

# ***LITTLE FLOWER PARISH***

**4TH SUNDAY IN ORDINARY TIME  
JANUARY 31, 2021**

**Further, in keeping with the Code of Canon Law no. 87, I grant to all the Catholic faithful dispensation from their Sunday obligation until further notice.  
Temporary Masses Hours, up to 30 people only, by appointment:**

**Little Flower Sunday Masses**

Saturdays, 5:00 p.m. & 6:00 p.m.  
Sundays, 10:00 a.m. & 11:00 a.m.

**Weekday Masses**

Tuesday 4:00 p.m.  
Wednesday to Friday 8:00 a.m.

**Little Flower Office Hours**

**Temporary Hours:** Tuesdays and Thursdays  
10:00 a.m.—4:00 p.m.

**Parish Staff Team**

Parish Administrator: Rev. Jake Ibay  
littleflowerregina@sasktel.net  
Office Administrator: Valerio Quirino  
littleflowerregina@sasktel.net  
Pastoral Assistant: Bonnie Thiele Hunt  
bonnie.littleflower@sasktel.net  
Caretaker / Maintenance: Rick Morin



*“Our Lord needs from us neither great deeds nor profound thoughts. Neither intelligence nor talents. He cherishes simplicity.”*

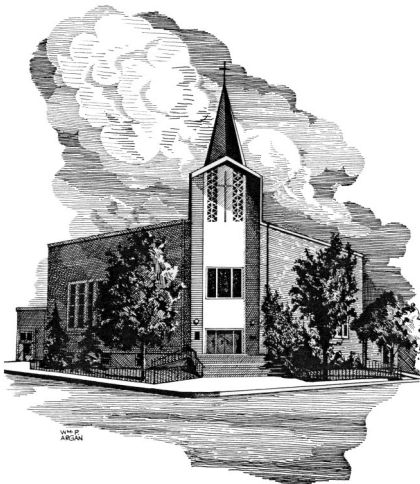
*~St. Thérèse of Lisieux*

420 College Avenue  
Regina, Saskatchewan  
S4N 0X2

Phone (306) 522-8583

E-mail: littleflowerregina@sasktel.net

**Website: [www.littleflowerregina.ca](http://www.littleflowerregina.ca)**



Little Flower Parish is wheelchair accessible through the Edgar Street entrance.

*MISSION STATEMENT: Little Flower Parish as a faith community reaches out to all in service, compassion and love to fulfill our mission of proclaiming the gospel daily in word and deed.*

# 4TH SUNDAY IN ORDINARY TIME

## JANUARY 31, 2021

**Theme:** Aloneness is not the same as loneliness. By ourselves or with others, we have the Lord's presence. He brings freedom from sin and abundant mercy. He always acts with authority of love.

### This Week in the Parish . . .

*Daily Mass intentions as listed below:*

Tues., February 2            + Repose of Clarence Frasz

Wed., February 3            + Repose of Remy Pagaduan

Thurs., February 4           + Repose of Hilda Staudt

Fri., February 5            No Mass intentions

Sat., February 6    + Repose of Kathleen Wingerter and Albert Blank

Weekday Lector/Altar Server: Barb Aman

A complete list of daily Mass intentions (January) may be found on the parish website.



### Hospital Chaplains

Catholic chaplains visit patients and their families to address any spiritual needs, to pray, to provide a friendly face and comforting presence, to talk about people's fears and concerns, to bring Communion, and to contact a priest for Anointing of the Sick.

If you or a family member wish to receive a visit from a chaplain, please call: General Hospital 306-519-1405, Pasqua Hospital 306-519-1380, Wascana Rehabilitation Centre 306-530-6511.

Also, please let your parish know if you are entering the hospital.

### 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 an atonement so that 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 may be requested through the parish office.

If you wish to have the Mass offered on a specific date, please make arrangements at least one month in advance.

*"Brothers and sisters: I should like you to be free of anxieties."*  
1 Corinthians 7:32



How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then pray for things instead of worrying about them.

### Old Palms Collection



In preparation for Ash Wednesday, we are collecting old palms. The bin for collection is located at the back of the church and it will remain in the church leading up to Ash Wednesday

### Little Flower Social Justice Committee



We are still collecting men's underwear, socks, mitts, etc... for the Marian Centre. You can donate until February 07th, we have extended the period of donations for one more week. Thank you for considering and donating to help someone stay warm this winter.

### Ash Wednesday Mass



February 17th is Ash Wednesday. Mass will be held at 6:00 PM. Those who wish to attend Mass must pre-register in advance since we can only accept up to 30 people. Pre-registration will start on February 10th and once we have all 30 people, the registration will be closed.

### Prayer Ministry

Please pray for the needs of the sick of our parish, the homebound, those who are affected by COVID-19 and the health professionals working on the front line, those in nursing homes and those who care for them, especially: Jose Estioco, Florence Barrow, Germain Beaurivage, Jack Gebert, Dean Hutchence, Judy Klenk, Don Morrell, Claudia Sali, Ron Strassburger, and Louise Wingerter, also for the repose of Ray Rambow.



If you are a new parishioner or would like to have your anniversary here please contact the office administrator.

### COVID-19 Update

**We are open for Masses for a maximum of 30 people. If you would like to come for Mass, please call or email the parish Office Administrator (contact on the first page) before Thursdays. You don't need to book for weekdays Masses.**

### Vocation View

*"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me."*

### During this difficult time, your parish needs you!

Covid 19 has limited how we are able to gather. However, our parishes have regular and ongoing expenses. Although you may not be attending Mass, these expenses still remain. During this time, it's prudent to consider how you might support your parish.

Your cheque can be mailed to Little Flower Parish or left in the parish office mail box (no cash please). **OR** Your donation can be made to your parish through the Archdiocese of Regina by:

- Pre-authorized direct debit
- E-Transfer
- Offline by cheque
- By phone
- Credit card

Visit our Giving Page at <https://archregina.sk.ca/giving> for more information on how you can continue to support your parish.

**THANK YOU** to those who continue to support the parish through their weekly collection envelopes.

## First Friday Adoration

The First Friday/First Saturday all-night vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary is February 5/6 at St. Mary's Catholic Church on Winnipeg Street in Regina. Mass begins at 7:30 P.M. Friday ending with mass at 8:00 A.M. Saturday morning. There is confession before and after mass. Please come for some or all of the vigil. Please register by telephoning 306-731-2229.

## Encouragement to Consider Vaccination



Following the directives, guidance, and research carried out by the Vatican and other bodies of bishops world-wide, Archbishop Don supports efforts to provide vaccines to the people of Saskatchewan and encourages the faithful to seriously consider receiving the vaccine as it becomes available. Further information can be found at the following links;

Congregation for the Doctrine of the Faith "Note on the morality of using some anti-Covid-19 vaccines" - <https://bit.ly/3ogmdJe>

"Vaccine for all: 20 points for a fairer and healthier world" Vatican Covid-19 Commission in collaboration with the Pontifical Academy for Life - <https://bit.ly/3c8Tdkg>

Alberta and NWT Bishops OK vaccination for COVID - <https://bit.ly/39hC1qW>

How to Vaccinate Like a Catholic: A Guide Through the Prickly COVID-19 Issues - <https://bit.ly/3ol0aRI>

## BUILDING SEPARATION & DIVORCE RESILIENCE with Madeline Oliver

Why? Because your best you is our best future together. Separation and divorce are not the worst things that can happen; abandoning people when they are going through a separation and divorce is the worst thing that can happen.

How? One step at a time. One conversation at a time. One day at a time. Work through the building blocks that grow resilience.

What? This is the book we use: Rebuilding: When Your Relationship Ends. The program is offered virtually. Call Madeline at 306-260-6213. Click here to find out more about Restart.

Registration is ongoing. Wednesday evenings: 7 – 8:30 p.m.

Madeline is a founding partners of Olive Branch Marriage and Family Ministry: <https://www.olivebranchministry.ca/> We are located at Queen's House of Retreats and Renewal - 601 Taylor St. West, Saskatoon, Saskatchewan

## TF229 - Brendan Steven: From Young Atheist to Lay Apostolate - Part 2

In this part 2 of 2, we continue our conversation with Brendan Steven of catholicconscience.org regarding his journey from young atheist to leading a lay apostolate discussing false idols and the deepest desires of our souls this week on Thinking Faith!

Show Snippet: "I look back on my life on how obsessed I was with 'the cause' when politics was my idol. To me, it was a perversion of the desire to give of self, like irrevocable, committed, total self-giving..."

<https://thinkingfaith.libsyn.com/brendan-steven-from-young-atheist-to-lay-apostolate-part-2>

## Trinity Manor at Westerra: Welcome Home!

Regina's new active living retirement community. With customized packages, and a wide choice of social and recreational activities! Located in the beautiful Westerra neighborhood of Regina, our personal care suites, run by nurses, offer extensive amenities and specialized services. Attend daily mass, visit with our spiritual care workers, or spend time in quiet reflection in our tranquil chapel. Our services promote opportunities for our residents' personal growth, while providing stimulating and entertaining activities. At the end of the day sit by the window and enjoy country sunsets, 10 min. from downtown. For further information, or to book your virtual tour contact Franci at 306-550-8077 or visit us at [www.trinitymanorregina.ca](http://www.trinitymanorregina.ca).

## Campion College

Course: "A Closer Look at the Gospel of Matthew"

Non-credit, one hour per week, course running February 8th to March 29th, 2021

Offered by Kelly Bourke, M.Div.

2:00-3:00pm on Zoom

Free (except for the small the cost of the course book)

Registration required and limited.

For more information or to register, visit:

<https://campioncollege.ca/student-services/campus-ministry/>

## COVID-19 UPDATES Weekday and Sunday Mass

**Livestreamed**—English Weekday and Sunday Masses are

Livestreamed at 9:00 AM daily from Christ the King and

Resurrection Parishes. French Sunday Masses are

Livestreamed from St. Jean Baptiste Parish every two

weeks. For live stream Links visit [www.youtube.com/](http://www.youtube.com/ArchdioceseRegina)

[ArchdioceseRegina](http://www.youtube.com/ArchdioceseRegina).

**Prayers and Devotions** – Here you will find information on daily Mass, daily readings and reflections, prayers, stations of the cross and other resources that may be valuable during this time of social distancing. <https://archregina.sk.ca/prayers-devotions>.