

# LITTLE FLOWER PARISH

## FIRST SUNDAY OF LENT

### FEBRUARY 22ND, 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

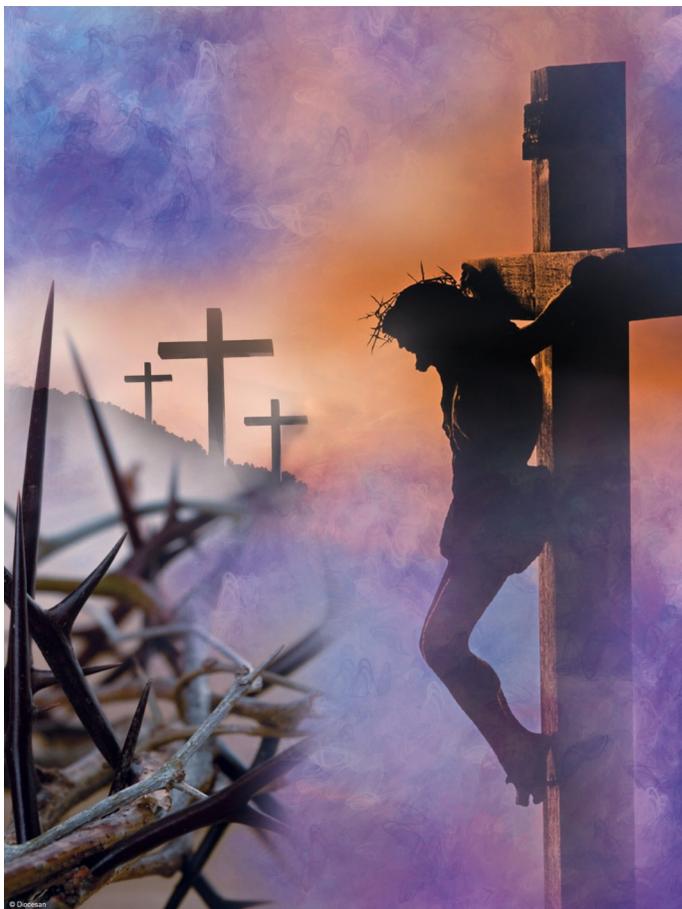
Saturdays: 9 am to 1 pm

#### 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.

# FIRST SUNDAY OF LENT

## FEBRUARY 22ND, 2026

**Theme:** We face the struggle to choose between good and evil. Unfortunately, like Adam and Eve, we occasionally make the wrong decision. We sin. Jesus gives us reason to hope.



### Mass Intentions

Tuesday, Feb. 24	4:00 pm	Health Intention for Dwaine Wingerter
Wed., Feb. 25	8:00 am	No Mass Intention
Thur., Feb.. 26	9:45 am	No Mass Intention
Friday, Feb. 27	8:00 am	†Repose of Kathleen Wingerter
Sat., Feb. 28	5:00 pm	†Repose of Fran Bast

**Altar Server: Gabe Seiferling**

**Events:** Vibrancy Meeting February 24th—2pm

Stations of Cross February 24th—after 4pm Mass

Pastoral Council Meeting February 26th—7pm

### Stations of the Cross



During the season of Lent, the Stations of the Cross will be prayed after all Tuesday 4:00 pm Masses. This beautiful and meaningful devotion invites us to walk spiritually with Christ as we reflect

on His Passion and journey to Calvary through the fourteen stations.

Lent is a special time of prayer, repentance, and renewal. Participating in the Stations of the Cross helps us enter more deeply into the mystery of Christ's suffering and love for us, preparing our hearts for the celebration of Easter.

All parishioners and families are warmly encouraged to join us for this time of prayer and reflection as we grow together in faith.

### 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

February 22, 2026

First Sunday of Lent

**“It is written: ‘The Lord, your God, shall you worship and him alone shall you serve.’” Matthew 4:10**

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things. Lent is time to repent and let go of the other “gods” we have put before God.

### Be part of our CWL Community!



We welcome all members, and new members interested in joining. Your presence, ideas, and gifts are truly valued. Whether you have been with CWL for years or are just beginning to get involved, this online gathering is a great way to stay connected and engaged.

Date: **February 25, 2026** (Wednesday)

Time: 5:00–6:00 PM

Format: Zoom Meeting

Meeting ID: 879 3430 2860

Passcode: 6lfsPD

Contact: **Elvie Daliva**

Phone: (639)597-4676

E-mail: [elviemendoza2024@gmail.com](mailto:elviemendoza2024@gmail.com)

### International Dinner Tickets



Tickets for the International Dinner on March 21st will be available following weekend Masses. During the week tickets can be picked up at the Parish Office by calling (306)522-8583 .

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

Don't miss this opportunity to enjoy a wonderful evening of food, fellowship, and celebration of our diverse community.

Enjoy Jesse Lamont as he entertains us with *A Tribute to Elvis!* Make sure to get your tickets early—plan to join us and celebrate together!

## 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.

### 2025 Income Tax Receipts



2025 income tax receipts are available at the back of the church. Please pick yours up. If you would prefer to have your receipt emailed to you, please send us an email at [littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net) requesting that it be emailed, and we will respond with the receipt attached.

Please note: If you donated to the Archbishop's Appeal by cash or check to the parish, that amount will be included in the income tax receipt you receive from Little Flower. If you donated to the Appeal by credit card or auto debit, a separate income tax receipt will be issued by the Archdiocese and mailed directly to you.

### Mass Time Change – February 26



Please note that although our daily Mass is usually celebrated at 8:00 a.m., on February 26 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.

### 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

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*

## 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](https://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. Miehms, 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/>

## World Day of Prayer 2026



World Day of Prayer is an international, ecumenical movement which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. For 2026, a committee of Christian women from Nigeria wrote the service. Included are stories from three women who describe their personal journeys and how their faith in God kept them motivated to persevere. Communities of churches often rotate the hosting responsibilities while drawing on the strengths and wishes of all who participate.

**March 5** — 6:00pm - St Mary The Virgin Anglican Church, Whitewood, SK

**March 6** — 2:00pm - Assiniboia Alliance Church, 305 4th Avenue East, Assiniboia, SK

2:00pm - St. Paul's Lutheran Church, ELCIC, 209 Carl Avenue East, Langenburg, SK

All are welcome to attend!

Visit [wdpcanada.ca](http://wdpcanada.ca) to learn about this 99-year-old tradition of faith and prayer. World Day of Prayer resources made available throughout Canada by the Women's Inter-Church Council of Canada.

### Invitation: Ramadan Iftar Dinner

Peace and blessings of God be with you. As the blessed month of Ramadan approaches, Muslims around the world look forward to this sacred time of fasting, prayer, reflection, and community. Ramadan is not only a period of spiritual growth, but also an opportunity to strengthen bonds of friendship, understanding, and mutual respect.

**Event: Ramadan Iftar Dinner**

**Date: Saturday, March 7, 2026**

**Time: Doors Open at 5:45 PM**

**Program Begins at 5:50 PM**

**Iftar Dinner Served at 6:51 PM**

**Venue: 3810 Eastgate Drive, Regina**

Kindly register at [https://docs.google.com/forms/d/e/1FAIpQLSf--AYnOLjmuZAbvLYoP-w28U4J9Wc6z\\_FNOBbs33G-39H9\\_g/viewform?](https://docs.google.com/forms/d/e/1FAIpQLSf--AYnOLjmuZAbvLYoP-w28U4J9Wc6z_FNOBbs33G-39H9_g/viewform?usp=publish-editor)

[usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSf--AYnOLjmuZAbvLYoP-w28U4J9Wc6z_FNOBbs33G-39H9_g/viewform?usp=publish-editor) or by emailing [Info@mahmoodmosque.ca](mailto:Info@mahmoodmosque.ca).

We look forward to the honour of your presence.