

Know What's Happening by Visiting Our Homepage at procathedral.ca

The Ontario government, in consultation with the Chief Medical Officer of Health, is imposing a Provincewide Shutdown. We are asked to stay at home as much as possible to minimize transmission of the virus and prevent hospitals from becoming overwhelmed.

**This shutdown will go into effect as of
Saturday, December 26, 2020 at 12:01 AM.**

The Cathedral and Parish Office will be closed at that time.

The anticipated return to our regularly scheduled celebrations is the weekend of 9-10 January 2021.

The government will continue to evaluate throughout the 14 days of the shutdown to determine if it is safe to lift any restrictions or if they need to be extended.

A dispensation from mass is still in place while we are unable to attend mass.

If you are unable to receive the Eucharist physically, Pope Francis invites us to make a Spiritual Communion—that is to invite Christ in to our hearts, and ask that Christ come close to us, and that we come close to Christ.

You can join Pope Francis for Spiritual Communion at:

<https://youtu.be/5LNjJaWuidw>

This link is also posted on our website under LINKS at procathedral.ca

You can pray An Act of Spiritual Communion

My Jesus,

I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

**The Church is a community of
people who love Jesus and love
each other.**

**Please stay connected to one
another with email, Instagram,
telephone calls, zoom, etc.**