

Nineteenth
Sunday in
Ordinary
Time
08 AUGUST

Pro-Cathedral of the Assumption

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

Welcome to Your Father's House!

In the first reading, Elijah prays for death. But an *angel of the Lord* tells him to *get up and eat*. Elijah does, then walks for 40 days and nights to Mount Horeb. Saint Paul urges the Ephesians to *be imitators of God*. In the Gospel, Jesus declares that he is the bread of life which he will give *for the life of the world*. Today's readings give much encouragement for those times when we feel like giving up on ourselves or on God. Whether our murmuring is negative self-talk or sarcastic memes on social media, consider taking a break from negativity. Get up, take and eat the bread of life, and live in Christ's love.

Whether in victory or despair, we can trust the Lord to know exactly what we need and to meet our every need in His sometimes, miraculous ways.



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.



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READINGS FOR THE WEEK OF 09—15 August

Monday	Deuteronomy 10. 12-22; Matthew 17. 22-27
Tuesday	2 Corinthians 9. 6-10; John 12. 24-26
Wednesday	Deuteronomy 34. 1-12; Mathew 18. 15-20
Thursday	Joshua 3. 7-10a, 11, 13-17; Mt. 18. 21—19.1
Friday	Joshua 24. 10-13; Matthew 19. 3-12
Saturday	Joshua 24. 14-29; Matthew 19. 13-15
Sunday	1 Chronicles 15. 3-4, 15-16; 16. 1-2; 1 Corinthians 15. 54-57; Luke 11. 27-28

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: Saturdays 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 11:30 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 to Wednesday 8:30 AM to 4:30 PM

Thursday & Friday OFFICE CLOSED

ORDINATION BANNES

Deacon CHADWICK FRANKLIN

In the spirit of joy-filled thanksgiving, the Diocese of Sault Ste. Marie announces the Ordination of Rev. Deacon Chadwick Franklin to the Sacred Order of priesthood.

The Sacrament of Holy Orders of priesthood will be celebrated by the Most Reverend Thomas Dowd at the Pro-Cathedral of the Assumption, North Bay, on Thursday, August 26, 2021.

Due to COVID-19 restrictions, attendance at the ordination, for both clergy and laity, will be by invitation only.

This is a public announcement requirement of Canon Law (cc. 1043 and 1051, §2). Catholics are obliged to reveal impediments or circumstances, if they know of any, that would prevent Chad Franklin from receiving Sacred Orders, to the Bishop or to their parish priest as soon as possible, before the ordination.

19th Sunday in Ordinary Time

We have apps that monitor our sleep and calories, and remind us to get our steps in. Short on time? We order takeout or subscribe to a meal service. Yet, despite these modern conveniences, I would guess that most of us don't sleep enough or consistently eat well. And we pay the price, whether in the short or long term. Enter Elijah, who had reached his limit physically and mentally. Yet after an angel provided him food and drink, Elijah found the strength to walk 40 days and 40 nights. Impressive! But that's God for us! And in the provision of his Son, we have food and drink – bread from heaven – that not only sustains us for our journey on earth but offers the possibility of eternal life. This is our belief; this is what Jesus says to us. And that alone can give us strength, and hope, even when we're having an "Elijah" moment. For at each and every holy Mass, Jesus invites us to the table, offering us food that not only sustains but also transforms us. Taste and see the goodness of the Lord, indeed!



Just as a good night's sleep and proper nutrition help us function our best, the Word of God and the Eucharist, and our communal life of faith, provide the spiritual nourishment we need as we strive to be imitators of God in our daily lives, as Saint Paul says. As we partake of Christ in the Eucharist, perhaps we can say a prayer of thanksgiving and ask Jesus to help us grow in the ways of love that Paul outlined: kindness, compassion, and forgiveness toward the people we encounter. It could mean letting go of a grudge, becoming more conscious of the needs of others, listening respectfully to someone with whom we disagree, or perhaps forgiving ourselves. The Holy Spirit will guide us.

REFLECT: Think about the ways the Mass transforms you. It may be something subtle – the spirit of consolation and the feeling that things are right in your world – or you may have been particularly moved by the readings, homily, music, or silent prayer. Tell someone about it! Invite and bring them to mass.



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

It would be good to ask ourselves: "What do I bring to Jesus today?". He can do a lot with our prayers, or a gesture of charity for others. This is how God loves to act. He does great things, starting from those small things. Pope Francis



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!

MASS SCHEDULE

Weekday Masses are Held at 12:05 PM

Monday, 09 August - Weekday in Ordinary Time

Roy Swanson - Collection Counters
For Souls in Purgatory - A Parishioner

Tuesday, 10 August - St. Lawrence, Deacon/Martyr

Jim Gleason - Janet O'Connor
Giuseppe Pavone - Jean and Dino Dottori
Jim Hamilton - Ray Hamilton

Wednesday, 11 August - Memorial of St. Clare, Virgin

Devotion to Our Lady of Perpetual Help

For Souls in Purgatory - Ray and Marlene Walter
In Thanksgiving to the Blessed Virgin Mary - Arthur & Lucille Schiavo

Thursday, 12 August - Weekday in Ordinary Time

Len Miscio - Paul and Mary Lou Smith
Intention of Sheila Levesque - Richard Levesque

Friday, 13 August - Weekday in Ordinary Time

Sheila Flannery - The Family
Peter Chassie - Myrtle Veraldi

4:00 PM Saturday, 14 Aug – Feast of the Assumption of Mary

Benedict and Pani Lumine - Sault Ste. Marie CWL Diocesan Executive
Georgiana Levesque - Larry and Gisele Ferguson
Sheila Flannery - Jeannette Ward

Sunday, 15 August - Feast of the Assumption of Mary

9:00 AM Bertha Yzereef - Andree Cornish
Deceased Parents of Lloyd & Katherine Voisin -
Katherine Voisin

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

REGIONAL NEWS

Catholic Family Retreat - Labour Day Weekend: Sacred Way Ministries presents a Catholic Family Retreat on Labour Day Weekend! Join us for prayer, Adoration, family games, activities and inspiring talks. The main Retreat Day takes place Saturday, September 4 at Sacred Way Farm (745 Kells Road, Powassan), and optional camping and activities are also available on Friday, September 3 and Sunday, September 5. For more information, a complete itinerary of events, and registration information, please visit: holynametalphonsus.com/familyretreat. Proudly supported by Holy Name of Jesus Church, North Bay; St. Alphonsus Liguori Church, Callander; & St. Joseph Church, Powassan.

The Good Samaritan Corner: The community of North Bay has, once again, stepped up to support those of its members in need. Starting the Backpacks of Love campaign just a little over a month ago, the Compassionate Committee for the Homeless in North Bay put a call out to the community to give generously, with a goal of 200 backpacks. As of Wednesday, July 28 that goal was met with donations from our faith community, businesses, and individuals. What's next for this faith-filled committee? A winter campaign. In early fall, North Bay will find out the number of backpacks and essential items needed. With the Point-in-Time count scheduled for 13-14 October, the Compassionate Committee for the Homeless in North Bay will apply this research to determine the needs of the homeless in North Bay. It is our hope that we will continue seasonal Backpacks of Love to address the ever-changing needs of the homeless as they struggle with living on the streets in the Northern Ontario climate.

The committee is made up of the faithful from churches primarily in North Bay's downtown, who have joined together to address the immediate needs of the homeless. Its goal is to work with the City of North Bay, existing support services and organizations to find homes for the homeless who want them. Each committee member has received a calling by the Holy Spirit to help the homeless. For more information about the Compassionate Committee for the Homeless in North Bay visit <https://www.facebook.com/compassionatecommitteeofnorthbay/> or contact Leah Pierce at 472-5687 or at pn.thebay@gmail.com

**Come back to the Catholic Church
We will Welcome You!**



Have Questions?

Call us at 705-472-3970