



*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.

Seventh Sunday in Ordinary Time, February 19, 2023



"But I say to you, love your enemies and pray for those who persecute you..."Matthew 5:44

Love your enemies, easier said than done. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from "me" and moves it towards God and others. It changes my heart and actions, allowing for a little more empathy for "my enemy."

When we pray for others, even our enemies, it may soften their hearts as well.

This Week's Masses

Monday	Feb 20	No Mass.
Tuesday	Feb 21	7 pm – Intentions of John Shuya requested by Miles and Chris.
Wednesday	Feb 22	10 am - Ash Wednesday.
Wednesday	Feb 22	7 pm - Ash Wednesday (also Livestreamed).
Thursday	Feb 23	10 am – RIP Louis Antal requested by Kathy and Family.
Friday	Feb 24	10 am – Intentions of Margaret Wah Ta requested by the Wah Ta Family.
Saturday	Feb 25	7 pm.
Sunday	Feb 26	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.

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 Thank You

A heartfelt thank you to everyone who generously donated household items, linens, furniture, toys, and books for our Ukrainian immigrants. Because of your generosity there is no longer a need for these items. You have assisted in making their lives a little bit easier. *Jan and Clarence.*

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.

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.



Baptism Preparation

Two sessions for parents of infants and small children will be held Thursdays, March 23 and April 13 from 7:30 pm to 9. Baptisms will be Sunday, April 16 at 1 pm.

To register, email Cheryl at stcecbaptism@gmail.com or if you do not have email, call Amber in the office 306-545-4051.



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.

Fasting Like a Refugee: A Lenten Call to Solidarity

Tashia Toupin, Social Justice Co-ordinator for the Archdiocese of Regina is challenging herself, and us, to consider the plight of refugees and the food rations they receive. Tashia's suggestions for a meaningful Lent and sample 'menu' are included with the bulletin email and with the paper copies at Church.



Lent

Ash Wednesday Masses

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



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).

Eucharistic Adoration and Sacrament of Reconciliation



Tuesday evening beginning February 28.
7:30 – 8:30 after the 7 pm Mass.

First Friday of the Month, March 3
10:30 - 11:30 after the 10 am Mass.



Parish Reconciliation Service with Holy Trinity Parish on Wednesday, March 8 at 7 pm at Holy Trinity Parish (5020 Sherwood Drive). Several priests will be present for individual reconciliation.

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

Reflect on the Stations of the Cross

Friday evening, beginning February 24, 7 pm. If you cannot attend in person, join the Livestream.

Lenten Prayer Wall

Prayer is one of the 3 pillars of Lent. You are invited to contribute to our community prayer wall located in the Welcoming Area. When we pray for each other, we enter into a deeper communion with each other and God. As we grow closer together, we can share our joys and help one another carry our burdens.



Write

God hears all our prayers.

- Write an intention on the provided slips of paper.
- Roll it up and place it in the prayer wall.
- These intentions will be read, and prayed for, by our community, so please be open and honest, but refrain from using people's names. Instead, use relationships (my mother, my friend, etc.).

Read

We are focusing on becoming a Church that listens. Take some time to read intentions from the wall, roll them back up, and replace them in the wall.

Pray

Carry these intentions in your heart this Lenten season and bring them into prayer in your own way.

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 ... Fishing Lake First Nation is a Saulteaux branch of the Ojibwe Nation and is located southwest of Wadena, Saskatchewan. Originally from central Canada, they were part of the Yellow Quill Saulteaux Nation. Chief Yellow Quill signed an adhesion to Treaty 4 in 1876. In the 1880's, Yellow Quill Saulteaux First nation was separated into three reserves (Nut Lake, Fishing Lake, and Kinistino). Fishing Lake First Nation was officially recognized as a separate First Nation in 1907. The population is approximately 2,000 and members live on and off the reserve. The First Nation has a new K – 12 school and business ventures including a full service camp management company. Retrieved January 30, 2023 [Fishing Lake First Nation \(Saskatoon.ca\)](https://www.fishinglakefirstnation.ca/)

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](https://www.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](https://www.archregina.sk.ca/news) or email communications@archregina.sk.ca.

Ecumenical Log Drivers with Bishop Bruce Myers OGS - Part 2

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

After overcoming some technical difficulties, we are pleased to offer part 2 of a Week of Prayer for Christian Unity lecture series offered through the sponsorship of St. Thomas More College, the Prairie Centre for Ecumenism, the Archdiocese of Regina, and Campion College featuring Bishop Bruce Myers at Campion College in Regina.

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](#).

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.

Pain. In 1297 English, the word peyn came from Old French peine, which came from Latin poena meaning "punishment, penalty." In late Latin, it meant to torment, hardship and suffering. Greek ποιινή (poine) with a general meaning of "price paid, penalty, punishment."

In 1644 Descartes' theory was that pain passed along nerve fibres as a disturbance that reached the brain. Descartes's and Avicenna's work evolved to the Specificity theory saw pain as "a specific sensation, with its sensory apparatus independent of touch and other senses." By the end of the 1800s, pain specificity was presented as fact.

Pain is an adaptive response that naturally protects our body from actual or potential injury. It is thought to be a signal from your nervous system that something is wrong. It is an unpleasant subjective sensation that may be constant, intermittent, sharp or dull, aches, tingling, burning, or stinging. It causes physical suffering or discomfort caused by illness or injury. There are differing opinions on whether pain is an emotion that results in mental suffering or distress. Pain is experienced differently by people.

Full Time Archivist for the Archdiocese of Regina

The Archdiocese of Regina is seeking a full time Archivist with a start date of mid to late March 2023. For duties, responsibilities, and qualifications, see the job posting at: [archregina.sk.ca/employment/](https://www.archregina.sk.ca/employment/). A letter for interest and resume may be sent to burkhart@archregina.sk.ca by March 7.