

Holy Trinity

Roman Catholic Parish

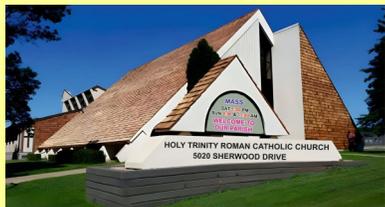
FEBRUARY 22, 2026

FIRST SUNDAY OF LENT

*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

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. Feb 21	9 am to 2:30 pm Lenten Mission
Sat. Feb 21	5 pm Mass: † Rick Woytowich Gift Bearing Family: Mateo
Sun. Feb 22	9 am Mass: † Rick Woytowich Children's Liturgy—Emily
Sun. Feb 22	10 am to 1pm Pancake Breakfast
Sun. Feb 22	11 am Mass: Ints. Maureen Schnell Gift Bearing Family: Koebel
Sun. Feb 22	12:15 pm Baptism
Sun. Feb 22	5 pm Vietnamese Mass
Tues. Feb 24	9:30 am Bible Study
Tues. Feb 24	1:30 pm Forever in Motion
Tues. Feb 24	7 pm Mass: † Dolores Ell
Tues. Feb 24	7:30 pm Bible Study
Wed. Feb 25	8:30 am Mass: Ints. Maureen Toth
Thurs. Feb 26	8:30 am Mass: † Ruth Morrison
Fri. Feb 27	8:30 am Mass
Fri. Feb 27	7 pm Way of the Cross led by K of C

5020 Sherwood Drive
Regina, SK S4R 4C2
Phone: 306-543-3838
Email: htrinity@sasktel.net
Website: 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:

Jeanette Ranalli, 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 Ruth Morrison, Gary Gilbert, Claudia Young, Rick Woytowich, Betty Hood, Pamela Lang, Dylan Work, Colleen Lefebvre, Fritz Mittermayr, Marie-Ange Gregoire, Phong Le, Gwen Gibney, Barry Barton, Fred Amos, Marion Reles, Dolores Ilao, Joseph Keen and Grace Randall.

Regular Donations February 1 to 15: 13,495
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 March. Next Baptism preparation seminar on March 14 at 6:15 pm & Baptism on Sunday, March 22 at 12:15 pm.

[Registration form on website.](#)

2025 Donation Tax Receipts are available in the Gathering Area and arranged in alphabetical order by last name.

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.

Lenten Mission: *Rediscover Lent* with Kevin Philip of Boats on Fire Catholic Ministries

We invite you to slow down, reflect and begin Lent with renewed purpose and hope. Guided by the words of Isaiah, "Return to me, for I have redeemed you" (Isaiah 44:22), we'll walk together through the Baptism, Temptation, and Proclamation of Jesus. You're welcome to attend the talk.

Date: February 21, 2026 at 9 am to 2:30 pm

Cost: Free Will Offering

Faith Study: *The Sorrowful Mysteries of the Rosary*

"The Rosary is a weapon for these times" ~St Padre Pio

Sign up for our Lenten Bible Study, where we will walk with Jesus through his Passion. Filmed in the Holy Land and with powerful stories and prayerful reflection, the Rosary will come alive in a new and meaningful way. The study begins on February 24 and will be held on Tuesday morning at 9:30 AM or evening immediately following Mass. Sign up sheets are in the Welcome Area.

Holy Trinity Annual General Meeting

SATURDAY March 21 at 1:00 pm, doors open 12:30
Financial and Parish Council Reports and the agenda will be published on the website and in printed format at least 1 week prior.

Please plan to attend to support your parish.

Refreshments will be provided.



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](https://www.canadahelps.org) 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: httrinity@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: March 2 at 1 pm

Next General Meeting: March 9 at 6:30 pm

The **2026 SPIRITUAL ADOPTION** Program has begun. This program costs nothing - only your prayers for an unborn baby. Please pick-up an Angel Baby card and information sheet from the table in the Gathering Area after Mass. Print the name of the baby you will be praying for on the card and deposit it in the red heart basket to be hung on the display board.

**Holy Trinity Knights of Columbus**

General meetings: 2nd Tuesday of the month.

Next meeting March 10 at 7:30 pm.

Pancake Breakfast Sunday: Join us for a delicious breakfast on Sun, February 22 from 10 am to 1 pm. Enjoy pancakes, eggs, sausage, ham, syrup, whipped topping, strawberries, coffee, and juice.

Cost: Adults – \$10 | Children – \$5

Hosted by the Knights of Columbus. Everyone is welcome!



Archdiocese of Regina Bulletin (February 22) Link



Archdiocese of Regina Masses
On-Line

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

Links at www.youtube.com/ArchdioceseRegina

THINKING FAITH Podcast S03 E17 | Eucharist, Adam and Eve, and Images of Jesus: Catholic Theology Explained

In this episode of Thinking Faith, Deacon Eric Gurash and Dr. Brett Salkeld explore key questions in Catholic theology and Scripture, beginning with Eucharistic theology, Eucharistic miracles, and why belief in the Real Presence does not depend on miracles alone. Drawing on questions from Grade 9 and 10 students at Miller High School in Regina, the conversation also includes Adam and Eve, and what these teachings reveal about the unity of the human family as well as a discussion on images of Jesus in art, examining historical accuracy, cultural expression, and how enculturated imagery helps communicate the Gospel across time and place. <https://bit.ly/TFArchdioceseReginaS03E17>

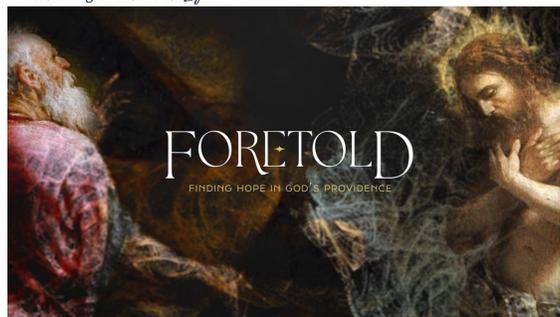
Please join the **Archdiocesan Social Justice Commission** for an afternoon **Lenten Scripture Reflection and Sharing** on Sat, Mar 21, from 11 to 2:30 pm. This will be a time for inspiration: to reflect on scripture, to listen to the Holy Spirit, and to renew our Christian faith through action. The 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_3xwqJA. To register, please scan the QR code found on the poster in church (bulletin board).

Chrism Mass: Everyone is invited to join in this year's Chrism Mass. It will be held on Friday, March 27 at 2:00 pm at Holy Rosary Cathedral. This Mass will also be livestreamed to our YouTube Channel at: youtube.com/ArchdioceseRegina

Holy Family CWL & K of C will be co-hosting the **Holy Family Gala: "Music under the Prairie Sky"** on Saturday, February 28 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.

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, June 19 - 21 For more info or to register visit cecanada.ca/regina "A Wedding is a Day, a Marriage is a Lifetime".

formed[™]
Forming Catholics for Life.



Foretold | Trailer

From the beginning, God had a plan to save man from sin. With Jesus, that plan was fulfilled. But he also has a specific plan for you. Watch Foretold to rediscover God's providential love for you.

Our parish has a Formed subscription.
Visit 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

Holy Hour of Prayer for Mental Health Join us at Christ the King parish at 3239 Garnet Street in Regina on Thursday, February 26, from 7:00 pm to 8:00 pm for a Holy Hour of Adoration and Prayer focused on mental health needs. Whether you are living with mental health challenges, offering accompaniment and support for someone you love, or are a mental health ally, all are welcome to join us for this hour of quiet reflection and communal prayer with the Blessed Sacrament as we unite in faith and seek consolation, peace, and support. For more information and support, visit www.emmaussupport.ca.

Youth retreat (13-17 years old) Come, fill me with the power of your Gifts! On Friday, March 6 from 5 pm to Saturday, March 7, 2 pm at the Myriam Family house of prayer in McLean SK
Suggested donation \$35/person. To register, call Sr. Stephanie: 306-761-0528 or email: pss.prairies@famillemyriam.org

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.

École St. Mary is now accepting Kindergarten registrations for the 2026-2027 school year. If you have a child turning 5 by December 31, 2026 and you are interested in French Immersion, please visit our website to register at <https://stmary.rcsd.ca>

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: Mar.7, Apr.11, May 9, June 6. For more information contact Miri or James Schiller at wd1@cecanada.ca or 306-535-7518.

Norwest Place Housing Co-operative
6340 Engel Drive, Regina
Affordable, quality housing



Call our office: **306-543-5758**

- 2 bedroom units for 55 plus couples, semi-retired is fine
- walking distance to many amenities including 3 lake/parks, groceries, fitness facilities, library, dining, churches, pharmacies, medical offices
- committed to contributing to the operation of our housing co-operative
- recreational activities
- no smoking or pets



Fitting the toughest feet for over 65 years!

- ◆ Orthopaedic & Comfort Footwear
- ◆ Cdn. Cert. Pedorthist on staff
- ◆ Over the Counter Orthotics

Phone: **306-352-5106** 2712 - 13th Avenue
 Tues. - Sat. 10 - 5:30

Lakewood HAIR STUDIO



Complete Haircare and Esthetics Services

5520 Rochdale Blvd., Regina, Sask, S4X 4P1
 Phone : **775-1353**

Armstrong Painting Plus
 Home Renos
 Regina
 Saskatchewan, S4N 2V1

Charles
 Owner/Operator



C: 306-531-9777

GOT HAIL DAMAGE?
 COME SEE US FIRST!

TRI'S DENT CARE

- Painless Dent Repair Specialist -



- Hail Damage
- Minor Dents
- Door Dings



• Serving Regina Saskatchewan for over 22 years

SGI ACCREDITED

With the recent hail storm to hit Regina don't trust your car to just anyone!
 Trust **TRI'S DENT CARE!**
 With 22 years experience we will do it right the first time!

Locally owned and operated... we're here to take care of you!

1301 Winnipeg Street, Regina SK S4R 1K2
 (corner of Winnipeg St. & 7th Ave.)

SAVE UP TO
\$250
 WITH OUR
 GIFT CARD

306-565-1995

SAVE UP TO
\$250
 WITH OUR
 GIFT CARD

*See Details in Shop

*See Details in Shop

Spiritual Care in Hospital:

General Hospital Chaplain
 Jerry Fitzgerald 306-519-1405

Pasqua Hospital Chaplain
 Arnel Daliva 306-519-1380

Wascana Rehab Centre Chaplain
 Carey Dziaduck 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
 Email: lkwoodmr@access.comm.ca
 Call: 306-924-0430

- * Independent living
- * 55+ Retired Couples
- * 2-Bedroom Unit



LoveStar Creations®

 Donna L. Toth
 Artist
 Divinely Inspired
 lovestar@sasktel.net

• Locally-owned
 • Affordable funeral and cremation solution
 • Continued No Pressure Affordable Options
 • Flexible Pre-planning and Pre-paying options to suit your needs

Kevin Almassy Owner
 Brent Metz Owner

Call: 306-545-4455 www.AlmassyMetzfuneral.com
 1265 Scarth Street, Regina, Saskatchewan

Almassy Metz
 Funeral & Cremation Services

Polished Nails & Spa
 EXPERIENCED PROFESSIONAL NAIL BEAUTY

MON - SAT : 9:00 AM - 7:00 PM
 SUN & HOLIDAYS : 11:00 AM - 5:00 PM

Normanview Mall
 322 McCarthy Blvd North
 Regina Sk S4R7M2
 306 7794444


Greenspace Woodworks

Susan & Randy Carnduff
 Cremation Urns, Chess sets, turned Bowls, Yarn Holders, Jewelry/Keepsake Boxes, Wall clocks, bespoke furniture and more. Use the QR code above to check out our ETSY online store. Contact us if you have a project in mind!
 306-537-4103 Greenspace.Woodworks@sasktel.net



L. Toledo Painting
 Proudly Professional Painting & Wall Coverings


 Luis Toledo
 Ph: (306) 737-0512

- Interior • Exterior
- Residential • Commercial
- Insurance • Bonded
- Free Estimates
- Licence #7724313 -

Starlight HOT TUBS

Service & Repair
 Cell: (306) 530-6318 Regina

UCB CANADA **95.9 FM**

Positive, uplifting Christian radio in Regina

MARY KAY

Deborah Canevaro
 Independent Beauty Consultant
 306-543-5701

Donna Witt
 Independent Senior Sales Director
 306-543-7664



BRM TAX SERVICE
 306-949-3834
 baberuth@sasktel.net

- Personal Tax Returns
- Corporate Tax Returns
- Monthly Bookkeeping
- Payroll

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.

