



*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

Palm Sunday of the Passion of the Lord, March 28, 2021



“Pilate again said to them, ‘Then what shall I do with the man whom you call the King of the Jews?’ And they cried out again, ‘Crucify him.’” – Mark 15:12-13

Jesus told us “whatever you do for the least of my brothers, you do for me.” Every day we are presented opportunities to help someone. Every day we have the opportunity to see the face of Jesus in others and be the face of Jesus to others. Every day we pass by someone in need. Pray for the strength and courage to be the answer to someone’s prayer.

Weekday Masses

Tuesday March 30, 7 pm	Isaiah 49.1-6; John 13.21-33, 36-38 Intentions of Kayla Gill.
Wednesday March 31, 10 am	Isaiah 50.4-9; Matthew 26.14-26 RIP Cory requested by Betty Charles.



Holy Week Schedule

With the current Covid-19 restrictions limiting gatherings to a maximum of 30 people, it's expected we will not be able to accommodate everyone who wishes to attend Holy Week Masses/Services.

For attendance, names will be randomly selected from the list of households that have pre-registered. Those selected will be contacted by Wednesday March 31 and should expect to only attend one of the following Masses/Services.

Thursday of the Lord's Supper (Holy Thursday)

April 1, 7:30 pm.

Pre-registration only.

Also available on Livestream.

Adoration following Mass until 9:30.

Pre-registration not required. Based on available space with a maximum of 30 people at any time.

Friday of the Passion of the Lord (Good Friday)

April 2, 1 pm.

Pre-registration only.

Also available on Livestream.

April 2, 3 pm.

Pre-registration only.

Easter Vigil in the Holy Night (Holy Saturday)

April 3, 8 pm.

Pre-registration only.

Also available on Livestream.

The Resurrection of the Lord (Easter Sunday)

April 4, 10 am.

Pre-registration only.

Also available on Livestream.

April 4, 11:45 am.

Pre-registration only.

Use one of these ways to join us on the livestream:

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

Palms

Blessed palms are available inside the Church entrance during Mass times and regular office hours. Please only touch the palm you are taking.



Little White Book – Easter Season

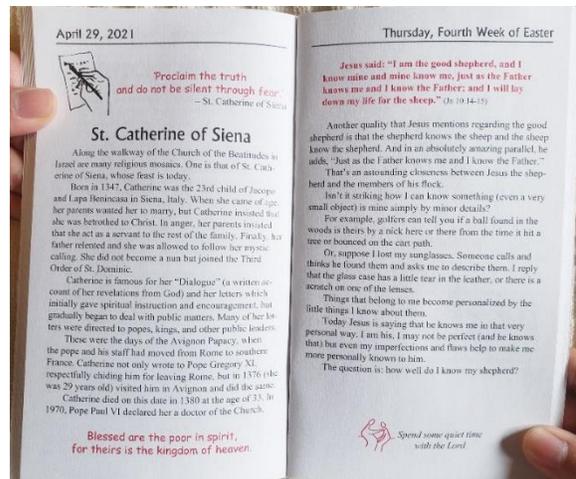
The Little White Book is available for free as your companion for the Easter Season.

The 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.

You are invited to take extra books for your family and friends.

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



Lent 2021 – This Week Tuesday and Wednesday

Attend Weekday Mass

Signing up in advance is not required.

Tuesday – 7 pm.

Wednesday – 10 am.

Sacrament of Reconciliation



Tuesday, 7:30 – 8:30 pm after the 7:00 Mass.

You and Jesus

Experience the closeness of Jesus in Eucharistic Adoration. This is a beautiful experience.

Just you and Jesus. There is something powerful about that especially in this pandemic time.

Tuesday, 7:30 - 8:30 pm after the 7:00 Mass.



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](#).

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.

Plastic Containers for Carmichael Lunch Program

Carmichael Outreach Centre provides hot meals for those in need. They serve over 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.



Muffins for Marian Centre

The Marian Centre is closed on Good Friday. The next pickup is Friday April 9.

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.

Demon, Come Out!

A strong image accompanies this week's exercise - how one might feel when living with the dark of inner demons. [This exercise](#) takes its title from the healing command of Jesus, 'Demon, Come Out!'

We have all experienced demons of some sort or another, personal demons that constantly vex us, demons that have us powerless, demons that we see destroying another's' life, often someone close, or the work of the bad spirit that tempts us to chose the path away from God's love and our own humble and beautiful humanity.

So this exercise seeks to free us, or another we care for, from demons. This will not only heal us but release great new energies to deal with the pandemic world we now find ourselves in.

[Sign up](#) for weekly spiritual exercises delivered to your inbox.

Bishop Don's Lenten Message | Week 6



I join many in expressing profound gratitude that at a time of significant restrictions, places of worship in Regina and area have not been further restricted. It is an acknowledgment that we offer something that is essential to the well-being of many in our society. Faith leaders argued strongly that worship services, with very rare exceptions, have not been places where the virus has spread, and that we have been diligent in taking all the precautionary steps asked of us. With the gift that we have not been shut down - as many other public places have been - comes the responsibility and obligation to be exceedingly careful over the coming days.. [View the video](#).

Middle Earth, Magesterium, and Modernity - Part 1

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

This week we welcome Fredric Heidemann, writer for Bishop Robert Barron's Word on Fire blog, for a three-part series of discussions on his conversion from atheism to Catholicism.

Show Snippet: "It's not like I read the Lord of the Rings and became Catholic overnight...but it made me recognize, and it was a kind of re-cognition, a re-understanding of something buried deep in the depth of every human soul, that the world is just fundamentally more enchanted than this sort of materialistic, reductionistic, atheistic world view..." [Listen to the podcast.](#)

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.](#)

Santa Maria Foundation Masks Fundraiser



Santa Maria Foundation is selling masks for \$10 each to raise funds for the purchase of air mattresses (\$2500).

Available during Mass times in the Welcoming Area or from the office during regular hours.

Also available with free delivery and mailing by contacting Terry Cooney at 306-537-8875 or email tcooney@sasktel.net.

13 Tuesday Devotions in Honour of St. Anthony

Saint Anthony's Roman Catholic Parish, 2275 Atkinson Street, invites you to the Thirteen Tuesday Devotions in Honour of Saint Anthony, beginning March 16 at 7 pm. These devotions were started in 1933 by Monsignor Gocki, parish founder. Each year, many faithful from around the city seek the intercession of St. Anthony. The final celebration will be held June 13, the feast day of Saint Anthony. Please note that registration is required for each Mass. Please contact the parish office at 306-522-3363 or email stanthonys-regina@myaccess.ca.

Walking with Victims Workshop

Are you someone who is a good listener? Non-judgmental? Compassionate? Are you wanting to play a role in helping to heal the legacy of clergy sexual abuse in our Archdiocese? If you've answered yes to any of these questions, you may wish to attend the workshop Walking with Victims: A Workshop for Those Interested in Accompanying Victims of Clergy Sexual Abuse on Sunday, April 11 from 1 – 5 pm at Resurrection Parish.

Presentations will be made by a sexual abuse trauma counsellor and a victim of childhood clergy sexual abuse. For more information or to register, please email victimserviceadvocacy@gmail.com. Depending on Covid restrictions at the time, registration may be limited or the workshop may be delivered virtually. Please register early.

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

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.](#)

MyGen Youth Rally

MyGen will happen on Saturday, May 29 and we are taking it on the road! We will have a one-day rally hosted in multiple locations. Assuming we can have small public gatherings, we would set up 2 sites in Regina and 6 satellite sites around the Archdiocese. The music, emcees and keynotes would be live streamed out to all the sites from a single location. The games, small group discussions, service project, and prayer ministry will happen in person at the individual sites. We would welcome grades 8-12.

Leadership Camps

It is yet to be determined if our camp for teens will run as an overnight camp or as day camp experiences. But the dates have been set and more details will be available in May. The camp days will be July 12, 13,14,15.

Young Adult Small Groups

Come together around a shared interest (jogging, relationship enrichment, hiking, board games, learning to pray and more!) to meet new people and grow in faith. The Office of Youth and Young Adult Ministry will be launching a new round of young adult small groups in mid April. Registration opens on Monday, March 29. Join us! [Use this link for more information.](#)

Young Adult Retreat/ Summer Camp

Kind of like summer camp...but for adults! Join other young adults for an opportunity to pray, rest, contemplate, and grow in a beautiful lakefront setting. But also ...volleyball, campfires, hiking, great food, and beach time. Mark your calendars for Friday, July 16 to Sunday, July 18. More details to come in May.

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.

Drive-Thru Pick-Up Supper

Our Lady of Peace Parish, 425 Broad St. North. April 9 Roast Beef, and April 11 Turkey. \$20 a meal. Catered by Charlottes. For tickets, call Dennis 306 530-2370 or Anita 306 543-0421.

Helping the Cuernavaca Project With Recyclables

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

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](mailto:eric.gurash@emmaus.ca).

Visit [Emmaus Family Support](http://emmausfamily.ca) to learn more about the ministry.

Retrouvaille helps hurting marriages!

When couples experience difficulties in their marriage, they often feel alone; like there is no one who can help them. Retrouvaille cares about your marriage. Please consider registering for the Retrouvaille (pronounced retro-vie) program before you consider separation or divorce. For confidential information about or to register for the April 9-11, 2021 weekend in Saskatoon, call 306-652-7155 or email retrouvaille@sasktel.net

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.



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

Covid-19 Screening Questionnaire

For the protection and health of all in our St. Cecilia community, each person wanting to come to the church must take this self-assessment.

1.	Do you have any of the following symptoms: <ul style="list-style-type: none">• Feeling unwell including fever, cough, sore throat.• Nausea, Vomiting, Diarrhea.• Unexplained loss of appetite.• Loss of sense of taste or smell.
2.	Have you travelled outside of Canada in the last 14 days?
3.	Have you had close contact without a mask or other appropriate personal protective equipment (PPE) with someone who has travelled outside of Canada in the last 14 days?
4.	Have you had close contact without a mask or other appropriate personal protective equipment (PPE) in the last 14 days with someone who is ill with Covid-19 symptoms?
5.	Have you or anyone in your household had close contact without a mask or other appropriate personal protective equipment (PPE) in the last 14 days with someone who is being investigated or confirmed to be a case of Covid-19?

If you answered "Yes" to any of the above questions, you are encouraged to stay home and DO NOT come to the Church at this time.

If you answered "No" to all the above questions, you may come to the Church.