

LITTLE FLOWER PARISH

SECOND SUNDAY OF LENT

MARCH 1ST, 2026

Little Flower Weekend Masses

Saturday 5 pm

Sunday 10 am

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday 4 pm

Wednesday to Friday 8 am

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

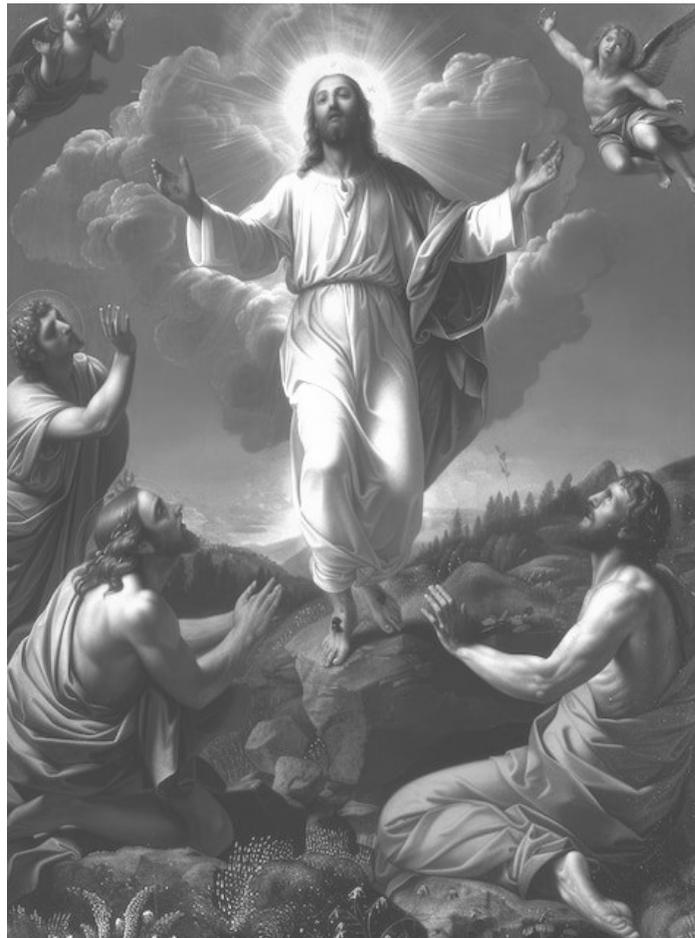
Saturdays: 9 am to 1 pm

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

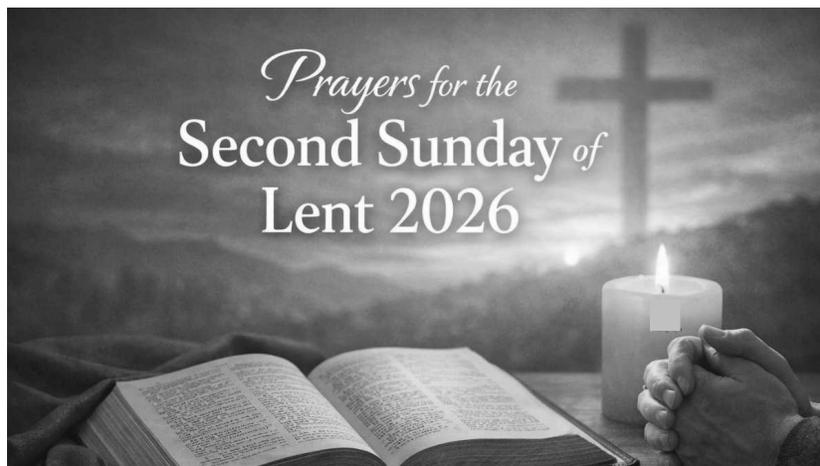


Land Acknowledgement : Little Flower Parish is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.

SECOND SUNDAY OF LENT

MARCH 1ST, 2026

Theme: Love is full of risk. Yet in love's willingness to assume that risk lies its worth, its power to transform our lives and make God's light shine in our faces. We give thanks for the glimpse of glory we have known, when love dared the risk and took up the cross.



Mass Intentions

Tuesday, Mar. 3	4:00 pm	Intentions for Valdez Family
Wed., Mar. 4	8:00 am	Intentions for Valdez Family
Thur., Mar. 5	8:00 am	Intentions for Valdez Family
Friday, Mar. 6	8:00 am	No Mass Intention
Sat., Mar. 7	5:00 pm	†Repose of Harold Kelm

Altar Server: Gabe Seiferling

Second Sunday of Lent



On the Second Sunday of Lent, we are invited to reflect on the mystery of the Transfiguration of the Lord. In this powerful moment, the disciples catch a glimpse of Christ's glory, reminding us that beyond the sacrifices of Lent lies the promise of Easter joy.

As we continue our Lenten journey of prayer, fasting, and almsgiving, may we open our hearts to be transformed by God's grace. Let us listen to His voice, grow in faith, and walk together in hope toward the light of the Resurrection.

Offering of the Mass

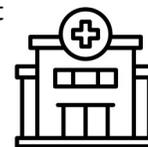


By virtue of the "communion of saints," the Church commends the dead to God's mercy and offers her prayers especially the holy sacrifice of the Eucharist, on their behalf. (Catechism of the Catholic Church). This practice dates as far back as Judas collecting a sin-offering for the dead, making atonement 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 1, 2026

Second Sunday of Lent

“Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you.”

Genesis 12:1

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet God promises to show us a new land and a better way to live.

Remember what St. Teresa of Calcutta said, “God does not call us to be successful, God calls us to be faithful.”



Dear Parishioners,

Please help us keep our church tidy by using the trash bins provided around the building for all types of waste, especially paper, tissues, and other small trash.

This week, our new vacuum got clogged with a large amount of tissues under the pews, which made cleaning difficult. Your cooperation will help us take care of our church and keep it welcoming for everyone.

Thank you for your help!

Development & Peace

A world transfigured: the transformative grace of ecological justice

Living our faith today means embracing ecological justice as a concrete expression of love for God and neighbor. Inspired by the vision of integral ecology presented in *Laudato Si'* by Pope Francis, we are reminded that everything is interconnected and that our choices impact both the earth and the most vulnerable.

The reflection calls us to move from indifference to responsibility— examining our lifestyles, reducing harmful consumption, and responding to the cry of the earth and the poor. Through God’s transforming grace, we are invited to see creation as sacred and to become instruments of justice, healing, and hope in our world.



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: Barb Aman, 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 and Fr. Ken Koep.

International Dinner Tickets



Tickets for the International Dinner on March 21st are now available after weekend Masses or at the Parish Office by calling (306) 522-8583.

Prices are \$30 for adults, \$12 for youth (7–12), and free for children 6 and under.

Join us for a wonderful evening of food and fellowship, featuring Jesse Lamont in A Tribute to Elvis! Get your tickets early and celebrate with us! Check the posters on the entrance bulletin boards for all the details. Hope to see you there!

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: March 24, 2026

Time: 6:00 PM

Venue: Little Flower Parish

Lent

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.

Stay Connected with Little Flower Parish!



We invite all parishioners to stay up-to-date with the latest news and events at Little Flower Parish by visiting our website:

<https://www.littleflowerregina.ca/>

On our website, you will find Mass times, the weekly bulletin, Mass intentions, upcoming events, sacramental information, and everything related to parish life. It’s the best place to stay informed and connected with our community.

We encourage everyone to check the website regularly and share it with family and friends.

TF | S03 E17 | Eucharist, Adam and Eve, and Images of Jesus: Catholic Theology Explained



In this episode of Thinking Faith, Deacon Eric Gurash and Dr. Brett Salkeld explore key questions in Catholic theology and Scripture, beginning with Eucharistic theology, Eucharistic miracles, and why belief in the Real Presence does not depend on miracles alone.

Drawing on questions from Grade 9 and 10 students at Miller High School in Regina, the conversation also includes Adam and Eve, and what these teachings reveal about the unity of the human family as well as a discussion on images of Jesus in art, examining historical accuracy, cultural expression, and how enculturated imagery helps communicate the Gospel across time and place.

<https://bit.ly/TFArchdioceseReginaS03E17>

Chrism Mass

Everyone is invited to join in this year's Chrism Mass. It will be held on Friday, March 27 at 2:00 pm at Holy Rosary Cathedral. This Mass will also be livestreamed to our YouTube Channel at:

youtube.com/ArchdioceseRegina



Journey Through Lent with the CCCB

The Canadian Conference of Catholic Bishops (CCCB) presents Journey Through Lent. This video series, a joint project of the CCCB's National Liturgy Office, Office national de liturgie and the Office for Evangelization and Catechesis, provides weekly Lenten spiritual reflections. Reflections based on the readings for Sunday Mass will be available weekly from Ash Wednesday until Palm Sunday. Designed for individuals, families, and communities, Journey Through Lent encourages viewers to reflect on the Sunday readings.

This year's reflections are presented by:

- The Most Reverend Daniel J. Miehm, Bishop of Peterborough (in English).
- The Most Reverend Juan Carlos Londoño, Auxiliary Bishop of Québec (in French)

<https://www.cccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/>

First Friday Adoration

The First Friday/First Saturday vigil in honour of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held March 6 and 7, 2026, at St. Mary's Church in Regina. Priests will be available for confession at 6:30 P.M., before Holy Mass, and after Mass. Mass will be held at 7:00 P.M., followed by the all-night vigil, ending with Holy Mass at 8:00 A.M. on Saturday morning.

Bach's St. John Passion



The Regina Symphony Orchestra invites you to experience the Passion story brought to life through one of the most powerful sacred works ever written: *St. John Passion* by Johann Sebastian Bach.

Composed in 1724, Bach's *St. John Passion* sets the Gospel of John's account of Christ's arrest, trial, crucifixion, and burial in music of extraordinary depth and beauty. From intimate, prayerful chorales to dramatic, urgent choruses, the work draws listeners into the unfolding Passion story in a deeply personal way. The Evangelist narrates with clarity and intensity, the soloists give voice to the people and witnesses of Jerusalem, and the choir powerfully portrays both the crowd and the faithful.

More than a concert, this is an act of devotion. Bach wrote this masterpiece not for the stage, but for worship. Nearly three centuries later, its message remains immediate and moving, inviting us to stand at the foot of the cross and reflect on Christ's sacrifice with renewed understanding.

Join us for this special Lenten presentation of Bach's *St. John Passion* and prepare your heart for Holy Week through music that has inspired generations of believers.

Bach's St. John Passion

Saturday, March 28 | 7:30 pm
Holy Rosary Cathedral

Featuring: Gordon Gerrard, conductor; Caitlin Wood, soprano; Marion Newman, mezzo-soprano; Asitha Tennekoon, tenor; Stephen Hegedus, bass-baritone and Ignite Chamber Choir, under the direction of Do-rianna Holowachuk.

Tickets available at www.reginasymphony.com