

Holy Trinity Roman Catholic Parish

February 2, 2025
Presentation of the Lord

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

Welcome to Holy Trinity!

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

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

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



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

Weddings & Funerals: Contact Fr. Gaspar

Weekend Masses: Sat. 5 pm; Sunday 9 am & 11 am

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

- | | |
|----------------------|--|
| Sat. Feb. 1 | 5 pm Mass: Pro populo
Refreshments served after Mass, meeting room |
| Sun. Feb. 2 | 9 am Mass: Ints Krammer grandchildren
Children's Liturgy of the Word
Refreshments served after Mass, meeting room |
| Sun. Feb. 2 | 11 am Mass: Ints Dylan & Erickka
Children's Liturgy of the Word
Refreshments served after Mass, meeting room
Sacramental Prep meeting after Mass, hall |
| Sun. Feb. 2 | 5 pm Vietnamese Mass |
| Mon. Feb. 3 | 6:30 pm Mass followed by CWL General meeting
(see page 2 for details), meeting room |
| Tues. Feb. 4 | 1:30 pm Forever in Motion, hall |
| Tues. Feb. 4 | 7 pm Mass |
| Tues. Feb. 4 | 7:30 pm Lectio Eucharist Faith Formation, mtg rm |
| Wed. Feb. 5 | 8:30 am Mass: + Ernie Krammer |
| Wed. Feb. 5 | 9 am, Lectio Eucharist Faith Formation, mtg room |
| Wed. Feb. 5 | 1 pm, Angels for Warmth meeting, hall |
| Thurs. Feb. 6 | 8:30 am Mass: Ints Maureen Toth |
| Fri. Feb. 7 | 8:30 am Mass followed by Eucharistic Adoration |

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

At Holy Trinity:

We pray for the following:

Sujith Noronha, Colleen Lefebvre, Martin & Gisele Croteau, MaryAnn Young, Gwen Gibney, Ruth Morrison, Gerry Turgeon, Troy Kocur

We pray for the Repose of the Souls of our

beloved ones, including Marian Kolesar, Frank Deitz, Gloria Brezinski, Margaret Piotrofsky, Doreen Ewen, Lynn Lenius, Eva Enns, Elaine Eyndhoven, Barry Ludwar, Robert Roddy, Ann Beuker

Regular Donations from Jan. 1 –26: \$15,465.
Average expenses: \$21,661 monthly.



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

Use your credit card for occasional or regular giving. Details on page 3.

Sacramental Preparation

Baptism Preparation

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



Holy Trinity Catholic Women's League

General meetings: 2nd Monday of the month. Next meeting is Feb. 3.
Executive: Next meeting March 3.



Holy Trinity Knights of Columbus

General meetings: 2nd Tuesday of the month.
Next meeting Feb.11, 7:30 pm

Next Pancake Breakfast is Sunday Feb.16.
Details on page 2.

Pastoral Staff**Pastor:** Rev. Gaspar Lucas 306-536-8203**Support Staff****Office Coordinator**

Heather Deis: 306-543-3838

Custodian: Dominic Dias**Office Hours** Mon. to Fri.—9 am to 3 pm**Mass Times:****Saturday: 5 pm****Sunday: 9 & 11 am**

Monday— no Mass

Tuesday—7 pm Mass

Wednesday, Thursday & Friday Masses 8:30 am

First Friday Eucharistic Adoration after 8:30 am Mass, next Feb. 7.

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

**NEXT Pancake Breakfast Sunday:** Feb. 16, 10 am to 1 pm. Pancakes, eggs, sausage, ham, syrup, strawberries, whipped topping, coffee, juice. Adults \$10; children \$5. Hosted by K of C.**Job Opportunity—Assistant Office Co-ordinator, Holy Trinity, Regina.**

We are now inviting applications to the position of assistant office co-ordinator who will become the office co-ordinator this spring. The qualities required are the following: Computer efficiency essential; experience using Microsoft Publisher, Word, Excel. Excellent English communication skills (written & verbal). Experience with Catholic databases an asset. Organized and able to work independently.

Duties include answering phone, greeting office visitors, booking facilities for meetings and social functions. Prepare weekly bulletin, bill payments, manage office equipment, entry of donations. Generate annual receipts, certificates and record keeping for sacraments. Update website. Order/manage office supplies. Attend Parish Council meetings and Annual General Meeting to take summary notes and prepare minutes.

Parish office experience an asset.

For more information, call the parish office (306) 543-3838 or email htrinity@sasktel.net or contact Fr. Gaspar at reginalucas15@yahoo.com or 306-536-8203.

Donations to Holy Trinity—thank you for your support! It would be most helpful to our Collection Counters if you would write your donation amount on the envelope you use.

Charitable Donation Receipts for 2024 will be available for pickup starting February 5. If you are unable to pick up, contact the office.

Children's Liturgy - program is in need of leaders for all Mass times. If you would like to see consistent children's liturgy available for our children, please prayerfully consider becoming a leader. Training and resources will be provided. Contact the office if interested.

Buildings and Grounds Co-ordinator - Holy Trinity Parish needs a volunteer Building and Grounds Coordinator to oversee the operation and maintenance of Holy Trinity Parish building and grounds. For details of the activities and responsibilities, see bulletin board or contact the parish office.

FORMEDTHE CATHOLIC FAITH.
ON DEMAND.**The Presentation | Episode 5 | Mysteries of the Rosary: The Joyful Mysteries**

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

Our parish has a FORMED subscription. Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.



An offering from the AUGUSTINE INSTITUTE and ignatius press

2024-25 Bible Study — “LECTIO – EUCHARIST” with Dr. Brant Pitre.

Study books available for \$30. Buy a copy to do at home on your own or with a family member or friend! All videos are available on Formed and you can go at your own pace. Makes a great gift.”

In person sessions: Morning sessions (9 am): Jan. 15, 22, 29, Feb. 5 & 12. Evening sessions (7:30 pm): Jan. 14, 21, 28, Feb. 4 & 11.

Catholic Women's League at Holy Trinity

General Meeting Feb. 3 beginning 6:30 pm with Mass. Guest speakers at meeting are Chelo & Gregg Ravasco, Couples for Christ.

Join us for soup/bun day on Wednesday, Feb. 12 beginning with Mass at 10:30 am followed by home made soups, buns, valentine cookies and socializing. All are welcome.

St. Peter's Parish is planning a food safety course which would run from 8:30 - 4:30 on the day of training (date to be determined). The cost is \$70/ person but CWL will subsidize that amount. If you are interested, please let one of our Holy Trinity executive council members know.

SPIRITUAL ADOPTION program information in this week-end's bulletin insert and from Holy Trinity CWL members after Mass on Feb 8 & 9.



We thank God for the gift of human life and pray to defend and protect this most precious gift, from conception to natural death. ALL PARISHIONERS are invited to participate in the Spiritual Adoption Program and pray for our unborn sisters and brothers by spiritually adopting a baby who may be in danger of dying before birth. This may be a baby you, a family member, a friend are expecting or it may be a baby unknown to you. We also pray for the parents of the unborn child, other family members and those who provide health care and counselling during pregnancy.

Next week-end please pick up an Angel Baby card to be placed on our bulletin board.

Communion to Shut-ins. If you, or someone in your family would like communion brought to a care home or own home in our parish, contact the Holy Trinity office (306) 543-3838.

Those in hospital should contact the Chaplain (contact info page 4)

Archdiocese of Regina Bulletin (Feb. 2) Link—
[Sisters of the Presentation of Mary "Come & See Weekend" in
 Saskatoon Feb. 14 to 17 \(different link than Bulletin\)](#)



**Archdiocese of Regina Masses
 On-Line**

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

Links at www.youtube.com/ArchdioceseRegina

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



TF #436: Living In The Psalms - Part 3

Join Deacon Eric Gurash for part three of the four-part series Living in the Psalms. This week, the over-arching theme of the Psalms and examine how to approach the Psalms from a personal, lived perspective. Deepen

your understanding of how to see and hear the Psalms through the lens of metaphor, parallels and repetition and how these tools of Hebrew poetry can help connect the Psalms to our daily lives.

[Listen to the podcast.](#)

Pilgrims of Hope international Jubilee Year began Dec. 24 when Pope Francis conducted the Holy Rite of opening the Holy Door of St. Peter's Basilica in Rome.

This Jubilee Year is a time of grace and renewal in unity and prayer. We are called to search for signs of hope and be signs of hope in our families, for our neighbours, the imprisoned, the sick and dying, the young and old.

Celebrate the 52 Weeks of the Jubilee Year as a Family
 52 Sundays is a free dynamic guide to help you and your family reclaim the Lord's Day with prayer, activities, recipe of the week, fun facts, and more.

Sign up at 52sundays.com



Life in Abundance as Proclaimed by a Universal Christ: A 7-Episode video series with Father John Weckend. Father John shares some of his reflections on a cosmic and more universal approach to 'The Christ'. It brings a broader approach to the dogma of the Incarnation and how it affects our life and spirituality. Introduction and first 3 Episodes now online.

Each of the remaining episodes will be released weekly on Friday at 7 am. Use one of these ways to watch: [Father John Weckend YouTube link](#). Or search on YouTube for [@FatherJohnWeckend](#).

World Day for Consecrated Life—In 1997, Saint John Paul II established February 2, the feast of the Presentation of the Lord, as World Day for Consecrated Life, "to help the entire Church to esteem even more greatly the witness of those person who have chosen to follow Christ by means of the practice of the evangelical counsels" as well as "to be a suitable occasion for consecrated persons to renew their commitment and rekindle the fervour which should inspire their offering of themselves to the Lord."

In the Archdiocese of Regina, there are several members from religious institutes, secular institutes, associations of the faithful and eremitical life, living their vocation of consecrated life within our faith community. World Day for Consecrated Life is a wonderful opportunity to recognize and offer prayers for those called to this vocation.

Cuernavaca Project You can also help through **Sarcen Recyclables**. Bag your refundable cans and use the key word "project" when you use the Drop & Go option at Sarcen. Your support is greatly appreciated!

Ways to Donate:

If you wish to donate on-line, Canada Helps has an option to give to any special collections at Holy Trinity, as well as to the regular collection.

Canada Helps is an easy way to donate to Holy Trinity either once, occasionally, or monthly, using your credit card. (PayPal and Google Pay also accepted.) Canada Helps charges a 3.5% fee for monthly donations; you receive a tax receipt for your full donation. Canada Helps issues tax receipts so Holy Trinity also benefits by not needing additional staff time.

Email transfers directly to Holy Trinity are also available. Contact the office for this option.

If you wish to have Holy Trinity donation envelopes, contact the office.



Holy Trinity has a mail slot to the right of the front door for after-hours donations (including for Appeal).

Special Collection—February 1 & 2 for Needs of the Canadian Church. This annual initiative is an important opportunity for the faithful to actively support and assist the Bishops in their ministry of accompanying, teaching, guiding, sanctifying, and caring for the Church in Canada.

Give through your parish or [Donate online through Canada Helps](#) (select Needs of the Canadian Church—February)

National Catholic Health Care Week - February 2 – 8

At the heart of Catholic health care is a deep respect for the intrinsic value and dignity of every human being and an unwavering commitment to serving all people, from all backgrounds and faiths – especially society's most vulnerable. National Catholic Health Care Week across Canada recognizes the important work of Catholic health care organizations in our province and across Canada.

Nationally, Catholic health care serves over 5 million Canadians each year and employs over 88,000 people. Our footprint is big. Our hearts are even bigger. And our belief that we are part of each other's journey, there to support and transform one another, is the foundation it's all built on. Learn more at [Catholic Health Alliance of Canada](#).

A Compassionate Healers Mass will be celebrated on Sunday, February 9, at 11 am at Holy Rosary Cathedral with Archbishop Bolen presiding. This celebration brings attention to the 2025 Jubilee Year by blessing and praying for Catholics who provide healthcare in its many forms - supporting ailing loved ones in their own home, volunteering in our care facilities, serving as nurses, doctors, spiritual care, care aids and many other ways.

Sunday Feb. 2 at 2:30 pm Regina Philharmonic Chorus - a *Taste of Folk!* at Knox Met United Church. A cheerful matinee performance featuring a range of familiar and unfamiliar folk tunes belonging to the hearts and minds of people across generations and cultures. Please support us at this fundraiser concert featuring a silent auction, warm drinks, and edible delights! Tickets available at the door or at reginaphilharmonic.com for \$25.

Holy Trinity Parish on Facebook—A great opportunity to be connected and up-to-date on our events and activities.



You can find us by searching for "Holy Trinity Parish, Regina" on Facebook, or with this link; <https://www.facebook.com/holytrinityregina> 'Like' and 'Follow' us to stay informed and engaged!

Share Lent Workshop - Sat. Feb. 8 at 1 pm Development & Peace Share Lent 2025 workshop for the Regina area at Holy Child Parish, 2636 7th Ave. E. To register or if you have any questions, contact Marian at 306-552-8318 or mariangrady@sasktel.net

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Catholic Women's League

We invite you to join our Council.



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

Bulletin Ad space

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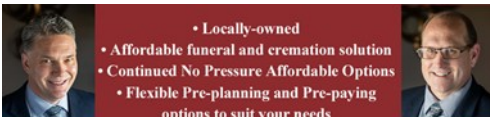
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 Jennifer Holtslander 306-519-1380

General Hospital Chaplain
 Jerry Fitzgerald 306-519-1405

Wascana Rehab Centre Chaplain
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Archdiocese of Regina Weekly Report

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



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HOLY TRINITY SPIRITUAL ADOPTION PROGRAM

As participants of the 'SPIRITUAL ADOPTION' Program, we thank God for the precious gift of human life. We pray that our prayers defend and protect this most precious gift from the "Miracle of fertilization to the spiritual serenity of a natural death." (The Prayer of the Pro-Lifers)

In our Spiritual Adoption Program, we pray for our unborn sisters and brothers. We pray that through our prayers, God will protect and support their mothers with all of the encouragement they require to carry their babies to full term. We pray for God's infinite mercy for all who have and may suffer from abortion - mothers, fathers and other family members.

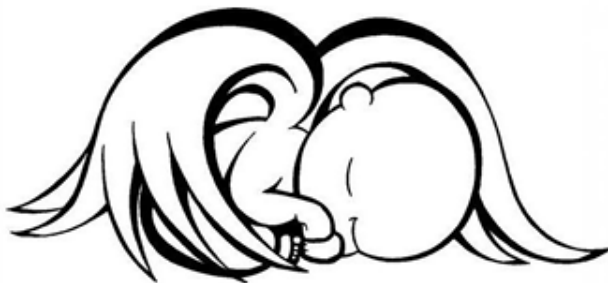
Let us also remember in our prayers all those who are involved in the abortion industry and our elected officials that they will recognize the unborn as persons.



HOW TO PARTICIPATE IN THE SPIRITUAL ADOPTION PROGRAM

- CHOOSE A NAME for the 'Spiritually Adopted Baby' that you would like to "pray to life" for the next nine months. (This could be a child you are expecting, or someone in your family or someone you know is expecting or it could be an unborn baby somewhere in the world who is unknown and will remain unknown to you.)
- PRINT THE NAME you have chosen for your 'Spiritually Adopted Baby' on the line at the bottom of the attached 'Baby Angel' card.
- RETURN THE 'BABY ANGEL' CARD to the red heart-shaped basket under the Spiritual Adoption display board in the Gathering Area to be placed on the display board.
- IN OCTOBER a Birth Day Shower will be held for the 'Spiritually Adopted' babies that you have been praying for. All gifts donated will go to a program to help mothers in need of assistance for new babies.

PLEASE also print the name of your 'Spiritually Adopted' baby on the picture below of the Angel Baby. Display the Spiritual Adoption Prayer somewhere in your home as a reminder to PRAY THE PRAYER DAILY for your 'Spiritually Adopted' Baby.



Spiritual Adoption Prayer

Jesus, Mary and Joseph

I love you very much.

I beg you to spare the life of _____,
the unborn baby I have spiritually adopted who is
in danger of death. Amen
