



*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

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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.

Thirtieth Sunday in Ordinary Time, October 23, 2022



"...for whoever exalts himself will be humbled, and the one who humbles himself will be exalted." Luke 18:14

Pride and ego are the root causes of most of our sins. Thinking your time is so valuable or your talent is better than anyone else or your money gives you status is another way of making those things "gods" before God. Pride is the opposite of humility.

Remember, all that we have and all that we are is a gift from God. We should be humbled by God's incredible generosity and be grateful for all we have been given.

Ultimately, gratitude leads us to humility.

This Week's Masses

Monday	Oct 24	No Mass.
Tuesday	Oct 25	7 pm – RIP Alfons Kretschmer requested by the Truth & Reconciliation Committee.
Wednesday	Oct 26	10 am – RIP Emma Tubello requested by Ines Breda.
Thursday	Oct 27	10 am – RIP Vincent Trinh Binh requested by Diep Nguyen.
Friday	Oct 28	10 am – RIP Anna Marie Schmidt requested by the Schmidt Family.
Saturday	Oct 29	7 pm.
Sunday	Oct 30	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.

St. Cecilia CWL 75th Anniversary Celebration – This Sunday

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.

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.

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.

Special Collection

Propagation of the Faith – Mission Sunday, October 23

It is the responsibility of all believers to spread the Gospel. People are encouraged to deepen their realization that every Christian shares in the mission of the Church and that they should become more involved in today's missionary work. Guidance in this area is found in the Second Vatican Council document on the Church's missionary activity. This national collection is given to the Society for the Propagation of the Faith who distributes the funds to every mission bishop to assist in the day-to-day expenses of operating the diocese as well as special projects, such as building churches/chapels, healthcare clinics, the training and support catechists.

Ways To Contribute:

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

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**.



November...The Month of Remembering

Beginning the weekend of October 29 and 30, write the names of deceased loved ones in the memorial book in the Welcoming Area. The book will be carried to the altar during the Masses in November.

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 also gave newcomers many freedoms not allowed in the countries of their birth, such as freedom to own land, to worship without persecution, to become self-sufficient, to protest without fear of retaliation, to make a good living off the land and resources, etc. This remains true for newcomers to Canada today. First Nation had all these freedoms prior to the arrival of the newcomers, however, many of these freedoms were taken away after Treaty 4 was made and the Indian Act of 1876 was imposed on Indigenous peoples. Their lands were taken away which led to the inability to make a sustainable living. The land was to be shared, not taken away.

A Catholic Approach to Horror Movies - Part 2

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

Deacon Eric and Dr. Brett continue their discussion on a Catholic approach to horror movies and the role of discernment in engaging in any kind of entertainment. Show Snippet: "If we're starting off asking, "How do Catholics approach horror films?"; I think that's a great summary of what we've been talking about...with discernment; good, interior discernment." This podcast is made possible through generous donations to our Archbishop's Appeal.

[Listen to the podcast.](#)

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. Giving is a key way to deepen our faith and to grow spiritually, an opportunity to live as disciples of Jesus. In our call to serve others, we join in the work of building God's kingdom here and now. Every donation to the Archbishop's appeal helps fund the many ministries and community programs that seek to bear hope for those who need it most.

Today is World Mission Sunday, which reminds us of the missionary activity of the Church. The first reading from Sirach reminds us that God does not have any favourite people and hears the cries of the vulnerable and marginalized. St. Paul reminds us too that even those who have no one to stand up for them are still held in the Heart of the Lord, echoing Sirach in our duty to ensure solidarity with the oppressed, the poor, the marginalized, the strangers. The gospel hits us hard – do we sometimes want to distance ourselves from others? Do we place ourselves on a pedestal? Do we become blind to the needs of the poor and the world? We sometimes think of missionary work as being done in a country far away, detached from our lives. There are many ways of being a missionary in our communities, both in terms of our own generous response to the Lord in working in that ministry, but also in our support of those missionaries near and far. Through the Annual Appeal, your contributions are used to help support the missionary activity of the Church.

We need to reach out to those that have not heard the Good News of the Gospel, and your support helps make this a reality. [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.](#)

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](#).

Megan McKenna Presents on 'The Kingdom of Heaven is Like...'

Friday, November 4, 7 pm – 8:30, Holy Family Parish, 1021 McCarthy Blvd. N. Megan McKenna is an internationally known author, theologian, storyteller, and lecturer. She will share Jesus' stories of how we share his life now and drastically transform our lives and the world today. Using stories and scripture as a way to live out 'once upon a time' and even a bit of 'happily ever after' according to Jesus.

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.

