

LITTLE FLOWER PARISH

**THIRD SUNDAY OF LENT
MARCH 3RD, 2024**

Little Flower Weekend Masses

Saturday 5 p.m.

Sunday 10 a.m.

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4:00 pm

Wednesday to Friday 8 a.m.

College Park I Retirement Residence Liturgy

1st & 3rd Thursday of the month 10 a.m.

College Park II Retirement Residence Liturgy

2nd & 4th Friday of the month 10 a.m.

Office Hours (for in-person service)

Monday to Friday: 9:30 am to 1:30 pm

Saturdays: 9 a.m. to 1 p.m.

Parish Staff

Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino &

Lauana Candido

Caretaker/Maintenance: Rick Morin

Parish email: littleflowerregina@sasktel.net



MISSION STATEMENT: Little Flower Parish as a faith community reaches out to all in service, compassion and love to fulfil our mission of proclaiming the gospel daily in word and deed.



420 College Avenue
Regina, Saskatchewan

S4N 0X2

Phone 306-522-8583

Email:

littleflowerregina@sasktel.net

Land Acknowledgement



Little Flower 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.



Little Flower is wheelchair accessible through the Edgar Street entrance.

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THIRD SUNDAY OF LENT

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Theme: Under the old covenant, the Lord's glory dwelt in the Jerusalem temple. Now his glory shines in the person of Jesus Christ, whose body we are. Like the Jerusalem temple, the body of God's people needs cleansing so his presence may shine forth.



This Week in the Parish . . .

Contact the office to request a Mass for your loved ones. The agenda for 2023 Mass requests is open

Mass intentions for this week are:

Tues. 5, + Repose of Frances Gyurek
Wed. 6, + Repose of Clair Wingerter
Thu. 7, + Repose of Catarina
Fri. 8, No Mass Int.
Sat. 9, No Mass Int.

Offering of the Mass



By virtue of the "communion of saints," the Church commends the dead to God's mercy and offers her prayers especially the holy sacrifice of the Eucharist, on their behalf. (Catechism of the Catholic Church). This practice dates as far back as Judas collecting a sin-offering for the dead, making atonement so they might be delivered from their sin. (2 Maccabees 12:39-45). Masses may also be offered for the intentions of the living or in thanksgiving. Masses are requested through the parish office.

Return to Vibrancy Announcement:



Saint Thérèse never had an easy life. Although she suffered from depression, tuberculosis, and religious doubts she maintained a smiling, pleasant, and unselfish manner. She acknowledged that not one day had ever passed without a struggle. But she still lived with a great sense of peace and joy.

Her sense of commitment led her to a profound experience of the love of God.

St. Thérèse said: "Look at His adorable face. Look at His glazed and sunken eyes. Look at His wounds. Look Jesus in the Face. There, you will see how He loves us."

Hospital Chaplains

Catholic chaplains visit patients and their families to address any spiritual needs.

To receive a visit from a chaplain, call:

- General Hospital 306-519-1405
- Pasqua Hospital 306-519-1380
- Wascana Rehab Centre 306-530-6511

Please also let your parish know if you've been admitted to the hospital.

March 3, 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.

Prayer Ministry



Please pray for the needs of the sick of our parish, the homebound, people who are alone and/or afraid to go out. Pray especially for: Germain Beurivage, Ann Dornmuth, Jose Estioco, Agnes Fahlman, Dean Hutchence, Shelly Joubert, Don Morrell, Lima Perras, Claudia Sali, Barb’s brother and family who lost their home in a fire, Delores Blank, Theresa Sokalski, Judy Klenk, recovering from surgery, Karyle and Irwin’s Family at the passing of Delores Blank, Kay Seiferling

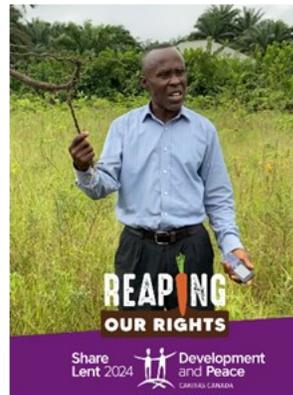
Denouncing oil pollution in Nigeria

Upcoming Food Drive next Weekend



Our next food drive is scheduled for next weekend: March 9th and 10th. Let's come together and make a difference by contributing non-perishable food items such as canned goods, pasta, rice, etc. Your generosity can have a huge impact on those

in need. Every donation, big or small, brings us one step closer to supporting our community. Thank you for your kindness and participation



Nigeria is Africa’s largest economy and biggest oil producer. Despite oil exports worth billions of dollars, millions of Nigerians remain in poverty and face food insecurity. In the south, pollution and contamination by the oil industry are causing great hardship.

Development and Peace — Caritas Canada’s partner Health of Mother Earth Foundation (HOMEF) defends farmers’ rights and helps protect their lands.

To learn more about the work of HOMEF, read our [Mini-magazine](#) and watch the video at devp.org/lent.

Donut Day



Attention parishioners! Don't forget to join us downstairs next Sunday, March 10th, right after Mass for our delicious donut day! See you there.

Pope Francis: Lent is a time of conversion and freedom

In his message for Lent 2024, Pope Francis invites the faithful to “pause” for prayer and to assist our brothers and sisters in need, in order to change our own lives and the lives of our communities.

By Christopher Wells

“When our God reveals Himself, His message is always one of freedom,” Pope Francis says in the opening of his Message to the faithful for Lent 2024.

Recalling the Exodus of the Hebrew people from Egypt, the Holy Father explains that our journey through the desert can be a season of grace – not an abstract journey, but a concrete path that involves seeing the world as it is and hearing the cries of our oppressed brothers and sisters.

Join a new phase of the Synod! Tell the Pope what you're thinking

How can we be a synodal Church in mission? The Synod of Bishops is reaching out for feedback on its Oct 2023 report, <https://bit.ly/A-Synodal-Church-in-Mission>. You are invited to attend a listening session to offer feedback on the October 2023 Synod document. Your contributions will feed into the 2024 Synod next fall. Attend a listening session in your parish or gather some friends for your own discussion. Prepare some notes and send us your thoughts. A Spiritual Conversation Guide is available at <https://bit.ly/Spiritual-Conversation-Guide>. Or, you might want to join a Zoom discussion (attend one or all, no commitment required). Before coming, read the marked sections of the Oct. 2023 Synod Report at

- Part I. The Face of the Synodal Church - Mar. 20 @ 7 pm -- read sections 3 and 5
- Part II. All Disciples, All Missionaries - Mar. 23 @ 10 am -- read sections 8 and 9
- Part III. Weaving Bonds, Building Communities - Apr. 6 @ 10 am -- read sections 14 and 18
- Draft report on 2024 Archdiocesan phase - Apr. 13 @ 10am

All sessions at <https://bit.ly/YQR-Synod-2024> No registration. All are welcome.

For further information, contact Nick Jesson, Archdiocesan Synod Coordinator, njesson@archregina.sk.ca, or visit <https://archregina.sk.ca/group/synod-2021-2024/>

2nd Annual French Livestream Way of the Cross Through the Voice of Victims Supporting Victims of Clergy Sexual Abuse

Saint Jean Baptiste parish, 2517, 25th Avenue, will host the second live stream edition of "The Stations of the Cross: Through the Voice of Victims: Supporting Victims of Clergy Sexual Abuse." on Friday, March 15th at 7 pm. All are welcome: please join us in person or via live stream: <https://www.youtube.com/@paroissesaint-jean-baptist4799/streams>.

To view or download the program, visit this link: <https://archregina.sk.ca/wp-content/uploads/2019/03/Soutenir-les-victimes-dabus-sexuels-clericaux.pdf>

TF #390: Restoring a First Nations Perspective on Treaty and Natural Resource Rights - Part 1

In this part one of two episodes, Indigenous ally Javed Sommers and Micheal Leblanc of Development and Peace Caritas Canada join the podcast to discuss treaty and natural resource rights through an Indigenous lens.

<https://thinkingfaith.libsyn.com/restoring-a-first-nations-perspective-on-treaty-and-natural-resource-rights-part-1>

Catechesis of the Good Shepherd

Have you ever seen an Israeli mustard seed? It is unlike the mustard seed planted here in the prairies. It is the smallest of all the seeds, the size of the tip of a needle. Truly the smallest! So small, what difference could it make? The children in the atrium understand this smallness, littleness in our big world. They are too small to do all of the things older siblings and adults can do. Feeling so small and yet they see a gift, a promise in the parable of the mustard seed. "He put before them another parable: 'The kingdom of God is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.'" Matthew 13:31-32. Jesus proclaims that the Kingdom of God is like this small mustard seed. It doesn't stay small. It becomes the greatest of shrubs, a 16 foot tall tree! A tree so large birds of the air come to nest in its branches. The children know. The 3 year olds tell me, "Jesus' power is in the mustard seed." It's the power of Jesus that makes it grow. They also know and ponder if Jesus' power is in other small things, small people like them. I wonder, do you ever feel small in this big crazy world? Like your words or actions aren't big enough, can't do enough? I wonder what God's power could do with your small offering? Wonder with us.