

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.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

January 27, 2019 二零一九年一月二十七日

3rd Sunday in Ordinary Time

常年期第三主日

Last Sunday Collection

上主日奉獻

\$4,045.00



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.

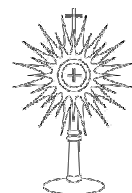
Tuesday 6:30 p.m.

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



3rd Sunday In Ordinary Time

The Spirit of the Lord is upon me

In today's gospel, Luke brings us back to Nazareth where Jesus has been brought up. It is a Sabbath day and Jesus is in the synagogue. He is given the scroll of the prophet Isaiah to read. He finds the relevant passage and begins to read: **"The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim the year of the Lord's favour."** Jesus then rolls up the scroll, gives it back to the attendant and sits down. With everyone looking at him with eagerness, Jesus declares: **"Today this scripture has been fulfilled in your hearing."** (Luke 4:16-21)

year of the Lord's favour

The "year of the Lord's favour" means a year pleasing to God, with salvation open to everyone. Jesus' aforesaid statement is truly a declaration, at the beginning of his public ministry, about his true identity, mission and work here on earth. In essence, he is God the Son; he has come to do his Father's Will and to execute the Father's divine plan. The day has come and Isaiah's prophecy is now fulfilled in the person of Jesus.

Luke's account of Jesus preaching at his hometown of Nazareth continues next Sunday. We will hear that the Nazarenes are initially amazed at his teaching. However they begin to reject Jesus and even attempt to kill him as he declines to perform miracles on his own people on account of their lack of faith. We

will go to that in details next week. For now, we will focus on the positive side of today's gospel on the "mission statement" of our Lord Jesus Christ.

As we know, Jesus and his disciples were Jews. So were most of the Christians in the early Church. However, *they soon suffered persecution at the hands of their own people. It was during these times that the gospel was spreading rapidly among the Gentiles (non-Jews) in their region and beyond.* Naturally, the feelings of the Jews were mixed. On one hand, they were sad about their own persecution and sufferings. On the other hand they were happy to see the Good News reaching out to the Gentiles. Such mixed feelings can be observed throughout the gospels.

we were all baptized into one body

Paul reminds us in the second reading that "through the same Spirit we were all baptized into one body, whether Jews or Greek, slaves or free". In other words, we belong to the same body, and we are parts of the Body of Christ. We are all brothers and sisters, since we have only one father – our Heavenly Father.

But how should we look at the weaker and seemingly irrelevant parts of this Mystical Body of Christ? "The members of the body that seem to be weaker are indispensable," says Paul, **"and if one member suffers, all suffer together with it; and if one member is honoured, all rejoice together with it."**

So if we love God, we must love our brothers and sisters, because we cannot separate one from the other. According to prophet Isaiah, it is our duty and obligation to bring the good news to the poor, release people out of their bondage, restore light to the

blind and ignorant, and relieve the sufferings of the under-privileged. And this should have been the mission statement for us and for every Christian.

Diocese & Other News



IS TRUE LOVE FOR EVERYONE at THEOLOGY OF THE BODY CONFERENCE 2019

In a world with millions of single adults well into their 40's-- where once there were many more marriages -- what's a single person to do? Is true love for everyone or just a chosen few?

Come hear from Kevin Muicoat the Theology of the Body Conference 2019.

When: Fri & Sat, **March 8 & 9 at St. Michael Catholic Community in Calgary.** Guest speakers include Christopher West, Mike Mangione, Sr. Helena Burns, Kevin Muico, Fr. Thomas Loya and Vicki Thorn.

The two-day conference will explore theology and practical applications of human sexuality. Visit:

<https://www.catholiccy.ca/tob.html>

WORLD DAY OF PRAYER FOR CONSECRATED LIFE

The Assembly of Women Religious invites you to celebrate the World Day of Prayer for Consecrated Life with men and women religious of the Diocese of Calgary on Sunday, **Feb. 3 at St. Thomas More Church at the 10:45 am Mass.** Prayers of the Faithful are requested in every parish for all living the Consecrated Life as well as for those being called to that life. Contact: Sr. Theresa Smith | 403-228-3623.

ST. MARY'S OPEN HOUSE

St. Mary's University (StMU) is hosting an Open House for all prospective students on Saturday, **Feb. 9 from 10 am to 2 pm in McGivney Hall.** In Fall 2019, St.

Mary's will launch a four-year B.A. in Social Justice and Catholic Studies.

ALZHEIMER WORKSHOP

Learn about the Alzheimer's disease and related dementias, along with tools and strategies for interaction with persons with dementia and their caregivers. When: Saturday, **April 6 from 9 am to 2:30 pm at St. Paul's Anglican Parish** (7 Sunmills Green SE, Calgary). Contact: 403-218-5501

healthcareprograms@calgarydiocese.ca

Parish Activities



Exposition of the Blessed Sacrament on February 2

The February's Exposition of the Blessed Sacrament will be led by Knights of Columbus on February 2 from 10am to 11am.

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

Chinese New Year's

Thanksgiving Mass

Chinese New Year's Thanksgiving Mass will be held on February 5 (Tuesday) at 9:00a.m.

The 27th World Day of The Sick February 11, 2018

February 11, it is the annual celebration of the Feast of our Lady of Lourdes. The ill are encouraged to reflect on the Christian meaning of suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

On **Feb 10** all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners in the 11:30a.m. mass.

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 December 31, 2018, our campaign has received a total of \$37,975.00. We plead for your ongoing support

Weekly Activities



Wed, Fri Jan 30, Feb 1

OLPH Senior Centre

Time: 9:00 am -12:00 noon

Place: OLP Church Upper Hall

Thu, Jan 31

Perpetual Harmony Choir Practise

Time: 7:00 p.m.-9:00 p.m.

Place: OLP Upperr Hall

Fri Feb 1

OLPH Scout

Time: 6:30p.m.-8:30p.m.

Place: Upper Hall & Lower Hall

Sat Feb 2

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

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 Lower Hall

Sun Feb 3

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



Young people at risk of becoming "social hermits"

The Net, observes the Pope, "is an opportunity to promote encounter with others, but it can also increase our self-isolation, like a web that can entrap us." He notes in particular that "young people are the ones most exposed to the illusion that the social web can completely satisfy them on a relational level. There is the dangerous phenomenon of young people becoming "social hermits" who risk alienating themselves completely from society. This dramatic situation reveals a serious rupture in the relational fabric of society, one we cannot ignore."

Investing in relationships

In today's world, Pope Francis underlines, all of us are called "to invest in relationships, and to affirm the interpersonal nature of our humanity, including in and through the network."

<https://www.vaticannews.va/en/pope/news/2019-01/pope-highlights-pros-and-cons-of-internet-and-social-media-use.html>



History

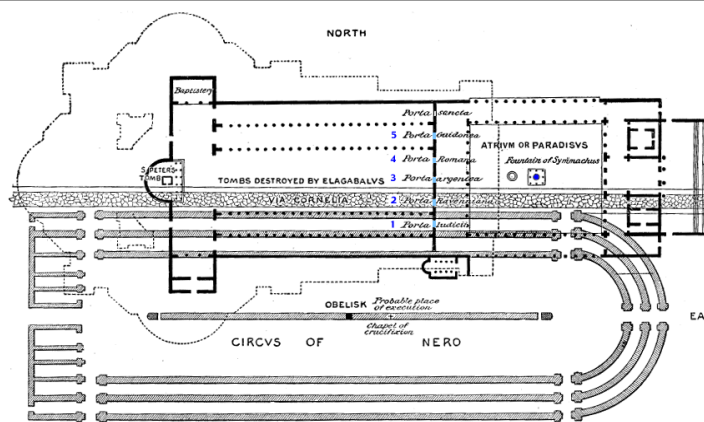
Where St. Peter's now stands was once a chariot racing stadium, built in the time of the Emperor Caligula, Claudius and Nero (40-65). Nero was the Emperor who began the first great persecution of Christians in Rome. Under his rule of terror, many Christians were imprisoned and put to death here in the newly completed stadium or Circus of Nero.

Many of these Christians were thrown to the wild animals as part of the entertainment in the stadium. Many, however, were crucified. A low wall divided the arena of the stadium so that the chariot races took place around them. Some, we are told by Tacitus, the chronicler of the Roman Empire, had oil and tar poured over their bodies and they were set alight to illuminate the stadium in the late Summer evenings.

The stadium, about six hundred yards long, stretched from about the end of the Western wing of the Colonnade to well beyond the apse of the present basilica. St. Peter's place of crucifixion is traditionally marked as corresponding to the left hand wing of the basilica, more or less where the altar of St. Joseph is today.

The Tomb

St Peter the first ever pope was crucified, upside-down, in the Circus of Nero under the reign of Emperor Nero in approximately 64 AD. Afterwards, some of his friends took Peter's body and buried it in the nearest cemetery. That was just outside and to the right of the stadium. The tomb of Peter is still there, underneath the front of the Papal Altar and about 20 ft. below the floor level of the basilica.



Plan of Circus of Nero, Old and Current St Peter's Basilica

尼祿競技場, 新舊聖伯多祿大殿平面圖

摘要

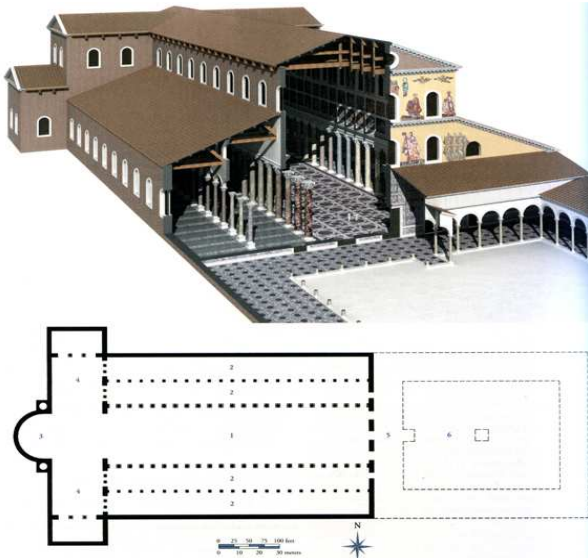
聖伯多祿大殿現在所在的地方前身為尼祿馬車競技場，建於皇帝卡里古拉，克勞迪烏斯和尼祿。尼祿是在羅馬開始對基督徒進行大規模迫害的皇帝。在他的統治下，許多基督徒在新落成的競技場被處死。

許多基督徒被扔到競技場和野生動物一起，作為娛樂的一部分。然而，許多人被釘在十字架上。羅馬帝國的編年史家塔西圖（Tacitus）描述，有些被柏油倒在他們的身體上並燃燒起來，照亮夏末晚上的競技場。

聖伯多祿被釘十字架的地方為現在大教堂的左翼，差不多是今天聖約瑟夫的祭壇 (Altar of St. Joseph)。

墳墓

在公元 64 年左右，在尼祿皇帝統治時期，第一位教皇聖伯多祿於競技場上被倒掛釘在十字架上。他的朋友把他把他埋在附近的墓地。位於現在教皇祭壇(The Papal Altar)的正面下方，距離地面約 20 英尺。



Old St Peter's Basilica 舊聖伯多祿大殿

The Old St Peter's Basilica

When Christians were eventually given their freedom (313), under the Emperor Constantine, after more than two hundred years of persecution, it was decided to erect a basilica on Vatican Hill at the supposed location of St. Peter's tomb. Construction started in 319 AD and was completed around 349 AD. It was of typical basilical form, a wide nave and two aisles on each side and an apsidal end, with the addition of a transept or bema, giving the building the shape of a tau cross. The construction involved moving a million tones of earth in order to create a platform to support the structure. The basilica stood for over 1,000 years. After the current Basilica was built, the name Old St. Peter's Basilica has been used for its predecessor to distinguish the two buildings.

The Papal Basilica of St. Peter (St Peter's Basilica)

Pope Julius II (Regeme 1503-1513) in the early 16th century was determined to rebuild a new St. Peter's Basilica. It took about 160 years, 22 popes, 11 architects to complete this far more complicated than imagined project.

Saint Peter's Basilica can host 20,000 people. It is 190 m long, the aisles are 58 m wide, the nave is 45.50 m high as far as the vault, the dome is about 136 m high as far as the cross. The interiors, characterized by huge mosaics, are sites of some of the most famous art works from all over the world



St Peter Basilica 聖伯多祿大殿

舊聖伯多祿大殿

從門徒四處宣教到西元 313 年米蘭敕令頒佈這段期間，基督徒常被迫害，史稱「教難時期」。教難時期基督徒們私下聚會，避免被發現比如何使用空間重要，因此沒機會發展出適合基督徒聚會的空間。在康斯坦丁皇帝的統治下，決定在梵蒂岡山上建造一座位於聖伯多祿墳墓所在地的大教堂。建設始於 319 年，於 349 年左右完工。它是典型的羅勒(Basilica)形式，(Basilica 是一種多用途的集會空間，可作各種不同功能使用，在羅馬城 Forum 有許多大眾聚會場所，都採用 basilica)的形式。中間的正殿最寬，兩旁的側殿，跨距較小。聖彼得的墓則放在正殿的底端，平面上彼得的墓兩旁有兩個側翼，像是後來拉丁十字平面的兩個袖廊。直到重建大教堂，它已經存在了 1000 年有多。

聖伯多祿大殿

16 世紀初教宗儒略二世(Julius II)下定決心拆除重建，但他卻沒想到這新的聖彼得大教堂興建所引發的問題，遠比想像中複雜，總共花了約 160 年，歷經 22 位教宗，11 位建築師，到貝尼尼(Bernin)完成教堂前的廣場，終於告一段落，完成時已完全不是當初的構想。

聖伯多祿大殿可容納 20,000 人。它長 190 米，過道寬 58 米，中殿高 45.50 米，圓頂高約 136 米。室內設計以巨大的鑲嵌和壁畫為特色。因為這是天主教教宗的駐地，整個教堂興建的過程，不但表達了建築師的創意，也展現了教宗的企圖和神學思想的改變。如今位於梵蒂岡的教廷是天主教的精神堡壘，當我們進到聖彼得大教堂前的廣場時，仍可體會到貝尼尼以母親的雙臂向世人招手的企圖，進到教堂中，那超乎人類尺度的正殿和米高安哲奴(Michelangelo)的拱頂，仍可讓人感受到那塑造成進入天國的企圖。

主日分享



常年期第三主日

今天的福音說：「耶穌來到了自己生長的地方--納匝肋，照祂的習慣，在安息日進入會堂，站起來要誦讀。有人遞給祂依撒意亞先知書，祂展開書卷，找到一處寫著：「主的神降臨在我身上，因為祂給我傳了油，派遣我向窮人宣講福音，向俘虜宣佈釋放，向盲者宣告復明，解放被壓迫的人，宣佈主的恩寵之年。」祂把書捲好，交還執事，坐下來。會堂內眾人都定睛注視著祂。祂便開始對他們說：「你們剛才聽到的這段經文，今天應驗了。」（路 4:16-21）

「恩寵之年」就是喜年，是上主普施救恩的日子。耶穌說：「你們剛才聽到的這段經文，今天應驗了。」這是祂傳教生活開始前的一個宣言，說出祂的身份、使命和工作：祂自己是天主、祂要承行天父的旨意、要執行天父的計劃。這一切，今天應驗了！來到了！實現了！

據聖路加福音的記載，耶穌在家鄉納匝肋首次講道，頓時博得同鄉們的同情，但是他們要求祂施行奇蹟，耶穌不答應，於是便發生了不愉快的事件。耶穌被他們趕出城外，幾乎被他們從山崖上推下去，將祂處死。但是，正如讀經一上所指示的，本主日彌撒禮儀的主旨是在強調這故事積極方面的教訓。

原來，耶穌和祂的門徒們都屬於猶太民族；初期教會的第一批信友也大都來自這個民族；但是不久他們就受到自己同胞們的迫害，而同時基督的福音卻在異邦人當中迅速地傳開了。這現象一面使他們高興，一面也令他們傷心。這樣的心情，我們可以從四部福音中體驗得到。

在讀經二裡，保祿說：「我們眾人，不論是猶太人、希臘人、為奴的、或自由的，都因同一聖神受洗，成為一個身體。」我們都屬於同一的身體，

是基督奧體中的肢體，我們彼此都是兄弟姐妹，因為我們祇有一個天父。

在這身體中，我們又怎樣看那些軟弱的、不重要的肢體呢？保祿繼續說「其實，身體上那些似乎較軟弱的部份，更是不可缺少的。若是一個肢體受苦，所有的肢體都一同受苦，若是一個肢體蒙受尊榮，所有的肢體都一同歡樂。」為此，因著天主的愛，我們應對那些貧、苦、疾、缺的兄弟姐妹履行依撒意亞先知所說的：「主派遣我向窮人宣講福音，向俘虜宣佈釋放，向盲者宣告復明，解放被壓迫的人。」

節錄自梵蒂岡電台

活動一週



二月二日顯供聖體

永援聖母堂二月份的顯供聖體由騎士會帶領，時間為二月二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！

農曆新年感恩彌撒

二月五日(星期二) 早上九時。
歡迎所有教友一同參加，共同感謝天主過去一年及新年的眷顧！

二月十一日為第 27 屆世界病患日

這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於二月十日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傳油祝福。當天本堂將預備部分座位給予傳油的教友。

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 12 月 31 日，捐款已累積至 37,975.00 元。

懇請各位教友繼續支持，慷慨解囊！

堂區活動



星期三、五 1 月 30, 2 月 1 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

星期四 1 月 31

Perpetual Harmony Choir 練習

時間：下午 7 時至 9 時

地點：永援聖母堂上禮堂

星期五 2 月 1 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 2 月 2 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

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 2 月 3 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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- 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
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- 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

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE THIRD SUNDAY IN ORDINARY TIME | JANUARY 26/27, 2019

IS TRUE LOVE FOR EVERYONE at THEOLOGY OF THE BODY CONFERENCE 2019 | In a world with millions of single adults well into their 40's--where once there were many more marriages--what's a single person to do? Is true love for everyone or just a chosen few? Come hear from Kevin Muico at the Theology of the Body Conference 2019. When: **Fri & Sat, March 8 & 9 at St. Michael Catholic Community in Calgary.** Guest speakers include Christopher West, Mike Mangione, Sr. Helena Burns, Kevin Muico, Fr. Thomas Loya and Vicki Thorn. The two-day conference will explore theology and practical applications of human sexuality. Visit: <https://www.catholiccycc.ca/tob.html>

WORLD DAY OF PRAYER FOR CONSECRATED LIFE
The Assembly of Women Religious invites you to celebrate the World Day of Prayer for Consecrated Life with men and women religious of the Diocese of Calgary on **Sunday, Feb. 3** at St. Thomas More Church at the **10:45 am Mass.** Prayers of the Faithful are requested in every parish for all living the Consecrated Life as well as for those being called to that life. Contact: Sr. Theresa Smith | 403-228-3623.

PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on **Feb. 5 & 6, from 9:30 am to 3:30 pm**, at St. Paul's Parish (1305 Main Street, Airdrie). This course offers participants a better understanding of pastoral care given to the lonely, shut-ins, the sick and dying, as well as the visiting skills required for a Pastoral Care minister. Register: 403-218-5501 | healthcareprograms@calgarydiocese.ca

ATTEND TRANSITIONS PROGRAM

The Transitions Program is a 15-week peer support program for those recently separated or divorced. The next program will begin on **Wednesday, Feb. 20.** To register: <http://events.calgarydiocese.ca> | 403-218-5505 | lifeandfamily@calgarydiocese.ca

A BLESSING FOR MARRIED COUPLES

All married couples are invited on **Saturday, Feb. 9** for an event with Bishop William McGrattan and St. Michael's Marriage Ministry. Where: St. Michael's Catholic Community (800 85 St. SW, Calgary) at **7 pm.** Contact: 403-249-0423 | <http://saintmichael.ca/events>

COLDEST NIGHT OF THE YEAR – REGISTER NOW

Join us at the Coldest Night of the Year and support those experiencing homelessness in Calgary. When: **Saturday, Feb. 23, at 4 pm.** Where: Eau Claire Market. Funds raised support Feed the Hungry and affordable housing through **KAIROS** Calgary. For more information, visit cnoy.org/calgarydowntown

FILM SCREENING OF FATAL FLAWS: LEGALIZING ASSISTED DEATH | Filmmaker and pro-life speaker Kevin Dunn will be on hand for a screening of his new film, Fatal Flaws: Legalizing Assisted Death. Kevin travelled to four countries to see how euthanasia and assisted suicide laws are shaping the culture around us and what we can do to stem the tide. When: **Thursday, Feb. 21, at 7 pm;** discussion at 8 pm. For more information, call 403-281-6626. See the trailer at fatalflawsfilm.com

ST. MARY'S OPEN HOUSE

St. Mary's University (StMU) is hosting an Open House for all prospective students on **Saturday, Feb. 9** from **10 am to 2 pm** in McGivney Hall. In Fall 2019, St. Mary's will launch a four-year B.A. in Social Justice and Catholic Studies.

ALZHEIMER WORKSHOP

Learn about the Alzheimer's disease and related dementias, along with tools and strategies for interaction with persons with dementia and their caregivers. When: Saturday, **April 6** from **9 am to 2:30 pm** at St. Paul's Anglican Parish (7 Sunmills Green SE, Calgary). Contact: 403-218-5501 | healthcareprograms@calgarydiocese.ca

THE VISIT OF CARDINAL JORGE UROSA FROM VENEZUELA | The Archbishop Emeritus of Caracas, Venezuela, will be visiting Calgary on the weekend of March 9-10. He will be celebrating Mass at St. Michael Catholic Community on Saturday, **March 9 at 5 pm** (English), and **on Sunday, March 10 at 1 pm** (Spanish). All the faithful are welcome to attend.

SPIRITUAL DIRECTION TRAINING PROGRAM

In September 2019, FCJ Centre will offer a two-year Spiritual Direction Training Program. It is open to men and women of any Christian tradition who desire to deepen their spiritual formation, and who believe

God is calling them to one-on-one companioning with people who are seeking a deeper relationship with God through the integration of life and faith. For more information, contact Sr. Madeleine Gregg at 403-229-4215. Application deadline: May 31.

DAY OF PRAYER AND REFLECTION

Sisters of Divine Mercy invites any young adults ages 18 and older to a day of prayer and reflection. Theme: Stand Firm in the Faith. When: **Saturday, Feb. 16** from **10:30 am to 4 pm**. Where: Divine Mercy Centre (15206 Township Road 262, Calgary). Register: 587-755-1019 | sistersofdivinemercury.org

SECRETARY FOR SSVp CALGARY DIOCESAN

CENTRAL COUNCIL | The CDCC of the Society of Saint Vincent de Paul invites applications for a volunteer secretary position. The role of the secretary is to prepare and issue agendas (with the President), take and issue minutes, and keep track of correspondence. This role would take approximately 8 hours per month. For more information contact: Theo van Besouw | ssvp.cdcc.president@outlook.com

MARRIAGE AT THE HEART – COUPLES EVENING

FCJ Retreat & Conference Centre invites couples to an evening of married love celebration. Speakers: Sr. Madeleine Gregg, fc.J. and Fr. Cristino Bouvette. When: **Friday, Feb. 8 at 6 pm to 10 pm** at FCJ (219 19 Ave SW, Calgary). Dinner, talk and Mass with the renewal of marriage vows. Cost: \$75. Contact: 403-228-4215 | info@fcjcentre.ca | fcjcentre.ca

LENTEN DAY SILENT RETREAT

Sisters of the Divine Mercy invites you to a Lenten Day Retreat. This is a day of silence and prayer for young adults to deepen their relationship with the Lord in sacred stillness through Lectio Divina. Theme: Take up your cross and follow Me. When: **Saturday, March 30**, begins with Rosary at 10:30 am and Mass at 11 am. Where: Divine Mercy Centre (15206 Township Road 262, Calgary). Contact: 587-755-1019 | www.sistersofdivinemercury.org

PILGRIMAGE TO IRELAND | Join Fr Bill Corcoran of St. Pius X Parish on a pilgrimage to St. Patrick's Centre and Knock Shrine Ireland, the Emerald Isle. Over 10 days and nine nights (**Sept. 3-12, 2019**). For complete details, e-mail fatherbill.stpiusx@telus.net

FILM SCREENING: THE VANIER WAY

A pilgrimage to a L'Arche community in France to meet Jean Vanier transformed the lives of ten high school students from Ontario. What did they experience? Join us at the screening of *The Vanier Way* on **Friday, Feb. 22** at St. Michael Catholic Community (800 85 Street SW), at **7 pm**. Contact 403-249-0423 | <http://saintmichael.ca/events>

BILLINGS OVULATION METHOD TEACHER

TRAINING | The Natural Family Planning Association of Alberta is inviting people to begin training to become an Accredited Teacher of the Billings Ovulation Method® from the comfort of home. Part 1 of the Teacher Training Correspondence Course will be offered in a series of interactive Webinars from February - August 2019. Registration Deadline: **Feb. 4**. Visit billingslife.ca

22ND ANNUAL GOD SQUAD MEN'S CONFERENCE |

God Squad Canada invites all Catholic men (14 and up) to attend the upcoming Men's Conference on **March 15 & 16**. 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 godsquad.ca

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- **PASTORAL CARE COORDINATOR (ASSISTING A PRIEST CHAPLAIN) | DIOCESE OF CALGARY.** Candidates must have the required Pastoral Care Training and maintain an active faith life in his/her own parish.

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

SATURDAY, FEB 23, 2019

WALK WITH US.



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1. Sign up to Walk

You know what to do! Just grab a few friends, family, or colleagues to walk together on February 23rd.

You can choose between 2km, 5km, or 10km.

You raise money by asking your family and friends and telling them why this is important to you! **Remember that their donations to support you will also be matched!**

2. Volunteer

We need lots of hands to make this event happen. There are lots of indoor and outdoor volunteer opportunities that make this event happen.

As a bonus you can even fundraise as a volunteer. This is a great opportunity to have your family and friends support a cause you believe in!

3. Support a Neighbour

If you can't make it out, we would still love your support. If you know someone who is walking, help them reach their goal by making a donation!