



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

5020 - 7th Avenue, Regina, Saskatchewan S4T 0S1
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.

Fourth Sunday of Advent, December 18, 2022



"When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home." Matthew 1:24

Putting our complete trust in the Lord without expecting anything in return. Striving to put God first in all things and follow Him wherever He may lead us. Joseph was a model of these pillars of our faith.

As we prepare for the birth of our Lord, pray for the strength and courage to be a model of discipleship, just as Joseph was.

This Week's Masses

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| Monday | Dec 19 | No Mass. |
| Tuesday | Dec 20 | 7 pm – RIP John Baptist Nguyen Phuc requested by Diep Nguyen. Eucharistic Adoration and individual Reconciliation after Mass - 7:30 to 8:30. |
| Wednesday | Dec 21 | 10 am – RIP Vera Nagel requested by Karen and Lyle Collins. |
| Thursday | Dec 22 | 10 am – RIP Fritz Leflar requested by Marge Appell. |
| Friday | Dec 23 | 10 am – RIP Dennis Hughes requested by the Hughes Family. |
| Saturday | Dec 24 | 8 pm - Christmas – The Nativity of the Lord. |
| Sunday | Dec 25 | 10 am - Christmas – The Nativity of the Lord. |

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.

Parish Reconciliation Service

Sunday, December 18, 2 pm. Several priests will be present for individual reconciliation.

Reconciliation also available, Tuesday, December 20 during Eucharistic Adoration, 7:30 – 8:30 after the 7 pm Mass.

If you wish to receive the Sacrament of Reconciliation other than the above times, please call the office to arrange a time with Fr. Oliver or Fr. John.



Christmas Giving Tree

The Social Justice Team is exceedingly grateful for your overwhelming generosity and support to help make this Christmas brighter for those in need especially in these challenging times.

Gift cards totaling \$1,820 were divided between Sacred Heart and St. Francis Community Schools and a family in need in our parish community.



Presenting Gift Cards at Sacred Heart



Presenting Gift Cards at St. Francis

Parish Donations for 2022

All donations for this year must be received by Saturday, December 31 for your 2022 tax receipt.

Archbishop's Appeal 2022

Our parish goal is \$29,310. Current amount donated is \$12,283 – 42%.

All donations for this year's Appeal must be received by December 31, 2022. Gift cards can be mailed directly to the Archdiocesan office or placed in the collection basket. [More information about the appeal and how to donate.](#)

2023 Donation Envelopes

Available in the Welcoming Area, or from the office (Monday to Friday 9 am to 3 pm).

If you do not have envelopes and wish to have, please email contact@stcecregina.com or call Amber in the office.

Christmas Season Masses

| | |
|--|--------------------|
| Saturday, December 24, Christmas – The Nativity of the Lord | 8 pm (Livestream) |
| Sunday, December 25, Christmas – The Nativity of the Lord | 10 am (Livestream) |
| Saturday, December 31, The Solemnity of Mary, The Holy Mother of God | 7 pm |
| Sunday, January 1, The Solemnity of Mary, The Holy Mother of God | 10 am |

CWL Catholic Inspirations 2023 Calendars



Only \$5. Available in the Welcoming Area, or from the office (Monday to Friday 9 am to 3 pm).

Painting of St. Cecilia Church – Wonderful Christmas Gift



Earlier this year, Fr. Brad made an acrylic painting of St. Cecilia Church for Melita Stenhouse's retirement. The professionally made copies are available for purchase.

Prints are just \$5 each, in your choice of two sizes: 5" x 7" and 8" x 10".

Excellent gift as a memento of our church and the talent of Fr. Brad.

Pick one up from Amber in the office (Monday to Friday 9 am to 3 pm).

Ukrainians New to Canada - Items Needed

Recent arrivals to Regina would be grateful for the following items: single beds or bunk beds, futons or hide-a-beds, kitchenware (pots, pans, fry pans), glasses, etc., used/working vacuum cleaners, hangers, bedding, and size 13/14 shoes or boots. If you can help, call Clarence or Jan 306-545-0192.

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

Coats for Kids

Father Burns Council Knights of Columbus are collecting gently used winter clothing items (parkas, ski pants, winter boots, toques, mitts, socks, etc.), specifically for needy students, but will also accept donations for adults. The items will be provided to Community Schools and the needy of our city.

If you can help, please leave the items in the box in the entrance area of the church or package the clothing in bags or boxes, tag them **Coats for Kids**, and drop them off on the steps of the church during regular office hours, Monday to Friday, 9 am to 3 pm.



CWL Annual Fees

The fees (\$45) for 2023 are due December 31, 2022. Use one of these ways to remit your payment. E-Transfer to **cwlstcecilia@gmail.com (please note this is a different email address than the parish donation address)**. The e-Transfer money is automatically deposited. If you prefer using the CWL yellow donation envelope, place it in the collection container at Mass, drop it off at the Church office Monday to Friday 9 am to 3 pm, or drop it off with your team leader.

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... Inuit — [Inuktitut](#) for “the people” — are an [Indigenous people](#), the majority of whom inhabit the northern regions of Canada. An Inuit person is known as an Inuk. The Inuit homeland is known as Inuit Nunangat, which refers to the land, water and ice contained in the Arctic region. Retrieved from [Inuit | The Canadian Encyclopedia](#) 11/06/22 Today, many Inuit people live in cities and towns across Canada.

Advent Retreat - Fostering A Contemplative Attitude Part 2

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

As the Advent season moves quickly into Christmas, we invite you to take a few moments to step out of the frantic pace of the holidays and discover the hidden gifts and graces that only a contemplative attitude can reveal.

[Listen to the podcast.](#)

Archdiocese Employment Opportunity - Receptionist - Permanent - Full-Time

This position works in a fast-paced team environment to ensure the smooth daily operations of the Pastoral Center. This individual must be able to represent the Archdiocese of Regina with the highest level of professionalism and welcome in all interpersonal interactions. Please send a cover letter and resume to Leona Burkhart at lburkart@archregina.sk.ca by December 23, 2022. For more information on this position, please email Leona or call 306-352-1651 ext 6730. Full job listing on the Archdiocese Employment page archregina.sk.ca/employment/

Tackling the Global Hunger Crisis in Somalia

By Development and Peace, December 6, 2022



In response to the massive hunger crisis the world is facing, Development and Peace — Caritas Canada is launching a new project in Somalia that builds on the work we are currently doing in the country and in other regions. The causes of this worldwide crisis range from climate-related disasters to food shortages and price hikes resulting from local and international armed conflicts.

Last June, the Government of Canada announced that it would allocate \$250 million in 2022 and 2023 to help address this global food security crisis, with a focus on sub-Saharan Africa. The first allocation was used to create a \$5-million Humanitarian Coalition matching fund, which allowed us to launch two new projects in Mali and Niger. In September, the government announced the breakdown of the remaining amount, including \$14 million for the Canadian Foodgrains Bank. Of this amount, we are receiving over \$1.8 million for our new project in Somalia with our partner Trócaire.

A Dramatically Worsening Food Crisis - Unprecedented drought in the Horn of Africa is continuing to lead to crop failures, livestock deaths, water shortages, epidemic outbreaks, loss of livelihoods and internal displacement as more and more people search for food and water. In Somalia, this situation is being compounded by persistent internal armed conflict, regional insecurity and international macroeconomic shocks that are leading to people's ever-diminishing purchasing power. *Last year, families needed approximately \$55 a month for food. Now with the price of food and clean water skyrocketing, they need more than \$150. What are these families to do now? — Dr. Abdi Tari Ali, Deputy Country Director, Trócaire Somalia*

To make matters worse, Somalia is expecting its fifth consecutive failed rainy season this fall, which will further worsen the hunger crisis. Approximately 6.7 million people in Somalia are facing high levels of acute food insecurity — that is, nearly twice as many people as in late 2021. If the projections regarding another failed rainy season prove accurate and humanitarian assistance remains insufficient, the degree of acute malnutrition and hunger-related deaths will soon reach the threshold to declare a famine threatening up to 300,000 people.

On the Ground in Somalia - Our partner Trócaire has been working on the ground in Somalia for years providing people with life-saving treatment for severe and moderate acute malnutrition. This year has seen a significant rise in demand for Trócaire's services, with the number of cases in the first seven months surpassing the annual total of most previous years. *The nutritional status of children in particular is deteriorating, as health facilities continue to report increasing numbers of children being admitted in need of medical intervention due to severe acute malnutrition. — Scott Braunschweig, Program Officer, Development and Peace*

Trócaire's work currently covers the Gedo region, home to 265,000 internally displaced people, who are the most vulnerable to food insecurity. Trócaire is directly providing displaced people and host communities with nutrition services through five district hospitals, one referral hospital, ten primary health units and six health centres, with approximately 250 trained and highly qualified health and nutrition workers. *For one month, we supported Hodhan by giving medical care, including therapeutic milk which cost \$120. One hundred and twenty dollars to save a child's life! — Dr. Abdi Tari Ali, Deputy Country Director, Trócaire Somalia*

Reinforced by our recent allocation from the Government of Canada, Trócaire is scaling up its health and nutrition services in Gedo with a project that will address the priority and immediate needs of over 54,000 additional beneficiaries, including over 28,000 children. The services will include the treatment of severe and moderate acute malnutrition for children under 5 and pregnant and lactating women, as well as food vouchers for the households of children treated for severe acute malnutrition to reduce the risk of relapse.

Long-term Local Solutions - In addition to our emergency responses to provide immediate relief to starving people in Somalia, Mali, and Niger, we are supporting projects promoting sustainable domestic food production in, for example, the Sahel and Madagascar in order to prevent future crises. Projects like these are essential in adapting to the growing effects of the climate crisis around the world.

Working Together is Essential - The global hunger crisis is so massive that no single government or organization can solve it alone. Development and Peace is part of a global effort to end this food security crisis. We are working with our partners and alongside other organizations and governments to ensure that emergency aid is quickly provided to the people who need it now. *Certainly, it will not be possible to tackle the many crises affecting humanity if we do not work and walk together, leaving no one behind. — Pope Francis, message for World Food Day 2022*

Please [give generously](#) to support our work and thank you to all our supporters for your great generosity!