

# Holy Trinity Roman Catholic Parish

February 9, 2025  
5th Sunday in Ordinary Time

*Glory be to the Father, and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now, and ever shall be, world without end.  
Amen.*

## Welcome to Holy Trinity!

As Catholic Christians we seek to proclaim, celebrate, and live our faith joyfully and to express our love for Christ and each other.

If you are a visitor or are new to Regina or to our parish, we welcome you and hope you have a positive experience in your worship with us. Check our website for a helpful introduction to Holy Trinity and its various ministries and services. Please feel free to contact us with questions or comments. We look forward to meeting you!

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



**Reconciliation:** By prior arrangement and when possible  
45 min. before weekend Masses  
30 min. before weekday Masses

**Weddings & Funerals:** Contact Fr. Gaspar

**Weekend Masses:** Sat. 5 pm; Sunday 9 am & 11 am

**Coming Up at Holy Trinity** (Weekday Rosary 25 minutes before Mass)

- |                |  |
|----------------|--|
| Sat. Feb. 8    | 10 am—3 pm Couples for Christ ANCOP, mtg rm                                |
| Sat. Feb. 8    | <b>5 pm Mass</b>   |
| Sun. Feb. 9    | <b>9 am Mass:</b> + Louis Toth<br>Children's Liturgy of the Word           |
| Sun. Feb. 9    | <b>11 am Mass:</b> Pro populo<br>Sacramental Prep meeting after Mass, hall |
| Sun. Feb. 9    | <b>5 pm Vietnamese Mass</b>  |
| Tues. Feb. 11  | 9 am, Lectio Eucharist Faith Formation, mtg room                           |
| Tues. Feb. 11  | 1:30 pm Forever in Motion, hall  |
| Tues. Feb. 11  | <b>7 pm Mass</b>   |
| Tues. Feb. 11  | 7:30 pm Lectio Eucharist Faith Formation, church                           |
| Tues. Feb. 11  | 7:30 pm Knights of Columbus, meeting room                                  |
| Wed. Feb. 12   | <b>10:30 am Mass:</b>  |
| Wed. Feb. 12   | 11 am Soup & Bun Lunch, meeting room. Hosted by CWL. Everyone welcome.     |
| Wed. Feb. 12   | 7 pm Sacraments team, meeting room   |
| Thurs. Feb. 13 | <b>8:30 am Mass</b>  |
| Thurs. Feb. 13 | 7 pm Finance council, meeting room   |
| Fri. Feb. 14   | <b>8:30 am Mass</b>  |

5020 Sherwood Drive  
Regina, SK S4R 4C2  
Phone: 306-543-3838  
Email: [htrinity@sasktel.net](mailto:htrinity@sasktel.net)  
Website: [holytrinityregina.ca](http://holytrinityregina.ca)

### At Holy Trinity:

#### We pray for the following:

George & Ellen Deneve, Sujith Noronha, Colleen Lefebvre, Martin & Gisele Croteau, MaryAnn Young, Gwen Gibney, Gerry Turgeon, Troy Kocur

#### We pray for the Repose of the Souls of our

**beloved ones, including** Marian Kolesar, Frank Deitz, Gloria Brezinski, Margaret Piotrofsky, Doreen Ewen, Lynn Lenius, Eva Enns, Elaine Eyndhoven, Barry Ludwar, Robert Roddy, Ann Beuker

Regular Donations from Feb. 1 & 2: \$4,439.  
Average expenses: \$21,661 monthly.



[Use this link](#) or on our website home page.

Use your credit card for occasional or regular giving. Details on page 3.

## Sacramental Preparation

### Baptism Preparation

For parents of infants & young children and expectant parents. Contact the office to register for next session in February. [Registration form on website.](#)



### Holy Trinity Catholic Women's League

General meetings: 2nd Monday of the month. Next meeting is March 10.  
Executive: Next meeting March 3.



### Holy Trinity Knights of Columbus

General meetings: 2nd Tuesday of the month.  
Next meeting Feb. 11, 7:30 pm

Next Pancake Breakfast is Sunday Feb. 16.  
Details on page 2.

**Pastoral Staff**

**Pastor:** Rev. Gaspar Lucas 306-536-8203

**Support Staff****Office Coordinator**

Heather Deis: 306-543-3838

**Custodian:** Dominic Dias

**Office Hours** Mon. to Fri.—9 am to 3 pm

**Mass Times:**

**Saturday: 5 pm**

**Sunday: 9 & 11 am**

Monday— no Mass

Tuesday—7 pm Mass

Wednesday, Thursday & Friday Masses 8:30 am

First Friday Eucharistic Adoration after 8:30 am Mass, next March 7.

For the comfort and safety of others, please do not wear fragrance to church.



**NEXT Pancake Breakfast Sunday:** Feb. 16, 10 am to 1 pm. Pancakes, eggs, sausage, ham, syrup, strawberries, whipped topping, coffee, juice. Adults \$10; children \$5. Hosted by K of C.

**Job Opportunity—Assistant Office Co-ordinator, Holy Trinity, Regina.**

We are now inviting applications to the position of assistant office co-ordinator who will become the office co-ordinator this spring. The qualities required are the following: Computer efficiency essential; experience using Microsoft Publisher, Word, Excel. Excellent English communication skills (written & verbal). Experience with Catholic databases an asset. Organized and able to work independently.

Duties include answering phone, greeting office visitors, booking facilities for meetings and social functions. Prepare weekly bulletin, bill payments, manage office equipment, entry of donations. Generate annual receipts, certificates and record keeping for sacraments. Update website. Order/manage office supplies. Attend Parish Council meetings and Annual General Meeting to take summary notes and prepare minutes.

Parish office experience an asset.

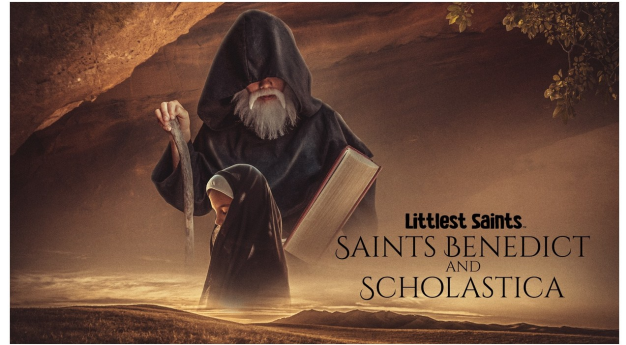
For more information, call the parish office (306) 543-3838 or email htrinity@sasktel.net or contact Fr. Gaspar at reginalucas15@yahoo.com or 306-536-8203.

**Donations to Holy Trinity**—thank you for your support! It would be most helpful to our Collection Counters if you would write your donation amount on the envelope you use.

**Charitable Donation Receipts for 2024** available for pickup in the Gathering Area. If you are unable to pick up, contact the office.

**Children's Liturgy** - program is in need of leaders for all Mass times. If you would like to see consistent children's liturgy available for our children, please prayerfully consider becoming a leader. Training and resources will be provided. Contact the office if interested.

**Buildings and Grounds Co-ordinator** - Holy Trinity Parish needs a volunteer Building and Grounds Coordinator to oversee the operation and maintenance of Holy Trinity Parish building and grounds. For details of the activities and responsibilities, see bulletin board or contact the parish office.

**FORMED**THE CATHOLIC FAITH.  
ON DEMAND.**Sts. Benedict and Scholastica | Littlest Saints**

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.

Our parish has a FORMED subscription. Visit [formed.org/signup](https://formed.org/signup) and select our parish. Scan the QR code to download the FORMED app to your phone.



An offering from the AUGUSTINE INSTITUTE and ignaticus press

**2024-25 Bible Study — “LECTIO – EUCHARIST”** with Dr. Brant Pitre. Study books available for \$30. Buy a copy to do at home on your own or with a family member or friend! All videos are available on Formed and you can go at your own pace. Makes a great gift.”

**In person sessions:** Last date Tuesday, February 11 (Morning session 9 am; Evening session 7:30 pm).

**Catholic Women's League at Holy Trinity**

Join us for soup/bun day on Wednesday, Feb. 12 beginning with Mass at 10:30 am followed by home made soups, buns, valentine cookies and socializing. All are welcome.

St. Peter's Parish is planning a food safety course which would run from 8:30 - 4:30 on the day of training (date to be determined). The cost is \$70/person but CWL will subsidize that amount. If you are interested, please let one of our Holy Trinity executive council members know.

**SPIRITUAL ADOPTION** program information in last week-end's bulletin insert and from Holy Trinity CWL members after Mass this weekend (Feb 8 & 9).



We thank God for the gift of human life and pray to defend and protect this most precious gift, from conception to natural death. ALL PARISHIONERS are invited to participate in the Spiritual Adoption Program and pray for our unborn sisters and brothers by spiritually adopting a baby who may be in danger of dying before birth. This may be a baby you, a family member, a friend are expecting or it may be a baby unknown to you. We also pray for the parents of the unborn child, other family members and those who provide health care and counselling during pregnancy.

**This week-end please pick up an Angel Baby card** to be placed on our bulletin board.

**Communion to Shut-ins.** If you, or someone in your family would like communion brought to a care home or own home in our parish, contact the Holy Trinity office (306) 543-3838.

Those in hospital should contact the Chaplain (contact info page 4)

**Care Giving Ministry** Providing ministry to the sick, lonely, shut-ins and those in care homes is a very rewarding ministry. It is a ministry that we are called by Jesus to do. If you are interested in exploring this ministry, please contact the parish office.

**Archdiocese of Regina Bulletin (Feb. 9) Link—**  
Easter 2025 Christian Unity webinar Feb. 13

**Chrism Mass**—Fri. April 11, 3 pm, Holy Rosary Cathedral.  
All are invited to attend.

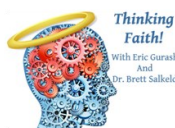


**Archdiocese of Regina Masses  
On-Line**

<https://archregina.sk.ca/live>

Links at [www.youtube.com/ArchdioceseRegina](http://www.youtube.com/ArchdioceseRegina)

**THINKING FAITH Podcast** hosted by Deacon Eric Gurash and  
Dr. Brett Salkeld of the Archdiocese of Regina.



**TF #436: Living In The Psalms - Part 4**

Join Deacon Eric Gurash for part four of the four-part series Living in the Psalms. In this final episode, we examine the place of the Psalms in our Church and our spiritual lives and discuss various tools for making their rich poetry and timeless wisdom our own and truly living in the Psalms [Listen to the podcast.](#)

**Pilgrims of Hope international Jubilee Year** a time of grace and renewal in unity and prayer. We are called to search for signs of hope and be signs of hope in our families, for our neighbours, the imprisoned, the sick and dying, the young and old.

**Celebrate the 52 Weeks of the Jubilee Year as a Family**  
52 Sundays is a free dynamic guide to help you and your family reclaim the Lord's Day with prayer, activities, recipe of the week, fun facts, and more. Sign up at [52sundays.com](http://52sundays.com)



**International Dinner at Little Flower Parish**, Sat., March 8, at 6 pm. ADVANCE TICKETS ONLY from the church after weekend Mass and through the Little Flower Office at (306) 522-8583. For more details or questions, call Gord (306) 596-4757. Adults: \$30; Children (ages 7-12): \$12; Children (6 + under): Free



**Life in Abundance as Proclaimed by a Universal Christ:**

A 7-Episode video series with Father John Weckend. Father John shares some of his reflections on a cosmic and more universal approach to 'The Christ'. It brings a broader approach to the dogma of the Incarnation and how it affects our life and spirituality. Introduction and first 4 Episodes now online.

Each remaining episode will be released weekly on Fri. at 7 am.

Use one of these ways to watch: [Father John Weckend YouTube link.](#)

Or search on YouTube for @FatherJohnWeckend.

**"Let's Break the Fast Together." Invitation to Ramadhan Iftar Dinner**

As the blessed month of Ramadan approaches, Muslims around the world eagerly anticipate the opportunity to observe fasting and reflect on its spiritual significance. It's a time for community, connection, & mutual understanding. This year, The Ahmadiyya Muslim Jama'at is honoured to extend a heartfelt invitation to you to join us for our event titled "Let's Break the Fast Together." This gathering provides a unique opportunity to learn about Ramadan, engage in meaningful discussions, and share in the spirit of unity with members of the community. I humbly ask you to bring Ramadan greetings as well.

**Saturday, March 8** at 3810 Eastgate Drive, Regina  
Doors Open at 5:45 PM | Program Begins at 6:00 PM | Iftar Dinner Served at 6:53 PM. To help with planning, kindly register by March 6, using this link <https://forms.gle/zcH2MHpLMNZ4xqBV6> Join us for this special evening, to foster greater understanding and strengthen community ties.

**Cuernavaca Project** You can also help through **Sarcen Recyclables**. Bag your refundable cans and use the key word "project" when you use the Drop & Go option at Sarcen. Your support is greatly appreciated!

**Ways to Donate:**

If you wish to donate on-line, Canada Helps has an option to give to any special collections at Holy Trinity, as well as to the regular collection.

Canada Helps is an easy way to donate to Holy Trinity either once, occasionally, or monthly, using your credit card. (PayPal and Google Pay also accepted.) Canada Helps charges a 3.5% fee for monthly donations; you receive a tax receipt for your full donation. Canada Helps issues tax receipts so Holy Trinity also benefits by not needing additional staff time.

Email transfers directly to Holy Trinity are also available. Contact the office for this option.

If you wish to have Holy Trinity donation envelopes, contact the office.



Holy Trinity has a mail slot to the right of the front door for after-hours donations (including for Appeal).

**Special Collection—February 1 & 2** for Needs of the Canadian Church.

This annual initiative is an important opportunity for the faithful to actively support and assist the Bishops in their ministry of accompanying, teaching, guiding, sanctifying, and caring for the Church in Canada.

Give through your parish or [Donate online through Canada Helps](#) (select Needs of the Canadian Church—February)

**National Catholic Health Care Week - February 2 – 8**

A Compassionate Healers Mass, Sunday, February 9, at 11 am at Holy Rosary Cathedral with Archbishop Bolen presiding. This celebration brings attention to the 2025 Jubilee Year by blessing and praying for Catholics who provide healthcare in its many forms - supporting ailing loved ones in their own home, volunteering in our care facilities, serving as nurses, doctors, spiritual care, care aids and many other ways.

[Canadian Catholic Bishops summary of Papal Message](#)

[Pope Francis message for World Day of the Sick on Vatican website](#)

Nationally, Catholic health care serves over 5 million Canadians each year and employs over 88,000 people. Our footprint is big. Our hearts are even bigger. And our belief that we are part of each other's journey, there to support and transform one another, is the foundation it's all built on. Learn more at [Catholic Health Alliance of Canada.](#)

Hello dear friends in Christ, We would like to thank you for your spiritual and financial support for our mission trip to Uruguay in May 2024. We came to your parish last year to present the project and you were greatly generous to us. With your contribution, we were able to repair the house of a poor family and help many other people in need. May God give you a hundredfold for your generosity! Sisters Marie and Stephanie, The Myriam Family.

The Myriam Family of the Prairies - day retreat for adults, February 22, 9h30 to 4h00. Theme: The adventure of my spiritual journey; The purgative phase. Retreat will include a talk, Mass, Holy hour, prayer ministry, lunch and fellowship, in the beauty of nature and the silence of the countryside at our house of prayer in McLean, Sk, 45 km East of Regina.

**Holy Trinity Parish on Facebook**—A great opportunity to be connected and up-to-date on our events and activities.



You can find us by searching for "Holy Trinity Parish, Regina" on Facebook, or with this link: <https://www.facebook.com/holytrinityregina> 'Like' and 'Follow' us to stay informed and engaged!

Holy Trinity Love Collection—many thanks to all who donated to this Advent collection. Approximately \$3,290 was collected. The Social Justice team will be meeting to allocate these donations.



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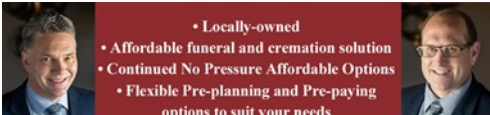


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### Catholic Women's League

We invite you to join our Council.



For information on membership and benefits, please contact: Sherry Enns at 306-530-5846

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 Jennifer Holtslander 306-519-1380

General Hospital Chaplain  
 Jerry Fitzgerald 306-519-1405

Wascana Rehab Centre Chaplain  
 Joan Rink 306-530-6511

### 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.



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