

May 10, 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 THURSDAY
MAY 11-14 12:05 PM**

NO 12:05 PM FRIDAY

5 PM MASS FRIDAY

ANNIVERSARY MASS

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, June 5th 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

Liturgical Ministry Charmaine Elash:
celash@sasktel.net

Music Bernadette Kutarna:
music.bsacrament@sasktel.net

Caretaker Berhe Zerai:



**SIXTH SUNDAY OF THE
EASTER SEASON**

music for today's liturgy

Processional: Journey Song # 420

Christ, the Lord, is Risen Again

Sprinkling Rite/Gloria: CIS 3.2

Responsorial Psalm Response

Normand L. Blanchard



Preparation of Gifts: Journey Song # 802

One Love Released

Eucharistic Acclamations: CIS 3.3-3.6

Communion: Journey Song # 429

Hail the Day that Sees Him

Recessional: Journey Song # 831

In Christ There is No East or West

BLESSED SACRAMENT CHOIR

The Choir is practising for Pentecost Sunday, Corpus Christi (the feast day of our parish) and for Fr. Jim's 50th Anniversary Mass.

Here are the dates and times of practises:

- Saturday May 9 3:30 - 4:30 p.m. before the 5:10 p.m. Mass.
- Sunday May 10, 11:15 a.m. to 12:15 p.m. after the 10 a.m. Mass
- Saturday May 16 3:30 - 4:30 p.m. before the 5:10 p.m. Mass.
- Sunday May 17 1 - 2 p.m. please note different time.
- Saturday / Sunday May 23 and 24 is Pentecost.
- Saturday May 30 3:30 - 4:30 p.m. before the 5:10 p.m. Mass.
- Sunday May 31, 11:15 a.m. to 12:15 p.m. after the 10 a.m. Mass

Everyone is welcome! Call/text Bernadette at (306) 537-4158. Thank you!"



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.

May 10, 2026

*The Parish Councils invite you
to the
50th Anniversary of Ordination as Priest
Our Pastor, Father James Hentges*

*Friday May 15, 2026
5 P.M Eucharist
Blessed Sacrament Church*

*6:30 P.M Reception and Dinner
Italian Club*

To pickup a dinner ticket stop by the parish office.

DONATIONS

Donations to Blessed Sacrament Parish can be sent via E-transfer (interac) :

blessedsacrament@sasktel.net

Auto-Deposit Forms

are available at the entrances of the church or at:

blessedsacramentregina.ca/donations/

- Envelopes are available in the parish office.



HOLY FATHER'S PRAYER MAY PRAYER INTENTION

That everyone might have food

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

CATHOLIC ENGAGED ENCOUNTER WEEKEND

Getting married? Want a weekend away to focus on your relationship? Catholic Engaged Encounter has been providing meaningful, retreat-format marriage preparation for 50 years in 30 countries. Next weekend: June 19-21. For more info or to register, visit ceecanada.ca/regina. "A Wedding is a Day, a Marriage is a Lifetime".

ALUMNI OF DISTINCTION AWARDS

Join Campion College for their 2026 Alumni of Distinction Awards Dinner on Thursday, May 14 at the Conexus Arts Centre!

For more information and to purchase tickets: campioncollege.ca/alumni/dinner/

CALENDAR

Friday, May 15th	<i>50th Anniversary of the ordination of our pastor, Fr. Jim Hentges. Eucharist 5 pm with reception and dinner after at the Italian Club (approximately 6:30 pm).</i>
Monday-Thursdays, May 11-14	<i>Annual Clergy Retreat</i>
Saturday, May 16th	<i>Confirmation and First Eucharist for the Good Shepherd Community, 10 am, Archbishop Bolen.</i>
Saturday, May 30th	<i>Anniversary Celebration for the Good Shepherd Community, Blessed Sacrament Church , 10:00 AM.</i>
Saturday, May 30th	<i>Confirmation and First Eucharist for Blessed Sacrament Parish, 5:10 PM, Archbishop Jim Weisgerber.</i>
Sunday, June 7th	<i>Annual General Meeting, after 10 am Sunday Mass</i>
Wednesday , July 1st	<i>Canada Day Mass, Blessed Sacrament Church, 10:00 AM</i>

Priest

THE PRIEST is the minister who offers the sacrifice of the Mass in the person of Christ (*General Instruction of the Roman Missal*, 93). He stands at the head of the assembly:

presides by this fact over the faithful people gathered here and now, presides over their prayer, proclaims to them the message of salvation, associates the people with himself in the offering of sacrifice through Christ in the Holy Spirit to God the Father, and gives his brothers and sisters the Bread of eternal life and partakes of it with them (93).

Christ is the one high priest. When we celebrate Mass, we participate in his one sacrifice. The local priest in our churches leads the people in the person of Christ.

In most parishes, the priest leads the people in many other ways, too. He guides their spiritual lives. He meets with them on parish business. He represents them to the broader community. At Mass, he presides over their prayer.

By preparing and delivering the homily, the priest proclaims salvation to his people. By praying with them at the Mass, he unites the entire body of believers before God. At Communion, he partakes of the Eucharist and shares it with others.

The priest has many responsibilities apart from the Mass, but leading the prayers at the Eucharist is his single most important role. For his ministry at the altar to be authentic, the priest must live his entire life in faithfulness to the Gospel. “[W]hen he celebrates the Eucharist, he must serve God and the people with dignity and humility, and by his bearing and by the way he pronounces the divine words he must convey to the faithful the living presence of Christ” (93).

THE WORDS OF THE POPES

The Lord Jesus said to his disciples: "If you love me, you will keep my commandments. And I will pray the Father, and he will give you another Counsellor, to be with you for ever" (Jn 14: 15-16). Here the praying heart of Jesus is revealed to us, his filial and fraternal heart. This prayer reaches its apex and its fulfilment on the Cross, where Christ's invocation is one with the total gift that he makes of himself, and thus his prayer becomes, so to speak, the very seal of his self-gift out of love of the Father and humanity. Invocation and donation of the Holy Spirit meet, they permeate each other, they become one reality. "And I will pray the Father, and he will give you another Counsellor, to be with you for ever". In reality, Jesus' prayers that of the Last Supper and that on the Cross form a single prayer that continues even in heaven, where Christ sits at the right hand of the Father. Jesus, in fact, always lives his intercessional priesthood on behalf of the people of God and humanity and so prays for all of us, asking the Father for the gift of the Holy Spirit.

(Pope Benedict XVI, Homily,
on the Solemnity of Pentecost, 23 May 2010)

CATHOLIC CHURCH TEACHING ON NUCLEAR WEAPONS

The Catechism of the Catholic Church clearly states that "*Every act of war directed to the indiscriminate destruction of whole cities or vast areas with their inhabitants is a crime against God and man, which merits firm and unequivocal condemnation*" [CCC 2314].

This teaching categorically condemns the use of nuclear weapons, as they are designed to cause mass destruction and civilian casualties. The Catechism emphasizes that modern warfare, particularly with nuclear weapons, allows for actions that can lead to indiscriminate destruction, which is morally unacceptable. There is no moral justification for the use or possession of nuclear weapons. The Church teaches that their potential for catastrophic harm makes them fundamentally different from conventional weapons.



Archdiocese of Regina

May 10, 2026

Bulletin

6th Sunday of Easter



Emmaus Men's Spiritual Peer Support - Now Forming

Are you a man living with mental health challenges and looking for a place of faith, honesty, and support? We are currently forming a Men's Emmaus Spiritual Peer Support Group, a space for prayer, real conversation, and mutual encouragement grounded in Christ. This group would meet monthly, with in-person and online options available. If you are interested in taking part, please reach out: emmausmentalhealth@gmail.com

Emmaus Women's Spiritual Peer Support Group (Online)

Are you a woman living with mental health challenges and seeking faith-filled support? Our Emmaus Women's Spiritual Peer Support Group offers a welcoming, confidential online space to share, pray, and walk together in hope. Rooted in our Catholic faith, these gatherings are centered on accompaniment, encouragement, and the gentle presence of Christ. This group currently meets once a month online, making it accessible for many. To learn more, please contact Bronwyn Angley - bronwyn.angley@gmail.com

Emmaus Mental Health Caregivers Support Group

Are you supporting a loved one living with mental health challenges? You are not alone. Our Emmaus Spiritual Peer Support for Caregivers groups offer a safe, faith-based space for those walking alongside a loved one experiencing mental health struggles. These gatherings provide prayer, reflection, and compassionate peer support rooted in the hope of Christ. We currently have groups operating once a month in Regina & Saskatoon with in-person and online options available. For more information or to join, please contact: emmausmentalhealth@gmail.com

MAiD

and mental illness
What's at Stake?



Larry Worthen,
MA (Th.), LLB
Executive Director, Christian Medical
and Dental Association of Canada

Join the conversation:

- May 11 - Saskatoon
- May 12 - Prince Albert
- May 13 - Yorkton
- May 14 - Weyburn
- May 15 - Moose Jaw
- May 16 - Regina

Scan here to
RSVP



Learn more: hopedoesnotexpire.ca

ADULT RETREAT

AT THE MYRIAM FAMILY
HOUSE OF PRAYER AND RETREAT, MCLEAN, SK

THE SEVEN GIFTS OF THE HOLY SPIRIT



- WISDOM
- UNDERSTANDING
- COUNSEL
- FORTITUDE
- KNOWLEDGE
- PIETY
- FEAR OF GOD

MAY 23, 2026
FROM 9:30AM TO 4:00PM

REGISTER NOW

PSS.PRAIRIES@FAMILLEMYRIAM.ORG
OR CALL SR. STEPHANIE AT
306-761-0528

Stewardship Bulletin Bit

"For it is better to suffer for doing good, if that be God's will, than for doing evil."
1 Peter 3:17

The old line says, "If you want to make God laugh, tell him your plans." Many of us are diligent in our planning and making sure things are progressing smoothly. Then disaster strikes, we don't get the result we anticipated, or an unforeseen problem arises. Many times, we may respond negatively and ask, "Why me? I did everything right!" Here's the thing - adversity humbles us and reminds us of our dependence on God and not on our own self-reliance. Rest assured, God has a better plan in store for you.

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2026 ALUMNI OF DISTINCTION AWARDS DINNER

May 14 | 5-9 PM
Conexus Arts Centre,
200 Lakeshore Dr.



Laura Belden Dubois



Lisa Marcotte

CAMPION COLLEGE
AT THE UNIVERSITY OF REGINA

Join Champion College for their 2026 Alumni of Distinction Awards Dinner on Thursday, May 14 at the Conexus Arts Centre! For more information and to purchase tickets: campioncollege.ca/alumni/dinner/