



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

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We acknowledge that St. Cecilia is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Metis peoples.

Fourteenth Sunday in Ordinary Time, July 4, 2021



“As the Lord spoke to me, the spirit entered me and set me on my feet, and I heard the one who was speaking say to me, ‘Son of man, I am sending you...’” Ezekiel 2:2-3

God has a plan for each of us. He calls us to do something for Him. But, He doesn't leave us on our own to figure it out. He gives us the resources we need to do His work. Are you listening for God's call? When you hear it, do you get on your feet and do the work He asks of you? Do not be afraid. God doesn't call the equipped, he equips the called. Answer His call.

Sunday Livestream Mass

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

- [St. Cecilia YouTube Channel](#).
- St. Cecilia Website 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 July 5 – No Mass	Genesis 28.10-22; Matthew 9.18-26
Tuesday July 6 – 7 pm	Genesis 32.22-32; Matthew 9.32-38 Intentions of the Iroh Family.
Wednesday July 7 – 10 am	Genesis 41.55-57, 42.5-7, 17-24; Matthew 10.1-7 Intentions of baby Lochlan requested by Paulette Wendler.
Thursday July 8 – 10 am	Genesis 44.18-21, 23-29, 45.1-5; Matthew 10.7-15 Intentions of RCMP Troop 1B requested by Cecilia Son.
Friday July 9, 9 am	Genesis 46.1-7, 28-30; Matthew 10.16-23 RIP Roseann Schafer requested by Bernadette Warnke.
Saturday July 10, 7 pm	Genesis 49.29-31, 33, 50.15-26; Matthew 10.24-33
Sunday July 11, 10 and 11:45 am	Fifteenth Sunday in Ordinary Time Amos 7.12-15; Ephesians 1.3-14; Mark 6.7-13

Stage 3 of Saskatchewan's Re-Opening Roadmap

Once Stage 3 of Saskatchewan's Re-Opening Roadmap comes fully into effect on Sunday, July 11, all public health restrictions will be removed. Even when all public health restrictions are removed, each parish will determine their own level of comfort and implementation of changes. The Archdiocese provided Stage 3 Guidelines for parishes to assist with the review of our current practices and discern the return to pre-pandemic practices.

St. Cecilia Changes

Advance sign-up is not required starting with the Sunday, July 11, 10 am and 11:45 Masses, although there will be gathering size limits as we will begin with only using every second pew.

Attending Saturday, July 10 will follow the current practice of signing-up or if you have been attending being contacted about available openings for the Mass.

Watch for an email next week with the details about which restrictions are being kept, which ones are ending, and which ones are being phased out for our parish.

Signing Up to Attend July 10 Saturday Mass

If you wish to attend Mass for the first time, signing-up in advance is required.

Please register by July 7.

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

Muffins for Marian Centre

The Marian Centre serves over 600 bag lunches a week for those in need. Included in the lunch is a sandwich, granola bar, bottled water, and two muffins.

Donations of muffins are greatly needed.

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.

Find out more about the Marian Centre including the “miracle of the muffins” in [this behind-the-scenes video](#).

Carmichael Outreach Centre

Seasonal clothing and footwear (all ages, sizes, and genders) is being accepted. If you can help, package the clothing in bags or boxes and drop them off on the steps by the front doors of the church during regular office hours.

The Centre no longer needs plastic containers for their lunch program.

A Trinity of Summer Suggestions and a Top Five for the Great Four

Ponderings, Reflections, Prayers and Questions from Franciscan Friar Michael Perras, OFM.

The summer months of July and August often allow for time to unwind a bit, linger a bit longer or at least have a change of scenery; if only for a few hours. Sometimes we need a break from the gatherings and BBQs to focus on our own journey. With that in mind I offer you a trio of summer goods – books, songs and movies for you to consider in the mix of your summer plans. There is something beautiful about sitting outside and reading. There is something enticing about a good song for a road trip and there is something wonderful about getting cozy on a super hot day (or a rainy one) with a movie. These suggestions come from my recent eclectic findings, maybe they will be an encounter of the living God for you too!

There is more notably the great gift of creation all around us and we are called to appreciate it with fresh eyes during the summer. Creator God continues to work in amazing ways showing forth beauty and inviting us to be aware. Here are some ways to honour the four elements of creation this summer. Let us be attentive to the handiwork of God!

- Three Reads, Songs, and Movies for Summer
- Looking to connect more with creation? Unplug from technology, connect with Creator God and celebrate the four elements (Water, Earth, Fire, Air) during the summer with these top five activities. [Use this link for all of the above.](#)

CCCB Statement - Date of the Delegation to the Holy See

Following the [10 June 2021 announcement](#) regarding the delegation of Indigenous people to meet with the Holy Father to foster meaningful encounters of dialogue and healing, the Catholic Bishops of Canada are pleased to announce that the delegation is scheduled to take place from 17-20 December 2021 in compliance with global travel restrictions.

Pope Francis is deeply committed to hearing directly from Indigenous Peoples, expressing his heartfelt closeness, addressing the impact of colonization and the role of the Church in the residential school system, in the hopes of responding to the suffering of Indigenous Peoples and the ongoing effects of intergenerational trauma. The Bishops of Canada are deeply appreciative of the Holy Father's spirit of openness in generously extending an invitation for personal encounters with each of the three distinct groups of delegates – First Nations, Métis and Inuit – as well as a final audience with all delegates together on 20 December 2021.

This pastoral visit will include the participation of a diverse group of Elders/Knowledge Keepers, residential school survivors and youth from across the country, accompanied by a small group of Bishops and Indigenous leaders. Planning for the delegation is ongoing and further details will be announced when they are available.

The Bishops of Canada reaffirm their sincere hope that these forthcoming encounters will lead to a shared future of peace and harmony between Indigenous Peoples and the Catholic Church in Canada.

29 June 2021

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.](#)

Teaching Health and Phys Ed in a Catholic School with Dr. André Polaniecki - Part 1

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

We sit down this week with Dr. André Polaniecki from Holy Cross Colledge at the University of Notre Dame discussing the Catholic Faith, athletics, health, and building virtue through sports.

Show Snippet: "John Paul II was hugely instrumental in my own faith formation...and athletes are that for a lot of people...they have the capacity to be these giant, out-sized figures in our life and its really, really great when we get someone who's really good at encouraging people to be good."

[Listen to the podcast.](#)

Praying for Priests Apostolate for the Archdiocese of Regina

First Stage – Spiritual Motherhood for Priests

St. Thérèse of Lisieux wrote to her sister Céline, this command to pray specifically for priests. “Let us live for souls, let us be apostles, let us save especially the souls of priests! Let us pray, let us suffer for them, and, on the last day, Jesus will be grateful.”

The idea of spiritual adoption of priests, where a woman adopts a certain priest as her spiritual “son” for whom she promises to pray, is not a new one; however, it was reserved only for nuns. In 2007, the Congregation of the Clergy, with the approval of Pope Benedict XVI, invited lay women to adopt priests as their spiritual sons, and to pray for them constantly, particularly before the Blessed Sacrament.

In this Spiritual Motherhood of Priests, we try to imitate our Blessed Mother Mary, the first Mother of Priests, in her humility and sacrifice. We adopt priests as our sons with the commitments of Eucharistic Adoration, daily prayers, and sacrifices to help our priest-sons give themselves to God more perfectly in being shepherds of their flocks, leading us all to heaven with them.”

Would you like to become a Spiritual Mother and “adopt” a priest to pray for him?

For more information please contact: Shannon Novak, tnovak@sasktel.net, 306-585-1609

Archdiocese Lay Formation Program

Go Make Disciples!

“I’d love to take the course, but I want to wait until; my kids are grown, I can slow down at work, I’m retired...”

The sad truth is, nearly 75% of young people, even those raised in religious homes, will leave the Church by the time they are 25 - well before many of us retire! Some of the most common reasons given for leaving one’s faith behind include: perceived conflicts between faith and science, Christians behaving badly, a lack of evidence for the existence of God and difficulties with some of the Church’s teachings. Our sons and daughters need mentors who are “well-trained and animated by a sincere faith..whose life has been touched by the personal and merciful love of Jesus Christ” (Pope Francis).

One weekend a month from October until June Catholics just like you are encountering Jesus Christ and his plan of sheer goodness while deepening their relationship with his Church. Are you ready to answer Christ’s call to know, love and serve him more deeply?

We are accepting applications for our Fall intake. For more information on how to register or our Covid health and safety protocols, please contact Program Coordinator, Deacon Eric Gurash at 306-352-1651 ext 211 or email egurash@archregina.sk.ca

Archdiocese Resource Centre Culling

We are in the process of culling our resource centre. To that end we have a table in our reception area with books looking for a new home. You are invited to come and pick up some selections to stock your home library. There are some great titles!

The books will not stay on the table long; each couple of weeks, new titles will replace the old ones. Please ring the doorbell for access to the building.

Youth Leadership Camps

Teens are invited to join us for our annual leadership camp, in a “day camp” format this year. Participants will enjoy adventures in faith and leadership that will take us to “destinations all over the world.” Those entering grades 7 - 9 are invited to join us on July 13 and/or 15. Students entering grades 10 - 1st year University are welcome July 12 and/or 14. Cost is \$60. [Use this link for further details](#) or by emailing oyyam@archregina.sk.ca.

Young Adult Retreat/Summer Camp

Kind of like summer camp...but for adults! Join other young adults for an opportunity to pray, “Press Pause and Pray”. Join us for Leisurely Meals, Laughter and Good Conversation. Sports, Hiking and Beach time. Prayer, Sacraments, Stillness and Nature. Choice of Break-out Sessions. Campfire and Night Skies. Retreat runs from 10 am to 11 pm. at Glen Harbour Camp on Last Mountain Lake. Saturday July 17 for ages 19 - 23. Sunday July 18 for ages 22 and up. Cost is \$50 (Please let us know if cost is an issue!) To register: Send your contact info to oyyam@archregina.sk.ca. Spaces are limited, so register soon.

St. Philomena Walking Pilgrimage 2021

The 3rd annual Saint Philomena Walking Pilgrimage is planned for August 11 - 14. The pilgrimage starts at St Gerard's in Yorkton and it ends at Our Lady of Lourdes Shrine at Rama. This is a supported walk with rest stops and meals provided, and a trailer carries camping supplies between nightly stops. Covid safety precautions will be in place.

The walk will be along gravel roads, highways, and walking trails, covering about 100 km over 4 days. Pilgrims are invited to join us for all or part of the walk. You are free to walk at your own pace, and you may join us, even for part of a day, transportation can be provided for you to get back to your vehicle.

Register by August 4. For more information visit stphilomena.ca. or phone 306-728-5525.

Kenosee Covid Safe Family Camps

Looking for a summer get-away for your family? Want to rent a cabin or bring your RV? Check out the Kenosee Boys and Girls Family Camps. We offer great kids programming during the days, parent time, family time, and lots of fun and games for everyone! This year we have adjusted our programming to ensure a Covid safe camp, with space to properly distance and safe washroom access for each family. We have 4 weeks of camp, 2 weeks of Cana Catholic Family Camp and 2 weeks of Birch Ecumenical Family Camp. To learn more or to register visit www.campkenosee.net.

Camp Monahan

The camp is back and looking better than ever! We are excited to offer all the fun of our traditional camps in both a day camp and family camp. Come explore your faith and all of God's natural wonder while swimming canoeing, crafting, hiking, and more! Bussing for day camps will be available from Regina. You can register and learn more about our summer at www.campmonahan.ca.

We are also looking for a cook! If you are interested in coming for a week, two, or even all three, call our office at 306-522-1047 or email campmonahan@sasktel.net.

Pope Francis' Monthly Prayer Intentions - July

Social Friendship. We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

Archdiocese Weekly Report

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

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.

Fundraising for a Refugee Sponsorship

As a member of Holy Rosary Cathedral, I have been asked by a family to help sponsor their daughter, 3-year-old boy, and 2-year-old girl to come to Regina. We are working hard to raise the \$30,000. We are at \$3500.

The young woman has UNHCR refugee status. The little girl has a health issue. Her needs are not being met because she is part of a refugee family living in exile. This young family fled their home and are now staying in a neighbouring country, where life is very difficult. They do not belong in exile. If you would be willing to support us in raising the funds needed to sponsor them to Canada, we would be most appreciative. Her parents here tell us that they have experienced many kindnesses from Canadians and thank you very kindly in advance for your support.

Sarcan

Our first effort is Sarcan Drop and Go. If you wish to donate your recyclables to our effort, you can drop off your bag of bottles (Please remember to remove bottle caps), cans, cartons, etc., at any depot in Saskatchewan. Go to the 'Drop and Go' kiosk, type in **Kind Welcome**, take the label and stick one on each bag. Funds will be placed in an account opened for the purpose of this sponsorship. All proceeds will be toward the sponsorship of this family.

If you live in Regina and area, we are most willing to arrange for a monthly pick up. We will deliver your containers to Sarcan. To do this, call or text Bernadette at 306-537-4158.

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](#).



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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.