



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

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Pastor: Rev. Brad Fahlman Associate Pastor: Rev. John Weckend
Office: Melita Stenhouse Caretaker: Merv Harrick

Twenty-fourth Sunday in Ordinary Time, September 13, 2020



"For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's." (Romans 14:8)

This is the essence of stewardship – everything we have and everything we are is a gift from God. We aren't "owners" of anything, we are merely "stewards" of the gifts that God has given us, especially our very own lives. Pray to God daily and ask Him how He is calling you to live the life that He intended for you.

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 14	The Exaltation of the Holy Cross Numbers 21.4-9 or Philippians 2.6-11; John 3.13-17
Tuesday September 15, 7 pm	Our Lady of Sorrows Hebrews 5.7-9; Luke 2.33-35 or John 19.25-27 RIP Frank Boldt from Anne Boldt
Wednesday September 16, 10 am	St. Cornelius, Pope, and St. Cyprian, Bishop, Martyrs 1 Corinthians 12.31-13.13; Luke 7.31-35 Intentions of Fr. Brad from the C.W.L.
Thursday September 17, 10 am	1 Corinthians 15.1-11; Luke 7.36-50 Intentions of the Karen Community
Friday September 18, 10 am	1 Corinthians 15.12-20; Luke 8.1-3 RIP Rosie Gelsinger from Tony
Saturday September 19, 7 pm	1 Corinthians 15.35-37, 42-50; Luke 8.4-15
Sunday September 20, 10 am	Isaiah 55.6-9; Philippians 1.20-24, 27; Matthew 20.1-16

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. Receipts issued for \$10 or more.
- Interac e-Transfer through Archdiocese of Regina, using email address 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.

Communion for Shut-ins

If you have a family member or someone in your extended household group who is not able to attend Mass and would like to receive Holy Communion, call Melita in the Parish office 306-545-4051 for more information.

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.

Spiritual Life and Education – New Feature

Carol Anne and Ed Landgraf, Pastoral Council Spiritual Life and Education Team Leaders, will select weekly content. In this week's video, Fr. Casey Cole OFM talks about [Purgatory](#), one of the least understood teachings of the Catholic Church.

Unlocking – Setting Free

Here is [Setting Free](#) your weekly Field Hospital spiritual exercise.

Consider how we are born with equal freedom – yet we live with unlawful detentions, tribal violence in cities and offices of power, even genocide. And now a pandemic pulls aside the veil to all of this, and we feel acutely the places where we are unfree. This exercise is to seek freedom from whatever locks us up now, be it physical, emotional or spiritual. It is a key.



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."

Hope in Every Season

Arch Regina Congress 2020 and Archbishop's Appeal Kickoff

A gathering for priests, parish staff, members, any member of pastoral or finance councils, Archbishop's Appeal volunteers, ministry volunteers, and anyone who is interested in the life of their parish. Keynote address on the Significance of Hope - Matt Nelson, Assistant Director of Bishop Robert Barron's Word on Fire Institute.

Saturday, September 19, 10 am to Noon. Online via [Livestream](#).

See the poster included with this bulletin.

Archdiocese Lay Formation Program

Our mission is to provide you with a renewed missionary zeal fueled by the joy of the Gospel! One weekend per month from October until June, Catholics who want to know, love and serve Christ more deeply. During this three-year program you will;

- + Become more deeply aware of God's personal love and activity in your life.
- + Encounter Jesus Christ - discover his plan of sheer goodness for you and deepen your relationship with Christ and his Church.
- + Discover how to more intentionally integrate your faith in daily life in service to Christ.
- + Be given the Spiritual and Formation tools you need to follow Christ's commission to "Go, make disciples of all nations".

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 extension 211 or [email](#).

Conspiracy Theory Thinking: A Pastoral Approach

Join Deacon Eric and Dr. Brett in part 4. As they wrap up the four-part series on conspiracy theory thinking, they discuss a pastoral approach that places emphasis upon spiritual discernment and guidance as an essential first step.

Show Snippet: "So if conspiracy theories are troubling you or troubling someone you know, the first question is "How's your prayer life?" If your prayer life has taken a hit because of a certain level of anxiety around this, then that's ground zero..." [Listen to the podcast](#).

Non-credit course at Campion: A Closer Look at the Gospel of Luke

Tuesdays September 22 to November 24, from 1 to 2 pm.

Let's explore the Gospel of Luke together! We'll do a deeper dive into both the literary and historical aspects. It will be done through short lectures virtually through URCourses. You should have a University of Regina email address to log in so this is ideal for both current and former U of R and Campion students. There is no charge for the course, but there is an optional resource book for \$10.

For more information, [email](#) Campion Campus Minister Kelly Bourke or register [online](#).

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.

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.

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.

Prayer for the Beginning of the School Year

God of wisdom and might,
we praise you for the wonders of our being,
for mind, body, and spirit.
Be with our children as they begin a new school year.
Bless them and their teachers and staff.
Give them strength and grace as their bodies grow;
wisdom and knowledge to their minds
as they search for understanding;
and peace and zeal to their spirits.
We ask this through Jesus Christ, our Lord.
Amen.

Prayer from the CCCB's Blessings and Prayers for Home and Family.

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.

ARCH REGINA CONGRESS 2020 and Archbishop's Appeal Kickoff

Hope in Every Season

A gathering for priests, parish staff members, any member of pastoral or finance councils, Archbishop's Appeal volunteers, ministry volunteers, and anyone who is interested in the life of their parish.

**Saturday,
September 19, 2020
10:00 a.m - Noon**

**Keynote Address on
The Significance of Hope**

**By: Matt Nelson,
Assistant Director of
Bishop Robert Barron's
Word on Fire Institute**



ARCHDIOCESE OF
Regina



Matt Nelson

Formerly from Christ the King Parish in Shaunavon, Saskatchewan. Matt Nelson is the Assistant Director of the Word on Fire Institute. He's also the author of Just Whatever: How to Help the Spiritually Indifferent Find Beliefs that Really Matter (Catholic Answers, 2018).

He holds a Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College, and is pursuing his M.A. in philosophy at Holy Apostles College and Seminary. Matt currently lives in Texas with his wife Amanda and their three children.

Livestreamed: www.youtube.com/archdioceseRegina

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