

May 17, 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**

**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, May  
1st 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)



## ASCENSION OF THE LORD *music for today's liturgy*

**Processional: Journey Song # 459**

**Rejoice, the Lord is King**

**Sprinkling Rite/Gloria: CIS 3.2**

**Responsorial Psalm Response**



**Preparation of Gifts: Journey Song # 458**

**Alleluia! Sing to Jesus**

**Eucharistic Acclamations: CIS 3.3-3.6**

**Communion: Journey Song # 429**

**Hail the Day that Sees Him Rise**

**Recessional: Journey Song # 426**

**Sing We Triumphant Hymns of Praise**

## 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 on May 15th.

Here are the dates and times of practises:

- 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!"*

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## DONATIONS

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Donations to Blessed Sacrament Parish can be sent via **E-transfer (interac)** : [blessedsacrament@sasktel.net](mailto:blessedsacrament@sasktel.net)



### Auto-Deposit Forms

are available at the entrances of the church or at:

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

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## CATHOLIC ENGAGED ENCOUNTER WEEKEND

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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 [cecanada.ca/regina](http://cecanada.ca/regina). "A Wedding is a Day, a Marriage is a Lifetime".

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### 7TH SUNDAY OF EASTER (THE ASCENSION OF THE LORD)

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"I am praying for them..." John 17:9  
Prayer is the foundation of our Faith and the foundation of Stewardship. Prayer is always the first best option in any situation - not just our last resort. Pray for friends and family, and especially for those who don't treat you very well. Pray to give praise, to thank, and to ask God for help. Pray to see what God wants you to do with the gifts He has given you. Teach others how to pray. It has been said that teaching someone how to pray is the best gift you can give someone.

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## WORDS OF THE POPE ON TODAY'S GOSPEL

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With the Ascension, something new and beautiful happened: Jesus brought our humanity, our flesh, into heaven — this is the first time — that is, he brought it in God. That humanity that he had assumed on earth did not remain here. The risen Jesus was not a spirit, no. He had his human body, flesh and bones, everything. He will be there in God forever. We could say that from the day of the Ascension on, God himself "changed" — from then on, he is not only spirit, but such is his love for us that he bears our own flesh in himself, our humanity! The place awaiting us is thus indicated; that is our destiny. (...) What does Jesus do in heaven? He is there for us before the Father, continually showing our humanity to him — showing him his wounds. I like to think that Jesus, prays like this in front of the Father — showing him his wounds. "This is what I suffered for humanity: Do something!" He shows him the price of redemption and the Father is moved. This is something I like to think about. This is how Jesus prays. He did not leave us alone. In fact, before ascending, he told us, as the Gospel says today, "I am with you always, to the close of the age" (Mt 28:20).

*(Pope Francis, Regina caeli, 21 May 2023)*

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## HOLY FATHER'S PRAYER APRIL PRAYER INTENTION

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### 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.*

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## CALENDAR

Saturday, May 16th	<i>Good Shepherd Community, Confirmations and First Communion, 10 AM with Archbishop Bolen.</i>
Saturday, May 30th	<i>Good Shepherd Community anniversary celebration, 10 am Liturgy</i>
Saturday, May 30th	<i>Confirmations and Reception of first Communion, 5:10 pm with Archbishop James Weisgerber.</i>
Sunday, June 7th	<i>Annual General Meeting, after 10 am Sunday Mass</i>

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## SUNDAY SCRIPTURE READINGS AT HOME

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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:

<https://readings.livingwithchrist.ca/>.

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.

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## Evangelist Symbols

**THE HUMAN**, lion, ox, and eagle are symbols of the four evangelists: Matthew, Mark, Luke, and John. These symbols adorn many works of art, buildings, and objects used in worship. Each may identify one evangelist, or the four may represent the Gospel as a whole. In addition, the four symbols taken together represent the mystery of Christ's life. They recall in turn the birth, sacrifice, Resurrection, and Ascension of Jesus.

The symbols derive from the opening of the Book of Ezekiel. There the prophet envisions four living creatures in the middle of a glowing fire from a stormy north wind. The faces of the creatures resemble a human being, a lion, an ox, and an eagle (1:10). Their mystery and their movement made such an impact on the prophet that Christian generations have seen in their appearance a foreshadowing of the Gospels of Jesus Christ. The figures appear again in Revelation 4:7.

The human being—sometimes rendered as an angel—signifies Matthew, who opens his story with the human origins of Jesus' genealogy. The lion, according to legend, sleeps with eyes open, making it a symbol of resurrection. It depicts Mark, whose Gospel begins with the leonine John the Baptist in the desert. Luke's account of the infancy of Jesus places the child in the temple with Zechariah, a priest who offered sacrifice of animals including oxen. The horns of the beast may represent the old and new covenant, each with its own sacrifice. John, the evangelist whose work intently gazes on the eternal Word who shattered the darkness with his light, recalls the eagle that flies face into the sun. In this way, tradition has assigned each evangelist a proper symbol.



# Archdiocese of Regina

May 17, 2026

# Bulletin

Ascension of the Lord



### 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](mailto: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](mailto: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](mailto:emmausmentalhealth@gmail.com)

### Faith-Based Advance Care Directive

Follow-up to Larry Worthen's Presentations: MAiD for You? One of the most effective ways to counter the narrative of those who encourage assisted suicide—often euphemistically referred to as MAiD—is by completing a Faith-Based Advance Care Directive. Directives are available for free download from the Catholic Health Association of Saskatchewan (CHAS) website at [chassk.ca/faithbased-care/](http://chassk.ca/faithbased-care/), or you may pick up a copy from the offices of the Archdiocese of Regina. Additionally, this video provides a guide to help you complete your directive [youtube.com/watch?v=BNGgc9ogZ30](https://youtube.com/watch?v=BNGgc9ogZ30). For further information, please contact Peter Oliver at [peter@chassk.ca](mailto:peter@chassk.ca) or our ethicist, Mary Heilman, at [mary@chassk.ca](mailto:mary@chassk.ca).

The 8th annual St Philomena Walking Pilgrimage will start at Yorkton on August 11 and will finish at Our Lady of Lourdes shrine at Rama on Aug 14. This is a supported pilgrimage with arranged overnight stops, meals, and rest stops through the day. Transportation to the next rest stop is provided for those don't wish to walk the whole distance. Pilgrims can walk every day or just one day if they wish. Friday August 14 is our shortest day and the day we arrive in Rama. [stphilomena.ca](http://stphilomena.ca)

### Stewardship Bulletin Bit

*"I am praying for them..." John 17:9*  
Prayer is the foundation of our Faith and the foundation of Stewardship. Prayer is always the first best option in any situation - not just our last resort. Pray for friends and family, and especially for those that don't treat you very well. Pray to give praise, to thank, and to ask God for help. Pray to see what God wants you to do with the gifts He has given you. Teach others how to pray. It has been said that teaching someone how to pray is the best gift you can give someone.

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.

Variety Night presents...  
**The Best Day Ever!**  
May 22-25  
Doors open at 6:00pm - St. Martin's Parish  
Show starts at 7:00pm - 474 Castle Road  
Concession items will be available for purchase.  
Scan QR code or visit [bit.ly/vn26](http://bit.ly/vn26) to purchase tickets!  
**Tickets \$22**  
\*Sponsored by the Archdiocese of Regina, the Catholic Health Association of Saskatchewan, and the Saskatchewan Council on Social Services and Human Rights.

Variety Night May 22 - 25 at St. Martin's Parish. More info visit: [archregina.sk.ca/event/variety-night-may-22-25/](http://archregina.sk.ca/event/variety-night-may-22-25/)

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@FAMILLEMURIAM.ORG OR CALL SR. STEPHANIE AT 306-761-0528