



Archdiocese of Regina

May 17, 2026

Bulletin

Ascension of the Lord



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

Faith-Based Advance Care Directive

Follow-up to Larry Worthen's Presentations: MAiD for You? One of the most effective ways to counter the narrative of those who encourage assisted suicide—often euphemistically referred to as MAiD—is by completing a Faith-Based Advance Care Directive. Directives are available for free download from the Catholic Health Association of Saskatchewan (CHAS) website at chassk.ca/faithbased-care/, or you may pick up a copy from the offices of the Archdiocese of Regina. Additionally, this video provides a guide to help you complete your directive youtube.com/watch?v=BNGgc9ogZ30. For further information, please contact Peter Oliver at peter@chassk.ca or our ethicist, Mary Heilman, at mary@chassk.ca.

The 8th annual St Philomena Walking Pilgrimage will start at Yorkton on August 11 and will finish at Our Lady of Lourdes shrine at Rama on Aug 14. This is a supported pilgrimage with arranged overnight stops, meals, and rest stops through the day. Transportation to the next rest stop is provided for those don't wish to walk the whole distance. Pilgrims can walk every day or just one day if they wish. Friday August 14 is our shortest day and the day we arrive in Rama. stphilomena.ca



Variety Night May 22 - 25 at St. Martin's Parish. More info visit: archregina.sk.ca/event/variety-night-may-22-25/

Stewardship Bulletin Bit

"I am praying for them..." John 17:9
Prayer is the foundation of our Faith and the foundation of Stewardship. Prayer is always the first best option in any situation - not just our last resort. Pray for friends and family, and especially for those that don't treat you very well. Pray to give praise, to thank, and to ask God for help. Pray to see what God wants you to do with the gifts He has given you. Teach others how to pray. It has been said that teaching someone how to pray is the best gift you can give someone.



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