



# Holy Cross Parish

Fourth Sunday in Ordinary Time Bulletin #8

January 28, 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 limenez 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 9:00am Wed. 9:00am Thur. 9:00am Friday

Page 2: Mass Intentions, Raffle winners, Parishioners' Corner, Palms.

Page 3: Poor Man's Schedule, CWL News, Lenten Schedule. Page 4-5: Archdiocese News. Page 6: February Calendar.

#### **FOURTH SUNDAY IN ORDINARY TIME**

Deuteronomy 18:15-20 / 1 Corinthians 7:32:35 / Mark 1:21-28

#### MONDAY

January 29 Weekday 2 Sm 15:13-14, 30; 16:5-13 Mk 5:1-20

#### TUESDAY

January 30 Weekday 2 Sm 18:9-10, 14b, 24-25a, 30-19:3 Mk 5:21-43

#### WeDNESDAY

January 31 St. John Bosco, Priest 2 Sm 24:2, 9-17 Mk 6:1-6

#### **THURSDAY**

February 1 Weekday 1 Kgs 2:1-4, 10-12 Mk 6:7-13

#### **FRIDAY**

February 2 Presentation of the Lord Mal 3:1-4 Heb 2:14-18 Lk 2:22-40 or 2:22-32

#### **SATURDAY**

February 3 Weekday 1 Kgs 3:4-13 Mk 6:30-34

#### SUNDAY

February 4 Fifth Sunday in Ordinary Time Jb 7:1-4, 6-7 1 Cor 9:16-19, 22-23 Mk 1:29-39

## Love Takes Work

FR. JOSEPH JUKNIALIS

f you believed your own natural death was imminent, would that affect the decisions you make? When St. Paul wrote to the church in Corinth, that was his expectation—that the Lord's return was going to take place quickly, that the Second Coming was just about to occur and could happen at any time.

While St. Paul writes to the Corinthians that it is better to be unmarried than married, the purpose of this advice is to keep life simple and focused on what is

important. Don't make any long-term commitments like buying a field, or starting a business, or even getting married. Be ready and prepared because the end of the world could literally be tomorrow. "I should like

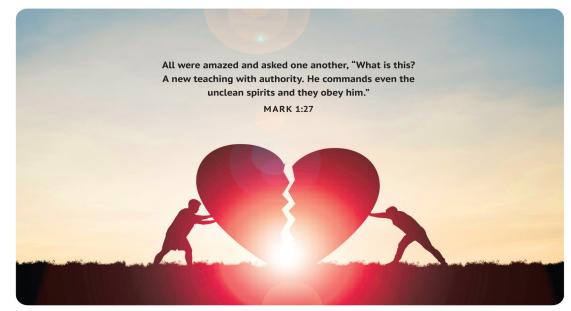
you to be free of anxieties" he wrote. Much later St. Paul realized the end was not going to happen as soon as originally expected.

Saint Paul was not against marriage. He would be the first to say that, ideally, marriage can and often does reveal the depths of human love, but he would also say that it takes work; it doesn't happen all by itself. Just as readily, St. Paul would also note that, ideally, celibacy can and often does reveal the breadth of love given in service to others, whether the celibate

> person is lay, a priest, or a religious. It can seem, however, that the unclean spirit that Jesus cast out continues to roam human lives. All of us struggle to live out love as best we can. wherever we find ourselves in life. .

#### -Reflect-

What in your life gets in the way of loving as well as you would wish?



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### What's Happening at Holy Cross

## CALENDAR RAFFLE WINNER January 21—Violet Habermehl

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 JAN. 27- Feb. 04, 2024
Sat <u>.</u>	Jan. 27	For the repose of the soul of Lynne Rieben, offered by Lori Garchinski.
Sun.	Jan. 28	For the soul of Lyle Goudy, offered by Lil.
Tues.	Jan. 30	For the repose of the soul of Anton Frank (on his birthday) offered by Dolores and Family.
Wed.	Jan. 31	
Thurs.	Feb. 1	For the intentions of Amanda Devraj, offered by Cathleen.
Fri.	Feb. 2	For all sick people, offered by Cathleen Devraj.
Sat.	Feb. 3	PRO POPULO
Sun.	Feb. 4	For the intentions of Grace and Huntley O'Conner, offered by Dolores.

#### **PARISHIONERS' CORNER**

Wendy Kraushaar is our birthday girl this week. Happy birthday, Wendy, and thanks for all the work you do for our parish. May God bless you abundantly.

Jean & Ed Mann and Bob & Helen Herauf are off to warmer climes leaving us behind to brave our Saskatchewan winter. May they return rejuvenated and well tanned.

Then there's Len & Loretta Jelinski who are off to dog sit in Winnipeg while their children enjoy a warm holiday. Is there something wrong with this picture?

Preparations are beginning for Lent which will be with us soon. Plan to join us for the Poor Man's Supper on all the Fridays in Lent. It's soup and sandwiches in the Gerein Centre at 5:30 pm followed by Stations of the Cross and Mass. It's a nice way to make Lent a little special.

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.

#### **2023 CALENDAR RAFFLE WINNERS Prizes Unclaimed**

The cheques listed below have not been cashed. Please check to make sure you haven't missed yours.

Date	Cheque #	Name of Winner	Amount \$
Sept. 9	258	Shirley Sebastian	\$100
Sept. 17	260	Genelle Nicholson	\$25
Oct. 22	265	Bernice Bast	\$25
Dec. 3	272	Bryant & Chelsea Adams	\$25
Dec.24	275	Marie Lebersback	\$25
Dec. 31	277	Dan Devers	\$25





You may have noticed the green ribbons on the tables at both entrances of the church. They are to remind us of the millions of lives lost to abortion in Canada. Please pick one up and wear it. On January 28/1988, the Supreme Court of Canada struck down abortion as part of the criminal code. There are now no laws regulating abortion in Canada; an abortion is legal in any of the nine months of a pregnancy.

Meanwhile, in one year abortion has killed 44.6 million people before birth worldwide (2023) — more than any other cause of death. (Jan. 9/224 LifeSiteNews)

"Therefore Choose Life: My Journey from Hopelessness to Hope" has been received. You will find it in the library in the Gerein Centre. This is an easy read, a true story of the homeless man suffering from mental illness, alcohol and drug abuse searching for help from coast to coast to coast in Canada. He tells us like it is on the streets, the roadblocks to those seeking healing, the despair, the hope, those who helped him, and always his faith in Jesus.

Pick up a copy. It will at least help you understand what we cannot by ourselves.

#### LENT !!!

#### Gathering of the Palms

Ash Wednesday will be February 14 this year. Baskets are now available for you to bring your palms to the church to use to create the ashes. A blessing of the Burning of the Palms will happen Tuesday, February 13 before the 7:00pm Mass.



TAX RECEIPTS ARE NOW READY FOR PICK UP IN THE GEREIN CENTRE.

### What's Happening at Holy Cross 2

Thank you to all the volunteers who have signed up for the Poor Man's Suppers this Lenten season, all spots are now filled. I will post the schedule in the Gerein Centre as a reminder for everyone as to when they promised to do their part. If we should get attendance of more than 50 people we my have to ask for more help at that time (ie, more sandwiches and more help to make them). If you have any problems with the schedule please give me a call at 306-789-4442 or email liska@accesscomm.ca.

MONSIGNOR GEEREIN KNIGHTS OF COLUMBUS POOR MAN'S SUPPER Fridays during Lent								
Date	Soup	Egg Salad	Salmon / Tuna	Peanut Butter & Jam				
		(3 sandwich loaves)	(3 sandwich loave)	(2 sandwich loaves)				
Feb. 16	Lynn & Gerry Heymen	Lori Garchinski	Stefanie Wolfe	Joyce Murphy				
Feb. 23	Eldon & Greta-Lynn Ell	Helen Herauf	Reg Hinz	Dolores Deis				
Mar. 1	Albert & Ruth Robillard	Dan & Shirley Devers	Grace O'Connor	Jack & Gladys Herzberger				
Mar. 8	Susan Leier	Gerard & Erna Woynarski	Ray & Melanie Fenrick	Marie-Anne & Don Harazny				
Mar. 15	John & Marie Lebersback	Susan Leier	Rita Gareau	Marie-Anne & Don Harazny				
Mar. 22	Trudy & Wayne Rutten	Ray & Melanie Fenrick	Len & Loretta Jelsinki	Pamela Richaud				

NOTE: Average attendance in 2023 was 42 people, with a high of 59.



#### **CWL News**

Holy Cross CWL General Meeting will be held on February 6, Mass @ 7 PM with meeting to follow.

Don't forget our Muffin Program for Sacred Heart School; please bring your muffins to the meeting.

Thank You! Marie Lebersback



The devil strains every nerve to secure the souls which belong to Christ. We should not grudge our toil in wrestling them from Satan and giving them back to God.
... St. Sebastian

#### A Note of Thanks!

I wish to thank parishioners for all the prayers, the get well wishes, visits and calls as I recovered from a "near death" experience just before Christmas. Also, a special thanks to Lila's daughter-in-law in Calgary for opening her home so I could rest after the hospital stay before I returned to Regina — an angel!

And you, the parishioners, are truly "Christ on Earth" -- I experienced it!! Thank you.

Ruth Robillard

## Holy Cross Lenten Schedule the First Part

**Burning of the Palms**Feb. 13, 6:45pm before Mass.

Ash Wednesday
Feb. 14 – 7:00pm with Fr. Jake
celebrating. Ashes will be distributed
after the homily.

Friday's During Lent
i) Poor Man's Supper
Every Friday (Feb. 16, 23, Mar. 01, 08, 15, and 22) at 5:30pm. Free will offering.
li) Stations of the Cross starting at 6:45pm
lii) Mass follows

## Parish Reconciliation

Friday, March 07 After the usual Friday celebrations will be our Reconciliation Celebration with Fr. Carlos, Fr. Brian and Fr. Steve.

### What's Happening in the Archdiocese

#### **Stewardship Bulletin Bits**

"Brothers and sisters: I should like you to be free of anxieties."- 1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

## CATECHISM LESSON THIRTY-NINE What is Holv Mass?

Watch Videos: www.archregina.sk.ca/group/

catechetical-support-parishes/

Catechism Text: CCC nos. 1330-1332

Sacred Scripture: Luke: 22.19, 1 Cor 11.24-27, Mal

1.11-14

Ignatius of Antioch: Make certain, therefore, that you all observe one common Eucharist; for there is but one Body of our Lord Jesus Christ, and but one cup of union with his Blood, and one single altar of sacrifice—even as there is also but one bishop, with his clergy and my own fellow servitors, the deacons. This will ensure that all your doings are in full accord with the will of God." (Letter to the Philadelphians 4 [A.D. 110]).

#### FAQ: How does the second edition of the Catechism of the Catholic Church differ from the first edition?

The second edition differs in two ways. First, the second edition reflects the changes that were made in the final Latin text in 1997. Second, the second edition includes a new index and a glossary was added.



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## CHRISTIAN LIFE PROGRAM (CLP)

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FOR MORE INFORMATION, PLEASE CONTACT:

RENE REYES ROD CREER CRIS MASAOAY (306) 581-8109 (306) 581-2508 (306) 537-2883

## TF# 384 - Communities of Care: Catholic Parishes and Mental Health Peer Support

This week on *Thinking Faith* Deacon Eric Gurash discusses the ways that spiritual peer support can help navigate mental health challenges and the role our parishes and Catholic social teaching can play in building caring, supportive communities.

**Show Snippet**: "Our parish communities are uniquely positioned to walk with others, offering prayer-filled support that can rebuild self-esteem and confidence often undermined by experiences of mental illness through a focus on mutuality, self-determination, respect, dignity, equity, and belonging."

Find out more about the Archdiocese of Regina's Emmaus Family Support mental health ministry at <a href="https://www.emmaussupport.ca">www.emmaussupport.ca</a>.

<u>thinkingfaith.libsyn.com/communities-of-care-catholic-parishes-and-mental-health-peer-support</u>





#### Emmaus Mental Health Ministries

While they were talking and discussing. Iesus 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 ourselevs 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



emmausmentalhealth@gmail.com



Emmaus Praye Support

We meet monthly at Holy Trinity Parish in Regina (and accessible online via Zoom); we understand what you're going through. Visit <a href="mailto:emmausupport.ca">emmausupport.ca</a> or contact Deacon Eric Gurash at <a href="mailto:emmausmentalhealth@gmail.com">emmausmentalhealth@gmail.com</a> or 306-721-6724 to learn more.

Join Fr. Scott Lewis, SJ, for an online non-credit course that will explore various methods of examining scripture through the lens of modern critical research. At 10am in Saskatchewan for one hour on January 30, February 6, 13, 27, 2024. To register, please visit: Circling the Text: A Critical Approach to the Gospels – Campion College.

### What's Happening in the Archdiocese 2

#### **ADORATION First Fridays of Each Month**

Feb. 2—8:00 am Rosary 8:30 am; Mass 9:00 am HOLY CROSS PARISH, 317 Douglas Avenue East

#### **ADORATION First Fridays of each Month**

Feb. 2—beginning at 6:30 pm ST. MARY'S PARISH, 2026 Winnipeg St. Confessions, Mass, Exposition, all-night Adoration Mass First Saturday at 8:00 am.

#### DAILY ADORATION

## Saint Faustina's Shrine and EADM Chapel 484 Hamilton Street

Monday-Thursday, Noon–4:00 pm, Friday, Saturday, and Sunday, 2:00– 4:00 pm.

The Rosary is recited at 2:30 daily, followed by Litany to St. Faustina and Chaplet.

## MEDJUGORJE PILGRIMAGE April 3—13

Join us for Daily Mass, Rosary on Apparition Hill, Stations of the Cross on Cross Mountain, Visit to Cenacola Community, Visit to visionary - Professional Guide, if available.

For more details call Cathleen Devraj 306-789-0705 or email <a href="mailto:cdevraj48@gmail.com">cdevraj48@gmail.com</a>.

People aspire to what is beautiful and love it. But what is beautiful is also good. God is good. Everyone looks for the good, therefore everiyone looks for God.

... St. Basil

#### **ASH WEDNESDAY**

Why do we do we receive ashes on our forehead in the shape of a cross on Ash Wednesday, and what does it mean?

The ashes are a symbol of our human mortality, the fact that we will die and our only survival is through Christ. Indeed, when the priest puts the ashes on our forehead, tracing the sign of the cross with his finger, he speaks the words, "Remember you are dust and to dust you shall return.

This does not seem like a very nice thing for a person to say, because it is a reminder that we must die. But it isn't a curse at all. Instead, it is a gentle reminder that we live only due to the will of God, and we will live again, only through the deliverance of Jesus Christ.

God created us from dust. Even science has demonstrated that we are all made of atoms created at the beginning of the universe. Although our bodies will return to dust, our immortal souls will live again, thanks to Christ's sacrifice, hence the sign of the cross.

Ash Wednesday is a day of repentance, prayer and fasting. After receiving our ashes, we should go home to pray and meditate on this simple truth: Our bodies come from dust, and to dust they shall return, but our souls will live forever thanks to the sacrifice of Jesus Christ on the cross.



Spend an afternoon with Regina Philharmonic in a HYMN SING themed concert!

Sing along with a full choir of over 100 voices singing beloved Christian Hymns & listen to beautiful sacred music! This afternoon of praise is not to be missed! Come enjoy some homemade treats, and uplifting music. Sunday Jan. 28th 2:30PM at Knox Met United Church. Tickets available at the door or at reginaphilharmonic.com for \$25.

**Lenten Reflection** 

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a model of humility.
He fulfilled Your Will by becoming Man
and giving His life on the Cross.
Help us to bear witness to You by following
His example of suffering and make us worthy
to share in His Resurrection.
We ask this through our Lord Jesus Christ, Your Son.
Amen.

## February 2024

Revised Jan 25 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7 8 14 1: 21 2:	Jan 2024  1 T W T F S 2 3 4 5 6 3 9 10 11 12 13 5 16 17 18 19 20 2 23 24 25 26 27 9 30 31	Mar 2024 S M T W T  3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31	1 2 8 9 15 16 22 23	9:00 AM Mass	8:00 AM Adoration 9:00 AM Mass 10:00 AM Communion to Housebound Lay 6:00 PM -9:00 PM Challenge Girls Meeting	3 4:30 PM Confession 5:00 PM Mass Strings and Voices
8:30 AM Confessions 9:00 AM Mass Joyful Noise	5	7:00 PM Mass 7:45 PM CWL Meeting	9:00 AM Mass	9:00 AM Mass 6:45 PM-9:00 PM 4th Degree K of C Meeting	9:00 AM Mass 6:00 PM -9:00 PM Challenge Girls Meeting 6:00 PM K of C presents Made for Greatness GC	10 4:30 PMConfession 5:00 PM Mass Linda Selinger
8:30 AM Confessions 9:00 AM Mass Strings and Voices	12	13 6:45 PM Burning Palms Liburgy 7:00 PM Mass 7:45 PM Parish Pastoral Council meeting	7:00 PM Ash Wednesday Mass w Fr. Jake Anthem	15 9:00 AM Mass	5:30 PM Poorman's Supper 6:00 PM -9:00 PM Challenge Girls Meeting 6:45 PM Stations of the Cross with Mass to follow w K. of C.	17 4:30 PM Confession 5:00 PM Mass Joyful Noise
8:30 AM Confessions 9:00 AM Mass 10:00 AM K of C Pancake Breakfast Anthem	19	20 4:30 PMLiturgy Committee Meeting Gerein Centre 7:00 PM Mass	9:00 AM Mass 11:00 AM Queen Victoria Mass 1:00 PMHC Choir practice	22 9:00 AM Mass	23 5:30 PM Poorman's Supper 6:00 PM -9:00 PM Challenge Girls Meeting 6:45 PM Stations of the Cross with Mass w CWL	24 4:30 PM Confession 5:00 PM Mass Tammie Mlo
25 8:30 AM Confessions 9:00 AM Mass Joyful Noise	26 Comitee Repots Due into office for AGM Report ten Archbishop potluck	27 7:00 PM Mass 7:30 PM Finance Council Mtg - GC	School February Break  28 9:00 AM Mass	29 9:00 AM Mass		

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 contact: \_\_\_\_\_

Mass of Choice: \_\_\_ Sat evening 5:00pm \_\_\_\_ Sun. morning 9:00am