

LITTLE FLOWER PARISH

HOLY BODY & BLOOD OF CHRIST SUNDAY
JUNE 11, 2023

Little Flower Weekend Masses

Saturday 5 p.m.

Sunday 10 a.m.

Reconciliation prior to mass OR by appointment

Weekday Masses

Tuesday, June 13th MASS IS CANCELLED

Wednesday to Friday 8 a.m.

College Park I Retirement Residence Liturgy

1st & 3rd Thursday of the month 10 a.m.

College Park II Retirement Residence Liturgy

2nd & 4th Friday of the month 10 a.m.

Office Hours (for in-person service)

Monday to Friday: 9:30 am to 1:30 pm

Saturdays: 9 a.m. to 1 p.m.

(We continue to monitor phone calls
weekdays from 8:30 a.m. to 4 p.m.)

Parish Staff

Parish Administrator: Rev. Jake Ibay

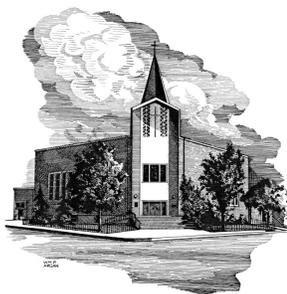
Office Administrator: Valerio Quirino &
Lauana Candido

Caretaker/Maintenance: Rick Morin

Parish email: littleflowerregina@sasktel.net



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

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.



Little Flower is wheelchair accessible through the Edgar Street entrance.

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JUNE 10, 2023

Theme: The bread is rising. It rises in the desert as food for a wandering people. It rises from the Jewish nation in the person of Jesus who is baked and broken on a cross to nourish us all. It rises in our own hearts as we are transformed into the Eucharistic bread we share.



This Week in the Parish . . .

Contact the office to request a Mass for your loved ones. The agenda for 2023 Mass requests is open

Mass intentions for this week are:

| | |
|---------------|------------------------------|
| Tues., Jun 13 | NO MASS |
| Wed., Jun 14 | No Mass Intentions |
| Thu, Jun 15 | No Mass Intentions |
| Fri., Jun 16 | Repose of Kathleen Wingerter |
| Sat., Jun 17 | Intentions of Annie Dormuth |

Altar Server Of the week: Barb Aman

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.

Return to Vibrancy Announcement:



St. Therese, the Little Flower was dedicated to Eucharist Adoration. She spent a great deal of time in church writing poems, prayers and devotions. It was during these times that she was filled with peace and the presence of the Lord.

St. Therese said: “Do you realize that Jesus is there in the tabernacle especially for you – for you alone. He burns with the desire to come into your heart.”

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

Please also let your parish know if you’ve been admitted to the hospital.

Weekday Mass Cancelled



Weekday Mass on June 13th is cancelled. Thank you for your understanding.



"Because there is one bread, we, who are many, are one body, for we all partake of the one bread."

1 Corinthians 10:17

As disciples of Jesus, we are called to lead holy lives and invite others to join us. We are called to be fed and to feed others. Living a stewardship lifestyle, being grateful and generous with our gifts, serves a twofold purpose. One, it helps build God's kingdom here on earth. Two, it helps us strengthen each other's relationship with God the Father, Jesus, and the Holy Spirit. It becomes our roadmap to Heaven. Let's help each other get there!

Men's Club Breakfast



Sponsored by Little Flower Parish Men's Club Breakfast will be held on Sunday, June 18th, from 9:00 am – 12:00 pm in the church auditorium, 420 College Avenue. Adults - \$12.00, children (12 & under) - \$5.00. Everyone is welcome to attend. Tickets available at the door.

Upcoming Event: Little Voices Choir

5th year anniversary concert.



We are delighted to announce this upcoming event that promises to be a meaningful and inspiring experience for all who attend.

The 5th Year anniversary of The Little Voices Choir!

Proceeds will be donated to Little Flower Parish for the structural maintenance of the Church.

Event's Date: July 30th, 2023

Time: Doors open 3:30 pm/ Starts at 4pm

Location: Little Flower Parish (420 College Av.)

Entrance Fee: \$10

Contact the Parish's office to purchase your ticket!



(*itwewin* is the Cree word which means 'the word' or 'as it is said...')

Fr. John Weckend, Archdiocese of Regina Truth and Reconciliation Healing Committee.

Did you know... Piapot First Nation is a Cree Nation located south of Regina and has a population of approximately 2500 members who live on and off reserve. Chief Payepot (Payipwat meaning A Hole in the Sioux) signed Treaty 4 on September 9, 1875. He and other Cree chiefs refused to sign other treaties with the Canadian government and established themselves in Cypress Mountain, however, the government began to fear that these bands would join and would be impossible to control. Indian Commissioner, Edgar Dewdney, put in a policy of famine to force the bands to leave this area. Chief Piapot became a person of <https://piapotnation.com/history-2/> for his continued efforts to fight for the rights of his people.

Prayer Ministry



Please pray for the needs of the sick of our parish, the homebound, people who are alone and/or afraid to go out. Pray especially for: Germain Beaurivage, Ann Dormuth, Jose Estioco, Agnes Fahlman, Marlene Frey, Fred Fry, Jack Gebert, Dean Hutchence, Shelly Joubert, Judy Klenk, Don Morrell, Lima Perras, Claudia Sali, Ron Strassburger, Clair Wingerter, Louise Wingerter, the lonely, vulnerable, and homeless, as well as all who are affected by war.

Vocation View

"Those who feed on the Bread of Life shall live forever. How is your spirit nourished by the body and blood of Christ? Eucharist is at the heart of our Christian faith. Come to the table!" (John 6:51-58)

Facebook Page



Exciting news, parishioners! Our new Parish Facebook page is up and running! We'll be taking pictures at church events and Masses to share on Facebook. If you prefer not to have your pictures

on the page, let us know at the office. We'll remind you about events and pictures at least a week in advance. Join us on Facebook by searching for: Little Flower Parish Regina and hitting the "Like" or "Follow" button. We encourage you to invite your friends, family, and neighbors to join our Parish new Facebook page.

A Word About Trauma...

Trauma and associated words are being used more now than ever. Do we know the origins of these words? Are their meanings different now than when they were first used? Each week we will explore a trauma-associated word's origins, meanings and evolution.

Night Terrors

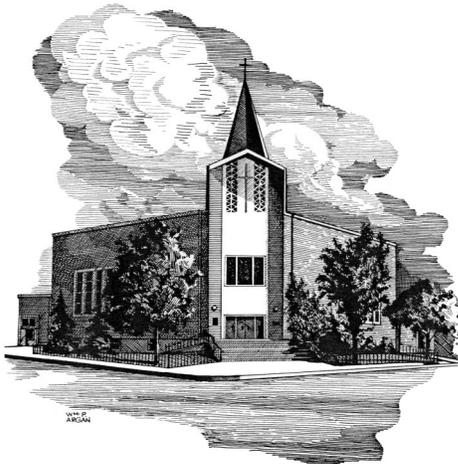
The over-arousal of the central nervous system (CNS) resulting in intense screaming, crying, thrashing or fear during sleep that happens again and again. A night terror is a sleep disorder in which a person quickly awakens from sleep in a terrified state. The person can be hard to awaken, confused when awakened, and may only remember bits and pieces or nothing at all.

Trauma-Informed Perspective Workshop – June 10, change in location:

The Regina West Trauma-Informed Perspective Workshop on June 10th, 9:30-4:30, will now be held at the Archdiocese offices at 200 - 2151 Scarth Street. Please register no later than Wednesday, June 7th, at csaeducation@archregina.sk.ca.

Pro-Life Presentation:

Everyday, nearly 300 Canadian children are killed by abortion. This summer, the Canadian Centre for Bio-Ethical Reform is travelling across the country on their "Faces of Abortion" tour to mobilize pro-lifers as CCBR continues to change hearts and minds on abortion. Contact Jeff Owen at jowen@endthekilling.ca to sign up for a one-on-one pro-life conversational skills workshop between Monday, June 12 to Thursday, June 15 while the other CCBR team members engage in life-saving outreach in Regina with local volunteers.



TF# 351: Talking to Your Kids About Sex - Part 2

Deacon Eric and Dr. Brett get together this week to discuss one of life's trickiest topics; talking to our kids about sex. When do you start? How do you broach the subject? What do you say? It could be an example to follow, or a cautionary tale but its sure to be interesting!

Show Snippet: "If you talk about how cigarette companies are trying to get you hooked early and exploit you and make money off of you, kids are like, "Hell no." And so something similar with porn, too; the performers are being exploited, but so are you. There are people on the internet who are trying to catch you early and make you a customer for life to serve their ends and make you a slave." thinkingfaith.libsyn.com/talking-to-your-kids-about-sex-part-2

What is National Indigenous Peoples Day (NIPD)?

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs. In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year. Please check with your local community to see if there events you can join on June 21st.

Camp Monahan Cook Needed

Camp Monahan is seeking a cook for the summer. This is paid position includes room and board and is available for 2 weeks or 4. For more information or to apply, please email

cammonahan@sasktel.net