



*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

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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.

First Sunday of Lent, February 26, 2023



*"It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'"
Matthew 4:10*

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives.

Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things. Lent is time to repent and let go of the other "gods" we have put before God.

This Week's Masses

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| Monday | Feb 27 | No Mass. |
| Tuesday | Feb 28 | 7 pm – Special Intention of Greg and Jan. Eucharistic Adoration & individual Reconciliation after Mass - 7:30 to 8:30. |
| Wednesday | Mar 1 | 10 am – Intentions of Christi Rust requested by Rita and Carl Knibbs. |
| Thursday | Mar 2 | 9 am – Intentions of Rita Saalman requested by the St. Cecilia CWL. Note the change in time for this week. |
| Thursday | Mar 2 | 11 am – Wilfrid Bertrand Funeral. The Mass will be livestreamed. |
| Friday | Mar 3 | 10 am – RIP Jerry Zbytnuik requested by Marge Appell. Eucharistic Adoration & Individual Reconciliation after Mass - 10:30 to 11:30. |
| Saturday | Mar 4 | 7 pm. |
| Sunday | Mar 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.

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 – This Sunday

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.*

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.

Bear Witness to Canada's Past at the Witness Blanket

The Witness Blanket at the RCMP Heritage Centre holds stories of the residential school experiences from survivors across the country. Inspired by a woven blanket, the Witness Blanket is a large-scale work of art. It contains hundreds of items reclaimed from residential schools, churches, government buildings and traditional and cultural structures from across Canada. Bearing witness means taking responsibility for the future, and by visiting the Witness Blanket, you can actively engage in the reconciliation process.



The Witness Blanket exhibit is available until March 15. View the blanket individually or as a group, with or without a tour guide. Admission is free for Indigenous people and survivors. A small fee applies to non-Indigenous visitors. Open 11 am – 5 pm, 7 days a week. Free parking. Bookings with a tour guide can be made through Educational Programming Coordinator Debbie LeDressay at deb.ledressay@rcmphc.com. Learn more at www.witnessblanket.ca.

Lent

Eucharistic Adoration and Sacrament of Reconciliation



Tuesday evening, 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 evenings, 7 pm. Different reflection each week. The livestream replay of the February 24 reflection, *The Garden Way of the Cross* is on our [website](#). Learning the stories, names, legends, and symbolism of familiar and common plants and flowers means we may never spend time in a garden in quite the same way again.

Join with the Knights of Columbus, Father Burns Council as they lead *Praying the Stations With Saint John XXIII* on March 3. 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 ... George Gordon First Nation is a Cree and Saulteaux band located in Treaty 4 territory near the village of Punnichy with a population of approximately 4,000. Ka-newo-kaskwatew (George Gordon) was among the first leaders to make and sign Treaty 4 on September 15, 1874. The Gordon's Indian Residential School operated from 1888-1996 under the management of the Anglican Church of Canada. Today, the First Nation is undertaking self-determination through its economic arm, George Gordon Developments Ltd. Retrieved on February 17, 2023.

[George Gordon First Nation \(ggn.ca\)](http://ggn.ca)

The Myriam Family of the Prairies Day Retreat

Make me a channel of your peace! How to build an atmosphere of trust in my relationships.

Saturday, March 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.

Development and Peace: A Movement of Solidarity



Established in 1967, Development and Peace — Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. We partner with organizations in the Global South that promote alternatives to unjust social, political, and economic structures and support women in their quest for equality and justice. With the help of our 11,000+ volunteer members, we inform Canadians about the root causes of impoverishment and mobilize them to act for change. Our 2023 Lenten campaign, Stand for the Land focuses on people's defence of their territories

in Colombia and Honduras. To learn more about our movement and to join us, visit devp.org.

CRISPR, Biotechnology, and Catholic Ethics with Ethicist Sr. Zoe Bernatsky

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

What does the Church teach about the use of CRISPR gene editing technology and other advances in biotechnology? In this part 1 of 2, Dr. Brett Salkeld opens a conversation with Sr. Zoe Bernatsky, professor of Moral, Spiritual, and Pastoral Theology at Newman Theological College in Edmonton, Alberta.

Show Snippet: "It's relatively straightforward to change a single gene, and if you've ever watched someone suffer with Huntington's, you would say, "I can, I can stop that by changing a single gene? I will take it. Thank you." It's a good example because it's a straightforward one (but) There's lots of other potential things that might be done that are much more complex when there's more than one gene, and then the question of unintended consequences starts to compound." [Listen to the podcast](#).

Raising Children to Give: A Stewardship Workshop

Generosity is a spiritual practice, just like prayer. Yet so often children are left out of discussions about stewardship and giving. In this engaging webinar, educators and authors Traci Smith and Laura Alary will share practical ways to open the conversation and nurture generosity and giving with children all year long.

Join this Zoom webinar, Thursday, March 9, at 3 pm. [Register here](#). Also available on [YouTube](#).

Laura Alary is the coordinator of the McKay Educational Resource Centre at Caven Library, Knox College, Toronto. The McKay Centre focuses on faith formation and congregational life and incorporates a growing Picture Books in Ministry collection. A former Christian education coordinator, Laura is also a writer and storyteller. Her books include Read, Wonder, Listen: Stories from the Bible for Young Readers, the church year series Make Room, Breath, and Look! and most recently Sun in My Tummy, The Astronomer Who Questioned Everything, and Here: The Dot We Call Home.

Traci Smith is a pastor, mother of three, and author of three books Faithful Families: Creating Sacred Moments at Home, Prayers for Faithful Families: Everyday Prayers for Everyday Life, and Faithful Families for Advent and Christmas: 100 Ways to Make the Season Sacred. Traci's passion is helping families find times for connection and spiritual nourishment amid the hustle and bustle of daily life. Traci speaks to both ministry leaders and families about faith formation at home and trends in faith formation within the church. Her weekly newsletter, Treasure Box Tuesday, provides weekly resources, links, and inspiration. Traci has a Master of Divinity degree from Princeton Theological Seminary and undergraduate degrees from Calvin College.

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 explore a trauma-associated word's origins, meanings, and evolution.

Fear. The Greek root, Phobos, means 'fear.' Fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat. Fear starts in the part of the brain called the amygdala. According to Smithsonian Magazine, "A threat stimulus, such as the sight of a predator, triggers a fear response in the amygdala, which activates areas involved in preparation for motor functions involved in fight or flight. Preserved throughout evolution, the fear response allows survival by engendering appropriate behavioural responses. Fear is closely related to the emotion anxiety, which occurs as the result of threats perceived as uncontrollable or unavoidable. Research in some areas suggests that social relations and culture may also shape and guild the understanding of when and how much fear to feel and are not just based solely on individuals' nature."