

**Saint Cecilia
Catholic Church**
5020 7th Avenue
Regina, SK
S4T 0S1
306-545-4051
www.stcecregina.com

Mass Schedule
Tuesday, 7 pm
Wednesday – Friday, 8:30 am
Saturday, 7 pm
Sunday, 10 am



December 2014

Saint Cecilia

Catholic Church

A Pope Francis Prayer Method: Praying With Your 5 Fingers

The Catholic Company

There's a new prayer method circulating that's actually attributed to Pope Francis while he was still Archbishop of Argentina.

It's a simple yet wonderful prayer method not only great for teaching kids how to pray, but it's great for adults too as a reminder to "cover our bases" with intercessory prayer for those around us.

This method uses the fingers of the hand as a memory aid to pray for our family and friends, our teachers and doctors, for government authorities, for those who are suffering, and LASTLY for ourselves.

This reminder is much needed, because how often do we pray more for ourselves and our own needs than we do for others? It's easy to fall into that habit, and this simple prayer method made known by Pope Francis is a great way to overcome the tendency.

Praying With Your 5 Fingers

1. The thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."
2. The next finger is the index. Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.
3. The following finger is the tallest. It reminds us of our leaders, the governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. Even that it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.
5. And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs and in the proper perspective, and also you will be able to pray for your own needs in a better way.



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Newsletter brought to you
by your Stewardship Team,
Heather and Ray Deis
Team Leaders

Message from our Pastor



'Christmas Joy'

The words, 'joy' and Christmas are so intertwined at this time of year that they seem almost interchangeable. However, despite all the external merriment surrounding the season somehow our hearts seek something deeper and more profound than that

which is conveyed by the customary wishes of 'happy holidays', 'season's greetings' or even 'merry' Christmas. Indeed where is our 'joy' to be found? Is it really something that we can generate or manufacture on our own? No matter how many presents we exchange,

how much food and drink we consume or how many parties we attend, isn't there something more for which we yearn?

Joy, pure joy comes from within. It is one of the fruits of the Holy Spirit that gladdens our hearts and confirms our peaceful and harmonious relationships with God, with others and within ourselves. It is centred in the knowledge of God's unconditional love for us. When we are convinced of that, then and only then can we sing 'Joy to the World' right from our hearts. May all of us discover or rediscover the Source of our joy – God's Love Letter to us which began in Bethlehem and which continues to bring comfort, hope and joy to all of us today.

Fr. John Weckend

Count Your Blessings – Pope Francis

No saint was ever known for having a funeral face, the joy of knowing one is loved by God and saved by Christ must be seen at least in a sense of peace, if not a smile.

We pray for Christmas joy. We give thanks to God for the many things he has given us and for faith, first of all. The joy of Christmas is a special joy, a joy that is not only for Christmas Day, but for the entire life of a Christian.

Joy Joy Joy!!

During the First Sunday of Advent, at the November 29 and 30 masses, we handed out a questionnaire of 5 questions. They were: What brings you joy at home, at work, at school, at church and other. We received 210 responses. These are some of them.

At Home

Family, with all the stories they tell. ♥ Praying the rosary with my family. ♥ Family meals prepared together.

Planning a surprise for a family member.

Awakening early and saying my prayers before others arise.

When I wake up and the sun is shining. I thank God for our health and being safe.

Praying the Chaplet at 3 pm and praying the Rosary at 9 pm. It's a nice way to end the day and calm myself before preparing for bedtime.

My easy chair and time to read and pray. ♥ Quiet time in the kitchen with the glorious sun shining on a cold winter day.

Knowing Christ is the rock on which my home is built and his grace is sufficient for every one in my home.

Sitting down with my husband with a cup of tea on a cold night and enjoying each others company.

At Work

When I smile at my colleagues and get a response with another smile.

When I contribute something good to the team or to anybody at work.

Helping others solve a problem. • When our customers praise the work we do.

To give my very best to the people I'm working for.

The energy of the young people with whom I interact.

Having the opportunity to explain our Catholic faith.

Teaching at a Catholic school where God is very important which is a different atmosphere to a public school.

Other

Being a sign of joy in everything I do with a smile and joyful heart.

Remembering each day is a blessing from God. Loving others and being the best you can be.

Living in Canada and our freedom of religion.



At School

When students I'm working with show joy in learning and work at it.

When I get the hard question right. ✓ Learning something new.

Great students and teachers in our Catholic schools.

A friend's help. ✓ Laughing with my friends.

When I accomplish something I did not expect beyond my abilities.

The children coming to give me a hug.

A thank you from a student.

When I see the Grace of God manifest in my results.

To see children having togetherness and teachers being happy.

Our wonderful teachers and their enthusiasm.

When a student's eyes light up in understanding or excitement.

Witnessing children develop into people who care for each other.

At Church

Holding hands with my wife. ✝ Eucharist – I know my saviour lives.

The wonderful feeling I get inside when I am here.

Participating or organizing a community parish event.

When we can pray for someone and the prayers get answered.

Having my whole family attend Mass.

After Communion, time for intimate conversation with Jesus in thanksgiving.

Gathering each week with so many wonderful people.

Making friends and meeting new people.

Seeing familiar faces and knowing we are all children of God.

Being able to attend mass 6 days a week.

Reflection, receiving forgiveness, music, seeing all the happy smiling faces.

When I see the church full and hope in the faces of the people and reaching out to them.

Being able to give time for God and His word makes our life complete and happy.

The feeling of being close to our Lord, the beautiful music and homilies.

Being a good steward. Praying for less fortunate people. A time to clear my mind of the past week.

