

Sunday, March 8, 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



THIRD SUNDAY OF LENT

music for today's liturgy

Processional: Journey Song # 808
Shepherd of Souls

Penitential Rite: C.I.S. 5.2

Responsorial Psalm Response

*O that today you would listen to the voice of the Lord.
Do not harden your hearts.*

Michael Gauthier



O that to-day you would lis-ten to the voice of the Lord. Do not hard-en your hearts!

Preparation of Gifts: Journey Song # 351
Led by the Spirit

Eucharistic Acclamations: CIS 5.7 to 5.10

Communion: Journey Song # 626
Come to the Water

Recessional: Journey Song # 362
In these Days of Lenten Journey

Choir practises are scheduled for:

- 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*

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.

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.

LENTEN DEVOTIONS - THIS WEEK

- **Tuesday, March 10th**
Taizé Prayer around the Cross, 5 PM
- **Wednesday, March 11th**
Spiritual Reflection on the Windows of Blessed Sacrament Church Part 3, led by Fr. Jim, after the midday Mass (approximately 12:45 PM).
- **Friday, March 13th**
Stations of the Cross, after Mass.

**WALKING WITH ONE ANOTHER:
 FAITH AND MENTAL HEALTH**

Saturday, March 28, 2026, 9 a.m. – 12 noon
Resurrection Parish

3155 Windsor Park Rd, Regina (use back entrance)

Sponsored by the Resurrection CWL

Open to everyone • Free will offering

What do we say when someone we love is struggling? How do we support others without trying to “fix” them? And how do we care for our own hearts along the way? Join Deacon Eric and Melissa Gurash of Emmaus Mental Health Ministries for a practical, faith-filled morning focused on tools for conversation, accompaniment, stress management, and self-care. Through prayer, reflection, and discussion, participants will gain confidence in reaching out with compassion and learn where to turn for support and resources.

Pre-registration is encouraged. Contact Marg Engel at 306-789-9311 or resurrectioncwl@gmail.com

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.

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>

Sunday Scriptures at Home

MANY PEOPLE find it helpful to pray over the Sunday Scripture readings at home before going to church. The practice puts them in touch with the Church's prayer, helps them listen as the readings are proclaimed at Mass, prepares them to hear the homily, and engages them personally in the Word of God.

The Sunday readings are available in many publications and online at www.usccb.org. To prepare the readings at home, get a copy of them, or just get the citations and look them up in a Bible. Create some time and space for this prayer. If you do it alone, remove yourself from other activities. Choose a place where you can center yourself. Open the Scriptures and read over them. You might keep a journal and jot down some thoughts that come to you. Ask yourself some questions such as these: "What is going on in this reading? Is something similar happening in my life? What is God saying to me this week?"

If you pray with others, choose a time when everyone is together. You could pray in the living room at the end of the day or around the table before a meal. Someone reads the Scripture aloud. All think about it. Then each shares a few thoughts. Read the passage again. You may choose one or more readings at a time. The exercise can be repeated throughout the week. God's word is able to go as deep inside you as you give it time and room.

When you get to church, do not read along while the readings are proclaimed. Lift your head and open your ears and heart to the Word of God.

Bulletin Inserts for the Liturgical Life of the Parish: Devotions and Customs
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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.

HALCYON CHAMBER CHOIR CONCERT AT BLESSED SACRAMENT CHURCH

The Halcyon Chamber Choir is excited to present our next choral concert entitled "MAGNIFICAT". This concert will feature two amazing choral works that you won't want to miss!

The "Requiem For The Living" by Dan Forrest is a beautiful setting of the requiem text. The "Magnificat" by J.S. Bach features exciting choral movements interspersed with dramatic solos.

The concert will highlight the golden sound of the Choir and soloists, accompanied by an orchestra of Regina musicians. This concert will take place this Sunday, March 8 at 4:00 pm, in the lovely Sanctuary of Blessed Sacrament Church. Tickets are available from Choir members, on Eventbrite, and at the door: Adults \$30/ Students \$15/ children free.

We hope that you will join us for an afternoon of beautiful and uplifting music and support both the Halcyon Chamber Choir and Blessed Sacrament Church.

DEVOTIONS IN HONOUR OF ST. ANTHONY

These devotions began in 1933, and each year many faithful from around the city seek the intercession of our patron saint. We can turn to St. Anthony to help us find what we've lost, but what about times when we've lost our faith, when we've lost our way or when we've lost all hope? Let us bring these matters to St. Anthony, and we might discover that what we find is even better than what we thought we lost. Saint Anthony's Roman Catholic Parish (2275 Atkinson Street) invites you to the Thirteen Tuesday Devotions in Honour of Saint Anthony, beginning March 17th at 7:00 p.m.



Archdiocese of Regina

Bulletin

March 8, 2026

3rd Sunday of Lent

Please join St. Jean Baptiste on March 20th at 7 pm for the 4th Annual Diocesan French Live Stream of the Way of the Cross Through the Voice of Victims: Supporting Victims of Clergy Sexual Abuse. You can participate either in person or online. Please check St. Jean Baptiste's YouTube channel for the link <https://www.youtube.com/@paroissesaint-jean-baptist4799/featured>.

Please join St. Cecilia Parish on March 20th at 7 pm for the 5th Annual Diocesan English Live Stream of the Way of the Cross Through the Voice of Victims Supporting Victims of Clergy Sexual Abuse. You can participate in person or online at <https://www.youtube.com/watch?v=-hCDP-JK1-k> or through St. Cecilia's website www.stcecregina.com

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:



Stewardship Bulletin Bit

"Everyone who drinks this water will be thirsty again."
John 4:13

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions, we will always want more, and no amount will ever satisfy our desire. True joy and peace only come when we follow Jesus - when we become more "God-centered" and less "self-centered."

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TF S03 | E18 | How Do I Know It's God? Catholic Discernment, Consolation, and Desolation Explained

In this episode of Thinking Faith, Deacon Eric Gurash and Dr. Brett Salkeld respond to a thoughtful question from Grade 9-10 students at Miller High School: How can I know when God is talking to me? Drawing on the spiritual wisdom of St. Ignatius of Loyola, the conversation explores Christian discernment through self-awareness, honesty, and paying attention to the movements of the heart over time. They explain the difference between spiritual consolation and desolation, clarifying that these are not simply good or bad feelings, but experiences related to freedom, clarity, hope, and closeness to God. The episode offers practical guidance on creating space to hear God's voice through silence, prayer, spiritual reading, Mass, confession, adoration, and the daily Examen, while cautioning against making major decisions during times of desolation. Listeners are encouraged to trust that God's voice often sounds like truth spoken within, to remain grounded in Church teaching, and to grow patiently in freedom and faith as God continues to shape their spiritual lives.

bit.ly/TFArchdioceseReginaS03E18



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

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)

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