

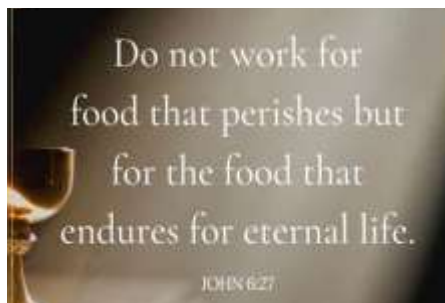
Eighteenth
Sunday in
Ordinary
Time

01 AUGUST 2021

Pro-Cathedral of the Assumption

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

Welcome to Your Father's House!



As the Israelites wander through the desert, the Lord hears their cry and feeds them with bread from heaven. Saint Paul challenges the Ephesians to walk in the way of *righteousness and holiness of truth* so that their lives are different from nonbelievers. In the Gospel, Jesus tells the people not to work for food that perishes, saying, ***I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.*** As we listen to the Discourse on the Bread of Life, we are reminded that on the journey of life, no matter its twists and turns, the Lord continues to travel with us and to care for us, nourishing us with heavenly food as he once fed the Israelites in the desert.

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

August falls within the liturgical season of Ordinary Time, which is represented by the liturgical color green. This symbol of hope is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. August is often considered the transitional month in our seasonal calendar. It is the time of the year we begin to wind-down from our summer travels and vacations and prepare for Autumn — back to school, fall festivals, harvest time, etc. The Church in her holy wisdom has provided a cycle of events in its liturgical year which allow the faithful to celebrate the major feasts in the life of Christ and Mary. Most notably, we celebrate the feast of the Transfiguration (August 6) and the feast of the Assumption (August 15).



Parish Sacraments

Please call or email the parish office if you require more information for the following:



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

You can also visit our website at procathedral.ca



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 (Civic Holiday) OFFICE CLOSED

Tuesday to Thursday 8:30 AM to 4:30 PM

Friday OFFICE CLOSED

READINGS: 02—08 August

Monday	Numbers 11. 4b-15; Matthew 14. 13-21
Tuesday	Numbers 12. 1-13; Matthew 14. 22-36
Wednesday	Numbers 13. 1-2, 25-33; 14. 1-2b, 26-29, 34-35; Matthew 15. 21-28
Thursday	Numbers 20. 1-13; Matthew 16. 13-23
Friday	Daniel 7. 9-10, 13-14; Mark 9. 2-10
Saturday	Deuteronomy 6. 4-13; Matthew 17. 14-20
Sunday	1 Kings 19. 4-8; Ephesians 4. 30—5.2; John 6. 41-51

Parishioners,

The province of Ontario has entered Stage Three of Reopening and you will begin to see some changes at mass beginning this weekend. Some of these changes are:

- Staggered seating remains in place to accommodate the 2m distancing.
- Seating people at the ends of each pew is permitted provided we are ensuring 2m distance between parishioners who are not in the same family/bubble.
- Families (5-6 people) may sit together provided they are 2m from other persons.
- Walking in the aisles is permitted—please no stopping to socialize unless the 2m distance can be maintained.
- For situations where people are standing (i.e. entrance of the church as people are coming in), ensure 2m distancing is maintained at all times.
- Taped-off/staggered pew seating remains in place.

Masks must still be worn and sanitizing will occur. Although these directives result in increased seating, the 2m distancing protocol makes reduced seating a continued reality.

18th Sunday in Ordinary Time

Perhaps some of us can relate to the Israelites in the first reading as they “grumbled against Moses and Aaron,” before the Lord promised to “rain down bread from heaven for [them].” On a deeper level, perhaps we also truly understand the importance of what Jesus tells his disciples in today’s Gospel: that the bread from heaven which the Father gives will not only satisfy their physical hunger, but give life to the world. Jesus says, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” Just as the disciples heartily responded “give us this bread always,” today’s readings encourage us to long not only for all good gifts from the Father, but specifically for that one, unique gift of the Son whose nourishment to us in the Eucharist transforms us and “gives life to the world.”

Many Catholics attended Mass online for much of 2020 and the first half of 2021. Initially, it seemed like enough, and many were grateful for the opportunity to hear the Word of God, see the Lord in the Eucharist, and to receive him spiritually.

As we begin to return to church, many have felt the enormity of what has been missing: receiving the Eucharist, and doing so within a community. As we hear Christ’s words in the bread of life discourse over the next few Sundays, the magnitude of God’s gracious gift should become ever more apparent. When we receive the Eucharist at Mass, we partake in the body and blood of Jesus, sharing in the divine banquet that leads us to everlasting life, and drawing closer to Jesus and to one another in the process. Nourished by his presence within us, we can then go out and share the bread of life with others. What that looks like will differ for each of us, but ultimately it is all for the purpose of accomplishing the works of God: believing in the One he sent and giving witness to that belief in all we say and do.



The Pro-Cathedral Prayer Line consists of 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

Confirmation Register Soon!

Because of the pandemic, our preparation for Confirmation was delayed until this Fall. You can now check out our registration package under Sacraments/Confirmation at procathedral.ca

Register soon so we can keep in touch with you. Students in Grade 7, 8 or 9 are welcome to register - if you have not received the sacrament of First Reconciliation and Eucharist—call the parish soon!

Collection Report: 11, 18 & 25 July

Sunday Offering	Building Fund
\$11,811.65	\$2,724.00

Brick Fundraiser: \$5,195.00
Accumulative Total ~ Goal: \$56,000

MASS SCHEDULE

Weekday Masses are Held at 12:05 PM

Monday, 02 August - Weekday in Ordinary Time

Georgiana Levesque - Richard Levesque
 For Souls in Purgatory - A Parishioner

Tuesday, 03 August - Weekday in Ordinary Time

Roy Swanson - Gene and Marg Mullan
 Colleen McGuinty - Shirley Valenti
 Pearl Balfe - Marthe Smith

Wednesday, 04 August - St. Jean-Marie Vianney, Priest

[Devotion to Our Lady of Perpetual Help](#)

Living and Deceased Members - Catholic Women’s League
 Nicholas Glowa - Geraldine Reid

Thursday, 05 August - Weekday in Ordinary Time

Peter Chassie - Myrtle Veraldi
 Ernie and Marie Follis - The Family
 Intention of Sheila Levesque - Richard Levesque

Friday, 06 August - The Transfiguration of the Lord

Milan Hlusek - Emilia and Michelle
 Joe & Martha MacIntyre - The Christiansen, Daoust & MacIntyre Families

4:00 PM Saturday, 07 Aug – 19th Sunday in Ordinary Time

Msgr. Norm Clement - Friends
 Mildred Puddister - The Family

Sunday, 08 August - Nineteenth Sunday in Ordinary Time

9:00 AM Lola Mallory - Marthe Smith
 Helen Condon - Jane and Darwin Renette

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

REGIONAL NEWS

North Bay Right to Life works to deepen respect for human life and heighten public opposition to abortion and euthanasia and other threats against human life both in the Christian Community and among the general public.

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 Good Samaritan Corner: The Compassionate Committee for the Homeless in North Bay recognize that the homeless have urgent needs.

North Bay Indigenous Centre - Navigators Program: 900 Cassells Street, 705-472-2811

Looking for donations of granola bars, juice boxes and easy items that do not require cooking

Did you know that the Salvation Army is working with Safe Beds?

According to the North Bay Regional Health Centre web site, “A number of safe beds are available where a person can receive crisis support, respite and stabilization in a non-medical setting. Short-term crisis case management, consultations and referrals are also available.

The program is available twenty-four hours per day, seven days per week for individuals (aged 16 and over) with a mental health or addiction.”

The Safe Beds are located at 120 King Street West, Unit A, North Bay. For more information call the North Bay Regional Health Centre at 705-474-8600.

DID YOU GET YOUR CWL MEMBERSHIP THIS YEAR YET? IT’S NOT TOO LATE!



For more information, call Brenda Passmore, Membership Chair at 474-0447.