

May 31, 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



TRINITY SUNDAY

music for today's liturgy

Processional: Journey Song #451

O God, Almighty Father

Sprinkling Rite/Gloria: CIS 3.2

Responsorial Psalm Response



Preparation of Gifts: Journey Song #449

How Wonderful the Three-in-One

Eucharistic Acclamations: CIS 3.3-3.6

Communion: Journey Song #447

On This Day, the First of Days

Recessional: Journey Song #446

All Hail, Adored Trinity

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 the Most Holy Trinity, the Gospel is taken from Jesus' dialogue with Nicodemus (cf. Jn 3:16-18). Nicodemus was a member of the Sanhedrin, passionate about the mystery of God: he recognizes in Jesus a divine master and goes to speak to him in secret, at night. Jesus listens to him, understands he is a man on a quest, and then first, he surprises him, answering that in order to enter the Kingdom of God, one must be reborn; then, he reveals the heart of the mystery to him, saying that God loved humanity so much that he sent his Son into the world. Jesus, therefore, the Son, speaks to us about his Father and his immense love. Father and Son. It is a familiar image which, if we think about it, disrupts our images of God. Indeed, the very word "God" suggests to us a singular, majestic and distant reality, whereas hearing about a Father and a Son brings us back home. Yes, we can think of God in this way, through the image of a family gathered around the table, where life is shared. After all, the table, which, at the same time is an altar, is a symbol with which certain icons depict the Trinity. It is an image that speaks to us of a God of communion. Father, Son and Holy Spirit: communion. But it is not only an image; it is reality! It is reality because the Holy Spirit, the Spirit that the Father poured into our hearts through Jesus (cf. Gal 4:6), makes us taste, makes us savour God's presence: a presence that is always close, compassionate and tender.

(Pope Francis, Angelus, 4 June 2023)

CALENDAR

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>

POPE LEO XIV ENCYCLICAL ON AI: *MAGNIFICA HUMANITAS*

Pope urges the global community to place technological progress at the service of human dignity, solidarity and the common good.

By Linda Bordoni, Vatican News

At the presentation of his first social encyclical, *Magnifica Humanitas*, Pope Leo XIV appealed for artificial intelligence to be placed firmly at the service of humanity, warning against technologies that foster domination, exclusion and war.

Addressing participants gathered in the Synod Hall on Monday for the presentation of the encyclical, the Pope described the current technological revolution as an “epochal turning point” comparable to the upheaval confronted by Pope Leo XIII during the Industrial Revolution.

“Artificial intelligence already touches many areas of our lives and affects decisions that shape human coexistence, he said, noting that it is also “dramatically changing how war is waged.”

A new “Rerum Novarum” moment

Drawing a direct parallel with Pope Leo XIII’s landmark 1891 encyclical *Rerum Novarum*, Pope Leo XIV said the Church today is likewise called to interpret the “new things” of the age in the light of the Gospel and the dignity of the human person.

He explained that *Magnifica Humanitas* emerged from extensive listening to scientists, engineers, educators, political leaders and families concerned about the future of younger generations. At the same time, he said he had heard “very troubling voices” regarding autonomous weapons systems and algorithms capable of denying access to healthcare, employment or security based on unjust and prejudiced data.

From that process of discernment, the Pope said, came a conviction expressed clearly in the encyclical: “artificial intelligence needs to be disarmed.”

Acknowledging the forcefulness of the phrase, Pope Leo XIV said the gravity of the present moment requires words capable of “awakening consciences and indicating paths forward for humanity.”

Technology and moral responsibility

Recalling the Church’s longstanding support for nuclear disarmament, the Pope said every great technological power must be accompanied by moral discernment and public accountability.

“In a similar sense, artificial intelligence now demands to be ‘disarmed,’ freed from logics that turn it into an instrument of domination, exclusion or death,” he

said. Quoting Saint Paul’s exhortation to “keep awake” (1 Thess 5:6), the Holy Father warned that peace itself is endangered whenever technology weakens humanity’s critical sense and moral vigilance.

Yet the Pope stressed that the task before humanity is not merely to restrain dangerous technologies, but also to build a more just future together.

“No one rebuilds alone”

Reflecting on his years as a missionary in Peru, Pope Leo XIV recalled the devastation caused by torrential rains and floods in 2017, saying he learned there that rebuilding involves far more than restoring physical structures.

“It means repairing bonds, restoring trust, and reawakening hope in the future,” he said, adding that “no one rebuilds alone.”

The Pope then turned to the biblical figure of Nehemiah rebuilding the walls of Jerusalem, presenting the image as a model for the ethical construction of the digital age.

“Artificial intelligence can be a construction site of history from within a horizon of communion, in which technical progress learns to serve human life,” he said.

The human person at the centre

Citing Saint Paul VI’s teaching that authentic development concerns “each man and the whole man,” Pope Leo XIV insisted that no one must be excluded from digital transformation and that human beings can never be reduced to “productivity,” “cognitive performance,” or “mere data.”

“The person bears within him - or herself - a freedom, an interiority and a vocation to love and worship that no machine can replace or block,” he said.

The Holy Father called for cooperation among nations, institutions, technology developers, and those most affected by technological systems in order to ensure that advances in artificial intelligence benefit the entire human family rather than “a privileged few.”

A “civilisation of love”

Pope Leo XIV reaffirmed the Church’s desire to contribute “with humility and frankness” to global conversations on artificial intelligence, not by offering technical expertise, but by safeguarding a vision of the human person rooted in dignity, conscience and openness to God.

Inviting all people to become “artisans of hope,” the Pope urged believers and non-believers alike to work together toward “a more human and fraternal society.”

Entrusting the initiative to the Virgin Mary, whose Magnificat “sings of the greatness of God who uplifts the lowly,” the Holy Father prayed that the “civilisation of love” envisioned by Saint Paul VI and Saint John Paul II may continue to mature in history.



Archdiocese of Regina

Bulletin

May 31, 2026

Trinity
Sunday



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

Pope Leo XIV's Encyclical Letter: Magnifica Humanitas

Pope Leo XIV's Encyclical Letter, Magnifica Humanitas, was released today. It focuses on safeguarding the human person in the time of artificial intelligence. The letter is dated 15 May, to commemorate the 135th anniversary of Pope Leo XIII's Encyclical Letter, Rerum Novarum. The Dicastery for Promoting Integral Human Development offers the following synopsis of the Encyclical Letter: "Magnifica Humanitas offers insights into the protection of the human person in the age of artificial intelligence, recognizing a profound epochal shift. It places the dignity of the human person at the centre as the criteria for guiding technical progress. The Church's social teaching accompanies these transformations, pointing to the common good, solidarity and subsidiarity as the fundamental benchmarks for understanding and interpreting the transformation currently underway. It proposes, as an alternative to the culture of power and war, a civilization of love founded on justice, dialogue and shared responsibility." You can read the letter at the Vatican site: vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html

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. For further information, please contact Peter Oliver at peter@chassk.ca or our ethicist, Mary Heilman, at mary@chassk.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.

Stewardship Bulletin Bit

"For God so loved the world that He gave His only Son..." John 3:16
Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely, or do you "fit it in" when it's convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

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