

LITTLE FLOWER PARISH

7TH SUNDAY IN ORDINARY TIME

FEBRUARY 19, 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: 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



"I have never given the good God naught but love, and it is with love that He will repay."

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

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.

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FEBRUARY 19, 2023

Theme: Love your enemies and pray for those who persecute you.

This Week in the Parish . . .

(Contact the office to request a Mass for your loved ones.
The agenda for 2023 Mass requests is open

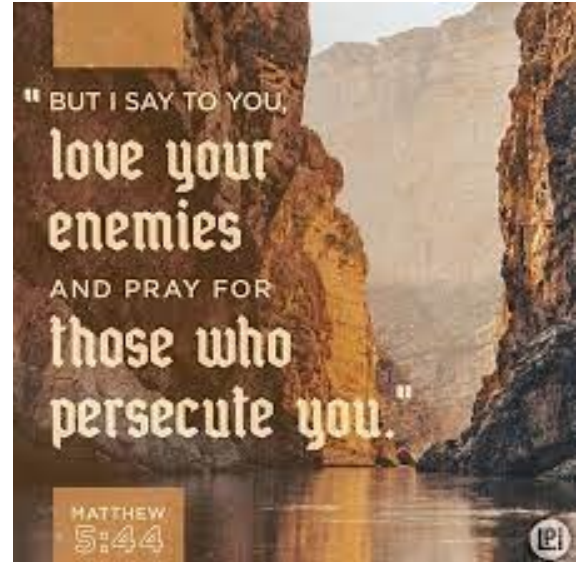
Mass intentions for this week are:

Tues., Feb. 21	4 p.m.	No Mass Intentions
Wed., Feb. 22	6 p.m.	Ash Wednesday
Thurs., Feb. 23	8 a.m.	Intentions of Clair Wingerter
Fri., Feb. 24	8 a.m.	No Mass Intentions
Sat., Feb. 25	5 p.m.	No Mass Intentions

Weekday Altar Server: Barb Aman

Coming up:

- Feb. 22**—Ash Wednesday Mass at 6:00 pm
- Feb. 23**—Parish Council Meeting at 7 :00 pm
- Feb. 24**— Mass at College Park 2 at 10:00 am

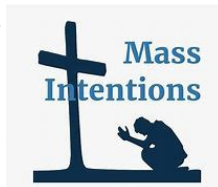


PALMS

In preparation for Ash Wednesday, we will begin collecting old palms. The bin is located at the back of the church and it will remain in the church leading up to Ash Wednesday.

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



From **February 02nd to 27th**, the Parish Office will be closed for in-person services. Phone calls and emails will be monitored and answered during the day as usual. In-person services at the Parish Office will resume on February 27th.



“But I say to you, love your enemies and pray for those who persecute you...” (Matthew 5:44)

Love your enemies, easier said than done, no doubt. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from “me” and moves it towards God and others. It allows us to have a little more empathy for “our enemy.” When we pray for others, even “our enemies,” maybe it softens their hearts as well.

Return to Vibrancy

As we work together to renew the vibrancy of Little Flower Parish let us be reminded of our Patron, St. Therese of Lisieux. She overcame many challenges and obstacles in her short life. Through her intercession we too can overcome the challenges of bringing new life into our parish.

St. Therese said, “Whose hands are God's hands, but our hands?”

2022 Income Tax Receipts

2022 income tax receipts are available at the back of the church. Please pick yours up. If you would like your receipt emailed to you please send us an email (littleflowerregina@sasktel.net) requesting that it be emailed and we will return your email with the receipt attached.

Also, please note that if you donated to the Archbishop’s Appeal by cash or cheque, to the parish, that amount will be included in the income tax receipt you receive from Little Flower. If you donated to the Appeal by credit card or auto debit a separate income tax receipt will be issued by the Archdiocese and mailed directly to you.



Prayer Ministry

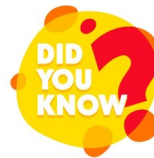
Please pray for the needs of the sick of our parish, the homebound, people who are alone and/or afraid to go out. Pray especially for:

Germain Beaurivage, Annette Block, 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

“Have you tried what Jesus directs us to do? Love of enemy, no payback, and going beyond what is asked are difficult to observe in our world. Be attentive to these commands and ask for the grace to live them.”

Matthew 5:38-48



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... Day Star First Nation is located 16 km north of Punnichy and has a population of approximately 426 members who live on and off the reserve. Chief Day Star (Kii si caw ah chuck) adhered to Treaty 4 on September 15, 1874 and settled the Day Star reserve in 1876. Many members continue to speak the Cree language and maintain their cultural traditions. Social events include horse racing, rodeos, powwows, and cultural activities.

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.

PTSD is short for Post-Traumatic Stress Disorder. The DSM I 1952 edition used the term “gross stress reaction” and included combat and “civilian catastrophe.” The definition was similar to its official entry and psychiatric diagnosis into the DSM IV in 1980 and classified under anxiety disorders. With a new category created in the DSM V, PTSD is now classified under “trauma and stressor-related disorders. Certain sensations, sensory experiences (sights, sounds, smells) and/or emotions that were dissociated at the time of the trauma keep returning and do not fade with time. There is implicit and narrative memory. For centuries it has been known by many different names related to war. Combat stress, shell shock, battle shock, combat fatigue, soldier’s heart, war neurosis and railway spine. Some of William Shakespeare’s plays and Hippocrates’ poem De Rerum Natura from 50 BC references flashbacks like dreams. Jean-Martin Charcot noted that “hysterical attacks” could be related to traumatic experiences years later. PTSD is not a weakness but an inherent survival mechanism that we do not have conscious control over.

Best Lent Ever!

With Lent just around the corner, we wanted to let you know that the Archdiocese is doing something special to help you have the best Lent of your life. We will be participating in Dynamic Catholic’s BEST LENT EVER program and we hope you will join us.

One of the beautiful things about the program is how simple it is. Each day of Lent, you’ll receive a short video from bestselling author Matthew Kelly to inspire you and feed your soul. This year’s focus is on learning to collaborate with God to create Holy Moments and unlock our soul-potential. It’s completely free! Sign up at archregina.sk.ca/news or email: communications@archregina.sk.ca

Way of the Cross Through the Voices of Victims of Clergy Sexual Abuse

The Way of the Cross through the Voices of Victims of Clergy Sexual Abuse will be celebrated at Holy Child on Friday, February 24, at 7 p.m. All are invited to gather together at this service of prayerful solidarity and support as we begin our Lenten journey.

Shall We Dance- Dinner and Dance

When; February 18, 2023 from 6 to 10 pm
Tickets @ \$35 includes supper.
Proceeds go to ANCOP Regina Community Development Program.

Archdiocese of Regina RENEW Lent

RENEW your Lent with inspirational resources and Lenten challenges sent to your inbox each week, from Ash Wednesday to Holy Week. Sign up at archregina.sk.ca/news, text RENEWLENT to 514-900-0130, or email communications@archregina.sk.ca.

Rite of Election

The Rite of Election of Catechumens in the RCIA process throughout the archdiocese will be held at Holy Rosary Cathedral on Sunday, February 26 at 3 p.m. at Holy Rosary Cathedral. All are invited to join with those preparing for full initiation into our faith community this Easter!

Save the Date!

Holy Trinity Lenten Mission with the Franciscan Friars of the Renewal (CFRs)
Theme: New Heart. New Spirit. An in-depth look at Ez 36:26. March 20-22, 7:00-8:30 pm.
Everyone is welcome to attend it!