



Archdiocese of Regina

Bulletin

April 16, 2023

2nd Sunday of Easter

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.

Toxic Stress (tak.sik stres)

Coined by pediatrician J. Shonkoff to refer to chronic, excessive stress that exceeds a child's ability to cope, especially in the absence of supportive caregiving from adults. This is considered a heightened stress response. When a child doesn't get the help they need, the body can't turn off the stress response normally. This lasting stress can harm a child's body and brain and can cause lifelong health problems. This type of stress results from exposure to things like abuse and neglect. Toxic stress can occur in adults when they face strong, frequent, or prolonged challenges. These can include abuse, neglect, violence, or substance use in the home. These experiences can trigger our body's stress response. This response floods our body with "fight or flight" chemicals.

The Catholic hospital chaplains at the Regina facilities are seeking volunteers with the time and gifts to be able to serve as relief chaplains. Ideally, you would have taken at least one unit of CPE (Clinical Pastoral Education) or be willing to enroll in the near future. To find out more, please attend the information session being held on Wednesday, April 26th at 7:00 PM at the Archdiocese of Regina Pastoral Centre (200 – 2151 Scarth Street). Please direct questions to any of the chaplains:

Jerry Fitzgerald jfitzgerald@archregina.sk.ca

Joan Rink joan.rink@saskhealthauthority.ca

Jennifer Holtlander jholtlander@archregina.sk.ca

Stewardship Bulletin Bit

"Jesus came and stood among them and said to them, 'Peace be with you.'" John 20:19

Are you good at making people feel welcome? When you meet someone new, like a new neighbor, a new work colleague or a new parishioner, do you make them feel at home? When we make people feel welcome, we make them feel like they are included instead of being excluded. We are made for relationships – with God and each other. When you see yourself as a beloved son or daughter of God, you tend to see others the same way, too – just as God, Our Father, sees us.

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.

TF#344: Dr. Brett Salkeld and Michael Raney on Conversion and Music - Part 2

In this episode, Brett is joined by Michael Rainey, a convert from Seventh Day Adventism and the music director at St. Paul's Co Cathedral in Saskatoon. Last week, they talked about Michael's conversion and his thoughts on church music. This week, they delve deeper into the topic of liturgical music, discussing its history and controversies.

Show Snippet: "Musicians have long been known as a contentious and irrational sort. So it shouldn't be surprising to anyone that this has been a struggle. When you think about the music ministry at mass, there is something, different about it as compared to some of the other ministries that happen."

thinkingfaith.libsyn.com/dr-brett-salkeld-and-michael-raney-on-conversion-and-music-part-2

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... Muskowekwan First Nation is a Saulteaux nation which borders on the town of Lestock, SK with a population of approximately 450 members who reside on and off reserve. Chief Ka-nee-na-wup (One Who sits Like An Eagle) signed Treaty 4 on September 15, 1874. The federal government established the Muscowequan Indian Residential School in 1889 under the administration of the Roman Catholic Church. It closed in 1997 and was given national historic site status in 2021. Retrieved on March 23, 2023 cbc.ca/news/canada/saskatchewan/residential-school-muskowekwan-first-nation-national-historic-site-1.6095546

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.