



# Archdiocese of Regina *Bulletin*

*Merry Christmas  
&  
Happy New  
Year*

## *Christmas Greetings from Archbishop Don*

Getting ready for Christmas this year, many have found themselves needing to find the courage and resilience to keep going, to come to a place of gratitude and joy. I came across an old story on the internet a few days ago, from the American author Grace Paley, recounting how her elderly bedridden father shared with her a word of how to persevere when growing old, and his main advice was this: “when you get up in the morning you must take your heart in your two hands. You must do this every morning.... Talk softly (to it)... You can whisper also, Remember, remember.”

The gentle advice seems to speak today to more than the elderly. On these cold wintry mornings when the sun rises late, sets early, and the wind blows, many people wake up each morning to significant challenges: some to head to work in health care facilities where everyone is stretched thin and wearied by a pandemic that has come at us all in relentless waves; some waken to fears of another year on the land when the rain doesn't fall but the economy does; some to wounds from the past which do not heal easily; others to burdens that weigh us down, including isolation and loneliness; and many wake each day to strained relations in the midst of polarizing forces bent on pushing us apart instead of holding us together.

The experiences of suffering, of injustice, of relentless burdens, can lead us to dark places of the spirit, to deep discouragement, where hope is hard to come by. Christmas carols that sing of fun and good cheer might seem a far reach. But from a faith perspective, this season also offers a word that can meet us in the places of deep struggle.

The Incarnation, the birth of Jesus, is not about God taking us out of the world of human brokenness and suffering, but about God coming into that world. God, who has authored a world of incomprehensible

vastness, and planted us within it, does not remain infinitely distant, but rather, comes eternally near.

A few days ago, some family members of mine arrived by plane from out of province. We had seen each other frequently by video calls, but my nine year old great nephew in joyful enthusiasm uttered what we all felt on the way home from the airport, when he said “now we are seeing each other en chair et en os” - that is, in flesh and bone. That's a very good entry point for what we are celebrating here. In the poetic words of one spiritual writer (Nathan Mitchell), “when the Word took flesh,” God “encamp(ed) among our hearbeats as body, blood, breath, bone, and bread.”

Jesus' birth, the Incarnation, is God's profound embrace of the human condition. Nothing that we experience as human beings is alien to God, because God has come among us, walked with us, and experienced what it is, at its depths, to be human. And in Jesus' living, dying and rising, we see God bringing healing to this wounded world not from without, but by being there with us in it. Our broken world is a paschal world, being transformed and redeemed by God from within.

Think of it this way: in Jesus, God has taken the heart of the world into his hands, and there, speaks tenderly to us, whispering to our hearts, remember, remember. I am walking with you. I will be with you always, yes, to the end of time. So the next time you awaken to a world that feels heavy and overwhelming, to burdens that feel like they can crush you, see if it might help to think of this, and to hear the Christ child speak to you gentle words of perseverance. You are not in this alone. For a light has shone into our darkness, a light the darkness cannot put out (Jn. 1:5).

Merry Christmas, everybody!

# BULLETIN BOARD



## NEW YEAR'S DAY LEVÉE

The faithful of the Archdiocese  
are cordially invited to  
the Archbishop's New Year's Levée  
to be held at

Holy Rosary Cathedral  
3125-13th Ave., Regina  
January 1, 2022  
1:00 - 2:00 PM

And to receive the Archbishop's blessing  
for the beginning of the New Year

## Upcoming in 2022 - Save the Date

### Please mark your calendars for:

The Qu'Appelle deanery is hosting a zoom presentation: The Legacy of Clergy Sexual Abuse: What Can We Do Now? How Can We Help? On **Thursday January 6 at 7:00 PM**. All are welcome to come and join Bishop Don and the Archdiocesan Core Working Group for Clergy Sexual Abuse for an engaging conversation on the topic of clergy sexual abuse. To receive the zoom link please contact for registration: [victimserviceadvocacy@gmail.com](mailto:victimserviceadvocacy@gmail.com)

### Accompaniment Workshop Series Compassionate Communication

Life has its challenges and Covid has brought to light that many people are struggling and often have no one to turn to. Have you ever tried to accompany someone and struggled to know what to say or how to act? The Archdiocese of Regina through the Victim Service Advocacy position is pleased to offer the first in a series of four workshops on accompaniment through a trauma informed approach. Please join us for this free zoom workshop on **Sunday January 16 from 1-5 PM**. Our topic in this workshop will be Compassionate Communication: through the lens of a professional counsellor, a spiritual director and a victim of clergy sexual abuse and other traumas. If you would like to register or are looking for more information please contact Pamela at [victimserviceadvocacy@gmail.com](mailto:victimserviceadvocacy@gmail.com).

### Archdiocese of Regina

445 Broad Street North  
Regina, SK S4R 2X8  
(306) 352-1651

Please send Bulletin Announcements to:  
[communications@archregina.sk.ca](mailto:communications@archregina.sk.ca)

### Emmaus Family Support

1 in 4 families experience chronic mental health challenges. Holidays can be tough when navigating these kinds of difficulties. Even good feelings like excitement and anticipation can trigger stress responses. You do not have to walk this path alone. If you care for a loved one with mental health challenges and feel you could benefit from the support and prayers of peers, contact [www.emmaussupport.ca](http://www.emmaussupport.ca) to join a meeting. Meetings are currently held on the fourth Thursday of each month, via Zoom.

**Throughout the Christmas season the Archdiocese of Regina has been able to promote the message of Christmas on various Rawlco radio stations. We are grateful for the financial support provided by the Knights of Columbus to make these radio spots possible. Thank you!**

### Livestream Mass

Visit our livestream page for more info at  
[archregina.sk.ca/live](http://archregina.sk.ca/live)

### Pastoral Centre Christmas Hours

The Archdiocese of Regina Pastoral Centre will be closed to the public for Christmas, beginning Friday, December 24th. We will reopen on Monday, January 3rd. Staff from the Finance and Appeal Offices will be present occasionally between December 29th and 31st. Deliveries can be placed in the mail slot or you can ring the doorbell at the front door to see if anyone is available. You may also contact one of the following extensions after dialling 306-352-1651: 210, 212, or 218. Merry Christmas from Archbishop Don and all of the staff at the Pastoral Centre!



*Glory to God in the highest heaven,  
and on earth peace among those  
whom he favours!*

Merry Christmas from Archbishop Don and  
all of the Staff at the Archdiocese of Regina