

Sunday, March 1, 2026

BLESSED SACRAMENT PARISH

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

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

**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

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



SECOND SUNDAY OF LENT

music for today's liturgy

Processional: Journey Song # 497

'Tis Good Lord to Be Here

Penitential Rite: C.I.S. 5.2

Responsorial Psalm Response

Let your love be upon us, Lord, even as we hope in you.



Let your love be up - on us, Lord, e - ven as we hope in you.

Preparation of Gifts: Journey Song # 529

Come Back to Me

Eucharistic Acclamations: CIS 5.7 to 5.10

Communion: Journey Song # 761

Table of Plenty

Recessional: Journey Song # 353

Again We Keep This Solemn Fast

Choir practises are scheduled for:

- 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*

Sunday, March 1, 2026

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/

- 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 MARCH PRAYER INTENTION

For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

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!

HALCYON CHAMBER CHOIR

JOHANN SEBASTIAN BACH MAGNIFICAT

Hart Godden, Artistic Director

and REQUIEM FOR THE LIVING by Dan Forrest

4:00 PM
SUNDAY, MARCH 8, 2026
BLESSED SACRAMENT CHURCH

2049 SCARTH STREET

Adults \$30 | Students \$15 | Children Free
Tickets available from Choir members, on Eventbrite, and at the door

LENTEN DEVOTIONS - THIS WEEK

- Tuesday, March 3rd
Taizé Prayer around the Cross, 5 PM
- Wednesday, March 4th
Spiritual Reflection on the Windows of Blessed Sacrament Church Part 2 9led by Fr. Jim0, after the midday Mass (approximately 12:45 PM).
- Friday, March 6th
Stations of the Cross, after Mass.

SOCIAL JUSTICE COMMISSION

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

- 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.

Stations of the Cross

THE FOURTEEN Stations of the Cross adorn the walls of almost every Catholic church and chapel. Many parishes commemorate the Fridays of Lent with a prayerful remembrance of the Passion of Christ by walking the stations with him.

Throughout our history, Christians have longed to literally walk in the footsteps of Christ. The shrines of the holy places in and around Jerusalem have drawn pilgrims inspired by the life and death of their master.

However, not everyone is able to travel to the Holy Land. So, ever since the Middle Ages, churches and chapels began erecting images devoted to an aspect of the passion. By the 15th century, the Franciscans had developed a devotion they called “stations.” The word means a place where people stand still or gather. Even though it implies something “stationary,” the service obviously must include the movement of pilgrims following the footsteps of Christ. It took a while to fix the number and the names of the stations, but in 1731, Pope Clement XII established the fourteen we know today.

We still find some variations on the number. Many places add a fifteenth station, for example,

the Resurrection of Jesus. Discontent with leaving Christ in the tomb when our faith expresses so much more, worshippers have found consolation in completing the story of the cross.

Over the years, our Church has authorized various versions of the stations for different occasions. For example, Pope John Paul II altered the traditional stations for his Good Friday service in Rome. He eliminated some stations that derived from tradition, and substituted them with events from the Gospels. Here are the stations he used: (1) Jesus in the Garden of Olives; (2) Jesus betrayed by Judas; (3) Jesus condemned to death by the Sanhedrin; (4) Jesus denied by Peter; (5) Jesus judged by Pilate; (6) Jesus flogged and crowned with thorns; (7) Jesus carries his cross; (8) Jesus is helped by Simon of Cyrene; (9) Jesus encounters women of Jerusalem; (10) Jesus is crucified; (11) Jesus promises the Kingdom to the good thief; (12) Jesus on the cross; (13) the mother of Jesus and his disciple at the cross; (14) Jesus is placed in the tomb.

The stations inspire us all to follow Christ through suffering to peace.

CALENDAR

Fridays in Lent	<i>Stations of the Cross, after the Friday midday Mass.</i>
Tuesdays in Lent	<i>Taizé Prayer Around the Cross, Ecumenical Prayer Service, 5 PM</i>
Sunday, March 8th	<i>Bach's Magnificat, 4 pm at Blessed Sacrament Church</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>
April 10th	<i>Good Shepherd Community (Ge'ez Rite) Good Friday</i>
April 11th	<i>Good Shepherd Community Ge'ez Rite) Easter Vigil, 8 PM</i>
Friday, May 15th	<i>50th Anniversary of the Ordination of Father Jim Hentges, 5 PM Eucharist.</i>



Archdiocese of Regina

Bulletin

March 1, 2026

2nd 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

ARCHDIOCESE OF Regina **Subscribe Now** → 



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

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

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:



Chrism Mass

Friday, March 27

2:00 PM

Holy Rosary
Cathedral

Everyone is invited to join in this year's Chrism Mass. It will be held on Friday, March 27 at 2:00 pm at Holy Rosary Cathedral. This Mass will also be livestreamed to our YouTube Channel at: youtube.com/ArchdioceseRegina

Stewardship Bulletin Bit

"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." Genesis 12:1

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

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.

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

ccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/