



# Holy family Parish

**Bulletin — February 10th & 11th, 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), **Ash Wednesday at 7 pm**, Thursday & Friday at 10 am.

*Father is available to hear confessions Tuesday during Adoration, after Daily Mass, Saturdays before the 5:00 pm Mass and by appointment.*

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.

# 6th Sunday in Ordinary Time

Jesus proclaimed the coming of the Kingdom, by preaching and by the healings that signaled the Kingdom's mysterious coming in his own person.

Critical studies of the miracle narratives of the four gospels have produced important conclusions. They concern a relatively small number of events – about 30 in all. These narratives offer a distinct contrast to the characteristics of typical 'wonder stories'. Though part of the Christian message from the beginning, they are constantly associated with a concern that they not give rise to a superficial popular enthusiasm, but be understood as signs of the coming of the Kingdom. We have already recognised the importance of this concern of Mark. His account of the healing of the leper, as Jesus begins his Galilean ministry presses home the point.

What a magnificent encounter with which to introduce the missionary journeys of Jesus. It would be hard to find a more telling symbol of the human miseries that Jesus was sent to overcome, than the plight of the leper who threw himself at the feet of Jesus – 'If you want to you can cure me'. It was a situation produced in large part by human ignorance and fear, accentuated by traditions of ritual cleanness. Our first reading from Leviticus describes this pathetic condition in graphic detail – obliged to wear torn clothes, with hair disheveled, and sounding the warning cry, 'Unclean!', that ostracised the leper from normal society. What the biblical writings called 'leprosy' included not only the dread Hansen's disease, but many other skin disorders, many of which modern



medicine recognises not to be contagious.

As the Saviour is moved with compassion in the presence of this human misery, we are reminded that the Servant of God of the late Isaian writings, who embodied God's saving designs, by 'bearing the sorrows' of the people, is described as assuming the condition of a leper – 'Despised, familiar with suffering, one from whom we averted our gaze' (Is 53:3). In fact, Jesus made an astounding gesture of solidarity with the man in his misery. As he healed the leper with his word of prophetic authority, he 'stretched out his hand and touched him'. In doing so, according to the Law, he had made himself ritually unclean.

Those who claimed the power of healing were not uncommon in the world in which Jesus lived. Being seen as one of their number could seriously compromise the evangelising mission that had been so tellingly expressed in the healing of the leper. Jesus urged the man, therefore, to go off quietly, fulfilling the Law's prescription by having the priests verify his cure. But the man who had been cured could not contain himself. So important, however was it to Jesus – that the notoriety his healing had attracted be minimised – that he was forced to keep away from the towns. Nevertheless, the people were still drawn to him – Who is this man?

John Thornhill, sm  
TheEmmausSeries.com

*Do I follow Jesus' example by showing compassion towards those who are disadvantaged or seem difficult to love?*

## From Today's Reading

**First Reading: Leviticus 13:1-2, 44-46.** We read here one of the basic Mosaic laws that was imposed on the Jewish people for health reasons, the separation of people with contagious diseases. There was nothing basically wrong with this concept originally; however, over time the practice and the understanding became a sign that God punished sinners with diseases, suffering, and leprosy which was the worst of all punishments, except for crucifixion.

**Responsorial Psalm 32:1-2, 5, 11,** is a song that could and should be sung by a leper or a sinner who has been cured or forgiven. One is physical and the other is spiritual; but God is the "miracle worker" in both cases.

**Second Reading: 1 Corinthians 10:31-11:1.** In this passage, Paul is exhorting his flock to be aware of the intent and purpose of all our actions. To avoid sin, or the appearance of sin, do everything for the "greater honor and glory of God." This is not as difficult as one might think. It requires some effort at the beginning, but becomes a natural mindset over time.

Credit: stclaretoseville.org

### 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	Phyllis Cherkas

### 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.*

## STEWARDSHIP BULLETIN BITS: February 11, 2024 - 6th Sunday in Ordinary Time

*"Brothers and sisters, whether you eat or drink, or whatever you do,  
do everything for the glory of God." - 1 Corinthians 10:31*

Do a quick check of your priorities. Where does God rank in that list? If He's not first, you have some work to do. Putting God first in everything helps us from putting other "gods" (like our pride, ego, money and possessions) before God. Before making a decision, ask yourself, "I'm I going this for the glory of God or for the glory of me?"



### Holy Family Parish Capital Campaign

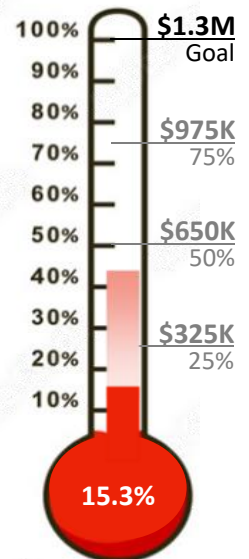
**THANK-YOU** to everyone who has returned their pledge forms and donations in support of the Building Restoration projects. CAPITAL CAMPAIGN PLEDGE FORMS are available from the office or table by the hall entrance. Prayerfully consider supporting the building project by pledging to support the Raise the Roof Capital Campaign. Kindly return the forms to the church office as soon as possible. We ask for your prayers as the committee will be meeting with the Archdiocese Finance Council on February 15th. Many thanks to those who have already pledged to support the Capital Campaign - the thermometer is rising HIGHER!!

**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 (Charlotte's Catering) served 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:**  
\$198,919

**Total Pledges:**  
\$372,905

**Campaign Total:**  
\$571,824

## WEEKLY BIBLE READING GUIDE

### February 12th

#### Monday

James 1:1-11  
Psalm 119  
Mark 8:11-13

### February 13th

#### Tuesday

James 1:12-18  
Psalm 94  
Mark 8:14-21

### February 14th

#### Wednesday

Ash Wednesday  
Joel 2:12-18  
Psalm 51  
2 Corinthians 5:20-6:2  
Matthew 6:1-6, 16-18

### February 15th

#### Thursday

Deuteronomy 30:15-20  
Psalm 1  
Luke 9:22-25

### February 16th

#### Friday

Isaiah 58:1-9  
Psalm 51  
Matthew 9:14-15

### February 17th

#### Saturday

Isaiah 58:9-14  
Psalm 86  
Luke 5:27-32

### February 18th

#### Sunday

1st Sunday of Lent  
Genesis 9:8-15  
Psalm 25  
1 Peter 3:18-22  
Mark 1:12-15

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)

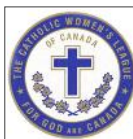
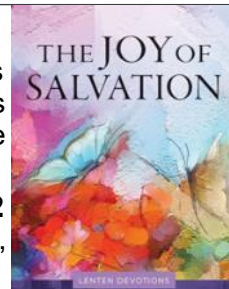
—**Online donations through Canada Helps:** <https://www.canadahelps.org/en/dn/24871>

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

### SPIRITUAL ENRICHMENT: The Joy of Salvation

This Lenten booklet includes excerpts from Henri J. M. Nouwen's inspiring insights that are paired with original reflections and prayers in this booklet for each day of Lent, as we come to experience more fully the eternal blessings of God born of extreme sacrifice.

Booklets will be available at the back entrance to the hall for \$2 each. Please place payment in the box provided. Please note, there are a limited number of books available.



**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:

**COMPASSION** *Do you recognize the human dignity in all people? Do you feel motivated to do something to help others? Catholic Women's League members embark on many projects that directly impact those who are disadvantaged in society. How can you help? Become a member and be part of the solution.*

**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

**STATIONS OF THE CROSS** The Stations of the Cross will be prayed every Friday during Lent. All parishioners are invited to come together as a community at 6:30 pm for this prayerful reflection of Jesus' journey to Calvary. Mass will follow at 7:00 pm.

*Please note that there will not be 10:00 am Mass on Fridays during Lent.*



Children's liturgy will be held during all weekend Masses. Father will invite the children to come forward prior to the First Reading. **Please note:** Children's liturgy will not be offered on Ash Wednesday, rather, a children's activity booklet will be available.



**TAX RECEIPTS & 2024** 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:

### 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 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).

### REGINA PRO LIFE

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. Join us for *40 Hours for Life* at Regina General Hospital - 14th Ave. on February 14 - March 24th, 4 - 5 pm. *25,000 lives saved, 120 abortion centers closed, 242 abortion workers quit.*

### 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 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)

Promoting and teaching the Billings Ovulation Method® throughout Saskatchewan. Affiliated with WOOMB Canada. [www.woomb.ca](http://www.woomb.ca)

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

## MASS INTENTIONS

**February 13th - February 18th, 2024**

**Tuesday, February 13th**

Jean Boyko (Birthday) r/b Helene Marceau

**Wednesday, February 14th**

7 pm: Robert Angielski (Birthday) r/b Verna Angielski

**Thursday, February 15th**

+David Wanner r/b Andrea Resler

**Friday, February 16th**

+Louelle Sarmiento r/b Neri Sarmiento

**Saturday, February 17th**

Thanksgiving for continuous healing r/b Bella

**Sunday, February 18th**

**9 am: Pro Populo**

11 am: +Teodora & Juanito Pascual r/b Dory Amio

## PARISH UPCOMING ACTIVITES

Date	Time	Activities
Mon., Feb. 12th	9 am - 4 pm 6:30 pm	No Mass HF Quilters (UMR) Sacramental Prep (Hall)
Tues., Feb. 13th	6:00 pm 7:00 pm 7:45 pm	Adoration Mass CWL Meeting (UMR)
Wed., Feb. 14th	9:00 am 9:30 am 1:00 am 1:00 am 7:00 pm	Mass at St. Nicholas ( <i>Fr. Wilfred</i> ) Liturgy at St. Bernadette ( <i>Dn. Harper</i> ) Mass at St. Angela ( <i>Fr. Wilfred</i> ) Liturgy at St. Jerome ( <i>Dn. Harper</i> ) <b>Ash Wednesday Mass (Church Hall)</b>
Thurs., Feb. 15th	10:00 am	Mass
Fri., Feb. 16th	12 - 4 pm 6:30 pm 7:00 pm	Office Closed <b>Stations of the Cross led by K of C Mass</b>
Sat., Feb. 17th	10:00 am 5:00 pm	R.C.I.A. (UMR) Mass ( <i>Children's Liturgy</i> )
Sun., Feb. 18th	9:00 am 11:00 am	Mass ( <i>Children's Liturgy</i> ) Mass ( <i>Children's Liturgy</i> )

Scan this QR code with your smartphone and sign-up to receive the weekly bulletin in your email inbox.



# 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  
Catered by Charlotte's Catering

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 at 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 11, 2024

6th 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

•**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/join/9101234567890](https://us02web.zoom.us/join/9101234567890)

### TF#387: Books That Changed Brett's Life - Part 1

In this part one 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; Good and Angry by David Powlison and Hold me Tight by Dr. Sue Johnson. Show Snippet: "The big feelers among us who express those things. People can't handle them and they need to know that, it's okay to be that kind of person. They still need to figure out how to manage themselves in different situations, but you're actually more equipped to manage yourself well if you're not just ashamed of being the kind of person you are."

[thinkingfaith.libsyn.com/books-that-changed-bretts-life-part-1](https://thinkingfaith.libsyn.com/books-that-changed-bretts-life-part-1)

### 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/](https://archregina.sk.ca/group/spiritual-direction/)



### 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](https://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](https://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.*

### Stewardship Bulletin Bit

*"Brothers and sisters, whether you eat or drink, or whatever you do, do everything for the glory of God." - 1 Corinthians 10:31*

Do a quick check of your priorities. Where does God rank in that list? If He's not first, you have some work to do. Putting God first in everything helps us from putting other "gods" (like our pride, ego, money and possessions) before God. Before making a decision, ask yourself, "I'm going this for the glory of God or for the glory of me?"

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@holyfamilyregina.com](mailto:pastoral@holyfamilyregina.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

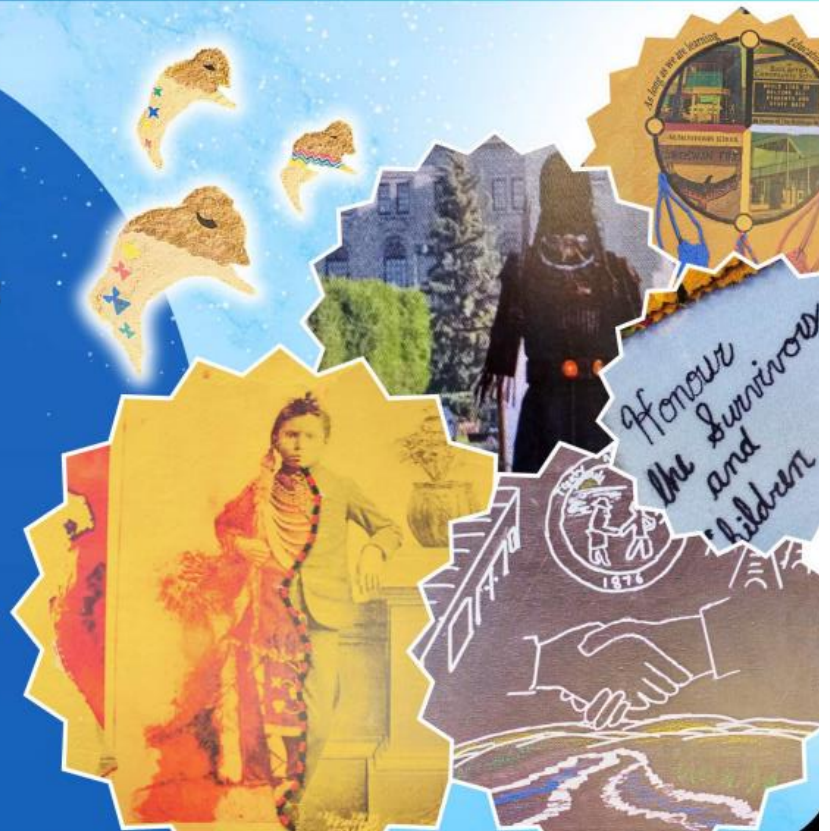
### When to See the Exhibit:

**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**



# 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!*

**HEROIC MEN**®

**LIVE STREAM**

# HEROIC MANHOOD

**FREE  
ONLINE  
EVENT**

**SAT, FEB 17,  
11AM ET**

**BONUS  
LIVE Q&A**

HEROIC  
BROTHERHOOD  
MEMBERS  
ONLY

**CHRIS  
STEFANICK**



**RSVP**

**HEROICMEN.COM**

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 **CATHOLIC MEN'S  
LEADERSHIP ALLIANCE™**

**TMIY**  
THAT MAN IS YOU!

SPONSORED BY

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# 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.

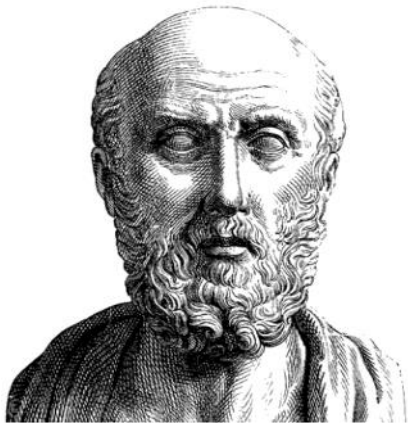
Turkey Supper – Turkey, potatoes, stuffing, gravy  
vegetables, salads, buns, cranberries, dessert & refreshments.





# 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**