

May 24, 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, 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

Caretaker Berhe Zerai:
caretaker.bsacrament@sasktel.net

Liturgical Ministry Charmaine Elash:
celash@sasktel.net

Music Bernadette Kutarna:
music.bsacrament@sasktel.net



PENTECOST SUNDAY

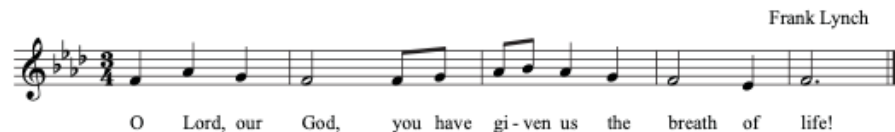
music for today's liturgy

Processional: Journey Song # 443

Come, Holy Spirit

Sprinkling Rite/Gloria: CIS 3.2

Responsorial Psalm Response



Frank Lynch

O Lord, our God, you have gi-ven us the breath of life!

Preparation of Gifts: Journey Song # 438

Come Down, O Love Divine

Eucharistic Acclamations: CIS 3.3-3.6

Communion: Journey Song # 521

O Breathe on Me, O Breath of God

Recessional: Journey Song # 570

All People that on Earth Do Dwell

BLESSED SACRAMENT CHOIR

The Choir is practising for Corpus Christi (the feast day of our parish).

Here are the dates and times of practises:

- 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!"

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.*

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/

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 cecanada.ca/regina. "A Wedding is a Day, a Marriage is a Lifetime".

CATECHISTS

September 19th, 2026: a seminar, recognizing the catechist's role as a witness, not just a teacher. Explore what it means to be a synodal catechist, to grow in holiness, sustain ministry and accompany others as they grow in faith. For more information contact: rbarr@archregina.sk.ca

CUERNAVACA PROJECT

Cuernavaca Project is filling a container to ship to our school. Our wish list is nightstands, single mattresses, steel bed frames on wheels, plastic totes, and plastic drawer stands. Please email Joan Rink at jmrink@sasktel.net or phone at 306- 533-1648.

WORDS OF THE POPE ON TODAY'S GOSPEL

Today, the Solemnity of Pentecost, the Gospel takes us to the Upper Room, where the apostles had taken refuge after the death of Jesus (Jn 20:19-23). On the evening of Passover, the Risen One presents himself precisely into that situation of fear and anguish and, breathing on them, says: "Receive the Holy Spirit" (v. 22). In this way, with the gift of the Spirit, Jesus wishes to free the disciples from fear, from this fear that keeps them holed up at home, and he frees them so that they may be able to go out and become witnesses and proclaimers of the Gospel.

Let us dwell a little on what the Spirit does: he frees from fear. The disciples had closed the doors, the Gospel says, "for fear" (v. 19). The death of Jesus had shocked them, their dreams had been shattered, their hopes had vanished. And they had closed themselves inside. Not only in that room, but within, in the heart.

I would like to underline this: closed inside. How often do we too shut ourselves in? How often, because of some difficult situation, because of some personal or family problem, because of the suffering that marks us or the evil we breathe around us, do we risk slipping slowly into loss of hope and lack the courage to go on? (...) However, the Gospel offers us the remedy of the Risen One: the Holy Spirit. He frees us from the prisons of fear. (...) Because this is what the Spirit does: he makes us feel God's closeness, and thus, his love casts out fear, illuminates the way, consoles, sustains in adversity.

Faced with fears and closure, then, let us invoke the Holy Spirit for us, for the Church and for the whole world: let a new Pentecost cast out the fears that assail us and revive the flame of God's love.

(Pope Francis, Regina Caeli, 28 May 2023)

CALENDAR

Saturday, May 24th	Baptisms during 10 am Liturgy on the Solemnity of Pentecost
Saturday, May 30th	Good Shepherd Community anniversary celebration, 10 am Liturgy
Saturday, May 30th	Confirmations and Reception of first Communion, 5:10 pm with Archbishop James Weisgerber.
Sunday, June 7th	Annual General Meeting, after 10 am Sunday Mass

SUNDAY SCRIPTURE READINGS 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:

<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.

Pentecost

ON PENTECOST, we celebrate the day on which the Holy Spirit came upon the disciples in a form resembling tongues of fire, empowering them to proclaim the message that Jesus is risen from the dead. According to Acts of the Apostles (1:13–14), Mary, the apostles, and other disciples had been huddled together in an upper room after the ascension of Jesus. But on this day they went forth from that room as new people, alive in the Spirit, speaking in tongues and winning over believers by the thousands.

A few special features mark the Mass of Pentecost Sunday. The options for the First Reading for Saturday's Vigil Mass, for example, are taken from the Old Testament. Throughout the Easter season, all the readings come from the New Testament—except, of course, the Responsorial Psalm. Saturday's First Reading foreshadows the coming of the Spirit. On Sunday, the First Reading comes from Acts of the Apostles, and it tells the story of Pentecost. After the Second Reading, everyone sings or says the Pentecost Sequence, a special hymn that tells the meaning of this day.

If the priest uses Eucharistic Prayer I, he inserts a special phrase saying that this is the day "on which the Holy Spirit appeared to the Apostles in tongues of fire." The Mass concludes with a double "alleluia." The deacon or priest adds the words to his dismissal, and you answer, "Thanks be to God, alleluia, alleluia." This joyful acclamation concludes the Church's celebration of Easter.

The Paschal candle burns throughout the Pentecost Mass, as it does for the fifty days of Easter Time. After Mass, however, it is moved from its place near the ambo to a position in the baptistry.



Archdiocese of Regina

Bulletin

May 24, 2026

Pentecost



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 and Saskatoon with in-person and online options available. For more information or to join, please contact: emmausmentalhealth@gmail.com

Archdiocese of Regina LAY FORMATION PROGRAM



Our Lay Formation Participants are on their annual retreat weekend, May 22 - 24, at St. Peter's Abbey, led by the Spiritual Directors in Formation. Please pray for all retreatants and the formation team.

**NEXT INTAKE
FALL 2027!**

For more info or to be added to the intake list, please contact Deacon Eric Gurash at: [306-721-6724](tel:306-721-6724)
egurash@archregina.sk.ca

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/faithbasedcare/, 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://www.youtube.com/watch?v=BNGGc9ogZ30). For further information, please contact Peter Oliver at peter@chassk.ca or our ethicist, Mary Heilman, at 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

Catechists, What do you Seek? You are a guide, guiding Souls

September 19th, 2026: A seminar, recognizing the catechist's role as a witness, not just a teacher. Explore what it means to be a synodal catechist, to grow in holiness, sustain ministry and accompany others as they grow in faith. For more information contact: rbarr@archregina.sk.ca
With special thanks, made possible through the Ursuline Sisters' Legacy Gift.

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.

Stewardship Bulletin Bit

"To each is given the manifestation of the Spirit for the common good." 1 Corinthians 12:7

To receive the gifts of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more "God-centered" and less "self centered" and our lives truly reflect God's light, love and mercy.