



# Archdiocese of Regina

## Bulletin

March 12, 2023

3rd 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.

#### Terror

ter·ror /'terər/ a noun.

Terror comes into English in the late fourteenth century, partly from Old French *terreur* and partly directly from Latin *terror* from *terrere* 'frighten.' The word means both "the state of being greatly frightened" and "the cause of that state," leading to the definition being intense or overwhelming fear or extreme fear.

### Please join us for *Chemin de croix exprimé par la voix des victimes*:

Soutenir les victimes d'abus sexuels cléricaux Friday March 17th at 6pm either in person or via Live stream from St. Jean Baptiste located at 2517 -25th avenue Regina. Live stream can be found here: St. Jean Baptiste YouTube channel found at: [youtube.com/channel/UCyAgZj0wG1YvhSDq1CPPokQ](https://youtube.com/channel/UCyAgZj0wG1YvhSDq1CPPokQ)

### Pope Francis' Monthly Prayer Intentions - March For Victims of Abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.

[thepopevideo.org](http://thepopevideo.org)

#### Stewardship Bulletin Bit

*"Everyone who drinks this water will be thirsty again." John 4:13*

Jesus reminds us that material things, even something as basic as water, can never satisfy us over the long run. When we build our lives around material possessions we will always want more and no amount will ever satisfy our desire. True joy and peace only comes when we follow Jesus - when we become more "God-centered" and less "self-centered."

**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.**

### The courage to Create Hope

To delegates at the 4th World Meeting of Popular Movements, Pope Francis said, "...you have the ability and the courage to create hope where there appears to be only waste and exclusion."

These are the words that inspired the choice of "Create Hope" as a five-year guiding theme at Development and Peace — Caritas Canada.

The courage to Create Hope is rooted in actions big and small. For to drive away anguish and despair, it is best to act. Every action we take has a positive effect on us, our neighbours, our great human family, our children and their descendants. What will you do this Lent to Create Hope? Join our campaign at [devp.org/lent](http://devp.org/lent).

### LESSON FOURTEEN

FAQ: Does the Catechism discourage searching and questioning; because, it is not written in an apologetic style, but in a declarative and expository way?

The Catechism provides the content of the faith in a comprehensive and summary fashion, with a positive and explanatory manner. In this sense, it answers many questions about doctrine in a clear and unambiguous way. On the other hand, however, the Catechism recognizes that faith is an ongoing journey on which questions and doubts come naturally and need to be addressed at the opportune moment. The Catechism - far from pre-empting discussion - provides accurate information with which to carry on informed discussion.

**Is God really unchanging? Dieu, est-il vraiment immuable ?**

**Watch Videos:** [archregina.sk.ca/group/catechetical-support-parishes/](http://archregina.sk.ca/group/catechetical-support-parishes/)

**Read the Catechism Text:** CCC#'s 202 & 260.

**Sacred Scripture:** Psalm 102.25-27, Hebrews 13.7 & 8, James 1.17 & 18,

**Pope Francis:** "The virtue of perseverance reflects to the world the unchanging love of God." Angelus November 13, 2022.

### 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)



## Chrism Mass

Monday, March 27  
2:00 PM

### Chrism Mass

This year's Chrism Mass will be held on Monday, March 27 at 2:00 PM at Holy Rosary Cathedral.

### Archdiocese of Regina Social Media and Catholic News

Facebook: [facebook.com/ArchdioceseofRegina/](https://facebook.com/ArchdioceseofRegina/)

Twitter: @archdioceseofreg

Instagram: archdioceseofregina

YouTube: [youtube.com/archdioceseRegina](https://youtube.com/archdioceseRegina)

ArchRegina Weekly Report: Signup for weekly Catholic News at [archregina.sk.ca/news/](https://archregina.sk.ca/news/)

### CFC Youth Camp

CFC Youth Regina would like to invite all youth ages 12-18 years old to their annual youth camp to be held in Dallas Valley Ranch Camp on April 21-23, 2023. Registration is now open and will end on April 7, 2023, for more info Contact Rene and Abie Reyes at 306-520-3729.



### Archdiocese of Regina

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**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... Kawacatoose First Nation is a Cree nation located near Raymore and has a population of approximately 3,200. Chief Kawacatoose signed Treaty 4 on September 15, 1874, and two years later received a reserve in the Big Touchwood Hills. The reserve was originally referred to as Poor Man reserve which was incorrectly named as Kawacatoose correctly translated means Lean Man or Skinny Man. Listen to the song Many Paths [youtube.com/watch?v=Qpbw6UvB21U](https://youtube.com/watch?v=Qpbw6UvB21U) written, recorded, and filmed with the youth from Asiniw-Kisik Education Complex, Kawacatoose First Nation.

### 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](https://CPE-Saskatoon.com)

Contact Julie Bergen

Spiritual Care Specialist

St. Paul's Hospital, Saskatoon

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

306-655-5827

### Trinity Manor at Westerra: FAST, PRAY, GIVE

Welcome Home! Regina's new active living retirement community is proudly a part of the Emmanuel Care, and Emmanuel Care is under the leadership and sponsorship of the Catholic Bishops of Saskatchewan. With customized packages, and a wide choice of social and recreational activities, our residents say "Trinity Manor has everything I need. I could sell my car because I don't need it". Located in the beautiful Westerra neighborhood of Regina, our personal care suites, run by nurses, offer extensive amenities and specialized services starting at \$2425. Trinity Manor's customized care plans offer different tiers of support, and is ideal for couples. When you join our community, you become more than just a resident, you become part of a wide and diverse village of family and friends. Attend daily mass, visit with our spiritual care workers, or spend time in quiet reflection in our tranquil chapel. Unwind by enjoying country sunsets, 10 mins from downtown. What's included in our all-inclusive plan? Contact us at 306-550-8077 for more information, or to book your personal tour now. Visit us at [trinitymanorregina.ca](https://trinitymanorregina.ca)