

# Welcome to Blessed Sacrament Parish

## 8th Sunday in Ordinary Time

March 2 & 3, 2019

### Ash Wednesday

March 6: 12:00 p.m. & 7:00 p.m.

### Sunday Liturgy

Saturdays: 5:10 p.m.

Sundays: 10:00 a.m.

Eucharistic Adoration: 1 hr. prior to Mass

Reconciliation: Until 20 min. before Mass

### Weekday Liturgy

Monday to Friday: 12:05 p.m.

Eucharistic Adoration: 1 hr. prior to Mass

Reconciliation: 11:30 - 11:55 a.m.

### Office Hours

Tuesday to Friday: 9:00 a.m. - 1:00 p.m.

### Parish Staff

Pastor: Rev. Barry J. Anwender

Office Manager (Pt): Valerie Perras

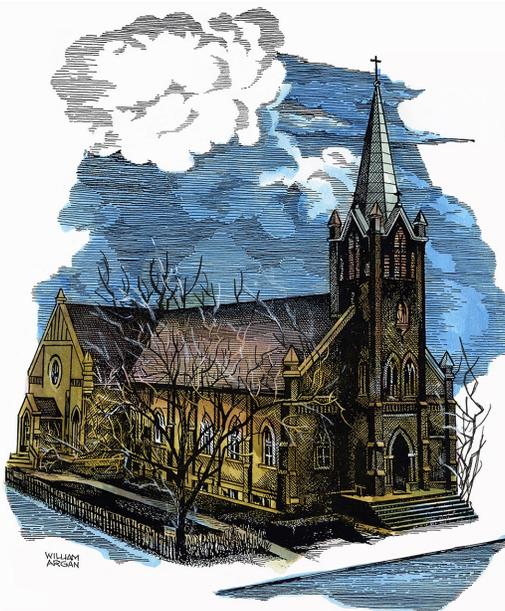


*Jesus and the Beloved disciple at the Last Supper*



assistive  
listening

**106.1 MHz**



**Our Parish Mission:** We, the faith community of Blessed Sacrament Parish, seek to help those whom God has placed in our lives to experience the presence of our Lord Jesus Christ. As Jesus' disciples, with the grace of the Holy Spirit, we strive to become living gospels of life through our daily loving choices to serve God, one another, our parish and our community.

2049 Scarth Street  
Regina, Saskatchewan  
S4P 2H5

Phone (306) 522-7422

Fax (306) 359-1811

E-mail: [blessed.sacrament@sasktel.net](mailto:blessed.sacrament@sasktel.net)

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

Website: [www.blessedsacramentregina.ca](http://www.blessedsacramentregina.ca)

# 8th Sunday in Ordinary Time

March 2 & 3, 2019

Jesus' parables in this week's Gospel are a reminder of the importance of continued learning, prayer and reflection, and humility in our discipleship. We shine God's light in the world when we are "lit from within" with God's grace, willing to examine our own conscience and recognize our own need for transformation through Jesus.

## Saturday, March 2, 2019: 5:10 p.m.

**Altar Servers:** Timothy Diokno, Patrick Diokno

**Community Leader:** Lorraine Vincent

**Lectors:** Larry Ongsu, Christo Katas

**Eucharistic Ministers:** Dolly Dyck,  
Mary Wadsworth, Gail Runge

**Hospitality:** Kay Luttmmer, Jeannette Luttmmer

## Ash Wednesday, March 6, 2019: 12:00 p.m.

**Altar Servers:**

**Lectors:** Jeanne Bonneville, Lorraine Vincent

**Eucharistic Ministers:** Dolly Dyck,  
Mary Wadsworth, Helen Ball

## Sunday, March 3, 2019: 10:00 a.m.

**Altar Servers:** Vince Siapno, Andrea Paz

**Community Leader:** John Harvey Nacional

**Lectors:** Angela Paz, Abby Siapno

**Eucharistic Ministers:** Urbis Urbiztondo,  
Maria Alarcon, Dennis Nacional

**Hospitality:** Sharon Greer

## Ash Wednesday, March 6, 2019: 7:00 p.m.

**Altar Servers:**

**Lectors:** Dennis Nacional, Joe Clory

**Eucharistic Ministers:** Kim Lovely,  
Gail Runge, Maria Alarcon

## Weekday Mass Intentions Celebrated at 12:05 p.m.

**Monday,** Mar 4: Available

**Tuesday,** Mar 5: Rosalia & Annie Wolfe — Repose of the Soul,  
Requested by Weinberger Family

**Wednesday,** Mar 6: Ash Wednesday

**Thursday,** Mar 7: Felimon & Remedios Escanlar — Repose of the Soul,  
Requested by Dr. Modesto Escanlar

**Friday,** Mar 8: Available

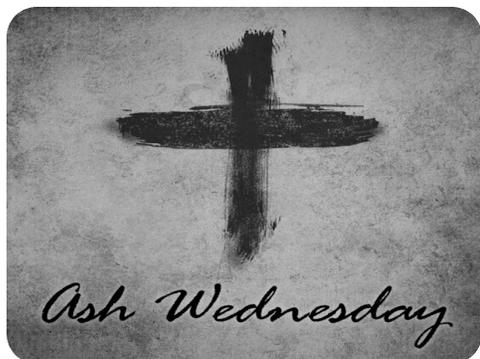
## Weekend Mass Intentions Celebrated at 5:10 p.m.

**Saturday,** Mar 9: John Paul Weinberger — Repose of the Soul,  
Requested by Agnes Weinberger

## Ash Wednesday Masses — March 6: 12:00 p.m. & 7:00 p.m.

Collection will be for the Marian Center

The penitential days and times in the universal Church are Ash Wednesday, Fridays and Good Friday during the season of Lent. Abstinence from eating meat is to be observed on Ash Wednesday and Good Friday. The requirement to fast prescribes that only one full meal a day be taken. Two lighter meals are permitted to maintain strength according to each one's needs. Eating between meals is not permitted, but liquids, including milk and fruit juices are allowed. The requirement of abstinence forbids the eating of meat, but eggs, milk products and condiments can be eaten. Fish and all cold blooded animals may be eaten (Paul VI, Apostolic Constitution Paenitemini, Feb 17, 1996, AAS 58 (1996), n.III; CLD 6:676-78).



# The Eucharist: “It is the Lord!”

Most Rev. Thomas Christopher Collins  
Past Archbishop of Edmonton, Currently Cardinal of Canada  
Part 13 - Retreat given at St. Joseph’s Seminary, Edmonton

## VII: Living the Eucharist

### 3. Adoration

"It is the Lord!" The celebration of the Eucharist is many things, but it is certainly and most profoundly an encounter with Jesus, our Risen Savior. We do not receive holy bread, or blessed bread, nor do we gather to talk about Jesus and to share bread and wine.

"It is the Lord!" When we receive communion, we receive Jesus, our Lord and our God. Therefore we approach the Eucharist in a spirit of reverent adoration. We also most fittingly spend time in adoration in the presence of the Blessed Sacrament, reserved in the tabernacle to be brought to the sick. We can pray anywhere, but there is no more fitting place to pray on earth than in the sacramental presence of the Lord. There we are profoundly struck with the awesome mystery of God's grace.



When we pray in the presence of the Blessed Sacrament we extend in contemplation the mystery we celebrate in the Eucharist. We bring before the Lord all of our cares and troubles, and prepare ourselves for the next time we receive Jesus in Communion.

Extended prayer before the Blessed Sacrament is an expression of the ancient tradition of vigil: offering time before the Lord. Our lives are made up of time, and the way we spend it is the surest measure of our priorities. In Gethsemane, when Jesus "returned to his disciples he found them asleep. He said to Peter: "So you could not keep watch with me for one hour?" (Matthew 26:40) In the Gospels, Jesus himself keeps vigil before the Heavenly Father (e.g., Mark 1:35; Luke 6:12).

As we enter a Catholic church, we look to the sanctuary lamp, which burns before the tabernacle, a sign of the light of Christ and of our prayer of vigil before the Lord. We should be sure to instruct our children concerning the real presence of the Lord, and the prayer of Eucharistic adoration. When we explain gestures such as genuflection, we help them to deepen their Eucharistic awareness.

We can easily forget the awesome reality of the presence of Christ, since the way in which he comes is, as always, so unobtrusive. To counter this forgetfulness, we should have in all of our parishes not only the opportunity to pray in adoration before the tabernacle, but also occasions for more explicit expressions of awareness of the Eucharistic presence, such as Exposition, Holy Hours, and Benediction. These can fruitfully be joined with another marvelous aspect of our tradition of prayer, the celebration of the Liturgy of the Hours.

During such times of prayer, I suggest that we especially pray to God for two intentions: 1) that our families may be strengthened; and 2) that those who are being called to the priesthood and religious life will respond to that call.

During our period of vigil before the Blessed Sacrament, we should spend most of the time in silent prayer. It is good to read from the Scriptures, either aloud or silently, and perhaps to pray the rosary, or litanies, or prayers of adoration. Perhaps say the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." Or the prayer of Samuel: "Speak, Lord. Your servant is listening." Or: "Maranatha! Come, Lord Jesus." It is good to sing a Eucharistic hymn, preferably one of the richly meaningful ones from the Christian tradition. Those of St. Thomas Aquinas are especially profound. Time in adoration before the Blessed Sacrament is so important for us all that it should not be an occasion for promoting private revelations, apparitions, or locutions, or any particular devotions. An extended time of Eucharistic vigil most fittingly either begins or ends with the actual celebration of the Eucharist.

*to be cont'd . . .*

## Blessed Sacrament Parish

**Call for Conscience** The Saskatchewan Call for Conscience 2019 Campaign is underway. The letter and a pen will be handed out after the homily by the Blessed Sacrament Parish ushers. Parishioners can return the signed letter to the ushers at time of the collection.

**Stations of the Cross** will be prayed during the season of Lent every Friday after the noon Mass.

**Parish Registration Forms** for new parishioners are available at the main entrance of the Church.

**Ministry Schedule** for March is available for pick-up at the main entrance of the Church or download from our Parish website.

**Prayer of Petition** for the formation of the diaconates and for the seminarians, that God would bless them as they prepare to serve the people of God in our Archdiocese, we pray to the Lord.

### Blessed Sacrament Rosary/Prayer Group



Every Wednesday from 6:30 - 7:30 pm, the Rosary and a variety of other prayers are recited with some time for personal reflection. To enter the Church use the Side Entrance (north door) as the Scarth Street Entrance will not be opened. Please join the intercessory prayers.

### Women at the Well

A Catholic Women's Event for women thirsting for an encounter with Jesus. Join other women for a short reflection, discussion, time of silence, prayer and fellowship. Saturday, March 9th at Marian Centre 1835 Halifax St. 2:00-3:00 p.m., please ring the bell at the blue door on the south side.

### 40 Hours for Life

March 6—April 14 daily from 4:30 pm until 5:30pm on the west side of the General Hospital. People unable to attend can support this effort with prayers during that hour.

### Financial Update:



	Collection	Target	Over (Short)	Jan 1– Dec 31
	<u>Feb 23/Feb 24</u>	<u>Feb 23/Feb 24</u>	<u>from Target</u>	<u>from Target</u>
Regular Sunday	\$1,726.75	\$4,991.00	(\$3,264.25)	(\$13,422.65)
Building Fund	\$352.00	\$429.00	(\$77.00)	(\$13,054.00)

**Thank you for your donation!**

## The Gospel of Food

Come and enjoy St. Luke's Gospel emphasizing Jesus' love of Hospitality. Six Thursdays: March 7 to April 11, 10:30 am to 12:30 pm. Holy Child Parish, 2636 7th Avenue East. Includes a shared lunch. Facilitated by Sr. Anna Aulie. Call 306-789-8276 to register or for more information.

### My Generation Youth Rally (My Gen)

The My Generation Youth Rally (My Gen) will be held this year on March 30th and 31st. My Gen is a gathering of young people from all over the diocese who come together to do service, explore their faith and form new friendships! All young people in grades 9-12 are welcome to join us. Check out the website for promotional videos, more info and to register. [www.mygenrally.ca](http://www.mygenrally.ca).

### 39th Annual Nash Lecture:

#### Reconciliation in the Age of Rage

Wed., March 13, 2019 at 7:30 pm Campion Auditorium. We live in an “age of rage.” Shifting social, economic, and religious paradigms. Let's reimagine the apparent tension between reconciliation and justice to find new ways of communicating and collaborating across all that divides us, so as to build communities of creativity and hope.

### Multi-Faith Film Festival

March 8-10, Regina Public Library Film Theatre, 2311-12th Avenue,. Presented by the Regina Public Library in partnership with Regina Multi-Faith Forum and RPL Community Engagement and Programming. This exciting festival will bring seven new and recent features films exploring faith and religious experience to Regina audiences, curated by members of the Buddhist, Bahá'í, Christian, Hindu, Jewish, Muslim, and Sikh communities. Free coffee, tea, and international sweet treats will be served. <https://www.facebook.com/events/391685164724777/>

The operating and building fund targets are based upon an estimate of our 2018 expenses, as well as the particular week donations from the previous year.