



Archdiocese of Regina

Bulletin

May 31, 2026

Trinity
Sunday



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

Pope Leo XIV's Encyclical Letter: Magnifica Humanitas

Pope Leo XIV's Encyclical Letter, Magnifica Humanitas, was released today. It focuses on safeguarding the human person in the time of artificial intelligence. The letter is dated 15 May, to commemorate the 135th anniversary of Pope Leo XIII's Encyclical Letter, Rerum Novarum. The Dicastery for Promoting Integral Human Development offers the following synopsis of the Encyclical Letter: "Magnifica Humanitas offers insights into the protection of the human person in the age of artificial intelligence, recognizing a profound epochal shift. It places the dignity of the human person at the centre as the criteria for guiding technical progress. The Church's social teaching accompanies these transformations, pointing to the common good, solidarity and subsidiarity as the fundamental benchmarks for understanding and interpreting the transformation currently underway. It proposes, as an alternative to the culture of power and war, a civilization of love founded on justice, dialogue and shared responsibility." You can read the letter at the Vatican site: vatican.va/content/leo-xiv/en/encyclicals/documents/20260515-magnifica-humanitas.html

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. For further information, please contact Peter Oliver at peter@chassk.ca or our ethicist, Mary Heilman, at mary@chassk.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.

Stewardship Bulletin Bit

"For God so loved the world that He gave His only Son..." John 3:16
Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely, or do you "fit it in" when it's convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

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.