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, August 7th 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

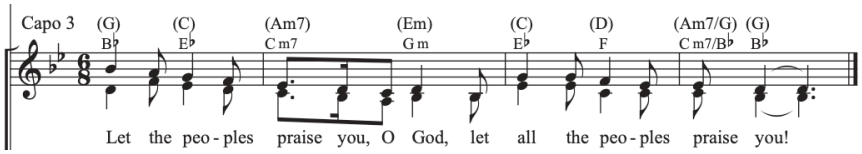
20th Sunday in Ordinary Time

music for today's liturgy

Processional: Journey Song #760
As We Gather

Kyrie: CIS 3.1 - Gloria: CIS 3.2

Responsorial Psalm Response



Preparation of Gifts: Journey Song #598
Sing a New Song

Eucharistic Acclamations: CIS 3.3-3.6

Communion: Journey Song #780
Bread for the World

Recessional: Journey Song #599
Halleluya We Sing Your Praises

Saturday Musical Moment at Blessed Sacrament Church

On each **Saturday 11:30 am to 12 noon, from August 15-29**, there will be concerts at Blessed Sacrament Church (2049 Scarth Street) with guest musicians. The music will include Bach, Handel, Pachelbel, Bartok, etc. Instrumentalists include flute, viola, cello, trombone and others. **Come to downtown Regina for a Saturday Musical Moment!** Parking to the south of the church is free on Saturday. Please use the front door if possible. All are welcome! No admission.

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/

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.

Archdiocese of Regina Bulletin

August 2026

Atrchdiocese of Regina Youth and Young Adult Events

- The Archdiocese of Regina's Youth Leadership Camp is back for another amazing year. It'll take place August 10-14 at Glen Harbour Kids Camp. This year's theme is Story Time, which will see us journey through some of the stories of our faith. We'll laugh, we'll cry, and ultimately discover how these stories of old are still relevant to our lives here today. If you're interested in growing in faith, developing your ability to lead in various situations, expanding your network of friends and community, and enjoying the beach, great food, fantastic music, and amazing games along the way, then you need to join us! Register now at bit.ly/oyyam-camp. If you have any questions, email us at oyyam@archregina.sk.ca.
- Press Pause & Pray: A Young Adult Retreat is back once again! Join us August 15-16 at Glen Harbour Kids Camp for a weekend filled with prayer, music, community, and inspiring talks to help you grow in your faith journey. Cost is $50. For more info or to register, check out bit.ly/archoyyam, or email oyyam@archregina.sk.ca if you have any questions.
- Ever since the early years of our Church, Christian have left the comfort of their homes to journey to sacred places around the world. Following this rich tradition, World Youth Day pilgrims travel to the host city seeking something in particular out of that experience. While on the surface, these pilgrimages may seem like any other vacation or trip, they are much more than that. "To go on pilgrimage really means to step out of ourselves in order to encounter God". If you are interested in taking part in this incredible pilgrimage, join us for an information night on July 9th. Visit bit.ly/oyyamtrip to learn more and to register for the meeting.

Mental Health First Aid Essentials Training (Virtual)

Tuesday, August 11, 7:00 a.m. – 2:30 p.m. (via Zoom)
As people increasingly turn to their faith communities during times of mental health struggle, this training equips participants to offer informed, compassionate support while respecting and recognizing limitations. Hosted for the staff of NET Ministries Canada and open to a limited number of additional participants from Catholic ministries and parishes, this course will help you recognize mental health challenges, respond with confidence and compassion, and connect people with appropriate supports. Facilitated by Deacon Eric Gurash of Emmaus Mental Health Ministries. Space is limited. Registration is required by August 4. For registration information and fee details, email emmausmentalhealth@gmail.com.

Archdiocese of Regina Pilgrimages
You can find information on this year's pilgrimages at:
archregina.sk.ca/blog_ministry/annual-pilgrimage-sites/

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.*

Emmaus Men's Spiritual Peer Support

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.

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. *For more information or to join, please contact: emmausmentalhealth@gmail.com*

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.