



March 8, 2026

CATHEDRAL OF THE HOLY FAMILY

3RD SUNDAY OF LENT



The power of the Spirit never ceases to fill the Church with life! Through the grace of the Church's sacraments, that power also flows deep within us, like an underground river which nourishes our spirit and draws us ever nearer to the source of our true life, which is Christ. Saint Ignatius of Antioch, who died a martyr in Rome at the beginning of the second century, has left us a splendid description of the Spirit's power dwelling within us. He spoke of the Spirit as a fountain of living water springing up within his heart and whispering: "Come, come to the Father."

Yet this power, the grace of the Spirit, is not something we can merit or achieve, but only receive as pure gift. God's love can only unleash its power when it is allowed to change us from within. We have to let it break through the hard crust of our indifference, our spiritual weariness, our blind conformity to the spirit of this age. Only then can we let it ignite our imagination and shape our deepest desires. That is why prayer is so important: daily prayer, private prayer in the quiet of our hearts and before the Blessed Sacrament, and liturgical prayer in the heart of the Church. Prayer is pure receptivity to God's grace, love in action, communion with the Spirit who dwells within us, leading us, through Jesus, in the Church, to our heavenly Father. In the power of his Spirit, Jesus is always present in our hearts, quietly waiting for us to be still with him, to hear his voice, to abide in his love, and to receive "power from on high", enabling us to be salt and light for our world.

At his Ascension, the Risen Lord told his disciples: "You will be my witnesses ... to the ends of the earth" (Acts 1:8). Let us thank the Lord for the gift of faith, which has come down to us like a treasure passed on from generation to generation in the communion of the Church. The power of the Spirit, revealed in their lives, is still at work in the good they left behind, in the society which they shaped and which is being handed on to you. What will you leave to the next generation? Are you building your lives on firm foundations, building something that will endure? Are you living your lives in a way that opens up space for the Spirit in the midst of a world that wants to forget God, or even rejects him in the name of a falsely-conceived freedom? How are you using the gifts you have been given, the "power" which the Holy Spirit is even now prepared to release within you? What legacy will you leave to young people yet to come? What difference will you make?

Empowered by the Spirit, and drawing upon faith's rich vision, a new generation of Christians is being called to help build a world in which God's gift of life is welcomed, respected and cherished – not rejected, feared as a threat and destroyed. A new age in which love is not greedy or self-seeking, but pure, faithful and genuinely free, open to others, respectful of their dignity, seeking their good, radiating joy and beauty. A new age in which hope liberates us from the shallowness, apathy and self-absorption which deaden our souls and poison our relationships. Dear young friends, the Lord is asking you to be prophets of this new age, messengers of his love, drawing people to the Father and building a future of hope for all humanity.

The world needs this renewal! In so many of our societies, side by side with material prosperity, a spiritual desert is spreading: an interior emptiness, an unnamed fear, a quiet sense of despair. How many of our contemporaries have built broken and empty cisterns (cf. Jer 2:13) in a desperate search for meaning – the ultimate meaning that only love can give? This is the great and liberating gift which the Gospel brings: it reveals our dignity as men and women created in the image and likeness of God. It reveals humanity's sublime calling, which is to find fulfilment in love. It discloses the truth about man and the truth about life.

Pope Benedict XVI World Youth Day 2008

DISCIPLESHIP PATHWAY



Stations of the Cross
Fridays @ 7pm
QUEEN OF PEACE CHAPEL

Speak Lord, your
servant is

Listening
1 Samuel 3:9



SPRING CONGRESS CIRCUIT
MARCH 11 AT HOLY SPIRIT, SASKATOON



Daily Reflections
on
DIVINE MERCY

QUEEN OF PEACE CHAPEL
12 NOON



**Solemnity
of St. Joseph**
March 19, 2026

PARISH POTLUCK DINNER



Supper	5:30pm
Mass	7:00pm
Confession	7:00pm
Adoration	7:30pm

**CALLING ALL SINGERS AND
MUSICIANS!**



MUSIC PLUS
FAITH,
FELLOWSHIP
AND FUN!

PRACTICE ON WEDNESDAYS 6PM - 8PM
MARCH 11, 25 APRIL 1, 15, 22, 29 MAY 6, 13, 27

FOR MORE INFO OR TO SIGN UP:
CONCHITA@HOLYFAMILYCATHEDRAL.CA

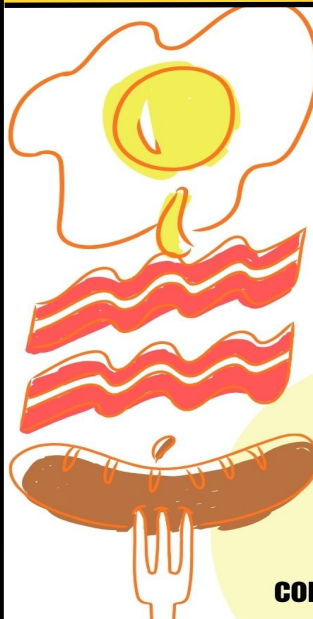
ALTAR SERVERS

**Breakfast
and
Training**

Calling all **OLD AND NEW**
altar servers.

We are hosting a breakfast
on **Sunday 22nd March at
12pm** followed by refresher
training for all altar servers
especially as we approach
Holy Week!

REGISTRATION REQUIRED
conchita@holyfamilycathedral.ca



PARISH NEWS



Thanks to all the parishioners who support us in all our events!

Tickets will be for sale Sunday, March 8th for our "FISH FRY" on Friday, March 27th, 2026. Proceeds support the Diocese, Bishop's Appeal and St. Mary's Outreach. Price of the ticket is \$35 for adults, \$25 for children 12 & under.

All are welcome to join the **Prostate Cancer Information Session on Monday, March 23, 2026, 7 - 9 PM** at the Cathedral of the Holy Family Hall. Hosted by K of C Council #8215 & Saskatoon Prostate Cancer Support Group. **Featuring Dr. Kishor M. Wasan**, one of our Knights of Columbus who is currently a Board Director and Chair Scientific Advisory Board of Prostate Cancer Foundation Canada and Distinguished University Scholar Prof. UBC. Please get in touch with Wayne Koshman, call (306-381-3330) or email koshmanw@gmail.com for enquiries.



Legion of Mary – Membership Drive Come and see!

The object of the **Legion of Mary** is the glory of God through the holiness of its members, developed by prayer and active co-operation in Mary's mission and the work of the Church. We warmly welcome former members and anyone interested in deepening their faith through prayer and apostolic service. **The Cathedral of the Holy Family is setting up a Legion of Mary prayer group.** Please contact Fr. Joe-Nelo Penino or Maureen Mega-Akpobi at the parish office for more details.



CHANGE. Are you ready to transform your spiritual life, serve others and act on social justice issues? This change is possible when you join the Catholic Women's League. It has all these values at the heart of its mission. Join us for our next meeting March 11, 2026 at 7:00 pm.

- **CWL Lenten Prayer for Sunday March 8:** Lord, empower the women in our community to serve with compassion and mercy, making a difference in the world around them. **Reflection:** Catholic women have long been witnesses of compassion and mercy in church and society. **Intention:** For women serving quietly and faithfully in our communities.
- Registration is now open for the **Diocesan Convention in Rosetown on May 4, 2026.** Contact cofhfcwl@gmail.com to register or for more information. Deadline April 14, 2026. Bus is available.

All enquiries can be directed to cofhfcwl@gmail.com.



CONFIRMATION

Tuesday, March 17th
Wednesday, March 18th
7:00 PM

Please pray for the 95 youth preparing to receive the Sacrament of Confirmation over the coming weeks.



EASTER SMILES PROJECT

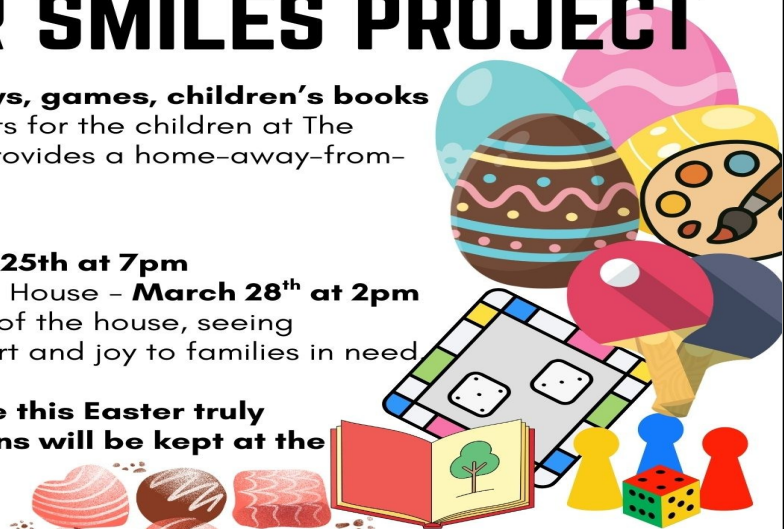
We are collecting **Easter chocolates, toys, games, children's books and puzzles** to create special gift baskets for the children at The Ronald McDonald House, a charity that provides a home-away-from-home for families of seriously ill children.

Our parish youth will then:

- Pack the Easter gift baskets – **March 25th at 7pm**
- Deliver them to The Ronald McDonald House – **March 28th at 2pm**

During the visit, they will also have a tour of the house, seeing firsthand how their gifts help bring comfort and joy to families in need.

Your donations will bring joy and make this Easter truly memorable for these kids! Donation bins will be kept at the entrance of the Cathedral.



WEEKLY LITURGICAL SCHEDULE

Sunday Mass Times

Sunday: 9:00am, 11:00am, & 6:30pm

Weekday Mass Times

Monday - Saturday: 12:15pm

Wednesdays: 7:00pm

Mass @ Sherbrooke: Fridays at 10:15am

Reconciliation

Thursday: 7pm - 8:30pm

Friday: 11am - 12noon

Saturday: 11am - 12noon

Eucharistic Adoration:

Musical Adoration: Every Thursday 7pm - 8:30pm

1st Friday: **BELOVED** 7pm - 9pm

Rosary & Devotion to Our Lady of Perpetual Help: Wednesdays @ 6:00pm
Rosary: Saturday 11:45am - 12noon

If you are unable to attend regular Reconciliation times, please phone the office to make an appointment: 306-659-5800

Clergy, Staff, & Council Members

Bishop of Saskatoon - *Most Rev. Mark Hagemoen*

Pastor Rector - *Fr. Gerard Cooper*

Associate Pastor - *Fr. Joe Nelo Penino*

Faith Formation Minister - *Andy Korvemaker*

Coordinator of Evangelization to Families - *Conchita Fonseca*

Financial Secretary - *Linda Bobowski*

Facilities Manager - *Jim Nakoneshny*

Administrative Assistant - *Regene Sumalinog*

Pastoral Council Chair - *Jonas Taillon*

Finance Council Chair - *Denis Sirois*

Contact us!

Baptism (Infants): andy@holycathedral.ca

Christian Initiation (RCIA): andy@holycathedral.ca

Confirmation & First Eucharist: hfsacraments.ca

Covenant of Care: Parish Office: 306-659-5800

Marriage: gcooper@rcdos.ca

Marriage Preparation: March 2025 - gcooper@rcdos.ca

Reconciliation by appointment: info@holycathedral.ca

Communion to Homebound: info@holycathedral.ca

or call 306-659-5800.

Facility Rentals: jim@holycathedral.ca

Mass Intentions next week

Monday, March 9

12:15 pm Mass for *Josh Kaufmann*

Tuesday, March 10

12:15 pm Mass for *Jacob Peters*

Wednesday, March 11

12:15 pm Mass for *Braden Breit*

7:00 pm Mass for *Tham Family*

Thursday, March 12

12:15 pm Mass for *Theresa*

Novecosky

Mass Intentions next week

Friday, March 13

12:15 pm Mass for *+Cheryl*

Zimmer

10:15 am Mass @ Sherbrooke for

Ryan Eaton

Saturday, March 14

12:15 pm Mass for *+Juliette Bou-*

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Expected Livestream Schedule

Mass will be available at Saskatoonmass.com for other Parishes.

Please Include in your Prayers

This list is for those who are in need of prayer, whether they be sick or well, living or deceased. If you would like your name or a name of a loved one to be listed, please call the parish office: 306-659-5800

Zenitha Joppa Atebe

Eileen Materi

Rosalind Matchett

Melissa Go

Nori Cheong

Russ Gill

+Toribio Ramos

Jannette Magdugo

+Pius Ojong Okpa

Perry Antosh

+Braydon Bretzer

Joelle Buckle

+Peter Fashola

Ben Friske

Hyacinth Fonseca

Sophie Irlbeck

+Virginia Rodil

+Tomas Pangilinan



Holy Family Prayer

Most Beloved Sacred Heart of Jesus, As you are the Father's Beloved Son in whom he is well pleased, May we serve others in love as we have been served in love.

Most Blessed Immaculate Heart of Mary As All generations call you blessed through your fiat, May we too move with haste to share the gift of God's love to others.

Most Betrothed Chaste Heart of St. Joseph As you took Jesus and Mary into your home, May we foster free, faithful, fruitful and total love in our family.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic churches, Jesus, Mary, and Joseph, Graciously hear our prayer.



CATHEDRAL OF THE
HOLY FAMILY

We are Holy Family

www.holyfamilycathedral.ca

123 Nelson Road Saskatoon, SK S7S 1H1

PH: 306-659-5800

Email: info@holycathedral.ca

Office Hours: 9:00am-4:30pm Monday through Friday (Closed 12-1pm daily)