

05 February
2017

5th SUNDAY IN
ORDINARY TIME

PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House!



illuminating the way,
witness of our lives.

In the first reading, Isaiah reminds us that in showing concern and love for others, we are like a light for all people – a light that radiates the very glory of God. Saint Paul explains that real faith comes from the power of God and not mere human reason. In the Gospel, Jesus uses two powerful images to describe true discipleship: salt and light. As we continue in ordinary time, we are challenged to see it as a blessed opportunity to share and witness to others through the daily events of life. We are to be a light for others –

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.

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



(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.

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.



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 FRIDAY	8:30 AM to 4:30 PM

WEEKLY READINGS 06 ~ 12 FEBRUARY



Monday	Genesis 1. 1-19; Mark 6. 53-56
Tuesday	Genesis 1. 20—2.4a; Mark 7. 1-13
Wednesday	Genesis 2. 4b-9, 15-17; Mark 7. 14-23
Thursday	Genesis 2. 18-25; Mark 7. 24-30
Friday	Genesis 3. 1-8; Mark 7. 31-37
Saturday	Genesis 3. 9-24; Mark 8. 1-10
Sunday	Sirach 15. 15-20; 1 Corinthians 2. 6-10; Matthew 5. 17-37

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.



The Tweetable Pope:
"The joy of men and women who love God attracts others to him."

MEN'S CLUB GATHERING

Calling all Men! Plan on attending our next Men's Club Dinner Meeting on February 16. Meet and greet social time begins at 5:00 PM in the Parish Hall followed by a delicious dinner. Come out and join a great bunch of guys who plan events and get-togethers to foster community and build our parish up. *Isn't it time?*



† Memorial Fund †

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

LENA AULTMAN HELEN McISAAC

Weekday Masses
are Held at 12:05 PM

MASS SCHEDULE

Monday, 06 February - St. Paul Miki & Companions, Martyrs

Helen McIsaac - The Spratt Family
Robert Vulcan - Joan and Cliff Dunn

Tuesday, 07 February - Weekday in Ordinary Time

Glenna McAuley - Jean and June McAuley
Francesca and Mike Paduano - The Verrillo Family
Eugene Spina - Maria Gosselin and Family

Wednesday, 08 February - Weekday in Ordinary Time

Devotion to Our Lady of Perpetual Help

Rose Moher - Mary Hanley
Ken Wharram - The Klein Family

Thursday, 09 February - Weekday in Ordinary Time

Frank Toth - Aurelia Toth and Family
Intention of Laurette Goyette - Marthe Smith

Friday, 10 February - Memorial of St. Scholastica, Virgin

Rose Moher - Laurette Goyette
Intention of Albert Martin - Richard Levesque

4:00 PM Saturday, 11 February - 6th Sunday in Ordinary Time

Alice Hopkinson - Vivian Molnar
In Honour of St. Jude - A Parishioner
Monica Edwards - Margaret Ross

Sunday, 12 February - Sixth Sunday in Ordinary Time

9:00 AM Mike Rossi - The Family
Lena Aultman - Margaret Van Mierlo
Intention of Jack and Monica Sullivan -
Brian Sullivan and Family

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



Like us at facebook.com/procathedral
See our new page, watch for coming events—ask your friends to like us too!
HOW MANY LIKES CAN WE GET THIS WEEK?

Collection: 29 January 2017

Sunday Offering

\$5,943.95

Building Fund

\$690.00

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.





SERVERS NEEDED FOR FUNERAL LUNCHES

Here at the Cathedral we have a wonderful service offered by men and women volunteers of our parish. It is a great help to the family of the deceased person, removing the stress of having to feed the friends and family who have come to help them grieve and bury a loved one.

This ministry is open to anyone in the parish, men or women, who would like to help. Any way you can help would be welcomed.

Please consider joining this very worthwhile group of volunteers. If you wish to be a spare, that's fine too. For further information contact Maudena Farnsworth at 495-2532 to see how you can help.



VATICAN CITY January 30— Pope Francis has sent his condolences to the people of Canada, after six people were killed and eight wounded when gunmen opened fire at a Quebec City mosque during Sunday night prayers.

The pope met briefly this morning with the Cardinal Archbishop of Quebec, Gérald Cyprien LaCroix, after morning Mass in the chapel of his residence at Santa Marta. During the meeting, the pope assured Cardinal LaCroix of his prayers, and stressed the importance of Christians and Muslims remaining united in prayer, the Holy See press office said. Cardinal LaCroix, who was visiting Rome, departed for Canada immediately after the meeting.

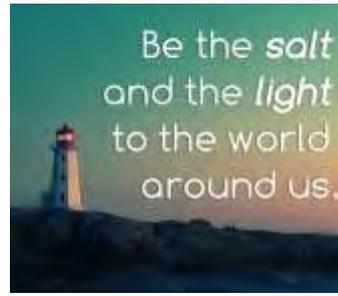
This morning the Vatican Secretary of State, Cardinal Pietro Parolin, also sent a telegram on the pope's behalf to the same Cardinal Archbishop of Quebec, expressing his sympathy for the families of the victims and the wounded.

The Pontifical Council for Interreligious Dialogue has also issued a statement this morning, saying in part: "This senseless act violated the sanctity of human life, and the respect due to a community in prayer and to their place of worship."

Here below is a translation of the telegram sent by the Holy See to Cardinal Archbishop of Quebec this morning on the Pope's behalf,

Having learned of the attack in Quebec City in prayer room at the Islamic Cultural Center, claiming several victims, His Holiness Pope Francis entrusts to the mercy of God the people who lost their lives and he is joined in prayer with the suffering of their loved ones. He expresses his deep sympathy for the wounded and their families, and all those who contributed to the relief efforts, asking the Lord to bring them comfort and consolation in this trial. The Holy Father once again strongly condemns this violence which causes so much suffering and, imploring God for the gift of mutual respect and peace, he invokes on the families and people affected by this tragedy, as well as all Quebecers, the gift of the divine blessings.

Cardinal Pietro Parolin, Secretary of State of His Holiness



"...if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by man."

Jesus is saying that if salt loses its flavor, it has no value. What He means is that in the same way, if Christians make no effort to "season" the world around them, they are of little value to God. If we are too much like the world, we are worthless. We should not blend in with everyone else. Instead, we should affect others positively, just as seasoning brings out the best flavor in food.

Have you ever noticed that when you eat salty things, like potato chips, it makes you really thirsty? Salt creates a big thirst in people. As "the salt of the earth," we should be creating spiritual thirst in our friends and neighbors. Has anyone ever asked you about your church or about Jesus? If your friends wonder why you have such godly attitudes, it will be a great way for you to tell them about how wonderful Jesus is and what a big difference He makes in your life.

Prayer

Lord, we want to be the salt of the earth and the light of the world. We want to make life more tasteful for everyone. And we want our lives to show people the right way to live. Help us to keep having godly attitudes so that others will know that we are Christians and will want to know You better. In Jesus' name, I pray. Amen

Pope Francis' February Prayer Intention

COMFORT FOR THE AFFLICTED

That all those who are afflicted, especially the poor, refugees, and marginalized, may find welcome and comfort in our communities

Aiding Your Church ~

The Message of Stewardship

Stewardship is an attitude of the mind and of the heart. When a person makes a specific commitment of their time, their talent, and their treasure to the church, it is because they see our church as their spiritual home. By making stewardship an integral part of our mission we become a living testament to our faith. 2017 Envelopes are in the church for pickup. Have you given any thought to donating this year through pre-authorized donations, VISA or Mastercard? If you are already using these methods, have you reviewed your stewardship commitment since you began?

REGIONAL NEWS

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

St. Joseph's College Alumnae Valentine Luncheon for former students of St. Joseph's College and St. Mary's Commercial Academy Tuesday, February 14 at 12:00 noon at Boston Pizza on McKeown Ave. Register by February 9 by calling Brenda at 474-0447 or Mary-Lynn at 474-3082. Donations are collected at each luncheon to support a female student at St. Joseph-Scollard Hall, with a Bursary of \$300. each June. Your support would be greatly appreciated. Looking forward to seeing/hearing from you.

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.

Soup & Card Party 4th Monday of the Month at Holy Name of Jesus Hall. Form a foursome or come with a friend. \$6/person for soup, sandwiches, tea, coffee and a table to play cards until 4:00 PM. Lunch served at noon. **Next party is February 27.** For information or to reserve a table, call Roy at 477-4084 or John at 845-1020. Hosted by the Knights of Columbus Council 12106.

Shrove Tuesday Pancake & Sausage Supper Tuesday, February 28 at Pro-Cathedral Parish Hall. Join us this last day before Ash Wednesday – Everyone Welcome! 5:00 PM to 7:00 PM with General Seating. All tickets purchased at door: \$6.00/Adults; \$4.00/Children Under 12 Years of Age; \$20.00/Family. Pancakes, sausage, tea, coffee, juice.

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!

Prayers for the New Evangelization in our Region: 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 more information call Fran at 476-4146 or Holy Name Parish Office at 495-1501

The Promises of Fatima: Come pray the Rosary with a group of dedicated people who form a Fr. Gobbi Cenacle honouring our Blessed Virgin Mary. Wednesday mornings at 9:30am at St. Peter's Parish.

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

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.

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.

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!! No need to pre-register. Call Pauline 724-5964 for info or transportation.

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 loyola@isys.ca

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.

The Women of First Baptist Church invite you and your friends to join us for Christian fellowship "The Great Canadian Bible Study" on February 25 from 9:00 AM to 12:00 Noon. Beginning with breakfast followed by speakers and discussion. Freewill offering of toonies provides literacy classes for women in Rwanda. Contact Sue at 497-3382, suzie@foote-ca.com to register.

Call CANA for Cards, Rosaries, Sacramental Gifts, Books & More! Email Kas or Alana at cana12cana@gmail.com or call 776-2192 to see how they can help.

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

We also collect pop cans for charity work. Please drop off you cans at Holy Name Church beside the Garage.

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.

See someone new at the Cathedral? Did you know we are all Ministers of Hospitality?

Why not approach this person and say:

- ◆ Hi, my name is . . . I've been a parishioner for __ years, I'm not sure if we have ever met.
- ◆ What is your name?
- ◆ Are you new here?
- ◆ Before you leave, let me introduce you to: Msgr. Dave, Fr. Rex, and some other parishioners (*introduce them to your friends and/or ministers in the parish*).
- ◆ I hope that I meet you again, I usually sit in this pew. If you are here again next week, please join me.
- ◆ Have a nice week!