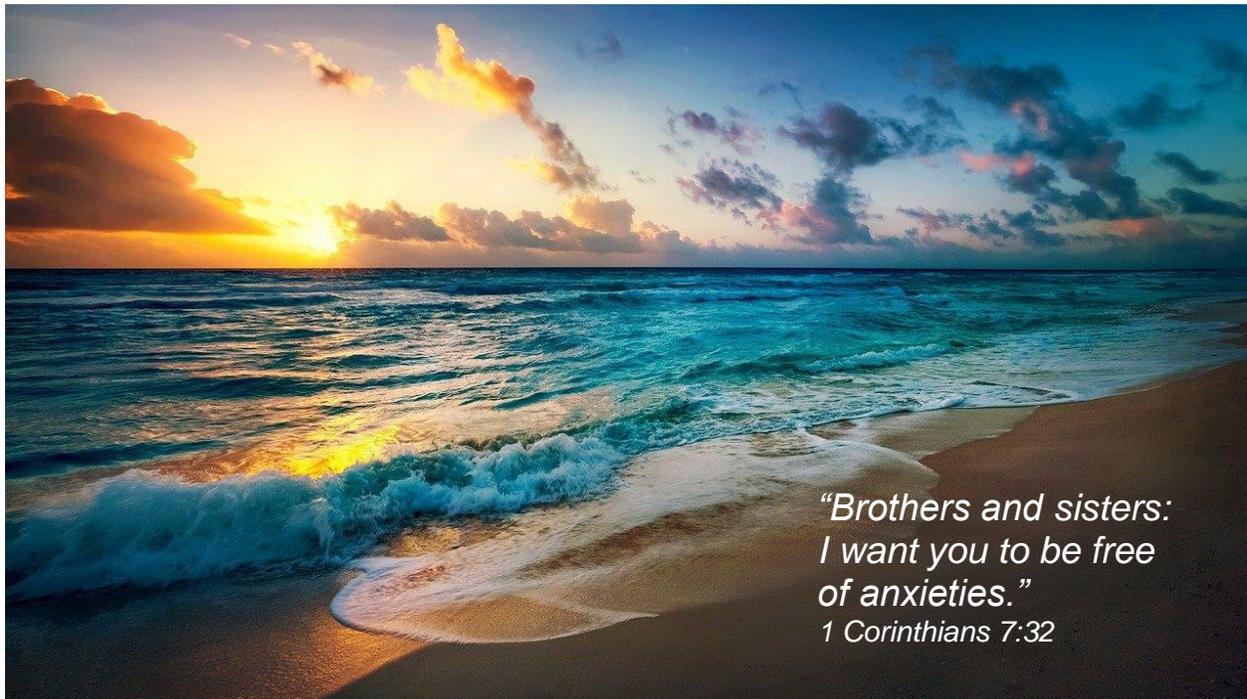




*Sharing God's gifts,  
Serving others,  
In Christ's Love*

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](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

## **Fourth Sunday in Ordinary Time, January 31, 2021**



*"Brothers and sisters:  
I want you to be free  
of anxieties."  
1 Corinthians 7:32*

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then pray for things instead of worrying about them.

### **Sunday Mass Time Change**

**Beginning February 7, Sunday Masses are at 10 and 11:45 am.**

### **Sunday Livestream Mass**

Join us Sundays at 10 am for our livestreamed Mass. Use one of these ways:

- [St. Cecilia YouTube Channel](#).
- St. Cecilia Website [stcecregina.com](http://stcecregina.com).
- On the YouTube App, search for St Cecilia Regina.

### **Friday Livestream Mass**

Friday Mass at 9 am is livestreamed as part of the Archdiocese Weekday Mass schedule. If not attending, you can watch on the [Archdiocese YouTube Channel](#).

## This Week's Masses

Monday February 1	Hebrews 11.32-40; Mark 5.1-20
Tuesday February 2, 7 pm	The Presentation of the Lord – World Day for Consecrated Life Malachi 3.1-4; Luke 2.22-40 Intentions of Julia requested by Wah Lo.
Wednesday February 3, 10 am	Hebrews 12.4-7, 11-15; Mark 6.1-6 RIP Ken Cholodnuik requested by Bernadette Warnke.
Thursday February 4, 10 am	Hebrews 12.18-19, 21-24; Mark 6.7-13 RIP Ollie Gattering requested by Trudy Kurtz.
Friday February 5, 9 am	St. Agatha, Virgin, Martyr Hebrews 13.1-8; Mark 6.14-29 RIP All Souls requested by Diep Nguyen.
Saturday February 6, 7 pm	St. Paul Miki and Companions, Martyrs Hebrews 13.15-17, 20-21; Mark 6.30-34
Sunday February 7, 10 and 11:45 am	Fifth Sunday In Ordinary Time Job 7.1-4, 6-7; 1 Corinthians 9.16-19, 22-23; Mark 1.29-39

## Signing Up to Attend Saturday or Sunday Mass

**Signing-up in advance is required if you wish to attend Saturday 7 pm or Sunday 10 or 11:45 am Mass for the first time. Please register by Wednesday 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. You will be contacted to let you know about available openings for your preferred Mass.

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

## Self-Assessment Questionnaire for Covid-19

If you wish to attend Mass, you are reminded to take the self-assessment. When you arrive, you will be asked if you did the assessment. If you did not, you will be asked the assessment questions.

The assessment is included with this bulletin and on [our website](#) and in the [guidelines and protocols for attending Mass](#).

## Social Justice Birthright Shower

Birthright is a non-profit organization committed to providing confidential, non-judgmental support to any woman who is pregnant or thinks she might be pregnant, no matter her age, race, circumstances, religion, marital status, or financial situation. Birthright relies on the dedication, time, and talents of volunteers and the generosity of donations to ensure it can persevere in supporting expecting mothers.



- Mission: To be a safe place where anyone involved in an unplanned pregnancy can find support and information.
- Vision: To reduce the stigma associated with being a single mother and lower the number of pregnancies terminated due to a lack of resources or support for the mother.

To assist Birthright Regina with funding, the Social Justice Team hosts a Birthright Shower every year around Valentine's Day with a continental breakfast and the opportunity to donate. Even though we cannot gather for the shower, your donation is greatly appreciated.

If you can help, use these ways to donate now:

- At St. Cecilia - at Masses:
  - Cheque payable to Birthright Regina - place in a Birthright envelope (available at the church). A donation of \$10 or more receives a receipt. Ensure your name and address are included.
  - Cash donation of \$10 or more wanting a receipt - place in a Birthright envelope (available at the church). Ensure your name and address are included.
  - Cash donation or loose change not wanting a receipt - place in the Birthright collection box.
- Mail a cheque to the Church or bring to the Church during regular office hours. Make cheque payable to Birthright Regina.
- Mail a cheque to Birthright Regina, 202 - 1771 Rose St, Regina S4P 3L7.
- Debit or credit card through website [birthrightregina.org](http://birthrightregina.org).

Donations at the church will be accepted until Sunday, February 14. Donations after this date need to be mailed to Birthright or use their website.

## St. Cecilia Catholic Women's League 2021 Fees

Fees for your 2021 CWL membership will be gratefully accepted through the month of January. The CWL is pleased to offer the option of e-Transfer method of payment. No security question is required, and the money is automatically deposited. Use the email address [cwlstcecilia@gmail.com](mailto:cwlstcecilia@gmail.com). If you prefer using the CWL yellow donation envelope in the box of envelopes, bring it to Mass or drop it off at the Church office. The fees are \$35.

## Moved or Changed Phone Numbers

To keep our parish information up to date, please let us know if you have moved in the past year or changed your phone number including switching from a land line to a mobile phone. Email the office [contact@stcecregina.com](mailto:contact@stcecregina.com) or call Melita 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.

## Palms From Last Year

Blessed palms are burned for the ashes distributed on Ash Wednesday. Drop off palms in the marked basket in the entrance of the Church during Mass times or bring them to the Parish Centre during regular office hours.

## **CWL News - MAiD (Medical Assistance in Dying) – Bill C-7**

Bill C-7 (an Act amending the Criminal Code in Canada to expand medical assistance in dying) has already passed in the House of Commons and will come up in the Senate when the session begins on February 2, 2021.

The Senate is engaging in a study of Bill C-7 which seeks to expand euthanasia and assisted suicide in Canada. It is important for the Senate to know about the concerns of Canadian Citizens and Catholics who believe in respect for life from conception to natural death.

Archbishop Richard Gagnon (Winnipeg), on behalf of all Catholic bishops in Canada “calls on Catholics and all people of good will to make their voices heard in opposition of the Bill. As Canadians, we can and must do better.”

**This information is time sensitive; we request your assistance now.**

We urge you to write to your Senators and request they stand up to the courts and re-establish Parliament as the voice of the people of Canada. Sample letters are included with this bulletin.

We want our country to be one which supports the vulnerable. Proposed changes add to societal stereotypes that a life with a disability is a life not worth living. By supporting this bill, the government of Canada is supporting these stereotypes. We Do NOT want to extend the criteria for MAiD. More information is on the Saskatchewan CWL website [www.cwlsk.ca](http://www.cwlsk.ca)

To take action using the sample letters included with this bulletin, copy and paste the text from the letters or download the Word versions attached to the bulletin email. Enter your name and address and email the letters.

Here are the names of the Saskatchewan Senators and their email addresses:

[pamela.wallin@sen.parl.gc.ca](mailto:pamela.wallin@sen.parl.gc.ca)

[denise.batters@sen.parl.gc.ca](mailto:denise.batters@sen.parl.gc.ca)

[brent.cotter@sen.parl.gc.ca](mailto:brent.cotter@sen.parl.gc.ca)

[marty.klyne@sen.parl.gc.ca](mailto:marty.klyne@sen.parl.gc.ca)

**or**

Print and send your letters by regular mail, postage-free to any Senator listed above at the following address:

Senator's Name  
The Senate of Canada  
Ottawa, ON K1A 0A4

Thank you for your assistance in lobbying our Senators, requesting them to do the right thing for the vulnerable, disabled and all concerned Canadians who do NOT want expanded MAiD.

## **Baptism Preparation**

The two sessions for parents of infants and small children will be held Wednesdays, March 17 and 31 at 7:30 pm. Baptisms will be April 11. To register, call Melita in the parish office 306-545-4051.

## Encouragement to Consider Vaccination

Following the directives, guidance, and research carried out by the Vatican and other bodies of bishops world-wide, Archbishop Don supports efforts to provide vaccines to the people of Saskatchewan and encourages the faithful to seriously consider receiving the vaccine as it becomes available.

Further information can be found at the following links.

- Congregation for the Doctrine of the Faith "Note on the morality of using some anti-Covid-19 vaccines". [Link.](#)
- "Vaccine for all: 20 points for a fairer and healthier world" Vatican Covid-19 Commission in collaboration with the Pontifical Academy for Life. [Link.](#)
- Alberta and NWT Bishops OK vaccination for Covid. [Link.](#)
- How to Vaccinate Like a Catholic: A Guide Through the Prickly Covid-19 Issues. [Link.](#)

## Little Black Book - Lent

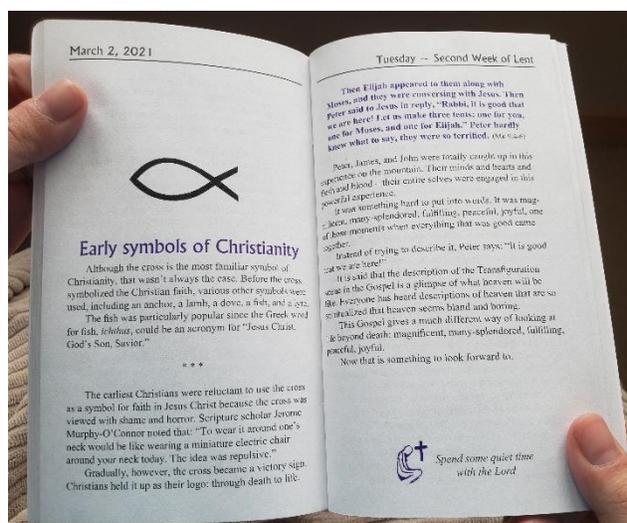
The books are available again this year.

The Little Book will help you explore the depths of Scripture and deepen your relationship with Christ.

- Use the book anywhere.
- Fits easily in your pocket, purse, or backpack.
- Spend 6 minutes of quiet time with the Lord each day.

Pick up one or more than one and share with someone else. Suggested donation is \$2.

Available during Mass times in the Welcoming Area or from the marked envelope in the mailbox (Parish Centre door).



## 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 by Friday at 9:30 am.

Donations may also be taken to the Centre at 1835 Halifax Street (back door in the alley); closed Thursday and Sunday.



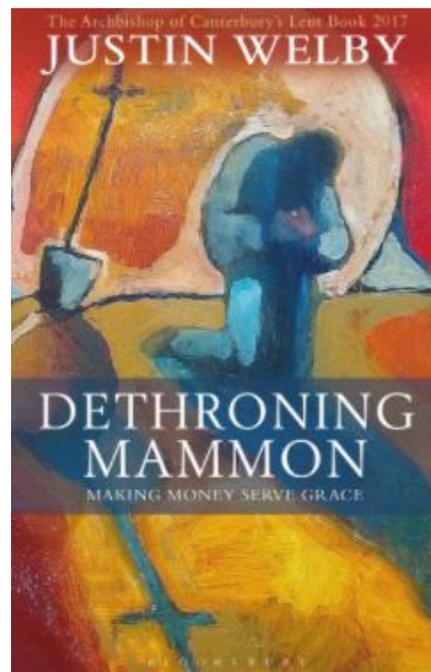
## Plastic Containers for Carmichael Lunch Program

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.

## **Dethroning Mammon - A Stewardship Book Discussion for Lent**

*Dethroning Mammon: Making Money Serve Grace* is a book by the Archbishop of Canterbury Justin Welby in which he looks at the subject of money and materialism. Designed for study in the weeks of Lent, *Dethroning Mammon* discusses how our own attitudes and the pressures of society affect how we handle the power of money (Mammon). Reading and reflecting on the book will help us think more fully about the power of money in our lives and our world. Over six weeks we can grow as disciples and stewards through reading, conversing, and praying together.



**What** - A one-hour book discussion (one chapter a week) via Zoom.

**When** - Tuesdays (February 23, March 2, 9, 16, 23, and 30) at 1 pm.

**Who** - Led by Archdeacon Cheryl Toth (Stewardship Officer with the Anglican Diocese of Qu'Appelle) and up to 12 participants.

**How** - Register by emailing Cheryl at [stewardship@sasktel.net](mailto:stewardship@sasktel.net)

**How to get the book** - Ten books have been ordered through Regina bookstore *The Penny University* and a copy will be mailed to you when they arrive. You are asked to contribute the cost of your book. You can also order a copy through [abebooks.com](http://abebooks.com), [bookdepository.com](http://bookdepository.com), Chapters-Indigo or Amazon. E-versions of the book are available.

This study is open to people of all denominations and is offered in the spirit of LAURC, the covenant between the Lutheran (ELCIC), Anglican, Ukrainian and Roman Catholic churches in Saskatchewan.

## **Carried by Friends Spiritual Exercise**

Field Hospitals and first aid for body, mind, and heart, are needed more than ever. The rise of the corona virus in second and third waves, the multiplying variants, and the sheer fatigue of dealing with this pandemic for more than a year is taking a huge toll.

[Carried by Friends Exercise.](#)

[Sign up](#) to receive weekly spiritual exercises.

## **Prayers, Devotions, and Resources**

Inspiring [online resources on the Archdiocese site](#) to support you during this time of Covid restrictions.

Includes:

- Daily Readings and Reflections.
- Home Teaching Resources for Parents.
- Resources for Seniors.
- Prayers, Blogs and Podcasts.
- Books and Other Resources.

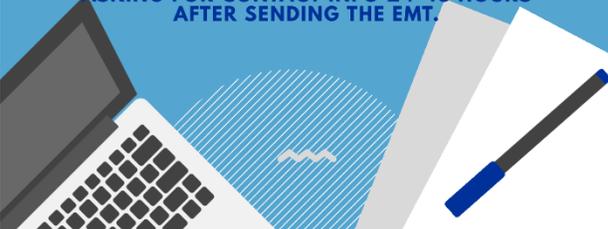
**Now This Week:** [How Can I Keep from Singing YouTube Video](#) - NYC Virtual Choir and Orchestra.

## St. Francis School News

# MICROSOFT SURFACE PRO 3 RAFFLE

The St. Francis CSCC is raffling off TWO refurbished Microsoft Surface Pro 3 Tablets!

- TICKETS ARE 2 FOR \$5 OR 5 FOR \$10.
- TICKETS CAN BE BOUGHT THROUGH E-TRANSFER ONLY TO ST.FRANCISCSCC@OUTLOOK.COM
- EMTS WILL BE ACCEPTED ON MONDAY, JANUARY 25TH, AND THE RAFFLE WILL CLOSE ON FEBRUARY 8TH. DRAW ON FEBRUARY 11TH.
- YOU MUST INCLUDE YOUR NAME AND HOW MANY TICKETS YOU WOULD LIKE TO PURCHASE IN THE MEMO AREA OF THE ETRANSFER
- YOU WILL RECEIVE A CONFIRMATION EMAIL ASKING FOR CONTACT INFO 24-48 HOURS AFTER SENDING THE EMT.



# St. Francis School Clothing Order



The CSCC is having a spirit wear clothing order from January 21st-February 5th. This will be done **\*ONLINE ONLY\***. No cash orders will be accepted. Grab some gear for your children to show their school spirit! (Sweaters, Shirts, Sweats, Shorts, Hats and Toques available)

<https://stfrancisstore.orderpromos.com/>

**\*All clothing is from Allied Printers\***



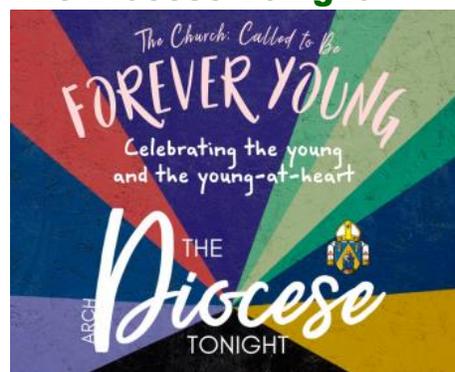
## Brendan Steven - From Young Atheist to Lay Apostolate Part 2

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

In this part 2 of 2, we continue our conversation with Brendan Steven of [catholicconscience.org](http://catholicconscience.org) regarding his journey from young atheist to leading a lay apostolate discussing false idols and the deepest desires of our souls this week on Thinking Faith!

Show Snippet: "I look back on my life on how obsessed I was with 'the cause' when politics was my idol. To me, it was a perversion of the desire to give of self, like irrevocable, committed, total self-giving..." [Listen to the podcast.](#)

## The Diocese Tonight



The next episode of this virtual diocesan family gathering will be Sunday, February 14 at 7 pm. Please join us [live or watch it afterwards](#) as we celebrate the young church and break open the theme of: The Church: Called to Be Forever Young.

## Archdiocese of Regina Weekly Report

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

## Youth/Young Adult Ministry News

The Youth Office at the Archdiocese of Regina has officially been renamed the Office of Youth and Young Adult Ministry and with a new title comes new ministry focuses and opportunities.



### Youth Initiatives

For more info or to register for the following, email Michelle Braden at [mbraden@archregina.sk.ca](mailto:mbraden@archregina.sk.ca)

#### Theology of the Body for Middle Schoolers (Online Youth Gathering)

Students ages 12-14 are invited to a group that brings young people together with trained young adult leaders to share games, friendship, and meaningful discussions around discovering God's plan for life and love.

Group will meet on Zoom on Thursdays at 6:30 from February 18 to April 18.

#### Source (Adoration, Reconciliation, Talk)

Students ages 14-18 are invited to this monthly gathering that allows time to slow down, think, pray, and refocus. It takes place the first Sunday evening of each month and can also be joined live via livestream. [Use this link for the details.](#)

#### Not a Fan (Online Youth Gathering)

Students ages 14-18 are invited to a group that brings young people together with trained adult leaders to share games, friendship and meaningful discussions around what it looks like to go deeper in faith and move from a "fan" of Jesus to a "follower" of Jesus.

Group will meet on Zoom on Mondays at 6:30 from February 15 to March 22.

#### MyGen Youth Rally

Students ages 13-18 are invited to join us for this gathering of young people from all over the archdiocese. It will take place in May this year instead of the usual March date. It will look different. We are taking it on the road! There will be satellite sites throughout the archdiocese with portions of the day taking advantage of livestream to connect us together.

Watch for announcements about the theme, guest speakers, and a firm date coming soon to [mygenrally.ca](http://mygenrally.ca).

#### Young Adult Small Groups

We are starting this initiative off with five different young adult small groups, designed to reach a variety of ages and stages of life. Once we are more easily able to gather, the number and variety of small groups will increase and we will add to the calendar young adult retreats, Theology on Tap gatherings, and service/mission opportunities. [Use this link for more information.](#)

#### Youth Ministry Workshop – February 4

Join the Office of Youth and Young Adult Ministry online for one hour on February 4 at noon, for a look at what ministry to our young people CAN look like now, and some foundational pieces to consider down the road. If you are a priest, deacon, religious, parent, educator, parish volunteer, or a youth minister, join us to spend some time focusing on the possible.

To register, please email your name and contact info to [mbraden@archregina.sk.ca](mailto:mbraden@archregina.sk.ca). If you are interested, but that time frame is impossible, also email us. We will arrange to chat with you. [Workshop Zoom link.](#)

### **Theology on Tap - February 5**

Great questions. Meaningful discussions. Drink of choice. All coming to a screen near you. Join us on February 5 at 7 pm for a virtual version of Theology on Tap with our very own Fr. Parker Love addresses the topic of "Reconciliation: Contrition Kicks Butt!" [More information](#).

### **Gloria Patri**

Christ the King Parish hosts an evening of Adoration, reconciliation and fellowship for young adults once a month. [Use this link for more details and to register](#).

### **First Friday Adoration**

The First Friday /First Saturday all-night vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary is February 5 and 6 at St. Mary's Church on Winnipeg Street. Mass begins at 7:30 pm Friday ending with mass at 8 am Saturday morning. There is confession before and after mass. Please come for some or all the vigil. Please register by telephoning 306-731-2229.

### **40 Hours for Life – Hosted by Regina Pro-Life**

February 17 – March 28, 4:30 – 5:30 pm, Regina General Hospital – 14th Ave.

This Lent come – even for just one day and pray to end abortion ... because nothing is more important than protecting the most vulnerable in society!

- 17,085 lives saved.
- 107 abortion centers closed.
- 206 abortion workers quit.

### **Valentine Drive Thru Pick Up Dinner**

#### **Holy Family CWL and Knights of Columbus**

Friday, February 12. Pickup between 5 and 6 pm.  
Holy Family Parish, 1021 N McCarthy Blvd.

Roast Beef, Mashed Potatoes, Gravy, Hot Vegetable, Four Salads, Cabbage Roll, Bun and Cheesecake. Provided by Charlotte's Catering.

\$22 per plate. Extra Cabbage Rolls 6 for \$8

Orders must be placed by February 10.

E-transfer payment to [kofc10797@gmail.com](mailto:kofc10797@gmail.com) (preferred method of payment).  
In the notes area indicate your order (eg. 2 dinners plus 1 order of cabbage rolls).  
The email response will be confirmation the order was received.

Cash or cheque payment. Place money in a sealed envelope, indicate your order, write your name and phone number and/or email on the envelope. Drop off the envelope at the church office.

### **Stewardship Inter-Church Committee**

For almost a year we have had an inter-church committee [Roman Catholic, Anglican, Lutheran] planning and providing webinars on stewardship. We are happy to further the stewardship approach in our congregations by sharing resources. To this end the Anglican diocese of Qu'Appelle has graciously provided their [online resources](#) for use in our Archdiocese.

### **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.

## **Revive Parishes**

The Archdiocese of Regina is pleased to provide free, online faith formation and leadership training through a partnership with Revive Parishes. Revive is a free online platform with a variety of resources to help parish leaders learn, grow, and renew their parishes. Featuring courses lead by renowned Catholic speakers like Mark Hart, Pat Lencioni, Fr. Mike Schmitz, and Chris Stefanick, Revive offers leadership training in areas of parish renewal, evangelization, stewardship and giving, parish communications, and more. For more information and free access to online courses, visit [Revive Parishes](#).

## **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](#).

## **ReStart - Building Separation and Divorce Resilience**

### **Why**

Because your best you is our best future together. *Separation and divorce are not the worst things that can happen; abandoning people when they are going through a separation and divorce is the worst thing that can happen.*

### **How**

One step at a time. One conversation at a time. One day at a time. Work through the building blocks that grow resilience.

### **What**

This is the book we use: [Rebuilding: When Your Relationship Ends](#). The program is offered virtually.

Call Madeline Oliver at 306-260-6213. Find out more about [ReStart](#).

Registration is ongoing. Wednesday evenings: 7 – 8:30 pm.

Madeline is a founding partner of [Olive Branch Marriage and Family Ministry](#).

We are located at Queen's House of Retreats and Renewal - 601 Taylor St. West, Saskatoon.

## **A Spiritual Act of Communion for those Self Isolating**

Jesus, you who are present to us in so many ways, help me to experience your presence at this moment. May your words inspire me and your Holy Spirit instill within me the desire to recognize you in others. Awaken within me now the deep sense of your love and compassion which will transform my heart to be more like yours. Amen.

Senator Pamela Wallin  
The Senate of Canada  
Ottawa, ON K1A 0A4

January 28, 2021

Dear Ms. Wallin,

As a concerned Canadian citizen, I am writing to oppose your government's legislation, Bill C-7 on euthanasia.

I am genuinely concerned that this bill is flawed and even dangerous for the lives of Canadians.  
Bill C-7

- must not permit MAiD when a person has become incompetent even if the person was previously approved.
- must not remove the 10-day waiting period as I believe it is an important safeguard.
- must provide adequate oversight, review and prosecution of non-compliance with the legislation.
- must define "psychological suffering" to prevent euthanasia for mental illness alone.
- must provide conscience protection for healthcare professionals.

The federal legislation on euthanasia has positioned itself as a healthcare "right" under the *Canada Health Act* so it is publicly funded and accessible to all. Palliative care, however, is not afforded the same status. Dying patients should have access to palliative care as a right.

Will your government undertake a five-year review of the system of euthanasia in Canada as was promised when assisted dying was legalized in 2016 in response to a Supreme Court ruling?

As a Senator, will you support correcting the major flaws in the legislation, Bill C-7, to protect vulnerable Canadians?

Sincerely yours,

Name  
Address

Senator Denise Batters  
The Senate of Canada  
Ottawa, ON K1A 0A4

January 28, 2021

Dear Ms. Batters,

As a concerned Canadian citizen, I am writing to oppose your government's legislation, Bill C-7 on euthanasia.

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Sincerely yours,

Name  
Address

Senator Brent Cotter  
The Senate of Canada  
Ottawa, ON K1A 0A4

January 28, 2021

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As a Senator, will you support correcting the major flaws in the legislation, Bill C-7, to protect vulnerable Canadians?

Sincerely yours,

Name  
Address

Senator Marty Klyne  
The Senate of Canada  
Ottawa, ON K1A 0A4

January 28, 2021

Dear Mr. Klyne,

As a concerned Canadian citizen, I am writing to oppose your government's legislation, Bill C-7 on euthanasia.

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