



August 9, 2026

CATHEDRAL OF THE HOLY FAMILY

19TH SUNDAY IN ORDINARY TIME



Today's Gospel recounts a particular prodigious deed of Jesus: He walks at night on the waters of the lake of Galilee toward his disciples who are crossing the lake in a boat. The questions is: Why did Jesus do this? Why did he want to walk on the waters?

Behind the walking on water

there is a message that is not evident, a message we need to grasp. In fact, at that time, great expanses of water were held to be the haunts of evil powers that man was not able to master. Particularly when storms made them turbulent, these abysses were symbols of chaos and recalled the darkness of the underworlds. Now, the disciples found themselves in the middle of the lake when it was dark. They are afraid of sinking, of being sucked in by evil. And here comes Jesus who walks on the water, that is, over the forces of evil and says to his disciples: "Take heart, it is I: have no fear". The powers of evil that frighten us, that we cannot master, immediately take on smaller proportions with Jesus. By walking on the waters, He wants to say, "Do not be afraid. I put your enemies under my feet" — a beautiful message — I put your enemies under my feet — not people! — not that type of enemy, but death, sin, the devil. These are the enemies of the people, our enemies. And Jesus tramples on these enemies for us.

Today, Christ repeats to each of us, "Take heart, it is I; have no fear! "Take your heart because I am here, because you are no longer alone on the turbulent waters of life. And so, what should we do when we find ourselves on the open sea at the mercy of headwinds? What should we do when we face the fear of the open sea, when we see only darkness and we feel we are going under? We need to do two things the disciples do in the Gospel. What do the disciples do? They call on and welcome

Jesus. At the worst moments, in the darkest of storms, call on Jesus and welcome Jesus.

The disciples *call* on Jesus: Peter walks a little on the waters towards Jesus, but then gets frightened. He sinks then cries out: "Lord, save me!". Invoke Jesus, call on Jesus. This prayer is beautiful. It expresses the certainty that the Lord can save us, that he conquers our evil and our fears. I invite you to repeat it now all together. Three times together: Lord, save! Lord, save me! Lord, save me!

And then the disciples *welcome*. First they call on, then they welcome Jesus into the boat. The text says that as soon as he got into the boat, "the wind ceased". The Lord knows that the boat of our life, as well as the boat of the Church, is threatened by headwinds, and that the sea on which we sail is often turbulent. He does not spare us the hard work of sailing; rather — the Gospel emphasizes — he pushes his disciples to depart. He invites us to face difficulties so they too might become *salvific places*, so Jesus can conquer them, so they come opportunities to meet him. In fact, in our moments of darkness, he comes to meet us, asking to be welcomed like that night on the lake.

So, let us ask ourselves: How do I react when I am afraid of difficulties? Do I go ahead alone, with my own strength, or do I call on the Lord with trust? And what is my faith like? Do I believe that Christ is stronger than the adversarial waves and winds? But above all: Am I sailing with him? Do I welcome him? Do I make room for him in the boat of my life — never alone, always with Jesus? Do I hand the helm over to Jesus?

In the dark crossings, may Mary, the mother of Jesus, Star of the Sea, help us to seek the light of Jesus.

— Pope Francis



DISCIPLESHIP PATHWAY

Summer Pilgrimages 2026

St. Philomena Walking Pilgrimage - August 11 to 14

St. Philomena Walking Pilgrimage is a supported walk starting Aug. 11 at St. Mary Church, Yorkton, enroute to the Shrine of Our Lady of Lourdes, at Rama, SK, for the Aug. 14 pilgrim age.

***** Please note that the ff schedule is subject to minor changes *****

Day 1 - St. Mary's Parish, Yorkton to the Springside Apostolic Bible Camp 24 km
Day 2 - Springside Apostolic Bible Camp to Burgis Beach Hall, 30 km
Day 3 - Burgis Beach to the village of Buchanan 29 km
Day 4 - Buchanan to the Shrine of Our Lady of Lourdes, Rama 21 km



Find more information about this walking pilgrimage at: www.stphilomena.ca.

St. Laurent Pilgrimage - Aug. 15 / Sept. 8

Shrine of Our Lady of Lourdes in the Catholic Diocese of Prince Albert at St. Laurent, SK, is located 12 kms directly east of Duck Lake, SK.

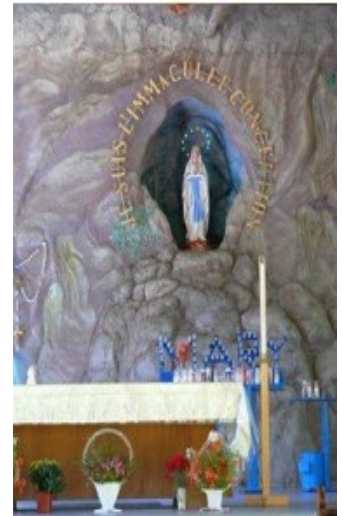
NOTE: There will be nine days (Novena) of Eucharistic celebrations and prayers at the site before the main pilgrimage, held at 7:00 pm **daily from July 6 to 14**, except on Sunday, July 12, when Mass will be at 4:00 pm.

Wednesday, July 15

3:00 pm. to 11:00 pm - St. Carlo Acutis Eucharistic Miracles Exhibit in the log church
3:30 pm - Information session about the future of the site
4:00 pm - Holy Hour with adoration, rosary and prayers, followed by supper
7:00 pm to 8:00 ppm - Sacrament of Reconciliation
7:15 pm - Marian devotions
8:30 pm - Mass
9:45 pm - Torchlight procession from the Grotto to the Log Church for Eucharistic adoration.

Thursday, July 16

9:00 am to 5:00 pm. - St. Carlo Acutis Eucharistic Miracles Exhibit in the Log Church
9:00 am - Mass in Cree with Archbishop Susai Jesu, OMI, at the Imihew Aski Prayer Meadow
9:00 am - Divine Liturgy in English with Bishop Michael Smolinski, CSsR, at the Grotto
11:00 am - Mass with Msgr. Maurice Fiolleau, priests and deacons at the Grotto
12:00 pm - Lunch
2:00 pm - Anointing of the Sick
3:15 pm - Way of the Cross
4:00 pm - Information session about the future of the site.



More information about St. Laurent events this summer, including on the Feast of the Assumption on **Aug. 15** and on the Nativity of the Blessed Virgin Mary on **Sept. 8**: www.padiocese.ca/st-laurent-shrine.

Rama Pilgrimage - August 14 & 15

The Rama Shrine of Our Lady of Lourdes is located in the Archdiocese of Regina at St. Anthony Church, 104-1st Street North, Rama, SK.

A bus has been organized from Saskatoon for the first day of the annual Pilgrimage to Our Lady of Lourdes Shrine at St. Anthony Church, Rama, SK. on **Friday, Aug. 14, 2026**. Cost is \$40 per person. (*Space is limited, non-refundable*). Register at <https://form.jotform.com/261527807980264> or for more information call Adult Faith Coordinator Astrid Alas at (306) 659-5858.

Vigil of Mary's Assumption at Rama Friday, Aug. 14

3:00 pm - Chaplet of Divine Mercy
4:30 pm - Supper (book by Aug. 1 at 306-593-6120)
6:00 pm - Marian hymns and confessions
8:00 pm - Mass, living rosary, candlelight procession, exposition and adoration.

Feast of Mary's Assumption at Rama Saturday, Aug. 15

8:30 am - Morning prayers in Polish
9:00 am - Mass in Polish
10:00 am - Divine Liturgy in the Byzantine Rite
11:30 am - Mass (English), anointing of the sick, blessing for plenary indulgence, blessing of religious articles;
lunch (book by Aug. 1 at 306-593-6120)

Find information for the Rama Pilgrimage at: www.ramashrine.ca .

Other pilgrimages in the Archdiocese of Regina: https://archregina.sk.ca/blog_ministry/annual-pilgrimage-sites

PARISH NEWS



CATHOLIC SUMMER CAMP





AUGUST 18-20 | GRADES 6-8
CATHEDRAL OF THE HOLY FAMILY



REGISTER HERE



CATECHISM CORNER

WHY DO CATHOLICS FAST ONE HOUR BEFORE RECEIVING HOLY COMMUNION?

A young Catholic was drinking a soft drink on his way to church. His grandmother gently stopped him.

"Save that until after Mass."

He looked puzzled.

"Why? It's only a drink."

She smiled and said, **"Because you are preparing to receive Jesus."**

Many Catholics know they should fast for one hour before receiving Holy Communion. But have you ever wondered why?

The Eucharistic fast is much more than a rule—it is a way of preparing our hearts to receive Christ.

It prepares our hearts. By setting aside food and drink for a short time, we approach Jesus with greater reverence and devotion.

It deepens our hunger for Christ. Physical hunger reminds us that our souls long for God more than earthly food.

It is a simple act of love. This small sacrifice helps us place Jesus before our own desires.

It shows reverence for the Eucharist. We are preparing to receive the Body, Blood, Soul, and Divinity of Christ—not ordinary bread.

For centuries, Catholics fasted from midnight before Holy Communion. Today, the Church asks only a **one-hour fast**, making frequent reception of the Eucharist easier while preserving a spirit of reverence.

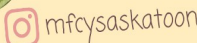
Water and medicine do not break the Eucharistic fast.

In Simple Words

Why do Catholics fast before Holy Communion? Because it prepares our hearts, deepens our desire for Jesus, and reminds us that receiving Christ is the greatest nourishment we will ever receive.

Sources: John 6:51–58; Matthew 4:4; 1 Corinthians 11:27–29; Code of Canon Law, Canon 919; Catechism of the Catholic Church 1384–1389.

Camp Fruitful



Blackstrap Youth Camp
Dundurn, SK
registration fee: \$100

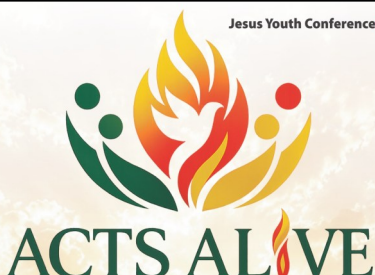


August 21 - 23

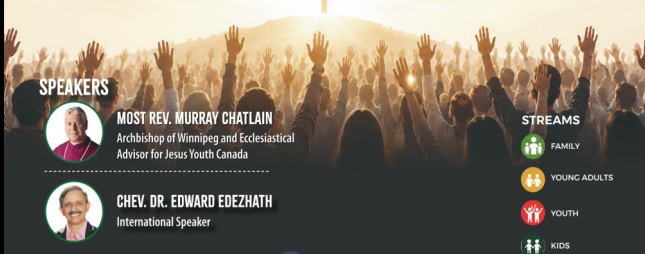
John 15:5
"I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."

PLEASE CONTACT FOR MORE INFORMATION:
Steven Mondigo: (306) 612 1016
or
Jellah Mondigo: (306) 251 0040

Jesus Youth Conference • Saskatchewan



ACTS ALIVE
Celebration • Communion • Mission



SPEAKERS

 **MOST REV. MURRAY CHATLAIN**
Archbishop of Winnipeg and Ecclesiastical Advisor for Jesus Youth Canada

 **CHEV. DR. EDWARD EDEZHATH**
International Speaker

STREAMS

-  FAMILY
-  YOUNG ADULTS
-  YOUTH
-  KIDS

29 August 2026 SAT

9:30 am - 8:30 pm

 **Heritage Common, 703B 2nd St E, Hepburn, SK**

 **639-382-6273 306-715-5559**

 **contact.sk@jesusyouth.ca**

 **MUSICAL EVENT**

Scan the QR Code TO REGISTER



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

(If you are unable to attend regular Reconciliation times, please phone the office to

make an appointment: 306-659-5800)

Eucharistic Adoration:

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

1st Friday: **SUMMER BELOVED** 11am - 12:15pm

Rosary & Devotion to Our Lady of

Perpetual Help: Wednesdays @ 6:30pm

Rosary: Saturday 11:45am - 12noon

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

Reconciliation by appointment: info@holycathedral.ca

Communion to Homebound: info@holycathedral.ca

Facility Rentals: jim@holycathedral.ca

Mass Intentions next week

Monday, Aug 10

12:15 pm Mass for *†Felix Sr. Santos*

Tuesday, Aug 11

12:15 pm Mass for *†Arlene Nieman*

Wednesday, Aug 12

12:15 pm Mass for *†Virgilio Solomon*

7:00 pm Mass for *†Gerald Detillieux*

Mass Intentions next week

Thursday, Aug 13

12:15 pm Mass for *†Cristina Cortezamo*

Friday, Aug 14

12:15 pm Mass for *†David Lambert*

10:15 am Mass @ Sherbrooke for

Saturday, Aug 15

12:15 pm Mass for *Blake Kaufman*

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

†Toribio Ramos

Rosalind Matchett

Hyacinth Fonseca

Maryan Principe &

†Pius Ojong Okpa

Melissa Go

Isa Glodoveza

Family

†Braydon Bretzer

Nori Cheong

Pilar Glodoveza

Zenitha Joppa Atebe

†Peter Fashola

Russ Gill

Joelle Buckle

Lucas Hilderman

†Cesar Flores

Rose Friske

Sophie Irlbeck

Jackie Hilderman

Jannette Magdugo

Ben Friske

Sharon Therens

Robert Huebert

Eileen Materi



CATHEDRAL OF THE HOLY FAMILY

ENCOUNTER

your God

JOIN US FOR

MUSICAL

ADORATION EVERY

THURSDAY!

7-8:30PM



LEGION OF MARY

Weekly Meetings



THURSDAY MEETING:

TIME: 5:45 P.M. – 7:00 P.M.



SATURDAY MEETING:

TIME: 10:30 A.M. – 11:45 A.M.



LOCATION:

Bishop Murray Room,
Cathedral of the Holy Family

*With Mary,
We Serve Christ
and His Church.*

Pray • Serve • Evangelize

TO JESUS THROUGH MARY



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)