

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.mylph.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 23, 2018 二零一八年十二月二十三日

4th Sunday of Advent

將臨期第四主日

Last Sunday Collection

上主日奉獻

\$6,411.00



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.

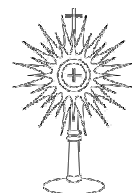
Tuesday 6:30 p.m.

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



4th Sunday of Advent

The Mystery of Christmas

The three readings of today's Liturgy of the Word are all related to the mystery of Christmas. The gospel is on Mary's visit to her cousin Elizabeth. Filled with the Holy Spirit, Elizabeth readily recognizes Mary as the Mother of God:

"How is it that I have the honor of being visited by the mother of my Lord?" The Visitation reveals to us the true message of Christmas. It showers on us God's infinite love, mercy and bounty with the gift of Jesus being born and living in our midst. The mystery of Christmas is really a mystery of divine grace per the words of Apostle John.

"For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life."

John 3:16

Prophet Micah foretells in the first reading the birthplace of our Savior. It is in a little and unassuming Israeli town called Bethlehem that God unfolds to us his plan of salvation.

The second reading shows that Jesus comes to this world and willingly obeys his Father's Will. He makes it clear that the Father neither desires nor takes pleasure in burnt offerings and sin offerings.

"See, God! I have come to do your Will,"

For the sake of love and for our salvation and redemption, Jesus

lays down his life for us and offers himself completely as sacrifice to the Father.

Jesus offers himself totally for us. He would like to see us all willing to offer ourselves for love - love of God and love of our neighbor. So the joy of Christmas is really founded in love. We celebrate Christmas as the beginning of divine grace, which keeps flowing until death is completely conquered when we celebrate the mystery of Easter on Easter Sunday.

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

Diocese & Other News



FAITHFULLY

Last Friday we reached over six hundred people with our first edition of Faithfully. For those who missed the first edition, you can subscribe to Faithfully at <http://faithfully.calgarydiocese.ca>. Please share this gift with your family and friends.

CHRISTMAS MASS TIMES

Find Christmas and Solemnity of Mary (New Year) Mass Schedule in parishes throughout the Diocese of

Calgary:

<http://news.calgarydiocese.ca>

BISHOP'S CHRISTMAS MESSAGE

Bishop McGrattan shares his wish that we all have a renewed appreciation for the gifts of faith, joy and the call to holiness. Watch the video at:

<http://news.calgarydiocese.ca>

Parish Activities



2019 - Catechesis for the Baptized

Starting 2019 there will be weekly Catechesis for the Baptized, who would like to renew their Faith, Hope and Love.

It will be weekly in English or Cantonese on Saturday and Sunday. For further details, please contact Deacon John Wu. Deadline is **January 6, 2019**

At least 5 members are required for each class. We encourage your participation and look forward to seeing you.

English: Saturday 3:30 pm–4:30 pm

Cantonese: Sunday 1:00 pm–2:00 pm

Please fill in the form on page 4.

Christmas Play 2018 "A New Star" by Sunday School

Come and watch the Christmas Play performance this year **on December 24th at 7 PM To 8 PM** in the Upper Hall. Our play this year is called "New Star" which will be hosted and performed by Sunday School. Let us all be reminded about the true meaning of Christmas! All parishioners and friends are welcome!

5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00 & 11:30 Mass on Sunday, **January 30, 2018**

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

All tickets for Father's Kitchen on December 31, 2018 are sold out. Thanks for your support. Missed out! We want to see you next year.

Tuesday Evening Mass Cancelled

Tuesday Evening Marian Devotion Mass will be cancelled on **December 25, 2018 and January 1 & 8, 2019**

Exposition of the Blessed Sacrament on January 5

The January's Exposition of the Blessed Sacrament will be led by Pastoral Care Team on **January 5** from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

SCOUTING BOTTLE DRIVE

OLPH 300 Catholic Scouts are fundraising for their Scout program & activities with a Bottle Drive on Sunday January 6. Cans & bottles can be placed outside Lower Hall.

2019 Donation Envelopes

From next week on, for picking up of 2019 donation envelopes, please contact church office @ 403-265-7926

2019 Chinese Daily Gospel

2019 Chinese Daily Gospel (每日聖言) is available for purchase at the church front entrance for \$8.00

Chinese New Year Banquet

The Chinese New Year Banquet will be on the evening of Sunday February 10, 2019. We are looking for performers for the banquet. If you

or your group has a talent to share on stage, please contact Jenny Lam or another youth group committee member.

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 26, 28

OLPH Senior Centre

Christmas Holiday.

Resume on January 4, 2019

Fri Dec 28

OLPH Scout

No Meeting.

Resume on Jan 4, 2019

Sat Dec 29

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room

R.C.I.A (Mandarin)

Christmas Holiday.

No Class.

Sun Dec 30

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

Christmas Holiday.

No Class.

Sunday School

No Sunday School. Resume on Jan 6, 2019

Sunday School Liturgy Meeting

Time: 12:30 a.m.-2:30 p.m.

Place: OLPH Upper Hall

Christmas - Time from Advent

聖誕節—從將臨期開始

Advent - Days Before Christmas

Advent is normally a period of four Sundays and weeks before Christmas. During this time many Christians prepare themselves and get ready to celebrate the joy of Christmas, when Christians celebrate the birth of Jesus, the Son of God.

Many people fast during Advent, as the sermons of Pope Leo I (reigned 440-461) show, is a practice once encouraged of the faithful.

將臨期 - 聖誕節前的日子

在聖誕節前，許多基督徒利用將臨期的時間做好期待主的再來，並準備好慶祝聖誕節。

將臨期通常是聖誕節前的四個星期日。

許多人在將臨期間守齋，正如教皇利奧一世 Pope Leo I (在位時期 440-461) 所說是培養信德的行為。



Pope Leo I



12 Days from Christmas to Epiphany

After Advent, traditionally, Christmas celebrations started on Christmas Day and lasted for 12 Days - so they were known as The 12 Days of Christmas!

The celebrations finished on the evening of 5th January,

which is better known as Twelfth Night. Following Twelfth Night, on 6th January, is Epiphany, when people remember the Wise Men (also sometimes called the Three Kings) who visited Jesus when he was a baby; and the Baptism of Jesus when he was an adult.

Epiphany/Twelfth Night is also the time when it was traditional to take your Christmas decorations down - although some people leave them up until Candlemas.

聖誕期-將臨期後的 12 天

傳統上，聖誕期始於 12 月 25 日並於 12 天後結束，所以亦稱為聖誕節的 12 天！慶祝活動於 1 月 5 日晚完成，是人所知的第十二夜 (Twelfth Night)。

第十二夜之後，便是主顯節，紀念耶穌出生，賢者從東方來訪，以及耶穌給洗禮的事蹟。

主顯節/第十二夜也是傳統上，取下聖誕裝飾品的時候。

Christmas or Xmas

Christmas is actually derived from the word Cristemasse which is an abbreviated version of the word Crīstesmæsse. Crīstesmæsse was first recorded as being used in 1038. Then in 1131 the use of this word had changed to Cristes-messe.

Christ comes from the Greek word Χριστός (Khristos), which is a translation of the word from hebrew מָשִׁיחַ (Māšîaḥ). This when translated into English means "Messiah". As for "Mas" this is actually a shortened version of mass.

Christmas comes from Christ-Mass.

Xmas is the first letter of the Greek word for Christ and Mass.

Presentation of the Lord (Candlemas)- The End of Christmas

You might think that Christmas ends when you take the Christmas Decorations down - but it doesn't! After both Christmas and the season of Epiphany, the end of the Christmas celebrations come on February 2nd, 40 days after Christmas, with Candlemas.

Candlemas, also known as the 'Presentation of the Lord (at the Temple)' or the 'Feast of the Purification of the Virgin (or Mary)' is the day when some Christians remember the time when Mary and Joseph took the baby Jesus to the Jewish Temple in Jerusalem to give thanks to God for giving them a son (Luke 2:22-40)..

The name Candlemas comes from 'Candle Mass' because in many Candlemas services, the candles are blessed to be used in churches during the coming year or are given out to people for them to use in their homes and private prayers.

獻耶穌於聖殿慶日（聖燭節） - 聖誕節的結束

當你把聖誕裝飾品取下時，你可能會認為聖誕節結束了 - 但事實並非如此！聖誕節慶祝結束於 2 月 2 日 (聖誕節後 40 天) - 獻耶穌於聖殿慶日

這天為紀念瑪利亞和若瑟帶耶穌上耶路撒冷去獻給上主的日子（路加福音 2: 22-40）。

Candlemas 這個名字來自'蠟燭+彌撒'，因為在許多聖燭節中，祝聖的蠟燭可在來年在教堂中使用，或者送給人們供他們在家中使用。

主日分享



將臨期第四主日-

聖誕節的奧跡



天主竟這樣愛了世界，

**甚至賜下了自己的獨生子
使凡信他的人不至喪亡，**

反而獲得永生

今天禮儀中給我們聆聽的三篇讀經都與聖誕節的奧跡有關係。福音敘述的是聖母往見表姐依撒伯爾的事跡。依撒伯爾認出了瑪利亞是天主的母親：

“吾主的母親駕臨我這裡，這是我那裡得來的福氣呢？”。依撒伯爾能夠如此稱呼瑪利亞，因為她充滿了聖神。瑪利亞拜訪表姐這件事跡就構成了聖誕奧跡的準備。準備耶穌來到世界上為散佈愛的活力，為通傳普遍性的仁愛與寬宏大量之情。

第一篇讀經準確指出救世主應當誕生的地點。這裡我們也看到天主選擇極其簡陋的白冷完成大事。

“看，我已來到！天主！我來為承行你的旨意。”

第二篇讀經給我們指出耶穌來到世上是甘心符合與完成天主旨意的情感。耶穌確認古代殺牲祭祀的儀式不能中悅天父。所以祂說：“看，我已來到！天主！我來為承行你的旨意。”為了救援、救贖與愛情，祂奉獻自己。

耶穌奉獻了自己，也是願我們能在愛德中奉獻我們自己。聖誕節的喜樂正是建立在這種活力上。聖誕節是天主恩賜的開端，一直伸展至耶穌復活的奧跡而完全戰勝死亡。

錄自梵蒂岡電台

2019 - Catechesis for the Baptized重慕道班

NAME : _____

EMAIL : _____

PHONE : _____

☐ English : Saturday 3:30pm – 4:30pm

☐ 粵語班 : 星期日下午一時至二時

Please email to olph@telus.net or whatsapp 403-991-8896

請電郵至 olph@telus.net 或 whatsapp 403-991-8896

Deadline : January 6, 2019

報名截止日期 : 2019年1月6日



堂區活動



2019 重慕道班

2019 年開始，本堂於每週將增開粵語及英語重慕道班，為已領洗教友更新他們的信仰，希望及愛德。詳情請與鄔執事聯絡。報名截止日期為 1 月 6 日。

每班需要至少五位學員，希望各教友踴躍參加。

英文班:星期六下午三時半至四時半於
國語感恩祭之前
粵語班:星期日下午一時至二時

報名表格刊於本期通訊。

2018 聖誕話劇:《閃亮的星星》

今年由主日學學生主演的聖誕話劇《閃亮的星星》將於 12 月 24 日晚上七時至八時在上禮堂舉行。歡迎堂區所有教友及朋友一同來支持。讓我們再次重溫聖誕的真正意義吧!

第五星期日頌念玫瑰經

利瑪竇騎士會將於一月三十日第五星期日 十時正及十一時三十分彌撒前二十分鐘帶領頌念玫瑰經。

除夕聚餐(神父廚房)

12 月 31 日(星期一)晚上 6 時之神父廚房餐票現已全部售罄, 多謝教友支持。未能購票者, 希望來年有緣相聚。

星期二黃昏彌撒取消

12 月 25 日、1 月 1 日及 1 月 8 日
星期二晚上黃昏彌撒取消。

一月份顯供聖體

永援聖母堂一月份的顯供聖體將由牧靈關愛組帶領, 時間為 1 月 5 日。牧靈關愛組誠意邀請所有教友一起參與, 籍以感謝天主恩賜給我們的主耶穌基督, 並祈求天父在新的一年里賜與我們更多的恩寵, 跟隨祂及奉行祂的旨意。阮神父將為教友聽告解。

童軍收集瓶罐運動

永援聖母堂 300 旅公教童軍將於 1 月 6 日主日舉行收集瓶罐運動, 請教友留下節日聚會後的瓶罐帶回聖堂下禮堂外作回收, 所得款項將支持永援聖母堂 300 旅公教童軍經費及活動。

2019 年奉獻信封

由下星期開始, 如欲領取 2019 年度之奉獻信封, 請聯絡堂區辦事處 (403-265-7926)。

2019 每日聖言

2019 每日聖言會於 12 月 22 日開始在教堂正門入口處出售, 售價為 \$8.00。

己亥豬年新春團拜晚宴

己亥豬年新春團拜晚宴將於 2019 年 2 月 10 日星期日晚上舉行。誠意邀請個人或組合表演者於晚宴上分享你們的才能。有意者請聯絡 Jenny Lam 或青年會其他成員。

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 26, 28 日

永援聖母松柏軒

暫停活動, 一月四日重開

星期五 12 月 28 日

永援聖母堂童軍

暫停活動, 一月四日重開

星期六 12 月 29 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

成人慕道班 (國語)

聖誕假期, 暫停一週

星期日 12 月 30 日

成人慕道班(粵語及英語)

聖誕假期, 暫停一週

主日學

暫停兩星期, 一月六日復課

主日學禮儀會議

時間: 下午 12 時 30 分至 2 時 30 分

地點: 永援聖母堂下禮堂

靈修小品



幸福

草原上有對獅子母子。小獅子問母獅子:「媽, 幸福在哪裡?」

母獅子說:「幸福就在你的尾巴上。」

於是小獅子不斷追著尾巴跑, 但始終咬不到。

母獅子笑道:「傻瓜! 幸福不是這樣得到的! 只要你昂首向前走, 幸福就會一直跟隨着你。」



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

 查詢電話
277 3888

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總校監: 杜綺玲 校長: 梁小薇 法律顧問: 黃群大律師
國、粵語幼稚園(2歲起)至12年級及IB課程 設有獎學金及助學金

本校是唯一與卡城公立教育局合作, 提供中文International Baccalaureate (I.B.) Program課程
John G. Diefenbaker, Sir Winston Churchill, Henry Wise Wood, Western Canada, Lester B. Pearson
上列高中學生考畢IB試合格者可於當年內申請退回學費, 多間大學接受中文IB學分作為該大學學分

- 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
- 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學班及學分班
- 興趣小組(非學分班): G12英文提高班、英文強化班、數學補習班、高中物理、化學及初中理科班、國語口才訓練班、英文演講口才班、雅思培訓課程、日語文化班、韓語文化班、中學數學強化班、美術班、空手道班、武術班、羽毛球班、乒乓球班、兒童舞蹈班、歌唱技巧班/兒童合唱團、棋藝班、國語親子班及中國繩結班
- 成人班: 普通話會話、粵語會話、韓語文化班、健康舞、交誼舞班及武式太極拳健身班、瑜伽
- International Certificate: 學生可在英文或中文學校修讀三班中文課加Project(項目), 可得卡城公立教育局國際證書, 可申請獎學金及幫助入大學
- 校舍 Campuses: John G. Diefenbaker High School 6620 - 4 Street NW Calgary 星期六Saturday 9 am - 4 pm
Sir John A. Macdonald School 6600 - 4 Street NW Calgary 星期六Saturday 9 am - 4 pm

校務處及通訊地址Office & Mailing Address:
維德廣場 Madison 191, 1518 Centre St. NE., Calgary AB T2E 2R9 電話Telephone: 403-777-7663
校務處辦公時間 Office Hours: 星期二至四Tuesday to Thursday 9 am - 5 pm 星期五Friday 9 am - 1 pm
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任何查詢, 請聯絡堂區辦事處。

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

4TH SUNDAY OF ADVENT & CHRISTMAS | 2018-2019

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FAITHFULLY

Last Friday we reached over six hundred people with our first edition of Faithfully. For those who missed the first edition, you can subscribe to Faithfully at <http://faithfully.calgarydiocese.ca>. Please share this gift with your family and friends.

CHRISTMAS MASS TIMES

Find Christmas and Solemnity of Mary (New Year) Mass Times in parishes throughout the Diocese of Calgary: <http://news.calgarydiocese.ca>

BISHOP'S CHRISTMAS MESSAGE

Bishop McGrattan shares his wish that we all have a renewed appreciation for the gifts of faith, joy and the call to holiness. Watch the video at:
<http://news.calgarydiocese.ca>

YEAR END GIVING GUIDELINES:

We grow in our Christian faith when we show the love of Christ to people through building of parish communities and offering programs that nurture our faith. On behalf of the Bishop, and all who will benefit from your gift to the Catholic Pastoral Centre, thank you. We commit to using your gift as designated. To receive your 2018 tax receipts, gifts must be made online or post marked no later than **Dec. 31, 2018**. Visit our website for more info:

<http://news.calgarydiocese.ca>

THEOLOGY OF THE BODY CONFERENCE

Expert speakers on Theology of the Body will gather for one amazing conference in Calgary! Save the date: **Fri & Sat, March 8 & 9, 2019 at St. Michael Catholic Community in Calgary**. Guest speakers include: Christopher West, Mike Mangione, Sr. Helena Burns and many others! This is a two-day conference exploring theology and practical applications of human sexuality. Visit: <http://TOB.calgarydiocese.ca>

THANK YOU FOR THE GIFT CARDS!

Feed the Hungry received 50% more gift cards than last year and were able to help over 500 guests in the Feed the Hungry program. Thank you all for answering the request for help!

NEW DIOCESAN CHOIR SEEKS MEMBERS

The Diocese of Calgary invites singers to audition to be part of a new diocesan choir. This choir will serve primarily at major diocesan liturgies at St. Mary's Cathedral. Go to <http://choir.calgarydiocese.ca> for more information and to sign up for an audition slot.

COLDEST NIGHT OF THE YEAR – REGISTER NOW

When: **Saturday, Feb. 23, 2019 at 4 pm**. Where: Eau Claire Market. If you are looking for something meaningful to do as a whole family, this is your event! Join us for a walk along the Bow River, experience the cold as our less fortunate neighbours do, and share a cause with fellow participants in more than 100 locations across Canada. End the night with a warm meal and share your experiences with those around your table. Register at:
<https://cnoy.org/location/calgarydowntown>

JOURNEYS TO JUSTICE WITH JOE GUNN

Come hear Joe Gunn speak about his most recent book, "Journeys to Justice; Reflections on Canadian Christian Activism". Joe Gunn is the current executive director of Citizens for Public Justice and has been involved in the work of social justice for many years including 10 years with the Canadian Conference of Catholic Bishops. Joe will be at the Lethbridge Downtown Public Library on **Thursday, Jan 10, 2019** at 7pm. This is a free event. For more information, contact Marilou 403-218-5519

GET DISCOUNTED FLAMES TICKET

The Diocese of Calgary has partnered with the Calgary Flames to get discounted tickets for the game on **Friday, Feb. 22, 2019**, 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. To purchase your tickets at the special price, visit <http://news.calgarydiocese.ca>

ATTEND TRANSITIONS PROGRAM

This is a 15-week peer support program for those recently separated or divorced. The next program will begin on **Wednesday, Feb. 20, 2019**. Call 403-218-5505 | lifeandfamily@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 questions about registration, contact the event team | riseup@cco.ca

GRIEFSHARE AT ST. MICHAEL'S

St. Michael's grief support ministry invites anyone who has experienced loss of a loved one to participate in GriefShare, on **Mondays at 7 p.m.** beginning on **Jan. 14, 2019**. The program will run for eight Mondays and consists of a video seminar, group support discussions and a personal workbook. Free-will giving or \$10 for the booklet. Contact parish@saintmichael.ca or call 403-249-0423.

EFFECTIVE CO-PARENTING: PUTTING KIDS FIRST

This is an educational five-week program for separated or divorced parents that teaches helpful communication skills to help raise children. Next session: **Spring 2019**. Call 403-218-5505 | lifeandfamily@calgarydiocese.ca

TEAM LEADS WANTED FOR 2019 OUTDOOR WAY OF THE CROSS

The Outdoor Way of the Cross team is currently looking for Team Leads for the various volunteer positions. Contact Marilou at 403-218-5519 | marilou.legeyt@calgarydiocese.ca

22ND ANNUAL GOD SQUAD MEN'S CONFERENCE – SAVE THE DATE

God Squad Canada invites all Catholic men (14 and up) to attend the upcoming Men's Conference on **March 15 & 16, 2019**. Theme: Be Not Afraid...To Be A Saint. Keynote speakers: Bishop Scott McCaig, Jeff Cavins and Deacon Troy Nguyen. Where: St. Peter's Catholic Church. More info. at <https://godsquad.ca>

EMPLOYMENT OPPORTUNITIES

- **ASSISTANT COORDINATOR | FEED THE HUNGRY.** Responsibilities include and are not limited to supervising delivery of food and supplies and maintaining program policies.
- **COLLEGIAL JUDGE & CANONICAL SERVICES ASSOCIATE | CATHOLIC PASTORAL CENTRE.** 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.
- **CASEWORKER | ELIZABETH HOUSE.** The caseworker has three main functions: casework, program planning and documentation.
- **PART TIME SACRAMENT COORDINATOR | HOLY NAME PARISH.** The individual will share in the Church's teaching on the Sacraments by preparing for the gathering, leading the preparation sessions and providing a hospitable and welcoming environment.

For more information about these positions, qualifications and application details, visit: <http://careers.calgarydiocese.ca>