

# *LITTLE FLOWER PARISH*

**THIRD SUNDAY OF LENT  
MARCH 12, 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 to 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.)

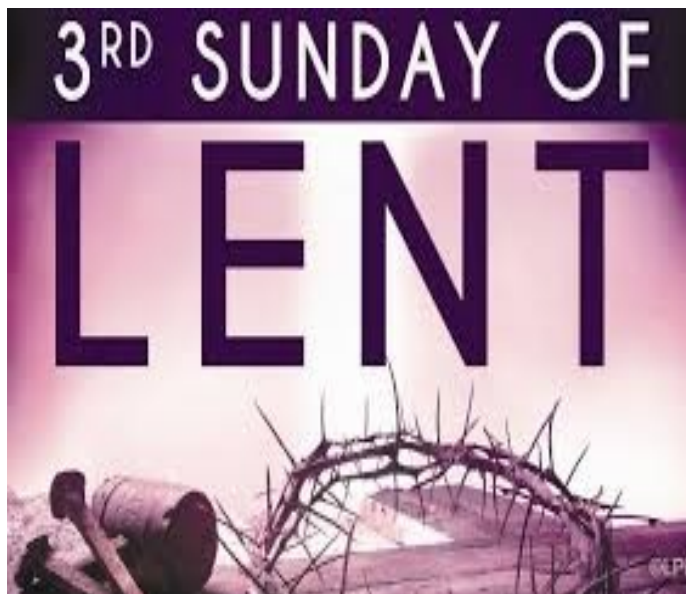
## **Parish Staff**

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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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.

# THIRD SUNDAY OF LENT

## MARCH 12, 2023

**Theme:** Fountains of water, springing forth to bring refreshment and life to those who are thirsty; fountains of Loving Water, Spirit flowing from our risen Saviour to bring lasting life to those who admit need for Jesus.

### 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 14	<b>4 p.m.</b>	+Repose of Jim & Joanne Dietrich
Wed., March 15	<b>8 a.m.</b>	+Repose of Dorothy Davis
Thurs., Mar. 16	<b>8 a.m.</b>	+Repose of Alan Kelm
Fri., March 17	<b>8 am.</b>	+Repose of Winnifred Kelm
Sat., March 18	<b>5 p.m.</b>	+Repose of Winnifred Kelm

Weekday Altar Server: Barb Aman

March 11 & 12—Food Drive Collection

March 11—Women's Faith Formation at 3:00 pm

March 14—Finance Committee Meeting at 7:00 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**

Office Hours for in-person services are now Monday to Friday, 9:30 am to 1:30 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.



**“Everyone who drinks this water will be thirsty again.”**

**John 4:13**

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions we will always want more and no amount will ever satisfy our desire. True joy and peace only comes when we follow Jesus - when we become more “God-centered” and less “self-centered.”

**Food Drive**



Our Food Drive collection for Marian Centre and Visitation House this weekend, March 11 & 12. All contributions are welcome, and we thank you for sharing your treasure with those around you. Please be mindful we can't accept packaging that has been opened, items that are partially used or those beyond their expiry date.

**Nomination Forms**

**NOMINATE NOW!**

Forms on which to nominate parishioners for positions on the Pastoral Council and Finance Committee are available at the back of the church. There are 06 vacant positions this year so we would ask that you nominate a parishioner that you think would be a good fit for one of these vacant positions. Please pick up a nomination form, write in your nominations, and return the form in the boxes provided.

**Stations of the Cross**



Starting on **March 14th**, the 4:00 pm Tuesday Mass will be followed by the Stations of the Cross.



**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/)



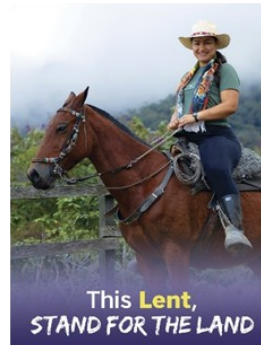
**Prayer Ministry**

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**

*A surprise encounter can turn our lives around. God offers us living water. Come and drink. (John 4:5-42)*

**Development & Peace  
 Colombia: defense of land and territory**



Colombia is home to nearly 10 per cent of the planet's biodiversity, yet it is also one of the most dangerous countries for people defending their land and territory against exploitation.

Development and Peace — Caritas Canada's partner, the Asociación Campesina de Antioquia (ACA, Peasant Association of Antioquia) supports peasant communities affected by armed conflict in defending their lives and territories and in building a culture of peace through filmmaking and art.

This Lent, meet our solidarity visitor Raquel Soto, a participant in ACA's documentary filmmaking school. Learn more 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.

### Terror

ter·ror /'terər/

**Terror** comes into English in the late fourteenth century, partly from Old French *terreur* and partly directly from Latin *terror* from *terrere* 'frighten.' The word means both "the state of being greatly frightened" and "the cause of that state," leading to the definition being intense or overwhelming fear or extreme fear.

## Chrism Mass

This year's Chrism Mass will be held on Monday, March 27 at 2:00 PM at Holy Rosary Cathedral.

## LESSON FOURTEEN

FAQ: Does the Catechism discourage searching and questioning; because, it is not written in an apologetic style, but in a declarative and expository way?

The Catechism provides the content of the faith in a comprehensive and summary fashion, with a positive and explanatory manner. In this sense, it answers many questions about doctrine in a clear and unambiguous way. On the other hand, however, the Catechism recognizes that faith is an ongoing journey on which questions and doubts come naturally and need to be addressed at the opportune moment. The Catechism - far from pre-empting discussion - provides accurate information with which to carry on informed discussion.

Is God really unchanging? Dieu, est-il vraiment immuable ?

English:

[https://youtu.be/kikujtUBqG8?](https://youtu.be/kikujtUBqG8?list=PLIcePO_eJb2_EEITdFm1PFLNkH17EQcV-French)

[list=PLIcePO\\_eJb2\\_EEITdFm1PFLNkH17EQcV-](https://youtu.be/hj-ZCeKUBsY?list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN)

French: [https://youtu.be/hj-ZCeKUBsY?](https://youtu.be/hj-ZCeKUBsY?list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN)

[list=PLIcePO\\_eJb299XFdAr--xqzQxdX5g3JZN](https://youtu.be/hj-ZCeKUBsY?list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN)

Read the Catechism Text: CCC#'s 202 & 260.

Sacred Scripture: Psalm 102.25-27, Hebrews 13.7 & 8, James 1.17 & 18,

Pope Francis: "The virtue of perseverance reflects to the world the unchanging love of God." Angelus November 13, 2022.

## New Heart, New Spirit.

Holy Trinity is hosting a Lenten Retreat with the Franciscan Friars of the Renewal. March 20-22, 7:00 PM each evening.

Monday – The Eucharist: Pledge of Future Glory

Tuesday – Becoming Eucharistified: The Transformative Power of his Presence

Wednesday – Forgiveness: The True Gift of Healing

All are welcome! Whether you are able to attend the whole retreat or only one evening, this retreat will be a wonderful opportunity to prepare your heart for Easter.

## CFC Youth Camp

CFC Youth Regina would like to invite all youth ages 12-18 years old to their annual youth camp to be held in Dallas Valley Ranch Camp on April 21-23, 2023.

Registration is now open and will end on **April 7, 2023**, for more info Contact Rene and Abie Reyes at 306-520-3729.

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

Welcome Home! Regina's new active living retirement community is proudly a part of the Emmanuel Care, and Emmanuel Care is under the leadership and sponsorship of the Catholic Bishops of Saskatchewan. With customized packages, and a wide choice of social and recreational activities, our residents say "Trinity Manor has everything I need. I could sell my car because I don't need it". Located in the beautiful Westerra neighborhood of Regina, our personal care suites, run by nurses, offer extensive amenities and specialized services starting at \$2425. Trinity Manor's customized care plans offer different tiers of support, and is ideal for couples. When you join our community, you become more than just a resident, you become part of a wide and diverse village of family and friends. Attend daily mass, visit with our spiritual care workers, or spend time in quiet reflection in our tranquil chapel. Unwind by enjoying country sunsets, 10 mins from downtown. What's included in our all-inclusive plan? Contact us at 306-550-8077 for more information, or to book your personal tour now. Visit us at [www.trinitymanorregina.ca](http://www.trinitymanorregina.ca)