



# Holy family Parish

**Bulletin — February 3rd & 4th, 2024**

1021 McCarthy Blvd. N., Regina, SK S4X 3P9 Phone: 306-949-7678  
Website: [www.holyfamilyregina.com](http://www.holyfamilyregina.com) Email: [office@holyfamilyregina.com](mailto:office@holyfamilyregina.com)

Facebook: [www.facebook.com/holyfamilyregina/](http://www.facebook.com/holyfamilyregina/)

### Contact the office

**Mon - Thurs 9am-12pm  
and 1pm-4pm,  
(closed during lunch hour)  
Fri 9am-12pm**

for Baptism, First Eucharist, Confirmation, Reconciliation, Marriage and Funeral; Mass Intentions, Hall, Meeting Rooms, and Parish items.

**Please use the front door during office hours.**

### Parish Staff Team:

**Fr. Wilfred Calinawan,**  
Administrator  
[pastor@holyfamilyregina.com](mailto:pastor@holyfamilyregina.com)

**Sr. Amelia B. Gorospe, SIHM**  
Pastoral Assistant  
[pastoral@holyfamilyregina.com](mailto:pastoral@holyfamilyregina.com)

**Andrea Resler, Office Administrator**  
[youth@holyfamilyregina.com](mailto:youth@holyfamilyregina.com)

[sacprep@holyfamilyregina.com](mailto:sacprep@holyfamilyregina.com)

**Mike Nijman, Building and Grounds**  
**Nonilo Mantuhac, Custodian**

**All Masses will be celebrated in the hall.**

### Weekend Mass Times:

Saturday 5:00 pm and Sunday 9:00 am & 11:00 am

### Weekday Mass Times:

Tuesday 7 pm (Adoration begins at 6 pm),  
Wednesday & Thursday 10 am.

**Mass on Friday is cancelled.**

Holy Family 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.

# 5th Sunday in Ordinary Time

Concluding the introductory section of Mark's gospel, today's reading further clarifies the nature of the mission Jesus means to share with his disciples. As we have seen, the healings and deliverance performed by Jesus are part of his preaching of the Kingdom, signs that God will triumph over all the forces of evil in the world. This is brought out by Mark, as he recalls and contrasts two moments of healing.

There are practically no details in the gospels of the family circumstances of the apostles. The account of the curing of Peter's mother-in-law is therefore remarkable. It is generally accepted that Mark composed his gospel in Rome about the time of Peter's martyrdom. If this is true, Peter's telling of the story of Jesus would have been an important source of his material. In this incident we may well hear echoes of Peter's voice describing a sequence of events. Peter brings Jesus from the synagogue to his home for a meal; they are surprised to find the old lady ill with fever; Jesus heals her instantly by taking her hand and helping her up; fully recovered she gives herself to the service of the Lord.

As we have seen, 'Who is this man?' is the subtext of Mark's narrative. There is no doubt that Jesus worked miracles. Miracles, as we all know, have an unhealthy fascination for many people. Mark is concerned that his readers are not carried away by the fact that Jesus was a wonder worker. They must understand that the miracles of Jesus were signs inviting faith in the coming of God's salvation into the world. True faith in the Saviour will



come, in the end, to understand that the greatest wonder in the life of Jesus of Nazareth was the salvation he brought to the world as its crucified Saviour. Thus, as Mark's narrative continues, we hear echoes of how Peter began to learn this lesson at the end of the eventful Sabbath Mark has described.

By evening, word had spread that there is a miracle worker in town. People came crowding around Peter's door, bringing their sick and 'possessed' for healing. Jesus responded to their appeals; but in his silencing of the 'devils who knew who he was' we are reminded that these people still have to learn who he is. In the morning there was consternation when Peter and his companions find that Jesus was nowhere to be found. 'Everyone is looking for you', they protest, disappointed that he has not made the most of this instant notoriety. Later they will recognise that Jesus was concerned to lead the people beyond the wonders he worked to a renewed faith in the coming of God's Kingdom – the great theme of the solitary prayer he shared with his Father. This could only be achieved by his preaching the message of the Kingdom. And so the ministry he was about to undertake 'all through Galilee' would combine his 'preaching' and his 'casting out devils'.

John Thornhill, sm  
TheEmmausSeries.com

*Have you ever given yourself to Jesus Christ in faith? Try it! You will be amazed at the results.*

## From Today's Reading

**First Reading: Job 7:1-7.** Here, Job is in the early stages of his 'test of faith.' He has not come to the realization that this is just a test and that God is standing by to help him. He is so discouraged that he can see no end to his misery and lacks the hope for change. We all reach this point sometime in our life, but that is when we should call upon our faith and pray to the God of all divine power to help us, to pull us up from the drudgery of this life and set us upon the road that will lead to spiritual happiness. In the end Job does reach this level, but he must suffer greatly be-fore getting there.

**Responsorial Psalm 147:1-6** is a song that praises God for His goodness and mercy. It could be one that Job sang in the final chapter for his life when all good things were restored.

**Second Reading: 1 Corinthians 9:16-23.** In this passage, we see St. Paul as the opposite of Job. He has been heavily burdened with the task of preaching the gospel of Jesus Christ yet he does so willingly, knowing that it will lead to his salvation and to the honor and glory of God. Christ and prayer were the sources of his strength. These readings speak to all of us, but primarily to those who are experiencing the stress of the current economic or employment situations. They encourage us to turn to Jesus Christ, the divine healer, for strength, comfort and healing, not as we might desire, but rather as He wants for us. Turn to Him in prayer and humility, giving your troubles, depression or aches and pains in faith and trust; and then watch for the results.

### THOSE IN NEED OF WELL-BEING

Jean & John Boyko	Daniel Riabchyk
Kim Toogood-Kyllo	Rita Legaarden
Roseann Melnyk	Can Pham
Ray & Lenore Geisbauer	Phong Le
Gerry & Sharon Bohay	Andrew Ziegler
Cec & Harvey Hartness	Muri Family

### OUR BELOVED DEPARTED

Fr. Gary Lindenbach	Fr. Pat Murphy
Fr. Cornelius Lucey	Sr. Patricia Orban

*May God's grace and blessings  
comfort and console those who  
we love and who are in need.*

Credit: stclaretoseville.org

### STEWARDSHIP BULLETIN BITS: February 4, 2024 - 5th Sunday in Ordinary Time

*"Rising very early before dawn, he left and went off to a deserted place, where he prayed...He told them, 'Let us go on to the nearby villages that I may preach there also. For this purpose have I come.'" - Mark 1:35, 38*

In today's Gospel reading we see a perfect example of stewardship. Jesus gives His time to do all that God wishes - healing the sick and preaching. But before He begins, Jesus takes time to be alone with God in prayer. It is through prayer, spending time with God, that we are given the graces needed to do what He wishes us to do. Praying before acting is a great habit to develop.



### Holy Family Parish Capital Campaign

**CAPITAL CAMPAIGN PLEDGE FORMS** are available from the office or table by the hall entrance. Prayerfully consider supporting the building project by pledging to support the Raise the Roof Capital Campaign. Kindly return the forms to the church office by February 10th so Holy Family's Building Restoration Committee can put our best foot forward when meeting with the Archdiocese of Regina February 15th. Many thanks to those who have already pledged to support the Capital Campaign.

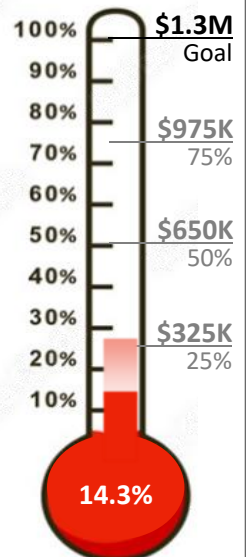
### HOLY FAMILY PARISH GALA Join us on Saturday, March

16th, 2024 at Holy Trinity Parish Hall, 5020 Sherwood Dr, Regina to kick off the Capital Campaign! Doors open at 6:30 pm, Roast beef supper at 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 issued). Family and friends welcome (only 200 tickets are available). Ticket sales begin next weekend (Feb 10/11) after all masses OR call David or Claudette 306-924-0992, email [davidbeitel@sasktel.net](mailto:davidbeitel@sasktel.net).

(We are looking for Auction items, if you have any business contacts, please notify us of your suggestions).

**DOUBLE YOUR DONATION!!** A third parishioner, who would like to remain anonymous, has come forward to *double your donation in six weeks*, up to a total maximum of \$15,000!

Green envelopes marked "Raise the Roof" are available at the hall entrance and from the office. Only donations received in the labelled green envelopes will be matched. Tax receipts will be issued for donations. The deadline to match is March 15, 2024. Thank you!



**Total raised:**  
\$186,000

**Total Pledges:**  
\$167,000

**Campaign Total:**  
\$353,000

## WEEKLY BIBLE READING GUIDE

### February 5th

#### Monday

St. Agatha, Virgin, Martyr  
1 Kings 8:1-7,9-13  
Psalm 132  
Mark 6:53-56

### February 6th

#### Tuesday

St. Paul Miki and Companions,  
Martyrs  
1 Kings 8:22-23,27-30  
Psalm 84  
Mark 7:1-13

### February 7th

#### Wednesday

1 Kings 10:1-10  
Psalm 37  
Mark 7:14-23

### February 8th

#### Thursday

1 Kings 11:4-13  
Psalm 103  
Mark 7:24-30

### February 9th

#### Friday

1 Kings 11:2-32;12:19  
Psalm 81  
Luke 7:31-37

### February 10th

#### Saturday

St. Scholastica, Virgin  
1 Kings 12:26-32;13:33-34  
Psalm 106  
Mark 8:1-10

### February 11th

#### Sunday

6th Sunday in Ordinary Time  
Leviticus 13:1-2,45-46  
Psalm 32  
1 Corinthians 10:31-11:1  
Mark 1:10-45

Download the FREE **AMEN** or **Living with Christ Prayer** app from the app store on your smart phone for daily readings.

**DONATIONS:** Holy Family Parish relies on the charity and self-sacrifice of our parishioners to maintain and operate the church. Thank you for your continued generosity!

—**Envelope:** Holy Family has resumed passing collection baskets during mass. After hours, envelopes can be dropped in the mail slot at the front of the church.

—**Pre-authorized debit:** Contact the office if you would like to set this up.

—**E-transfer:** [finance@hollyfamilyregina.com](mailto:finance@hollyfamilyregina.com)

—**Online donations through Canada Helps:** <https://www.canadahelps.org/en/dn/24871>

—**Mail to:** Holy Family Parish, 1021 McCarthy Blvd. N., Regina, SK, S4X 3P9



**MADE FOR GREATNESS** is a free monthly event for Catholic men. Join us at **Holy Cross Parish on Friday, February 9th from 6:00 - 8:30 pm.** The evening will begin with a light supper and a talk by Kevin Philip. Adoration, Confession and fellowship to follow. Drop-ins welcome.



**52 REASONS TO TALK ABOUT THE CWL** Our core values of faith, service, social justice guide us as we follow Catholic teaching, provide service locally, nationally and internationally, and work to advocate for social justice. Let's start the conversation! This week's word to describe the CWL is:

**ACTION** As a Catholic Women's League member, you are part of an organization of women who act through prayer, faith development, ministry, service, education and advocacy on social justice issues. Choose your action. Join us today.

**CWL SUNDAY** will be celebrated on **Sunday, February 11th** at the 11 am Mass. Members are invited to help with the various ministries during this Mass.

After the Mass, members will gather for brunch at Regent Family Restaurant. A sign-up sheet will be available at the weekend Masses on February 3 & 4th. Please indicate if you need a ride or are willing to drive.

**CWL GENERAL MEETING** will be held **Tuesday, February 13th**, beginning with Mass at 7 PM, followed by installation of new executive. Please plan on attending this meeting – important decisions to be made are on the agenda.

Mass at Holy Family Parish will be held on **Ash Wednesday, February 14th at 7 pm** in the church hall. Parents and grandparents are welcome to attend a celebration at their child's or grandchild's school. Either Fr. Wilfred or Dn. Harper will celebrate:



- ~ **St. Nicholas School:** 9:00 am Mass with Fr. Wilfred
- ~ **St. Bernadette School:** 9:30 am Liturgy with Dn. Harper
- ~ **Ecole St. Angela Merici:** 1:00 pm Mass with Fr. Wilfred
- ~ **St. Jerome School:** 1:00 pm Liturgy with Dn. Harper

**BRING YOUR PALMS TO THE CHURCH** Please deposit your old palms in the basket by the hall entrance. The palms will be burned and used for Ash Wednesday.



**SOURCE** is an opportunity for high schoolers to gather for an evening of food, faith and friendship! The next gathering will be at St. Cecilia Parish on **Sun, Feb. 4 at 6 pm.** Updates: [www.christtheking.ca/source](http://www.christtheking.ca/source).

**EDGE** Youth in grades 5 – 8 are invited to join in the fun at Edge! Our next gathering is **Wed, Feb. 7 at 7 pm.** We hope to go sledding—if there is snow! Register by scanning the QR code and watch your email for updates.



**TAX RECEIPTS** are now available for pick up in the foyer. If you would prefer to have your tax receipt emailed to you, please contact the parish office.

**2024 SUNDAY OFFERING ENVELOPES** are now available in the foyer.

- If you do not need your envelopes, please let the office know so they can be cancelled. This will reduce waste and unnecessary expense.

- **Please do not use old envelopes from previous years.** Your envelope number may have changed.

**Thank you for your generosity & assistance!**

## ARCHDIOCESAN UPDATES:

[View all updates at: archregina.sk.ca/archdiocesan-weekly](http://archregina.sk.ca/archdiocesan-weekly)

### POPE'S PRAYER INTENTION FOR FEBRUARY

For the terminally ill ~ We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

### ARCHDIOCESE OF REGINA 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 by emailing [communications@archregina.sk.ca](mailto:communications@archregina.sk.ca) or at [archregina.sk.ca/news](http://archregina.sk.ca/news).

### WASCANA REHABILITATION CENTRE VOLUNTEERS

**Needed:** Transport assistance to get people to mass at Wascana on Sundays at 10:30. Consider giving a Sunday a month. Music Ministry is needed for the second Sunday. Call Joan at 306-530-6511.

### CHARISMATIC PRAYER GATHERING

Come Alive! You are invited! Come and experience Christ's loving embrace through music, praise, worship, teaching, prayer, and fellowship! Hope to see you there!

Held at Resurrection Parish Sunday, February 25, April 21, May 26, June 23 from 7 - 9 p.m.

### 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 8** (7 – 9 pm): Official Opening with Michele Schwab and Holly Yuzicapi.

**Feb 17** (10 am – 3 pm): Guest Speakers Cadmus Delorme, Donald Bolen, and Kaila Johnstone address specific Calls to Action.

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

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

Registration is required. Email [trcsask@gmail.com](mailto:trcsask@gmail.com) to register. Snacks and refreshments provided.

### NFP-SK PRESENTS

Billings Ovulation Method WORKSHOP (March 1, 2 and 3) and Free Information Night (March 1).

St. Therese Institute, 650 Ursuline Ave., Bruno, SK (Highway 5 just 1 hr/16min. from Saskatoon).

Join us for the **Free Information Night on March 1 at 7 pm** if you have experienced a change in your fertility, perimenopausal, charting, trying to conceive.

Interested in sharing this method with friends & family? Join us for the **workshop March 1-3** with teacher trainer Shawna Van Uden:

Cost to attend the weekend workshop is \$200. Health care providers and individuals interested in fertility awareness including various stages in a woman's reproductive life. Sponsored by NFP:SK [www.nfpsask.ca](http://www.nfpsask.ca)

## MASS INTENTIONS

February 6th - February 11th, 2024

### **Tuesday, February 6th**

Thanksgiving intention for continuous healing r/b Bella

### **Wednesday, February 7th**

+Steven & Theresa Nagy r/b Steve Nagy

### **Thursday, February 8th**

Boyko Families r/b Jean & John Boyko

**Friday, February 9th:** Mass is cancelled

**Saturday, February 10th: Pro Populo**

### **Sunday, February 11th**

9 am: Harvey Hartness r/b Cec Hartness

11 am: Debbie Datka r/b Mary Hincks

## PARISH UPCOMING ACTIVITES

Date	Time	Activities
Mon., Feb. 5th	1 - 4 pm 6:30 pm	No Mass HF Quilters (UMR) Sacramental Prep (Hall)
Tues., Feb. 6th	6:00 pm 7:00 pm	Adoration Mass - Fr. Mau PC Meeting (UMR)
Wed., Feb. 7th	10:00 am 7:00 pm	Mass - Fr. Mau Edge Youth Group
Thurs., Feb. 8th	10:00 am 7:00 pm	Mass - Fr. Mau Study: What we Believe (UMR)
Fri., Feb. 9th	12 - 4 pm	<b>Mass is cancelled</b> Office Closed
Sat., Feb. 10th	10:00 am 5:00 pm	R.C.I.A. (UMR) Mass ( <i>Children's Liturgy</i> )
Sun., Feb. 11th	9:00 am 11:00 am 1:00 pm 1:30 pm	Mass ( <i>Children's Liturgy</i> ) Mass ( <i>Children's Liturgy</i> ) <i>Ministries by CWL</i> Sacramental Prep (Hall) Blaze (UMR)

### YEAR TO DATE FINANCIAL DONATIONS

*THANK YOU EVERYONE FOR GENEROUSLY SUPPORTING OUR PARISH!*

As of:	Collect	Operating Expenses	Building Fund
Jan. 31st, 2024	\$ 19,270	\$ 12,790	\$ 20,686



# MADE FOR GREAT -+NESS

## A CATHOLIC MEN'S EVENT

Featuring **Kevin Philip** (pictured with his wife, Kara) from our Made for Greatness planning team.

**Friday, February 9 from 6:00 to 8:30PM**

Meal Served at 6:00

Presentation and Chat at 6:30

Devotions and Confession at 7:30

Conclusion and Fellowship at 8:30

**Holy Cross Parish**

315 Douglas Avenue East

Regina, SK

# HOLY FAMILY PARISH



## *Gala Evening*

**Saturday, March 16<sup>th</sup>, 2024**

Holy Trinity Parish Hall  
5020 Sherwood Dr, Regina

Doors Open 6:30 pm  
Roast beef supper served at 7:15 pm

Entertainment:  
Regina Country Music Artist Chris Henderson  
SCMA Male Artist of the Year – 2018, 2019, 2020

Silent Auction  
50/50 Draw, Door prizes

Tickets: \$75.00/person  
(\$40.00 income tax receipt issued)

For more information or tickets, please contact:  
David or Claudette Beitel  
306-924-0992 or [davidbeitel@sasktel.net](mailto:davidbeitel@sasktel.net)

If you wish to pay by e-transfer, please send it to: [kofc10797@gmail.com](mailto:kofc10797@gmail.com).

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# Archdiocese of Regina

## Bulletin

February 4, 2024

5th Sunday in  
Ordinary Time

### 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:

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

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

Registration is required due to limited space. Email [trcsask@gmail.com](mailto:trcsask@gmail.com) to register. Snacks and refreshments provided.

### Development and Peace Share Lent Workshops

•**Yorkton:** Sunday, February 4, following 11:00 AM mass and light lunch, St Gerard's Parish, contact Mark Bell: [jmbell@sasktel.net](mailto:jmbell@sasktel.net)

•**Assiniboia:** Saturday, February 24th at 1:00 PM, St George's Parish, contact Susan Robinson: [susanmr@sasktel.net](mailto:susanmr@sasktel.net)

•**Swift Current:** Sunday, March 3 at Christ the Redeemer Parish following Mass, a light lunch will be provided. Contact Michele Vallee - [kmvallee@sasktel.net](mailto:kmvallee@sasktel.net)

#### ONLINE CAMPAIGN LAUNCH

Saturday, February 17th, 12:30 pm – 2 pm: "SEE" what our partners are doing. Campaign launch registration: [us02web.zoom.us/j/91151200966](https://us02web.zoom.us/j/91151200966)

### Contemplative Listening A Formation Program for the Ministry of Spiritual Direction

Facilitated by Archdiocese of Regina Spiritual Directors Group. This two-year program, September 2024 to June 2026, is limited to twelve persons who will meet once a month for ten months each year. It will include some retreats. If you believe you are a possible candidate for this program and would like more information and an application form, contact Karen Ziegler (306) 527-2738 email: [k.ziegler@sasktel.net](mailto:k.ziegler@sasktel.net) or Dennis Ziegler (306) 539-7134 email: [d.ziegler@sasktel.net](mailto:d.ziegler@sasktel.net) before March 1, 2024. For more information visit [archregina.sk.ca/group/spiritual-direction/](http://archregina.sk.ca/group/spiritual-direction/)

### Engaged Encounter Weekend

An Engaged Encounter Weekend gives couples planning marriage the opportunity to dialogue honestly and intensively about their future lives together. The weekend is designed to deepen and enrich relationships with one another, God, the Church and the World. Couples are given opportunities to learn more about one another as they engage in deep and meaningful discussions dealing with all aspects of married life. Our next weekend at St. Peter's Abbey in Muenster, Saskatchewan is April 26-28. Cost is \$480 for the weekend and this includes all meals and accommodations. All registrations are done online by visiting [www.ceewest.com](http://www.ceewest.com). Contact Lynn and Wanda Freistadt for further information at [ceemuenster@sasktel.net](mailto:ceemuenster@sasktel.net) or 306-373-8607.

### Stewardship Bulletin Bit

*"Rising very early before dawn, he left and went off to a deserted place, where he prayed... He told them, 'Let us go on to the nearby villages that I may preach there also. For this purpose have I come.'" - Mark 1:35, 38*

In today's Gospel reading, we see a perfect example of stewardship. Jesus gives His time to do all that God wishes - healing the sick and preaching. But before He begins, Jesus takes time to be alone with God in prayer. It is through prayer and spending time with God that we are given the graces needed to do what He wishes us to do. Praying before acting is a great habit to develop.



### Archdiocese of Regina 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](http://archregina.sk.ca/news) or email [communications@archregina.sk.ca](mailto:communications@archregina.sk.ca).

### Pope Francis' Monthly Prayer Intentions - February

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment. [popevideo.org](http://popevideo.org)

*The Archdiocese of Regina is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.*



Holy Family Parish  
**Raise The Roof Capital Campaign**



Pledge Form

<b>Name(s)</b>			
<b>Street Address</b>			
<b>Town/City</b>		<b>Province</b>	
<b>Email</b>		<b>Phone</b>	

**PLEDGE STATEMENT**

I/We pledge a total gift of \$ \_\_\_\_\_ to the Raise The Roof Campaign at Holy Family Parish.

<b>Signature</b>		<b>Date</b>	
<b>Signature (if joint)</b>		<b>Date</b>	

Holy Family Charitable CRA Registration No. 129818522RR0001

**PLEDGE ARRANGEMENTS**

- Please add this pledge amount to “Raise the Roof Capital Campaign” in addition to my existing donation(s) to the Building Fund (Blue Envelopes).  
 OR  
 Please change my existing monthly Building Fund donation to the “Raise the Roof Capital Campaign” pledge as follows:

**Annual** payments of \$ \_\_\_\_\_ starting at date \_\_\_\_\_

OR

**Monthly** payments of \$ \_\_\_\_\_ starting at date \_\_\_\_\_

OR

**Other** (not applicable for pre-authorized debit) \_\_\_\_\_

**PAYMENT OPTIONS**

- Cheque** - Payable to Holy Family Parish (with “Raise The Roof Campaign” in memo line).  
*Post-dated cheques are welcome.*
- Pre-authorized debit** – Please include a void (or scanned void) cheque.
- Etransfer** – Please send to [finance@holyfamilyregina.com](mailto:finance@holyfamilyregina.com) and include “Raise The Roof Campaign” in the memo/note.

I would like to know about **other options** for supporting the *Raise The Roof Campaign*, including gifts of investments, life insurance, and gifts in will (bequest).

*(continued on reverse)*

Holy Family Parish  
**Raise The Roof Capital Campaign**  
Pledge Form



**THANK YOU!**

We would like to include your name in our related gratitude project (TBD).

**Yes**, I would like to be included.  
Your preferred published name(s): \_\_\_\_\_

**No**, I would like my gift to be anonymous.

**Memoriam or Honouring Gift** – I would like to discuss this option.

**PLEASE RETURN THE COMPLETED PLEDGE FORM TO:**

1) Via **mail** to: **Holy Family Parish**, 1021 McCarthy Blvd, Regina, SK S4X 3P9  
**Attn: Raise The Roof Campaign**

2) Via **email** to: Sr. Amie at [pastoral@holymfamilyregina.com](mailto:pastoral@holymfamilyregina.com)

3) Or **call** the Holy Family Parish office at (306) 949-7678 to arrange for your pledge form to be picked up.

**\*\*FURTHER INFORMATION:**

1) Please keep a copy of the completed pledge form for your records.

2) You will receive email or phone confirmation once your form has been received at the Holy Family Parish office.

3) Each February you will receive a tax receipt for your pledge payments from the previous calendar year.

# Happy New Year

## Holy Family

## CWL Members



### **CWL SUNDAY CELEBRATIONS**

beginning with 11 AM Mass,

**Sunday February 11**

Sashes will be handed out at the door.

**BRUNCH** following Mass  
will be **Regent Restaurant**  
Please sign up no later  
than February 4.

**Other February events:**

### **COFFEE WEEKEND**

**February 3 & 4**

Hosted by CWL,  
volunteers needed.

### **GENERAL MEETING**

**February 13**

**7 PM Mass offered for Jean Boyko's birthday**

**Meeting to follow - please attend this most  
important meeting!**

**Installation of new executive**

**Important voting on Budget Proposals**

**Social Justice, Faith, Service explored**

**Discussing fundraising proposals**

**Calendar of events**





## 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](mailto:emmausmentalhealth@gmail.com)

**February 3 - 29, 2024**

# Igniting the Spirit of Reconciliation: 94 Calls To Action

## Special Events

Register for Special Events by  
emailing:  
[trcsask@gmail.com](mailto:trcsask@gmail.com)  
**LIMITED SPOTS FOR ATTENDEES**

**Thursday, February 8th 2024**  
**7:00pm - 9:00pm**  
Official Opening:  
Michele Schwab and Holly Yuzicapi

**Saturday, February 17th 2024**  
**10:00am - 3:00pm**  
**Lunch Provided**  
Presentations by:  
Cadmus Delorme- Former Chief of  
Cowessess First Nation  
Donald Bolen, Archbishop of Regina  
Kaila Johnstone- National Center for  
Truth and Reconciliation.

**Wednesday, February 21th 2024**  
**1:00pm - 3:00pm**  
Life Experiences shared by  
Regina Survivors Circle  
**Monday, February 26th 2024**  
**1:00pm - 3:00pm**  
Sacred Treaty Relationships-  
Susan Beaudin

## Location: Neil Balkwill Civic Arts Centre

2420 Elphinstone Street  
Regina, Saskatchewan

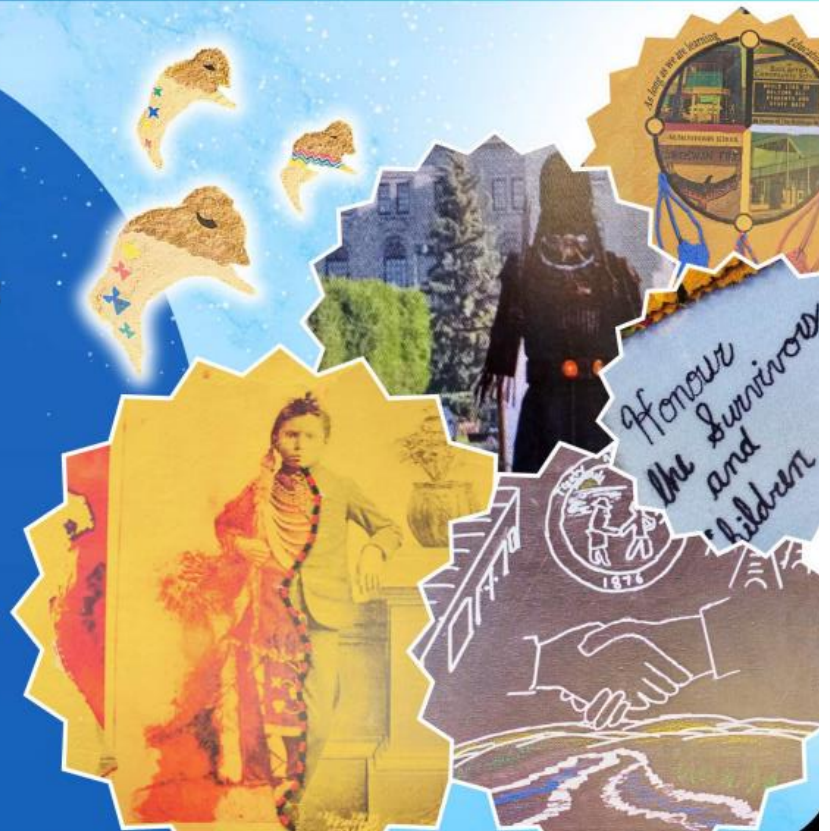
### When to See the Exhibit:

**Monday to Thursday**  
8:30am - 5:00pm  
6:30pm - 10:00pm

**Friday and Saturday**  
8:30pm - 5:00pm

**Sunday**  
12:30pm - 5:00pm

**Admission is Free**



**i (still) do!**



A Catholic Marriage Event  
with Leah Perrault

Join us at

**CHRIST THE REDEEMER  
CATHOLIC CHURCH  
1850 Springs Gate  
Swift Current SK**

Married couples will spend the day on retreat.  
Engaged couples will complete marriage preparation.

Interdenominational, interfaith, and questioning  
couples are more than welcome to attend.

Register online at [www.leahperrault.com/istilldo](http://www.leahperrault.com/istilldo)  
or with the QR Code:



**marriage preparation  
and marriage retreat**

**FEBRUARY 10 2024  
8:30AM-6:00PM  
\$150/COUPLE**

**Thank You**



CATHOLIC HEALTH  
ASSOCIATION OF  
SASKACHEWAN

**NATIONAL  
CATHOLIC HEALTH  
CARE WEEK**

February 4 - 10, 2024



*CELEBRATING  
THE HEALING MINISTRY OF  
JESUS CHRIST*

Celebrating the healing ministry of Jesus Christ in everyone who cares for someone in their home, as a doctor, nurse, care aid, in Home Care, counselling, psychiatry, addiction work, as support staff in administration, food services, building maintenance, volunteers in a care facility or helps with fundraising, provides or supports sacramental ministry to the sick, volunteers on a board, and many others not named here.

# NEW FREE PUBLIC WORKSHOPS

2139 BROAD STREET, REGINA SK S4P 1Y6

**FEB 10**  
1:30 - 2:30 PM

## INFANT CARE (BABIES UNDER 1 YEAR)

Topics include infant hygiene, infant expectations, getting your baby to sleep, and more! If you have a baby, you can bring them with you to the workshop.

**MAR 9**  
1:30 - 2:30 PM

## CONFIDENT WOMEN

Learn tools to help advocate for yourself and your baby, such as using appropriate verbal and body language.

**APRIL 9, 16, 23, 30**  
10:00 AM - 3:00 PM

## SURRENDERING THE SECRET (4 SESSIONS)

Surrendering the Secret is a free and confidential program that helps you move towards healing and freedom. If you or anyone you know has experienced any negative impact following an abortion, our program may be for you.

### TO REGISTER:

call 306.757.1371

or email [office@reginapregnancy.com](mailto:office@reginapregnancy.com)

Workshops are held at our Centre: 2139  
Broad Street, Regina

There is FREE street parking out front and on  
surrounding blocks.

# 40-HOURS FOR LIFE

FEBRUARY 14 – MARCH 24

4:00 – 5:00 p.m.

Regina General Hospital – 14<sup>th</sup> Ave.

*25,000 lives saved*



*120 abortion centers closed*



*242 abortion workers quit*



Hosted by

*Regina*  
**PRO**  **LIFE**

rpla@sasktel.net

306-569-1985

*This lent, come – even for just one day  
and pray to end abortion ... because  
nothing is more important than  
protecting the most vulnerable in society!*





# Snowflake Winter Warm-up Dine-in

Sunday, February 18 (Roast Beef)  
Sunday, February 25 (Turkey)

Catered ..... by Charlotte's of Moose Jaw

Time: Served from 5:00 to 6:30 p.m.

At: Our Lady of Peace Church 425 Broad Street N

**\$25.00 for Adults**

**Children 7 to 12 .... \$15.00**

**Under 6 free**

For Tickets: Call Anita at 306 543-0421

Or: Call or Text Dennis at 306-530-2370

e-transfer available

ENJOY: Supper, 50/50 Raffle, and after supper  
Entertainment

**Tables reserved for 6 or more**

Sponsored by Our Lady of Peace Finance Council to assist with  
Mortgage Payments.

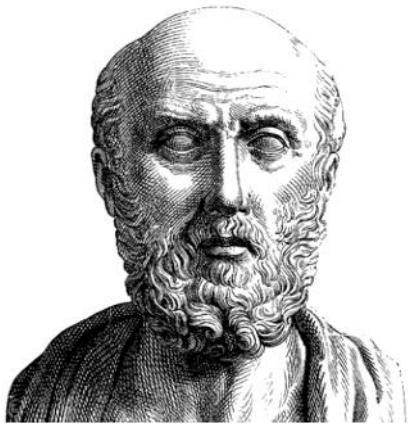
Roast Beef Supper....Roast Beef, potatoes, gravy,  
vegetables, salads, buns, horse radish, dessert & refreshments.

Turkey Supper – Turkey, potatoes, stuffing, gravy  
vegetables, salads, buns, cranberries, dessert & refreshments.



# Public Lecture:

## “What Hyppocrates Knew and The Practice of Medicine in the Modern Age”



Hypocrates



Dr. John Patrick

The loss of transcendent values and religious faith in the modern age has had a profound effect on the practice of medicine for physicians and patients alike. What role, if any, does faith play in the practice of medicine, and what does Hippocrates, the “Father of Medicine” have to teach us?

Saturday, February 24

10.30 a.m.

at

St. Mary the Virgin Anglican Church  
3337 15 Ave, Regina, SK

Guest Speaker: Dr. John Patrick

NFP SK Presents:

# Billings Ovulation Method

## WORKSHOP and Free Information Night

St. Therese Institute, Bruno, SK



- FREE INFORMATION NIGHT: MARCH 1, 7:00PM
- FULL TEACHER-TRAINER WORKSHOP WITH SHAWNA VAN UDEN: MARCH 2-3

**FOR MORE INFO, CALL OR TEXT MARCY: 306-276-7954**



# COUPLES FOR CHRIST REGINA

INVITES YOU TO A SPIRITUAL JOURNEY THROUGH

## CHRISTIAN LIFE PROGRAM (CLP)

*Experience this life renewal program that has touched lives of many, worldwide.*



EVERY SATURDAY FROM  
MARCH 9 TO MAY 11, 2024  
6 PM TO 9 PM

HOLY ROSARY CATHEDRAL BASEMENT  
2104 GARNET STREET, REGINA, SK



SCAN TO REGISTER

**OPEN TO ALL MARRIED COUPLES,  
SINGLES (40 YRS AND ABOVE)  
DIVORCED/SEPARATED, WIDOW/WIDOWER**

**FOR MORE INFORMATION, PLEASE CONTACT:**

**RENE REYES**

**(306) 581-8109**

**ROD CREER**

**(306) 581-2508**

**CRIS MASAOAY**

**(306) 537-2883**