



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

5020 - 7th Avenue  
Regina, Saskatchewan S4T 0S1  
Office Phone: 306-545-4051  
Office Hours: Monday & Friday: 9:30 am - 12 noon, Tuesday - Thursday: 9:30 am - 5 pm  
Hall Phone: 306-545-2266  
Web Site: [www.stcecregina.com](http://www.stcecregina.com) E-mail: [contact@stcecregina.com](mailto:contact@stcecregina.com)  
Pastor: Rev. Brad Fahlman Associate Pastor: Rev. John Weckend  
Office: Melita Stenhouse Caretaker: Merv Harrick

## Twenty-third Sunday In Ordinary Time, September 6, 2020



Drawing: Blu May Wah Ta

*"You, son of man, I have appointed watchman for the house of Israel..." (Ezekiel 33:7)*

Many of us are generous with our gifts. However, many of us are not generous in proportion to the gifts we have been given. How often do we give at the minimum level required? Remember, the Lord calls us to nurture and develop our gifts. He calls us to be generous with all the gifts He has given us, especially the one that means the most to us.

## Signing Up to Attend Saturday or Sunday Mass

If you wish to attend Saturday or Sunday Mass for the first time since the reopening in June, signing-up in advance is required.

After you attend once, you will be added to a recall list for your preferred Mass. People who are signing-up for the first time are assigned to the available spaces. If there are remaining spaces, people from the recall list are assigned. Melita will contact you to let you know about available openings for your preferred Mass.

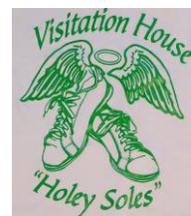
[Read the guidelines and protocols for attending Mass including how to sign-up.](#)

## This Week's Readings and Mass Intentions

Monday September 7	1 Corinthians 5.1-8; Luke 6.6-11
Tuesday September 8, 7 pm	The Nativity of the Blessed Virgin Mary Romans 8.28-30 or Micah 5.2-5a; Matthew 1.1-16, 18-23 Intentions of Melody Landgraf from Carol Anne & Ed Landgraf
Wednesday September 9, 10 am	1 Corinthians 7.1, 17, 25-31; Luke 6.20-26 Intentions of Marge Engdahl from Paulette Wendler
Thursday September 10, 10 am	1 Corinthians 8.1b-7, 11-13; Luke 6.27-38 Intentions of Josh Brodner from Alphonse & Valerie Brodner
Friday September 11, 10 am	1 Corinthians 9.16-19, 22b-27; Luke 6.39-42 Intentions of Sherry Simon from C.W.L.
Saturday September 12, 7 pm	1 Corinthians 10.14-22a; Luke 6.43-39
Sunday September 13, 10 am	Sirach 27.30-28.7; Romans 14.7-9; Matthew 18.21-35

## Visitation House Supported Through Queen City Marathon 2020

In the past 20 years of this marathon, Fr. John has raised almost \$160,000 in support of Visitation House, an outreach centre for women in downtown Regina, under the auspices of the Archdiocese of Regina. Although Fr. John has retired from running, he still organizes a team and continues this wonderful work. This year's marathon is virtual, but the needs of Visitation House are real.



[Watch the video](#) to meet the Holey Soles Team and message from Fr. John.

Ways you can donate now:

- Mail cheques (payable to Visitation House) or drop off cash or cheques at the parish office.
- Interac e-Transfer through Archdiocese of Regina, using email address [visitationhouse@archregina.sk.ca](mailto:visitationhouse@archregina.sk.ca)
- Mail cheques to Visitation House, 900 - 11th Avenue, Regina S4N 0K7

## Baptism Preparation

The two sessions for parents of infants and small children will be held Thursdays, September 17 and 24 at 7 pm. Baptisms will be in October. To register, call Melita in the parish office 306-545-4051.

## Muffins For Marian Centre

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.



## Plastic Containers for Carmichael Lunch Program

Carmichael Outreach Centre has resumed providing hot meals for those in need. They are serving between 150 - 200 meals a day and are very much in need of clean margarine, yogurt, sour cream, tupperware etc. plastic containers in which to serve the meals.

Seasonal clothing and footwear (all ages, sizes, and genders) is also being accepted.

If you can help, package the containers or clothing in bags or boxes and drop them off on the steps by the front doors of the church during regular office hours.

## Accepting Care

Here is [Releasing Joy](#), your weekly Field Hospital spiritual exercise.

Receive weekly spiritual exercises by [emailing First Spiritual Exercises](#).

**Carol Sheldon** of our parish offered these comments about the Field Hospital Exercises. "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](#) or call 306-545-3185."

## Conspiracy Theory Thinking: A Pastoral Approach - Part 3

Join Deacon Eric and Dr. Brett in part three of four, as they take a look at some of the psychological and sociological foundations within conspiracy theory thinking that allow false narratives and misleading information to take root in others and in ourselves.

Show Snippet: "When there are things that are hard for us, we want to be able to make sense out of that...It strikes me that this is such a core aspect of our humanity that we will latch on to things even when the effects of that lead to greater anxiety and greater fear." [Listen to the podcast](#).

## September is the Season of Creation

The month of September has been set aside in some churches as the Season of Creation. In 1989, Patriarch Dimitrios of Constantinople proposed September 1 as a Day of Prayer for Creation. The feast of St. Francis of Assisi is October 4. This new liturgical season invites us to pray, reflect, and to care for creation. Visit the [Season of Creation website](#).



**FOR THE LOVE  
OF CREATION**

[For the Love of Creation](#) is a faith-based initiative for climate justice, bringing together Canadian faith communities and organizations under a unified banner to mobilize Canada-wide education, reflection, action and advocacy for climate justice.

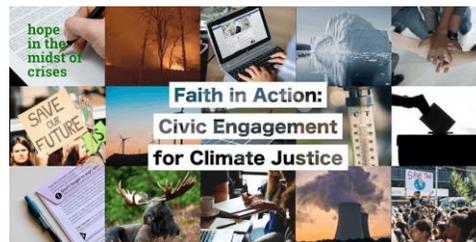
## September is Climate Action Month at KAIROS

Resiliency and hope are the driving messages of KAIROS' second annual [Climate Action Month](#), beginning September 1. This month-long online event is intended to inspire and motivate collective action for climate justice. Each day in September, KAIROS will focus on an aspect of the climate crisis – sharing resources, events, stories from our members and global partners, and actions for climate justice. The calendar will focus on five weekly themes: Season of Creation, Just Transition, Indigenous Rights, Global Climate Justice, and Water.

## Faith in Action: Civic Engagement for Climate Justice

And are you ready to take action on the twin crises of climate change and Covid-19?

Join Earthkeepers for an online panel discussion between Christine Boyle (Vancouver City Councillor) and Karri Munn-Venn (Senior Policy Analyst for Citizens for Public Justice) that will explore why followers of Christ should pursue civic action for justice and how to best advocate for change in our churches and local communities.



Wednesday, September 9, 7 pm. [Register for this free, online event](#).

## Archdiocese Lay Formation Program

“I’d love to take this course, but I want to wait until; my kids are grown, I can slow down at work, I’m retired...”

The sad truth is, nearly 75% of young people, even those raised in religious homes, will leave the Church by the time they are 25 - well before many of us retire! Some of the most common reasons given for leaving one’s faith behind include; perceived conflicts between faith and science, Christians behaving badly, a lack of evidence for the existence of God, and difficulties with some of the Church’s teachings. Our sons and daughters need mentors who are “well-trained and animated by a sincere faith..whose life has been touched by the personal and merciful love of Jesus Christ” (Pope Francis).

We are currently accepting applications for our Fall intake. For more information on how to register or our Covid-19 health and safety protocols, please contact Program Coordinator, Deacon Eric Gurash at 306-352-1651 ext 211 or [email](#)

## Archdiocese Employment Opportunity

A position is available for the Regina Regional Marriage Tribunal office for Case Instructor / Notary / Office. This position is part-time with flexible hours. It involves compiling information for cases; conducting interviews with participants; as well as some general office duties. The candidate must be a practicing Catholic, attentive to details, a good listener, able to work on their own and have a working knowledge of Microsoft Word.

Please submit your application and resume along with a recommendation from a Roman Catholic Priest or Deacon, to Rev. Thomas Nguyen, 449 Broad St. N. S4R 2X8.

Applications must be received by September 28, 2020.

## **Arch Regina Congress 2020 and Archbishop's Appeal Kickoff**

Saturday, September 19, 10 am to Noon.

Keynote speaker: Matt Nelson, Assistant Director of Bishop Robert Barron's Word on Fire Institute.

Online via Livestream. More details to follow.

## **Pope Francis Monthly Prayer Intentions - September**

Respect for the Planet's Resources

Let us pray that the planet's resources will not be plundered, but shared in a just and respectful manner. No to plundering; yes to sharing. [Watch the video.](#)

## **An Ignatian Prayer Adventure**

You are invited to join in an Ignatian Prayer Adventure with commentary and reflection by Fr. Larry Gillick SJ - Director of The Deglman Centre for Ignatian Spirituality, Creighton University - Omaha, Nebraska.

In this 10-part video series, Fr. Gillick will provide his reflections on various aspects of the exercises as your journey progresses. The videos are being prepared especially for the Archdiocese of Regina. This is a work at your own pace retreat. The videos will be released every 2 to 3 weeks, and come with guided prayer material. The retreat uses the book 'An Ignatian Adventure', by Kevin O'Brien S.J.

Subscribe to the [Archdiocese YouTube channel](#) to be notified when new videos are released.

## **Archdiocese Livestream Masses**

Weekday and Sunday Masses are Livestreamed at 9 am daily [at this address](#).

## **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.

## **Archbishop Donald Bolen's Weekly Message**

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

## **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.

## **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.](#)

## **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.

## **A Prayer for Inner Peace**

Lord, please put Your peace in my heart.

I'm worried and anxious.

My mind races and obsesses.

I can't help thinking about my problems.

And the more I think about them,  
the more depressed I become.

I feel like I'm sinking down in quicksand  
and can't get out.

Calm me, Lord.

Slow me down, put Your peace in my heart.

No matter what problem I have, Lord,  
You are bigger,

You are more powerful than it is.

So I bring my problem to You.

I know what I want.

I know my will.

I do not know Yours.

I do not know how You will use this problem for my salvation.

I do not know what good You will work out from this evil.

But I trust You.

I trust Your goodness and Your wisdom.

So I place myself in Your hands.

Please fill my heart with peace.

Amen.