

Holy Trinity Roman Catholic Parish

February 18, 2024
1st Sunday of Lent

*Glory be to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and ever shall be, world without end.
Amen.*

Welcome to Holy Trinity!

As Catholic Christians we seek to proclaim, celebrate, and live our faith joyfully and to express our love for Christ and each other.

If you are a visitor or are new to Regina or to our parish, we welcome you and hope you have a positive experience in your worship with us. Check our website for a helpful introduction to Holy Trinity and its various ministries and services. Please feel free to contact us with questions or comments. We look forward to meeting you!

To register in the parish, update your information, or request donation envelopes, pick up a form in the Gathering area (bulletin board) or print a copy from our website, call the parish office or drop in during office hours, www.holytrinityregina.ca.



Reconciliation: By prior arrangement and when possible
45 min. before weekend Masses
30 min. before weekday Masses

Weddings & Funerals: Contact Fr. Gaspar

Coming Up at Holy Trinity (Weekday Rosary 25 minutes before Mass)

******Holy Trinity Elevator currently not functioning.
Repair date not yet known. Contact the office for details.**

Sat. Feb. 17	5 pm Mass + Agnes Weber Gift Bearing family: Carlson
Sun. Feb. 18	9 am Mass: Pro Populo Gift Bearing family: Hill
Sun. Feb. 18	11 am Mass: + Olga Canevaro Gift Bearing family: Dionglay
Mon. Feb. 19	Holy Family Funeral Mass, Harvey Hartness 11 am (church, hall)
Mon. Feb. 19	Office Closed (Family Day)
Tues. Feb. 20	1:30 pm Forever in Motion, hall **No elevator
Tues. Feb. 20	7 pm Mass: + Eugene Hryb
Wed. Feb. 21	No 8:30 am Mass
Wed. Feb. 21	9:15 am Adult Faith Formation, meeting room
Wed. Feb. 21	6:30 pm Adult Faith Formation, meeting room
Thurs. Feb. 22	No 8:30 am Mass
Thurs. Feb. 22	9:30 am, Ecumenical group, meeting room
Thurs. Feb. 22	7:30 pm Emmaus Family Support, meeting room. More info page 3
Fri. Feb. 23	No 8:30 am Mass
Fri. Feb. 23	7 pm Stations of the Cross

**5020 Sherwood Drive
Regina, SK S4R 4C2
Phone: 306-543-3838
Email: htrinity@sasktel.net
Website: holytrinityregina.ca**
(bulletin available online)

At Holy Trinity:

We pray for the following:

Gerry Turgeon, Ruth Morrison, Gisele Croteau,
Jacqueline Meeley, Troy Kocur

We pray for the Repose of the Souls of our beloved ones, including Harvey Hartness, Fr. Gary Lindenbach, John Volk, Roy Kleininger, Fr. Pat Murphy, Ceferino Bayer, Valerian Karchewski, Brandon Armstrong, Edward Joseph 'Ted' Sullivan, Lloyd Fiddler, Renee Ferguson, Gwen Gusway, Dennis Klassen, Tex Emery Herperger, Janet Cameron

Sunday Donations January
Regular collection \$18,782
Average expenses: \$21,661 monthly.



[Use this link](#) or on
our website home
page.

Sacramental Preparation

Baptism Preparation

For parents of infants & young children and expectant parents. Contact the office to register for next session.
[Registration form on website.](#)

Sacramental Preparation continues for 33 young people for First Communion & Confirmation. Classes continue on March 3, 17, 24 (Palm Sun.) They will lead Stations of the Cross on March 8. Pray for them on this journey of faith toward Confirmation and First Holy Communion on April 4.



Holy Trinity Knights of Columbus

General meetings: now 2nd Tuesday of the month. Next meeting March 12, after 7 pm (Mass).



Holy Trinity Catholic Women's League

General meetings: 2nd Monday of the month. Next meeting Mon. April 15.
Executive: Next meeting Apr. 8.

Pastoral Staff**Pastor:** Rev. Gaspar Lucas 306-924-1993**Deacon** Rev. Mr. Eric Gurash**Sacramental Prep:** Leslie Young**Support Staff****Office Coordinator**

Heather Deis: 306-543-3838

Custodian: Dominic Dias**Office Hours** Mon. to Fri.—9 am to 3 pm
Closed statutory holidays (Feb. 19)

LENT: 40 days of preparation by prayer, fasting and charitable giving, to celebrate the Paschal mystery of Easter.

Stations of the Cross—Fridays:

Feb. 16—7 pm led by CWL

Feb. 23—7 pm Way of the Cross on behalf of clergy sexual abuse victims

March 1—7 pm led by K of C

March 8—6:30 pm, led by Confirmation class students

March 15—7 pm led by Social Justice

2023 donations—Tax receipts available for pickup in the Gathering Area.**2024 Donation Envelopes** available in the Gathering Area. New Envelope Numbers Please do not use previous year envelopes for 2024 donations.

If you wish to have envelopes, please complete a pew envelope and leave in collection or with Fr. Gaspar.

Forever in Motion—a health initiative at Holy Trinity to promote physical activity with adults.**Tuesdays, 1:30 to 2:30 pm**

Forever in Motion is held in the hall (lower level; enter through north door). No elevator access at this time due to repairs.

The program is led by a trained volunteer (Holy Trinity parishioner). Everyone welcome. [Brochure on bulletin board](#)**Holy Trinity Parish on Facebook**—A great opportunity to be connected and up-to-date on our events and activities.You can find us by searching for "Holy Trinity Parish, Regina" on Facebook, or with this link: <https://www.facebook.com/holytrinityregina> 'Like' and 'Follow' us to stay informed and engaged!**Buildings and Grounds Co-ordinator** - Holy Trinity Parish needs a volunteer Building and Grounds Coordinator to oversee the operation and maintenance of Holy Trinity Parish building and grounds. For details of the activities and responsibilities, see bulletin board or contact the parish office.**Communion to Shut-ins.** If you, or someone in your family would like communion brought to a care home or own home in our parish, contact the Holy Trinity office (306) 543-38383.**Catholic Women's League at Holy Trinity**

Regina Archdiocesan CWL Scholarship - deadline for submission is March 15, 2024. Details on bulletin board.

CWL National Bursary Application - applications must be submitted to national office and postmarked by May 15, 2024. See bulletin board for details and criteria.

CWL memberships \$40. Give to an executive member, in your blue envelope or place in brown envelope on the CWL bulletin board.

If you are diabetic and experience an extreme drop in your blood sugar while in the church and are in need of something to elevate it, there are some items in a labelled blue container on the microwave in the kitchenette (main level just past the bathrooms). There are also two drinks (orange juice & iced tea) in the fridge, labelled 'For Diabetic Use Only'.**Mass Times: Important Note below about Elevator****Sunday Mass Times 9 am & 11 am****Saturday 5 pm**

Monday—no Mass

Tuesday—7 pm Mass

Wednesday, Thursday & Friday Masses

usually 8:30 am **No Masses Feb. 21, 22, 23

First Friday Eucharistic Adoration after 8:30 am Mass, next is March 1.

For the comfort and safety of others, please do not wear fragrance to church.

Holy Trinity Elevator not functioning. Your Finance council is working hard to have this resolved as soon as possible. Updates will be posted on the website when details are known.**March 2 "Taste of the Philippines"** an evening of food and entertainment at Holy Trinity. Cash bar (wine, beer) 6:30 pm, Supper 7 pm. 50/50 draw. Adults \$25; Youth ages 7 to 12 years: \$12; children 6 and under: free. Tickets available after weekend Masses or during office hours (weekdays 9 am to 3 pm). Hosted by Couples for Christ, CWL and Knights of Columbus. Proceeds to Holy Trinity Elevator fund.**Spiritual Adoption** Parishioners can still join in the program this weekend. It costs participants nothing but a daily prayer for an unborn baby.

Stop by the table in the Gathering Area after Mass and pick up an information sheet and an Angel Baby Card. After you have written your baby's name on the card, it will be displayed on the Spiritual Adoption board in the Gathering Area for the next nine months.

Holy Trinity Annual General Meeting
Sunday, March 3 after 11 am Mass

Financial and Parish Council Reports available on February 24. Parishioners are invited to attend. Light lunch served.

Confirmation Mass is April 4 (Thursday) at 6:30 pm. Parishioners are invited to attend and pray for the young people who will be confirmed by Archbishop Don Bolen and receive First Holy Communion.Next Pancake Breakfast at Holy Trinity:
March 10: 10 am to 1 pm. Hosted by Knights of Columbus

Archdiocese of Regina Bulletin (Feb. 18) Link

Lenten Reflections, Spiritual Direction Formation program



Archdiocese of Regina Masses On-Line

<https://archregina.sk.ca/live>

Links at www.youtube.com/ArchdioceseRegina

Coming up **Friday, Feb. 23: Way of the Cross through the Voices of Victims**, at St. Cecilia, 7:30 pm



THINKING FAITH Podcast hosted by Deacon Eric Gurash and Dr. Brett Salkeld of the Archdiocese of Regina.

TF#387 Books That Changed Brett's Life - Part 2

In this part two of two episodes, Deacon Eric sits down with Dr. Brett Salkeld to discuss three non-fiction, non-theological books that changed his life.

This week; You Are Not Your Pain by by Vidyamala Burch and Danny Penman and a surprise book that changed Brett's life without him ever reading it!

Show Snippet: "It's freedom. It's the same thing. Freedom again. It's the same idea as the last two books, right? I was not free in this relationship. My pain was leading to a kind of compulsive behavior and it gives me just a little critical distance, just like from the anger or from the avoidant or attached needs. It gives me a little critical distance to say, 'what's really going on here?'"

[You Are Not Your Pain by Vidyamala Burch and Danny Penman](#)

[The Empowered Wife by Laura Doyle](#)

[Listen to the podcast](#)

[Previous podcasts](#)

Holy Family Parish Gala Join us on Saturday, March 16 at Holy Trinity Parish Hall, 5020 Sherwood Dr, Regina to kick off the Capital Campaign! Doors open 6:30 pm, Roast beef supper 7:15 pm, Silent Auction, 50/50 & door prize draws. Entertainment by Chris Henderson (three-time SCMA Male Artist of the Year recipient). Tickets \$75 each (\$40 income tax receipt issued). Family and friends are welcome (only 200 tickets are available). Ticket sales begin February 10 & 11 after all masses OR call David or Claudette 306-924-0992, email davidbeitel@sasktel.net.

St. Cecilia's 3rd Annual English Way of the Cross Through the Voice of Victims— Friday, February 23 at 7:30 pm. All are welcome to attend in person or join online. [YouTube Link for Stations of the Cross](#)

Charismatic Prayer Gathering, Resurrection Parish: February 25, April 21, May 26, June 23 —7 to 9 pm. You are invited to experience Christ's loving embrace through music, praise, worship, teaching, prayer, and fellowship!

Suffering and the Pascal Mystery with Deacon Eric Gurash reflection on the heart of our Christian faith at Holy Family Parish on Thursday, February 29, from 6:30 to 8:30 pm. Deacon Gurash will delve into the depths of the Paschal Mystery as discovered within Scripture and our human experience. He'll shed light on the Paschal Mystery's connection to human suffering, offering perspectives from Popes Benedict XVI and Saint John Paul II. All are welcome to attend this engaging journey into the foundational aspects of our Christian belief, touching upon themes of redemption, resurrection, and the transformative power of Christ's sacrifice.

Chrism Mass -Monday, March 18 at 2 pm at Holy Rosary Cathedral.

UPDATE ON MASSES AT BLESSED SACRAMENT PARISH Because of the Arson/Fire, no scheduled Eucharist will be at Blessed Sacrament Church until further notice. Currently, smoke scrubbers are at work inside, and tests will be taken to further assess damage and air quality so the church is safe for all attending.

Weekend Sunday Mass at Holy Rosary Cathedral • Saturday 5:10 pm (Fr. Jim presiding/added for Blessed Sacrament Parishioners) • Sunday 9 am (Fr. Jim presiding) • Sunday 11 am • Sunday Evening, 7 pm.

Igniting the Spirit of Reconciliation 94 Calls to Action (Feb 3 - 29)

The Truth and Reconciliation Committee of the Roman Catholic Archdiocese of Regina is excited to announce the opening of the "Igniting the Spirit of Reconciliation" art display at the Neil Balkwill Center (2420 Elphinstone St.) through the month of February in Regina. This display is an art project created by students of Balcarres Community School (90) and Vibank Regional School (4), featuring the 94 TRC Calls to Action.

The artwork will be on display from February 3 – 29, 2024. During the tenure of the display, there will be four special presentations.

[February 21 \(Wed. 1 pm – 3 pm\)](#) – Members of the Regina Survivors Circle will share their stories about the trauma experienced in Indian Residential Schools and their healing journeys.

[February 26 – \(Mon. 1 pm – 3 pm\)](#) – Presentation by Susan Beaudin - Sacred Treaty Relationships envisioned by the First Nations leaders when negotiating and signing of Treaty 4, 1874.

Registration is required for these events due to limited space.

Email trcsask@gmail.com to register.

The display underlies the need to continue the work of implementing the 94 Call to Action and to further a deeper understanding between Indigenous and non-Indigenous peoples.

Emmaus Family Support

1 in 4 families experience mental health challenges. If you're looking for support, Emmaus Family Support is here to help. Join our community of caring individuals, meeting monthly at Holy Trinity parish in Regina (and accessible online via Zoom), who understand what you're going through.

Visit emmaussupport.ca or contact Deacon Eric Gurash at emmausmentalhealth@gmail.com or 306-721-6724 to learn more.

Christian Life Program—March 9 to May 11 (except March 30), to renew and strengthen family life.

Holy Rosary Cathedral Hall (basement) 6 pm to 9pm. No cost. Led by Couples for Christ. Call Cris Masaoay 306 537 2883.

This year's Share Lent campaign is [Reaping our Rights](#). It highlights ways that Development and Peace — Caritas Canada's partners are ensuring that people's basic rights and needs are secured. In Nigeria, partner HOMEf (the Home of Mother Earth Foundation) is empowering thousands of people to respond to the devastation caused by international oil companies. In Indonesia, PAYOPAYO is equipping people of all ages with skills in agriculture, food security and natural resource management. In Bolivia, Fundación NUNA is helping Indigenous and peasant communities to work more sustainably and diversify their incomes.

Like God's covenant symbolized by the rainbow, or Christ's ultimate sacrifice symbolized by the cross, let us be symbols of God's mercy, justice and love in the world. In this season of promise, may we be inspired to act for what is *right*. [Development and Peace – Caritas Canada: more than 55 year of solidarity \(devp.org\)](#)

Our Lady of Peace Parish Lenten Prayer Lunches—Fridays in Lent Starting February 16. Adoration at Noon; Prayer at 12:15 pm; Soup to follow. Free will offering; proceeds to Development and Peace.

Norwest Place Housing Co-operative
6340 Engel Drive, Regina
Affordable, quality housing



Call our office: **306-543-5758**

- 2 bedroom units for 55 plus couples, semi-retired is fine
- walking distance to many amenities including 3 lake/parks, groceries, fitness facilities, library, dining, churches, pharmacies, medical offices
- committed to contributing to the operation of our housing co-operative
- recreational activities
- no smoking or pets



Fitting the toughest feet for over 55 years!

- ♦ Orthopaedic & Comfort Footwear
- ♦ Cdn. Cert. Pedorthists on staff
- ♦ Custom Made & Over the Counter Orthotics

Phone: 306-352-5106

2712 - 13th Avenue
Tues. - Sat. 10 - 5:30

Lakewood
HAIR STUDIO



Complete Haircare and Esthetic Services

5520 Rochdale Blvd., Regina, Sask, S4X 4P1
Phone : 775-1353

J.M.J Spiritual Bookstore

All your spiritual book needs.

Religious articles.; Statues, Medals, Rosaries, gifts for Christmas. Confirmation and Holy Communion.

soroka@sasktel.net

sorokad597@gmail.com

1-306-726-5865

Denise Soroka, Owner

Armstrong Painting Plus
 Home Renos
 Regina
 Saskatchewan, S4N 2V1

Charles
 Owner/Operator



C: 306-531-9777



KNIGHTS OF COLUMBUS®

You are invited to join our parish council.
 Do more than you could by yourself.
 Contact through Holy Trinity office (306) 543-3838.

GOT HAIL DAMAGE?

COME SEE US FIRST!



TRI'S DENT CARE

- Paintless Dent Repair Specialist -



- Hail Damage
- Minor Dents
- Door Dings



• Serving Regina Saskatchewan for over 22 years

SGI ACCREDITED

With the recent hail storm to hit Regina don't trust your car to just anyone!

Trust **TRI'S DENT CARE!**

With 22 years experience we will do it right the first time!

Locally owned and operated... we're here to take care of you!

1301 Winnipeg Street, Regina SK S4R 1K2
 (corner of Winnipeg St. & 7th Ave.)

SAVE UP TO
\$250
 WITH OUR
 GIFT CARD

306-565-1995

SAVE UP TO
\$250
 WITH OUR
 GIFT CARD

*See Details in Shop

*See Details in Shop



Catholic Women's League

We invite you to join our Council.

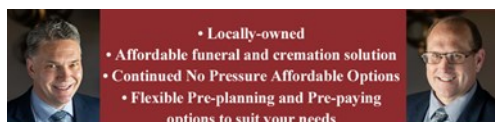


For information on membership and benefits, please contact: Sherry Enns at 306-530-5846

UCB CANADA

95.9 FM

Positive, uplifting Christian radio in Regina



• Locally-owned
 • Affordable funeral and cremation solution
 • Continued No Pressure Affordable Options
 • Flexible Pre-planning and Pre-paying options to suit your needs

Call: 306-545-4455 www.AlmassyMetzfuneral.com
 1265 Seath Street, Regina, Saskatchewan

Almassy Metz
 Funeral & Cremation Services



Bulletin Ad space

Monthly or Yearly. Reasonable rates.
 Call or email Heather, Holy Trinity office.

306-543-3838

htrinity@sasktel.net



Service & Repair

Rob Young

Cell: **(306) 530-6318**

Regina



Bring eyeglass donations to Holy Trinity (plastic drawers in Gathering Area). Cases for glasses **not** needed.. Prescription & non-prescription, broken & loose lenses, swim goggles, sunglasses, reading glasses.



MARY KAY

Deborah Canevaro
 Independent Beauty Consultant
 306-543-5701

Donna Witt
 Independent Senior Sales Director
 306-543-7664

Canada Helps.org
 giving made simple

Donations to Holy Trinity gratefully received electronically through Canada Helps. [Use this link](#)

Archdiocese of Regina Weekly Report

The week's top local stories, parish and diocesan events, and national and international news of Catholic interest delivered to your in-box every Friday.

