



Archdiocese of Regina *Bulletin*

March 5, 2023

2nd 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.

Anxiety

anx-i-e-ty/ aNG'zīədē/ a noun.

Noted in the early 16th century: from French *anxiété* or Latin *anxietas*, from *anxius*. **In the 17th century, Robert Burton** described anxiety as the anatomy of melancholy. In the 18th century, Panic attacks and generalized anxiety disorder may be recognized as "panophobias." The DSM-V anxiety is defined as the anticipation of future threats; it is distinguished from fear, and it is the emotional response to a real or perceived imminent threat.

Anxiety is a feeling of fear, dread, and uneasiness, typically about an imminent event or something with an uncertain outcome, or a mental condition characterized by excessive apprehensiveness about real or perceived threats, typically leading to avoidance behaviours. Anxiety or feeling anxious may arise before a test when important decisions are to be made, or when faced with difficulties at home or work and can be a normal stress reaction. This might cause a feeling of restlessness, sweating, feeling tension, or result in a rapid heartbeat. Difficult experiences in childhood, adolescence or adulthood are common triggers for anxiety problems. Going through stress and trauma when you're very young is likely to have a huge impact. Experiences that can trigger anxiety problems include physical or emotional abuse.

Stewardship Bulletin Bit

"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." Genesis 12:1

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

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.

Development and Peace: a movement of solidarity

Established in 1967, Development and Peace — Caritas Canada is the official international solidarity organization of the Catholic Church in Canada.

We partner with organizations in the Global South that promote alternatives to unjust social, political and economic structures and support women in their quest for equality and justice. With the help of our 11,000+ volunteer members, we inform Canadians about the root causes of impoverishment and mobilize them to act for change. Our Lenten campaign, People and Planet First, offers you the opportunity to help protect vulnerable communities and ecosystems from corporate abuse. To learn more about and to join our movement, visit devp.org.



TF338: CRISPR, BioTechnology and Catholic Ethics with Ethicist Sr. Zoe Bernatsky - Part 2

What does the Church teach about the use of CRISPR gene editing technology and other advances in biotechnology? In this part 2 of 2, Dr. Brett Salkeld opens a conversation with Sr. Zoe Bernatsky, professor of Moral, Spiritual, and

Pastoral Theology at Newman Theological College in Edmonton, Alberta.

thinkingfaith.libsyn.com/crispr-biotechnology-and-catholic-ethics-with-ethicist-sr-zoe-bernatsky-part-2

Raising Children to Give: A Stewardship Workshop

Thursday, March 9 at 3pm in Saskatchewan

Also available on YouTube at 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/tZEr-fuGqrjliHtJ67gXFWRwTYdb_BdQeMx8J](https://us02web.zoom.us/j/8285751488)
For further details contact Nick Jesson at njesson@archregina.sk.ca

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

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

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/ A letter for interest and resume may be sent to lburkhart@archregina.sk.ca by March 7, 2023. Additional inquiries can be sent to the same email.

Archdiocese of Regina Social Media and Catholic News

Facebook: facebook.com/ArchdioceseofRegina/
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YouTube: youtube.com/archdioceseRegina
ArchRegina Weekly Report: Signup for weekly Catholic News at archregina.sk.ca/news/

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... Kahkewistahaw First Nation is a Cree nation located near the town of Broadview and has a population of approximately 2,100 members with approximately 675 living on reserve. Chief Ka-kiwistahaw (He Who Flies Around) was a signatory to Treaty 4. In 1881, a reserve was surveyed on the south side of the Qu'Appelle Valley between Round Lake and Crooked Lake. Every year on November 11 their veterans who were enlisted and served in WW1, WW2, the Korean War, Afghanistan, and overseas are honoured in ceremony. Retrieved February 17, 2023. kfn72.com/

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

Contact Julie Bergen

Spiritual Care Specialist

St. Paul's Hospital, Saskatoon

Julie.Bergen@saskhealthauthority.ca

306-655-5827

Trinity Manor at Westerra: PRAY, FAST, GIVE

Welcome Home! Experience the true meaning of retirement with a world of choices, beautiful architecture, and a variety of programs and services. Your neighbours are caring people who make you feel welcome. One of our residents said, "If I was still living in my home, I would be so isolated now. But, living at Trinity Manor I have friends all around me". Regina's own Trinity Manor, a part of Emmanuel Care, is under the leadership and sponsorship of the Catholic Bishops of Saskatchewan. Whether you need assisted living, short stay, customized care plans, or to age in place, we are challenging the standard for retirement living. With our affordable pricing starting at \$2425, enjoy premium retirement living at affordable rates! Attend daily Mass, receive the sacraments, or spend time in quiet reflection in our tranquil chapel. Start your day by enjoying the country sunrise, 10 minutes from downtown. Book your personal tour now by contacting us at 306-550-8077 or visit us at trinitymanorregina.ca.



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