

# *LITTLE FLOWER PARISH*

**18TH SUNDAY IN ORDINARY TIME  
AUGUST 4TH, 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 am

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



*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](mailto: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.

# ***LITTLE FLOWER PARISH***

## **18TH SUNDAY IN ORDINARY TIME**

### **AUGUST 4TH, 2024**

**Theme:** God is infinite love, and he created us with capacity, a spiritual hunger for the infinite. Jesus Came to satisfy that hunger, to give himself to us - physically, mentally, spiritually.



**Contact the office to request a Mass for your loved ones. The agenda for 2024 Mass requests is open**

**Mass intentions for this week are:**

Tues. 6	Int. Of Doris Dietrich
Wed. 7	Int. Brett Wingerter
Thu. 8	Int. Brett Wingerter
Fri. 9	Int. Brett Wingerter
Sat. 10	+Repose of Ron & Ronnie Strassburger

Altar server of the week: Barb Aman

### **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.

### **Return to Vibrancy Announcement:**



**Although St. Thérèse described herself as a fragile little flower, the notion of doing spiritual battle to save souls held a strong appeal for her. Like a soldier fitted for war she was ready for battle: humility her armour and love her only weapon. She had a faith of mustard seed proportions, enabling her to perform unlimited charitable acts.**

**St. Thérèse said: “A heart enfolded in Divine love cannot remain inactive.”**

### **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.

## Exciting News!



Mark your calendars for the Little Flower Parish Fall Supper!

**When: Sunday, October 6th**

Join us for a wonderful evening of food, fellowship, and fun. Stay tuned for more details coming

## Attention Parishioners:



Please be aware that starting on August 5th, the city will be making traffic improvements at College and Edgar Street. During this time, cars may not be able to access the area at certain times, but pedestrian

access will always be available. Thank you for your understanding.

## Food Drive



Get ready for our monthly Parish Food Drive, next weekend, August 10/11. We'll be collecting a non-perishable food items to support individuals and families in need within our community.

Here are some suggested donation options:

- Canned Fruit
- Canned Soup/Stew
- Canned Tuna/Salmon
- Canned Vegetables
- Pasta & Rice
- Pasta Sauce
- Instant Oatmeal

Your contributions of these items will go a long way in providing nutritious meals for those facing food insecurity.

Additionally, monetary donations are welcome and will be used to purchase perishable items.

## Pope's Monthly Prayer Intentions - August

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

[thepopevideo.org](http://thepopevideo.org)

## 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: Ann Dormuth, Jose Estioco, Agnes Fahlman, Dean Hutchence, Shelly Joubert, Don Morrell, Lima Perras, Anthony & Louise Wingerter, Claudia Sali, Theresa Sokalski, Judy Klenk recovering from surgery.

## Bulletin Announcement



As we head into our summer months, please note for the month of July and August, we will have one bulletin for each month, rather than a weekly bulletin.

The regular weekly bulletin will resume for Labor Day weekend.

## Office Closure Announcement



Please note that the **Parish Office will be closed on Monday, August 5th in observance of Saskatchewan Day**

We will reopen on Tuesday, August 6th.

If you need any assistance during this time, please email us or leave a message on our voicemail, and we will get back to you as soon as possible. Thank you for your understanding.

## Stay Connected with Little Flower Parish!



We invite all parishioners to stay up-to-date with the latest news and events at Little Flower Parish by following us on Facebook. It's a great way to receive rapid updates and stay connected with our community.

You can find us by searching for **Little Flower Regina** on Facebook. Alternatively, you can use the QR code below to access our page directly.

Let's grow our online community together—like, follow, and share our posts!

Thank you for your continued support and participation



## Stewardship Bulletin Bits August 4 - 25

**August 4, 2024**

**18<sup>th</sup> Sunday in Ordinary Time**

*"Each day the people are to go out and gather their daily portion; thus will I test them, to see whether they follow my instructions or not." Exodus 16:4*

When the Israelites gathered more than their daily portion of manna, the surplus became wormy and rotten. In the same way today, self-reliance, pride and ego leads to hoarding and excessive surplus of goods and money. Living a stewardship lifestyle helps us discern our "wants" from our "needs". Living a grateful and generous lifestyle reminds us that God will provide all that we need and that we have plenty to share.

**August 11, 2024**

**19<sup>th</sup> Sunday in Ordinary Time**

*"Get up and eat or the journey will be too much for you!" 1 Kings 19:7*

God knows that committing to a stewardship lifestyle is difficult. However, we were not designed to do it on our own, we need God's help. Fortunately, God gave us the greatest gift of all, His son, Jesus. Through the gift of the Eucharist, we unite our sacrifice with Jesus' sacrifice to do the will of God, Our Father. We receive the strength and courage to be His missionary disciples.

**August 18, 2024**

**20<sup>th</sup> Sunday in Ordinary Time**

*"Whoever eats my flesh and drinks my blood remains in me and I in him." John 6:56*

This line from Scripture is what ultimately separates Catholics from our Protestant brothers and sisters. Jesus is really present in the bread and wine that are consecrated at Holy Mass. It is His actual body and blood that we consume. This is the greatest gift that we can receive. The Eucharist shows us how great of love that Jesus has for each of us.

**August 25, 2024**

**21<sup>st</sup> Sunday in Ordinary Time**

*"If it does not please you to serve the Lord, decide today whom you will serve...As for me and my household, we will serve the Lord." Joshua 24:15*

When we commit to serve the Lord, we become a disciple in the work of the Lord. A disciple is a person who spends time in prayer every day, joyfully participates in charitable works and generously supports their local parish and Church mission. If we say we serve God, our words and actions should reflect the Gospel message to others.

### **Meeting the Risen Jesus a Summer Retreat on Thinking Faith**

In another first for the Thinking Faith Catholic Podcast, Deacon Eric Gurash is joined by his wife, Melissa, as they lead you through a series of summer functions based on the fourth week of St. Ignatius of Loyola's Spiritual Exercises. Often referred to as Contemplations on Divine Love, over the next five weeks, they will offer a variety of reflections on Jesus' Resurrection appearances, encountering God in all things, and living a spirit-filled life. [thinkingfaith.libsyn.com/](http://thinkingfaith.libsyn.com/)

### **Ladies-Only Event - October 3**

"October 3: Let's start a women's ministry! Do you want to see a vibrant, Catholic women's ministry in Regina? Let's chat about it. Made for Greatness Catholic Ministries will host a collaborative brain-storming session open to all women who have been praying about an opportunity for strengthening their faith and building community. Please see our men's conference flyer for more information or call Kevin at: (306) 527-2647."