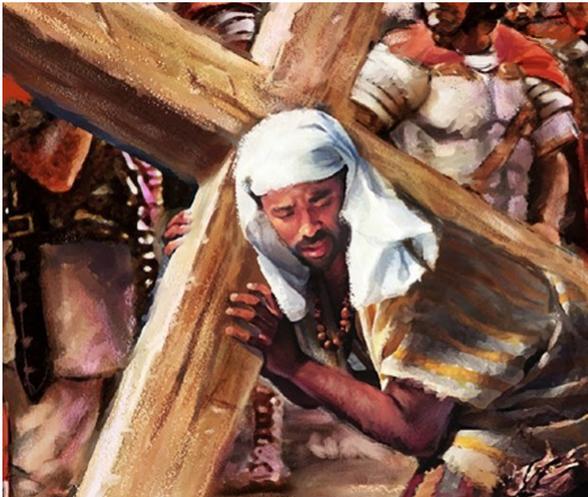


# Holy Trinity Roman Catholic Parish

April 5, 2020  
Palm Sunday of the  
Passion of the Lord



**COVID  
updates  
inside**

As they went out, they came upon a man from Cyrene named Simon; they compelled this man to carry his cross. (Matthew 27:32)

The Lord calls us to love God and to love our neighbor. Every day, we are presented with opportunities to love our neighbor and help him “carry his cross.” These opportunities aren’t usually big events, they are usually ordinary occurrences like helping someone carry their groceries or holding the door open for them. The key is putting the other person’s needs before our own and not expecting anything in return.

**5020 Sherwood Drive  
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**Phone: 306-543-3838  
Fax: 306-949-2544**

**Email: [htrinity@sasktel.net](mailto:htrinity@sasktel.net)**

**Website: [holytrinityregina.ca](http://holytrinityregina.ca)**  
(bulletin available online)

## Pastoral Staff

Pastor: Very Rev. Lorne Crozon, V.G.  
306-924-1993  
Pastoral Assistant: Val Magnuson  
306-924-2602

## Support Staff

Hall Inquiries & Office Coordinator:  
Heather Deis 306-543-3838  
Custodian: Dominic Dias

## Office Hours

**Monday to Friday**

9 am to 1 pm (and often later)

## **Sacramental Preparation and Baptisms—**

On Hold: Contact Val Magnuson, Pastoral Assistant.

**Weddings & Funerals—**Contact Fr. Lorne.

## **For Families**

See the online insert “Faith-fully Navigating Coronavirus with your Kids” (used with permission.)

[Holy Week @ Home Experience](#)

**Archdiocese of Regina Weekly Report—**Sign up for our Archdiocese of Regina Weekly Report and stay up to date on COVID-19 Updates and other news, delivered to your inbox every Friday morning. Sign up now: <https://bit.ly/2QIMB0o>



Use this link or on our website home page.

Electronic giving

We need your financial support now more than ever. Many thanks to everyone who continues to support our parish via Canada Helps online.

These donations are deposited directly to our operating account, where many of our utilities are paid. (Tax receipts are generated from Canada Helps) Envelope donations may be brought to the church when we are open and cheques may be mailed.

**Spiritual Care in Hospital—**Catholic chaplains visit patients and their families to address any spiritual needs, pray, provide a friendly face and comforting presence, talk about people’s fears and concerns, bring Communion, and contact a priest for anointing of the sick.

Pasqua Hospital Chaplain Bonnie Thiele Hunt 306-519-1380	Wascana Rehab Centre Chaplain Joan Rink 306-530-6511	General Hospital Chaplain Jerry Fitzgerald 306-519-1405
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## No Masses until further notice

**Church Open for Prayer:**

**Saturday 4 to 6 pm**

**Sunday to Friday:  
9 am to noon**

**Palms** available for pick up when church is open

**Sacrament of Reconciliation:**

**Saturday 4—6 pm  
Sunday to Friday 9 —10 am**

**Coming Up at Holy Trinity:**  
**ALL PARISH ACTIVITIES SUSPENDED**  
 until further notice

**Memorial Easter Flowers**—Memorial page will still be posted as part of the online bulletin at Easter and donations used for seasonal flowers once we resume public Masses. Envelopes available in the Gathering Area but not needed —if you wish to mail a cheque with the name(s) of those whose names you want to remember.

**NOTICE TO PARISHIONERS RE: COVID-19**

As of Friday, March 20th, all Sunday and weekday Masses are suspended, until further notice.

*Archbishop Donald Bolen grants dispensation to all Catholics from their Sunday obligation until such time as Masses resume.*

**PREVENT THE SPREAD OF COVID-19**

If entering the church for private prayer please read below and follow all protocol to prevent the spread of infection.

- wash your hands when you enter with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth, especially with unwashed hands;
- Touch as few things as possible.
- cough and sneeze into your sleeve and not your hands; and
- stay home if you are sick to avoid spreading illness to others.
- If you have travelled recently, you should self-isolate for two weeks.

**The church is open for prayer. You cannot enter if you're sick or have recently travelled.**

**Physical Distancing Guidelines**

It is essential to maintain a 2 meter distance between persons at all times.

Safe	Caution	Avoid
Order groceries for delivery Take a Walk Read a book Listen to music Cook a meal Go for a drive Family games Video chats Stream a show Call a friend	Get takeout Visit the grocery store Pick up medication	Large gatherings Crowded malls Non-essential visitors to your home Gyms Travel Mass transit

**For the most up-to-date information, please visit the Archdiocese of Regina website at [archregina.sk.ca](http://archregina.sk.ca).**



Archdiocese of Regina  
 Weekday [Masses online](#) 9 am from Resurrection Parish

**Papal Decree issued about Easter Triduum being celebrated by priests without the presence of the faithful.**

**Participation of the faithful**

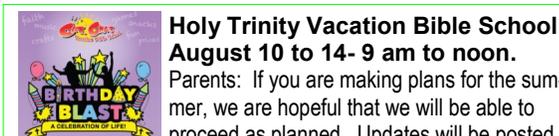
The Decree encourages pastors to inform the faithful of the times of the liturgical celebrations, "so that they can prayerfully unite themselves in their homes" to the prayer of the Church. In this regard, the Decree continues, the "means of live (not recorded) telematic broadcasts can be of help". It then emphasizes how important it is to dedicate "adequate time for prayer".



Palm Sunday: 9 AM  
 Holy Thursday: 7 PM  
 Good Friday: 3PM  
 Easter Vigil: 8:30 PM  
 Easter Sunday: 9 AM  
 (live links below)

**Holy Week Live Stream links**

- [Palm Sunday: 9 am](#)
- [Holy Thursday: 7 pm](#)
- [Good Friday: 3 pm](#)
- [Easter Vigil: 8:30 pm](#)
- [Easter Sunday: 9 am](#)



**Holy Trinity Vacation Bible School August 10 to 14- 9 am to noon.**

Parents: If you are making plans for the summer, we are hopeful that we will be able to proceed as planned. Updates will be posted on our website [www.holytrinityregina.ca](http://www.holytrinityregina.ca) or contact Val at 306-924-2602 for more info.

Crafts supplies still needed are:

- Lays or Pringles potato chip containers (pictured) to create time capsules.



**Holy Trinity parishioner list being updated.** We are in the process of contacting people on our parish list to keep it updated and remain in contact during this period of upheaval. We hope to phone our most senior parishioners first. We are also trying to keep in touch through weekly email reports from Father Lorne. Please call the office (306) 543-3838 or [email htrinity@sasktel.net](mailto:htrinity@sasktel.net) to add your email address to our parish list.

**Give it up for Lent collection.** Your 40 day Lenten challenge card may be returned to Holy Trinity as soon as you have completed it (preferable in a large envelope). On weekends, leave with Father Lorne or slide under office door. Weekdays, may be returned to the office 9 am to noon. Alternatively, donations may be submitted through Canada Helps using your credit card. Select 'Give It Up for Lent' from drop-down menu.

**Family Resources for Holy Week**—see front cover

- CWL Corner** SCHOLARSHIP information on bulletin board with applications and information on various scholarships available.
- CWL Sask. Provincial Social Justice Award – deadline April 30.
- CWL of Canada National Bursary – submit by May 15.
- Holy Trinity CWL Scholarship – submissions by June 30.

**COVID-19 Archdiocese of Regina UPDATES:**

Stay up to date on protocols and event cancellations:

<https://archregina.sk.ca/content/covid-19-updates>

**Prayers and Devotions** – Information on the Archdiocese website: daily Mass, daily readings and reflections, prayers, stations of the cross and other resources that may be valuable during this time of physical distancing.

<https://archregina.sk.ca/prayers-devotions>

**Join Fr. Parker Love for Cold Drinks, Quarantine and Christ Facebook Live**—Grab your favorite cold (or hot) beverage, and join Fr. Parker on Facebook Live <https://www.facebook.com/parker.love.3> for a talk about 'The Good Place'.

Every Wednesday while the quarantine lasts. Tune in 7:15 pm, talk starts at 7:30 pm.

**Many Regina & Archdiocese events cancelled**

including My Gen Rally. Please check online or call first.

**Archdiocese of Regina Good Samaritan Project -**

Volunteers from all around the diocese can assist if you are in need. If you need groceries or essential items but are ill, immobile or quarantined and so not able to leave the house AT ALL (noting that NONE of us should be leaving more than absolutely necessary!) please contact us and we will set you up with a volunteer who can help. Please also contact us if you live alone and are feeling lonely and isolated. We can arrange for someone to check in on you by phone.

If you need some assistance please email [outreach@archregina.sk.ca](mailto:outreach@archregina.sk.ca) at anytime. OR call 306-541-3086 between 9-5 Tuesday-Saturday.

We are committed to operating in strict adherence with Health Canada Guidelines, provincial Public Health Orders from our Chief Medical Officer and provincial government.

**Marian Centre Update**—March 30 letter from Charlie on behalf of their community—insert to this bulletin.

**Birthright** could still use supplies and donations. They need maternity clothes and receiving blankets (gently used is fine). They still have mom's and babies needing supplies. Also, consider that with possible closures of services, they may need extra help at this time.

Thank you for your support of **Regina Pro-Life** and for your continued support for life during this time. Please continue to pray for an end to abortion and euthanasia and for the protection of all life from Womb to Tomb in these extraordinary times.

**40 HOURS FOR LIFE** Feb 26 to April 5. As Lent ends, you are still encouraged to pray at home every day for an end to end abortion. Sponsored by Regina Pro-Life.



Most Merciful and Triune God,  
We come to You in our weakness.  
We come to You in our fear. We come to You with trust.  
For You alone are our hope. We place before You the disease present in our world.  
We turn to You in our time of need.

Bring wisdom to doctors. Give understanding to scientists. Endow caregivers with compassion and generosity. Bring healing to those who are ill. Protect those who are most at risk. Give comfort to those who have lost a loved one. Welcome those who have died into Your Eternal Home.

Stabilize our communities. Unite us in our compassion. Remove all fear from our hearts. Fill us with confidence in Your care. Jesus, I trust in You. Jesus, I trust in You. Jesus, I trust in You. Amen.

**Free Catholic Movies online — get FORMED on demand**

Sign up and get immediate access to the best Catholic movies, faith formation videos, audio talks, and great children's videos. **Free for 40 days**  
As we are gathered together in our homes, this can be a tremendous opportunity to watch something as a family that will inspire hope and remind us all that the Lord will provide for us even through these difficult times.

**A Spiritual Act of Communion for those Self Isolating**

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



Spiritually Adopted babies. With God's blessing and our prayers, may all of the babies that may be lost due to abortion be born and live to eternal life. Please remember to pray daily for your babies.

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**KNIGHTS OF COLUMBUS**

You are invited to join our parish council. Do more than you could by yourself. Contact Wally Kaip at 306-949-1709 or at [wpkai@accesscomm.ca](mailto:wpkai@accesscomm.ca)

Upcoming Pancake Breakfasts at Holy Trinity — April 5—cancelled. On Hold: May 10 (Mother's Day) and June 7

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**Welcome to Holy Trinity!**

To register in the parish, update your information, or request donation envelopes, please pick up a form in the Gathering area (bulletin board), call the parish office or drop in during office hours, or print a copy from our website [www.holytrinityregina.ca](http://www.holytrinityregina.ca).

**Archdiocese of Regina Weekly Report**

The week's top local stories, parish and diocesan events, and national and international news of Catholic interest delivered to your in-box every Friday.



**Pray our advertisers who are affected by the impact of COVID-19.**



# ***Faith-fully Navigating Coronavirus with Your Kids***

BY PAUL CANAVESE & ANN NAFFZIGER

If you're anything like us, the coronavirus situation has thrown you for a big loop. Our daughters are suddenly out of school, organized sports, and other activities. Meanwhile, we are trying to answer their difficult questions, keep our kitchen stocked, and juggle working from home. You may well have greater challenges than us, such as losing work, struggling to find childcare, or dealing with illness yourself.

We certainly don't have all the answers for how to navigate this difficult time, but we do want to share some wisdom and insights that we have received from others, much from our Catholic faith tradition. This is not the first time that people of faith have faced a crisis, and it will not be the last. We need to remember that we have God and each other to sustain us through difficult times.

## **A Faith Foundation**

A crisis like this one can make both parents and children fearful, confused, and disoriented. The people we meet in the Bible lived almost constantly in crisis—concerned for their survival—so perhaps it's not very surprising that God's most frequent instruction in all of Scripture is not to be afraid. Fear can get our attention and focus us, but it also often leads us astray.

As the coronavirus pandemic unfolded, the two of us have become aware of how our children are looking to us not only for information but for guidance in how to respond and how worried they should be. As usual, our actions speak even louder than our words.

Our faith can keep us on track, even when stress and anxiety pull us in other directions. We trust in a God who cares about everyone and urges us to do the same. We believe in a God who became one of us so he could love us better and understand our own fear and pain. We follow a God who asks us to love our neighbor as we love ourselves, even when it is difficult or inconvenient. Our faith guides us to not only look out for ourselves but prioritize the needs of others, especially those most in need.

## **What Children Need to Know**

It is important to reassure children, address their fears, and communicate what we believe from a faith perspective. Here are some guidelines for how to approach the conversation:

- Keep it truthful. Don't mislead your child, pass on rumors, or make promises that you can't keep. Don't tell them that they (or you, or grandma) won't catch COVID-19. Instead, explain that very few kids get bad symptoms, very few people get seriously sick, and that there is medical help for those who do.
- Keep it age-appropriate. Share only what is helpful for your child at their developmental level. Going beyond that will confuse them. Just because you are concerned about particular aspects of the crisis doesn't mean that you have to share them with your child.
- Keep it simple. In general, let your child guide the conversation with their own questions and concerns. Don't volunteer too much information or try to be comprehensive. Because the crisis is affecting all aspects of life and there is ongoing news, it can be easy to talk about it all the time and throughout family meals, but this can make our children anxious.

An excellent NPR cartoon that you can use to teach your kids the basics about the coronavirus at their level can be found at: <http://bit.ly/coronavirus-kids>.

## **Stopping the Spread**

It is our responsibility as parents to make sure our children know how to avoid spreading the virus. These steps are essential to keep not only your child safe, but also family members, friends, and those most at risk in your community. Even those without symptoms can spread the virus, including children. Be an example by following these rules yourself, and make sure your children know

the rules are *not optional*:

- **Wash hands vigorously** for at least 20 seconds (suggest that they sing part of a song that they like and not stop until it is finished). Show them how!
- **Avoid touching your face.**
- **Cough or sneeze into your elbow** or a tissue.
- **Stay home if you become ill.**

## Breathing Room

We already tend to jam-pack our schedules with work, parenting, and other responsibilities. The coronavirus just increases the pressure.

Our faith tradition has a check against this called the Sabbath. It's about taking a break, taking time for ourselves, and taking time for God so that we can be spiritually refreshed, physically rested, and emotionally renewed to do the work we need to do. We need breathing room to stay healthy and centered.

There is a lot of new work associated with this crisis—from staying informed to juggling all the changes. We need to do this work well, but we also need breaks from it. If we find ourselves constantly dwelling on the latest news and social media posts, then we may need breaks from them so we won't be completely consumed.

There are many ways to take a Sabbath break. Two important ways to spend this time are attending Sunday Mass and through prayer (which we'll come back to). But you may also need exercise, journaling, walking your dog, or playing music. Maybe it's snuggling and reading with your kids a little more. We need to replenish our spirits during this time so that we can be more present to each other and the movements of the Holy Spirit.

Even our children get over-scheduled in our culture, between school, organized sports, and other extracurricular activities. So this may be a good opportunity to help them embrace and appreciate the unstructured free time. Consider how that can continue after the crisis passes.

## Prayer

If prayer is not a regular part of your routine or that of your family, this is a great time to start! If possible, set aside some quiet time to be with God, and don't forget to spend some of that time listening.

As a family, you might begin your meals with a simple prayer for all those affected by the crisis around the world and in your community. Have everyone at the table say a "Thank You" and a "Pray For," as in "I'm thankful for my kitty/these meatballs/my soccer ball," and "I want to pray for all those who are helping the sick people/Grandma and Grandpa/my friends who are stuck at home too."

## Home Church

Masses and religious education classes have been canceled at many parishes, giving us an additional challenge as people of faith. However, it's just as important (in fact, *more* important) for families to worship on Sundays.

Our tradition calls each family a "domestic church"—sort of like a tiny parish—where we pray, teach the faith, and live it out. Perhaps this time is a blessing in disguise to help us embrace this reality.

If you have young children, you may need a simpler option. You could begin and end with the Sign of the Cross and perhaps a song your child knows well. Read one or more passages from a story Bible, then talk together about what you read.

Watch for guidelines and tools from your parish leaders on how you can share faith with your children at home.

## Serving Others

It is natural to ask, "Where is God in all of this?" As Matthew 25 reminds us, Christ is present in those who are in need (the hungry, thirsty, stranger, imprisoned, etc.). It is our job to do God's will in the world to make things better. We must always look beyond ourselves to serve our neighbor. Consider as a family how you can reach out to those who are most in need. For example:

- Run errands or shop for neighbors who are staying home because they are most at-risk.
- Call elderly family members, parishioners, or other friends who are isolated and lonely.
- Support small businesses that are struggling with lost business. You may be able to buy gift certificates to give them needed cash now.

*May the Lord bless you and keep you! May the Lord let his face shine upon you, and be gracious to you! May the Lord look upon you kindly and give you peace!*

—Numbers 6:24-26



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# Marian Centre

1835 Halifax St. P: (306) 757 0073

Regina, SK

S4P 1T4

[mcregina@sasktel.net](mailto:mcregina@sasktel.net)

Monday, March 30, 2020

Dear Friends,

We would like you to know what we are doing right now in our response to the current Covid-19 pandemic. Two weeks ago we began serving bagged lunches at the door during our usual noon to 1pm meal time. Generous volunteers, some of you among them, continued to come in to help us prepare and to bag them. David, Peter and I served them at the door. Those coming for the lunch, men and women, numbered close to 130 most days. Today we have come to the decision, given all the encouragements we have received for social distancing, that our volunteers not continue to come in for a time. (I am sure you know we will miss not only your help but your presence!) We, the staff of Marian Centre, will continue serving the lunch at the door as best we are able. It will be simpler – but we realize that it is not only food and drink that we offer, but a gesture of kindness. (Also, It is helpful for us to know that other agencies are providing meals to those in need of them.) We shall try to do it as safely as possible, in a way that allows for social distancing both for ourselves and for those we serve. We shall continue to do this for as long as we are able – which in today's climate means, we shall take this a week at a time.

Thank you all for your help in so many ways. Already you have given us generous financial support -we are not asking you to give further here . Our clothing room is closed for the duration of this Covid medical crisis, so we do not want clothing donations at this time. We do hope, however, that there will be a continued, mutual exchange of prayers between us; that all of us stay well, that those we serve receive what they need, and that we can keep our hearts at peace.

Some of you have asked , 'what do you need?' Our bag lunches right now consist of one or two meat sandwiches, a muffin, a fruit and a juice box – and occasionally something different. Some of you have provided those muffins, for which we are grateful. We can always use sliced bread. We can use other items that can be added to a lunch bag: treats and healthy snacks that are in some kind of wrapping. Having said this, we don't want to ask unadvised shopping trips for anyone. Those coming with a donation can do it at the door, or if you prefer, simply phone us from the door, leaving it there for us to collect. Our open/serve days remain the same (Mon-Wed, Fri & Sat), but a phone call can be helpful to let us know you are coming.

Thank you again, for your past and present kindnesses towards us and those we serve. May the Lord bless us with his peace as we approach Holy Week and Easter.

Sincerely, in Christ,

Charlie for Kate, Christine, David and Peter