Archdiocese of Regina Bulletin

November 1, 2026

All Saints

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

Emmaus Men's Spiritual Peer Support

Are you a man living with mental health challenges and looking for a place of faith, honesty, and support? Our Emmaus Men's Spiritual Peer Support Group offers a welcoming, confidential space to share, pray and walk together in hope. These evenings are centered on accompaniment, encouragement, and the gentle presence of Christ. This group meets monthly. If you are interested in taking part, please contact: 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: emmausmentalhealth@gmail.com

Archbishop's Appeal

Today we celebrate the Feast of All Saints, a reminder that holiness is not reserved for a select few, but is a calling shared by all of God's people. In the Beatitudes, Jesus offers a vision of what it means to live as a disciple—through humility, mercy, compassion, and a deep trust in God.

The saints we honor today came from many different walks of life, but they shared a common desire to follow Christ and reflect His love in the world. The readings remind us that we are all children of God, called to grow in holiness and to live with hope as we journey toward His Kingdom.

ARCHBISHOP'S appeal

Stewardship Bulletin Bits

"Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." - Matthew 23:12

The world celebrates people in the spotlight and those who have the most of everything. We think celebrity, money and possessions are the key to happiness. Yet, our world is filled with more loneliness, anxiety, and depression than ever before. The lives of the saints show that the key to a happy life are relationships. Relationships with God and each other. Trust is the foundation of any good relationship and humility is the seed of trust.

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.

