



*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.

Nineteenth Sunday in Ordinary Time, August 8, 2021



"Get up and eat, otherwise the journey will be too much for you!" 1 Kings 19:7

God knows that committing to a stewardship lifestyle is difficult.

However, we were not designed to do it on our own, we need His help.

Fortunately, God gave us the greatest gift of all, His son, Jesus.

Through the gift of the Eucharist we join our sacrifice with the sacrifice of the Holy Mass and receive the strength and courage to be His joyful disciples.

This Week's Masses

Monday	August 9	No Mass.
Tuesday	August 10	7 pm – Intentions of Chris, Shawn, and Deanna requested by Maureen Greer.
Wednesday	August 11	10 am – Intentions of Fr. Brad (21st anniversary of ordination).
Thursday	August 12	10 am – RIP Rita Lanigan requested by St. Cecilia Catholic Women's League.
Friday	August 13	9 am - Intentions of Genevieve and Murray Grant (70th wedding anniversary) requested by Joanne and Richard Mantyak.
Saturday	August 14	7 pm
Sunday	August 15	10 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.](#)

Sunday Mass Time Change

Beginning August 8, there is only one Mass on Sunday. The time is 10 am.

Re-opening practices in effect July 11 remain in place (every second pew blocked off).

Baptism Preparation

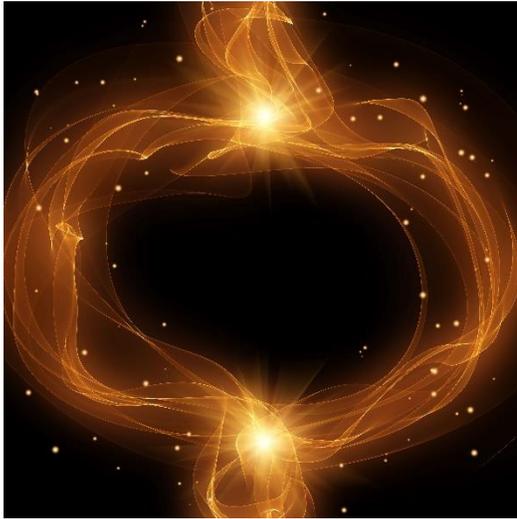
Two sessions for parents of infants and small children will be held Thursdays, September 23 and 30 from 7:30 pm to 9. Baptisms will be in October.

To register, email Cheryl at stcecbaptism@gmail.com or if you do not have email, call the parish office 306-545-4051

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.

Inspiring Energy - Spiritual Exercise



God knows we could all do with some more energy these days. Have you thought about energy from God? This energy reaches from the mystery of our Creator right into the mystery of our own hearts and bodies. It is an arc of blazing life, wild and powerful, sure and deep, a zap, if you will, to our soul.

Such spiritual energy can inspire us. To 'inspire', 'respire' and 'find inspiration', all have the same root - to breathe or inhale. So an inspiring energy from the Spirit is about an animating, quickening, even exalting influence that is breathed in and out.

St Ignatius Loyola was a man impelled by the Spirit, quickened in his life and decisions, and charged by his spirit-filled dreams and courage to keep moving forward. St Paul says, 'For this I toil and struggle with all the energy that Christ powerfully inspires within me'. Same thing.

If you need some of this inspiring energy today, try this [week's 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](#).

Summer Bible Study with Deacon Eric and the Book of Acts - Part 3

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

Continuing our Summer Bible Study with Deacon Eric Gurash. In this three-part series, we break open the Book of the Acts of the Apostles, looking at its relation to the Gospel of Luke, who wrote it, and why, and taking a deep dive into a few major themes.

Show Snippet: "By the end of his work, Luke wants there to be no doubt that when we see the people of the Church acting with love in the world, we are seeing the risen Jesus acting with love in the world." [Listen to the podcast](#).

Pilgrimage at the Shrine of Our Lady of Lourdes - Sunday, August 8

St. Peter's Colony, near Kronau. Adoration at 1 pm. Mass at 2:30 (Presider: Archbishop Don Bolen). For more information, visit www.stpeterkronau.ca.

Saskatchewan Roughrider Home Game Parking Fundraiser

Holy Rosary Cathedral Parking Lots. \$10 per car. Proceeds to refugee sponsorship.

Saturday August 14, Saturday August 21.

Truth and Reconciliation – Ways to Educate Yourself

Archdiocese of Regina Indigenous Relations

All efforts to address the broken relationship between Indigenous Peoples and the Catholic Church need to begin by listening to Indigenous people - Elders and Knowledge Keepers, Survivors, Chiefs, youth, and whole communities. Chief Cadmus Delorme has commented frequently that Indigenous and Church people of today were not there when the Indian Act came into being, when Residential Schools were opened, when the harsh effects of colonization began to impact Indigenous Peoples. But we have all inherited this situation, and it is for us to rise to the occasion to be instruments of healing and reconciliation. As Church, part of that inheritance is the legacy of having been complicit in the removal of children from their homes, and depriving them of their language, culture, spirituality, and family life. We have a special responsibility to engage in the work of the truth and reconciliation process. We can do that in many ways, and there is a role for each of us to play.

It is our responsibility now to educate ourselves in order to walk the road together of right relationships, truth, justice and reconciliation. We offer a 3-fold way of entering into this: “Education – Encounters – Experiences.”

Here is a [link provided by Cowessess First Nation](#). There are some very concrete ways offered for non-Indigenous people to engage in learning and action.

EDUCATE Yourself on TRC, UNDRIP and the Office of the Treaty Commissioner (Saskatchewan)

Where to EDUCATE Yourself on the Truth and Reconciliation Commission (TRC), United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), and the Office of the Treaty Commissioner (Saskatchewan).

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

View these short videos before reading or viewing other Residential School information

- [Why Don't You People Just Get Over It](#) - Senator Murray Sinclair – CBC.
- [Justice for Aboriginal Peoples - Its time](#).
- [Took The Children Away](#).

Books, Videos, and Websites

- [Saskatchewan Indigenous Cultural Centre](#).
- List of books about [Residential Schools - Goodreads](#).
- Canada, Aboriginal Peoples, and Residential Schools - [They Came for the Children](#).
- Clearing the Plains - James Daschuk.
- The Inconvenient Indian - Thomas King.
- The Education of Augie Merasty — David Carpenter & Joseph Auguste Merasty.
- Muffins for Granny.
- Indian Horse - also as a [film](#).
- [Reserve 107](#).
- [In the Spirit of Reconciliation](#).
- [First Contact](#) (this one is highly recommended).
- [It had to be Done](#) – National Film Board.
- [We Were Children](#) – National Film Board.
- [Residential School Videos](#) - University of the Fraser Valley.
- [Residential Schools Video](#) – The Canadian Encyclopedia.
- [Truth and Reconciliation Commission Videos](#).
- [We Will Stand Up](#) - Tasha Hubbard (Systemic racism today) – National Film Board.

Visit the Archdiocese newly updated [Indigenous Relations Page](#) for many other educational resources.

Archdiocese Lay Formation Program

Sharing The Joy of The Gospel!

Our mission is to provide you with a renewed missionary zeal fueled by the joy of the Gospel! One weekend per month from October until June, Catholics who want to know, love and serve Christ more deeply come together at Campion College in Regina. During this three-year program you will;

- ✠ Become more more deeply aware of God's personal love and activity in your life.
- ✠ Encounter Jesus Christ, discover his plan of sheer goodness for you and deepen your relationship with Christ and his Church.
- ✠ Discover how to more intentionally integrate your faith in daily life in service to Christ.
- ✠ Be given the Spiritual and Formation tools you need to follow Christ's commission to "Go, make disciples of all nations".



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

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

Cal Murphy Memorial – Holy Cross Charity Golf Tournament

Sunday, September 12. Deer Valley Golf Club. For more info, email hc.office@holycrossregina.ca or call Holy Cross office at 306-347-0929.

Rachel's Vineyard Ministry Retreat

Are you hurting because of an abortion? Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential, and non-judgmental environment where women and men can express, release, and reconcile painful post-abortive emotions to begin the process of restoration, renewal, and healing.

The next retreat in Saskatchewan is October 1-3. To register, email r.vineyardsk@sasktel.net or call Elaine at 1-306-480-8911.

Trinity Manor at Westerra: Welcome Home!

No matter how you've reached this point in your life, the bottom line is you deserve the best. Regina's own Trinity Manor, proudly a part of Emmanuel Care community, has challenged the standard for retirement living and with our affordable prices, luxury retirement living is more accessible than ever!

Our services promote opportunities for our residents' personal growth, while providing stimulating and entertaining activities. Attend daily mass, receive the sacraments, or spend time in quiet reflection in our tranquil chapel. At the end of the day sit by the window and enjoy country sunsets, 10 minutes from downtown. Our residents reveal "Trinity Manor's best kept secret is the view". Book your personal tour now by contacting Franci at 306-550-8077 or visit us at www.trinitymanorregina.ca.