



# St. Gerard

## Roman Catholic Parish

**July 12, 2020**  
**Fifteenth Sunday in Ordinary Time**

Established December 11, 1904

### LORD'S DAY MASS TIMES:

Saturday: 5pm

Sunday: 9am & 11am

### CONTACT US

The Parish Office is open reduced hours, but the doors remain locked. Please phone ahead. We continue to take the necessary precautions to keep our parishioners and employees safe & healthy. You may phone/email the office Monday to Thursday between 9am and 4pm.

125 Third Avenue North, Yorkton, SK S3N 1C4

[www.stgerard.ca](http://www.stgerard.ca) | Telephone: 306.782.2449 | Email: [office@stgerard.ca](mailto:office@stgerard.ca)

Pastor.....Fr. Louis Kim Nguyen    306.782.0323    [louisyorkton@gmail.com](mailto:louisyorkton@gmail.com)

Parish Office Administrator.....Sandra Archer  
Caretaker.....Mario Guerra

### MASS SCHEDULE

Mon. (13 <sup>th</sup> )	NO MASS
Tues. (14 <sup>th</sup> )	7pm Russell Griffith
Wed. (15 <sup>th</sup> )	7pm +Colette Lammers
Thurs. (16 <sup>th</sup> )	7pm +Morley Pankoski
Fri. (17 <sup>th</sup> )	7pm +Omana Jose
Sat. (18 <sup>th</sup> )	9am +Ed Broda
<hr/>	
	5pm +Peter & +Irene Cherneski
Sun. (19 <sup>th</sup> )	<b>SIXTEENTH SUNDAY IN ORDINARY TIME</b>
	9am +Chinnamma Thomas
	11am Mass for the People

### RE-OPENING THE CHURCH

**Great news!** Per the Government of Saskatchewan and the Archdiocese of Regina directives, Father Louis will celebrate public Saturday/Sunday Mass for **75 people at 3 Masses.** (Number subject to change). Please be patient as we are doing our best to follow the guidelines and to welcome as many people as possible.

**All those wishing to attend must pre-register:**

1. Check out the link at [www.stgerard.ca](http://www.stgerard.ca) and complete the registration form for you and your household between Monday morning and Thursday at 4pm (or until registration is full).

2. **Only if you do not have access to the internet,** phone the Parish Office at 306.782.2449 Monday to Thursday from 9am until 4pm. If leaving a message, please include your name and telephone number and your call will be returned.

**All must receive confirmation from the Parish Office prior to attending Mass. Thank you!**

**PLEASE** remember to register for Saturday/Sunday Mass. It helps with preparation, and makes entering the church much smoother, quicker, and safer if everyone registers in advance (see column to the right for instructions). Thank you!



Stay Connected Online!  
[www.stgerard.ca](http://www.stgerard.ca)



Lord, you completed God's work on earth. Help me know and accomplish God's will.

- From Faithful Meditations for Every Day in Ordinary Time, Rev. Warren J. Savage and Mary Ann McSweeney

## A Note from Your Pastor.....

My Dear Sisters and Brothers,

God speaks His Word to us in different ways. He speaks to us because His Word is precious and brings us joy and eternal life. Psalm 119.105 expresses: *“Your word is a lamp to my feet and a light to my path”*. In the Gospel this weekend we hear Jesus compare the Word of God to a seed falling onto the ground, we learn and know that God’s word is like a seed which can make our lives fruitful.



The Gospel today is a parable. Jesus used parables as an effective way of teaching. Those who are open to his teachings receive more, but those who close their minds receive less. It is our willingness to be open to him that changes our lives.

God’s Word is proclaimed every day. We gather in the Church to listen to His Word. In every home we have the Bible. We read and pray with it. God’s Word gives us inspiration, encourages us and requests us to act for change. We read and listen to God’s Word, but we need to be open to it and act on it. In Matthew 7.21-29 Jesus stated, *“Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!”*

In turn, God’s Word comforts, guides, inspires and challenges us. It is like a precious seed. The sower sowed the seed on the path, on the rocks, among the thorns, and on good ground. The sower was extremely wasteful.

But there is another way of looking at this. The sower was extremely generous with the seed. I have a feeling that the sower did it like that because He wanted to give every part of the field a chance to produce something.

The Lord is continuing to sow the seed in our minds and hearts through His Word. He waits patiently for us to accept His Word, and when we accept His Word and act on it, he makes our lives fruitful.

However, to be able to produce a good harvest, a seed must be planted in good soil. The question I ask myself is what kind of soil do I offer to God’s Word? Is it rocky? Thorny? Hard? Weedy? Or do I cultivate it well to prepare for the precious seed. I invite you to ask yourself the same questions. If the seed is sown in a good field, for sure there will be a good harvest.

Today, when we hear the Gospel, the Word of God, we are invited to prepare our souls, our minds and our hearts to become good soil. When we welcome the Word of God, we can act on it. And a great harvest is waiting for us in the future.

My dear Sisters and Brothers, I do not know exactly the number of parishioners in St. Gerard's Parish, but I pray that each one of us can be a good field for God's Word. I pray that after listening, accepting God's Word, each of us will take it into our lives and act on it. And, in the future, we will see a beautiful harvest in our parish, a parish abundant in love, joy, warmth, compassion and unity.

It is my prayer for this weekend. I pray "Lord, soften the hearts of each one of us with your grace, open our hearts and minds with your gentle love, so that the precious seed of your Word may dwell and take root in our hearts, and bear fruit in our lives".

Have a good weekend. Love you all!

Father Louis Nguyen

**ST. GERARD PARISH 2020-2021  
PASTORAL AND FINANCE COUNCILS**

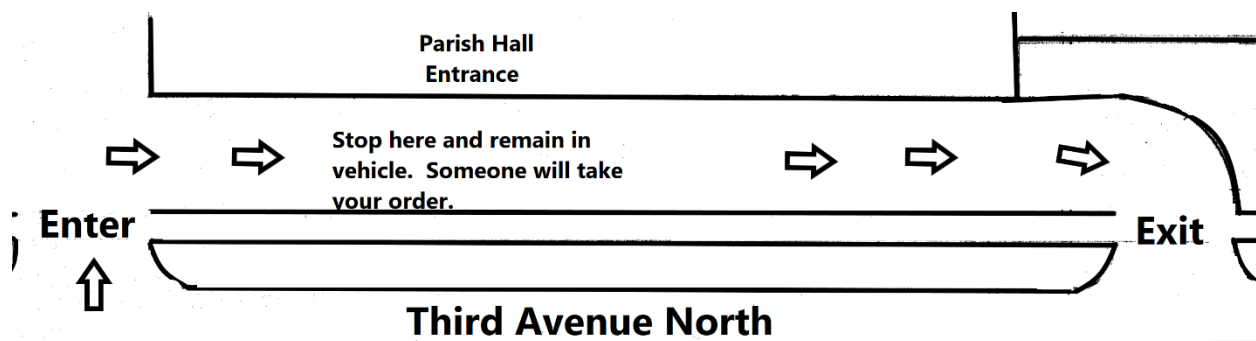
Chairperson	-	Ernie Bobowski	Vice-chairperson-	Wayne Exner
Secretary	-	Jenny Baraoidan	Liturgy	- Carol Deters/Yvonne Turgeon
Religious Education-		Rene & Ophelia Adane	Social Justice	- Mark Bell
Community Life	-	Maureen Pankoski	Public Relations	- <b>VACANT</b>
Family & Social	-	<b>VACANT</b>	Youth	- Melinda Sevilla
Ecumenical	-	Carm Molnar	Stewardship	- <b>VACANT</b>
CWL Rep.	-	Paulette Cooper	K of C Rep.	- Jeff Krasowski
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Finance	-	Brian Kruger	Secretary	- Richard Dubois
Properties	-	<b>VACANT</b>	Members at Large-	Conrad Rodney, Dwight Guy
Hall	-	Lorne Wanner		

**•PEROGIES•CABBAGE ROLLS•PEROGIES• CABBAGE ROLLS•PEROGIES•  
PARISH FUNDRAISER**

**Friday, July 17<sup>th</sup>  
3pm – 6pm  
(while supplies last!!!)**

Potato & onion perogies \$35 ( 10 dozen)      Potato & cheddar perogies \$40 ( 10 dozen)  
Cabbage rolls \$25 ( 5 dozen)

**Due to the COVID-19 pandemic, perogies and cabbage rolls will be available drive-through only (no walk-ups). Please remain in your vehicle and someone will take your order.**



**Livestream of Daily and Sunday Masses  
- Resurrection Parish (Regina) -**

are available at **9am** at the following link:

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

Mass may be viewed live, or at any time after the time listed.

**Daily & Sunday Mass may also be viewed:**

Vision TV (check your local TV listing)

[www.dailytvmass.com](http://www.dailytvmass.com)

[www.saltandlighttv.org/live/?muid=1](http://www.saltandlighttv.org/live/?muid=1)

**PRIVATE PRAYER IN THE CHURCH**

Please phone the Parish Office at 306.782.2449 to make arrangements if you would like to spend time in private prayer in the church.

*Subject to change without notice.*



**SACRAMENT OF  
RECONCILIATION**

Saturdays 8:30 am & 4:30 pm

Or by appointment.

Phone 306.782.2449 or 306.782.0323

**Saint Philomena Walking Pilgrimage**

The Saint Philomena Walking Pilgrimage will be happening again this summer, we start on August 11<sup>th</sup> at Yorkton and finish on August 14<sup>th</sup> at the Shrine at Rama. This is a supported pilgrimage with rest stops provided along the way and a trailer carrying tents and sleeping gear to each overnight stop. Pilgrims are invited to join us for all or part of the walk. Precautions are in place to help keep pilgrims safe from the COVID-19 virus. **For more information, check out our website at [www.stphilomena.ca](http://www.stphilomena.ca) or phone Dave or Bev at 306 728 5525**

**FAMILY ACTIVITY**

**Plant a Garden**

How can your family bring the parable of the sower and the seed alive? Plant a garden. Possibly it's too late in your climate (or too early). But there are many ways to plant garden. Even an inside garden is possible. While you might not be able to grow plants from seeds, transplanting or care for plants purchased will help make the point. As the plant grows, so can God's word in our hearts. All we need to do is water with love.

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The St. Gerard C.W.L.'s Gigantic Garage Sale  
has been **CANCELLED**  
for September 2020  
due to the COVID-19 Pandemic.



Please do not bring items to the church or  
Father's garage. Thank you!



**News from the Knights of Columbus**



July 15 Evening Bingo  
August 1 Evening Bingo  
August 11-12 St. Philomena Walking Pilgrimage  
August 12 Afternoon Bingo

Stay tuned for information re: the distribution and sale of Charity Appeal tickets!

*If you are interested in joining the Knights, please call Rejean Houle @ 306.641.5430 or [houle\\_r@yahoo.fr](mailto:houle_r@yahoo.fr)  
More info.: [www.kofc-2031.ca](http://www.kofc-2031.ca)*

**Are you moving this summer??**

Please remember to notify the Parish Office. We like to keep our records current, and to be able to mail your charitable donation receipt to the correct address at the end of the year. Thanks!



**New to the parish?? WELCOME !!!**

If you are attending weekday or Sunday Masses, please introduce yourself to Father Louis! New Parishioner forms are available. You may download the form online at [www.stgerard.ca](http://www.stgerard.ca) and mail/email it to the Parish Office.





# Bringing Home the Word

## The Eye of God

By Fr. Mark Haydu, LC

The Book of Romans meditates on a truth we sometimes neglect but that has inspired many artists. Creation longs to share in the freedom of God's kingdom. Sin has affected nature, so salvation will also set it free from corruption. What would a glorified planet look like? Charles Burchfield, a nature painter, tried to imagine just that.

He painted thousands of scenes from his bedroom in Salem, OH. He became obsessed with dramatizing landscapes and was known to sketch as he walked to and from school. His love and meditations didn't keep him from entering the army, but given his gifts, he was assigned to the camouflage unit, using his skills to paint tanks and drapery. Some of his designs are still used today.

What Burchfield discovered was that a pristine nature scene was a divine image. The forms, the colors, the patterns were all created by God and guided by his providence. By painting these scenes, one was truly touching the hand of God and entering into his mind. His painting *Eye of God in the Woods* illustrates the eye of God in a sun that pierces through the trees of a snowy forest with a rolling brook.

God speaks in nature motifs. Scripture is full of them. Jesus also used nature as a model for his teachings: seeds sown in different soils, clouds predicting rain, a sparrow, a catch of fish.

Nature is a glorious soil from which inspiration can sprout. This week, meditate and marvel at the beauty of creation and, like Jesus, take lessons from it for your spiritual life.

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## GIVING TO YOUR PARISH

The COVID-19 virus has impacted individuals world-wide. St. Gerard's Parish is no exception.

One of the consequences of not being able to gather together for Mass is that our revenue has decreased. Despite availing ourselves to government relief programs, our expenses continue.

Thank you to those who are able to contribute by one of the following methods:

### Pre-Authorized Giving (PAG)

After downloading the [Pre-Authorized Giving Form](#), please complete it, attach a void cheque, & mail it to:

St. Gerard Parish  
125 Third Ave N  
Yorkton, SK S3N 1C4

### Interac e-Transfer

1. Log into your online banking account.
2. Find e-Transfer and add [giving@stgerard.ca](mailto:giving@stgerard.ca) to your recipient list.
3. Enter the desired amount.
4. A question, answer, or password is not required by St. Gerard Church, however it may be required by your financial institution. If so, please email the question and answer to [giving@stgerard.ca](mailto:giving@stgerard.ca) with your name, mailing address and telephone number so that we can ensure your contribution is recorded properly.

Please note that this is a secure transfer deposited directly to the church's account.

If you have an envelope number, your donation will be reflected in your annual charitable donation receipt. All others will receive a receipt by mail, so PLEASE include your mailing address in the follow-up email. Thanks!

### Online through CanadaHelps

Credit card donations may be made through CanadaHelps by clicking [here](#).

### Mail envelopes to the church

You may mail cheques (not cash), enclosed in your offertory envelope to:

St. Gerard Parish  
125 Third Ave N  
Yorkton, SK S3N 1C4

A	E	S	D	R	I	B	R	F	S
E	S	D	E	E	S	O	E	E	E
A	R	C	K	E	O	L	W	L	E
S	A	S	O	S	L	I	O	A	S
R	E	D	H	R	T	I	S	K	E
P	S	W	C	H	C	H	O	E	D
R	O	O	E	S	T	H	K	S	S
S	N	R	O	H	T	R	E	I	I
E	E	C	C	T	R	E	A	D	B
D	S	T	O	O	R	T	A	E	R

LAKESIDE	CROWDS	SOWER
SEEDS	BIRDS	SOIL
EARTH	SCORCHED	ROOTS
WITHERED	THORNS	CROP



# Taking Time to Praise God

Greetings in the summer season!

When I think of summer, I think of fabulous foods. Watermelon sliced thick and seeds to spit. Burgers sizzling on the grill. Juicy, seasonal tomatoes waiting to compete with ketchup as a condiment. Shucked corn (Silver Queen from New Jersey where I grew up!) boiled quick or roasted a la Minnesota (my new home) on a campfire grate.

Summer is a great time to expand your family's use of prayer in everyday life. Gratitude is a great starting point. If you don't already, start saying a table grace, such as our beloved "Bless us, O Lord." Try saying it more frequently, such as before breakfast or lunch, or when you

**Singing praise in our family can help us become more comfortable with singing our praises in the sanctuary.**

are eating out. If you already recite grace, try something more spontaneous. Can each person share one thing they are grateful for this day—an activity, a food, a person? Can we praise God



for his amazing works? Lines from the psalms offer an entry point: "Let the fields be jubilant, and everything in them; let *all* the trees of the forest *sing* for joy!" (Psalm 96:12) Amen! Learn a fun sung grace like Johnny Appleseed! Singing praise in our family can help us become more comfortable with singing our praises in the sanctuary.

How about bedtime? Without school mornings looming, we can relax and spend a little more time ending our day in prayer together. This might be a great time to learn, "Now I lay me down to sleep," the Hail Mary, or another traditional prayer. Try adding a simple litany after your prayer: "God bless Grandma, God Bless Rover," and more. Offer prayers of petition: "Who needs our prayers right now?" This spontaneous offering of our needs to God reminds us of the Prayer of the Faithful from the Sunday Eucharist.

In this summer time, our families can practice living more fully Paul's exhortation: "in everything, by prayer and petition, with thanksgiving, make your requests known to God" (Philippians 4:6).

*On March 18, 2020, Archbishop Donald Bolen, in keeping with the Code of Canon Law no. 87, granted to all the Catholic faithful dispensation from their Sunday obligation. This is still in effect.*

**What does this mean?** As Roman Catholics, we have an obligation to attend Sunday Mass. Until further notice, Archbishop Don has granted an exemption from this obligation. For those who are unable or choose not to attend Sunday Mass at this time, you do not have to. Other ways to participate in Sunday Mass is to watch it on television or watch the livestream Mass online, courtesy of Resurrection Parish (Regina) and the Archdiocese of Regina.

**What happens if someone at Mass develops COVID-19?** All parishioners who have pre-registered, either online or by phoning the Parish Office (if no internet access) will be contacted immediately.

**I have seasonal allergies. May I still attend Mass?** Yes, but for your own comfort and for the peace of mind of other parishioners, please wear a mask.

**Why can't we sing at Mass?** COVID-19 spreads from person to person, most commonly through respiratory droplets. Gatherings/events with activities likely to generate droplets are presumed to have greater risk. When a person sings, the respiratory droplets carry further than they do when a person speaks.

**Why do I need to register each time when I would like to attend Mass?** We are blessed at St. Gerard's to have a large parish family! In order to provide all parishioners with an equal opportunity to attend Sunday Mass, it is necessary to register each week.

*\*\*Carefully attending [to the directives] is the best way to ensure that we won't contribute to the spreading of the virus, and the most helpful step we can take in convincing government and health officials that opening our churches to larger numbers is a safe and responsible thing to do. \*\**

### **PRAYER FOR ANXIETY**

Today, I pray for all those who suffer from anxiety in the midst of this exceptional situation we are going through.

May they get comfort, Lord, both in your unlimited Love and in the community.

Holy Spirit, be our light so that we keep faith in the heart of our daily lives and in that way, we may transform fear into hope. Amen.

Lord God,

I pray for all who have become sick or died by the coronavirus that has been spreading around the world.

In your mercy and compassion, deliver us from this disease,

In your holy wisdom, guide all who are working to contain the outbreak,

In your steadfast love, bring healing to all your children who have become sick,

Welcome into your arms the ones that died, comfort the ones they left behind.

In faith, I place my trust in you.

In hope, I turn to you in my time of need.

In love, I give glory to your name.

In gratitude, I will praise you with my life.

In your Son's name I pray. Amen.

### Calling Teens and University Students

Are you looking to meet some new people, look at some of life's big questions and have a few laughs along the way?

Please join us for "Alpha" Online. There will be a few opportunities for us to potentially gather in person as a group, but the majority of the gatherings will happen online. We promise it will be an hour WELL SPENT each week!

So Join us Wednesday evenings at 6:30PM, starting on July 8th. No need to register. Just join us on ZOOM at <https://zoom.us/j/643587934>

Any questions contact Michelle:  
[mbraden@archregina.sk.ca](mailto:mbraden@archregina.sk.ca)

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The **Office of Youth and Young Adult** ministry of the Archdiocese of Regina is offering young adult gatherings this summer:

#### **A DAY RETREAT "Redefining Normal; Faithfully Stepping into the Unknown"**

It will be held on Aug. 22 from 10am-10pm out at Glen Harbour Camp. (on Long Lake approx. 40 minutes NW of Regina) Cost is \$60. Everyone 19 and up is welcome but spaces are limited.

To register or get more info, please go to <https://archregina.sk.ca/youth-ministry/young-adult-ministry>

#### **An Evening Prayer Under the Stars**

All young adults are invited to join us July 13th and August 16th on the parking lot between Our Lady of Peace and the diocesan offices (445 Broad St. N.) There will be opportunity for silence, Adoration, some music and some contemplative prayer.

The evening will have 2 distinct hours. One from 7:30-8:30PM and one from 8:45-9:45PM. We can accommodate approx. 20 people each hour. You must bring: a mask (so you can sing), a lawn chair, water bottle and something to kneel on (if you desire)

*The Office of Youth and Young Adult Ministry, is thrilled to announce a new dynamic in young adult ministry coming soon! Watch for more info about small group ministry starting in the early Fall!*

### An Ignatian Prayer Adventure

You are invited to join in **An Ignatian Prayer Adventure** with commentary and reflection by: Fr. Larry Gillick SJ—Director of The Deglman Centre for Ignatian Spirituality, Creighton University - Omaha, Nebraska.

A 10 - part video series. Fr. Gillick will provide videos containing his reflections on various aspects of the exercises as your journey progresses. These videos are being prepared especially for the Archdiocese of Regina.

These videos will be released every 2 to 3 weeks, and come with guided prayer material. *This is a work at your own pace retreat.* The retreat uses the book 'An Ignatian Adventure, by Kevin O'Brien S.J.'

Subscribe to our YouTube page at [www.youtube.com/user/ArchdioceseRegina](http://www.youtube.com/user/ArchdioceseRegina) and you will be notified when new videos are released.

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#### **Archdiocese of Regina on Social Media**

We invite you to like us on Facebook, we will have regular Facebook Live prayers and we would love to have you join us!

[www.facebook.com/ArchdioceseofRegina/](http://www.facebook.com/ArchdioceseofRegina/)

You can also find us on Twitter @archdioceseofreg and on Instagram archdioceseofregina.

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#### **Compassionate Listening**

If you find that during this difficult time you need a compassionate listening ear, visit:

<https://archregina.sk.ca/archregina-outreach>

for a list of spiritual directors and candidates in training who have volunteered their time to be there for anyone who is struggling.

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#### **Prayers, Devotions and Resources**



Visit the Prayers and Devotions page to 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-resources>



## YOUTH NEWS AND INFORMATION

### "God's Word Yields Fruit"

#### **This Week...**

Any kind of growth is difficult. As we grow, we suffer and we learn. As seeds grow, they have to break open for shoots to form. Then, during their struggle, they can be choked, trampled on, or dried out before they actually become grain to be harvested. Although difficult, growth does happen - it happens with seeds, with people, and with the word of God.

#### **For Your Reflection**

This farmer who is sowing doesn't seem to have much of a plan. There isn't an organized effort to prepare all the soil so that none of the seed is wasted. It's just thrown all over the place, with the hope that some of it will fall on good soil and grow.

- Do you think that is a good strategy for a farmer whose life depends upon successfully growing things? Why or why not?
- Why do you think God throws out seed to bad soil as well as to good soil?
- If our job is to spread the message of God, should we have a plan that is more dependable than this farmer's plan? Why or why not? What might such a plan look like?

Even if we are very deliberate about where we "sow the seeds" of God's message, we can't always control how people will receive it.

- Do you think it is better to aim for just the good soil, so that we mainly bring the message to people who are ready to listen to it? Why or why not?
- Do you think it is better to spend some time working the soil, so that dry, rocky, or thorny areas might become more fertile and ready to accept the seed? Why or why not?

Not only are we asked to bring the seed of God's word to others, also we are asked to receive the seed of God's word from others.

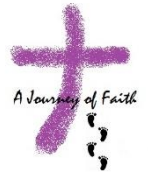
- When do you feel like the good soil, fertile and waiting for God's word to come to you and bring you new life?
- When do you feel like dry, rocky, or thorny soil, not ready for God's word to grow within you?



**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)** is an incredible journey of discovery, the discovery of God's love in Jesus. If you or someone you know is interested in exploring the friendship and saving grace of Jesus Christ, we invite you to join us in the RCIA journey. It is a warm, welcoming experience that introduces the Christian faith in our Roman Catholic tradition. We explore topics such as Holy Scripture, the Sacraments, Church history and the core beliefs of the Church. Anyone who has taken this "leap of faith" has found it to be a life-altering experience.

The RCIA process is intended for those who are non-baptized. There are several rites and stages that are part of the process to prepare adults for Baptism and to receive the Sacraments of Confirmation and Eucharist at the Easter Vigil.

**Rite of Reception of Baptized Christians into the Full Communion of the Catholic Church.** If you have been baptized in another Christian tradition, the Catholic Church respects that baptism. Baptism is the sacrament of our rebirth in Christ and our immersion into His saving death and Resurrection. It can never be repeated. Reception into the Full Communion of the Catholic Church happens after a period of preparation through catechesis, prayer and worship, and an introduction to Catholic life, values, and mission.



**Adults who have been baptized in the Catholic Church but have not received the Sacrament of Confirmation** can prepare for reception of this sacrament through a period of catechesis and prayer.

If you are interested in this journey of faith, please contact Fr. Louis at 306.782.2449 or 306.782.0323.

*And to all our friends in St. Gerard's parish, we remind you that we all have a responsibility to share our faith and bring others to Christ. If you know of a family member, friend, co-worker or fellow student who is searching for a deeper meaning in their life, let them know about RCIA.*

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## LOST SOMETHING?



**Mitts, toques, etc.** – check the literature display drawer marked "Lost and Found" in the Welcome Area.

**Books, religious articles, jewellery, etc.** – contact the Parish Office.

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## OFFERING A MASS

The offering of a Mass in the name of a deceased family member or friend is one of the greatest ways to keep our beloved dead in our living memory. At each celebration of the Mass, the great prayer of sacrifice is made complete as Jesus' life, death and resurrection is offered to God the Father. When we offer a Mass for a particular person, we ask that in a special way the individual be remembered by the priest who offers up the great sacrifice on behalf of the whole community of faith. In a very real and active way, the life, death and resurrection of the person remembered becomes present and is offered up with Jesus. Each time we offer up a Mass for someone, living or dead, we celebrate the greatest gift of our faith – the gift of Everlasting Life in Christ.

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**Adoration of the Blessed Sacrament** is available daily at the EADM Centre Chapel at 484 Hamilton St. Regina. Hours: 10:00 am to 8:00 pm on Monday through Thursday. Friday, Saturday & Sunday: 2:00 to 5:00 pm. Please help us keep Adoration of the Blessed Sacrament available in Regina on a daily basis.

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## The Healing and Growth Centre St. Therese Institute of Faith and Mission

**St. Therese Institute of Faith and Mission** – Searching for God's purpose in your life? Want to live life more fully, and take your faith to the next level? Then, come to St. Therese! At St. Therese Institute of Faith and Mission, adults of all ages can explore their faith, discern their vocation in life, foster their prayer life and deepen their relationship with Jesus Christ. Visit on line at [www.sttherese.ca](http://www.sttherese.ca)

### **Rachel's Vineyard: a psychological and spiritual journey for healing after abortion.**

Are you hurting because of an abortion? **Rachel's Vineyard** is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing. For more information, please contact Elaine at 1.306.480.8911 or email [r.vineyardsk@sasktel.net](mailto:r.vineyardsk@sasktel.net)

**ST. FRANCIS XAVIER UNIVERSITY** offers distance education courses for adults seeking faith formation for personal and professional development: ***Diploma in Ministry; Certificate in Lay Ministry; Come Let Us Worship: A course in liturgical foundations; Certificate in Spirituality; and Diploma in Intellectual Disability Studies.***

For an information package please contact Continuing & Distance Education, St. Francis Xavier University, toll free 1-877-867-5562, [diplomainministry@stfx.ca](mailto:diplomainministry@stfx.ca)