



*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: 9:30 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 in Ordinary Time, January 29, 2023



"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3

The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthly things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

This Week's Masses

Monday	Jan 30	No Mass.
Tuesday	Jan 31	7 pm – Special Intention of Greg and Jan.
Wednesday	Feb 1	10 am – Intention for Peace in Ukraine requested by Diep Nguyen.
Thursday	Feb 2	10 am – Special Intention of Rita and Carl Knibbs.
Friday	Feb 3	10 am – Intentions of the Wah Ta Family requested by Paulette Wendler.
Eucharistic Adoration & individual Reconciliation after Mass - 10:30 to 11:30.		
Saturday	Feb 4	7 pm.
Sunday	Feb 5	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.

Pancake Breakfast – This Sunday

Father Burns Council of the Knights of Columbus is hosting a Pancake Breakfast Sunday, January 29 after the 10 am Mass.

Please come and enjoy eggs, ham, pancakes, and all the fixings.

Freewill donation with the proceeds toward Ukrainian Relief.



Green Ribbon Campaign



Regina Pro-Life is sponsoring the Green Ribbon Campaign to remember our preborn brothers and sisters, who were denied life. On January 28, 1988, the Supreme Court of Canada issued the Morgentaler decision, which struck down abortion as part of the criminal code. Since then, there have been no laws to regulate abortion in Canada through all 9 months of pregnancy and there have been more than 4 million abortions in Canada.

Pick up a green ribbon/bookmark in the Welcoming Area. The bookmark includes a prayer for the end of abortion.

2022 Donation Receipts

Receipts will be issued soon. To ensure our records are up to date, please let us know if you have moved. Email contact@stcecregina.com or call Amber in the office.

Ukrainians New to Canada - Items Needed

Recent arrivals to Regina would be grateful for the following items: children's books and toys, double and queen size bedding, and towels.

If you can help, call Clarence or Jan 306-545-0192.

Sacrament of Reconciliation Preparation for Children

Preparation classes will be held during Lent for children in Grade 4 and older.

Classes will be on Thursdays, March 2 and 16. 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.



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, soup, healthy cereals, and pasta.



Leave No Neighbour Behind – Knights of Columbus

If you have the snow, the K of C have the shovels. The Father Burns Council are shoveling for goodwill donations. If you need assistance with residential snow clearing, contact Tayler, 306-580-2597 or labellet@hotmail.com.

Muffins and Personal Hygiene Products Needed for Sacred Heart Students

Sacred Heart Community School would appreciate muffins as breakfast items for students and personal hygiene products.

Muffins must be nut-free. 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 office hours.



Hygiene Products: 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.

Samosas From Parish Community Building

Frozen samosas for sale, 6 for \$10. Limited quantities. Call the office 306-545-4051 to reserve and pick up.

Can Tabs, Used Stamps, and Eyeglasses

The CWL encourages saving/collecting used stamps (please leave 1/2" of paper around the stamp) and eyeglasses, and tabs from aluminum cans. This also includes aluminum tabs on the lids of canned food items, like fish.

Drop off all items in the marked containers in the entrance area of the Church.

CWL members will distribute the items to the appropriate organizations.



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 ... Cote First Nation is a Nahkawé (Saulteaux) reserve located north of Kamsack, Saskatchewan with a population of approximately 3,900 members living on and off the First Nation. Gabriel Cote leader of a Cree-Saulteaux band signed Treaty 4 on September 15, 1874. The Cote First Nation welcomed the [bison](#) back to their territory in December 2021. Retrieved from [FNPA - Cote First Nation](#) January 9, 2023.

Knights of Columbus Vocations Endowment Support Initiative

The Bishops of Saskatchewan, in partnership with the Saskatchewan Knights of Columbus, request your financial support for Seminarians in Saskatchewan. The Saskatchewan K of C Vocation Endowment was established to help defray the annual cost of over \$30,000 per Seminarian.

For more information and how you may make your contribution, pick up a brochure in the Welcoming Area, or visit the [Saskatchewan Knights of Columbus Charitable Foundation website](#).

The Bishops, Dioceses, K of C, and Catholic faithful thank you in advance for your generous support of the education and development of Seminarians through Prayer and financial assistance.

Ecumenical Log Drivers: Forming Agents of Reconciliation for Church and World, with Bishop Bruce Myers OGS—Part-1

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

During this Week of Christian Unity Thinking Faith, through the sponsorship of St. Thomas More College, the Prairie Centre for Ecumenism, the Archdiocese of Regina, and Campion College presents the first of two lectures featuring Bishop Bruce Myers.

Drawing on decades of reflection on ecumenical reception and formation, Bishop Myers presents an approach to teaching the practical and theological aspects of ecumenism in a way that is both holistic and pragmatic and offers the potential to raise up a new generation of church leaders who are also agents of reconciliation and Christian unity. [Watch here](#). [Listen to the podcast](#).

An Evening of Prayer (for Parents of Adult and Teenage Children)

An opportunity to pray for your older children, at whatever stage of their faith journey. Rosary, Adoration, Time for Private Prayer. Sunday, January 29, 7 – 9 pm. Christ the King Parish, 3239 Garnet St.

The Myriam Family of the Prairies Day Retreat – Trust in God

Saturday, February 4, 10 am to 4 pm. Including Mass, Holy Hour, talks and sharing, and lunch, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, 45 km East of Regina.

To register and get the directions, or to follow online, contact Sr. Stephanie at pss.prairies@famillemyriam.org or 306-761-0528.

World Day for Consecrated Life - February 2

In 1997, Saint John Paul II established February 2, the feast of the Presentation of the Lord, as World Day for Consecrated Life, "to help the entire Church to esteem even more greatly the witness of those person who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord."

In the Archdiocese of Regina, there are several members from religious institutes, secular institutes, associations of the faithful and eremitical life, living their vocation of consecrated life within our faith community. World Day for Consecrated Life is a wonderful opportunity to recognize and offer prayers for those called to this vocation.

If you would like further information, please contact Marian, president of the Sisters Association of the Regina Archdiocese at 306-552-8318 or mariangrady@sasktel.net.

Made for Greatness Men's Event

Friday, February 10, 6 to 8:30 pm. Resurrection Parish, 3155 Windsor Park Road. Guest this month is [Hudson Byblow](#), a Catholic Speaker and Consultant based in Saskatoon.

Meal served at 6. Presentation and chat at 6:30. Devotions and Confession at 7:30. Conclusion and fellowship at 8:30.

Roast Beef Supper – Holy Rosary Refugee Sponsorship

Holy Rosary Cathedral, Friday, February 10, serving supper from 5 to 6 pm in the hall (corner of 13th Ave. and Cameron St. Use East door down to hall) \$25 per plate. Catered by Charlotte's. Cash wine bar featuring Saskatchewan's Over the Hill Orchards and Winery. Entertainment throughout the supper by Holy Rosary's teen musicians. Musical Silent Auction. Tickets: Bernadette 306-525-0049 (landline) or 306-537-4158 (mobile); Sandra 306-359-1732; Cathy cathymoen1@gmail.com.

Young Adult Winter Ball

Looking for an excuse to dress your best? Hungry for a tasty meal? Itching for a night of fun? Look no further! Come together with fellow young adults for a night of fun and dance amidst a wintery wonderland!

Friday, February 17 at Resurrection Parish. Cost is \$20. Adoration starts at 6 pm, with supper at 7. Dance to follow. [Register here](#). Please note: if you are attending Adoration but not the supper and dance, there is no cost and you do not have to register.

Centering Prayer

Join this in-person gathering at Queen's House Saskatoon virtually on Zoom on Monday evenings, 7 to 8:15 pm.

Gatherings led by Ana Gheysen and Dave Henderson, with elder wisdom support from Fr. Paul Fachel OMI. Includes a 20-minute sit, additional insights regarding contemplation and centering prayer from the great teachers, video clips, and a time for small group sharing. [The meaning and practice of centering prayer](#).

[Register here](#) to receive the Zoom invitation. For further information, call 306-242-1916 x222. There is no fee to attend these gatherings. Donations to support the ministry of Queen's House can be made [here](#).

Calling All Lay Formation Alumni

A small group of recent Lay Formation Program graduates have come together to create a Lay Formation Alumni. We all shared a very important and life-affirming journey in the program. We share new skills and knowledge acquired in the program, and an ember has been carefully lit in each of us. The Archdiocese of Regina Lay Formation program has been working continuously since 1983. Since then, 591 people have been commissioned through the program, but, unfortunately, we do not have contact information for everybody.

If you are interested in being part of the Lay Formation Alumni, send your contact information to Aseret Ruiz at aseret.ruizp@outlook.com or text 306-201-6317.

An Alumni gathering is planned for Saturday, June 17, at Campion College. Please join our [Facebook page](#) for news and updates.