



*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 pm, Tuesday - Thursday: 9:30 am – 12 pm, 1:30 - 5 pm
Hall Phone: 306-545-2266
Web Site: www.stcecregina.com E-mail: contact@stcecregina.com
Pastor: Rev. Brad Fahlman Associate Pastor: Rev. John Weckend
Office: Melita Stenhouse Caretaker: Merv Harrick

Our Lord Jesus Christ, King of the Universe November 22, 2020



The final judgment will not be based on how influential we became in society, how high we climbed the corporate ladder, nor any “worldly” achievements. Rather our judgment will be based on how we treated the least of those around us, whom Jesus calls His brothers and sisters. To make His point very clear, Jesus gives specifics — feeding the hungry, giving drink to the thirsty, showing hospitality to the stranger, caring for the ill and imprisoned. These are the priorities of our King and these must be our priorities, too.

The more deeply we embrace the stewardship way of life, the more closely our priorities will align with His. This way of life prepares us well for our judgment day and helps us to live in imitation of our King right now. [Source: Catholic Stewardship Consultants. www.catholicsteward.com]

Covid-19 Masks Protocol

According to the Saskatchewan Health Authority order, mandatory use of non-medical masks is required for the celebration of the Mass and all other parish gatherings. Persons attending are required to wear non-medical face masks from the time they enter the building until they have exited the building.



Signing Up to Attend Saturday or Sunday Mass

If you wish to attend Saturday 7 pm or Sunday 10 am or Noon Mass, for the first time since the reopening in June, signing-up in advance is required. Please register by Thursday before the weekend you wish to attend.

We understand plans or situations change. If you are registered and not able to attend, please call the office. If a change happens after Friday at Noon, please call Ray at 306-545-0592 or call or text 306-536-8920. This will enable us to contact a replacement household.

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 November 23	Revelation 14.1-3, 4b-5; Luke 21.1-4
Tuesday November 24, 7 pm	St. Andrew Dung-Lac, Priest and Companions, Martyrs Revelation 14.14-19; Luke 21.5-11 Intentions of Fr. John from Alphonse and Valerie Brodner.
Wednesday November 25, 10 am	Revelation 15.1-4; Luke 21.12-19 Intentions of Marmy Wagner from St. Cecilia Catholic Women's League.
Thursday November 26, 10 am	Revelation 18.1-2, 21-23, 19.1-3, 9a; Luke 21.20-28 Intentions of the Wah Ta Family.
Friday November 27, 10 am	Revelation 20.1-4, 11-15; 21.1-2; Luke 21.29-33 Intentions of the Charles Family.
Saturday November 28, 7 pm	The Presentation of the Blessed Virgin Mary Revelation 22.1-7; Luke 21.34-36
Sunday November 29, 10 am and Noon	First Sunday of Advent Isaiah 63.16b-17; 64.1, 3-8; 1 Corinthians 1.3-9; Mark 13.33-37

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.

Coats for Kids

Father Burns Council Knights of Columbus are collecting gently used winter clothing items (parkas, ski pants, winter boots, toques, mitts, socks, etc.), specifically for needy students, but will also accept donations for adults. The items will be provided to Community Schools and the needy of our city.

If you can help, please leave the items in the box in the entrance area during Mass times or package the clothing in bags or boxes, **tag them Coats for Kids**, and drop them off on the steps of the church during regular office hours (see front page for hours).



Christmas Giving Tree

The Social Justice Committee has made a few changes to this year's Giving Tree. Our parish is supporting the Isabel Johnson Shelter (for women and children), St. Francis Community School, and Sacred Heart Community School.

The Giving Tree is in the Welcoming Area, however there are no tags on the tree. Instead, we are asking for the following donations.

- Isabel Johnson Shelter
 - Gifts for Girls and Boys – Newborn to 12 years.
 - Bath towels (biggest need), shampoo, conditioner, unscented lotion, shower gel, toothbrushes, toothpaste, dental floss, hairbrushes, and combs.

All gifts and listed items must be NEW and unwrapped.

- St. Francis and Sacred Heart Schools
 - \$10 Gift Cards. President's Choice (Tom's Independent, No Frills, Superstore), and Walmart.
- e-Transfer funds. The Social Justice Team will purchase gifts or gift cards.



If you can help, use these ways to donate:

- During Mass times, leave unwrapped gifts or items in the boxes around the Tree and place gift cards in the marked collection box in the Welcoming Area.
- Bring your unwrapped gifts, items, or gift cards to the Church office during regular office hours (see front page for hours).
- e-Transfer - The money is automatically deposited, and the parish is sent an email with the details. The parish is not charged a transaction fee.
For the recipient email address, enter **etransfer@stcecregina.com**.
For the Memo or Message, enter **Donation-Christmas Giving Tree-Social Justice**.

All gifts, gift cards, and e-transfer funds must be received by Sunday, December 6.

Your generosity is greatly appreciated and especially by those who need a little help during the Christmas Season.

Tom Robins - Independent Grocer – A Beacon of Light



Tom's Independent, at Normanview Crossing, 336 McCarthy Blvd, is one of the suggested grocery stores to purchase a gift card for the Giving Tree. The following was written by Audrey Cruzat, St. Francis, Catholic School Community Council (CSCC) President, to show how much Tom has helped St. Francis School.

A few years ago, a member of the St. Francis CSCC approached Tom's Independent Grocer for a donation to our teacher appreciation breakfast. Little did we know that would start the amazing relationship between Tom Robins, the store manager, his gracious staff, and St. Francis School.

Over the years Tom has given so much to our school and asking of nothing in return.

- Sponsored our family carnival for several years donating all the food and drinks to sell at the canteen.
- Donated food to our teacher appreciation events.
- Donated food to our fundraisers at Regina Catholic elementary track meets.
- Donated food for the whole school at our year-end student BBQ.
- Donated food to all the volunteers that came out to install our playground.

This is just the tip of the iceberg. While we were working hard fundraising for our play structure, Tom also started a collection at his store to help raise money for the play structure. In the spring of 2019, Tom donated, made, and had his staff serve lunch to the entire school. He even brought the store's commercial juicer to provide each child with a freshly squeezed glass of orange juice to show them how it was made.

Tom planned to provide our school with a lunch this past spring, however we were unable due to Covid.

The past few Halloweens we have worked with Tom and his store to create a pumpkin carving event. Tom donated the pumpkins; all money raised went to Christmas Hampers for our school community. He also allowed an area in his store for families to carve their pumpkins. Each family left with a carved pumpkin and a Halloween treat bag.



During this pandemic, Tom took his generosity to a whole new level. Tom donated over 400 reusable water bottles to the students. He knew that some families may not have the means to buy water bottles and the drinking fountains would not be operational due to the pandemic. He made sure that each of our students had equal access to drinking water during school. Even when we could not have our annual Halloween pumpkin carving event, Tom still donated 80 pumpkins to our school community. He loaded his truck and stood out in the cold with us to hand out the 80 pumpkins in the school parking lot.

Tom spreads this generosity and joy to the whole surrounding community, supporting numerous charities, schools, and community events.

Words can not express how grateful we are for all of Tom's generosity. He has given so much to help others and is happy to help. Tom is beacon of light in a dark time. He is truly selfless.

Please show Tom the gratitude he deserves by supporting his store and being kind to those around you!

Furniture Needed

A parishioner in need has asked for our help in providing the following items:

- King size bed and mattress.
- Single bed mattress.
- Baby bed and mattress.
- Sheets and bedspreads for the above.
- 4 chairs for sitting at a table.

If you can help, contact Marc Simon, Knights of Columbus, [email](#) or call 306-535-2277.

Muffins for Marian Centre

Sandwiches, muffins, or granola bars are being given 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.

St. Cecilia Feast Day November 22

St. Cecilia, a noble woman who lived in the second century, is one of the best-known Roman martyrs. She is one of the few women noted in the Roman Canon of the mass by name.

The traditional story of St. Cecilia's life, written several centuries after her death, is a romantic tale. St. Cecilia was a Christian from birth and as a young woman took a vow of chastity. Forced by her parents to marry a pagan Roman, Valerian, she is said to have "sung in her heart to the Lord" during her wedding ceremony. For this reason, she is the patron saint of musicians. On her wedding night, St. Cecilia told Valerian that an angel watched over her to protect her chastity. Valerian asked to see the angel. St. Cecilia told him to go the third milestone on the Via Appia and be baptized by Pope Urban I. Valerian did as she said. Following his baptism Valerian returned home and saw the angel standing beside St. Cecilia. After Valerian's baptism, his brother Tiburtius was also baptized. Valerian and Tiburtius took on the task of burying Christian martyrs until they were put to death by the Roman authorities.



During her life St. Cecilia is said to have converted many people to Christianity and worked to make her home into a church. Following the executions of Valerian and Tiburtius, St. Cecilia was sentenced to death by steam vapors in her own bathhouse. She was left in her bathhouse overnight but did not die. The executioner then unsuccessfully tried three times to cut off St. Cecilia's head. St. Cecilia took three days to die and is said to have spent these days praising God.

Although the story of St. Cecilia's life has been romanticized, there is historic evidence to show that St. Cecilia, Valerian and Tiburtius existed and were buried in the Catacomb of Praetextatus on the Via Appia. Their relics were moved by Pope Paschal I (817-824) to St. Cecilia's church in the Trastevere quarter of Rome. St. Cecilia's feast day has been celebrated since the 4th century. Celebrating her feast day on November 22 originated in her Trastevere church.

St. Cecilia Videos

Carol Anne and Ed Landgraf, Pastoral Council Spiritual Life and Education Team Leaders, selected the following videos, Discovering our Saints – [Saint Cecilia](#) and an animated version [Stories of Saints for Kids](#).

Prayer to St. Cecilia

O glorious saint, who chose to die
Instead of denying your King,
We pray you please to help us
As His fair praise we sing!

We lift our hearts in joyous song
To honor Him this way,
And while we sing, remembering,
To sing is to doubly pray.

At once in our hearts and in our tongues
We offer double prayer
Sent heavenward on winged notes
To praise God dwelling there.

While in our hearts and tongues we try
With song to praise God twice,
We ask dear saint, to help us be
United close to Christ!

Accepting Comfort

It is a blessing to be able to comfort someone through loss, grief, anxiety, even overwhelm. But have you considered that it may be a greater blessing to be able to receive comfort?

Maybe we are a parent, or a carer, or a medical worker, or someone always seen as a strong person, and we hide our own need for comfort - in order to help others.

God does not ask to do anything harmful to ourselves, or not give our body and heart the time it needs for rest, healing and recovery. Why not let go into the care of a friend or God? May [this exercise](#) encourage you to receive comfort.

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

St. Cecilia Catholic Women's League News

Your CWL Executive has been meeting virtually and are looking forward to holding our first General Meeting via Zoom on Tuesday, December 1 at 7 pm. All members are welcome and will be receiving a meeting invite via email a week in advance.

Fees for 2021 are due December 31, 2020. The CWL is pleased to offer the option of e-Transfer method of payment to cwlstceilia@gmail.com. No security question is required, and the money is automatically deposited. If you prefer using the CWL yellow donation envelope, bring it to Mass or drop it off at the Church office. The fees are \$35.

A Blessing Not a Burden

Truly I tell you,
whatever you did for
one of the least of
these brothers and
sisters of mine, you
did for me.
Matthew 25:40

Coalition for
HealthCARE
and Conscience

NEW LEGISLATION COMING

The federal government has tabled legislation to expand access to euthanasia to people who are not about to die, including people with disabilities.

DISABILITY ADVOCATES ARE FEARFUL

A 2019 government report said that people choose euthanasia because of fear of being a burden, loneliness, lack of support, or loss of dignity and meaning. People with disabilities face these issues daily. As a society, we have a responsibility to support the vulnerable, not allow them to be permanently silenced.

WRITE YOUR MP TODAY

Write your MP to let them know you don't want access to euthanasia expanded to include vulnerable people who are not at the end of their lives. It could be someone in your family next or it could be you. To send an email, visit www.canadiansforconscience.ca/federal_government

The St. Cecilia Catholic Women's League strongly encourages you to make your voice heard and write to our Regina-Lewvan MP Warren Steinley, Prime Minister Justin Trudeau, Minister of Justice, and Minister of Health. **No postage required.**

Here is an excerpt about Bill C-7 from the [CWL Saskatchewan website](#).

The Federal Government has re-introduced Bill C-7 – an Act amending the Criminal Code in Canada to expand medical assistance in dying (MAiD). Catholics believe in respect for life from conception to natural death. Please make your views known to our politicians in Parliament using the attached sample letters to guide your responses. Modify them as necessary. Archbishop Richard Gagnon (Winnipeg), on behalf of all the Catholic bishops of Canada, calls “on Catholics and all people of good will to make their voices heard in opposition to the Bill.” He says, “As Canadians, we can and must do better.”

Letters to Members of Parliament

The letters to MP's are based on a standard pattern of three parts.

1. Identification of the writer and the position they hold regarding Bill C-7 (against the bill).
2. Reasons for opposing the bill.
3. A request that the MP, Prime Minister, Justice Minister, and Health Minister consider the position taken by the writer and vote against the bill in Parliament.

The envelope addresses are as follows:

Warren Steinley
Member of Parliament
Confederation Building Room 619
Ottawa ON K1A 0A6

The Rt. Hon. Justin Trudeau
Prime Minister
House of Commons
Ottawa ON K1A 0A6

The Hon. David Lametti
Minister of Justice and Attorney General
House of Commons
Ottawa ON K1A 0A6

The Hon. Patty Hajdu
Minister of Health
House of Commons
Ottawa ON K1A 0A6

The sample letters are included with this bulletin. To make it easier to write the letter, you can copy and paste the text from the letters or download the Word versions attached to the bulletin email.

Mark Shea and The Church's Best Kept Secret - Part 5

Thinking Faith Podcast with Deacon Eric Gurash and Dr. Brett Salkeld

We wrap up our five-part series with Catholic author, speaker, and apologist, Mark Shea, on his newest book, "The Church's Best Kept Secret: A Primer on Catholic Social Teaching."

Show Snippet: "Faith without works is dead, says James, and so this aspect of Catholic teaching, more than any other, has to be lived. It must be practiced or...it's like looking in a mirror and then walking away and forgetting what you look like, says James." [Listen to the podcast.](#)

Get a signed copy of "The Church's Best Kept Secret: A Primer on Catholic Social Teaching." [Buy direct from Mark.](#)

Archbishop Donald Bolen's Weekly Message – Christ, Our King!



As we approach the great feast of Christ the King, I am reminded of all the places in which we are called to allow Christ to be our King: our hearts, wills, societies, the world around us. When the feast was instituted by Pope Pius XI, he wanted to invite the faithful to participate in the challenges and struggles of the societies in which they lived, but to do so mindful of a higher authority.... [View the video](#)

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's Appeal

On Behalf of Archbishop Donald Bolen, the Archdiocese of Regina and all the ministries and organizations we fund and support, we would like to thank everyone for their prayers and for their help in the various ministries of the Archdiocese. Thank you for your financial support to this year's Archbishop's Appeal. If you have not already done so, there is still time to contribute, as donations will be accepted until the end of December. Your contributions, regardless of size, will ensure that the mission of Christ will continue and that the Church of Christ will grow to touch the lives of others, making the peace and grace of Christ known throughout the Archdiocese of Regina.

Ezekiel 34:11-12, 15-17 | 1Cor. 15:20-26, 28 | Matt.25:31-46
Today we celebrate the feast of Christ the King. As the King of Kings, Jesus shows us what true greatness is. It is loving and serving one another, giving ourselves in love for one another, and using the gifts God has given us to glorify Him.

In today's gospel, Jesus tells us what loving and serving one another looks like. It's in feeding the hungry, giving drink to the thirsty, welcoming the stranger, clothing the naked, caring for the sick, visiting the prisoner. No one among God's people should be disrespected, discarded, demeaned or exploited because of their limitations and failures. The least and last should be especially treasured.

All our individual gifts and talents are meant to be shared for the benefit of everyone. We Christians are expected to be living witnesses to the way Jesus loves and serves. Let us make a stronger commitment to respond with care and compassion to those around us and work for a more just world.

Thank you very much for contributing to the Archbishop's Appeal. God who owns everything needs our generosity to make it possible for the pastoral ministries to work for the growth of the Kingdom in the Archdiocese of Regina. [Source: Adapted from Catholic Stewardship Consultants. www.catholicsteward.com]

A Time for Trusting: Finding God in the Pandemic

Trusting in God is not easy when our normal way of living is completely disrupted. [Watch the video.](#)

Emmaus Family Support

One in five families in our parishes and neighbourhoods are affected by mental health challenges. Emmaus Family Support offers peer-led support for mental health caregivers. We are a gathering of individuals who are the primary caregivers of loved ones experiencing mental health challenges that meet on the fourth Thursday of each month to share prayer, mental health resources, and life experience. Our focus is on shared learning, building resiliency, walking together, and moving toward healthier lives for ourselves and those we care for. If you would like more information on how to take part, please [email Deacon Eric Gurash](#).

Adoration with Praise and Worship Music

"Come to me all who are weary...you will find rest for your souls."

Thursday, November 26 at 7 pm, join us at Resurrection Parish for Adoration with praise and worship music. To attend in person, please [register](#) at by end of day Wednesday, November, 25 (spaces are limited). This event will also be Livestreamed.



Small Group Ministry for Young Adults – Leaders Needed

The Office of Youth and Young Adult Ministry is launching a small group ministry for young adults!! Registration for joining the groups will open in mid December and groups will start gathering in mid January. All groups will have 6-8 people, have both a social and a faith-building component, will gather based around a common interest and will gather once a week for 8-10 weeks. But first...we need leaders!! If you have a hobby or interest you are willing to share with others and are interested in building community and growing in faith, this is for you! We will provide all needed training and support. We just need willing hearts. [More information here](#) or email [Michelle Braden](mailto:Michelle.Braden).

Give me Jesus: Asking, Expecting and Receiving this Advent

An Advent online retreat series with Leah Perrault. What does it mean to long for Jesus during Advent, let alone during a global pandemic? How do we enter into God becoming human, in our own flesh and blood? Join Leah as we rest gently into the asking, expecting, and receiving of Jesus this Advent. Saturday mornings, December 5, 12, and 19, 10 - 11:30 am. Cost is \$45 for all sessions. A minimum of 20 participants is needed to offer each series. Registration deadline is December 2. To register, [email](#) or call 306-242-1916.

More information is in the brochure included with this bulletin.

A Just Future for All - Webinar

Resisting a democracy recession - Co-Sponsor Campion College
Tuesday, November 24 – 1 to 2 pm Regina Time.

Fr. Xavier Jeyaraj SJ of the Social Justice and Ecology Secretariat of the Jesuit Curia in Rome will talk about the alarming transformation of democracy in the world with the election of authoritarian regimes into office. His presentation will focus on India, with parallels drawn with changes taking place in Latin America, Asia, Africa and North America. While this trend is alarming, there is hope in voices heard through public protest demanding alternative models with transformative changes for a future built on love, equality and justice.

If you cannot attend at the webinar time, still register and the recording link will be sent to you.

More information [here](#) or [register](#).

Latin Mass at St. Mary Parish

The Latin Mass is every Sunday at 1 pm. If you wish to attend, please confirm your request. [Email](#) or call and leave a message at 306-789-2903.

Helping the Cuernavaca Project With Recyclables

The project can benefit from your donation of Sarcan recyclables at any Sarcan location in Regina. Use the keyword **project** when you use the Drop and Go option.

Our Lady of Peace Drive-Thru Advent Supper

Roast beef supper provided by Charlotte's Catering. \$20 a meal. Our Lady of Peace parking lot, 425 Broad St. North. Friday or Saturday, December 11 and 12. For tickets, call Dennis 530-2370 or Anita at 543-0421.

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.