

LITTLE FLOWER PARISH

PENTECOST SUNDAY

MAY 28, 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.

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Theme: The Spirit comes with force and excitement; the Spirit comes in quiet peace. However we experience his presence, he is the gift of life, God's own life within us. Sharing one life in the Spirit makes even our differences precious; in him, we complete each other.



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 30	Healing of Ron Strassburger
Wed., May 31	Intentions of Young & Strassburger Families
Thu, Jun 1	No mass Intentions
Fri., Jun 2	No mass Intentions
Sat., Jun 3	Intentions of Annie Dormuth

Altar Server Of the week: Gabe Seiferling

Office Closed



The parish office will be closed on Monday, June 5. Messages may be left on our voice mail.

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 of-

Return to Vibrancy Announcement:



As a Doctor of the Church, St. Therese taught us so much about prayer. In her "Little Way" she taught us that God never lets us down nor abandons us. Through St. Therese's intercession, let us continue to pray for many willing hands working together for the future of Little Flower Parish.

St. Therese said: "I want to do much good."

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.



"To each is given the manifestation of the Spirit for the common good." 1 Corinthians 12:7

To receive the gifts of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more "God-centered" and less "self-centered" and our lives truly reflect God's light, love and mercy.

Upcoming Event: Little Voices Choir 5th year anniversary concert.



We are delighted to announce this upcoming event that promises to be a meaningful and inspiring experience for all who attend.

The 5th Year anniversary of The Little Voices Choir!

Proceeds will be donated to Little Flower Parish for the structural maintenance of the Church.

Event's Date: July 30th, 2023

Time: Doors open 3:30 pm/ Starts at 4pm

Location: Little Flower Parish (420 College Av.)

Entrance Fee: \$10

Contact the Parish's office to purchase your ticket!

Thank You Plant Ranch



On behalf of Little Flower Parish, our dedicated parishioners, and especially Rick, our Parish's caretaker, we extend our heartfelt appreciation to Lucille and Alain Bouvier, the extraordinary individuals behind the Plant Ranch INC. We want to express our gratitude for their generous support in providing us with the most exquisite plants for our property. We cannot thank them enough for their remarkable contributions. May God bless Lucille and Alain and their business.



ititwewin 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... Peepeekisis First Nation is a Cree band located northeast of Regina and northwest of Fort Qu'Appelle with a population of approximately 3,300 members who reside on and off the reserve. In 1896, Peepeekisis was chosen as the location of a controversial experiment aimed at creating an agrarian reserve and assimilating its members into a colonial farming lifestyle. Indian Agent Graham established the File Hills Colony meant to encourage residential school students to abandon their traditional ways of life and adopt a colonial lifestyle. To understand the hidden history of Indian Residential schools in Saskatchewan, visit: <https://www2.uregina.ca/education/saskindianresidentialschools/file-hills-indian-residential-school/file-hills-colony-a-failed-experiment/>

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

"Jesus summons us to spread the faith through the grace of baptism. Where are you being called to share your gifts?"

(Matthew 28:16-20)

Feast Of Pentecost



*Pentecost
Sunday*

"The feast of Pentecost is a day of thanksgiving for the foundation of the Church, in which are contained all the treasures of supernatural riches, and through which all grace and redemption are given to men. Pentecost is a day of thanksgiving for the coming of the Holy Spirit and for the establishment of the sacrament of con-

firmation. It is a day on which we place a joyful and grateful trust in the operation of the Holy Spirit within us, and thank Him for His inspiration and guidance. On this day we again place ourselves in the hands of the Holy Spirit with complete confidence. He should be the soul of our souls; He should reign in us, amid the ruins of our own fallen nature. Pentecost is a day of petition, a day on which we should implore the Holy Spirit for a full measure of His graces and gifts "

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.

Depression: **de-pres-sion duh-preh-shn**. The term depression was derived from the Latin verb *deprimere*, "to press down." From the 14th century, "to depress" meant to subjugate or to bring down in spirits. In the 15 century, as meaning dejection, a state of sadness, a sinking of spirits. In 1905 it became psychology and was used in 1826 with a specific application. Depression is common globally; it is estimated that 5% of adults suffer from the disorder. It is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities.

Trauma-Informed Perspectives Workshop – Regina West Deanery

Are you interested in learning about trauma and how it impacts people? Trauma comes in many forms, and we will look at natural disasters, accidents, and sudden death and touch on other areas. The Archdiocese and Regina West Deanery welcome everyone to join us for a free workshop entitled: Trauma-informed Perspective on Saturday, June 10, from 9:30 - 4:30 at Christ the King Parish Hall located at 3239 Garnet Street Regina. To register, email: csaeducation@archregina.sk.ca.

Trauma-informed Perspectives Workshop – Estevan Deanery

The Archdiocese of Regina and the Estevan Deanery are pleased to present a free Trauma Informed Perspectives workshop. Are you interested in learning about trauma and how it impacts people? The impact of natural disasters, accidents, sudden death and other traumas will be explored. Please join us on June 3rd from 9:00- 4:00 p.m. at St. Joseph's 204 Peters Ave, Oxbow, to register or if you have questions, contact: csaeducation@archregina.sk.ca

Forming Intentional Disciples

Are you looking to deepen your spiritual life and discern how best to offer your God-given gifts and talents in service? The Archdiocese of Regina's Lay Formation Program provides a working knowledge of particular areas of service and helps you speak confidently about the Church, your faith, and your relationship with Jesus Christ. Register now for our fall intake and join our weekend sessions at Campion College. For more information on how to register, please contact our Program Coordinator, Deacon Eric Gurash at [306-352-1651 ext 6724](tel:306-352-1651) or email him at egurash@archregina.sk.ca.

TF# 350: Talking to Your Kids About Sex - Part 1

Deacon Eric and Dr. Brett get together this week to discuss one of life's trickiest topics; talking to our kids about sex. When do you start? How do you broach the subject? What do you say? It could be an example to follow or a cautionary tale, but it is sure to be interesting! **Show Snippet:** So one of the things that we do in our family, and this especially because we have a range of ages and we're having conversations where there are people who are five are in the room, and people who are older in the room, we've developed a set of coded language. It works really well because it's ambiguous enough that it says something true that a five-year-old can understand, but a fifteen-year-old who knows a little more about the mechanics of things can also get what it is that you're saying.

<https://thinkingfaith.libsyn.com/talking-to-your-kids-about-sex-part-1>

LESSON TWENTY-FOUR What is Evil?

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

Français: https://youtu.be/vLAFAC7Xslo?list=PLIcePO_eJb299XFdAr--xqzQxdX5g3JZN

Catechism Text: CCC #'s 309-314

Sacred Scripture: original sin and the fall of Adam and Eve is in Genesis; other passages about evil are: Isaiah 5.20, Proverbs 14.12, 1 Cor. 10.1-14, 2 Thess. 2.9-12, John 8.44.

St. Augustine: describes evil as the lack of good (provatio boni) and that things don't start out as evil. "It was obvious to me that things which are liable to corruption are good" (Confessions of St. Augustine, vii.xii.18).

St. Thomas Aquinas: "every evil in some way has a cause. For evil is the absence of the good ..." Summa Theologica (First Part, Question 49). FAQ: Is the Catechism intended for use by "the people in the pews?" Yes. In his Apostolic Constitution Fidei Depositum, Pope John Paul II said, "I ask all the Church's shepherds and faithful members to receive this Catechism in a spirit of communion ... to understand better the inexhaustible riches of salvation." The Prologue to the Catechism underscores John Paul II's point when it says, "It [the Catechism] will also be useful reading for all the faithful."