

# Pro-Cathedral of the Assumption

Second Sunday of Lent  
01 March 2026

480 McIntyre Street West  
North Bay, ON P1B 2Z4  
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## 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 2nd Sunday of Lent Year A shows us how God calls people to trust Him. In each reading, we see someone stepping forward with faith. Abram leaves his home. The disciples follow Jesus up the mountain. A voice from a cloud says, "This is my beloved Son... listen to Him." The disciples are afraid, but Jesus tells them not to be afraid. Paul tells Timothy to keep going even when life is hard. This moment on the mountain gives the disciples a glimpse of what is to come. It reminds us that even in hard times, God's light is near.

These readings help us see that Lent is a time to listen and follow. God may lead us in ways we do not expect. We are not meant to stay in one place. Just like Abram and the disciples, we are called to move forward with hope even when the way is hard or uncertain. , we walk in faith. God is leading us somewhere good.

**Gracious and faithful God,  
You call us to follow You into places unknown,  
trusting not in what we see,  
but in the promise of Your steadfast love.  
In this Lenten journey,  
strengthen our hearts to walk in obedience,  
even when the path feels uncertain.  
Open our eyes to Your light,  
that we may see hope where the world sees despair.  
Bless those who are weary, comfort those who are grieving,  
and guide all who seek Your truth.  
Make us a blessing to others,  
so that through our words and actions,  
Your grace may be known in every corner of the earth.  
We pray in the name of Jesus Christ, our companion on the road. Amen.**



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](mailto: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**

## OFFICE HOURS THIS WEEK

<b>Monday—Thursday</b>	<b>8:30 AM to 4:30 PM</b>
<b>Friday</b>	<b>8:30 AM to 12:00 NOON</b>

## WEEKLY READINGS: 02 - 08 MARCH

Monday	Daniel 9. 3, 4b-10; Luke 6. 36-38
Tuesday	Isaiah 1. 10, 16-20, 27-28, 31++; Mt. 23. 1-12
Wednesday	Jeremiah 18. 18-20; Matthew 20. 17-28
Thursday	Jeremiah 17. 5-10; Luke 16. 19-31
Friday	Genesis 37. 3-4, 12-13a, 17b-28; Matthew 21. 33-43, 45-46
Saturday	Micah 7. 14-15, 18-20; Luke 15. 1-3, 11-32
Sunday	<b>Exodus 17. 3-7; Romans 5. 1-2, 5-8; John 4. 5-42</b>

**What's Happening at the Cathedral This Week**  
**Monday to Sunday, 02 - 08 March**

Date	Time	Location	Event
Wednesday	6:30 PM	Hall	CWL General Gathering
Thursday	6:30 PM	Church	Choir Practice
	6:30 PM	Sacristy	Parish Pastoral Council Mtg.
Friday	5:30 PM	Church	Stations of the Cross
Saturday	9:20 AM	Atrium	Catechesis of the Good Shepherd
Sunday	9:00 AM	Sacristy	Children's Liturgy of the Word
	10:00 AM	Hall	1 <sup>st</sup> Reconciliation Gathering
	1:30 PM	Hall	CWL Faith Encounter with St. Francis—All are Welcome

**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!

Thank you so much to Margaret Lafontaine for matching the February Loose Roof Collection!

We have an anonymous donor for March—next collection will be the weekend of March 28 & 29.



**First Sunday of Lent - 22 February**

<u>Sunday Offering</u>	<u>Building Fund</u>
<b>\$3,462.85</b>	<b>\$1,131.00</b>

**ROOF CAMPAIGN REPORT to 22 February**

Roof Campaign Balance	\$27,752.13
<u>Sunday, 22 February Collection</u>	
Roof Loose	\$825.60
38 Receipted Donations	\$1,553.00
January 50/50 Profit	\$395.85
Orchard Gift Card Sales	\$195.00
39 Cards X \$5.00 Profit	Profit to Date: \$505.00
<b>Parishioner Matching—22 FEB</b> Thank you Margaret Lafontaine	\$1,000.00
<b>CAMPAIGN BALANCE</b>	<b>\$31,721.58</b>

**Mass Schedule**

- Tuesday, 03 March - Weekday in Lent** **12:05 PM**  
 Katie Laporte - Nadine and Paul Condon  
 Josie Verrillo - Cecile Robert
- Wednesday, 04 March - Weekday in Lent** **12:05 PM**  
 Int. of Living and Deceased Members of the Catholic Women's League  
 Judy Kelly-Manary - Robert Manary  
 Stan Zima - Gerri Reid
- Thursday, 05 March - Weekday in Lent** **12:05 PM**  
 Intention of the Montgomery Family - Robert Manary  
 Denis Lafleur - Nadine and Paul Condon  
 Gino Tedesco - Maria Gosselin
- First Friday, 06 March - Weekday in Lent** **12:05 PM**  
 Intention of Kristy and Nicholas Beaulieu - Karen Beaulieu  
 Clifford Riopelle - Margaret Riopelle and Family  
 Sheila Levesque - Richard Levesque
- Saturday, 07 March - Third Sunday of Lent** **4:00 PM**  
 Intention of a Friend - Lakshmi Wickamasingke  
 Madeleine Blanchette-Leblanc - Nipissing-Parry Sound Catholic D.S.B.
- Sunday, 08 March - Third Sunday of Lent**  
**9:00 AM** Mary Miscio - Catharine and Carlo Celebre and Family  
 Joseph Slattery - Dr. David Slattery and Family
- 11:00 AM** Diane Mason - Richard and Rosa Miron  
 Sam and Lily Veraldi - Myrtle Veraldi  
 Intention of the Parishioners - Father Larry Rymes



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

**Thank you to Everyone for your continued amazing support of the Monthly Loose Roof Collection**



**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 nationale 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](http://www.procathedral.ca) under LINKS**



## CATHOLIC WOMEN'S LEAGUE

The **General Gathering** of the Catholic Women's League will be held on Wednesday, March 4 at 6:30 p.m. in the parish hall. The highlight of this meeting will be a presentation from our very own Heather McGuinty on grief and bereavement. Please plan to attend.

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

Contact Vice-President, Margaret Sroga, if you have any questions about membership or if you have new contact information at: [msroga4946@gmail.com](mailto:msroga4946@gmail.com) or 705-499-8336.

UPCOMING IMPORTANT  
DATES

**MARK YOUR CALENDARS!**

**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.

**Saturday, March 21:** Regional Gathering starting at 9:30 am at St. Peter the Apostle. More details to follow.

[www.rafflebox.ca/raffle/procathedral](http://www.rafflebox.ca/raffle/procathedral)



### TICKETS

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

**PURCHASE YOUR TICKETS EACH MONTH**

**Every purchase supports the Roof Campaign**

License #RAF1524883

**Do you attend Mass on a regular basis and don't mind staying periodically for an extra 15 minutes afterwards?**

**We are looking for a team of people who would be willing to sell Orchard Cards once per month and at times, tickets to social events.**

**If we get several volunteers, you may only be scheduled to sell once every two-three months.  
That would be awesome!**

**We really need your help. Our current volunteers have been faithfully committed to doing this for years.  
If you can help us out, details will be provided to you.**

## **This Lent, let's move forward On Track for Justice**

*"The Church, like a mother, accompanies those who are walking."* – Pope Leo XIV



Dignity, participation, solidarity, the preferential option for the poor and integrity. These are the values at the heart of the work of Development and Peace – Caritas Canada, the official international development organization of the Catholic Church in Canada. Since 1967, we've been walking hand in hand with communities in the Global South to promote justice, peace and dignity.

Guided by Catholic Social Teaching, we support partner-led projects that reach over 7 million people in more than 30 countries around the world.

We can make a difference by donating online at [devp.org/give](http://devp.org/give) or during the Solidarity Sunday collection on March 22, the fifth Sunday of Lent. Your generosity helps support over 59 projects in 34 countries around the world!

**Check out our website under OUT-REACH for Development and Peace videos and more resources.**



### **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 baggies/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!*

## **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 Westenek know you are interested. Thank you for your consideration!

## Make Lent a time to bring your family closer together.

Whether you've got toddlers, teenagers, grandchildren, or everyone in between, it's never too late to start something new. Here are a few simple things that you can do with your family to make this Lent more meaningful, and bring you a little closer together.

- **Read the daily Mass readings during breakfast:** Going through the readings of the day are a great way to reflect on Scripture.
- **Eat Simpler Meals:** When possible, choosing to eat simpler meals is a great way to relate with the poor.
- **Pray together:** Taking the time to pray, even if it's just an Our Father. If you have children, let them see you praying, keep it simple, and include them.
- **Go to Mass at least once a week:** Don't worry about your kids making noise or their hair not being combed. Just being there is a beautiful thing.
- **Write each other little notes of encouragement:** Place notes of encouragement for your partner or child to find – under a pillow, in a lunch box, etc. Tell them how proud you are of them, that you love them, that you're praying for them.
- **Clean out your closets and donate the clothes:** We all have clothes that never make the morning cut. Instead of having them collect dust, give them away to someone who really needs them.
- **Get to know one of your neighbors:** Sometimes the people who live closest to us are the ones we know the least. Invite them for tea. Be intentional and tell them you'd like to get to know them.
- **Donate to help the world's hungry:** Support Development & Peace Collection on the weekend of 21 & 22 March.

- **Go to confession:** As Catholics, we're supposed to go to confession at least once during Lent. Attend on Saturdays from 3:00 to 3:45 PM. We have this beautiful sacrament of mercy, so why not make use of it?
- **Tune into the Christian radio station:** Maybe give the pop hits a break for a few weeks. In North Bay, this is KFM Radio 94.5
- **Learn about a saint:** You may know a lot of them already, however, there's always someone new to be inspired by.
- **Pray for someone every day:** Intercessory prayer is a great way to reach out to others. Every night before bed, ask God who you should pray for the next day, or have your kids take turns choosing someone to put on the list. Offer any little sacrifices made throughout the day for that specific person.
- **Totally unplug:** Even if it's only once a week, commit to no TV, iPads, iPods or social media.
- **Eat meals together:** This may seem obvious, but if you find you're never sitting down at the table for a meal together, then it's time to make a change. Schedules get busy as everyone gets older, but it's important. And make sure there's no TV on, no music playing... just you and your family, no distractions.

During Lent we're called to pray, fast, and give alms. Whether it's praying daily, eating simpler meals, going to confession, or befriending the neighbor down the street, Lent is a great time to make some positive changes. So choose a few things that may have inspired you and integrate it into your family life. Who knows all the incredible things it might start.

**LENT**  
Pray + Fast + Give

**Lenten Retreat:** St. Joseph's Catholic Church in Powassan invites everyone to their 3 day Lenten Retreat, Sunday, March 22 to Tuesday, March 24, at 7 pm each evening. The Retreat Master is Deacon Brad Lewis, who ministers at St. Patrick's Parish in Kearney and at Holy Spirit Parish in Burks Falls. Deacon Lewis teaches public speaking and Homiletics in the Diaconate Formation Program for the Peterborough Diocese. The theme of the retreat is "Come and See and Encounter". A free-will offering will be most appreciated.

**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 will personally deliver.

## The Good Samaritan Corner

Addressing the needs of people experiencing homelessness doesn't just mean providing food, essential items, and warm footwear. It also includes advocacy and education.



**Did you know that there are homeless Veterans in North Bay?** Operation Leave the Streets Behind, is a program run by the Royal Canadian Legion and funded by the Poppy Fund. It was established to prevent and eradicate Veteran homelessness in Canada. The fund provides financial assistance for items such as first and last month's rent, rental arrears, and furnishings. The fund started in 2010-2011 and since then, in North Bay, they have accessed over \$86,000 to support Veterans who are near-homeless or experiencing homelessness. For more information about the program visit [https://www.legion.ca/docs/default-source/default-document-library/operation-leave-the-streets-behind.pdf?sfvrsn=ffad04f1\\_4](https://www.legion.ca/docs/default-source/default-document-library/operation-leave-the-streets-behind.pdf?sfvrsn=ffad04f1_4)

To support Operation Leave the Streets Behind please contact your local Legion. If you know a Veteran who is near homeless or who is homeless please contact the Legion at: Phone: 613-591-3335, Toll-free: 1-877-534-4666 or [veteransservices@legion.ca](mailto:veteransservices@legion.ca) or contact a Command Service Officer in your area.

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



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.