

LITTLE FLOWER PARISH

**12TH SUNDAY IN ORDINARY TIME
JUNE 23RD, 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 am

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.

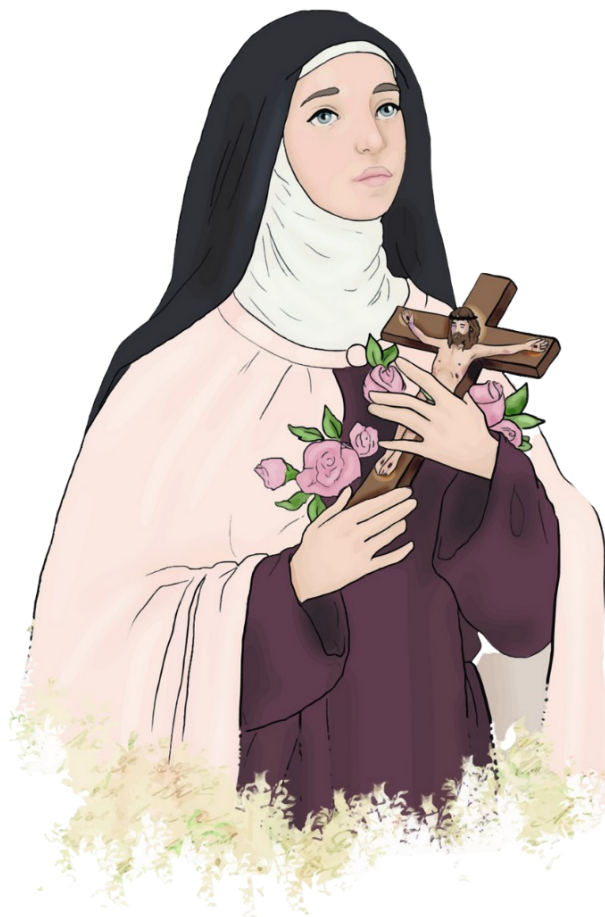
Parish Staff

Parish Administrator: Rev. Jake Ibay

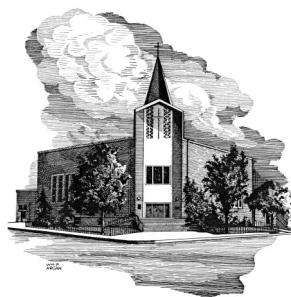
Office Administrator: Valerio Quirino &

Lauana Candido

Caretaker/Maintenance: Rick Morin



***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.*



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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: “Why are you so frightened? How is that you have no Faith?” Are like those disciples, afloat in rough seas and not able to see Jesus as he is, our Savior, in times of rough seas as well as calm? We need to confidently put our faith in Jesus.



Contact the office to request a Mass for your loved ones. The agenda for 2024 Mass requests is open

Mass intentions for this week are:

Tues. 25 Ron & Ronnie Strassburger
Wed. 26 Healing of Brett Wingerter
Thu. 27 The Passing of Nhi Tran Parents
Fri. 28 Thanksgiving Mass for Nhi Tran
Sat. 29 +Repose of Alan Kelm



Return to Vibrancy Announcement:

Although St. Thérèse described herself as a fragile little flower, the notion of doing spiritual battle to save souls held a strong appeal for her. Like a soldier fitted for war she was ready for battle: humility her armour and love her only weapon. She had a faith of mustard seed proportions, enabling her to perform unlimited charitable acts.

St. Thérèse said: “A heart enfolded in Divine love cannot remain inactive.”

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.

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.

Stewardship Bulletin Bit June 23, 2024
12th Sunday in Ordinary Time

"Then he asked them, 'Why are you terrified? Do you not yet have faith?'"

– Mark 4:40

Do you really trust God? Is God your first choice or last resort? Is your faith something you just do on Sunday or do you live the Gospel message every day of the week? Many of us know about God. How many of us have a personal relationship with Him? Start now, open your heart to receive our Lord. Talk and listen to Him every day. Move your discipleship from head knowledge to heart knowledge.

Father's Day Pancake Breakfast, Thank you!



We want to extend a heartfelt thank you to each and every one of you who joined us for our Father's Day breakfast. Your presence and support made the event truly special and memorable. It was a joy to see our hall filled with warmth and

celebration on such a meaningful occasion.

A special appreciation goes out to all the dedicated volunteers who worked tirelessly behind the scenes to make this event a success. Your hard work and dedication are deeply appreciated and truly made a difference.

Thank you once again for being part of our parish family and for making Father's Day a blast with your presence. We look forward to many more moments of fellowship and celebration together

Thank you, Father Amado!



On behalf of the entire parish community, we are immensely grateful to you for being here with us and substituting for Father Jake this month. Your presence and dedication have been a blessing to our church,

and we are deeply thankful for the spiritual guidance and support you have provided.

May God continue to bless you in your ministry.

With gratitude,

Little Flower Community

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: Ann Dormuth, Jose Estioco, Agnes Fahlman, Dean Hutchence, Shelly Joubert,



Don Morrell, Lima Perras, Anthony & Louise Wingerter, Claudia Sali, Theresa Sokalski, Judy Klenk recovering from surgery.

A Thank You to Zoe Stradeski



For the last two years many ladies from Little Flower Parish had the opportunity of attending prayer meetings. Zoe Stradeski offered to organize this for us. We met on the second Saturday of each month from 3pm to 4:30pm. It was a chance to

learn more about our Faith through videos, lessons, prayer, questions and discussions. We learned about ourselves and each other. We wish to say a big thank you to Zoe for all the time, work and planning that she did to make this happen.

Barb Aman

Attention parishioners!



Stay connected with us on Facebook for instant updates and news about our church events. Like, follow, and share our posts to keep informed and spread the word! You can find us by searching for **Little Flower**

Regina or by scanning the QR code below. Thank you for being part of our online community.



12th Sunday in Ordinary Time Year B

Today's reading from Mark's gospel - telling how Jesus calmed one of the storms that are common on the Sea of Galilee - is one of three accounts of miraculous actions of Jesus which Mark brings together as he concludes his account of the ministry of Jesus in Galilee. The impact of this dramatic narrative would have been heightened for the first Christians, as they recalled the Saviour's triumph over the storm and confusion of his passion and death: the very centre of their new-found faith. Listening to this story, they would have found a new joy in the triumph of the Paschal Mystery. For those of Mark's community who were from a Jewish background, the Lord's mastery over the violence of the sea would have called to mind an Old Testament theme echoed in the first reading from the Book of Job.

For ancient cosmologies of the Middle East, the sea was mysterious and threatening – beneath the visible waters, they imagined a vast abyss upon which the flat earth rested precariously – as we hear in the biblical account of creation, as God's almighty power over the sea establishes the 'dry land of earth' (Gen 1:9). This outlook is recalled in the magnificent poetry of the Book of Job – the Lord responds to Job's complaints by appealing to the mysterious sovereignty of divine action evident in creation.

In this narrative, Jesus displays the mastery which belongs to the Creator; but the disciples in the boat with him are still far from the 'faith' that will be theirs when they recognize the full implications of his actions. In a typically Marcan detail – evidencing an immediacy that may well reflect Peter's telling of the story of Jesus – they abruptly confront Jesus: 'Master, do you not care? We are going down!' And when Jesus had calmed the storm, they were confronted by the sub-text we have already noted in Mark's gospel: 'WHO CAN THIS BE?' It is possible, as we have noted, that Mark's community belonged to the infant Church of Rome, who found themselves in the storm unleashed by Nero's persecution - that was to lead to the martyrdom of Peter. They have found the 'faith' to which Jesus had invited the disciples in the boat - a trusting awareness of God's almighty presence in the ordeal that they were facing. This gospel speaks to the Church in every age – its relevance to our stormy times needs no elaboration. As so often happens, the reading from Paul accords well with the gospel reading. Paul recalls the time when, like the disciples in the boat, he had not found faith in Christ, but judged the Saviour 'by the standards of the flesh'. But now, aware of the 'new creation' brought forth in the Paschal Mystery, he can face even the martyrdom that he is to share with Peter.

John Thornhill sm
TheEmmausSeries.com

Emmaus Scrupulosity/OCD Support

Are you overwhelmed by guilt and anxiety, constantly questioning your thoughts and actions? Do you obsess over sin or moral issues excessively? You might be struggling with scrupulosity, but you are not alone. Our Emmaus Support Scrupulosity/OCD group offers an anonymous, safe space to better know God's love and find lasting peace. Our group offers a safe environment for those facing scrupulosity/OCD challenges. Members can share struggles, receive encouragement, and learn practical coping strategies. Through prayer, discussions, educational resources, and spiritual guidance, we help you break free from scrupulosity and rediscover inner peace. Focusing on spiritual growth, we draw inspiration from saints who overcame scrupulous obsessions by God's grace. With these spiritual tools, you, too, can manage and overcome your OCD/scrupulosity. Join us as we journey toward healing, acceptance, and peace.

*Our groups do not provide counselling services and are not intended to replace professional counselling, medications, or therapies. Contact: Email: beatscruples@hotmail.com Phone/Text: 306-501-4065

Summer activities at the Myriam Family of the Prairies:

Young adult retreat: Called to the infinite, July 5-7th. Adult retreat: Abide in me, July 24th. Youth retreat for age 12-17, Saved and free, August 2-4th Two family retreats: Happy together, August 9-11th and August 16-18th. If you are interested, please reach Sr. Stéphanie at pss.prairies@famillemyriam.org or 306-536-2721

St. Philomena Walking Pilgrimage

Walk the St. Philomena Walking Pilgrimage, August 11-14, 2024 sponsored by the Archdiocese of Regina. Join pilgrims from ages 7-77 in this life changing, 4-day journey from Yorkton, Sk. to the Shrine of Our Lady of Lourdes, Rama Sk. This will be our 6th year making the 100 km walk! It's an experience that merits many blessings and many wonderful memories. For more information and to register, visit: stphilomena.ca