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

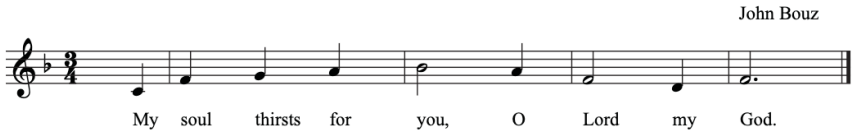
22nd Sunday in Ordinary Time

music for today's liturgy

Processional: Journey Song # 501
Take Up Your Cross

Kyrie: CIS 3.1 - Gloria: CIS 3.2

Responsorial Psalm Response



Preparation of Gifts: Journey Song # 825
Lord, Whose Love in Humble Service

Eucharistic Acclamations: CIS 3.3-3.6

Communion: Journey Song # 828
Whatsoever You Do

Recessional: Journey Song # 410
Join in the Dance

Saturday Musical Moment at Blessed Sacrament Church

On each **Saturday 11:30 am to 12 noon, from August 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

SEASON OF CREATION

Season of Creation 2026 September 1 to October 4
This year we will be guided by the vision of the prophet Ezekiel (47:1–12): a river flowing from the temple of God, which grows without stopping and brings life where everything seems barren.
Water heals, restores, and makes creation flourish. But it also challenges us: to recognize ecological damage, to embrace our interconnectedness, and to immerse ourselves in the responsibility of caring for and restoring our Common Home.
Religious leaders from around the world invite you to discover the Season of Creation 2026: Living Water and to join them on this journey of faith and action. youtu.be/xVVZ8LSpcRk
May this Season of Creation be a path for the healing of the Earth and human well-being to flourish together.
More resources can be found at: seasonofcreation.org

Stewardship Bulletin Bits - August

August 23, 2026, 21st Sunday in Ordinary Time
"Or who has given the Lord anything that he may be repaid?" - Romans 11:35
St. Paul reminds us of a central fact of stewardship. We cannot give God anything - He already owns it all. God made everything, including us. Since we are made in His image, we too, are called to be generous. How we use our God-given gifts becomes our gift back to Him. Gratitude for all we have been given opens our hearts to joyful generosity! And, through our generosity, we just may be the answer to someone else's prayer.

August 30, 2026, 22nd Sunday in Ordinary Time
"What profit would there be for one to gain the whole world and forfeit his life?" - Matthew 16:26
St. Francis of Assisi said, "Remember, you are what you are in the eyes of God, and nothing else." We often forget this stewardship wisdom when we spend all of our time, talent and treasure to gain more of the world's riches. We need to set our priorities based on God's values and not the values of the material world.

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Medjugorje Pilgrimage

Many people who have visited Medjugorje in Bosnia Herzegovina have been touched by a strong feeling of God's peace, and the presence of Mother Mary. Medjugorje has a reputation for spiritual and physical healing. If God is calling you to experience such peace and healing, please consider joining us on a Medjugorje 'Pilgrimage of Peace' which will take place from October 12 to October 22, 2026. The price is $900 for the land portion of the pilgrimage. Air flights can be arranged with the help of Passport Travel in Calgary, margaret.passport@shaw.ca, 404-256-9343. For more information, contact Deacon Dave or Bev Hudy, dave@stphilomena.ca

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*