Little Flower Parish
13th Sunday in Ordinary Time
June 28th, 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
Email: littleflowerregina@sasktel.net
www.littleflowerregina.ca

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.

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Theme: The journey out of ourselves leads to self-discovery. All along the road, the Lord waits for us in his people, waits to be seen and recognized and welcomed. Whenever we receive Jesus he will fill our emptiness with his own life, the life we first entered at baptism.

Mass Intentions

Tues., June 30 —	4:00 pm	†Repose of Roy LeBlanc
Wed., July 1 —	8:00 am	No Mass Intention
Thur., July 2 —	8:00 am	No Mass Intention
Frid., July 3 —	8:00 am	†Repose of Herminio Sarsaba
Sat., July 4 —	5:00 pm	†Repose of Albert Blank

Altar Server: Jean Zdunich

St. Thérèse

St. Thérèse of Lisieux believed that love is expressed through attention to the small things that fill our daily lives. Mother Teresa of Calcutta practiced the "Little Way" taught by St. Thérèse, and shared it with millions of people around the world. It is impossible to measure St. Thérèse of Lisieux's impact on history, but it is vast.

St. Thérèse said: " You know well that Our Lord does not look so much at the greatness of our actions, as at the love with which we do them."

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
June 28, 2026
13th Sunday in Ordinary Time

"…whoever does not take up his cross and follow after me is not worthy of me." Matthew 1O:38

Pope Benedict XVI said "The world offers you comfort. But you were not made for comfort, you were made for greatness". "Comfort" puts me first. "Picking up your cross and following Jesus" puts God and others first. Why settle for comfort when you can achieve greatness! Pick up your cross, ask Jesus for guidance on using your gifts and live the life God intended for you!

Facebook Page

Our parish Facebook page is one of the ways we share and communicate important information with our parish community. Parish events, announcements, schedules, ministry activities, and photos from Masses and special celebrations are regularly posted there, as well as on our parish website.

We encourage parishioners to follow Little Flower Parish Regina on Facebook to stay informed and connected with everything happening in our parish. Feel free to invite your friends, family, and neighbors to like or follow the page and be part of our growing parish community online.

13th Sunday in Ordinary Time – Year A

Today, we celebrate the 13th Sunday in Ordinary Time. In the Gospel, Jesus calls His disciples to place Him at the center of their lives and to follow Him with generous and faithful hearts. He reminds us that true discipleship requires commitment, trust, and a willingness to put God's will above all else.

This Gospel encourages us to welcome Christ into our daily lives and to recognize His presence in those around us. Through acts of kindness, hospitality, and service, we become instruments of God's love and grace. Even the smallest gestures offered with love can have great value in the eyes of the Lord and bring blessings to others.

As we celebrate this Sunday, let us ask God for the courage to follow Christ more closely and to live as faithful witnesses of the Gospel. May He strengthen our hearts, deepen our commitment to His mission, and help us to share His love with generosity and joy. May our lives reflect the goodness of God and inspire others to grow in faith, hope, and love.

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: Annie Dormuth, Jose Estioco, Agnes Fahlman, Shelly Joubert, Don Morrell, Lima Perras, Anthony & Louise Wingerter, Judy Klenk, Marg Benz.

Thanksgiving Farewell for Father Jake

Many of you have already heard that Father Jake will be leaving Little Flower Parish. He has been appointed as the new priest for several parishes in the Radville region of Saskatchewan. As a parish community, we are grateful for his ministry among us and for the many ways he has shared his faith, guidance, and pastoral care. We will miss him greatly and hold him in prayer as he begins this new chapter of service.

We invite everyone to join us for a farewell celebration on Sunday, July 19, 2026, at 11:00 a.m. in the

Little Flower Parish Auditorium.
Tickets: $5 (children under 5 are free).

Tickets will be available after Mass on June 27–28, July 4-5, and July 11-12 or at the Parish Office. **Please note that tickets must be purchased by July 13**, as this is an advance ticket event only. Get your tickets early before they sell out! No tickets will be sold at the door.

Menu: Smokie on a Bun, Coleslaw, Pancit, Assorted Dainties, and a choice of beverages.

Little Flower Parish Youth Group

All youth in Grades 9–12 are warmly invited to be part of the Little Flower Parish Youth Group!

Join us for evenings of faith, friendship, prayer, fellowship, and fun. Together, we hope to create a welcoming space where young people can grow in God's love, build community, and share life with one another.

Summer Youth Group Dates:

- July 12 | 6:00–8:30 p.m.
- August 9 | 6:00–8:30 p.m.

For more information, please scan the QR code and complete the interest form.

Parish Resources for Spring Campaign

Bulletin Reflection - In this Sunday's Gospel, Jesus Christ speaks with striking clarity about the cost of discipleship. Following Him is not one commitment among many others, but the foundation that gives meaning to all the rest. These words challenge us because they call for reordered priorities. Jesus is not asking us to stop loving family or to abandon responsibilities. He is asking that our love be rooted first in Him so that every other relationship may be rightly ordered and transformed. The Gospel then turns to something deeply encouraging. Even the smallest act done in His name carries great value. A cup of cold water given, a moment of welcome, a simple act of kindness toward one who belongs to Christ, none of it is forgotten.

Prayer of Intercession : For those who serve through quiet and hidden acts of kindness, that they may know their generosity is seen and loved by God, we pray to the Lord.

Pro-Life News

Why Does the Hippocratic Oath Still Matter?

The Hippocratic Oath endures not because it is a perfect document but because it was the first serious attempt to articulate what society should expect from its healers. Its core ideas that phyisicians should prioritize their patients' welfare, their privacy, and refrain from exploiting their position, remains the foundation of medical ethics across cultures. The specific language has been updated many times over, but the underlying questions the oath raised 2,400 years ago are the same one medical ethics committees, licensing boards and lawmakers grapple with today.

Source: Scienceinsights.org/What is the Hipppocratic Oath? History and Meaning, March 9, 2026.

First Friday & First Saturday Vigil

The First Friday/First Saturday vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held July 3rd and 4th, 2026 at St. Mary's Church in Regina. Priests will be available for confession at 6:30 P.M. before Holy Mass as well as after Mass. Mass will occur at 7:00 P.M. followed by the all-night vigil ending with Holy Mass at 8:00 A.M. on Saturday morning.

Archdiocese of Regina Youth and Young Adult Events

The Archdiocese of Regina's Youth Leadership Camp is back for another amazing year. It'll take place August 10-14 at Glen Harbour Kids Camp.

This year's theme is Story Time, which will see us journey through some of the stories of our faith. We'll laugh, we'll cry, and ultimately discover how these stories of old are still relevant to our lives here today.

If you're interested in growing in faith, developing your ability to lead in various situations, expanding your network of friends and community, and enjoying the beach, great food, fantastic music, and amazing games along the way, then you need to join us!

Register now at bit.ly/oyyam-camp. If you have any questions, email us at oyyam@archregina.sk.ca.

Press Pause & Pray: A Young Adult Retreat is back once again! Join us August 15-16 at Glen Harbour Kids Camp for a weekend filled with prayer, music, community, and inspiring talks to help you grow in your faith journey. Cost is $50. For more info or to register, check out bit.ly/archoyyam, or email oyyam@archregina.sk.ca if you have any questions.

Ever since the early years of our Church, Christian have left the comfort of their homes to journey to sacred places around the world. Following this rich tradition, World Youth Day pilgrims travel to the host city seeking something in particular out of that experience.

While on the surface, these pilgrimages may seem like any other vacation or trip, they are much more than that. "To go on pilgrimage really means to step out of ourselves in order to encounter God".

If you are interested in taking part in this incredible pilgrimage, join us for an information night on July 9th. Visit bit.ly/oyyamtrip to learn more and to register for the meeting.