

24 JANUARY
2021

Third Sunday
in Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

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

Due to Covid-19 & Provincial Lockdown there are no Celebrations until further Notice

Watch our Live-streamed Mass from the Pro-Cathedral on Saturdays at 4 PM

View on our Website at procathedral.ca or facebook.com/procathedral

At God's command, Jonah goes to Nineveh, prophesying destruction. The citizens of Nineveh repent and are spared. Saint Paul urges the Corinthians to act in a way that reflects the passing away of this world. In the Gospel, Jesus arrives in Galilee, proclaiming the *time of fulfillment* has arrived, and that all are to *repent, and believe in the Gospel*. The Apostles Simon, Andrew, James, and John leave their lives as fishermen to follow him. There is an ancient practice of reflection on mortality that goes as far back as Socrates: *Memento Mori*, or, *Remember, thou art mortal*. Today's Scriptures are perfect for the Christian spiritual practice of thinking about our life, and eventual death – a reminder that our ultimate goal in faith is to live with God after this life. Awareness of our own mortality should spur us to act righteously each day.



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. Thomas Dowd, D.D.
Bishop of Sault Ste. Marie

RECTOR Msgr. Dave Tramontini **ASSISTANT** Rev. Rex Lumine





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

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
 (705) 494-8222
 office@procathedral.ca
 www.procathedral.ca
 facebook.com/procathedral

Parish Sacraments

Due to the coronavirus new directives are in place for the preparation and celebration of our sacraments. Please call the parish office if you require more information for:

Marriage, Baptism, Reconciliation, Eucharist, and Anointing of the Sick.

Reconciliation is postponed until further notice. Please watch for updates on our webpage at procathedral.ca and on our Facebook Page.



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 CLOSED UNTIL FURTHER NOTICE

EMAIL & TELEPHONE MESSAGES WILL BE PERIODICALLY CHECKED DURING THIS TIME

READINGS FOR THE WEEK

25 - 31 January 2021

Monday	Acts 22. 3-16; Mark 16. 15-18
Tuesday	Hebrews 10. 1-10; Mark 3. 31-35
Wednesday	Hebrews 10. 11-18; Mark 4. 1-20
Thursday	Hebrews 10. 19-25; Mark 4. 21-25
Friday	Hebrews 10. 32-39; Mark 4. 26-34
Saturday	Hebrews 11. 1-2, 8-19; Mark 4. 35-41
Sunday	Deuteronomy 18. 15-20; 1 Corinthians 7. 32-35; Mark 1. 21-28

WATCH OUR MASS

Live-streamed from the Pro-Cathedral at 4:00 PM on Saturdays which will remain posted on our website for viewing at: procathedral.ca

The mass link will also be at [facebook.com/procathedral](https://www.facebook.com/procathedral)

**The Provincial authorities have announced that the " Lock Down" remains in place.
The parish will not be holding masses until the end of this lock down time.**

Masses will be re-scheduled in the order they were received.

Thank you for your patience while we go through this trying time.

A dispensation from mass is still in place if you are unable to attend mass.

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 Posted on Our Website under LINKS at procathedral.ca

Catholic Women's League

Environment Message



Did you know that only 25% of plastics are collected and sent to a sorting facility? Only a fraction of collected plastics is recycled because of contamination, infrastructure deficiencies, and lack of markets...."



Use Reusable Straws

Environment and Climate Change Canada states that six single-use plastic items are under consideration for a ban or a restriction—plastic checkout bags, stir sticks, six-pack rings, cutlery, straws, and food service ware made from problematic plastics. The paper states, "... all Canadians can do their part by reducing the amount of plastic waste they create, correctly sorting and binning recyclable plastics, and avoiding littering." You can start small to make a big difference. Perhaps next time, instead of buying plastic straws you buy either paper, glass or metallic reusable straws.

Education and Healthy Chairperson, Leah Pierce

Miscarriage & Loss

A miscarriage can have deeply felt and long-lasting effects on a woman and a couple. It is heart breaking no matter when it happens during pregnancy.

The parish is making available a Care and Comfort Package to parents who have lost a child through miscarriage in order to help in your time of loss and grief.

If you wish to receive a package, please call or email the parish office. Your information will be held in the strictest confidence.



Because COVID-19 has impacted the way we do things, this year we are preparing for the sacraments in a different way.

For Children in Grades 2, 3 & Older

First Reconciliation: It's not too late to register!

There will be no common classes or common celebration. Upon registration a book concerning this sacrament will be mailed to you. Once you have gone through the material with your child, contact the Cathedral and a private time will be arranged with you for your child to celebrate with myself or Fr. Rex.

Baptism is the pre-requisite to all the other Sacraments.

If your child has not been baptized please contact our parish office.

We want to work with you to have your child receive this sacrament in order to enter the Christian community.

First Eucharist

The pandemic has delayed our preparation plans but after our team meets and decides how to proceed with this Sacrament we will keep you informed.

If you have any questions or concerns please feel free to call or email the parish

office. We are looking forward to working with you as your child prepares to celebrate the sacraments.

Msgr. Dave

Visit our Website to Register: procathedral.ca

**Select Sacraments / Reconciliation and scroll down to "Receiving the Sacrament of Reconciliation for the 1st Time"
Complete the Form & Return to Parish
(Instructions are included on Form)**

SACRAMENT OF CONFIRMATION! REGISTER SOON!



With the extended lockdown, our preparation for Confirmation will be delayed. Even though our preparation is postponed - please register as soon as possible so we can keep in touch with you with further updates.

Students in Grade 7, 8 or 9 are invited to register now to prepare for the Sacrament of Confirmation! Our preparation program will begin soon. Our preparation program brings everyone from across our region to prepare together. Youth will celebrate at the parish where they are registered and attend.

Registration for all Candidates is available online only at: www.holynametalphonusus.com/confirmation
A complete list of preparation dates and confirmation procedures can be found here as well.

Our preparation sessions will adhere to all safety protocols and are designed to inspire, have fun, deepen faith and build new friendships.

Sunday, January 24, 2021
Third Sunday in Ordinary Time

On first hearing, Jonah’s warning to the city of Nineveh seems a bit extreme for my modern ears: Get your act together in 40 days or your city will be destroyed! Yet,



rather than panic or rail against him, the people believed and turned away from evil. We hear a similar theme in Mark’s Gospel: “The kingdom of God is at hand. Repent, and believe in the gospel.” Listening to the readings today, we hear these words not as a threat but as an invitation to get our lives back on track. We may not

don sackcloth like the people of Nineveh, but we may need to fast from the distractions and skewed priorities that prevent us from loving God and one another. With the psalmist, we pray, “Guide me in your truth and teach me, for you are God my savior.”

Sometimes leading a Christian life to be a better person can prove difficult and sometimes feel impossible. But in today’s readings, the Lord invites us to repent – to turn away from bad habits and choices. By turning to the Lord, we can overcome the obstacles that hold us back from living our Gospel values and sharing them with others through the witness of our lives.



PRAYER LINE

The prayer line is 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

PICTURES NEEDED

Be part of this historical walk down memory lane!

Looking for more pictures for our Photo Project.

If you have pictures you would like to share, please send them to us.

procathedralfiles@gmail.com or drop them off at the parish office for safe copying/scanning.

Shown Right & Below:

Ben Yarosh in the Cathedral at First Communion and assisting as an altar server.



Parish Donations 2021

Offering Envelopes



Call or Email the parish office if you donate using envelopes and didn't get them before the shutdown. We will get them out to you!

We thank the many members of our community who continue to support the parish through planned giving.

If you are currently not contributing financially we ask that you prayerfully consider making a financial commitment to the parish.

Ways You can Help Support our Parish

2021 Parish Envelopes: Please call or email the parish office and a box of envelopes can be mailed to you.

Have you thought about changing to pre-authorized donations through your bank or credit card? It's a safe and reliable way of supporting the Cathedral while allowing us to better budget!

NOTE: If you are already donating through pre-authorized bank account or credit card donations your deductions will continue the same into 2021 unless you would like to revise the amounts deducted. Contact the parish office if you would like to revise your contribution amounts. If you donate through automatic withdrawals, you do not need to take parish envelopes.

Pre-Authorized Bank & Credit Card Donations

Please download the Banking Pre-Authorized Form or Credit Card form from our website at procathedral.ca under About Us, Stewardship/Contributions. Complete the form and mail or drop it off back to us at in the mailbox to the left of the rectory office door (480 McIntyre Street West).

You can also simply email the parish office at office@procathedral.ca or call us at 472-3970 and we will figure out how best to get the documentation to you.

Other ways you can contribute:

- We continue to accept **envelopes** at the parish door through the mail slot—you can drop off current and postdated cheques.
- Use our **"Donate Today" button** on our website. Just click and fill in the blanks and you can make a donation to the Cathedral.
- **E-transfer from your bank account through interac e-transfer** to music.finance@procathedral.ca Put in the message of the e-transfer how you would like your funds disbursed (i.e. Sunday, Building, Easter, etc.)

As it does not cause hardship to you, we are grateful for your continued support.



World needs Christians to show what journey toward unity looks like, pope says

Carol Glatz, Catholic News Service

VATICAN CITY — Unity requires prayer, love and fighting the devil, who always sows division, Pope Francis said.

The devil "fosters division everywhere and in every way" by tempting people "with the weaknesses of our brothers and sisters. He is astute: He magnifies others' mistakes and defects, sows discord, provokes criticism and creates factions," the pope said Jan. 20 during his weekly general audience.

God, on the other hand, "has another way. He takes us as we are, different, sinners and always nudges us toward unity," he said.

In his audience talk, livestreamed from the library of the Apostolic Palace, the pope reflected on the Week of Prayer for Christian Unity, celebrated January 18-25.

"The root of communion is the love of Christ, who makes us overcome our prejudices to see in others a brother or sister to be loved always," the pope said.

In fact, the pope invited everyone to discover other Christian denominations — their traditions and their history — and see them as "gifts from God" present in one's neighborhood or town.

"Let us begin to pray for them and, when possible, with them. We will thus learn to love and appreciate them," he said.

The pope said that at this time of "serious hardship" in the world, the prayer for Christian unity was even more necessary.

"It is urgent that we set aside particular interests to promote the common good and so our good example is fundamental: It is essential that Christians pursue the path toward full visible unity."

When Jesus prayed that his disciples "may all be one," he was not ordering them to be united, but was praying "to the Father for us," the pope said.

"This means that we are not able to achieve unity by ourselves, with our own strength. Above all, unity is a gift, it is a grace to be requested through prayer," he said.

Praying for unity also means fighting "because our enemy, the devil, is the one who divides," he added.

People need to ask themselves how they live each day and whether "we nurture conflict or fight for greater unity with the tools that God has given us: prayer and love."

The world will not come to believe in Christ and the Gospel because of "good arguments," he said, "but because we will have borne witness to that love that unites us and draws us near to everyone."

With all the positive steps forward in ecumenism, "we still need to persevere in love and in prayer, without lacking trust or tiring. It is the path that the Holy Spirit gave rise to in the church, in Christians, all of us, and from which there is no turning back," the pope said.

