



Archdiocese of Regina

Bulletin

March 1, 2026

2nd Sunday of Lent

— Renew —
PRAY FAST GIVE
Lent

Each week of Lent, you will receive gentle invitations to slow down, listen more deeply to the Gospel, and renew your heart in prayer.

- Scripture-based reflections
- Prayer prompts
- Lenten challenges
- Reflective videos
- Contemplative resources

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TF | 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.

bit.ly/TFArchdioceseReginaS03E17

Please join the Archdiocesan Social Justice Commission for an afternoon Lenten Scripture Reflection and Sharing in:

Regina: Sat, Mar 21, from 11:00-2:30

Swift Current: Mar 28, from 11:00-2:30

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. We will have a small lunch (soup and 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! To register, please scan the QR Code below:



Chrism Mass

Friday, March 27

2:00 PM

Holy Rosary
Cathedral

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

Stewardship Bulletin Bit

"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." Genesis 12:1

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we struggle to leave behind might be materialism, selfishness and greed. Yet, God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

The Archdiocese of Regina is located on Treaty 4 Territory, the traditional lands of the Nêhiyawak, Nahkawé, and Nakota, and homeland of the Dakota, Lakota, and Métis peoples.

Journey Through Lent with the CCCB

The Canadian Conference of Catholic Bishops (CCCB) presents Journey Through Lent. This video series, a joint project of the CCCB's National Liturgy Office, Office national de liturgie and the Office for Evangelization and Catechesis, provides weekly Lenten spiritual reflections.

Reflections based on the readings for Sunday Mass will be available weekly from Ash Wednesday until Palm Sunday. Designed for individuals, families, and communities, Journey Through Lent encourages viewers to reflect on the Sunday readings. This year's reflections are presented by:

- The Most Reverend Daniel J. Miehm, Bishop of Peterborough (in English).
- The Most Reverend Juan Carlos Londoño, Auxiliary Bishop of Québec (in French)

ccb.ca/announcement/2026-journey-through-lent-weekly-video-reflections/