



*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.

Sixth Sunday in Ordinary Time, February 12, 2023



"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." Matthew 5:20.

The Pharisees lived according to the letter of the law, and they used this to elevate themselves above the other people. Jesus is clear – it's the love that you have in your heart, for God and others, that will get you to heaven. Simply following church rules to the letter and not out of love, does not necessarily put you on the path to heaven.

Attending Sunday Mass and then gossiping about a fellow parishioner on the parking lot is an example of being a modern-day Pharisee.

This Week's Masses

Monday	Feb 13	No Mass.
Tuesday	Feb 14	7 pm – Intentions of Shannon and Mark requested by Greg and Jan.
Wednesday	Feb 15	10 am – Intentions of Aurelia Hodges requested by Paulette Wendler.
Thursday	Feb 16	10 am – RIP Irene Luterbach requested by Vicky and Lyle Stavness.
Friday	Feb 17	10 am – RIP Terry and Joan Kent requested by Rosemarie Barilla.
Saturday	Feb 18	7 pm.
Sunday	Feb 19	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 celebrate Mass in the chapel at Trinity Manor at Westerra (8351 Canola Ave) on Tuesday at 11 am.

You are invited to attend. Come early and visit with parishioners and residents of Trinity Manor. There is still Mass at St. Cecilia on Tuesday at 7 pm.

Keep Christ in Christmas Poster Contest Winners

This annual activity is sponsored by the Knights of Columbus. The students at Sacred Heart and St. Francis Community Schools submitted drawings to our Father Burn's Council. The theme for the drawings was 'Keep Christ in Christmas'. These are the winners.



Lane Arno, Age 8-10, Grade 3-5, St. Francis



Geordan Camara, Age 11-14, Grade 6-8, St. Francis

World Day of Prayer Service

The Rosemont Ecumenical Group of Churches invites you to join the Service on Sunday, February 26, 3 pm at Christ Lutheran Church, 4825 Dewdney Ave. Fellowship and refreshments after the service.

If you cannot attend in person, join the [livestream](#) or watch it on the CLC YouTube channel accessed through [clcregina.com](#).

Service written by the World Day of Prayer Committee of Taiwan, prepared and adapted for use in Canada by the Women's Inter-Church Council of Canada.

Taiwan

"I Have Heard About Your Faith"

Artwork by Hui-Wen HSAIO



Ukrainians New to Canada - Items Needed Update

Recent arrivals to Regina would be grateful for the following items:

- Beginner reader books.
- Double and queen size bedding.
- Towels.
- Small kitchen appliances (mixers, kettles, etc.).

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.



BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

The CWL encourages parishioners to PLEASE donate. The League has an ongoing commitment to provide blood donations in partnership with Canadian Blood Services (CBS). The CBS is in immediate need for new and returning blood, platelet, and plasma donors. Today, CBS has 31,000 fewer active donors than at the beginning of the pandemic. This is the greatest decline in numbers in a decade. Encourage members along with your family and friends to help this situation by giving the gift of life. All healthy individuals can give blood from age 17 onward. There is no age which is too old to help. The League Partner ID with Canadian Blood Services is CATH011269.

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 Welcoming Area.

Little Black Book – Lent



The Little Book will help you explore the depths of Scripture and deepen your relationship with Christ. Use the book anywhere. Fits easily in your pocket, purse, or backpack. Spend 6 minutes of quiet time with the Lord each day.

The meditations begin February 19, and end Easter Sunday, April 9 and are based on the Passion according to Matthew.

Suggested donation \$3. Pick up one for yourself, (or more to give to others), in the Welcoming Area, or from the office (Monday to Friday 9:30 am to 3 pm).

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.

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 ... Day Star First Nation is located 16 km north of Punnichy and has a population of approximately 426 members who live on and off the reserve. Chief Day Star (Kii si caw ah chuck) adhered to Treaty 4 on September 15, 1874 and settled the Day Star reserve in 1876. Many members continue to speak the Cree language and maintain their cultural traditions. Social events include horse racing, rodeos, powwows, and cultural activities.

CCCB Pastoral Letters on Reconciliation with Indigenous Peoples

As the Archdiocese of Regina continues its journey towards healing and reconciliation with Indigenous Peoples. We wish to share a series of letters from the Bishops of Canada that detail several paths forward and serve as a guides for our efforts over the coming months and years. These letters have been informed by conversations with Indigenous partners and inspired by Pope Francis.

Here, you will find several foundational commitments made by the Bishops of Canada, and our diocese, including continuing dialogue, supporting local projects through the Indigenous Reconciliation Fund, promoting Indigenous culture, pursuing justice with Indigenous Peoples, addressing social challenges, celebrating the role of women in Indigenous faith communities, and inviting Indigenous Elders to share their spiritual wisdom.

Read the letters here or the copies included with the bulletin email or pick up one of the limited paper copies at Church.

[Pastoral Letter to the First Nations](#) – That We May Walk Together – February 2023.

[Pastoral Letter to the Inuit in Canada](#) – That We May Walk Together – February 2023.

[Pastoral Letter to the Métis](#) – That We May Walk Together – February 2023.

[Pastoral Letter to the People of God in Canada](#) – That We May Walk Together – February 2023.

Joy in the Gospel Mental Health and Positive Psychology

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

This week Deacon Eric discusses how Catholic spiritual practice and positive psychology can work together to create a healthy and sustainable approach to well-being while cultivating a deeper connection to our God and others. Show Snippet: "Without stating it expressly, Positive psychology recognizes a fundamental Christian truth; that human beings are indeed “fearfully and wonderfully made” and that the human person is a beautiful mystery with an inherent purpose, meaning, and dignity." [Listen to the podcast.](#)

[The Gospel of Happiness](#) – C. Kaczor. [Finding Joy in the Gospel; Positive Psychology and the Spiritual Life.](#)

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.

PTSD is short for Post-Traumatic Stress Disorder. The DSM I 1952 edition used the term "gross stress reaction" and included combat and "civilian catastrophe." The definition was similar to its official entry and psychiatric diagnosis into the DSM IV in 1980 and classified under anxiety disorders. With a new category created in the DSM V, PTSD is now classified under "trauma and stressor-related disorders. Certain sensations, sensory experiences (sights, sounds, smells) and/or emotions that were dissociated at the time of the trauma keep returning and do not fade with time. There is implicit and narrative memory.

For centuries it has been known by many different names related to war. Combat stress, shell shock, battle shock, combat fatigue, soldier's heart, war neurosis and railway spine. Some of William Shakespeare's plays and Hippocrates' poem De Rerum Natura from 50 BC references flashbacks like dreams. Jean-Martin Charcot noted that "hysterical attacks" could be related to traumatic experiences years later. PTSD is not a weakness but an inherent survival mechanism that we do not have conscious control over.

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.

Message from Pope Francis – World Day of the Sick

The Holy See, Message of His Holiness Pope Francis, XXXI World Day of The Sick, 11 February 2023.
"Take care of him" - Compassion as a synodal exercise of healing.

Dear brothers and sisters!

Illness is part of our human condition. Yet, if illness is experienced in isolation and abandonment, unaccompanied by care and compassion, it can become inhumane. [Continue reading the letter.](#)

Archdiocese of Regina RENEW Lent and Best Lent Ever

RENEW your Lent with inspirational resources and Lenten challenges sent to your inbox each week, from Ash Wednesday to Holy Week. Sign up at archregina.sk.ca/news, or text RENEWLENT to 514-900-0130, or email communications@archregina.sk.ca.

Best Lent Ever!

The Archdiocese is doing something special to help you have the best Lent of your life. We are participating in Dynamic Catholic's Best Lent Ever program, and we hope you will join us.

One of the beautiful things about the program is how simple it is. Each day of Lent, you'll receive a short video from bestselling author Matthew Kelly to inspire you and feed your soul. This year's focus is on learning to collaborate with God to create Holy Moments and unlock our soul-potential. It's completely free! Sign up at archregina.sk.ca/news or email communications@archregina.sk.ca.