

Sunday, February 2, 2025



# BLESSED SACRAMENT PARISH

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

## TODAY'S MUSIC

PRESENTATION OF THE LORD  
SATURDAY 5:10 PM • SUNDAY 10 AM

Processional: JourneySong # 642  
*Blessed Jesus at Your Word*

Gloria: JS # 226

Responsorial Psalm: CBW III # 26 *Let the Lord enter. He is the king of glory.*

Preparation of Gifts: JourneySong  
# 761 *Table of Plenty*

Eucharistic Accl: CBW 227-232.

Communion Procession: JourneySong  
# 774 *The Supper of the Lord*

Recessional: JourneySong # 857  
*Lord, Bid Your Servant Go in Peace*

## DONATIONS

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



## DONATION TAX RECEIPTS

Tax receipts for donations are available in the back of church. If there are any corrections to be made, please contact the parish office. Thank you.

## LITURGY SCHEDULE

***Saturday 5:10 pm***

***Sunday 10:00 am***

**Monday through Friday, 12:05 PM**

***Sacrament of Reconciliation***

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

**Sacrament of Initiation / Baptism, Confirmation & Communion:** *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, February 7th 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*).

## THIS WEEK AT DAILY MASS

- *Monday, February 3rd, Blessing of Throats during the Eucharist on the memorial of Saint Blaise*
- *Friday, February 7th, Anointing of the Sick after the Eucharist on the first Friday.*

*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.*

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## PRESENTATION OF THE LORD

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The origins of the feast of the Presentation of Lord lie in ancient Jewish custom. On the fortieth day after childbirth, parents brought the infant to the Temple to present him/her to the Lord and to purify the mother. St. Luke tells us that Joseph and Mary sacrificed two birds for the occasion after the birth of Jesus. Count up forty days after Christmas, and you'll come to February 2.

Until the 1960s, we used to call this day "The Purification of Mary" The title changed for several reasons. We no longer believe that women who give birth need purification, and the true significance of the feast concerns Jesus coming to the Temple. He is the Promised One, whose light will shine, beaming rays of hope to the entire world.

Also on the old calendar, this feast closed the Christmas season. Now we end the Christmas season with the Baptism of the Lord. So, even though the date for the Presentation still depends on Christmas, it has become a feast of Ordinary Time. Since it is a feast of the Lord, it takes precedence even when it falls on Sunday.

The candles you hold for the blessing at Mass may come from your parish, or you may bring your own from home. If you like to use blessed candles for house-hold prayer throughout the year, here is your chance to get them.

On the day following this feast, our calendar permits the option of commemorating St. Blase, a bishop and martyr of the early Church. Legend has it that he once freed a child from choking, and while imprisoned under persecution he received light from friends who visited his cell with candles. Our Church still uses candles from the Presentation of the Lord in the blessing of the faithful's throats on St. Blase's Day.

Blessed candles in our churches and homes signify the living presence of Christ in our community. With Christ as our light we warm a lost and wintry world.



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### JUBILEE 2025 BRAINSTORMING SESSION: ADDRESSING ECOLOGICAL DEBT IN THE JUBILEE YEAR

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KAIROS Regina invites you to join a conversation about ways that we might participate in the Jubilee 2025 debt reduction campaign. KAIROS Canada is working together with other agencies to address third world debt, particularly debt due to climate-related loss and damage. While we are still learning about this campaign, KAIROS Regina is reaching out to other church and civil society groups in Saskatchewan with an invitation to brainstorm about ways to participate in the Jubilee 2025 campaign. You are invited to join our in-person brainstorming session: Saturday, Feb. 1, 2025, 10 am to 12 noon at Harmony United Church (former Sunset United, 177 Sunset Dr, Regina).

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### HOLY FATHER'S PRAYER INTENTION FOR FEBRUARY

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*For vocations to the priesthood and religious life:*

**Let us pray that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.**



A **Jubilee Year** is traditionally proclaimed by the Universal Church every 25 years. It is a particular year set aside to encourage the faithful to embark on pilgrimages, to repent of their sins and forgive the sins of others, and to renew a focus on the spiritual life. In the Hebrew tradition, as recorded in Leviticus, a Jubilee was celebrated every 50 years with the freeing of slaves and the forgiveness of debts. In 1300, Pope Boniface VIII instituted the first Christian Jubilee, and since then the Church has designated each new Jubilee as a special year of grace and forgiveness, offering the faithful an opportunity to obtain a plenary indulgence.

As boldly stated in the opening words of Pope Francis' Bull of Indiction, "Spes non confundit. Hope does not disappoint," hope is the unifying theme of the Ordinary Jubilee of 2025.

The 2025 Jubilee is centered on the theme "Pilgrims of Hope." As His Holiness Pope Francis so beautifully expressed it: "We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted *vision*."

During the Jubilee Year, the Pope invites every one of us to embark on a pilgrimage of hope, so that, "**Through our witness, may hope spread to all those who anxiously seek it.**"

Each week, in the bulletin, we will have more information about the Jubilee Year. Information is also available from the website of the Archdiocese of Regina: <https://archregina.sk.ca/group/jubilee-year-pilgrims-of-hope/>

## ✠ Forgiveness at Mass

**THE SACRAMENT** of Penance is the Church's special celebration of pardon, but forgiveness of sins is also one of the fruits of the Mass. There are many moments throughout the Eucharistic celebration when the texts and gestures of the Mass express the community's sorrow for sins.

We begin with the Penitential Act, which includes striking the breast in a simple gesture of sorrow. The presider then asks that God have mercy on us and forgive our sins. On Sundays, this penitential rite may be replaced with a sprinkling rite, signifying our purification. While singing the Glory to God and the Lamb of God, we ask the One who takes away the sins of the world to have mercy on us. When the deacon or priest kisses the Gospel, he prays that its words may wipe away our sins. While washing his hands, the priest asks God to wash away his iniquity and cleanse him of sin. During the Lord's Prayer, we all ask God to forgive us our sins.

And, of course, the sharing of Communion itself forgives sins (*Catechism of the Catholic Church*, 1393–1394). The main purposes of Mass are to express thanks and praise to God and to sanctify the assembly through Holy Communion. But one of the other results is the forgiveness of sins.

The faithful who are aware of grave sin should celebrate the Sacrament of Penance before presenting themselves for Communion. Reconciliation is advised for all, no matter how light our sins may be. But the faithful struggling with ordinary sinful lives may find assurance that their participation at Mass will grant forgiveness through word, gesture and sacrament.



### Free Webinar: Caring for Our Common Home

From February 2 to 8, 2025, Canada will celebrate the sixth annual National Catholic Health Care Week. This is a time to recognize the mission and contributions of Catholic health teams and ministries across the country.

This year's theme, Caring for Our Common Home, highlights the profound connection between human health and the health of the planet.

You are invited to join a free webinar on February 6, 2025, from 12:00 – 1:30 pm, featuring information and inspiring stories from Catholic health care. Please see the attached poster and the link below to register:

[us02web.zoom.us/meeting/register/17rf8Y5JSLuYTVgYyamxTA#/registration](https://us02web.zoom.us/join/zoom-join?meetingref=us02web.zoom.us/meeting/register/17rf8Y5JSLuYTVgYyamxTA#/registration)

Additionally, weekly resources, including daily prayers and reflections, are available to help you explore how our individual and collective actions can promote a healthy world where all can thrive. These materials can be accessed on the CHAC website:

[chac.ca/en/national-catholic-health-care-week/](https://chac.ca/en/national-catholic-health-care-week/)

Thank you for supporting this important week of reflection and celebration.



### Life in Abundance as Proclaimed by a Universal Christ - A 7-Episode video series with Father John Weckend

Father John shares some of his reflections on a cosmic and more universal approach to 'The Christ'.

It brings a broader approach to the dogma of the Incarnation and how it affects our life and spirituality.

*Episode 3 now available. The remaining episodes will be released weekly on Friday at 7 am.*

*If you enjoy the videos, please Like or Subscribe. Feedback is welcome in the Comments or email [FatherJohnWeckend@gmail.com](mailto:FatherJohnWeckend@gmail.com)*

Use one of these ways to watch:

- [Father John Weckend YouTube Channel.](#)
- On YouTube, search @FatherJohnWeckend.



### Turn Debt Into Hope – Worldwide Caritas Campaign Workshop

Our Holy Father has called us all to journey on a pilgrimage of hope this year of Jubilee. But, at the same time, [there are over 3.3 billion people in our world](#) who live in countries wracked with spiraling national debt costs. Pope Francis calls on all the Catholic faithful to journey towards Jubilee justice this year, [by taking a stand to promote fairness in international debt relief](#)

[amid the climate crisis.](#) Join Development and Peace – Caritas Canada [members](#) as we respond to this call in our Parish and Diocesan communities. online workshops (these will be both online and in-person):

**February 15** at 10:00 am – 11:15 am (PA workshop) register at: [us02web.zoom.us/meeting/register/tU0bNphUSnuvbX-ZY9VQx0w#/registration](https://us02web.zoom.us/join/zoom-join?meetingref=us02web.zoom.us/meeting/register/tU0bNphUSnuvbX-ZY9VQx0w#/registration)

Contact: Mike LeBlanc at 306-205-2334 or [mleblanc@devp.org](mailto:mleblanc@devp.org). Visit [devp.org](https://devp.org) for more info.



### TF #437: Living In The Psalms - Part 3

Join Deacon Eric Gurash for part three of Living in the Psalms. This week, discover the over-arching theme of the Psalms and examine how to approach the Psalms from a personal, lived perspective. Deepen your understanding of how to see and hear the

Psalms through the lens of metaphor, parallels and repetition and how these tools of Hebrew poetry can help connect the Psalms to our daily lives.

[thinkingfaith.libsyn.com/living-in-the-psalms-part-4](https://thinkingfaith.libsyn.com/living-in-the-psalms-part-4)

### Stewardship Bulletin Bit

*“Because he himself was tested through what he suffered, he is able to help those who are being tested.” – Hebrews 2:18*

*When we join a support group, there is comfort in sharing our pain with people who have experienced the same thing; they understand what we are going through. The next time you experience suffering, talk to Jesus. He has experienced more suffering than most of us; He understands. Plus, Jesus knows us better than we know ourselves. Only He can fill the hole you feel in your heart.*

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