

LITTLE FLOWER PARISH

14TH TO 17TH SUNDAY IN ORDINARY TIME

JULY 5TH TO JULY 26TH, 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 Saturday: 9 am to 1 pm

Parish Staff

Parish Administrator: Rev. Jake Ibay

Office Administrator: Lilian Marouelli &
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.

14TH TO 17TH SUNDAY IN ORDINARY TIME JULY 5TH TO JULY 26TH, 2026

Theme: Good news! God is truly our Father. In Jesus, we find rest and come to experience our Father’s love and freedom of the Spirit.



Mass Intentions

Tues., July 7 — 4:00 pm	†Repose of Norman Flaman
Wed., July 8 — 8:00 am	No Mass Intention
Thur., July 9 — 8:00 am	No Mass Intention
Frid., July 10 — 8:00 am	No Mass
Sat., July 11 — 5:00 pm	†Repose of Dolores Blank †Repose of Edmondo Burchi
Sun., July 12 — 10:00 am	†Repose of Bob Baker

Altar Server: Barb Aman

St. Thérèse



St. Thérèse of Lisieux is one of the most renowned saints of modern times and yet, surprisingly, there are some little-known details about her. “Thérèse” is not her first name. “Thérèse” is not even her middle name, but her third name — Marie-Françoise-Thérèse Martin.

Most photographs and statues depict Thérèse with dark brown hair, when in fact, she had luscious blonde curls and blue eyes. She had a pet spaniel dog named Tom. She enjoyed acting out biblical stories and saints’ lives with her sisters and cousins. She loved the sea and would visit it whenever possible.

A quote by Thérèse is: “To live in love is to sail forever, spreading seeds of joy and peace in hearts.”

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 are available to visit patients and families for spiritual support. To request a visit, call:

General Hospital: 306-519-1405

Pasqua Hospital: 306-519-1380

Wascana Rehab Centre: 306-530-6511

If you’re admitted through the ER, you may not be asked about spiritual care, so please call the number above or notify your parish. Also, let your parish know if you’ve been admitted to the hospital.

Stewardship Bulletin Bits - July

July 5, 2026 14th Sunday in Ordinary Time

*"For my yoke is easy, and my burden light." -
Matthew 11:30*

When we think of being good stewards, we may think that God is asking too much of us when He calls us to generously share our time, talent and treasure. However, we must remember that we are not "owners" of anything; we are merely "stewards" of the gifts God has given us. All He is asking is that we give back a small portion, in gratitude, of what He has already given to us.

July 12, 2026 15th Sunday in Ordinary Time

"The seed sown among thorns is the one who hears the word but then the cares of the world and the lure of riches choke the word and it bears no fruit." - Matthew 13:22

Does the lure of riches and material goods choke God out of your life? Are you so caught up in earthly activities that you have no time for God? Gratitude and generosity are virtues that we should strive to do on a daily basis. Every decision we make either takes us one step closer to God or one step further away. What we receive at Mass every Sunday should be shared with others all the other days of the week as well.

July 19, 2026 16th Sunday in Ordinary Time

*"The kingdom of heaven may be likened to a man who sowed good seed in his field...He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom." -
Matthew 13:24, 37-38*

As children of God, we are all "good seeds". We are blessed by God with the potential to accomplish much good in the world. We fulfill God's plan when we spend time in prayer every day, use our skills to help others and share our financial gifts to help build God's kingdom on earth. Through our example of gratitude and generosity, we sow "good seeds" on earth and ultimately help each other get to Heaven!

July 26, 2026 17th Sunday in Ordinary Time

"We know that all things work for good for those who love God, who are called according to his purpose." - Romans 8:28

Do you really trust God? Do you really believe that God will provide all that you need? Faith is a challenge for everyone at times. Putting our trust in God, in everything we do, in good times and in bad, means that God's plan for our lives may be quite different than what we planned. When one door closes, another one opens. Trust in God; His plan is always better.

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.

Little Flower Youth Group – Sunday, July 12!



Calling all students entering **Grades 9-12 this fall** (including our new Grade 9 students)!

Join us on **Sunday, July 12, from 6:00-8:30 PM** at Little Flower Parish for an evening of **faith, friends, fun, games, music, snacks, and worship**. This is your chance to help shape what our Youth Group will look like this year by sharing the topics, activities, and events you'd love to be part of.

Whether you came to our BBQ or this is your very first time, we'd love to welcome you! Bring a friend and come discover a place where you belong.

Faith. Friends. Purpose. We can't wait to see you there!

Thanksgiving Farewell for Father Jake



As Father Jake prepares to begin his new ministry in the Radville region, we invite our parish family to join us in thanking him for his service. A farewell gathering will take place on **Sunday, July 19 at 11:00 a.m.** in the auditorium.

Tickets are **\$5** (children under 6 free) and available after Mass on **July 4-5** and **July 11-12**, or at the Parish Office. Please purchase tickets by **July 13**. No tickets will be sold at the door.

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

Help Fill Our Parish Table – Donate Today

As we prepare for our Little Flower Trunk Sale in August, we invite parishioners who may be downsizing or cleaning out their homes this summer to consider donating any suitable items to the parish.

Your contributions will help support our parish table at the event. If you have items to donate, please contact the parish office to arrange a drop-off.

Thank you, and may the Lord bless you abundantly for your kindness.

Mental Health First Aid Essentials Training (Virtual)

Tuesday, August 11, 7:00 a.m. – 2:30 p.m. CST
(via Zoom)

As people increasingly turn to their faith communities during times of mental health struggle, this training equips participants to offer informed, compassionate support while respecting and recognizing limitations.

Hosted for the staff of NET Ministries Canada and open to a limited number of additional participants from Catholic ministries and parishes, this course will help you recognize mental health challenges, respond with confidence and compassion, and connect people with appropriate supports.

Facilitated by Deacon Eric Gurash of Emmaus Mental Health Ministries. Space is limited. Registration is required by August 4.

For registration information and fee details, email emmausmentalhealth@gmail.com.

Emmaus Men's Spiritual Peer Support – Now Forming

Are you a man living with mental health challenges and looking for a place of faith, honesty, and support? We are currently forming a Men's Emmaus Spiritual Peer Support Group, a space for prayer, real conversation, and mutual encouragement grounded in Christ. This group would meet monthly, with in-person and online options available. If you are interested in taking part, please reach out: emmausmentalhealth@gmail.com

Emmaus Women's Spiritual Peer Support Group (Online)

Are you a woman living with mental health challenges and seeking faith-filled support? Our Emmaus Women's Spiritual Peer Support Group offers a welcoming, confidential online space to share, pray, and walk together in hope. Rooted in our Catholic faith, these gatherings are centered on accompaniment, encouragement, and the gentle presence of Christ. This group currently meets once a month online, making it accessible for many. To learn more, please contact:

Bronwyn Angley – bronwyn.angley@gmail.com

Emmaus Mental Health Caregivers Support Group

Are you supporting a loved one living with mental health challenges? You are not alone. Our Emmaus Spiritual Peer Support for Caregivers groups offer a safe, faith-based space for those walking alongside a loved one experiencing mental health struggles. These gatherings provide prayer, reflection, and compassionate peer support rooted in the hope of Christ. We currently have groups operating once a month in Regina & Saskatoon with in-person and online options available. For more information or to join, please contact: emmausmentalhealth@gmail.com

Archdiocese of Regina Youth and Young Adult Events



Youth Leadership Camp

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/ooyam-camp. If you have any questions, email us at ooyam@archregina.sk.ca.

