



Holy Cross Parish

315 Douglas Avenue East, Regina, SK S4N 1H7; Phone: 306-757-1325
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5th SUNDAY OF ORDINARY TIME

BULLETIN #10

FEB. 8, 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

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

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5TH SUNDAY OF ORDINARY TIME

Isaiah 59:6-10 / 1 Corinthians 2:1-5 / Matthew 5:13-16

MONDAY

February 9

Weekday

1 Kgs 8:1-7, 9-13

Mk 6:53-56

TUESDAY

February 10

St. Scholastica,
Virgin

1 Kgs 8:22-23,

27-30, Mk 7:1-13

WEDNESDAY

February 11

Weekday

1 Kgs 10:1-10

Mk 7:14-23

THURSDAY

February 12

Weekday

1 Kgs 11:4-13

Mk 7:24-30

FRIDAY

February 13

Weekday

1 Kgs 11:29-32;

12:19. Mk 7:31-37

SATURDAY

February 14

Sts. Cyril, Monk,
and Methodius,
Bishop

1 Kgs 12:26-32;

13:33-34

Mk 8:1-10

SUNDAY

February 15

Sixth Sunday in
Ordinary Time

Sir 15:15-20

1 Cor 2:6-10

Mt 5:17-37 or

5:20-22a, 27-28,

33-34a, 37

That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●

Reflect

Why does helping another lift our own spirits?



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY



"Your light shall break
forth like the dawn,
and your wound shall
quickly be healed."

ISAIAH 58:8

What's Happening at Holy Cross 2

CALENDAR RAFFLE WINNER

February 1, 2026—David Hubick & Shimona

MASS INTENTIONS FOR FEBRUARY 8-15, 2026

Sat.	Feb. 7	PRO POPULO
Sun.	Feb. 8	In memory of Richard Wasserle (2nd anniversary), offered by Eva Wasserle.
Tues	Feb. 10	In memory of Gabrielle Gareau, offered by Rita Gareau.
Wed.	Feb. 11	
Thurs.	Feb. 12	
Fri.	Feb. 13	In memory of Fred C. Howard, offered by Josie Howard.
Sat.	Feb. 14	
Sun.	Feb. 15	

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.

PRO-LIFE NEWS

Across Canada patient are routinely and repeatedly offered suicide (MAiD) as a treatment option, including veterans. In March 2027 Canadian law will change again to allow doctors to help mentally ill Canadians kill themselves. Mental illness alone, even without physical suffering or a terminal illness, will be reason enough for Canadian doctors to legally help their patients to commit suicide.

Now, discussion about non-consensual assisted suicide (involuntary euthanasia) where third parties decide whose lives no longer warrant continuation ... have now entered Canada's political realm.

Dr. Louis Roy of the College des medecins du Quebec gave testimony to the Joint Committee on Medical Assistance in Dying (AMAD). He suggested that deformed infants up to one year, living in pain and without hope of survival, might be euthanized. He also recommended that the committee "reflect" on elderly individuals "failing to thrive", whose lives may seem devoid of meaning.

*The door to MAiD continues to open wider in Canada. MAiD is more readily available across Canada than access to high quality palliative care.[ed]

Source: *The Epoch Times*, John Carpay, "Canada Needs to Urgently Provide Life-Affirming Responses to End-of-Life Suffering", Jan. 24, 2026.

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 the law of fasting, which is eating two small meals and one regular meal, with no food in between meals.

LENTEN EVENTS & OTHERS

Blessing of Throats	9:00 am	Sun.	Feb. 8	
Anointing of the Sick	9:00 am	Sun.	Feb. 15	
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	by donation
Stations of the Cross	6:45 pm	Fri.	Feb. 20	followed by Mass (Altar serv-
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

SOCIAL ACTION LENT INITIATIVE

Once again, Lent is upon us and the Social Action Committee will be running an initiative similar to the one we ran last year for Henry. This year we will be supporting Mary's Meals. For those of you who are not acquainted with Mary's Meals, this is an organization rooted in the Catholic Faith but welcomes all denominations to participate. Their vision is that every child receives one daily meal in their place of education and that all those who have more than they need share with those who lack even the most basic things.

The Mary's Meals movement sets up school feeding projects in the world's poorest communities, where hunger and poverty stop children from going to school. By providing one daily meal in a place of learning, children gain an education, which can be their ladder out of poverty. It is born out of the fruits of Medjugorje through the influence of our Blessed Mother.

The goal within Mary's Meals is to work with communities to help them become self sufficient in feeding their children. The food is sourced locally to help that community's economy. The meals are made by volunteers such as Mothers and Grandmothers who see the benefit of being able to participate in feeding their communities' children. Mary's Meals is now serving more than 3 million children every school day. They are currently in 16 different countries including Canada.

We feel that this organization is a good match for the kind and generous people of Holy Cross Parish and we ask that you consider dedicating some of your Lenten almsgiving to this project. The following parameters are similar to last year's initiative: We will have a collection at Ash Wednesday Mass and all proceeds will be sent to Mary's Meals.

- Any loose change that is dropped in the Social Action jars at the entrances during Lent will be donated to Mary's Meals
- Any contributions to Mary's Meals that you make throughout Lent will be forwarded on to them. Mary's Meals is a registered charity in Canada so we will be able to issue tax receipts for identified donations.
- The Social Action Committee will match all donations to a maximum of \$200.00

If you would like further information on Mary's Meals, please visit their website at www.marysmeals.ca.

Thank you for your time and, if you can contribute to this initiative, please do so. If this is not your cup of tea or you have other plans for your Lenten almsgiving, that's okay too.

May God bless you during Lent, a time of prayer, fasting and almsgiving

It is not enough to say we are Christians. We must live the faith, not only with our words, but with our actions.

Pope Francis, January 20, 2014

PARISHIONERS' CORNER

We have three birthdays to celebrate this week—John Lebersback & Helen McIntee on Thursday, Feb. 12 and Katharine Tarita on Friday, the 13th. Happy birthday to you all.

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.

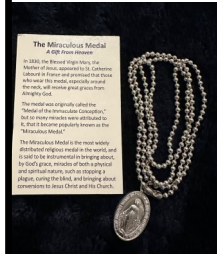
There are still a few more open spots for people to sign up to make soup or sandwiches for the Poor Man's Supper. Look for the schedule in the Gerein Centre.

Gene Lauman could do with some prayers for healing of broken bones in her back. She evidently tried to pick up a heavy glass table and Heal quickly, Gene.

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, a holy object, action or prayer the Church gives us to help us grow in faith and grace. Other examples 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.



Job Opening: BOOKKEEPER HOLY CROSS PARISH—REGINA

Posting date: Feb. 27, 2026

Holy Cross Parish is seeking a Bookkeeper to manage parish financial records and reporting. This role supports the mission of the parish through responsible stewardship and collaboration with parish leadership.

Qualifications:

- Practicing Catholic
- Grade 12 diploma
- Accounting or bookkeeping education/experience
- Strong organizational, communication, and computer skills
- Ability to work independently and maintain confidentiality

Time Commitment:

- Hours average 5 – 8 hrs/wk
- ◇ Hours may vary during year end and special events.
- ◇ resume and cover letter to:

ron.adams@myaccess.ca AND

jangenert@sasktel.net

What's Happening at Holy Cross 4



CWL NEWS



The CWL met for its regular monthly meeting on Tuesday, Feb. 3. Seventeen dozen muffins were collected for Sacred Heart School. Currently there are 45 members of our CWL.

The \$500 scholarship awarded to the son/daughter of a Holy Cross parishioner went to Ingrid Heerspink, daughter of Christie White. Ingrid is interested in pursuing Kinesiology.

Before the end of the CWL fiscal year, a further total of \$4,000 all together was donated to the Marian Centre, Campion College, Santa Maria Foundation, Young Parents, Carmichael Outreach, Chili for Children, Christmas Cheer Fund, St. Theresa School (St. Bruno), Cathleen Devraj for Miraculous Medal program, and Mary's Meals (Medjugorje).

Melanie Fenrick is planning two markets. Saturday, April 25 from 9:00 am to 3:00 pm will be the first, a mini market to be held in the Gerein Centre. Coffee and juice will be available by donation. Another market is being planned for the spring/summer in the Holy Cross parking lot.

Rita Gareau reported on the Archdiocese's Reverence for Life Commission meeting with parishes recently. Basically, it is not well staffed, it lacks cooperation with other pro-life organizations, and the cooperation and participation of Catholic schools is needed for the future.

Holy Cross CWL will celebrate 65 years of service as of Sunday, May 24 this year. There will be a Mass offered on that date for all former and current members. We hope you will all join in.

In addition, to be considered at next month's meeting is a method of honoring those who have completed 50 years of membership.

The CWL will do the Stations of the Cross on Mar. 6. Members were asked to sign up.

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.

For the greater we are, the more we should humble ourselves and recognize our own nothingness. If we know ourselves, we humble ourselves, not holding our head high or becoming bloated with pride. Rather we bow our head in acknowledgment of the goodness God has showered on us.

St. Catherine of Siena



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. 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

Sunday, Feb 15th – Pancake Breakfast – 10:00 AM

Tuesday, Feb 17th – Monthly Council Mtg – 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.

Archbishop's Appeal 2025 Our Holy Cross Goal Collection as of Feb. 04 2026



Our GOAL

\$26,375.00
total
received
from
Holy Cross
as of
Feb . 04
(77.2% of
goal)

\$27, 692
26,375
20,000

15,000

12,000

9,000

7,000

5,000

3,000

1000

Thank you for your generous donations!
Gifts received directly through your parish will have income tax receipts issued by your parish. Gifts received or written directly to the Archdiocese will be included in income tax receipts issued by our office.



What's Happening in the Archdiocese

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.