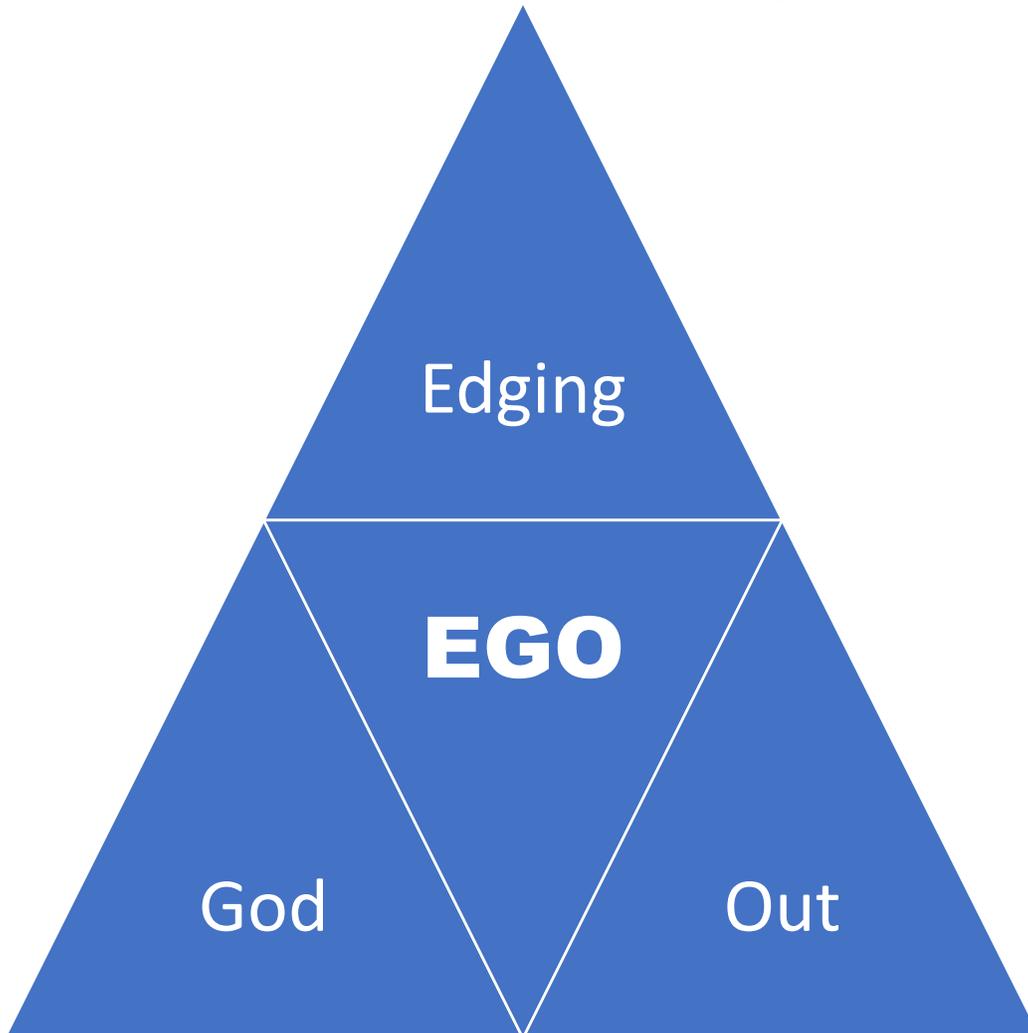




*Sharing God's gifts,
Serving others,
In Christ's Love*

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

Twenty-sixth Sunday in Ordinary Time, September 27, 2020



"Do nothing out of selfishness; rather, humbly regard others as more important than yourselves..." (Philippians 2:3)

Pride and ego are hard things to control. We see how others act or dress and think we are superior to them. We idolize our own self-image. But, if we truly believe everything is a gift from God, we recognize all the people that God has put in our lives as gifts! We are grateful for how they enrich our lives. Pray every day for the people in your life: your family, your friends, and those who make you angry.

Additional Sunday Mass

Beginning October 11, there will be Sunday Masses at 10 and Noon. The addition of a noon Mass is an interim adjustment to accommodate the number of parishioners who wish to attend on Sunday.

Attending this Mass follows the same first-time sign-up and continuing to attend recall procedure as the other weekend Masses. Please see the updated guidelines and protocols.

Updated Guidelines and Protocols for Attending Mass

The guidelines and protocols are updated and included with this bulletin.

If you have been attending Mass since the reopening, you are encouraged to read the document for updates and a reminder of the protocols. If you are considering attending for the first time since the reopening, the document includes how to sign-up to attend Saturday or Sunday Mass.

This Week's Readings and Mass Intentions

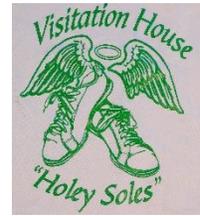
Monday September 28	Job 1.6-22; Luke 9.46-50
Tuesday September 29, 7 pm	St. Michael, St. Gabriel, St. Raphael, Archangels Revelation 12.7-12a or Daniel 7.9-10, 13-14; John 1.47-51 RIP Frank Boldt from Anne Boldt.
Wednesday September 30, 10 am	St. Jerome, Priest, Doctor Job 9.1-12, 14-16; Luke 9.57-62 RIP John and Anna Mary Ell from Claire Ferner.
Thursday October 1, 10 am	St. Therese of the Child Jesus, Virgin, Doctor Job 19.21-27; Luke 10.1-12 RIP Joe and Alice Mate from Ted & Dianna Kelemen.
Friday October 2, 10 am	The Holy Guardian Angels Exodus 23.20-23a; Matthew 18.1-5, 10 Intentions of Carol Sheldon.
Saturday October 3, 7 pm	Job 42.1-3, 5-6, 12-13, 15-17; Luke 10.17-24
Sunday October 4, 10 am	Isaiah 5.1-7; Philippians 4.6-9; Matthew 21.33-43

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.

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
- Mail cheques to Visitation House, 900 - 11th Avenue, Regina S4N 0K7

Donations of \$10 and over receive a charitable donation receipt.

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

Carol Anne and Ed Landgraf, Pastoral Council Spiritual Life and Education Team Leaders, will select content for this regular feature. In this instalment, Brian Holdsworth a Canadian and a convert to the Catholic faith asks ["Does Prayer Even Work?"](#)

Sinews of Love

Here is [Sinews of Love](#) your weekly Field Hospital spiritual exercise. Listen to God's deeply intimate, personal whispers of love, 'You are precious in my sight, and I love you'. This exercise invites you to shelter with the God who says, 'You will not be overwhelmed, because I am with you'.

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

Orange Shirt Day

On September 30 our Regina Catholic Schools, together with schools and other groups across Canada, will celebrate Orange Shirt Day.

Orange shirt day is a movement that officially began in 2013 but in reality, it began in 1973 when six-year-old Phyllis Webstad entered the St. Joseph Mission Residential School, outside of Williams Lake, BC. Young Phyllis was wearing a brand new orange shirt for her first day of school – new clothes being a rare and wonderful thing for a First Nation girl growing up in her grandmother’s care - but the Mission Oblates quickly stripped her of her new shirt and replaced it with the school’s institutional uniform.



While she only attended for one year the impact affected Ms. Webstad’s life for many years. “I finally get it, that feeling of worthlessness and insignificance, ingrained in me from my first day at the mission, affected the way I lived my life for many years. Even now, when I know nothing could be further than the truth, I still sometimes feel that I don’t matter.”

Ms. Webstad’s story is the nucleus for what has become a national movement to recognize the experience of survivors of Indian residential schools, honour them, and show a collective commitment to ensure that every child matters. The initiative calls for every Canadian to wear an orange shirt on September 30 in the spirit of healing and reconciliation.

The date, September 30, was chosen because that was the time of the year the trucks and buses would enter the communities to “collect” the children and deliver them to their harsh new reality of cultural assimilation, mental, sexual and physical abuse, shame and deprivation.

Reprinted from <https://www.ictinc.ca/blog/what-is-orange-shirt-day>

We acknowledge St. Cecilia Parish is on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawe, and Nakota, and homeland to the Dakota, Lakota, and Metis people.

To recognize and celebrate the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit, and Métis peoples in Canada, we arranged the praying of the Glorious Mysteries of the Rosary for National Indigenous Peoples Day on June 21. You can [watch the video and pray the Rosary here](#).

Stewardship of Creation - An Ecumenical Stewardship Webinar for the Season of Creation

You are invited to join Dr. Volker Greifenhagen, Bishop Chris Harper, Tashia Toupin, and others for an ecumenical webinar on the Stewardship of Creation. What do the Hebrew scriptures teach us about the interconnectedness of humanity and all creation? What we can learn from Canadian Indigenous spiritual tradition, Roman Catholic social teachings, and other sources of wisdom?

Thursday, October 1, from 3 to 4:30 pm.

Register by [emailing Nick Jesson](#).

Maximum 100 participants.



On Catholic Writing with Brendan Hodge

Join Deacon Eric and Dr. Brett for part 2 of this three-part series as they continue their conversation with Catholic writer and blogger Brendan Hodge on his new book "If You Can Get It" from Ignatius Press and what it means to be a 'Catholic' writer.

Show Snippet: "I mean, I think we find ourselves at a time right now where a lot of people are struggling with their daily routines being upended...and I think it does cause people to pause and ask really why is it we do the things that we do?" [Listen to the podcast.](#)

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](#).

Archbishop's Appeal

We are very pleased to announce the start of the 21st Archbishop's Appeal. Our theme for this year's campaign is Hope in Every Season. You should begin receiving information and donation cards in the mail or email next week. You are invited to join the Archbishop's Appeal newsletter and follow the campaign [online](#).

We encourage you to spend time offering thanks to our God and Father for all God has given, and prayerfully consider a donation that would not be burdensome but would express your hope for the future of our church.

In the second reading (Philippians 2:11) for the 26th Sunday in Ordinary Time, St. Paul offers a formula for living like true followers of Jesus. Paul writes, "Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others." Paul is inviting us to follow Christ's example of humility and selfless love. Doing this is a challenge for most of us. Yet, that is one of the secrets of being a good steward and living as Christ wants us to live.

To truly live this way, we need the help of the Holy Spirit to help us, first of all, become self-aware of the kind of person we are. Are we aware of others around us and their needs or do we look after our interests only? Secondly, we ask the Holy Spirit to help us change so that the interests of others can become more important in our lives.

At times we will stumble, and God who is infinitely patient offers us his loving mercy. We need only to open ourselves up to God's mercy and ask for forgiveness and strength to love others more in our lives.

Sharing what has been given to us by donating to the Archbishop's Appeal is one way we can put the interests of others ahead of our own. [Source: Adapted from Catholic Stewardship Consultants. www.catholicsteward.com]

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.

Pastoral Centre Re-opens

The Archdiocesan Pastoral Centre, including the chancery offices, is open to the public. Staff is working in the offices while following health directives re: cleaning, physical distancing and number of people gathering/meeting. To enter the Pastoral Centre, please park near the Broad Street main entrance door or the southeast parking lot door, then ring the doorbell and staff will be happy to welcome you into the building.

Source

Open to Grade 9 - University

Talk - Adoration – Praise and Worship - Confession – Fellowship

Starts at 7 pm.

Masks are required.

Visit our [FaceBook page](#) for the latest updates

October 4 - Resurrection

November 1 - Resurrection

December 6 – Resurrection

January 3 - St. Cecilia

February 7 - Resurrection

March 7 - Holy Family

April 11 - Christ the King

May 2 - St. Cecilia

June 6 - Barn night

Leaders Needed – Archdiocese Youth and Young Adult Ministry

Do you have a gift for hospitality? Are you looking to be part of a small community of young adults who can come together around a shared interest? (Jogging? Dancing? Movies? Art? Parenting?)

We are looking to create a wide variety of small groups for young adults, but we need people willing to commit to leading for a period of 8 weeks. Each group will have a social/shared interest component and a faith component. We will help with all of it! All we need is your willingness to serve. If you are interested, please [email us](#).

Life Chain Sunday

Join in prayerfully witnessing to the dignity and importance of all life on Sunday, October 4, from 2 to 3 pm.

We will be meeting on the West side of Albert Street in the green space by the large grasshopper just off Leopold Crescent.

We will maintain physical distancing, hold signs, and distance out along Albert Street for our hour of prayerful witness to Life.

Please bring your own hand sanitizer and masks, if you wish to wear them.

Due to Covid rules, we are unable to offer food or drinks this year.

Please park on the West side of Albert on or around Leopold and not in the Museum parking lot.



In 2019, there were approximately 900 lives lost due to induced abortion in Regina at the General Hospital. Join other members of the pro-life community to prayerfully witness for the lives ended in abortion in Saskatchewan and around the world.

L I F E

Life Chain

Sunday, October 4, 2020
from 2 - 3 PM
Corner of Albert and College
(Please do not park in the Royal SK Museum Parking lot)

Regina, Saskatchewan

Sponsored by:
Regina **PRO**  **LIFE**



For more information, please contact us at 306-569-1985 or at rpla@sasktel.net

Our Lady of Peace Fall Supper - Drive Thru Pick Up

Charlottes Catering will prepare a delicious roast beef dinner, mashed potatoes, vegetable, four salads, and cheesecake dessert.

Church parking lot - 425 Broad Street North.

Friday and Saturday, October 9 and 10 at 6 pm.

\$20 per meal, individually packaged.

Advance sales only, call Anita at: 306-530-2370 or Dennis at: 306-530-2370.

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 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.