

LITTLE FLOWER PARISH

HOLY TRINITY SUNDAY

JUNE 4, 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 & Friday 8 a.m.

Thursday, June 8th at 9:30 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 a.m. to 1:30 p.m.

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



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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Theme: Love is the home of God. This Trinity Sunday we recall that our God is a community of lovers. The Father offers us his steadfast love. The Son transforms us into his attractive likeness so we can be his loving presence in the world. The Spirit gifts us with the bond of fellowship, a sign of our deeper bond of love.



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., Jun 6	Healing Intentions of Jeff Reed
Wed., Jun 7	No Mass Intentions
Thu, Jun 8 (9:30am)	No Mass Intentions
Fri., Jun 9	No Mass Intentions
Sat., Jun 10	Repose of Jean Schmidt

Altar Server Of the week: Jean Zdunich

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, the Little Flower was dedicated to Eucharist Adoration. She spent a great deal of time in church writing poems, prayers and devotions. It was during these times that she was filled with peace and the presence of the Lord.

St. Therese said: “Do you realize that Jesus is there in the tabernacle especially for you – for you alone. He burns with the desire to come into your heart.”

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.



“For God so loved the world that He gave His only Son...”

John 3:16

Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely or do you “fit it in” when it’s convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

**Upcoming Event: Little Voices Choir
5th year anniversary concert.**



We are delighted to announce this upcoming event that promises to be a meaningful and inspiring experience for all who attend.

The 5th Year anniversary of The Little Voices Choir!

Proceeds will be donated to Little Flower Parish for the structural maintenance of the Church.

Event’s Date: July 30th, 2023

Time: Doors open 3:30 pm/ Starts at 4pm

Location: Little Flower Parish (420 College Av.)

Entrance Fee: \$10

Contact the Parish’s office to purchase your ticket!

Office Closed



The parish office will be closed on Saturday June 3 and on Monday, June 5 . Messages may be left on our voice mail.



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... Pheasant Rump First Nation is a Nakota band with approximately 60 members (per the 2016 Census) in the Moose Mountain area near Kisbey. In 1901, Canada stopped recognizing Pheasant Rump as a First Nation after Canada wrongfully amalgamated Ocean Man, Pheasant Rump, and White Bear First Nations. In February 2022, Pheasant Rump was officially recognized as a Treaty 4 First Nation confirming that it has existed since 1875. In 2021, the Nation held an event recognizing Canada's first sasktoday.ca/south/local-news/pheasant-rump-nakota-first-nation-marks-truth-and-reconciliation-day-4480350 where all participants were gifted with an orange shirt recognizing the injustices and impacts of Indian Residential Schools.

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 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

“Jesus summons us to spread the faith through the grace of baptism. Where are you being called to share your gifts?”

(Matthew 28:16-20)

Facebook Page



Exciting news, parishioners! Our new Parish Facebook page is up and running!

We'll be taking pictures at church events and Masses to share on Facebook. If you prefer not to have your pictures on the page, let us know at the office. We'll remind you about events and pictures at least a week in advance. Join us on Facebook by searching for: Little Flower Parish Regina and hitting the "Like" or "Follow" button. We encourage you to invite your friends, family, and neighbors to join our Parish new Facebook page.

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.

Nightmare (n.) nahyt-mair nart.mer

The word nightmare is defined as a terrifying dream in which the dreamer experiences feelings of helplessness, extreme anxiety, sorrow, etc. It is derived from the Old English c. 1300, "an evil female spirit afflicting men (or horses) in their sleep with a feeling of suffocation," compounded from night + mare. In mid-16c. from the incubus to the suffocating sensation it causes. Sense of "any bad dream" is recorded by 1829; that of a "very distressing experience." The word nightmare is cognate with the Dutch term nachtmerrie and German Nachtmahr.

Trauma-Informed Perspectives Workshop – Regina West Deanery

Are you interested in learning about trauma and how it impacts people? Trauma comes in many forms, and we will look at natural disasters, accidents, and sudden death and touch on other areas. The Archdiocese and Regina West Deanery welcome everyone to join us for a free workshop entitled: Trauma-informed Perspective on Saturday, **June 10, from 9:30 - 4:30 at Christ the King Parish Hall** located at 3239 Garnet Street Regina. To register, **email: csaeducation@archregina.sk.ca**.

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

TF# 351: Talking to Your Kids About Sex - Part 2

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Deacon Eric and Dr. Brett get together this week to discuss one of life's trickiest topics; talking to our kids about sex. When do you start? How do you broach the subject? What do you say? It could be an example to follow, or a cautionary tale but its sure to be interesting!

Show Snippet: "If you talk about how cigarette companies are trying to get you hooked early and exploit you and make money off of you, kids are like, "Hell no." And so something similar with porn, too; the performers are being exploited, but so are you. There are people on the internet who are trying to catch you early and make you a customer for life to serve their ends and make you a slave."

thinkingfaith.libsyn.com/talking-to-your-kids-about-sex-part-2

LESSON TWENTY-FIVE

What is Original Sin?

Videos: archregina.sk.ca/group/catechetical-support-parishes/

Français: [https://youtu.be/vLAFAC7Xslo?](https://youtu.be/vLAFAC7Xslo?list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN)

list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN

Catechism Text: CCC # 404

Sacred Scripture: Romans: 5.12 & 18-19

Pope Benedict XVI: "If, in the faith of the Church, an awareness arose of the dogma of original sin, this is because it is inseparably connected to another dogma, that of salvation and freedom in Christ".

St. John Vianney: "Sin is the assassin of the soul".

FAQ: Should "the people in the pews" be encouraged to read and study the Catechism?

Yes. Many Catholic adults search for a positive, coherent, and contemporary statement of what the Church believes and teaches. Research indicates that Catholic adults are better educated now than at any other time in history. The faithful are encouraged to read and study the Catechism because it is the point of reference for their religious and spiritual lives.