

堂區通訊

卡城永援聖母堂
暨華人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵箱 olph@telus.net

堂區辦事處時間
星期二至星期五
上午 10 時至下午 4 時

主任司鐸

阮明聰神父

鄺維揚執事

林偉良執事

堂區牧民議會主席

何漢輝

Website 網址
www.mylolph.org



Bulletin

Our Lady of Perpetual Help
Catholic Church

400 Edmonton Trail N.E. Calgary, Alberta
Canada T2E 3S4

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

Parish Office Hours

Tuesday - Friday

10:00 am - 4:00 pm

Pastor

Fr. Joseph Nguyen

Deacon John Wu

Deacon Edward Lam

Parish Pastoral Council Chairman
Arthur Ho

March 18, 2018 二零一八年三月十八日

5th Sunday of Lent

四旬期第五主日

Last Sunday Collection

上主日奉獻

\$4,664.00



彌撒時間

主日彌撒

星期六 下午五時 國語主日提前彌撒

星期日上午八時三十分英語彌撒

上午十時英/粵語彌撒

上午十一時三十分中文彌撒

平日彌撒

星期一至星期六上午九時

公禱玫瑰經及敬禮聖母英語彌撒

星期二晚上 6 時 30 分

Mass Schedule

Sunday Mass

Saturday : 5:00 pm Mandarin mass

Sunday : 8:30 a.m. English Mass

10:00 a.m. Bi-lingual Mass (English and Chinese)

11:30 am Cantonese mass

Weekday Mass

Monday to Saturday 9:00 a.m.

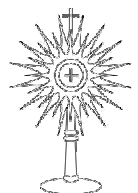
Tuesday 6:30 p.m.

Rosary and English Marian Devotion mass

Exposition of the Blessed Sacrament
1st Saturday of each month 10:00 a.m.

顯供聖體

每月首個星期六 上午十時



Theme Sharing



The 5th Sunday Of Lent

Today's gospel is a moving passage that recounts the spreading of Christian faith to the Gentiles. It tells us that it was the Greeks, not the Jews, who wished to see Jesus. The prospect of salvation is repeated in the second reading which says that Jesus, through his obedience in suffering and death, becomes the source of eternal salvation for all those who obey his teachings. The first reading proclaims a new covenant - a universal covenant - between God and all men: "All shall know me, from the least of them to the greatest". The universality of this new covenant is based on a close relationship with God, not confined to a particular race or nation. In this covenant, all geographical boundaries or barriers have been removed. Filled with God's love deep in their heart, all may get to know God and to embrace one another.

Jesus responded to the Greeks' request to see him by declaring that the hour had come for him to be glorified. Jesus promised everlasting life to those who believed in him; and he would be glorified with the spreading of faith to non-believers. Hence, evangelization and man's salvation through faith may contribute to his glory.

On the other hand, Jesus knew well that his hour of glory would also be the hour of his suffering. No doubt, his glory was attained through his Passion. And he so loved us that he gave up his life for our sake. Therefore, let our mind and heart be completely transformed so that we can truly be in communion with God and with our fellow brothers and sisters in Christ.

**REJOICE IN GOD'S MERCY:
MARCH 18: LENT V**

Holy Week Schedule 聖週禮儀時間表

March 25 3月25日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
March 29* 3月29日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Chinese Mass at 7:30 pm 中文彌撒在 晚上七時三十分舉行
March 30* 3月30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
March 31* 3月31日	Holy Saturday 聖週六 -Easter Vigil (復活慶典的夜間禮儀)	Bi-lingual Mass at 9:00 pm (Mandarin and Cantonese) 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 1 4月 1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 March 27 & April 3 at 7:00pm will be suspended
週二晚上 3月27日及4月3日晚上七時彌撒取消

A seed must die to produce new life. In dying to self we choose to trust and to exercise faith, hope and love. These virtues lead us into intimate contact with God and transform us into new life in the image of Christ.

Action: What can you do to die to self during this week of Lent? Which virtues will help you to glorify God in this way?

Diocese & Other News



MAN OF THE SHROUD EXHIBITION

St. Peter's Parish is honoured to present the "Man of the Shroud Exhibition", a collection of documentary museum boards and recreated artifacts of Christ's

Passion, including an actual-size photographic reproduction of the Shroud of Turin. **Keynote speakers: Fr. Andrew Dalton and Barrie Schwartz.** Date of exhibition: **March 23 - April 10, 2018, from 9 am – 9 pm.** Cost: Freewill Donation. Location: St. Peter's Roman Catholic Church (541 Silvergrove Dr. NW, Calgary). For more information, visit www.st-peters.ca

FEAST OF THE DIVINE MERCY

All are invited to join Bishop McGrattan and the Sisters of Divine Mercy for a beautiful grace-filled celebration of the Feast of The Divine Mercy, **April 8, beginning at 2:30 pm** with Eucharistic Adoration, confession, live inspirational music, and more. April 8, 2018 at **Holy Spirit Catholic**

Church (10827 - 24 Street SW, Calgary). Contact the Parish office at 403-251-3381.

Parish Activities



Breakfast Corner and Movie Afternoon

Date: **April 22, 2018 (Sunday)**

Place: OLPH Upper Hall

Sponsor: Catholic Family Fellowship (CFF)

After 8:30 am

mass: complimentary muffin and coffee

After 10:00 am & 11:30 am

mass: breakfast in Cantonese style, namely: congee with deep fried donuts and 2 pieces of lotus leaf wrapped Sticky rice.

Ticket is **\$5 each**, sale at Church main entrance.

Movie is free of charge. Join us in this event of food, socializing, and faith sharing.

Movie Afternoon: 1:00pm to 3:30pm. Movie Title: **St. Philip**

Neri - One of the most popular saints of all time, he was widely known for his great charity, deep prayer life and tremendous humour. The founder of the religious congregation, the Oratory, that worked specifically with the youth.

YAG Plantnrite

Come join YAG on **March 25th, 2018** for a fun night creating your own terrarium from **3:30pm to 8:00pm**. The cost is **\$15** per person which includes all materials for the terrarium. For more details please contact **Joyce Lam** or visit <http://olphyoungadults.weebly.com/>. Deadline to register is **March 21st**.

Divine Mercy Sunday, April 8

According to Guidelines for Divine Mercy Observances from Diocese, 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 entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: April 2 to April 8

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

Divine Mercy Sunday:

Date: **April 8, 2016**

Time **2:00 pm– 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



TIA 2018

“For where your treasure is, there your heart will be also.”
Luke 12,34

This is the slogan for **2018 TOGETHER IN ACTION**. At the start of Lent, the 2018 TIA starts. This year our target is \$23,480. We have always been blessed. Lent is time for sacrifice and loving care to our neighbors who are less blessed. So please be generous to support the TIA.

Weekly Activities



Wed, Fri March 21, 23

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri March 23

OLPH Scout

Time: 6:30 p.m.-9:30 p.m.

Place: Upper Hall & Lower Hall

Sat March 24

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga Class

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

Place: OLPH Church Upper Hall

R.C.I.A (Mandarin)

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

Place: OLPH Lower Hall

Young Adults Band practice

Time: 4:00 p.m.-6:00 p.m.

Place: OLPH Upper Hall

Young Adults Choir Practice

Time: 6:00 p.m.-8:00 p.m.

Place: OLPH Upper Hall

Sun March 25

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

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

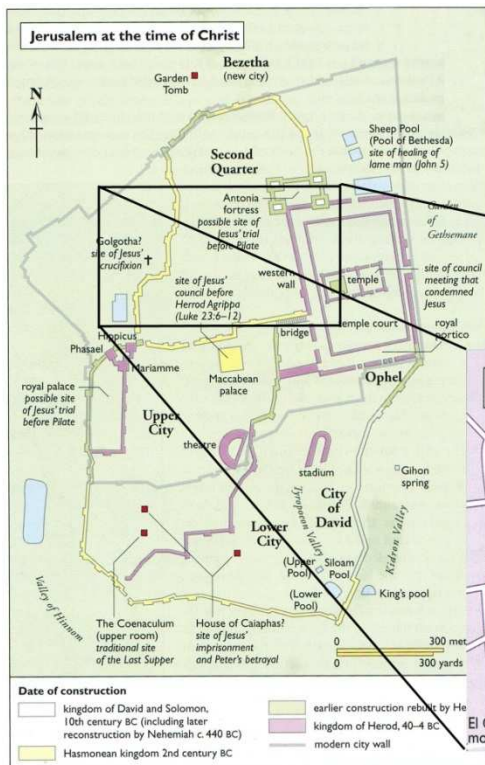
Place: OLPH Church Lower Hall

Sunday School

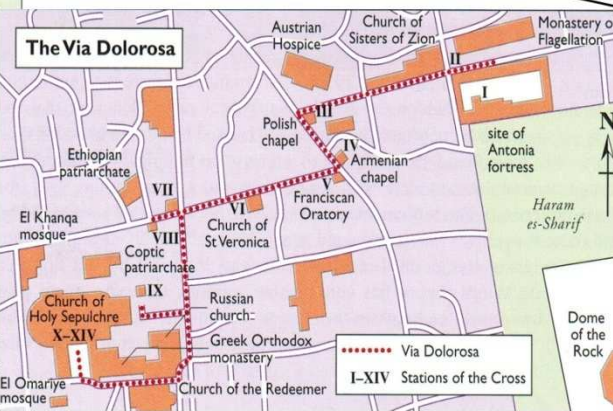
Time: 10:00 a.m.-12:30 p.m.

Place: OLPH Church Office Building

VIA DOLOROSA (Way of Sorrow) – Part 1/2



It is the traditional path Jesus took on the way to His Crucifixion at Calvary. According to ancient tradition, after our Lord's Resurrection; the Blessed Mother often gathered the disciples to walk the Way of the Cross, to commemorate her Son's Passion.



Station 1 - Jesus is condemned

Jesus was brought to trial before Pontius Pilate at a place called *praetorium* (court of law) within the ancient Antonia Fortress, which was built by Herod the Great to overlook and control the Temple in Jerusalem.

Even in present times, the roads are paved with stones, uneven and sometimes steep. We could easily imagine that in ancient times, Jesus' path would have been so much more difficult—especially so because he had suffered much in Gethsemane.



第一處：耶穌被判死刑 - 「比拉多對他們說：『他作了什麼惡事？』他們越發喊說：『釘他在十字架上！』比拉多願意滿足群眾，就給他們釋放了巴辣巴，把耶穌鞭打後，交給他們，釘在十字架上。」即使在今天，道路鋪設石塊，不均勻，還有陡峭，我們不難想像，耶穌行的路徑是非常困難。

Station 2 - Jesus takes up the cross John 19:1-3 gave the details, "Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, <<Hail, king of the Jews!>> And they slapped him in the face."

第二處：耶穌背十字架 - 苦路第二處位於希雍女兒修女院門口外面的拱門，今日大家稱這拱門為"Ecce Homo"拱門，因為傳統認為當年比拉多就在此拱門上，將帶茨冠、披著紅袍的耶穌，指示給外面的群眾說「看！這個人！」。



Station 3 – Jesus falls the first time Our Lord fell for the first time there, around the corner – not hard to imagine because he had suffered severely before this.
第三處：耶穌第一次跌倒 – 我們的主第一次在那裡摔倒 不難想像，因為在此之前他受到了嚴重的痛苦。



Station 4 – Jesus meets His Mother Station 4 is right next to Station 3. Here our Lord met His Mother and She was deeply grieved, like with a sword piecing Her heart.

第四處：耶穌與母親苦街相遇 - 聖母一直跟隨著他。傳統上相信，此地為耶穌與母親相遇的地方。

Station 5 - Simon of Cyrene helps Jesus carry the Cross

After Jesus was comforted by His Mother, only a short distance onward there was a sharp right turn where it would be very difficult for our Lord to maneuver with the heavy cross on His shoulder. There, the man Simon from Cyrene (in North Africa) was compelled by the Roman soldiers to carry the cross for Christ, see Mark 15:21

第五處：西滿幫助耶穌肩負十字架 - 我們的主很難用他肩上的十字架來迴旋。在那裡，來自基勒納人西滿被羅馬士兵強迫為基督肩負十字架，馬可福音 15:21。



Station 6 - Veronica wipes the face of Jesus Moving on, going uphill for about only eighty paces there is the place Veronica wiped the brow of Jesus Who left an impression of His face on her veil.



第六處：聖容印在帕上 - 聖婦 Veronica 小堂，紀念她為主耶穌拭擦聖容的英勇事蹟，她的勇氣得到了回報，耶穌將祂的聖容印在那塊布上。

Station 7 - Jesus falls a second time From the Station 6 towards Station 7, it is not that far away for some people. However, one can easily see why our Lord fell here a second time – the road had been going uphill in uneven steps of irregular heights, so they took a toll on our badly injured and exhausted Saviour.

第七處：耶穌第二次跌倒 - 從 6 處站到 7 處，對於一些人來說不是很遠。然而，可以很容易地看到為什麼我們的主第二次摔倒在這裡 - 一條不平而上坡的路。



Station 8 - Jesus consoles the daughters of Jerusalem

Luke 23:27-31. "Many women followed Jesus' path to the Calvary, and they lamented His excruciating sufferings. Here, knowing the future devastation of Jerusalem, it was our Lord who consoled the women of Jerusalem."

Station 8 is marked by a Latin cross carved into the stone wall, with the Greek word "NIKA" – meaning Victor. This station is getting closer to the Calvary, going further uphill.



第八處：耶穌勸慰耶路撒冷的婦女 - "耶路撒冷女子！你們不要哭我，但應哭你們自己及你們的子女。" 牆上的十字架下方的 NIKA 是希臘語“勝利”的意思，在此意寓耶穌最終的勝利。上面的 IC XC 是希臘語“耶穌基督”的縮寫。

ACKNOWLEDGEMENT: Special thanks to Peter LK Leung for his research and providing materials for this topic. Due to the limited space we can only use part of the materials provided.

主日分享



四旬期第五主日

本主日彌撒中的福音段落頗為感人，宣告也在外邦人當中傳佈基督的信仰。聖使若望述說，有些希臘人上來過節。他們一定是些虔誠的人，被猶太人崇敬唯一天主的信仰所吸引，並且聽人說到耶穌，現在渴望拜見祂。他們來到十二位門徒之一的斐理伯前，這些希臘人請求斐理伯說：“先生！我們願拜見耶穌。”

第一篇讀經宣佈訂立新盟約，一個普世盟約，因為天主說：“不論大小，人人都必認識我。”這篇讀經為我們顯示了這是天主的計畫。在以色列子民歷史上最可怕的時刻，屢次出現反叛，招致災難臨頭（聖殿被摧毀，耶路撒冷被攻佔和流亡），上主放棄了同以色列結的盟約的計畫，宣佈同它訂立新盟約，比西奈山的盟約還要美很多。上主說：“看，時日將到，我必要與以色列家和猶太人訂立新約。”

第二篇讀經取自希伯來人書信，為我們揭示了耶穌面臨祂的苦難的態度。祂處在一個死亡逼近的極度焦慮的狀況，向天主獻上祈禱和懇求。耶穌不僅祈禱，也大聲哀號和哭泣：“以大聲哀號和眼淚”向天主獻上祈禱和懇求。祂不僅在這一極端痛苦的時候這樣做，也在十字架上同樣做了，祂大喊一聲，就斷了氣。

耶穌的苦難是項卓越事件，改變了人的信仰處境，並且是個愛的事件：耶穌愛我們竟然為我們獻出自己的性命。祂的愛是普世性的，願意徹底改變我們的思想和我們的內心，使我們切實同天主同我們的一切兄弟共融。

節錄自梵蒂岡廣播電台講稿

堂區活動



早餐交流會及電影欣賞

日期: 2018年4月22日(星期日)

地點: 永援聖母堂上禮堂

贊助善會: 公教家庭協會

早餐交流會 - 早上十時, 十一時三十分彌撒後有早餐供應, 八時三十分彌撒後有免費 coffee 及 muffin 招待。

早餐包括: 燒豬骨粥及切粒炸油條, 珍珠糯米雞 2 隻。

早餐券每位 5 元, 可於各主日在教堂正門入口購票。

聚會將包括以上美食、生活交談及信仰分享

電影欣賞 - 下午 1 時至 3 時 30 (免費觀賞)

片名: 窮小孩的天堂--

描述“喜樂聖人”聖內利關懷及幫助流浪貧苦的孩子及他成立祈禱會所的經歷。

YAG Plantnite

大專青年團將於三月二十五日下午三點半至晚上八時舉行 Plantnite, 製作瓶中森林。費用 每位 \$15, 包括所有工具, 植物。有興趣參加者, 請聯絡 Joyce Lam 或到 YAG 網站

<http://olphyoungadults.weebly.com/>

報名。報名截止日期 3 月 21 日。

神聖慈悲瞻禮四月八日

本堂誦念慈悲串經的日期將從四月二日(星期一)至四月八日(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入口處拿取。並於四月八日(星期日)下午二時至下午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。

教區公益

金 2018

主說: 「你們的寶藏在那裡,

你們的心也必在那裡」這是本年度教區公益金的口號。關愛貧窮弱少的社群是我們教徒一貫的使命, 亦是見證分享我們的寶藏。



今年教區公益金在本主日正式展開, 本堂分擔的數目為\$23,480。教區公益金自 1992 成立至今, 本堂兄弟姊妹都為善不後人, 今年請繼續踴躍支持, 並向本地及國內外有需要的團體給予援助。

活動一週



星期三、五 3 月 21, 23 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 23 日

永援聖母堂童軍

時間: 晚上 6 時 30 分至 9 時 30 分

地點: 永援聖母堂上禮堂及下禮堂

星期六 3 月 24 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間: 上午 9 時 45 分 (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: 永援聖母堂下禮堂

大專青年團樂隊練習

時間: 下午 4 時至 6 時

地點: 永援聖母堂上禮堂

大專青年團練習聖詩

時間: 下午 6 時至 8 時

地點: 永援聖母堂上禮堂

星期日 3 月 25 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: 聖堂二樓騎士會室



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Goretta Law 羅蕭定端

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新亞洲廣場地下125室 #125 - 1623 Centre Street NW Calgary
電話: 403-277-8018 六天營業 11am - 6pm (逢星期二休息)

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#101-3400 14 Street NW Calgary
T2K 1H9

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Church Groups 堂區善會

松柏軒 Senior Centre
牧靈關愛組 Pastoral Care Team
聖母會 Queen of China Club
聖母軍 Legion of Mary
公教家庭協會 Catholic Family Fellowship
信仰小團體 Faith Sharing Group
利瑪竇騎士會 Knights of Columbus
鮑思高同學會 Don Bosco
成人慕道班 Adult Catechism Class
主日學 Sunday School
青少年團 Youth Group
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