

Holy Week Schedule 聖週禮儀時間表

April 13 4月13日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 17* 4月17日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 18* 4月18日	Good Friday 聖週五 - The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語禮儀在 下午三時舉行
April 19* 4月19日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語彌撒在 晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 20 4月20日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

*There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on April 15 & April 22 at 7:00pm will be suspended
週二晚上 4月15日及 4月22日七時彌撒取消

The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on [Holy Thursday](#), and includes [Good Friday](#), [Holy Saturday](#), and [Easter Sunday](#), with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners could obtain a plenary indulgence during the Triduum: Goes to confession and receive Holy Communion

Holy Thursday- The Lord's Supper

Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning.

The church will open at 9:00am on Good Friday.

Good Friday- Adoration of the Cross Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

Holy Saturday and the Easter Vigil

Renew one's baptismal promises

The Easter Vigil is also called the Paschal Vigil. In [Roman Catholic Church](#), the Easter Vigil is the most important [Mass](#) of the [liturgical year](#). The full meaning of Vigil is a

waiting for the coming of the Lord. All Catholics should try to attend this beautiful service.

逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜間禮儀及基督復活主日結束。根據教會的傳統，在這三天內，信友可用下列任何一種方式獲得全大赦：
領聖體及辦告解

聖週四彌撒-主的晚餐

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

聖週五參與朝拜十字聖架

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

聖週六晚「復活慶典夜間禮儀」

重發領洗誓詞

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

Theme Sharing

"I am the Resurrection And the Life"

(Fifth Sunday of Lent)

As we said in this column a few weeks ago, the Lenten Season is the 40-day period before Easter preparing us for the most important feast of the liturgical year. The Church has emphasized from the outset the close connection between baptism and the resurrection of our Lord Jesus Christ. In his letter to the Romans, Paul says, "You

have been taught that, when we were baptized into Christ Jesus, we were also baptized in his death. In other words, when we were baptized, we went into the tomb with him and joined him in death; so that, just as Christ was raised from the dead by the glory of the Father, we too might also live a new life. So if we have been united with Christ in his death, we shall also be united with him in his resurrection." This is why people were baptized on Sundays in the early Church. Then, starting in the 3rd century, the Church conducted baptism at Easter. By the 4th century, persecution of the Church was largely over. As more and more people were converted to Christianity, Easter Vigil became the solemn occasion for baptism. Since then, Lent has been blended with the process of Catechumenate (R.C.I.A.).

Today is the 5th Sunday of Lent. Passion (Palm) Sunday comes next, and followed by Easter Sunday. Today's gospel is on the story of Jesus raising Martha and Mary's brother Lazarus to life. We will soon be celebrating, in two weeks' time, our Lord Jesus Christ's own resurrection. In the second reading, Paul tells us that people who are in the flesh will not be pleasing to God. However, Christians must live a righteousness life. He points out that the hallmarks of the new life of Christians are: (a) we belong to the Spirit of God and to Christ; (b) the Holy Spirit dwells in us; and (c) Christ also dwells in us. He concludes that our bodies are mortal because of original sin but that, since Christ is dwelling in us, the seed of eternal life has also been planted in us. Even though our mortal bodies will perish with our last breath, they will one day rise in glory, because the Spirit of God who raised Christ from the dead is dwelling in us. Hence Paul once again confirms the relationship between Christ's Resurrection and the resurrection of our bodies on Judgment Day. Death is inevitable for humanity. Jesus however has made this reassuring revelation to us: "I am the Resurrection and the Life. Those who believe in me, even though they die, will live." Each time we recite the Apostles' Creed, we declare our belief in "the resurrection of the body and the life everlasting." Bearing this in mind, we must live our lives in a loving, meaningful and responsible manner pleasing to God. And we must refrain from living an uncaring, extravagant, morally corrupt and sinful

lifestyle; otherwise, our lives will be wasted and we will land ourselves with eternal damnation in hell.

We praise you, O Lord, for your wonderful gift of eternal life to us! Amen.

Rejoice in God's Mercy

Jesus says, "I am the resurrection and the life." Just as he raised Lazarus from the dead he can bring you to life as well.

Reconciliation helps us turn away from sin and be faithful to the Gospel by removing the obstacles that hold us back.

Action: On the path to Easter and the celebration of Christ's resurrection, reflect on the words of Ash Wednesday, "Turn away from sin."

Gospel of joy

Evangelii Gaudium

«Gospel of Joy»

Church to open the door, issuing prophetic voice

III. The new evangelization for the transmission of the faith

14. Attentive to the promptings of the Holy Spirit who helps us together to read the signs of the times, the XIII Ordinary General Assembly of the Synod of Bishops gathered from 7-28 October 2012 to discuss the theme: The New Evangelization for the Transmission of the Christian Faith. The Synod reaffirmed that the new evangelization is a summons addressed to all and that it is carried out in three principal settings.[10]

15. In first place, we can mention the area of ordinary pastoral ministry, which is "animated by the fire of the Spirit, so as to inflame the hearts of the faithful who regularly take part in community worship and gather on the Lord's day to be nourished by his word and by the bread of eternal life".[11] In this category we can also include those members of faithful who preserve a deep and sincere faith, expressing it in different ways, but seldom taking part in worship. Ordinary pastoral ministry seeks to help believers to grow spiritually so that they can respond to God's love ever more fully in their lives. To Be Continued

Apostolic Exhortation Evangelii Gaudium

Diocese & Other News

Outdoor Way of the Cross

31st Annual Outdoor Way of the Cross will take place on Good Friday, April 18, 2014. This solemn and meditative procession will start and end at St. Mary's Cathedral (219-18th Ave. S.W., Calgary). Start time is 9:30am and completion time is 12:30pm. Everyone is invited!

Office of Vocations

Information Day on the Diocesan Priesthood

This day is for men between the ages of 17 and 35 years. It includes talks given by Bishop Henry and priests of the diocese. Location: Sacred Heart Church, 1307 – 14th St. S.W., Calgary (Upper Hall).

Date: Saturday, May 3rd, 10:00 a.m. – 1:30 p.m. (Lunch provided). For further information and to register contact: Office of Vocations at 403-245-2753. E-mail: mjgaffney@telusplanet.net.

St. Peter's Parish, Calgary

St. Peter's Roman Catholic Church invites you to the Man of the Shroud Exhibition from April 9 – 15, 2014, from 9:00 am – 9:00 pm daily, and will feature daily conferences with Shroud experts. Please check our website www.st-peters.ca and our Facebook page for the conference schedule and updates. The exhibit focuses on the historical and documentary evidence and realities of the Shroud.

Acadia Place Open House

Invitation – All interested individuals are invited to attend the Acadia Place Open House of the Resource Centre to showcase the amazing renovations that have taken place over the last month. This is a wonderful opportunity to view the Acadia Place Resource Centre, where many families at risk of homelessness receive assistance through various programming. The Open House will take place on Friday, April 11th from 6:00 – 9:00pm at 331 Heritage Drive S.E., Calgary. Please see the [invitation](#) and spread the word!

Parish Activities

The Sacrament of Reconciliation

The sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (April 9, 16) from 7:30 pm– 8:30pm.

Parish Lenten Retreat

In order to prepare our hearts for Easter, our parish has invited Former Archbishop Ti-kang from Taipei to lead the Lenten Retreat on Saturday April 12, 10 a.m. – 4 p.m. (Mandarin)
We sincerely invite parishioners to join the Lenten Retreat.

Chrism Mass – April 14 (Monday)

Chrism Mass will be held at St. Mary's Cathedral on Monday April 14, 7:30pm. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens, the oil of the sick, and the oil of chrism. The chrism is freshly prepared for the baptizing of catechumens at the Easter Vigil and for convenience, the other oils are blessed on this day as well. This unique liturgy is an expression of unity of the diocesan Church with her Bishop in preparation for all liturgies throughout the year.
All parishioners are encouraged to attend.

Special Donation on Good Friday (April 18)

There will be a special collection on Good Friday, April 18 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests.
Let us give generously to respond to the needs of the Church in the land of Jesus.

Divine Mercy Sunday, April 27

""According to the teaching of Jesus Christ we human beings not only receive and experience God's mercy but also are commanded to 'show mercy' to others."
—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter. That Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and

punishment. Mankind will not enjoy peace until it turns with confidence to

My Mercy."

According to Guidelines for Divine Mercy Observances from

Bishop F. B. Henry, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy Date: April 21 (Monday) to April 27 (Sunday)

Time: This will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 27, 2013

Time: 2:00 – 3:30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

OLPH Breakfast Corner

CFF (Catholic Family Fellowship) will be hosting a Breakfast Corner on Sunday, April 27th.

Time: After the 8:30 am Mass

(Complimentary Tea & Muffins will be served) After 10:00 am & 11:30 am Mass (Western style breakfast will be served)

Venue:OLPH Upper Hall

Ticket price : \$ 5.00 each (Western breakfast & drinks included)

Tickets are available at the religious article counter until April 20, 2014.

Dr. John Poon will be hosting a Talk on "Healthy Life "at 1:00 p.m.

All Parishioners and friends are welcome!

Together in Action

".....Faith Working Through Love."
(Galatians 5:6)

Our parish's portion is \$24,300. We will complete all outstanding TIA projects of our parish in 2014. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times.

Let's take action now!

Weekly Activities

Wed, Fri April 9, 11

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church, Upper Hall

Wed April 9

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm

Place: OLPH Church

Fri April 11

Way of the Cross in Lent

Time: 8:30a.m. (English)

Place: OLPH Church

OLPH Scout

Time: 6:30pm.-8:30 pm

Place: Upper Hall & Lower Hall

Sat April 12

Parish Lenten Retreat

Time:10 a.m. – 4 p.m. (Mandarin)

Place: OLPH Upper Hall

Legion of Mary (meeting)

Time: 8: 00a.m.

Place: K of C Room

Tai Chi Lesson

Time: 10:00 a.m. - 12:00 noon

Place: OLPH Church Lower Hall

Way of the Cross in Lent

Time: 4:30p.m.

(Cantonese & Mandarin)

Place: OLPH Church

OLPH Scouts sleepover

Time: 5:00pm.-Sunday 10:00 am

Place: Upper Hall & Lower Hall

Sun April 13

R. C.I.A.

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Sunday School

Time: 10:00a.m.-12:30p.m.

Place: Office Building

Stories Faith Sharing

A New Force

When Matteo Ricci went to China in the 16th century, he took samples of religious art to illustrate the Christian story for people who had never heard it. They readily accepted portraits of Mary holding the baby Jesus, but when he produced paintings of the crucifixion and tried to explain that the God-child had come to be executed, his

audience reacted with revulsion and horror. They couldn't worship a crucified God.

As I thumb through my Christmas cards, I realize that we do much the same thing. In our celebrations and observances, we may not think about how the story that began at Bethlehem turned out at Calvary. In Luke's account of the Christmas story, only one person—the old man Simeon—seems to grasp the mysterious nature of what God has set in motion. "This Child is destined for the fall and rising of many in Israel, and for a sign which will be spoken against," he told Mary, and then he made the prediction that a sword would pierce her own soul (2:34-35).

Simeon knew that though on the surface little had changed—Herod still ruled, Roman troops still occupied Israel—underneath, everything had changed. God's promised redemption had arrived.

The cradle without the cross misses the true meaning of Christ's birth.

主日分享

四旬期第五主日

復活與生命

今天是四旬期第五主日。下主日便是基督苦難主日（聖枝主日）了。今天彌撒禮儀的主題是肉身的復活。今天彌撒福音選自聖若望福音第 11 章。內容敘述拉匝祿的死而復活。這個故事的最高峰，應當是拉匝祿的復活，已經死了、被埋葬了四天的拉匝祿，一聽到耶穌的大聲呼喚，就從墳墓裏出來了。

今天彌撒中的讀經二選自聖保祿宗徒致羅馬人書第 8 章。在這篇讀經中，聖保祿宗徒一面指出：人由於肉身的軟弱，不能履行法律所要求的正義，一面又強調：基督信徒要因正義而生活。他把我們基督信徒的新生活綜合為三：一、我們屬於聖神，也屬於基督；二、聖神住在我們內；三、基督也住在我們內。他又從這三點推論出兩個結論：一、我們的肉身雖然因原罪的遺毒必須死去，但是，既然基督住在我們內，在我們內已存在著永生的種籽；二、我們的肉身即使死去，終有光榮復活的一天，因為住在我們內的是「使耶穌從死中復活的天主的神」。這樣，聖保祿宗徒又一次闡明了

基督信徒日後肉身復活與耶穌復活的密切關係。

主內的兄弟姐妹們，我們人早晚都要死亡，但是耶穌說過：“我就是復活，就是生命。信從我的人，必永遠不死”。我們信仰基督的人相信“肉身的復活”和“死後的常生”。我們決不可像有些人那樣醉生夢死，不但虛度一生，而且不免要受到地獄的永罰。

基督我們讚美你。亞孟。

節錄自梵蒂岡電台廣播稿節

福音的喜樂

「福音的喜樂」 教會要敞開大門 發出先知性的聲音 福傳手冊【四】

第六講 善表與福傳

(二) 征服人心的力量

福傳員對於衆人所發生的影響是直接的，人們的眼睛是雪亮的。如果福傳員是一位熱心有德行的人，行端表正，事主虔誠，自然就會產生征服人心的奇妙力量。爲了福傳獲得人心是第一步，先取得人心，使人們對我們有好感，這樣人們才會樂意，喜歡聽我們講的道理，接受我們的指教。西諺說，言語吸引人，表樣推動人。假使一位福傳員講道時不遵守時間，常常遲到或早退，甚至脫班不到；或在講道理的時間，不講道理，不講經文，祇喜歡閒聊，那麼聽道理的人，要從心裡多麼輕視這樣的福傳員，怎還能有心思去聽他的道理？正因爲人們不喜歡聽他的道理，所以當他講道理時候，聽道理的人常常不是這位不來，就是那位不到。常常不踴躍。而他也就祇好每次應付一下了事。所以，福傳，講道，就必須以善表征服人。獲得了人們的信任之後，才會使人們心悅誠服的聽講，漸漸的就能夠使人們接受福音，皈依基督了。 待續

堂區活動

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(4月9、16日)晚上7時30分至8時30分，將開放給教友辦告解聖事。

堂區四旬期退省講座

在四旬期間，爲妥善準備心靈迎接復活節的來臨，堂區特別邀請前台北教區狄剛總主教，爲我們主持四旬期國語退省講座。請教友盡量抽空參與，爲復活節作好準備。

日期：四月十二日(星期六)

時間：上午十時至下午四時

地點：永援聖母堂上禮堂

主教祝聖聖油彌撒

日期：四月十四日(星期一)

時間：晚上七時三十分

(晚上六時三十分開放)

地點：St. Mary's Cathedral

教會在每年聖週四或提前幾天在主教座堂，由主教祝聖聖油。通常教區全體神父也都參加祝聖禮。祝聖聖油是在隆重的彌撒中進行。這表示教會對聖油的重視。請各位教友盡量參與。

基督苦難日捐獻(4月18日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！

神聖慈悲瞻禮

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

爲回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月二十一日(星期一)至四月二十七日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈

悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門入口處拿取。

並於四月二十七日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

早餐交流會及講座

為促進堂區教友情誼，公教家庭協會特設早餐交流會。

日期：四月二十七日（星期日）

時間：八時三十分彌撒後有茶點招待十時及十一時三十分彌撒後有精美西式早餐供應

地點：卡城永援聖母堂上禮堂

費用：精美早餐每位五元（包飲品）

購票：由即日起至四月二十日在

聖物部購買

講座：下午一時由潘振鵬醫生主講 “
健康生活”

祈望各教友攜同親友擁躍參加

教區公益金

「讓我們一起來行動」

主題：「…以愛德行事的信德。」迦拉達書：第五章六節

今年本堂的配額為\$24,300。我們將於2014年內完成堂區未完成的公益金承諾的工程。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。請立即行動！

活動一週

星期三、五 4月9, 11日

永援聖母松柏軒

時間：上午9時至正午12時

地點：永援聖母堂上禮堂

星期三 4月9日

四旬期悔罪禮

時間：下午7時30分至8時30分

地點：永援聖母堂

星期五 4月11日

英語拜苦路

時間：上午8時30分

地點：永援聖母堂

永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 4月12日

堂區四旬期退省講座

時間：上午10時至下午4時

地點：永援聖母堂上禮堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午8時(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午10時至12時

地點：永援聖母堂下禮堂

粵語國語拜苦路

時間：下午4時30分

地點：永援聖母堂

永援聖母堂童軍 sleepover

時間：下午5時至星期日上午10時

地點：永援聖母堂上禮堂及下禮堂

星期日 4月13日

成人慕道班 (粵語、國語及英語)

時間上午9時30分至1時30分

地點：永援聖母堂下禮堂

主日學

時間：上午10時至12時30分

地點：寫字樓大廈

靈修小故事

祂手緊握

和幼童一起越過繁忙的街道時，我們會伸出手對幼童說：「抓緊我的手。」他們就會緊抓住我們的手。但我們卻絕不會只靠他們緊抓的小手，其實是我們的手握緊他們並確保他們安全。所以，保祿才會堅持是「基督耶穌所以得著我的」（斐理伯書3章12節）。或者可以更準確地說，是「基督耶穌緊握著我的手」！

的確，保守我們安全的，並非靠我們緊抓住上主，而是靠耶穌的大能緊抓住我們。沒有人能從祂的掌握之中將我們奪去，魔鬼不能，甚至連我們自己也不能。我們一旦在祂手中，祂是不會將手放開的。

我們有這個把握，因為經上說：「我又賜給他們永生，他們永不滅亡，誰也不能從我手裡把他們奪去。我父把羊賜給我，祂比萬有都大，誰也不能從我父手裡把他們奪去。」（若望福音10章28-29節）

我們的安全有雙重保障。因為一邊有我們的天父，另一邊有我們的救主，將我們緊緊抓住。握緊我們的，是創造高山與海洋，將星星拋入天際的大手。此生或永生，沒有什麼「能叫我們與上主的愛隔絕。這愛是在我們的主基督耶穌裡的」。

天父，我感謝。因著愛，

伸出了你釘痕的手，握住了我的手。

我的一生有你右手的指引。

深信你將緊握住我，保守我平安直到末了。

上主不僅拯救，祂也保守看顧。