

LITTLE FLOWER PARISH

FOURTH SUNDAY IN ORDINARY TIME
JANUARY 28TH, 2024

Little Flower Weekend Masses

Saturday 5 p.m.

Sunday 10 a.m.

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4:00 pm

Wednesday to Friday 8 a.m.

College Park I Retirement Residence Liturgy

1st & 3rd Thursday of the month 10 a.m.

College Park II Retirement Residence Liturgy

2nd & 4th Friday of the month 10 a.m.

Office Hours (for in-person service)

Monday to Friday: 9:30 am to 1:30 pm

Saturdays: 9 a.m. to 1 p.m.

Parish Staff

Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino &

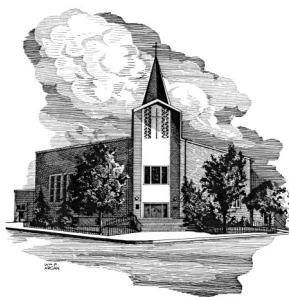
Lauana Candido

Caretaker/Maintenance: Rick Morin

Parish email: littleflowerregina@sasktel.net



MISSION STATEMENT: Little Flower Parish as a faith community reaches out to all in service, compassion and love to fulfil our mission of proclaiming the gospel daily in word and deed.



420 College Avenue

Regina, Saskatchewan

S4N 0X2

Phone 306-522-8583

Email:

littleflowerregina@sasktel.net

Land Acknowledgement



Little Flower Parish is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.



Little Flower is wheelchair accessible through the Edgar Street entrance.

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Theme: Aloneness is not the same as loneliness. By ourselves or with others, we have the Lord's presence. He brings freedom from sin and abundant mercy. He always acts with the authority of love.



This Week in the Parish . . .

Contact the office to request a Mass for your loved ones. The agenda for 2023 Mass requests is open

Mass intentions for this week are:

Tues. 30, +Repose of Peter Phuoc
Wed. 31, No Mass Intentions
Thu. 1, No Mass Intentions
Fri. 2, No Mass Intentions
Sat. 3, Int. Of Annie Dormuth

Altar Server of the week: Gabe Seiferling

Hospital Chaplains

Catholic chaplains visit patients and their families to address any spiritual needs.

To receive a visit from a chaplain, call:

- General Hospital 306-519-1405
- Pasqua Hospital 306-519-1380
- Wascana Rehab Centre 306-530-6511

Please also let your parish know if you've been admitted to the hospital.

Return to Vibrancy Announcement:



Saint Thérèse had a deep love for the world around her and all that was in it. As a young child she owned a favourite blue hat. She sometimes wondered if it were possible to love God as much as she loved that hat. We know from her autobiography, *The Story of a Soul*, she loved God above all. Saint Thérèse said: "When one loves, one does not calculate."

Offering of the Mass



By virtue of the "communion of saints," the Church commends the dead to God's mercy and offers her prayers especially the holy sacrifice of the Eucharist, on their behalf. (Catechism of the Catholic Church). This practice dates as far back as Judas collecting a sin-offering for the dead, making atonement so they might be delivered from their sin. (2 Maccabees 12:39-45). Masses may also be offered for the intentions of the living or in thanksgiving. Masses are requested through the parish office.

Stewardship Bulletin Bit January 28, 2024 4th Sunday in Ordinary Time

"Brothers and sisters: I should like you to be free of anxieties."

1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

Subject: Beware of Suspicious Emails from "Father Jake"



We have noticed suspicious emails claiming to be from Father Jake, requesting money or personal information. Please be aware that Father Jake or any representative from the church would never make such requests via email. If you receive any email requesting money or personal information from Father Jake, treat it as suspicious. Do not respond or share sensitive details. Report such incidents by forwarding the email to the Little Flower Office. We take your security seriously. Stay vigilant and inform others in the community about this potential threat. Thank you for your cooperation.

PRAYER FOR THE SICK

Dear Jesus, Divine Physician and Healer of the sick, we turn to you in this time of illness.

O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden.

Dear God, we place our worries in your hands.

We place our sick under your care and humbly ask that you restore your servant to health again.

Above all, grant us the grace to acknowledge your will and know that whatever you do, you do for the love of us. Amen.

Prayer Ministry



Please pray for the needs of the sick of our parish, the homebound, people who are alone and/or afraid to go out. Pray especially for: Germain Beurivage, Ann Dormuth, Jose Estioco, Agnes Fahlman, Jack Gebert, Dean Hutchence, Shelly Joubert, Judy Klenk, Don Morrell, Lima Perras, Claudia Sali, Ron Strassburger, Louise Wingerter, Frances Gyurek, Family of Clair Wingerter, Anthony Wingerter, Barb's brother and family who lost their home in a fire, Delores Blank, Theresa Sokalski the lonely, vulnerable, and homeless, Suffering in the world, as well as all who are affected by war.

Pope Francis: 'Prayer is breath of faith in war-torn world'

By Francesca Merlo



In a preface for Cardinal Comastri's new book, "Praying Today. A Challenge to Be Overcome", Pope Francis invites Christians to prepare for the 2025 Jubilee through fervent prayer for our conflict-ridden world.

In the preface of a book published on Tuesday, 23 January, Pope Francis emphasises the importance of praying insistently as wars are fought around the world.

The Pope's preface introduces Cardinal Angelo Comastri's "Praying Today. A Challenge to Be Overcome", which was published by the Vatican Publishing House (LEV) in connection with the Year of Prayer.

"Prayer is the breath of faith; it is its most proper expression," writes Pope Francis.

It is not easy to find words to express the mystery of prayer, continues the Pope, adding that despite the many definitions from saints and masters of spirituality, "it can only ever be described in the simplicity of those who live it."

CATECHISM LESSON THIRTY-NINE

What is Holy Mass? Watch Videos:

www.archregina.sk.ca/group/catechetical-support-parishes/

Catechism Text: CCC nos. 1330-1332

Sacred Scripture: Luke: 22.19, 1 Cor 11.24-27, Mal 1.11-14

Ignatius of Antioch: Make certain, therefore, that you all observe one common Eucharist; for there is but one Body of our Lord Jesus Christ, and but one cup of union with his Blood, and one single altar of sacrifice—even as there is also but one bishop, with his clergy and my own fellow servitors, the deacons. This will ensure that all your doings are in full accord with the will of God” (Letter to the Philadelphians 4 [A.D. 110]).

FAQ: How does the second edition of the Catechism of the Catholic Church differ from the first edition?

The second edition differs in two ways. First, the second edition reflects the changes that were made in the final Latin text in 1997. Second, the second edition includes a new index and a glossary was added.

TF# 384 - Communities of Care:

Catholic Parishes and Mental Health Peer Support This week on Thinking Faith Deacon Eric Gurash discusses the ways that spiritual peer support can help navigate mental health challenges and the role our parishes and Catholic social teaching can play in building caring, supportive communities. Show Snippet: "Our parish communities are uniquely positioned to walk with others, offering prayer-filled support that can rebuild self-esteem and confidence often undermined by experiences of mental illness through a focus on mutuality, self-determination, respect, dignity, equity, and belonging." Find out more about the Archdiocese of Regina's Emmaus Family Support mental health ministry at www.emmaussupport.ca. thinkingfaith.libsyn.com/communities-of-care-catholic-parishes-and-mental-health-peer-support

First Friday Adoration

The First Friday/First Saturday vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held March 1st and 2nd, 2024 at St. Mary's Church in Regina. Priests will be available for confession at 6:30 P.M. before Holy Mass as well as after Holy Mass. Holy Mass will occur at 7:00 P.M. followed by the all-night vigil ending with Holy Mass at 8:00 A.M. on Saturday morning.

Development and Peace Share Lent Workshops

· Regina: Saturday, February 3rd at 1:00 pm, Holy Child Parish, contact Marian Grady: marian-grady@sasktel.net

· Yorkton: Sunday, February 4th, following 11 am mass and light lunch, St Gerard's Parish, contact Mark Bell: jmbell@sasktel.net

· Assiniboia: Saturday, February 24th at 1:00 pm, St George's Parish, contact Susan Robinson: susanmr@sasktel.net

Interested in sharing this amazing, easy, economical method with friends and family? Join us for the

Full Workshop with teacher trainer Shawna Van Uden:

Billings Ovulation Teacher-Training Workshop

March 1, 2 and 3, 2024

Costs include workshop, meals and accommodation for 3 days: \$200.00

Accommodation only on Friday night. Saturday 3 meals and accommodation. Sunday 2 meals.

WHO CAN ATTEND?

*Individuals interested in fertility awareness including various stages in a woman's reproductive life: menarche, breastfeeding, peri-menopausal.

*Health care providers such as physicians, functional medicine practitioners, naturopaths, chiropractors, midwives, nurses, or anyone else with an interest in women's health may audit this workshop with no prior training in the Billings Ovulation Method®. Contact us if you have questions about auditing. Sponsored by NFP:SK www.nfpsk.ca

Promoting and teaching the Billings Ovulation Method® throughout Saskatchewan Affiliated with WOOMB Canada. www.woomb.ca

FMI, call or text Marcy at: 306-276-7954