



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

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Office Phone: 306-545-4051
Office Hours: Monday to Friday: 9 am to 3 pm

Web Site: www.stcecregina.com
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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.

The Solemnity of the Most Holy Body & Blood of Christ, June 19, 2022



"They all ate and were satisfied. And when the leftover fragments were picked up, they filled twelve wicker baskets." (Luke 9:17)

The story of the Loaves and Fishes shows us that when you share what you have, even if it doesn't seem like that much, miracles can happen! Do not think that your gift is too small or insignificant!

Each of us has a role in God's plan; you just need to place your trust in the Lord. Nothing is impossible with God. You may be the answer to someone else's prayer.

This Week's Masses – Note: There are Time Changes this Week

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| Monday | June 20 | 10:15 am. Sacred Heart School year-end Mass. Souls of the Faithfully Departed. 1 pm – Nathaniel Hrynuik Funeral. |
| Tuesday | June 21 | 10 am – Intentions of Joanne Mantyak requested by St. Cecilia CWL. |
| Wednesday | June 22 | 10 am – RIP John Baptist Nguyen Vuong requested by Diep Nguyen. |
| Thursday | June 23 | 10:15 am – St. Francis School year-end Mass. Intentions of Anne Chase requested by St. Cecilia CWL. |
| Friday | June 24 | 9 am – RIP Ken Gettis requested by Bernadette Gettis. |
| Saturday | June 25 | 7 pm. |
| Sunday | June 26 | 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.

Thank You from Melita Stenhouse

I thank everyone that made my retirement tea a great celebration. I received over 50 cards and gifts. Fr. Brad, Fr. John, my family, St. Cecilia family, and friends all together - how great is that. May God bless and keep you safe.

Baking for Marian Centre

The Marian Centre welcomes baked goods to serve with the hot meals in their dining room. If you can help with baked goods, package them in a container or bag that you do not need returned and bring them to the church during regular office hours by Friday 9 am.

Family Fun Day Prizes Needed

The Fun Day is June 26 (see all the details on the last page). If you have new or gently used items suitable for prizes for the kid's games, bring them to the church during regular office hours by June 23.

St. Francis 50/50 Raffle Fundraiser

The St. Francis CSCC (Catholic School Community Council) is fundraising for school initiatives. Tickets were distributed to the families of students. Tickets are also available from Amber in the Church Office. Tickets are \$5 each and if all 1000 are sold the winner will take home \$2500. The CSCC will make the draw at our Family Fun Day on June 26.

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.

Did you know... The Lakota, Nakota, and Dakota share a very sacred and profound history with the Sacred White Buffalo Calf Pipe Bundle. Chief Arvol Looking Horse a spiritual leader of the Lakota often shared how the sacred Pipe was first given to the Lakota, Nakota, and Dakota Nations. (Cultural Teachings: First Nations Protocols and Methodologies, SICC). This beautiful story can be [read here](#).

National Indigenous Peoples Day

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures, and outstanding contributions of First Nations, Inuit, and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices, and spiritual beliefs. In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. Information on events in Regina you can join in can be found [here](#).

Watch for more information that will be coming out soon regarding the Papal Visit to Canada at the end of July; especially in Alberta, as the Archdiocese of Regina is currently involved in some of the planning. This historic event will be an occasion to support survivors of residential schools and for non-Indigenous people to be in solidarity through prayer and in concrete ways.

National Indigenous History Month

You are invited to join the Lifelong Learning Centre and the Aboriginal Grandmothers Support Network for this free presentation on Friday, June 24 from 10:30 am - 11:30 via Zoom. To register, visit www.uregina.ca/cce/lifelong or phone 306-585-5748.

Decade of Indigenous Languages: Indigenous Language Revitalization from Cradle to Grave // Andrea Custer

Andrea works at First Nations University of Canada as a Cree Language Lecturer and Program Coordinator for the Indigenous Languages and Linguistics program in Prince Albert, Saskatchewan. For most of her professional life, Andrea has been focused on teaching Cree language – from elementary school, junior high, high school and now in a university setting. Andrea volunteers as president for the Rock Cree Language Council Inc., as Secretary for the Foundation of Endangered Languages (FEL) Canada Chapter and is the co-host of the podcast "Cree and Coffee with the Crazy Crees" through the [pikiskwēwin project](#) at First Nations University. *Biography*: Andrea Custer, First Nations University of Canada. Andrea Custer comes from a long line of traditional harvesters and land-users in the askihk (uskik) lake and iskwatam lake areas along the māhtāwi-sīpiy (Churchill River) in Northern Saskatchewan. She's a speaker of the Rock Cree Language and the mother of five beautiful children.

World Day of Prayer for Priests - June 24

Catholics worldwide are urged to pray for Priests on the World Day of Prayer for Priests. The day was begun by Saint John Paul II in 2002 with the objective of having all Catholic faithful join in prayer for the sanctification of Priests. The World Day of Prayer for Priests coincides with the Feast of the Sacred Heart of Jesus. (CCCB Ordo, p. 285)

Prayer for Priests

Gracious and loving God, we thank you for the gift of our priests.
Through them, we experience your presence in the sacraments.
Help our priests to be strong in their vocation.
Set their souls on fire with love for your people.
Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus.
Inspire them with the vision of your Kingdom.
Give them the words they need to spread the Gospel.
Allow them to experience joy in their ministry.
Help them to become instruments of your divine grace.
We ask this through Jesus Christ, who lives and reigns as our Eternal Priest. Amen.
Source: US Conference of Catholic Bishops.

Dating Well with Dr. Mario Sacasa - Part 1

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

Join the discussion with Dr. Mario Sacasa from the Always Hope Podcast as we discuss his new online course 'Dating Well'. We'll look at fostering a healthy approach to dating and relationships and the particular challenges faced by discerning couples in our modern world.

Show Snippet: If we fall into an overly pious way of dating or concept of dating, then we can think, "Well, as long as we agree that Jesus Christ is the Lord, that the Catholic Church is the one true Church, that we pray together, and that's all we need"...but you know your relationship is going to be built on so much more than just going to Mass together." [Listen to the podcast](#). Dr. Sacasa's [Always Hope Podcast](#). Level up your love life in a [Catholic context](#).

The Archdiocese Lay Formation Program

Share the Joy of the Gospel! "I'm more conscious that God is around me all the time. To know that He is everywhere with every person has helped me to step out of my comfort zone. Everyone has their little quirks and I see those as gifts or their own personal freedom of being who they are." - Beckey Franke, St. John the Baptist Parish, Estevan. 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. Are you ready to fall more deeply in love with Jesus Christ and his Church? We are currently accepting applications for our Fall intake. Please contact Program Coordinator, Deacon Eric Gurash at 306-352-1651 ext 211 or egurash@archregina.sk.ca.

From Fear to Love: Spiritual Grounding in Anxious Times

We live in trying times. Despite the unbelievable advances in almost every area of life, advances our grandparents would be hard-pressed to even imagine, life is unavoidably anxious, stressful, and unpredictable.

Admittedly, we can't do much to change the ways of the world, but we can offer an amazing new series of 5 practical and profound meditational videos that will help anchor and sustain you during these difficult days. Beginning July 16, the Henri Nouwen Society is delighted to present From Fear to Love: Spiritual Grounding in Anxious Times with Rev. Marjorie J. Thompson. Every week for 5 weeks, we will introduce a free video on our [HNS YouTube channel](#). Each video is designed to offer you insights and practices on how to enrich, deepen, and strengthen your spiritual life, and how to better cope with the stresses that threaten to erode your physical, mental, and spiritual wellbeing. An invaluable and much-needed resource for these challenging times! There will be support materials to accompany the videos available as free PDF downloads. To access these materials, you will need to [register here](#).

Archdiocese Bulletin

[Read the online bulletin](#) for more events and activities including Medieval Madness Leadership Camp, Catholic Summer Camps, and Philomena Walking Pilgrimage.

Family Fun Day

**St. Cecilia Church Parking Lot
5020 – 7th Avenue**

**Sunday, June 26
1 - 3 pm**

- Games for all ages.
- The more you play, the more chances to win prizes.
- Face-painting.
- Food concession (burgers, hotdogs, samosas, empanadas, pop, bottled water).
Free will offering.
- View and order hand-crafted leather goods. Proceeds to the Ukraine emergency.
- Table of free camping gear items courtesy of Fr. John.
- Bring a lawn chair to watch the fun and visit.

**Fun!
Games!
Prizes!
Food!**

**Great time for
photos and
memories with
children and
grandchildren**

