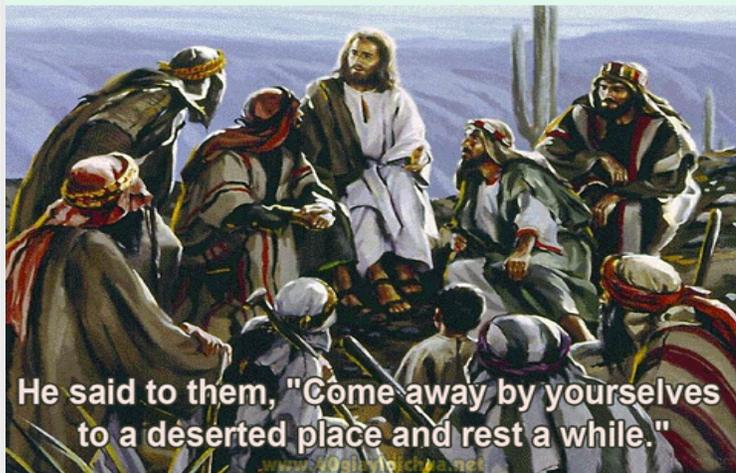




Our Lady of Peace Parish

Sixteenth Sunday in Ordinary Time
July 22, #33/2017-2018

Sunday XVI in Ordinary Time - Year B



He said to them, "Come away by yourselves to a deserted place and rest a while."

LITURGICAL SCHEDULE

Weekday Mass:

Tue- Fri 9:00 a.m.

Weekend Mass:

Saturday: 5:00 p.m.

Sunday: 9:00 a.m. & 10:30 a.m.

ROSARY

20 Minutes before our Weekend Masses

FIRST FRIDAY ADORATION

Will continue in September

RECONCILIATION:

Saturday's: 4:30 p.m.

Sunday's: 8:30 a.m.

Feasts of the Week

Wed 25 St. James

Thurs: 26 Sts Anne & Joachim



Our Lady of Peace

425 Broad St. N.

Regina, SK S4R 2X8

Tel: 306-543-5355

Fax: 306-543-9837

E-Mail: ourladyofpeace@sasktel.net

www.ourladyofpeaceregina.com

Facebook: Our Lady of Peace Regina

Twitter: @olopreginask

Office Hours:

Mon-Friday:

8:30 a.m. - Noon & 1:00 - 4:00 p.m.

Pastor: Fr. James Owolagba

Tel: 306-543-5355

E-Mail: frjowolagba@gmail.com

Pastoral Assistant: Stacy Grunert

Tel: 306-550-2474

E-Mail: passistolop@sasktel.net

Office Manager: Ebere Nwadike

Hall Rentals:

Maurice Raboud:

Tel: 306-543-0313

Cell: 306-535-3333

Tel: Dennis Gibbs:

306-530-2370

Caretaker: Tewodros Gebreselassie

Welcome to Our Lady of Peace Parish!

We welcome all new parishioners to our parish community. We are happy to assist you at our Information Desk before or after Mass. Here you can register at our parish, notify us of change of address, sign up for collection envelopes, get a Mass Card, notify the office of someone in the parish who needs prayers or a need that you may have. Someone will be at this table at least 15 minutes prior to Mass, and after as well.

ANOINTING OF THE SICK:-Call the Parish Office if you need anointing at home or in the hospital.

Check the bulletin for upcoming anointing schedules.

BAPTISM: Please call the office to register/information.

MARRIAGE: Please contact the pastor at least six months prior to the wedding date to begin the necessary preparations.

RCIA/RCIC: - Call the Parish Office for information.

Stewardship:

*"...come away by yourselves to a lonely place and rest awhile."
Mark 6:31*

Do you spend time, every day, alone and in silence listening to how God is calling you? If not, you are missing out on a wonderful opportunity to develop a more personal relationship with Him. Unless we talk and more importantly, listen to God every day, how else will we know how He is calling us? Consider making a retreat this year, spend some "alone" time with God.

YOUR FINANCIAL CONTRIBUTION TO OUR LADY OF PEACE PARISH-ELECTRONIC GIVING

--Quick and easy to make your parish donation!

-It's a way to never have to worry about forgetting your donation envelope at home. Sign up forms are available at the Information Desk or at the parish office, call the office for more info at 306-543-5355. **Money comes from your bank account directly to the parish bank account on the second day of each month-hassle free!

Ask Fr James

Spiritual Laziness: How can I overcome sloth?

Do you feel lazy to say your prayers or do you drag yourself to church on Sunday or do you feel disgusted when God is mentioned? If you respond yes then you may be struggling with sloth or spiritual laziness. Spiritual laziness is what the medieval theologians called *acedia*, or sloth – It simply means laziness and procrastination or indifference and apathy about spiritual life. This is a major spiritual struggle for many people.

Some of the apostles of Jesus; precisely, Peter, James and John suffered from it. Jesus asked them to stay awake and pray with him for one hour but they fell asleep (Matthew 26:40; Mark 14:37). This lack of care or motivation to pray is what is called sloth and it affects the will, immobilizing the person in the face of spiritual duties and responsibilities.

Back in the 4th century, Evagrius warned fellow monks of the demon of "acedia or sloth" that "instills laziness for prayer" and "hatred of anything spiritual." Sloth, also known as the noonday demon takes three forms:

1. Physical sloth or the lazy body
2. Mental sloth of the lazy mind
3. Spiritual sloth,

Our concern here is #3 above. Spiritual sloth or spiritual laziness is one of the "seven deadly sins." It has two symptoms:

- I. Joylessness
- II. Insensitivity and self-love

Once the relationship with God is cut off due to lack of motivation and despair about spiritual things life becomes joyless. This temptation must be resisted with spiritual disciplines such as having a daily structure that includes prayer, work and rest. There are many idols in our lifestyles that causes spiritual struggle. Many have a hard time believing in God or a higher power. For some people, their spiritual struggle happens when they have occasional feelings of anger or disappointment towards God, often linked with emotional distress and others suffer from what is called divine struggle; negative thoughts or feelings focused on beliefs about God thereby leading to lack of motivation about spiritual life.

The way to overcome sloth or spiritual laziness is to work on the corresponding corrective virtue to sloth; which is love. Love of God and being in a relationship with God and relationship to other people and with ourselves. Once the tension, strain and conflict about sacred matters and with the supernatural, with other people, and within oneself are removed, then we become disposed for the grace of God to flow into us. Our faith calls us to have an attitude of trust in God) and also a commitment to being with God (being faithful to God).

You may email/send your faith questions to Fr. James and he will answer them in our Sunday Bulletins.

Daily Readings and Mass Intentions

| Mass | Readings | Mass Intention |
|---|---|---|
| Mon Jul 23: No Mass | Micah 6.1-4, 6-8 Matthew 12.38-42 | No Mass |
| Tue Jul 24: 9:00AM Mass | Micah 7.14-15, 18-20 Matthew 12.46, 48+ | Deacon Parker Love |
| Wed Jul 25:9:00AM Mass | 2 Cor 4.7-15 Matthew 20.20-28 | † Mike Frey by Ken Bouchard |
| Thurs Jul 26:9:00AM Mass | Sirach 44.1, 8, 10-15 Matthew 13.16-17 | † Margaret Courbin by Ken Bouchard |
| Fri Jul 27:-9:00AM Mass | Jeremiah 3.14-17 Matthew 13.18-23 | † Andy Tarr Jr by Andy & family |
| Sat Jul 28: 5:00PM- Mass | Jeremiah 7.1-11 Matthew 13.24-30 | Deacon Anthony Tran |
| Sun Jul 29- 9:00AM & 10:30am mass 17th Sunday in Ordinary Time | 2 Kings 4.42-44 Ephesians 4.1-6 John 6.1-15 | All Parishioners †Francesca, Hermenegildo Nodado & Joseta Saldo |

Parish Events & Meetings Jul 23– 29, 2018

| | |
|--------------|---------------------------------|
| Mon Jul 23 | |
| Tues Jul 24 | |
| Wed Jul 25 | |
| Thurs Jul 26 | |
| Fri Jul 27 | |
| Sat Jul 28 | 5pm- Mass |
| Sun Jul 29 | 17th Sunday in Ordinary Time |

There are no major parish events scheduled for these days.

OFFERTORY Jul 14/15, 2018

| | |
|---------------|-------------------|
| 5pm | \$718.00 |
| 9am | \$1,167.10 |
| 10:30am | \$700.55 |
| TOTAL: | \$2,585.65 |

*Thank
you* 

Please **Pray** for our Sick Parishioners

- ♦ Terry Bedard; Agnes Joo
- ♦ Antonette Rothecker; Evelyn Frey





Our Home made Perogies available, Please call Anita @ 306 543 0421 or the Parish office.

PARISH PICTORIAL DIRECTORY.

- ◆ *Do you ever see people in church and wonder what their names are?*
- ◆ We are planning a pictorial directory for August 27 and August 28; Sept. 26, 27, 28 and 29th. This historical record will be enjoyed not only by ourselves but future generations.
- ◆ We will be registering photography appointments before and after mass beginning August 4/5 to August 25/26 for the August Photography sessions .
- ◆ Registrations again -Sept. 1/2 to Sept. 22/23 for the Sept. Photography sessions.
- ◆ Please check the Information desk on these dates to book for the times that will work for you family. Remember each family photographed will receive a Free Directory. **OUR DIRECTORY WILL NOT BE COMPLETE WITHOUT YOU.**

If you are free to help with this pictorial program, we need phoners, host/hostesses, registrars, proof readers. Please call the office or sign the HELP WANTED sheet on the easel in gathering area.



Our remaining Bingos for July are 24th- Day and July 26, evening....Can you help with any of these? Please call the office. To date for 2018, we have raised \$11,249.54. Thank you to all who are helping

Memorial/Donation Fund - All names are now placed on the tree painting which is hung in the gathering area. **Many thanks again to Ed Bozsik** who donated this beautiful painting for the purpose of the memorial/donation tree Fund. The white butterflies



with names are donors who donated in memory of a loved one, and the leaves with names are people who have donated to this fund. As you can see the Branches still have lots of room to be filled. \$500.00 is the minimum donation. Anyone can still donate to this project. Just call the office or pick up a form at the information table. You will receive a receipt for income tax purposes.

To date \$22,785 has been achieved.



Special Thanks to everyone who helped in one way or the other to make our Vacation Bible School a success, we sincerely appreciate you all.

SUPPORTING MY PARISH

Are you Travelling? You can also support by signing up for **ELECTRONIC GIVING**

- Its Quick and easy, Its hassle free! And no worries about anything.
- Sign up forms are available at the Information Desk or at the parish office, call the office for more info at 306-543-5355.



May the soul of Mike Frey rest in perfect peace Amen and our Sympathy to Fr. Joseph Frey and his family

AROUND THE ARCHDIOCESE

During Christmas Break in 2018, the Archdiocese of Regina is looking to take a small group of participants on a missions trip to Belize to volunteer at The King's Children's Home, a non-profit organization that is dedicated to providing residential care for children in difficult circumstances. All participants must be 16 years of age or older, and the deadline to submit your interest is July 9th. For more information, or to claim your spot, please contact Braden Kuntz at (306) 352-1651 or by emailing bkuntz@archregina.sk.ca.

ARCH REGINA CONGRESS 2018 - BE JOYFUL IN HOPE and Archbishop's Appeal Kickoff

(A fall gathering for priests, pastoral assistants, and other parish staff, parish leaders including pastoral and finance council members, ministry leaders and volunteers.) More details will follow in the coming weeks! Breakout sessions in Finance, Catechetics and Sacramental Preparation, Pastoral Council and Adult Formation and Evangelization On: September 22, 2018
8:00 a.m.: Optional Mass at Resurrection Parish, 3155 Windsor Park Road 9:30 a.m. - 4:00 p.m.: Congress with breakout sessions, Praise and Worship, and Archbishop's Appeal Kickoff. Lunch will be provided
At: St. Elizabeth School -
5149 Green Brooks Way Regina, SK S4V 2Z6.
Please RSVP to: mgurash@archregina.sk.ca or 306-352-1651 Ext. 237 by September 10, 2018

Sacred Heart Parish in Lebret, in partnership with Our Lady of Sorrows in Fort Qu'Appelle proudly present our third annual Mission Lake Festival. Held on the shores of Mission Lake at Sacred Heart on August 11, 2018 gates open at 5:00 pm. This year's festival features renowned Saskatoon bluegrass band Corner Grass. Also featured will be performances of traditional music and dance - something for everyone. Local artists will be on-site as well as food concessions. Tickets are only \$10 for adults and \$5 for children 12 and under and are available at the gate or by calling 306-331-8199. Bring your lawn chairs and blankets. All are welcome!

Prairie Rad & Auto



352-9422

1261 Winnipeg St.

Senior Rate Applies



Trifons Pizza & Spaghetti House
475 Broad St N

306 545-3566

Daily Lunch and Supper Specials. Buy a 13" or 15" pizza and receive an order of dry ribs or large Caesar salad or chicken wings for \$4.99 plus a 1 liter coke. Special available for dine-in pickup or delivery.

PARAGON

521 Victoria Ave.
Regina, Sask
S4N 0P8



FUNERAL & CREMATION SERVICES

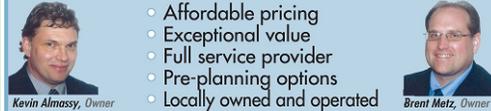
DIGNIFIED, AFFORDABLE SERVICE
OUR FAMILY SERVING YOURS SINCE 1998
OWNED & OPERATED, MILES & LOUISE ERNST
24 HOURS SERVICE **306-359-7776**

LANDRY'S SERVICE

Est. 1969

180 Winnipeg St. N., Regina, SK S4R 2R9

Phone: (306) 543-6290



Kevin Almasy, Owner

Brent Metz, Owner

- Affordable pricing
- Exceptional value
- Full service provider
- Pre-planning options
- Locally owned and operated

Call: **306-757-2327**
Toll free: 1-888-760-2002

Visit our website:
www.MyAlternatives.ca
1265 Scarth Street, Regina



ALTERNATIVES
FUNERAL & CREMATION
SERVICES
OUR GUIDANCE • YOUR DECISIONS



RICK O'DOW

DESIGNS OF DISTINCTION
RESIDENTIAL & COMMERCIAL
INTERIORS & MILLWORK
3121 SASKATCHEWAN DRIVE
REGINA, SK. S4T 1H6
P | 352 6044 F | 359 7425
RCCABINETS@SASKTEL.NET
RICKSCUSTOMCABINETS.COM

CanadianDent

PAINTLESS DENT REPAIR

Hail Damage . Door Dings . Windshield Chips . Detailing

Phong Le | 306.352.8899

regina@canadiandent.com
CanadianDent.com

\$50 OFF on DENT REPAIR & AUTO DETAILING

BRECHT BROS.
Stuccoing & Plastering

Ph: (306) 545-7090
Fax: (306) 545-1592

Warren & Monique
bbros@accesscomm.ca

NETRESULTS



Your business computing and network specialists.

Brian Martens
306.757.9600
bmartens@netresults.ca
www.netresults.ca

Pastoral Council

Pastor: Father James
Chair: Brian Martens
Vice Chair: Rick Perras
Secretary: Jackie Bahan
Liturgy: JoAnne Zuck
Education/Sacraments: Stacy Grunert
Youth: —
Pastoral Care: Irene Grad
Deanery: JoAnne Zuck

QUALITY YOU CAN FEEL

TEMPSTAR
Heating and Cooling Products

TOP OF THE LINE
PLUMBING, HEATING & AIR CONDITIONING
ESTABLISHED IN 1999 FAMILY OWNED & OPERATED
Over 30 Years Experience
FREE ESTIMATES
ALL WORK GUARANTEED

24 Hour Emergency Service

306-535-8852
502 Quebec St
E-mail: topoftheline2@yahoo.com
www.topofthelineplumbingandheating.com

SaskEnergy Network Member

VISA

Compassionate by nature. Committed by choice.

Whether it's for his clients, his team, his family or community, caring comes naturally to Todd Lumbard.



SPEERS
FUNERAL AND
CREMATION SERVICES

2136 College Avenue | 522-3232 | speersfuneralchapel.com



Todd Lumbard
President

Stewardship: Anita Rieger
Membership: Doris Frei
Appointed Members:
Annual Appeal: Antonette Rothecker
Screening Protocol: Donald Exner
Schools Liaison: Antonette Rothecker
Seniors: Betty Sparrowhawk
CWL Representative: Irene Haynes
K.C. Representative: Gerald Radicki

CAMPBELL & HALIBURTON
INSURANCE & INVESTMENTS
2101 RETALLACK ST 306-757-0621
CAMPBELLHALIBURTON.CA

ARE YOUR INSURANCE NEEDS CHANGING?

STOP BY FOR YOUR FREE REVIEW!

Please Advertise Here

Finance Council
Pastor: Fr. James
Chair: Dennis Gibbs
Secretary: Anita Rieger
Hall: Maurice Raboud
Member: Lukose Luka
Bldg & Grounds: Don Macknak
Member: Roger Bertrand
Member: Stacy Grunert
Member: Ebere Nwadike

Top Flooring Brands
Simply More Affordable

End of the Roll
Diamont Carpet & Flooring

Regina | 2410 Victoria Ave E
306.585.7655 | endoftheroll.com



*Our Lady
of Peace CWL*
JOIN US

Membership
Jo Anne
306 569 9189

President
Kim
306 543 2320

Mission Statement:
Through the guidance of the Holy Spirit, we endeavor to build this community of Our Lady of Peace to a viable Christian Catholic Family, to which all are welcome.

Ultimate Insulation
Attic Experts
Wade Murray
Owner

1322 Elliott Street
Regina, Sk S4N 3G3
www.ultimateinsulation.ca

P: 306.205.7366
F: 306.205.7364
C: 306.596.1035
E: wade@ultimateinsulation.ca

Please Support our Advertisers