



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

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Office Phone: 306-545-4051
Office Hours: Monday to Friday: 9:30 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.

Fifth Sunday in Ordinary Time, February 5, 2023



*"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven."
Matthew 5:16*

The generosity of being a good steward of your gifts has a positive effect on people and it is contagious! Good works encourages more good works.

Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them.

Good stewards recognize that God is working through them and they don't put themselves above the people they have been called to help.

This Week's Masses

Monday	Feb 6	No Mass.
Tuesday	Feb 7	7 pm – Intentions of Viola Joel requested by the St. Cecilia CWL.
Wednesday	Feb 8	10 am – RIP Dennis Hughes requested by the Hughes Family.
Thursday	Feb 9	10 am – RIP Louis Antal requested by Kathy and Family.
Friday	Feb 10	10 am – RIP Greg Klochan requested by Pat Dergo and Family.
Saturday	Feb 11	11 am – Donna Gerlach Funeral. The Mass will be livestreamed.
Saturday	Feb 11	7 pm.
Sunday	Feb 12	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.

Additional Weekly Mass at Trinity Manor

Fr. Oliver or Fr. John will be celebrating Mass in the chapel at Trinity Manor at Westerra (8351 Canola Ave) on Tuesdays at 11 am beginning February 7. You are invited to attend. Come early and visit with parishioners and residents of Trinity Manor. There is still Mass at St. Cecilia on Tuesdays at 7 pm.

CWL General Meeting

The next meeting is Tuesday, February 7, after the 7 pm Mass.

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.

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.

Ash Wednesday – February 22

Masses at 10 am and 7 pm. The 7 pm Mass will be livestreamed.

Blessed Palms from Previous Years: Blessed palms are burned for the ashes distributed on Ash Wednesday. Drop off palms in the marked basket in the entrance area of the Church.

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 ... Cowessess First Nation is located along the Crooked Lake Valley 15 kilometers north of Broadview. The population is approximately 4300 members who reside on and off the First Nation. Chief Ka-wezauce (Little Boy) adhered to Treaty 4 on September 15, 1874, with his Anishinabe (Saulteaux), Nêhiweyak (Cree), & Metis followers. The Marieval Indian Residential School was in the valley and operated by the RC church from 1899 to 1997. Today, Cowessess Community Educational Centre, a K - Grade 12 school with 196 students stands in this location and is operated by the First Nation.

World Day for Consecrated Life

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 persons 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.

Include Fr. Oliver in your prayers as he is a member of the Carmelites of Mary Immaculate (CMI).

Information about the Congregation of Carmelites of Mary Immaculate can be found at www.cmi.org.in.

Marian Centre

Donations of men's clothing are not needed for the months of February and March, as they have sufficient clothing to meet the current requests. The Centre resumed serving hot noon meals last June and they continue to be grateful for the generous support they have received which makes this possible. Thank you!

Evangelization and the Word of God

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

This week Deacon Eric discusses a recent trip to the Yorkton area where he spoke about evangelization and parish renewal with a focus on evangelization as the core mission of the Church and how the Word of God provides a key starting point.

Show Snippet: "In 2019, Pope Francis gave us a key starting point by declaring the third Sunday in Ordinary Time "Word of God Sunday". As the new Liturgical season begins, and at the start of every year moving forward, Pope Francis issues this clear encouragement to the whole People of God, to get to know the Word. I offer three reasons for this wisdom..." [Listen to the podcast](#).

Regina Ecumenical Worship Service

Sunday, February 5, 3 pm. New Hope Lutheran Church, 370 McIntosh Street N

The Rev. Dr. Ali Tote, Assistant to the Bishop, ELCIC Saskatchewan Synod, will be the homilist.

The annual Week of Prayer for Christian Unity is celebrated by churches around the world in January or at another time of year. The 2023 theme for the Week of Prayer for Christian Unity, "Do good; seek justice" (Isaiah 1:17), was prepared by the Minnesota Council of Churches. The international theme and materials call Christians to recognize that the divisions between our churches and confessions cannot be separated from the divisions within the wider human family

If you are not able to attend in person, join the [Livestream](#).

A Word About Trauma...

Trauma and associated words are being used more now than ever. Do we know the origins of these words? Are their meanings different now than when they were first used? Each week we will explore a trauma-associated word's origins, meanings, and evolution.

Trauma is the Greek word for "wound" and was first recorded in 1685 in the medical literature and only described physical wounds. Two centuries later, "Psychic wounds" would be used and began the shift of what we see trauma as now. CAMH describes trauma as "the lasting emotional response that often results from living through a distressing event." Although trauma can still be used to explain physical wounds, it is now more associated with emotional or psychological trauma.

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.

41st Annual Nash Lecture

Science, Religion, and the Search for a Christian Anthropology

Wednesday, February 15, 7 pm, Campion College Auditorium, University of Regina

Dr. Robert Allore, SJ. Father Robert Allore was born in Toronto, Ontario. He obtained a BSc in biology at the University of Ottawa and a PhD in Microbiology from the University of Toronto. After completing graduate studies, he worked in the Department of Medical Genetics at the University of Toronto studying gene expression in the nervous system. Robert joined the Society of Jesus (Jesuits) in 1990, completing philosophy studies at Loyola University in Chicago and theology studies at Regis College at the University of Toronto. He was ordained a Catholic priest in 2001. During his years of training with the Jesuits, he continued his research activities at Loyola University, Chicago, at Montreal General Hospital, and at Mount Sinai Hospital, Toronto, investigating the genetics of nervous system development. Father Robert Allore is presently pastor of St. Mark's Parish, chaplain to the University of British Columbia, and an Adjunct Professor of Theology at St. Mark's College at UBC.

The Nash Memorial Lecture Series was founded in 1979 by Joseph B. Gavin, SJ, PhD, to honour the first president of Campion College at the University of Regina, Fr. E. Peter W. Nash, SJ, Ph.D. (1913-1997). This annual lecture invites distinguished scholars from North America and around the world to make a significant contribution to the academic life of the university and community.

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.

Catechesis of the Good Shepherd (CGS) Open House

Saturday, February 25, 9 am – 12 Noon. Holy Rosary Cathedral Hall.

Good Shepherd Presentations at 10 and 11 am. - is a Montessori-based religious program for children 3 - 9 years of age. The atrium, or sacred space for spiritual growth, allows opportunities for children to interact directly and intensely with materials specially prepared by the Catechists and religious community. The atrium is not a classroom but rather a place prepared for the child to fully receive God's love and feel His presence.

Level I serves children ages 3 - 6 years. who receive presentations on the Kingdom of God Parables, Altar and parts of Mass, Geography of Israel, Infancy Narratives, Paschal Mystery, Baptism and Jesus as the Good Shepherd. The eventual aim of the atrium is to prepare children to develop and nurture their faith and to participate more fully in the Mass.

Level II serves children ages 6 - 9 years and expands on Level I work as well as Sacramental Preparation and Moral Formation.