

June 9, 2024



BLESSED SACRAMENT PARISH

2049 Scarth Street, Regina, SK S4P 2H5
www.blessedsacramentregina

LITURGY SCHEDULE

Saturday 5:10 pm • Sunday 10:00 am
Monday - Friday 12:05 pm

Monday to Friday, 12:05 PM The Eucharist
Sacrament of Reconciliation before Mass Monday- Saturday

Anointing of the Sick: June 7th, First Friday, after Eucharist or anytime by request.

Sacrament of Marriage: Please contact the parish office at least one year before proposed date of marriage.

10TH SUNDAY IN ORDINARY TIME

TODAY'S MUSIC
SATURDAY 5:10 PM • SUNDAY 10 AM

Processional: CBW III #543
All Creatures of Our God and King

Gloria: JourneySong 226

Responsorial Psalm: CBW III #140
*With God there is mercy, and
fullness of redemption.*

Preparation of Gifts: CBW III
495 *We Walk by Faith.*

Eucharistic Acclamations: Journey
Song # 227-232.

Communion Procession: CBW III
487 *You are Near*

Recessional: CBW III # 498
*Lord of Creation, to You Be All
Praise (use melody of # 497).*

HOLY FATHER'S INTENTION FOR MAY

For the formation of religious and seminarians: *We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.*

PARISH OFFICE

Regular Hours • Tuesday to Friday • 11:00-2:00 PM
Tel: (306) 522-7422 • Email: blessed.sacrament@sasktel.net

Pastor: The Rev. James Hentges: pastor.bsacrament@sasktel.net

Parish Secretary Nancy Diokno: office.bsacrament@sasktel.net

Liturgical Ministry Charmaine Elash: celash@sasktel.net

Music Bernadette Kutarna: music.bsacrament@sasktel.net

Caretaker Teklesenbet Mebrahtu (contact via parish office).

DONATIONS

Donations to Blessed Sacrament Parish can be sent via

E-transfer (interac) to:

blessed.sacrament@sasktel.net

Auto-Deposit Forms for regular (e.g. monthly or weekly) donating to Blessed Sacrament Parish are available at the entrance of the church, from parish office or at:

blessedsacramentregina.ca/donations/



Blessed Sacrament 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.

✦ Ordinary Time

ORDINARY TIME, the longest season of the Church year, fills the weeks that do not celebrate a specific aspect of the mystery of Christ (*Universal Norms on the Liturgical Year and the General Roman Calendar*, 43). It's the no-particular-reason season. Christmas Time honors the birth of Christ. Easter Time rejoices in the Resurrection. Ordinary Time is devoted to the mystery of Christ in all its aspects.

The number of the weeks of Ordinary Time replaces the old counting of weeks "after Epiphany" and "after Pentecost." The old calendar suggested that Pentecost ran for six months. The new calendar gives Pentecost a day. Then we return to Ordinary Time.

At first glance, the principles of Ordinary Time seem basic enough. Start counting the weeks after Christmas Time. Break for Lent and Easter. Resume after Pentecost and keep counting until Advent. Basically, that's how it works. But we have a few quirks.

For example, there is no "First Sunday in Ordinary Time"; however, there is a first week. Usually Christmas Time ends on a Sunday with the Baptism of the Lord. The lectionary also calls it the First Sunday in Ordinary Time, but it is part of Christmas

Time. (Some years the Baptism of the Lord falls on a Monday, but that's another story.) Ordinary Time gets underway on a weekday. When the next Sunday rolls around, we start week two.

On the Tuesday before Ash Wednesday, we see the last of Ordinary Time until after Pentecost. Even then, it emerges only on weekdays. Trinity Sunday always follows Pentecost Sunday, and the Solemnity of the Most Holy Body and Blood of the Lord comes the next Sunday in the United States. (In countries where this solemnity is a holyday, it falls on a Thursday.) Therefore, when the numbered Sundays in Ordinary Time return in summer, we start out a little higher than where we left off.

Sometimes we skip one or two entire weeks of Ordinary Time during the Easter break. We want to close the Sundays of the year with Christ the King, one week before Advent. Christ the King always falls on the Thirty-Fourth Sunday in Ordinary Time. So, we determine the week number after Pentecost not based on where we left off before Lent, but by counting backwards from Christ the King. One or two weeks may disappear, but Ordinary Time still serves the complete mystery of Christ.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner.

FUNDRAISING SUPPER FOR ST. ANTHONY'S PARISH

Please join us on Thursday, June 27th at the Italian Club Cocktails 6:00, Supper 6:30. Adults: \$30 – Youth: \$15. Door Prizes, 50/50 Draw, Silent Auction, Cash Bar. Tickets can be purchased from Halina (306) 552-3336

ST. PHILOMENA WALKING PILGRIMAGE

The St. Philomena Walking Pilgrimage, August 11-14, 2024 sponsored by the Archdiocese of Regina. Join pilgrims from ages 7-77 in this life changing, 4-day journey from Yorkton, Sk. to the Shrine of Our Lady of Lourdes, Rama Sk. For more information and to register, visit: stphilomena.ca.





Archdiocese of Regina

June 9, 2024

Bulletin

10th Sunday in Ordinary Time

The Roman Catholic Archdiocese of Regina will gather in joy and thanksgiving for the Ordination of



**KEN FAHLMAN
AND
MARTIN KONDZIELEWSKI**

TO THE
Permanent Diaconate
By the Most Rev. Donald J. Bolen
Archbishop of Regina

On
Friday, June 14, 2024
7:00 PM
at
Holy Rosary Cathedral
Regina, SK

Livestream: youtube.com/ArchdioceseRegina



TF #404: Spiritual Peer Support Breaking Stigma and Preserving Dignity Through Acknowledgment

Deacon Eric Gurash discusses the role of core values in spiritual peer support as they are encountered in Emmaus Support Mental Health Ministry and zeros in on the value of acknowledgment. He examines the root of this value in compassionate listening and how it can be more deeply informed by the model of Christ in the Gospels and the Ignatian Spiritual practice of spiritual conversation. **Show Snippet:** "In Spiritual Peer Support, acknowledgment is transformative, fostering empathy and understanding through active listening and non-judgmental attitudes. Participants validate each other's experiences, reducing stigma and creating trust and connection." To learn more about Emmaus Support Mental Health Ministries, visit: emmaussupport.ca/thinkingfaith.libsyn.com/spiritual-peer-support-breaking-stigma-and-preserving-dignity-through-acknowledgment

Lay Formation Commissioning Mass Saturday, June 15 at 1:00 PM

at Holy Trinity Parish, 5020 Sherwood Drive
If you plan to attend, please RSVP to mgurash@archregina.sk.ca by Friday, June 7, 2024.

The Archdiocese of Regina's Lay Formation Program has been providing well-formed, evangelizing disciples for over 35 years. Our alumni serve as leaders in liturgical and catechetical roles, as well as in pastoral and other parish groups, teams, and committees. Join our program and become part of this community of leaders. Our Fall intake starts this November, with weekend sessions held monthly at Campion College. Register now to deepen your understanding of Church and faith and discern how best to offer your God-given gifts and talents in service. 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.

St. Philomena Walking Pilgrimage

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Stewardship Bulletin Bit

"If a kingdom is divided against itself, that kingdom cannot stand." - Mark 3:24
Within your parish community, do your ministries collaborate with each other or do they compete against each other? Do your parish ministries work for the greater glory of God or do they work for the glory of the people running them? The primary goal of parish ministry is not to increase Mass attendance, increase the number of volunteers or increase offertory. The primary goal is to be one Body of Christ that helps people take one step closer to Jesus. If it's not doing that, it's not worth doing.

The Spirituality of Childhood Catechist Formation

Catechesis of the Good Shepherd is a Montessori based faith formation program for children. This summer, July 2-7 this national formation course will be offered here in Regina. In Catechesis of the Good Shepherd, adults are given the opportunity to embrace a method of catechesis (or religious education) that will deepen one's relationship with God. Catechist formation in Catechesis of the Good Shepherd is both instructive as well as experiential. It captivates both the head as well as the heart. It has a holistic approach for the adult, enriching the adult in a background of scripture and liturgy, theology and prayer, as well as the pedagogy of the young child, helping the adult to see what face of God the young child most needs in order to enter into a relationship with God. Therefore, Catechesis of the Good Shepherd requires the adult to receive training in the method in a way that is "retreat-like," giving time and space to absorb the richness of what it means to live one's baptismal covenant and grow in the love and knowledge of God. For more information email cassandra.ursu@gmail.com or register at cgsac.ca/course-offerings/regina%3A-level-1%2C-part-a

Upcoming CPE unit in Regina

The Spiritual Care department of Santa Maria Senior Citizens Home, Regina, will be offering Clinical Psycho Spiritual Education (CPE) from September 2024 to March 2025. CPE helps to form and develop one's self for service, which is our primary tool in caring for others. If you are interested in developing your skills in soul-care, whether for professional development, seminary credit, or as a way to develop your personalized learning goals, CPE is a formational learning opportunity. An internationally recognized program, CPE teaches skills and competencies for professional spiritual care and can lead to certification with Canadian Association of Spiritual Care (CASC/ACSS). Students gather with a small peer group for a full day on Tuesdays and spiritual care clinical practice opportunities will take place one day per week at Santa Maria + students' current ministry sites. Group and individual supervision will be provided by Erika Mills, CASC Certified Supervisor-Educator. CPE accepts up to 6 students per learning site. Tuition is \$1350 plus required student membership and insurance with CASC/ACSS, approximately \$200. Applications are due July 1, 2024. Further information and application forms are available at cpe-saskatoon.com.

Catholic Engaged Encounter

Getting married? Want a weekend away to focus on your relationship? Catholic Engaged Encounter uses a method of marriage preparation that has been used in hundreds of dioceses throughout the world since 1976 and was Vatican approved in 1992 by Pope John Paul II. A weekend will be held at the Briercrest college the 14 to the 16th of June. Also at Mother Teresa Centre at Kenosee on 15 to 17th of November. For more info or to register visit ceewest.com, Contact Kim and Vance Weber at eeregina@gmail.com if you have any questions.

Summer activities at the Myriam Family of the Prairies:

Young adult retreat: Called to the infinite, July 5-7th.

Adult retreat: Abide in me, July 24th. Youth retreat for age 12-17, Saved and free, August 2-4th

Two family retreats: Happy together, August 9-11th and August 16-18th.

If you are interested, please reach Sr. Stéphanie at pss.prairies@famillemyriam.org or 306-536-2721

Rapid Access Counselling for those Impacted by Suicide Loss

Free 1-Hour Sessions with trained counsellors

Available in-person, phone, and video appointments

Book your session at counsellingconnectsask.ca

Provided by Family Service Saskatchewan

Catholic Family Services of Prince Albert, 306-922-3202

Family Service Regina, 306-757-6675

Family Service Saskatoon, 306-244-0127

PARTNERS Family Services (serving rural central Saskatchewan), 306-682-4135

Stones Cry Out: Praying with the Land

ELCIC/ACC National Worship Conference July 18-21, 2024

Registration is now open! Visit our website at nationalworshipconference.org/ and follow us on Facebook

@nationalworshipconference for updates. The focus of the conference is to help us to think about, talk about, and pray about how we can transform our worship in authentic ways - from language and image of empire and colonialism to one that recognizes our rich multi-cultural and Indigenous heritage. Early bird registration ends on May 31. nationalworshipconference.org/registration/

Nine inspiring workshops: *Ceremony and Liturgy; New Words, New Melodies, New Inspiration; Mysterium: the development and practice of an Ancient-Future worship service; Sacred Treaty relationships and promises; Understanding Indigenous Spirituality; Walking together in a good way: stories from Indigenous and Ally perspectives; An Indigenous Creed; Crafting and Leading Rituals of Healing and Reconciliation; Singing and Praying Justly.*

Canadian Christian Meditation Community National Conference Retreat - From Anxiety to Peace

UBC Vancouver July 5-7, 2024

In-person or Online

The Canadian Christian Meditation Community Conference Retreat: From Anxiety to Peace will be led by Benedictine Father Laurence Freeman, Spiritual Director of the World Community of Christian Meditation, and recipient of the Order of Canada for interfaith dialogue. July 5-7, 2024, at UBC Vancouver. Participants can attend in person or online. Register early as in-person spaces are limited. For more information contact JoAnn 604-318-3429, Maeve at bcccchristianmeditation@gmail.com, visit wccm-canada.ca or the Vancouver Archdiocese Events Page beholdvancouver.org/events.