

Sunday, February 22, 2026

# BLESSED SACRAMENT PARISH

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

## LITURGY SCHEDULE

**SATURDAY • 5:10 PM**

**SUNDAY • 10:00 AM**



## FIRST SUNDAY OF LENT MUSIC FOR TODAY'S MASS

**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

**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*

## PARISH OFFICE HOURS

**Monday to Friday • 10 am–2:00 pm**  
Tel: (306) 522-7422

**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)

**Caretaker Berhe Zerai:**  
[caretaker.bsacrament@sasktel.net](mailto:caretaker.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)

**Processional: Journey Song**

**# 347 The Glory of These 40 Days**

**Penitential Rite: C.I.S. 5.2**

**Responsorial Psalm Response**



**Preparation of Gifts: Journey Song**

**# 521 O Breathe on Me, O Breath of God**

**Eucharistic Acclamations: CIS 5.7 to 3.10**

**Communion: Journey Song**

**# 352 Lord Who Throughout These 40 Days**

**Recessional: Journey Song**

**# 353 Again We Keep This Solemn Fast**

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](mailto:music.bsacrament@sasktel.net)*

**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 at:

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



- *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.*

**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:

- 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.

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.

**FINANCIAL UPDATE FOR 2025**

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

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

**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 Tuesdays at 5 PM at Blessed Sacrament Church, 2049 Scarth Street in Regina. All are welcome!*

## Fasting

EVER DISCOVER you just cannot eat? Maybe you have an exam coming up. Or you’ve had a death in the family. Maybe you are about to give a speech. Or it’s only days before your wedding.

Emotional events in our lives can cause a physical reaction—tensing up in the stomach, making it hard even to think about food. We naturally fast as a means of preparing.

Imagine the Church, the Body of Christ, as one giant organism getting ready for the big event of the year, Easter. The emotional promise of that day is causing a physical reaction in us: it is hard to think about food when we are drawing so close to the celebration of the death and Resurrection of the Lord.

Our most common form of liturgical fasting is the hour we spend before receiving communion, abstaining from food and drink. Most of us do not think about it anymore, but it used to be a three-hour fast, and prior to that, a fast from midnight. This had the advantage of making communion the first food of the day, a real spiritual “break-fast.”

The canon and local laws regarding fasting during Lent are well publicized each year. We abstain from meat on Ash Wednesday and the Fridays of Lent and

we fast (eating only one full meal) on Ash Wednesday and Good Friday.

But the liturgy presumes that fasting, or some form of self-sacrifice, accompanies the Lenten season. On Ash Wednesday, the Collect asks, “that we may begin with holy fasting this campaign of Christian service.” The prayer of blessing over the ashes assumes that we will “follow the Lenten observances.” Before blessing the palms on Passion Sunday, the presider will remind us that “since the beginning of Lent until now we have prepared our hearts by penance and charitable works.”

Holy Saturday, not just Good Friday, implies the presence of a fast. The Church abstains from communion; it may be given only to the dying. And those preparing for Baptism “should refrain from their usual activities, spend their time in prayer and reflection, and, as far as they can, observe a fast” (RCIA, 185) We all may find that extending the fast from Good Friday through Saturday helps us celebrate Easter better.

Fasting heightens our anticipation of Easter and gives us solidarity with the world’s hungry. A fast at home will give new life to the prayers we hear and the songs we sing during Lent.

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### CALENDAR

<b>Fridays in Lent</b>	<i>Stations of the Cross, after the Friday midday Mass.</i>
<b>Tuesdays in Lent</b>	<i>Taizé Prayer Around the Cross, Ecumenical Prayer Service, 5 PM</i>
<b>Thursday, March 26th</b>	<i>Communal Penance Service, 7 PM</i>
<b>April 2nd</b>	<i>Holy Thursday, Mass of the Lord’s Supper, 7 pm</i>
<b>April 3rd</b>	<i>Good Friday, The Passion of the Lord, 3 pm</i>
<b>April 4th</b>	<i>Holy Saturday, Easter Vigil, 8 pm</i>
<b>April 5th</b>	<i>Easter Sunday Mass 10 am</i>
<b>Friday, May 15th</b>	<i>50th Anniversary of the Ordination of Father Jim Hentges, 5 PM Eucharist.</i>



# Archdiocese of Regina February 22, 2026

## Bulletin

### 1st Sunday of Lent

*— 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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#### TF | S03 E17 | Eucharist, Adam and Eve, and Images of Jesus: Catholic Theology Explained

In this episode of Thinking Faith, Deacon Eric Gurash and Dr. Brett Salkeld explore key questions in Catholic theology and Scripture, beginning with Eucharistic theology, Eucharistic miracles, and why belief in the Real Presence does not depend on miracles alone.



Drawing on questions from Grade 9 and 10 students at Miller High School in Regina, the conversation also includes Adam and Eve, and what these teachings reveal about the unity of the human family as well as a discussion on images of Jesus in art, examining historical accuracy, cultural expression, and how enculturated imagery helps communicate the Gospel across time and place.

[bit.ly/TFArchdioceseReginaS03E17](http://bit.ly/TFArchdioceseReginaS03E17)

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

**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. We will have a small lunch (soup and sandwiches). A silver dollar collection will be held to raise funds for a donation to Development and Peace - Caritas Canada. Love is our call, and justice is love in action! To register, please scan the QR Code below:



#### Journey Through Lent with the CCCB

The Canadian Conference of Catholic Bishops (CCCB) presents Journey Through Lent. This video series, a joint project of the CCCB's National Liturgy Office, Office national de liturgie and the Office for Evangelization and Catechesis, provides weekly Lenten spiritual reflections.

Reflections based on the readings for Sunday Mass will be available weekly from Ash Wednesday until Palm Sunday. Designed for individuals, families, and communities, Journey Through Lent encourages viewers to reflect on the Sunday readings.

This year's reflections are presented by:

- The Most Reverend Daniel J. Miehms, Bishop of Peterborough (in English).
- The Most Reverend Juan Carlos Londoño, Auxiliary Bishop of Québec (in French)

[ccc.ca/announcement/2026-journey-through-lent-weekly-video-reflections/](http://ccc.ca/announcement/2026-journey-through-lent-weekly-video-reflections/)

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

#### Share Lent Workshops

**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/join/register/KdagwO6rQE6nKDMEUbuyCw](https://us02web.zoom.us/join/register/KdagwO6rQE6nKDMEUbuyCw)

#### Stewardship Bulletin Bit

*"It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Matthew 4:10*

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things. Lent is time to repent and let go of the other "gods" we have put before God.

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