

05 February
2023

Fifth Sunday in
Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

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

Welcome to Your Father's House!



In the first reading, Isaiah tells the Israelites that their *light shall break forth like the dawn* when they remove oppression, lies, and malicious speech from their midst and care for the hungry, the naked, and the homeless. In his Letter to the Corinthians, Saint Paul says he relies on the power of God to announce the mystery of Christ crucified. In the Gospel, Jesus tells his disciples that they are the salt of the earth and the light of the world. They must shine before others; their good deeds will glorify God. In both the Old and New Testaments, the secret to knowing the love of God is revealed: Share and love as God loves. God wants everyone to know the peace and joy we experience because he loves us and lights our way. He didn't give us his love to keep; we must share it with others. The mystery is, the more we share his love and light, the more we know how loved we are.

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 Westenek

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: 3:00 to 3:45 PM each Saturday.

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: Each Friday from 11:00 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 to Thursday	8:30 AM to 4:30 PM
Friday	8:30 AM to 12:00 NOON

Scripture Readings: 06 - 12 February

Monday	Genesis 1. 1-19; Mark 6. 53-56
Tuesday	Genesis 1. 20-2.4a; Mark 7. 1-13
Wednesday	Genesis 2. 4b-9, 15-17; Mark 7. 14-23
Thursday	Genesis 2. 18-25; Mark 7. 24-30
Friday	Genesis 3. 1-8; Mark 7. 31-37
Saturday	Genesis 3. 9-24; Mark 8. 1-10
Sunday	Sirach 15. 15-20; 1 Corinthians 2. 6-10; Matthew 5. 17-37



SACRAMENT OF THE SICK THIS FRIDAY

Feb. 11th is the **31st World Day of the Sick**. This year, the Holy Father's message is entitled "Take Care of Him" where Pope Francis invites "all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness."

In honour of this annual occasion, Fr. Larry will be celebrating the Sacrament of the Sick during the Friday, February 10 noon Mass. Anyone seriously sick being in danger of death by reason of illness or old age may be anointed.

Development & 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. If you have stamps without damage to the perforations, put them in envelopes & drop them into the collection or into the office mail slot.



WELCOME FR. JOE!

Fr. Joe de Viveiros of the Congregation of the Resurrectionists will be coming home to North Bay and living in residence at the Cathedral. He has accepted the position of Board Chaplain for the Nipissing-Parry Sound Catholic District School Board.

Fr. Joe grew up in North Bay and being back home will allow him to visit family and spend time with his aging mother. Many of you know him and will be happy to see him involved in our parish.



Weekday Masses are Held at 12:05 PM

MASS SCHEDULE

Monday, 06 February - St. Paul Mike & Companions, Martyrs
No Celebration on Mondays

Tuesday, 07 February - Weekday in Ordinary Time
Glenna McAuley - Jean and June
Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu

Wednesday, 08 February - Weekday in Ordinary Time
Devotion to Our Lady of Perpetual Help

Emile Lamothe - Colleen Klein
Paul Smith - Liturgy of the Word Team
Victor Grech - Denis and Teresa Daoust and Family

Thursday, 09 February - Weekday in Ordinary Time
Emile Lamothe - Pat Anderson
Intention of Karla Crawford - Richard Levesque

Friday, 10 February - Memorial of St. Scholastica, Virgin
Paul Smith - W.J. DeGrosbois
Joan Watier - Andree Cornish

4:00 PM Saturday, 11 February -Sixth Sunday in Ordinary Time
Alice Hopkinson - Vivian Molnar and Family
Donna Mauro - Corrine Domanico
Aurele Boudreau - Ben and Theresa Boudreau

Sunday, 12 February - Sixth Sunday in Ordinary Time
9:00 AM Mike Rossi - The Family
Paul Smith - Karen Anne McArthur
Madeleine and Frank Calarco - Charlotte Gauthier

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



Getting Married in 2023?

A Marriage Preparation Program Weekend will be held on Friday, February 10 and Saturday, February 11 hosted at Holy Name of Jesus Parish. The weekend includes dynamic speakers, enriching exercises designed to promote dialogue and discussion amongst the couples, plus an opportunity to celebrate Mass.

Friday session: 6:30 PM—9:00 PM

Saturday session 9:30 AM—5:00 PM (Lunch Provided)

Interested couples are asked to contact Samantha Briggs at 705-471-3284 to register for this preparation.



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

NEXT DRAW DATE 01 MARCH 2023

OUR CHURCH NEEDS YOUR HELP!

50/50 RAFFLE

Licence # RAF1286202

FIRST DRAW IN FEBRUARY A SUCCESS!
\$2,077.50 CASH (6,679 Tickets Sold)
WINNER: HELEN ADAMS TICKET #D4988
 Thank you to everyone for your support!

TO PURCHASE YOUR TICKETS, VISIT:
www.rafflebox.ca/raffle/procathedral

Tickets Amount
1 for \$5, 4 for \$10, 20 for \$20, 100 for \$50

These draws are run through a government-approved website called rafflebox. Draws will be held monthly and your regular purchase of tickets will help our Roof Campaign as 100% of our profits will go to this fund. *All purchases must be made on the secure rafflebox website with a credit card and the purchaser must reside in Ontario.*



Building Fund VS Roof Campaign

The **Roof Campaign** specifically goes to the expenses we will incur as we do the work on the tower and roof. We need to raise these funds to have on hand for this planned work.

The **Building Fund** is a collection for regular maintenance of our facilities such as repairs, utilities, snow removal, etc.

We ask that people who made a commitment to the building fund continue to donate to it and view the roof campaign as an extra contribution. *For those who are currently not contributing to either of these funds, we ask that you consider donating to them in your planned 2023 giving as long as it does not cause a hardship to do so.*

Collection: 29 January 2023	
Sunday Offering	Building Fund
\$3,575.30	\$1,411.00
ROOF CAMPAIGN (Second Collection)	ROOF CAMPAIGN (In Regular Collection)
\$662.50	\$1,065.00

It's amazing how one interaction can brighten an otherwise gloomy day. A shared laugh with a friend, a snippet of real conversation with your children or a hot cup of coffee delivered by your spouse. In today's reading, Jesus continues the Sermon on the Mount, telling the disciples: "Your light must shine before others, that they may see your good deeds and glorify your heavenly Father." We, too, can be light for others – through good deeds large and small, ordinary and extraordinary. As we go about our days, we can ask the Lord to show us how to serve others. We will have days when we don't feel up to the task but, like St. Paul, we can ask the Holy Spirit to light the way.

In the Sermon on the Mount, Jesus used images that resonate with us as much as they did with his followers 2,000 years ago: salt and light. Salt serves many purposes, preserving our food and giving it flavor, for example. And of course we cannot live without light. In today's Gospel, Jesus tells the disciples: "You are the salt of the earth ... You are the light of the world." Like the disciples we, too, can be salt and light for others by giving witness to our faith. What that involves will be different for each of us. For ideas, we can turn to today's reading from Isaiah, which calls us to share our bread, shelter the oppressed and clothe the naked. In doing so, our light "shall break forth like the dawn." We all know people we'd call "the salt of the earth." Who are those people in your life? Make a list of the characteristics they exhibit or actions they take that you can learn from and try to imitate.



Baptism Preparation

Our next meeting for parents will be held in the Parish Hall on Tuesday, February 14 beginning at 7:00 PM. Those who wish to register for this meeting to have their child baptized are asked to call the parish office by Monday, February 13.

Baptism Preparation is mandatory by Diocesan Policy.

Sunday Liturgy With Children **Each Sunday 9 AM Mass**

Sunday Liturgy With Children is held every Sunday at the 9:00 AM Mass from September until June for all children ages 4-12 years old. The focus of each group is to incorporate a variety of experiences that appeal to a young child's natural sense of wonder about God. Children are welcome to start at anytime of the year. Each week there is a progression to their experiences and time is spent introducing the children to the Celebration of God's Word.

Lenten Mission - "The Fullness of Purpose - Living the Catholic Faith" February 26, 27 & 28, each evening at 7pm at Holy Name of Jesus Church, North Bay. Start your Lenten journey with a three-evening Mission with **Ken Yasinski!** Ken is the most sought-after Canadian Catholic Speaker, Apologist and Evangelist who speaks all across the world and has a popular online presence. A Parish Mission is three evenings that begin at 7pm for 90 minutes, and include time of prayer, a talk and time for reflection. Many use the Parish Mission to springboard their journey of Lent. All are welcome.

Diocese of Sault Ste. Marie hosts the 2023 Northern Ontario Catholic Leadership Conference on Saturday, February 25, 2023 at St. Joseph-Scollard Hall in North Bay. Registration for this event is now open at www.holynamestalphonus.com/levelup

Catholic Young Adults (Aged 18-35): Meet other Catholic Young Adults looking to deepen faith, grow in relationship with Jesus, and make some Catholic friends. To receive updates on events that are planned, email youngadultsnb@ssmd.ca to get on the mailing list. Facebook and Instagram @youngadultsnb

EDGE for students in grades 6, 7 & 8—Thursdays from 6:30-8:00 PM: Students are welcome to join us for games, music, prayer, friends and faith at Holy Name of Jesus Church. www.holynamestalphonus.com/edge

OVER THE EDGE for students in high school grades 9-12-Thursdays at Holy Name from 8:00 –9:30 PM. Come to support one another in growing as young people who know and love our faith in Jesus. Nights include games, talks, prayer and socializing. Now more than ever, we need good friends to support our faith journey in life! www.holynamestalphonus.com/overtheedge

North Bay Right to Life Collects returnable bottles and cans—drop off at 1498 Pinegrove Crescent under the carport. Thank you!

North Bay Pregnancy Help Resource Center: We have a **Prayer Team** who are vital to this ministry—you are welcome to join! For more information contact Judy at judynebphrc@gmail.com or call 475-9270.

Regional Eucharistic Adoration Tuesday to Friday from 11:30 AM to 4:30 PM at Holy Name. **We need adorers—can you help?** Please call Karen Beaulieu at 495-6675.

Did you Know?

Visitors receive their first impression of the church from the people that they first come into contact with.

Visitors will often decide to become a regular worshipper or on the contrary, go elsewhere depending on how they are treated.

What Can You Do?

Welcome people you don't recognize and introduce yourself! Offer assistance to those who might need it.

Invite others to your next meeting or to our social gatherings (don't forget to sit with them if they attend!)

Smile and say, "I'm glad you can join us today."

If you were greeted poorly by a hotel clerk, a bank teller or a waiter how would you feel?
Would you want to go back?

It sounds so cliché, but *you really can make a difference* in helping to make others feel a warm and generous welcome to the Cathedral!



ALPHA EXPERIENCE BEGINS FEBRUARY 6, 2023

Imagine what it would look like if each one of us invited one person that we already share life with to explore a relationship with Jesus through Alpha and find new hope this year.

We are asking our parishioners to have the courage to invite someone or even sponsor them through the Alpha Experience, where they can come to learn more about faith and ask the tough questions that prevent them from having a relationship with Jesus.

Alpha begins THIS MONDAY, February 6 and continues for 11 weeks each Monday evening 6:00 PM at Holy Name of Jesus Church
A free meal begins each session.
More information at www.alphanorthbay.com

Who will you invite?

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 weather:

- 1) Donate winter clothing – winter coats, heavier jackets, boots, hats and gloves to Rebuilt Resources at 1356 Regina St.
- 2) Healthy Community Ambassador Program – helping the homeless in the cold can save a life. Hypothermia is a genuine concern for those on the streets. Contact telephone number is 249-493-6180.
- 3) 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!
- 4) Support the Coldest Night of the Year by contacting The Gathering Place at 705-474-7687 or email: admin@thegatheringplacenorthbay.ca



Pro-Cathedral Catholic Charities is open to distribute food items to our members of our community on Tuesday mornings from 9:00 – 11:30 AM. The volunteers have also been trying to ensure that their clients are warm and dressed properly for the winter season. If you can donate boots, coats, mitts, scarves, hats, warm sweaters,

etc. they would appreciate your donation.

They are always in need of men's clothing and casual footwear.

Due to storage space seasonal donations only.

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 compassionnorthbay@gmail.com