

December 15, 2024



# BLESSED SACRAMENT PARISH

2049 Scarth Street, Regina, SK S4P 2H5  
[www.blessedsacramentregina](http://www.blessedsacramentregina)

## LITURGY SCHEDULE

*Saturday 5:10 pm*  
*Sunday 10:00 am*

### TODAY'S MUSIC

THIRD SUNDAY OF ADVENT  
SATURDAY 5:10 PM • SUNDAY  
10 AM

Processional: Journey Song # 278 *On Jordan's Bank*

Responsorial Psalm: CBW III # 25  
*Sing and shout for joy, for great in your midst is the Holy One of Israel.*

Preparation of the Gifts:  
Journey Song # 290 *Creator of the Stars of Night*

Eucharistic Accl: CBW 227-232.

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

Recessional: Journey Song # 459  
*Rejoice, The Lord is King.*

*No Scheduled Daily Mass  
at midday this week*

**MONDAY THROUGH FRIDAY, 12:05 PM  
December 16th to 20th**

### *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 Mass, January 3rd, 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)

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*).

### CHRISTMAS LITURGY SCHEDULE

**December 23rd, 5 PM**

- Communal Reconciliation Service

**December 24th, 5:10 PM**

- Mass for Christmas (*caroling before*)

**December 25th, 10 AM**

- 10 AM Mass for Christmas Day

**Mary, Mother of God • January 1st**

- 10 AM Mass for New Year's Day

*Blessed Sacrament Parish is located on Treaty 4 Territory, the traditional lands of the Nēhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.*

## ❖ “O” Antiphons

YES, YOU read the title right. That’s “O” the letter of the alphabet that most reminds us of breakfast cereal, tires, doughnuts, hula-hoops, no-hitters, and Advent.

In many parishes, “O” is the first word said in the new Church year. Actually, we sing it in Advent’s most popular song, “O Come, O Come, Emmanuel.” It announces the season that anticipates the coming of Christ at Christmas.

This hymn, which tells us Advent is starting, used to announce that Advent was ending.

The last eight days of Advent form a little “season” all by themselves. As the Church prepares for the birthday of Christ, the liturgy gets more intense. At daily Mass, the Gospels relate the events leading up to the first Christmas. At Evening Prayer, we have a special series of antiphons that beckon the Messiah to come. Each night gives him a new name, drawn from the Old Testament. “O Wisdom,” “O Sacred Lord,” “O Flower of Jesse’s Stem,” “O Key of David,” “O Radiant Dawn,” “O King of All Nations,” and the greatest

of them all, “O Emmanuel,” a name that means “God is with us.”

For reasons that will be immediately obvious, we call that group of refrains the *O Antiphons*, a hallmark of Advent, and a collection of music our church has treasured for many generations. The Mass now includes a version of them as the alleluia verses for the same eight days before Christmas.

By the Middle Ages, those seven antiphons got strung together into a popular hymn. The last one became verse one, and “O Come, O Come, Emmanuel” was born. Thus, the antiphon originally established for the last evening before Christmas Eve is now often sung to begin Advent.

That “O,” of course, simply tells us that we’re talking to someone. It’s like saying, “Hey, you.” Only more politely. But “O” reminds us of much more. It makes us think of something having no beginning and no end. Like love or an Advent wreath. It resembles the shape of our mouth and the sound we make when we face a mystery we cannot fully comprehend.

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## HOLY FATHER’S DECEMBER INTENTION

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### For pilgrims of hope

*We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.*

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## DONATIONS

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

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

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

[blessedsacramentregina.ca/donations/](https://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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## DONATIONS FOR 2024

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### Tax Receipts

*Note:* Tax receipts for the current year will be available in mid-January. If you wish to have your donation included for those receipts, donations **must be received by Dec 31st.**

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## ENVELOPES/DONATIONS IN 2025

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Packets of envelopes for the coming year are available in the front entrance area of the church. In the coming year, we urge more parishioners to adopt the pre-authorized debit method of donating regularly.

Automatic withdrawals from one’s chequing account on a weekly/monthly basis is the most efficient and cost effective way to donate to the Parish and it helps the Parish best manage financial contributions. Forms for *Pre-Authorized Donations* are found at the entrances to the church. Thank you!

# National Day of Prayer in Solidarity with Indigenous Peoples

## 12 December 2024

To mark the National Day of Prayer in Solidarity with Indigenous Peoples, the Canadian Catholic Indigenous Council (CCIC) recalls the profound sorrow expressed by Pope Francis, during his Penitential Pilgrimage to Canada in July 2022, for the catastrophic effects of the residential school system on Indigenous communities, as well as the journey of reconciliation and healing we have embarked upon together. Two years later, the Pope's words still compel us to recognize this painful legacy and walk alongside the Indigenous Peoples in a spirit of repentance, solidarity, and hope.

We contemplate the Holy Father's words: "The Church is the house where we conciliate anew, where we meet to start over and to grow together". This vision of the Church as a "living body of reconciliation" has guided us in our ongoing commitment to justice and healing. In this spirit, we reaffirm our pledge to work for healing and reconciliation, and to reflect on our efforts since the Holy Father's visit to Canada in 2022.

Together we pray:

*O God, Creator and Father of all,  
with humility and hope, we, your children, acknowledge the relationship in You  
of all living things.  
For this we thank You and praise You.*

*We call on You, Great Mystery, our God who comes to us  
in Jesus Christ, Your Son  
– our Lord, teacher, prophet and brother –  
to open our minds and hearts as we continue to walk the difficult,  
yet critical journey of reconciliation and healing.*

*In our world of such blessed diversity,  
we see so many struggles and obstacles to oneness and unity.*

*We implore You to heal our brokenness and division. Show us in Jesus the way to  
unity among the multiplicity of Your peoples in our world.*

*We also pray that You will guide and lead us in the Truth,  
and show us how to be a people who walk with You. May we be a people  
of Respect, Humility, Courage, Honesty, and Compassion  
- as we find Your Wisdom on the Spirit-led journey that supports deep healing and fosters  
renewed relationships.*

*Lord, make us channels of Your Peace, Hope, and Love!*

*+Amen*



# Archdiocese of Regina December 15, 2024

## Bulletin

Third Sunday of Advent

### Youth Ministry Workshop

On **Saturday, January, 25th from 10:00 - 4:00**, at the diocesan center, the Office of Youth and Young Adult Ministry is having a workshop for the training, support and collaboration of those who work in ministering to young people, with lunch provided. It is our hope that as many people as possible who are involved in ministering to the young people of our archdiocese, would be willing to bring their minds and hearts to this table of sharing. We are also more than willing to take this workshop on the road! Invite us to come to your community! TO CONFIRM ATTENDANCE OR ASK QUESTIONS PLEASE SEND EMAIL TO: [oyyam@archregina.sk.ca](mailto:oyyam@archregina.sk.ca)

### Archbishop's Appeal

When the crowds ask John the Baptist, "What should we do?" he advises them to share with those who have none and act justly. This guidance is timeless, urging us to respond to God's call through generosity and fairness. Supporting the Archbishop's Appeal is a direct way to act on this advice. Our shared contributions fund vital ministries that provide for the less fortunate and promote social justice. In uniting our resources, we answer the question posed to John, actively participating in the joyful preparation for Christ's coming.



### TF #431: Meet the Archivist with Rae Horseman - Part 2



This week on Thinking faith we dust off the stacks and pour through ancient tomes as we step into the fascinating world of history, records and storytelling with Rae Horseman, the Archivist for the Archdiocese of Regina. In this two-part series Rae shares captivating stories from the archives, explains how historical records shape our understanding of faith and community, and highlights the importance of preserving the legacy and stories of our local Church for future generations. [thinkingfaith.libsyn.com/meet-the-archivist-with-rae-horseman-part-2](http://thinkingfaith.libsyn.com/meet-the-archivist-with-rae-horseman-part-2)

### Archbishop's Appeal: Alternate Donation Options Amid Canada Post Strike

We recognize that the ongoing Canada Post strike may impact your plans to contribute to this year's Archbishop's Appeal, especially as we near the end of the year when many wish to ensure their donations count toward 2024 charitable giving. To ensure your generous gifts are received in a timely manner, we encourage you to consider alternate donation methods, which can be found online at [archregina.sk.ca/grouppage/donate-archbishops-appeal](http://archregina.sk.ca/grouppage/donate-archbishops-appeal).

### Pope Francis' Monthly Intentions - December For pilgrims of hope

We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope. [popevideo.org](http://popevideo.org)

Donations can also be dropped off at your local parish or delivered directly to the Archdiocese of Regina Offices at 200-2151 Scarth Street in Regina.

### From the Archivist

St. Joseph's Church in Moose Jaw is looking for chairs with kneelers for their Chapel space. If a parish has any to spare, please contact the archivist at the Archdiocese of Regina: [rhorsman@archregina.sk.ca](mailto:rhorsman@archregina.sk.ca).

**For after-hours convenience, donations may be dropped off securely at:**

- Resurrection Parish (3155 Windsor Park Rd)
- Christ the King Parish (3239 Garnet St)
- Holy Family Parish (1021 McCarthy Blvd)

Thank you to all who have already contributed to this year's Appeal and to those who are still prayerfully discerning their gift. Your support helps us continue the vital work of ministry and outreach in our Archdiocese.

### Stewardship Bulletin Bit

*"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God." (Philippians 4:6)*  
St. Paul reminds us that God is an abundant God – He is the ultimate giver of gifts. He promises to give us all that we need. Remember, that we are created in God's image and likeness. We, too, are made to be generous with all of our gifts as well. Placing our trust in God frees us from being a slave to possessions. It allows us to gratefully and generously share ourselves and our goods with others.

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