



Holy Cross Parish

315 Douglas Avenue East, Regina, SK S4N 1H7; Phone: 306-757-1325
www.holycrossregina.ca Email: hc.office@holycrossregina.ca

4th SUNDAY OF ORDINARY TIME

BULLETIN #9

FEB. 1, 2026

Contact the office @
306-757-1325 for

Baptism 1st Eucharist
Confirmation Reconciliation
Marriage Funerals
and other concerns

We acknowledge that Holy Cross Parish is located on Treaty 4 Territory, the traditional homeland of the Nêhiyawak (Cree), Nahkawé (Saulteaux) and Nakota and homeland of the Métis Nation, Dakota and Lakota.

PARISH STAFF TEAM

Fr. Carlos Jimenez
Pastor

Deacon Martin Kondzielewski
Office & Pastoral Assistant
hc.office@holycrossregina.ca

Rita Gareau
bookkeeper.holycross@sasktel.net

Jacob Antony
Caretaker

Website: www.holycrossregina.ca

HC Office Hours:

Monday—Friday, 9:00 a.m. to 12:00 p.m.

Masses

Sat. 5:00 pm
Sun. 9:00 am
Tues. 7:00 pm
Wed. 9:00 am
Thur. 9:00 am
Fri. 9:00 am

Page 2: Calendar Raffle Winner, Prayer Intentions, Lenten Activities, CWL,

Page 3: Parishioners Corner, Miraculous Medals, Pro-Life, K of C.

Page 4: Archdiocese Events.

4TH SUNDAY OF ORDINARY TIME

Zephaniah 2:3, 3:12-13 / 1 Corinthians 1:26-31 / Matthew 5:1-12

MONDAY

February 2
The Presentation of the Lord
Mal 3:1-4
Heb 2:14-18
Lk 2:22-40
or 2:22-32

TUESDAY

February 3
Weekday
2 Sm 18:9-10,
14b, 24-25a,
30-19:3
Mk 5:21-43

WEDNESDAY

February 4
Weekday
2 Sm 24:2, 9-17
Mk 6:1-6

THURSDAY

February 5
St. Agatha, Virgin and Martyr
1 Kgs 2:1-4, 10-12
Mk 6:7-13

FRIDAY

February 6
St. Paul Miki and Companions, Martyrs
Sir 47:2-11
Mk 6:14-29

SATURDAY

February 7
Weekday
1 Kgs 3:4-13
Mk 6:30-34

SUNDAY

February 8
Fifth Sunday in Ordinary Time
Is 58:7-10, 1 Cor 2:1-5. Mt 5:13-16

“Rejoice and be glad,
for your reward will
be great in heaven.”

MATTHEW 5:12a



The New Evangelization

MIGUEL DULICK

This season of the Church we call “Ordinary Time” is full of Jesus’ teaching about how to live our Christian lives. Today’s readings are especially rich. When Jesus takes his place as the New Moses to deliver his Sermon on the Mount, he begins, fittingly, with a new version of the commandments, but instead of “Thou shalt not,” they are blessings! And they are paradoxical; always a sign of the divine touch. The “poor in spirit” get the kingdom of heaven; mourners are blessed, for they shall be comforted.

Now, who is supposed to do the comforting? We are. If the beatitudes are new commandments, we disciples are to obey them, even rejoicing in the blessing of persecution. What kind of people sign up for this? Saint Paul describes to the Christians in Corinth what kind of people God chooses: the foolish, the weak, the lowly and despised, the nothings of this world, to shame and confuse those who seem to run things. The wisdom of God seems like nonsense in a world where power reigns supreme. That sweet soul Zephaniah, author of today’s first reading, saw the shift coming, from “don’ts” to “dos,” from bossy to beatitude: “Seek the Lord, all you humble of the land” (Zephaniah 2:3). You will be “a people humble and lowly” who will pasture your flocks (and do the work God intends you to do) with “none to disturb” you (Zephaniah 3:12, 13). Sign me up for that! ●

Reflect

How do Jesus’ teachings work in the “real world”?



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

What's Happening at Holy Cross 2

CALENDAR RAFFLE WINNER

January 25, 2026—Yvonne Fink

MASS INTENTIONS FOR January 31—FEBRUARY 8, 2026

Sat.	Jan. 31	
Sun.	Feb. 1	For the intentions of Ed and Marj Jelinski, offered by Len & Loretta Jelinski.
Tues	Feb. 3	
Wed.	Feb. 4	For the intentions of Camdyn Lemieux (granddaughter of Paul & Daryl Lynn Lemieux)
Thurs.	Feb. 5	
Fri.	Feb. 6	
Sat.	Feb. 7	PRO POPULO
Sun.	Feb. 8	

MARK YOUR CALENDAR!

Sun Feb. 8, 9:00 am Mass – Blessing of the Throats

Sun. Feb. 15, 9:00am Mass – Anointing of the Sick



BRING in YOUR OLD PALMS !!

It's time to bring in last year's palm branches to burn and provide ashes for the Ash Wednesday Mass. There will be baskets at both entrances to the church for them.

The palms will be burned on Tuesday, Feb. 17 at 5:45 pm before Adoration and Mass.

2025 TAX RECEIPTS are now in the Gerein Centre. Stop by and pick up yours.

FAST AND ABSTINENCE

As Catholics we are obliged to join the Church around the world in the only two days of fast and abstinence—Ash Wednesday and Good Friday.

For Catholics aged 14 years and older, every Friday is a day of abstinence from meat.

From the age of 14 until the age of 60 all Catholics are obliged by canon law of fasting, which is eating two small meals and one regular meal, with no food in between meals.

FRIDAYS DURING LENT

Lent is just around the corner. Join us every Friday during Lent for a Poor Man's Supper of soups and sandwiches (egg salad, tuna and/or salmon, and peanut butter and jam). The homemade soups are exceptionally good, nothing out of a can here. Warning: you have to hold yourself in check to keep it a "poor man's" meal.

Then stay for Stations of the Cross led by various ministries, e.g., altar servers, Parish Council, Liturgy, etc.

Following that at 7 o'clock is Mass.

If we're honest, most of us give little time or thought to our faith, other than the duty of attending Sunday Mass. Because we can't possibly understand intellectually what we can't experience with our senses, it's difficult. But if we don't give our faith at least some serious attention regularly, we're going to drift away. Will Christ then say when we really need Him, "I don't know you."

As was said by St. Anthony Mary Claret and printed in last week's bulletin, "Choose now what you would wish to have chosen at life's end."



CWL NEWS

The CWL meets for its next regular monthly meeting on Tuesday, Feb. 3 after the 7:00 pm Mass. We will collect muffins for Sacred Heart School at that time.

Please consider joining our membership as we continue our charitable ministry and service to our community. We meet the first Tuesday of the months of October—December and February—June.



LENTEN EVENTS

Burning of the palms	5:45 pm	Tues.	Feb. 17	followed by Adoration & Mass
Ash Wednesday Mass	7:00 pm	Wed.	Feb. 18	One Mass only today
Poor Man's Supper	5:30 pm	Fri.	Feb. 20-Mar. 27	by donation
Stations of the Cross	6:45 pm	Fri.	Feb. 20-Mar. 27	followed by Mass
Community Reconciliation	9-12 noon	Sat.	Mar. 7	followed by lunch
Lenten Recollection	7:00 pm	Thurs.	Mar. 12	

What's Happening at Holy Cross 3

PARISHIONERS' CORNER

We have only one registered Holy Cross parishioner with a birthday this week. That is Wendy Kraushaar on Sunday, Feb. 1. Happy birthday to you, Wendy!

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

Eldon Ell is moving out to Emerald Park, to the William Albert Care Home, on Feb. 19. Please pray for him and Gretta Lynn that this will be the perfect move. Of course, companionship is always welcome for all our seniors who miss their old friends from church.

A last minute announcement: **Rosella Robillard**, sister of Albert Robillard, passed into the arms of her Saviour this past week. We ask you to pray for her. Rosella was a member of the Cathedral of the Holy Family, Diocese of Saskatoon.

Bob Liska is looking for more people to sign up to make soup or sandwiches for the Poor Man's Supper. Look for the schedule in the Gerein Centre.

It's a quiet time for news, it seems, but don't be fooled. It's the calm before the storm as we prepare for the season of Lent. Check out the various events and schedules for special programming and join your fellow parishioners in taking advantage of the moments meant to help you on your life's journey to Heaven.

We are expected to participate in the "rules" for a good Lent in preparation for the joy of Easter. Information about these rules is provided in this bulletin as well as a schedule of upcoming events.

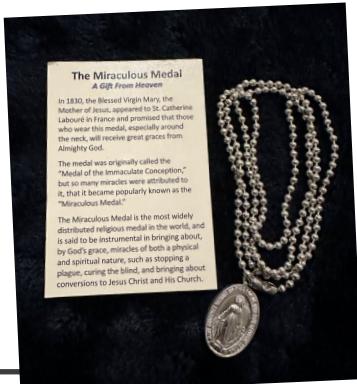
Don't forget to tell us about any important events going on in your life where we can pray for you and with you or help you celebrate. Contact Deacon Martin at pastoral.assistant@holycrossregina.ca or 306-347-0929 OR Joyce Murphy at byapple@sasktel.net or 306-789-1983.

MIRACULOUS MEDALS

The Miraculous Medal is a sacramental.

Sacramental definition: holy object, action or prayer the Church gives us to help us grow in faith and grace. Examples of some other sacramentals are holy water, Rosaries, scapulas, religious medals.

Blessed Miraculous Medals will be available for a small donation at Masses this weekend, Feb. 7 and 8



KNIGHTS KORNER
37 Years of Service to Holy Cross
1988—2026

POOR MAN'S SUPPERS

This year's Poor Man's Suppers during Lent begin on Friday, February 20. Brother Knights, volunteers are needed to provide food (soup &/or sandwiches) for these suppers. Sign-up sheets are available in the Gerein Centre. Please contact Bob Liska for the details (liska@accesscomm.ca or 306-789-4442)

2026 MEMBER DUES

This is a reminder that the 2026 membership dues notices have been sent to Council members. For those affected, kindly remit your dues at your earliest convenience. Payment options are outlined in the notices. Thank you to those Brother Knights who have already paid this year's dues

FEBRUARY EVENTS

Wed., Feb. 4th—Regina Chapter meeting, 7:00 PM, St. Basil's Church.

Sun. Feb. 15—Pancake Breakfast, 10:00 AM

Tues. Feb. 17—Monthly Council meeting, 7:30 PM, Upper Gerein

What does it take to become a Knight of Columbus?

Find out by filling out an information request ballot at the K of C information table located in the Gerein centre of the Church. You will be contacted by a Knight from the Gerein Council.

THANK YOU. You have done such an excellent job of supplying old prescription bottles to use for soaps and shampoos at Carmichael Outreach that there is an over abundance currently. Please take a break for now, and thanks again for your help.

THE FORGOTTEN WAY

Join us on Wednesdays at 7:00 pm for a lively discussion on "St. James' Master Plan" with Matthew Kelly's book, "The Forgotten Way", Chapters 9-10.

**First Friday Adoration
For World Peace
February 6, 8:00 am**

PRO-LIFE NEWS

Chile has elected a pro-life President, Jose Antonio Kast. His victory made waves around the world and deeply upset abortion activists on the continent who viewed his election as a devastating setback to their goals for the country. Kast, the Catholic father of nine, has been a staunch pro-life advocate throughout his political career.

*Hope for Canada?

Source: Jonathan Van Maren, LifeSiteNews, Jan. 27, 2026

What's Happening in the Archdiocese

Stewardship Bulletin Bits

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3

The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthly things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

RENEW Lent

RENEW your Lent with a curated weekly email filled with Lenten reflections, inspirational resources, and Lenten challenges sent to your inbox each week of Lent, week by week, until Easter. Sign up at <https://archregina.flocknote.com/ArchdioceseofRe3>, or email: mgurash@archregina.sk.ca with RENEW Lent in the subject line. Sign up today to ensure you don't miss anything.

SHARE LENT WORKSHOP

In Regina 2:30 pm, Saturday, Feb. 21 at St. Peter's Parish. Workshop with Padre Dario Bossi. <https://us02web.zoom.us/meeting/register/rx5u4ullRoibmUz8fKbfHQ>

40 HOURS FOR LIFE

40 Hours for Life. Spend an hour each day from 4:00—5:00 pm, Feb. 18—Mar. 29, praying for the unborn babies who are scheduled for death at the Regina General Hospital. Meet at 14th Avenue.

See movie "Unplanned" at Moonlight Cinemas, Regina, on Wednesday, Feb. 11 at 7:00 pm. Sponsored by Regina Pro Life. Free ticket available from poster on Holy Cross website holycrossregina.ca.

HOLY FAMILY PARISH GALA

SAVE THE DATE: Holy Family CWL & K of C will be co-hosting the Holy Family Gala "Music under the Prairie Sky" on Saturday, February 28th at Holy Family's Parish Hall. It will feature a delicious Roast Beef supper, provided by Charlotte's Catering, musical entertainment by Rhonda Gallant-Morari (Saskatchewan singer/songwriter) www.rhondagallant-morari.com along with a great line up of Silent Auction items up for bid!

Mark your calendars, more details to follow, ticket sales to begin February 7/8 by calling 306-924-0992. Proceeds to Raise the Roof and charitable projects of Holy Family K of C and CWL.

FIRST FRIDAY/FIRST SATURDAY

Vigil in honor of the Sacred Heart of Jesus and the Immaculate Heart of Mary will be held Feb. 6 and 7 at St. Mary's Church in Regina. Priests will be available for confession at 6:30 pm before Holy Mass as well as after Mass. Mass will be held at 7:00 pm, followed by the all-night vigil, ending with Holy Mass at 8:00 am on Saturday morning.

RELIGIOUS FREEDOM Watch Party

Some Christians traditionally associate persecution with countries where believers are openly forbidden to worship, pray, or share their faith. Increasingly, however, many Canadians feel early signs of similar pressures at home, pointing to restrictions on worship, arrests of peaceful Christian protestors, and limits placed on those who object to practices like MAID. Quebec's proposal to ban public prayer is cited as another example.



While some argue that Canada's situation cannot be compared to severe persecution abroad, others note that persecution often begins with small erosions of rights. This year's Religious Freedom Summit will feature Christian leaders, including Stockwell Day, discussing their experiences in Canadian public life, how they see these challenges growing, and what believers can do to defend religious freedom.

RCAAN has arranged to host a watch party. The Freedom Summit will be livestreamed from **Noon until 5:00 PM** local time at **King's Corner Church, 2110 King Street**.





Remember man
that you are
dust and into
dust you shall
return.

LENT & HOLY WEEK CELEBRATIONS 2026

Blessing of the Throat	Sunday, Feb. 08, 9:00 am Mass
Anointing of the Sick	Sunday, Feb. 15, 9:00 am Mass
Burning of Palms	Tuesday, Feb. 17, 5:45 pm Mass follows
Ash Wednesday Mass	Wednesday, Feb. 18, 7:00 pm Marked by the sign of the cross
Poor Man's Supper	Friday, Feb. 20 – Friday, March 27, 5:30 pm Soups & Sandwiches
Stations of the Cross	Friday, Feb. 20 – Friday, March 27, 6:45 pm Led by Altar Servers followed by Mass
Recollection	Saturday, March 7, 9:00 am – 12 noon Guest Speaker Fr. Scott Lewis Light lunch to follow
Reconciliation	Thursday, March 12, 7:00 pm
Chrism Mass	March , 2:00 pm Holy Rosary Cathedral – blessing of holy oils,
Palm Sunday	Sunday, March 29 Triumphal entry into Jerusalem Palm branches
Holy Thursday	Thursday, April 2, 7:00 pm The Last Supper, washing of feet
Adoration of Blessed Sacrament	8:00 – 10:00 pm
Stations of the Cross	Friday, April 3, 2:30 pm Communion
Vigil of the Cross	Friday, April 3, 4:00 – 8:00 pm
Tenebrae	Friday, April 3, 9:00 pm Reflection on Jesus' life
Holy Saturday	Saturday, April 4, 8:30 pm EASTER VIGIL (BELLS) Lighting of New Fire, Easter candle, The Word, Baptism, Eucharist Blessing of Easter baskets Reception follows
Easter Sunday	Sunday, April 5, 9:00 am Renewal of baptismal promises Blessing of Easter baskets Coffee and donuts/



February 2026

revised Jan 30 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:35 AM Rosary/Confessions 9:00 AM Mass 1:00 PM Qu'Appelle Lay service w Deacon Martin Joyful Noise	2	3 6:00 PM Adoration & Benediction 7:00 PM Mass 7:45 PM CWL meeting	4 9:00 AM Mass	5 9:00 AM Mass	6 8:00 AM First Friday Adoration 9:00 AM Mass 6:30 PM -9:00 PM Challenge Girls	7 4:30 PM Rosary/Confessions 5:00 PM Mass
8 8:35 AM Rosary/Confessions 9:00 AM Mass Holy Cross Choir Judy counter **Blessing of the Throat	9	10 6:00 PM Adoration & Benediction 7:00 PM Mass 7:45 PM Pastoral Council Meeting	11 9:00 AM Mass 10:01 AM Communion at Qu'Appelle House w Dolores	12 9:00 AM Mass K of C 4th Degree Meeting	13 9:00 AM Mass 6:30 PM -9:00 PM Challenge Girls	14 4:30 PM Rosary/Confessions 5:00 PM Mass Joyful Noise
15 8:35 AM Rosary/Confessions 9:00 AM Mass Anthem K of C Pancake breakfast after Mass **Anointing of the Sick	16	17 6:00 PM Adoration & Benediction 6:45 PM Palm Burning w Dc. Martin 7:00 PM Mass K of C Council Meeting after Mass	18 9:00 AM Mass 11:05 AM Mass at QVE 7:00 PM Ash Wednesday Anthem	19 9:00 AM Mass	20 9:00 AM Mass 5:30 PM Poorman's Supper 6:30 PM -9:00 PM Challenge Girls 6:45 PM Stations of the Cross Altar servers	21 10:00 AM Mass at Qu'Appelle House 4:30 PM Rosary/Confessions 5:00 PM Mass Tammie Milo
22 8:35 AM Rosary/Confessions 9:00 AM Mass 1st Sunday of Lent Joyful Noise Judy counter	23	24 4:30 PM Liturgy Meeting 6:00 PM Adoration & Benediction 7:00 PM Mass 7:45 PM Finance Council Meeting	25 9:00 AM Mass	26 9:00 AM Mass	27 9:00 AM Mass 5:30 PM Poorman's Supper 6:30 PM -9:00 PM Challenge Girls 6:45 PM Stations of the Cross Challenge Girls	28 4:30 PM Rosary/Confessions 5:00 PM Mass

Jan 2026						
S	M	T	W	T	F	S
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mar 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				