



# Archdiocese of Regina

February 26, 2023

# Bulletin

1st Sunday of Lent

## 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.

### Fear

/fir/

The Greek root, Phobos, means 'fear.' Fear is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat. Fear starts in the part of the brain called the amygdala. According to Smithsonian Magazine, "A threat stimulus, such as the sight of a predator, triggers a fear response in the amygdala, which activates areas involved in preparation for motor functions involved in fight or flight. Preserved throughout evolution, the fear response allows survival by engendering appropriate behavioural responses. Fear is closely related to the emotion anxiety, which occurs as the result of threats perceived as uncontrollable or unavoidable. Research in some areas suggests that social relations and culture may also shape and guild the understanding of when and how much fear to feel and are not just based solely on individuals' nature.

## NET Canada Saskatchewan Do Something Amazing Retreat:

Are you between 18-30? Do you want to deepen your faith and share it with youth across Canada alongside other young Catholic adults like you? NET Canada invites YOU to a Do Something Amazing Retreat on Saturday, March 4th, from 10:00 am to 5:00 pm at St. Therese Institute of Faith and Mission, Bruno. Come find out what's it like to be a NET missionary and how you can radically change the lives of young people across Canada through the life-changing message of the Gospel! Interested or know someone who would be? Register at [netcanada.ca/apply](http://netcanada.ca/apply)! Have questions? Email [recruit@netcanada.ca](mailto:recruit@netcanada.ca) or call/text 613-292-9991!

*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](http://archregina.sk.ca/news), text RENEWLENT to 514-900-0130, or email [communications@archregina.sk.ca](mailto:communications@archregina.sk.ca).

### Raising Children to Give: A Stewardship Workshop

Thursday, March 9 at 3pm in Saskatchewan (4pm Eastern)  
Also available on YouTube at

[bit.ly/Ecumenical-Stewardship](http://bit.ly/Ecumenical-Stewardship)

Generosity is a spiritual practice, just like prayer. Yet so often children are left out of discussions about stewardship and giving. In this engaging webinar, educators and authors Traci Smith and Laura Alary will share practical ways to open the conversation and nurture generosity and giving with children all year long.

All are welcome to join this free 1-hour online webinar offered in the spirit of the LAURC Covenant by the Ecumenical Stewardship Committee of the Anglican Diocese of Qu'Appelle, the Saskatchewan Synod of the ELCIC, and the Roman Catholic Archdiocese of Regina.

Please register at [us02web.zoom.us/meeting/register/tZErfuGqrjliHtJ67gXFWRwTYdb\\_BdQeMx8J](https://us02web.zoom.us/j/8122122222)

For further details contact Nick Jesson at [njesson@archregina.sk.ca](mailto:njesson@archregina.sk.ca)

### Stewardship Bulletin Bit

*"It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" Matthew 4:10*

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father. If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives. Lent is our time to prune ourselves of earthly things, and develop and nurture heavenly things. Lent is time to repent and let go of the other "gods" we have put before God.

### Fasting Like a Refugee: A Lenten Call to Solidarity

Lenten reflections based on the Sunday readings will be posted to our Facebook page and linked to our website. These could serve as journaling entries or as a conversation at supper. Please share and encourage others to participate. Read the reflection series at [archregina.sk.ca/news](http://archregina.sk.ca/news)

### Bear Witness to Canada's Past at the Witness Blanket

Visiting Regina? The Witness Blanket at the RCMP Heritage Centre in Regina holds stories of the residential school experiences from survivors across the country. Bearing witness means taking responsibility for the future, and by visiting the Witness Blanket, you can actively engage in the reconciliation process. View the blanket individually or as a group, with or without a tour guide. Admission is free for Indigenous people and survivors. A small fee applies to non-Indigenous visitors. Bookings can be made through Educational Programming Coordinator Debbie LeDressay at [deb.ledressay@rcmpmc.com](mailto:deb.ledressay@rcmpmc.com). Free parking is available on-site. Learn more at [witnessblanket.ca](http://witnessblanket.ca).

### Full Time Archivist for the Archdiocese of Regina

The Archdiocese of Regina is seeking a full time Archivist with a start date of Mid to Late March 2023. For duties, responsibilities and qualifications, please visit the job posting at: [archregina.sk.ca/employment/](http://archregina.sk.ca/employment/). A letter for interest and resume may be sent to [lburkhart@archregina.sk.ca](mailto:lburkhart@archregina.sk.ca) by March 7, 2023. Additional inquiries can be sent to the same email.

### Spiritual Care Education course opportunity CPE Spring Intensive

St. Paul's Hospital, Saskatoon  
Full-time, May 8-July 21, 2023

CPE (Clinical Psychospiritual Education) is for anyone interested in spiritual care as a career or as a skill set to further their own volunteering, ministry, or profession. CPE is an opportunity to develop self-awareness and listening skills for providing competent emotional, spiritual, and religious support. Students develop professional practice skills including confidentiality, ethical practice, boundaries and understanding of safe and effective use of self.

Each unit of CPE offers 400 hours of study, including 200 hours of practical experience and 200 hours of supervised, peer-group learning. Tuition is \$1350, academic transcript available.

Find out more at [CPE-Saskatoon.com](http://CPE-Saskatoon.com)

Contact Julie Bergen

Spiritual Care Specialist

St. Paul's Hospital, Saskatoon

[Julie.Bergen@saskhealthauthority.ca](mailto:Julie.Bergen@saskhealthauthority.ca)

**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... George Gordon First Nation is a Cree and Saulteaux band located in Treaty 4 territory near the village of Punnichy with a population of approximately 4,000. Ka-newo-kaskwatew (George Gordon) was among the first leaders to make and sign Treaty 4 on September 15, 1874. The Gordon's Indian Residential School operated from 1888-1996 under the management of the Anglican Church of Canada. Today, the First Nation is undertaking self-determination through its economic arm, George Gordon Developments Ltd. Retrieved on February 17, 2023 [ggfn.ca/](http://ggfn.ca/)

### LESSON THIRTEEN

**FAQ:** Is the authority of the Catechism the same as dogmas declared by a pope or ecumenical council?

A catechism provides a complete summary of the fundamental truths that are already defined; and as such, it contains the infallible doctrines defined by popes and ecumenical councils. However, it also contains teachings that cannot be disregarded, yet remains centred in Christ and demonstrates the harmony among teachings. In Fidei Depositum, St. John Paul II said, "The Catechism of the Catholic Church...of which I order by virtue of my Apostolic Authority, is a statement of the Church's faith and of catholic doctrine, attested to or illumined by Sacred Scripture, the Apostolic Tradition, and the Church's Magisterium."

**Is God really All-powerful? Dieu est-il vraiment tout-puissant ?**

**3 Minute Catechism Video:** [archregina.sk.ca/group/catechetical-support-parishes/](http://archregina.sk.ca/group/catechetical-support-parishes/)

**Read the Catechism Text:** CCC#'s 268, 271, 273, 275, 312, 313, 385

**Sacred Scripture:** Jeremiah 32.7, Psalm 33.9, Job 42.2, Matt 19.26

**Pope Francis:** "God's power saves us from weakness and sins. The Kingdom of God takes its power from the strength of Christ's love."

**St. Mary MacKillop:** "Let us ever hope that you look for strength from God who alone can give it." To learn more about her go to: [catholic.org/saints/saint.php?saint\\_id=4958](http://catholic.org/saints/saint.php?saint_id=4958)

**Pope Leo XIII:** describes God's power in his encyclical named Immortale Dei, saying: "the Almighty has so combined the forces...of nature (in) harmony...and all of them most fitly and aptly work together for the great purpose of the universe."

### Archdiocese of Regina

200 - 2151 Scarth Street  
(306) 352-1651

Mailing Address:

PO Box 1546 Stn. Main, Regina, SK S4P 3C4

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