

25 JANUARY
2026

Third 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

3RD SUNDAY

IN ORDINARY TIME

YEAR A



The 3rd Sunday in Ordinary Time Year A reminds us that God brings light into darkness. We hear the words of Isaiah about a people who once lived in gloom but now see light. This reading shows us that God does not leave us alone. He is near, even in hard times.

In the Gospel, Jesus begins preaching and calling his first followers. He brings light to Galilee, a place people often forgot. He tells them to turn their lives around and follow him. His message is simple but clear: the kingdom of heaven is close. The 3rd Sunday in Ordinary Time Year A helps us see how Jesus brings hope, healing, and peace. He calls each of us to follow him and live in his light.

Saint Paul also speaks to the early Church. He tells them to stop fighting and focus on Jesus.

It is a good reminder for us today. We belong to Christ, not to any group or leader.

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

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 bags/envelopes & drop them into the office mail slot.**

Our D & P Coordinator, Lorraine Atchison, will make sure they are sent to the Stamp Project. Thank you!

OFFICE HOURS THIS WEEK

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

WEEKLY READINGS: 26 January — 01 February

Monday	2 Timothy 1. 1-8; Luke 10. 1-9
Tuesday	2 Samuel 6. 12b-15, 17-19; Mark 3. 31-35
Wednesday	2 Samuel 7. 1-17; Mark 4. 1-20
Thursday	2 Samuel 7. 18-19, 24-29; Mark 4. 21-25
Friday	2 Samuel 11. 1-4a, 5-10a, 13-17; Mark 4. 26-34
Saturday	2 Samuel 12. 1-7a, 10-17; Mark 4. 35-41
Sunday	Zephaniah 2. 3; 3. 12-13; 1 Corinthians 1. 26-31; Matthew 5. 1-12

What's Happening at the Cathedral This Week

Monday to Sunday, 26 January - 01 February

Date	Time	Location	Event
Monday	6:30 PM	Hall	CWL Executive Meeting
Thursday	6:30 PM	Church	Choir Practice—Call for Information
Saturday	9:20 AM	Atrium	Catechesis of the Good Shepherd
	10:00 AM	Rectory	Liturgy Planning Meeting
Sunday	9:00 AM	Sacristy	Children's Liturgy of the Word

Orchard Cards
on sale at all Masses
This Weekend




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

2nd Sunday in Ordinary Time - 18 January

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

Roof Campaign Unreported 2025 Revenue

Investment Share Donation:	\$ 7,137.20
Pre-Authorized December Donations	\$ 717.00
December 50/50 Profit	\$ 183.50

Thank you to John Cutsey for his very generous donation of \$50,000 to the Roof Campaign that was added to the 2025 revenues.



ROOF CAMPAIGN REPORT to 18 January	
Roof Campaign Balance	\$7,779.00
Sunday, 18 January Collection	
Roof Loose	\$546.85
39 Received Donations	\$3,353.00
Orchard Gift Card Sales	\$15.00
3 Cards X \$5.00 Profit	
	Profit to Date: \$15.00
CAMPAIGN BALANCE	\$11,693.85

Mass Schedule

Tuesday, 27 January - Weekday in Ordinary Time

Judy Kelly-Manary - Robert Manary
Walter Martin - Maria Gosselin
Carmen Fruci - Cathy Fruci and Family

12:05 PM

Wednesday, 28 January - St. Thomas Aquinas

Intention of Robin MacDonald - Elsbeth Dillig
Intention of Robert Manary - The Montgomery Family
Intention of Brian Zima - Mariann Zima and Family

12:05 PM

Thursday, 29 January - Weekday in Ordinary Time

Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu
Sheila Levesque - Richard Levesque
Lloyd Voisin - The Voisin Family

12:05 PM

Friday, 30 January - Weekday in Ordinary Time

Anne Baechler - Jessica Costa
Geno Cundari - Mary-Lynn and the Cundari Family
Gisele Tiernay - Kathy Storie and Family

12:05 PM

Saturday, 31 January: Fourth Sunday in Ordinary Time 4:00 PM

For a Special Intention - A Parishioner
Stan Zima - Mae MacDonald

Sunday, 01 February: Fourth Sunday in Ordinary Time

9:00 AM Abraham Barrios - The Barrios Family
Anne Baechler - Margaret Anne Lafontaine

11:00 AM Emilia Hlusek - Joe and Louise Defonzo
Seamus O'Sullivan - Patricia and Robert Fassl
Intention of the Parishioners - Father Larry Rymes



Call the parish office
if you can help
at any of our
weekend Masses.
Thank you!

Funeral Lunch Team News

A warm welcome and thank you to Anne Marie Westenenk who has taken on the role of coordinating and hosting our funeral lunches for bereaved families along with the assistance of her wonderful team. We thank you all for providing this wonderful and important service to our parish!

At this time, Anne Marie would like to reach out to our parish for assistance in the following roles to join our team: 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 Anne Marie know you are interested so she can discuss these roles further with you.

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 the Masses next weekend and again on the Feast Day - Tuesday, February 3 for anyone who would like to receive this special blessing.



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

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

Catholic Women's League

With God's help, these women have been chosen by the members of The Catholic Women's League of Canada to serve at the executive level.

President	Leah Pierce
Vice-President	Margaret Sroga
Secretary	Jennifer Clara Antony
Treasurer	Barbara Hebert
Past President	Mary-Lynn Truchon
Faith Chairperson	Helen Adams
Service Chairperson	Lorna Rick
Social Justice Chairperson	Chizoba Ijoma



The Catholic Women's League of Canada is an organization rooted in gospel values calling its members to holiness through service to the people of God. **Please provide well wishes and your support to our Sisters in Christ** as they serve as elected officers of the Pro-Cathedral Catholic Women's League Executive.

The General Gathering of the Catholic Women's League will be held on Wednesday, February 4, 2026, 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.

2026 Memberships

It's that time of year again when members of The Catholic Women's League of Canada renew their memberships. Membership dues are \$40 and envelopes can be found at the back of the church. We accept cash, cheque, and e-transfer (480cwlpro@gmail.com). **Please provide your full name if paying by cash.**

We would love to receive your suggestions. The suggestion box is placed at the back of the church, and suggestions will be discussed at each Executive Meeting and brought forward at a General Gathering. If you cannot locate the suggestion box just ask our wonderful ushers. We look forward to hearing from 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)



**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 BY MIDNIGHT JANUARY 31!

License #RAF1524883

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

Welcome to all Single Women!!

(Divorced, Single, Widowed)

It's a new year — consider joining us!

We have over 40 members who get together to share social times and great conversation! We go to movies, dinner, antiquing, shopping, berry picking, card nights, sleigh rides, coffee every Thursday & more! You get to decide what events you would like to participate in—no pressure.

We only have two meetings per year to set the agenda based on everyone's input.

If this is something you might enjoy, please call Karen for more information at 705-495-6675, or email kbeaulieu914@gmail.com or text 705-493-4191.



Infant Baptism

Are you expecting or have a child who has not been baptized? We are here for you to help welcome your child into the faith.



Parents are required to take a baptism program prior to a baptism being scheduled. This takes the form of a one-night meeting held here at the parish. We usually schedule these gatherings from September to May each year and once taken, parents can choose a scheduled baptism date. Preparation can be taken prior to the birth of your child so you will be ready to schedule a baptism.

Contact the parish office by phone or email for more information.

Shalom Place: 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, 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.

The Good Samaritan Corner



Did you know that the Compassionate Committee for the Homeless in North Bay is an ecumenical group made up of people belonging to 8 different churches in the North Bay area?

January 18-25, 2026, is the **Week of Prayer for Christian Unity**. This week offers a chance for activities to bring various Christian Churches together in prayer, promoting unity in local parishes and congregations. The theme for 2026 is "**There is one body and one Spirit**" (Ephesians 4:4). Since its inception, our committee has held six Backpacks of Love campaigns collecting donated essential items and generous cash donations to provide hundreds of backpacks filled with essential items to frontline organizations that assist people experiencing homelessness. We ran six Winter Boot campaigns collecting donated hats, mitts, scarves and warm socks, and cash donations to purchase over 300 pairs of winter footwear for the homeless, including partnering with Soles4Souls Canada. As well, we have hosted four information sessions to educate the people of North Bay on how they can help people experiencing homelessness. In 2024 and 2025, the Compassionate Committee partnered with Open Arms Café at St. John the Divine Anglican Church to host an Easter Dinner, feeding over 200 people each year.

In 2026, we will continue to hold Backpacks of Love and Winter Boot Campaigns, as well offer Easter Dinner, host an Information Session and support other frontline organizations like Open Arms Café, Operation Mercy Relief Street Ministry, and Tracy Clement Heart and Hands just to name a few.

Ultimately, the committee's goal is to address the urgent needs of the unhoused in North Bay and to advocate for the creation of affordable, transitional and supportive housing by working with all three levels of government.

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