

Sunday, May 25, 2025



# BLESSED SACRAMENT PARISH

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

## LITURGY SCHEDULE

### TODAY'S MUSIC

#### 6TH SUNDAY OF EASTER

SATURDAY 5:10 AM • SUNDAY 10 AM

Processional: Journey Song #598

*Sing a New Song*

Sprinkling Rite & Gloria:

JourneySong # 226

Responsorial Psalm: CBW III #

*105 Let the peoples praise you, O God; let all the peoples praise you.*

10 AM Mass -during Confirmation

*- Journey Song #521, O Breathe on Me, O Breath of God.*

Preparation of the Gifts:

JourneySong #786 *I Received the Living God*

Eucharistic Accl: CBW 227-232.

Communion: Journey Song 818

*Here I am, Lord*

Recessional: JourneySong # 410

*Join in the Dance of Jubilation*

***Saturday 5:10 pm***

***Sunday 10:00 am***

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

***Sacrament of Reconciliation***

***Monday-Friday, 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, June 6th 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)**

**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

Tuesday, May 27th	Taizé Ecumenical Prayer, 5 PM, Blessed Sacrament Church • continues through Tuesday, June 3rd.
Thursday, May 29th	Parish Finance Council meeting, 4:30 PM in Parish meeting room
Saturday, May 31st	Pastoral Council meeting, 10 am in Parish meeting room
Pentecost Sunday, June 8th	Parish AGM after 10 am Eucharist, followed by parish picnic.

*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.*

Sunday, May 25, 2025

#### FINANCIAL UPDATE FOR APRIL 2025

<i>Donations via Direct Deposit</i>	\$2,270.00
<i>Donation Envelopes</i>	\$6,607.05
<i>Loose Collection</i>	\$1,419.55
<b>Total Regular Donations this Month (April)</b>	<b>\$10,296.60</b>
<i>Amount Needed Each Month for Operating Expenses</i>	<b>\$13,500.00</b>
<i>Monthly Deficit</i>	<b>-\$3,203.40</b>
<i>Building Fund (collected)</i>	\$785.00
<u><i>Other Collections in April</i></u>	
<i>Diocesan Collections</i>	\$1,952.85
<i>Marian Centre</i>	\$90.00

- A complete 2024 Parish Financial Report will be distributed before the Parish Annual General meeting on June 8th.
- 2025 AGM is scheduled for Pentecost, June 8th, after the 10 am Eucharist, followed by a cookout.

#### DONATIONS

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

[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/)



#### TAIZÉ ECUMENICAL PRAYER

Taizé Prayer on Tuesday, May 27th, and continuing through Tuesday, June 3rd at Blessed Sacrament Church, 2049 Scarth Street, Regina.

- Come Pray Together
- Prayer, Silence, and Meditative Song
- A time to pause and be with God

You are invited to pray in singing, listening and reflecting.

#### WALKING TOGETHER

A program of Catholic Engaged Encounter designed to support married couples in their vocation of marriage through accompaniment. We invite couples of all stages from newly married to mature couples to come together to share the gifts, graces, and experiences of their vocation. Drop-in sessions, no registration required. Saturdays at 7:30 pm at Holy Rosary in the O'Neill room (use the west ramp entrance) April 12, May 10, June 14. For more information contact Miri or James Schiller at [wd1@ceecanada.ca](mailto:wd1@ceecanada.ca) or 306-535-7518.

#### STEWARDSHIP BULLETIN BITS

**6th Sunday of Easter** "...Do not let your hearts be troubled or afraid." (John 14:27)

Our limited human understanding cannot begin to understand the immense power of God. Instead of trusting in God, we often think we can control every outcome. Do you want to make God laugh? Tell Him your plans. The next time worry, anxiety or fear creeps in, thank God for all He has given you and trust that He has a better plan for you. Make God your first choice and not your last resort.

#### Horizons of Hope



**A workshop to explore death and dying  
with compassion and hope.**

**Saturday, May 31, 2025  
9:30 a.m. to 4:00 p.m.  
Resurrection Parish  
3155 Windsor Pk. Rd.  
Regina, SK.**

**RSVP: by May 27, 2025**

**Register with the link on:** [www.resurrectionparish.ca](http://www.resurrectionparish.ca)

**Designed for:**

- ❖ Those seeking to learn more about Palliative care and Catholic Church teaching on end-of-life;
- ❖ Caregivers;
- ❖ Persons who have recently been diagnosed with a terminal illness;
- ❖ Family members who need resources and guidance as they journey with a loved one who is seriously or terminally ill; and
- ❖ Parishioners and pastoral care teams who want to form a Compassionate or Care Giving Ministry.

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## A NOTE ON PRAYER

CANADIAN CONFERENCE OF CATHOLIC BISHOPS

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Prayer is a universal human activity. It can be found in every country, in every period of human history, at every age of life. It expresses the awareness of a relationship with a Being greater than oneself, distinct from oneself, present within oneself.

Christian prayer is clearly marked by faith in God who has made himself known, not only as the Creator of the universe, but as Father, Son and Holy Spirit. The faithful pray to the Father through the Son in the Spirit.

We learn to pray, just as we learn to speak, walk or sing. The Gospel offers a profound insight into this. Impressed by Jesus' prayer, the disciples ask him to teach them how to pray: he teaches them the "Our Father," with its two poles: God and humanity. Several other Gospel passages show Jesus at prayer, in close contact with his Father (abba = dad), jubilant under the action of the Holy Spirit

- (Mt 11:25-27), in anguish before death
- (Lk 22:39-46), and confident on the Cross
- (Mt 27:46; Lk 23:46). The great prayer recounted in chapter 17 of Saint John's Gospel reveals the heart of Christ.

Prayer is personal, that is, it expresses and enriches the faith of each person, unique and precious in God's eyes. It is also communal, since it is lived in union with others, whether physically or spiritually present, those living in this world and those who have already entered into eternity. It is spiritual: "The Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words" (Rom 8:26).

Prayer takes on different hues: adoration before God's unfathomable mystery, thanksgiving for his countless and unceasing benefits, petition in the face of daily difficulties, intercession for our sisters and brothers in humanity. It can be vocal (out loud), mental (in the mind through meditation); the body participates (seated to listen; kneeling to adore and implore), eyes closed and recollected. It has a daily rhythm: morning or evening prayer, the Lord's Day....

Prayer is nourished by the word of God, the Old and New Testaments, in particular the book of Psalms that Jesus himself used; it is also nourished by the liturgy, the privileged place of God's presence; by the teaching of the Church's Magisterium: for example, the Catechism of the Catholic Church, which devotes its

entire fourth part to prayer (n. 2558-2865); in the life and experience of the saints, who are inspiring models and privileged intercessors, especially the Blessed Virgin Mary.

Prayer is connected to daily life, with its ups and downs. Jesus himself showed this when he rejoiced at the Holy Spirit's action in the humble (Lk 10:21) and when he trusted in his Father after the death of his friend Lazarus (Jn 11:41-42).

We can pray in different places: in nature, in the bedroom, in a church; alone, as a couple, as a family, as a Church.

The cycle of the liturgical year colours Christian prayer, from Advent to Christmas, from Lent to Easter and Ordinary Time, with the great mysteries of the faith (Creation, Incarnation, Redemption, Eternal Life) and the figures of the saints. The sacraments, lived out in prayer, are all essential places for this, with the celebration of the Eucharist and its extension, adoration of the Blessed Sacrament, at the forefront.

The official prayer of the Church (the liturgy of the hours), the recitation of the rosary, the stations of the Cross or other devotions remain important sources for the life of prayer. Gazing at the Cross of Christ, statues of the Blessed Virgin or other saints is a great help in fixing the mind. Sacred music can also inspire us.

The Catechism of the Catholic Church (n. 2650) states: "in order to pray, one must have the will. to pray." "Looking to Jesus" (Heb 12:2), the faithful can have their faces radiant and be transformed in him, as the experience of the Transfiguration (Lk 9:29) reminds us.

The resources on prayer that have been compiled by the CCCB Ad hoc Committee for the Preparation of the Jubilee can be a great help to all of us as we seek to grow in the life of prayer.

These consist of:

- "Teach us to Pray": Living the Year of Prayer in Preparation for Jubilee 2025, from the Dicastery for Evangelization
- 38 Catecheses on Prayer, by Pope Francis
- 44 Catecheses on Prayer, by Pope Benedict XVI
- Webinar Series: A Great Symphony of Prayer: The Our Father as a Programme of Life, by Dr. Josephine Lombardi
- Webinar Series: A Great Symphony of Prayer: Mary, the Saints and Scripture, by Dr. Josephine Lombardi

*"In order to pray, one must have the will to pray."*

- Catechism of the Catholic Church n. 2650



SOUTH  
WINDOW IN  
THE TRANSEPT  
OF BLESSED  
SACRAMENT  
CHURCH



## HOLY FATHER'S MAY PRAYER INTENTION

### For working conditions

*Let us pray that through work, each person might find fulfillment, families might be sustained in dignity, and that society might be humanized.*

## ✠ Indulgences

AN INDULGENCE is the remission of punishment for a forgiven sin. If your child breaks a window at home and tells you, "I'm sorry," you may forgive the young offender, but you may still issue a punishment. In the Catholic Church, the Sacrament of Reconciliation brings forgiveness of sins, which may still carry punishments. Indulgences relax the punishments.

Indulgences first appeared in the 11th century as a way of reducing the penance one was required to perform after confessing a sin. Several hundred years later, they were understood to relax punishments after death—partially or totally. During the Reformation, the abuse of indulgences received sound criticism: people were selling them outright, claiming that you could buy your way into heaven.

In the past, some indulgences came with a certain number of days or years attached. The Church explained that if you gained the indulgence it would speed your progress from purgatory to heaven by that amount of time. Today we no longer apply this metaphor of time.

Although the sale of indulgences has ceased, the practice of performing certain actions to obtain indulgences continues. The Church believes that the good accomplished by Christ and the saints may be shared by the faithful who perform actions of prayer, charity, and self-sacrifice. Believers may even ask God to extend mercy to the faithful departed by remembering these benefits. An appreciation of indulgences is based on the belief that sinful behaviors carry consequences even after death and that God will respond favorably to prayers for mercy.

An indulgence is obtained by performing a devotional action, celebrating the Sacrament of Reconciliation, sharing the Eucharist, and praying for the intentions of the pope. It celebrates the mercy of God.

*Praise at the Beach*  
An Afternoon of Worship Music  
Saturday May 31/25  
St. Jerome Catholic Church  
118 Nicoll Ave, Regina Beach  
**Entertainment Includes**  
St. Jerome Parish Choir  
Michelle Wrubleski  
Highwood  
**Special Guests:**  
**STEADFAST**  
Doors open @2:30pm  
Program starts @ 3:00pm  
EVERYONE WELCOME  
Free Admission