

01 FEBRUARY
2026

Fourth Sunday in
Ordinary Time

PRO-CATHEDRAL OF THE ASSUMPTION

Email: office@procathedral.ca
Phone: 705-0472-3970

480 McIntyre Street West - North Bay, ON - P1B 2Z4
Web: www.procathedral.ca

Welcome to Your Father's House!

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. Rick Hamelin
Rev. Mr. Donald Shago
Rev. Mr. Gary Westenenk

Diocesan Order of Women

Mrs. Shirley Falconi
Miss Ruth Godon

IN RESIDENCE

Rev. Joseph de Viveiros, CR Chaplain, Nipissing-Parry Sound Catholic Schools

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 Noon.

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.



WE APPRECIATE YOUR FINANCIAL SUPPORT

WAYS TO GIVE:

- E-transfer: music.Finance@procathedral.ca
- Pre-Authorized Donations from Bank Account
- Pre-Authorized Donations using Credit Card
- Parish Envelopes: Pickup at Entrance
- Use "DONATE" button on our Website
- Visit CanadaHelps and Search Pro-Cathedral

Blessed are the poor in spirit for theirs is the Kingdom of Heaven



The 4th Sunday in Ordinary Time Year A shows us how God sees things differently than we do. In each reading, we hear about people the world may overlook—those who are weak, poor, or humble. But God lifts them up. He sees their faith and their trust.

The Gospel reading gives us the Beatitudes. Jesus tells us who is truly blessed. It's not the rich or powerful. It's those who are gentle, those who show mercy, and those who suffer for doing what is right. These words are simple, but they show us how to live as followers of Christ.

The other readings also remind us to stay humble. God saves a small group of people in Zephaniah. Paul tells the Corinthians that God chooses the weak on purpose. The psalm praises God for helping the poor and the needy. These are all reminders that God is close to the lowly.

The message is clear. If we want to follow Jesus, we must be small in the eyes of the world. That is where God does great things.



The prayer line is 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

OFFICE HOURS THIS WEEK

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

WEEKLY READINGS: 02 - 08 February

Monday	Malachi 3. 1-4; Luke 2. 22-40
Tuesday	2 Samuel 18. 9-10, 14b, 24-26a, 30—19.3; Mark 5. 21-43
Wednesday	2 Samuel 24. 2, 9-17; Mark 6. 1-6
Thursday	1 Kings 2. 1-4, 10-12; Mark 6. 7-13
Friday	Sirach 47. 2-11; Mark 6. 14-29
Saturday	1 Kings 3. 4-13; Mark 6. 30-34
Sunday	Isaiah 58. 6-10; 1 Corinthians 2. 1-5; Matthew 5. 13-16

What's Happening at the Cathedral This Week Monday to Sunday, 02–08 February

Date	Time	Location	Event
Wednesday	6:30 PM	Hall	CWL General Gathering
Thursday	6:30 PM	Church	Choir Practice—Call for Information
Saturday	9:20 AM	Atrium	Catechesis of the Good Shepherd
	11:00 AM	Rectory	Fundraising Committee Meeting
	11:30 AM	Church	Tour for Children's Choir
Sunday	9:00 AM	Sacristy	Children's Liturgy of the Word
	1:00 PM	Church	Mississauga Children's Choir Concert—All are Welcome!



**Adoration of the
Blessed Sacrament
Each Friday 11 AM - NOON**

**Thank you to our generous parishioner,
Margaret Lafontaine,
the Roof Loose Collection
will be matched up to \$1,000
on the weekend of
February 21 & 22.**



**If you would like to match a Roof Loose
Collection in March, April or May,
please call the office.**

3rd Sunday in Ordinary Time - 25 January

Sunday Offering	Building Fund
\$3,182.00	\$1,417.00

ROOF CAMPAIGN REPORT to 25 January	
Roof Campaign Balance	\$11,693.85
Sunday, 25 January Collection	
Roof Loose	\$707.25
29 Receipted Donations	\$762.25
Purdys Christmas Chocolate Fundraiser Profit	\$1,100.06
Orchard Gift Card Sales 51 Cards X \$5.00 Profit	\$255.00 Profit to Date: \$270.00
CAMPAIGN BALANCE	\$14,518.41

Mass Schedule

Tuesday, 03 February - Weekday in Ordinary Time 12:05 PM

Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu
Pat and Rita Masciangelo - Joe and Louise Defonzo
Katie Laporte - Nipissing-Parry Sound Catholic District School Board

Wednesday, 04 February - Weekday in Ordinary Time 12:05 PM

Intention of Reese Washington - Mariann Zima
Int. of Living and Deceased Members of the Catholic Women's League
Emilia Hlusek - Paul and Nadine Condon

Thursday, 05 February - Memorial of St. Agatha 12:05 PM

Intention of Karen Anne McArthur - Carol Ann DiBartolomeo
Marc Picard - Joe and Louise Defonzo
Judy Kelly-Manary - Robert Manary

Friday, 06 February - St. Paul Mike & Companions 12:05 PM

Intention of Robert Manary - The Montgomery Family
Sheila Levesque - Richard Levesque
Emilia Hlusek - Kevin and Joanna Yarosh and Family

Saturday, 07 February - Fifth Sunday in Ordinary Time 4:00 PM

Glenna McAuley - Jean and June
Lauretta Emond - Catholic Women's League
Anna Joseph - Viji Joseph

Sunday, 08 February: Fifth Sunday in Ordinary Time

9:00 AM Bernice Davis - Jessica Costa
Katie Laporte-Jordie, Alex, James, Joyanne, Nicholas & Kari

11:00 AM Helen Tait - Cathy Fruci and Family
Diane Mason - Richard and Rosa Miron
Intention of the Parishioners - Father Larry Rymes

Income tax receipts will be mailed out in February.

If you have moved please let us know.

If you requested an email receipt last year, we will send it to you again using this method. If your email address has changed, please let us know soon.

If you would like to sign up to receive an email receipt, please let us know by emailing the office at: office@procathedral.ca

Funeral Lunch Team News

Please consider joining this wonderful group of people in our parish! At this time we are looking for people who could help with setting up (place settings, linens, table decorations, etc.), cleaning up after the luncheon, food preparation & serving. Please know that there is no heavy lifting or table setup involved as our custodian takes care of that.



Any man or woman is welcome to assist – we serve on weekdays and on Saturdays. You may not be available for all funerals, and that is OK. Any time you are available to serve would be helpful.

If you can help out, even on an occasional basis, we would love to hear from you! Please call the parish office and we will let our coordinator, Anne Marie Westenenk know you are interested. Thank you for your consideration!

The Blessing of the Throats is a sacramental of the Roman Catholic Church, ordinarily celebrated on February 3, the feast day of Saint Blaise of Sebaste. Saint Blaise was the bishop of Sebaste in Armenia during the fourth century and was reputed to have miraculously cured a little boy who nearly died because of a fishbone in his throat. From the eighth century he has been invoked on behalf of the sick, especially those afflicted with illnesses of the throat.



The blessing of throats will take place at all Masses this weekend, 31 Jan. — 01 Feb. and again on the Feast Day, Tuesday, February 3 for anyone who would like to receive this special blessing.





OUR CHURCH NEEDS YOUR HELP!

50/50 RAFFLE

www.rafflebox.ca/raffle/procathedral

TICKETS

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

PURCHASE YOUR TICKETS EACH MONTH

License #RAF1524883

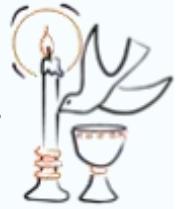


Meet the Pro-Cathedral of the Assumption Catholic Women's League Executive for 2026-2028

(Left to right: Chizoba Ijioma, Social Justice, Lorna Rick, Service, Helen Adams, Faith, Mary-Lynn Truchon, Past President, Father Larry Rymes, Spiritual Advisor and Pastor of the Pro-Cathedral, Leah Pierce, President, Margaret Sroga, Vice-President, Jennifer Clara Antony, Secretary, and Barbara Hebert, Treasurer). Photo credit: John Pierce.

The General Gathering of the Catholic Women's League will be held on Wednesday, February 4 at 6:30 p.m. in the parish hall. The highlights of this meeting will be to get to know your new executive, review and approve the 2026-2027 budget sprinkled with love as we draw nearer to St. Valentine's Day.

Reminder: On the first Wednesday of the month, one of the intentions of the 12:05 pm Mass is for the living and deceased members of our CWL council. Plan to attend if you can and remember our sisters.



HAVE YOU PURCHASED YOUR 2026 MEMBERSHIP YET?
PLEASE DO SO SOON. ENVELOPES ARE IN THE CHURCH
THE CWL NEEDS YOU!

Are you registered? Do we have your current mailing address/phone number/email address?

Please print clearly.

FAMILY NAME: _____

PHONE #: _____

ADDRESS: _____

P/C: _____

FAMILY EMAIL ADDRESS: _____

1st NAME: _____ (Adult/Child)

1st NAME: _____ (Adult/Child)

1st NAME: _____ (Adult/Child)

1st NAME: _____ (Adult/Child)



USHERS NEEDED!

Can you volunteer for any of our Weekend Masses?

Ushers play a vital role in ensuring that Masses run smoothly.

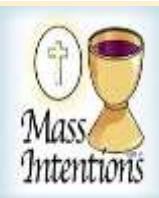
- Ushers greet guests and members, helping them feel comfortable and valued.
- Ushers help seat people, managing the flow of people and they collect offerings.
- Ushers act as spiritual ambassadors representing the parish.
- Ushers help enhance the worship experience for all.

Overall, ushers contribute significantly to our worship environment!

Can you help out? Contact:
Daley Boutilier 705-492-0085
dream4boots@outlook.com



Offering Mass intentions is a tradition of prayer, support, and community. You may request a mass for someone who is deceased; for the intentions of someone who is living; for those who are sick and suffering who need prayers; or in celebration of a special occasion. Contact the parish office to book a mass. A Mass Stipend is \$15.00 and an income tax receipt is provided.



The Amen app is a free Catholic meditation app that offers a variety of resources to help you connect with God. It provides daily prayers and meditations and nourishing scripture to inspire your spiritual journey.

As well, it provides guided Lectio Divina, a traditional Christian practice of prayerfully reading and meditating on scripture to deepen one's relationship with God.

If you wish, it offers a community feature to connect with others in prayer and share experiences.

You can download the app from the App Store or Google Play to access these resources and enhance your spiritual practice.



North Bay Pregnancy Help & Resource Centre

Support available for women experiencing unexpected pregnancy - providing a safe place to make an informed decision. For support or to make a donation please call 705-475-9270 or email nbphrc@hotmail.com

Shalom Place—A Ministry of the Sisters of St. Joseph

Too much news? Overwhelmed by current events? Wondering how to be faithful in these turbulent times? Let's take a break from the news and explore some scripture stories to glean hope, wisdom and new energy to be God's faithful, courageous people in our families and communities. Shalom Place offers a program on Zoom facilitated by Janet Norman on Wednesday February 4, 11, 25 from 7:00-8:30pm. Register by February 2 at: shalomssm@shaw.ca, 705-254-4690 or visit the Website: www.shalomplace.ca Cost: Your gift allows the ministry of Shalom Place to continue. Thank you for your generosity! Note: There will be no meeting Feb 18, Ash Wednesday.

You are invited to "Listening to Indigenous Voices" produced by the Jesuit Forum for Social Faith and Justice facilitated by Sister Pat Carter csj on Zoom, Tuesdays, February 3, 10, 17, 24, March 3 from 3:30-5:30 p.m. This is a process of listening to Indigenous voices telling their truth so we can all be on that pathway. The TRC reminds us "reconciliation is not about 'closing a sad chapter of Canada's past,' but about opening new healing pathways of reconciliation that are forged in truth and justice." Each session stands alone, but the Listening becomes richer with each experience. Register at shalomssm@shaw.ca, www.shalomplace.ca or 705-254-4690.

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 weather

- 1) **Donate winter clothing** - winter coats, heavier jackets, boots, hats and gloves to Rebuilt Resources at 1356 Regina St., or Catholic Charities at the Pro-Cathedral Church basement, 480 McIntyre St W. on Tuesday afternoons.
- 2) **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!
- 3) **Support the Coldest Night of the Year** by visiting <https://cnoy.org/location/northbay>. There you will find a list of local teams to join or support.

Pro Cathedral Catholic Charities Clothing Room & Food Bank

Catholic Charities Clothing Room & Food Bank has been running in our community since the 1970's and is supported only through the generosity of donations and volunteer workers.

Food Bank Hours: Tuesdays from 9:00 AM to 11:30 AM

Clothing Room Hours: Wednesdays from 1:30 PM to 3:00 PM.

Gently used, seasonal clothing and non-perishable food items are needed and can be dropped off at the parish office.

Contact the Compassionate Committee for the Homeless in North Bay visit <https://www.facebook.com/compassionatecommitteefornorthbay/> or Leah Pierce at CompassionNorthBay@gmail.com