

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

電子郵件 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.myolph.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

November 25, 2018 二零一八年十一月二十五日

Christ the King

基督君王節

Last Sunday Collection

上主日奉獻

\$3,550.20



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.

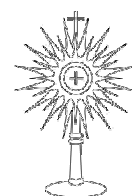
Tuesday 6:30 p.m.

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



Feast of Christ the King

I am the Alpha and the Omega

Today is the last Sunday of the liturgical year and we celebrate the Feast of Christ the King. All three readings of today touch on the Kingship of Christ. In the first reading, Daniel foresees in a night vision the coming of the Son of Man receiving dominion, glory and kingship from the Heavenly Father. The second reading, from the Book of Revelation, acknowledges that Christ is King and Ruler of all.

In today's gospel, Jesus appears in a state of shame and humiliation before the Roman authorities. He has been arrested, flogged, insulted, cursed and brought before Pilate as if he is a political prisoner, a self-styled Jewish king. "Are you the King of the Jews?" asks Pilate, to which Jesus replies emphatically:

"My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jewish authorities. But as it is, my kingdom is not from here."

Amazed at Jesus' answer, Pilate remarks: "So you are a king?" Well, Jesus Christ is indeed a King, but not an ordinary king. Thereupon, Jesus affirms to Pilate that he is King; and he goes on to say, "For

this I was born, and for this I came into the world, to testify to the truth." Undoubtedly, Jesus is talking about something more than mere scientific truth. It is the Truth about God, revealed to us throughout the human history as an all-loving God.

Diocese & Other News



WELCOME TWO NEW PERMANENT DEACONS

We have two new deacons! Let us welcome Deacon Dale Laing from St. Thomas More, and Deacon Joseph Gingco from St. Albert the Great, ordained as Permanent Deacons by Bishop McGrattan on Saturday, Nov. 17, 2018. May God bless them each step of the way in their new ministry.

CHRISTMAS GIFT CARD APPEAL

At Feed the Hungry's 5th Annual Christmas Dinner, we invite you to please give our 500+ guests a \$10 gift card to a fast food restaurant. Last year, your generosity gave 600 guests a meal. Your gift or money (for us to shop for you) can be dropped off at St. Mary's Cathedral Hall (Sundays only) or the Catholic Pastoral Centre (business hours) by Friday, Dec. 7. Once again, thank you for your generosity to help us make their Christmas Dinner special. For more information, contact Sartre at feedthehungry@calgarydiocese.ca

GrACE (GRATEFUL ADVOCATES FOR CATHOLIC EDUCATION) SOCIAL MEDIA has launched its Facebook and Twitter. Please share, like and comment as a way to spread the message of Catholic education in our province. Facebook: facebook.com/GrACE4cathed Twitter: twitter.com/@GrACE57709781

ADVENT RETREAT WITH BISHOP EMERITUS FREDERICK HENRY

You are invited to an Advent Retreat with Bishop Emeritus Henry at the Mount St. Francis Retreat Centre (41160 Retreat Road, Cochrane, AB). When: Weekend of Dec. 7-9, begins with supper on Friday at 7 pm. Cost is \$195 including overnight stay for two nights and meals. To register, contact Linda Nicol at lindamnicol50@gmail.com

Parish Activities



Exposition of the Blessed Sacrament on December 1

The December's Exposition of the Blessed Sacrament will be led by Parish Pastoral Council on December 1 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Light up for Christmas

To celebrate the start of a new liturgical year and the Christmas Season, our Church will hold a Light up for Christmas Ceremony on the first Tuesday in December (**Dec 4**), after the 6:30pm Marian mass. Parishioners, friends and families are cordially invited to come out to help celebrate this happy occasion.

2018 Youth and Young Adults Advent Retreat

The theme for this retreat is: **"T.A.G. You're It! "**

Youth Group and Young Adults Group will be having a joint advent retreat.

Come join us in learning how to Trust in God, take Action in our faith and having Gratitude for God's gifts. Our special guests will be Deacon **Troy Nguyen and Fr. Bill**. All parishioners in **Grade 6 to university are welcome to join!** For details and registration please contact Youth Group or Young

Adults Group representatives.

Date: **Saturday December 8, 2018**

Time: 5:00pm- 9:30pm

Location: **FCJ Centre**

Cost: \$10 per person (Dinner included)

Mission Mexico

Day(December 9)



On December 8-9 we will take up a special collection. Mission Mexico is an outreach project to marginalized mountain communities in southern Mexico. We are asking every parishioner in the diocese to support this missionary outreach.

TIA 2018

"For where your treasure is, there your heart will be also."

*United in Faith,
Together in Action*
2018 Annual Bishop's Appeal

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. As of September 1, 2018, our campaign has received a total of \$31,050.00. We plead for your ongoing support

Weekly Activities



Wed, Fri Nov 28, 30

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLP Church Upper Hall

Fri Nov 30

OLPH Scout

Time: 7:00 pm - 8:30 pm

Place: OLP Church Upper/Lower Hall

Sat Dec 1

Exposition of the Blessed Sacrament

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

Place: OLP Church

Legion of Mary (meeting)

Time: 11:00 a.m.

Place: OLP Church K of C room
Tai Chi Lesson

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

Place: OLP Church Lower Hall

Yoga Class

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

Place: OLP Church Upper Hall

R.C.I.A (Mandarin)

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

Place: OLP Lower Hall

Young Adults Band practice

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

Place: OLP Upper Hall

Young Adults Choir practice

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

Place: OLP Upper Hall

Sun Dec 2

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

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

Place: OLP Church Lower Hall

Sunday School

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

Place: OLP Church Office Building

K of C Matteo Ricci 10119 meeting

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

Place: OLP Church K of C room

Spill



A business man was rushing down the street because he was late for a meeting. It was a really important one and he wanted to make it there on time. It was at the moment that this other man bumped into him and made him spill all of his coffee all over his brand new suit. Now, not only was he late for this important meeting but he was also covered in coffee. He was totally furious, frustrated and angry, but what could he do?

Now, if we ask this simple question: **Why did he spill the coffee?** The

obvious answer is because someone walked into him, someone who wasn't paying attention bumped into him. And that's the wrong answer.

The real answer is, he spilled coffee because that's what is in his cup.

If he has tea in his cup, he would've spilt tea. If he had orange juice in his cup, he would've spilt orange juice. If he had water in his cup, he would've spilt water. Whatever is inside our cup is what will spill out.

When life will come and shake us, rattle us or push us which is inevitable. It's what we're holding onto or what's inside of us that spills over. And when that happens, what comes out could be anger, frustration pressure or stress. Or it could be forgiveness, joy and empathy.

So, we have to ask ourselves, what's in our cup?

When life gets tough what spills over? Is it gratitude, healing, kindness and compassion or is it negativity, toxic feelings and beliefs and pain?

When things are going smoothly we're not even aware of what we're holding onto or what's inside of us. Sometimes we don't even recognize or identify something until we're shaken. Until something negative happens.

Today, let's be proactive. Let's start by filling our cups with forgiveness, kindness and empathy.

So when we're shaken, that's what will come out.

<https://www.facebook.com/JaySheetyIW/videos/before-you-get-frustrated-watch-this/2192984584345182/>

Mission Mexico

墨西哥傳教日

**“ A loonie a week
is all it takes to
change lives.”**

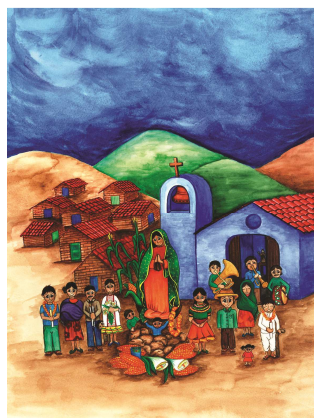
History of Mission Mexico

The year was 2000 – the dawning of a new millennium. Pope John Paul II declared it a Jubilee Year. At St. Mary's Parish in Cochrane, Alberta, Fr. Fred Monk proposed a Jubilee Project. Girls in a remote village of the mountains of southern Mexico, known as La Montaña, needed an orphanage, operated by the Sisters of Immaculate Mary in Tlapa, Guerrero. If every parishioner would give one loonie per week, St. Mary's could raise the required \$100,000.

Following that success, Fr. Fred travelled to Mexico to look over the completed project. At that time, he visited throughout La Montaña with Alejo Castro, Bishop of the Diocese of Tlapa. Bishop Alejo took Fr. Fred to many of the truly poor villages in his diocese and instilled in Fr. Fred – and by extension, in us here at St. Mary's, and ultimately throughout our own diocese – a vision for partnering with these folks who are the poorest of the poor to affirm hope and dignity in their imago of God. Thus was born Mission Mexico, now an official outreach of the Diocese of Southern Alberta.

Through the early, formative years of Mission Mexico, Leslie Davies of St. Mary's Parish was the full-time on-site representative. Mission Mexico has funded micro-economic projects, thereby encouraging agricultural and small-business initiatives, adult literacy programs, construction of a high school with student accommodations, and student bursaries for young people who would not otherwise have the opportunity to pursue a higher education. As well, Mission Mexico has helped with post-hurricane disaster relief and human rights issues.

In 2017, Fr. Fred Monk retired from active ministry and Mission Mexico became the responsibility of Mission Council (Diocese of Calgary) under the direction of Sr. Rita Kim. Mike MacDonald continues to be employed as Mission Mexico's on-site coordinator in Mexico.



Fr. Fred Monk

墨西哥傳教日的歷史

2000 年之際，教皇約翰保羅二世（Pope John Paul II）宣布這是一個慶典之年。遠在千里之外的亞省 Cochrane 聖瑪麗聖堂，神父 Fred Monk 提出了一個紀念項目。為墨西哥南部 LaMontana 一個偏遠村莊的女孩們，提供一個孤兒院，由 the Sisters of Immaculate Mary in Tlapa, Guerrero 管理。構思中如果每個教友每週給一個加元，聖瑪麗可以籌集所需的 10 萬美元。

之後，Fr. Fred 前往墨西哥與 LaMontana 的主教 Alejo 觀察完成的工程。主教帶 Fr. Fred 到他的教區去看那真正貧窮的村莊。最後 Fr. Fred 在他自己的教區和這些窮人合作，使他們在主之前活得更更有希望和尊嚴。由此而誕生了墨西哥傳教日，現在更是南亞省教區的外展。

在墨西哥傳教日的早期，項目有鼓勵農業和小企業計劃，成人教育計劃，建設一所有學生住宿的高中，以及為那些本來沒有機會接受高等教育的年輕人提供學生助學金。同樣，墨西哥代表團也幫助解決了颶風後的救災和人權問題。

2017 年，Fr. Fred Monk 退休下來，墨西哥傳教日便在 Sr. Rita Kim 的帶領下由卡城教區 Mission Council 負責。

<http://www.missionmexico.com/history>

聖經是什麼

「人生活不只靠餅，而也靠天主口中所發的一切言語」。

瑪竇福音 4:4

聖經 一天主願意及主動地與人交往的渠道

「在天之父藉著聖經慈愛地與自己的子女們相會，並同他們交談」——我們的神願意及主動地與人交往。

聖經是一部由天主親自默感 — 稱為「天主的書」，並由聖作者寫成 — 「人的書」，並由教會保管詮釋 — 「教會的書」。

全集經卷經過一千四百餘年，不同的地方、不同的時代、不同的環境，在猶太人中及在基督徒中逐漸寫成的經卷，這些經卷無論是猶太人或基督徒，都視為神聖的經典。

聖經

中文之意：神聖的經典，因為它能使人成聖。經：是信仰和道德的大經，是立身處世之道（若望福音 5:39）。

Biblia:

出自希臘文，意謂「書」。以此字指稱「聖經」，其用意是一切書籍祇有聖經堪稱得上為書。此字原身為複數，凡是書籍頁數必多。西方文字，皆由拉丁音譯，化為單數(The Bible)，指 73 卷由不同年代、作者所寫成的聖經。

Scripture: (Scriptura):

拉丁文，有文字或著作之意，亦指全部聖經。希臘文稱之為 *graphe*，有「寫下證據」之意，即寫下了不可改。

新舊約最長及最短的一卷：

新約最長的一卷宗徒大事錄 28章 最短的一卷若望二書 (13節)

舊約最長的一卷：依撒意亞66章（聖詠150篇）最短的一卷 亞北底亞 (21節)

章節之分：當初聖經作者寫聖經時，並未分章節。

現行的章節是後人為了易讀，便於引用而加以編製的。

分章：始於1228年的史蒂芬朗頓Stephen Langton最初他於巴黎擔任神學講師，後升為樞機主教，主要為了方便翻查。當時也有其他人以不同形式編章號，但後世較多採納史蒂芬·朗頓的方式，包括十四世紀的 *Wycliffe's Bible*。史蒂芬·朗頓的章號，差不多與今天的章號相同。

分節：1528年道明會會士巴尼尼 *Santi Pagnini* 為第一人，但只限於舊約正經，其它的舊約和新約部份始於巴黎印刷所的羅伯史蒂芬 *Robert Stephens*，時為1551年。

無章只有節

舊約：亞北底亞 21節

新約：若望二書 13 節；若望三書 14 節；
費肋孟書 25 節；猶達書 25 節

New Testament 和 Old Testament -是新、舊「約」還是「遺詔」？

「聖約」，指主耶穌出生前，神與人立的「約」(covenant)，並寫在「約書」(the book of the covenant) 上 ([列王紀下 23:2-3](#))。聖保祿也用「約」形容舊約時代的律法書，例如在 [格林多後書 3:14](#)，他說過：「在讀舊約時」。

英文的 New Testament 和 Old Testament，為什麼不叫 New Covenant 和 Old Covenant 呢？

耶穌在最後晚餐時與門徒立約 (瑪竇福音 26:28)，「因為這是我的血，新約的血，為大眾傾流，以赦免罪過。」這個「約」字，原文是 *διαθήκη* (diatheke)，早在四世紀出版的「拉丁通俗譯本」(The Vulgate)，便把這個希臘字翻譯成拉丁字 *testamentum*，於是拉丁文《新約》聖經便稱為 *Novum Testamentum* 了。這個希臘字本意可以指雙方、雙向的「約」，也可以指單方、單向的「遺囑」；但拉丁文 *testamentum* 原意只有「遺囑」。

這字應解作「約」，而不是「遺囑」。在十七世紀，這節經文中，這個字譯為 *testament*，但十九世紀的譯本改為 *covenant*，令意思更清晰。

資料來源：<https://www.translatebible.com>

主日分享



基督普世君王

本主日是禮儀年的最後一個主日，教會邀請我們慶祝基督普世君王節。今天的三篇讀經都向我們講到這個王國。第一篇是達尼爾先知的預言，他在一個夜晚的視像看到一個相似人子者，在從天主父接受一切權柄。第二篇讀經是末世錄，承認基督為王，統治一切。

在福音片斷中，耶穌處於被屈辱的狀態，祂在羅馬政權前受到指控。祂被逮捕，捆綁，侮辱，指責，祂的敵人將祂押到比拉多前，如同一個政治犯，如同一個自稱的猶太王。比拉多質問耶穌：“你是猶太人的王嗎？”耶穌肯定地回答比拉多：“我的國不屬於這個世界，假使我的國屬於這個世界，我的臣民早已反抗了，使我不致於被交給猶太人；但是，我的國不屬於這個世界”。

比拉多很驚訝耶穌的話，就作結說：“那麼你就是王了？”。這是另外一種類型的王，但是無論如何是王。耶穌肯定的說：“你說的是，我是君王”。祂對比拉多說：“我為此而生，為此而來到世界上，為給真理作證”。很顯然，這裏耶穌指的是天主的真理；祂不是指某種科學真理，而是一個更加深刻的真理，天主的真理：事實上是一個愛的啟示的真理。

錄自梵蒂岡電台

堂區活動



十二月顯供聖體

永援聖母堂十二月份的顯供聖體由堂區牧民議會帶領，時間為十二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！

聖誕亮燈儀式

為慶祝將臨期及剛踏入新的禮儀年，本堂將在十二月第一個星期二，即十二月四日晚上六時三十分敬禮永援聖母英語彌撒後舉行亮燈儀式。請各教友熱烈支持參加這個慶典。

2018 青年會及大專青年將臨期退省

誠邀就讀六年級至大專青年參加，學習如何信靠天主，如何活出信仰及事事感恩。特別邀請 **Deacon Troy Nguyen** 主講及 **Fr. Bill** 辦理修和聖事。詳情及報名，請與青年會或大專青年組代表聯絡

主題：**“T.A.G, You're It!”**

日期：**2018 年 12 月 8 日**星期六

時間：下午五時至九時三十分

地點：**FCJ 中心**

費用：每人\$10（包括晚餐）

墨西哥傳教日(十二月九日)

在我們的墨西哥傳計劃中，從我們教區每一位教友的捐獻，我們就可以在墨西哥的一個受貧窮折磨的社區，令到文盲、體弱的人，得到適當的醫療照顧及牙齒醫護。為繼續此一重要的福傳工作。請在十二月八日和九日捐出你的一分力吧！

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。

今年教區公益金本堂分擔的數目為



\$23,480。截至 9 月 1 日，捐款已累積至 31,050.00 元。

懇請各位教友繼續支持，慷慨解囊！

活動一週



星期五 11 月 28, 30 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 11 月 30 日

永援聖母堂童軍

時間：下午 7 時至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 12 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(聖母軍聖母無玷聖心支團)

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 12 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 時至下午 12 時 30 分

地點：聖堂二樓及聖堂騎士會室

利瑪竇騎士會 10119

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

Thank you for your sponsorship! 謝謝你的贊助!

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- 亞省教育部認可國語(繁體字/簡體字班) 粵語課程: 設幼稚園、小學、初中各級、高中G10至G12 (即 CH10, CH20, CH30) 及高中 (老師指導獨立研習) 課程, 每級5個學分, 共可獲十五學分, 幫助學生申請入讀大學及申請獎學金
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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

Nov. 25, 2018 | SOLEMNITY OF OUR LORD JESUS CHRIST, KING OF THE UNIVERSE

WELCOME TWO NEW PERMANENT DEACONS

We have two new deacons! Let us welcome Deacon Dale Laing from St. Thomas More, and Deacon Joseph Gingco from St. Albert the Great, ordained as Permanent Deacons by Bishop McGrattan on Saturday, Nov. 17, 2018. May God bless them each step of the way in their new ministry.

CHRISTMAS GIFT CARD APPEAL

At Feed the Hungry's 5th Annual Christmas Dinner, we invite you to please give our 500+ guests a \$10 gift card to a fast food restaurant. Last year, your generosity gave 600 guests a meal. Your gift or money (for us to shop for you) can be dropped off at St. Mary's Cathedral Hall (Sundays only) or the Catholic Pastoral Centre (business hours) **by Friday, Dec. 7**. Once again, thank you for your generosity to help us make their Christmas Dinner special. For more information, contact Sartre at feedthehungry@calgarydiocese.ca

EMPLOYMENT OPPORTUNITY: CASEWORKER FOR ELIZABETH HOUSE

The Diocese of Calgary invites applications for the role of Caseworker at Elizabeth House. Elizabeth House is a life-skills program and family-oriented home, which welcomes at-risk pregnant and parenting women who need a safe place to live. The successful candidate must have a post-secondary degree in Social Work & Youth Care Counselling or comparable working experience. For more information about this position, qualifications and application details, visit: <http://careers.calgarydiocese.ca>

2019 COLDEST NIGHT OF THE YEAR

The Diocese is proud to be the host partner for Coldest Night of the Year (CNOY) in Downtown for the sixth year in a row. Mark your calendars to join us on **Saturday, Feb. 23, 2019**. The Diocese will raise funds for Feed the Hungry and KAIROS Calgary will fundraise to pay the mortgage on Bankview Apartments for families and individuals. The website is now open for registration. The first 100 people across Canada to raise \$500 will get a free hoodie. Visit www.cnoy.org/calgarydowntown for more info.

CHRISTMAS AT ELIZABETH HOUSE

Christmas is a very difficult time of year for the young women at Elizabeth House who may not have family to turn to, nor the funds to provide their child's first Christmas gift. We are seeking support from you, your family or your parish to fill a stocking and leave some gifts under the tree for a single mom and baby in need. A family wish list will be provided to you. Please contact Michelle Haywood, Program Coordinator at michelle.haywood@calgarydiocese.ca

TEAM LEADS WANTED FOR 2019 OUTDOOR WAY OF THE CROSS

| Save the date for the 36th Outdoor Way of the Cross, **April 19, 2019** at St Mary's Cathedral. We are currently looking for Team Leads for the various volunteer positions. Contact Marilou at 403-218-5519 | marilou.legeyt@calgarydiocese.ca

EMPLOYMENT OPPORTUNITY: COLLEGIAL JUDGE & CANONICAL SERVICES ASSOCIATE

The Catholic Pastoral Centre is seeking a candidate to fill the position of Collegial Judge and Canonical Services Associate. The individual will participate with a college of Judges in the diocesan ecclesiastical court, adjudicating petitions for declaration of marriage nullity and other matters brought before the tribunal according to canonical laws. For more information about these positions, qualifications and application details see the Diocesan website at <http://careers.calgarydiocese.ca>

MISSION MEXICO | DEC. 12

Dec. 12 (Feast of Our Lady of Guadalupe) is designated as "Mission Mexico Day" in the Diocese of Calgary. For nineteen years the people of our diocese have given their support and showed their faith by sharing the struggles of their brothers and sisters in southern Mexico. You may give your financial donation in your parish's second collection on **Dec. 8/9** or at participating Catholic schools on **Dec. 12**.

GrACE (GRATEFUL ADVOCATES FOR CATHOLIC EDUCATION) SOCIAL MEDIA has launched its Facebook and Twitter. Please share, like and comment as a way to spread the message of Catholic education in our province.

Facebook: facebook.com/GrACE4cathed
Twitter: [@GrACE57709781](https://twitter.com/@GrACE57709781)

ADVENT RETREAT WITH BISHOP EMERITUS FREDERICK HENRY

You are invited to an Advent Retreat with Bishop Emeritus Henry at the Mount St. Francis Retreat Centre (41160 Retreat Road, Cochrane, AB). When: **Weekend of Dec. 7-9**, begins with supper on Friday at 7 pm. Cost is \$195 including overnight stay for two nights and meals. To register, contact Linda Nicol at lindamnicol50@gmail.com

ADVENT RENEWAL CHALLENGE

St. Paul's Church in Airdrie (1305 Main Street) welcomes everyone to four evenings to prepare during Advent to celebrate the birth of our saviour, Jesus. Let's put Christ back into Christmas! When:

Wed., Nov. 29 at 7:30pm – "Why do we need Advent";
Wed., Dec 5 at 7 pm – "Is Jesus Really Coming Back";
Mon., Dec 10 at 7 pm – "Do I Know the Way";
Mon., Dec 17 at 7 pm – "Emmanuel: What is That?"
Refreshments will be provided.

ADVENT RETREAT | SISTERS OF DIVINE MERCY

The Sisters of Divine Mercy invite you to enter into Sacred Silence in which God speaks to the heart. Retreat includes: confession, Mass, Conference, Adoration, Silent Prayer and Meditation (Lectio Divina). When: **Saturday, Dec. 15** at 10:30 am to 4 pm at the Divine Mercy Centre (15206 Township Rd. 262, Calgary T3P-1A7). For more information contact 587-755-1019 | www.sistersofdivinemeracy.org

LIVING NATIVITY AT ST. JAMES IN OKOTOKS

As we prepare for Christmas this year, join St. James Parish and other local Christian denominations in walking through the Town of Bethlehem. Meet the Holy Family in live replica of the Christmas Nativity including live music, actors and animals. The Living Nativity will take place on **Saturday, Dec. 15, 2018** from 4 to 8 pm, outdoors in the field next to the St. James Church parking lot (338060 32 St. East, Okotoks). Admission is free. Donations will be gratefully accepted and given to local charities. There will be refreshments available for \$5 per person in the church hall. We hope to see you there!

DIOCESAN CALENDAR

An online calendar featuring events organized by the Pastoral Centre, Parishes and Lay Associations of the Diocese of Calgary is now available at: <http://news.calgarydiocese.ca> (scroll down, right after the NEWS section)

RISE UP 2018 - NATIONAL CATHOLIC YOUNG ADULT CONFERENCE

Rise Up is a conference for young adults (aged 18-35) hosted by Catholic Christian Outreach. Ignite your faith over the Christmas break. This is CCO's 30th anniversary in Calgary. When: **Dec. 28, 2018 to Jan. 1, 2019**. Where: Hyatt Regency, Calgary. For specific questions regarding registration, contact the event team | riseup@cco.ca

TOUR THE MAPLE

Calgary Homeless Foundation, with RESOLVE and HomeSpace Society, invites you to tour **The Maple**, a new permanent supportive housing development. When: **Tuesday, Dec. 18** at 1 pm to 2:30 pm. Where: The Maple, 719- 5 St. NE, Calgary.

PASTORAL CHANT CONFERENCE AT ST. MEINRAD ARCHABBEY

Come and learn English Chant for the Novus Ordo parish liturgy. This conference is for the parish choirmaster, cantor and singer. Experience chant as full, conscious, and active participation in the sacred liturgy, and learn how to integrate it into your parish's liturgical life. When: **Feb. 4 - 9, 2019**. Where: St. Meinrad Archabbey, a Benedictine monastery, in St. Meinrad Indiana. For more information, visit: <http://chantschool.org/wcc19/>

FEED THE HUNGRY

Feed the Hungry provides Calgarians experiencing poverty and marginalization with a family-style sit down dinner in a friendly atmosphere of safety and respect. Each Sunday, Feed the Hungry provides a four course meal to approximately 500 guests. Each dinner requires 100 volunteers over the course of the weekend to prepare, cook, serve, greet and cleanup. By interacting one-on-one with guests, each volunteer has an opportunity to truly learn from their neighbours and share in their experiences. To learn how you can support Feed the Hungry (financially or as a volunteer), contact Sartre at 403-218-5532.

ADVENT AND CHRISTMAS CAROL SINGING AT ST. JOSEPH'S CHURCH, CALGARY

Come and join us at St. Joseph's church for an evening of Advent/Christmas carols and some good cheer! When: **Saturday, Dec. 15 at 7 pm** at St. Joseph's Church Parish Hall (640 19 Ave NW, Calgary). Enjoy home-baked goodies and hot chocolate. Donations will be accepted for which will help support our community events and programs (e.g. Alpha Program). All are welcome!