



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

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Office Phone: 306-545-4051
Office Hours: Monday to Friday: 10 am – 2 pm

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

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.

Fifteenth Sunday in Ordinary Time, July 11, 2021



"He instructed them to take nothing for the journey but a walking stick – no food, no sack, no money in their belts." Mark 6:8

Imagine taking nothing but a stick when you go on a trip. The Apostles must have really trusted in God's providential care. Think of all the material things "we can't live without" in today's world. We make our life's journey more difficult because of all the material baggage that we drag along. Putting God first in everything and putting our money and possessions second gives us freedom so we do not become "slaves" to wanting to acquire more things.

This Week's Masses

Monday	July 12	11 am - Funeral Mass for Paul Murray
Tuesday	July 13	No Mass
Wednesday	July 14	No Mass
Thursday	July 15	No Mass
Friday	July 16	9 am - RIP Frank Boldt requested by Merv and Lucille Harrick
Saturday	July 17	7 pm
Sunday	July 18	10 am and 11:45 am

Livestream Masses

Sunday

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

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](#).

Stage 3 of Saskatchewan's Re-Opening Roadmap at St. Cecilia

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.

An email was sent to our parish distribution on July 6 indicating the practices for St. Cecilia effective July 11.

The practices will be evaluated on an ongoing basis and adjusted as needed.

As we make changes, please understand and respect that everyone has their own comfort level.

Dispensation

Archbishop Bolen's dispensation from the obligation to attend Mass on Sundays continues until September 1, 2021.

Mass Times

Saturday at 7 pm, Sunday at 10 am, Sunday at 11:45 am.

Masking

Although masking will no longer be required under the public health order, individuals who feel they wish to wear a mask, based on their comfort level and risk assessment, are welcome and encouraged to do so. Individuals with symptoms that do not require them to stay home are encouraged to wear a mask at Mass.

Advance Sign-Up for Weekend Masses

Advance sign-up is not required.

Gathering Size Limit

To provide physical distancing between pews, every second pew will be blocked off. There is no physical distancing requirement within the pews.

This configuration allows 14 pews and with room for about 10 people in each pew there is a limit of about 140 people at a Mass. If you arrive and there is no room, you will be encouraged to return at another Mass.

Contact Tracing

Contact information will not be recorded for Mass or visiting the office.

Hand Hygiene

Hand sanitizers, tissues, and waste receptacles will be available at the entrance and Welcoming Area. Individuals are encouraged to bring their own hand sanitizer.

Holy Water Fonts

The use of Holy Water fonts will resume.

Singing

Congregational singing without a mask will be allowed. Individuals who are uncomfortable singing without a mask in a public gathering are welcome and encouraged to wear a mask. A music group will lead the singing at the Saturday Mass and Sunday 10 am Mass. Music tracks will be used at the Sunday 11:45 Mass.

Sign of Peace

The Sign of Peace by shaking of the hands will resume at the comfort level of individuals in attendance. For individuals with cold or flu symptoms, shaking hands and other physical touch are not recommended. The Sign of Peace may also be expressed with a bow or similar ritual gesture.

Collection

The use of baskets in the pews for your financial donation will not resume at this time. The current practice of placing your donation in a container in the Welcoming Area will continue.

Communion

Reception in the hand will be the method at this time. Those distributing communion must use hand sanitizer prior to and after distributing communion. Hand sanitizer will be available while distributing communion in case they touch the hand of those receiving. They will sanitize before distributing to the next person.

Reception of the Blood of Christ will not resume at this time.

Bulletins

The distribution of the weekly bulletin via email will continue. A limited number of bulletins will be printed and available in the Welcoming Area. To keep printing costs at a minimum amount and reduce the number of bulletins left over, you are encouraged to continue reading the bulletin in the email or on the website.

Ministry Teams

Ministers of Hospitality, Extraordinary Ministers of the Eucharist, Proclaimers of the Word, and Counters will resume with adjustments at this time. Coordinators of the ministries will contact team members about the adjustments.

Altar Servers will not resume at this time.

Baptism Preparation

Two sessions for parents of infants and small children will be held Thursdays, September 23 and 30 from 7:30 pm to 9. Baptisms will be in October. To register, email Cheryl at stcecbaptism@gmail.com or if you do not have email, call the parish office 306-545-4051

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 before the centre closes for a break during August. The last day to help is July 23.

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.



Clothing for 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.

TRC Education

The Archdiocese provided this list of resources to help learn, engage, and walk with Indigenous and non-Indigenous on the journey to truth and reconciliation. One of the best things you can do at this time is to become familiar with the TRC Calls to Action and UNDRIP (United Nations Declaration on the Rights of Indigenous Peoples).

- The [Truth and Reconciliation Commission website](#) includes reports (modern and historical), educational resources, maps, and much more.
- [TRC Calls to Action.](#)
- [Office of the Treaty Commissioner \(OTC\).](#)
- [United Nations Declaration on the Rights of Indigenous Peoples \(UNDRIP\).](#)
- How UNDRIP Changes Canada's Relationship with Indigenous Peoples ([5 minute Video](#)).
- [Saskatchewan Indigenous Cultural Centre.](#)

Water in a Desert Spiritual Exercise

What do I thirst for? What do I thirst for like water in a desert? Where is my spirit parched?

There are many people today who would be happy to have clean, fresh, available water. These we remember first. Then there are times when I thirst for justice, or peace, or happiness, or time for myself. These are strong thirsts for all times.

This exercise is about a special thirst, a thirst I will have after a long time in a desert of a life situation, or on a journey through a desert in my heart, or even when I feel lost - without landmarks or paths. This thirst may be accompanied by desperation, or lost hopes, or a deep yearning for a source of water found only in the desert - discovered green and blue and full of fruit trees in the least expected place. Search here for your oasis, with this week's [spiritual exercise](#).

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 & Phys Ed in a Catholic School with Dr. André Polaniecki - Part 2

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

We continue our conversation 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: "I could go on and on about the sporting connections you can make with different virtues...and like you say, of the Christian mystery; redemption and suffering..." [Listen to the podcast.](#)

World Day of Prayer for Grandparents and the Elderly

Sunday, July 25 will be the first World Day of Grandparents and the Elderly. The theme chosen by the Holy Father for the day is "I am with you every day" (cf. Mt 28:20) and intends to express the closeness of the Lord and the Church to the life of each elderly person, especially in this difficult time of pandemic.

Praying for Priests Apostolate for the Archdiocese of Regina

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!

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, please contact Program Coordinator, Deacon Eric Gurash at 306-352-1651 ext 211 or email egurash@archregina.sk.ca

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.

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 Gods 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.

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.