

06 MARCH 2022 FIRST SUNDAY IN LENT	<h1 style="margin: 0;">PRO-CATHEDRAL OF THE ASSUMPTION</h1> <h2 style="margin: 0;">480 McIntyre Street West - North Bay, Ontario - P1B 2Z4</h2> <h3 style="margin: 0; font-size: 1.2em;">Welcome to Your Father's House!</h3>
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Moses gives the people instruction on giving proper praise and thanksgiving before the Lord God. Saint Paul writes, *if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.* In the Gospel, Jesus is led into the desert by the Spirit, where he overcomes three temptations by the devil. The Church has begun the spiritual journey of this holy season of Lent. With Christ, we enter the desert – to confront the Evil One and resist his false and empty promises. Once again, we seek the abundant mercy and power of God.



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.

<p>Most Rev. Thomas Dowd, D.D. Bishop of the Diocese of Sault Ste. Marie</p> <p>Rev. Larry Rymes Pastor of the Pro-Cathedral Parish</p>											
<p>PERMANENT MINISTERS</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><i>Deacons</i></td> <td style="width: 50%; border: none;"><i>Diocesan Order of Women</i></td> </tr> <tr> <td style="border: none;">Rev. Mr. Albert Falconi</td> <td style="border: none;">Mrs. Shirley Falconi</td> </tr> <tr> <td style="border: none;">Rev. Mr. Donald Shago</td> <td style="border: none;">Mrs. Norma Milligan</td> </tr> <tr> <td style="border: none;">Rev. Mr. Rick Hamelin</td> <td style="border: none;">Miss Ruth Godon</td> </tr> <tr> <td style="border: none;">Rev. Mr. Gary Westenenk</td> <td style="border: none;"></td> </tr> </table>		<i>Deacons</i>	<i>Diocesan Order of Women</i>	Rev. Mr. Albert Falconi	Mrs. Shirley Falconi	Rev. Mr. Donald Shago	Mrs. Norma Milligan	Rev. Mr. Rick Hamelin	Miss Ruth Godon	Rev. Mr. Gary Westenenk	
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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.

	<p> (705) 472-3970</p> <p> (705) 494-8222</p> <p> office@procathedral.ca</p> <p> www.procathedral.ca</p> <p> facebook.com/procathedral</p>
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Parish Sacraments

<p>Marriage: Please pick up a Marriage Information Booklet in the Church Vestibule to review prior to contacting the parish office.</p> <p>Anointing the Sick: Please call the parish office for more information.</p> <p>Reconciliation: Saturdays from 3:00 until 3:45 PM.</p> <p>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.</p> <p>Adoration of the Blessed Sacrament: Each Friday from 11:00 am until 12:00 noon.</p> <p>Baptism: Please pick up a Baptism Information Booklet in the Church Vestibule to review prior to contacting the parish office.</p>	
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	<p>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.</p>	
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OFFICE HOURS THIS WEEK	
Monday—Thursday	8:30 AM to 4:30 PM
Friday	8:30 AM to 12:00 NOON

READINGS: 07 - 13 MARCH	
Monday	Leviticus 19. 1-2, 11-18; Matthew 25
Tuesday	Isaiah 55. 10-11; Matthew 6. 7-15
Wednesday	Jonah 3. 1-10; Luke 11. 29-32
Thursday	Esther 14. 1, 3-5, 12-14; Matthew 7. 7-12
Friday	Ezekiel 18. 21-28; Matthew 5. 20-26
Saturday	Deuteronomy 26. 16-19; Matthew 5. 43-48
Sunday	Genesis 15. 5-12, 17-18; Philippians 3. 17-4.1; Luke 9. 28b-36

Parishioners,

Covid-19 restrictions are easing. As time goes on we will be relaxing our cautionary measures.



At this time we continue to:

1. Wear masks (above the nose and below the chin).
2. Offer hand-sanitizer for use.
3. Maintain 6' social distancing.
4. Offer a Greeting of Peace with a simple bow (no handshaking).

We no longer:

1. Contact trace.
2. Sanitize at Communion.

Changes are in compliance with the Ontario Government and Diocesan directives. Thank you to everyone for showing so much care for your neighbour over the past two years!

A Prayer for Lent

O Lord, be with me as I enter into the desert of Lent. Please give me the courage, honesty and humility needed to recognize my own sins; and the strength and firm resolve to overcome them. Purify my heart O Lord and renew a steadfast spirit within me. May I turn away from sin and be faithful to the Gospel.

Lord, I offer every little sacrifice of this holy season for the following intention(s) _____. May I remember throughout these 40 days that every little thing that I give up for love of You can become a spiritual gift for the good of others. By your grace O Lord, help me to grow in virtue and holiness; may I enter deeper into a life of prayer, fasting and care for the poor.

O Christ, true Bread of Life, may I hunger for You alone. Be my constant joy and delight as I seek to relinquish my appetites for this world and to be fed from above with faith, hope and charity. Lord, lead me through Your sorrowful passion and death, that I may rejoice in Your resurrection. Amen

Development and Peace Stamp Collection

Don't forget that your stamps affixed to the right corner of your envelopes can help fund Development and Peace projects as they sell them to stamp collectors. Please support this initiative by simply cutting off the stamps from your envelopes without damaging the perforations. **Save them in baggies/envelopes & drop them into the collection or into the office mail slot.**



Collection Report: 27 FEBRUARY

<u>Sunday Offering</u>	<u>Building Fund</u>
\$4,934.00	\$2,753.00

MASS SCHEDULE

Weekday Celebrations are Held at 12:05 PM

Monday, 07 March - Weekday in Lent
COMMUNION SERVICE

Tuesday, 08 March - Weekday in Lent

Eva Fekete - Nipissing-Parry Sound Catholic District School Board
Lou MacInnis - Kelly MacInnis

Wednesday, 09 March - Weekday in Lent

Devotion to Our Lady of Perpetual Help Today

Patricia McGuinty-Hosking - Catholic Women's League
Intention of Andrew Laduke - Cliff and Margaret Riopelle

Thursday, 10 March - Weekday in Lent

Ab Dennis - Frances Dignan
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Friday, 11 March - Weekday in Lent

Adoration of the Blessed Sacrament from 11 am to 12 Noon

Ab Dennis - Ri and Joe MacAskill
Intention of Isabelle Eyre - Richard Levesque

4:00 PM Saturday, 12 March - Second Sunday of Lent

Margaret Ross - Larry and Lois Keenan

Sunday, 13 March - Second Sunday of Lent

9:00 AM Lucille Brisson - Andree Cornish
In Honour of St. Theresa

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

STATIONS OF THE CROSS
FRIDAYS DURING LENT
5:30 PM in the Cathedral



Adoration
of the
Blessed Sacrament
Each Friday 11 am to 12 Noon



USHERS NEEDED

AT 11 AM MASS



Ushers represent our parish community as we welcome parishioners and visitors to celebrate mass. If you have a heart to serve the Lord in a powerful way, the Usher Ministry could be the opportunity you've been looking for!

The role of our ushers is to welcome parishioners/visitors to all celebrations; assist with seating, the collection, run the elevator and hand out bulletins and other materials as required. **No special gifts or talents are required;** only a sincere desire to warmly welcome those that visit our church. Training is provided so you feel comfortable and prepared.

If you can help us out, call the parish office. Thank you!

Parish Donations

As we reach the end of February, we want to thank you again for your generous financial support last year, especially during the stressful times of the pandemic.

While Covid-19 continues to affect people's comfort level in returning to church, it also affects our collections, causing real revenue concerns. In our finance letter sent out earlier this month we indicated that our collections are down by \$78,000. The trend continues, in spite of our appeal asking parishioners to increase donations by \$5.00 per week or \$20 per month.

For some, this may not be feasible and we ask for your continued prayers for the good health of our parish. For others, we ask you to prayerfully consider this request for additional funding to ensure that our expenses can continue to be met. And for those who have already responded by increasing their donations—we say thank you for your generosity!

When we make an appeal for additional funding it is so we can continue to provide for our church, our people, and our community.

This year, we will need to support our upcoming capital expenses to repair water damage in our tower with the possibility of roof replacement. We are currently awaiting an engineer report to determine the extent of repairs.

While this will be a major financial concern, the good news is that we continue to provide a spiritual home and beautiful celebrations for the faithful and offer programming in order to prepare for the sacraments and evangelize in our community. As well, we also provide continuous support through our outreach programs for the disadvantaged.

If you need any information on our donation options, please do not hesitate to call or email the parish office.

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

- Parish Envelopes
- Pre-authorized donations from your bank account.
- Credit card donations
- E-transfer music.finance@procathedral.ca
- Use our "Donate Today" button on our website at procathedral.ca

Only if it does not cause financial hardship—we appreciate your financial support!

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.

Catholic Women's League

CWL Diocesan 100th Annual Convention
April 22 - 24, 2022 Best Western, North Bay



Mark your calendars! We have been planning for this event for two years—you don't want to miss it and plenty of surprises are in store for you! **Registration packages** and more information are available from Ruth Godon at 476-4984 and Shirlene Condie-McVeigh at 493-0718.

Our North Bay Councils will be welcoming delegates from all areas in the Sault Ste Marie Diocese for this exciting and spiritual weekend. More information will follow in upcoming weeks—**register early!**

COME! Find out what CWL is really all about!

COME! In safety! Covid regulations will be followed—come fully vaccinated!

COME! Enjoy a delicious dinner with our new Bishop, our Priests, and members from all over the diocese as well. Bishop Dowd will be presiding over the opening mass and will also be a presenter!

COME! Listen to special guest speakers.

COME! We have special gifts for you.

COME! You are special and we look forward to meeting and greeting YOU!!

BURSARY 2022



Each year we offer two students from the North Bay area high schools entering post secondary this fall a \$400 bursary. This program was paused due to the Covid pandemic but we are excited to be offering it again! **Criteria and application can be found at [procathedral.ca/GROUPS/Catholic Women's League](http://procathedral.ca/GROUPS/Catholic%20Women's%20League) or picked up at the parish office.**

Please note the deadline, June 3, 2022, for applications to be submitted. I look forward to receiving the applications!

Regards & Blessings,

Diane Carmichael, Education & Health Chairperson

MEMBERSHIP CARDS

Now available for pickup in the church. Ask an usher and they will assist you in picking up your card.

If you haven't already joined or renewed your membership, the \$25 Fee for 2022 is due now.

Drop off with your name and address through the parish office mail slot or into the collection clearly addressed "CWL MEMBERSHIP CHAIR" Call Brenda Passmore if you have questions — 474-0447

All women are welcome to be members of The Catholic Women's League of Canada. Come join us!

BECOME A MEMBER
What Are You Waiting For?

Join Today!

Greetings,

Bishop Dowd is soliciting the collaboration of all clergy, members of the Diocesan Order of Service, volunteers, parish employees and every faithful involved in the diocese to review the Code of Conduct and to participate in the consultation of this document before it becomes policy in the Diocese of Sault Ste. Marie.

Working from the premise that everyone implicated by a directive should be consulted before the directive is implemented, he felt that everyone who will be obligated to respect this code should have that opportunity to review it and offer their comments before its implementation.

The creation of the Code of Conduct has been a work in progress for more than a year. Last fall the Presbyteral Council studied the document very closely. The members of the Presbyteral Council were divided evenly when asked if further consultation would be necessary before promulgating the Code of Conduct.

Therefore, to launch the consultation phase of the Code of Conduct, you are invited to a Zoom meeting with Bishop Dowd to explain the process while giving the background and implications of the document in question.

The meeting will be held on Wednesday, March 9th, 2022, at 2:00 pm. To join the Zoom meeting please use the following link: <https://us02web.zoom.us/j/82540495218?pwd=T1RkVWJLcWUvN1RjQmtRdkxaL1ViZz09>

Meeting ID: 825 4049 5218 - Passcode: 906613 *Please note that a copy of the Code of Conduct will be sent to you later.*

May I take this opportunity to share our sincere gratitude for your precious collaboration in the elaboration of the Code of Conduct for our Diocese of Sault Ste. Marie.

With sincere regards,

Msgr. Roch Martin
Vicar General and Moderator of the Curia



First Sunday in Lent

You may still be deciding what to give up or do for Lent even though we're already five days in. Today's readings can help us enter more deeply into this season of prayer, fasting, and almsgiving. They are a reminder that Lent isn't primarily about us, as if it were a self-improvement project, but about taking the opportunity to go deeper into our relationship with God. Prayer, fasting, and almsgiving are ways of reducing distractions in our life and focusing on God's mercy, his sacrifice for us, and his generosity and love. If you are one who likes to control things and make plans, the readings can challenge you to look beyond yourself, beginning with prayer, and asking the Lord to help you grow in faith. Paul writes, "everyone who calls on the name of the Lord will be saved." Jesus exemplifies this dependence on God, allowing himself to be led to the desert by the Spirit. Each time the devil tempts him, he responds and in turn shows us how to respond: by turning to God and God's words, the source of our strength. As we choose how to observe the next 35 days, we are reminded to ask God to help us find those things that help draw us closer to him.



What comes to mind when you picture a desert? Sand, heat, thirst? It's more challenging to examine the landscape of our personal desert –

barren places of prayer or too much focus on the details of everyday life. Lent, however, presents a rich opportunity to pause and reprioritize our lives based on Jesus' words in today's Gospel: "You shall worship the Lord, your God, and him alone shall you serve." Prayer, fasting, and almsgiving can help us do that, reminding us of our dependence on God and helping us shift our focus from ourselves to God and others. How we observe and experience Lent will differ for each of us. Whatever our personal desert looks like, we can rest assured that God will help us find our way back to him.

Find an accountability partner for Lent who can help you stay the course these next 40 days. Perhaps you can pray together each day, or simply send a text sharing how God is working in and through you in this penitential season.



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

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. If you would like to volunteer, or 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 Food Bank located at 1016 Fisher St., 495-3290: Please consider donating the following: Kleenex, body wash, deodorant, sanitary pads, paper towels, baby wipes, baby shampoo, diapers (large sizes 4, 5 and 6), granola bars, juice boxes, individual packs of crackers and apple sauce, jam, Cheesewhiz, cookie mix, muffin mix, Mr. Noodles, Hamburger/Tuna Helper, Sidekicks. *Items for no-cook homeless care packages:* cans with pull tabs for easy access; beans, prepared pasta, tuna, individual crackers with cheese or peanut butter.

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 at 1356 Regina St.

<https://www.facebook.com/compassionatecommitteeofnorthbay>

Leah Pierce at 472-5687 or at pn.thebay@gmail.com