



Holy family Parish

Bulletin — February 18th, 25th & March 3rd, 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)**

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.

***Closed Feb. 19 & 26th.**

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

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 at 7 pm (Adoration begins at 6 pm),
Wednesday & Thursday at 10 am and Friday at 7 pm
(Stations of the Cross begin at 6:30 pm.)

Father is available to hear confessions Tuesday during Adoration, after Daily Mass, 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.

First Sunday of Lent

Undertaking an important journey we must be well prepared. As we set out on our journey to Easter, we must be clear about the destination that gives meaning to this journey.

Today's gospel reading invites us to prepare ourselves in the company of Jesus. As he set out on the journey that was to lead to Easter, he prepared himself by withdrawing to some desert place, and confronting the temptation to avoid the great task that lay ahead of him. This is an astounding moment in the life of Jesus. Have we taken seriously the fact that, in sharing our human experience, Jesus knew the weight of human decisions and the temptations involved – though, of course, he was without sin in the response he made? This testing brought Jesus new strength, and he began to proclaim the Good News of the coming reign of God. In his company, during the coming days, let us recognise the nature of our temptations, and the bonds of selfishness from which we want to be freed as we make our journey to Easter.

Jesus found strength in the certainty with which he looked to the end of his journey. Though what lay ahead would not be easy, he knew that God's goodness and mercy would be victorious in the end – through his generous response to the call of his Father.

The first reading from the Book of Genesis invites us to share in this hope and expectation as we set out on our journey. It is the conclusion of the story of Noah and the ark which saved him from The Flood – one of the old

stories in the introductory pages of the Bible, describing a wayward humanity, in need of the salvation God was to give. The story ends on a note of hope and promise – the rainbow will be a sign of the covenant God makes with humanity, promising that he will always be merciful.



What a magnificent symbol - reminding us of the trust we can place in God, whatever our difficulties and failings! Whenever we see the rainbow and know its promise of fine, clear weather after a storm, we should remember God's promise, and renew our trust in God's mercy, and the final triumph of God's goodness.

The second reading interprets the story of the flood and Noah's being saved as a kind of foretelling of the wonder of baptism – the destination of our journey to Easter, because it is through our baptism that we share in the risen life of Christ.

The beginning of our journey is a time for personal reflection for each of us. Perhaps, however, we need to ponder more deeply the astonishing fact that Jesus knew temptation, though he was without sin in his response to its challenge.

John Thornhill, sm
TheEmmausSeries.com

Lent is meant as a time for us to reflect upon our participation in the Kingdom, the Church and its teachings. What one thing in my spiritual life or my daily human life needs improvement for the benefit of everyone?

From Today's Reading

First Reading: Genesis 9:8-15. The story of Noah and the Ark is a legend shared by all people of the ancient Middle Eastern nations. Whether it happened or not is not really important; it is the message that counts. The ancient Jews looked upon this story as a sign that God does punish sinful people and protects the faithful and that He is full of mercy and His love is eternal. At least we know that the part of the story is true — the rainbow shines on all of us occasionally.

Responsorial Psalm 25:4-9 is a prayer that we all need to say frequently as a reminder of God's eternal mercy. It is a prayer that Noah could have prayed sincerely and we should take our cue from him and do the same.

Second Reading: 1 St. Peter 3:18-22. There is no doubt about the truth or validity of the message in this passage from St. Peter. Our first pope speaks from the heart and from personal experience when he says: "Christ suffered for sinners, the righteous for the unrighteous that he might lead you to the Father," and also, that the story of Noah and his family "prefigured baptism which saves us now." Lent is good time to rethink our baptismal commitment, which is, as Peter says, "an appeal to God for a clear conscience." Credit: stclaretoseville.org

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 Hartness	Phyllis Cherkas

OUR BELOVED DEPARTED

Fr. Gary Lindenbach	Fr. Pat Murphy
Fr. Cornelius Lucey	Sr. Patricia Orban
Harvey Hartness	

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

STEWARDSHIP BULLETIN BITS: February 18, 2024 - 1st Sunday of Lent

"After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." - Mark 1:14

Have you ever thought about how difficult it must have been for Jesus to go to Galilee, knowing that John had just been arrested for teaching the same message that He was proclaiming. It took great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, living a stewardship lifestyle takes great love and trust from us. We must be willing to surrender completely to God, trusting that He will always give us all that we need to fulfill His plan for us.

SPIRITUAL ENRICHMENT: The Joy of Salvation Booklet Still available for just **\$2.00!** The Lenten booklet includes excerpts from Henri J. M. Nouwen's inspiring insights that are paired with original reflections and prayers for each day of Lent, as we come to experience more fully the eternal blessings of God born of extreme sacrifice.



**Holy Family Parish
Capital Campaign**

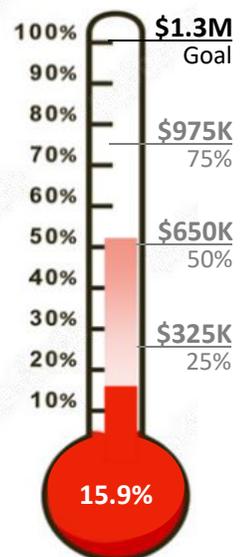
THANK-YOU to everyone who has returned their pledge forms and donations in support of the Building Restoration projects. CAPITAL CAMPAIGN PLEDGE FORMS are available from the office or table by the hall entrance. Prayerfully consider supporting the building project by pledging to support the Raise the Roof Capital Campaign. Many thanks to those who have already pledged to support the Capital Campaign - the thermometer is rising HIGHER!!

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 (Charlotte's Catering) served 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). Tickets are available 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:
\$206,868

Total Pledges:
\$478,980

Campaign Total:
\$685,848

WEEKLY BIBLE READING GUIDE

February 19th

Monday

Leviticus 19:1-2,11-18
Psalm 19
Matthew 25:31-46

February 20th

Tuesday

Isaiah 55:10-11
Psalm 34
Matthew 6:7-15

February 21st

Wednesday

Jonah 3:1-10
Psalm 51
Luke 11:29-32

February 22nd

Thursday

Chair of St. Peter, Apostle
1 Peter 5:1-4
Psalm 23
Matthew 16:13-19

February 23rd

Friday

Ezekiel 18:21-28
Psalm 130
Matthew 5:20-26

February 24th

Saturday

Deuteronomy 26:16-19
Psalm 119
Matthew 5:43-48

February 25th

Sunday

2nd Sunday of Lent
Genesis 22:1-2,9-13,15-18
Psalm 116
Romans 8:31-35,37
Mark 9:2-10

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:** 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@holymfamilyregina.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

NOW AVAILABLE! 2023 Tax Receipts and 2024 Sunday Offering Envelopes are available for pick up in the foyer. If you would prefer to have your tax receipt emailed to you or wish to cancel your envelopes, please contact the parish office. **Thank you!**

ATTENTION PRE-AUTHORIZED DEBIT DONORS Parishioners set up to donate by Pre-authorized debit, will notice that there are now **2** withdrawals from their bank account each month. The General Collection and Building Fund Collection accounts have been separated to better track the donations to the Building Fund and Capital Campaign. The withdrawals will total the amount (and occur when) you've authorized.



PEW RE-FINISHING Mike Nijman, our Building Manager, is putting together a team of parishioners to assist in re-finishing the pews before they are removed to start repairs on the Nave. We will do a light orbital sanding of the seats and back, then apply a coat of stain followed by a couple coats of Varathane. We can sand and stain without worrying about damaging the carpet as in is being removed anyway! If you have any wood working/finishing skills (or want to learn) please consider volunteering your time. Masks, sanders, etc will be supplied and you are welcome to bring your own tools as well. We'll figure out schedules that fit your time. Text Mike at 306-533-7315 or email tundraman5@sasktel.net. Thank you.

SPIRITUAL ENRICHMENT COMMITTEE: Faith & Fellowship event Join us for a faith-enriching evening as Dn. Eric Gurash reflects on the heart of our Christian faith: the Paschal Mystery. This event will take place on **Thursday, Feb. 29 from 6:30 to 8:30pm** in the upper meeting room. Dn. Gurash will delve into the depths of the Paschal Mystery as discovered within Scripture and our human experience. He will shed light on the Paschal Mystery's connection to human suffering. All are welcome to attend this engaging journey into the foundational aspects of our Christian belief.

Snacks, alcoholic and non-alcoholic beverages will be offered. The cost is a freewill offering with proceeds going towards the Raise the Roof initiative.

A sign-up sheet will be available outside the hall for registration or contact Pauline at spiritualenrichment@holymfamilyregina.com. Deadline to register is Sun, Feb. 25. We look forward to seeing you there!



SOURCE is an opportunity for high schoolers to gather for an evening of food, faith and friendship! The next gathering will be at Resurrection Parish on **Sunday, March 3rd at 6:00 pm**.

EDGE Youth in grades 5 – 8 are invited to join in the fun at Edge! Our next gathering is **Wednesday, March 6th at 7 pm!** Register by scanning the QR code and watch your email for updates.



STATIONS OF THE CROSS Every Friday evening during Lent, the Stations of the Cross will be prayed in the hall. All parishioners are invited to come together as a community of faith at **6:30 pm** to pause and reflect on Jesus' journey to Calvary. Mass will follow at approximately 7:00 pm. *Please note: Mass will not be held on Friday mornings during Lent.*



The guided prayers and meditations will be led by members of the following groups:

February 16: K of C council

March 8: Children in Sacramental Prep.

February 23: Spiritual Enrichment, et al.

March 15: Pastoral Council

March 1: CWL Council

March 22: Blaze & Edge youth groups

ARCHDIOCESAN UPDATES:

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

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.

ARCHDIOCESE OF REGINA SOCIAL MEDIA AND CATHOLIC NEWS

Facebook: facebook.com/ArchdioceseofRegina/

Instagram: @archdioceseofregina

YouTube: youtube.com/archdioceseRegina

ArchRegina Weekly Report: Signup for weekly

Catholic News at archregina.sk.ca/news/

CHRISM MASS

The Chrism Mass will be held on Monday, March 18 at 2:00 PM at Holy Rosary Cathedral.

UPDATE ON MASSES AT BLESSED SACRAMENT PARISH

Because of the Arson/Fire here, no scheduled Eucharist will be at Blessed Sacrament Church until further notice. Currently, smoke scrubbers are at work inside the facilities, and tests will be taken later this week to further assess the damage and the air quality so that our church is safe for all those attending.

With the cooperation of Holy Rosary Parish Community, parishioners are welcome to attend these services at Holy Rosary Cathedral.

Weekend Sunday Mass at Holy Rosary Cathedral

- Saturday 5:10 PM (Fr. Jim presiding/added for Blessed Sacrament Parishioners)

- Sunday 9:00 AM (Fr. Jim presiding)
- Sunday 11:00 AM
- Sunday Evening, 7:00 PM

CATECHESIS OF THE GOOD SHEPHERD

Inside a Catechesis of the Good Shepherd atrium, what you find is an array of materials prepared for a child to use in a repetitive work of their hands. In and through this manual work is how they hear God's voice and deepen their understanding of a particular scripture story or liturgical element. The material is real – wood, cloth, metals, ceramics, and glass. These are things a child naturally understands to be real, precious, and worthy of cherishing. Much of the material is locally handmade. Every atrium across the globe has its own story of a talented and generous community coming together to build it. Our Good Shepherd never fails to provide for everything we need! We shall not want. Wonder with us!

For more information, visit cgsac.ca or contact regina.cgs33@gmail.com

REGINA PRO LIFE

This Lent, come—even for just one day and pray to end abortion ... because nothing is more important than protecting the most vulnerable in society. Join us for *40 Hours for Life* at Regina General Hospital - 14th Ave. on February 14 - March 24th, 4 - 5 pm. *25,000 lives saved, 120 abortion centers closed, 242 abortion workers quit.*

ST. CECILIA'S 3RD ANNUAL ENGLISH WAY OF THE CROSS: THROUGH THE VOICE OF VICTIMS

Friday, February 23 at 7:30 PM

All are welcome to attend in person or join online, a link to the livestream will be sent out next week.

MASS INTENTIONS

February 20th - February 25th, 2024

Tuesday, February 20th

David & Leslie Young r/b Verna Angielski

Wednesday, February 21st

Annette Horvath (Birthday) r/b Verna Angielski

Thursday, February 22nd

Thanksgiving for continuous healing r/b Bella

Friday, February 23rd

+Onufre Bautista r/b Dory Amio

Saturday, February 24th

+Florence S. Schreiner r/b Carol Hayko

Sunday, February 25th

9 am: Thanksgiving for continuous healing r/b Bella

11 am: Pro Populo (for the people)

PARISH UPCOMING ACTIVITIES

Date	Time	Activities
Mon., Feb. 19th	All Day	Office & Church Closed
Tues., Feb. 20th	6:00 pm 7:00 pm 7:45 pm	Adoration Mass KC Meeting (LMR)
Wed., Feb. 21st	10:00 am	Mass
Thurs., Feb. 22nd	10:00 am	Mass
Fri., Feb. 23rd	12 - 4 pm 6:30 pm 7:00 pm	Office Closed Stations of the Cross led by Spiritual Enrichment, et al. Mass
Sat., Feb. 24th	5:00 pm	Mass (<i>Children's Liturgy</i>)
Sun., Feb. 25th	9:00 am 11:00 am 1:30 pm 1:30 pm	Mass (<i>Children's Liturgy</i>) Mass (<i>Children's Liturgy</i>) Somerset Condo AGM (LMR) Blaze (UMR)

Scan this QR code with your smartphone and sign-up to receive the weekly bulletin in your email inbox.



February 25th - 2nd Sunday of Lent

WEEKLY BIBLE READING GUIDE

February 26th

Monday

Daniel 9:3,4-10
Psalm 79
Luke 6:36-38

February 27th

Tuesday

Isaiah 1:10,16-20,27-28,31
Psalm 50
Matthew 23:1-12

February 28th

Wednesday

Jeremiah 18:18-20
Psalm 31
Matthew 20:17-28

February 29th

Thursday

Jeremiah 17:5-10
Psalm 1
Luke 16:19-31

March 1st

Friday

Genesis 37:3-4,12-13,17-28
Psalm 105
Matthew 21:33-43,45-46

March 2nd

Saturday

Micah 7:14-15,18-20
Psalm 103
Luke 15:1-3,11-32

March 3rd

Sunday

3rd Sunday of Lent
Exodus 20:1-17
Psalm 19
1 Corinthians 1:18,22-25
John 2:13-25

The destination of our Lenten journey is clearly to be seen in today's readings: the mystery of the Cross, in which the father 'did not spare his own Son', and the glory which was to be the Risen Christ's in his final triumph, glimpsed on the mountain.

The testing of Abraham is one of the masterpieces of the Old Testament. The story echoes a brutal age in which the sacrifice of children was not uncommon – in fact, the people of the old Israel were taught to sacrifice an animal in place of their offspring, to turn them away from this horrendous temptation.

But the real point of the story, made so wonderfully, is the absolute trust that is asked of Abraham, making him the model of all true believers. To the people of Abraham's world there was nothing more important in life than descendants who would remember and honour them. Long after the age when he could expect a child, God gave Abraham a son. If he gives up Isaac, he has nothing left but his trust in God. That trust is rewarded – those who will call him their father will be countless; all the peoples of the earth will be blessed in his name – through the salvation brought by the Cross of Christ.

This heart-rending story of the testing of a father's love is linked in today's liturgy with the basic truth of our Christian faith, proclaimed by St Paul, in the second reading. The eternal Father, who for our sake 'did not spare his own Son', will not refuse anything to his people in their need.

The promise made to Abraham was to be fulfilled in the victory of the Saviour's resurrection. As he undertakes the journey towards the Cross and its glorious aftermath, he gives the chosen three among his followers a glimpse of the triumph in which he would fulfil the promise of the Law (Moses) and realise all the hopes of the prophets (Elijah). Again the Father's love shines through: 'This is my beloved Son – listen to him!'

It was a long journey from Abraham's testing to the final fulfilment of God's promises. We are privileged that the route our journey must take is so clearly marked out for us.

John Thornhill, sm
TheEmmausSeries.com



El sacrificio de Isaac by Domenichino

STEWARDSHIP BULLETIN BITS

February 25, 2024

2nd Sunday of Lent

"Here I am!" he answered.

- Genesis 22:11

It is easy to say, "Here I am, Lord," when we are kneeling in church. But how easy is it to say "Here I am, Lord," when a neighbor needs our help, or when we are invited to join a parish ministry, or when we are asked to provide financial support? Often times we are called when it's not convenient for us. Discipleship is not easy; most of the time it will make us uncomfortable and vulnerable.

March 3rd - 3rd Sunday of Lent

WEEKLY BIBLE READING GUIDE

March 4th

Monday

2 Kings 5:1-15
Psalm 42
Luke 4:24-30

March 5th

Tuesday

Daniel 3:25,34-43
Psalm 25
Matthew 18:21-35

March 6th

Wednesday

Deuteronomy 4:1,5-9
Psalm 147
Matthew 5:17-19

March 7th

Thursday

Jeremiah 7:23-28
Psalm 95
Luke 11:14-23

March 8th

Friday

Hosea 14:1-9
Psalm 81
Mark 12:28-34

March 9th

Saturday

Hosea 5:15-6:6
Psalm 51
Luke 18:9-14

March 10th

Sunday

4th Sunday of Lent
2 Chronicles 36:14-17,19-23
Psalm 137
Ephesians 2:4-10
John 3:14-21

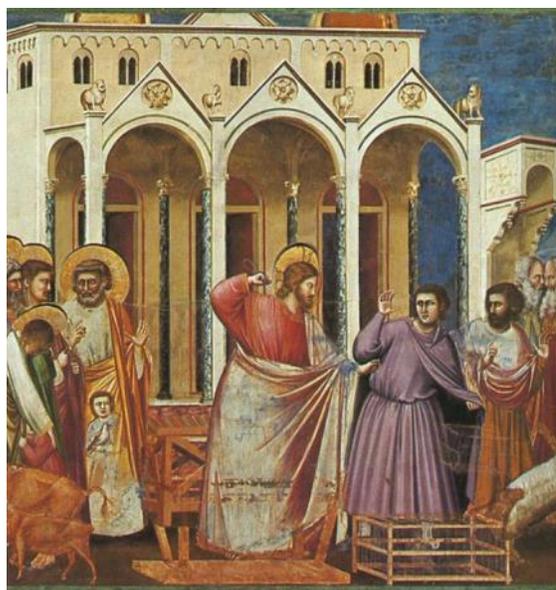
The dramatic intervention, whereby Jesus drove the merchants and money changers from the Temple, may well have triggered the events which led to his death. As the gospel of Luke puts it, Jesus – knowing that his end was drawing near – ‘resolutely looked toward Jerusalem’ (9:51). It is in the holy city that he must meet the fate that was becoming inevitable. For all faithful Israelites, the journey to Jerusalem was a journey to the Temple. How old Israel loved the Temple! It was the place of God’s presence. Their faith in that presence was so vivid, that to take part in the Temple worship was ‘to see the face of God’, as the Psalms put it.

The prophets of Israel sometimes performed gestures that had a lesson for the people. What Jesus did – disrupting the normal proceedings of the Temple precincts – was more than a lesson in reverence. It pointed to the new order of things he was to inaugurate. True worship was only darkly foreshadowed in the old Temple’s ceremonial. In John’s gospel, we remember, Jesus tells the Samaritan woman that true worship will not be tied to some particular sanctuary; it will be worship ‘in spirit and truth’ (4:24). Now he promises a ‘sign’ to confirm his prophetic gesture: ‘Destroy this sanctuary, and in three days I will raise it up’. When he had risen from the dead, his disciples recognised that ‘he was speaking of the sanctuary that was his body’.

The first reading from Exodus, proclaiming the commandments which were an essential part of the covenant God made with his people in the desert, matches the gospel in today’s liturgy, because it calls us to a worship that is authentic – through the renunciation of the false securities we are tempted to put in the place of God.

With Jesus leading us, we look towards what lies at the end of our journey. The reading from the letter to the Corinthians points to the Cross, the astounding inauguration of the new order of things which will take place at the end of the Saviour’s journey to the Holy City. In this new order of things, we can all worship the Father ‘in spirit and in truth’: through the Paschal Mystery – our sharing in the life and worship of the Risen Lord. We are able to share in his gift of himself to the Father, as he becomes for us ‘the power and the wisdom of God’. In the drama of the Cross, ‘God’s foolishness’ is to prove ‘wiser than human wisdom’; and ‘God’s weakness’ is shown to be ‘stronger than human strength’.

John Thornhill, sm
TheEmmausSeries.com



Casting out the money changers by Giotto

STEWARDSHIP BULLETIN BITS

March 3rd, 2024

3rd Sunday of Lent

“You shall not carve idols for yourselves in the shape of anything...”

- Exodus 20:4

How many “gods” do you put before God? “Idols” do not always take the shape of physical things, things we can touch and feel. Those are easy to recognize. Many times they take the form of things we cannot touch and are much harder to spot like pride, power, ego, time, comfort or health. Pray for God’s help to prune our vices and to grow in virtue.

HOLY FAMILY SPIRITUAL ENRICHMENT COMMITTEE



Faith & Fellowship



COME JOIN US!

The Paschal Mystery and Suffering

Snacks, Beverages (alcoholic & non-alcoholic) & Fellowship provided.

Register Now!

(or email: spiritualenrichment@holyfamilyregina.com)

Date: Thursday, February 29, 2024

Time: 6:30-8:30 PM

Cost: Freewill offering

Location: Upper Meeting Room

POPE'S PRAYER INTENTION FOR MARCH

For the new martyrs ~ We pray that those who risk their lives for the Gospel in various parts of the world inflame the Church with their courage and missionary enthusiasm.

MASS INTENTIONS

February 27th - March 3rd, 2024

Tuesday, February 27th: Mass for Vocations

+Junior Thompson r/b Verna Angielski

Wednesday, February 28th

All Religious, living or deceased r/b Marilyn Younghusband

Thursday, February 29th

Shannon Muri r/b Cec Hartness

Friday, March 1st

Thanksgiving for continuous healing r/b Bella

Saturday, March 2nd

Pro Populo (for the people)

Sunday, March 3rd

9 am: +All Souls r/b Anonymous
11 am: +Doug Schaefer r/b Irene Auger

MASS INTENTIONS

March 5th - 10th, 2024

Tuesday, March 5th

+Richard Shivak r/b Cecilia Lipoth

Wednesday, March 6th

Melissa Stepler r/b Irene Auger

Thursday, March 7th

Philip & Pat Muri r/b Cec Hartness

Friday, March 8th

Kevin & Kara Philip (Birthdays) r/b Andrea & Aaron Resler

Saturday, March 9th

+Juanito & Teodora Pascual & Conrado Amio
r/b Dory Amio

Sunday, March 10th

9 am: Pro Populo (for the people)
11 am: Kayden Deis r/b Irene Auger



Join us upstairs in the foyer for coffee, juice and treats after all Masses on March 2nd & 3rd.

This is an excellent opportunity to get to know your neighbour & for fellowship with other parishioners. Many thanks to Wes Kotyk & the liturgical ministers for offering refreshments!

PARISH UPCOMING ACTIVITES

Mon., Feb. 26th	All Day 1 - 4 pm	Office & Church Closed HFQ (UMR)
Tues., Feb. 27th	6:00 pm 7:00 pm	Adoration Mass for Vocations
Wed., Feb. 28th	10:00 am 7:30 pm	Mass Men's Group (LMR) EDGE is cancelled
Thurs., Feb. 29th	10:00 am 6:30 pm - 8:30 pm	Mass Faith and Fellowship with Dn. Eric Gurash (UMR)
Fri., March 1st	12 - 4 pm 6:30 pm 7:00 pm	Office Closed Stations of the Cross led by CWL Mass
Sat., March 2nd	10:00 am 5:00 pm	R.C.I.A. Mass (<i>Children's Liturgy & Coffee Weekend</i>)
Sun., March 3rd	9:00 am 11:00 am 1:00 pm 1:30 pm	Mass (<i>Children's Liturgy & Coffee Weekend</i>) Mass (<i>Children's Liturgy & Coffee Weekend</i>) Sacramental Prep (Hall) Blaze (UMR)
Mon., March 4th	1 - 4 pm 6:30 pm	No Mass HFQ (UMR) Sacramental Prep (Hall)
Tues., March 5th	6:00 pm 7:00 pm	Adoration Mass Pastoral Council Meeting (UMR)
Wed., March 6th	10:00 am 7:00 pm	Mass EDGE
Thurs., March 7th	10:00 am	Mass
Fri., March 8th	12 - 4 pm 6:30 pm 7:00 pm	Office Closed Stations of the Cross led by Sacramental Prep children Mass
Sat., March 9th	11:00 am 5:00 pm	Private Baptism Mass (<i>Children's Liturgy</i>)
Sun., March 10th	9:00 am 11:00 am 1:30 pm 2:00 pm	Mass (<i>Children's Liturgy</i>) Mass (<i>Children's Liturgy</i>) Blaze (UMR) Spiritual Enrichment Event (Hall)

Trinity Manor at Westerra
Welcome Home!



Experience the freedom of retirement at Trinity Manor, a part of the Emmanuel Care community. Attend mass, receive the sacraments, or spend time in reflection in our beautiful chapel.
For more information call: 306-550-8077 or Visit www.trinitymanorregina.ca

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Why Regina Dent?

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3. You earn \$300 credit per hail claim repair
4. You earn \$300 credit per hail claim referrals
5. Courtesy car provided

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Archdiocese of Regina

Bulletin

February 18, 2024

First Sunday
of Lent

Igniting the Spirit of Reconciliation

Join us at the Neil Balkwill Centre (2420 Elphinstone Street) for the art show, 'Igniting the Spirit of Reconciliation.' Featuring 94 artworks representing each of the 94 Calls to Action from the Truth and Reconciliation Commission's final report, the pieces were created by students of Balcarres Community School and Vibank Regional School. Brought to Regina by the Truth and Reconciliation Committee of the Roman Catholic Archdiocese, the exhibit runs from February 3 – 29, 2024.

Don't miss these special presentations:

Feb 21:(1:00 p.m. – 3:00 p.m.): Regina Survivors Circle members sharing their Indian Residential School experiences.

Feb 26: (1:00 p.m. – 3:00 p.m.): Presentation by Susan Beaudin on Sacred Treaty Relationships.

Registration is required due to limited space. Email trcsask@gmail.com to register. Snacks and refreshments provided.

TF#388: Books That Changed Brett's Life - Part 2

In this part two of two episodes, Deacon Eric sits down with Dr. Brett Salkeld to discuss three non-fiction, non-theological books that changed his life. This week, You Are Not Your Pain by Vidyamala Burch and Danny Penman and a surprise book that changed Brett's life without him ever reading it!

thinkingfaith.libsyn.com/books-that-changed-bretts-life-part-2

LENT 2024

Pillars of Lent

- Prayer:** Take time to turn to listen and respond to talk to God.
- Fasting:** A time to restrict our consumption both from eating and other things.
- Almsgiving:** Giving our time, presence and money leads us to see Christ in others.

Days of Fasting and Abstinence

- Ash Wednesday
- Good Friday

Fasting: Two small meals, one regular meal, no snacks.

Abstinence: No meat.

40 DAYS

Lent is traditionally described as lasting for 40 days, in commemoration of the 40 days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry, during which he endured temptation by Satan.

Archdiocese of Regina

Ash Wednesday February 14, 2024

- Lent Begins
- Begin your Lenten Almsgiving collection

Palm Sunday March 24, 2024

- Jesus' triumphant entry into Jerusalem
- Holy week begins

Holy Thursday March 28, 2024

- Institution of the Eucharist
- Washing of the feet

Good Friday March 29, 2024

- Celebration of the Lord's Passion
- Veneration of the Cross

Holy Saturday March 30, 2024

- We remain in prayer and fasting at tomb of the Lord
- Easter Vigil - Jesus rises from the dead

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/

Archdiocese of Regina Social Media and Catholic News

Facebook: facebook.com/ArchdioceseofRegina/

Instagram: [@archdioceseofregina](https://instagram.com/archdioceseofregina)

YouTube: youtube.com/archdioceseRegina

ArchRegina Weekly Report: Signup for weekly

Catholic News at archregina.sk.ca/news/

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.



Archdiocese of Regina RENEW Lent

RENEW your Lent with weekly reflections, music, prayer resources and other lenten activities to enhance your Lenten journey, from Ash Wednesday to Holy Week. Sign up at archregina.sk.ca/news or email communications@archregina.sk.ca.

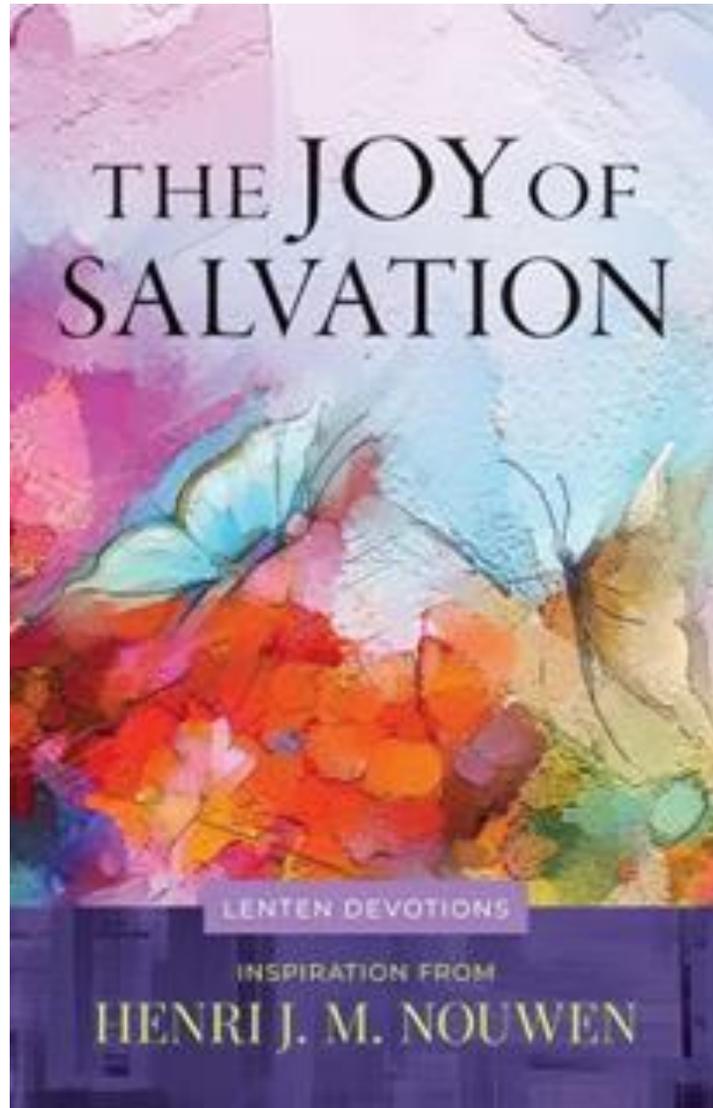
Stewardship Bulletin Bit

"After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." - Mark 1:14

Have you ever thought about how difficult it must have been for Jesus to go to Galilee, knowing that John had just been arrested for teaching the same message that He was proclaiming. It took great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, living a stewardship lifestyle takes great love and trust from us. We must be willing to surrender completely to God, trusting that He will always give us all that we need to fulfill His plan for us.

Lenten Devotions Booklets

\$2.00



This Lenten booklet includes excerpts from Henri J. M. Nouwen's inspiring insights that are paired with original reflections and prayers in this booklet for each day of Lent, as we come to experience more fully the eternal blessings of God born of extreme sacrifice.

HOLY FAMILY PARISH



Gala Evening

Saturday, March 16th, 2024

Holy Trinity Parish Hall
5020 Sherwood Dr, Regina

Doors Open 6:30 pm
Roast beef supper served at 7:15 pm
Catered by Charlotte's Catering

Entertainment:
Regina Country Music Artist Chris Henderson
SCMA Male Artist of the Year – 2018, 2019, 2020

Silent Auction
50/50 Draw, Door prizes

Tickets: \$75.00/person
(\$40.00 income tax receipt issued)

For more information or tickets, please contact:
David or Claudette Beitel at 306-924-0992 or davidbeitel@sasktel.net

If you wish to pay by e-transfer, please send it to: kofc10797@gmail.com.

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.

Adoration & Mass for Vocations in Regina

Come, Discern your Vocation.

Pray to Strengthen & Deepen your Vocational Commitments.

***Pray for the Vocations of Family Members, Friends,
the People of Regina, & our Diocese.***

Come spend time in adoration with the true presence of our Lord in the Eucharist. Ask Jesus your intentions, requests, and questions in the still of your heart, take time in silence, listen, and let Him in! Invite Him to help, guide, and direct you.

Jan. 23rd, Feb. 27th, Apr. 23rd, & May 28th, 2024

On the fourth Tuesday of the Month

Adoration ~ 6:00

Mass for Vocations ~ 7:00

All are welcome to join us at:

Holy Family Parish

1021 McCarthy Blvd. N., Regina, SK



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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**Our Lady of Peace Parish
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Lenten Prayer Lunches**

LENT
Pray + Fast + Give

Fridays During Lent Starting February 16

Adoration at Noon

Prayer at 12:15PM

Soup to follow

Free will offering

Proceeds will be offered to Development and Peace.





TASTE OF THE PHILIPPINES

Saturday, March 2

Cocktails 6:30 PM Supper 7:00 PM

Holy Trinity Roman Catholic Church
5020 Sherwood Drive, Regina
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TICKETS:

ADULTS: \$25

7-12: \$12

6 & UNDER: FREE

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2023-2024

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- **Sept 10th - Our Lady of Lourdes Grotto, St. Peter's Colony**
- **Oct 1 - Resurrection**
- **Nov 5 - St. Cecilia**
- **Dec 3 - Christ the King**
- **Jan 7 - Christ the King**
- **Feb 4 - St. Cecilia**
- **Mar 3 - Resurrection**
- **Apr 7 - St. Cecilia**
- **May 5 - Christ the King**
- **June 2 - TBA**

**FREE Supper - Community - Talk
Adoration - Praise & Worship - Confession**



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Come and See

**INTERESTED IN
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February 24,
2024
11:00-1:00 pm
Meeting Room 1
Resurrection Parish

...

regina.cgs33@gmail.com



**Catechesis of the
Good Shepherd**