

# *LITTLE FLOWER PARISH*

**SECOND SUNDAY OF LENT  
MARCH 5, 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 and Friday 8 a.m.

Thursday (March 9) 9:30 am

## **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: 4:30 to 6:30 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

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.*

420 College Avenue

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.

# SECOND SUNDAY OF LENT

## MARCH 5, 2023

**Theme:** Love is full of risk. Yet in love's willingness to assume that risk lies its worth, its power to transform our lives and make God's light shine in our faces. We give thanks for the glimpse of glory we have known, when love dared the risk and took up the cross.

### 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., March 7	<b>4 p.m.</b>	No Mass Intentions
Wed., March 8	<b>8 a.m.</b>	No Mass Intentions
Thurs., March 9	<b>9:30 a.m.</b>	No Mass Intentions
Fri., March 10	<b>5 p.m.</b>	No Mass Intentions
Sat., March 11	<b>10 a.m.</b>	+Repose of Ivan Upham

Weekday Altar Server: Jean Zdunich

March 11 & 12—Food Drive Collection

March 14—Finance Committee Meeting at 7:00 pm

March 18—Women's Faith Formation at 3:00 pm



### 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.



### 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.

### Office Hours



Office Hours for in-person services are now Monday to Friday, 4:30 pm to 6:30 pm and on Saturdays, 9:00 am to 1:00 pm. Phone calls and emails will be monitored and answered during the day as usual.



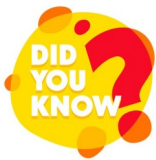
**“Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you.”**  
**Genesis 12:1**

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, “God does not call us to be successful, God calls us to be faithful.”

### Return to Vibrancy Announcement

St. Therese of Lisieux, the great protector of Little Flower Parish, embraced the “little way”. She considered it a special gift to participate in the responsibilities of her religious community. Let us follow her example, as we work together to preserve Little Flower Parish for our children and future generations.

**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... Kahkewistahaw First Nation is a Cree nation located near the town of Broadview and has a population of approximately 2,100 members with approximately 675 living on reserve. Chief Ka-kiwistahaw (He Who Flies Around) was a signatory to Treaty 4. In 1881, a reserve was surveyed on the south side of the Qu'Appelle Valley between Round Lake and Crooked Lake. Every year on November 11 their veterans who were enlisted and served in WW1, WW2, the Korean War, Afghanistan, and overseas are honoured in ceremony. Retrieved February 17, 2023. [www.kfn72.com/](http://www.kfn72.com/)



### 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

*This Lent Jesus invites us to go up on a mountain, to spend extra time in prayer. Don't be afraid of what you might experience. Trust that God is leading you to greater understanding.*  
*(Matthew 17:1-9)*

### Development & Peace

The courage to Create Hope



To delegates at the 4th World Meeting of Popular Movements, Pope Francis said, “... you have the ability and the courage to create hope where there appears to be only waste and exclusion.”

These are the words that inspired the choice of “Create Hope” as a five-year guiding theme at Development and Peace — Caritas Canada.

The courage to Create Hope is rooted in actions big and small. For to drive away anguish and despair, it is best to act. Every action we take has a positive effect on us, our neighbours, our great human family, our children and their descendants. What will you do this Lent to Create Hope? Join our campaign at [devp.org/lent](http://devp.org/lent).

## 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.

### Anxiety

anx·i·e·ty/ aNG' zīādē/ a noun.

Noted in the early 16th century: from French *anxiété* or Latin *anxietas*, from *anxius*. In the 17th century, Robert Burton described anxiety as the anatomy of melancholy. In the 18th century, Panic attacks and generalized anxiety disorder may be recognized as “panophobias.” The DSM-V anxiety is defined as the anticipation of future threats; it is distinguished from fear, and it is the emotional response to a real or perceived imminent threat.

Anxiety is a feeling of fear, dread, and uneasiness, typically about an imminent event or something with an uncertain outcome, or a mental condition characterized by excessive apprehensiveness about real or perceived threats, typically leading to avoidance behaviours. Anxiety or feeling anxious may arise before a test when important decisions are to be made, or when faced with difficulties at home or work and can be a normal stress reaction. This might cause a feeling of restlessness, sweating, feeling tension, or result in a rapid heartbeat. Difficult experiences in childhood, adolescence or adulthood are common triggers for anxiety problems. Going through stress and trauma when you're very young is likely to have a huge impact. Experiences that can trigger anxiety problems include physical or emotional abuse.

### Trauma Informed Perspectives Workshop

The Archdiocese of Regina with the Estevan 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 March 18th from 10:00- 5:00 p.m. at St. Joseph's 204 Peters Ave, Oxbow, to register or if you have questions, contact: [csaeducation@archregina.sk.ca](mailto:csaeducation@archregina.sk.ca)

### Please join us for Chemin de croix exprimé par la voix des victimes:

Soutenir les victimes d'abus sexuels cléricaux Friday March 17th at 6pm either in person or via Live stream from St. Jean Baptiste located at 2517 -25th avenue Regina. Live stream can be found here: St. Jean Baptiste YouTube channel found at: [youtube.com/channel/UCyAgZj0wG1YvhSDq1CPPokQ](https://youtube.com/channel/UCyAgZj0wG1YvhSDq1CPPokQ)

## TF338: CRISPR, BioTechnology and Catholic Ethics with Ethicist Sr. Zoe Bernatsky - Part 2

What does the Church teach about the use of CRISPR gene editing technology and other advances in biotechnology? In this part 2 of 2, Dr. Brett Salkeld opens a conversation with Sr. Zoe Bernatsky, professor of Moral, Spiritual, and Pastoral Theology at Newman Theological College in Edmonton, Alberta.

<https://thinkingfaith.libsyn.com/crispr-biotechnology-and-catholic-ethics-with-ethicist-sr-zoe-bernatsky-part-2>

### Trinity Manor at Westerra: PRAY, FAST, GIVE

Welcome Home! Experience the true meaning of retirement with a world of choices, beautiful architecture, and a variety of programs and services. Your neighbours are caring people who make you feel welcome. One of our residents said, “If I was still living in my home, I would be so Isolated now. But, living at Trinity Manor I have friends all around me”. Regina’s own Trinity Manor, a part of Emmanuel Care, is under the leadership and sponsorship of the Catholic Bishops of Saskatchewan. Whether you need assisted living, short stay, customized care plans, or to age in place, we are challenging the standard for retirement living. With our affordable pricing starting at \$2425, enjoy premium retirement living at affordable rates! Attend daily Mass, receive the sacraments, or spend time in quiet reflection in our tranquil chapel. Start your day by enjoying the country sunrise, 10 minutes from downtown. Book your personal tour now by contacting us at [306-550-8077](tel:306-550-8077) or visit us at [www.trinitymanorregina.ca](http://www.trinitymanorregina.ca).

