



**LENTEN PRAYER  
FOR SPIRITUAL RENEWAL**

God, heavenly Father, look upon me and hear my prayer during this holy Season of Lent. By the good works You inspire, help me to discipline my body and to be renewed in spirit.

Without You I can do nothing. By Your Spirit help me to know what is right and to be eager in doing Your will. Teach me to find new life through penance. Keep me from sin, and help me live by Your commandment of love. God of love, bring me back to You. Send Your Spirit to make me strong in faith and active in good works. May my acts of penance bring me Your forgiveness, open my heart to Your love, and prepare me for the coming feast of the Resurrection of Jesus.

Lord, during this Lenten Season, nourish me with Your Word of life and make me one with You in love and prayer.

Fill my heart with Your love and keep me faithful to the Gospel of Christ. Give me the grace to rise above my human weakness. Give me new life by Your Sacraments, especially the Mass.

Father, our source of life, I reach out with joy to grasp Your hand; let me walk more readily in Your ways. Guide me in Your gentle mercy, for left to myself I cannot do Your Will.

Father of love, source of all blessings, help me to pass from my old life of sin to the new life of grace. Prepare me for the glory of Your Kingdom.

Amen.

**A Prayer for the Season of Lent**

~ Psalm 51 ~

*Have mercy, O Lord, for we have sinned.*

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin.

*Have mercy, O Lord, for we have sinned.*

For I know my transgressions, and my sin is ever before me. Against you, you alone, have I sinned, and done what is evil in your sight.

*Have mercy, O Lord, for we have sinned.*

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me.

*Have mercy, O Lord, for we have sinned.*

Restore to me the joy of your salvation, and sustain in me a willing spirit. O Lord, open my lips, and my mouth will declare your praise.

*Have mercy, O Lord, for we have sinned.*



**Christ the Teacher Catholic Schools News  
March 6 - March 10, 2017**



	Sacred Heart	St. Alphonsus	St. Mary	St. Michael	St. Paul	St. Theodore
Mon.				•Gr. 4 Swim		•Trina Markusson workshop
Tues.	•Catch the Spirit Day			•Catch the Spirit Day @ SHHS		
Wed.					•Gr. 4 Swimming	
Thurs.		•Kindergarten Progress Reports		•Raquetball Clinic		
Fri.		•Student Progress Reports	•Telemiracle Talent Show •Student Progress Reports	•Progress Reports	•Gr. 4 Swimming •Progress Reports	

**"Praise you, Lord, for the blessing of learning."**

~Catholic Prayers for Every Day and All Day~.



## SACRAMENTS of INITIATION PREPARATION



### BAPTISM

*The First Sacrament of Initiation*

### CONFIRMATION

*The Second Sacrament of Initiation*

### FIRST EUCHARIST

*The Third Sacrament of Initiation*

**~ COME JOIN US AT THE TABLE ~**

#### Session #4

Sunday, March 12<sup>th</sup> @ 6:30pm



## News from the CWL



Stitches of Love -- The CWL will be quilting every Tuesday and Wednesday during the month of March. Join the fun! You don't have to know how to sew to take part-- just bring your willing hands and your eager heart and share in the fellowship of this wonderful project! Sewing is from 9:30 'til 3:30. Please bring a bag lunch. Everyone is welcome!



## News from the Knights of Columbus



Mar. 8                      General Meeting  
Mar. 12                     Parish brunch

*If you are interested in joining the Knights, please call Brian @ 306.730.7083 or 306.730.7017 after 5pm (or leave a message).*

### Rethinking Young Adult Ministry

The Knights of Columbus are happy to partner with the Archdiocese of Regina to host a workshop entitled "**Rethinking Young Adult Ministry**". This workshop will introduce attendees to young ministry and will delve into establishing a vision for the initiative. This program was established to help young to engage with the many young peoples of Saskatchewan. This program will be hosted by the Archdiocesan staff.

Time and date as follows: from 10 to 3 on March 25 at St. Gerard's Complex hosted by Knights of Columbus 2031. Cost is \$10.00 and lunch and refreshments will be supplied. Preregistration is advised. Call Wayne Exner at 306.783.7380 or [wex13@sasktel.net](mailto:wex13@sasktel.net).

**Special invite to young adults 18-35.** Also invited are all interested parishioners, all Knights of Columbus members and CWL members.

### FORWARD TOGETHER LECTURE

The presidents of Campion College, Luther College, First Nations University of Canada, and the University of Regina present the 2017 Forward Together Lecture, **Barking to the Choir: Now Entering the Kinship of God** with guest speaker **Father Greg Boyle, SJ**.

Father Greg is the founder of Homeboy Industries – the largest and most successful gang-intervention, rehabilitation, and re-entry program in the world – and named 2016 Humanitarian of the Year by the James Beard Foundation.

The lecture takes place on **Thursday, March 16, 2017 at 7:30 pm in the Education Auditorium, University of Regina (main campus)**. Admission is free, but please note that seating is limited. Complimentary parking is available in lots 7 & 8. For more information of the Forward together Lecture visit our website at [www.campioncollege.ca](http://www.campioncollege.ca) or call 306.586.4242



## ALL PARISHIONERS ARE INVITED to attend LENTEN LUNCHES

which will be held each **THURSDAY** during Lent following the 12:05 pm Mass.

**Silver collection** to the Refugee Family Fund & the Salvation Army Food Bank (Lighthouse)

The new **Liturgical Ministries Schedules** are available for pickup from the large table in the Welcome Area (Welcomers, Lectors, Ministers of Holy Communion at Mass). Schedules are also available online at [www.stgerard.ca](http://www.stgerard.ca)

### Lenten Retreat with the First Spiritual Exercises Theme: "Inner Peace in Divine Love"

The **First Spiritual Exercises** are a set of prayer exercises, structured in a four-week program, with a particular dynamic of St. Ignatius. The exercises are a single, progressive and powerful experience of grace, built around personal prayer at home and guided spiritual conversation in a small group, allowing one to share his/her own experiences.

The next opportunity to encounter these exercises at St. Gerard will start Monday, March 6<sup>th</sup> at 7pm in Meeting Room A. Please bring a pen and notebook. Further instructions will be provided at the first session. The sessions will continue each Monday, concluding April 10<sup>th</sup>.

St. Gerard Parish

### Annual General Meeting

Tuesday, March 7<sup>th</sup> @ 7:30 pm  
in the Parish Hall

*All parishioners are encouraged to attend.*



# Bringing Home the Word

## Framework for Conversion

By Mary Katharine Deeley

**In the campus church** where I work, more people show up on Ash Wednesday than on any other day. Practicing Catholics, Catholics who are a little or a lot out of practice, and non-Catholics who sense the need for a period of discipline stream through the doors to remember that they are dust and into dust they shall return.

With a cross smudged on their foreheads, they go out, sensing that this defined six-week block called Lent is a real chance to change course and renew their lives. Many of them return each Sunday to hear ancient stories and try to live into the good intentions symbolized by the ashes.

Ash Wednesday creates a framework for conversion, and the first Sunday of Lent tells us why we need it. The Genesis story is an explanation for the brokenness of the world that comes not from God's error in creation but from our desire to be God and control our own destiny. The creature cannot be the creator. We cannot know fully what God knows. For Adam and Eve, such knowledge is power, and they aren't content with what God has given them.

In the desert, Jesus is also tempted to show his power and take control from his Father. He could refuse to subject himself to God's will. He could make bread and force God to care for him. Even more, he could give power over to one who is not God. Instead, Jesus gives his life over to God. With his grace, we can do the same. Where are you being tempted to push God aside and take control?

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## Women keep the land in their hearts in Paraguay

Supporting women is a priority for Development and Peace – Caritas Canada. For this year's Share Lent campaign, we invite you to listen to the voices of women who are working to build the world of tomorrow – *Women at the heart of change*.

Our first testimonial is from Marta and Silvia, two women from Paraguay who are members of an Indigenous women's farming association supported by Development and Peace – Caritas Canada. "I wish that there was land for everyone, that women were free [and] that they had the freedom to organize and defend their rights," Silvia tells us.

Women have always been at the heart of our organization! Did you know that in 1979, Development and Peace led a campaign to support the Grandmothers of Plaza de Mayo, in Argentina, whose children and grandchildren disappeared under the military dictatorship?

*The Share Lent special collection is the weekend of April 2<sup>nd</sup>.*

## 37<sup>TH</sup> ANNUAL NASH MEMORIAL LECTURE

Campion College invites you to the 37<sup>th</sup> annual Nash Memorial Lecture ***Discerning a Path Toward Hope: A Liberal Arts University's Journey with Omar Khadr*** delivered by guest lecturer Dr. Arlette Zinck.

Dr. Zinck is an associate professor of English at The King's University in Edmonton. Beginning in September of 2008, she served as faculty advisor to a group of students who became advocates for justice in the **Omar Khadr** case. As well, she coordinated a team of volunteer academics who devised and delivered curriculum for Mr. Khadr, both when he was in Guantanamo Bay prison and during his incarceration in Canada. In 2012, Dr. Zinck was awarded The Queen Elizabeth Diamond Jubilee Medal in recognition of her work with Omar Khadr.

The lecture will take place on **Tuesday, March 21, 2017 at 7:30 pm in the Education Auditorium, University of Regina (main campus)**. Admission is free, but please note that seating is limited. Complimentary parking is available in lots 7 & 8. For more information on the Nash Memorial Lecture visit our website at [www.campioncollege.ca](http://www.campioncollege.ca) or call 306.586.4242

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- WILDERNESS
- TEMPTED
- DEVIL
- FASTED
- FORTY
- HUNGRY
- STONES
- LOAVES
- ANGELS
- FOOT
- SATAN
- WORSHIP



## YOUTH NEWS AND INFORMATION

### **"The Serpent"**

#### **This Week...**

The serpent is an old symbol of evil. It can strike suddenly and quickly, or it can enter slowly over a period of time. It can strike suddenly and catch us off guard, or slither into our lives and slowly choke the goodness out of us. We humans often give in to sin, but Jesus showed us how to live a life of righteousness.

#### **For Your Reflection**

Peer pressure works like a snake. Sometimes it is a slow process, and without realizing it you just gradually start doing things and saying things and thinking things that your friends do, say, and think. Sometimes it is a quick strike and you are suddenly in a situation and have to make a choice. Some friends are trying to get you to do one thing and some are trying to get you to do something else. Peer pressure can be negative or positive.

- Which kind of negative peer pressure are you more likely to be influenced by - the slow, gradual type or the high-pressure, fast type?
- Which kind of positive peer pressure are you more likely to be influenced by?
- Can you give an example of when positive or negative peer pressure influenced you?
- Do you ever use positive peer pressure to influence others? Do you think you are more likely to influence others slowly, over the long haul, or quickly, in a sudden or specific situation? Can you give an example of when you have had a positive influence on another person?

Excerpt from *In Touch With the Word, Cycle A for Ordinary Time*, St. Mary's Press, 2004

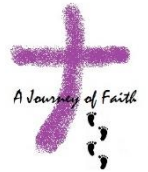




**RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)** is an incredible journey of discovery, the discovery of God's love in Jesus. If you or someone you know is interested in exploring the friendship and saving grace of Jesus Christ, we invite you to join us in the RCIA journey. It is a warm, welcoming experience that introduces the Christian faith in our Roman Catholic tradition. We explore topics such as Holy Scripture, the Sacraments, Church history and the core beliefs of the Church. Anyone who has taken this "leap of faith" has found it to be a life-altering experience.

The RCIA process is intended for those who are non-baptized. There are several rites and stages that are part of the process to prepare adults for Baptism and to receive the Sacraments of Confirmation and Eucharist at the Easter Vigil.

**Rite of Reception of Baptized Christians into the Full Communion of the Catholic Church.** If you have been baptized in another Christian tradition, the Catholic Church respects that baptism. Baptism is the sacrament of our rebirth in Christ and our immersion into His saving death and Resurrection. It can never be repeated. Reception into the Full Communion of the Catholic Church happens after a period of preparation through catechesis, prayer and worship, and an introduction to Catholic life, values, and mission.



**Adults who have been baptized in the Catholic Church but have not received the Sacrament of Confirmation** can prepare for reception of this sacrament through a period of catechesis and prayer.

If you are interested in this journey of faith please contact Fr. Francis Hengen, or if you would like more information contact the RCIA Co-ordinator, Mary Bybliw, through the parish office at 306-782-2449 or email [office@stgerard.ca](mailto:office@stgerard.ca)

*And to all our friends in St. Gerard's parish, we remind you that we all have a responsibility to share our faith and bring others to Christ. If you know of a family member, friend, co-worker or fellow student who is searching for a deeper meaning in their life, let them know about RCIA.*



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## LOST SOMETHING?

**Mitts, toques, etc.** – check the literature display drawer marked "Lost and Found" in the Welcome Area.

**Books, religious articles, jewellery, etc.** – contact the Parish Office.

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## OFFERING A MASS

The offering of a Mass in the name of a deceased family member or friend is one of the greatest ways to keep our beloved dead in our living memory. At each celebration of the Mass, the great prayer of sacrifice is made complete as Jesus' life, death and resurrection is offered to God the Father. When we offer a Mass for a particular person, we ask that in a special way the individual be remembered by the priest who offers up the great sacrifice on behalf of the whole community of faith. In a very real and active way, the life, death and resurrection of the person remembered becomes present and is offered up with Jesus. Each time we offer up a Mass for someone, living or dead, we celebrate the greatest gift of our faith – the gift of Everlasting Life in Christ

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**Adoration of the Blessed Sacrament** is available daily at the EADM Centre Chapel at 484 Hamilton St. Regina. Hours: 10:00 am to 8:00 pm on Monday through Thursday. Friday, Saturday & Sunday: 2:00 to 5:00 pm. Please help us keep Adoration of the Blessed Sacrament available in our city on a daily basis.

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## The Healing and Growth Centre St. Therese Institute of Faith and Mission

**St. Therese Institute of Faith and Mission** – Searching for God's purpose in your life? Want to live life more fully, and take your faith to the next level? Then, come to St. Therese! At St. Therese Institute of Faith and Mission, adults of all ages can explore their faith, discern their vocation in life, foster their prayer life and deepen their relationship with Jesus Christ. Visit on line at [www.sttherese.ca](http://www.sttherese.ca)

### **Rachel's Vineyard: a psychological and spiritual journey for healing after abortion.**

Are you hurting because of an abortion? **Rachel's Vineyard** is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential and non-judgmental environment where women and men can express, release and reconcile painful post-abortive emotions to begin the process of restoration, renewal and healing. For more information, please contact Elaine at 1.306.480.8911 or email [r.vineyardsk@sasktel.net](mailto:r.vineyardsk@sasktel.net)

**ST. FRANCIS XAVIER UNIVERSITY** offers distance education courses for adults seeking faith formation for personal and professional development: ***Diploma in Ministry; Certificate in Lay Ministry; Come Let Us Worship: A course in liturgical foundations; Certificate in Spirituality; and Diploma in Intellectual Disability Studies.***

For an information package please contact Continuing & Distance Education, St. Francis Xavier University, toll free 1-877-867-5562, [diplomainministry@stfx.ca](mailto:diplomainministry@stfx.ca) or check the website:

[www.mystfx.ca/academic/continuinged/Ministry.html](http://www.mystfx.ca/academic/continuinged/Ministry.html)