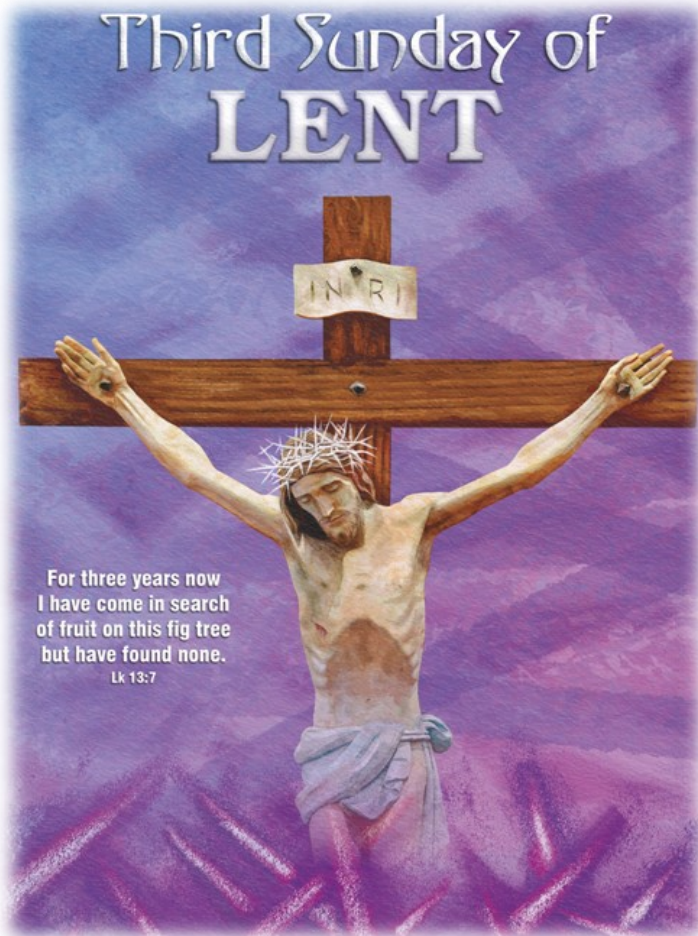


LITTLE FLOWER PARISH

**3RD SUNDAY OF LENT
MARCH 23, 2025**



Little Flower Weekend Masses

Saturday 5 pm

Sunday 10 am

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4 pm

Wednesday to Friday 8 am

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 am

Office Hours (for in-person service)

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

Saturdays: 9 am to 1 pm

Parish Staff

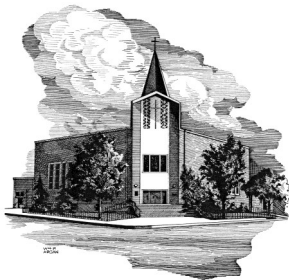
Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino &

Lilian Marouelli

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.



420 College Avenue

Regina, Saskatchewan

S4N 0X2

Phone 306-522-8583

Email: littleflowerregina@sasktel.net



Little Flower is wheel-
chair accessible through
the Edgar Street entrance



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.

3RD SUNDAY OF LENT

MARCH 23, 2025

Theme: The Christian lifestyle is a risky undertaking. Accepting salvation in Jesus has no built-in safeguards. To be saved, we have to be willing to place our trust in God alone.



Mass Intentions

Tuesday	4:00 pm	No Mass Intention
Wednesday	8:00 am	No Mass Intention
Thursday	9:45 am	No Mass Intention
Friday	8:00 am	No Mass Intention
Saturday	5:00 pm	Int. of Nancy Dela Pena

Altar Server: Jean Zdunich

To request a Mass Intention, please contact the Parish Office. The 2025 agenda is open.

St. Thérèse



When St. Therese was fifteen, she asked the Pope for permission to enter the Carmelite order, even though she was too young. When she began her postulancy she took the name "Sr. Therese of the Child Jesus and the Holy Face." She dedicated her life to simple acts, for she believed that it was the small daily tasks that made one holy. This became known as St. Therese's "Little Way". It is the way we are called to do ordinary things with extraordinary love.

St. Thérèse said: "Love proves itself by deeds, so how am I to show my love?"

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.

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 Bits
March 23, 2025
3rd Sunday of Lent

"He said to the gardener, 'For three years now, I have come in search of fruit on this fig tree but have found none.'" - Luke 13:7

We can all be like the barren fig tree at times. Do you cling to what you have, or do you generously share with others? How will you respond when God asks you what you have done with all the gifts He has given you? Remember, not only are we called to be generous, but we are also called to develop and nurture our gifts and return them with an increase. We are called to be generous with all of gifts; especially the one that means the most to you.

Readings for the 3rd Sunday of Lent

First Reading: [Exodus 3:1-8A, 13-15](#): *Moses encounters God in a burning bush at Horeb. Instructed to remove his sandals on holy ground, he is tasked to rescue Israelites from Egypt, armed with God's name, "I AM."*

Responsorial Psalm – Psalm 103: *I praise the Lord for His kindness: forgiving sins, healing diseases, rescuing lives, and crowning with love. He is righteous, merciful, and gracious, with boundless mercy.*

Second Reading – 1 Corinthians 10:1-6, 10-12: *Our forefathers, guided by a cloud and sea, were baptized into Moses, shared spiritual sustenance, and drank from Christ, the spiritual rock. Their failures in the wilderness warn us against evil cravings and complacency.*

Gospel – Luke 13:1-9: *Jesus addressed the news of Galileans killed by Pilate, emphasizing that suffering isn't directly linked to personal sinfulness. He called for repentance to avoid a similar fate. He then told a parable of a barren fig tree; a gardener sought more time to nurture it, symbolizing God's patience and call for repentance.*

Catholic Women's League



Welcome All Ladies!

Do you wish to join a ladies' group that prays together and holds other events for the betterment of the Parish? You are most welcome to join the **Catholic Women's League (CWL)**.

For more information or to join this most worthy group, please contact **Judy Klenk** at jklenk@myaccess.ca or by calling **306-789-6980**.

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 the repose of the souls of Tim Wingerter and Hartley O'Connor. 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 and Pope Francis.

NOMINATIONS 2025



On Sunday, April 6, there will be nominations for the Parish Council and Finance Committee. This year, **five positions** are open for nomination. According to our constitution, a person is elected for a three-year term and may be re-elected for a second three-year term.

We ask for your cooperation in nominating eligible parishioners to the positions (i.e., registered parishioners, fully initiated into the Catholic Church, and over 16 years of age). The nominating committee will contact the nominee to ask if he/she will allow his/her name to stand.

Please return your nomination forms by Sunday, March 30, 2025, by depositing them in the box at the church entrance.

Thank you!

A Lenten Retreat with the Myriam Family



The season of Lent is upon us once again, and with it the invitation to a shared journey toward the new life of Easter. With Christ as our constant companion and guide, we make our common pilgrimage from ashes to alleluia.

In this Jubilee Year, we are especially encouraged by Pope Francis to make this Lenten journey as *pilgrims of hope*. The Holy Father asks us to consider this question: "Am I really on a journey, or am I standing still, not moving, either immobilized by fear and hopelessness or reluctant to move out of my comfort zone?" This is a striking challenge to consider.

On Wednesday **March 26th at 7:00 pm** the Myriam Family will lead a "*Hoping against Hope*" evening retreat at Little Flower.

Come join together for talk, song and adoration.
"Let us journey together in hope"

Please contact the Parish Office at 306-522-8583 to Register.

External debt and ecological debt: Who owes whom?



Peru is facing an ecological debt crisis as extractive industries, often foreign-owned, plunder its natural resources, harming the environment and human rights.

These industries contribute to the unjust enrichment of the Global North at the expense of the Global South.

Thus, as countries in the Global South incur financial debts that further impoverish them, they are owed a mounting ecological debt by the Global North that is never settled.

Our partners, the Episcopal Commission for Social Action (CEAS) and the Institute Bartolomé de Las Casas (IBC) work closely with affected communities, advocating for justice and sustainable alternatives.

This Lent, discover the work of CEAS and IBC by reading our [Mini-magazine](#) and watching our testimonial video at devp.org/lent.

Mental Health & Faith: A Conversation on Support and Hope

1 in 4 families and individuals are affected by Mental health challenges, yet they often struggle in silence. Deacon Eric and Melissa Gurash of Emmaus Support Mental Health Ministries and the CWL of Resurrection Parish in Regina invite you to an open conversation about mental health and faith's role in healing and resilience.

Whether you live with mental health struggles or walk alongside someone who does, this event offers a space of understanding, support, and faith-filled hope.

Join us on Saturday, April 26 from 8:30 am - noon at Resurrection Parish, 3155 Windsor Park RD, Re-

Pope's March prayer intention: 'for families in crisis'

Pope Francis releases his prayer intention for the month of March 2025, and invites everyone to pray for "families in crisis," as he acknowledges that no family is perfect, but that when we forgive our family members, we can rediscover peace.

Thinking Faith S02 E01: New Beginnings, Exploring Vocations, and the Latin Mass

Thinking Faith now on video! Deacon Eric and Dr. Brett Salkeld celebrate their first video podcast with a lively discussion. They tackle last few Conquest Boys Club questions including how to become Pope, and why the Latin Mass seems to appeal to young Catholics reflecting on balancing tradition with a vibrant faith community.

Tune in for insight, humor, and heartfelt conversation! <https://youtu.be/IITL26xBD60?si=B7JbCCBScQ2BmJk2> Find past episodes at <https://thinkingfaith.libsyn.com/> or [wherever you listen to your podcasts](#).

Women Commission: A Three-Part Study

The Women's Commission in the Archdiocese of Regina invites you to a special three-part study of the **Final Document of the Synod on Synodality**. This is an opportunity to come together as women of the Church to explore the key themes of Communion, Participation, and Mission, deepening our understanding and engaging in meaningful discussion.

Why Join?

- Gain familiarity with the Synod's final document
- Discuss its potential impact on our Church and lives
- Share your voice and reflections in a welcoming space

Event Details:

Session 1: The Heart of Synodality – Called by the Holy Spirit to Conversion

April 2, 7:00 – 9:00 PM

Presentation by Fr. Raymond Lafontaine, followed by discussion and reflection

Session 2: The Conversion of Relationships & Processes

April 9, 7:00 – 9:00 PM

Session 3: Forming a People for Missionary Discipleship

April 16, 7:00 – 9:00 PM

This study offers a unique chance to engage with the Synod's vision and reflect on how it shapes our faith, community, and role as women in the Church. We hope you'll be part of this important conversation.

Please register here: <https://us02web.zoom.us/meeting/register/5zJ1qzz0Qj-21YRl1pBNJw>