

LITTLE FLOWER PARISH

THIRD SUNDAY OF LENT

MARCH 8TH, 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

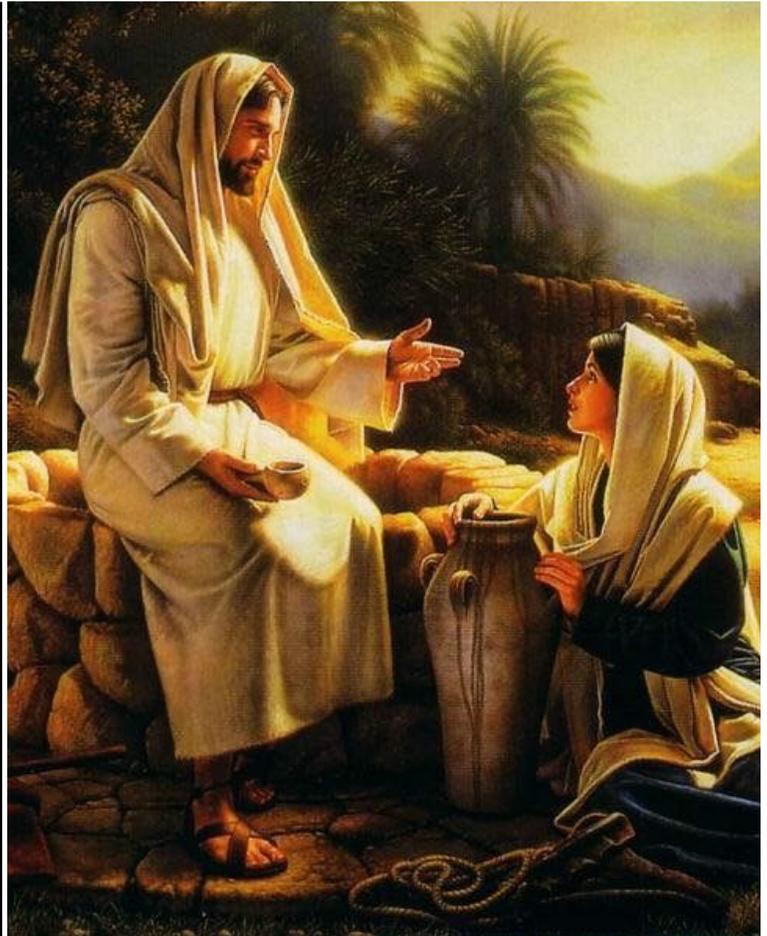
Saturdays: 9 am to 1 pm

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.

THIRD SUNDAY OF LENT

MARCH 8TH, 2026

Theme: Fountains of water, springing forth to bring refreshment and life to those who are thirsty; fountains of Loving Water, Spirit flowing from our risen Saviour to bring lasting life to those who admit need for Jesus.



Mass Intentions

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|------------------|---------|-------------------------------------|
| Tuesday, Mar. 10 | 4:00 pm | Healing Intentions for Debbie Munro |
| Wed., Mar. 11 | 8:00 am | No Mass Intention |
| Thur., Mar.12 | 9:45 am | †Repose of Fran Bast |
| Friday, Mar. 13 | 8:00 am | No Mass Intention |
| Sat., Mar. 14 | 5:00 pm | †Repose of Albert Blank |

Altar Server: Jean Zdunich

Third Sunday of Lent



On the Third Sunday of Lent, we are invited to reflect more deeply on our call to conversion. Through the Scriptures, we are reminded of God's patience and mercy, giving us time to turn back to Him and bear good fruit in our lives.

As we continue our Lenten journey of prayer, fasting, and almsgiving, may we examine our hearts and remove whatever keeps us from growing closer to the Lord. Let us respond generously to His grace, seek true repentance, and renew our commitment to live as faithful disciples, walking together toward the hope and joy of Easter.

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

Stewardship Bulletin Bits

March 8, 2026

Third Sunday of Lent

“Everyone who drinks this water will be thirsty again.” John 4:13

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions, we will always want more, and no amount will ever satisfy our desire. True joy and peace only come when we follow Jesus - when we become more “God-centered” and less “self-centered.”

Happy Women’s Day

As we celebrate International Women’s Day, we extend our heartfelt wishes to all the women of our parish community — mothers, grandmothers, godmothers, religious sisters, and all who serve with faith and dedication. Today we give thanks for the gift that each of you is to your families, our Church, and our community.

Through your strength, compassion, and unwavering faith, you reflect God’s love and bring light, hope, and guidance to those around you. May the Lord bless you abundantly with health, joy, and wisdom as you continue to inspire and uplift us all.

Happy Women’s Day!
In Christ’s love,
Little Flower Parish



Food Drive



Our next Food Drive will take place the weekend of March 14–15. Donations are greatly appreciated as we continue supporting families in need in our community.

We are accepting non-perishable items such as: canned vegetables, fruits, meats, soups, chili, and pasta sauce; peanut butter and other nut butters; beans, rice, pasta, lentils, cereal, and oatmeal; boxed meals, macaroni and cheese, ramen, crackers, cookies, and snack bars; as well as shelf-stable milk, cooking oil, spices, and condiments.

Thank you for your generosity. Together, we can help feed those who need it most.

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.

Mass Time Change – March 12



Please note that although our daily Mass is usually celebrated at 8:00 a.m., on March 12 parishioners are invited to join St. Augustine Catholic School for a special liturgy. On that day, Mass will be celebrated at 9:45 a.m.

We thank you for your understanding and look forward to celebrating together.

International Dinner – Tickets Almost Sold Out!



Tickets for the **International Dinner on March 21st** are almost gone! Don’t miss your chance to enjoy a wonderful evening of delicious food, great fellowship, and live entertainment.

Get your tickets **after weekend Masses** or at the **Parish Office by calling (306) 522-8583**. Prices: \$30 adults, \$12 youth (7–12), free for children 6 and under.

The evening features **Jesse Lamont in a Tribute to Elvis**, an event you won’t want to miss!

Act quickly — tickets are selling fast! Check the posters on the entrance bulletin boards for all the details.

We look forward to celebrating with you!

25th Anniversary Divine Mercy Conference



On **Divine Mercy Sunday, April 12, 2026**, at **St. Peter’s Church, 100 Argyle St., Regina**, the program begins at **1:15 pm** with confessions, a welcome by Shirley Oleskiw, and a presentation by Fr. James Owolagba with Adoration & Prayers. The **Holy Mass** will follow at **3:05 pm**, celebrated by Archbishop Don Bolen, with Fr. Owolagba & Deacon Ken Fahlman. Final Blessing with **St. Faustina’s relic** will be given, followed by a banquet and program downstairs.

Tickets available at the **EADM Centre: 306-949-8998**.

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 Dorianna Holowachuk.

Tickets available at www.reginasymphony.com