



Holy Cross Parish

First Sunday of Lent

Bulletin #10

February 18, 2024

315 Douglas Avenue East, Regina, SK S4N 1H7; Phone: 306-757-1325
www.holycrossregina.ca Email: hc.office@holycrossregina.ca

Contact the office

@ 306-757-1325 for Baptism,
1st Eucharist, Confirmation,
Reconciliation, Marriage,
Funerals, and other concerns.

We acknowledge that Holy Cross Parish is located on Treaty 4 Territory, the traditional homeland of the Nêhiyawak (Cree), Nahkawé (Saulteaux) and Nakota and homeland of the Métis Nation, Dakota and Lakota.

Parish Staff Team:

Pastor

Fr. Carlos Jimenez

pastor@holycrossregina.ca

Martin Kondzielewski

Office & Pastoral Assistant

hc.office@holycrossregina.ca

Rita Gareau

bookkeeper.holycross@sasktel.net

Jacob Antony,

Caretaker

HC Office Hours:

Monday—Friday, 9:00 a.m. to 12:00 p.m.

Masses

Saturday 5:00pm
Sunday 9:00am
Tuesday 7:00pm
Wed. 9:00am
Thur. 9:00am
Friday 7:00pm

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FIRST SUNDAY OF LENT

Genesis 9:8-15 / 1 Peter 3:18-22 / Mark 1:12-15

MONDAY

February 19
Lenten Weekday
Lv 19:1-2, 11-18
Mt 25:31-46

TUESDAY

February 20
Lenten Weekday
Is 55:10-11
Mt 6:7-15

WEDNESDAY

February 21
Lenten Weekday
Jon 3:1-10
Lk 11:29-32

THURSDAY

February 22
Chair of St. Peter the Apostle
1 Pt 5:1-4
Mt 16:13-19

FRIDAY

February 23
Lenten Weekday
Ez 18:21-28
Mt 5:20-26

SATURDAY

February 24
Lenten Weekday
Dt 26:16-19
Mt 5:43-48

SUNDAY

February 25
Second Sunday of Lent
Gn 22:1-2, 9a, 10-13, 15-18
Rom 8:31b-34
Mk 9:2-10

[Jesus] remained in the desert
for forty days, tempted by
Satan.

MARK 1:13



A Trek in the Desert

FR. JOSEPH JUKNIALIS

Deserts come in all shapes and sizes. For Noah, it turned out to be a desert of water, an endless, dreary expanse. For Jesus, it was also without end, one of rocks and sand; it was a harsh existence. In our lives, deserts might be a debilitating illness, a dried-up marriage, grief over lost love, a job that seems to tax our sanity, or a childhood scarred by abuse. Not long ago, the world found itself in a pandemic desert. For many, it was one of cabin fever that isolated us from family and friends. Deserts are not alluring places. They are places from which we tend to run.

Some people deal with the inevitable deserts of life by becoming angry; others grow bitter and turn inward; others blame God and walk away from faith. Yet deserts can also be the very forces that reshape lives. With nothing else to distract us, in the desert we come face to face with ourselves, with who we really are and whose voice it is that we follow. There we take a stand on life, as Jesus did. It was the Spirit that drove Jesus into the desert, and it was there that he realized the future to which he was being called. So also with us. Deserts become places where we discover what God is asking of us and where we need to go, all discoveries that may otherwise never have occurred. In some strange and curious way, then, deserts may be blessings in our lives. ●

Reflect

Have you had a desert experience? How did it reshape your life?

What's Happening at Holy Cross

CALENDAR RAFFLE WINNER
February 11, 2024—Lila Selinger

**Welcome to any new parishioners. Please register with
the Parish Office Mon.-Friday, 9am-12 noon
Or call 306-757-1325**

MASS INTENTIONS FOR THE WEEKS OF FEB. 10-18, 2024

| | | |
|--------|---------|--|
| Sat. | Feb. 17 | PRO POPULO |
| Sun. | Feb. 18 | For the repose of the soul of Helen DeSouza, offered by Carlita and family. |
| Tues. | Feb. 20 | For the intentions of Ed Deck offered by Judy Miazga. |
| Wed. | Feb. 21 | For the repose of the soul of Cal Murphy on the anniversary of his death, offered by Joyce and |
| Thurs. | Feb. 22 | For the intentions of Martin, offered by Andrew and Margaret. |
| Fri. | Feb. 23 | |
| Sat. | Feb. 24 | PRO POPULO |
| Sun. | Feb. 25 | For the repose of the soul of Dianne Gatrell, offered by Darcy. |



CWL News

The CWL is collecting baby products and female personal hygiene products for Visitation House and Carmichael Outreach. The collection runs now until March 5 at the next monthly meeting. Items that will be appreciated are:

For Baby

Diapers
Wipes
Diaper cream
Shampoo
Powder
Lotions, etc.

For Mom

Shampoo/Conditioner
Body Wash
Soap
Toothbrushes/Paste
Feminine hygiene products
etc.

Mark your calendars!

Cabbage rolls will be for sale in March. More details to follow.



Did you know?

The Parliamentary Budget Office provided a report in 2020 on the estimated cost of broadening the eligibility for Medical Assistance in Dying (MAiD) in 2021, using the baseline costs of then current legislation in 2020.

The estimated gross reduction in health care costs, amounted to \$109.2 million, while the costs of administering MAiD was an estimated \$22.3 million. Thus, the difference between the two represents a net cost-saving reduction for provincial government health care of \$86.9 million."

***Ask yourself, who really benefits from MAiD?**

From Office of the Parliamentary Budget Officer, report on "Cost Estimate for Bill C-7 'Medical Assistance in Dying'", October 20, 2020

How did Ash Wednesday come to be the start of Lent?

By the end of the 4th century Christians were participating in a 40-day Lent before Easter. The Latin Church used six weeks to identify the Lenten period but didn't fast on Sundays. So six Sundays were subtracted from the 42 of six full weeks, leaving 36 fasting days. Pope St. Gregory the Great resolved this situation by adding as fast days the Wednesday, Thursday, Friday and Saturday before the first Sunday of Lent. Thus the Lenten 40-day fast, or the Great Fast as it was known, would begin on a Wednesday.

From D.D. Emmons, Simply Catholic

Mardi Gras

Mardi Gras ("Fat Tuesday") is the day before Ash Wednesday which marks the beginning of Lent. It was the day to get rid of rich foods and strong drink that would be foregone during Lent. It then also became a day of revelry before the discipline of the next 40 days.

Some cities around the world, and in New Orleans in North America, have elaborate civic festivities leading up to Mardi Gras. These are usually known as "Carnival" (Farewell to Meat) which conveys the celebration's religious, pre-Lenten character.

From Fr. Reginald Martin, Simply Catholic

Welcome to any new parishioners. Please register with the Parish Office. Fill in the blanks below and drop it into the collection basket or email the office (hc.office@holycrossregina.ca). Let's get started!

Name: _____

Email: _____

Phone: _____

Mass of Choice: ☐ Sat evening 5:00 pm ☐ Sun morning 9:00 am

PARISHIONERS' CORNER

BIRTHDAYS! Cathleen Devraj celebrates on Monday, 19th, Gladys Herzberger on Thursday, 22nd, and Jane Beach and Gerald Workman on Saturday, 24th. Congratulations and many blessings for the year ahead.

We asked last week if any of you are in touch with any Holy Cross people who are now living in a care community or unable to come to church as they used to? If so, Parishioners' Corner would like to hear from you. We (Holy Cross) would like those people to know that we still think about them and care about them. Perhaps others at Holy Cross would like to be able to keep in touch with them, too, and the bulletin can be the means to let you know that they'd appreciate a visit or a phone call. We'd like to hear from you.

Eva Wasserle's husband Richard passed away earlier this month. His funeral was here on Friday, Feb. 16. Please pray for Eva and for Richard's soul. May he rest in peace.

A lady saw Harvey and Phyllis Kennedy holding hands as they walked up a wintery ramp to a restaurant. After dinner she approached them to say it was so nice to see their dedication to each other and she had paid for their meal. One of those surprising and heart-warming events to be paid forward.

We were fortunate to receive two special blessings this month—the Blessing of Throats and Anointing of the Sick. There are a couple of pictures in this bulletin, courtesy Connie Todd.

Holy Cross is a community, a family, and families keep up to date on the well being of their members. Let's pass along news of our parishioners so we can pray for or celebrate with them. Call Martin at 306-347-0929 or Joyce at 306-789-1983, or byapple@sasktel.net. Don't be afraid to leave a message.



Anointing of the Sick—Feb. 11

Knights of Columbus



Pancake Breakfast



Date: Sunday, February 18

After 9:00 am Mass

Location: Gerein Centre

Adults: \$10, Student: \$5, Children Under 6: Free

POOR MAN'S SUPPER

Friday, Feb. 16, 5:30pm

Gerein Centre

Stations of the Cross 6:45pm

Mass 7:00pm

STATIONS OF THE CROSS LEADERSHIP

| | |
|---------|-------------------|
| Feb. 23 | CWL |
| Mar. 1 | Challenge Girls |
| Mar. 8 | Liturgy Committee |
| Mar. 15 | Parish Council |
| Mar. 22 | Altar Servers |

LENTEN FOOD DRIVE



The Knights of Columbus at Holy Cross once again is asking for your support and generosity for a Lenten Food Drive for the Marian Centre and Visitation House. It will run from the weekend of February 17/18 to March 24/ 25.

Collection Boxes are in both the Gerein Centre and the Douglas Ave. entrances for non-perishable food items. **Foods** preferred are:

Marian Centre

Cheez Whiz
Peanut Butter
Coffee
Strawberry Jam
Grape Jam
Marmalade

Visitation House

Pasta
Soups
Tuna/Salmon/Chicken
Pork and Beans
Canned Fruit
Canned Vegetables

*God has given each person freedom and forces no one,
but only indicates, calls and persuades.*

... St. Angela Merici

WEEKLY LENTEN RESOLUTIONS

(FOR THOSE WHO HAVEN'T STARTED YET)

WE
THANK
THANK THOSE WHO SHOW YOU THE GOODNESS OF GOD

SA
BE QUIET
BE SILENT, KEEP YOUR INTERIOR AND EXTERIOR QUIET

MO
PRAY
OFFER THIS WEEK AS A SACRIFICE TO THE LORD

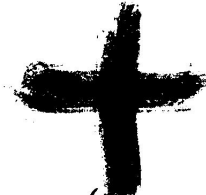
TH
SERVE
THINK OF OTHER PEOPLE'S NEEDS

SU
REFLECT
THINK OF THIS PAST WEEK AND HOW YOU CAN IMPROVE

TU
GIVE
BE GENEROUS WITH THE GIFTS THAT GOD HAS GIVEN YOU

FR
FAST
FROM EVERYTHING THAT KEEPS YOU AWAY FROM GOD

"WHATEVER YOU EAT, THEN, OR DRINK, AND WHATEVER ELSE YOU DO, DO IT ALL FOR THE GLORY OF GOD."
1 CORINTHIANS 10:31



Remember man that you are dust and into dust you shall return.

MARK YOUR CALENDAR:

**HOLY CROSS PARISH
ANNUAL GENERAL MEETING
SUNDAY APRIL 7 after Mass.**



Blessing of Throats - Feb. 4

How To Give Alms This Lent

- ✓ VOLUNTEER YOUR TIME
- ✓ CLEAN OUT YOUR PANTRY AND GIVE ITEMS TO A FOODBANK
- ✓ MAKE A MEAL FOR A NEIGHBOR OR FAMILY IN NEED
- ✓ SACRIFICE A TREAT (COFFEE, DESSERT) AND GIVE THAT MONEY TO THE POOR
- ✓ MAKE BAGS OF TOILETRY ITEMS TO GIVE TO THE HOMELESS
- ✓ GIVE AWAY AN OUTFIT OR ITEM YOU STILL REALLY LIKE! (AND OTHERS YOU NO LONGER USE)



Feb. 23 - Poor Man's Supper

| | |
|-------------|-------------------------|
| Soup | Eldon & Gretta-Lynn Ell |
| Egg Salad | Helen Herauf |
| Salmon/Tuna | Reg Hinz |
| PB & Jam | Garry & Wendy Kraushaar |

It is not enough to say we are Christians. We must live the faith, not only with our words, but with our actions.

Pope Francis, January 20, 2014

Stewardship Bulletin Bits

"After John had been arrested, Jesus came to Galilee proclaiming the gospel of God...." - Mark 1:14

Have you ever thought about how difficult it must have been for Jesus to go to Galilee, knowing that John had just been arrested for teaching the same message that He was proclaiming. It took great love and trust for Jesus to do what the Father had sent Him here on earth to do. In the same way, living a stewardship lifestyle takes great love and trust from us. We must be willing to surrender completely to God, trusting that He will always give us all that we need to fulfill His plan for us.

TF#388: 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 Vidyamala Burch and Danny Penman and a surprise book that changed Brett's life without him ever reading it!

<https://thinkingfaith.libsyn.com/books-that-changed-bretts-life-part-2>

RENEW LENT

RENEW your Lent with weekly reflections, music, prayer resources and other Lenten activities to enhance your Lenten journey, from Ash Wednesday to Holy Week. Sign up at archregina.sk.ca/news or email communications@archregina.sk.ca



Catechesis of
the Good Shepherd
Association of Canada

Catechesis of the Good Shepherd

Inside a Catechesis of the Good Shepherd atrium, what you find is an array of materials prepared for a child to use in a repetitive work of their hands. In and through this manual work is how they hear God's voice and deepen their understanding of a particular scripture story or liturgical element. The material is real – wood, cloth, metals, ceramics, and glass. These are things a child naturally understands to be real, precious, and worthy of cherishing.

Much of the material is locally handmade. Every atrium across the globe has its own story of a talented and generous community coming together to build it. Our Good Shepherd never fails to provide for everything we need! We shall not want. Wonder with us! For more information, visit cgsac.ca or contact regina.cgs33@gmail.com



Emmaus Mental Health Ministries

"While they were talking and discussing, Jesus himself came near and went with them." Luke 24:15



At Emmaus Mental Health Ministries we believe in the strength and comfort that can come from peers walking with and supporting peers.

Our spiritual peer support groups bring together individuals with lived experience of mental health challenges in the family.

Spiritual peer support focuses on shared prayer, learning building resiliency, walking together, moving forward towards a healthier life for ourselves and those whom we care for, and discovering Jesus Christ walking with us in the midst of it all.

Who needs you to hold their hand today? Who do you need to hold yours?

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



Emmaus Phone and
Online Support

Emmaus Website

Emmaus Prayer
Support

emmausmentalhealth@gmail.com


We meet monthly at Holy Trinity Parish in Regina (and accessible online via Zoom); we 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.

Come and See

INTERESTED IN LEARNING MORE?

February 24,
2024
11:00-1:00 pm
Meeting Room 1
Resurrection Parish

...
regina.cgs33@gmail.com



Catechesis of the Good Shepherd

Charismatic Prayer Gathering

Resurrection Parish

7:00 - 9:00 p.m.

February 25, April 21, May 26, June 23

Come Alive! You are invited!

Come and experience Christ's loving embrace through music, praise, worship, teaching, prayer, and fellowship! Mark your calendars now. Hope to see you there!

What's Happening in the Archdiocese 2

Suffering and the Pascal Mystery

with Deacon Eric Gurash

Join us for a faith-enriching evening as Deacon Eric Gurash reflects on the heart of our Christian faith: the Pascal Mystery. This event will take place at Holy Family Parish on Thursday, February 29, from 6:30 to 8:30 pm.

Deacon Gurash will delve into the depths of the Pascal Mystery as discovered within Scripture and our human experience. He'll shed light on the Pascal 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. We look forward to seeing you there.

Igniting the Spirit of Reconciliation

Join us at the Neil Balkwill Centre (2420 Elphinstone Street) for the art show, *'Igniting the Spirit of Reconciliation.'* Featuring 94 artworks representing each of the 94 Calls to Action from the Truth and Reconciliation Commission's final report, the pieces were created by students of Balcarres Community School and Vibank Regional School.

Brought to Regina by the Truth and Reconciliation Committee of the Roman Catholic Archdiocese, the exhibit runs from February 3 – 29, 2024.

Don't miss these special presentations:

Feb 21:(1:00 pm – 3:00 pm) Regina Survivors Circle members sharing their Indian Residential School experiences.

Feb 26: (1:00 pm – 3:00 pm): Presentation by Susan Beaudin on Sacred Treaty Relationships.

Registration is required due to limited space. Email trcsask@gmail.com to register. Snacks and refreshments provided.



LENTEN PRAYER LUNCHES

Our Lady of Peace Parish
425 Broad St. North
12:15 pm prayer, followed by soup lunch
Fridays beginning Feb. 16

Free will offering
Proceeds to Development and Peace

POOR MAN'S SUPPER

Holy Cross Parish, 315 Douglas Ave. East
Fridays during Lent

5:30 pm soup & sandwiches

6:45 pm Stations of the Cross

7:00 pm Mass

Free will offering
Msgr. Gerein Council 9853, Knights of Columbus

ENGLISH WAY OF THE CROSS, 3rd annual Through the Voice of Victims

St. Cecilia's, 5020—7th Ave.

Friday, February 23 at 7:30 PM

All are welcome to attend in person or join online, a link to the livestream will be sent out next week.

TASTE OF THE PHILIPPINES

Holy Trinity Roman Catholic Church
5020 Sherwood Drive

Saturday, March 2

Cocktails 6:30 pm / Supper 7 pm

(Parish hall, north door
elevator may not be available)

Tickets: Adults \$25, 7-12 yrs. \$12 and 6 & under
free Cash Bar: wine, beer, 50/50 draw

Proceeds to Holy Trinity elevator fund

Food, Fun & Entertainment
Join us in dressing tropically!

For tickets, call Debbie at 306-545-7654
Or stop into the church office Mon-Fri 9 am – 3 pm

SNOWFLAKE WINTER WARM-UP, DINE-IN

Our Lady of Peace Parish
4225 Broad St. North
5:00-6:00 pm by Charlotte's

Roast Beef—Feb. 18 Turkey—Feb. 25
Tickets: \$25 Adults, \$15 Children 7-12, Free 6 & Under

Call Anita 306-543-0421 or
call or text Dennis 306-530-2370

Reserved tables for groups of 6 or more

Local entertainment.

Sponsored by OLP Finance Council

HOLY FAMILY PARISH GALA

Saturday, March 16th

Holy Trinity Parish Hall, 5020 Sherwood Dr.
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 are \$75 each (\$40 income tax receipt)
call David or Claudette 306-924-0992

email davidbeitel@sasktel.net.

Family & friends welcome (only 200 tickets available)