



Archdiocese of Regina

Bulletin

May 24, 2026

Pentecost



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 and Saskatoon with in-person and online options available. For more information or to join, please contact: emmausmentalhealth@gmail.com

Archdiocese of Regina LAY FORMATION PROGRAM



Our Lay Formation Participants are on their annual retreat weekend, May 22 - 24, at St. Peter's Abbey, led by the Spiritual Directors in Formation. Please pray for all retreatants and the formation team.

**NEXT INTAKE
FALL 2027!**

For more info or to be added to the intake list, please contact Deacon Eric Gurash at: [306-721-6724](tel:306-721-6724)
egurash@archregina.sk.ca

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/faithbasedcare/, 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](https://www.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

Catechists, What do you Seek? You are a guide, guiding Souls

September 19th, 2026: A seminar, recognizing the catechist's role as a witness, not just a teacher. Explore what it means to be a synodal catechist, to grow in holiness, sustain ministry and accompany others as they grow in faith. For more information contact: rbarr@archregina.sk.ca
With special thanks, made possible through the Ursuline Sisters' Legacy Gift.

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.

Stewardship Bulletin Bit

"To each is given the manifestation of the Spirit for the common good." 1 Corinthians 12:7

To receive the gifts of the Holy Spirit you must open your heart and invite Him in! Ask the Holy Spirit to guide your thoughts, words and actions every day! Be grateful for all the gifts God has given you! Regardless of our individual circumstances, God has given all of us many blessings. What we do with those gifts is our gift back to God! By generously sharing everything we have and everything we are, we become more "God-centered" and less "self centered" and our lives truly reflect God's light, love and mercy.