

Sunday, February 15, 2026

BLESSED SACRAMENT PARISH

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

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

Proclamation: Journey Song #545
Healing River of the Spirit

Gloria: CIS 3.2

Responsorial Psalm Response:

*Blessed are those who walk in
the law of the Lord.*

Preparation of Gifts: JSong #534
Create in Me

Eucharistic Accl: CIS 3.3 to 3.6

Communion: # C.I.S # 6.8
Take and Eat

Refrain:

*Take and eat; take and eat;
This is my body given up for you.
Take and drink; take and drink;
This is my blood given up for you.*

Recessional: Journey Song #567
God, We Praise You

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/

LITURGY SCHEDULE

Ash Wednesday • February 18th
7:30 am & 12:05 pm

Stations of the Cross • Fridays after Mass

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

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.

BLESSED SACRAMENT CHOIR

Choir practises are scheduled for:

- Saturday February 21, 3:30–4:30, before the 5:10 p.m. Mass
- Sunday February 22, 11:15 after Mass and coffee
- Saturday February 28, 3:30–4:30, before the 5:10 p.m. Mass
- Sunday March 1, 11:15 after Mass and coffee
- Saturday March 14, 3:30 to 4:30, before the 5:10 p.m. Mass
- Saturday March 21, 3:30 to 4:30, before the 5:10 p.m. Mass
- Sunday March 22, 11:15 after Mass and coffee
- Saturday March 28, 3:30 to 4:30, before the 5:10 p.m. Mass
- Sunday March 29, 11:15 after Mass and coffee

All are welcome to join! Call Bernadette (306) 537-4158
Email: music.bsacrament@sasktel.net

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.

POPES ON TODAY'S GOSPEL

"Unless your righteousness exceeds that of the Scribes and Pharisees, you will never enter the Kingdom of Heaven" (Mt 5:17,20). But what do this "fullness" of Christ's Law and this "superior" justice that he demands consist in?

Jesus explains it with a series of antitheses between the old commandments and his new way of propounding them. He begins each time: "You have heard that it was said to the men of old...", and then he asserts: "but I say to you".... (...).

And he does this six times. This manner of speaking made a great impression on the people, who were shocked, because those words: "I say to you" were equivalent to claiming the actual authority of God, the source of the Law. The newness of Jesus consists essentially in the fact that he himself "fulfils" the commandments with the love of God, with the power of the Holy Spirit who dwells within him. And we, through faith in Christ, can open ourselves to the action of the Holy Spirit who makes us capable of living divine love.

So it is that every precept becomes true as a requirement of love, and all join in a single commandment: love God with all your heart and love your neighbour as yourself.

- (Pope Benedict XVI, Angelus, 13 February 2011)

FINANCIAL UPDATE FOR 2025

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

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.

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.

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>

 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.



Archdiocese of Regina February 15, 2026

Bulletin

6th Sunday in Ordinary Time

— 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

ARCHDIOCESE OF Regina **Subscribe Now** → 



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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/j/811111111111

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/j/811111111111

TF | S03 E16 | Archdiocese of Regina Lenten Retreats Bring Catholic Social Teaching to Life

In this episode of Thinking Faith, Deacon Eric Gurash is joined by Tashia Toupin to explore a series of Lenten retreats on Catholic Social Teaching offered by the Social Justice Commission of the Archdiocese of Regina.

Through prayer, Scripture, art, and small group discussion, these retreats invite participants to deepen their understanding of key themes such as the dignity of work, economic justice, and the Catholic roots of social justice. With retreat locations in Esterhazy, Estevan, Regina, and Swift Current, this initiative makes faith-based social justice formation accessible across the diocese, helping Catholics live the Gospel more fully during the Lenten season.

bit.ly/TFArchdioceseofReginaS03E16



Win Fr. Ron Rolheiser's Newest Book!

The Catholic Health Association of Saskatchewan (CHAS) is committed to promoting a grounded, life-giving spirituality of aging. As part of this mission, we are excited to give away two copies of Fr. Ron Rolheiser's latest work, *Insane for the Light: A Spirituality for Our Wisdom Years*. Offer ends Ash Wednesday, Feb 18, 2026, at noon. Details can be found in the CHAS newsletter available at preview.mailerlite.io/emails/webview/983533/178300762328139264

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)

Stewardship Bulletin Bit

"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." Matthew 5:20

The Pharisees lived according to the letter of the law, and they used this to elevate themselves above the other people. Jesus is clear - it's the love that you have in your heart, for God and others, that will get you to heaven. Simply following church rules to the letter and not out of love does not necessarily put you on the path to heaven. Attending Sunday Mass and then gossiping about a fellow parishioner in the parking lot is an example of being a modern-day Pharisee.

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