

**19 December
2021**
**Fourth Sunday
of Advent**

PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House!



Micah prophesies that the ruler of Israel will come from Bethlehem-Ephrathah. The author of the Letter to the Hebrews writes that Christ said that he had come to do God's will and that all *have been consecrated through the offering of the body of Jesus Christ once for all*. In the Gospel, Mary visits Elizabeth and the child in Elizabeth's womb leaps at the sound of Mary's voice. The interaction between Mary and Elizabeth can teach us about Christian community. The women share in the joy of being a part of God's plan. Likewise, Christians can draw together to celebrate with one another, as well as to support one another.

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.

Most Rev. Thomas Dowd, D.D.
Bishop of the Diocese of Sault Ste. Marie

Rev. Larry Rymes
Pastor of the Pro-Cathedral Parish



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

READINGS: 20 ~ 26 DECEMBER

Monday	Isaiah 7. 10-14; 8-10d; Luke 1. 26-38
Tuesday	Zephaniah 3. 14-18a; Luke 1. 39-45
Wednesday	1 Samuel 1. 24-28; Luke 1. 46-56
Thursday	Malachi 3. 1-4; 4. 5-6; Luke 1. 57-66
Friday	Isaiah 9. 2-4, 6-7; Titus 2. 11-14; Luke 2. 1-16
Saturday	Isaiah 52. 7-10; Hebrews 1. 1-6; John 1. 1-18
Sunday	Sirach 3. 2-6, 12-14; Colossians 3. 12-21; Luke 2. 41-52



Adoration of the Blessed Sacrament Each Friday 11 AM - NOON in the Cathedral

Note: Adoration Cancelled Friday, 24 December



The CCCB has created an Educational Work Group (EWG) created to prepare for the meeting of the indigenous Delegation to Rome and the eventual coming of Pope Francis to Canada.

Part of the work of the EWG is the preparation of homilies for each Sunday of Advent with connections to the issues of colonization and reconciliation, presented by Bishop Don Bolen in very short videos. The homily themes from the Feast of Christ the King to date are: Solemnity of Christ the King: Early Missionaries and the Encounter of Worldviews; 1st Sunday of Advent: The Spirit of the Treaties; 2nd Sunday of Advent: Residential Schools; 3rd Sunday of Advent: Intergenerational Effects and 4th Sunday of Advent: Reconciliation.

You can find these videos and future posted videos at:
<https://www.cccb.ca/evangelization-catechesis-catholic-education/video-resources/journey-through-advent/>

Indigenous Peoples and the Church

UPDATE—PAPAL VISIT

After careful assessment of the uncertainty and potential health risks surrounding international travel amid the recent spread of the Omicron variant, the Canadian Bishops, Assembly of First Nations (AFN), Metis National Council, and Inuit Tapiriit Kanatami have jointly decided to reschedule a delegation to the Vatican that had been scheduled this month to the earliest opportunity in 2022. The Holy See remains committed to rescheduling this visit as part of the ongoing journey of healing and reconciliation and when the visit is rescheduled, we will keep you informed.

Please continue to pray for all participants in the delegation, which will help provide a foundation for a future Papal Visit to Canada as part of the ongoing journey of healing and reconciliation.

A link can be found on our website at procathedral.ca under Indigenous Peoples and will provide resources for the faithful, including an Advent Video Series on Healing & Reconciliation: <https://bit.ly/healingandreconciliation>

You will also find a video featuring Bishops from across the country reading the "Apology by the Bishops of Canada to the Indigenous Peoples of this Land." The video is also posted on our website: <https://youtu.be/M6BazS2PEN0>

Collection Report: 12 DECEMBER

Sunday Offering	Building Fund
\$4,815.55	\$935.00

MASS SCHEDULE

Weekday Celebrations are Held at 12:05 PM

Monday, 20 December - Weekday in Advent Season
COMMUNION SERVICE

Tuesday, 21 December - Weekday in Advent Season
Lloyd Voisin - The Voisin Family
Parents of Ben and Theresa Boudreau
Intention of Brian Cornish - Andree Cornish

Wednesday, 22 December - Weekday in Advent Season
[Devotion to Our Lady of Perpetual Help Prior to Mass](#)

Iris Vendetti - Pal and Nadine Condon
Santa Cappadocia - Elfio, Mary Lou and Peter Cappadocia
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Thursday, 23 December - Weekday in Advent Season
For Souls in Purgatory - A Parishioner
Meryl Stringer - Suzanne Lukasik
Denis Amo - Katherine Amo and Family

Friday, 24 December - The Nativity of the Lord
[No Adoration of the Blessed Sacrament Today](#)

Mass Celebrated at 5:00 PM, 8:00 PM & 12:00 MIDNIGHT
Our Christmas masses are celebrated in remembrance of all those whose names were received for our Christmas Memorial Listing

Saturday, 25 December - The Nativity of the Lord
Mass Celebrated at 11:00 AM (4 PM Mass Cancelled)
Our Christmas mass is celebrated in remembrance of all those whose names were received for our Christmas Memorial Listing

Sunday, 26 December - Feast of the Holy Family
9:00 AM Zofia and Wiktor Nowicki - Margaret Sroga and Family
Intention of the Donors and those Remembered
in the Pro-Cathedral Memorial Fund

11:00 AM Intention of the Parishioners - Rev. Larry Rymes

*Longing - Watching -
Waiting!*



Christmas Memorial Flowers & Decorations

A beautiful way to remember loved ones during this holy season is to donate memorial flowers and decorations in their memory. Pre-printed envelopes are available for your donation at the entrance to the church or by request from an usher. Include your donation, your name and address, and the names of the people you wish remembered.

Return the envelope by Monday, December 20.

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

Parish Donations 2022

God endows each of us with personal gifts, talents and material possessions. Stewardship is acknowledging that God is the source of each gift that has been received and each possession that has been accumulated. Stewardship also means to give a portion back to God, as a direct way of expressing our thanksgiving to Him for these gifts.

In another stressful year where many are affected by the coronavirus we are grateful for the support we have received that allowed us to meet our operating budget and to progress our Church in its mission to share the Gospel, support our ministries, and assist our community.

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

2022 Parish Envelopes: Currently being handed out individually to those requesting them from an usher. **We will do this each weekend so if we run out one weekend, please know that we will have more available the following weekend.** You can also drop by the parish office to pick up your parish offering envelopes. **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 2022 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.



If you can donate a can or two it will be much appreciated! Drop off at the parish office or bring it to church on Sunday and give to an usher. Thank you!

PLEASE
DO NOT USE 2022 ENVELOPES
UNTIL NEXT YEAR



For a Synodal Church: Communion, Participation, & Mission

Pope Francis has opened a three-year synodal journey of consultations and discernment, which will culminate with an assembly in October 2023 in Rome. The process includes three phases:

Diocesan ~ Continental ~ Universal

With this convocation, Pope Francis invites the entire Church to reflect on a theme that is decisive for its life and mission: "It is precisely this path of synodality which God expects of the Church of the third millennium." This journey, which follows in the wake of the Church's "renewal" proposed by the Second Vatican Council, is both a gift and a task: by journeying together and reflecting together on the journey that has been made, the Church will be able to learn through Her experience which processes can help Her to live communion, to achieve participation, to open Herself to mission. Our "journeying together" is, in fact, what most effectively enacts and manifests the nature of the Church as the pilgrim and missionary People of God.

In January 2022, you will be invited to participate during the consultation phase, by sharing your ideas about the Church. Let us pray for the success of the Synod and may we welcome the Holy Spirit to guide us on this synodal journey together.

Let's Take Care of Mother Earth



The Pro-Cathedral of the Assumption CWL Council is a member of the Laudato Si' Action Platform. Caring for our brothers and sisters means caring for the home we share. This responsibility is "essential to a life of virtue" (LS 217). The Dicastery for Promoting Integral Human Development's Laudato Si' Action Platform is a space for institutions, communities, and families to learn and grow together as we journey towards full sustainability in the holistic spirit of integral ecology. Watch and listen to Pope Francis' invitation to take part in the Laudato Si' Platform visit <https://www.youtube.com/watch?v=aWppq44r-c>. By living simply you can make a difference.



Did you know that humans consume 400 percent more clothes than they did just two decades ago.

About 80 billion pieces of clothing are consumed each year and this demand for "fast fashion" is straining the environment. The textile industry pollutes the environment, gobbles up resources, and consumes energy all throughout the supply chain — from farm to closet. **The only real way to reverse this is to buy less clothes.** Try to pare down your wardrobe from dozens of things to eventually be replaced to a few items that are durable.



As indicated on our Christmas Schedule, the 5:00 PM Mass will be live-streamed on our website on Christmas Eve.

Visit procathedral.ca and click on the link that will be on our homepage.

This mass will be available for viewing all evening for your convenience.

A dispensation from mass is still in place if you 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 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

REGIONAL NEWS

Christmas Day Dinner will again be held this year at Memorial Gardens on Christmas Day, December 25 from 10:30 AM to 2:00 PM. Entertainment and Gifts for Everyone!

Please note that all volunteer positions have been filled. Don't be alone or hungry this Christmas - everyone welcome!

Marriage Preparation Program: 6:30–9:30 pm on Friday, January 28, followed by 9:30 am–5:00 pm on Saturday, January 29. Interested couples should call Samantha at 705-471-3284 for more information or to sign up.

The Good Samaritan Corner

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

Providing help to the homeless in the cold and wet weather:

Donate winter clothing – winter coats, heavier jackets, boots, socks, hats and gloves to Rebuilt Resources at 1356 Regina St.

Contact Emergency Homeless Services – helping the homeless in the cold can save a life. Hypothermia is a genuine concern for those on the streets. Contact the 24-hours crisis line at 705-474-1031.

Volunteer your time – you can make a big difference in the life of a brother or sister. If you are looking for ways to volunteer consider The Gathering Place, the North Bay Food Bank, or our very own Compassionate Committee for the Homeless in North Bay!

Did you know that when you donate items to Rebuilt Resources, the homeless and near homeless benefit? Donations of used items allow Rebuilt Resources to offer low income and homeless people clothing and furniture at no cost. For more information, please contact Rebuilt Resources at 497-7878 or visit them 1356 Regina St.

Also, did you know that the homeless suffer from foot infections such as frostbite and gangrene?

For more information about the Compassionate Committee for the Homeless in North Bay visit us at <https://www.facebook.com/compassionatecommitteeofnorthbay>

Fourth Sunday of Advent: Hope * Love * Joy * Peace



As we hear the angel Gabriel say of Christ, in his visitation to Mary: “He will be great and will be called Son of the Most High ... and of his kingdom there will be no end.” Emmanuel, God with us, is the reason for our hope, and the reason for our joy. This last week of Advent can be a chance to reorder our mind and our heart. Jesus will come to us this Advent and Christmas if we make room for him in the inn of our hearts, if we carve out a place of peace and quiet in the busyness of our lives to give space and time to Jesus every day. Just as Mary journeyed to see her cousin Elizabeth in final preparations for Jesus’ coming, we gather with our loved ones and those with whom we can share our joy as we look toward the miracle of Christmas