



Archdiocese of Regina

May 10, 2026

Bulletin

6th Sunday of Easter



Emmaus Men's Spiritual Peer Support - Now Forming

Are you a man living with mental health challenges and looking for a place of faith, honesty, and support? We are currently forming a Men's Emmaus Spiritual Peer Support Group, a space for prayer, real conversation, and mutual encouragement grounded in Christ. This group would meet monthly, with in-person and online options available. If you are interested in taking part, please reach out: emmausmentalhealth@gmail.com

Emmaus Women's Spiritual Peer Support Group (Online)

Are you a woman living with mental health challenges and seeking faith-filled support? Our Emmaus Women's Spiritual Peer Support Group offers a welcoming, confidential online space to share, pray, and walk together in hope. Rooted in our Catholic faith, these gatherings are centered on accompaniment, encouragement, and the gentle presence of Christ. This group currently meets once a month online, making it accessible for many. To learn more, please contact Bronwyn Angley - bronwyn.angley@gmail.com

Emmaus Mental Health Caregivers Support Group

Are you supporting a loved one living with mental health challenges? You are not alone. Our Emmaus Spiritual Peer Support for Caregivers groups offer a safe, faith-based space for those walking alongside a loved one experiencing mental health struggles. These gatherings provide prayer, reflection, and compassionate peer support rooted in the hope of Christ. We currently have groups operating once a month in Regina & Saskatoon with in-person and online options available. For more information or to join, please contact: emmausmentalhealth@gmail.com

MAiD

and mental illness
What's at Stake?



Larry Worthen,
MA (Th.), LLB
Executive Director, Christian Medical
and Dental Association of Canada

Join the conversation:

- May 11 - Saskatoon
- May 12 - Prince Albert
- May 13 - Yorkton
- May 14 - Weyburn
- May 15 - Moose Jaw
- May 16 - Regina

Scan here to
RSVP



Learn more: hopedoesnotexpire.ca

ADULT RETREAT

AT THE MYRIAM FAMILY
HOUSE OF PRAYER AND RETREAT, MCLEAN, SK

THE SEVEN GIFTS OF THE HOLY SPIRIT



- WISDOM
- UNDERSTANDING
- COUNSEL
- FORTITUDE
- KNOWLEDGE
- PIETY
- FEAR OF GOD

MAY 23, 2026
FROM 9:30AM TO 4:00PM

REGISTER NOW

PSS.PRAIRIES@FAMILLEMYRIAM.ORG
OR CALL SR. STEPHANIE AT
306-761-0528

Stewardship Bulletin Bit

"For it is better to suffer for doing good, if that be God's will, than for doing evil."
1 Peter 3:17

The old line says, "If you want to make God laugh, tell him your plans." Many of us are diligent in our planning and making sure things are progressing smoothly. Then disaster strikes, we don't get the result we anticipated, or an unforeseen problem arises. Many times, we may respond negatively and ask, "Why me? I did everything right!" Here's the thing - adversity humbles us and reminds us of our dependence on God and not on our own self-reliance. Rest assured, God has a better plan in store for you.

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.

2026 ALUMNI OF DISTINCTION AWARDS DINNER

May 14 | 5-9 PM
Conexus Arts Centre,
200 Lakeshore Dr.



Laura Belden Dubois



Lisa Marcotte

CAMPION COLLEGE
AT THE UNIVERSITY OF REGINA

Join Champion College for their 2026 Alumni of Distinction Awards Dinner on Thursday, May 14 at the Conexus Arts Centre! For more information and to purchase tickets: campioncollege.ca/alumni/dinner/