

# ***LITTLE FLOWER PARISH***

**EASTER SUNDAY  
THE RESURRECTION OF THE LORD  
APRIL 9, 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, Thursday & 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 Can-  
dido

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.*

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[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.

# EASTER SUNDAY THE RESURRECTION OF THE LORD APRIL 9, 2023

**Theme:** Easter! The great celebration of Jesus' Victory of life over death! By sharing in Chris's death, we can also live his resurrection.



**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 11	<b>NO MASS</b>
Wed., April 12	<b>NO MASS</b>
Thu, April 13	<b>NO MASS</b>
Fri., April 14	<b>NO MASS</b>
Sat., Apr 15	+Repose of Millie Maier +Repose of Ivan Uphan

**Return to Vibrancy  
Announcement:**

St. Therese of Lisieux is also called the Little Flower. All through her life she suffered with poor health, including tuberculosis. No matter the difficulties and struggles, she maintained an unselfish service to her religious order. As we work to improve the health and well-being of our parish, Little Flower; may we be reminded that we all have a responsibility in offering our service.

**St. Therese said:** "It isn't enough to love. We must prove it."

## **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

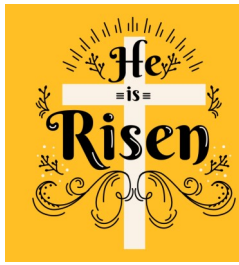
Please also let your parish know if you've been admitted to the hospital.

## **Weekdays Mass Cancelled**

Weekday Masses on from April 11th to 14th are cancelled. Weekday Masses will resume on Tuesday, April 18th. Thank you for your understanding.

## **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!



**“Set your minds on things that are above, not on things that are on earth.”**

**(Colossians 3:2)**

Do you put God first in all things?

Possessions, money, power, ego

can easily become gods to many of us. Do a quick check of what is important to you. Is God at the very top of the list? If not, your priorities need to be re-adjusted. Don't let earthly things become a god before God. This is also the first commandment – I am the Lord your God, you shall not have any strange gods before me.



### Office Closed

The parish office will be closed Monday, March 10. In case of an emergency, you may leave a message on the answering machine.

### Pedro Calungsod Feast



The Feast of St. Pedro Calungsod will be celebrated next Sunday, April **16th** at our 10:00 am Mass. Immediately following you are invited to join the Filipino community for a meal and fellowship in the auditorium.

### 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:



**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.

Did you know... Muscowpetung Saulteaux First Nation is a Saulteaux nation located in the beautiful Qu'Appelle Valley near Edenwold SK and has a population of approximately 1600 members who reside on and off reserve. Chief Cheekuk signed an adhesion to Treaty 4 on September 8, 1875. In 2021, the community began the Muscowpetung Powwow Arbour project and worked with a team from Oxbow Architecture Inc. to design the arbour with a completion date in 2023. The design won a 2022 Canadian Architect Award of Excellence. Retrieved March 23, 2023 [ink.urjschool.ca/3m-landmark-coming-to-muscowpetung/](http://ink.urjschool.ca/3m-landmark-coming-to-muscowpetung/)

### Prayer Ministry



Please pray for the needs of the sick of our parish, the home-bound, 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.

### The Biblical Roots of Easter

“

Early on the first day of the week, while it was still dark, Mary Magdalene went to the tomb and saw that the stone had been removed from the entrance. So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, “They have taken the Lord out of the tomb, and we don't know where they have put him!” So Peter and the other disciple started for the tomb. 4 Both were running, but the other disciple outran Peter and reached the tomb first. He bent over and looked in at the strips of linen lying there but did not go in. Then Simon Peter came along behind him and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus' head. The cloth was still lying in its place, separate from the linen. Finally the other disciple, who had reached the tomb first, also went inside. He saw and believed.

”

**John 20 1-8**

## 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.*

**Shame: (SHam)** Noun A painful feeling of humiliation Verb: - used as an object - to cause or force humiliation. From old English *scamu* or *sceomu* "painful feeling of guilt or disgrace" by C 1300 "modesty, shyness, regard for propriety, or decency" in mid-13c "inflict disgrace or dishonour upon" by 1580s evolved to "thing or person to be ashamed of" Shame can be described as a negative emotion that may involve pervasive and destructive beliefs about yourself and your sense of self, leading to feeling worthless or inferior—trauma and shame or closely linked. Intimate partner violence or childhood abuse or neglect, and sexual violence are associated with greater feelings of shame.

### Daily Adoration at the Saint Faustina Shrine and EADM Chapel

Saint Faustina's Shrine and EADM Chapel at 484 Hamilton Street in Regina has daily Adoration available. Hours are **Monday-Thursday, Noon–4:00 pm, Friday, Saturday, and Sunday, 2:00– 4:00 pm.** The Rosary is recited at **2:30 daily**, followed by Litany to St. Faustina and Chaplet.

### Trinity Manor at Westerra: Happy Easter from all of us at Trinity Manor at Westerra!

Welcome Home!

Isn't it time you put aside the chores, the grocery shopping, the cooking, and the dishes?

We recognize the cultural, physical, and social importance of food. Food not only feeds the body but feeds the heart and spirit as well. Our all-inclusive plan means you get to enjoy daily breakfast, lunch, and dinner from our own Red Seal Executive Chef. No dishes, no cooking, no cleaning, and no worries. Trinity Manor located in the beautiful Westerra neighbourhood of Regina is part of the Emmanuel Care community. Emmanuel Care is a healthcare ministry of the Catholic Church. Attend daily Mass, or spend time in quiet reflection in our beautiful chapel. This is a new beginning with a lot of stimulating and entertaining activities starting at \$2245. What's included in our all-inclusive plan? Contact Janet at **306-550-8077** for more information or to book your personal tour now. Visit us at [www.trinitymanorregina.ca](http://www.trinitymanorregina.ca).

### Choir Call

We are looking for chorists and Musicians (other than pianists) to form a combined choir for the 2 Masses at the Diocesan CWL Centennial Annual Meeting to be held May 7 & 8 at Resurrection Church. For further information, please contact **Laureen at 306-543-5258**

## TF#343: Dr. Brett Salkeld and Michael Raney on Conversion and Music - Part 1

This week on Thinking Faith, Dr. Brett talks with Michael Raney, a convert from Seventh Day Adventism and director of music at St. Paul's Co. Cathedral in Saskatoon. They discuss Michael's journey to Catholicism and his experiences with church music. Show Snippet: "I grew up in a Catholic family, but I never really felt like I had a personal relationship with God. It wasn't until my early 20s that I started exploring different religions and spiritual practices. I was searching for something that would fill the void I felt inside."

[thinkingfaith.libsyn.com/dr-brett-salkeld-and-michael-raney-on-conversion-and-music-part-1](http://thinkingfaith.libsyn.com/dr-brett-salkeld-and-michael-raney-on-conversion-and-music-part-1)

### Lesson Eighteen

FAQ: Does the Catechism remove the content of faith too much from the lived Christian life?

The largest portion of the Catechism treats the content of the faith (Book One), but the second largest treats the moral life (Book Three). The relationship between what one believes and how one behaves on account of that belief is clear in the Catechism. It is evident in the sections on social teachings. Faith is presented as more than the systematic knowledge of doctrine. Each section of the Catechism should be read in light of the whole, and the relationship between faith and life needs to be demonstrated continually so that the transforming power of the Christian message might be evident. How can we understand the Trinity? Comment peut-on représenter la Trinité? Watch Videos: [archregina.sk.ca/group/catechetical-support-parishes/](http://archregina.sk.ca/group/catechetical-support-parishes/)

Meditate on Catechism Text: CCC #'s 198-200

Read National Catholic Register Article: <https://www.ncregister.com/blog/12-things-to-know-and-share-about-the-holy-trinity>

### 22nd Annual Divine Mercy Conference

Will be held on Divine Mercy Sunday, April 16, 2023, at Our Lady of Peace Parish 425 Broad St. N. Regina, SK. The program begins at 1:30 pm, with a welcome and presentation by Shirley Oleskiw, Adoration & Prayers, followed by the Holy Sacrifice of the Mass at 3:05 PM, celebrated by Very Rev. James Owolagba. His presentation will take place during his homily. The Conference will also be live-streamed. You can also visit our website [eadmcanada.com/com](http://eadmcanada.com/com) under the conference page to view the live stream.

## *Easter Flowers in Memory of...*

Jean Schmidt  
Eileen Schmidt  
Eddy Schmidt

Edward Leier  
Leonard & Florence Baker  
Jan Lake  
Jean Leier relatives who passed way

Alfred Ratch  
Leonard Kilmer

Leo Goski



Winnifred Kel & Harold Kelm  
Alan Kelm  
Heinz Blank  
Hildegard Willen & Albert Blank

Cesar, Timotea, Totoy, Apolonia, Norman, Ben,  
Ponce, Tito, Tessie, Dennis, Rusty  
Valerie Imperio  
Severino Abejar  
Craig Pale



Tony & Kay Fahlman  
Eric Siebert  
Sandra Peltier  
Wayne Cunningham

Brenda Dyck  
May Dormuth & Family  
Alex Patrick & Family

Manuel Estacion  
Mary Grace Estacion  
Pedro Cabanda  
Dionesio Mulit

