



# Archdiocese of Regina

## Bulletin

March 26, 2023

5th 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.

#### Shock [shok]

Origins are in middle Dutch schokken – to push, jolt, shake or jerk. First attributed to Le Bran in 1743 regarding a gunshot wound and the bodily reaction to sudden impact. Shock can be an emotional state of mine, usually resulting from a traumatic event; the physical aspect of shock is described as too little blood flow to the brain and vital organs or delivering an electrical charge, such as when used to restart the heart.

### Holy Week/Easter Livestream Mass Times

Resurrection parish will livestream Holy Week Masses and Services to our YouTube channel starting with Palm Sunday: 9:00 AM  
Holy Thursday 7:00 PM  
Good Friday 3:00 PM  
Easter Vigil 8:00 PM  
Easter Sunday: 9:00 AM

### 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.

**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.**

### Share Lent - Solidarity Sunday

Honduras's diverse ecosystems, fertile lands and rich natural This Solidarity Sunday, Development and Peace — Caritas Canada's Stand for the Land campaign invites you to give generously and thanks you warmly for your generosity.

Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world. Our solidarity rests on your generosity.

"The support we receive from Development and Peace has been very important for me. It allowed me to find myself, to live again."

— Raquel Soto, participant in the documentary filmmaking school of the Asociación Campesina de Antioquia (ACA, Peasant Association of Antioquia)

Such is the difference you can make by giving to your Share Lent parish collection or at [devp.org/give](http://devp.org/give). Thank you for helping us build a world of justice.

### LESSON SIXTEEN

**FAQ:** Is the Catechism a spiritual book in any sense? The Catechism's spirituality rests on the Trinitarian life. The relationships among the persons of the Trinity provide the model for human relationships. To put the Catechism in the context of prayer, some suggest reading Book Four (Prayer) first. It can be read from the point of view of a spiritual journey in how the Church believes, celebrates, lives and prays to assist in formation with hope of transformation by God's grace. Placing the Trinity as the organizing principle of the Catechism assures its spiritual orientation.

**What does it mean that God is Triune? Quelle est la signification de Dieu qui est Trinité ?**

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

**Read the Catechism Text:** CCC#'s 234, 237, 253-256

**Sacred Scripture:** Genesis 1.2, 1.29 (God said: "Let Us"), Matthew 3.16 & 17, John 1.1-3, 6.27 & 14.16-26

**Pope Francis:** "...the action of the three divine Persons - Father, Son, and Holy Spirit – is a single plan of love that saves humanity and the world." (given at an Angelus on the Feast of the Holy Trinity. June 2020).

### Stewardship Bulletin Bit

*"Jesus said to her, 'Did I not tell you that if you believe you will see the glory of God?'"*  
John 11:40

Many of us say that we believe in God. We attend Sunday Mass and participate in parish events. But when life gets hard and the pressure is on, when things aren't going our way, do we really believe? Do we really put our trust in the Lord? When we live a life of gratitude, recognizing all that we have been given, we really do see that God is providing for our needs. Living a grateful and generous life allows us to see God's active presence in our daily lives and we become "partakers of the divine nature."



## 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.

### The Myriam Family of the Prairies Invites you For a day retreat on April 1st 2023

From 10h00 to 4h00

Including Mass, Holy hour, talks and sharing and Lunch, in the beauty of nature and the silence of the Countryside at our house of prayer in McLean, Sk, 45 km East of Regina. "By His wounds, we are healed" Meditating upon the sufferings of Christ who endured his passion to save and heal us.

To register, and get the directions, or to follow online, Please contact Sr. Stephanie at 306-761-0528 or by email [pss.prairies@famillemiriam.org](mailto:pss.prairies@famillemiriam.org)

### SAVE THE DATE CHAS' 80TH CONVENTION

Title: Holistic Care: Healing Through Stories, Spirit and Song

Dates: Thursday October 26 - Friday October 27th, 2023

Location: Queen's House of Retreats in Saskatoon  
More details to follow

### 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... Kinistin Saulteaux First Nation is located near the town of Melfort, SK and has a population of approximately 1,100 members. Kinistin is named after Chief Kinistin a headman of Chief Osawaskokwanepi's Yellow-quill Saulteaux band. Chief Osawaskokwanepi signed an adhesion to Treaty 4 on August 24, 1876. The Yellow-quill Saulteaux band was later divided into three groups with a group headed by Chief Kinistin becoming Kinistin Saulteaux Nation. The construction of the Tikinagan Family Resource Centre [globalnews.ca/news/8964460/kinistin-saulteaux-nation-getting-tikinagan-familie-resource-centre/](http://globalnews.ca/news/8964460/kinistin-saulteaux-nation-getting-tikinagan-familie-resource-centre/) ('tikinagan' translates to 'cradleboard' in Cree) is underway and will house family support services.



### 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

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St. Paul's Hospital, Saskatoon

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306-655-5827