

LITTLE FLOWER PARISH

HOLY BODY & BLOOD OF CHRIST SUNDAY JUNE 19, 2022

Little Flower Weekend Masses

Saturday 5:00 pm

Sunday 10:00 am

Little Flower Weekday Masses

Little Flower Weekday Masses

Tuesday 4:00 pm

Wednesday, Thursday & Friday 8:00 am

College Park I Retirement Residence Liturgy

1st & 3rd Thursday 10:00 am

College Park II Retirement Residence Liturgy

2nd & 4th Friday of the month 10:00 am

Little Flower Office Hours

Monday to Friday 9:00 am to 4:30 pm

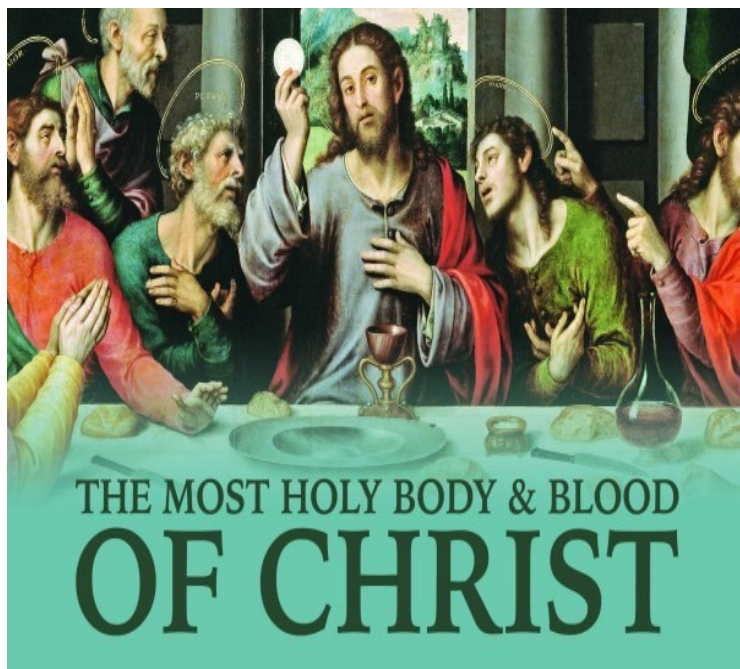
You can always email us or leave a voice message in case of emergency - **306-522-8583**

Parish Staff Team

Parish Administrator: Rev. Jake Ibay
littleflowerregina@sasktel.net

Office Administrator: Valerio Quirino
littleflowerregina@sasktel.net

Caretaker / Maintenance: Rick Morin



420 College Avenue
Regina, Saskatchewan
S4N 0X2

Phone (306) 522-8583

E-mail: littleflowerregina@sasktel.net

Website: www.littleflowerregina.ca

Treaty Acknowledgement



Little Flower Parish is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak (neh HEY o wuk), Nahkawé (NUK ah way), and Nakota, and homeland of the Dakota, Lakota, and Métis peoples



Little Flower Parish is wheelchair accessible through the Edgar Street entrance.



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

LITTLE FLOWER PARISH

HOLY BODY & BLOOD OF CHRIST SUNDAY

JUNE 19, 2022

Theme: God invites us to intimacy. We should not keep our distance from Him who is not distant from us. In the sacrament of his Body and Blood, Jesus Christ is our salvation, the sign of divine love, and the pledge of our future glory.

This Week in the Parish . . .

Daily Mass intentions as listed below:

Tues., June 21 +Repose of Ann Mellon

Wed., June 22 +Repose of all the people who died in the
Texas shooting back in May, 2022

Thurs., June 23 +Repose of Kathleen Wingerter

Fri., June 24 +Repose of Ann Mellon

Sat., June 25 +Repose of John Sali

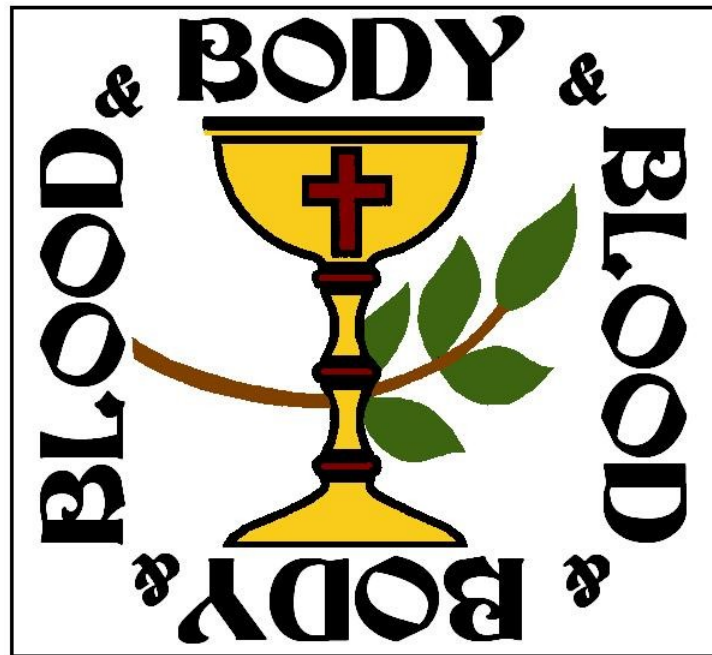
Altar Server: Jean Zdunich

Events:

Sunday, June 19 (After Mass) Father's Day Cake & Coffee

Tuesday, June 21 at 7:00 pm Finance Meeting

Thursday, June 23 at 6:30 pm St. Augustine Grade 8
Farewell Liturgy



New Celebrants



While Father Jake is away on vacations, we welcome as our celebrants, Father Wilfred Calinawan, who will be covering the weekdays Masses (Starting on June 21st) and Father Eusebio Tuballe who will be covering the weekend Masses.

Food Drive



Thank you to all who contributed to our monthly Food Drive last weekend. We've received a lot of donations and with your donations, you are "feeding the hungry. Thank you for sharing your treasure with those around you!"

Hospital Chaplains



Catholic chaplains visit patients and their families to address any spiritual needs, to pray, to provide a friendly face and comforting presence, to talk about people's fears and concerns, to bring Communion, and to contact a priest for Anointing of the Sick. If you or a family member wish to receive a visit from a chaplain, please call: General Hospital 306-519-1405, Pasqua Hospital 306-519-1380, Wascana Rehabilitation Centre 306-530-6511.

Also, please let your parish know if you are entering the hospital.

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). Masses may also be offered for the intentions of the living or in thanksgiving. Masses may be requested through the parish office. If you'd like to offer a mass on a specific date, please make arrangements at least one month in advance.

Stewardship Bulletin Bit June 19, 2022

Body and Blood of Christ



"They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets."

Luke 9:17

The story of the Loaves and Fishes shows us that when you share what you have, even if it doesn't seem like that much, miracles can happen! Do not think that your gift is too small or insignificant! Each of us has a role in God's plan; you just need to place your trust in the Lord. Nothing is impossible with God. You may be the answer to someone else's prayer.

The God Who Takes Us Up



If you are a parent, you know the joy that comes when a child needs our help. They run into our arms with a problem or with tears because of an injury. We long and love to help them. But when we need comfort, do we always go to our heavenly Father? Or do we seek other means of consolation?

Psalm 68:5 says, He is *"a father to the fatherless."*

1 John 3:1 says, *"See what great love the Father has lavished on us, that we should be called children of God!"*

He has not only identified Himself as our Father, but He tells us how He acts as our Father.

First of all and most importantly, He saves us. *"For God so loved the world, that he gave His only Son, that whoever believes in Him should not perish but have eternal life."* He pays attention to us. *"The eye of the Lord runs to and fro throughout the whole earth searching to help someone whose heart is completely His."* (2 Chronicles 16:9). In Psalm 94:19, It reassures us that, *"When my anxious thoughts multiply within me, Your consolations delight my soul."* He cares for us, *"Even if my father and my mother have forsaken me, the Lord will take me up."* (Psalm 27:10).

And just like a loving parent, He delights to take us up into His loving arms. Zephaniah 3:17 says, *"For the Lord your God is living among you. He is a mighty Savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs."* Get alone with your Father and hear His lullabies sung just for you.

Father's Day Coffee & Cake (DO NOT FORGET)



Little Flower Parish will host a Father's Day Coffee and Cake event!

Sunday, June 19, 2022 - 11:00 am (After Sunday Mass) - Little Flower Parish Auditorium

Everyone is welcome!

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, our farmers, those who are affected by COVID-19 and the health professionals working on the front line, those in nursing homes and those who care for them, especially: Agnes Fahlman, Fred Fry, Shelly Joubert, Lima Perras, Jose Estioco, Germain Beaurivage, Jack Gebert, Dean Hutchence, Judy Klenk, Don Morrell, Claudia Sali, Ron Strassburger, Louise Wingerter, Ann Dormuth, Judy Klenk, the lonely, vulnerable, and homeless, as well as the people affected in Ukraine



Gary & Karen Balaberda - June 19 - 29 Years

Ron & Bonnie Thomas - June 21 - 42 Years

Anacleto & Lucinda Balanga - June 22 - 37 Years

Ken & Michelle Jerred - June 23 - 38 Years

Alvin & Berbel Knoll - June 24 - 27 years

Richest blessings to all our couples. You are a particular witness of God's love and fidelity amongst us!

Vocation View



Following Jesus demands carrying the cross and walking in his steps. Do you have the courage to be a follower? Trust that Jesus will give you what you need.

"And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me."

Luke 9:23

To All Fathers



On the occasion of Father's Day, we from Little Flower Parish wish that Jesus is always there to offer all fathers protection and love and bless them with health and smiles. Happy Father's Day!

"Many say, 'My loyal friend,' but who can find someone worthy of trust? The just walk in integrity; happy are their children after them!" - Proverbs 20: 6-7

Did You Know?



itwewin Corner (itwewin is the Cree word which means 'the word' or 'as it is said...') - Fr. John Weckend, Archdiocese of Regina Truth and Reconciliation Healing Committee.

Did you know... The Lakota, Nakota, and Dakota share a very sacred and profound history with the Sacred White Buffalo Calf Pipe Bundle. Chief Arvol Looking Horse a spiritual leader of the Lakota often shared how the sacred Pipe was first given to the Lakota, Nakota, and Dakota Nations. (Cultural Teachings: First Nations Protocols and Methodologies, SICC). This beautiful story can be read here:

<https://www.legendsofamerica.com/na-whitebuffalo/>

What is National Indigenous Peoples Day (NIPD)?



June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs. In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. Please check with your local community to see if there events you can join on June 21st. Information on the event in Regina can be found here: <https://tourismregina.com/calendar/regina-national-indigenous-peoples-day-celebration/> Watch for more information that will be coming out soon regarding the Papal Visit to Canada at the end of July; especially in Alberta, as the Archdiocese of Regina is currently involved in some of the planning. This historic event will be an occasion to support survivors of residential schools and for non-Indigenous people to be in solidarity through prayer and in concrete ways. More to come....

For Holy Rosary Cathedral's refugee sponsorship



We continue to do Rider Home Game parking. \$10 per car. Watch for signs at the parking lots around Holy Rosary Cathedral! Thank you for your support!"

We will do pick up for hazardous waste from now until Friday June 24. Old paint cans, old spray bottles of stuff, light bulbs, batteries, etc. are accepted. No explosives or radioactive material is accepted., 100% of the proceeds to go the Holy Rosary Cathedral refugee sponsorship. Call/text Bernadette at (306) 537-4158. Thank you!

TF#301: Dating Well with Dr. Mario Sacasa - Part 1



Join the discussion with Dr. Mario Sacasa from the Always Hope Podcast as we discuss his new online course 'Dating Well'.

We'll look at fostering a healthy approach to dating and relationships and the particular challenges faced by discerning couples in our modern world. Show Snippet: If we fall into an overly pious way of dating or concept of dating, then we can think, "*Well, as long as we agree that Jesus Christ is the Lord, that the Catholic Church is the one true Church, that we pray together, and that's all we need*"...but you know your relationship is going to be built on so much more than just going to Mass together."

Dr. Sacasa's Always Hope Podcast: <https://faithandmarriage.org/alwayshope/>

Level up your love life in a Catholic context; <https://faithandmarriage.thinkific.com/courses/datingwell>
thinkingfaith.libsyn.com/dating-well-with-dr-mario-sacasa-part-1

The Archdiocese of Regina Lay Formation Program



Share the Joy of the Gospel!

"I'm more conscious that God is around me all the time. To know that He is everywhere with every person has helped me to step out of my comfort zone. Everyone has their little quirks and I see those as gifts or their own personal freedom of being who they are." - Beckey Franke, St. John the Baptist Parish, Estevan

One weekend a month from October to June, Catholics just like you are gathering at Campion College in Regina as they become more deeply aware of God's personal love and activity in their lives. Why not make their story, your story? We are currently accepting applications for our Fall intake. For more information on how to register or our COVID-19 health and safety protocols, please contact our Program Coordinator, Deacon Eric Gurash at 306-352-1651 ext 6724 or email him at egurash@archregina.sk.ca

Do you have any unused items?



St. Martin de Porres Knights of Columbus are hosting a garage sale in the St. Martin's parish hall on Sept. 30th & October 1. Do you have any unused items in your basement, kitchen or garage that need a new home? This is a great opportunity for you - donations are now being accepted at the St. Martin's parish office (4720 Castle Road). Please, no tires or mattresses.