

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

April 7, 2019 二零一九年四月七日

5th Sunday of Lent

四旬期第五主日

Last Sunday Collection

上主日奉獻
\$3,975.00



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.

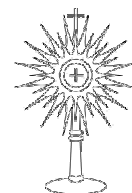
Tuesday 6:30 p.m.

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



Fifth Sunday of Lent Repentance and New Life

Today is the 5th Sunday of Lent. The gospel paints the scene of an adulterous woman being dragged before Jesus, awaiting him to pronounce his verdict. The story ends with Jesus pardoning the woman and letting her go. Jesus forgives the repentant woman, not because of his acceptance of human weakness or failure, but so that she can start afresh and begin a new life again. This truly reflects the words of the Lord through prophet Ezekiel: ***"I take no pleasure in the death of a wicked man; but I delight in the conversion of such a man that he may live."*** (Ezek 33:11)

The gospel story goes with Jesus preaching in the temple. The scribes and Pharisees bring before him a woman caught in adultery and ask for his opinion as to how she should be dealt with. They are trying to set a trap so they can find fault with Jesus. Jesus certainly does not fall into their trap. His reaction takes all of them by surprise as shown in the following passage from Luke:

"When the scribes and Pharisees kept on questioning him, Jesus straightened up and said to them: 'Let anyone among you who is without sin be the first to cast a stone at her'. Upon hearing what Jesus said, the scribes and Pharisees went away, one by one, beginning with the elders. Eventually, Jesus was left alone with the woman standing before him. Jesus straightened up and said to her, 'Woman, where are they? Has no one condemned you?' She said, 'No one, sir.' And Jesus said, 'neither do I condemn you. Go your way, and sin no more'." (John 8:7-11)

A similar message is given in the first reading. Isaiah tells the

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
<p>*There will only be one Mass in The <i>Paschal Triduum</i> 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</p>		

Israelites then in exile in Babylon not to look back at the old days. Instead, they should focus on the future and on all the marvelous things God will do for them. The Lord will turn wilderness into paradise for them: "I will give water in the wilderness, rivers in the desert, to give drink to my chosen people." This symbolizes a sinner turning away from sin and entering into a new life.

In the second reading, Paul speaks about the inner change he has experienced since his conversion. A deeper knowledge of Christ gives him a new value, perspective and vision. "I forget the past and just look ahead; I am racing for the finish, for the prize of a new life in Christ," says Paul.

Today's scripture readings perhaps can be summed up with the message that we should: (a) treasure the new life we received through our conversion; (b) forget the past and unload the burden of our past sins and failures; and (c) look forward to the bright future that God has prepared for all repentant sinners.

The scriptures for the last two Sundays focus on contrition (or repentance), whereas this Sunday talks about the importance of the resolution never to sin again. The Catechism of the Catholic Church puts it most aptly: "Contrition and resolution are closely related; true resolution follows true contrition; while half-hearted resolution reflects

half-hearted contrition.”
Let us praise God for his mercy and compassion. And let us always treasure these words of Christ in our hearts, **“Go your way, and sin no more!”**

Diocese & Other News

CELEBRATE HOLY WEEK AND EASTER WITH SALT & LIGHT TV - FREE PREVIEW

Salt + Light TV is available on a free preview from participating cable and satellite providers across Canada, from **April 14 - May 12**. Join S+L starting on Palm Sunday for live Papal events and our line-up of Catholic programming to grow in the knowledge of our faith and Catholic tradition in its many expressions. Check out S+L's new documentary, *The Francis Impact*, premiering May 5 at 6 pm MST. Check your local provider or visit saltandlighttv.org/subscribe for more details.

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.

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

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 mean? Come join us on Saturday, **April 13** as **Bishop Emeritus Frederick Henry** offers teachings on the topic. Where: **Corpus Christi Parish Hall** (5931 4 St NW, Calgary). Cost: **\$40, includes lunch**. To register, <http://events.calgarydiocese.ca>

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. When: Wednesday, **April 24** from 6:30 - 7:30 pm. Where: Sacred Heart Church (1307 14 St SW, Calgary).

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.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary. Fr. Nguyen, OLPH Pastoral Care Team members and Sister Chan along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May.

Fr Nguyen will also bless the home during the visit upon request by the family. Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary.

To participate as a host family in this devotion, please call Sr. Chan (403-690-2973) or Parish Office(403-265-7926).

Breakfast Corner and Movie Afternoon

Date: **May 5, 2019** (Sunday)
Place: **OLPH Upper Hall**
Sponsor: Pastoral Care Team
After 10:00 am & 11:30 am mass: breakfast in Cantonese style (Congee, Stir-fried Noodles and Chinese fried dough)

Movie Title: **St. Maria Goretti** – Let us learn how to forgive from an 11-year-old girl.

Time: **1:00pm – 2:30pm**
Venue: **OLPH Upper Hall**

Free light refreshments with sharing time. All Parishioners, families and friends are welcome.

Youth Night April 13th

Youth Night will be held on Saturday, **April 13th, 2019** from **6 p.m. - 10 p.m.** at Upper Hall. *Potluck dinner* will begin at 6:00 pm and a spiritual talk will follow.

Afterwards, we will be leaving at

8:00 p.m. to Laser Quest for laser tag games. The fee will be **\$13 for youths under 18 and \$17 for adults**. All youths, young adults and families are encouraged to attend this event.

OLPH 300 Scouts - Dust Busters Project

OLPH 300 Scouts are doing a *cleanup project* to give back to our church. Cleaning the Upper and Lower Halls will be on Sunday **April 28th, afternoon**. Cleaning supplies, donations and volunteering are much appreciated. For further information please refer to our poster, facebook page and to sign up, please contact us at olph300scouts@gmail.com or church office.

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 10, 12

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Wed Apr 10

Perpetual Harmony Choir Practice

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

Place: OLPH Upper Hall

Fri Apr 12

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Apr 13

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room

Mental Health And Illness

Cantonese Workshop

Time: 9:30 p.m. - 2:30p.m.

Place: OLPH Upper Hall

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 14

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

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

Place: OLPH Church Lower Hall

Sunday School

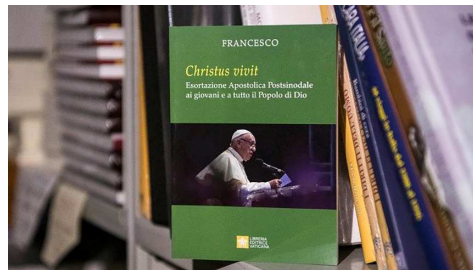
Time: 10:00a.m.-12:30p.m.

Place: OLPH Church K of C room

PPC Meeting

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

Place: OLPH Church K of C room



Christ is alive: Synthesis of the Apostolic Exhortation

"Christ is alive! He is our hope, and in a wonderful way he brings youth to our world. The very first words, then, that I would like to say to every young Christian are these: Christ is alive and he wants you to be alive!"

Thus begins the post-synodal Apostolic Exhortation, "Christus vivit", by Pope Francis, signed on Monday 25 March in the Holy House of Loreto and addressed to young people, and to "the entire People of God". In the document, composed of nine chapters divided into 299 paragraphs, the Pope explains that he allowed himself to be "inspired by the wealth of reflections and conversations of the Synod" on Young People, celebrated in the Vatican in October 2018.

The exhortation concludes with **"a wish"** from Pope Francis:

"Dear young people, my joyful hope is to see you keep running the race before you, outstripping all those who are slow or fearful. Keep running, "attracted by the face of Christ, whom we love so much, whom we adore in the Holy Eucharist and acknowledge in the flesh of our suffering brothers and sisters. The Church needs your momentum, your intuitions, your faith... And when you arrive where we have not yet reached, have the patience to wait for us".

<https://www.vaticannews.va/en/pope/news/2019-04/pope-francis-apostolic-exhortation-christ-is-alive-synthesis.html>

Online copy of [POST-SYNODAL APOSTOLIC EXHORTATION](http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20190325_christus-vivit.html)

http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20190325_christus-vivit.html

主日分享



四旬期第五主日 - 悔改與新生

本星期是四旬期第五主日，福音講到一個在行奸時被抓到的婦人。這並不意味著耶穌體念人性軟弱而原諒那婦人的罪行。故事的教訓是在別處。

「福音前歡呼詞」援引的厄則克耳先知的話，「**我決不願意罪人喪亡，卻願意罪人離開歧途，好能生存。**」這句話點出了本主日彌撒的主題，那就是：悔改後的新生活。

現在，我們先從福音說起。福音記載耶穌在聖殿中教導民眾的時候，經師和法利塞人帶來一個在行奸時被抓到的婦人。他們問耶穌怎樣處置她。這明明是試探耶穌，和耶穌作對，為的是要找到把柄，可控告他。耶穌怎樣應付這詭計呢？福音這樣繼續記載說：他們不斷地追問他，他就挺起身來對他們說：「你們中誰沒有罪，先向她投石吧！」他又彎下身，在地上寫字。他們聽了這話，從年紀老的開始，一個一個退出去，只留下耶穌和站在中間的婦女。耶穌於是挺起身來對她說：「女人！控告你的人在哪裡？沒有人定你的罪嗎？」她說：「主！沒有人。」耶穌說：「我也不定你的罪。去吧！從今以後，不要再犯罪了！」（若 8:7-11）

本主日讀經一是依撒意亞先知講述從前天主拯救了他們祖先經過紅海，逃出埃及的事跡，接著便勸勉他們不必再追念過去，而要專心期望天主將對他們做的事，那就是天主將使曠野變成樂園。在本主日彌撒禮儀中讀依撒意亞先知的這篇預言，其中「我在曠野中使水湧出，在沙漠裡使河流成渠，供我揀選的子民飲用」這幾句話顯然意味著罪人悔改後的新生命。

在讀經二裡聖保祿宗徒自述歸化後的轉變。他說：「他認識了基督，就有了新的價值觀」；又說：「他已忘卻過去，像賽跑者那樣奔向在基督內的

新生命」。綜合福音和兩篇讀經的記載，我們儘可把本主日彌撒的訊息歸納為以下三點。那就是：一、愛惜那由於悔改而重新獲得的生命，二、忘記過去因犯罪而造成的不幸情況，三、專心期望天主給我們悔改了的人所預備的美好前景。

如果我們把上主日和前主日的彌撒道理說作是講痛悔的道理，那麼本主日的彌撒道理是講定改的。要理問答說得好：「痛悔和定改是相關連的；有真心痛悔，必有真心定改；沒有真心定改，也沒有真心痛悔。」我們聽聽耶穌的話吧：「從今以後不要再犯罪了」。基督我們讚美你！

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！



聖母月家庭玫瑰經聚會

五月是聖母月，阮神父、牧靈關愛組會員、陳修女及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦唸家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。我們並鼓勵主持家庭玫瑰的家庭，邀

請其代子女或代父母參與家庭玫瑰。有意邀請聖母到家中誦唸家庭玫瑰經的教友，請致電陳修女(403-690-2973)或堂區辦事處(403-265-7926)。

早餐交流會及電影欣賞

日期:2019年5月5日(星期日)

地點:永援聖母堂上禮堂

贊助善會:牧靈關愛組

早餐交流會 - 早上十時,十一時三十分彌撒後有港式早餐供應(滑雞粥、豉油王炒麵及油條),每位5元。

聚會將包括以上美食、生活交談及信仰分享

電影欣賞 - 下午1時至2時30(免費觀賞)

片名:瑪利亞葛萊蒂特輯 - 讓我們跟十一歲女孩學習原諒。

地點:OLPH上禮堂

免費茶點招待,歡迎各教友,家人及朋友參加。

青年晚會

青年晚會將於4月13日(星期六)6時至10時舉行。晚餐將於6時在上禮堂開始,靈修講座將由7時開始。講座後將出發前往 **Laser Quest**, 青少年18歲以下入場費為13元,成年入場費為17元。歡迎堂區所有青年及兄弟姊妹參加。

永援聖母 300 公教童軍 - Dust

Busters 行動

卡城永援聖母 300 公教童軍將於4月28日下午進行一項清潔行動,以回饋我們的教會,歡迎各教友捐贈清潔用品,捐款或加入清潔行列。詳情請參閱堂區通訊、海報及 Facebook 網頁,電郵 olph300scouts@gmail.com 或聯絡堂區辦事處。

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 10, 12 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 10

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 12 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 13 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

精神健康, 情緒及靈性工作坊

時間：上午 9 時 30 分至 2 時 30 分

地點：永援聖母堂上禮堂

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 14 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

堂區牧民議會

時間：下午 12 時 30 分至 3 時 30 分

地點：聖堂二樓騎士會室

Special Donation on Good Friday (April 19)

There will be a special collection on Good Friday, April 19 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests.

Let us give generously to respond to the needs of the Church in the land of Jesus.

基督苦難日捐獻(4 月 19 日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！



我並不以為我已經奪得，我只顧一件事：
即忘盡我背後的，只向在我前面的奔馳，
為達到目標，
為爭取天主在基督耶穌內召我向上爭奪的獎品。

斐理伯書:3:13-14

小丑

同樣是小學三年級的學生，在作文中說他們將來的志願是當**小丑**。

華人老師斥之為：

「胸無大志，孺子不可教也！」

外國老師則會說：

「願你把歡笑帶給全世界！」

身為長輩的我們

**不但容易要求多於鼓勵，
更狹窄的界定了成功的定義。**



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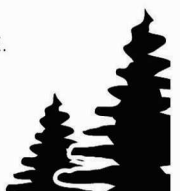
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- 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學班及學分班
- 興趣小組(非學分班): G12 英文提高班、英文強化班、數學補習班、高中物理、化學及初中理科班、國語口才訓練班、英文演講口才班、雅思培訓課程、日語文化班、韓語文化班、中學數學強化班、美術班、空手道班、武術班、羽毛球班、乒乓球班、兒童舞蹈班、歌唱技巧班/兒童合唱團、棋藝班、國語親子班及中國繩結班
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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE FIFTH SUNDAY OF LENT | APRIL 6/7, 2019

PARISH LENTEN PENITENTIAL SERVICES & HOLY WEEK SCHEDULE

Parish schedules for Lenten Penitential Services, Holy Week and Easter liturgies are available on our website at calgarydiocese.ca

NEW CAREER OPPORTUNITIES

- Sacramental Records Coordinator and Transcriber | Catholic Pastoral Centre
- Part Time Office Assistant | St. Anthony's Parish, Calgary

For more information about these positions, qualifications and application details, visit:

<http://careers.calgarydiocese.ca>

TWELFTH ANNUAL ALBERTA MARCH FOR LIFE 2019 IN EDMONTON

The Knights of Columbus have arranged for buses to Edmonton, leaving Calgary on **Thursday, May 9** at 8 am and arriving back at approximately 6:30 pm. For more information, about the Alberta March for Life, details of the schedule and list of speakers, which includes Bishop William McGrattan, see albertamarchforlife.com To reserve a complimentary seat, call 403-271-7249.

CELEBRATE HOLY WEEK AND EASTER WITH SALT & LIGHT TV - FREE PREVIEW | Salt + Light

TV is available on a free preview from participating cable and satellite providers across Canada, from **April 14 - May 12**. Join S+L starting on Palm Sunday for live Papal events and our line-up of Catholic programming to grow in the knowledge of our faith and Catholic tradition in its many expressions. Check out S+L's new documentary, *The Francis Impact*, premiering **May 5** at **6 pm** MST. Check your local provider or visit saltandlighttv.org/subscribe for more details.

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.

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 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.

CONTRIBUTE TO TIA FROM YOUR WORKPLACE |

There are several ways to give to programs and campaigns in the Diocese. The United Way Company Campaign is one such option. You can contribute directly to your parish, the Together in Action campaign or Diocesan ministries through the United Way Campaign at your workplace. You simply give instructions for some or all of your pledged contribution to be directed to the Diocese, parish or ministries, or your TIA campaign by designating your gift to the area of your choice *e.g.*, "your parish name – Together in Action" or "Seminar Fund" and use our Diocesan CRA registered charity number 10790-9939-RR0076. United Way will then send your donation to the Diocese with instructions about your designation.

STRIPPED AWAY - AN EVENING WITH MICHAEL CHIASSEN & 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

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

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>

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 mean? Come join us on **Saturday, April 13** as Bishop Emeritus Frederick Henry offers teachings on the topic. Where: Corpus Christi Parish Hall (5931 4 St NW, Calgary). Cost: \$40, includes lunch. To register, <http://events.calgarydiocese.ca>

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. When: **Wednesday, April 24 from 6:30 - 7:30 pm**. Where: Sacred Heart Church (1307 14 St SW, Calgary).

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

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.

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

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>

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

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. To register online, visit calgarydiocese.ca For more information, call Andie at 403-218-5501.

PARISH LENTEN MISSION WITH FR. LUCIEN

LARRE | Canadian Martyrs Parish invites you to their Parish Mission with Father Lucien Larre. Mission talk from **April 8 - 11 (Monday to Thursday) at 7 pm** each night. For more information, contact 403-284-3311.

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

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