



Archdiocese of Regina Bulletin

April 9, 2023

Easter Sunday

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.

Shame: (SHam) Noun

A painful feeling of humiliation Verb: - used as an object - to cause or force humiliation. From old English scamu or sceomu "painful feeling of guilt or disgrace" by C 1300 "modesty, shyness, regard for propriety, or decency" in mid-13c "inflict disgrace or dishonour upon" by 1580s evolved to "thing or person to be ashamed of" Shame can be described as a negative emotion that may involve pervasive and destructive beliefs about yourself and your sense of self, leading to feeling worthless or inferior—trauma and shame or closely linked. Intimate partner violence or childhood abuse or neglect, and sexual violence are associated with greater feelings of shame.

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 the Archdiocese of Regina Pastoral Centre (200 – 2151 Broad Street). Please direct questions to any of the chaplains:

Jerry Fitzgerald jfitzgerald@archregina.sk.ca

Joan Rink joan.rink@saskhealthauthority.ca

Jennifer Holtslander jholtslander@archregina.sk.ca

Stewardship Bulletin Bit

"Set your minds on things that are above, not on things that are on earth." Colossians 3:2

Do you put God first in all things? Possessions, money, power, ego can easily become gods to many of us. Do a quick check of what is important to you. Is God at the very top of the list? If not, your priorities need to be re-adjusted. Don't let earthly things become a god before God. This is also the first commandment – I am the Lord your God, you shall not have any strange gods before me.

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#343: Dr. Brett Salkeld and Michael Raney on Conversion and Music - Part 1

This week on Thinking Faith, Dr. Brett talks with Michael Raney, a convert from Seventh Day Adventism and director of music at St. Paul's Co. Cathedral in Saskatoon. They discuss Michael's journey to Catholicism and his experiences with church music.

Show Snippet: "I grew up in a Catholic family, but I never really felt like I had a personal relationship with God. It wasn't until my early 20s that I started exploring different religions and spiritual practices. I was searching for something that would fill the void I felt inside."

thinkingfaith.libsyn.com/dr-brett-salkeld-and-michael-raney-on-conversion-and-music-part-1

LESSON EIGHTEEN

FAQ: Does the Catechism remove the content of faith too much from the lived Christian life?

The largest portion of the Catechism treats the content of the faith (Book One), but the second largest treats the moral life (Book Three). The relationship between what one believes and how one behaves on account of that belief is clear in the Catechism. It is evident in the sections on social teachings. Faith is presented as more than the systematic knowledge of doctrine. Each section of the Catechism should be read in light of the whole, and the relationship between faith and life needs to be demonstrated continually so that the transforming power of the Christian message might be evident.

How can we understand the Trinity? Comment peut-on représenter la Trinité ?

Watch Videos: archregina.sk.ca/group/catechetical-support-parishes/

Meditate on Catechism Text: CCC #'s 198-200

Read National Catholic Register Article: ncregister.com/blog/12-things-to-know-and-share-about-the-holy-trinity



*Happy
Easter*

*From Archbishop Don and all of
the staff at the Archdiocese of
Regina*

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.

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Fr. John Weckend, Archdiocese of Regina Truth and Reconciliation Healing Committee.

Did you know... Muscowpetung Saulteaux First Nation is a Saulteaux nation located in the beautiful Qu'Appelle Valley near Edenwold SK and has a population of approximately 1600 members who reside on and off reserve. Chief Cheekuk signed an adhesion to Treaty 4 on September 8, 1875. In 2021, the community began the Muscowpetung Powwow Arbour project and worked with a team from Oxbow Architecture Inc. to design the arbour with a completion date in 2023. The design won a 2022 Canadian Architect Award of Excellence. Retrieved March 23, 2023 ink.urjschool.ca/3m-landmark-coming-to-muscowpetung/

22nd Annual Divine Mercy Conference

Will be held on Divine Mercy Sunday, April 16, 2023, at Our Lady of Peace Parish 425 Broad St. N. Regina, SK. The program begins at 1:30 pm, with a welcome and presentation by Shirley Oleskiw, Adoration & Prayers, followed by the Holy Sacrifice of the Mass at 3:05 PM, celebrated by Very Rev. James Owolagba. His presentation will take place during his homily. The Conference will also be live-streamed. You can also visit our website www.eadmcanada.com/com under the conference page to view the live stream.

Choir Call

We are looking for chorists and musicians (other than pianists) to form a combined choir for the 2 Masses at the Diocesan CWL Centennial Annual Meeting to be held May 7 and 8 at Resurrection Church. For further information, please contact Laureen at 306-543-5258

Trinity Manor at Westerra: Happy Easter from all of us at Trinity Manor at Westerra!

Welcome Home!

Isn't it time you put aside the chores, the grocery shopping, the cooking, and the dishes?

We recognize the cultural, physical, and social importance of food. Food not only feeds the body but feeds the heart and spirit as well. Our all-inclusive plan means you get to enjoy daily breakfast, lunch, and dinner from our own Red Seal Executive Chef. No dishes, no cooking, no cleaning, and no worries. Trinity Manor located in the beautiful Westerra neighbourhood of Regina is part of the Emmanuel Care community. Emmanuel Care is a healthcare ministry of the Catholic Church. The residents note, "I'm so grateful to have Mass in the chapel (we know we have a chair), I don't have to wear my boots, and I don't need to start my car." Attend daily Mass, or spend time in quiet reflection in our beautiful chapel. This is a new beginning with new friends to meet and a lot of stimulating and entertaining activities starting at \$2245. End your day by enjoying the wildlife and country sunsets 10 minutes from downtown. What's included in our all-inclusive plan? Contact Janet at 306-550-8077 for more information or to book your personal tour now. Visit us at trinitymanorregina.ca.

Archdiocese of Regina

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