



# HOLY SPIRIT PARISH

114 Kingsmere Place • Saskatoon • SK S7J 3V7

(306)374-1425 • info@holyspiritsaskatoon.ca

holyspiritsaskatoon.ca

## Our Mission Statement

*Inspired by the Holy Spirit we are a Eucharistic community called by God  
To share the love of Jesus Christ and create a welcoming parish of renewal and mission.*



August 13, 2023 | Nineteenth Sunday in Ordinary Time

1 Kgs 19:9a, 11-13a | Rom 9:1-5 | Mt 14:22-33

Written by  
THE  
FAITHFUL  
DISCIPLE

## GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Unlike with our other important relationships, God isn't exactly someone we can meet for coffee and look into his eyes while having a conversation. Whether we talk to God in our mind or out loud, we recognize that even with a good prayer life it can sometimes be difficult to cultivate and maintain a relationship with God. Doubters and unbelievers are quick to remind us how impossible it is to believe what we cannot see or hear, but today's readings also remind us that God doesn't speak to us as another human being would. Maybe he doesn't speak with the booming voice of a preacher or a politician, and maybe he doesn't write direct messages for us in the sky or sand, but God does speak. Perhaps, like Elijah, we tend to expect God to communicate with huge gestures, such as strong wind that crushes rocks, or earthquakes or fires; but we hear today that God spoke to Elijah in a "tiny whispering sound." It's not unlike a very good teacher who doesn't need to raise her voice to get her students' attention when they lose focus – she has their respect and simply needs to speak normally and calmly and the students quiet down, pay attention, and listen. When we still our hearts and minds and listen, in prayer, let us be confident we will hear God's voice.

**INVITATION** Ignatian spirituality – meditations, prayers, and contemplative practices – may help us recognize and truly hear the still small voice of God in our lives. The Daily Examen is a prayerful reflection on the events of the day which might help us identify the movement of the Holy Spirit in those moments. Give it a try.

## GO EVANGELIZE

### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Perhaps in order to hear God's voice in our lives we need to fine-tune our "hearing." First, how can we hear if we do not have faith? Jesus called Peter out of the boat and into stormy waters, and though he was able to walk on water for a time, Peter began to sink because he became afraid. Doubt or fear can hamper our ability to listen to the Lord clearly; don't let it cloud your love for Christ! Second, we must keep in mind the many ways God speaks to us: his Word (the Bible), the writings of the saints and Church Fathers, our Catholic Tradition, other people God has placed in our lives, and the "tiny whispering sound" we might hear only within our heart. Stay attuned to God's voice; the rewards are heavenly.



### Mass Times

**Saturday** 5 pm

**Sunday** 10 am, 12 noon, 7 pm

Weekdays, Tues. - Fri. 8:30 am

### Confessions

Saturdays 11 am - 12 noon

or by appointment.

### Adoration

Fridays, 9 am - 12 pm

Sundays, 1 - 4 pm

Wednesday Adoration will resume in September

**Scent –free Zone.** Help us keep the air we share healthy and fragrance-free. Scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave and other fragrances. Thank you!

*"As we gather here today, we acknowledge we are on Treaty 6 Territory and the Homeland of the Métis. We pay our respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another."*

**Sunday, Aug 13, 2023**

### **Value your vocation**

Immigrant Catholic families faced the nightmare of living one step away from ruin in the 19th century, when only the least desirable and most dangerous jobs were available to them. Knights of Columbus founder Michael McGivney had to leave seminary to support his family after his father's death. Ordained later, McGivney determined to build a community dedicated to protecting vulnerable families and spent his priesthood promoting the valuable vocation of the laity. Continue the legacy with your own vocation, religious or lay, equally valued and necessary.

NINETEENTH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: 1 Kings 19:9a, 11-13a; Romans 9:1-5; Matthew 14:22-33 (115). *"At once Jesus spoke to them, 'Take courage, it is I; do not be afraid.'"*

**Monday, Aug 14, 2023**

### **Holiness becomes you**

Maximilian Kolbe is best known for the manner of his death—he volunteered to die in the place of a stranger, who was a man with children, at Auschwitz during World War II. But his path to sainthood began at the age of 10 when his exasperated mother said to her troublemaker son, "I do not know what will become of you!" The Blessed Mother stepped in with a couple options—appearing to the boy in a vision and offering him purity or martyrdom. He gave her the surprising answer: "I choose both." Remarkable conversion, however unlikely, is possible—in others and yourself. Believe it!

MEMORIAL OF MAXIMILIAN KOLBE, PRIEST, MARTYR

TODAY'S READINGS: Deuteronomy 10:12-22; Matthew 17:22-27 (413). *"The Son of Man is to be handed over to men, and they will kill him, and he will be raised on the third day."*

**Tuesday, Aug 15, 2023**

### **Without a doubt, love reigns**

Thanks to Thomas the Apostle—that so-called "Doubting Thomas"—Catholic tradition has its earliest account of Mary's Assumption. This tradition holds that, just as Thomas was elsewhere when the other apostles were visited by a resurrected Jesus, he'd likewise been away when Mary, surrounded by the apostles, drew her last earthly breath. As Thomas returned to Jerusalem, three days after Mary's burial, it is said that he saw her gloriously lifted into the heavens. This time, it was the other apostles' turn to doubt Thomas. With great skepticism, tradition tells us, they opened her tomb and found it empty. Pope John Paul II, quoting Saint Francis de Sales, insisted that Mary died "in love, from love, and through love." Love like Mary today.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY (HOLY DAY OF OBLIGATION)

TODAY'S READINGS: Vigil: 1 Chronicles 15:3-4, 15-16; 16:1-2; 1 Corinthians 15:54b-57; Luke 11:27-28 (621); Day: Revelation 11:19a; 12:1-6a, 10ab; 1 Corinthians 15:20-27; Luke 1:39-56 (622). *"He has cast down the mighty from their thrones, and has lifted up the lowly."*

**Wednesday, Aug 16, 2023**

### **Infectious faith**

An oft-forgotten holy figure, Saint Roch died on this day in the 14th-century Holy Roman Empire, having lived a distinctive life from his birth. He is traditionally regarded as having been conceived by a miracle and later became an ascetic said to have

worked miracles. The patron saint of dogs, he is said to have been healed from the plague by a dog that brought him bread while he was recovering. He modeled for the world a divine confidence in the face of pestilence, which inspired great faith in God among his peers. Having survived a pandemic ourselves, will we trust God with our future as Saint Roch did?

TODAY'S READINGS: Deuteronomy 34:1-12; Matthew 18:15-20 (415).

*"Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."*

**Thursday, Aug 17, 2023**

### **Harvest is plenty**

Farmers and home gardeners are often busy in mid-August if their crops have done well. It is a time of intense work: harvesting, processing, selling, canning. The spiritual parallel is often made: Our missionary impulse is to plant the seeds of faith in word and action, in hopes that the seeds bear fruit. When times seem difficult, it is heartening to look around for signs of fruit, of God's love made manifest. Take a moment to revel in the witness of a Christian you know who makes God's love visible.

TODAY'S READINGS: Joshua 3:7-10a, 11, 13-17; Matthew 18:21—19:1 (416). *"How often must I forgive [my brother]?" ... Jesus answered, 'I say to you, not seven times but seventy-seven times.'"*

**Friday, Aug 18, 2023**

### **Moved by movies**

As the weekend emerged in the last century as a two-day break in the workweek for leisure and spiritual pursuits, filmgoing became a major form of recreation. At its height in the 1930s, 65 percent of the U.S. population went to the movies weekly. "Going to the movies" may now simply mean clicking on a streaming app, but watching films remains a popular weekend pastime. Over the years the Vatican has recognized film as a valuable art form deserving of "praise and support." With that in mind, in 1995, in honor of the 100th anniversary of cinema, the Vatican named 45 important films worthy of watching. Make your way through this fascinating list on a given weekend, and enjoy a guilty pleasure, without the guilt.

TODAY'S READINGS: Joshua 24:1-13; Matthew 19:3-12 (417). *"They fought against you, but I delivered them into your power."*

**Saturday, Aug 19, 2023**

### **It's humanitarian nature to help**

According to the U.N., this year a staggering 117 million people will be driven from their homes by war, violence, and poverty. Two billion people don't have access to sanitary water at home. World Humanitarian Day, celebrated today, commemorates the lives of the men and women serving in some of the most challenging situations in the world. The voiceless victims of war and poverty need help to alleviate their suffering and draw attention to their plight. Donate to a humanitarian organization like Catholic Relief Services. Do some humanitarian work in your community. Contact your elected leaders and let them know you're concerned.

TODAY'S READINGS: Joshua 24:14-29; Matthew 19:13-15 (418). *"Let the children come to me, and do not prevent them; for the Kingdom of heaven belongs to such as these."*

*Invest just five minutes a day, and your faith will deepen and grow—a day at a time*



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### Family Connection

The mission of the Church is to continue the work of Jesus. The family, the domestic church, participates in this mission too. Talk about how your family participates in the mission of the Church. Discuss ways in which you seek to reach out to your neighbors and people in need through acts of kindness, mercy, and justice. Then read together today's Gospel, Matthew 14:22-33. Talk about how Peter wanted to be like Jesus, to walk on water like Jesus did. Note that Peter was successful for a time, but then he doubted Jesus, and he began to sink into the water. Talk about how your family's acts of mercy and justice are rooted in your faith in Jesus. Pray together that Jesus will continue to work through your family to prepare the kingdom of heaven. Pray together the [Morning Offering](#) or the Lord's Prayer.

### The Feast of the Assumption on the Blessed Virgin Mary • August 15

Gather as a family and talk about what you know about Mary and her being a model of faith. Recall that we are celebrating a holy day, the Assumption of the Blessed Virgin Mary. On this day we remember that God took Mary to heaven, body and soul. Read together today's Gospel, Luke 1:39-56. In this reading we hear Mary's song of praise to God, the [Magnificat](#). Invite each person in the family to write or draw one or more ways in which they see God working in your family life and in our world today. Use these prayers of thanksgiving to create your family's song of praise to God. Conclude by praying together this song of praise.





**2023 INFANT BAPTISM 2023 Baptism Schedule** Sharon 306-374-1425 or [spowell@rcdos.ca](mailto:spowell@rcdos.ca)

**CHRISTIAN INITIATION OF CHILDREN** Sharon at [spowell@rcdos.ca](mailto:spowell@rcdos.ca) or 306-374-1425

**CHRISTIAN INITIATION FOR ADULTS - RCIA** Erin 306-374-1425 or email [egratton@rcdos.ca](mailto:egratton@rcdos.ca).

**MARRIAGE PREPARATION** Nicole Gursky at 306 229-0384 or email [ngursky@sasktel.net](mailto:ngursky@sasktel.net)

Please visit [holyspiritsaskatoon.ca](http://holyspiritsaskatoon.ca) for more information about faith formation.

**PASTOR • Fr. Joseph Salihu** [jsalihu@rcdos.ca](mailto:jsalihu@rcdos.ca)

## HOLY SPIRIT PARISH STAFF

### Building Maintenance

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### Baptisms, RCIC

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### Sacramental Preparation/Faith Formation

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### Youth Ministry Coordinator

Lynn Eremondi [leremondi@rcdos.ca](mailto:leremondi@rcdos.ca)



CATHOLIC WOMEN'S LEAGUE  
Margaret Schwab 306-227-8930



KNIGHTS OF COLUMBUS 8905  
Eric Lautsch [ericdlautsch@rocketmail.com](mailto:ericdlautsch@rocketmail.com)

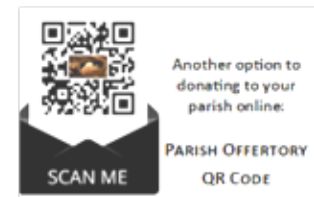


If you need prayer, support, a visit (with the Eucharist or otherwise), Anointing of the Sick, or assistance with funeral planning, Ministry of Care is just a phone call or email away.

Please contact **Kelly Wormsbecker** Pastoral Associate - Ministry of Care  
[kwormsbecker@rcdos.ca](mailto:kwormsbecker@rcdos.ca) or call 306-374-1425

## WAYS TO DONATE TO HOLY SPIRIT PARISH

- 1. Sign up for Pre-Authorized Giving** Registration [forms](#) are available at the church office, online on our parish website, or via email. Donate using debit or credit card.
- 2. Interac e-Transfer using online banking:** send e-transfer to [finance@holyspiritsaskatoon.ca](mailto:finance@holyspiritsaskatoon.ca) (it is directly deposited, no password needed). Please put your full name and envelope number in the message with any special offering designation.
- 3. Parish Offertory:** <https://dscf.ca/parish-offertory/>
- 4. Mail envelopes to the church:** 114 Kingsmere Place, Saskatoon, SK, S7J 3V7
- 5. Drop envelopes off at church:** Put envelopes into the office door mail slot.



# FORMED®

Enjoy the latest and greatest Catholic video, audio, and reading material from [FORMED.org](http://FORMED.org)! Simply head over to [holyspiritsaskatoon.formed.org](http://holyspiritsaskatoon.formed.org) and register your free account to access a tremendous wealth of Catholic content.

You may also download the FORMED app for iOS and Android devices.

**The cost to you is absolutely free:** our parish has a subscription for the entire year.

**Are you new to the parish? Has your information changed?**

Fill out this [form](#) online

Or contact the office (306) 374-3190 or [info@holyspiritsaskatoon.ca](mailto:info@holyspiritsaskatoon.ca)



# Diocesan Bulletin

August 2023 - Summer Edition

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*In all things we are rooted in Christ,  
in His desire to bring God's love to all peoples.*

## Upcoming Events

### African-Canadian Catholic Community monthly Mass

is held at St. Michael Parish, 18-33rd St. E. Saskatoon, with the next celebrations at 2 p.m. **Sunday, Aug. 6** and **Sunday, Sept. 3**. (Mass is in English, featuring liturgical music in many African languages with traditional drums).

**Marian Movement of Priests Cenacle** includes adoration, the rosary, benediction, hymns and various prayers, 7:30 p.m. **Thursday, Aug. 3** and **Thursday, Aug. 31** at St. Michael Catholic Church, #18-33rd St. E., Saskatoon. A Diocesan Cenacle of Prayer will also be held at 3 pm. **Wednesday, Aug. 9** at St. Paul Co-Cathedral, 720 Spadina Crescent, Saskatoon. For more information contact Edna at (306) 382-1680.

**Knights of Columbus Brothers' Keepers Men's Breakfast** will be held 7 to 8 a.m. **Tuesday, Aug. 8** at Queen's House, 601 Taylor Street West, Saskatoon. Call Brendan Bitz to register: (306) 242-1916, Extension 225.

**Garage Sale Donations** - St. Mary Catholic Church in Saskatoon is seeking donations of clean, small saleable household items (no clothes or footwear) in good condition for the St. Mary fund-raising Garage Sale to be held from 8 a.m. to 4 p.m. **Aug. 18 and 19** at the parish hall, 211 Avenue O South and 20th Street West, Saskatoon. **Please drop off donated items Aug. 8 to 17** from 10 a.m. to 12 p.m. at the north door of the hall, or arrange for **pick-up of items between Aug. 8 to 17**, by calling (306) 244-2983 during parish office hours of 9 a.m. to 12 noon, Monday to Thursday.

**Grow Hope Saskatchewan Field Day** will be held as part of the Bruno Cherry Festival ([www.cherrysunday.ca](http://www.cherrysunday.ca)) **Sunday, Aug. 13**. There will be a booth set up to celebrate the growing season and provide opportunities to learn more about the work being done abroad, as well as an opportunity to meet one of the Grow Hope farming families in the Bruno area. With donors' financial support to cover input costs, local farmers grow crops for sale and give proceeds to Canadian Foodgrains Bank to fight hunger through emergency food relief, support for young mothers, and local agricultural projects. Donations of any amount are welcome. See [www.growhopesk.ca/donate](http://www.growhopesk.ca/donate) or contact Mike LeBlanc at (306) 205-2334 or Myron Rogal at [mrogal@rcdos.ca](mailto:mrogal@rcdos.ca).

**Saskatoon Filipino Catholic Community monthly Mass** will be held 5 p.m. **Sunday, Aug. 20** at St. Paul Co-Cathedral, 720 Spadina Cr. E., Saskatoon. All are welcome.



Icon of the Sacred Heart 2017  
written by Andre J. Prevost in  
collaboration with Romeo  
Crow Chief of Siksika Nation.

### Indigenous Pastoral & Lay Leader

### Ministry Education

**Course 4: Introduction to  
Reconciliation: The Church  
and Indigenous Peoples**

**Sept. 26 to Nov. 21**

**4:15 p.m. to 5:30 p.m. Tuesdays**

**Offered online**

**REGISTRATION NOW OPEN**

Cost: \$200 per course (some funding assistance available)

No pre-requisite necessary to take Course 4.

Those completing all four courses will earn a ministry certificate.

### Video Introduction and Registration:

[rcdos.ca/indigenous-ministry-education](http://rcdos.ca/indigenous-ministry-education)

**Rama Pilgrimage** will be held **Aug. 14-15** at the Shrine of Our Lady of Lourdes, located at St. Anthony Church, 104-1st St. N., Rama, SK. beginning at 3 p.m. Aug. 14 (Mass at 8 p.m. with Archbishop Donald Bolen) and continuing from 8:30 a.m. to noon Aug. 15 with Mass in Polish, Divine Liturgy in the Byzantine Rite and Mass in English with anointing of the sick, etc. Find more information at [www.Ramashrine.ca](http://www.Ramashrine.ca)

**Solemnity of the Assumption of the Blessed Virgin Mary** will be celebrated **Aug. 15** at the St. Laurent pilgrimage site north of Saskatoon, with priests available for confessions 6 p.m. to 7:30 p.m.; Eucharistic adoration from 6:30 p.m. to 7:20 p.m.; praying of the Rosary at 7 p.m.; and outdoor Mass at 7:30 p.m. followed by candlelight procession. Find more information: [www.padiocese.ca/st-laurent-shrine](http://www.padiocese.ca/st-laurent-shrine) or phone (306) 467-2057.

**Temporary Vows** – Please pray for Sr. Micheline Thibault, formerly of our diocese, who will make her temporary profession of vows with the Queenship of Mary community in Ottawa on the Feast of the Assumption, **Aug. 15, 2023**. Livestream starting at 5 p.m. Saskatchewan time will be available on the Queenship of Mary website at [www.queenshipofmary.ca/multimedia/vows](http://www.queenshipofmary.ca/multimedia/vows).

**Growing in Wisdom: Seeking Deeper Generativity** is a two-year ecumenical program on Zoom, created by Fr. Ron Rolheiser OMI, grounded in the mystical Christian tradition, designed for those seeking to engage in their maturing years with wisdom and grace. Registration deadline is **Sept. 1**. For more info and application form, see: [growinginwisdom.ca](http://growinginwisdom.ca).

## Message Board

**From Mourning to Dawn** is a diocesan grief support program for widows and widowers. It is an eight-week journey of transformation and healing, offering support and encouragement for bereaved spouses, led by those who have also experienced this loss. From Mourning to Dawn is open to participants who have been widows or widowers from between two months to two years. **From Mourning to Dawn will again be offered in the diocese starting in mid-September.** Two sessions will be offered – one held at the Catholic Pastoral Centre, at the Cathedral of the Holy Family, 123 Nelson Rd, Saskatoon and the second held at Saint Anne Parish, 217 Lenore Drive, Saskatoon. (The day and time of sessions will be arranged jointly by facilitators and participants.) Cost: \$35. Contact Dianna Knaus: [dknaus@sasktel.net](mailto:dknaus@sasktel.net) or (306) 382-0535.

**Employment opportunity** – St. Augustine Catholic Church in Saskatoon is seeking a part-time Youth Minister to provide ministry programs to the parish community's children, youth, and families, including ministry to St. Augustine Catholic School and providing parish events for children and youth from kindergarten to Grade 8. Applicants must provide a cover letter, resumé, and contact information for their pastor and two additional references by email to [jfarthing@rcdos.ca](mailto:jfarthing@rcdos.ca). Upon receipt, the parish will send the job description and a link to an application form. (Application is considered complete when the parish receives the completed application form.) Application deadline is **Aug. 15**. For more information contact Jeff Farthing or Jackie St. Pierre at (306) 373-3453.

**BLD Marriage Enrichment Sept. 1-3:** "Open in Spirit to God" (OSG) will be presented by the Bukás Loób sa Diyós (BLD) prayer group 6 p.m. to 9 p.m. **Friday, Sept. 1**, 7 a.m. to 9 p.m. **Saturday, Sept. 2**, and 7 a.m. to 5 p.m. **Sunday, Sept. 3** at St. Paul Co-Cathedral, 720 Spadina Crescent East, Saskatoon. Spiritual director is Fr. Denis Phaneuf assisted by BLD facilitators from Vancouver. Cost: \$150 per couple (includes meals and materials). For more information or to register, contact Clint and Richie Elimanco (306) 974-2072 or (306) 880-5051; or Sr. Marlene (Pinky) Aquino, MACE, (306) 202-8094. Registration forms are also available at St. Paul Co-Cathedral Office, or by e-mailing [parish@stpaulcocathedral.com](mailto:parish@stpaulcocathedral.com)

**Masters of Religious Education** - Are you a Catholic teacher or school administrator who wants to deepen your faith and increase your earning potential at the same time? A new Saskatchewan cohort of Newman Theological College's Masters of Religious Education (MRE) is set to begin in September 2023 (classes can be attended virtually) and is designed to fit the schedules of working teachers. The degree consists of 10 courses (plus four field ed projects) in just over three years. Professional Development support is available through your Catholic school board. Contact Dr. Brett Salkeld at [brett.salkeld@newman.edu](mailto:brett.salkeld@newman.edu) or (306) 721-6722.



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### Sts. Benedict and Scholastica Formation Program

The diocesan Sts. Benedict and Scholastica Formation Program is now accepting applications for both men and women for 2023-2024. This program aims to form young adult Catholics in pursuing holiness while living in the world. It consists of academic formation, which is provided through Saint Thomas More College at the University of Saskatchewan, in conjunction with spiritual, human, and pastoral formation provided through community living, prayer, and training in a house of formation. This program may be a period of vocation preparation and discernment and preparation for priesthood, religious life, or any form of lay vocation and ministry. Please check the diocesan website for further details: [rcdos.ca/sts-benedict-and-scholastica](http://rcdos.ca/sts-benedict-and-scholastica).

Contact Fr. Daniel Yasinski at [dvasinski@rcdos.ca](mailto:dvasinski@rcdos.ca) or Sr. Malou Tibayan at [mtibayan@rcdos.ca](mailto:mtibayan@rcdos.ca)

**Palliative Care Resource** - The Catholic Bishops of Canada have created "**Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care**," a four-module workshop to empower and educate parishioners and address questions about palliative care, dying, death, suffering, and bereavement. Each module includes Catholic moral and pastoral theology and medical expertise through video presentations. The goal is for this workshop to be presented in every parish community across Canada. Parishes, Catholic Women's League or Knights of Columbus councils, or anyone else interested is invited to contact diocesan Coordinator of Hospital Chaplaincy Jacqueline Saretsky at [jsaretsky@rcdos.ca](mailto:jsaretsky@rcdos.ca) or (306) 659-5839. For more information, visit the Canadian Conference of Catholic Bishops (Cccb) website: [www.cccb.ca](http://www.cccb.ca).

**Diocesan Prayer** - We pray as a diocesan family for all undergoing change and transition. We pray especially for clergy who have started new pastoral assignments across the diocese, and for their parish communities, past and present; may all be blessed with a spirit of welcome, collaboration and zeal in the days and weeks ahead.

### *The Diocesan Bulletin is a publication of the Roman Catholic Diocese of Saskatoon*

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<https://news.rcdos.ca>

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# SERENA SASK RUN *11th annual* FOR THE FAMILY

## BOTH OPTIONS

Register at [www.eventbrite.ca](http://www.eventbrite.ca)

(Search: Run for the Family or Serena)

	Early Bird Mon. Aug.28	Deadline to register Wed. Sept.6
1km =	\$10	\$15
3km =	\$25	\$30
5km =	\$40	\$45
Family =	\$100	\$125
+ Eventbrite minimal processing fee		

**\*Medals:** Once we have results from both options, medal winners will be revealed via email and our Facebook page. They can be picked up or mailed. If there are no remote runners, medals will be awarded once all have crossed the finish line.

**\*Package pick-up:** 1929 Easthill on Thursday Sept.7th, 10-1 or 5-7. Call/text 306-291-3288 if alternate time is needed. Pick-up for others too.

**\*Prizes** to the first 3 families who register will be given at package pick-up on Thursday.

**\*How can I help?** Make a donation for goodie bags or snacks. Be a volunteer on race day. Make or collect pledges (prize = 20% of collection; email us for a pledge form).

**\*For more info,** contact Serena SK at [sask@serena.ca](mailto:sask@serena.ca) or text 306-291-3288.

## OPTION 1: LIVE

**SAT. SEPT.9, 2023, 9-11AM**

\*Meewasin Park North in Saskatoon

\*Bathrooms on site

\*Begin between 9:00-10:30am;  
runners sent off at 10 min. intervals to  
prevent congestion at start/finish line

\*All runners timed

\*Snacks and beverages available

\*Volunteers at start/finish line

\*Volunteers at turn-around points

\*Photographer at the event

\*Strollers welcome

## OPTION 2: REMOTE

**THUR.- SUN. SEPT. 7-10, 2023**

\*Run /walk trail, day, and time of your  
choice from Thurs. to Sun.

\*To be eligible for a medal  
(gold/silver/bronze in each event),

use a running app  
(ie. Runkeeper) to submit your name,  
date and length of run  
(1km/3km/5km), and your time.

\*Email results to [sask@serena.ca](mailto:sask@serena.ca)  
by Monday, Sept.11.

\*Post pictures on the Serena SK  
Facebook page.

\*Thank you for supporting Natural  
Family Planning in Saskatchewan!!