

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

March 31, 2019 二零一九年三月三十一日

4th Sunday of Lent

四旬期第四主日

Last Sunday Collection

上主日奉獻

\$3,951.00



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.

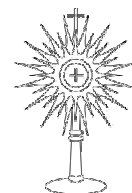
Tuesday 6:30 p.m.

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



Fourth Sunday of Lent

The Prodigal Son

Scripture readings are taken from Joshua 5:9-12, 2 Corinthians 5:17-21 and Luke 15:1-3 & 11-32.

Although the parable in today's gospel is known as "the Prodigal Son", the focus of the story is really on the merciful father. The father has two sons, and the parable may also be divided into two parts. The first part is on the younger son, the prodigal son. After squandering the entire share of his inheritance in a foreign land, he comes to his senses and reflects on his degrading past. He decides to go home and asks for his father's forgiveness. Instead of rejecting this wayward son of his, the father welcomes him back with open arms. The second part of the gospel then dwells on the elder son and his reaction to his brother's homecoming.

The Catechism of the Catholic Church likens the first part of the parable to the process of a Christian's conversion and repentance (CCC #1439). The latter part is used to demonstrate the effects of the Sacrament of Reconciliation (Confession). This Sacrament enables us to reconcile with God and with the Church. It also enables us to anticipate in a certain way the judgment to which we will face at the end of our earthly life (CCC #1468-1470).

There are two key statements in today's parable. One is on the resolution of the prodigal son to repent: "I will get up and go to my father; and I will say to him 'Father, I have sinned against heaven and before you'." The other statement is on the joy over a repentant sinner, in the words of the father to his elder son, "We should celebrate and

Holy Week Schedule

聖週禮儀時間表

April 14 4 月 14 日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 18* 4 月 18 日	Holy Thursday 聖週四 – The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 19* 4 月 19 日	Good Friday 聖週五 – The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Mandarin and Cantonese) 英語、國語、粵語禮儀在 下午三時舉行
April 20* 4 月 20 日	Holy Saturday 聖週六 Easter Vigil 復活慶典的夜間禮儀	Tri-lingual Mass at 9:00pm (English, Mandarin and Cantonese) 英語、國語、粵語彌撒在 晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 21 4 月 21 日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

*There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on April 16 & April 23 at 7:00pm will be suspended
週二晚上 4 月 16 日及 4 月 23 日晚上七時彌撒取消

rejoice, because this brother of yours was dead and has come to life; he was lost and has now been found." These two themes are further illustrated in today's first and second reading.

The first reading shows the Israelites, after wandering in the wilderness for 40 years, at long last reach the Promised Land. With produce of the land, they celebrate the Passover to thank God for having purged their shame in Egypt and accepting them back to their homeland. The festive scene resembles the father's celebration of the return of his prodigal son in today's gospel.

Paul reminds us in the second reading that, by his death and resurrection, Jesus has reconciled us with the Father so that we can come to life again. Lent is a time for the Church to prepare catechumen for baptism to receive a new life. It is also a time of conversion and repentance for baptized Catholics so to turn back to God. The parable of the Prodigal Son shows us the necessary steps in our reconciliation with God. When we have sinned against God, we need to reflect on his love for us, trust in his mercy, acknowledge our sinfulness and ask for his forgiveness. We must resolve to follow his commandments and never to sin again. As for our fallen

brothers, we should follow the example of our Heavenly Father's mercy and compassion, accept them back and rejoice over their conversion as shown in the gospel: "Let us celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found."

"O my God, I am heartfully sorry for having offended you, and I detest all my sins because of your just punishment, but most of all because I have offended you my God, who is all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid all occasions of sin. Amen."

Diocese & Other News

THE EXTRAORDINARY MISSIONARY MONTH

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

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 FIRST

A five-week parents education program to 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 & 22**. Register: <http://events.calgarydiocese.ca> 403-218-5505

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.

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 Apr 3, 5

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Wed Apr 3

Perpetual Harmony Choir Practice

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

Place: OLPH Upper Hall

Fri Apr 5

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Apr 6

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00 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 Apr 7

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

K of C Matteo Ricci 10119 meeting

Time: 12:30 p.m.-3:00 p.m.

Place: OLPH Church K of C room

Meeting – Euro Private Group Tour

Time: 2:30 p.m.-3:30 p.m.

Place: OLPH Upper Hall

What's the Significance of the Number

40?



40 days and nights of rain.
(Genesis 7:12)

*Symbolizes a Time of
Trial and Testing*



Moses fasted for
40 days on Mount Sinai.
(Exodus 34:28)



The Hebrews wandered
in the desert for 40 years.
(Numbers 14:34)



Elijah fasted and
prayed for 40 days.
(1 Kings 19:8)



The people of Nineveh
repented for 40 days.
(Jonah 3:4)



Jesus fasted for 40 days
and nights in the desert.
(Luke 4:1-2)



Jesus spent 40 days on earth
after the Resurrection.
(Acts 1:3)

主日分享



四旬期第四主日—蕩子回頭

彌撒中的兩篇讀經和福音分別取自舊約若蘇厄書第 5 章第 9 到 12 節，聖保祿宗徒致格林多人後書第 5 章第 17 到 21 節，聖路加福音第 15 章第 1 到 3 以及 11 到 32 節。福音的內容是大家所熟悉的蕩子回頭的故事。這是耶穌講的一個比喻。這比喻的核心是一位慈祥的父親，他有兩個兒子。比喻也分兩個部分。第一部分講論小兒子，他就是比喻題目上所說的蕩子。他到外鄉揮霍了他的財產之後，悔改回家，受到父親的熱烈接待。同一比喻的第二部分談到那慈祥的父親的大兒子。

在新編《天主教教理》（1992）

1439、1468-1470 條，蕩子回頭比喻的第一部分被引用來描述悔改的起源與發展；第二部分則用來闡述懺悔

（告解）聖事的三種效果，那就是：與天主和好，與教會和好，以及提早接受死後要受的天主的審判。

在本主日的彌撒禮儀中，這個比喻的教訓集中表達在其中兩句話裡。一句是比喻蕩子所說的：「我要起身，到我父親那裡去，對他說：父親！我得罪了天，也得罪了你」；另一句是他父親對他哥哥說的：「你這個弟弟，死而復生，失而復得，我們應當歡宴快樂！」本主日彌撒中的讀經一和讀經二分別從不同的經驗發揮這兩句話的意義。

讀經一引用從前以色列人逃出埃及進入客納罕福地的經驗來比擬一個罪人的悔改。在這樣的比擬之下，從前以色列人在客納罕過第一個逾越節時所擺設的喜宴，便是蕩子回頭比喻中父親為兒子的悔改而宰殺肥牛犢的歡宴了。

讀經二的作者聖保祿宗徒認識了復活的基督。他強調「悔改」使人與天主和好，成為一個新造的人，而所以如此的原因，則是完全出於耶穌基督的功勞。

四旬期是候洗者（望教者）準備領洗，和領過洗的信徒再次悔改，與天主重修和好的時期。在這時期讀「蕩子回頭」的故事，我們不但看出悔改的途徑，那就是：在墮落中懷念天主的慈愛，抱著對天主的信賴，向天主承認過錯，求天主寬恕，並在天主面前立定志向，以後必事事服從祂的命令，同時也會體驗到天主的仁慈，因而效法祂，開放心胸，高興接納墮落後又悔改了的弟兄：「因為你這個弟弟，死而復生，失而復得，我們應當歡宴快樂！」

天主耶穌，基利斯督，我重罪人，得罪於天主，今為畏天主，尤為愛天主萬有之上，一心痛悔我之罪過。定心再不敢得罪於天主。望天主赦我之罪，亞孟。

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！



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 4 月 3, 5 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 4 月 3

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 4 月 5 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 4 月 6 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 4 月 7 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 開會

時間：下午 12 時 30 分至 3 時

地點：聖堂騎士會室

會議

時間：下午 2 時至 3 時 30 分

地點：永援聖母堂上禮堂



祭衣的顏色

每日主持彌撒所穿祭衣和祭披顏色的意義，這絕對不是由神父按自己喜愛來挑選，既不是主場神父和作客神父的分別，也不是今期流行的色系，而是按照當日禮儀的意義而決定。顏色和意義，從神父的祭衣，毫不違和地延伸至祭台上的用品，以至整個聖堂的鮮花和陳設。



依照天主教會規定，祭衣的顏色有白、紅、綠、紫、黑、粉紅和金等：

白色：白色代表「光」，有無罪、純潔、勝利和光榮的意思。白色祭衣用於聖誕節、復活節、耶穌及聖母的節日、天使、聖人之慶日。

紅色：紅色代表象徵為愛主而犧牲，紅色祭衣用於苦難及聖枝主日、聖神降臨節以及殉道者的節日。

綠色：綠色代表象徵希望，用於常年期，在整個禮儀年中較多時採用，有生生不息，不斷成長的意思。

紫色：耶穌被捕後，士兵以紫袍和荊棘冠冕來戲弄祂。紫色也就成了受難的象徵，並引伸出苦修、謙遜、傷感的意思。紫色的祭衣會在將臨期、四旬期、七旬期、守夜和救主受難日使用，總會給人一種沉重的感覺。禮儀本地化後，紫色也會用於安息彌撒。

黑色：黑色的祭衣是比較難在香港見到的，禮儀本地化建議紫色比黑色為佳。黑色有追悼和悲哀的意思，用於諸靈節（追思亡者節）或安息彌撒（不適用於未懂事孩童）。

粉紅色：粉紅色也代表喜樂，不過應沒有太多神父會喜歡粉紅色吧！粉紅色的祭衣可以在喜樂主日（將臨期第三主日及四旬期第四主日）使用。

金色：金色也有喜樂的意思，亦比較百搭，可以取代白色、紅色、綠色的祭衣、但不可以取代紫色和黑色。

多色：雖然每種顏色的祭衣都各具意義，但每台彌撒可能包含不同禮儀在內，加上禮儀本地化和近乎百搭的金色，所以即使同一天的彌撒，在不同的國家和聖堂也有不同顏色的可能，絕對不能一種顏色睇到老。例如，聖神降臨節本應穿紅色祭衣，但聖神降臨節也有可能進行堅振聖事，那可算是教會的喜慶事，可以穿金色祭衣，而金色本身也是可以取代紅色的。

華人視紅色和金色為吉利或大喜的日子，紅、金色祭衣也可在喜慶的日子穿著，例如農曆新年、婚配感恩祭，主祭神長可以穿著金光閃閃的金色祭衣，象徵著金色年華的美好歲月的開始；家中高齡長輩在令人羨慕的逾一百歲時才安息主懷，也可請主祭神長在殯葬感恩祭時，穿上華人認定吉利的紅色祭衣。

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE FOURTH SUNDAY OF LENT | MARCH 30/31, 2019

WEEKLY MASS AT ST. PATRICK'S FOR PEOPLE WITH DISABILITIES

| Every Sunday at 5 pm St. Patrick's (1414 Shawnessy Blvd SW, Calgary) will celebrate this particular Mass as a loving and open environment of acceptance, inclusion and understanding. This Mass is dedicated to people with intellectual/developmental disabilities and their families, caregivers, teachers and friends. If you know of families who are not attending Mass because they feel a sense of isolation and disconnect, please share this exciting news and invite them to St. Patrick's Special Needs Ministry Mass.

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).

CROWD CONTROL & FIRST AIDERS FOR THE OUTDOOR WAY OF THE CROSS

| The annual Outdoor Way of the Cross is in its 36th year. This very public display of our faith and commitment to social justice is only possible because of the commitment of over 200 volunteers. We are looking for assistance with **keeping all participants safe** during the event. If you can able to help with crowd control, lost persons, or if you are a certified first aider, please call 403-218-5519. Visit: wayofthecross.ca for more information.

THE EXTRAORDINARY MISSIONARY MONTH

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

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>

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>

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

Sometimes our faith seems very theoretical, and we struggle to find practical ways to live it out. A key component of our faith in action is seeking social justice for our world. But what does social justice actually mean? Come join us on **Saturday, April 13** as Bishop Emeritus Frederick Henry offers teachings on the topic. The goal of this day-long workshop is to provide teachings on the definition of social justice, practical ways to champion it as a "cause" and how it impacts our own daily lives. Where: Corpus Christi Parish Hall (5391 4 St NW, Calgary). Cost: \$40, includes lunch. To register, contact 403-218-5501 | <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

FIRST | A five-week parents education program to 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 & 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.

PARISH LENTEN MISSION WITH FR. LUCIEN

LARRE | Canadian Martyrs Parish invites you to their Parish Mission with Father Lucien Larre. Introductory sermon will be given at all **Sunday Masses (April 6/7)**. Mission talk from **April 8 – 11 (Monday to Thursday) at 7 pm** each night. For more information, contact 403-284-3311.

STRIPPED AWAY - AN EVENING WITH MICHAEL CHIASSON & ACCESS 52

Begins at 7 pm on the following dates:

- Monday, April 8 at St. Bernadette, Calgary
- Tuesday, April 9 at St. Paul's, Airdrie
- Wednesday, April 10 at All Saints, Lethbridge
- Thursday, April 11 at St. James, Okotoks
- Tuesday, April 16 at St. Patrick's, Calgary
- Wednesday, April 17 at St. Michael, Calgary

For more information, visit: access52.com/events

GRIEF TO GRACE

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. Contact 1-250-878-7603 | griefftograce.org

CPC HOLY WEEK / EASTER CLOSURE

Please note that the Catholic Pastoral Centre will be closed as of noon on Holy Thursday, April 18, and remain closed for both Good Friday and Easter Monday. We will reopen with regular office hours at 8:30 am on Tuesday, April 23.

