Church (Queen of Peace). Contact: Art Tiernay at 358-1368

Knights of Columbus Council #1007 Executive Meeting at 6:30 PM and General Meeting at 7:00 PM on the first Wednesday of each month September to June at St. Peter's Church in the Parish Hall. Refreshments served. New or transferring members can contact Mike Joly at 495-1792.

CANA Come to us for all your religious supplies for cards, rosaries, sacramental gifts, religious medals, statues, books & more! Call 776-2192 or email: cana12cana@gmail.com for assistance.