

LITTLE FLOWER PARISH

FIFTH SUNDAY OF LENT

MARCH 22TH, 2026

Little Flower Weekend Masses

Saturday 5 pm

Sunday 10 am

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4 pm

Wednesday and Friday 8 am

Thursday 9:45am

College Park I Retirement Residence Liturgy

1st & 3rd Thursday of the month 10 am

College Park II Retirement Residence Liturgy

2nd & 4th Friday of the month 10 am

Office Hours (for in-person service)

Monday to Friday: 8:00 am to 12:00 pm

Saturdays: 9 am to 1 pm

Parish Staff

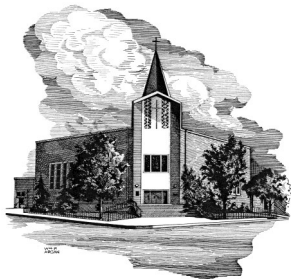
Parish Administrator: Rev. Jake Ibay

Office Administrator: Gabriela Junqueira &
Valerio Quirino

Caretaker/Maintenance: Rick Morin



MISSION STATEMENT: Little Flower Parish as a faith community reaches out to all in service, compassion and love to fulfil our mission of proclaiming the gospel daily in word and deed.



420 College Avenue
Regina, Saskatchewan
S4N 0X2
Phone 306-522-8583



Little Flower is wheelchair accessible through the Edgar Street entrance



Land Acknowledgement : Little Flower 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.

FIFTH SUNDAY OF LENT

MARCH 22TH, 2026

Theme: When we accept Jesus as our Savior, death no longer rules our decisions and grips us in fear. Jesus Christ, our resurrection and life, invites us to live forever with him.



Mass Intentions

Tuesday, Mar. 24	5:00 pm	†Repose of Dennis Freiss
Wed., Mar. 25	8:00 am	†Repose of Art Hector
Thur., Mar.26	9:45 am	†Repose of Don Swick
Friday, Mar. 27	8:00 am	†Repose of the Soul of Laverne Verbrugge
Sat., Mar. 28	5:00 pm	†Repose of Janet Chenier

Altar Server: Gabe Seiferling

Events: Vibrancy Meeting 25th March—2pm
Pastoral Council Meeting 26th March—7pm

Fifth Sunday of Lent



As we enter the Fifth Sunday of Lent, our journey draws us even closer to the mystery of Easter. The readings invite us to reflect more deeply on God's power to bring new life out of what seems lost, and to trust in His promise of renewal and transformation.

This is a time to let go of what holds us back and to embrace the grace God freely offers. Through prayer, fasting, and acts of charity, we are called to turn our hearts more fully toward Him, allowing His mercy to restore and strengthen us.

May this final stretch of Lent inspire us to walk faithfully with Christ, to grow in love and humility, and to prepare our hearts to celebrate the joy and hope of the Resurrection.

Offering of the Mass



By virtue of the "communion of saints," the Church commends the dead to God's mercy and offers her prayers especially the holy sacrifice of the Eucharist, on their behalf. (Catechism of the Catholic Church). This

practice dates as far back as Judas collecting a sin-offering for the dead, making atonement so they might be delivered from their sin. (2 Maccabees 12:39-45). Masses may also be offered for the intentions of the living or in thanksgiving. Masses are requested through the parish office.

Hospital Chaplains

Catholic chaplains visit patients and their families to address any spiritual needs. To receive a visit from a chaplain, call:

- **General Hospital** – 306-519-1405
- **Pasqua Hospital** – 306-519-1380
- **Wascana Rehab Centre** – 306-530-6511



If you are admitted through the emergency room, you may not be asked about spiritual care, so please call the number above or notify your parish. Please also let your parish know if you've been admitted to the hospital.

Stewardship Bulletin Bits

March 22, 2026
Fifth Sunday of Lent

“Jesus said to her, ‘Did I not tell you that if you believe you will see the glory of God?’” John 11:40
Many of us say that we believe in God. We attend Sunday Mass and participate in parish events. But when life gets hard, and the pressure is on, when things aren’t going our way, do we really believe? Do we really put our trust in the Lord?

When we live a life of gratitude, recognizing all that we have been given, we really do see that God is providing for our needs. Living a grateful and generous life allows us to see God’s active presence in our daily lives, and we become “partakers of the divine nature.”

Parish Council Nominations



Annual Parish Council nominations are now open. Ballot forms are available at the back of the Church, with a box on the table for completed ballots. Please take a moment to nominate someone who would be a good fit for Council. This year, we have 5 vacant positions and hope to fill them all. The Parish Council helps keep our parish active, and we hope to fill all positions.

Our Annual General Meeting (AGM) will be held on Sunday, May 3, after morning Mass.

Thank you for supporting our parish!

LENT AS A CALL TO MISSION

Join us for an evening of prayer, reflection, and renewal as we deepen our Lenten journey and rediscover God’s call to bring His love to others.

Date: Tuesday, March 24, 2026

Time: 6:00 PM

Venue: Little Flower Parish

Happening this week! Let us come together as a community to be strengthened, renewed, and sent forth as missionary disciples this Lent. All are welcome!

Please join us and invite your family and friends.

Lent

Prayer Ministry



Please pray for the needs of the sick of our parish, the homebound, and those who are alone and/or afraid to go out.

Pray for: Annie Dormuth, Jose Estioco,

Agnes Fahlman, Shelly Joubert, Don Morrell, Lima Perras, Anthony & Louise Wingerter, Judy Klenk, Marg Benz, Chris & Ken Fahlman, Fr. Lorne Crozon, and Fr. Peter Pham.

The Repose of the Soul of Katherine Seiferling, Mary Euteneier, Art Hector and Fr. Ken Koep.

Lenten & Easter Services Schedule



- Palm Sunday — March 28th at 5:00pm (Saturday)
- Palm Sunday – March 29th at 10:00am (Sunday)
- Holy Thursday – April 2nd at 6:00 pm
Eucharistic Vigil from 7:00 pm to 8:00 pm
- Good Friday – April 3rd -
Adoration of the Cross at 3:00 pm
- Holy Saturday – April 4th -
Easter Vigil at 6:00 pm
- Easter Sunday – April 5th at 10:00 am

First Annual Archbishop’s Dinner

We’re excited to invite your parish to the 1st annual Archbishop’s Dinner, a special evening to celebrate the people, parishes, and faith communities in our Archdiocese, to connect with one another, and to acknowledge the important work happening in our parishes and across the diocese.

Details:

- **Date:** May 8th
- **Location:** Conexus Arts Centre, Regina, SK
- **Expected Cost per Ticket:** \$60–75 (we are doing our best to keep costs as low as possible)

To help us plan, could you let us know how many tickets your parish will likely need? If possible, please reply as soon as possible. You can respond by emailing bmoser@archregina.sk.ca or calling the main office number 306-352-1651.



Please join the Archdiocesan Social Justice Commission for an afternoon Lenten Scripture Reflection and Sharing in:



Swift Current: Mar 28, from 11:00-2:30 This will be a time for inspiration: to reflect on scripture, to listen to the Holy Spirit, and to renew our Christian faith through action. The

Social Justice Commission will guide those gathered, which we hope is you, to deepen our sense of God's justice, our call to do charity, and to think critically about how we love our neighbours. We will have a small lunch (soup and sandwiches). A silver dollar collection will be held to raise funds for a donation to Development and Peace – Caritas Canada. Love is our call, and justice is love in action!

To register, please scan the QR Code below:



Camp Monahan AGM



Will be held April 19 at 1:00 PM. We are recruiting new Board Members who are eager to support and inspire our campers. Contact our office to register and get involved.

Spring has sprung and so has Camp Monahan registration! Open to campers ages 6–12, our camp is the perfect place to grow in faith, build lasting friendships, and enjoy amazing adventures this summer!

Holy Family Parish is holding Marriage Preparation

Classes this spring! The classes will be on April 11, 18 & 25 (Saturdays) at 6:30 pm. The fee is \$50/couple. Register or learn more:

holyfamilyregina.com/sacraments/marriage



Archdiocese Downtown Office Parking Change – PayByPhone Only

Parishioners visiting our downtown offices should be aware that, as of March 1, 2026, the City of Regina has moved all paid on-street parking downtown to the PayByPhone system. Coin payment at parking meters is no longer available. To make your visit easier, you may wish to download the PayByPhone app before arriving. Parking can also be paid online at PayByPhone.com or by calling 1-888-680-7275. For more information and instructions, visit: <https://Regina.ca/ParkingApp> or <https://Regina.ca/PayByPhone>.

Please note: Free two-hour parking remains available one block south of our offices on Scarth Street. Thank you for planning ahead when visiting our downtown offices.

Good Friday Musica Sacra

You are warmly invited to join us at Campion College for Good Friday Musica Sacra on Friday, April 3, 2026, at 7:30 pm.

This year's program, titled "Songs of Love and Sacrifice," offers a contemplative journey through sacred music and spirit-filled readings. Please join us for a soul-stirring performance by the Musica Sacra Voices, led by artistic directors Diane Taylor-Neale and Brianna Levesque.

It is a beautiful opportunity to reflect on the solemnity of Good Friday through the power of voice and word.

We look forward to seeing you there.

Location: Campion College, 3737 Wascana Pkwy, Regina, SK

Room: 2nd Floor Chapel



Protect Mental Health, Protect Life — Support Bill C-218

Visit HelpNotHarmCanada.ca to quickly and respectfully contact your Member of Parliament and ask them to support Bill C-218 (The Right to Recover Act). This bill would ensure that Medical Assistance in Dying (MAiD) is not extended to individuals whose sole underlying condition is mental illness. A vote is expected by mid-April 2026. Visit HelpNotHarmCanada.ca today to learn more and send a message to your MP.