

# Holy Trinity

## Roman Catholic Parish

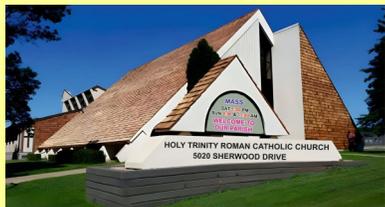
# MARCH 8, 2026

## THIRD 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](http://www.holytrinityregina.com)

**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.

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

- Sat. Mar 7**      **5 pm Mass:** † Scott Douglas Flaman  
Ints. Toni Joy Tholl  
Refreshments after Mass
- Sun. Mar 8**      **9 am Mass:** Ints. Toni Joy Tholl  
Refreshments after Mass  
Children's Liturgy—Emily
- Sun. Mar 8**      **11 am Mass:** † Marion Reles  
Children's Liturgy—Angela  
Gift Bearing Family: Fairbairn  
Sacramental Prep Class  
Refreshments after Mass
- Sun. Mar 8**      **5 pm Vietnamese Mass**
- Mon. Mar 9**      **6:30 pm Mass**  
followed by CWL General Meeting
- Tues. Mar 10**    9:30 am Bible Study
- Tues. Mar 10**    1:30 pm Forever in Motion
- Tues. Mar 10**    **7 pm Mass**
- Tues. Mar 10**    7:30 pm Bible Study
- Tues. Mar 10**    7:30 pm Liturgy Meeting
- Tues. Mar 10**    7:30 pm K of C Meeting
- Wed. Mar 11**    **8:30 am Mass**
- Thurs. Mar 12** **8:30 am Mass**
- Fri. Mar 13**    **8:30 am Mass**
- Fri. Mar 13**    7 pm Way of the Cross led by CWL

#### 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 March 1: \$ 5,300

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 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.](#)

**Flowers for Easter**—The Easter celebration is enhanced by colourful flowers and white lilies. Financial donations to the purchase of these flowers are welcomed and can be placed in the envelopes in the Gathering Area. Contributions may be made 'In Memory of' and a list of these names will be posted in our Easter bulletin.



**Mass Times:****Saturday: 5 pm****Sunday: 9 am & 11 am**

Monday— No Mass

Tuesday—7 pm Mass

Wednesday, Thursday &amp; 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.



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: April 6 at 1 pm

Next General Meeting: Monday, March 9th beginning with mass at 6:30 pm. You are welcome to join us for a presentation on Human Trafficking Awareness using red sand symbolizing the blood of Christ poured out for all.

**Holy Trinity Annual General Meeting****SATURDAY March 21 at 1:00 pm**, doors open 12:30 pm

Financial and Parish Council Reports and the agenda are available on the website and in printed format in the gathering area.

Please plan to attend to support your parish.

Refreshments will be provided.



THANK-YOU to all parishioners who are participating in the 2026 **Spiritual Adoption** Program. Your prayers for the unborn are so needed and so valued. There is still room on the board for more Angel Baby cards and we would like to see the board filled. This program costs nothing but your prayers. To participate please pick up an Angel Baby card and information sheet in the Gathering Area. Print the name of the baby that you will be praying for on the card and deposit it in the red heart basket to be displayed on the board.

**GARAGE SALE**

**Mark your calendars** - garage sale info meeting to be held on Wed, March 18 at 1 pm in meeting room. Actual garage sale booked for Friday, April 24 and Saturday, April 25. Please plan to sign up and help with this important fundraiser. More details of garage sale at a later date.

**Holy Week Schedule****March 18 (Wed) — 7 pm Lenten Reconciliation****March 28 — 5 pm Mass Palm Sunday****March 29 — 9 and 11 am Palm Sunday Mass****April 2 — 7 pm Holy Thursday Mass; Blessed Sacrament Adoration until 9:30 pm****April 3 — 3 pm Good Friday; Celebration of the Passion of the Lord****April 4 — Blessing of Easter Foods at 12 noon****April 4 — 8 pm Easter Vigil Mass****April 5 — 10 am Easter Sunday****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, March 15 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!



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

### [Archdiocese of Regina Bulletin \(March 8\) Link](#)



Archdiocese of Regina Masses  
On-Line

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

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

**THINKING FAITH Podcast S03 | E18| How Do I Know It's God?** Catholic Discernment, Consolation, and Desolation Explained In this episode of Thinking Faith, Deacon Eric Gurash and Dr. Brett Salkeld respond to a thoughtful question from Grade 9–10 students at Miller High School: How can I know when God is talking to me?

Drawing on the spiritual wisdom of St. Ignatius of Loyola, the conversation explores Christian discernment through self-awareness, honesty, and paying attention to the movements of the heart over time. They explain the difference between spiritual consolation and desolation, clarifying that these are not simply good or bad feelings, but experiences related to freedom, clarity, hope, and closeness to God. <https://bit.ly/TFArchdioceseRegina>

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](https://youtu.be/GnM9_3xwqJA). To register, please scan the QR code found on the poster in church (bulletin board).

*Thank  
you  
for coming*

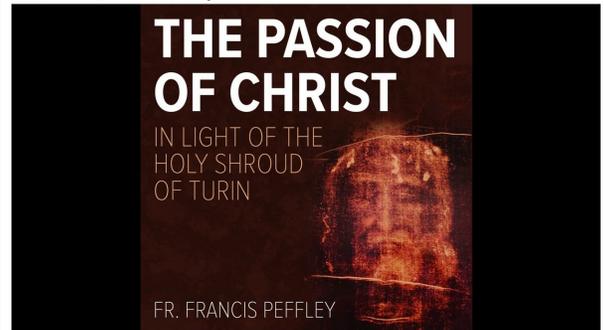
Sincere **THANK YOU** to all those who attended my 90th birthday celebration.

I hope you enjoyed yourselves as much as I did!!  
God Bless...Maureen Toth

The **Regina Symphony Orchestra** invites you to experience the Passion story brought to life through one of the most powerful sacred works ever written. Join us for this special Lenten presentation of Bach's St. John Passion and prepare your heart for Holy Week through music that has inspired generations of believers. Bach's St. John Passion on Sat, March 28, 7:30 pm at Holy Rosary Cathedral. Featuring: Gordon Gerrard, conductor; Caitlin Wood, soprano; Marion Newman, mezzo-soprano; Asitha Tennekoon, tenor; Stephen Hegedus, bass-baritone and Ignite Chamber Choir, under the direction of Dorianna Holowachuk Tickets available at [www.reginasymphony.com](http://www.reginasymphony.com)

**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 Briercrest in Caron port, June 19 - 21 For more info or to register visit [cecanada.ca/regina](http://cecanada.ca/regina) "A Wedding is a Day, a Marriage is a Lifetime".

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### The Passion of Christ in Light of the Holy Shroud of Turin by Fr. F. Peffley

The Holy Shroud of Turin was called the greatest relic in Christendom by Pope St. John Paul II. Fr. Peffley presents new, detailed scientific and medical evidence for the authenticity of the Holy Shroud.

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Scan the QR code to download the Formed app to your phone.



An offering from the AUGUSTINE INSTITUTE

**CWL Diocesan Convention** to be held **Saturday, April 18th** at St. Gerard Parish, Yorkton, SK. Please see CWL bulletin board for registration information and note there are also t-shirts available this year. Deadline for registrations is Monday, March 30th.

**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](http://youtube.com/ArchdioceseRegina)

**Walking With One Another: Faith and Mental Health:** Saturday, March 28 from 9 a.m. – 12 p.m. at Resurrection Parish - 3155 Windsor Park Rd, (use back entrance). Sponsored by the Resurrection CWL.

Open to everyone and Free will offering

What do we say when someone we love is struggling? How do we support others without trying to "fix" them? And how do we care for our own hearts along the way? Join Deacon Eric and Melissa Gurash of Emmaus Mental Health Ministries for a practical, faith-filled morning focused on tools for conversation, accompaniment, stress management & self-care. Through prayer, reflection, and discussion, participants will gain confidence in reaching out with compassion and learn where to turn for support and resources. Pre-registration is encouraged. Contact Marg Engel at 306-789-9311 or [resurrectioncwl@gmail.com](mailto:resurrectioncwl@gmail.com)

**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](mailto:wd1@cecanada.ca) or 306-535-7518.

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**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**

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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.