

21 MARCH
2021

Fifth Sunday
in Lent

PRO-CATHEDRAL OF THE ASSUMPTION

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

Christ
as
the One Grain
Died
to Produce us
as
the Many Grains
in
His Resurrection



In the first reading, the Lord announces a new covenant with the house of Israel and the house of Judah. The Letter to the Hebrews speaks of Jesus as the source of eternal salvation for all who obey him. In the Gospel, Jesus tells Andrew and Philip that the time has come for the Son of Man to be glorified, and that those who serve him must follow him. To make us his people and show us his love, God established a covenant with us. Christ came to usher in a new covenant – one that would reconcile us to God and draw all people to himself. With hearts remade, we follow and serve him.

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

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 - Thursday	8:30 AM to 4:30 PM
Friday	8:30 AM to 12:00 NOON

READINGS: 22 - 28 March 2021

Monday	Daniel 13. 1-9, 15-17, 33-64; John 8. 1-11
Tuesday	Numbers 21. 4-9; John 8. 21-30
Wednesday	Dan. 3. 13-20, 24, 49-50, 91-95; John 8. 31-42
Thursday	Isaiah 7. 10-14; 8. 10d; Hebrews 10. 4-10; Luke 1. 26-38
Friday	Jeremiah 20. 7, 10-13; John 10. 31-42
Saturday	Ezekiel 37. 21-28; John 11. 45-57
Sunday	Mark 11. 1-10; Isaiah 50. 4-7; Philippians 2. 6-11; Mark 14. 1-15. 47



Be Centered, Be Safe

The new Pro-Cathedral COVID protocol will now require that all parishioners and visitors will be seated in the middle of each pew. Please follow the direction of the ushers. Your understanding and cooperation is greatly appreciated as we all work together to keep each other safe.

One of the most important directions to follow on our return to the Cathedral is that *it is very important that you sit in the pew you are directed to and do not move once seated to another location.* Moving locations cross-contaminates and does not allow time for proper sanitization.

Reminders:

- * A dispensation from the Sunday and Holy Day obligation to participate in the Mass remains in place for all Catholics.
- * Anyone who is in an at-risk health group or does not feel comfortable attending a public gathering should stay home. Even with the best health practices and increased efforts to clean the Church, there is a risk of infection anytime a person enters a public space.
- * Anyone who is sick or has recently been exposed to the coronavirus should refrain from attending a public Mass as it is an act of charity to safeguard the health of others.
- * Attendance at Masses is still restricted to ensure proper social distancing. *If required*, we will celebrate a second mass simultaneously each weekend in the parish hall.
- * We are mandated to wear masks by the Ontario Medical Office of Health and the Assembly of Catholic Bishops of Ontario. We ask that you *please bring and wear your mask before entering the Cathedral.*
- * Follow all directions from our ushers so social distancing can be maintained.

PLEASE SOCIAL DISTANCE & COOPERATE WITH ALL DIRECTIONS GIVEN BY OUR USHERS

Saturday 4:00 PM Mass
Continues to be live-streamed every Saturday

STATIONS OF THE CROSS FRIDAYS



5:00 PM in the Cathedral &
Livestreamed so you can participate from home too!

MASS SCHEDULE
Weekday Masses are Held at 12:05 PM

Monday, 22 March - Weekday in Lent

Jack Sullivan - Joe and Louise Defonzo
Yvonne and Earl Dietrich - Karen Dietrich
Sam Veraldi - Myrtle Veraldi

Tuesday, 23 March - Weekday in Lent

Deceased Parents of Katherine and Lloyd Voisin - Katherine Voisin
Lorna Corkum - Andréé Cornish
Mildred Puddister - Kevin Maleszko

Wednesday, 24 March - Weekday in Lent

Devotion to Our Lady of Perpetual Help

Geraldine Lefebvre - Carol Lefebvre and Family
Sam Veraldi - Jacquelyn and Luke Veraldi
Sister Mona Kelly - Sharon Brown

Thursday, 25 March - The Annunciation of the Lord

Jack Sullivan - Teresa Cotter
Walter Blahey - Pro-Cathedral Collection Counters
A.J. "Lou" MacInnis - Kelly and Family

Friday, 26 March - Weekday in Lent

Mike and Francesca Paduano - Josie Verrillo and Family
Glenna McAuley - Jean and June
Giuseppe Pavone - Tonia and Sam Aiello

4:00 PM Saturday, 27 March - Palm/Passion of the Lord Sunday

John and Mary Doyle - The Family
Gertrude Souliere - Vivian Molnar
For a Special Intention - John and Carol Rowe

Sunday, 28 March - Palm/Passion of the Lord Sunday

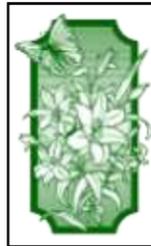
9:00 AM Walter Blahey - Kim Morrisette
Jack Condon & Jack Vendetti - Paul and Nadine Condon
Intentions of the Donors and those Remembered
in the Pro-Cathedral Memorial Fund

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

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 \$10 are tax deductible.

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

Catechesis of the Good Shepherd

Zoom meeting on Monday, March 29 at 7:00 PM to introduce CGS to anyone interested in knowing more. This introduction will lead to a zoom book review of "Good Shepherd and the Child: A Joyful Journey" Wonderful insights into children's spirituality and how to nurture it. If you are interested in registering, please email Erin Tayler at betayler@fibreop.ca

Adoremus - A Deep Dive into the Divine: The Catechesis of the Good Shepherd.

Find out more about how a unique catechetical program offers a profound — and profoundly liturgical— method of imparting the faith.

View link at procathedral.ca under Ministries, Children & Youth or Current News



Catholic Women's League



A Welcoming Heart: A Reflection with Sr. Linda Maclsaac



During this pandemic, we may feel confined in one way or another. Yes, our body may be confined, but our heart is never confined. Our reflective time together will focus on how a welcoming heart can be healing and can lead us to a greater freedom. You are invited to this time for reflection on Thursday, April 1 at 3:00 p.m.

Join us via Zoom at:

<https://us02web.zoom.us/j/87298558664?pwd=WkFMcjIwNIBIS3MyVVZrNHFYWEExUdz09>

Please feel free to share this email with another in your family, parish or community that may like to join us. The link to this Zoom call is on our Facebook page and under Groups, CWL on our webpage at procathedral.ca

The CWL 2021 Annual General Meeting (AGM) of the Pro-Cathedral of the Assumption Council will be conducted virtually on Wednesday, April 21 at 6:30 p.m.

Sault Ste. Marie Diocesan CWL Annual General Meeting – will hold the AGM in place of a convention on Saturday, April 17 There is no formal registration for this event, which will be held virtually on GoToMeeting.

Stay tuned for more details on how to attend these two important gatherings.

Annual General Meeting



Fifth Sunday in Lent



Recent news warned of a shortage of seeds this spring, as home gardeners carry on a hobby borne of the coronavirus pandemic. Even those of us not exactly known for our green thumbs jumped in, seeing home gardens as a way not only to stock our pantries, but to sow hope during a time of isolation and, for too many, mourning. In today's readings, we are reminded of an even larger hope – one that transcends optimism and feeling, and is centered in the theological virtue of Hope. God holds us close even on the most challenging of days. We see this in Jeremiah's prophecy of a new covenant, where all shall know God and our sins will be washed away. And today's Gospel reminds us that Jesus, like the grain of wheat, dies so that we may have new life. As we plant our seeds this spring, we will undoubtedly remember the people and things we have lost. Yet, as shoots break through with the warmth of spring, we can be reminded of Jesus, the source of all hope, and his promise that "I will draw everyone to myself."

As we approach Holy Week, the Gospel prepares us by reminding us that Jesus, like a grain of wheat, must die so that we may have new life: "Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life." John isn't telling us to wallow in sadness or live joyless lives. Instead, he is encouraging us to "lose" those things that are not life-giving and instead focus on what draws us closer to Jesus – such as prayer, fasting, and almsgiving. Perhaps as we continue our Lenten journey, we can identify the obstacles that get between us and Jesus, or that divide our families and communities. By letting those go, we free ourselves to be more like Christ, and to share the Good News of God's great love for us with others.

Buy a packet of seeds (if you can find one). Plant seeds in memory of loved ones who may have died this past year, or in remembrance of any type of loss you or your loved ones may have suffered. Offer prayers of thanksgiving for Jesus, the source of our hope.



New to the Cathedral?

Please Register so we can get to know you better!
Email: office@procathedral.ca

Food Bank Collection THIS WEEK



We can accept donations at the parish office all week. Catholic Charities is in need of snacks, drinking boxes, granola bars, etc. for children's school lunches. Any other non-perishable food items are welcomed! Peanut butter, jam, canned meat, tuna, salmon, spaghetti sauce, powdered milk, rice, pasta, beans, vegetables, beans, cooking oils, etc.

*** For those who do not use offering envelopes that include a Share Lent Envelope - this weekend we hold the special Development and Peace Collection at our masses. Please be generous!

DEVELOPMENT & PEACE NEWS

For the Love of Creation: Advocacy Webinar
Saturday, 27 March ~ 1:30 - 2:30 PM
Register on our website at procathedral.ca
under CURRENT NEWS

Advocacy for global justice is something that the members of Development and Peace see as integral to their faith commitment. As humanity faces an unprecedented ecological crisis in the decade ahead, advocacy that cares for our common home is vital. Join deputy director of public engagement at Development and Peace Luke Stocking and senior policy analyst at Citizens for Public Justice Karri Munn-Venn for a conversation with our movement on the four policy pillars of "For the Love of Creation". Long time Development and Peace member Kim Piché, involved in climate justice and the zero waste movement, will also participate. You will leave ready to put your faith in action by urging the federal government to place these four pillars at the heart of their own policy decisions in the years ahead.

Online Way of the Cross
Friday, 2 April, 2021 ~ 2:30 PM
Register on our website at procathedral.ca
under CURRENT NEWS

This year the Development and Peace The Way of the Cross invites us to reflect on the need to share love and to develop greater social fraternity in light of Jesus's passion, death and resurrection. Please join us for this online event to pray the stations together with staff, members and friends of Development and Peace.

Share-Year-Round: This Lent, Double your Impact

Thanks to a group of generous religious communities, there's no better time to become a monthly donor! From Ash Wednesday (February 17) to Pentecost (May 23), new monthly donors will see their contributions matched for a year, dollar-for-dollar, up to a maximum of \$130,000. If you're already part of our Share Year-Round program, you can also take advantage of this special fund by calling us (1-888-234-8533) to increase your monthly gift!

Share Love, Share Lent: Keeping Canadians Committed

Did you know that advocacy by Development and Peace members resulted in several schools, parishes and municipal offices across Canada giving up bottled water?

Join our *Share Love, Share Lent* campaign to celebrate the many ways in which Canadian Catholics show that they care for social, economic and environmental justice

To help make a difference, **get your MP to commit to building back better from the pandemic.**

Visit devp.org/lent to learn more.



Last year, it was announced that there were many tragic deaths of elderly people abandoned in nursing homes. We can now release hopeful news about the effectiveness of the vaccine and the priority given to the elderly in nursing homes in many countries, in order to be vaccinated against coronavirus.

The impact of the vaccine is spectacular and there has been a gradual decline in the number of people infected over the period from November 2020 to February 2021, a decrease due to the protective measures adopted and the subsequent vaccination campaigns.

On the basis of this encouraging data, we urge you not to be discouraged, but to prepare for us to meet again. A reunion that will not fail to be saddened by the absence of many of our elders. We will pray together for the rest of their souls and soon we will come together to strengthen our spiritual life with the bonds of friendship, spirituality and apostolate, pillars of our Movement.

For more information on the Ascending Life Ministry, visit our website at procathedral.ca under MINISTRIES. New articles have been posted: Living a Holy Week, Echoes in These Pandemic Times, Covid-19 Vaccine: A Hope to be Reunited; and the Minute of the MCR, a Christian Retiree's Movement.

REGIONAL NEWS

North Bay Pregnancy Help & Resource Centre: Appointments can be made to see clients/visitors by calling 475-9270. Along with guidance and support, did you know that we provide layettes to new moms and also have a baby clothes closet? Donations of diapers, wipes, baby wash, etc. & much more are appreciated. Please call to see what our requirements are. Looking for volunteers for different roles as well! Please call if you can help. If you would like to be part of our prayer ministry, email judyproulx@icloud.com

"The Nipissing-Parry Sound Catholic District School Board's Special Education Advisory and Parent Involvement Committees welcome you to their **20th Annual Carousel Evening** on Wednesday, March 24 at 7:00 p.m. This free virtual event will feature keynote speaker Michael Jacques and his presentation "It's My Future....How Do I Get There?". Please visit npsc.ca for registration details."

The Compassionate Committee for the Homeless in North Bay, supported by the Pro-Cathedral, recognize that the homeless have urgent needs. **HOPE's Kitchen** at 1007 Cassells St., 705-223-1884. A little restaurant with big dreams, this is a community focused business looking to ease food insecurity amongst our most vulnerable population. If you would like to help but unsure what to donate or whom to donate to, please consider dropping off items to the following: Food, snacks, hygiene items, first aid supplies, beverages (water, coffee, juice), care packages for their guests.

L.I.P.I.-Low Income People Involvement of Nipissing offers the following programs: Household Stabilization Program; Energy Assistance Program; Denture Assistance Program; Essential Health Program; Dental Assistance Program; and their Recreation and Community Program. For more information about any of these programs, contact L.I.P.I at 705-472-1337 Mon-Fri, 10 am-2pm. Office located at 127 Main Street East.