

# LITTLE FLOWER PARISH

5TH SUNDAY IN ORDINARY TIME

FEBRUARY 5, 2023

## Little Flower Weekend Masses

Saturday 5 p.m.

Sunday 10 a.m.

**Reconciliation** prior to mass OR by appointment

## Weekday Masses

Tuesday 4 p.m.

Wednesday and Friday 8 a.m.

Thursday (Feb. 9th) 9:30 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: 4:30 to 6:30 p.m.

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

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

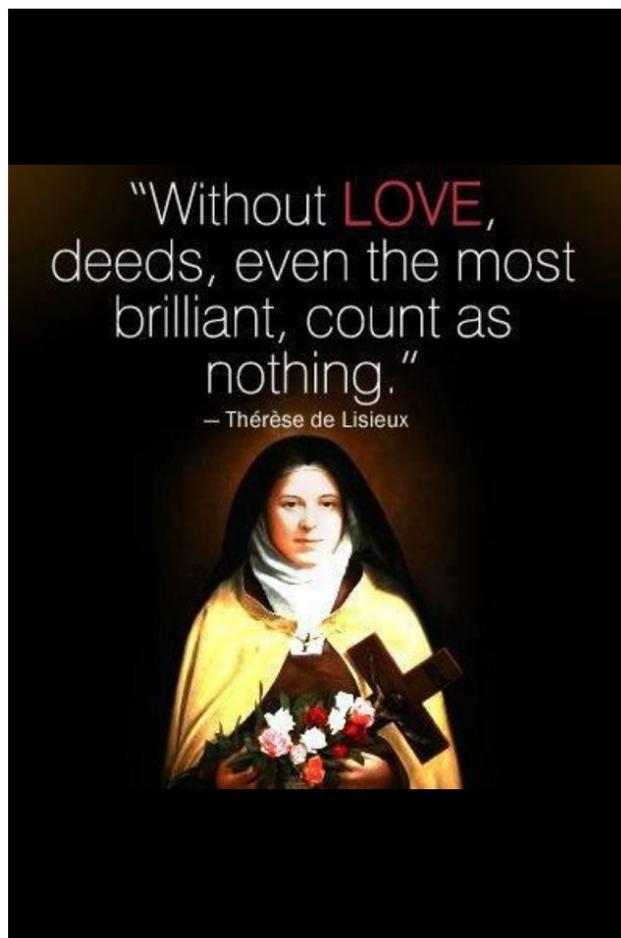
## Parish Staff

Parish Administrator: Rev. Jake Ibay

Office Administrator: Valerio Quirino

Caretaker/Maintenance: Rick Morin

**Parish email:** [littleflowerregina@sasktel.net](mailto: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.*

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Regina, Saskatchewan

S4N 0X2

Phone 306-522-8583

Email: [littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)

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



## 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.

# 5TH SUNDAY IN ORDINARY TIME

## FEBRUARY 5, 2023

**Theme:** The reading from Isaiah tells us that being devoted to God means taking care of those who need our help the most. God wants us to care for those on the margins. The list of actions which we should take are closely related to the Corporal Works of Mercy. Worshiping God also means using the gifts we have been given to work for a just society.

### This Week in the Parish . . .

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

Mass intentions for this week are:

Tues., Feb. 07	<b>4 p.m.</b>	Intent. of Marlene Schmidt
Wed., Feb. 08	<b>8 a.m.</b>	+Repose of Carson Leib
Thurs., Fe. 09	<b>9:30 a.m.</b>	No Mass Intentions
Fri., Feb.10	<b>8 a.m.</b>	No Mass Intentions
Sat., Feb. 11	<b>5 p.m.</b>	Intent. Of Annie Dormuth And +Repose of Fred C. Howard

Weekday Altar Server: Barb Aman

### Coming up:

- Feb. 07**—Liturgy Meeting 7:00 p.m.
- Feb. 08**—Miller High School Retreat (morning)
- Feb. 09**—Miller High School Retreat (morning)
- Feb. 09**—Thursday Morning Mass at 9:30 am
- Feb. 10**—Miller High School Retreat (morning)

### 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. If you wish to have the Mass offered on a specific date, let us know at least one month in advance.



### PALMS

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

### 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.

### Office Hours

**Office Hours**

From **February 02nd to 27th**, the Parish Office will be closed for in-person services. Phone calls and emails will be monitored and answered during the day as usual. In-person services at the Parish Office will resume on February 27th.



*"Let your light shine before others,  
that they may see your good works  
and give glory to your Father who is  
in heaven."* **Matthew 5:16**

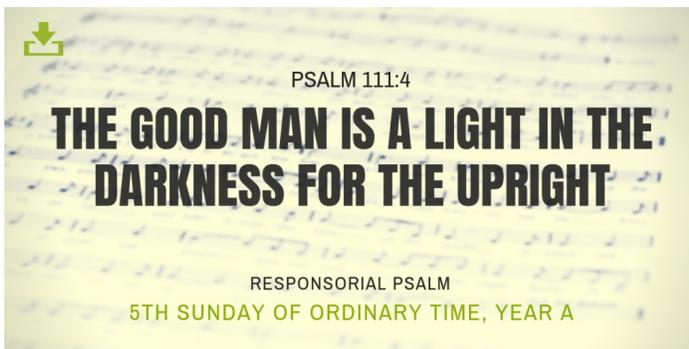
The generosity of being a good steward of your gifts has a positive effect on people and it is contagious! Good works encourages more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them and they don't put themselves above the people they have been called to help.



## 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 Beurivage, Annette Block,

Ann Dormuth, Jose Estioco, Agnes Fahlman, Marlene Frey, Fred Fry, Jack Gebert, Dean Hutchence, Shelly Joubert, Judy Klenk, Don Morrell, Lima Peras, Claudia Sali, Ron Strassburger, Clair Wingerter, Louise Wingerter, the lonely, vulnerable, and homeless, as well as all who are affected by war.



## Vocation View

*'I resolved to know nothing except Jesus Christ, and him crucified.' In the Cross is our salvation, proclaim that salvation in all you do!'*

*1 Corinthians 2:2*

## This Weekend's Readings

### First Reading

Isaiah 58:7-10

In the work of justice, light shall break through darkness.

### Responsorial Psalm

Psalm 112:4-9

The just person will be a light in the darkness.

### Second Reading

1 Corinthians 2:1-5

Paul shows that he came to Corinth preaching Christ crucified.

### Gospel Reading

Matthew 5:13-16

## 2022 Income Tax Receipts

2022 income tax receipts are available at the back of the church. Please pick yours up. If you would like your receipt emailed to you please send us an email ([littleflowerregina@sasktel.net](mailto:littleflowerregina@sasktel.net)) requesting that it be emailed and we will return your email with the receipt attached.

Also, please note that if you donated to the Archbishop's Appeal by cash or cheque, to the parish, that amount will be included in the income tax receipt you receive from Little Flower. If you donated to the Appeal by credit card or auto debit a separate income tax receipt will be issued by the Archdiocese and mailed directly to you.

## KNITTING TREE ANNOUNCEMENT

The Knitting Tree has existed for many years at Little Flower Parish. Sadly, it has been declining over the last several years. This year we had 58 items that were donated to two agencies. College Park can't help us out anymore and we don't have enough knitters in our parish. We find it necessary to move on and perhaps find a different project for Christmas. We have donated our stash of wool to another charity called Angels 4 Warmth. We will still accept knitted items if anyone wishes to donate them.

Thank you for all the donations during all these years.  
God Bless you all.

Social Justice Committee

## 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.

Trauma is the Greek word for "wound" and was first recorded in 1685 in the medical literature and only described physical wounds. Two centuries later, "Psychic wounds" would be used and began the shift of what we see trauma as now. CAMH describes trauma as "the lasting emotional response that often results from living through a distressing event." Although trauma can still be used to explain physical wounds, it is now more associated with emotional or psychological trauma.

## Spiritual Care in Hospital:

Pasqua Hospital  
Interim Chaplain Jennifer Holtslander  
306-519-1380

General Hospital  
Chaplain Jerry Fitzgerald  
306-519-1405

Wascana Rehab Centre  
Chaplain Joan Rink  
306-530-6511

### TF334: Evangelization and the Word of God with Deacon Eric Gurash



This week Deacon Eric discusses a recent trip to the Yorkton area where he spoke about evangelization and parish renewal with a focus on evangelization as the core mission of the Church and how the Word of God provides a key starting point.

Show Snippet: "In 2019, Pope Francis gave us a key starting point by declaring the third Sunday in Ordinary Time "Word of God Sunday". As the new Liturgical season begins, and at the start of every year moving forward, Pope Francis issues this clear encouragement to the whole People of God, to get to know the Word. I offer three reasons for this wisdom..."

[thinkingfaith.libsyn.com/evangelization-and-the-word-of-god-with-deacon-eric-gurash](http://thinkingfaith.libsyn.com/evangelization-and-the-word-of-god-with-deacon-eric-gurash)

### Catechesis of the Good Shepherd (CGS) Open House February 25, 2023—9:00 AM – 12:00 PM Holy Rosary Cathedral Basement

Good Shepherd Presentations at 10:00 and 11:00 AM —is a Montessori-based religious program for children ages 3-9 years of age. The atrium, or sacred space for spiritual growth, allows opportunities for children to interact directly and intensely with materials specially prepared by the Catechists and religious community. The atrium is not a classroom but rather a place prepared for the child to fully receive God's love and feel His presence.

- Level I serves children ages 3-6 yrs. who receive presentations on the Kingdom of God Parables, Altar and parts of Mass, Geography of Israel, Infancy Narratives, Paschal Mystery, Baptism and Jesus as the Good Shepherd. The eventual aim of the atrium is to prepare children to develop and nurture their faith and to participate more fully in Mass.
- Level II serves children ages 6-9 years and expands on Level I work as well as Sacramental Preparation and Moral Formation.

### Shall We Dance- Dinner and Dance

When; February 18, 2023 from 6 to 10 pm  
Tickets @ \$35 includes supper.  
Proceeds go to ANCOF Regina Community Development Program.

### Have you been thinking of one day going to Medjugorje - Could this be the time?

Join us from 11th April-21st on a pilgrimage to Medjugorje.

Daily Mass  
Rosary on Apparition Hill  
Stations of the Cross on Cross Mountain  
Talks by clergy & visionaries ( when available) Visit to Cenacola - rehab for young men  
Eucharistic Adoration ( outdoors) not to be missed. Professional Guide  
For more information, call:  
Cathleen 306-789-0705