

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

March 3, 2019 二零一九年三月三日

8th Sunday in Ordinary Time

常年期第八主日

Last Sunday Collection

上主日奉獻

\$3,389.00



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.

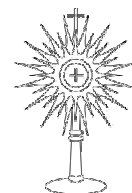
Tuesday 6:30 p.m.

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



8th Sunday in Ordinary Time

The first reading, taken from the Book of Sirach, teaches that what is inside us is revealed through our conversation – as the grain and husks are separated in a farmer's sieve, as the quality of the metal is revealed in the potter's fire, and as the size and quality of a tree's fruit reveal the care it has received from the planter. Sirach's teaching serves as an excellent preview for today's Gospel, which reminds us, when we're feeling judgmental, to think before we speak because what comes out of our mouth reveals our heart.

1) Advice for students & teachers of Scripture:

The Christian disciples are called upon to be both guides and teachers. Since a teacher cannot lead his students beyond what he himself has been taught, he must learn from the best teacher and then continue to learn Scripture from all available sources, the best being the Holy Spirit Who inspired Holy Scripture. Then, the learner must apply what he has learned to his own life before trying to teach others. Our goal in the Christian life must be to become like our Teacher, Jesus, in our thoughts, words, and actions.

2) We should not be blind guides:

In order to lead a blind person, one must be sighted; in order to teach, one must be knowledgeable; otherwise the blind person and the student will be lost. The sight and the knowledge specified here are the insights that come through Faith and the Holy Spirit, and the knowledge that comes from a Faith-filled relationship with the Lord. The point of this image of the blind leading the blind is that we must be careful when choosing whom to follow, lest we stumble into a pit

alongside our blind guide. A corollary is that we have no business trying to guide others unless we ourselves can see clearly.

3) We have no right to criticize and judge others:

The first reason Jesus gives us is we have no right to criticize unless we ourselves are free of faults. That simply means that we have no right to criticize at all, because "there is so much bad in the best of us and so much good in the worst of us that it becomes any of us to find fault with the rest of us." Jesus clarifies his point by presenting the humorous simile of a man with a log stuck in his own eye trying to extract a speck of dust from someone else's eye. It means that the task of fraternal correction (removing specks, etc.) should not be attempted without prior self-examination, though the disciple need not be completely without imperfections before the process can begin.

4) We must be good at heart to be good at our deeds:

In order to distinguish the good tree from the bad tree we need to look at the fruit the tree produces (deeds) and not at its foliage (words). "The treasure of the heart is the same as the root of the tree,"

Diocese & Other News



MARRIAGE PREPARATION COURSES

Catholic Family Service provides Marriage Preparation programs. Upcoming sessions: **March 22-24, April 12-14, May 10-12.** For more information or to register, contact 587-896-2891 www.cfs-ab.org

FOUNDATIONS OF A SOCIAL JUSTICE SPIRITUALITY ONE-DAY WORKSHOP

You are invited to a workshop with Bishop Emeritus Frederick Henry on

"Foundations of a Social Justice Spirituality."

When: Saturday, **April 13** from 8:30 am to 2:30 pm.

Where: **Corpus Christi Parish Hall** (5391 4 St NW, Calgary).

Cost: \$40/person, including lunch.

For more information or to register, contact 403-218-5505

socialjustice@calgarydiocese.ca

<http://events.calgarydiocese.ca>

MENTAL HEALTH AND ILLNESS WORKSHOP

This is a one-day workshop on a basic understanding of mental health, illness and spirituality.

When: **Saturday, April 13** from 9 am to 2:30 pm.

Where: **Our Lady of Perpetual Help** (400 Edmonton Trail NE, Calgary).

Contact: 403-218-5501 or register online at

<http://events.calgarydiocese.ca>

PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on Wednesdays, **May 1 to June 5**, from 6:30 pm to 9:30 pm, at **St. Luke's Parish** (1566 Northmount Dr. NW, Calgary).

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. To register, call 403-218-5501 or email

healthcareprograms@calgarydiocese.ca

Parish Activities



ASH Wednesday

Our parish will celebrate Ash

Wednesday on: **March 6 at 9:00 am Mass(English) and 6:30pm Mass (Chinese)**

It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

OLPH Way of the Cross in Lent

(Starting from March 8)
English: Every Friday 8:30 a.m.
Cantonese & Mandarin:
Every Saturday 4:30 p.m.

The sacrament of Reconciliation

The sacrament of Reconciliation will be available in our church all the Saturdays of Lent (March 9, 16, 23, 30, April 6 & 13) after morning mass to 4:30 pm.



2018 Donation Tax Receipts

2018 Tax Receipts are available for parishioners to pick up at the church main entrance. Please contact parish office if you have any concern on your donation record.

Talk from Fr. Edmund Lo

Fr. Edmund Lo, Jesuit priest and vocations director, will be coming to our parish on March 10 to celebrant 10 am mass. After the mass, he will speak on topics from the Youth Synod and challenges that youth and young

adults face in their faith today. Light lunch will be provided afterwards. All are welcome to attend!

OLPH Church Parish Retreat

Lead by : Bishop Henry
Date : March 16th 2019
Time : Saturday 9:00am - 4:00pm
Place : OLPH Church
Topic : The Way of Truth and Life

All parishioners are welcome! Please visit the OLPH's web site, Facebook Page and Poster for more details.

Together in Action 2019

The 2019 "Together in Action" commences on the first



Sunday of Lent (March 10). The theme this year is:

"The Lord has anointed me to bring Good News to the poor." (Isaiah 61:1)

Our parish's target is \$24,357 as designated by the Diocese. This year's TIA is led by St Gabriel Choir. We plead for your generous support. Donation envelopes are being distributed with your 2018 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

2019 Daylight Saving Time

Daylight saving time starts on Sunday, March 10, 2019. At 2:00:am clocks are turned forward 1 hour.

Weekly Activities



Wed, Fri Mar 6,8

OLPH Senior Centre

Time: 9:00am-12:00 noon
Place: OLPH Church Upper Hall

Wed Mar 6

St. Angela School - Ash

Wednesday Mass

Time: 9:00am
Place: OLPH Church

Fri Mar 8

OLPH Scout

Time: 6:30p.m.-8:30p.m.
Place: Upper Hall & Lower Hall

Sat Mar 9

Legion of Mary (meeting)

Time: 9:45 a.m.
Place: OLPH Church K of C room
Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

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

Place: OLPH Lower Hall

Young Adults Band practice

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

Place: OLPH Upper Hall

Young Adults Choir practice

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

Place: OLPH Lower Hall

Sun Mar 10

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

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

Place: OLPH Church Lower Hall

Sunday School

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

Place: OLPH Church K of C room

Talk by Fr. Edmund Lo

Time: 11:00p.m.-2:30p.m

Place: OLPH Upper Hall

Pastoral Care Team meeting

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

Place: OLPH Board Room



Pope's Lenten Message calls for conversion

Pope Francis is calling on the faithful not to let the Lenten season of grace pass in vain, and to live as children of God acknowledging and obeying His law, in particular in regards to our brothers and sisters and to creation.

In this year's Lenten message, the Pope invites believers to prepare to celebrate the paschal mystery with mind and heart renewed, warning that "Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests".

The Pope's Lenten message was released on Tuesday during a press conference at the Holy See Press Office. The theme chosen this year is "For the creation waits with eager longing for the revealing of the children of God" (Rom 8:19)

Lent begins on Ash Wednesday, 6 March, and will conclude on Holy Saturday, 20 April, the day before Easter.

"Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them".

This is one of the key passages of Pope Francis' Lenten Message for 2019. Reflecting on a verse from St. Paul's Letter to the Romans, the Pope highlights how the season before Easter must be a time to "welcome Christ's victory over sin and death into our lives", and attract "its transforming power to all of creation"

Fasting, prayer, almsgiving

Appealing to the faithful to not allow this season of grace to pass in vain, Pope Francis says that if, "the Lent of the Son of God 'was an entry into the desert of creation to make it become again that garden of communion with God' that it was before the original sin, Christians today are invited "to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving."

Fasting, the Pope says, means turning away from the temptation to "devour" everything to satisfy our voracity; Prayer teaches us to abandon idolatry and the self-sufficiency of our ego; Almsgiving, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us.

If we follow this journey, he said it "is possible to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness".

Conversion

The path to Easter, therefore, demands that "we renew our faces and hearts as Christians through repentance, conversion and forgiveness" the Pope said pointing out that it is a call that involves the whole of creation.

This "eager longing", this expectation of all creation, Pope Francis says, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails.

<https://www.vaticannews.va/en/pope/news/2019-02/pope-lenten-message-conversion.html>

主日分享



常年期第八主日

路六 20-49 記載耶穌的「平原言論」包含三個大段落：「四個祝福與詛咒」（20-26）、關於「愛仇」的教導（27-38）、與關於自我批判的「比喻」（39-46），最後是整段教導的結語（47-49）。上個主日我們聆聽了關於「愛仇」的教導（27-36），這個主日的福音內容則是有關「自我批判」的教導（39-45）。

盲人領瞎子？（39）

瞎子豈能給瞎子領路？ 不是兩人都跌在坑裡嗎？

耶穌首先提出兩個諺語式的問題：

「瞎子豈能給瞎子領路？不是兩人都跌在坑裡嗎？」就諺語本身而言，可以有兩種理解方式：積極方面，人應該避免在缺乏正確理解的情況下隨便引導他人，消極方面，人也得避免讓不能看清事理的人引導自己。但是在福音的脈絡與路加的教會團體背景中，可能「瞎眼的危險」是影射個人自己的錯誤；也可能是指團體中已經出現的異端教師，他們強烈主張自己的發言權利，並宣告有權判斷、引領他人（參閱：宗二十 30：「就是在你們中間，也要有人起來講說謬論，勾引門徒跟隨他們」）。

徒弟與師傅（40） 沒有徒弟勝過師傅

接著仍是一句一般性的諺語：「沒有徒弟勝過師傅」。猶太辣比教導與學習的傳統，就是讓徒弟努力學得跟他們師傅相符的教育，也就是盡力學會師傅所教導的一切。對耶穌與門徒的關係而言，更是如此。至於教導的具體內容則可直接從這段經文的上下文看出：門徒們應該學習耶穌，仁慈對待罪人（犯錯的人）。這樣的仁慈將使門徒成為與耶穌一樣的師傅，通達事理的領路人，不至於變成盲人引導瞎子。

木屑與大樑（41-42） 先取出你眼中的大樑， 然後纔看得清楚

耶穌在 39-40 兩節經文以間接語氣發言，在 41-42 節中則轉為直接語氣（你 …），使這裡所出現的問題與要求顯得更為急切。這是《路加福音》第一次出現「兄弟」這樣的稱呼，表達這個勸勉是針對信仰團體生活提出的。這個教導以極誇張的對立性圖像語言（眼中的「木屑」與「大樑」）指責那些批判者是「假善人」：他們表面上關心糾正弟兄姊妹們的錯誤，其實卻隱瞞著自己更為嚴重的罪惡與誤謬。他們其實也是瞎子，不可妄自指導「兄弟」；他們和兄弟們同是「徒弟」，應該一起跟隨「師傅」學習。

好樹結好果（43-45）

人從荊棘上收不到無花果， 從茨藤上也剪不到葡萄。

43-45 節是這段教導的結論。內容應該來自舊約智慧文學，含意淺顯而不需任何解釋。例如：德二七 7：「一棵樹的栽培，可由它所結的果實看出；同樣，一個人的心意，可從他思想後所說的話看到。」這些類似的經文以類比的方式說明原因與結果。「果子」的好壞源於「樹」，同樣，人言語和行為的「善、惡」表達此人內心的狀態。

從經文最後一個句子「心裡充滿什麼，口裡就說什麼」可以看出，這裡所想的首先是「好的話語」或「壞的話語」，這些話構成判斷的標準。所以，這裡所談論的首要重點是自己的思想純潔與否，而並不是警告提防他人錯誤的教導。

路加藉著敘述耶穌的「平原言論」將不同的勸勉與警告集合在一起，這個組合最核心的教導是關於「愛近人」或「愛仇」的呼籲，因此今天的福音也應放在這個脈絡中來理解，是對這個核心教導的補充與放在實際生活中說明。

基督可以從今天的福音學習，以耶穌的精神化解團體內在的衝突與緊張。教會與其他任何團體一樣，內部也常常發生衝突與爭執，遺憾的是，我們也和其他人一樣，常常只將罪過歸咎於他人，總是自居於審判者的地位。

耶穌說「不要判斷」，不是絕對禁止對於教會或個人做出任何評斷。而是要求我們在判斷他人之前先聆聽耶穌，先行自我批判，反省並承認自己的罪過，並切實悔改。

<http://www.ccreadbible.org/>

堂區活動



聖灰瞻禮

三月六日星期三是聖灰瞻禮。本堂將於當日九時彌撒（英文）為教友施放聖灰。此外，在四旬期第一主日不可施放聖灰，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

四旬期苦路善功

在四旬期內三月八日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。

請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

四旬期悔罪禮



本堂於四旬期內逢星期六(3月

9、16、23、30

日，4月6、13

日)早上彌撒之

後至 4 時 30 分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備主基督的來臨！

2018 年退稅收條

2018 年退稅收條將於本週開始派發，教友可於教堂正門入口處拿取。如有任何查詢，可與堂區辦事處聯絡。

講座 - Fr. Edmund Lo 主講

沙省耶穌會盧神父(Fr. Edmund Lo)將於 3 月 10 日為本堂舉行主日十時彌撒，彌撒後將於上禮堂為青年舉行講座，主題為分享現今年青人的信仰及面對的挑戰。講座後有午餐，誠意邀請各位青年人參加。

永援聖母堂一四旬期退省

主講: 亨利主教

日期: 2019 年 3 月 16 日

時間: 星期六. 早上九時至下午四時

地點: 聖堂

主題: The Way of Truth and Life

真理、生命之道

歡迎各位教友踴躍參加。詳情請參閱本堂區網頁, Facebook Page 及海報。

2019 教區公益金，齊來獻愛心

2019 年教區 TIA 籌款的主題

為：『上主給我傳

了油，派遣我向貧苦的人傳報喜

訊。』依撒意亞 61: 1

籌款運動將於 3 月 10 日正式展開。

本堂所須籌募的數目為教區指定的

24,357 元，今年公益金將由聖佳播聖

詠團負責統籌，懇請各位慷慨解囊，

繼續支持教區公益金，捐款信封現正

與 2018 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

2019 年日光節約時間(夏令時間)週日 3 月 10 日星期日凌晨 2 點是日光節約時間的開始，請把時鐘撥快一小時。

2019 年日光節約時間(夏令時間)

週日 3 月 10 日星期日凌晨 2 點是日光節約時間的開始，請把時鐘撥快一小時。

活動一週



星期三、五 3 月 6, 8 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

星期三 3 月 6

St. Angela School - Ash Wednesday

Mass

時間: 上午 9 時

地點: 永援聖母堂

星期五 3 月 8 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 3 月 9 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

成人慕道班 (國語)

時間: 下午 3 時至 5 時

地點: 永援聖母堂下禮堂

大專青年團樂隊練習

時間: 下午 4 時至 6 時

地點: 永援聖母堂上禮堂

大專青年團練習聖詩

時間: 下午 6 時至 8 時

地點: 永援聖母堂上禮堂

星期日 3 月 10 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

講座 - Fr. Edmund Lo 主講

時間: 上午 11 時至下午 2 時 30 分

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE EIGHTH SUNDAY IN ORDINARY TIME | MARCH 2/3, 2019

YOUNG ADULTS KNIGHTS OF COLUMBUS

Bishop McGrattan invites Catholic men between the ages of 18 and 40 to a special meeting. The purpose of the meeting is to start a core group of young men in the Calgary area to use their Catholic faith by serving their Church and Community. Date: **Monday, March 11**. Where: St. Mary's Cathedral Rectory Hall (219 8 Avenue S.W., Calgary). Time: Registration: 6:30 pm. Presentations: 7 to 8:30 pm. Please contact Ricky Finzel at membershipdirectorsouth@kofc.ab.ca to advise if you plan to attend.

MARRIAGE PREPARATION COURSES

Catholic Family Service provides Marriage Preparation programs. Upcoming sessions: **March 22-24**, April 12-14, May 10-12. For more information or to register, contact 587-896-2891 | www.cfs-ab.org

FOUNDATIONS OF A SOCIAL JUSTICE SPIRITUALITY ONE-DAY WORKSHOP

You are invited to a workshop with Bishop Emeritus Frederick Henry on "Foundations of a Social Justice Spirituality." When: **Saturday, April 13** from **8:30 am to 2:30 pm**. Where: Corpus Christi Parish Hall (5931 4 St NW, Calgary). Cost: \$40/person, including lunch. For more information or to register, contact 403-218-5505 | socialjustice@calgarydiocese.ca | <http://events.calgarydiocese.ca>

MENTAL HEALTH AND ILLNESS WORKSHOP

This is a one-day workshop on a basic understanding of mental health, illness and spirituality. When: **Saturday, April 13** from 9 am to 2:30 pm. Where: Our Lady of Perpetual Help (400 Edmonton Trail NE, Calgary). Contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

THANK YOU FROM FEED THE HUNGRY

This weekend the Coldest Night of the Year (CNOY) committee, a partnership of Diocesan staff, KAIROS Calgary reps and team members from the HomeSpace Society, spent the day at Eau Claire Market hosting 297 participants and over 80 volunteers for our 6th annual CNOY. Despite a windchill of -24, more than half of the participants walked 5 km! Everyone enjoyed a great meal of chili, doughnuts and sponsored coffee from Starbucks. In total over \$73,000 was raised! These funds will be split 50/50

between Feed the Hungry to cover unsponsored dinners and the mortgage on Bankview Apartments. Feedback from the event has been very positive. On behalf of Feed the Hungry, thank you to everyone who supported this fundraiser.

THANK YOU FROM ELIZABETH HOUSE

Over 450 Catholics attended Faith & Fun NHL game last Friday, and \$2,250 was raised for Elizabeth House! All tickets purchased directly benefits courageous pregnant and parenting women in need. We are looking forward to doing this again and maybe will be visiting a Stampeders game.

PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on Wednesdays, **May 1 to June 5**, from 6:30 pm to 9:30 pm, at St. Luke's Parish (1566 Northmount Dr. NW, Calgary). 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. To register, call 403-218-5501 or email healthcareprograms@calgarydiocese.ca

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 or register online at <http://events.calgarydiocese.ca>

***God, Sex and the Meaning of Life* at THEOLOGY OF THE BODY CONFERENCE 2019** | Why are our sexuality and spirituality completely intertwined? How is sex the organizing principle of our lives and how does it point us to heaven? Come hear from Christopher West at the Theology of the Body Conference 2019. When: **Fri & Sat, March 8 & 9** at **St. Michael Catholic Community in Calgary**. Guest speakers include Mike Mangione, Vicki Thorn, Sr. Helena Burns, Kevin Muico and Fr. Thomas Loya. The two-day conference will explore theology and practical applications of human sexuality. Visit: <http://TOB.calgarydiocese.ca>

DIOCESAN PALLIATIVE CARE PROGRAM

Palliative care is the active, compassionate care of a person whose disease is no longer responsive to traditional treatment aimed at a cure. Learn how to minister God's unfailing love for the terminally ill and the dying through the Palliative Care Education Program. When: **April 26 & 27 (Part 1)**, and **May 3 & 4 (Part 2)**. Where: Holy Spirit Parish (10827 24 St SW, Calgary). For more information, contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

EFFECTIVE CO-PARENTING: PUTTING KIDS

FIRST | 'Effective Co-Parenting: Putting Kids First' is a five-week parents education program to help parents, children and families to cope with separation and divorce. Learn how to manage shared parenting situations, resolve family conflicts, participate in support groups and improve communications between separated/divorced parents. Session dates: **Wednesdays, Apr. 24, May 1, 8, 15 and 22**. To register: <http://events.calgarydiocese.ca> | 403-218-5505 | lifeandfamily@calgarydiocese.ca

VOLUNTEERS WANTED FOR THE OUTDOOR WAY OF THE CROSS

| The 36th annual Outdoor Way of the Cross takes place at **9 am** on **Good Friday, Apr. 19** at St. Mary's Cathedral, Calgary. To volunteer, contact 403-218-5519 | wayofthecross.ca

SAVE OUR MARRIAGE – RETROVAILLE

RETREAT | Retrouvaille helps married couples find reconciliation by teaching communication skills and providing the tools to improve their relationships. Next weekend retreat: **March 8-10**. Contact 403-879-7893 | helpourmarriagecalgary.com

FILM SCREENING OF "OVER 18"

St. Martha's CWL in Lethbridge will be hosting a screening of the "Over 18" documentary. The screening will take place at St. Martha's Parish (355 Columbia Boulevard West, Lethbridge) on **Friday, March 15 at 7:30 pm** right after the Stations of the Cross. There will be a Q&A following the film.

LENTEN DAY SILENT RETREAT

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.sistersofdivinemersey.org

22ND ANNUAL GOD SQUAD MEN'S

CONFERENCE God Squad 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

GRIEF TO GRACE

Grief to Grace is a spiritual journey for anyone who has suffered degradation or violation through sexual abuse, psychological or emotional abuse, neglect or other forms of traumatic violation in childhood, adolescence, or as an adult. When: **May 2-5**. Where: Kelowna, BC. For more information or to register, call 1-250-878-7603 | griefftograce.org

FIRST ANNUAL MASS FOR THE ARTISTIC COMMUNITY IN CALGARY

| The Sacred Arts Guild of Alberta invites all artists, composers, musicians and their friends and family to attend Mass on **Saturday, March 16 at 1:30 pm**. Where: Sacred Heart Church (1307 14 St. SW, Calgary). Reception and art show to follow. For more information, contact 403-703-7688 or kkiss@telus.net | sacredartsguildofalberta.com

RAISING KIDS IN DIGITAL AGE SEMINAR

TakeCharge@HOME is a workshop that equips parents and grandparents with the necessary skills and resources to help their children navigate the internet. Gain insight and tangible tips for raising kids in this environment. Parish groups and registered Lay Associations are encouraged to book your seminar at (403) 218-5501. Sponsored by the Diocese of Calgary and the Calgary Pregnancy Care Centre.

THE VIRTUES OF MARY

The Heralds of the Gospel community invites you to a talk by Br. Justin Bonyun on *The Virtues of Mary*. When: **Sunday, March 10** at 2 pm. Potluck dinner follows. Where: St. Patrick's Church (1414 Shawnessy Blvd. SW, Calgary). Contact Ting at 403-397-0882.

FILM SCREENING: SEXUAL REVOLUTION

St. Michael's (800 85 St. SW, Calgary) invites everyone on **Friday, March 15 at 7 pm** for a screening of *Sexual Revolution: 50 Years Since Humanae Vitae*, which documents the effects of the "free-love experiment of the 1960s hippie generation" and Pope Paul VI's prophetic encyclical.