

Sunday, February 8, 2026



BLESSED SACRAMENT PARISH

2049 Scarth Street, Regina, SK S4P 2H5
www.blessedsacramentregina.ca

**FIFTH SUNDAY
IN ORDINARY TIME**
SATURDAY 5:10 SUNDAY 10 AM

Processional: Journey Song # 642
Blessed Jesus, At Your Word

Gloria: CIS 3.2

Responsorial Psalm Response:
*"Light Arises in the darkness for
the upright!"*

Preparation of Gifts: JSong # 521
O Breathe on Me, O Breath of God

Eucharistic Accl: CIS 3.3 to 3.6

Communion: Journey Song # 828
Whatsoever You Do

Recessional: Journey Song # 639
Earthen Vessels

February 18th


**ASH
WEDNESDAY**

Mass
with the Distribution of Ashes
7:30 AM • 12:05 PM

LITURGY SCHEDULE

Saturday 5:10 pm

Sunday 10:00 am

Sunday 7 am • Ge'ez Rite Catholic Mass

Monday to Friday • 12:05 PM

Sacrament of Reconciliation

Monday to Friday at 11:30 & Saturdays at 4:30 pm

For other sacraments, contact the parish office

**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.**

**Sacrament of the Sick (Anointing): after Mass on each First Friday
of the month, or by request. Next Friday, February 6th at 12:05 Mass**

OFFICE HOURS

Monday to Friday • 10 am–2:00 pm
Tel: (306) 522-7422 • www.blessedsacramentregina.ca

Pastor Rev. James Hentges: pastor.bsacrament@sasktel.net

Secretary Nancy Diokno: office.bsacrament@sasktel.net

Assistant Mel Ochia assistant.bsacrament@sasktel.net

Caretaker Berhe Zerai: caretaker.bsacrament@sasktel.net

Liturgical Ministry Charmaine Elash: celash@sasktel.net

Music Bernadette Kutarna: music.bsacrament@sasktel.net

Chairperson Pastoral Council Todd Pilon

Chairperson Finance Council Rob Palmarin

BLESSED SACRAMENT CHOIR

Blessed Sacrament Choir will begin practises again. The first two are scheduled for:

- Sunday February 1 after the 10 a.m. Mass coffee time.
- Saturday February 7 at 3:30 p.m. before 5:10 p.m. Mass.

All are welcome!

Please contact Bernadette at music.bsacrament@sasktel.net, (306) 537-4158, mobile, for information.

We are now beginning preparations for the Easter Triduum. We will be learning new music too!

ENVELOPES & DONATIONS FORMS

- Envelopes for 2026 are available by the front entrance of church.
- Tax receipts for donations are available in envelopes at the front entrance of the Church.

DONATIONS

Donations to Blessed Sacrament Parish can be sent via E-transfer (interac) : blessed.sacrament@sasktel.net

Auto-Deposit Forms

are available at the entrances of the church or at:

blessedsacramentregina.ca/donations/



FINANCIAL UPDATE FOR 2025

<i>Donations via Direct Deposit or Sent</i>	\$36,018.98
<i>Donation Envelopes</i>	\$68,534.10
<i>Loose Collection</i>	\$3,414.00
<i>Donation via Canada Helps</i>	\$2,550.00
<i>Christmas Offering</i>	\$2,120.00
<i>Good Shepherd Community</i>	\$6,788.00
<i>Other Donations (vigil lights, flowers, books, parking etc)</i>	\$362.00
<i>Donations for Use of Church (i.e. wedding, concerts, parking etc.)</i>	\$4,065.75
Total Donations for past year	\$123,852.83
<i>Amount Needed Annually for General Operating Expenses</i>	\$162,000.00
Annual Balance (" - " is deficit)	-\$38,147.17

Note: This is only a general report on donations received. A full financial report will be issued in February with income/ expenses and assets/liabilities.

HOLY FATHER'S PRAYER FEBRUARY PRAYER INTENTION

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

SOCIAL JUSTICE COMMISSION

Please join the Archdiocesan Social Justice Commission for an afternoon Lenten Scripture Reflection and Sharing in:

- Esterhazy Sat, Feb 21, from 11:00-2:30
- Estevan Sat, Feb 28, from 11:00-2:30
- Regina Sat, Mar 21, from 11:00-2:30
- Swift Current, Mar 28, from 11:00-2:30.

This will be a time for inspiration: to reflect on scripture, to listen to the Holy Spirit, and to renew our Christian faith through action. The Social Justice Commission will guide those gathered, which we hope is you, to deepen our sense of God's justice, our call to do charity, and to think critically about how we love our neighbours.

THE POPES ON TODAY'S GOSPEL

"You are the light of the world". Light disperses darkness and enables us to see. Jesus is the light that has dispelled the darkness, but it [darkness] still remains in the world and in individuals. It is the task of Christians to disperse it by radiating the light of Christ and proclaiming his Gospel. It is a radiance that can also come from our words, but it must flow above all from our "good works" (v. 16).

A disciple and a Christian community are light in the world when they direct others to God, helping each one to experience his goodness and his mercy. The disciple of Jesus is light when he knows how to live his faith outside narrow spaces, when he helps to eliminate prejudice, to eliminate slander, and to bring the light of truth into situations vitiated by hypocrisy and lies. To shed light. But it is not my light, it is the light of Jesus: we are instruments to enable Jesus' light to reach everyone.

(Pope Francis, Angelus, 9 February 2020)

CALENDAR

Saturday, February 14th	<i>Parish Finance Council Meeting, 10 am</i>
Wednesday, February 18th	<i>Ash Wednesday, Mass and distribution of ashes, 7:30 am & 12:05 PM</i>
Saturday, February 21st	<i>Parish Pastoral Council Meeting, 10 am in the parish offices</i>
Tuesday, February 24th	<i>Taizé Prayer Around the Cross, Tuesdays during Lent, 5 PM</i>
Thursday, March 26th	<i>Communal Penance Service, 7 PM</i>
April 2nd	<i>Holy Thursday, Mass of the Lord's Supper, 7 pm</i>
April 3rd	<i>Good Friday, The Passion of the Lord, 3 pm</i>
April 4th	<i>Holy Saturday, Easter Vigil, 8 pm</i>
April 5th	<i>Easter Sunday Mass 10 am</i>
Friday, May 15th	<i>50th Anniversary of the Ordination of Father Jim Hentges, 5 PM Eucharist.</i>

 Adoration

ADORATION BEFORE the Blessed Sacrament draws the worshipper into spiritual communion with God. Whether done on one's own time or at a scheduled service, adoration of the Eucharistic presence of Christ fosters our devotion for participation in the Mass.

Jesus instituted the Eucharist for our eating and drinking. Sharing communion at Mass brings us nourishment, healing, and sustenance. There is no substitute for participation in the Eucharist; adoration should enhance it, not replace it.

Catholics reserve leftover communion breads in a tabernacle. The primary purpose for this custom is to have the Body of Christ ready for the dying at any time. The tabernacle also provides communion for the sick or those unable to come to Mass. Because it houses the sacramental Body of Christ, it serves as a place for adoration.

Adoration may be private or public. When adoring the Blessed Sacrament in private, Catholics usually go to any church, where the communion hosts are kept inside the tabernacle. They say whatever prayers they wish. In this form of adoration, the doors of the tabernacle may be opened so the ciborium containing the consecrated hosts is visible.

Public adoration may take place in the context of a brief service (traditionally called "Benediction" although that only refers to the blessing that concludes it) or over a more extended period of time. The Blessed Sacrament is usually presented for adoration outside the tabernacle on an altar or a stand. The *Order for the Solemn Exposition of the Holy Eucharist* is used when the Blessed Sacrament is placed in a monstrance for public adoration and prayer.

Extended periods of adoration used to be common. They filled the void for people who were not receiving communion frequently. However, in the twentieth century, the Church urged people to more frequent communion and has forbidden exposition during Mass. Participation in the Eucharist at Mass accomplishes spiritual communion more perfectly and renders simultaneous adoration unnecessary. Prolonged periods of adoration may happen in church where a large number of the faithful are gathering and when the bishop has given his approval. If Mass is celebrated, the Blessed Sacrament should be returned to the tabernacle.

Whether the Blessed Sacrament is inside or outside the tabernacle, adoration may invite us into prayer and prepare us for the Eucharist.



Archdiocese of Regina

February 8, 2026

Bulletin

5th Sunday in Ordinary Time

Conversation in the Spirit facilitator training

Two identical sessions for facilitators of synodal "Conversation in the Spirit". Led by Lisa Polk and other members of the Archdiocese of Regina Synod Team, these training sessions will equip you to lead synod discussions in your parishes, prayer groups, CWL, K of C, or anywhere you gather to prayerfully discern the Spirit's call to the church.

- bit.ly/Synod-facilitator-training-Jan-14 (44 minutes)
- bit.ly/Synod-facilitator-training-Jan-17 (1 hour 14 minutes, including Q & A)

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Regina: Sat, Mar 21, from 11:00-2:30

Swift Current: Mar 28, from 11:00-2:30.

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Use the link to meet our Commission members: youtu.be/GnM9_3xwgJA

Stewardship Bulletin Bit

"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven." Matthew 5:16

The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourage more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.

Archdiocese of Regina
Lay Formation Program

What we are learning this month:

- Training in leading the Sunday Celebration of the Word
- Eschatology (end times/heaven/hell/purgatory)

For more info or to be added to the intake list, please contact Deacon Eric Gurash at:
306-721-6724
egurash@archregina.sk.ca

NEXT INTAKE FALL 2027

— Renew —
PRAY FAST GIVE
Lent

Each week of Lent, you will receive gentle invitations to slow down, listen more deeply to the Gospel, and renew your heart in prayer.

- Scripture-based reflections
- Prayer prompts
- Lenten challenges
- Reflective videos
- Contemplative resources

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The Myriam Family of the Prairies invites you
For a day retreat for adults on February 14th 2026,
From 9:30 am to 4:00 pm
With the theme: Discerning God's will; docility and conscience
The retreat will include Mass, Confessions, Holy hour, a talk, lunch and fellowship, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, Sk, 45 km East of Regina. -Free will offering- Please register by phoning at 306-761-0528 or email: pss.prairies@famillemyriam.org

Share Lent Workshops

Regina: St Peter's Parish at 2:30 pm on Saturday, February 21st. Light (late) lunch served. Hybrid event - for remote access, use this link: [us02web.zoom.us/meeting/register/rx5u4ullRoib-mUz8fKbfHQ](https://us02web.zoom.us/j/9121212121)

Swift Current: at Christ the Redeemer Parish around 11:15 am (after Mass) on Sunday, February 22nd. Light lunch served.

Online: Zoom Workshop for all of Saskatchewan Keewatin-Le Pas 9:30-11:00 am on February 28th. Link: [us02web.zoom.us/meeting/register/KdagwO6rQE6nKDMEUbuyCw](https://us02web.zoom.us/j/9121212121)

The Archdiocese of Regina is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.