

LITTLE FLOWER PARISH

FOURTH SUNDAY IN ORDINARY TIME

FEBRUARY 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

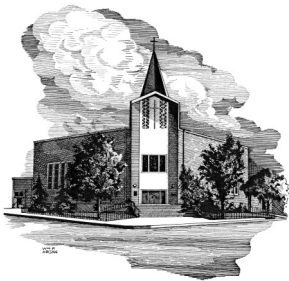
Parish Administrator: Rev. Jake Ibay

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.

FOURTH SUNDAY IN ORDINARY TIME

FEBRUARY 1ST, 2026

Theme: Blessed are we when we least suspect it. Our Father is near to us, touching our lives with his own Spirit, who seeks out our hiding places. Blessed are we when we turn and find he had been with us all along the way.

If he had been with me, everything
would have been different.

Mass Intentions

Tuesday, Feb. 03	4:00 pm	†Repose of Harlow Bowen
Wed., Feb. 04	8:00 am	Intentions for Kalay Dumont
Thur., Feb.. 05	8:00 am	No Mass Intention
Friday, Feb. 06	8:00 am	Intentions for Kalay Dumont
Sat., Feb. 07	5:00 pm	†Repose of Trinidad Melendres

Altar Server: Barb Aman

Events: Liturgy Meeting: February 3rd—7pm

St. Thérèse



St. Thérèse of Lisieux was a Carmelite nun whose service to her order, although seemingly unremarkable, was later recognized for its spiritual accomplishments. She is a patron saint of missionaries, florists, pilots and priests. She is also invoked on behalf of the sick. She was canonized by Pope Pius XI in 1925, and was named a Doctor of the Church by Pope John Paul II in 1997. St. Therese is the youngest person to be designated a Doctor of the Church, and is one of only four women.

St. Thérèse said: “ Remember that nothing is small in the eyes of God.”

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 01, 2026
Fourth Sunday in Ordinary time

TO BE DESCRIBED BY ARCHDIOCESE

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 especially for the repose of the souls of Fr. Norm Marcotte, Fr. Marcel George and Rev. Kevin Lynch, OFM.

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.

Children's Liturgy of the Word

Our parish is blessed to offer a Children's Liturgy of the Word, providing young children with a meaningful opportunity to better understand and participate in the Scriptures proclaimed at Mass. Following the opening prayer, children are invited to gather in a separate space for prayer, music, and reflection designed especially for their age. They rejoin the full assembly during the offertory hymn. This ministry depends on the dedication of volunteers. If you enjoy working with children and are able to help at one Mass per month, we invite you to sign up at the back of the church or speak with Father Jake for more information.

Thank you for helping foster a love of God's Word in the hearts of our children.



Did you know that there is a Secular Carmelite (OCDS) Community in Saskatchewan?



St Teresa Margaret of the Sacred Heart and St Joseph Community is located in Saskatchewan with monthly meetings held in person and virtually.

If you feel called to the Carmelite Spirituality please check out the OCDS Canada website and for more information about the community in Saskatchewan please contact Paulette Sturgeon at p5sturgeon@hotmail.com (306)631-0654 or Gwen.herman0@gmail.com (306)581-4181.

Sacramental Preparation: Confirmation & Eucharist



The Sacrament of Confirmation and First Eucharist lessons are held at the Little Flower Parish from 5:00 to 6:00 PM.

The next class will take place on February 8th, 2026. Welcome to all those continuing their sacramental journey!

For more information, please contact the parish office at 306-522-8583 or email littleflowerregina@sasktel.net.

Donuts Day Update



Our next Donuts Day, scheduled for February 8, has been cancelled. Our supplier, Country Donuts, suffered a fire and has paused operations for now.

We pray they can get back on their feet soon and hope to have Donuts Day back in March.



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

Esterhazy: Sat, Feb 21, from 11:00-2:30

Estevan: Sat, Feb 28, from 11:00-2:30

Regina: Sat, Mar 21, from 11:00-2:30

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:



Use the link to meet our Commission members:
youtu.be/GnM9_3xwgJA

Share Lent Workshops

Yorkton: Workshop at St Gerard's around 11:15 am on Sunday, February 1st. Light lunch served.

Regina: Conversation with Padre Dario Bossi (Workshop) at St Peter's Parish at 2:30 pm on Saturday, February 21st. Light (late) lunch served. Hybrid event – for remote access, use this link:

<https://us02web.zoom.us/j/84554110101?pwd=Z0p1aUoibmUz8fKkbfHQ>

Swift Current: Conversation with Padre Dario Bossi (Workshop) at Christ the Redeemer Parish around 11:15 am (after Mass) on Sunday, February 22nd. Light lunch served.

Online: Zoom Workshop for all of Saskatchewan Keewatin-Le Pas 9:30-11:00 am on February 28th. Link:

<https://us02web.zoom.us/j/84554110101?pwd=Z0p1aUoibmUz8fKkbfHQ>

Or email mleblanc@devp.org to register!



NET Retreat

All youth in grades 6 to 12 are invited to a NET Retreat on Saturday, February 14th at Holy Family Parish from 10 am to 3 pm! A pizza lunch is included. Go to <https://holyfamilyregina.com/pages/2026-net-retreat> to register. Contact Kara Philip at youth@holyfamilyregina.com for more information.



Holy Family Parish Gala

SAVE THE DATE: Holy Family CWL & K of C will be co-hosting the Holy Family Gala "Music under the Prairie Sky" on Saturday, February 28th at Holy Family's Parish Hall. It will feature a delicious Roast Beef supper, provided by Charlotte's Catering, musical entertainment by Rhonda Gallant-Morari (Saskatchewan singer/songwriter) www.rhondagallant-morari.com along with a great line up of Silent Auction items up for bid! Mark your calendars, more details to follow, ticket sales to begin February 7/8 by calling 306-924-0992. Proceeds to Raise the Roof and charitable projects of Holy Family K of C and CWL.

Compassionate Healer's Mass

The Archdiocese of Regina and the Catholic Health Association of Saskatchewan (CHAS) encourage the faithful to celebrate our commitment to the healing ministry of Jesus Christ at the Compassionate Healers' Mass.

The Mass will be held at 11:00 AM on Sunday, February 1, at Holy Rosary Cathedral, 3125 - 13th Ave, Regina, with Archbishop Donald presiding. This celebration marks the beginning of National Catholic Health Care Week (NCHCW), which is recognized from Sunday, February 1 to Saturday, February 7, 2026. More information about NCHCW can be found here.



Catholic Health
Association of Saskatchewan