



*Sharing God's gifts,
Serving others,
In Christ's Love*

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Pentecost, May 31, 2020



"To each is given the manifestation of the Spirit for the common good." (1 Corinthians 12:7)

To receive the gift of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words, and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more "God-centered" and less "self-centered" and our lives truly reflect God's light, love, and mercy

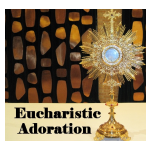
Reopening of Our Church

We will be resuming weekend and weekday Masses beginning **Saturday, June 6**. Following the current directives of the Saskatchewan Health Authority, attendance at Masses will be limited to a maximum of 10 people (including the priest and others providing ministry). We are preparing the information and protocols for attending Mass. The information will be emailed by Wednesday, June 3. Paper copies will also be available for pickup from the Church mailbox.

Adoration and Reconciliation

Tuesday, June 2, 7 pm - 8.

Friday, June 5, 10:30 - 11:30



Private Prayer

The Church is open for private prayer during the following hours:

- Monday, June 1, 9:30 am to Noon.
- Tuesday, June 2 to Thursday, June 4, 10:30 am to Noon and 1:30 to 5.
- Friday, June 5, 10:30 am to Noon.

Please use the Parish Centre door.

The Week's Readings

Monday, June 1	Genesis 3.9-15,20 or Acts 1.12-14, John 19.25-27
Tuesday, June 2	2 Peter 3.12-15a, 17-18, Mark 12.13-17
Wednesday, June 3	2 Timothy 1.1-3, 6-12, Mark 12.18-27
Thursday, June 4	2 Timothy 2.8-15, Mark 12.28-34
Friday, June 5	2 Timothy 3.10-17, Mark 12.35-37
Saturday, June 6	2 Timothy 4.1-8, Mark 12.38-44
Sunday, June 7	Exodus 34.4b-6, 8-9; 2 Corinthians 13.11-13; John 3.16-18

Pentecost Sunday

Mass will be Livestreamed from Holy Rosary Cathedral on Sunday, May 31 at 9 am.

[Use this link.](#)

Pray For Those Awaiting Baptism, Confirmation, and First Eucharist

We give praise and thanksgiving to God in all things. At this time of the Covid-19 pandemic, we especially remember those who had been anticipating full initiation into the Catholic Church at the Easter Vigil on April 11. Their Baptism, Confirmation, and First Eucharist sacraments have been delayed.

Say a special prayer for **Ashley, Monica, and Sherry**, that their trust in the Lord will grow stronger during this difficult period of waiting.

Continue to pray for the children and youth who have been preparing for the sacrament of Confirmation and First Eucharist, and for parents of children who would have attended baptism preparation classes in March and are waiting for baptisms to be permitted again.

Archbishop Donald Bolen's Weekly Message

[View](#) the latest weekly video message from Archbishop Donald Bolen.

Archdiocese of Regina Weekly Report

[Sign up](#) for our Archdiocese of Regina Weekly Report and stay up to date on Covid-19 Updates and other news, delivered to your inbox every Friday morning.

Muffins For Marian Centre

Message from Marian Centre Staff:

We thank you for your generous donations of muffins and granola bars and appreciate your continued support.

Sandwiches, muffins, or granola bars are being handed out daily to those in need.

Donations of muffins would be very helpful.

If you can help, package the muffins in a container or bag that you do not want back and **bring them to the St. Cecilia office** during regular office hours. All muffins brought by Thursday at 3 pm will be delivered Friday. If you prefer, you can take muffins directly to the Marian Centre at 1835 Halifax Street (back door in the alley). Note that the Centre is closed Thursday and Sunday.



Growing God's Kingdom in a Material World

"Seek first the kingdom of God and its righteousness..." (Matt. 6:33)

You are invited to register for a free series of ecumenical webinars on stewardship, Thursdays at 3 pm. [Register](#) for the remaining two webinars.

June 4 - "Relational Giving" with Susan Graham Walker and others

June 11 - "Legacy Giving" with Kurtis Krug, professional financial advisor

This series is organized in the spirit of the LAURC Covenant by the Anglican Diocese of Qu'Appelle, the Saskatchewan Synod of the ELCIC, and the Roman Catholic Archdiocese of Regina.

Enhancing Delight

Here is [Enhancing Delight](#), this week's Field Hospital spiritual exercise.

This exercise is about getting back in touch with the healing power of delight in these often grim times.

Receive weekly spiritual exercises by emailing First Spiritual Exercises at field-hospital@fsecloud.life.

Carol Sheldon of our parish offered these comments about the Field Hospital Exercises.

"I received these a few weeks ago. It is a bit of a guide to pray in these times. I have found them to be helpful in my own prayer time to reflect on how God has been and is now present and how I might reach out to others through reflection and prayer.

If you have any questions, I would be glad to chat with you. Email me at carol.sheldon@sasktel.net or call me at 306-545-3185."

How is God at Work in Your Community?

The Archdiocese is looking for good news items to feature! Please send us a brief write-up about good news and good works coming out of your community, so that we may thank God for them and hopefully inspire others as well. Is your parish doing some kind of outreach?

Gathering virtually to pray? Have you taken to the streets with signs of faith? Can you share with us pictures of your family praying or participating in mass from your home? Please email us at yomo@archregina.sk.ca by June 1 with a paragraph, pictures and or video clip. Please be generous in taking the time to share these good news stories. They are much needed.

TF193: Thinking Faith Live (Not Live) with Fr. Parker Love

This week Deacon Eric, Dr. Brett and special guest, Fr. Parker Love sit down to answer your questions for another Facebook Live event.

Show Snippet: "That's what we're called to do, to do our best, to be the best version of ourself which is the most good version of ourself...the most virtuous person we are called to be, and the most just person we can be, and the most loving, and kind, and happy, and joyful person we can be..." [Listen to the podcast.](#)

Care of Our Common Home

If you haven't watched the episodes of "Caring for our Common Home", we are working our way through Pope Francis' encyclical, Laudato Si'. This week in the final chapter, we are looking at Chapter 6: Getting Back to Our Roots. You can watch this and other episodes on [YouTube](#).

Alpha for Teens and Young Adults

[Not sure what Alpha is??](#)

Wednesdays from 6:30 pm to 7:30.

Do you have any questions about your faith? Do you know who Jesus is? Are you looking to explore your faith but not really sure where to ask those questions? If you're looking for a place to ask questions, in an environment where no question is a stupid question, then come to Alpha. Bring a friend, and join us as we explore what Christians believe and why they believe it.

[Facebook Event Link](#) and the [Zoom Meeting Link](#).

Join Fr. Parker Love for Drinks, Quarantine, and Christ on Facebook Live

Grab your favourite cold or hot beverage, and join Fr. Parker on [Facebook Live](#) for a talk about 'The Good Place'. Every Wednesday at 7:30 pm.

A Celebration of the Word of God Resource

St. Therese Institute of Faith and Mission in Bruno, Saskatchewan, is happy to make available an [easy-to-follow guide](#), designed for use in the home--the domestic church--by the lay faithful, to help families and other small groups enter into daily reflection on the Word of God and Spiritual Communion. This guide is particularly suited for these times when we are not able to attend Mass together but still yearn to unite ourselves with Christ, the Word of God, through prayer and reflection together.

Birthright

We thank you for remembering us and helping us serve the mothers who find themselves in unplanned pregnancies and come to Birthright.

Although we have been forced to lay off our director and close our doors, we are still responding to all the women who contact us.

Usually we ask you to help support us through our baby bottle fundraiser on Mother's Day. If you would still like to support us this year please either mail your donations to Birthright Regina PO Box 3623, Regina SK S4P 3L7 or make electronic donations at canadahelps.org (under charity key words please type Birthright Regina).

Thank you very much and please pray for all mothers that they find the help they need to love their babies to life.

Sacramental Practice During Covid-19

The Archdiocese of Regina, in communication with Catholic health leaders, has compiled a [series of one-page directives and guidelines](#) on a variety of issues affecting churches and sacramental practice during this Covid-19 pandemic. Information is provided on current government directives, private prayer in church, sacraments, weddings, funerals, and more.

Online Catechetical Resources

Archdiocese Catechist Robert Barr has put together a wide variety of [online resources](#) for children, teens, adult and families.

Prayers and Devotions

Daily readings and reflections, prayers, stations of the cross and other resources that may be valuable during this time of physical distancing. [Click here](#).

Good Samaritan Outreach Program

The Archdiocese of Regina has volunteers from all around the diocese who are willing to reach out if you are in need. If you need groceries or essential items but are ill, immobile or quarantined and not able to leave the house at all (noting that NONE of us should be leaving more than absolutely necessary!) please contact us and we will set you up with a volunteer who can help.

Please also contact us if you live alone and are feeling lonely and isolated. We can arrange for someone to check in on you by phone. We are committed to operating in such a way that the Health Canada Guidelines, and provincial Public Health Orders from our Chief Medical Officer and provincial government are strictly adhered to.

If you need some assistance please email outreach@archregina.sk.ca at anytime or call 306-541-3086 between 9 - 5, Tuesday - Saturday. If you need assistance in any way, you can also call the St. Cecilia office 306-545-4051.

Compassionate Listening

If you find that during this difficult time you need a compassionate listening ear, [visit](#) for a list of spiritual directors and candidates in training who have volunteered their time to be there for anyone who is struggling.

A Spiritual Act of Communion for those Self Isolating

My Jesus, I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen.

Be Strong In The Lord

Ephesians 6:10-18

A Prayer During the Coronavirus Pandemic

Most Merciful and Triune God,
We come to You in our weakness.
We come to You in our fear.
We come to You with trust.
For You alone are our hope.
We place before You the disease present in our world.

We turn to You in our time of need.

Bring wisdom to doctors.
Give understanding to scientists.
Endow caregivers with compassion and generosity.
Bring healing to those who are ill.
Protect those who are most at risk.
Give comfort to those who have lost a loved one.
Welcome those who have died into Your Eternal Home.

Stabilize our communities.
Unite us in our compassion.
Remove all fear from our hearts.
Fill us with confidence in Your care.
Jesus, I trust in You.
Jesus, I trust in You.
Jesus, I trust in You.
Amen.

Coronavirus Prayer
Kerry Weber, CEO of American Magazine

Jesus, you traveled through the towns and villages “curing every disease and illness.”
At your command, the sick were made well.

Come to our aid now, in the midst of the global spread of the coronavirus,
that we may experience your healing love.

Heal us from our fear,
which prevents nations from working together and neighbors from helping one another.

Heal us from our pride,
which can make us claim invulnerability to a disease that knows no borders.

Jesus, healer of all, stay by our side in this time of uncertainty and sorrow.
Be with families of those who are sick or have died.
As they worry and grieve, defend them from illness and despair.
May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals
who seek to heal and help those affected and
who put themselves at risk in the process.
May they know your protection and peace.

Be with the leaders of all nations.
Give them the foresight to act with charity and true concern
for the well-being of the people they are meant to serve.
Give them the wisdom to invest in long-term solutions
that will help prepare for or prevent future outbreaks.
May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad,
surrounded by many people suffering from this illness or only a few,
Jesus, stay with us as we endure and mourn, persist and prepare.
In place of our anxiety, give us your peace.

Jesus, heal us. Amen