

Holy Trinity

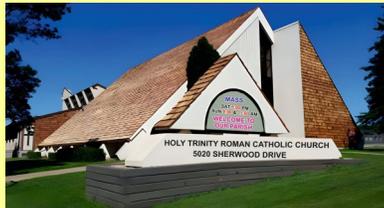
Roman Catholic Parish

FEBRUARY 8, 2026
5TH 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

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 7** **5 pm Mass:** † Ida Wanner
Gift Bearing Family: Belvedere
Refreshments after Mass
- Sun. Feb 8** **9 am Mass:** Ints. Marlene Schnell
Gift Bearing Family: Springinatic
Refreshments after Mass
- Sun. Feb 8** **11 am Mass:** † Olga Canevaro
Children's Liturgy—Angela
Gift Bearing Family: Fernandes
Sacraments Prep Class
Refreshments after Mass
- Sun. Feb 8** **5 pm Vietnamese Mass**
- Tues. Feb 10** **1:30 pm** Forever in Motion
- Tues. Feb 10** **7 pm Mass**
- Tues. Feb 10** **7:30 pm** K of C Meeting
- Wed. Feb 11** **10:30 am CWL Mass** and Soup/Bun lunch
- Thurs. Feb 12** **8:30 am Mass**
- Fri. Feb 13** **8:30 am Mass**

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 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 Ilaa, Joseph Keen and Grace Randall.

Regular Donations February 1: 3,050
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 February. Next Baptism preparation seminar on February 14 at 6:15 pm & Baptism on Sunday, February 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.

Ash Wednesday – Feb. 18: Ashes are made from the burning of blessed palms from previous years. Please bring your old palms and place them in the marked basket in the Gathering Area.

Ash Wednesday Mass at 8:30 am & 7 pm

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 one talk or stay for the whole day.

Date: February 21, 2026 at 9:00 AM

Cost: Free Will Offering

Lunch (cost \$5) and childcare (free) are available; please register by February 17 for lunch and childcare by emailing htrinityfaithformation@outlook.com or on the sign up sheet in the Welcome Area. We'd love to have you join us.

The **2026 Spiritual Adoption** program will be starting this weekend. Participation in this program costs nothing — only your prayers for the unborn. Please pick up your Angel Baby card and information sheet after the Mass. Upon naming the baby you will be praying for, the Angel Baby card will be displayed on the board in the Gathering Area.



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

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: February 11 beginning with Mass at 10:30 am and Soup/Bun luncheon after Mass. All are welcome!

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 Knights of Columbus

General meetings: 2nd Tuesday of the month. Next meeting February 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 8) Link



Archdiocese of Regina Masses
On-Line

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

Links at www.youtube.com/ArchdioceseRegina



Archbishop's Annual Appeal: Final tallies received from the Archdiocese. Holy Trinity contributed \$33,377 toward our goal of \$37,869 (88%). Thanks to everyone

who contributed. Archdiocese goal was \$1,400,000 for which they received 69%.

Holy Trinity parishioners are invited to donate monthly to the Appeal, through the yellow envelopes in your donation box or those available in our pews.

NET Retreat: All youth in grades 6 to 12 are invited to a NET Retreat on Saturday, February 14th at Holy Family Parish from 10 am to 3 pm! A pizza lunch is included. Go to <https://holyfamilyregina.com/pages/2026-net-retreat> to register. Contact Kara Philip at youth@holyfamilyregina.com for more information.

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 Briercrest 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".

Come & Go Celebration: Honouring **Maureen Toth**

Sunday, Feb. 15, 2026 1:30 - 3:30 p.m.

Church Meeting Room. **No gifts please.**

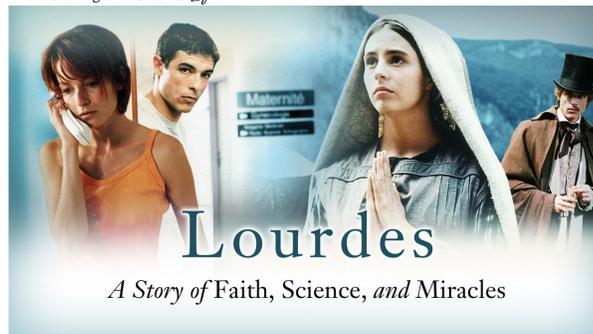
Your presence is the gift!! In lieu of, donate to a charity of your choice.

RSVP Donna Toth coffeegal.donna@gmail.com

Or Laura Gulash kigulash@sasktel.net



formed[™]
Forming Catholics for Life.



Lourdes: Story of Faith, Science,

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.

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

The Myriam Family of the Prairies invites you for a day **retreat for adults** on February 14th from 9:30 am to 4:00 pm. With the theme: Discerning God's will; docility and conscience. The retreat will include Mass, Confessions, Holy hour, a talk, lunch and fellowship at our house of prayer in McLean, 45 km East of Regina. Free will offering- Please register by phoning at 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: Feb. 7, Mar.7, Apr.11, May 9, June 6. For more information contact Miri or James Schiller at wd1@cecanada.ca or 306-535-7518.

Becoming a TITAN: Grade 8 Parent Information Evening. Everything you need to know about the registration process, our programs, activities, policies and becoming a student at Archbishop M.C O'Neill Catholic High School! School Tours led by faculty members will follow the presentation at O'Neill High School Old Gym on February 11, 2026.

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

- Paintless 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:

Pasqua Hospital Chaplain
 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
 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.

