

Holy Week Schedule 聖週禮儀時間表

April 9 4月9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 13* 4月13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 14* 4月14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 15* 4月15日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00pm (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 16 4月16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 11 & April 18 at 7:00pm will be suspended

週二晚上 4月11日及 4月18日晚上七時彌撒取消

Theme Sharing

Fourth Sunday of Lent

Open the eyes of my soul, Lord
It's hard to know why Jesus went through the ritual of the spittle, the mud, and the water, in order to heal the man. He healed other blind people with a touch, or simply a word. It might well have been a test of faith. He sent the ten lepers on their way, and they were healed as they journeyed along. He sent the centurion home and, before he reached home he got word that his servant was healed. I often think that this is how Jesus heals many of us. We ask for his healing, and nothing seems to happen immediately. Maybe, after asking for his healing, we should go on our way, and expect to notice the healing taking place gradually as time goes by.

As the story unfolds, we notice that the man's eyes were really opened, and that includes the eyes of his soul. Clearly Jesus was intent on healing the total person, or not

at all. We don't imagine him healing someone, and then having that person going away still filled with resentment against another. Such a person was not really healed at all. The man in today's gospel was totally healed, and he ended up on his knees, worshipping Jesus.

A practical and simple prayer is "Lord, that I may see." It is a short prayer, but when it comes from the depths of my heart, it is a powerful prayer. Remember that other blind man named Bartimeus? He was told that Jesus was passing by, and he was determined to get his attention. Those around him tried to silence him, but he shouted all the louder. And he also was cured. To another man Jesus asked the pointed question, "Do you want to be healed?"

The greatest good we can do for others is not by giving them money, though that can also be needed at times, but in revealing their own riches to them. It is good to affirm others and make them feel both loved and

worthwhile. Many people have grown up with a poor self-image, and they just cannot see the good in themselves. This is another form of blindness, and it is a blindness in others that any one of us can heal. The most certain proof that the Spirit of God lives in you is your willingness and ability to affirm and bring a blessing to other people.

Rejoice in God's Mercy

In today's second reading, Paul quotes an early baptismal hymn, "Sleeper, awake! Rise from the dead, and Christ will shine on you!" In our baptism, God reaches out to anoint us, to heal us, and to make us whole. This overflowing of grace calls us to be children of light and to do great things for God. In confession we allow the light of Christ to expose the darkness in our life so that we can be set free to do God's will. Action: Reach out and touch someone in your life, or a stranger, by performing a random act of kindness.

Pope's Monthly Prayers Intention

April General and Missionary Intention

Universal: Youth

That young people may respond generously to their vocations and seriously consider offering themselves to God in the priesthood or consecrated life.

'Misericordia et Miseria' Apostolic Letter

Pope Francis' Apostolic Letter

'Misericordia et Miseria'

Pope Francis: To All Who Read This

Apostolic Letter-Mercy and Peace

Given this need, lest any obstacle arise Another face of mercy is consolation. "Comfort, comfort my people" (Is 40:1) is the heartfelt plea that the prophet continues to make today, so that a word of hope may come to all those who experience suffering and pain. Let us never allow ourselves to be robbed of the hope born of faith in the Risen Lord. True, we are often sorely tested, but we must never lose our certainty of the Lord's love for us. His mercy finds expression also in the closeness, affection and support that many of our brothers and sisters can offer us at times of sadness and

affliction. The drying of tears is one way to break the vicious circle of solitude in which we often find ourselves trapped.

All of us need consolation because no one is spared suffering, pain and misunderstanding. How much pain can be caused by a spiteful remark born of envy, jealousy or anger! What great suffering is caused by the experience of betrayal, violence and abandonment! How much sorrow in the face of the death of a loved one! And yet God is never far from us at these moments of sadness and trouble. A reassuring word, an embrace that makes us feel understood, a caress that makes us feel love, a prayer that makes us stronger... all these things express God's closeness through the consolation offered by our brothers and sisters.

Sometimes too, silence can be helpful, especially when we cannot find words in response to the questions of those who suffer. A lack of words, however, can be made up for by the compassion of a person who stays at our side, who loves us and who holds out a hand. It is not true that silence is an act of surrender; on the contrary, it is a moment of strength and love. Silence also belongs to our language of consolation, because it becomes a concrete way of sharing in the suffering of a brother or sister.

To Be Continued

Diocese & Other News

Spirituality of Stewardship:

Three Day Lenten Mission

With Father Daryl Befort from Wichita, Kansas. The Lenten Mission will focus on a Threefold Call of Discipleship: Deny Yourself, Take up Your Cross and Follow Christ.

Lenten Mission at All Saints Parish & St. Martha's Parish (355 Columbia Blvd W, Lethbridge) March 26 – 28. March 26, 2017 at 2:00pm to 3:30pm (Adoration and Confessions will be included); March 27 - 28, 2017 at 6:30pm to 8:00pm (Adoration and Confessions will be included)

Lenten Mission at St. Thomas More Parish (15 Templebow Road NE, Calgary) March 29 – 31.

March 29 - 30, 2017 at 6:30pm to 9:00pm (Holy Mass, Adoration and Confessions will be included); March 31, 2017 at 6:30pm to 9:00pm Day 3: Follow Christ (Stations of the Cross, Adoration and Confessions will be included). Contact: Eden D'Souza,

Stewardship Coordinator at 403-218-5520 or stewardship@calgarydiocese.ca.

The Euthanasia Deception

Mr. Alex Schadenberg, International Chairman of the Euthanasia Prevention Coalition, will speak on "The Euthanasia Deception". All welcome! A Free will offering will be accepted. Anything over and above expense coverage will go directly to the Euthanasia Prevention Coalition. Friday, March 31 at 8:00 pm: Holy Spirit Catholic Church, 10827 24th Street SW, Calgary. Saturday, April 1 at 1:00 pm: St. Luke's Catholic Church, 1566 Northmount Dr. NW, Calgary. Saturday, April 1 at 7:00 pm: The Prince of Peace Lutheran Church. 243209 Garden Rd NE, Calgary.

Parish Activities

Together in Action 2017

The 2017 "Together in Action" commences on the first Sunday of Lent (March 5). The theme this year is:

"Blessed are the merciful, for they will obtain MERCY." (Matthew 5:7)"

Our parish's target is \$22,607 as designated by the Diocese. This year's TIA is led by Pastoral Care Team. We plead for your generous support.

The sacrament of Reconciliation

The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent (March 29, April 5 and 12) from 7:30 – 8:30pm.

Exposition of the Blessed Sacrament on April 1

The April's Exposition of the Blessed Sacrament will be led by Don Bosco Alumni Association on April 1 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Pennies for Heaven Campaign

You are invited to join our Council Campaign for Pennies for Heaven.

Date: Palm Sunday, April 09, 2017

Time: 12:30p.m. – 4:30p.m.

Venue: OLPH Church Upper Hall

Program: Free Lunch

Movie "The Passion of the Christ"

with Chinese sub-title
Sharing (Chaplain/Deacons)
Campaign: Freewill donation "Pennies for Heaven" in Alberta
For details, please refer to the flyer.

Weekly Activities

Wed, Fri March 29, 31

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri March 31

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat April 1

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

Young Adults choir practice

Time: 5:00p.m.-7:00p.m.

Place: OLPH Lower Hall

Sun April 2

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Sunday School

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

Place: OLPH Church Office Building

Youth Choir

Time: 11:00a.m.-1:00p.m.

Place: OLPH Church Office Building

K of C Matteo Ricci 10119 meeting

Time: 12:30p.m.-3:00p.m

Place: OLPH Church K of C room

Let There Be Light

Divine call

"My Life for the Poor"-Mother Teresa
 He is the Life that I want to live,
 He is the Light that I want to radiate.
 He is the Way to the Father.
 He is the Love with which I want to love.
 He is the Joy that I want to share.
 He is the Peace that I want to sow.
 Jesus is Everything to me.
 Without Him, I can do nothing.
 I am nothing. He is all.
 I do nothing of my own. He does it.
 I am God's pencil.
 A tiny bit of pencil with which He writes what
 He likes.
 God writes through us,
 and however imperfect instruments we may
 be,
 He writes beautifully.

Stories Faith Sharing

God waiting for us as a Father

The boy walked along the ocean shore . . .
 trying not to stray.
 He looked up to his father saying, "Dad, I
 want to play."
 His father looked upon him, with love
 showing in his eyes.
 "Do what you want to, my son . . . but do not
 leave my side."
 "I would never leave you Daddy, I love you
 way too much."
 But the boy took a step away, out of his
 father's range of touch.
 He walked through the surf, the waves
 tickling one toe.
 "If I take one more step in . . ." he thought,
 "Father will never know."
 His father called out to him, "Son, remain
 close to me!"
 The boy thought . . . "At the moment I don't
 need you!"
 His father felt a sadness, but he held his
 tongue.
 Sometimes lessons need to be learned . . .
 even when so young.
 The boy stepped out a little further . . . the
 water covering his waist.
 His father spoke with urgency . . . "My son,
 come back to me," he said, "The day is
 almost done!"
 "Not yet, Dad," the boy yelled, "I'm having
 fun!"
 The boy did not have his father's insight . . .

so he could not yet tell, the tide was coming
 in fast . . .
 there would be no time to yell.
 "Father!" he tried to scream, as the water
 covered his head.
 "I need you now, Daddy!" was what the boy
 had said.
 And in a single instant his father was by his
 side.
 "I thought you left me, Daddy . . . I thought
 you went to hide."
 The father looked upon his son . . . a tear
 streaming down his cheek.
 The boy looked upon his father . . . and cried
 the sobs of the meek.
 "I would never leave you son . . . for I love
 you just the same."
 "I was only waiting . . . for you to call upon my
 name."

Read More Know More

The Reflection of Lent

At the beginning of Lent, which constitutes
 an itinerary of more intense spiritual training,
 the Liturgy sets before us again three
 penitential practices that are very dear to the
 biblical and Christian tradition – prayer,
 almsgiving, fasting – to prepare us to better
 celebrate Easter and thus experience God's
 power that, as we shall hear in the Paschal
 Vigil, "dispels all evil, washes guilt away,
 restores lost innocence, brings mourners joy,
 casts out hatred, brings us peace and
 humbles earthly pride" (Paschal Præconium).
 For this year's Lenten Message, I wish to
 focus my reflections especially on the value
 and meaning of fasting. Indeed, Lent recalls
 the forty days of our Lord's fasting in the
 desert, which He undertook before entering
 into His public ministry.
 In the New Testament, Jesus brings to light
 the profound motive for fasting, condemning
 the attitude of the Pharisees, who
 scrupulously observed the prescriptions of
 the law, but whose hearts were far from God.
 True fasting, as the divine Master repeats
 elsewhere, is rather to do the will of the
 Heavenly Father, who "sees in secret, and
 will reward you" (Mt 6,18). He Himself sets
 the example, answering Satan, at the end of
 the forty days spent in the desert that "man
 shall not live by bread alone, but by every
 word that proceeds from the mouth of God"
 (Mt 4,4). The true fast is thus directed to
 eating the "true food," which is to do the
 Father's will (cf. Jn 4,34).

May we be more alert in the custody of
 "our senses."

I am thinking especially of a greater
 commitment to prayer, lectio divina, recourse
 to the Sacrament of Reconciliation and
 active participation in the Eucharist,
 especially the Holy Sunday Mass. With this
 interior disposition, let us enter the
 penitential spirit of Lent. May the Blessed
 Virgin Mary, Causa nostrae laetitiae,
 accompany and support us in the effort to
 free our heart from slavery to sin, making it
 evermore a "living tabernacle of God."

主日分享

四旬期第四主日

信仰的代價

耶穌治好胎生的瞎子，一方面顯示出
 祂是世界的光，讓在黑暗中的人看到
 光明，另一方面此事象徵著洗禮帶來
 新的創造。創世紀記載天主用泥土造
 人，現在耶穌用唾沫和泥土抹在瞎子
 眼上，並派遣他到史羅亞池（有被派
 遣的意思）洗洗，瞎子便開始了新生
 命。故事亦顯示出信仰的歷程，瞎子
 從無到有，從黑暗到光明。最初他對
 耶穌的認識是膚淺的，祇知道他的名
 字叫耶穌，連祂住在那裡也不知道，
 但他卻為耶穌辯護，說祂是先知，並
 為祂而被逐出會堂。耶穌主動去找
 他，邀請他。他接受了說：“主啊，我
 信！”並跪下朝拜耶穌。這個信仰歷
 程，給我們幾點啟示：

（ I ）信仰要經得起痛苦的考驗：生來
 瞎眼是件痛苦的事，人人都會同情瞎
 眼的人。面對痛苦，人總喜歡問：“為甚
 麼？”門徒問是誰犯了罪，是基於猶
 太人相信痛苦是罪惡的結果。不過，
 問“為甚麼”不會帶來信仰，往往使
 人苦惱、不忿，甚至質問天主，挑戰
 天主的公義：“我那麼熱心，為甚麼年
 紀輕輕就患絕症？”“我犧牲那麼多時
 間服務教會，為甚麼偏偏生個弱智嬰
 孩？”倘若問題轉為“是甚麼？”便
 會帶領人進入逾越奧跡。在痛苦的事
 件中，天主的信息是甚麼？天主願意
 我做的是甚麼？問“為甚麼”是一個
 危機，多少人因此跌倒離開天主；問
 “是甚麼”是一個契機，導人進入深
 度的信仰生命。

(II) 在信仰歷程中，必須堅持真理，因為真理使人自由、明智、勇敢。法利塞人也看到瞎子被治好的奇跡，但不願承認真理，企圖用質問及恐嚇瞎子和他的父母，去推翻治愈瞎眼的事實。相反真理的人，不會獲得基督的信仰。瞎子堅持講真話，真理使他獲得最後勝利，使無知識的瞎子勝過有學問的法利塞人，真理帶領人到耶穌跟前。

(III) 信仰不離開經驗：信仰不是概念，也不是知識，否則有學問的人該有深厚的信仰。信仰該有內在的經驗印証，此經驗使人的信仰立於不敗之地，足以接受別人的挑戰。瞎子以經驗抗拒法利塞人的質問：“我祇知道一件事：我本來是個瞎子，現在卻能看見。”此經驗使法利塞人啞口無言，也使所有無神論者無話可說。

(IV) 信仰要付出代價：瞎子的父母不敢開罪當權的法利塞人，因為怕被逐出會堂，被視為罪人，不能再參加宗教及社交活動，故不敢為耶穌辯護。瞎子卻不怕犧牲，拒絕接受耶穌是個罪人，堅持耶穌來自天主：“這個人若不是來自天主，必無能為力。”結果他被逐出會堂，付出了信仰的代價。正因為如此，耶穌主動把自己顯示給他，使他把握到信仰：“你已經見到了他，現在和你說話的就是。”

在四旬期裡，我們除了反思自己的信仰外，更要為慕道者祈禱，使他們經得起痛苦的考驗，堅持真理，重視信仰經驗，並願意為信仰付出代價。

教宗及福傳祈禱意向

四月祈禱及傳教意向：

總意向：為青年

願青年能慷慨答覆天主的召叫，認真考慮以司鐸身份或奉獻生活來奉獻自己。

堂區活動

2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫人的人是有福的，因為他們要受憐憫。』瑪竇福音：第五章七節
本堂所須籌募的數目為教區指定的 22,607 元，今年公益金將由牧靈關愛

組負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，讓我們無私奉獻，活出信仰，攜手一起行動！

四月顯供聖體

永援聖母堂四月份的顯供聖體由鮑斯高同學會帶領，時間為四月一日上午十時至十一時。當天除了朝拜聖體外，阮神父將為教友聽告解。

請各位教友盡量參與！

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(

3月29、4月5及12日)晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

天上善糧

誠意邀請堂區教友及家人參加騎士會主辦活動。

日期：聖枝主日-四月九日

時間：12時30分-4時30分

地點：上禮堂

節目：午餐供應

電影-受難曲(中文字幕)

分享(神師/執事帶領)

慈善活動：自由奉獻，多謝支持垂省教區神職人員

詳情請參閱海報

活動一週

星期三、五 3月29, 31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

星期五 3月31日

四旬期苦路善功

早上8時30分

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1日

顯供聖體

時間：上午10時至11時

地點：永援聖母堂

聖母軍

時間：上午11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30分

地點：永援聖母堂下禮堂

瑜珈初班

時間上午11時30分至12時45分

地點：永援聖母堂上禮堂

成人慕道班(國語)

時間：下午3時至5時

地點：聖堂二樓騎士會室

四旬期苦路善功

時間：下午4時30分

大專青年團練習聖詩

時間：下午5時至7時

地點：永援聖母堂上禮堂

星期日 4月2日

成人慕道班(粵語及英語)

時間上午9時30分至12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，聖堂騎士會室

青年會練習聖詩

時間：上午11時至1時

地點：寫字樓大廈

利瑪竇騎士會 10119 開會

時間：下午12時30分至3時

地點：聖堂騎士會室

心靈小品

當我說我是基督徒時

—當我說我是基督徒時

我並不是在叫喊著“我是得救的”而是在低聲的說“我曾經迷失過。”

“所以我選擇了這條路”

—當我說我是基督徒時

並不是在說我高人一等

而是承認我一直在蹣跚而行

所以我需要一盞生命的明燈

—當我說我是基督徒時

並不是在顯示我很強壯

而是在承認自己的軟弱

並禱告尋求繼續前進的力量

—當我說我是基督徒時

我並不是在吹噓我的成功

而是承認自己的失敗

並且沒有能力償還所背負的債

—當我說我是基督徒時

我並不是在宣稱我是完美的

而是我生命中的瑕疵如此明顯

但天主相信我是有價值的
 一當我說我是基督徒時
 我還是會感到如針般的刺痛
 但這心痛有天父來分擔
 我將繼續尋求祂的面
 一當我說我是基督徒時
 我並不是在評價
 我沒有那樣的權柄
 我祇知道：我在被愛著！

靈修小故事

「若」

愛爾蘭的傳教士賈艾梅女士幼年蒙召，來到日本、中國、和印度傳福音。她原是體面人家的女兒，有一次在日本去探問一名臥病的老婦人。眼看著飢渴的心靈就快轉向救主了，這位日本老婦人忽然注意到傳教士手上的毛皮手套，因此不能再集中精神了。爲了這件事，賈艾梅回到家中，脫下英國衣裳，立志終身再也不讓如此芝麻小事耽誤了天國的大事。她在印度南邊傳福音有 53 年之久，一生祇爲回應一個呼召而活。她寫了許多書，其中一本書名就叫《若 (If)》，感動許多人。其中有一段寫到：

1. 若我不敢說真話，因爲恐怕因而失去別人對我的好感，或恐怕別人會說，「你不了解」，或怕損害我一向仁慈爲懷的好聲譽；若我把個人的聲譽看得比對方最大的好處更重，那我就還是絲毫不懂加爾瓦略山的愛。
2. 若我滿足於隨便的醫治了一個創傷，說著，「平安，平安了，」而實在沒有平安；若我忘記那句強烈的話，「愛裡不容許有虛假，」而把真理的利刃弄鈍，不說應講的話，祇講叫人舒服的話，那我就還是絲毫不懂加爾瓦略山的愛。
3. 若我不大了解祂的憐憫，(主轉過來看伯多祿)；若我不大了解祂對那真正謙卑痛悔者滿抱著希望的勇氣，(祂對他說：喂我的小孩) 那我就還是絲毫不懂加爾瓦略山的愛。
4. 若我會感到深深的受傷，當別人把一些我毫不知情的罪過推在我身上，而忘了我的完全無罪的救主走在這條路上一直走到底，那我就還是絲毫不懂加爾瓦略山的愛。

5. 若人的稱讚叫我得意，人的責備叫我頹喪；若我不能在被誤解中安息而不爲自己辯解；若我喜歡被愛多於付出愛，被服事多於服事，那我就還是絲毫不懂加爾瓦略山的愛。

6. 若我會寫一封無情的信，說一句無情的話，讓一個無情的思想侵入而不感覺羞慚與傷痛，那我就還是絲毫不懂加爾瓦略山的愛。

知多一點點

四旬期反思

在四旬期的開始，禮儀中再次要求我們實踐聖經及基督徒傳統所重視的三項補贖行爲：祈禱、施與、齋戒，爲預備自己更加善度復活節，進而體驗天主的能力，正如在復活前夕所誦唱的：「驅逐邪惡，滌除罪過，使墮落者痛心悔改，給憂苦者帶來喜樂，驅除仇恨，帶來和平，使世人的驕傲轉爲謙卑」(復活宣告)。耶穌以祈禱和齋戒來預備自己，好承擔在祂面前的使命，最值得注意的是，齋戒一開始，祂就先與試探祂的撒殫打了一場硬仗。

在新約中，耶穌說明禁食的深刻動機，祂譴責法利塞人的做法，因爲他們小心翼翼地遵守法律的規定，但他們的心卻遠離天主。我們的天主在其他地方一再重複表示，真正的齋戒是承行在天之父的旨意，祂「在暗中看見，必要報答你」(瑪六 18)。祂自己就是個好榜樣，在曠野裡四十天後，祂回答撒殫：「人生活不只靠餅，也靠天主口中所發的一切言語」(瑪四 4)。因此真正的齋戒是指吃「真正的食糧」，就是承行天父的旨意(參閱若四 34)。凡信者卻能藉著齋戒，讓自己謙卑地順服於天主，信賴祂的仁慈美善。親愛的弟兄姊妹，我們要更專務祈禱、勤讀經、常行和好聖事，積極參與感恩祭，特別是主日彌撒聖祭。讓我們懷著這樣的意向，以懺悔的精神進入四旬期。願至聖童貞聖母瑪利亞陪伴並支持我們，努力讓我們的心脫離罪惡的奴役，永遠成爲「生活的聖體龕」願大家的四旬期之旅**成果豐碩**。