

LITTLE FLOWER PARISH

**11TH SUNDAY IN ORDINARY TIME
JUNE 18, 2023**

Little Flower Weekend Masses

Saturday 5 p.m.

Sunday 10 a.m.

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4:00 pm

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



"We have only this life to live by faith. It is true I am not always faithful, but I never lose courage. I leave myself in the Arms of Our Lord. We must abandon the future into the hands of God."

St Therese of Lisieux

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

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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Theme: A father's love for his family mirrors God's own care for us. We are dear to the Lord, and the gift of love we receive must be passed on like seeds planted for future harvest.



This Week in the Parish . . .

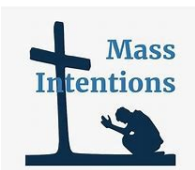
Contact the office to request a Mass for your loved ones. The agenda for 2023 Mass requests is open

Mass intentions for this week are:

Tues., Jun 20	Healing Intentions of Kathy Newman
Wed., Jun 21	No Mass Intentions
Thu., Jun 22	No Mass Intentions
Fri., Jun 23	Thanksgiving Mass (Dorivel & Rubylin Comba)
Sat., Jun 24	+Repose of Victor Barabaz

Altar Server Of the week: Gabe Seiferling

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.

Return to Vibrancy Announcement:



St. Therese, the Little Flower was dedicated to Eucharist Adoration. She spent a great deal of time in church writing poems, prayers and devotions. It was during these times that she was filled with peace and the presence of the Lord.

St. Therese said: "Do you realize that Jesus is there in the tabernacle especially for you – for you alone. He burns with the desire to come into your heart."

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

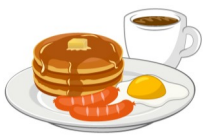
Please also let your parish know if you've been admitted to the hospital.



"As you go, make this proclamation: 'The kingdom of heaven is at hand.'" Matthew 10:7

Many of us take our lives for granted. We think we have plenty of time to "repent." Maybe we should live with a little more urgency in making things right with God. This is the difference in living our discipleship out of obligation versus out of love. Obligation implies we do the minimum required. Love implies we want a relationship. God wants us to be with Him in Heaven forever, but He also wants to be in relationship with us right now, while we are on earth.

Men's Club Breakfast



Sponsored by Little Flower Parish Men's Club Breakfast will be held on Sunday, June 18th, from 9:00 am – 12:00 pm in the church auditorium, 420 College Avenue. Adults - \$12.00, children (12 & under) - \$5.00. Everyone is welcome to attend. Tickets available at the door.

Vocation View

In the church's eyes, moreover, fatherhood — like all parenthood — is a vocation, a call. Specifically, God calls fathers to put love into practice in the concrete circumstances of their lives, and true love is a pathway to greater maturity.

Facebook Page



Exciting news, parishioners! Our new Parish Facebook page is up and running! We'll be taking pictures at church events and Masses to share on Facebook. If you prefer not to have your pictures on the page, let us know at the office. Join us on Facebook by searching for: Little Flower Parish Regina and hitting the "Like" or "Follow" button.



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... Star Blanket Cree Nation is located 18 kms northeast of Balcarres with a population of approximately 725 members. The nation is named after Chief Acahkoa ka-otakohpit (One who has stars for a blanket). Chief Wah-pi-moos-toosis (White Calf), a leader of the Calling River Cree signed Treaty 4 in 1874. In October 2022, <https://globalnews.ca/news/9409684/next-steps-star-blanket-cree-nation-anomalies-residential-school/> between ages 4 and 6 was found at the site of Lebret Indian Residential School. The Saskatchewan Coroner's Office confirmed that it aged at about 125 years old dating back to 1898, physical proof of an unmarked grave. Indigenous survivors of residential schools have always said that many children died for nefarious reasons at these institutions. Many children did not return home. The Nation continues its search for unmarked children's graves at the site.

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.

National Indigenous Peoples Day



National Indigenous Peoples Day, recognized across Canada on June 21, is a day to celebrate the contributions and diverse cultures of Indigenous peoples. Back again this year, there will be a celebration hosted by the Equity, Diversity & Inclusion Network and a collection of community partners in Victoria Park & the Pat Fiacco Plaza. This day provides an opportunity to learn more about the unique heritage, diverse cultures and outstanding achievements of First Nations, Inuit and Métis peoples in Canada.

Date: June 21, 2023 / Time: 10 a.m. to 1:30 p.m.

Location: Victoria Park & Pat Fiacco Plaza, Regina
Attendees can look forward to an incredible lineup of Indigenous performances, engaging family-friendly activities, children's crafts, and the opportunity to explore Indigenous artistries, held in conjunction with the Regina Farmers' Market. This is an opportunity for our community to come together, create memories, and acknowledge the contributions of Indigenous peoples. Check out the Facebook Event: <https://fb.me/e/2CgAfRqWW>.

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.

Coping cop-ing

Coping is a dynamic process that involves both cognitive and behavioural changes to manage stress. There are two major categories of coping: problem-focused and emotion-focused coping. Old English cope dress in cope and moving to mid 16th century. Coping refers to conscious strategies used to reduce unpleasant emotions. Coping strategies can be cognitions or behaviours and can be individual or social. The fact of dealing successfully with problems or difficult situations: a coping mechanism/strategy, coping skills/abilities.

LESSON TWENTY-SIX

Does the Devil Exist?

Videos: <https://archregina.sk.ca/group/catechetical-support-parishes/>

Catechism Text: **CCC # 391-395.**

Sacred Scripture: Genesis 3.1-5, Wis 2.24, John 8.44, 1 John 3.8, Matt 4.1-11

St. John of Damascus: "that what in the case of man is death is a fall in the case of angels. For after the fall there is no possibility of repentance for them, just as after death there is for men no repentance" De Fide Orthodoxa Book II, Chapter IV. Recommended Reading: Chapter 3 of De Fide Orthodoxa (An Exact Exposition of the Orthodox Faith)

St. Padre Pio: The devil is like a rabid dog tied to a chain; beyond the length of the chain he cannot seize anyone. And you: keep at a distance. If you approach too near, you let yourself be caught. Remember that the devil has only one door by which to enter the soul: the will.

FAQ: Is the Catechism written in a style that is too difficult for "the people in the pews?"

The Catechism is a source book, a reference work with the stylistic characteristics appropriate to that form of writing. It is written in a positive, declaratory style, making use of concepts, sentences, phrases and words which are part of the Church's doctrinal tradition and are therefore familiar to many. Its tone is inviting and encouraging, challenging and searching. It is not written in an apologetic or argumentative tone. In the style of a source book, the Catechism sets forth the teachings of the Church in a complete straightforward way.

TF# 353: Fr. Aaron Wessman - The Church's Mission in a Polarized World - Part 1

In this part 1 of 2 episodes, Deacon Eric and Dr. Brett are joined by Glenmary Home Missioners vice president Fr. Aaron Wessman, author of the book "The Church's Mission in a Polarized World." We'll discuss the modern struggle with polarization within the Church and wider society and look at how best to respond from a Catholic perspective. Show Snippet: "Those who study polarization from a sociological, from a political scientific, from a philosophical, and even from a theological perspective often trace the emergence of polarization in the US back for five or six decades. So what we're experiencing now in one sense is the result of a long process, a long development...and I think that's helpful because it's easy for us, again, to start playing the blame game." You can find Fr. Wessman's book "The Church's Mission in a Polarized World" in your local Catholic bookstore or online at: <https://www.newcitypress.com/the-church-s-mission-in-a-polarized-world.html>

Go Make Disciples

Strengthen your faith and leadership skills through the Archdiocese of Regina's Lay Formation Program! Join us this fall for a 3-year program that will help you deepen your spiritual life and discern how best to offer your gifts in service to the people of God. We are currently accepting applications for our fall intake. For more information on how to register, contact Deacon Eric Gurash at **306-352-1651 ext 6724** or email him at egurash@archregina.sk.ca.

Grow Hope Saskatchewan

There are 828 million people in our world who go hungry each day. As Catholics, we can act in solidarity through our local and faith-based fundraiser, Grow Hope Saskatchewan. Local SK farmers with your financial support grow crops for sale and give proceeds to those in need. It costs \$350 to grow an acre of food. Funds raised through the sale of the crop fight hunger through emergency food relief, support for young mothers, and local agricultural projects. Donations of any amount are welcome. Cheques to Development and Peace, 1425 René-Lévesque Blvd West, 3rd Floor, Montreal QC, H3G 1T7 – please write in the Memo: "Grow Hope SK." To donate online or for more information, go to www.growhopesk.ca/donate. Questions? Contact **Myron Rogal (306) 659-5841 or Mike LeBlanc (306) 205-2334.**