

Sunday, March 15, 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):
by request or after Mass monthly. Next:
Friday, March 27th.

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



FOURTH SUNDAY OF LENT

music for today's liturgy

Processional: Journey Song # 813
City of God

Penitential Rite: C.I.S. 5.2

Responsorial Psalm Response

The Lord is my shepherd; I shall not want.

Michel Guimont



Preparation of Gifts: Journey Song #128

May We See You

Eucharistic Acclamations: CIS 5.7 to 5.10

Communion: Journey Song # 695

Come to Me

Recessional: Journey Song # 362

In These Days of Lenten Journey

Choir practises are scheduled for:

- 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

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/

LENTEN DEVOTIONS - THIS WEEK

- **Tuesday, March 17th**
Taizé Prayer around the Cross, 5 PM
- **Wednesday, March 18th**
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 20th**
Stations of the Cross, after Mass.

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.

2026 Financial Update for	February	January
<i>Donations via Direct Deposit or Sent</i>	\$3,749.00	\$3,195.00
<i>Donation Envelopes</i>	\$5,355.00	\$5,372.40
<i>Loose Collection</i>	\$1,997.20	\$1,265.35
<i>Donation via Canada Helps</i>	\$350.00	\$10.00
<i>New Year Offering</i>		\$570.85
<i>Good Shepherd Community</i>	\$1,001.41	\$1,044.05
<i>Other Donations (vigil lights, flowers, books, parking etc)</i>		\$467.05
<i>KCs Sant Nino Council</i>		\$730.00
<i>Donations for Use of Church (i.e. wedding, concerts, parking etc.)</i>	\$30.00	\$990.00
<i>Total Donations for past year</i>	\$12,482.61	\$13,644.70
<i>Amount Needed Annually for General Operating Expenses</i>	\$14,000.00	\$14,000.00
<i>Annual Balance (" - " is deficit)</i>	-\$1,517.39	-\$355.30
<i>Other collections:</i>		
<i>Building Fund (collected)</i>	\$450.00	\$315.00
<i>Marian Centre</i>	\$230.00	
<i>Fund for the Hungry</i>	\$40.00	
<i>Designated Donations</i>	\$220.00	\$400.00
<i>Other Collections</i>	\$320.00	\$120.00

Note: Also, note that we received from the City of Regina, Heritage Fund, a one-time grant of \$20,000 to assist in covering the expenses of our painting of the church.

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>
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>

WINDOWS OF OUR CHURCH

At the main entrance to the church, there are new brochure and guides to the windows of our church.

In the mid 1950's the stained glass windows were designed, crafted and installed by Raoult Freres of Normandy, France. André Rault (1912-1997) and his brother Paul (1909-1962) are considered the master artists of a family that has been producing stained glass in Rennes since the late 1800's with the firm of Lecomte et Coline. In the 1920s and 30s, André and Paul became fascinated by a breakthrough technical innovation known as, dalle de verre. The new material led the Rault brothers to experiment with its endless decorative possibilities. The slabs created with this new technology were cut into chunks whose edges were chipped to create the effect of raw jewels, enlivened by random bubbles and streaks of colour. Dalle, set in conventional lead comes (channels), became a unique characteristic of Rault installations, adding a three-dimensional element to what had always been a two-dimensional medium. The Rault brothers insisted on using lead comes, allowing the faceted edges to reveal their radiance and refracting the maximum amount of light possible.

As the European churches regained their pre-war composure in the late 1940s, the Raults looked abroad for new clients. Canada presented an opportunity. In Western Canada, Burns-Hanley Church Supplies of Regina represented Rault Freres. Every year, from 1948 to 1977, André Rault would travel to the West to meet with potential clients in churches and convents. Eventually, over 60 large and small installations were completed in the West. Notable installations in the Archdiocese of Regina include Holy Rosary Cathedral, Blessed Sacrament Church, Co-Cathedral of the Assumption in Gravelbourg.

The Rault tradition continues and is now the longest continuously operating stained glass studio in France.

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.

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

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.

SEDLEY DECOMMISSIONING

You and your family are invited to celebrate Palm Sunday and the Decommissioning of Our Lady of Grace Church in Sedley on Sunday, March 29, 2026, at 3:00 p.m. with the Most Reverend Donald J. Bolen, current and past families and friends from Sedley and surrounding areas.

Due to declining parishioners in our community, Our Lady of Grace church and rectory have been sold. Mass will continue to be held in Sedley at the New Horizon's beginning in April.

A light meal will follow the ceremony. If you plan on staying for this, please RSVP to Jeannine by March 20, 2026:

Text: 306-541-6413



Archdiocese of Regina

Bulletin

March 15, 2026

4th 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-baptiste4799/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

"Not as man sees does God see, because man sees the appearance, but the Lord looks into the heart."
1 Samuel 16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, car and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how we showed that love by the way we used our time, talent and treasure here on earth.

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

Protect Mental Health, Protect Life — Support Bill C-218

Visit HelpNotHarmCanada.ca to quickly and respectfully contact your Member of Parliament and ask them to support Bill C-218 (The Right to Recover Act). This bill would ensure that Medical Assistance in Dying (MAiD) is not extended to individuals whose sole underlying condition is mental illness. A vote is expected by mid-April 2026. Visit HelpNotHarmCanada.ca today to learn more and send a message to your MP.

Archdiocese Downtown Office Parking Change - PayByPhone Only

Parishioners visiting our downtown offices should be aware that as of March 1, 2026, the City of Regina has moved all paid on-street parking downtown to the PayByPhone system. Coin payment at parking meters is no longer available. To make your visit easier, you may wish to download the PayByPhone app before arriving. Parking can also be paid online at PayByPhone.com or by calling 1-888-680-7275. For more information and instructions, visit: Regina.ca/ParkingApp or Regina.ca/PayByPhone. Please note: Free two-hour parking remains available one block south of our offices on Scarth Street. Thank you for planning ahead when visiting our downtown offices.

44th Annual Nash Lecture

Please join Campion College on March 19 at 7 pm for the 44th Annual Nash Lecture, with a reception to follow. This year, Dr. Jordan Joseph Wales will discuss how medieval writers, unexpectedly, offer a way of thinking about AI and intelligence, helping us live with tech while still valuing what's truly human. Location: Campion College, 3737 Wascana Pkwy, Regina, SK Room: Campion College Auditorium Time: 7 pm Lecture with reception to follow

Good Friday Musica Sacra

You are warmly invited to join us at Campion College for Good Friday Musica Sacra on Friday, April 3, 2026, at 7:30 pm. This year's program, titled "Songs of Love and Sacrifice," offers a contemplative journey through sacred music and spirit-filled readings. Please join us for a soul-stirring performance by the Musica Sacra Voices, led by artistic directors Diane Taylor-Neale and Brianna Levesque. It is a beautiful opportunity to reflect on the solemnity of Good Friday through the power of voice and word. Location: Campion College, 3737 Wascana Pkwy, Regina, SK Room: 2nd Floor Chapel

Pray With the PopeMarch - For Disarmament and Peace

Let us pray that children suffering from incurable diseases and 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. popesprayer.va/praywiththepope