

# Holy Trinity

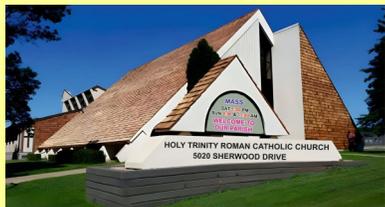
## Roman Catholic Parish

FEBRUARY 1, 2026  
4TH 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

<b>Sat. Jan 31</b>	<b>5 pm Mass:</b> † Betty Hood Gift Bearing Family: Karlonas
<b>Sun. Feb 1</b>	<b>9 am Mass:</b> † Betty Hood Gift Bearing Family: Harden
<b>Sun. Feb 1</b>	<b>11 am Mass:</b> † Colleen Lefebvre Children's Liturgy—Christi Gift Bearing Family: Ricahuerta Sacraments Prep Class
Mon. Feb 2	1:30 pm CWL Executive Meeting
Tues. Feb 3	1:30 pm Forever in Motion
<b>Tues. Feb 3</b>	<b>7 pm Mass:</b> † Betty Hood
<b>Wed. Feb 4</b>	<b>8:30 am Mass:</b> † Betty Hood
Wed. Feb 4	1 pm Angels for Warmth Meeting
<b>Thurs. Feb 5</b>	<b>8:30 am Mass:</b> † Betty Hood
<b>Fri. Feb 6</b>	<b>8:30 am Mass:</b> † Ernie Krammer Eucharistic Adoration

**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 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 Ilaos, Joseph Keen and Grace Randall.

Regular Donations January 1 to 25: \$25,160  
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.

**Special Collection—February 1** for Needs of the Canadian Church. This annual initiative is an important opportunity for the faithful to actively support and assist the Bishops in their ministry of accompanying, teaching, guiding, sanctifying, and caring for the Church in Canada.

Give through your parish or [Donate online through Canada Helps](#) (select Needs of the Canadian Church—February)

**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 TBD) and childcare (free) are available; please register by February 17 for lunch and childcare by emailing [trinityfaithformation@outlook.com](mailto:trinityfaithformation@outlook.com) or on the sign up sheet in the Welcome Area. We’d love to have you join us.

**2026 Spiritual Adoption** program will be starting on the week-end of Feb 7 & 8th.

This program gives us a chance to pray for the unborn. Please pick up your Angel Baby card and information sheet after the Masses that week-end. 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.



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: [trinity@sasktel.net](mailto:trinity@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

**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 9:30AM 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 1) Link



Archdiocese of Regina Masses  
On-Line

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

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

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](mailto:youth@holyfamilyregina.com) for more information.

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).

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](http://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 [ceecanada.ca/regina](http://ceecanada.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](mailto:coffeegal.donna@gmail.com)

Or Laura Gulash [kglulash@sasktel.net](mailto:kglulash@sasktel.net)



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### The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

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@familemyriam.org](mailto:pss.prairies@familemyriam.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](mailto: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@ceecanada.ca](mailto:wd1@ceecanada.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.

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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

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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.