

# ***LITTLE FLOWER PARISH***

**THIRD SUNDAY OF EASTER**

**APRIL 23, 2023**

## **Little Flower Weekend Masses**

Saturday 5 p.m.

Sunday 10 a.m.

**Reconciliation** prior to mass OR by appointment

## **Weekday Masses**

Tuesday 4 p.m.

Wednesday & Friday 8 a.m.

Thursday **April 27th will be at 9:30 am.**

## **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.

(We continue to monitor phone calls  
weekdays from 8:30 a.m. to 4 p.m.)

## **Parish Staff**

Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino & Lauana

Candido

Caretaker/Maintenance: Rick Morin

**Parish email:** [littleflowerregina@sasktel.net](mailto: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](mailto:littleflowerregina@sasktel.net)

[www.littleflowerregina.ca](http://www.littleflowerregina.ca)



## **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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## THIRD SUNDAY OF EASTER

### APRIL 23, 2023

**Theme:** We meet Jesus every day of our life. Our friends, our acquaintances, our daily activities are all occasions for encounters with the risen lord. Today's Eucharistic reminds us that our life is filled with such encounters.



**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., April 25	+ Repose of Leonard Baker
Wed., April 26	+ Repose of Lorena Wolensky
Thu., April 27 (9:30 am)	+ Repose of Gladis Maier
Fri., April 28	+ Repose of Kathleen Wingerter
Sat., Apr 29	In memory of George Mertler Requested by Gord Mertler

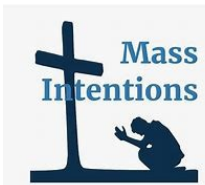
**Altar Server Of the week: Jean Zdunich**

#### **Scam Alert**

**We have been informed that some parishioners have received phishing emails from scammers pretending to be Father Jake. DO NOT CLICK any links or attachments in those emails. If you receive a suspicious message from Father Jake, call or e-mail the office to make sure the email is safe. Father Jake or any other priests won't ask people for gift cards or money.**

#### **April 30th - Annual General Meeting**

#### **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.

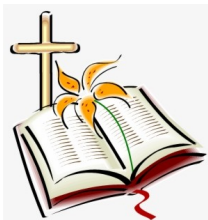
To receive a visit from a chaplain, call:

- 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.

#### **Holy Face of Jesus**

The Holy Face of Jesus (shroud of Turin) will be on a billboard from the 3rd-24 April on Sask. Dr / Ottawa St. Come gaze on this Holy Face during this Easter season!



"Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?"  
*Luke 24:32*

How often do you take the time to discern what Jesus is calling you to do with your life? Are your prayers always petitions, asking Jesus to do things for you? If so, that's a one-sided relationship. Living our faith means developing a personal relationship with Jesus. Just like any friendship, there is give and take, each side listening to each other and helping each other out. Take time, in silence, to listen to what Jesus is asking of you today.

### Sacrament Preparation for Confirmation and First Eucharist



Little Flower is scheduled for Confirmation and First Eucharist on May 10th. Preparation sessions will resume on April 16th at 2:00 pm and we'll have April 23rd, 30th and May 7th as our next sessions dates. For more information, email the office at:

littleflowerregina@sasktel.net

### Annual General Meeting



Copies of our annual report are available on the tables at the back of the church. If you pick up a report and are going to the meeting, please bring it along with you. Thank you.

Our parish Annual General Meeting will take place Sunday, April 30th following Mass. Join us after Mass for some coffee, donuts and the meeting.



(itwewin is the Cree word which means 'the word' or 'as it is said...')

Fr. John Weckend, Archdiocese of Regina Truth and Reconciliation Healing Committee. Did you know... Nekaneet First Nation is a Cree nation located in the Cypress Hills in southwest Saskatchewan and has a population of approximately 460 members. Nekaneet and his followers decided to stay in their ancestral land and refused to relocate. All K – 12 students attend school in Maple Creek. In January 2023, Nekaneet teamed up to create the Wiyotisiwin Investment Management Company (the first Indigenous-owned investment firm in Canada) to have more control over its trust investments. Retrieved on March 23, 2023 [cjme.com/2023/01/23/nekaneet-first-nation-part-of-canadas-first-indigenous-owned-investment-firm/](https://cjme.com/2023/01/23/nekaneet-first-nation-part-of-canadas-first-indigenous-owned-investment-firm/)

### 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 Beaurivage, Ann Dormuth, Jose

Estioco, Agnes Fahlman, Marlene Frey, Fred Fry, Jack Gebert, Dean Hutchence, Shelly Joubert, Judy Klenk, Don Morrell, Lima Perras, Claudia Sali, Ron Strassburger, Clair Wingerter, Louise Wingerter, the lonely, vulnerable, and homeless, as well as all who are affected by war.

### Vocation View

*"Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible, for everything that becomes visible is light."*

Ephesians 5:8-14:



**James & Anne Bast** —April 11th—59 years  
**Dave & Rosemarie Kovacs**—April 28th—50 years  
**Irwin & Karyle Blank**—April 28th—39 years

*Richest blessings to all our couples. You are a particular witness of God's love and fidelity amongst us!*

## 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.

Hyperarousal [hi"per-ah-row'zal] (Noun)

Merriam-Webster defines this as excessive arousal: an abnormal state of increased responsiveness to stimuli that is marked by various physiological and psychological symptoms (such as increased levels of alertness and anxiety and elevated heart rate and respiration). It is also one of three sets of criteria used to diagnose post-traumatic and acute stress disorder. Symptoms of hyperarousal include exaggerated startle response, disturbed sleep, difficulty in concentrating or remembering, and excessive vigilance.

### Trauma Informed Perspectives Workshop – Yorkton Deanery

Are you interested in learning about trauma and how it impacts people? Trauma comes in many forms. Some areas we will look at are natural disasters, accidents, sudden death and other areas. Everyone is welcome to join us for a Trauma-informed Perspective workshop on Saturday, May 6, 2023, from 9:30 - 4:30 St. Gerard parish hall, located at 124 3rd Avenue, Yorkton. For more information or to register, email: [csaeducation@archregina.sk.ca](mailto:csaeducation@archregina.sk.ca).

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**The Catholic hospital chaplains at the Regina facilities are seeking volunteers** with the time and gifts to be able to serve as relief chaplains. Ideally, you would have taken at least one unit of CPE (Clinical Pastoral Education) or be willing to enroll in the near future. To find out more, please attend the information session being held on **Wednesday, April 26, 7PM** at the Archdiocese of Regina Pastoral Centre (200 – 2151 Scarth Street). Please direct questions to any of the chaplains:

**Jerry Fitzgerald** [j Fitzgerald@archregina.sk.ca](mailto:j Fitzgerald@archregina.sk.ca)

**Joan Rink** [joan.rink@saskhealthauthority.ca](mailto:joan.rink@saskhealthauthority.ca)

**Jennifer Holtslander** [jholtslander@archregina.sk.ca](mailto:jholtslander@archregina.sk.ca)

## TF345The Doctrine of Discovery is Not a Doctrine with Archbishop Donald Bolen and Archbishop Richard Smith - Re-leased from the "Up Front with the Archbishop" podcast.

In light of the Vatican's recent repudiation of the "Doctrine of Discovery", we are very pleased to share the following conversation between Archbishop Donald Bolen and Edmonton Archbishop Richard Smith on Archbishop Smith's "Up Front" podcast discussing this latest statement from the Vatican and the true history and context of the Church's relationship with this so-called doctrine. Show Snippet: "Those definitions going hand in hand speak to any concept, argumentation, and justification for European colonizing powers to come and take indigenous lands. And what the Vatican was repudiating was, in a broad sense, any of those argumentations or justifications used to do so, saying it was never right; indigenous people always had rights." Discover more great conversations on the Archdiocese of Edmonton's Up Front with the Archbishop Podcast; [caedm.ca/upfront/thinkingfaith.libsyn.com/the-doctrine-of-discovery-is-not-a-doctrine-with-archbishop-donald-bolen-and-archbishop-richard-smith-re-leased-from-the-up-front-with-the-archbishop-podcast](http://caedm.ca/upfront/thinkingfaith.libsyn.com/the-doctrine-of-discovery-is-not-a-doctrine-with-archbishop-donald-bolen-and-archbishop-richard-smith-re-leased-from-the-up-front-with-the-archbishop-podcast)

## LESSON NINETEEN

FAQ: Is the Catechism an expression of inculturation on the global level?

Yes. The Church is not exclusive to any race, nation, lifestyle, or custom. The Church enters into communion with all different forms of culture.

The Catechism re-expresses the Christian message at the level of the universal Church, representing a successful inculturation of the faith at a specific level. It reformulates the documentary tradition of the Church within the global culture in an admirable way. **What pictures do we have of the Holy Trinity? Quelles images y a-t-il de la Très Sainte Trinité ? Watch Videos:** [archregina.sk.ca/group/catechetical-support-parishes/](http://archregina.sk.ca/group/catechetical-support-parishes/)

**Catechism Text:** CCC # 689

**Sacred Scripture:** John 1.18 (Father & Son) & Luke 3.22 (Dove/Holy Spirit).

**Saints:** an exercise in meditation and prayer could provide a **personal** image/understanding of the Holy Trinity. Likewise, St. Faustina wrote in her diary: I understand the spiritual espousal of a soul with God ... (and) ... I have come to understand His Trinitarian quality and the absolute Oneness of His Being (entry 1020).