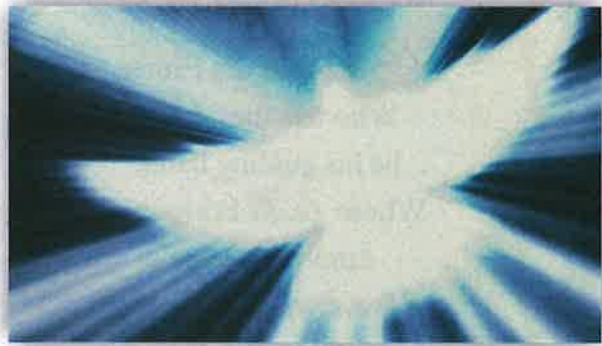


A FEW TIPS ON HOW TO RECOGNIZE THE HOLY SPIRIT'S GUIDANCE

Philip Kosloski - published on 05/30/21 - updated on 06/08/25



Shutterstock

The Holy Spirit doesn't always give us audible guidance, but we may notice his hidden movements in our heart.

Often we will ask the Holy Spirit for guidance, especially when we need to make an important decision in our lives.

However, it can be difficult, as the Holy Spirit doesn't always give us audible guidance. We may pray every day and wait to hear *something*, but no audible voice can be heard that answers our prayers.

What then should we do? **How can we possibly recognize the Holy Spirit's voice if he does not speak with audible words?**

REVIEW THE STATE OF YOUR SOUL

First of all, St. Ignatius of Loyola speaks about discernment in his *Spiritual Exercises*, and notes that it is important to understand the state of our soul **before we can recognize the voice of God**.

St. Ignatius explains that if the soul is moving from **"good to better,"** the Holy Spirit may nudge us "sweetly," with **feelings of peace**.

On the flip side, if our soul is moving from **"bad to worse,"** then the opposite is true, and the Holy Spirit can seem **sharp, trying to kick us back in the right direction**.

We have to be honest with ourselves and understand whether we are moving towards God's commandments, or away from them.

FEELINGS OF PEACE

In general, if we are striving to draw closer to God, he will speak to us in the **silence of our hearts with peace and joy**. It will likely not be in the form of an earthquake, lightning bolt, or flames of fire, but as Elijah heard, in **"a still small voice"** (1 Kings 19:12).

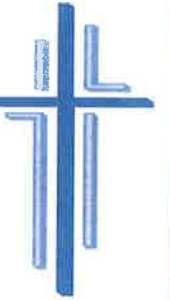
When contemplating a decision we are about to make, if our heart is peaceful, then the Holy Spirit may be moving us in that direction.

If our heart is anxious, then it could be a sign that the Holy Spirit wants us to reconsider our situation.

Never cease to call upon the Holy Spirit and open your heart to whatever he may have to tell you.



St. Anne Parish



Roman Catholic Archdiocese of Regina
1701 Cowan Crescent, Regina, SK S4S 4C4
Tel. 306-586-0449

www.stannesregina.com | office@stannesregina.com

Parish Priest:
FR. GUY AMÉDÉE AINEMON

Parish Office Coordinator:
Gabriela Büttner

OFFICE HOURS:

Tuesday 10 am to 3 pm
Wednesday 10 am to 3 pm
Thursday 10 am to 3 pm
Friday 10 am to 3 pm

PARISH SERVICES

Reconciliation: 30 min. before every Mass.

Anointing of the Sick: Please call the Parish office.

Baptism: Please call the Parish office.

Marriage: Contact the Pastor at least six months in advance.

Mass Intentions

If you would like the Holy Mass to be offered for your intentions or the intentions of your loved ones, please call the Parish Office, or write it up and drop it in the donation box in the Church. Mass offering is \$10.

REGULAR MASS SCHEDULE

Saturday Mass – 5:30 pm
Sunday Mass – 9:00 am
Tuesday Mass – 7:00 pm
Wednesday Mass – 8:30 am
Thursday Mass – 7:00 pm
Friday Mass – 8:30 am



June 15th, 2025
MOST HOLY TRINITY



John 16.12-15

MISSION STATEMENT

We, the Catholic Parish of St. Anne, centred in Word and Eucharist, are called to be a caring faith community; coming together to celebrate God's love and truth through the sacraments, and make Christ present to others through loving service.



**TO FIND OUT
WHAT'S NEW
IN THE
ARCHDIOCESE OF REGINA
GO TO:**

<https://archregina.sk.ca/archdiocese-of-regina-bulletin/> OR <https://archregina.sk.ca/>



ARCHDIOCESE OF
Regina

**MISSION
TO MEXICO**

The Office of Youth and Young Adult Ministry is taking a group of young adults on a **mission to Cuernavaca, México** over Christmas break 2025. The cost will be about \$2500 and fundraising opportunities will be part of the preparation.

Anyone **INTERESTED** in joining us on this initiative **MUST EMAIL US by JUNE 15th** at oyyam@archregina.sk.ca

MASS INTENTIONS

Saturday – June 14th
 5:30 pm † **Maria-Trinidad Real-de-Stahl**
requested by the Büttner-Stahl Family

Sunday – June 15th
 9:00 am **MASS**

Tuesday – June 17th
 7:00 pm **MASS**

Wednesday – June 18th
 8:30 am † **Aureliano Teófilo dos-Santos**
requested by Marco dos-Santos

Thursday – June 19th
 7:00 pm **Thanksgiving to God & Holy Intentions of Pope Leo XIV**
requested by John & Sharon

Friday – June 20th
 8:30 am † **Gilherme Moreira da-Silva**
requested by Marco dos-Santos



Readings for Sunday, June 15th: **MOST HOLY TRINITY**

1st Reading: Proverbs 8.22-31
 2nd Reading: Romans 5.1-5
 Gospel: John 16.12-15

Lectors:

Saturday, June 14 – 5:30 pm – Brian Sipe
 Sunday, June 15 – 9:00 am – Rita Omodia

PARISH WEEKLY FINANCIAL UPDATE



COLLECTION SUMMARY FOR JUNE 8TH, 2025

• Sunday Collection	\$0671.00
• Building Fund	\$0075.00
• Catholic Missions in Canada	\$0145.00

Total: \$0891.00

*"Glory to the Father, Son, and Holy Spirit,
 now and forevermore. Amen."*



THE GOOD NEIGHBOUR PROJECT IS LOOKING FOR A NEW CO-ORDINATOR

This is a volunteer position within the parish of St. Anne's. The work is very fulfilling, challenging at times and well supported by volunteers, the parish and our pastor, Fr. Amedee. We will mentor you and help you to enter into this position with plenty of support.

THE CO-ORDINATOR:

- works with our partner organizations
- organizes and co-ordinates sorting of donations, putting together packages for families and arranging pick ups of the packages
- maintains inventory of supplies for donating
- organizes and co-ordinates shopping for supplies
- co-ordinates fundraising, as needed
- co-ordinates volunteers

The co-ordinator commits to approximately 2-8 hours of work per week and is guided by the needs of the program and their own schedule.



**To All Fathers:
 Happy Father's Day!!!
 May our Lord bless YOU!**



**CONGRATULATIONS to
 LEVIAH CROOKS-WARREN**
 who had her **CONFIRMATION** and
FIRST HOLY COMMUNION at **ST. ANNE**
 on Sunday, June 8th at 9 am Mass.
MAY OUR LORD BLESS YOU ALWAYS!!

