



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

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Office Hours: Monday to Friday: 9 am to 3 pm

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Associate Pastor: Rev. John Weckend
Caretaker: Merv Harrick

St. Cecilia parish is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak (neh HEY o wuk), Nahkawé (NUK ah way), and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.

Fourth Sunday of Easter, May 8, 2022



"The disciples were filled with joy and the Holy Spirit." (Acts 13:52)

The disciples heard Our Lord's call and were able to spread the Gospel message with strength and vitality. We, too, can experience that same joy if we make room for the Holy Spirit to fill our hearts.

When we use our gifts in the way that God intends, He fills us with supernatural joy. A joy that others notice and are attracted to!

This Week's Masses

The priests of the Archdiocese are participating in a retreat May 9 - 12.

Monday	May 9	No Mass.
Tuesday	May 10	No Mass.
Wednesday	May 11	No Mass.
Thursday	May 12	No Mass.
Friday	May 13	9 am – Intentions of Hser Gay Paw requested by the Wah Ta Family.
Saturday	May 14	7 pm.
Sunday	May 15	10 am.

Livestream Masses

Sunday

If you are not able to join us for Mass in person, join us online 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.](#)

Covid Guidelines

Masking is optional in all indoor spaces at St. Cecilia. If you choose to wear a mask, we are committed to being **mask friendly**. You are encouraged to continue mask use for as long as you feel it is necessary, based on your personal risk assessment. Masks are available in the entrance area. The Archdiocese continues to encourage parishes to be cautious and prudent. [These recommendations](#) will continue to be followed at St. Cecilia.



Catered BBQ Dinner – CWL Fundraiser

Father's Day Raffle for a chance to win a catered BBQ dinner for 10. Dinner valued at \$200 and graciously donated by Schmitt's Smoked Meats.

Tickets are 1 for \$5 or 3 for \$10 and available after weekend Masses or from CWL executive members. Draw will be made after Mass on June 5.

Cookies and Muffins for Marian Centre

The Marian Centre continues to serve about 130 bag lunches daily for those in need and is very grateful for donations of muffins, cookies, snacks, and other items. If you can help, package the baked goods in a container or bag that you do not need returned and bring them to the church during regular office hours by Friday 9:30 am.

Melita Stenhouse Retirement

Come and Go Tea, Sunday, June 12, 2 pm to 4 to celebrate Melita's years of service to the St. Cecilia Parish Community. A short program will begin at 2:45.

August 2021 marked 36 years that Melita Stenhouse had been serving as the St. Cecilia Office Coordinator and cheerfully serving others. After being on medical leave for a few months, Melita decided to retire in November. Due to the Covid situation at that time, a celebration was not possible.

If you are unable to convey your thanks in person at the tea and wish to acknowledge the occasion, cards may be dropped off in the Welcoming Area or the Church office. If you wish to contribute to a gift from the parish, print **Melita Retirement** on an envelope and place in the weekly collection container in the Welcoming Area.



World Day of Prayer for Vocations

May 8 is the 59th World Day of Prayer for Vocations. While appreciating all vocations, the Church concentrates its attention this day on vocations to the ordained ministries (priesthood and diaconate), consecrated life in all its forms (male and female religious life, societies of apostolic life, consecrated virginity), secular institutes in their diversity of services and membership, and to the missionary life. Please pray daily for our priests and for all vocations.

Pray for an increase in vocations to the priesthood, especially in our Archdiocese.

For the mothers of priests, that God richly bless them for the great gift they have given the Church.

For those having difficulty discerning their vocation, that the Holy Spirit give them wisdom and peace.

Pray for the priests, both living and passed away, who have ministered to you throughout your life.

Encourage your children, grandchildren, or other young people to consider a vocation as a priest or religious brother or sister.

Pray a rosary for more young men and women in our Archdiocese to respond to God's call.

Special Collection for Education of Seminarians – May 8

Funds raised are used to promote and support vocations to the priesthood, permanent diaconate, and religious orders in the Archdiocese of Regina.

Ways To Contribute:

- Envelope. Use the blue offertory envelope in your box or an envelope with cash or cheque (Payable to St. Cecilia Parish). Print on the envelope or cheque **Education of Seminarians**.
- e-Transfer. For the recipient email address, enter etransfer@stcecregina.com. For the Memo or Message, enter **Education of Seminarians**.
- Canada Helps. Go to [St. Cecilia Canada Helps](#). From the Fund drop-down list, choose **Education of Seminarians** and enter your donation information.

The Spiritual Motherhood of Priests (SMOP) Apostolate

As part of the Spiritual Motherhood of Priests, women try to imitate our Blessed Mother Mary, the first Mother of Priests, in her humility and sacrifice.

In a life-long commitment, every woman who feels called to the Spiritual Motherhood of Priests is given the name of one priest in the Roman Catholic Archdiocese of Regina to adopt as her “spiritual son”, promising to anonymously pray daily for him, as well as to pray for him during a weekly hour of Eucharistic Adoration, and to make sacrifices to help her priest-son give himself to God more perfectly as shepherd of his flock.

All women – single, married, widowed, consecrated, religious – are welcome to discern this apostolate of prayer and sacrifice for the sanctification and support of our priests. The Archdiocese of Regina has over 90 priests including our retired priests. Currently, 32 have been adopted and have Spiritual Mothers.

Women interested in the Spiritual Motherhood of Priests Apostolate are invited to contact Shannon Novak at smopregina@gmail.com or 306-520-2470.

May is Reverence for Life Month

Here are some resources from the Archdiocese.

[Watch and pray the multi-lingual Reverence for Life Rosary.](#)

[Watch the Life is a Gift Webinar.](#) [Watch 'A Father's Love Letter' music video.](#)

Celebration of Life Mass: Life is a Gift

Friday, May 13, Our Lady of Peace, 425 Broad St. N.

Adoration at 4 pm, Mass at 4:45. Archbishop Donald Bolen presiding. Mass will be livestreamed.

Reverence For Life Prayer

You are encouraged to pray the Reverence for Life Prayer daily.

O Mary, to you do we entrust the cause of life.

Look down O Mother upon the vast number of babies not allowed to be born,
on the poor whose lives are made difficult,
on those who are victims of brutal violence,
on the elderly and sick killed by indifference or misguided mercy.

We ask for the grace to accept the Gospel of Life as a gift ever new,
and the courage to bear witness to it.

To the praise and glory of God,
the Creator and lover of life.

Amen!

Afternoon Retreat with the Myriam Family

The retreat theme is “None of Us Lives for Oneself.”. Saturday, May 14, 1:30 pm - 4:30. In person at their House of Prayer in McLean or on Zoom. For registration and the optional Zoom link, email pss.prairies@famillemymriam.org or call 306-761-0528.

itwewin Corner (itwewin is the Cree word which means ‘the word’ or ‘as it is said...’)

Fr. John, Archdiocese of Regina Truth and Reconciliation Healing Committee.

The use of incense in Catholic liturgies is meant to emphasize the holiness, solemnity, and mystery of what is taking place. It can be used for objects (e.g., the altar and book of the gospels) and people (e.g., the presiding priest or bishop and all the Faithful in attendance). The fragrant smoke symbolizes our prayers rising to God. As such it is a sign of respect and reverence.

Did you know... Smudging is a protocol that has been long observed and performed by many Saskatchewan First Nations. They use sweetgrass, sages, cedars, and other plants for personal prayer, ceremonies, meetings, cleansing (mind, body, and spirit), and purifying and blessing sacred objects. It is also “used to cleanse, purify, and bless the part of Mother Earth where ceremonies are conducted.” (p. 19) Tobacco is placed on the ground as an offering and permission is asked from Mother Earth before gathering these plants. (Cultural Teachings: First Nations Protocols and Methodologies, SICCC, p.18 & 19)

Cross Canada Marian Tour

Canada was Consecrated to the Immaculate Heart of Mary in Ottawa in 1947. This year, we celebrate the 75th Anniversary of this event. The Marian Statue used at the time was from Canada’s National Marian Shrine located at Cap de la Madeleine near Trois Rivières, Quebec. The original statue is known as Our Lady of the Cape. As a result, the Marian Devotional Movement is spearheading [pilgrim statue tours](#) of Our Lady of the Cape to provide opportunities for Canadians to venerate Canada’s National Madonna, to promote consecration to the Immaculate Heart of Mary, and to promote enrollment in the Confraternity of the Most Holy Rosary.

The statue will be at Holy Rosary Cathedral on Friday, May 13.

Afternoon Events

- Movie - 1:00.
- Procession - 2:00.
- Liturgy – 2:30.
- Rosary and Chaplet – 3:00.
- Rosary - 4:30.



Evening Events

- Mass - 6:30.
- Living Rosary – 7:30.
- Blessing of Roses, Consecration, Info about Confraternity of Rosary – 8:00.
- Adoration – 8:30.
- Movie in parking lot (or in Hall if too cold outside) – 10:00.
- Benediction - 11:00.

Find out more about this amazing story [Bridge of Roses: The Story of Our Lady of the Cape Movie](#).

The Saints and Mental Health: Saints Louis Martin and Therese Lisieux

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

As Mental Health Awareness week begins and in honour of May as Mental Health Month, we continue our examination of the saints and mental health with a look at Saints Louis Martin and Therese of Lisieux.

Show Snippet: "St. Therese understood that her mental health challenges did not define her deepest self. Clinging to her identification as a child of God, created in God’s own divine image, helped to increase her capacity for resiliency, even as she lived with often serious mental health challenges..." [Listen to the podcast](#).

Men’s Mental Health: Breaking the Silence Online Event

Tuesday, May 24, 7 pm – 9. via Zoom. In honour of Mental Health Month, Deacon Eric Gurash of Emmaus Family Support Ministries will share his personal experiences and how our Catholic faith and evidence-based research can work together to break the silence, end stigma, and open up avenues of support for men's mental health.

This event will be of interest to men as well as spouses, friends, or family members who offer support for those with mental health challenges. [Register here](#).