

November 3, 2024

BLESSED SACRAMENT PARISH

2049 Scarth Street, Regina, SK S4P 2H5



LITURGY SCHEDULE

Saturday 5:10 pm

Sunday 10:00 am

Monday, 12:05 PM

TODAY'S MUSIC

31ST SUNDAY IN ORDINARY TIME
SATURDAY 5:10 PM • SUNDAY 10 AM

Processional: Journey Song #717
Christians, Let Us Love One Another

Gloria: JourneySong 226

Responsorial Psalm: CBW III #203
I love you, God, my strength.

Preparation of Gifts: JourneySong
780 *Bread for the World*

Eucharistic Acclamations: CBW
227-232.

Communion Procession: Journey
Song #788 *Bread of Life*

Recessional: JourneySong #748
By All Your Saints Still Striving

HOLY FATHER'S NOVEMBER INTENTION

For anyone who has lost a child

We pray that all parents who mourn the loss of a son or daughter find support in their community and receive peace and consolation from the Holy Spirit.

**CURRENTLY NO SCHEDULED WEEKDAY MASSES
TUESDAY-FRIDAY, NOVEMBER 5-8**

Please call the parish office or check our website for updates and changes to parish weekday masses.

Sacrament of Reconciliation

Before Mass: weekdays at 11:30 am, Saturdays at 4:30 pm

Sacrament of Initiation / Baptism, Confirmation & Communion: *These sacraments require preparation. Please contact the parish office.*

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

Anointing of the Sick: *after First Friday Masses or by request.*

PARISH OFFICE

Regular Hours • Tuesday to Friday • 11:00–2:00 PM

Tel: (306) 522-7422 • www.blessedsacramentregina.ca

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

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

Parish Assistant: Mel Ochia assistant.bsacrament@sasktel.net

Liturgical Ministry Charmaine Elash: celash@sasktel.net

Music Bernadette Kutarna: music.bsacrament@sasktel.net

Caretaker Teklesenbet Mebrahtu (contact via parish office).

CALENDAR

Saturday, November 16	<i>RCIA Preparation, first session, Parish Conference Room, 11 AM</i>
Thursday, November 21st	<i>Blessed Sacrament Parish Finance Council, 4:30 PM, conference room</i>
Saturday, November 23rd	<i>Blessed Sacrament Parish Pastoral Council, 10:30 am, conference room</i>
Sunday, November 24th	<i>St. Martin de Porres Fall Harvest Supper, 5:00 p.m. Refreshments, 5:30 p.m. Buffet Supper. Details and tickets information: call parish office.</i>

November 3, 2024

**REGINA CATHOLIC SCHOOL BOARD ELECTIONS
NOVEMBER 13TH**

Available at the entrances is a brochure containing the profiles of candidates for election to the Regina Catholic School Board in the upcoming civic election on November 13th. Please consider these candidates for the Regina Catholic School Board and vote in upcoming November 13th election.

RCIA

ARE YOU INTERESTED IN THE CATHOLIC FAITH?

If you've been coming to Mass for a while, but are not Catholic, we invite you to look deeper into the richness of what the Catholic Church teaches in an open and welcoming environment with our parish family. These gatherings are for inquirers and are open to people who are not baptized, as well as those who are baptized Christians from other faith traditions or Catholics in need of first communion and confirmation. Contact parish office for more information. The first session (mandatory) is Saturday, November 16th (see calendar).

THE CHOSEN AT LITTLE FLOWER PARISH

Little Flower Parish invites you to join them in watching the **The Chosen** Series which is based on the gospel of Jesus Christ.

Season One Tuesday nights at 6:30 pm, November 5, 12, 19 and 26. Little Flower Parish 430 College Ave. For further information please contact Cindy Walker at 306 510-1610 or Norine Schmalz 306 737-2140

DONATIONS

Donations to Blessed Sacrament Parish can be sent via **E-transfer (interac)** to:

blessedsacrament@sasktel.net

Auto-Deposit Forms are available at the entrances of the church or at:

blessedsacramentregina.ca/donations/

If you wish to direct your donation to the Building Fund or the Painting Project specifically, please indicate on your cheque or transfer.



 **All Souls**

CRISP AUTUMN chill penetrates our sweater-wrapped bodies to remind us of our weakness before the power of nature. As leaves fall from trees, plants die, and animals retreat, we feel the impending threat of death, which waits to take us home.

During this season of the northern hemisphere's year, the Church celebrates the Commemoration of All Souls. As our bodies and minds resign themselves to the inevitable cessation of life, our Church calendar brings forth a somber feast to fit our temperament these increasingly darkened days.

All Souls comes as a sequel to that of All Saints. Having commemorated all the blessed who enjoy the face of God in their death, we turn our thoughts to the other souls who await the fullness of God's glory. The sequence of these two days implies a belief that those who have lived lives of holiness enjoy God's presence and can intercede for us before the throne of God. All Souls implies that others, having lived more sinful lives, still await that glory. These are the dead we remember every November 2—members of our families, friends, the lonely and forgotten, and public figures who have touched our lives. On this day, we pray that God will have mercy on them and grant them the vision of blessedness for which they longed.

The liturgy for this day still offers three Masses. When the Church created this feast in the Middle Ages, it became so popular that priests were given the unusual permission to celebrate three Masses that day. The permission remains, as do the separate texts for the Masses, even though not every parish takes advantage of the permission. The readings are drawn from the collection of texts we use for funerals.

When the Church gathers for prayer on November 2, we still remember the faithful departed, even when it falls on a Sunday. Those who assisted us in life receive assistance from us in their death. This commemoration celebrates our union with the church in every place and beyond all time.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year © 2020
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Written by Paul Turner.

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.



Archdiocese of Regina November 3, 2024

Bulletin

31st Sunday in
Ordinary Time

Pilgrims of Hope: Together in Mission

Fr. Raymond Lafontaine, a priest of the Archdiocese of Montreal, has been present in the Archdiocese of Regina since May 2024. During this six-month study leave, he has visited numerous parishes and groups across the Archdiocese, meeting with priests, pastoral staff, and lay leaders, observing and learning from the different ways in which we “walk together” as a synodal church in mission. He will be serving as a table facilitator at the 2nd Synodal Assembly in Rome this October, and upon his return, he will lead us in a diocesan study day. What is the Spirit speaking to the Church through the Synod? How far have we progressed along the synodal path, and how can we deepen our commitment to walking together as we live the call to communion, participation, and mission? Fr. Raymond will have many lively stories to share, and so do each of us! Come and share in this conversation with friends and mission partners from across the diocese. **Join us on Saturday, November 9, 2024.** The study day begins at 9:30 am with a light breakfast and concludes at 1:00 pm at Resurrection Parish, 3155 Windsor Park Rd, Regina.

Free registration is requested to assist with planning. To register email mgurash@archregina.sk.ca or call 306-721-6734 by Wednesday, November 6.

Join “Companions in Hope: A Prayerful Space for Healing and Support

An Online Mental Health Prayer Group

Emmaus Mental Health Ministries warmly invites you to Companions in Hope, an online prayer group for those living with mental health challenges and the allies who accompany them. This is a sacred space of safety, acceptance, and healing, where we come together in prayer and reflection, offering support to one another on our journey toward hope.

Through the practice of Lectio Divina and other traditional contemplative prayers, we will reflect on God’s healing presence and our need for grace, fostering peace, consolation, and connection. Whether you’re seeking comfort in your mental health challenges, or encouragement as you accompany and support loved ones, you will find a quiet, peaceful community of prayer and support.

We meet on Zoom every second Thursday of the month. To Register: Please contact emmausmentalhealth@gmail.com to receive the Zoom link and join us in this journey of healing and hope.

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Archbishop’s Appeal

When asked about the greatest commandment, Jesus emphasizes love—love for God and love for neighbour. This dual command is the cornerstone of our faith, calling us to live in harmony with one another. Contributing to the Archbishop’s Appeal is a tangible expression of this love. Our donations support initiatives that care for the needy, educate the youth, and strengthen our parish communities. By uniting our resources, we demonstrate that love is not just a feeling but an actionable commitment to the well-being of others, fulfilling God’s greatest commandment.



Vatican II and Synodality with Dr. Catherine Clifford

Dr. Catherine Clifford is a Canadian laywoman appointed as a delegate to the XVI Assembly of the Synod of Bishops. She is a professor of theology and director of the Centre for Vatican II and 21st Century Catholicism at the Université Saint Paul in Ottawa. A specialist in ecumenism and ecclesiology (the theology of church), Dr. Clifford has over two decades of experience as a member of Anglican-Roman Catholic and other ecumenical dialogues. Dr. Clifford will be visiting Regina soon after returning from the Synod. She will be speaking on how a renewed attention to the ancient practice of synodality is giving a renewed attention to the teaching of the Second Vatican Council. **Wednesday, November 27** at 7:00 pm at Campion College. All are welcome! For further information, contact Nick Jesson, Archdiocesan Synod Coordinator, njesson@archregina.sk.ca

Face to Face is coming to Regina! Join us at St. Martin's Parish on Saturday, November 30th for back to back youth retreats. Grades 4 to 7 will meet from 2:00 pm to 4:45 pm and grades 8 to 12 will meet from 6:30 pm to 9:30 pm. With a wonderful balance of outrageous fun, engaging talks and impacting prayer moments, our youth will enter in and receive the love of God. Contact Sheri Parker at 306-533-2561 to register.

Monday Meets - Conversations With International Staff

It begins this Monday, Nov. 4 at 8:30 to 10:00 pm Saskatchewan time, with COP 16 on Biodiversity: A Latin American Perspective. It will be presented by Anne Catherine Kennedy, who has been a program officer for Latin America since 2005, working on long-term development issues. It is the first of 5 presentations, given about once a month. The series should prove to be educational and eye-opening for all of us. For more information and to register, go to: mailchi.mp/devp.org/peek-behind-the-curtain-at-our-monday-meets

Emmaus Men's Mental Health Support

Are you feeling overwhelmed by guilt, anxiety, or constant self-doubt? Do you struggle with negative thoughts or find yourself questioning your decisions? You're not alone. Our Emmaus Men's Mental Health support group in Regina can help you find strength, understanding, and a path to peace. Our group offers a safe space for men facing mental health challenges, providing a faith-filled environment to share experiences, receive encouragement, and explore practical coping strategies. Through open discussions, prayer, educational resources, and spiritual guidance with peers, we walk together on our collective journeys toward healing and growth. Please note that Emmaus groups do not provide professional counselling services and are not intended to replace professional counselling, medication, or therapies. For more information on meeting times and locations, and how to join, contact emmausmentalhealth@gmail.com or visit our website at emmaussupport.ca

Pope Francis' Monthly Intentions - November For Parents Who Have Lost a Child

"Let us pray that all parents mourning the death of a child find support in the community and receive heart's peace from the consoling Spirit." popevideo.org

Camp Monahan's Annual Christmas Dinner

Enjoy an evening out with great food, music and friends at Camp Monahan's Annual Christmas Dinner, sponsored by Holy Child Knights of Columbus on December 7th. For more information and tickets are available online campmonahan.ca or by contacting our office (306)522-1047 or email campmonahan@sasktel.net.

Stewardship Bulletin Bit

"And to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself is worth more than all the burnt offerings and sacrifices." (Mark 12:33)

Of all the gifts that God gives us, the one He wants the most is our heart. He wants us to share out of our love for Him, not out of obligation. Using our talent in parish ministry and contributing money to support our parish mission is important, but it's more important to spend time in prayer with God daily and discern how He is calling us to be generous with all of our gifts. Not just the visible ones, but the invisible ones like love, mercy and forgiveness.

A Youth retreat

What? A 24 hours youth retreat.

When? November 8th, 5h00pm to November 9th, 2h00pm.

Where? At the Myriam Family house of prayer in McLean SK

Age? From age 12 to 17

How much? Suggested donation; 25\$/person

To register, call Sr. Stephanie: 306-761-0528 or by email: pss.prairies@famillemyriam.org

The Myriam Family of the Prairies invites you

For a day retreat for adults on November 23rd, 2024

From 9h30 to 4h00

With the theme:

The adventure of my spiritual journey; The purgative phase

The retreat will include talks, sharing, Mass with Bishop James Weisberger, Holy hour, and lunch, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, Sk, 45 km East of Regina.

ArchRegina Weekly Report



The weekly report is published every Friday and features top stories, reflections, Catholic news, from our Archdiocese and around the world.

Stay connected and inspired throughout the year! Subscribe to our other email publications and follow us on social media for the latest Catholic News, inspirations, and updates on Archdiocese of Regina events and activities. Let's journey together in faith!"

HOSPITAL CHAPLAINS

Pastoral Care focuses on people's needs from a spiritual and theological perspective in order to help create an optimum climate for healing of body, mind and spirit. If you or a loved one is in the hospital, please contact a chaplain to arrange a pastoral care visit or an anointing.



General - Jerry: 306-519-1405

Pasqua - Jennifer: 306-519-1380

Wascana - Joan: 306-530-6511

