

# ***LITTLE FLOWER PARISH***

**FOURTH SUNDAY OF EASTER  
MAY 8, 2022**

**Little Flower Weekend Masses**

Saturday 5:00 pm

Sunday 10:00 am

**Little Flower Weekday Masses**

Tuesday 4:00 pm

Wednesday to Friday 8:00 am

**College Park I Retirement Residence Liturgy**

1<sup>st</sup> & 3<sup>rd</sup> Thursday 10:00 am

**College Park II Retirement Residence Liturgy**

2nd & 4th Friday of the month 10:00 am

**Little Flower Office Hours (For In-person services)**

Monday to Friday 9:00 am to 1:00 pm

We respond to emails and phone calls from 8 a.m. to 6 p.m.

**Parish Staff Team**

Parish Administrator: Rev. Jake Ibay

[littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)

Office Administrator: Valerio Quirino

[littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)

Caretaker / Maintenance: Rick Morin



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

**Treaty Acknowledgement**



Little Flower 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



Little Flower Parish is wheelchair accessible through the Edgar Street entrance.

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

# LITTLE FLOWER PARISH

## FOURTH SUNDAY OF EASTER

### MAY 8, 2022

**Theme:** Jesus is our good shepherd who leads us into the joy of eternal life. Since we are established in God's steadfast love through Jesus, we have nothing to fear. Our Shepherd is always with us. He calls us to the fullness of life, in this passing age and for eternity.

#### This Week in the Parish . . .

Daily Mass intentions as listed below:

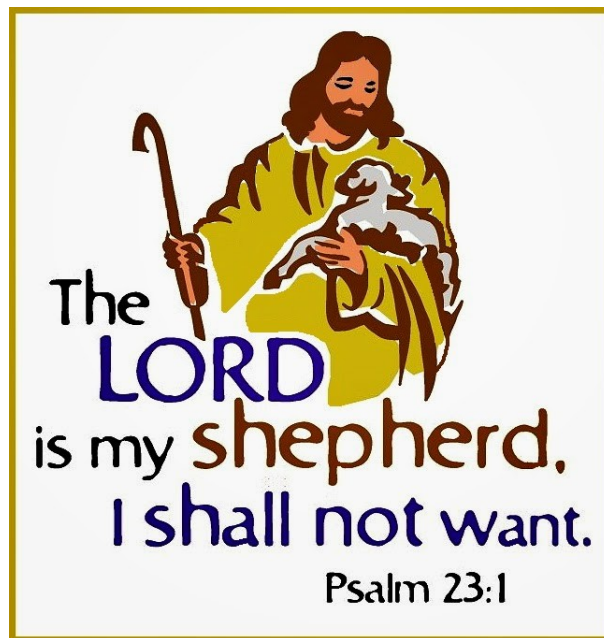
Tues., May 10      Mass is Cancelled - Clergy Retreat  
 Wed., May 11      Mass is Cancelled - Clergy Retreat  
 Thurs., May 12      Mass is Cancelled - Clergy Retreat  
 Fri., May 13      Mass is Cancelled - Clergy Retreat  
 Sat., May 14      +Ronnie Strassburger

Altar Server: Jean Zdunich

Events:

Food Drive Collection - May 7 & 8

Mother's Day Cake & Coffee - Sunday, May 8 at 11:00 am



#### Reminders



We are having our Food Drive collection this coming weekend, **May 7 & 9**. Thank you in advance for your generosity.

We also want to remind all the parishioners and visitors about our Mother's day Cake & Coffee event on **Sunday May 8th** after the morning mass. Everyone is welcome!

#### Weekday Masses (Cancelled)



From May 10th to May 13th our weekday masses are cancelled. Father Jake will be attending the Annual Clergy retreat.

#### Women's Evening of Reflection



Join in a special evening of reflection and prayer with Fr. Kenneth LeBlanc, LC, followed by social time to see old friends and make new ones. Monday, May 16 at 7 p.m., Little Flower parish (enter via Edgar Street doors). Nursing babies welcome. Hosted by the women of Regnum Christi.

#### Hospital Chaplains



Catholic chaplains visit patients and their families to address any spiritual needs, to pray, to provide a friendly face and comforting presence, to talk about people's fears and concerns, to bring Communion, and to contact a priest for Anointing of the Sick. If you or a family member wish to receive a visit from a chaplain, please call: General Hospital 306-519-1405, Pasqua Hospital 306-519-1380, Wascana Rehabilitation Centre 306-530-6511.

Also, please let your parish know if you are entering the hospital.

#### 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). Masses may also be offered for the intentions of the living or in thanksgiving. Masses may be requested through the parish office. If you'd like to offer a mass on a specific date, please make arrangements at least one month in advance.

## Catholic News



Pope Francis said on Wednesday May 4th, that having faith is not something only “for old people,” but an essential element of life. “In many trends in our society and culture, the practice of faith suffers from a negative portrayal, sometimes in the form of cultural irony, sometimes with covert marginalization,” Speaking in St. Peter’s Square, the pope said that having faith is, instead, something to be proud of because “it has changed our lives, it has purified our minds, it has taught us the worship of God and the love of our neighbor.”

“The practice of faith is not the symbol of our weakness, but rather the sign of its strength,” he said. The pope spoke at the general audience about the witness that the elderly can offer to younger generations by remaining faithful until the end, like the biblical figure of Eleazar, whose story is described in the Second Book of Maccabees.

Pope Francis encouraged the elderly to be like Eleazar in showing young people a consistent witness to the faith. “We will show, in all humility and firmness, precisely in our old age, that believing is not something ‘for old people.’ No. It’s a matter of life,” he said at live-streamed audience.

The pope compared the tendency in modern society for people to claim to “have an interior spirituality,” and then do whatever they please, to “the first heresy of the Gnostics.” The Gnostic heresy, named for the Greek word “gnosis,” meaning “knowledge,” exaggerated the importance of knowledge over faith and considered the body and matter to be evil. The result was a denial of the Incarnation of Christ and a focus more on thinking rather than living a good Christian life

Pope Francis also said: “The practice of faith for these Gnostics, who were already around at the time of Jesus, is regarded as a useless and even harmful external, as an antiquated residue, as a disguised superstition. In short, something for old men. The pressure that this indiscriminate criticism exerts on the younger generations is strong,” he added.

The pope said that the “seductive trap” of Gnosticism is the proposal that “that faith is spirituality, not a practice. Faithfulness and the honor of faith, according to this heresy, have nothing to do with the behaviors of life, the institutions of the community, and the symbols of the body. Nothing to do with it,” he said.

In his greetings to pilgrims from different parts of the world, the pope encouraged people to pray the rosary every day during the month of May. He encouraged Polish pilgrims, in particular, to “entrust the fate of your homeland and peace in Europe to the Holy Virgin.”

By Courtney Mares

## 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, our farmers, those who are affected by COVID-19 and the health professionals working on the front line, those in nursing homes and those who care for them, especially: Agnes Fahlman, Fred Fry, Shelly Joubert, Lima Perras, Jose Estioco, Germain Beaurivage, Jack Gebert, Dean Hutchence, Judy Klenk, Don Morrell, Claudia Sali, Ron Strassburger, Louise Wingerter, Father Lorne Crozon, Fr. Peter Pham



Hanjoon & Jina Kim—May 15—12 years

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

## Stewardship Bulletin Bit May 8, 2022 4th Sunday of Easter



*“The disciples were filled with joy and the Holy Spirit.”*

*Acts 13:52*

The disciples heard Our Lord’s call and were able to spread the Gospel message with strength and vitality. We, too, can experience that same joy if we make room for the Holy Spirit to fill our hearts. When we use our gifts in the way that God intends, He fills us with supernatural joy. A joy that others notice and are attracted to!

## Vocation View



*Who will shepherd God’s people? Pray that good leaders, filled with joy and the Holy Spirit, will serve our church.*

## A Mother's Day Prayer

*Dear Lord,*

*Please watch over  
and support all mothers  
on earth and in heaven . . .*

*and help them to know how much  
they are loved and appreciated  
on Mother's Day and every day.*

RightQuotes4all.Com





## Did You Know?



itwewin Corner (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 The use of incense in Catholic liturgies is meant to emphasize the holiness, solemnity, and mystery of what is taking place. It can be used for objects (e.g., the altar and book of the gospels) and people (e.g., the presiding priest or bishop and all the Faithful in attendance). The fragrant smoke symbolizes our prayers rising to God. As such it is a sign of respect and reverence.

Did you know...Smudging is a protocol that has been long observed and performed by many Saskatchewan First Nations. They use sweetgrass, sages, cedars, and other plants for personal prayer, ceremonies, meetings, cleansing (mind, body, and spirit), and purifying and blessing sacred objects. It is also "used to cleanse, purify, and bless the part of Mother Earth where ceremonies are conducted." (p. 19) Tobacco is placed on the ground as an offering and permission is asked from Mother Earth before gathering these plants. (Cultural Teachings: First Nations Protocols and Methodologies, SICC, p.18 & 19)

## May is Reverence for Life Month



This month take some time to pray the rosary for life, watch the Life is a Gift Webinar or pray for life through song:

### Reverence for Life Rosary

[youtube.com/watch?v=V\\_p6DI0DZ9s](https://youtube.com/watch?v=V_p6DI0DZ9s)

### Life is a Gift Webinar

[youtube.com/watch?v=6TvH5uaOpik](https://youtube.com/watch?v=6TvH5uaOpik)

### Praying Through Song

[youtube.com/watch?v=X8ancZndpm0](https://youtube.com/watch?v=X8ancZndpm0)

## World Day of Prayer for Vocations



Today is the 59th World Day of Prayer for Vocations. While appreciating all vocations, the Church concentrates its attention this day on vocations to the ordained ministries (priesthood and diaconate), consecrated life in all its forms (male and female religious life, societies of apostolic life, consecrated virginity), secular institutes in their diversity of services and membership, and to the missionary life. Please pray daily for our priests and for all vocations.

## The Myriam Family of the Prairies



Invitation to an Afternoon retreat with the theme: *"None of us lives for oneself."; "I am a daughter of the Church!" (Saint Teresa), "Your life is a prophesy!" (Sr. Jeanne).* On **Saturday May 14th, from**

**1h30 to 4h30 pm.** In person at their House of Prayer in McLean or on Zoom. For registration, please contact us at 306-761-0528 or email: [pss.prairies@famillemyriam.org](mailto:pss.prairies@famillemyriam.org)

## TF295: The Saints And Mental Health: Sts. Louis Martin and Therese Lisieux



As Mental Health Awareness week begins and in honour of May as Mental Health Month, we continue our examination of the saints and mental health with a look at Sts. Louis Martin and Therese of Lisieux. Show Snippet: "St. Therese understood that her mental health challenges did not define her deepest self. Clinging to her identification as a child of God, created in God's own divine image, helped to increase her capacity for resiliency, even as she lived with often serious mental health challenges..." [thinkingfaith.libsyn.com/the-saints-and-mental-health-sts-louis-martin-and-therese-lisieux](https://thinkingfaith.libsyn.com/the-saints-and-mental-health-sts-louis-martin-and-therese-lisieux)

## The Spiritual Motherhood of Priests (SMOP) Apostolate



As part of the Spiritual Motherhood of Priests, women try to imitate our Blessed Mother Mary, the first Mother of Priests, in her humility and sacrifice. In a life-long commitment, every woman who feels called to the Spiritual Motherhood of Priests is given the name of one priest in the Roman Catholic Archdiocese of Regina to adopt as her "spiritual son", promising to anonymously pray daily for him, as well as to pray for him during a weekly hour of Eucharistic Adoration, and to make sacrifices to help her priest-son give himself to God more perfectly as shepherd of his flock. All women – single, married, widowed, consecrated, religious – are welcome to discern this apostolate of prayer and sacrifice for the sanctification and support of our priests. The Archdiocese of Regina has over 90 priests including our retired priests. Currently, 32 have been adopted and have Spiritual Mothers. Women interested in the Spiritual Motherhood of Priests (SMOP) Apostolate are invited to contact Shannon Novak for more information at [smopregina@gmail.com](mailto:smopregina@gmail.com) or [306-520-2470](tel:306-520-2470).

## Men's Mental Health: Breaking the Silence Online Event



**Tuesday, May 24, 2022 7:00pm-9:00pm** via Zoom. In honour of Mental Health Month, Deacon Eric Gurash of Emmaus Family Support Ministries will share his personal experiences and how our Catholic faith and evidence-based research can work together to break the silence, end stigma, and open up avenues of support for men's mental health. This event will be of interest to men as well as spouses, friends, or family members who offer support for those with mental health challenges. Register at: <https://emmausfamilysupport.flocknote.com/signup/89227>

## Joys, Trials and Perseverance



CANADIAN FEDERATION  
OF CATHOLIC PHYSICIANS & SOCIETIES

Canadian healthcare is more aggressively hostile to the inherent dignity and basic rights of the human person, patient and physician alike. How can a Catholic fulfill their Christian vocation, true to their conscience, in such an environment? What is Christian anthropology and how does it affect medical care? The Canadian Federation of Catholic Physicians and Societies (CFCPS) cordially invites you to our 14th annual educational conference, **“Joys, Trials and Perseverance”** which will take place virtually from **June 3-5, 2022**.

This conference will be of interest to physicians, residents, nurses, healthcare professionals, and medical students and those in related fields such as biomedical engineering and life sciences. It is accredited. We also invite clergy, especially hospital and university chaplains, and academics in related fields. This conference will help fortify the faith and resilience of Catholic healthcare professionals, as well as discuss ethical challenges around the beginning and end of life, as well as address fundamental anthropological questions of personhood and compassion pertaining to the mental and psychological health of individuals, and the responsibility we have as a community to each other.

For more information and to register, please see <https://canadiancatholicphysicians.com/conferences/>. Bursary opportunities are available to medical students and residents. Apply by sending a request to Natasha at: [admin@canadiancatholicphysicians.ca](mailto:admin@canadiancatholicphysicians.ca).

## Trinity Manor at Westerra: Welcome Home!



Happy Mother's Day from all of us at Trinity Manor At Trinity Manor we know your pets are family, and they are welcome at Trinity Manor.

Have your pet move into our luxurious suites starting at \$2245, and include them as a part of our community. Trinity Manor is part of the Emmanuel Care community. Emmanuel Care is a healthcare ministry of the Catholic Church that ensures the legacy of Catholic health care organizations and services in Saskatchewan.

We offer the best in style and support with modern one and two-bedroom suites, for rent. One resident says “I toured many different places, all equally beautiful, with great care. Trinity Manor was the only one that took care not only of my physical needs, but my spiritual needs as well”. Attend daily mass, or spend time in quiet reflection in our tranquil chapel. Our amenities promote opportunities for our residents' personal growth, while providing stimulating and entertaining activities. Start your day by enjoying the country sunrise, 10 mins from downtown. Book your personal tour now by contacting Janet at [306-550-8077](tel:306-550-8077) or visit us at [www.trinitymanorregina.ca](http://www.trinitymanorregina.ca).

## Cross Canada Marian Tour



Canada was Consecrated to the Immaculate Heart of Mary in Ottawa in 1947. This year, we celebrate the 75th Anniversary of this event. The Marian Statue that was used at the time was from Canada's National Marian Shrine located at Cap de la Madeleine near Trois Rivières, Quebec. The original statue is known as Our Lady of the Cape. As a result, the Marian Devotional Movement is spearheading pilgrim statue tours of Our Lady of the Cape to provide opportunities for Canadians to venerate Canada's National Madonna, to promote consecration to the Immaculate Heart of Mary and to promote enrollment in the Confraternity of the Most Holy Rosary. The statue will be in the Archdiocese of Regina from May 12-14. The statue will be in the Archdiocese of Regina from May 12-14 at the following places;

**May 12** - Our Lady of Victories Parish, Esterhazy

**May 13** - Regina at various schools (AM) and Holy Rosary Cathedral (Afternoon and Evening.)

**May 14** - Christ the Redeemer Parish, Swift Current.

Find out more about this amazing story; <https://vimeo.com/ondemand/bridgeofroses> More details can be found at our online calendar at: [archregina.sk.ca/calendar](http://archregina.sk.ca/calendar)

## Rummage Sale - Christ the King



In the Parish Hall  
3239 Garnet St. Regina

**Thursday, May 12, 2022: Time: 12 pm - 5:00 pm**

**Friday, May 13, 2022: Time: 10 am - 5:00 pm**

**Saturday, May 14, 2022: Time: 9:30 am – 3:30 pm**

Come and shop 'til you drop! Everything from buttons to hammers, lamps to sports equipment, treasures of all kinds and much, much more

Proceeds to go towards: Christ the King capital fund Cuernavaca Project, for safe water, healthy homes, education for families in Mexico, TRC Healing fund, Archdiocese of Regina.

