

15 FEBRUARY
2026

Sixth 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.

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

The readings for the 6th Sunday in Ordinary Time Year A help us think about our choices. God gives us the freedom to choose between good and evil. He doesn't force us. But He wants us to choose life. His commandments are there to guide us, not to burden us.



In the Gospel, Jesus says He didn't come to get rid of the law. He came to bring it to its fullest meaning. He wants more than just the outside actions. He calls us to go deeper—to be honest, to be pure, to let go of anger, and to speak with truth.

Saint Paul reminds us that God has good things planned for those who love Him. These blessings are not always easy to see. But the Holy Spirit helps us understand them. God's wisdom is not like the world's. It leads to real joy and peace.

On this Sunday, we are invited to follow God with our whole heart. His commandments are not just rules. They are the way to love Him and others. They help us walk with Him every day.

Food Bank Sunday

Food Collection
NEXT WEEKEND

Donations of non-perishable food to our Catholic Charities Food Bank would be appreciated. Items that go with bread are in demand: peanut butter, tuna, salmon, mayonnaise, cheeze whiz, etc.

OFFICE HOURS THIS WEEK

| | |
|---------------------|-----------------------|
| Monday (Family Day) | OFFICE CLOSED |
| Tuesday—Thursday | 8:30 AM to 4:30 PM |
| Friday | 8:30 AM to 12:00 NOON |

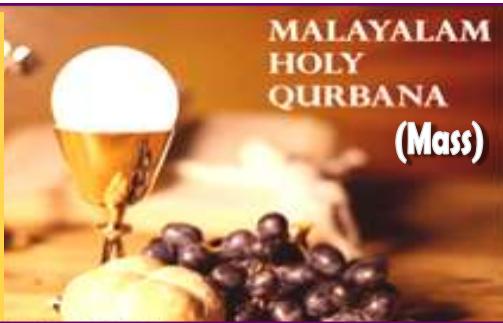
WEEKLY READINGS: 16 - 22 February

| | |
|-----------|---|
| Monday | James 1. 1-11; Mark 8. 11-13 |
| Tuesday | James 1. 12-18; Mark 8. 14-21 |
| Wednesday | Joel 2. 12-18; 2 Corinthians 5. 20—6. 2; Matthew 6. 1-6, 16-18 |
| Thursday | Deuteronomy 30. 15-20; Luke 9. 22-25 |
| Friday | Isaiah 58. 1-9a; Matthew 9. 14-15 |
| Saturday | Isaiah 58. 9b-14; Luke 5. 27-32 |
| Sunday | Genesis 2. 7-9, 16-18, 25; 3. 1-7; Romans 6. 12-19; Matthew 4. 1-11 |

What's Happening at the Cathedral This Week Monday to Sunday, 16—22 February

| Date | Time | Location | Event |
|-----------|----------|---------------|---|
| Tuesday | 1:30 PM | Church | Decorating Committee |
| | 5:00 PM | Hall | Knights of Columbus Shrove Tuesday Pancake Supper |
| | | | |
| Wednesday | 9:30 AM | Church | MSB & St. Alexander School |
| | 12:05 PM | Church | Mass with Distribution of Ashes |
| | 5:30 PM | Church | Mass with Distribution of Ashes |
| Thursday | 6:30 PM | Church | Choir Practice |
| Friday | 5:30 PM | Church | Stations of the Cross |
| Saturday | 9:20 AM | Atrium | Catechesis of the Good Shepherd |
| | 12:30 PM | Sacristy | Catholic Girls League Exec. |
| | | | |
| Sunday | 9:00 AM | Sacristy | Children's Liturgy of the Word |
| | 12:00 PM | Church & Hall | Knights of Columbus |
| | | | |

THIS SUNDAY
15 February
4:30 PM
Pro-Cathedral
Everyone
Welcome!



NEXT WEEKEND!

Thank you to Margaret Lafontaine,
the February Loose Roof Collection
will be matched next weekend,

February 21 & 22 up to \$1,000.00

Please be generous! Thank you!

5th Sunday in Ordinary Time - 08 FEB

| Sunday Offering | Building Fund |
|-----------------|---------------|
| \$2,160.35 | \$894.00 |

ROOF CAMPAIGN REPORT to 08 February

| | |
|--------------------------------|--------------------|
| Roof Campaign Balance | \$24,695.43 |
| Sunday, 08 February Collection | |
| Roof Loose | \$394.70 |
| 31 Receipted Donations | \$655.00 |
| CAMPAIGN BALANCE | \$25,745.13 |

Mass Schedule

Tuesday, 17 February - Weekday in Ordinary Time

12:05 PM

Judy Kelly-Manary - Robert Manary
Virginia Tedesco - Maria Gosselin
Katie Laporte - Nadine and Paul Condon



Wednesday, 18 February - Ash Wednesday

12:05 PM

9:30 AM Mother. St. Bride & St. Alexander School
12:05 PM Mass with Distribution of Ashes
5:30 PM Mass with Distribution of Ashes

Thursday, 19 February - Weekday in Lent

12:05 PM

Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu
Intention of the Smith Family - Mary Lou Smith
Thomas Wilkinson - Lakshmi Wickamasingke

Friday, 20 February - Weekday in Lent

4:00 PM

Int. of Christiansen & McIntyre Families - Theresa and Denis Daoust
Sheila Levesque - Richard Levesque
Stan Zima - Don and Marilyn Halsall

Saturday, 21 February - First Sunday of Lent

4:00 PM

Intention of Patricia Fassl - A Parishioner
Adeline and Osborne Hill—Brenda Passmore and Family
Denis Lafleur - Loretta DiEugenio

Sunday, 22 February: First Sunday of Lent

9:00 AM Diane Mason - Richard and Rosa Miron
Ronald Gervais - Cecile Robert
Shirley and Frank Celentano - The Family

11:00 AM Intention of Jayden Sharma - A Parishioner
Emilia Hlusek - Nipissing-Parry Sound CDSB
Intention of the Parishioners - Father Larry Rymes

ASH WEDNESDAY- FEBRUARY 18

THE BEGINNING OF LENT



For the liturgy for Ash Wednesday, we use ashes made from the burned palm branches distributed on the Palm Sunday of the previous year. The blessed ashes are imposed on the foreheads of the faithful, making the sign of the cross and saying, **"Remember, man you are dust and to dust you shall return,"** or **"Turn away from sin and be faithful to the Gospel."**

As we begin this holy season of Lent in preparation for Easter, we must remember the significance of the ashes we have received: We mourn and do penance for our sins. We again convert our hearts to the Lord, who suffered, died and rose for our salvation. We renew the promises made at our baptism, when we died to an old life and rose to a new life with Christ. Finally, mindful that the kingdom of this world passes away, we strive to live the kingdom of God now and look forward to its fulfillment in Heaven.

Fasting & Abstinence - Fridays During Lent

Our abstinence for Catholics 14 years and older (as long as there are no health issues) is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence. These could include special acts of charity (visiting the sick or aged, helping those in any need, contributing to a work of charity) or other acts of piety (taking part in a service of worship with others, praying with our family, spending some extra time in personal prayer, especially with the scriptures).



CATHOLIC WOMEN'S LEAGUE

2026 Memberships

Catholic Women's League Next General Gathering Wednesday, March 4 at 6:30, when our very own Heather McGuinty will speak about grief and bereavement, so please plan to attend.

2026 Memberships Due Now

League: I am one of many.

Canadian: I am aware of my culture and my country.

Catholic: I am reminded of my religious teachings and responsibilities.

Women: I belong to a sisterhood from which I can draw spiritual and temporal support, comfort and strength in times of need.

Do you have your membership yet? For the annual fee of \$40 you can become part of this national organization - the largest Catholic women's group in our country. Contact Vice-President, Margaret Sroga, if you have new contact info at: msroga4946@gmail.com or 705-499-8336.

Check it out! Bishop Thomas Dowd presents "Ten Minute Teaching" on Youtube at <http://www.youtube.com/@TenMinuteTeaching>

Our Bishop shares short 10 minute (or less) videos on many different topics - Catholic Marriage for Non-Catholics, Who Created God, Can God do Anything?, & More! No prior knowledge of Catholicism required. Join him on the journey!



Did you know that we use blessed palms from previous Palm Sundays to use for ashes at our Ash Wednesday celebrations?

If you have palms that you could donate for this purpose, please bring them to church and put them in the provided container.

We will take care of burning them to use in our celebrations. Thank you!



Blessed white candles are available immediately before and after all masses on the weekend and weekdays. You may enter the Sacristy to pick up and light a vigil candle. At that time you may place your candle on the stand. An offering of \$5 per candle is suggested to help defray costs.

POPE LEO XIV FEBRUARY PRAYER INTENTION

LET US PRAY THAT CHILDREN SUFFERING FROM INCURABLE DISEASES AND THEIR FAMILIES RECEIVE THE NECESSARY MEDICAL CARE AND SUPPORT, NEVER LOSING STRENGTH AND HOPE.

ROOF LOOSE COLLECTION
NEXT WEEKEND 
FEBRUARY 21 & 22
DONATIONS WILL BE
MATCHED UP TO
\$1,000

THANK YOU TO OUR DONOR
MARGARET LAFONTAINE!



THROW US YOUR LOOSE CHANGE!

PRO-CATHEDRAL OF THE ASSUMPTION

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.





USHERS NEEDED!

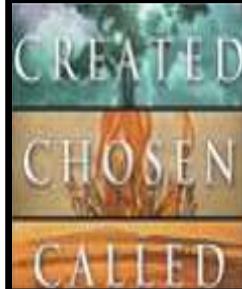
Can you volunteer
for any of our
Weekend Masses?

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



IS GOD CALLING YOU
TO BE A PRIEST?
VISIT
WWW.BEAPIEST.CA

Become an Extra-ordinary Minister of Holy Communion

We are currently inviting volunteers to serve as **Extra-ordinary Ministers of Holy Communion** — a sacred ministry that brings Christ to others in the most personal and profound way. If you would like to serve in this beautiful ministry at our 4:00 PM, 9:00 AM or 11:00 AM Masses, please contact the parish office.

All that's required is a servant heart and a willing spirit - training is provided. Your "yes" becomes a powerful witness of love, presence, and service.



Please remember to shut off cellphones
before entering the Cathedral. They are distracting
and cell signals can interfere with our sound system.



World Day of Prayer Journée mondiale de la prière



World Day of Prayer 2026 "I will give you rest: Come" - Ecumenical Worship Service will be held at Trinity United Church on Friday, March 6. Doors open at 1:30 PM, all are welcome. Refreshments will be served.

Shalom Place: 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 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. Register at shalomssm@shaw.ca, www.shalomplace.ca or 705-254-4690. Cost: Your free-will offering supports the ministry of Shalom Place.

Catholic Young Adults presents How to Party Like a Catholic, a conversation on party culture, drinking, and drugs. February 13 at 6:00 PM at Holy Name for adults aged 18-35. Join for dinner, a talk, and discussion. Board games and fellowship to follow.

Free quilts for people living with cancer. Victoria's Quilts Canada (VQC) provides handmade quilts to people living with cancer in Canada. By providing these quilts, we hope to bring physical comfort to those dealing with cancer as well as spiritual comfort in knowing that they are not alone. If you know someone or you yourself is living with cancer please request a free quilt at our website at Victoria's Quilts Canada. The North Bay Branch of Victoria's Quilts Canada will deliver one personally.

[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



The Good Samaritan Corner

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

Catholic Charities Clothing Room & Food Bank

Catholic Charities Clothing Room & Food Bank has been running in our community since the 1970's, located in the basement of the Pro-Cathedral of the Assumption at 480 McIntyre Street West, 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.

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