



Archdiocese of Regina February 12, 2023

Bulletin

6th Sunday in
Ordinary Time

CALLING ALL LAY FORMATION ALUMNI

A small group of recent Lay Formation Program graduates have come together to create a Lay Formation Alumni. We all shared a very important and life-affirming journey in the program. We share new skills and knowledge acquired in the program, and an ember has been carefully lit in each of us.

The Archdiocese of Regina Lay Formation program has been working continuously since 1983. Since then, 591 people have been commissioned through the program, but, unfortunately, we do not have contact information for everybody.

If you are interested in being part of the Lay Formation Alumni, send your contact information to Aseret Ruiz at:
Email: Aseret.ruizp@outlook.com or Cell: 306-201-6317

SAVE THE DATE: We are planning an Alumni gathering Saturday, June 17, 2023 in Regina at Campion College.

A Word About Trauma...

Trauma and associated words are being used more now than ever. Do we know the origins of these words? Are their meanings different now than when they were first used? Each week we will explore a trauma-associated word's origins, meanings and evolution.

PTSD is short for Post-Traumatic Stress Disorder. The DSM I 1952 edition used the term "gross stress reaction" and included combat and "civilian catastrophe." The definition was similar to its official entry and psychiatric diagnosis into the DSM IV in 1980 and classified under anxiety disorders. With a new category created in the DSM V, PTSD is now classified under "trauma and stressor-related disorders. Certain sensations, sensory experiences (sights, sounds, smells) and/or emotions that were dissociated at the time of the trauma keep returning and do not fade with time. There is implicit and narrative memory.

For centuries it has been known by many different names related to war. Combat stress, shell shock, battle shock, combat fatigue, soldier's heart, war neurosis and railway spine. Some of William Shakespeare's plays and Hippocrates' poem De Rerum Natura from 50 BC references flashbacks like dreams. Jean-Martin Charcot noted that "hysterical attacks" could be related to traumatic experiences years later. PTSD is not a weakness but an inherent survival mechanism that we do not have conscious control over.

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.



Archdiocese of Regina RENEW Lent

RENEW your Lent with inspirational resources sent to your inbox each week, from Ash Wednesday to Holy Week. Sign up at archregina.sk.ca/news, text RENEWLENT to 514-900-0130, or email communications@archregina.sk.ca.

BEST LENT EVER

With Lent just around the corner, we wanted to let you know that the Archdiocese is doing something special to help you have the best Lent of your life. We will be participating in Dynamic Catholic's BEST LENT EVER program and we hope you will join us. It's completely free! Sign up at archregina.sk.ca/news or email communications@archregina.sk.ca

DISCOVER
the real you

Stewardship Bulletin Bit

"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven." Matthew 5:20

The Pharisees lived according to the letter of the law, and they used this to elevate themselves above the other people. Jesus is clear – it's the love that you have in your heart, for God and others, that will get you to heaven. Simply following church rules to the letter and not out of love, does not necessarily put you on the path to heaven. Attending Sunday Mass and then gossiping about a fellow parishioner on the parking lot is an example of being a modern-day Pharisee.

itwewin Corner (itwewin is the Cree word which means 'the word' or 'as it is said...')

Fr. John Weckend, Archdiocese of Regina Truth and Reconciliation Healing Committee.

Did you know... Day Star First Nation is located 16 km north of Punnichy and has a population of approximately 426 members who live on and off the reserve. Chief Day Star (Kii si caw ah chuck) adhered to Treaty 4 on September 15, 1874 and settled the Day Star reserve in 1876. Many members continue to speak the Cree language and maintain their cultural traditions. Social events include horse racing, rodeos, powwows, and cultural activities.

LESSON ELEVEN

Is the official Catechism intended to be used "as is" for catechesis around the world as a part of the universal Church?

One might say no and yes. It is translated into several languages, yet there is only one Catechism for the whole Church that is the foundation of all other catechisms. It is a resource used when creating culturally-sensitive catechetical materials. The Catechism alone does not provide cultural sensitivity and diversity. In fact, it recognizes that versions are needed for "differences of culture, age, spiritual maturity, and social and ecclesial conditions..." and it is the responsibility of specialized catechisms and faith teachers to develop these variations. (See CCC#24).

Sacred Scripture: 1 Cor. 9.22 and 1 Peter 2.2.

Who decided what belongs in the Bible? Qui a décidé le contenu de la Bible ?

3 Minute Catechism Video: archregina.sk.ca/group/catechetical-support-parishes/

Read the Catechism Text: CCC#s 105 & 106, 120-127 Council of Trent (1545-63): within De Canonis Scripturis (Decree Concerning the Canonical Scriptures) finalized the contents of the Bible, as we know it today. "...a catalogue of the sacred books be inserted in this decree, lest doubt arise in any one's mind as to which books..." Session IV, #'s 42 & 43 specifically names each text to be included in the canon (the accepted/official) of Sacred Scripture.

Further excellent reading is Nicholas LaBanca's article: media.ascensionpress.com/2018/10/15/how-the-new-testament-canon-was-chosen/

Pope Francis' Monthly Prayer Intentions - February For Parishes

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

thepopevideo.org

a young adult event



RESURRECTION PARISH
FEBRUARY 17 | COST: \$2
ADORATION @ 6:00PM
SUPPER @ 7:00PM

BIT.LY/ARCHOYYAM

41st Annual Nash Lecture: Science, Religion, and the Search for a Christian Anthropology

Wed., February 15, 2023 at 7:00 pm, Campion College Auditorium, University of Regina

Dr. Robert Allore, SJ

Father Robert Allore was born in Toronto, Ontario. He obtained a BSc in biology at the University of Ottawa and a PhD in Microbiology from the University of Toronto. After completing graduate studies, he worked in the Department of Medical Genetics at the University of Toronto studying gene expression in the nervous system. Robert joined the Society of Jesus (Jesuits) in 1990, completing philosophy studies at Loyola University in Chicago and theology studies at Regis College at the University of Toronto. He was ordained a Catholic priest in 2001. During his years of training with the Jesuits, he continued his research activities at Loyola University, Chicago, at Montreal General Hospital, and at Mount Sinai Hospital, Toronto, investigating the genetics of nervous system development. Father Robert Allore is presently pastor of St. Mark's Parish, chaplain to the University of British Columbia, and an Adjunct Professor of Theology at St. Mark's College at UBC.

Trinity Manor at Westerra: Welcome Home!

Isn't it time you put aside the chores, the grocery shopping, the cooking, and the dishes?

We recognize the cultural, physical, and social importance of food. Food not only feeds the body, but feeds the heart and spirit as well. Our all-inclusive plan means you get to enjoy daily breakfast, lunch, and dinner from our own Red Seal Executive Chef. No dishes, no cooking, no cleaning, and no worries. Trinity Manor located in the beautiful Westerra neighbourhood of Regina, is part of the Emmanuel Care community. Emmanuel Care is a healthcare ministry of the Catholic Church. The residents note "I'm so grateful to have mass in the chapel (we know we have a chair), I don't have to wear my boots and I don't need to start my car". Attend daily mass, or spend time in quiet reflection in our beautiful chapel. This is a new beginning with new friends to meet, and a lot of stimulating and entertaining activities starting at \$2245. End your day by enjoying the wild life and country sunsets, 10 mins from downtown. What's included in our all-inclusive plan? Contact Janet at 306-550-8077 for more information, or to book your personal tour now. Visit us at trinitymanorregina.ca