

Pro-Cathedral of the Assumption

480 McIntyre Street West
North Bay, ON P1B 2Z4

First Sunday of Lent
22 February 2026

Email: office@procathedral.ca



Phone: 704-472-3970 Web: www.procathedral.ca

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**

Welcome to Your Father's House!

The 1st Sunday of Lent Year A brings us into the story of Jesus in the desert. He fasts for forty days and is tempted by the devil. But Jesus stays faithful. He trusts God and chooses what is right. This reading reminds us that Lent is a time to turn away from sin and follow Jesus more closely.

Adam and Eve were tempted and gave in. Their choice brought sin into the world. But the Gospel shows something new. Jesus is also tempted, but He says no. He shows us a better way.

Saint Paul helps us connect these two stories. He says that one man brought sin, but another man, Jesus, brings life. Through Him, we can be made right with God again. This message of hope is at the center of the 1st Sunday of Lent Year A.

Lent is a season for change. It is a time to say no to things that pull us away from God. It is also a time to trust, to pray, and to begin again. As we walk through Lent, we follow Jesus, who shows us the way.



If you're interested in helping those in need, serving your parish, growing in your faith, and serving your community, then the Knights of Columbus is the organization for you! Becoming a Knight can transform your life.

The Knights of Columbus Council 1007 serves the Pro-Cathedral, St. Peter's and St. Alphonsus Churches. We meet on the first Wednesday of each month at 6:30 PM at St. Peter's Church.

If you would like more information about becoming a Knight, contact David Dunkley at: ddunkley@gmail.com

OFFICE HOURS THIS WEEK

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

WEEKLY READINGS: 23 February - 01 March

Monday	Leviticus 19. 1-2, 11-18; Matthew 25. 31-46
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 12. 1-4; 2; Timothy 1. 8b-10; Matthew 17. 1-9

What's Happening at the Cathedral This Week Monday to Sunday, 23 February - 01 March

Date	Time	Location	Event
Monday	6:30 PM	Sacristy	CWL Executive Meeting
Tuesday	6:15 PM	Hall	First Reconciliation Lesson
	6:30 PM	Sacristy	Baptism Preparation Meeting
Thursday	6:30 PM	Church	Choir Practice
Friday	All Day	Hall	CWL Diocesan President's Meeting
	5:30 PM	Church	Stations of the Cross
Saturday	9:20 AM	Atrium	Catechesis of the Good Shepherd
	5:00 PM	Hall	Chili Cook-Off
Sunday	9:00 AM	Sacristy	Children's Liturgy of the Word

Hello Envelope Users ~ 18 114 174

If you are using these 2026 envelope numbers, could you please contact the parish office and let us know this is you? Rest assured, your donations are being posted to your number, we just need to know who you are. Thank you!



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



THIS WEEKEND!

Thank you to Margaret Lafontaine,
the February Loose Roof Collection
will be matched this weekend,
February 21 & 22 up to \$1,000.00

Thank you for your generosity!

6th Sunday in Ordinary Time - 15 FEB

Sunday Offering	Building Fund
\$3,427.40	\$1,119.00

ROOF CAMPAIGN REPORT to 15 February

Roof Campaign Balance	\$25,745.13
Sunday, 15 February Collection	
Roof Loose	\$523.00
33 Receipted Donations	\$1,484.00
CAMPAIGN BALANCE	\$27,752.13

Mass Schedule

Tuesday, 24 February - Weekday in Lent

Judy Kelly-Manary - Jessica Costa
Josie Verrillo - Marg Pugliese

12:05 PM

Wednesday, 25 February - Weekday in Lent

Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu
Paul Smith - Mary Lou Smith
Katie Laporte - Catholic Charities Friends

12:05 PM

Thursday, 26 February - Weekday in Lent

Madeleine Blanchette-Leblanc - Lori and Bryan Jean
Judy Kelly-Manary - Robert Manary

12:05 PM

Friday, 27 February - Weekday in Lent

Intention of Father Loudu - Lakshmi Wickamasingke
Intention of Norma Hart - Catherine and Richard Trenker
Sheila Levesque - Richard Levesque

12:05 PM

Saturday, 28 February - Second Sunday of Lent

Dennis Moore - Marilyn and Don Halsall
Denis Lafleur - Ray Bethune and Family

4:00 PM

Sunday, 01 March - Second Sunday of Lent

9:00 AM Katie Laporte - Elizabeth Foisy
Giuseppina Verrillo - Joe and Louise Defonzo

11:00 AM Marguerite Deschenes - Marthe Smith and Family
Intention of the Parishioners - Father Larry Rymes

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.



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



Congratulations to the following family who recently celebrated the baptism of their child!

Alex Courvoisier and Kayla (Pavone)
on the baptism of their son,
LUKE GIUSEPPE COURVOISIER

May your lives be filled with love and peace and may God bless and protect your child!



CATHOLIC WOMEN'S LEAGUE

2026 Membership Dues Now: It's that time of year again when members of the CWL renew their memberships. Thank you to the members who have already renewed their memberships thus far! Last year, at our membership peak, we had a total of 169 paid members. Let's see if we can beat that number in 2026! There are many ways to pay your \$40 membership fee. You can pay by cheque, made out to the Pro-Cathedral of the Assumption CWL and place it in an envelope in the collection basket, you can e-transfer to treasurer.procathedralcwl@gmail.com, or you can pay cash and place it in an envelope in the collection basket. Please include your name, address, phone number, and email address in the envelope. Good news for ladies who would like to become members! The membership application forms, and information pamphlets can be found at the back of the church by the bulletin board.

From time-to-time we need to reach our members, such as in support of funeral services or our annual bazaar, and it is easiest if we have your updated contact information on file. If you have new contact information, or wish to share your email address, please contact Margaret Sroga, Vice-President, at 705-499-8336 or at msroga4946@gmail.com.

YOUR HELP IS NEEDED!

We are fighting MAID (Medical Assistance in Dying) again. We are looking to submit as many signed letters as possible to our local MP to make our views known. Medical Suicide is not acceptable. YOUR VOICE COUNTS!. Letters will be available this weekend after each Mass and we will be asking for your signature. Please stop and sign a letter before you leave the church this weekend. Thank you!

Shirlene Condie-McVeigh
Diocesan Social Justice Chairperson

Mark Your Calendars! Upcoming Important Dates

Friday, February 27: Regional Presidents meeting at 9:30 am in the Parish Hall.

Saturday, February 28: Coldest Night of the Year fundraising walk. Starts at 5:00 pm at the Voyageur on Delaware.

Friday, March 6: World Day of Prayer at 2:00 pm at Trinity United Church.

Sunday, March 8: Regionals Faith Encounter. "A Faith Encounter with St. Francis" at 1:30 pm at the Pro-Cathedral. Join us for an afternoon of spiritual reflection, prayer and fellowship.

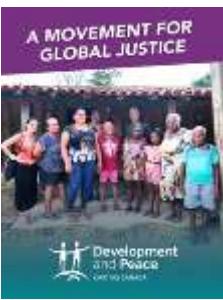
Check it out! Bishop Thomas Dowd presents "Ten Minute Teaching" on Youtube at <http://www.youtube.com/@TenMinuteTeaching>
Our Bishop shares short 10 minute (or less) videos on many different topics - Catholic Marriage for Non-Catholics, Who Created God, Can God do Anything?, & More! No prior knowledge of Catholicism required. Join him on the journey!



Lent is a time of **fasting, prayer and sharing**. For Development and Peace – Caritas Canada, it is an opportunity to **call on your generosity** in solidarity with our sisters and brothers. Your contributions create a bridge of solidarity between our mobilization in the Global North and our partners' transformative work in the Global South.

D & P is the official international development organization of the Catholic Church in Canada which addresses the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. The organization also champions women and social movements as key agents of lasting change.

To learn more, visit devp.org. **To do more**, journey "on track for justice" with the Solidarity Calendar included in this weekend's bulletin.



† MEMORIAL FUND †

The following names have been received at the request of donors in memory of our deceased friends and relatives:



**ALAIN JEAN GIUSEPPINA VERRILLO
KATIE LAPORTE**

**EXPERIENCE PEACE AND LOVE
THROUGH THE BEAUTIFUL SACRAMENT
OF CONFESSION:**

HEARD SATURDAYS 3:00-3:45 PM



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



MAY YOUR LENTEN JOURNEY BE SPIRITUALLY REFRESHING AND DEEPLY MEANINGFUL!

Journey Through Lent: Weekly Video Reflections

The Canadian Conference of Catholic Bishops (CCCB) presents [Journey Through Lent](#). This video series, a joint project of the CCCB's National Liturgy Office, *Office national de liturgie* and the Office for Evangelization and Catechesis, provides weekly Lenten spiritual reflections.

Reflections based on the readings for Sunday Mass will be available weekly from Ash Wednesday until Palm Sunday. Designed for individuals, families, and communities, *Journey Through Lent* encourages viewers to reflect on the Sunday readings.

Each week these video reflections will be posted on our Facebook site as well as on our website at www.procathedral.ca under LINKS

First Sunday of Lent

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God." (Matt. 4:1-4)

The First Sunday of Lent begins with the scene of the temptation of Christ, the opening of the public life of Jesus. The temptation declares in the Gospels in a very forceful manner the great change in our lives that He introduces into the world by His work of redemption. Where Adam fell, Christ, the new Head of humanity, triumphs over the power of Satan: at the time of His passion "the prince of this world" will be cast out. The Gospel of the temptation heralds Christ's victory in advance. By appointing this Gospel for the beginning of Lent, the Church proclaims that this victory should be ours also.

Our basic temptations in life are the same: bodily comforts and pleasure, the empty esteem of our fellowman, wealth and power. There many who have given in to these temptations and, are wasting their lives chasing after these unattainable shadows. But even should they manage to catch up with some of them, they soon find out that they are empty baubles.

Today, let each one of us look into his heart and honestly examine his reaction to these temptations. Do we imitate our Savior and leader? Our purpose in life is not to collect its treasures, its honors or its pleasures. We are here for a few short years, to merit the unending life which Christ has won for us.

Lent is a golden opportunity to review our past and make sensible resolutions for our future so that His victory at Easter will be our victory as well.



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.



Sunday Liturgy With Children

GATHERING SUNDAYS AT 9 AM MASS

Sunday Liturgy With Children is held every Sunday at the 9:00 AM Mass from September to June 2026 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.

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 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.

[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

Did you know that there are little boys who are waiting for Big Brothers?

Are you passionate about making a difference? Join our dedicated team of volunteers and help transform lives!



- 1 year commitment
- 2-3 hours per week
- Support and training provided
- Flexible scheduling

20 Littles are waiting!!

For more information contact Big Brothers Big Sisters of North Bay and District at 705-474-3041 or visit www.northbay.bigbrothersbig sisters.ca

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