



Holy family Parish

Bulletin — October 20th, 2024

1021 McCarthy Blvd. N., Regina, SK S4X 3P9 Phone: 306-949-7678
Website: www.holyfamilyregina.com Email: office@holyfamilyregina.com

Facebook: www.facebook.com/holyfamilyregina/

Contact the office

**Mon - Thurs 9am-12pm
and 1pm-4pm,
(closed during lunch hour)**

Friday 9am-12pm
for Baptism, First
Eucharist, Confirmation,
Reconciliation,
Marriage and Funeral;
Mass Intentions, Hall,
Meeting Rooms,
and Parish items.

**Please use the front door
during office hours.**

Parish Staff Team:

Fr. Wilfred Calinawan,
Administrator
pastor@holyfamilyregina.com

Sr. Amelia B. Gorospe, SIHM
Pastoral Assistant
pastoral@holyfamilyregina.com
sacprep@holyfamilyregina.com

Andrea Resler, Office Administrator

Kara Philip, Youth Minister
youth@holyfamilyregina.com

Mike Nijman, Building and Grounds

**ZE Maximum Building
Cleaning Ltd. Custodian Service**

All Masses will be celebrated in the hall.

Weekend Mass Times

Saturday: 5:00 pm & Sunday: 9:00 am & 11:00 am

Weekday Mass Times:

Tuesday at 7 pm (Adoration begins at 6 pm)
Wednesday, Thursday & Friday at 5:30 pm
*Father is available to hear confessions Tuesday
during Adoration, before Daily Masses, Saturdays
before the 5:00 pm Mass and by appointment.*

Holy Family Parish is located on Treaty 4 Territory, the
traditional lands of the Nêhiyawak, Nahkawé, and Nakota,
and homeland of the Dakota, Lakota, and Métis peoples.

29TH SUNDAY IN ORDINARY TIME

In Mark's telling of the story of his final journey to Jerusalem, Jesus three times warns the twelve of the fate that will overtake him in the Holy City. During this time, Jesus must have reflected frequently upon the Servant Songs of the Isaian writings, and their paradoxical anticipation of the way in which God would fulfil the hopes of Israel. Our first reading is a brief excerpt from the greatest of these Songs. The Servant who will bring to realisation the true destiny of Israel will know great 'suffering ... offering his life as an atonement'; he will take the 'faults' of the people 'upon himself'. But by doing so he will turn the nation's failure into God's final triumph, as he achieves 'what the Lord wishes'. 'By his suffering my servant shall justify many'.

With these things in his mind, Jesus has to contend with the naïve ambitions of James and John – and with the indignation of the 'other ten', resentful that the sons of Zebedee have tried to steal a march on them. Given the context we have described, it comes as no surprise that the response of Jesus refers to the ordeal that lies ahead of them. 'You do not know what you are asking. Can you drink with me the cup of suffering, share in the ordeal in which I am soon to be plunged?'

Our Christian language often speaks of 'conversion'. The incident we are considering points to the fact that true conversion is much more than a reform of personal morals. It is a revolution in our understanding of what our life 'in Christ' means; it is the starting point of true discipleship. Jesus now urges the twelve to be converted, to broaden their vision, change their values – by identifying with the paradoxical ways of God that are the subject of his reflections as he journeys to Jerusalem. If

they are to be leaders and guides in the community of disciples, their exercise in authority must be more than the realisation of their ambitions for a place of prestige and power. If they want to be truly great, they must make themselves 'servants' – even 'slaves' – of all.

Jesus will teach us, not merely by his words, but also by the living witness of his example: 'For the Son of Man himself did not come to be served but to serve' – words that sum up the whole tenor of his life. The reading from



Hebrews reminds us how truly he lowered himself to share our life: 'feeling our weaknesses with us ... tempted in every way that we are, though without sin'. These are amazing words; truly, God's Servant is also our brother. This reading introduces the great theme of Hebrews, Jesus 'the supreme high priest who has gone through to the highest heaven'. This theme will interpret the saving mission of Jesus to Jewish converts – for whom the temple observances meant so much – by a comparison with the role of the priests in temple worship.

We live in the time of fulfilment. The Spirit of Christ has been given to the Church; and great heroes down through the ages have followed Christ's example, making themselves servants of all. Genuine renewal is linked with such a conversion to God's ways making the Church a sign of hope in a world without hope, a true foreshadowing of the final Kingdom in which God's ways will shape all things.

John Thornhill sm
TheEmmausSeries.com

Can I serve Jesus faithfully until the end according to God's will?

From Today's Reading

First Reading: Isaiah 53:10-11. This passage is often read during Holy Week. It is called the "*Song of the Suffering Servant*" because it described the One who is to come to save the Jewish People and, ultimately, all the People of God. The full text of this chapter of Isaiah should be read to appreciate how God sent His Servant, faithful and sinless though He was, to accept suffering and death in place of those who were guilty. Truly, this was the epitome of humility and service.

Responsorial Psalm 33:4-5; 18-22. This is the prayer of a truly humble person who "waits for the Lord" and accepts what life has to offer because he knows (as it says later in this Psalm) that the *Word of the Lord* and the *works of the Lord* are trustworthy.

Second Reading: Hebrews 4:14-16. This passage is a continuation of last week's Second Reading wherein the writer described Jesus as the ultimate High Priest. He then points out that Jesus, although God, because He was also human, experienced the same trials and sufferings that all human beings experience. Therefore, He can sympathize with our weaknesses. The writer then goes on to tell us that we can approach the throne of God without fear and with confidence, but we must also do so with humility.

Credit: Stclareroseville.org

THOSE IN NEED OF WELL-BEING

Jean & John Boyko	Phyllis Cherkas
Dona O'Callaghan	Rita Legaarden
Roseann Melynk	Phong Le
Ray & Lenore Geisbauer	Kathie Cummine
Mary Philip	Joan Duplessis

OUR BELOVED DEPARTED

Harvey Hartness	Ted Dizy
Fen Hedley	Andrew Ziegler
Don Maloney	Albert Wollbaum

*May God's grace and blessings
comfort and console those who
we love and who are in need.*

STEWARDSHIP BULLETIN BITS: October 20, 2024 - 29th Sunday in Ordinary Time

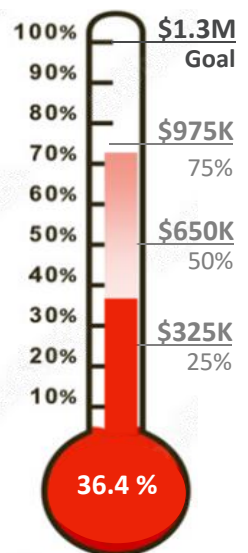
"For the Son of Man did not come to be served, but to serve and to give his life as a ransom for many." ~Mark 10:45
If you held a mirror up to your life, would it reflect God's love and mercy? If you are struggling with this, try changing your attitude from "I want more" to "thank you God for everything you have given me, I have enough to share". This change in perspective will bring you joy through service to others. Pray daily to become less self-centered and to become more God-centered.

GRATITUDE & THANKS

to all the parishioners who have generously pledged and donated to the Raise the Roof campaign. If you have received a mailed letter asking to confirm your intentions for our Gratitude board (have your name listed or remain anonymous), we kindly ask that you respond either by email to hfp-rtr@sasktel.net OR leave a voice message at 306-949-7736 before November 4th so that we can be certain to honour your wishes (there will only be names listed, no financial categories). If you have donated however have not received a letter, please be sure to let us know. Donations and pledges continue to be accepted at any time. **THANK-YOU!!**



**Holy Family Parish
Capital Campaign**



CHILDREN'S LITURGY will not be held next Saturday, October 26th. The lower meeting room is being used for a polling station during the Saskatchewan Provincial Election. Children's Liturgy will run as scheduled on Sunday, Oct. 27th. Thank you for your understanding.

JOIN US AFTER ALL MASSES THIS WEEKEND! The Holy Family CWL will be hosting a pizza supper following the 5 pm mass this Saturday. After mass, please make your way over to Riffel High School Commons Area for the pizza supper. All funds raised will support the Raise the Roof Campaign.



Holy Family Knights of Columbus will be hosting a pancake breakfast following both the 9:00 am and 11:00 am Masses this Sunday. The breakfasts will be held at Riffel High School in the Commons Area. All funds raised will go towards youth activities.

A free-will offering will be collected at both meals. Everyone is invited to join us for one (or both!) of these family friendly events!

Total regular Building Fund + RTR cash & pledges collected:
\$ 473,311
Pledges to be collected:
\$469,182

WEEKLY BIBLE READING GUIDE

October 21

Monday

Ephesians 2:1-10
Psalm 100
Luke 12:13-21

October 22

Tuesday

Ephesians 2:12-22
Psalm 85
Luke 12:35-38

October 23

Wednesday

Ephesians 3:1-12
Cant: Isaiah 12:2,4,5-6
Luke 12:39-48

October 24

Thursday

Ephesians 3:13-21
Psalm 33
Luke 12:49-53

October 25

Friday

Ephesians 4:1-6
Psalm 24
Luke 12:54-59

October 26

Saturday

Ephesians 4:7-16
Psalm 122
Luke 13:1-9

October 27

Sunday

30th Sunday in Ordinary Time
Jeremiah 31:7-9
Psalm 126
Hebrews 5:1-6
Mark 10:46-52

Download the FREE
AMEN or **Living with
Christ Prayer** app from the
app store on your smart
phone for daily readings.

DONATIONS: Holy Family Parish relies on the charity and self-sacrifice of our parishioners to maintain and operate the church. Thank you for your continued generosity!

—**Envelope:** The Sunday offering envelopes are collected at each weekend Mass. After hours, envelopes can be dropped in the mail slot at the front of the church.

—**Pre-authorized debit:** Contact the office if you would like to set this up.

—**E-transfer:** finance@holyfamilyregina.com

—**Online donations through Canada Helps:** <https://www.canadahelps.org/en/dn/24871>

—**Mail to:** Holy Family Parish, 1021 McCarthy Blvd. N., Regina, SK, S4X 3P9

SPECIAL COLLECTION THIS WEEKEND At the initiative of Pope Pius XI in 1926, the second last Sunday in October became known as World Mission Sunday. Catholics throughout the world are invited to pray for and give to the Pontifical Mission Societies. For more info visit: <http://www.missionsocieties.ca>

PERVAIZ FAMILY UPDATE FROM HOLY FAMILY REFUGEE COMMITTEE

The Pervaiz family continues to do well but are anxious for the move to Canada and Regina. Unfortunately, they are having to vacate their current accommodations and are having difficulty securing a new place with their pending departure to Canada.

Sarib will graduate from his college, with a religious studies degree, on October 19, 2024. Sheeza is continuing with her religious studies program. Their parents, Ashiq and Yasmeen, are doing well at this time.

All applications have been submitted by the Archdiocese of Regina to Immigration, Refugee and Citizenship Canada (IRCC) in May of 2024. To date, Sheeza has completed biometric enrollment in Malaysia. The remainder of the family is waiting to be asked next. Following that, they will be required to undertake a medical exam prior to beginning to talk about travel arrangements.

The time of their arrival is still very uncertain.

Please keep the Pervaiz family in your prayers for their continued safety and a speedy arrival in Regina. Blessings, Holy Family Refugee Committee

ROSARIES WANTED! One of the schools in the area is looking for some extra used rosaries for the students to use when they pray the weekly rosary together.

Do you have any used rosaries that you could donate? If so, please put them in the marked basket at the church. Thank you!



LEADERS WANTED We are in need of volunteers to lead the praying of the rosary 20 minutes prior to every weekend Mass during the month of October. A sign-up sheet can be found on the table at the hall entrance. Your help in leading this devotion to our blessed mother is greatly appreciated!

HOLY HOUR & MASS FOR VOCATIONS will be held this **Tuesday, Oct 22nd** beginning with Adoration beginning at 6 pm (*incense is used*) followed by Mass offered for vocations at 7 pm.

Adore Jesus in the Blessed Sacrament and pray for your own vocations or for those of our youth.



COATS FOR KIDS Please donate your gently used winter apparel to the Coats for Kids Program. Donations of parkas, toques, mittens, ski pants & the like, can be placed in the large box near the elevator. Sponsored by the HF Knights of Columbus Council. Thank you!



All Souls' Mass Intention envelopes are available on the table at the hall entrance. All are invited to list the names of their deceased loved ones whose souls they'd like prayers for. The intentions will be blessed at each weekend Mass during the month of November.

The memory of our deceased loved ones will be commemorated at the 5:00 pm Mass on **Saturday, November 2nd**.

ARCHDIOCESAN UPDATES:

POPE'S PRAYER INTENTION FOR OCTOBER

For a shared mission ~ We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

ARCHBISHOP'S APPEAL BULLETIN REFLECTION

Jesus redefines greatness by teaching that true leadership is found in service to others. He calls us to be servants, just as He came to serve. This principle is foundational to our faith and communal life. We must strive to reflect Christ's humility and dedication, fostering a community where service is the hallmark of greatness. Through your support of the Archbishop's Appeal, there are many ways this is lived out, whether it is through participating in the Lay Formation Program, the youth leadership opportunities, or the many ways in which outreach and advocacy for those on the margins is supported. Look for ways to foster this servant leadership in your own lives and parishes this week.

DAY RETREAT: GOD'S PROVIDENCE

The Myriam Family of the Prairies invites you to join them October 26 from 9:30 am - 4:00 pm for a day retreat at their home. Contact Sr. Stephanie for info at 306-761-0528

PILGRIMS OF HOPE: TOGETHER IN MISSION

The Fr. Raymond Lafontaine, a priest of the Archdiocese of Montreal, has been present in the Archdiocese of Regina since May 2024. During this six-month study leave, he has visited numerous parishes and groups across the Archdiocese, meeting with priests, pastoral staff, and lay leaders, observing and learning from the different ways in which we "walk together" as a synodal church in mission. He will be serving as a table facilitator at the 2nd Synodal Assembly in Rome this October, and upon his return, he will lead us in a diocesan study day. What is the Spirit speaking to the Church through the Synod? How far have we progressed along the synodal path, and how can we deepen our commitment to walking together as we live the call to communion, participation, and mission? Fr. Raymond will have many lively stories to share, and so do each of us! Come and share in this conversation with friends and mission partners from across the diocese.

Join us for the study day on **Saturday, Nov. 9, 2024**. The study day begins at 9:30 am with a light breakfast and concludes at 1:00 pm at Resurrection Parish, Regina.

Free registration is requested to assist with planning. To register email mgurash@archregina.sk.ca or call 306-721-6734 by Wednesday, November 6.

[View all updates at: archregina.sk.ca/archdiocesan-weekly](http://archregina.sk.ca/archdiocesan-weekly)

MASS INTENTIONS October 22-27, 2024

Tuesday, October 22 - offered for Vocations
Special Intention r/b Marilyn Younghusband

Wednesday, October 23
All religious, living or deceased r/b Marilyn Y.

Thursday, October 24
Ken Berger (birthday) r/b Cec Hartness

Friday, October 25
Chelsie & Cecilia Lipoth (thanksgiving) r/b Cecilia L.

Saturday, October 26
+Sally Salome & Amado Gabutan Sr. r/b Dory Amio

Sunday, October 27
9 am: Parishioners of HFP in thanksgiving for prayers and blessings offered for Cec Hartness r/b Cec Hartness.
11: am: **Pro Populo (for the people of the parish)** & +Gloria Derkach r/b Henry Derkach

PARISH UPCOMING ACTIVITES

Date	Time	Activities
Mon, Oct. 21		No Mass
Tues, Oct. 22	6:00 pm 7:00 pm	Holy Hour (<i>Incense is used</i>) Mass
Wed, Oct. 23	5:30 pm 7:30 pm	Mass Men's Group (LMR)
Thurs, Oct. 24	5:30 pm	Mass
Fri, Oct. 25	12 - 4 pm 5:30 pm	Office Closed Mass
Sat, Oct. 26	9:00 am 11:00 am 5:00 pm	R.C.I.A. (Hall) Private Baptism Mass (NO Children's Liturgy)
Sun, Oct. 27	9:00 am 11:00 am 12:00 pm 1:00 pm 3:00 pm	Mass (<i>Children's Liturgy</i>) Mass (<i>Children's Liturgy</i>) Private Baptism Sacramental Prep Class (Hall) BLAZE Girl's Group

NEW PARISHIONERS / CHANGE OF ADDRESS

Please complete this form and place it in the collection basket or send it to the parish office, thank you!

Name(s): _____ Address: _____ Postal Code: _____

Phone: _____ Cell: _____ E-mail Address: _____

New Parishioner(s)

I wish to have Sunday Offering envelopes.

Change of Address

I wish to donate monthly by Pre-Authorized Debit.

Questions? Please contact the parish office by email at office@holyfamilyregina.com or by calling 306-949-7678.

VOLUNTEERS NEEDED

We are beginning to feel the excitement of returning to having masses in the nave in December as the renovations continue to progress!

In order to provide everyone with the most positive experience at mass it takes **numerous** volunteers from the various liturgical ministries to ensure everything runs smoothly. This includes Eucharistic Ministers, Altar Servers, Music Ministry, Children's Ministry, Ministers of Hospitality, Lectors, Volunteers for setting up the altar and décor.

We are encouraging all who are interested to please consider providing your support to any of these ministries. Training will be provided.

We are especially in need of Eucharistic Ministers for all mass times and ministers of Hospitality for the 5:00 pm Saturday mass.

Please contact the parish office if you wish to volunteer or if you have any questions email us at office@holyfamilyregina.com or call 306-949-7678.

Ministry descriptions and volunteer forms can be found on our website under the [Resources/Forms](#) tab.

Thank you for your consideration!



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Larry Laczko
4530 Rochdale Blvd.
Regina, SK. S4X 4N9

Ph. 306-352-4844

Fx. 306-352-4845

E: gcocregina@gmail.com

You're busy, we're fast!

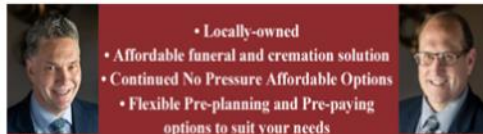
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Archdiocese of Regina

October 20, 2024

Bulletin

29th Sunday in
Ordinary Time

Read. Pray. Vote! Saskatchewan Elections

The October election will offer Saskatchewan voters an opportunity to ensure that the province is guided by leaders who will provide practical and efficient leadership with the good of all in mind – including the unborn, the elderly, the young, families, and those who are too often forgotten by society – as well as workers, farmers, business owners, and all future generations. Catholics are called to participate, in accordance with the full measure of talents entrusted to us by God, each of us in accordance with our own well-formed conscience. At a minimum, this means voting prayerfully and wisely after having considered all relevant issues, the positions of each of the candidates and parties, and relevant Church teachings. Many of us are called to even deeper involvement: volunteering at polling stations and other efforts to get out the vote; engaging personally with candidates and party officials; helping to spread good ideas and encourage others to vote properly; or in some cases volunteering to assist candidates or parties – or even putting ourselves forward as candidates.

To assist you with these efforts, you can visit the Catholic Conscience Page at: catholicconscience.org/Canada/Saskatchewan/2024-provincial-election/

Learn more about your candidates for Catholic School board trustees at archregina.sk.ca/newsstory/regina-catholic-school-board-trustees-whos-running-2/

Cuernavaca Student Mission Trip

Student mission trip with Cuernavaca Project December 25, 2025, to January 3, 2026. Open to all Grade 9 to 11 students. Five from each Catholic High School will be chosen. For more information, call Joan Rink at 306-533-1648.

Stewardship Bulletin Bit

"For the Son of Man did not come to be served, but to serve and to give his life as a ransom for many." (Mark 10:45)

If you held a mirror up to your life, would it reflect God's love and mercy? If you are struggling with this, try changing your attitude from "I want more" to "thank you God for everything you have given me, I have enough to share". This change in perspective will bring you joy through service to others. Pray daily to become less self-centered and to become more God-centered.

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Archbishop's Appeal

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Pilgrims of Hope: Together in Mission

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Free registration is requested to assist with planning. To register email mgrush@archregina.sk.ca or call 306-721-6734 by Wednesday, November 6.

PRAYER FOR HEALING OF CANCER

Loving Heavenly Father,

We humbly pray for all those who are fighting cancer.

Give them the hope and courage they need each day.

Comfort them in their pain and bless them with healing.

Strengthen their family, friends and caregivers.

Lord, we place each one into Your loving care

And pray that in Your grace, You will comfort their heart

and soothe away all anxieties.

Lay your healing hand on all

and remove every cancer cell so that they may healed!

Strengthen each one as they face the future.

Which will be fraught with difficulties.

Give them the peace that only comes from You.

We pray that You will uphold each one, with the strength of Your might arm.

Give those that are treating and caring for these dear children of Yours,

The skill and wisdom to do what is best,

In dealing with this destructive illness.

Father, we pray for healing of the body and health of the mind.

But most of all we pray that through this trauma,

That has struck each life,

You will draw each one of your children closer to the Lord Jesus Christ,

In Whose name we pray.

Amen.

SAVE THE DATE!!

Potluck Dessert Night Social

Friday, February 7th, 2025

Hosted by the Raise the Roof
Capital Campaign Committee

Cultural delights certainly welcome!
More details to follow in January ...



**Holy Family Parish
Capital Campaign**

**The Myriam Family of the Prairies invites you
For a day retreat on October 26th , 2024
From 9h30 to 4h00**

*The adventure of my spiritual journey;
1) An Experience of Providence*



Including Mass with Bishop James Weisgerber, Holy hour, talks, sharing, and lunch, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, Sk, 45 km East of Regina.

To register, and to get location directions,
Please contact Sr. Stephanie at **306-761-0528** or by email
pss.prairies@famillemyriam.org

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Music By Leon Ochs



Friday, October 25, 2024

7:30PM – 11:30PM

Regina Senior Citizens Centre

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All are WELCOME to attend



370 McIntosh Street North, Regina SK

Friday	Free Admission	Saturday
November 1, 2024 5:00 pm – 8:00 pm	Come out and support Local Artisans in our community!	November 2, 2024 10:00 am – 4:00 pm

Aprons * Baby Quilts * Busy Books * Candles * Centerpieces * Change Purses
Children's Fabric Books * Dishcloths * Dog Toys * Dolls & Doll Clothes * Epicure
* Frozen Pies * Gnomes * Greeting Cards * Hot Pads * Jerky & Salsa
* Jewelry * Mary Kay * Ornaments * Placemats
Quilts * Receiving Blankets * Scrubbies * Slippers * Storage Totes
Homemade Baking and Much More!



JOIN THE CHRIST THE KING COMMUNITY FOR

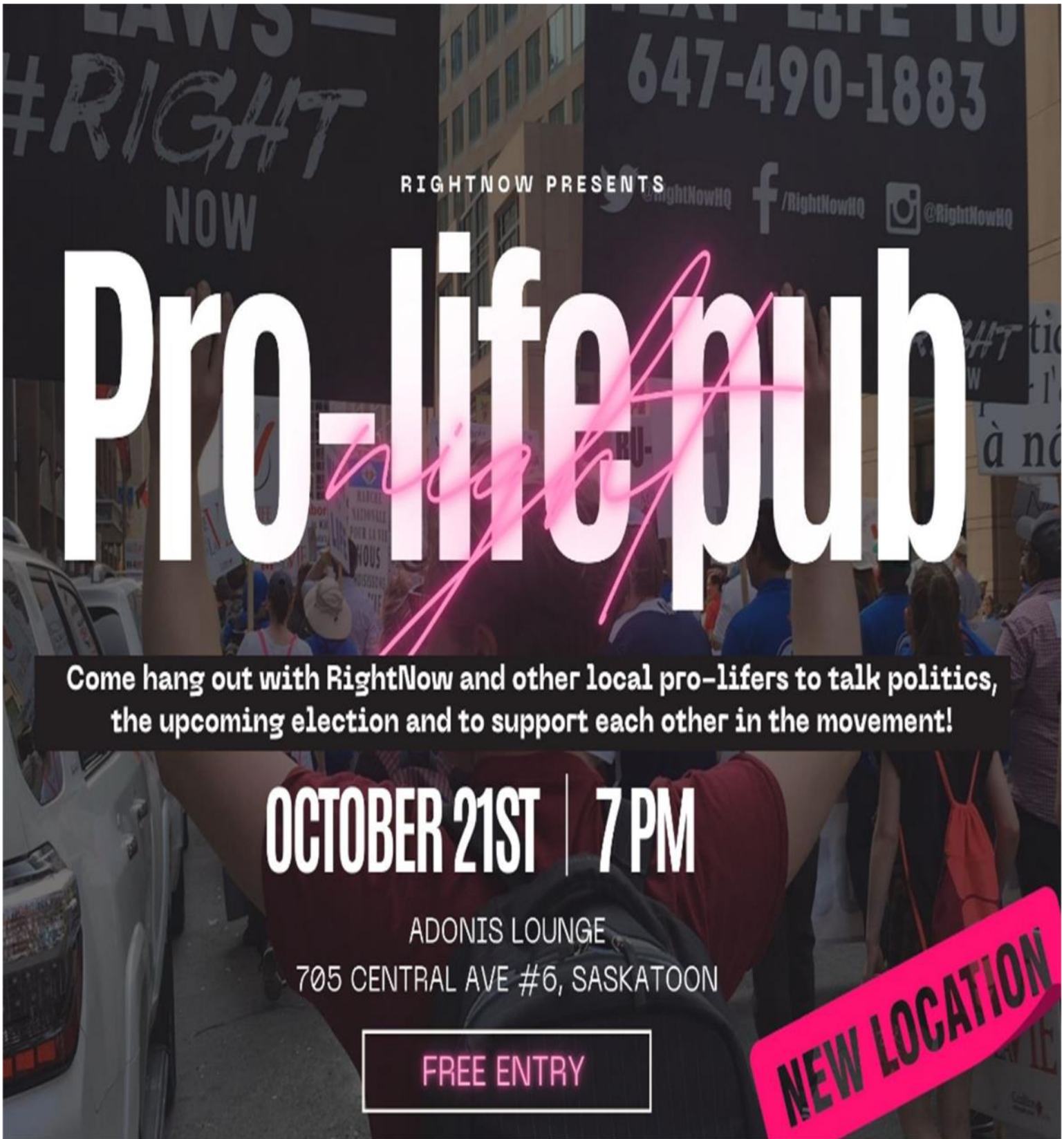
A NIGHT OF PRAYER

October 31st
6:00 - 9:00 PM

The Blessed Sacrament will be
exposed for Eucharistic
Adoration.

ALL ARE WELCOME TO STOP IN TO LIGHT
A CANDLE OR STAY FOR A WHILE.
GRAB A TREAT ON THE WAY OUT!

3239 Garnet Street, Regina, SK



RIGHTNOW PRESENTS

Pro-life pub

Come hang out with RightNow and other local pro-lifers to talk politics, the upcoming election and to support each other in the movement!

OCTOBER 21ST | 7 PM

ADONIS LOUNGE
705 CENTRAL AVE #6, SASKATOON

FREE ENTRY

NEW LOCATION

55+ Our Lady of Peace Seniors

BOOK SALE



And Puzzles & Plants too!

Our Lady of Peace Church - 425 Broad St. North

Thursday October 24 – 1:00 to 6:30 p.m.

Friday October 25 – 10:00 to 6:30 p.m.

Saturday October 26 – 10:00 to 3:00 p.m.

Also Check out the Concession.....50/50 Raffle

Donations of books, puzzles & plants accepted

– call Betty at 545-3402



OPTIONS PREGNANCY CENTRE

Annual Christmas Fundraising Banquet

Celebrating 35 years

NOVEMBER 7, 2024

Location: *Italian Club of Regina*

Address: *2148 Connaught Street*

Time: *Doors open at 4:30 - Buffet from 5:30 - 6:30*

Meal: *Petto di Pollo - chicken breast with mushroom sauce, vegetables, salad, and roasted potatoes*

Tickets: *\$35 per person - \$17.50 for children under 10
(banquet tickets are non-receiptable)*

Special Guest: *Dorothy Harder - Founder of Options*

Silent auction perfect for Christmas shopping!

**Tickets on sale starting Oct 1st
at the centre or online at:
reginapregnancy.com
Seating is limited.**



Deep Dive

Exploring Baptism & the Call to Discipleship

NOV 2, 16, 23 & 30

10-11:30am

Christ The King Parish

Parish Center, 3239 Garnet Street, Regina
(over 4 Saturdays, after morning mass)

In Part 1 of our Adult Formation Series on our Catholic Sacraments, we will reach deeper into our Baptism through spiritual conversation and discovering the richness of Baptism as explained in the Catechism of the Catholic Church.

**REGISTER ON OUR
PARISH WEBSITE**





Ignatian Spiritual Exercises for Men
hosted by Regnum Christi Regina

November 29 - December 1, 2024
St. Peter's Abbey, Muenster, SK
Retreat Master: Fr. Kenneth LeBlanc LC
Cost:\$300/man

Register here:



or Contact:

Lynden Penner @ (306)535-8775
penner@jdmollard.com

or

Mark Joubert @ (306)527-1068
mark.joubert@sasktel.net



REGNUM CHRISTI
LEGIONARIES OF CHRIST



Pixelcut



Emmaus Mental Health Ministries

"While they were talking and discussing, Jesus himself came near and went with them." Luke 24:15



At Emmaus Mental Health Ministries we believe in the strength and comfort that can come from peers walking with and supporting peers.

Our spiritual peer support groups bring together individuals with lived experience of mental health challenges in the family.

Spiritual peer support focuses on shared prayer, learning building resiliency, walking together, moving forward towards a healthier life for ourselves and those whom we care for, and discovering Jesus Christ walking with us in the midst of it all.

Who needs you to hold their hand today? Who do you need to hold yours?

1 in 4 families experience mental health challenges. If you're looking for support, Emmaus Family Support is here to help. Join our community of caring individuals



Emmaus Phone and
Online Support



Emmaus Website



Emmaus Prayer
Support



emmausmentalhealth@gmail.com