



Holy family Parish

Bulletin — January 27th & 28th, 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/

<p>Contact the office Mon - Thurs 9am-12pm and 1pm-4pm, (closed during lunch hour) Fri 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.</p>	<p>Parish Staff Team: Fr. Wilfred Calinawan, Administrator pastor@holyfamilyregina.com Sr. Amelia B. Gorospe, SIHM Pastoral Assistant pastoral@holyfamilyregina.com Andrea Resler, Office Administrator youth@holyfamilyregina.com sacprep@holyfamilyregina.com Mike Nijman, Building and Grounds Nonilo Mantuhac, Custodian</p>	<p>All Masses will be celebrated in the hall. Weekend Mass Times: Saturday 5:00 pm and Sunday 9:00 am & 11:00 am Weekday Mass Times: Tuesday 7 pm (Adoration begins at 6 pm), Wednesday & Thursday 10 am. No Mass on Friday. <i>Father is available to hear confessions Tuesday during Adoration, after Daily Mass, Saturdays before the 5:00 pm Mass and by appointment.</i> 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.</p>
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4th Sunday in Ordinary Time

The gospel reading of last Sunday showed us Mark's skill as a narrator – capturing so much with a few words. He shows this same skill in today's continuation of his gospel's introductory passage. As Jesus spends the Sabbath with the disciples he has invited to join him, the events of the day point to significant characteristics of the ministry Jesus is to undertake.

Capernaum, the hometown of Simon Peter, was to become the headquarters of this Galilean ministry. That Jesus regularly took part in the worship of the synagogue had great significance. He had no intention of setting aside the authentic traditions of old Israel; he came to renew them and bring the realisation of all that they foreshadowed. In doing this he identified with the role of Israel's prophets, as expressed in the first reading from Deuteronomy - a text looked upon as messianic in the time of Jesus. The people recognised that the teaching of the scribes – with their repetitious appeal to the authority of other interpreters of the Law – contrasted with the teaching of Jesus. In the tradition of the prophets, his teaching had a ring of authority, as it gave expression to Jesus' own convictions. Already there is intimated a contrast and conflict that is to shape the career of the Saviour.

The authority that so impresses the people is expressed, not only in word, but also in action. For the conflict that is to shape the life of Jesus is far more than a squabble about the interpretation of the Law. Sent by the Father as the world's Saviour, he must do battle with the forces of

darkness and evil in the world. In the culture of the times, in which physical and mental illness were common associated with the present of 'unclean spirits', Jesus gives expression to his authority by delivering those under the influence of the forces of evil. He delivers the man in the synagogue with a simple word of authority.

Mark emphasises the reaction of the people to this remarkable display of prophetic authority: 'Here is a teaching that is new, and with authority behind it'. Thus, in describing this eventful Sabbath, Mark alerts us to a subtext that will be present in his telling of the story of Jesus' ministry: Who is this man? Mark's gospel will seek to lead the reader beyond inadequate and superficial views of the Saviour, reflecting the challenge Jesus faced as he presented himself to his audiences. Though filled with vivid expectations of a messianic figure, the hopes of the people were crude and nationalistic. Jesus had to lead his followers to understand that his saving mission went far beyond these crude expectations. He would fulfil the hopes of Israel's faith by showing himself triumphant over all the forces of evil. In a dialogue with demons who recognise the true role of Jesus, Mark introduces a device he will use more than once to point to the answer that must be given to the question that is his subtext.



John Thornhill, sm
 TheEmmausSeries.com

What would I do if I heard Jesus speak to me personally? Would I listen to him or would I harden my heart and turn away?

From Today's Reading

First Reading: Deuteronomy 18:15-20 [71b]. Here Moses, the most influential person of the Old Testament, is teaching his followers and the Jewish people about the future, and how they should conduct themselves in matters of faith and morals when they finally enter the Promised Land. He promises that God will send a great person, "... a prophet like himself" who will lead God's people. Although this is referring to the prophets that God will send later, it cannot be overlooked that Jesus is the *ultimate* Prophet. Thus, Moses was referring to Jesus and instructing his people to pay attention and take what He says to heart. Moses spoke to his people for God whereas Jesus speaks to His people because He is God.

Responsorial Psalm 95:1-9, is a meditation on the events of the Israelites' wandering in the desert. They grumbled and griped about Moses' leadership and their own situation of having no water or fresh food, which was indicative of their lack of faith in God and in Moses. The whole psalm is an exhortation to "hang in there," and to listen and obey the voice of God.

Second Reading: 1 Corinthians 7:32-35. This is a continuation of Paul's letter read this week, in which he talks about getting distracted by things of "this world." He is not making a case for the single life over the married life. Rather, he is pointing out that certain vocations or occupations present more of a distraction than others and we should guard against distractions that might prevent us from hearing God speak to us. Our spouses can be the instrument through whom God speaks to us. We must be alert to "hear His voice."

THOSE IN NEED OF WELL-BEING

Jean & John Boyko	Daniel Riabchyk
Kim Toogood-Kyllo	Rita Legaarden
Roseann Melnyk	Can Pham
Ray & Lenore Geisbauer	Phong Le
Gerry & Sharon Bohay	Andrew Ziegler
Cec & Harvey Hartness	Muri Family

OUR BELOVED DEPARTED

Fr. Pat Murphy	Sr. Patricia Orban
Fr. Gary Lindenbach	Alivia Muri
Fr. Cornelius Lucey	

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

Credit: stclaretoseville.org

STEWARDSHIP BULLETIN BITS: January 28, 2024 - 4th Sunday in Ordinary Time

"Brothers and sisters: I should like you to be free of anxieties." - 1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.



Holy Family Parish Capital Campaign

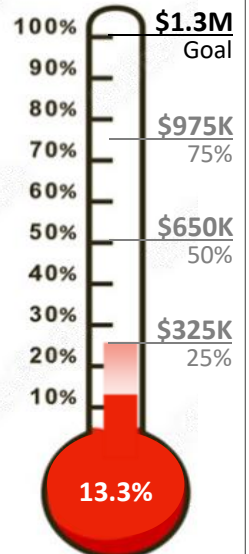
CAPITAL CAMPAIGN PLEDGE FORMS are available from the office or table by the hall entrance. Prayerfully consider supporting the building project by pledging to support the Raise the Roof Capital Campaign. Kindly return the forms to the church office by February 10th so Holy Family's Building Restoration Committee can put our best foot forward when meeting with the Archdiocese of Regina February 15th. Many thanks to those who have already pledged to support the Capital Campaign.

HOLY FAMILY PARISH GALA Join us on Saturday, March 16th, 2024 at Holy Trinity Parish Hall, 5020 Sherwood Dr, Regina to kick off the Capital Campaign! Doors open at 6:30 pm, Roast beef supper at 7:15 pm, Silent Auction, 50/50 & door prize draws. Entertainment by Chris Henderson (three-time SCMA Male Artist of the Year recipient). Tickets are \$75 each (\$40 income tax receipt issued). Family and friends welcome (only 200 tickets are available). Ticket sales begin next weekend (Feb 10/11) after all masses OR call David or Claudette 306-924-0992, email davidbeitel@sasktel.net.

(We are looking for Auction items, if you have any business contacts, please notify us of your suggestions).

DOUBLE YOUR DONATION!! A third parishioner, who would like to remain anonymous, has come forward to *double your donation in six weeks*, up to a total maximum of \$15,000!

Green envelopes marked "Raise the Roof" are available at the hall entrance and from the office. Only donations received in the labelled green envelopes will be matched. Tax receipts will be issued for donations. The deadline to match is March 15, 2024. Thank you!



Total raised:
\$172,542

Total Pledges:
\$151,500

Campaign Total:
\$324,042

WEEKLY BIBLE READING GUIDE

January 29th

Monday

2 Samuel 15:13-14,30;
16:5-13a
Psalm 3
Mark 5:1-20

January 30th

Tuesday

2 Samuel 18:9-10,14b,
24-26a,30-19:3
Psalm 24
Mark 3:31-35

January 31st

Wednesday

St. John Bosco, Priest
2 Samuel 24:2,9-17
Psalm 32
Mark 6:1-6

February 1st

Thursday

1 Kings 2:1-4,10-12
Cant: 1 Chron. 29: 10-12
Mark 6:7-13

February 2nd

Friday

The Presentation of the Lord
Malachi 3:1-4
Psalm 24
Luke 2:22-40

February 3rd

Saturday

1 Kings 3:4-13
Psalm 119
Mark 6:30-34

February 4th

Sunday

5th Sunday in Ordinary Time
Job 7:1-4,6-7
Psalm 147
1 Corinthians 9:16-19,22-23
Mark 1:29-39

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:** Holy Family has resumed passing collection baskets during 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@hollyfamilyregina.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

A FRIENDLY REMINDER If you donate a lump sum and would like the money to go towards different collections (i.e. General, Building Fund, Refugee Committee, Annual Appeal, etc.) please clearly note how much you would like allocated to each category.

This will ensure your donations are properly assigned. Thank you!

PILGRIM ICON PRAYER SERVICE IN HONOR OF ST. JOSEPH An icon of St.



Joseph will be the centerpiece of a special prayer service that will take place on **January 31, at 7:00 pm** at Holy Family Parish.

The prayer service, flowing from the *Year of St. Joseph* declared by Pope Francis in 2021, and inspired by his apostolic letter *Patris Corde*, is sponsored by the Knights of Columbus. Led by Dn. Harper, we will come together to honor St. Joseph and pray for his intercession in preserving, cultivating and passing on the Catholic faith to future generations. All members of the parish are welcome and encouraged to attend.



52 REASONS TO TALK ABOUT THE CWL Our core values of faith, service, social justice guide us as we follow Catholic teaching, provide service locally, nationally and internationally, and work to advocate for social justice. Let's start the conversation! This week's word to describe the CWL is:

CONFIDENCE *The Catholic Women's League relies on the teachings of the Catholic church to guide it. As a member you can be confident that what you do will further God's kingdom here on earth. Be confident - come walk with us!*

CWL SUNDAY will be celebrated on **Sunday, February 11th** at the 11 am Mass. Members are invited to help with the various ministries during this Mass.

After the Mass, members will gather for brunch at Regent Family Restaurant. A sign-up sheet will be available at the weekend Masses on February 3 & 4th. Please indicate if you need a ride or are willing to drive.

CWL GENERAL MEETING will be held **Tuesday, February 13th**, beginning with Mass at 7 PM, followed by installation of new executive. Please plan on attending this meeting – important decisions to be made are on the agenda.

BRING YOUR PALMS TO THE CHURCH Please deposit your old palms in the labelled basket by the hall entrance. The palms will be burned and used for Ash Wednesday. Thank you.

ASH WEDNESDAY MASS will be held on February 14th at 7:00 pm in the hall. Alternatively, parents and grandparents may attend the Mass or liturgy at their child's or grandchild's school. A schedule will be posted shortly.



TAX RECEIPTS are now available for pick up in the foyer. If you would prefer to have your tax receipt emailed to you, please contact the parish office.

SUNDAY MISSALS & 2024 CALENDARS are still available. The Sunday Missals are just \$5 and calendars are \$6 each.

2024 SUNDAY OFFERING ENVELOPES are now available in the foyer.

- If you do not need your envelopes, please let the office know so they can be cancelled. This will reduce waste and unnecessary expense.

- **Please do not use old envelopes from previous years.** Your envelope number may have changed.

Thank you for your generosity & assistance!

ARCHDIOCESAN UPDATES:

POPE'S PRAYER INTENTION FOR FEBRUARY

For the terminally ill ~ We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

FIRST FRIDAY ADORATION

The First Friday/First Saturday vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held March 1 & 2 at St. Mary's Church, 2026 Winnipeg St. Priests will be available for confession at 6:30 pm before Mass as well as after Mass. Holy Mass will occur at 7:00 pm followed by the all-night vigil ending with Mass at 8:00 am on Saturday morning.

GREEN RIBBON SUNDAY CAMPAIGN

The Regina Pro Life Association is calling on all parishioners to participate in the Green Ribbon Sunday Campaign, which remembers the Morgentaler decision of January 28, 1988, when the Supreme Court of Canada struck down **all laws** regarding abortion. Since then, there have been more than 4 million abortions in Canada. **Green ribbons are available at the hall entrance.** We encourage you to wear yours for at least the following weekend of January 27/28. The bookmarks include a prayer for the end to abortion that we kindly ask you to pray daily. Thank you for supporting life!

DEVELOPMENT AND PEACE SHARE LENT

WORKSHOPS

Regina: Saturday, February 3rd at 1:00 pm, Holy Child Parish, contact Marian Grady: mariangrady@sasktel.net

COUPLES FOR CHRIST

Couples for Christ Regina would like to extend an

invitation to the Archdiocese of Regina for the upcoming Christian Life Program starting in March 9-May 11 (except March 30), Holy Rosary Cathedral Basement Hall, 6-9PM.

This program is an integrated course for a renewal and strengthening of family life. All sessions are free.

For any questions, please contact:

306 581 8109- Rene Reyes, 306 581 2508- Rod Creer, or 306 537 2883- Cris Masaoay

ENGAGED ENCOUNTER WEEKEND

An Engaged Encounter Weekend gives couples planning marriage the opportunity to dialogue honestly and intensively about their future lives together. The weekend is designed to deepen and enrich relationships with one another, God, the Church and the World. Couples are given opportunities to learn more about one another as they engage in deep and meaningful discussions dealing with all aspects of married life. Our next weekend at St. Peter's Abbey in Muenster, Sk is April 26-28. Cost is \$480 for the weekend and includes accommodations & meals. Register online by visiting: www.ceewest.com. Contact Lynn and Wanda Freistadt for further information at ceemuenster@sasktel.net or 306-373-8607

CATECHESIS OF THE GOOD SHEPHERD OPEN HOUSE

Join us on **Feb. 25** from 9 am – noon at Holy Rosary Cathedral Hall. CGS presentations at 10 am & 11 am. Montessori-based religious program for children 3-9 yrs. regina.cgs33@gmail.com or visit the catechesis webpage at: <https://archregina.sk.ca/group/catechetical-support-parishes/> and click on the Catechesis of the Good Shepherd image icon.

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

MASS INTENTIONS

January 30th - February 4th, 2024

Tuesday, January 30th

+John DeBruyne r/b Paul & Judy Boschman

Wednesday, January 31st

+Raymond Bilinsky r/b Marcia Bilinsky

Thursday, February 1st

+Alivia Muri r/b Cec & Harvey Hartness

Friday, February 2nd

No Mass

Saturday, February 3rd

Margaret & Albert Kater and family r/b Marita Mah

Sunday, February 4th

9 am: Holy Family Parish Staff r/b Cec & Harvey Hartness

11 am: **Pro Populo** & Thanksgiving intention for continuous healing r/b Bella

PARISH UPCOMING ACTIVITES

Date	Time	Activities
Mon., Jan. 29th	1 - 4 pm	No Mass HF Quilters (UMR)
Tues., Jan. 30th	6:00 pm 7:00 pm	Adoration Mass
Wed., Jan. 31st	10:00 am	Mass
Thurs., Feb. 1st	10:00 am 7:00 pm	Mass Study: What we Believe (UMR)
Fri., Feb. 2nd	12 - 4 pm	Mass is cancelled Office Closed
Sat., Feb. 3rd	10:00 am 5:00 pm	R.C.I.A. Mass (<i>Children's Liturgy</i>) Coffee Weekend hosted by CWL
Sun., Feb. 4th	9:00 am 11:00 am 12:00 pm 1:00 pm 1:30 pm	Mass (<i>Children's Liturgy</i>) Coffee Weekend hosted by CWL Mass (<i>Children's Liturgy</i>) Coffee Weekend hosted by CWL Sacramental Prep (Hall) Blaze (UMR)



**Holy Family Parish
Capital Campaign**

Current Building Restoration Plans

- Project 1.1 Nave – repair/replace ceiling, lighting
- Project 1.2 Altar enlargement, new carpets in nave, wall soundproofing
- Project 2.0 Nave ceiling soundproofing, foyer carpet
- Project 3.0 West side exterior work, new steps, add a ramp, new surface, remove planter, landscaping

TOTAL of all four projects = \$1,300,000.00

The Giving Tree

Gifts Needed to Raise \$1.3M

(amount needed to complete interior and exterior work packages)

Gift/Pledge Level	# of Gifts needed	Gift Level Total	Annual Pledge payment over 5 years	Monthly Pledge payments over 5 years
\$75,000.00	2	\$150,000.00	\$15,000.00	\$1,250.00
\$60,000.00	6	\$360,000.00	\$12,000.00	\$1,000.00
\$30,000.00	6	\$180,000.00	\$6,000.00	\$500.00
\$15,000.00	10	\$150,000.00	\$3,000.00	\$250.00
\$9,000.00	15	\$135,000.00	\$1,800.00	\$150.00
\$6,000.00	30	\$180,000.00	\$1,200.00	\$100.00
\$3,000.00	29	\$87,000.00	\$600.00	\$50.00
\$1,500.00	26	\$39,000.00	\$300.00	\$25.00
\$500.00	21	\$10,500.00	\$100.00	
\$200.00	20	\$4,000.00	\$40.00	
\$100 or less	30	\$4,500.00		
TOTAL	200	\$1,300,000.00		

“Pledges are commitments made in good faith”

If possible, please return your pledge form by February 10, 2024 with your pledge commitment.

Any, and all, amounts are certainly welcome at any time!

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Corinthians 9:7

Holy Family Parish

Raise The Roof Capital Campaign



For the past 45 years, Holy Family Parish has been a spiritual home for thousands of families in the heart of Northwest Regina. Our journey from humble beginnings celebrating Mass at St. Bernadette and St. Jerome schools to our current location near Riffel High School is a testament to the vision and hard work of our parishioners.

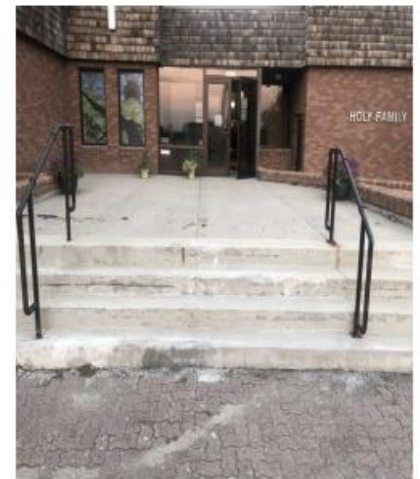
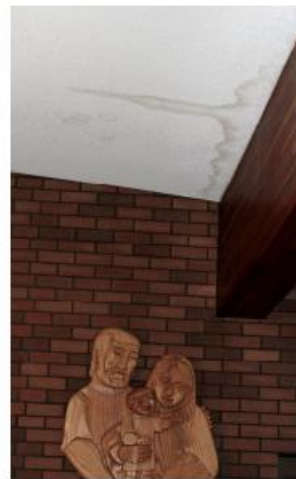


Over the years, the dedication of the Catholic Women's League, the Knights of Columbus, parish youth, and families has transformed Holy Family Parish into **a vibrant and blessed place of worship.**

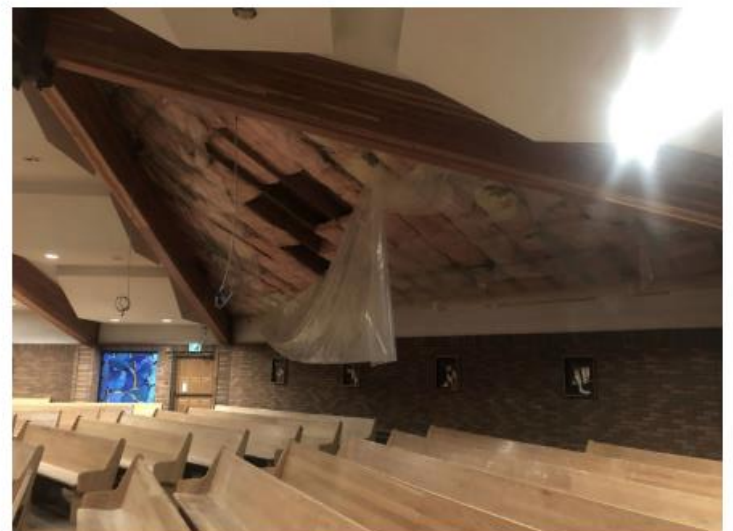


However, as we reflect on the rich history of our parish, it is evident that our beloved building, which has served us faithfully, is showing signs of **wear and tear.**

Our carpets, once vibrant, have wrinkled and faded in high-traffic areas. The paint in our building, a canvas of our shared journey, is worn, chipped, and stained. Outside, crumbling pavers, stairs, and failing planters reflect the toll of time.



On February 26, 2023, a portion of our ceiling collapsed—a stark reminder that our aging building needs our help. We are called to action, as stewards of this sacred space, to ensure it continues to serve in the future.



Our Vision:

We embark on the Holy Family Parish Building Renewal Project with the aim of **re-invigorating** our worship space and ensuring the longevity of our cherished building. This project encompasses various critical improvements to address the wear and tear accumulated over the years.



***Representation only—subject to further design review.**

This includes:

Ceiling Renovation:

Our first priority is the repair of our ceiling to current code, ensuring the safety and sanctity of our worship space.

Carpet Replacement:

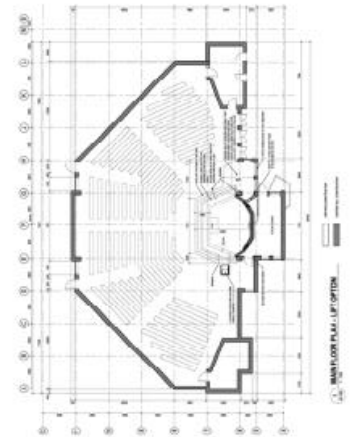
Replacing worn carpets in the nave and foyer is essential to creating a welcoming and comfortable environment for all who enter.

Interior Refresh:

Revitalizing the church proper with fresh paint and sound paneling, enhancing the aesthetics and acoustics, creating an atmosphere conducive to prayer and reflection.

Altar Area Improvements:

Enhancing the altar area will accommodate larger gatherings and special celebrations. This includes improving safety and accessibility, relocating the Tabernacle to the foot of the crucifix, and removing the non-functional baptismal font.



Front Entrance Exterior Renewal:

Revitalizing the front entrance exterior involves removing failing pavers and planters, landscaping, regrading, and replacing failing steps to meet current safety codes.

Projected Cost: \$1.3 Million

Why Support the Holy Family Parish Building Renewal Project?

Our aging building has served us well, but it needs our help to continue being a place of **spiritual nourishment and community connection**. By supporting this project, you are contributing to the preservation and enhancement of our sacred space today and into the future.



This financial investment is not merely about bricks and mortar; it is an investment in the spiritual heart of our community. Our vision is to ensure that Holy Family Parish remains a place where all are welcome, where faith is nurtured, and where the love of Christ is palpable.

We humbly ask for your support in this endeavor.



Your contribution, whether large or small, will make a lasting impact on the future of Holy Family Parish. Together, we can ensure that this sacred space continues to be **a vibrant home for spiritual growth, communal celebration, and the deepening of our faith.**

How You Can Contribute:

- Make a one-time donation.
- Set up a monthly recurring contribution.
- Explore fundraising events and initiatives.



Let's Build a Vibrant Holy Family Together:

As we embark on this journey of renewal, we invite you to be part of something transformative. Your support will not only preserve our physical space but also strengthen the bonds that make Holy Family Parish a true spiritual home.



Thank you for your support and faith that our collective efforts will bring about a renewed Holy Family Parish.

Raise The Roof Capital Campaign



GIVING TREE

Gifts Needed to Raise \$1.3M

(amount needed to complete interior and exterior work packages)

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\$100 or less	30	\$4,500.00		
TOTAL	200	\$1,300,000.00		

Holy Family Parish
Raise The Roof Capital Campaign



Pledge Form

Name(s)			
Street Address			
Town/City		Province	
Email		Phone	

PLEDGE STATEMENT

I/We pledge a total gift of \$ _____ to the Raise The Roof Campaign at Holy Family Parish.

Signature		Date	
Signature (if joint)		Date	

Holy Family Charitable CRA Registration No. 129818522RR0001

PLEDGE ARRANGEMENTS

- Please add this pledge amount to “Raise the Roof Capital Campaign” in addition to my existing donation(s) to the Building Fund (Blue Envelopes).
 OR
 Please change my existing monthly Building Fund donation to the “Raise the Roof Capital Campaign” pledge as follows:

Annual payments of \$ _____ starting at date _____

OR

Monthly payments of \$ _____ starting at date _____

OR

Other (not applicable for pre-authorized debit) _____

PAYMENT OPTIONS

- Cheque** - Payable to Holy Family Parish (with “Raise The Roof Campaign” in memo line).
Post-dated cheques are welcome.
- Pre-authorized debit** – Please include a void (or scanned void) cheque.
- Etransfer** – Please send to finance@holyfamilyregina.com and include “Raise The Roof Campaign” in the memo/note.

I would like to know about **other options** for supporting the *Raise The Roof Campaign*, including gifts of investments, life insurance, and gifts in will (bequest).

(continued on reverse)

Holy Family Parish
Raise The Roof Capital Campaign
Pledge Form



THANK YOU!

We would like to include your name in our related gratitude project (TBD).

Yes, I would like to be included.
Your preferred published name(s): _____

No, I would like my gift to be anonymous.

Memoriam or Honouring Gift – I would like to discuss this option.

PLEASE RETURN THE COMPLETED PLEDGE FORM TO:

1) Via **mail** to: **Holy Family Parish**, 1021 McCarthy Blvd, Regina, SK S4X 3P9
Attn: Raise The Roof Campaign

2) Via **email** to: Sr. Amie at pastoral@holyfamilyregina.com

3) Or **call** the Holy Family Parish office at (306) 949-7678 to arrange for your pledge form to be picked up.

****FURTHER INFORMATION:**

1) Please keep a copy of the completed pledge form for your records.

2) You will receive email or phone confirmation once your form has been received at the Holy Family Parish office.

3) Each February you will receive a tax receipt for your pledge payments from the previous calendar year.

Trinity Manor at Westerra
Welcome Home!



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Archdiocese of Regina

Bulletin

January 28, 2024

4th Sunday in Ordinary Time

TF# 384 - Communities of Care: Catholic Parishes and Mental Health Peer Support

This week on Thinking Faith Deacon Eric Gurash discusses the ways that spiritual peer support can help navigate mental health challenges and the role our parishes and Catholic social teaching can play in building caring, supportive communities. Show Snippet: "Our parish communities are uniquely positioned to walk with others, offering prayer-filled support that can rebuild self-esteem and confidence often undermined by experiences of mental illness through a focus on mutuality, self-determination, respect, dignity, equity, and belonging." Find out more about the Archdiocese of Regina's Emmaus Family Support mental health ministry at emmaussupport.ca. thinkingfaith.libsyn.com/communities-of-care-catholic-parishes-and-mental-health-peer-support

Emmaus Family Support

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, meeting monthly at Holy Trinity parish in Regina (and accessible online via Zoom), who understand what you're going through. Visit emmaussupport.ca or contact Deacon Eric Gurash at emmausmentalhealth@gmail.com or 306-721-6724 to learn more.

Engaged Encounter Weekend

An Engaged Encounter Weekend gives couples planning marriage the opportunity to dialogue honestly and intensively about their future lives together. The weekend is designed to deepen and enrich relationships with one another, God, the Church and the World. Couples are given opportunities to learn more about one another as they engage in deep and meaningful discussions dealing with all aspects of married life. Our next weekend at St. Peter's Abbey in Muenster, Saskatchewan is April 26-28. Cost is \$480 for the weekend and this includes all meals and accommodations. All registrations are done online by visiting www.ceewest.com. Contact Lynn and Wanda Freistadt for further information at ceemuenster@sasktel.net or 306-373-8607

Development and Peace Share Lent Workshops

- Regina:** Saturday, February 3 at 1:00 PM, Holy Child Parish, contact Marian Grady: mariangrady@sasktel.net
- Yorkton:** Sunday, February 4, following 11:00 AM mass and light lunch, St Gerard's Parish, contact Mark Bell: jmbell@sasktel.net
- Assiniboia:** Saturday, February 24th at 1:00 PM, St George's Parish, contact Susan Robinson: susanmr@sasktel.net

Lay Formation Auditing

Don't let distance hold you back! Our Lay Formation program welcomes auditors from all around the Archdiocese of Regina both in-person and online. For a nominal fee per class you can engage with our thought-provoking classes online and enrich your spiritual journey. Auditing does not require the completion of additional reflections or assignments, and audited classes do not count toward program completion. Follow the link for more information and embark on a path of knowledge and growth. archregina.flocknote.com/signup/134383

Contemplative Listening A Formation Program for the Ministry of Spiritual Direction

Facilitated by Archdiocese of Regina Spiritual Directors Group. This two-year program, September 2024 to June 2026, is limited to twelve persons who will meet once a month for ten months each year. It will include some retreats. If you believe you are a possible candidate for this program and would like more information and an application form, contact Karen Ziegler (306) 527-2738 email: k.ziegler@sasktel.net or Dennis Ziegler (306) 539-7134 email: d.ziegler@sasktel.net before March 1, 2024. For more information visit archregina.sk.ca/group/spiritual-direction/

i (still) do!



Join us at

CHRIST THE REDEEMER
CATHOLIC CHURCH
1850 Springs Gate
Swift Current SK

Married couples will spend the day on retreat. Engaged couples will complete marriage preparation. Interdenominational, interfaith, and questioning couples are more than welcome to attend. Register online at www.leahperrault.com/atlido or with the QR Code.



marriage preparation
and marriage retreat

FEBRUARY 10 2024
8:30AM - 6:00PM
\$150/COUPLE

Stewardship Bulletin Bit

"Brothers and sisters: I should like you to be free of anxieties." - 1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

The Archdiocese of Regina is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.

Happy New Year

Holy Family

CWL Members



CWL SUNDAY CELEBRATIONS

beginning with 11 AM Mass,

Sunday February 11

Sashes will be handed out at the door.

BRUNCH following Mass
will be **Regent Restaurant**
Please sign up no later
than February 4.

Other February events:

COFFEE WEEKEND

February 3 & 4

Hosted by CWL,
volunteers needed.

GENERAL MEETING

February 13

7 PM Mass offered for Jean Boyko's birthday

**Meeting to follow - please attend this most
important meeting!**

Installation of new executive

Important voting on Budget Proposals

Social Justice, Faith, Service explored

Discussing fundraising proposals

Calendar of events





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



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i (still) do!



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with Leah Perrault

Join us at

**CHRIST THE REDEEMER
CATHOLIC CHURCH
1850 Springs Gate
Swift Current SK**

Married couples will spend the day on retreat.
Engaged couples will complete marriage preparation.

Interdenominational, interfaith, and questioning
couples are more than welcome to attend.

Register online at www.leahperrault.com/istilldo
or with the QR Code:



**marriage preparation
and marriage retreat**

**FEBRUARY 10 2024
8:30AM-6:00PM
\$150/COUPLE**

Thank You



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ASSOCIATION OF
SASKACHEWAN

**NATIONAL
CATHOLIC HEALTH
CARE WEEK**

February 4 - 10, 2024



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THE HEALING MINISTRY OF
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Celebrating the healing ministry of Jesus Christ in everyone who cares for someone in their home, as a doctor, nurse, care aid, in Home Care, counselling, psychiatry, addiction work, as support staff in administration, food services, building maintenance, volunteers in a care facility or helps with fundraising, provides or supports sacramental ministry to the sick, volunteers on a board, and many others not named here.

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FEBRUARY 14 – MARCH 24

4:00 – 5:00 p.m.

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protecting the most vulnerable in society!*



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SAVE THE DATE

AGM and Banquet

Saturday 6

April 2024

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www.saskprolife.com