



*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
Parish Administrator: Father Oliver Inchody, CMI, Ph.D.
Office Coordinator: Amber Gabriel

E-mail: contact@stcecregina.com
Associate Pastor: Father 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.

Twenty-ninth Sunday in Ordinary Time, October 16, 2022



"...proclaim the word, be persistent whether it is convenient or inconvenient..." 2 Timothy 4:2

It is not always convenient to be a good steward, especially when all the temptations of our busy and materialistic world get in the way. Now add our own pride and ego into the equation and living a stewardship lifestyle may be downright uncomfortable!

Remember, God didn't call us to be comfortable. He never said that we would have an easy life. Rather, He called us to be faithful!

This Week's Masses

Monday	Oct 17	No Mass.
Tuesday	Oct 18	7 pm – RIP Dave Ward requested by Debbie Ward.
Wednesday	Oct 19	10 am – Intentions of Greg and Jan (Special Intention).
Thursday	Oct 20	10 am – RIP Marge Engdahl requested by Paulette Wendler.
Friday	Oct 21	10 am – Intentions of Becky Larson requested by St. Cecilia CWL.
Saturday	Oct 22	7 pm.
Sunday	Oct 23	10 am.

Sunday Livestream Mass

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.

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.

Feeding the Needy

The Father Burns Council of the Knights of Columbus encourages your support to feed the needy of the community. A Regina Food Bank donation bin is in the entrance area of the church. The first Sunday of the month will be designated as Food Bank Sunday but donations can be dropped off at your convenience.



Non-perishable items only. Most in need are canned meats, vegetables, fish, fruit, beans, and soup as well as healthy cereals and pasta.

Muffin Mondays



Due to Regina Catholic School Division restructuring of school-based Nutrition Programs, Sacred Heart Community School is asking for community donation of muffins to help meet their school's nutritional needs. **Muffins must be nut-free.** The muffins are used as breakfast items. No cupcakes please.

If you can help, package the muffins in a container or bag that you do not need returned and bring them to the church during regular office hours by Monday of each week. Every contribution is greatly appreciated whether it is weekly, every two weeks, or monthly.

Personal Hygiene Products Needed

Sacred Heart Community School would appreciate the following items: Shampoo ♦ Conditioner ♦ Body Wash ♦ Deodorant ♦ Menstrual Products ♦ Toothbrushes ♦ Toothpaste.



If you can help, drop off the items in the container in the entrance area of the Church.

St. Cecilia CWL 75th Anniversary Celebration

You are invited to join in the anniversary celebration on Sunday, October 23 after the 10 am Mass.

Complimentary Continental Breakfast of muffins, fruit bread, cheese, fresh fruit, and refreshments.



Grey Cup Party Basket Raffle CWL Fundraiser

Chance to win a basket containing a \$100 gift certificate to the Rider Store, numerous Rider merchandise items along with some other "fun" things.

Tickets are 1 for \$5 or 3 for \$10 and available after weekend Masses. Only 300 tickets are available, so buy yours early before they are sold out. Draw will be on November 13.

Sacrament Preparation for Children 2022-2023

The Sacraments of Confirmation and Holy Eucharist

You may now register your children in Grade 2 and up for preparation classes for the sacraments of Confirmation and Holy Eucharist.

Classes will be held at St. Cecilia Church on Thursdays: December 1, 2022, February 2, February 16, March 9, March 30, and April 20, 2023. Classes begin at 7 pm and a parent is expected to attend with their child.

Please register by November 1. Email Betty at sacraments@stcecregina.com or if you do not have email, call Amber in the parish office 306-545-4051.



The Sacrament of Reconciliation

Preparation classes for the Sacrament of Reconciliation will be held during Lent 2023 for children in Grade 4 and older.

Classes will be held at St. Cecilia Church on Thursdays, March 2 and 16, 2023. Classes begin at 7 pm and a parent is expected to attend with their child. The First Reconciliation celebration will be on Saturday, March 25 at 11 am.

To register, email Betty at sacraments@stcecregina.com or if you do not have email, call Amber in the parish office 306-545-4051.



Father Oliver's Welcome Celebration

Fr. Oliver, our Parish Administrator, was introduced at last weekend's Masses. You are invited to join in the welcome celebration and meet Fr. Oliver. Cake and ice cream will be served in the Hall after the Saturday, October 29 and Sunday, October 30 Masses.

All Souls' Day - Wednesday, November 2

Mass will be at 7 pm to remember all who have gone before us marked with the sign of faith. A candle will be lit for each of the departed from our parish who passed away in the last year and recorded in our funeral register and there will be a memorial card slideshow.

Parishioners who lost a loved one in the past year who was not a member of St. Cecilia are invited to participate in the memorial. If you are not able to attend the Mass, your loved one can still be included in the memorial.

For details about participating, contact Amber in the office 306-545-4051 by **October 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... Treaty 4 benefitted the settlers and newcomers through the peaceful access to lands for settlement, farming, railways, and development, peaceful settlement in this territory, minimal costs for westward expansion and the prevention of costly wars with First Nations peoples, and the protection of lands by stopping American expansion. (OTC, 2008, We are All Treaty People, p.13).

A Catholic Approach to Horror Movies - Part 1

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

October is not only a time for pumpkin spiced lattes and crunch leaves. It is also the time we see Halloween decor fill store aisles and horror flicks in the theaters. How should Catholics approach horror movies? Deacon Eric and Dr. Brett talk memento mori, the reality of evil, the Conjuring, the Book of Revelation, and more. Show Snippet: "You know, a lot of the same people who would say "I would never watch a horror movie," are the same people who would say, "I would never read the Book of Revelation," or "I read it once and, no thanks, it's not for me..."

[Listen to the podcast.](#)

Annual Archbishop's Appeal



The theme this year is "Hope: For nothing will be impossible with God". This year's financial goal is \$1.4 million. Let us live as people of Hope, waiting with expectation, knowing we serve a God who is with us always. Let us share that hope with others, and support growth in our Archdiocese through giving generously.

Our parish goal is \$29,310. Together we can reach our goal if each of us freely shares from the abundance that God has blessed us with. These funds will provide the continuation of many programs that enrich the lives of those around us. Please prayerfully consider donating to this year's appeal.

Anyone who has tried to start a new exercise regimen or learn an instrument understands that it takes persistence. Being persistent in anything is hard though – it asks us to endure resistance, at times being uncomfortable or boring. The readings today help us understand that our faith is like a muscle that needs to be exercised. At times our faith comes easily, but other times it takes persistence to grow in the spiritual life.

The account of Moses being persistent in his help to the army of Israel, Paul's exhortation to Timothy to be persistent in following the Gospel, and Jesus's parable of the dishonest judge show us that we must be persistent in our faith. We can never annoy God with our prayers! The more we enter into prayer and do the work of the Church, the more our spiritual muscles are exercised. But, as we know, many hands make light work. With your generous support to the Annual Appeal, the archdiocese is able to provide many people the support they need to minister to the needs of the Church. The gospel challenges us to think of the ways we can contribute to building up the people of God and the works of the

Church. What will your contribution be? [More information about the appeal and how to donate.](#)

Curious About Indigenous and Non-Indigenous Relationships in Canada?

Christ the King parish is hosting a Kairos Blanket Exercise. The "blanket exercise" is an interactive activity that explores the historic and current relationship between indigenous and non-indigenous peoples in Canada. Whether you've lived in Canada all your life or only arrived recently, this presentation will hold some surprises for you - a history we probably didn't learn in school.

Sunday, October 30 from 1:30 pm to 4. (14+ years and adults).

Attendance is limited. To sign up, email wkyee@sasktel.net.

For more information, call Kay 306-757-9620.

Kairos is an ecumenical group of which the Catholic church is a member.

Special Topics in Evangelization and Catechesis

Beginning October 25, the CCCB Office for Evangelization and Catechesis will offer a webinar series, Special Topics in Evangelization and Catechesis on 4 Tuesdays from 1:00 pm to 2:30 EST.

This series will feature the following keynote speakers:

- October 25: Dr. Donna Orsuto, "Joyful Messengers of Challenging Proposals".
- November 1: Dr. Catherine Clifford, "Listeners on the Synodal Way".
- November 8: Archbishop Donald Bolen, "Charting a Path Forward: The Visit of Pope Francis and Next Steps in Solidarity with Indigenous Peoples".
- November 15: Fr. John McCarthy, SJ, "Creation as a Source of Life and Our Call to Care for It".

[Register for one or more of the sessions.](#)

Brunch With Archbishop Don – Cuernavaca Project Fundraiser

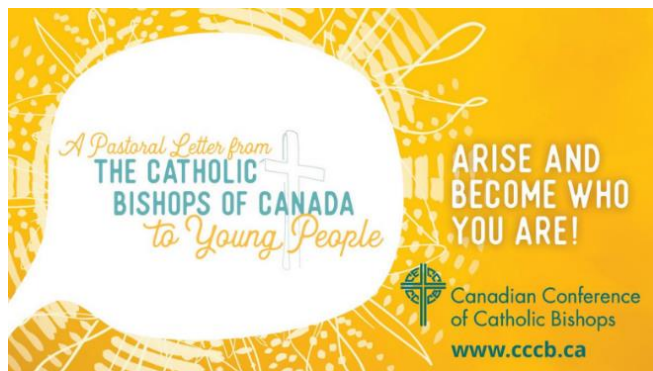
Sunday, October 23 at Noon at Resurrection Parish. Guest speaker is Archbishop Don. Tickets for this fundraiser are \$20. Contact Joan at 306-533-1648, Debbie at debbiebulych@gmail.com or Sharon at s.bender@sasktel.net.

Archdiocese 2021 AGM

The Annual General Meeting for 2021 will be held online on Wednesday, October 26 at 7 pm. Register [online](#) or email mgurash@archregina.sk.ca or call 306-352-1651 ext 6734. The 2021 Annual report can be [read here](#).

A Pastoral Letter from the Catholic Bishops of Canada to Young People

The Most Rev. Raymond Poisson, President of the Canadian Conference of Catholic Bishops (CCCB), has issued a Pastoral Letter to Young People. The Letter is dated October 12, 2022 in honour of the anniversary of the death of Blessed Carlo Acutis, the first beatified millennial. This Pastoral Letter is meant to inspire young Catholics to live their faith in an extraordinary way, encouraging them to strive toward holiness, and assuring them of the steadfast support and accompaniment of their Bishops along their individual journeys of faith.



This Pastoral Letter responds to the CCCB's virtual conversations with over 200 young people from across Canada, between the ages 12 to 25, held in the fall of 2020. The Pastoral Letter was drafted by the Office for Evangelization and Catechesis and the Office for Family and Life, at the request of the Executive Committee. It received input from youth ministry specialists, the Episcopal Commission for Evangelization and Catechesis, the Episcopal Commission for Doctrine, and the Standing Committee for Family and Life. The Permanent Council approved the Pastoral Letter at its June 2022 meeting.

The Letter is addressed to young Catholics. It can be used for individual reflection, as well as in group settings, such as parish or diocesan/eparchial youth groups, schools, families, ecclesial movements, and associations, and faith-based communities. [Read the letter here.](#)

St. Francis Community School Emergency Nutrition Program Needs

Message from Shane Smith, School Support Specialist, St. Francis Community School

St. Francis Community School is home to 410 diverse and amazing students. At times, some of our students come to school from families and homes where their nutritional needs may not always be met or at times, these nutritional needs may need to be supplemented at school.

Previously, St. Francis Community School's Nutrition Worker, supported students daily through an emergency breakfast, and an emergency lunch program for students in need, as well as a daily snack for all students. Given rising food costs and other budgetary needs, for the 2022/23 school year, there has been a division wide restructuring of school-based Nutrition Programs. As a result, our Nutrition Worker was reassigned, and daily snacks are no longer provided. Despite these changes, we at St. Francis Community School are committed to maintaining a Nutrition Program at our school.

To support our students, St. Francis Community School currently has an Emergency Nutrition Program, which the School Support Specialist oversees with a team of student volunteers. Each week, the school orders and receives from Holy Rosary School's Nutrition Program, 60 premade bagged lunches and 40 emergency snack items. At this time, there are additional nutrition needs, that exceed what we order, and that we as a school continue to meet for our students. Each week, we provide students in need with a grab and go breakfast, emergency snacks, an emergency lunch and/or items to add to a lunch from home.

We are seeking community support to meet our school's nutritional needs. If you are able to assist us with our Emergency Nutrition Program, I have attached a list of food items that we require and use on a regular basis. We appreciate any support you may be able to provide whether that be with any of the items listed or by way of a financial donation or gift card that would be used solely to purchase these food items.

If you can help with any of the following food items, drop them off in the container in the entrance area of the Church.

For financial or gift card donations, contact Shane at 306-530-2724 s.smith@rcsd.ca

Granola Bars

Used daily for emergency grab and go breakfasts, snacks, and lunches.



Snack Bars, Cheese and Crackers, and Fruit Snacks

Used as emergency snacks and in lunches.



Trail Mix (nut-free)

Used daily as emergency grab and go breakfasts, snacks, and in lunches.



A popular grab and go snack! Mr. Smith and his Student Nutrition Volunteers make 160 bags of trail mix every week.

These ingredients are used for the trail mix.



Yogurt Tubes (any flavour and students don't need to fuss with lids and spoons).

Used in grab and go breakfasts.



Cheese Strings

Used in grab and go breakfasts and lunches.



Fruit Cups

Used in lunches.

