

LITTLE FLOWER PARISH

FOURTH SUNDAY OF EASTER

APRIL 30, 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 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.

(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



***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

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.

LITTLE FLOWER PARISH

FOURTH SUNDAY OF EASTER

APRIL 30, 2023

Theme: The Lord is our Shepherd. We are the flock He loves. With His gentle voice He calls us to places of refreshment. If we stray, He risks the dangers of the wilderness to save us. To become closer to us, He himself has become the lamb of God.



This Week in the Parish . . .

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

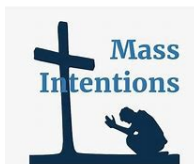
Mass intentions for this week are:

Tues., May 2	NO MASS
Wed., May 3	NO MASS
Thu., May 4	NO MASS
Fri., May 5	+ Repose of Eleanor Matz
Sat., May 6	+ Repose of Mary Sheperd

Altar Server Of the week: Barb Aman

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.



Weekdays Mass Cancelled

Weekday Masses on May 2nd, 3rd and 4th are cancelled due to the Clergy retreat. Weekday Masses will resume on Friday, May 5th at 8:00 am.



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.

Food Drive

We are having our Food Drive collection during the weekend of May 13 & 14.
Thank you in advance for your generosity!

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.



"And Peter said to them, 'Repent, and be baptized, every one of you, in the name of Jesus Christ...'"

Acts 2:38

The word "repent" means to turn from sin - to change our thoughts, words and actions. Change that is permanent comes from within – a transformation or conversion of heart. This requires prayer, discipline and perseverance. Change is hard. The first step is recognizing that we are broken and that we need God's help. The good news - we are not alone in our journey. Ask Jesus daily for guidance and patiently listen for his response.

Confirmation and First Eucharist



Our parish will celebrate Confirmation on May 10th at 6pm, Father Jake will be celebrating the Mass. After the Mass a little reception will take place downstairs, everyone is welcome!

Wednesday Mass, May 10th



Due to our Confirmation Ceremony on May 10th, our 8am weekday Mass on Wednesday is cancelled. Instead, Wednesday's Mass will be at 6pm.

Mother's day



You're invited to a Mother's Day Cake & Coffee. Let's celebrate all the moms and toast to a better Year to come. The celebration will be on Sunday, May 14th, right after Mass. You'll have cake, coffee, friends and mothers' blessing.

(*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... Ocean Man First Nation is a Cree, Saulteaux, and Nakota band located in the Moose Mountains north of Kisbey and has approximately 600 band members who reside on and off reserve. In 1901, Canada stopped recognizing Ocean Man as a First Nation after Canada wrongfully amalgamated Ocean Man, Pheasant Rump, and White Bear First Nations. In February 2022, Ocean Man was officially recognized as a Treaty 4 First Nation. In 1997, band members elected an all-female Chief and Council, the only First Nation in Canada to do this at the time. Retrieved on April 24, 2023 teaching.usask.ca/indigenoussk/import/ocean_man_first_nation.php

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, 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:



Juliano & Generose Cabanda —May 1st— 22 years
Art & Audrey Hector—May 3rd—65 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.

Flashback flăshbăk

It is a combination of the words flash and back. In 1944, as a verb to undergo a flashback, to experience a vivid mental image from the past. In medical terms it is A flashback or involuntary recurrent memory is a psychological phenomenon in which an individual has a sudden, usually powerful, re-experiencing of a past experience or elements of a past experience.

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.

Trauma Informed Perspectives Workshop – Yorkton Deanery

The Archdiocese of Regina and the Weyburn Deanery are pleased to present a free Trauma Informed Perspectives workshop. Are you interested in learning about trauma and how it impacts people? We will explore the impact of natural disasters, accidents, sudden death and other traumas. Please join us on **May 13th from 9:30- 4:30 p.m. at St. Vincent de Paul 314 - 3rd Street N.E.** Weyburn. To register, contact Val at stvincent314@gmail.com. If you have questions about the workshop, feel free to contact csaeducation@archregina.sk.ca

Variety Night 2023

Variety Night is a fundraising/community building initiative of the Archdiocese of Regina Office of Youth and Young Adult Ministry. Come out and enjoy a show that celebrates the "Seasons". An incredibly talented cast of young folks will captivate you with music, dance and drama! Snacks available for purchase. Tickets available online or in-person at Regina's Christ the King Parish during office hours. This year's show runs **May 26 – 29**; doors open at 6:00 PM, and the show begins at 7:00 PM. Tickets are \$20 for adults and \$10 for students. Some sponsored tickets are available if cost is a hardship. Please email oyyam@archregina.sk.ca with any questions.

TF 346: St. Paul Street Evangelization with Mark Hornbacher and Adam Janke - Part 1

Dr. Brett Salkeld is joined this week by Mark Hornbacher and Adam Jenke of St. Paul Street Evangelization ministries. In this part 1 of 2, they'll discuss their unique ministry work and stories of their experiences in street evangelization.

Show Snippet: "A primary thing was listening to people, hearing their stories, telling your story, sharing the gospel, encouraging people to, to pray, praying with them, inviting them to check out the local parish, listening to their thoughts, their concerns about Christianity, and just having a real down to earth conversation."

Learn more about St. Paul Street Evangelization at streetevangelization.com/
thinkingfaith.libsyn.com/st-paul-street-evangelization-with-mark-hornbacher-and-adam-janke-part-1

LESSON TWENTY

FAQ: Should the Catechism be adapted on the local level? Yes. The Catechism does not create versions of its content to address differences of culture, age, spiritual life, social and church situation of those to who are taught. These indispensable adaptations are left to the local catechisms to follow the Catechism and, even more importantly, to catechists.

What does it mean that God is Love? Dieu est Amour, qu'est-ce que cela veut dire ?

Watch Videos: archregina.sk.ca/group/catechetical-support-parishes/

Catechism Text: CCC # 218-221, 733, 1604 & 2069

Sacred Scripture: 1 John 4.16-20

Saints: Thomas Aquinas (Question 27): To love God is something greater than to know him. St. Catherine of Siena (Dialogue 86): [Love of God and neighbour are the same. Love of neighbour has its source in God, and the more the soul loves God, the more the soul loves his/her neighbours].

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 **May 5 and 6, 2023 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.