

LITTLE FLOWER PARISH

FIFTH SUNDAY IN ORDINARY TIME

FEBRUARY 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

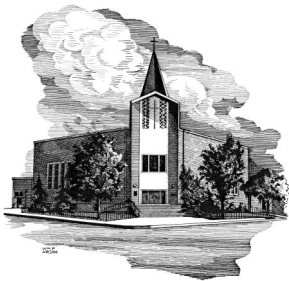
Parish Administrator: Rev. Jake Ibay

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.

FIFTH SUNDAY IN ORDINARY TIME

FEBRUARY 8TH, 2026

Theme: Our Father has entrusted us with his handiwork. Our lives of compassion and service to one another have become the special dwelling place of the Creator's light meant to shine through all who follow Jesus. We are blessed in full measure.



Mass Intentions

Tuesday, Feb. 10	4:00 pm	†Repose of Fran Bast
Wed., Feb. 11	8:00 am	No Mass Intention
Thur., Feb.. 12	9:45 am	No Mass Intention
Friday, Feb. 13	8:00 am	Intentions for Kalay Dumont
Sat., Feb. 14	5:00 pm	†Repose of Fran Bast

Altar Server: Gabe Seiferling

Events: Deanery Meeting: February 11th—11am

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 8, 2026
Fifth Sunday in Ordinary time

To be described by Archdiocese

Mass Time Change – February 12



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

Korean Mass



The Korean Mass will be next weekend on Sunday, February 15th, at 11:30 am at Little Flower Parish. Everyone is welcome! Please feel free to share this information with family and friends in the community.

Food Drive



Our next Food Drive will take place on the weekend of February 14 and 15. All donations are greatly appreciated as we continue to support families in need in our community.

We are accepting non-perishable food items, such as:

- Canned vegetables, fruits, meats, soups, chili, and pasta sauce;
- Peanut butter and other nut butters;
- Beans, rice, pasta, lentils, cereals, and oatmeal;
- Boxed meals, macaroni and cheese, ramen, crackers, cookies, and snack bars;
- Shelf-stable milk, cooking oils, 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 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 happy to provide a Children's Liturgy of the Word, offering children a welcoming space to encounter Scripture in a way that speaks to their age and understanding.

Following the opening prayer at Mass, children are invited to go with our leaders to a nearby area for prayer, songs, and a reflection on God's Word prepared especially for them. They return to the church during the preparation of the gifts.

This beautiful ministry is made possible through the help of dedicated volunteers. If you have a heart for working with children and are available to serve at one Mass each month, please sign up at the back of the church or contact Father Jake for details.

Thank you for supporting our parish in guiding children to grow in faith and love for God's Word.



Adults retreat at The Myriam Family of the Prairies

February 14th 2026, From 9:30 am to 4:00 pm

With the theme:

Discerning God's will; docility and conscience

The retreat will include Mass, Confessions, Holy hour, a talk, lunch and fellowship, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, Sk, 45 km East of Regina.

-Free will offering-

Please register by phoning at 306-761-0528 or email: pss.prairies@famillemyriam.org

**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:

<https://youtu.be/BFTyAfeZQII?si=kLYEVMyWZ54aNYMU>

Conversation in the Spirit facilitator training



Two identical sessions for facilitators of synodal "Conversation in the Spirit". Led by Lisa Polk and other members of the Archdiocese of Regina Synod Team, these training sessions will equip you to lead synod discussions in your parishes, prayer groups, CWL, K of C, or anywhere you gather to prayerfully discern the Spirit's call to the church.

<https://bit.ly/Synod-facilitator-training-Jan-14> (44 minutes)

<https://bit.ly/Synod-facilitator-training-Jan-17> (1 hour 14 minutes, including Q & A)

The First Friday/First Saturday vigil in honour of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held February 6 & 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.

**Pray With the Pope February - For children with
incurable diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope. popesprayer.va/praywiththepope/



RENEW Lent



RENEW your Lent with a curated weekly email filled with Lenten reflections, inspirational resources, and Lenten challenges sent to your inbox each week of Lent, week by week, until Easter. Sign up at <https://archregina.flocknote.com/ArchdioceseofRe3>, or email: mgurash@archregina.sk.ca with RENEW Lent in the subject line. Sign up today to ensure you don't miss anything.

Pro Life News



A few years ago, in the province of British Columbia, the government withdrew funding from the Delta Hospice Society over its refusal to offer assisted suicide (MAiD) as part of the palliative care it provided to patients. Currently, a group, Dying With Dignity, is using the courts to intervene and force a Catholic hospital in Vancouver to provide suicide as treatment to patients.

St. Paul's Hospital is operated by Providence Health Care Society, which describes itself as a Catholic health care community dedicated to meeting the physical, emotional, social and spiritual needs of those served. The court action maintains that St. Paul's willingness to provide information about MAiD, and to transfer MAiD-seeking patients to other facilities, is not an acceptable compromise. The goal here is coercion, not autonomy or choice for patients or the religious institutions serving patients.

*The implication here: If St. Paul's Hospital loses the court case, all religious institutions that are funded by governments across Canada may be impacted.

Source: John Carpay, The Epoch Times, "Canada Needs to Urgently Provide Life Affirming Responses to End of Life Suffering, Jan. 24, 2026