

# ***LITTLE FLOWER PARISH***

**SECOND SUNDAY OF EASTER - DIVINE MERCY SUNDAY**

**APRIL 16TH, 2023**

**Little Flower Weekend Masses**

Saturday 5 p.m.

Sunday 10 a.m.

**Reconciliation** prior to mass OR by appointment

**Weekday Masses**

Tuesday 4 p.m.

Wednesday, Thursday & 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.

(We continue to monitor phone calls  
weekdays from 8:30 a.m. to 4 p.m.)

**Parish Staff**

Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino & Lauana  
Candido

Caretaker/Maintenance: Rick Morin

**Parish email:** [littleflowerregina@sasktel.net](mailto: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.*

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Regina, Saskatchewan  
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Phone 306-522-8583

Email: [littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)

[www.littleflowerregina.ca](http://www.littleflowerregina.ca)



**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

## SECOND SUNDAY OF EASTER - DIVINE MERCY SUNDAY

### APRIL 16TH, 2023

**Theme:** As strong Christians, we need to experience the presence of the risen Jesus. We cannot see him with our eyes, but we can see him with the eyes of faith in our community. It is through the signs of his presence in our brothers and sisters that we come to see and believe.



#### 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., April 18	+Repose of Renate Schimmelmann
Wed., April 19	<b>No Mass intentions</b>
Thu., April 20	<b>No Mass intentions</b>
Fri., April 21	<b>No Mass intentions</b>
Sat., Apr 22	+Repose of Heinz Blank

**Altar Server Of the week: Gabe Seiferling**

**April 18th- Finance Committee Meeting at 7:00 pm**

**April 23rd - Korean Mass at 11:00 am**

**April 30th - Annual General Meeting**



#### 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:

St. Therese of Lisieux is also called the Little Flower. All through her life she suffered with poor health, including tuberculosis. No matter the difficulties and struggles, she maintained an unselfish service to her religious order.

As we work to improve the health and well-being of our parish, Little Flower; may we be reminded that we all have a responsibility in offering our service.

**St. Therese said:** "It isn't enough to love. We must prove it."

#### 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.

#### Holy Face of Jesus

The Holy Face of Jesus ( shroud of Turin ) will be on a billboard from the 3rd-24 April on Sask. Dr / Ottawa St. Come gaze on this Holy Face during this Easter season!



**"Jesus came and stood among them and said to them, 'Peace be with you.'"**

**John 20:19**

Are you good at making people feel welcome? When you meet someone new, like a new neighbor, a new work colleague or a new parishioner, do you make them feel at home? When we make people feel welcome, we make them feel like they are included instead of being excluded. We are made for relationships – with God and each other. When you see yourself as a beloved son or daughter of God, you tend to see others the same way, too – just as God, Our Father, sees us.

### **Korean Mass**



The Korean Mass will be celebrated next Sunday, April 23rd 11 am.

### **Sacrament Preparation for Confirmation and First Eucharist**



Little Flower is scheduled for Confirmation and First Eucharist on May 10th. Preparation sessions will resume on April 16th at 2:00 pm and we'll have April 23rd, 30th and May 7th as our next sessions dates. For more information, email the office at: [littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)

### **Annual General Meeting**



Our parish Annual General Meeting will take place Sunday, April 30th following Mass. Join us after Mass for some coffee, donuts and the meeting.



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... Muskowekwan First Nation is a Saulteaux nation which borders on the town of Lestock, SK with a population of approximately 450 members who reside on and off reserve. Chief Ka-nee-na-wup (One Who sits Like An Eagle) signed Treaty 4 on September 15, 1874. The federal government established the Muscowequan Indian Residential School in 1889 under the administration of the Roman Catholic Church. It closed in 1997 and was given national historic site status in 2021. Retrieved on March 23, 2023 <https://www.cbc.ca/news/canada/saskatchewan/residential-school-muskowekwan-first-nation-national-historic-site-1.6095546>

### **Prayer Ministry**



Please pray for the needs of the sick of our parish, the home-bound, people who are alone and/or afraid to go out. Pray especially for: Germain Beaurivage, Ann Dormuth, Jose Estioco, Agnes Fahlman, Marlene Frey, Fred Fry, Jack Gebert, Dean Hutchence, Shelly Joubert, Judy Klenk, Don Morrell, Lima Perras, Claudia Sali, Ron Strassburger, Clair Wingerter, Louise Wingerter, the lonely, vulnerable, and homeless, as well as all who are affected by war.

### **Vocation View**

*"Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible, for everything that becomes visible is light."*

Ephesians 5:8-14:

### **The Divine Mercy Sunday**

The Divine Mercy Sunday origin is from a revelation to Saint Faustina, a Sister of Mercy in Poland who initiated the Divine Mercy devotion. Between 1930 and 1938 Jesus requested numerous times a Feast of Divine Mercy. On May 5, 2000, five days after the canonization of Saint Faustina, the Vatican decreed that the Second Sunday of Easter would henceforth be known as Divine Mercy Sunday. She wrote in her diary that He said:

***"I want the Image to be solemnly blessed on the first Sunday after Easter, and I want it to be venerated publicly so that every soul may know about it... My daughter, tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially for poor sinners. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy."***

## A Word About Trauma...

Trauma and associated words are being used more now than ever. Do we know the origins of these words? Are their meanings different now than when they were first used? Each week we will explore a trauma-associated word's origins, meanings and evolution.

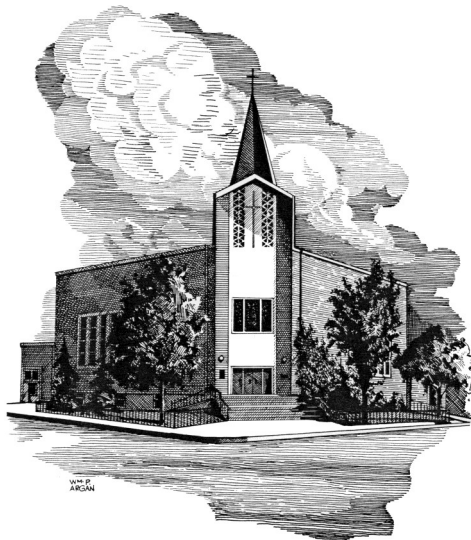
### Toxic Stress (tok.sik stres)

Coined by pediatrician J. Shonkoff to refer to chronic, excessive stress that exceeds a child's ability to cope, especially in the absence of supportive caregiving from adults. This is considered a heightened stress response. When a child doesn't get the help they need, the body can't turn off the stress response normally. This lasting stress can harm a child's body and brain and can cause lifelong health problems. This type of stress results from exposure to things like abuse and neglect. Toxic stress can occur in adults when they face strong, frequent, or prolonged challenges. These can include abuse, neglect, violence, or substance use in the home. These experiences can trigger our body's stress response. This response floods our body with "fight or flight" chemicals.

## Trauma Informed Perspectives Workshop – Esterhazy Deanery

The Archdiocese of Regina with the Esterhazy Deanery are pleased to present: a Trauma Informed perspectives workshop. Are you interested in learning about trauma and how it impacts people? The impact of natural disasters, accidents, sudden death and other traumas will be explored.

**Please join us on April 22nd from 10:00- 5:00 p.m.** at Our Lady of Victories Hall, 1308 Sussex Ave. Esterhazy, to register or if you have questions, contact:  
**[csaeducation@archregina.sk.ca](mailto:csaeducation@archregina.sk.ca)**



## TF#344: Dr. Brett Salkeld and Michael Raney on Conversion and Music - Part 2

In this episode, Brett is joined by Michael Rainey, a convert from Seventh Day Adventism and the music director at St. Paul's Co Cathedral in Saskatoon. Last week, they talked about Michael's conversion and his thoughts on church music. This week, they delve deeper into the topic of liturgical music, discussing its history and controversies.

Show Snippet: "Musicians have long been known as a contentious and irrational sort. So it shouldn't be surprising to anyone that this has been a struggle. When you think about the music ministry at mass, there is something, different about it as compared to some of the other ministries that happen."  
<https://thinkingfaith.libsyn.com/dr-brett-salkeld-and-michael-raney-on-conversion-and-music-part-2>

## THE FEAST DAY OF OUR LADY OF GOOD COUNSEL is Wednesday, Apr. 26.

In the world today, as perhaps never before, the Church needs an enlightened and faithful laity. Dedicated members of The Catholic Women's League of Canada live their faith by serving others, and discover Christ through relationships with others. Consider joining us in a novena for continuing growth of the C.W.L. with the following prayer:

Mother of Good Counsel, obtain for us our most urgent need (the continued growth of Catholic Women's League, spiritually and in numbers) and secure for us from thy Divine Son the love of virtue and the strength to choose, in doubtful and difficult situations, the course agreeable to our salvation.

Other nice novenas can also be found online at [www.praymorenovenas.com](http://www.praymorenovenas.com).

A short program to to honor and praise Our Lady of Good Counsel will follow the 9:00 a.m. Mass at St. Peter Parish on Apr. 26. Everyone is welcome.