

Sunday, March 2, 2025



# BLESSED SACRAMENT PARISH

2049 Scarth Street, Regina, SK S4P 2H5

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**ASH WEDNESDAY • MARCH 5TH**

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**8:00 AM • 12:05 PM**

**Mass with the distribution of Ashes**

**Thursdays in Lent: 5 PM Taizé Prayer**

**Fridays in Lent: Stations of the Cross  
after the midday Liturgy**

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## TODAY'S MUSIC

**8TH SUNDAY IN ORDINARY TIME**  
SATURDAY 5:10 PM • SUNDAY 10 AM

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**Processional: JourneySong # 570**  
**All People Who on Earth Do Dwell**  
*(use # 569 melody)*

**Gloria: JS # 226**

**Responsorial Psalm: CBW III # 135**  
*Lord, it is good to give thanks to you.*

**Preparation of Gifts: JourneySong**  
**# 639 Earthen Vessels**

**Eucharistic Accl: CBW 227-232.**

**Communion: Journey Song # 774**  
*The Supper of the Lord*

**Recessional: JourneySong # 603**  
*Now Thank We All Our Go*

**Taizé  
Prayer  
around the  
Cross**



**Taizé Prayer** around the Cross is a candlelit prayer service where we meet God in song, the Word, and silent wonder. For this Ecumenical Prayer Service, we meet each **Thursday** during Lent at 5 PM, Blessed Sacrament Church, 2049 Scarth Street, Regina. Begins March 6<sup>th</sup>.

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## LITURGY SCHEDULE

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**Saturday 5:10 pm**

**Sunday 10:00 am**

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

**Sacrament of Reconciliation**

***Before Mass: weekdays 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, March 7th or by request.*

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## PARISH OFFICE

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**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*).

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*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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## CALENDAR

March 5th	Ash Wednesday Masses 8 AM & 12:05 PM
Thursday, March 6th	Taizé Prayer around the Cross, 5 PM
Friday, March 7th	Stations of the Cross, after midday Mass
Tuesday, March 11th	Confirmation/First Communion Preparation, 4:30 PM, Parish Meeting Room

### 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/](https://blessedsacramentregina.ca/donations/)

### CHILDREN'S LITURGY

We have a "Children's Liturgy" which is for all young children. We aim to provide the children with an adapted Liturgy of the Word which will encourage them to listen, pray and respond to the word of God within a safe place. The children leave the main body of the church with a team of adult leaders before the Liturgy of the Word and come back during the offertory to continue their participation in the Mass.

### Ashes

**"YOU'VE GOT** dirt on your forehead."

We're likely to hear those words from thoughtful friends who display their intimate concern as well as their religious absentmindedness when we go out in public after Mass on Ash Wednesday.

The Distribution of Ashes after the homily replaces the Penitential Act at the beginning of Mass. Instead of merely "calling to mind our sins," we receive a very public reminder of our sinfulness.

We hear: "Repent and believe in the Gospel," or, "Remember that you are dust and to dust you shall return."

But it wasn't always that way. In the early Church, only public sinners wore ashes. These sinners convened regularly to prepare for their reconciliation at a parish service and they formed—well, what we now call "support groups." As penitents, they used to wear ashes on their heads or in their clothes. Symbols of human mortality, ashes represented their complete dependence on the mercy of God. In the Middle Ages, the support groups dwindled, but sinners remained strong in numbers. So Pope Urban II ordered up the first Ash Wednesday in 1091. Ashes

were for everybody, and we've been rubbing dirt on our foreheads ever since.

Dirt is something we're constantly washing off children and ourselves. Only in church do we deliberately put dirt on the most public part of our bodies, our foreheads.

Ashes are what's left in the now-cold fireplace. Ashes heat the barbecue. Ashes are all that remains of the home after the tragic fire. Ashes enrich the compost heap. Ashes of the faithful departed fill commemorative urns. Ashes represent destruction, refuse, and waste, but they hint at new life.

Long before recycling became popular, the church got into the act on Ash Wednesday. Ever wonder what happens to those Palm Branches left over from last Holy Week? They've been burned into ash, stuffed into bags and now await the chance to dirty your forehead on Ash Wednesday this year. The symbol of Christ's glory has become the symbol of our sin.

On Ash Wednesday, you're not just another dirty face. No, you've tossed yourself into the recycling bin of Lent, ready for renewal this Easter.

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**HOLY FATHER'S PRAYER INTENTION**

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**For families in crisis • *Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.***

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**LITURGICAL MUSIC**

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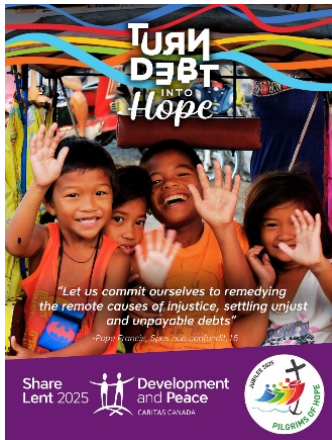
The Music Ministry is starting choir practises in preparation for Lent and the Easter Triduum. Please contact Bernadette if you wish to join us. Practises are before the 5:10 Mass on Saturdays, beginning at 3:45 p.m. Practises on Sunday will begin Sunday March 9 right after Mass. Guest choristers are encouraged to come to at least 2 practises before Easter to learn the music with the choir. Also, we are looking for classical (acoustic) guitars for young people who want to learn to play the guitar for our Masses. Please call/text Bernadette at (306) 537-4158, or email at [music.bsacrament@sasktel.net](mailto:music.bsacrament@sasktel.net) if you have a guitar to donate. Thank you!

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**THIS LENT, TURN DEBT INTO HOPE**

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2025 is a Jubilee year. A year in which Pope Francis invites us to “*forgive the debts of countries that will never be able to repay them.*” (*Spes non confundit*, 16). Development and Peace — Caritas Canada is responding to this call through the global **Turn Debt into Hope** campaign. Here are a few ways you can join us:



1. Donating online at [devp.org/give](http://devp.org/give) or during the Solidarity Sunday collection on April 6, the fifth Sunday of Lent. Your generosity helps support over 79 projects in 34 countries around the world!

2. Get the Mini-magazine and follow the Solidarity

Calendar with your family. Discover all the resources at [devp.org/lent/resources](http://devp.org/lent/resources).

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 **Lent**

**LENT IS** the season that prepares us to celebrate Easter. The main reason Lent is important is that Easter is more important. On Easter we celebrate the Resurrection of Jesus Christ, the Son of God, whose passage beyond death into life offers redemption to believers. The Resurrection is the cornerstone of Christian faith. The mystery of Christ's rising from the dead is so deep that the Church invites us to six weeks of preparation before we fully celebrate it. We call that period Lent.

For the faithful, Lent is a time of penitential practices and spiritual discipline. During this time, we acknowledge our sins and seek God's help to overcome them. Traditionally, we engage in acts of prayer, fasting, and almsgiving. Together these actions show our dependence on God, our renunciation of the fascinations of this world, and our desire to better the lives of others.

For the elect, those preparing for Baptism, Lent is a time of intense spiritual preparation. They will celebrate Baptism at Easter because in this sacrament they enter the mystery of Christ's dying and rising. They die to their former way of life and open their hearts fully to discipleship in Jesus. For the elect, this is a season of purification and enlightenment. The prayers of this season help scrutinize and purify their intentions, removing whatever might block their commitment, and strengthening their resolve. They will become fully illumined with the light of Christ when they celebrate initiation at the Easter Vigil.

Lent begins on Ash Wednesday and ends before the Mass of the Lord's Supper on Holy Thursday. Ash Wednesday is a day of fast and abstinence. All the Fridays of Lent are days of abstinence.

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# Archdiocese of Regina

## Bulletin

March 2, 2025

8th Sunday  
in Ordinary Time

### MyGen Youth Rally

Young people in grades 9 -12 (mature grade 8's also welcome) from around the Archdiocese are invited to come together for a celebration of community and faith at this year's "My Gen" Youth Rally. This one-day event is free of charge and happens on Saturday March 29th at Archbishop M.C. O'Neill High School in Regina. It starts at 9:00 am and ends at 11:00 pm. It will be a day of music, talks, games, prayer, service projects, sacraments and community. Further info and registration link can be found at: [mygenrally.ca](http://mygenrally.ca) Spots ARE limited!

### Light in the Darkness Prayer Service for Victims of Clergy Sexual Abuse

All are welcome to join us on March 14th at 7 pm at Holy Child Parish 2636 -7th Ave E. for an evening prayer service, Light in the Darkness, to support victims of clergy sexual abuse. May the graces of the Jubilee year enable us to enter into a synodal relationship that demonstrates a commitment to restoring justice, trust and healing for those who bear the deep wounds of clergy sexual abuse. Coffee and conversation in the hall afterwards.



### Archdiocese of Regina RENEW Lent

RENEW your Lent with weekly reflections, music, prayer resources, and other Lenten activities to enhance your Lenten journey, from Ash Wednesday to Holy Week. Sign up at [archregina.sk.ca/news](http://archregina.sk.ca/news) or email [communications@archregina.sk.ca](mailto:communications@archregina.sk.ca).

#### Stewardship Bulletin Bit

*"A good tree does not bear rotten fruit, nor does a rotten tree bear good fruit." - Luke 6:43*

Are you using your gifts in the way God intended? Have you asked God how He would like you to use them? Do you compare yourself to others and complain about what you don't have instead of being thankful for what you do have? God gives each of us unique gifts and a unique plan. Listen to how God is calling you to use your gifts to bear good fruit for the glory of His name.

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### 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 7 is now available. 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](#).

### Pope Francis' Prayer Intention March For Families in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences. [thepopevideo.org/](http://thepopevideo.org/)

### TF #440 Brett Salkeld and Thomas Harmon on Ordo Amoris – Part Two

Join Dr. Brett Salkeld and Thomas Harmon as they continue their deep dive into Ordo Amoris—the "order of love." In this second installment of a three-part series, they explore how properly ordering our loves shapes our moral and spiritual lives, drawing on philosophy, theology, and real-world examples. Tune in for an engaging discussion on how love, rightly ordered, leads us closer to truth and authentic freedom. [thinkingfaith.libsyn.com/brett-salkeld-and-thomas-harmon-on-or-do-amoris-part-2](http://thinkingfaith.libsyn.com/brett-salkeld-and-thomas-harmon-on-or-do-amoris-part-2)