

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

December 2, 2018 二零一八年十二月二日

1st Sunday of Advent

將臨期第一主日

Last Sunday Collection

上主日奉獻

\$3,400.00



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.

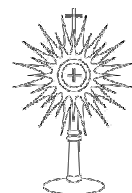
Tuesday 6:30 p.m.

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



First Sunday of Advent



Today marks the start of the Season of Advent. This is the time for us to prepare for Our Lord to come to our midst. It is also the time for us to get ready for the Second (and Final) Coming of Christ.

Whereas in the first reading Jeremiah foretells the birth of Jesus, the other two readings touch on the Second Coming of Our Lord. Jesus has come to the world to bring salvation to all. He will also come to deliver his justice as there is no salvation without justice. So the **Messiah will "execute justice and righteousness in the land."**

In the gospel, Jesus talks about the end of the world and asks us to prepare for it. We must be prepared at all times for our death and for the coming of Our Lord to render judgment on each one of us. We need not be afraid of such moment as we should always maintain our faith and hope in the Lord. "When these things (signs) happen," says Jesus, **"stand up and raise your heads, because your redemption is drawing near."**

As Christians, we should always be hopeful even at the worst of times in our lives. However desperate or stormy situations we may be in, know that Christ, with his mystical power and might, will intervene and save us from all harm.

Advent is likewise a time to foster the spirit of love and mission. There are a lot of people in the world who have never heard about Christ and who need Christ in their lives. So as

2018 年慶祝基督聖誕及新年彌撒時間表 2018 Christmas and New Year Mass Schedule

12 月 23 日 December 23	星期日 Sunday	早上彌撒照常	Morning Mass as usual
12 月 24 日 (聖誕夜) December 24 (Christmas Eve)	星期一 Monday	晚上 7 時 晚上 9 時 7:00 p.m. 9:00 p.m.	聖誕劇 中英文彌撒 Christmas Play English / Chinese Mass
12 月 25 日 (聖誕日) December 25 (Christmas Day)	星期二 Tuesday	早上 9 時 30 分 早上 11 時 9:30 a.m. 11:00 a.m.	英文彌撒 中文彌撒 English Mass Chinese Mass
12 月 30 日 December 30	星期日 Sunday	早上彌撒照常	Morning Mass as usual
12 月 31 日 (除夕) December 31 (New Year's Eve)	星期一 Monday	早上 9 時 晚上 5 時 9:00 a.m. 5:00 p.m.	英語謝主彌撒 中文謝主彌撒 English Chinese (New Year's Eve Thanksgiving Mass)
1 月 1 日 (元旦求恩彌撒) January 1 (New Year's Mass)	星期二 Tuesday	早上 9 時 30 分 早上 11 時 9:30 a.m. 11:00 a.m.	英文彌撒 中文彌撒 English Mass Chinese Mass

a sign of our love for all, we must during this Season pray earnestly for missions around the world so that Christ may be born and brought to the hearts of the people in these missionary areas.

Diocese & Other News



GET DISCOUNTED FLAMES TICKET

The Diocese of Calgary has partnered with the Calgary Flames to get discounted tickets for the game on Friday, **February 22**, between the Flames and archrival Anaheim Ducks. Discounted tickets are \$39.

Each ticket purchased will help

to provides a home for at risk pregnant or parenting youth and their babies. In addition, the first 100 people to purchase tickets will receive a voucher to an exclusive pre-game event in the Alumni Lounge and have a Meet and Greet with Bishop McGrattan. Come out and join us for a great night of hockey and entertainment, or buy the tickets as Christmas presents. To purchase your tickets at the special price, visit <http://news.calgarydiocese.ca>

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.**
To register, contact Linda Nicol at lindamnicol50@gmail.com

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.

Parish Activities



The Sacrament of Reconciliation

The Sacrament of Reconciliation during Advent will be available at our parish on Saturday December 1, 8, 15 & 22 from 9:30 am – 5:00 pm.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

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.

Christmas Party 2018 & Talent Show Recruitment

This year's Christmas party will be hosted by Sunday School, Scouts, Youth Group, YAG, and RCIA. We are also looking for parishioners who would like to perform in our Talent Show this year! Deadline to register is December 8th, 2018.

For further details and sign up please contact Keith Leung or Peggy Yip from Sunday school (olphsscalgary@gmail.com).

Date: December 16th
Time: 11:00am - 1:00pm
Location: OLPH Upper/Lower Hall
All parishioners are welcome. Hope to see you there!

YAG Christmas Party 2018

YAG will be hosting the annual Christmas Party on December 16th from 4:00pm to 9:00pm in Upper Hall. We will be having Hotpot dinner and group games. We will also be doing a White Elephant gift exchange (\$15 limit). All Young

adults and friends are welcome to join. Food costs will be covered by YAG. Please RSVP by December 13th, 2018 on the YAG website olphyoungadults.weebly.com

New Year's Eve Dinner (Father's Kitchen)

Fr. Joseph will host a Father's Kitchen New Year's Eve party at OLPH Upper Hall. Everyone is welcome.

Date: December 31, 2017 (Monday)
Time: 6 pm
Ticket : \$30 per adult, \$15 per child.
Tickets are available on sale starting Sunday, December 8 at the church entrance or Contact Sr. Chan or Parish Office.

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. 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 Dec 5, 7

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLPH Church Upper Hall

Fri Dec 7

OLPH Scout

Christmas Carol

Place: St Paul's Villa

Sat Dec 8

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room
Tai Chi Lesson

Time: 10:00 a.m. - 12:30 a.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 Dec 9

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



JOY

"I can say that the most beautiful and natural expressions of joy which I have seen in my life were in poor people who had little to hold on to. I also think of the real joy shown by others who, even amid pressing professional obligations, were able to preserve, in detachment and simplicity, a heart full of faith. In their own way, all these instances of joy flow from the infinite love of God, who has revealed himself to us in Jesus Christ."

Pope Francis,
Evangelii Gaudium, 7



Speaking up for faith and freedom on #RedWednesday

On this 28th November landmark buildings, Churches and Cathedrals will be lit up in red for #RedWednesday, in solidarity with persecuted Christians and faith minorities who suffer discrimination because of their beliefs.

"**Light Red, wear red, tweet red.**" That's the message for this #RedWednesday 2018 as people in the UK and in other parts of the world highlight the plight of those who suffer religious persecution and who suffer for their faith.

This initiative has been organized by Catholic charity **Aid to the Church in Need** in association with Christian Solidarity Worldwide, and as ACN's Head of Press and Information (UK), they want to, "shine a light on those parts of the world where Christians and others are persecuted for their faith and where it's clear that not enough attention is being given to their plight. So, what we've done is to select the color of red which is associated with the color of martyrdom. So, we're thinking of all those who carry their cross in a time of enormous difficulty and who sometimes have to pay the ultimate price..."

He goes onto say that, this year they are thinking of countries like Pakistan, Iraq, Syria, China, as well as, many parts of Africa, "where the suffering of people simply wanting to live out their faith in due conscience with due respect for the law is frequently undermined..."

ACN is encouraging people to, "light up your buildings red, floodlight them red. We're inviting people to wear a red tie, wear a red scarf, or wear a red hat, or even red shoes to draw attention to Red Wednesday. And the third and the most obvious thing to do is to tweet or to use other forms of social media to shine a light on religious persecution by tweeting the phrase #Red Wednesday, so that we get this momentum of awareness about the plight of those who suffer and about our determination to stand in solidarity with them in prayer and in action."

28 November 2018
www.vaticannews.va

主日分享



你們的救援近了

(將臨期第一主日)



今天開始將臨期，這是一個準備迎接上主來臨的時期。也是一個準備上主最後來臨的時期。

在第一篇讀經中我們可以看到宣佈上主的降臨。其他兩篇讀經都談論上主的第二次來臨。祂來是為救贖。祂來也是為了執行正義，因為沒有正義就沒有救贖。所以這位默西亞“要在地上執行公道和正義”。

在福音中耶穌也預言那最後的時日，並建議人們如何為那些時日作準備。我們應該天天在我們的生活中準備好主耶穌的來臨，特別是在我們臨死的時候。耶穌教我們不要害怕，而要懷抱信心充滿希望。耶穌說：“這些事開始發生時，你們應當挺起身來，抬起你們的頭，因為你們的救援近了”身為基督信徒的我們，即使在逆境中，也該當樂觀。我們知道無論在任何情況下，基督都用奧秘但有效的方式予以干預，一切都是為了我們的得救，為了我們的解放。

將臨期是一個在博愛上和在傳教愛情上的時期。所以在這個時期應多為傳教區祈禱，因為基督應該在傳教區中誕生，以充滿那些尚未認識祂的心靈。有多少人需要基督，而他們並不知道。我們應該為他們祈禱，並表示我們普遍性的愛。

錄自梵蒂岡電台

堂區活動



將臨期悔罪禮

阮神父會在將臨期間於每週的星期六(即十二月一日、八、十五及二十二

日)上午九時三十分至下午五時為教友辦理修和聖事。

根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。教友應盡量參加與天主修合，以準備主基督的來臨！本堂將臨期告解聖事時間將如教區所定，集體悔罪禮將取消。

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)

在我們的墨西哥傳教計劃中，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！

2018 聖誕聯歡會及天才表演

今年的聖誕聯歡會將由主日學，童軍，青年組，YAG 和 RCIA 主辦。其中天才表演項目，若教友有興趣參與，請與主日學 Keith Leung 或 Peggy Yip 聯絡或電郵

olphsscalgary@gmail.com

日期：十二月十六日

地點：卡城永援聖母堂上 / 下禮堂

時間：上午十一時至下午一時

歡迎所有教友出席！

大專青年團 2018 聖誕聯歡會

永援聖母堂大專青年團將於 12 月 16 日下午 4 時至晚上 9 時在上禮堂舉行聖誕聯歡會。當晚會有火鍋，團體遊

戲，以及交換禮物環節(禮物限於 \$15)。晚餐費用全免。歡迎堂區所有青年參加。有興趣參加的青年及朋友請在 12 月 13 日前到大專青年團網站 olphyoungadults.weebly.com 報名及查詢。

除夕聚餐(神父廚房)

阮神父將會 12 月 31 日(星期一)晚上在上禮堂舉行神父廚房聚餐。歡迎堂區教友及其朋友參加。由於數量非常有限，售完即止。務請預早購票。

日期：2017 年 12 月 31 日(星期一)
時間：晚上 6 時正在上禮堂舉行
票價：成人每位 \$30 小童每位 \$15
售票日期：12 月 8 日起每份彌撒後於教堂入口處發售，亦可聯絡陳修女或堂區辦事處

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



星期三、五 12 月 5, 7 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 12 月 7 日

永援聖母堂童軍

地點：保祿樓

星期六 12 月 8 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 9 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

凡事都可由夢想變成事實，只要信而後行。

生命的畫布，要自己彩繪；生命的樂趣，要自己創造。

努力，是成功的方法；空想，是失敗的原因。

昨天的失敗，站得起，就獲得勇氣；

今天的錯失，改過了，就獲得成功。

路途上有困難，面對才是解破。

緬懷過去的好事，使生活甘飴；經常緬懷過去的事，使生活遲疑。

學習和經歷是成功的必經之路。

願望和現實總有一段差距，但只要追尋，才可以把夢想變成真象。

網路文章

將臨期

「將臨期」的起源及意義

「禮儀年」是以「將臨期」第一主日開始，「將臨期」的拉丁文為 **Adventus**，意指來到或駕臨。聖誕節前四週（由最接近 11 月 30 日之主日至聖誕節），在天主教會內稱為將臨期。在這段期間，教友們開始以期待喜悅的心情準備迎接主耶穌基督的降生。「將臨期」在教會歷史上是一個比較新近的節期，但是慶祝的儀式，已經有過多次的變革。

「將臨期」的起源已經不可追溯，公元 581 年在高盧召開的主教會議要求自 11 月 11 日至聖誕節期間每週有三天應按照封齋期的禮儀，「將臨期」的長短也曾有三週到六週變化。「將臨期」的四周象徵基督降臨前四千年的黑暗，「將臨期」彌撒中主教或神父穿著紫色祭衣，表示悔罪刻苦，以準備主基督的降生，教友應辦妥告解與天主修好。

「將臨期」有雙重特點：

- 是聖誕節的準備期紀念天主子第一次來到人間；
- 是令人想到基督末世再度來臨的時期。

另外，教會亦有一種傳統，就是在聖堂內放置將臨圈。將臨圈的習慣是從德國開始，雖然只有數百年，但已傳到世界各地。教友似乎喜歡這種新習慣。所謂「將臨圈」就是用常青的樹枝編織而成的圓圈或花冠

（**Advent Wreath**），圈上按置四支蠟燭，它可懸掛在屋頂上或放在桌子上。在現代的社會中已有現成的、塑膠造成的將臨圈出售。其傳統的意義：象徵基督真光來照耀那「坐在黑暗與死亡蔭影下的人群」。

花環本身象徵「時期已滿」時基督就來到了人間，也象徵天主的永恒存在與無始無終：常青樹象徵永生與天主的不變性。四支蠟燭代表將臨期的四週，每一週點燃一支蠟燭。基督的降來是為了帶給我們真光，使我們分享天主的永恒生命，亦提示我們，基督降生成人的日子，越來越接近我們。因此，每個教友家庭、教會團體、以及聖堂中均適合在將臨期開始佈置一將臨圈。主佑各位！

禮儀年

禮儀年就好像我們民曆中有不同的歲時節令：有春夏秋冬，有元旦、元宵、清明等，以及國家民族大事的紀念日，在教會生活中，也隨著時間的進展，在一年中分為不同的禮儀時期、慶節，以及不同的禮儀日等。教會稱這一年的循環為禮儀年度，或簡稱為「禮儀年」。

此禮儀年是以將臨期第一主日開始，分為將臨期、聖誕期、四旬期、復活期、常年期，並以常年期第三十四週做為結束。在此不同的時期中，除主日的慶祝外，又插入了不同的慶節與紀念日。由此種種成份而形成教會的所謂「禮儀日曆」。禮儀年並非自教會開始就有如此規劃好的結構，而是由一核心逐漸演變而成的。但是其主要基礎已在舊約的時代建立，那時代已有七天為一週的區分，以及安息日和慶節的慶祝儀式與法律。猶太人的主要大慶節：逾越節及五旬節，也被教會採用，只是慶祝的內容本質上有所改變。

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

DEC. 2, 2018 | FIRST SUNDAY OF ADVENT

GET DISCOUNTED FLAMES TICKET

The Diocese of Calgary has partnered with the Calgary Flames to get discounted tickets for the game on Friday, February 22, between the Flames and archrival Anaheim Ducks. Discounted tickets are \$39. Each ticket purchased will help fundraise for Elizabeth House, which provides a home for at risk pregnant or parenting youth and their babies. In addition, the first 100 people to purchase tickets will be receive a voucher to an exclusive pre-game event in the Alumni Lounge and have a Meet and Greet with Bishop McGrattan. Come out and join us for a great night of hockey and entertainment, or buy the tickets as Christmas presents. To purchase your tickets at the special price, visit <http://news.calgarydiocese.ca>

ADVENT RENEWAL CHALLENGE

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

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 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**. To register, contact Linda Nicol at lindamnicol50@gmail.com

ADVENT MISSION WITH FR. KRZYSZTOF BUGNO

St. Joseph's Parish invites you to 4 evenings of Advent Mission. Theme: The Mystery of God's Word". Where: St. Joseph's Church (640 19 Ave NW, Calgary).

Sunday, Dec. 9 (Homily During Masses) – "The Word of God in the History of Salvation" | **Monday, Dec. 10 at 7 pm** – "The Word of God in the Church and in Our Life" | **Tuesday, Dec. 11 at 7 pm** – "The Word of God in the Word of Ours" | **Wednesday, Dec. 12 at 7 pm** – "Mary and the Word of God"

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**.

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.

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.sistersofdivinemercy.org

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

CHRISTMAS CAROL SINGING AT ST. JOSEPH'S CHURCH, CALGARY | Come and join us at St. Joseph's church for an evening of Christmas carols and some good cheer! When: **Saturday, Dec. 15 at 6 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!

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

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

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>

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> ("Calendar of Events")

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.

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>

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 choir master, 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/>

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

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CALGARY PRO-LIFE ASSOCIATION

WINTER 2018

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STAINED GLASS AT ST. MARY'S, COCHRANE
PHOTO CREDIT: WARREN HARBECK

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Peace and Life,
The CPL Board of Directors,
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and Monique Achtman,
Educational Resource Consultant



A  **Ω**
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www.calgaryprolife.com

Open to Life at Christmas

Two thousand years ago, an unmarried, young virgin learned that she was expecting a child. Imagine the courage that Mary had as she told her family and her betrothed, Joseph, that she was with child. Word would have spread throughout the community. How was this possible? The truth was revealed to her. She had faith in God's plan for her, and for her baby. She said, "Yes."

We do not know exactly how Mary's family reacted upon hearing the news. We do know that Joseph wanted to dismiss her quietly. However, he learned that God also had a plan for him, and that plan included staying with Mary and her baby. We have life-affirming models of faith when we reflect on all of the characters of the Nativity story.

Let us trust God's plan for us, and for the ones we love. Let us pray for all women, and men, who find themselves unexpectedly expecting a baby. Let us trust that they, and their baby, are part of God's plan – gifts in our world today. They need our prayers, our support, and our affirmation in order to give their own "yes" to accepting the gift of a brand new human life.



~ Monique Achtman
Educational Resource Consultant



Stained glass, artist's imaginative depiction of Mary telling her parents, Ann and Joaquim, that she is with child.

The Drama of Life Before Birth

In 1985, when I was just a little girl, my mother came across a LIFE magazine that had been published in 1965. The cover featured an amazing photograph of life inside the womb and the caption, **DRAMA OF LIFE BEFORE BIRTH**. Even though I was only about 5-years-old, it had a profound affect on my life.

This LIFE magazine cover photo was photographed by Lennart Nilsson. He used a specially built wide-angle lens and a tiny flash beam at the end of a surgical scope to film the conception, growth, and birth of the unborn baby. I was fascinated by the photos depicting the beauty of the little one growing and developing in the womb.

When I was 19 years old, my oldest son was born. At age 24, I gave birth to my second son, and at 25, my daughter was born, followed by, at age 28, my youngest son. I am a single mom now. I devote my life to God and my family. Some trusted doctors, and many in our society will tell young, single, mothers-to-be that a fetus—the growing baby she carries—is not really a human being, and that life could be easier for her if she chooses not to give birth. Because I saw that 1965 edition of LIFE magazine, I grew up knowing that a baby is a baby at every stage of development. I loved being pregnant and I was excited to become a mother. As hard as it can be to be a mom, single or not, I truly believe that my life would be far more difficult without my children.



Calgary Pro-Life Association presents the **Respect Life: Fetal Development** multi-media program that includes life-size models of a growing embryo, and fetus from 4 - 28 weeks in the womb. We marvel at the miracle of life, and with our membership support, the drama and miracle of life before birth is shared with students in grades 6 - 12. The programs that Calgary Pro-Life Association offers are very valuable. God bless.

~ Anna Picken
for Calgary Pro-Life Assn.

Our Family's Gift Lives On In Memoriam



After being encouraged to "terminate the pregnancy" we learned that God's plan was that baby Brandon should live! We only celebrated one Christmas with him, but what a beautiful memory for all of us. We will always be thankful for the gift of our first-born son who lived only seven months. During that time, he gave many people the opportunity to care for him and to love him, and the blessing was life-giving, life-affirming and life-saving, even to this day.

~ Achtman Family

AΩ Christmas Word Find

Calgary Pro-Life

B	E	C	B	T	B	C	Y	A	R	A	B	N	U	M	H	F	W	J	M	L	S	Z	B	S
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ANGEL	BABY	BETHLEHEM	BIRTHDAY	BLESSINGS
CHRISTMAS	FAITH	GODSGIFT	HOLY	HOPE
JESUS	JOSEPH	JOY	LIGHT	MANGER
MARY	MIRACLE	SILENTNIGHT	STAR	WISEMEN

Did You Know?

Your donation pays for students in local and rural schools to receive pro-life education presentations?

[YM: *You Matter* presentation]

[FD: *Fetal Development* presentation]

YM Presentations from Jan. - Dec. 2018

41 Schools Visited

- 74 *Respect You: You Matter* life-affirming presentations given.
- 1,962 young people reached.

FD Presentations from Jan. - June 2018

47 Schools Visited

- 82 *Respect Life: Fetal Development* life-affirming presentations given.
- 2,773 young people reached.

Booking Presentations in 2019

- Visit www.doodle.com/calgaryprolife to book and/or to view the schedule.

CPL Table or Display at Events in 2018

Breakfast with the Bishop, October 22

- Newsletters, brochures and fetal model display promoted our programs.

Upcoming Events in 2019

- New Calgary Pro-Life Website - Jan. 1
- K of C Presentation, January 8
- Teachers' Convention, February 14-15
- CWL National Convention, Aug. 18-21

Invite us to bring our booth or table to your next event to give witness to the miracle of human life from conception until natural death.



SAVE THE DATE
HIKE FOR LIFE
MAY 11, 2019



Calgary Pro-Life Membership & Donation – 2019

CONTRIBUTION

First Name _____

Last Name _____

Email Address _____

Phone _____

Preferred Method of Contact: ☐ Email ☐ Phone

Address _____

City _____ Province _____

Postal Code _____

Membership Type: ☐ Student \$10 ☐ Adult \$20 ☐ Family \$30

Donation \$ _____ Total \$ _____

CHARITABLE B/N: 10683-0995-RR0001

VOLUNTEERING

I would like to volunteer for the following: (Please check)

- ☐ Hike for Life at Prince's Island Park - Annual Fundraiser
- ☐ Events where we are invited to show our display table/booth
- ☐ Mother's Day Rose Sale at Churches
- ☐ Calgary Pro-Life Assn. Board Member
- ☐ Other – feel free to contact our office – (403) 243-0691

BOOK A PRESENTATION or OUR DISPLAY

We would like to book a presentation: Please check all applicable:

- ☐ *Respect You: You Matter* (grades 5 - 12)
- ☐ *Respect Life: Fetal Development* (grades 6 - 12)
- ☐ Display table set up with the fetal models and pro-life information
- ☐ Display booth with the fetal models and pro-life information
- ☐ Book online at www.doodle.com/calgaryprolife

Calgary Pro-Life Association

presents two educational respect-for-life programs to students at local and rural public and private schools. The educational resources emphasize the beauty, purpose and dignity of human life. The educational programs inspire audiences to recognize life as a gift that should be cherished. This year, more than 5,000 people saw our presentations! To continue promoting positive pro-life messages in our schools, the goal for this Christmas Fundraising Appeal is \$30,000. Will you help us reach our goal?

Take action right now and make a donation. A tax deductible donation receipt will be mailed to you. You may also donate via our website at www.calgaryprolife.com

With your support we will reach more young people with life-affirming messages this year!

Thank you and we sincerely wish you and your family a Blessed Advent and Christmas season.

Calgary Pro-Life Association
#311, 4014 Macleod Trail SE
Calgary, AB T2G 2R7

PHONE: (403) 243-0691
EMAIL: pro-life@shaw.ca

RENEW MEMBERSHIPS AND
DONATE ON OUR WEBSITE:
www.calgaryprolife.com

Thank you for your
continued support!

