

# Holy Trinity

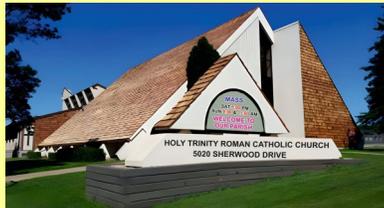
## Roman Catholic Parish

JANUARY 18, 2026  
2ND 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.com](http://www.holytrinityregina.com)

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

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

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

**Sat. Jan 17** 5 pm Mass: † Marie-Ange Gregoire  
Gift Bearing Family: Cahiles

**Sun. Jan 18** 9 am Mass: † Milagros Baitlon  
Children's Liturgy—Kathleen

**Sun. Jan 18** 11 am Mass  
Children's Liturgy—Christi  
Gift Bearing Family: Punzalan  
Sacraments Prep Class

Tues. Jan 20 1:30 pm Forever in Motion

**Tues. Jan 20** 7 pm Mass: † Mike Chopty

**Wed. Jan 21** 8:30 am Mass

**Thurs. Jan 22** 8:30 am Mass

**Fri. Jan 23** 8:30 am Mass

### Holy Trinity Parishioners:

**Moving? Changed phone numbers?** Help us keep our parish records up to date by letting us know.

Please call office: 306-543-3838 or email: [htrinity@sasktel.net](mailto:htrinity@sasktel.net)

5020 Sherwood Drive  
Regina, SK S4R 4C2

Phone: 306-543-3838

Email: [htrinity@sasktel.net](mailto:htrinity@sasktel.net)

Website: [holytrinityregina.com](http://holytrinityregina.com)

### Parish priest

Rev. Gaspar Lucas 306-536-8203

### Support Staff

#### Office Coordinator

Minnu Joy: 306-543-3838

Custodian: Dominic Dias

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

At Holy Trinity, a number of parishioners are sensitive to strong odours. For the comfort and safety of others, please do not wear fragrance to church.

### We pray for the following:

Doreen Fesser, David Russell, Al Kosteniuk, Jessie Torres, Troy Kocur, Gerry Turgeon, Eleanor Sydorko, Martin & Gisele Croteau, Hugo Rodriguez Martinez, George Deneve, Sujith Noronha and MaryAnn Young.

**We pray for the Repose of the Souls of our beloved ones**, including Pamela Lang, Dylan Work, Colleen Lefebvre, Fritz Mittermayr, Marie-Ange Gregoire, Phong Le, Gwen Gibney, Barry Barton, Fred Amos, Marion Reles, Dolores Ilaos, Joseph Keen and Grace Randall.

Regular Donations January 1 to 11: \$15,300  
Average expenses: \$21,661 monthly

## Sacramental Preparation

### Baptism Preparation

For parents of infants, young children and expectant parents. Please contact the office to register for next session in January. Next Baptism preparation seminar on February 14 at 6:15 pm & Baptism on Sunday, February 22 at 12:15 pm.

[Registration form on website.](#)

**Mass Times:**

**Saturday: 5 pm**  
**Sunday: 9 am & 11 am**  
 Monday— No Mass  
 Tuesday—7 pm Mass  
 Wednesday, Thursday & Friday Masses—8:30am Mass  
 First Friday Eucharistic Adoration after 8:30 am Mass.

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

2026 Donation Envelopes available in the Gathering Area. Note you have a new envelope number for this year, Please use 2026 envelopes for donations.

2025 donations—receipts will be issued on January 24.



"There is one body and one spirit, just as you were called to the hope of your calling." (Ephesians 4:4)

**Week of Prayer for Christian Unity 2026 - Jan. 18-25, 2026**

**Prayer Service:** Sunday, January 18, 3:00-4:00 pm; coffee social to follow at New Hope Lutheran Church.

Service Title: *Light from Light for Light* (Nicene-Constantinopolitan Creed)

There will be a good-will offering collection to be donated to Souls Harbour.

This service is hosted by "Friends in Faith", consisting of Holy Trinity Roman Catholic, New Hope Lutheran, Norman Kennedy Presbyterian, and St. James United churches

For more information: <https://www.weekofprayer.ca>

Each year in early December, **Sacred Heart School** holds a Christmas Gift Shopping Day for the students. They are in need of gift bags, wrapping paper, and tissue paper. As you unwrap your parcels this year, please consider saving any of these items that you might otherwise throw away. You can place them in the marked donation box located in the gathering area of the church. Thank you!



**DID YOU KNOW?** Holy Trinity Parish has an AED (Automated External Defibrillator) located in the northside entrance at the top of the stairs. Several of our parishioners are trained in how to use it, however in an emergency call 911.

**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!



Use this link or on our website home page.

Use your credit card for occasional or regular giving..

**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.

**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: [htrinity@sasktel.net](mailto:htrinity@sasktel.net)

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).

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



General meetings: 2nd Monday of the month (Sept. to May).

Next Executive Meeting: February 2 at 1:30 pm

General Meeting: February 11 at 10:30 am Soup/Bun Lunch

**Funeral Baking needed**—Wrap well and mark as Funeral Baking with the date and pass to a CWL Executive member or place in kitchenette fridge freezer (main floor).



**Holy Trinity Knights of Columbus**

General meetings: 2nd Tuesday of the month.

Next meeting February 10 at 7:30 pm.



The Holy Trinity **Social Justice** Team thanks everyone who donated to the Advent Love Collection. Your gifts help support local organizations like the Regina Food Bank, Marian Centre, Sofia House, Transition House, and the O'Neill High School Angel Program. We are grateful for your generosity and support.

**Cleaning?? Old but usable suitcases and duffle bags needed**



to ship medical and school supplies as well as clothes to refugee camps & orphanages around the world. If you have any useable duffle bags or suitcases (large size acceptable) to donate, Please contact Lois at 306-543-3934.

## Archdiocese of Regina Bulletin (January 18) Link



Archdiocese of Regina Masses  
On-Line

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

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

**Made to Be**, a Catholic women's ministry in Regina, is hosting an event called Rest, a monthly evening of adoration, confession, prayer ministry and fellowship. Join us on Sunday, January 25th from 7:00 pm to 9:00 pm at Holy Family Parish. This event is for women of any age who are seeking rest in the heart of Jesus. For more information please email Kara Philip at [kara@boatsonfire.net](mailto:kara@boatsonfire.net)

Please join the **Archdiocesan Social Justice Commission** for an afternoon **Lenten Scripture Reflection and Sharing** on Sat, Mar 21, from 11 to 2:30 pm. This will be a time for inspiration: to reflect on scripture, to listen to the Holy Spirit, and to renew our Christian faith through action. The Social Justice Commission will guide those gathered, which we hope is you, to deepen our sense of God's justice, our call to do charity, and to think critically about how we love our neighbours. "By this, all people will know that you are my disciples if you have love for one another." John 13:35 We will have a small lunch (soup & sandwiches). A silver dollar collection will be held to raise funds for a donation to Development and Peace – Caritas Canada. Love is our call, and justice is love in action! Use the link to meet our Commission members: [https://youtu.be/GnM9\\_3xwgJA](https://youtu.be/GnM9_3xwgJA). To register, please scan the QR code found on the poster in church (bulletin board).

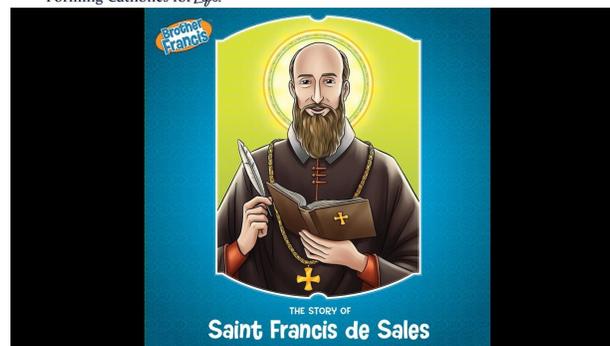
Please join the **Archdiocesan Reverence for Life Commission** for coffee, a simple supper, and conversation on Tuesday, Jan 20<sup>th</sup> at 5:30 pm at St. Anne's Parish in Regina. We will end at 7:00 with Mass if you can stay.

The Reverence for Life Commission is inviting you so that we can hear from you about what is happening in your pro-life networks and communities (CWL, Social Justice groups, etc.) and everyday lives. This will be a time to share the work, successes, challenges, and hopes that we have for the pro-life movement. There will also be a chance to hear about what the Archdiocesan Reverence for Life Commission has been up to over the last 11 years. This gathering will help the commission learn where we can best put our efforts to come alongside what you are already doing in your communities. For more information or if you have questions, please contact Tashia Toupin at [ttoupin@archregina.sk.ca](mailto:ttoupin@archregina.sk.ca).

**Getting married?** Want a weekend away to focus on your relationship? Catholic Engaged Encounter has been providing meaningful, retreat format marriage preparation for 50 years in 30 countries and 200 dioceses around the world. Weekends are at Briarcrest in Caron port, January 30 - Feb. 1 and June 19 - 21 For more info or to register visit [ceecanada.ca/regina](http://ceecanada.ca/regina) "A Wedding is a Day, a Marriage is a Lifetime".

**Regina Food Bank** collection barrel at Holy Trinity. Food insecurity has surged in Regina with the need doubling since covid started. Holy Trinity's barrel is in the Gathering Area by the elevator. Regina Food Bank's most needed items are: Canned Stews, one-litre Juices, Powdered Milk, Pork & Beans, Peanut Butter, Canned Meat & Fish, Pasta Products, Soup, Baby Food, Enfalac & Similac.

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## The Story of Saint Francis de Sales

St. Francis de Sales is the patron saint of writers and we celebrate his feast on January 24. Enjoy this short audio reflection for kids.

Our parish has a Formed subscription.  
Visit [formed.org/signup](http://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

**Family retreat:** With the Myriam Family! All Saints; the 2nd concupiscence and its antidote on February 7th at our beautiful site in the peace of the countryside near McLean, 45 km East from Regina. The retreat will include family morning prayer in front of the Blessed Sacrament, talks, Mass, skits, games, crafts, joy! To register, please call Sr. Stephanie at 306-536-2721 or email [pss.prairies@famillemymriam.org](mailto:pss.prairies@famillemymriam.org)

The Myriam Family of the Prairies invites you for a day **retreat for adults** on January 24th, 2026 from 9:30 – 4 pm. With the theme:

*Live your life in the Holy Spirit*, discovering the Seven Gifts in action in my life. The retreat will include Mass, Confessions, Holy hour, a talk, 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. Please register by phoning at 306-761-0528 or email: [pss.prairies@famillemymriam.org](mailto:pss.prairies@famillemymriam.org)

**Santa Maria Foundation Fundraising Dinner** :Tuesday, January 27, from 5:00–8:00 PM at Fired Up Grill (2014 Park St.). Adult menu options include feta stuffed chicken, pork cutlets, fish & chips, liver & onions, or chicken cordon bleu; children's options include pizza, cheeseburger, grilled cheese & fries, fish & chips, spaghetti & meat sauce, or baked lasagna. Tickets are \$30 for adults and \$15 for children under 12, with all proceeds supporting Santa Maria residents. Tickets may be purchased by e-transfer to [SMF@saskhealthauthority.ca](mailto:SMF@saskhealthauthority.ca) (include email/phone), in person at Santa Maria (4215 Regina Ave), or from SMF Board Members.

**Walking Together**- a program of Catholic Engaged Encounter designed to support MARRIED COUPLES in their vocation of marriage through accompaniment. Each evening has a topic presentation, time for the couple to reflect and share together, and sharing with the group.

Drop-in sessions, no registration required. Saturdays at 7:30 pm at Holy Rosary in the O'Neill room (use the west ramp entrance) Upcoming dates: Feb. 7, Mar.7, Apr.11, May 9, June 6. For more information contact Miri or James Schiller at [wd1@ceecanada.ca](mailto:wd1@ceecanada.ca) or 306-535-7518.

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 Jerry Fitzgerald 306-519-1405

General Hospital Chaplain  
 Jennifer Holtlander 306-519-1380

Wascana Rehab Centre Chaplain  
 Joan Rink 306-530-6511



You are invited to join our parish council.  
 Do more than you could by yourself.  
 Contact Holy Trinity office (306) 543-3838.

### 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

### Lakewood Manor Housing Co-operative

100 -1123 N Devonshire Drive, Regina  
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### 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.