

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

March 24, 2019 二零一九年三月二十四日

3rd Sunday of Lent

四旬期第三主日

Last Sunday Collection

上主日奉獻

\$4,287.00



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.

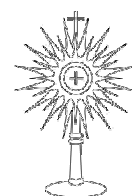
Tuesday 6:30 p.m.

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



Third Sunday of Lent Need of Repentance

The themes of today's scripture readings are on God's mercy and compassion with particular emphasis on the need of repentance on our part.

The first reading shows God's compassion on his people suffering from oppression in Egypt and also his readiness to deliver them out of Egypt to a land of milk and honey. In the second reading, Paul warns us about the possible effects of our sinfulness by quoting from the Book of Exodus the story of many Israelites perishing in the desert and unable to enter into the Promised Land. In the gospel, Jesus stresses on the need of repentance. Indeed, God's mercy cannot find its way to us if we shut him out and refuse to admit our sinfulness and to turn away from sin. Although God is always faithful in his promise of mercy and compassion, we still have to respond to his love by true repentance of our sins and omissions.

The stories from Exodus perhaps have been specially written for us so to remind us how we can live a true Christian life. In the words of Paul, they serve as stern warnings to us: "These things occurred as examples for us, so that we might not desire evil as they (the Israelites) did."

Jesus makes it very clear in the gospel that we must mend our way of life. Some people come to Jesus and tell him how some Galileans have been brutally killed by Pilate, believing that the punishment is meted out by God. Jesus then refers to another incident in which 18 people have been crushed to death by the collapsing Siloam Tower. He says to them: "Do you think that these Galileans suffered in this way

because they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did!" Jesus emphasizes that repentance is necessary for the sake of love and mercy. We are doomed if we fail to take stock of our sins and iniquities and convert our sinful attitudes.

Today's gospel ends with the parable of the fig tree, affirming God's mercy while posting a warning. God is patient with us and, although we have time and again sinned against him, he waits for us to repent. Our lives have failed to bear fruit, but God still gives us the chance to change and be productive again. In the parable, the vineyard owner intends to put down the barren fig tree. However the gardener pleads with his master not to cut the tree down but to give it another year to bear fruit. This is a serious warning that the time for us to repent and turn over a new leaf is not indefinite and may well run out anytime. In fact, we may not live another day and may not have another chance to repent.

Relying on God's mercy does not mean that we sin to our heart's content and then sit back for God's forgiveness. No! We must be truly sorrowful for our sins and omissions, and return his love with our filial love for him.

The Church reminds us, through select passages from both the Old and New Testaments, that Lent is a time for repentance. Some of us may feel that we are law-abiding Catholics and that the warnings in the scriptures are only intended for sinners. We must guard ourselves against such self-righteousness, since this is extremely dangerous and deadly to our spiritual lives. Each one of us should feel the need for conversion. In this Season of Lent, God invites us to examine our attitudes and change for the better. This may have to do with our prayer

life, our work and our ways of doing things or our personal relationship with those we come into contact with in our daily lives.

Diocese & Other News



LAY ASSOCIATIONS SPRING SEMINAR

The upcoming Lay Associations Seminar will be held on Saturday, **May 18** from 10 am to 2 pm at **St. Anthony's Church** (5340 4 St SW, Calgary).

Registration is \$15 per person. These seminars are necessary for registered groups in the Diocese. Nonregistered groups are strongly encouraged to attend.

To register online, visit calgarydiocese.ca

For more information, call Andie at 403-218-5501.

THE EXTRAORDINARY MISSIONARY MONTH

For the past several years, our universal Church has called upon all its members to celebrate the central mission and purpose of the Church, evangelization.

Pope Francis has designated October 2019 to be an Extraordinary Missionary Month to emphasize the important role of all Catholics to further the missionary nature of the Church. The theme for this Extraordinary Missionary Month is: **"Baptized and sent: The Church of Christ on mission in the world."**

SONG COMPETITION

There is an opportunity to engage musical children and young people of the Diocese in composing the theme song for the Extraordinary Missionary Month 2019.

For more information, please email Sr. Rita Kim at

rita.kim@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



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.



2019 Youth Group / Young Adult Group/ Sunday School Teachers Lenten Retreat:

The theme for this year's Lenten Retreat is "Children of God: I am a son/daughter of God". We will be taking a closer look at the story of the prodigal son and focus on Repentance and Renewal. Our guest will be the vocation director of the Diocese of Calgary and charismatic speaker, **Father Cristino Bouvette**. Come join us in a beautiful night of praise & worship, confession, and spiritual growth. Please contact Jenny Lam, Jason

Yeung or Peggy Yip for further details.

Date: Saturday **March 30th**, 2019

Time: 5:00pm to 9:30pm (Pizza dinner will be provided)

Location: OLPH Upper Hall

Exposition of the Blessed Sacrament on April 6

The April's Exposition of the Blessed Sacrament will be led by Don Bosco Alumni Association on April 6 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Mental Health And Illness Cantonese Workshop

OLPH Pastoral Care Team and Health Care Apostolate, Diocese of Calgary will have a Cantonese workshop "Basic Understanding of Mental Health Issues and Illness & Spirituality"

Date: Saturday, **April 13, 2019**

Time: 9:30 a.m. to 2:30 p.m.

Venue: OLPH Church Upper Hall

Registration fee **\$25.00**

(Include speaker fee, manual, breakfast & snack. **Please bring your own lunch**)

Registration or further information, please contact Sr. Magdalena Chan (403-690-2973) or (403-265-7926)

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.



Weekly Activities



Wed, Fri Mar 27,29

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Wed Mar 27

Perpetual Harmony Choir Practice

Time: 6:30 p.m.-9:00 p.m.

Place: OLPH Upper Hall

Fri Mar 29

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Mar 30

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 31

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

Sunday School Liturgy Meeting

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

Place: OLPH Lower Hall

Lent Not Going Well? Read This.

Allyson Kenny

A story someone once told me goes something like this:

A world-renowned businesswoman was being interviewed as part of a public lecture series. The hall was packed with people eager to hear her words of wisdom. A prominent journalist moderated the discussion.

"To what do you owe your success?" the journalist asked.

"Wisdom," she replied.

"So, how did you get wise?"

"Experience."

"But how did you gain experience?"

"I tried something. It often failed. So I tried again."

Why must so much of the Christian life be a paradox? ***To be great, we must become humble (Matt. 23:12). To be at peace, we must rest under a yoke (Matt. 11:29).*** We have faith in a Savior who shows us that to live, we must die.

This frustrates me to no end.

The world all around me shouts that success is to be rich, famous, powerful, and well-liked.

To be "victorious" according to the world is living without weakness, never burdened by misery or hardship.

So here is your gentle, Lenten reminder for today:

The only way to truly "succeed" at Lent is to fail.

The only truly "victorious" Lenten season is one that leaves you knocked down a peg or two in self-reliance but richer in self-understanding.

You don't have to let this be a reason for your self-esteem to curdle like a cup of forgotten milk on a hot day. Instead, let this knowledge inspire self-compassion.

I'm flawed, I'm human. But we're all in this together. My God-directed and -inspired growth comes as a direct result of messing up my own best-laid plans.

This is a golden opportunity hidden in plain sight, the perfect time for some discernment and self-inquiry. Did my Lenten resolutions come from prayerful consideration of, and cooperation with, what God is asking of me right now? Or did they come from the places where my false self still reigns, where I still wear inner masks and try to hide from the reality of my life?

Imagine God looking down at you with a loving gaze, the way a parent might lovingly adore their newborn child. What does God want to say?

Or maybe you'd prefer to give your "failure" a shape, colour, or personality.

What does your "failure" look like? Envision it standing in front of you (or maybe it wants to laze around despondently on your couch. Or jump off the walls. Regardless, just let it do its thing). Have a conversation with your "failure". Approach it the way you might when you've happened upon a wild animal in the woods: It's timid, in need of soothing, more scared of you than you could ever be of it.

Above all, remember the words of Spanish poet Antonio Machado:

**Traveler, your footsteps are the path, and nothing more.
Traveler, there is no path, you make the path by walking.**

Wherever you find yourself spiritually and emotionally this Lent, God is close at hand. Take heart.

主日分享



四旬期第三主日

悔改的必要

今天的禮儀跟我們談天主的仁慈與我們的悔改，特別再三地講到這第二個主題。第一篇讀經表示天主的仁慈，因祂憐憫祂在埃及受壓迫的子民。第二篇讀經提出出谷紀的幾個故事，為我們那是警誡。在福音裏耶穌堅持必須悔改。的確，天主的仁慈不能施展出來，如果我們向它封閉，如果沒有悔改。可是基本要素常是天主的寬仁與慈悲。因此悔改成為一個堅固的希望的基础。“現在——保祿解說——這些事都是我們的鑒戒，為叫我們不貪戀惡事，就如他們貪戀過一樣”我們基督徒應該留意這些故事，這些警戒為我們的生命非常有用。事實上，所有這些事正是為我們寫的，為了光照我們基督徒的聖召生活。

在福音中耶穌更加堅持悔改的必須性。史羅亞塔倒塌，壓死十八個人。人們把這些事看成神對那些受害者的一個懲罰，耶穌斥責這種態度是幻想。“你們以為這些加里肋亞人，比其他所有的加里肋亞人更有罪，才遭此禍害嗎？不是的。我告訴你們：如果你們不悔改，你們都要同樣喪。”耶穌強調悔改的必需是為了愛，為了憐憫：因為如不悔改，就會沉淪。本篇福音的結尾又談到仁慈的前景。耶穌講了一個種植在葡萄園中的無花果樹的比喻。

這裏展示出調整的仁慈，祂讓人有時間悔改。儘管我們生命不結果子，天主有耐心，祂還給我們一個改變和進步的機會，此外，這裏也展示出悔改的緊急性。園丁對主人說：“主人，再容它這一年罷！”。悔改的機會不是無限期的。所以需要立刻接受悔改；否則可能會永遠失去。

我們可以依賴天主的仁慈，其意義不在原諒我們靈性的懶惰，而在增長我們對天主以兒女孝愛之情回應天主如

此仁慈的憂慮。

總之，整個總結在此意義上：天主滿懷仁慈，我們應該以誠心努力悔改來回報。

我們在四旬期內，這是教會叫我們悔改的一個時期，不斷以舊約和新約聖經中的話呼籲悔改。我們可能傾向於認為這些呼籲不是為了我們，只對罪人有用。這是危險的態度。我們每個人都必須覺得受到悔改的召喚。在四旬期內我們每人都受到天主的邀請去改正他的生活形式中的某些事情，修正一些他祈禱、行動、和工作的方法，以及跟他人的生活關係。

(節錄自梵蒂岡電台)

堂區活動



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！

2019 青年會/大專青年團/主日學 老師四旬期退省：

退省主題是“我們都是天主的兒女”，從浪子回頭的比喻，思考悔改和更新，避靜由 Fr. Cristino Bouvette 帶領。

誠意邀請青年人參加，當晚有祈禱、讚頌、修和聖事及靈修指導。

詳情請聯絡 Jenny Lam, Jason Yeung 或 Peggy Yip。

日期：2019 年 3 月 30 日星期六

時間：下午 5:00 至晚上 9:30 (提供 pizza 晚餐)

地點：OLPH 上禮堂

四月顯供聖體

永援聖母堂四月份的顯供聖體由鮑斯高同學會帶領，時間為四月六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！

精神健康, 情緒及靈性工作坊

卡城天主教牧靈部與永援聖母牧靈關愛組將會合辦公開講座

主題：精神健康, 情緒及靈性工作坊 (粵語)

日期：2019 年 4 月 13 日 (星期六)

時間：上午 9 時 30 分至下午 2 時 30 分

地點：永援聖母堂上禮堂

費用：\$25.00 (包括講義, 早點及茶點。請自備午餐)

歡迎堂區教友參加。詳情請向 Sr. Magdalena 陳修女(690-2973) 或 (265-7926)報名及查詢。

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！



活動一週



星期三、五 3 月 27, 29 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 27

Perpetual Harmony Choir 練習

時間：下午 6 時 30 分至 9 時

地點：永援聖母堂上禮堂

星期五 3 月 29 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 30 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 31 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

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



你曾經買了一件很喜歡的衣裳卻捨不得穿，鄭重地供奉在衣櫃裡；許久之後，當你再看見它的時候，卻發現它已經過時了。所以，你就這樣與它錯過了。

你也曾經買了一塊漂亮的蛋糕卻捨不得吃，鄭重地供奉在冰箱裡；許久之後，當你再看見它的時候，卻發現它已經過期了。所以，你也這樣與它錯過了。

沒有在最喜歡的時候上身的衣裳，沒有在最可口的時候品嚐的蛋糕，就像沒有在最想做的時候去做的事情，都是遺憾。

生命也有保存期限，想做的事該趁早去做。

如果你只是把你的心願鄭重地供奉在心裡，卻未曾去實行，那麼唯一的結果，就是與它錯過。

2019 年 10 月特別傳教月

今年舉行的特別傳教月也是為紀念先教宗本篤十五世頒布《夫至大》宗座牧函一百周年。這位教宗具有卓絕勇敢的直覺，提出需要重新鑑定教會在世界上的傳教使命。

教宗方濟各指出，這並不只是要我們“重新思考為何應把已做過的工作再做得更好”。“教會機構在傳教使命上的轉化要求我們具有個人聖德和精神創造能力。因此，這不只是除舊更新，而是任由聖神來創新。那創新的不是我們，而是聖神。我們要給聖神騰出空間，讓聖神來創新。你們要在傳教使命中做大膽勇敢的人，始終在與基督的教會共融中與聖神合作。”

“領洗教友與福傳使徒：基督的教會在世界上的使命”

2019 年 10 月特別傳教月的主題為“領洗教友與福傳使徒：基督的教會在世界上的使命”。教宗對此解釋道：“接受派遣去傳教是聖洗聖事中一個固有的召叫，每位領過洗的教友都責無旁貸。因此，傳教就是派遣，

使福傳使徒和接受福傳者都獲得皈依的救恩。”

“我們沒有可出售的產品，只有一個值得傳播的生命，即天主，祂的神性生命、祂的慈愛及祂的神聖！那派遣我們的是聖神，祂陪伴我們、啟發我們。聖神才是傳教使命的主角。帶領教會前行的是聖神，絕不是我們。”



凡自以為站得穩的，務要小心，免得跌倒。

格林多前書 10:12

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

 查詢電話
277 3888

St. Paul's Anglo-Chinese Pre-School
天主教聖保祿中英文幼兒園
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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE THIRD SUNDAY OF LENT | MARCH 23/24, 2019

THANK YOU FROM CALGARY CATHOLIC EDUCATION FOUNDATION

| Thank you to the generous parishioners of the Roman Catholic Diocese of Calgary for supporting Catholic Education Sunday in November 2018. We had a record number of 132 readers attending 156 masses across 43 parishes on the weekend of November 3 & 4, 2018. We witnessed our schools and parishes joining together to celebrate and give thanks for the gift of Catholic Education and the contribution it makes to our communities and society. The CCEF was blessed to receive \$86,998 from your generous donations which will enable us to provide leading-edge learning opportunities, support social justice actions, create safe and caring faith-filled schools and enable leadership development opportunities for the 115 schools and 56,000 students throughout the Calgary Catholic School District. For more information on the CCEF and how you can help our Catholic students, please visit thecccf.ca

LAY ASSOCIATIONS SPRING SEMINAR

The upcoming Lay Associations Seminar will be held on **Saturday, May 18 from 10 am to 2 pm** at St. Anthony's Church (5340 4 St SW, Calgary). Registration is \$15 per person. These seminars are necessary for registered groups in the Diocese. Non-registered groups are strongly encouraged to attend. To register online, visit calgarydiocese.ca. For more information, call Andie at 403-218-5501.

DIVINE MERCY CHAPLET AND ADORATION

The Diocese of Calgary and Couples for Christ invite you to a Divine Mercy Chaplet and Adoration of the Blessed Sacrament with Fr. Adrian Martens to pray for Catholic Unity: unity amongst husbands and wives and the family, growth in holiness of the People of God and growth in the work of Christian evangelization. When: **Wednesday, April 24 from 6:30 - 7:30 pm**. Where: Sacred Heart Church (1307 14 St SW, Calgary).

THE EXTRAORDINARY MISSIONARY MONTH

For the past several years, our universal Church has called upon all its members to celebrate the central mission and purpose of the Church, evangelization. Pope Francis has designated **October 2019** to be an

Extraordinary Missionary Month to emphasize the important role of all Catholics to further the missionary nature of the Church. The theme for this Extraordinary Missionary Month is: **"Baptized and sent: The Church of Christ on mission in the world."**

SONG COMPETITION

There is an opportunity to engage musical children and young people of the Diocese in composing the theme song for the **Extraordinary Missionary Month 2019**. For more information, please email Sr. Rita Kim at rita.kim@calgarydiocese.ca

MARRIAGE PREPARATION COURSES

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

RELIGIOUS FOUNDERS' DAY | Religious leaders from around Southern Alberta will be speaking on "Universal Compassion: the Core Human Value" at the Religious Founders Day event on **Sunday, April 7 at 3 pm**. Where: Baitun Nur Mosque (4353 54 NE, Calgary). Free admission and dinner. RSVP required: <http://rfd-calgary2019.eventbrite.ca> | 403-660-5920

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, April 19** at St. Mary's Cathedral, Calgary. To volunteer, contact 403-218-5519 | wayofthecross.ca

ALZHEIMER WORKSHOP

Learn about Alzheimer's disease and related dementias, along with tools and strategies for interacting 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). To register: 403-218-5501 | <http://events.calgarydiocese.ca>

DIOCESAN PALLIATIVE CARE PROGRAM

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). Contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

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>

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. Register: <http://events.calgarydiocese.ca> | 403-218-5501

EFFECTIVE CO-PARENTING: PUTTING KIDS

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Wednesdays, Apr. 24, May 1, 8, 15 & 22. Register: <http://events.calgarydiocese.ca> | 403-218-5505

EVERYTHING IS CONNECTED: THE SOCIAL VISION OF POPE FRANCIS

| In this keynote presentation, Canadian Catholic journalist Sebastian Gomes of Salt + Light Media will expound Francis' social vision and—for the first time in Western Canada—premiere excerpts from his latest documentary, *The Francis Impact*, which addresses the global environmental and refugee crises. When: **Thursday, April 11, 7 pm to 9 pm**. Where: St. Mary's University, Heritage Centre (14500 Bannister

Rd SE, Calgary). Free of charge. Contact: peter.baltutis@stmu.ca. Generously supported by the Catholic Women's League of Canada.

LENTEN MISSION WITH BISHOP EMERITUS HENRY, SR. KATRINA AND SR. GABRIELLE

Where: St. Luke's Parish (1566 Northmount Dr. NW, Calgary). When: **April 11-13 (Thu-Sat)**. April 11 & 12 begins with Rosary at 6:30 pm and Mass & talk at 7 pm. April 13 begins with 8:30 am Rosary, Mass & talk (with Adoration, confession and reflectional music) at 9 am. Theme: Take up your cross and follow me.

LENTEN MISSION WITH THE REDEMPTORIST MISSION TEAM

| Where: St. Agnes, Carstairs (302 Veterans Way NW, Carstairs). When: **March 31 to April 2**. For more details, call 403-940-1100. Theme: Receive, Give Thanks, Break & Share: The Eucharist unfolding the mercy of God.

STEVE ANGRISANO IN CALGARY

St. James' Parish in Okotoks (338060 32 St. W, Okotoks, AB) invites you to attend:

- **Music Workshop with Steve Angrisano** on Sunday, March 24 at 2 pm. Cost is \$10/person, payable at the door. To RSVP call 403-938-3122 | religiousedu@stjamesparishrc.com
- **Parish Lenten Mission with Steve Angrisano** on Monday, March 25 - 27 (Monday to Wednesday) at 7 pm each night. Free of charge.

WANT A BABY OR WANT TO WAIT? NATURAL FAMILY PLANNING FORUM

| St. Michael Catholic Community invites you to a Q&A forum about Natural Family Planning (NFP) on **Friday, April 5 from 7 pm to 9 pm**. Our presenters include: Dr Chantal Barry, Dr Thomas Bouchard, Dan Nugent (Theology of the Body certified instructor), and NFP-accredited instructors Camillo and Monica Rincon. For more information, contact nfp@saintmichael.ca

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.sistersofdivinemeracy.org