

November 10, 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

32ND SUNDAY IN ORDINARY TIME  
SATURDAY 5:10 PM • SUNDAY 10 AM

Processional: Journey Song # 825  
*Lord, Whose Love is Humble Service*

Gloria: JourneySong 226

Responsorial Psalm: CBW III # 206  
*Praise our God, O my soul*

Preparation of Gifts: JourneySong  
# 622 *Like a Shepherd*

Eucharistic Acclamations: CBW  
227-232.

Communion Procession: Journey  
Song # 780 *Bread for the World*

Recessional: JourneySong # 817  
*The Spirit Sends Us Forth*

### 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 MASSES AT THIS TIME  
FROM TUESDAY-FRIDAY, NOVEMBER 12-15**

*But this could change so 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](http://www.blessedsacramentregina.ca)**

**Pastor: Rev. James Hentges: [pastor.bsacrament@sasktel.net](mailto:pastor.bsacrament@sasktel.net)**

**Parish Secretary Nancy Diokno: [office.bsacrament@sasktel.net](mailto:office.bsacrament@sasktel.net)**

**Parish Assistant: Mel Ochia [assistant.bsacrament@sasktel.net](mailto:assistant.bsacrament@sasktel.net)**

**Liturgical Ministry Charmaine Elash: [celash@sasktel.net](mailto:celash@sasktel.net)**

**Music Bernadette Kutarna: [music.bsacrament@sasktel.net](mailto: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 10, 2024

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

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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.

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**RCIA**

***ARE YOU INTERESTED IN THE CATHOLIC FAITH?***

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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).**

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**THE LIGHT SHINES THROUGH THE BROKEN PLACES -  
CLERGY SEXUAL ABUSE PRAYER SERVICE**

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Everyone is invited to join Holy Child Parish and Bishop Don for an evening of prayer and participation in the spirit of a relational church on Thursday, November 21 at 7:00 PM. We will listen to and journey through a clergy sexual abuse prayer service, The Light Shines Through the Broken Places.

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**DONATIONS**

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

**[blessedsacrament@sasktel.net](mailto:blessedsacrament@sasktel.net)**


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

**[blessedsacramentregina.ca/donations/](http://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.



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 **Blessing a New Home**

**WHEN YOU** move into a new home, you may invite a priest, deacon, or lay minister to come and bless it. You may invite anyone else you would like. At a minimum, the people who live in the house should be there. The ceremony comes from the *Book of Blessings*.

All stand in some spacious place, such as a living room. The minister makes the Sign of the Cross, greets those gathered, and says the introduction.

Someone reads a passage from the Bible. There are several possibilities. In Luke 10:5–9 Jesus sends out the 72 disciples to evangelize by entering homes and saying, “Peace to this household.” In Genesis 18:1–10a visitors to the home of Abraham and Sarah promise the couple will have a new child. In Mark 1:29–30 Jesus goes to Simon’s house to heal his mother-in-law. In Luke 10:38–42 Martha welcomes Jesus to her home. In Luke 19:1–9 Jesus invites himself over to the house of Zacchaeus. In Luke 24:28–32 two disciples invite the risen Jesus to stay with them, not knowing who he is.

All pray a Psalm such as 112, 127, or 128. The minister explains the biblical texts. Someone who lives in the house leads intercessions. The minister concludes these with the blessing. It includes these words: “Be their shelter when they are at home, their companion when they are away, and their welcome guest when they return” (*Book of Blessings*, 673). The minister also prays that God will receive the members of this household into their everlasting dwelling place.

The minister sprinkles the people and the new home with holy water as a reminder of the redemption that is ours through Baptism into Christ. A short prayer and a song conclude the ceremony.

Bulletin Inserts for the Liturgical Life of the Parish: Devotions and Customs  
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*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 10, 2024

## Bulletin

32nd Sunday in  
Ordinary Time

### Youth Events

#### RISE UP: EVENT BY CCO

Rise Up is an event put on by CCO (Catholic Christian Outreach) every year over the Christmas holidays. This year's event for young adults (ages 18 & up) will take place Dec. 29- Jan. 1st in Calgary, Alberta. It will include opportunities for workshops, faith sharing, prayer and a unique New Year's gala experience. The Office of Youth and Young Adult Ministry of the Archdiocese of Regina is happy to provide a bus for those wishing to attend. (The bus will be free, but you will need to pay for your own registration) If joining the bus is of interest to you, please let us know NO LATER than November 30. [bit.ly/ooyamtrip](http://bit.ly/ooyamtrip).

#### World Youth Day 2024

Do you know that WYD is celebrated EVERY year all around the world on the feast of Christ the King? The theme for this year's WYD is "Those that hope in the Lord, will run and not grow weary." The Office of Youth & Young Adult Ministry invites all young adults ages 18 and up to join us Sunday Nov. 24th for an afternoon of Laser Tag, a guest speaker, discussion and community prayer. The cost is \$20. Please register at [bit.ly/archooyam](http://bit.ly/archooyam)

#### Ministering to Youth Workshop

Do you work with young people? Care about young people? If so, please join the Office of Youth and Young Adult Ministry for a Youth Ministry Workshop. Come explore what youth ministry is, who it involves and why it is vital to our church. If you are a member of the clergy, a parish worker, a teacher, a volunteer, a catechist or work with an apostolate this workshop could be of interest to you. Join us Nov. 30th from 9:30-3:30 at the diocesan offices. No cost involved. Lunch provided. Please register by emailing [ooyam@archregina.sk.ca](mailto:ooyam@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.

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### Archbishop's Appeal

Jesus honors the poor widow who offers two small coins—all she has—to the temple treasury. Her generosity teaches us that the value of a gift lies not in its monetary worth but in the love and sacrifice it represents. In supporting the Archbishop's Appeal, even modest contributions become powerful when given from the heart. Our collective offerings, big or small, unite to make a significant impact. Like the widow, let us give not from surplus but from faith, trusting that God will multiply our gifts for His greater glory.



### 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](mailto:njesson@archregina.sk.ca)

### 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](http://campmonahan.ca) or by contacting our office (306)522-1047 or email [campmonahan@sasktel.net](mailto:campmonahan@sasktel.net).

## 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](mailto:emmausmentalhealth@gmail.com) to receive the Zoom link and join us in this journey of healing and hope.

## 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](mailto:emmausmentalhealth@gmail.com) or visit our website at [emmaussupport.ca](http://emmaussupport.ca)

## 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

ARCHDIOCESE OF Regina



## TF #426: Conquest Boys Club Q&A - Part 14

This week, Deacon Eric and Dr. Brett field another randomly drawn question courtesy of the Conquest Boys Club of St. Anne’s parish in Regina. They’ll be talking about the Ecumenical movement and unity among Christians.

[thinkingfaith.libsyn.com/conquest-boys-club-qa-part-14](http://thinkingfaith.libsyn.com/conquest-boys-club-qa-part-14)

## CWL Corner

- Calendar item: Save the Date, the 102nd Regina Diocesan Convention will be held on Saturday, May 3rd, 2025, at St. Joseph’s in Moose Jaw.
- Leadership formation opportunity. The Catholic Women’s Leadership Foundation, CWLF is accepting applications for the 2025-2026 Catholic Women’s Leadership program. This eleven-month online program is open to all catholic women who have leadership gifts and are seeking a deeper understanding of transformative leadership. Deadline to apply is Dec 15, 2024. More information may be found at [cwlfcanada.ca/](http://cwlfcanada.ca/) and the application is available at [form.jotform.com/241684734994270](http://form.jotform.com/241684734994270)
- The Regina Diocesan CWL has a newsletter. Our first edition was published in October 2024. The Catholic Women’s League of Canada calls its members to grow in faith and to witness to the love of God through ministry and service. Wonderful things are happening in CWL councils across the diocese. Join us in Faith, Service and Social Justice. For more information please contact Linda at [regina.diocesan.cwl@gmail.com](mailto:regina.diocesan.cwl@gmail.com).

## Myriam Family - Adult Retreat

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

## Stewardship Bulletin Bit

*“I say to you, this poor widow put in more than all the other contributors to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.” (Mark 12:43-44)*

Jesus gets right to the point – we are all called to give money to support the mission of the Church, regardless of our circumstances. No gift is too small or insignificant! Giving money to support the mission of our local parish is a matter of our faith, just like praying and participating in parish ministries. When you make a financial offering, is it from your “first fruits” or from what is “left over”?