

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 21, 2019 二零一九年四月二十一日

Easter Sunday

耶穌復活主日

Last Sunday Collection

上主日奉獻

\$3,866.00



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.

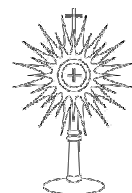
Tuesday 6:30 p.m.

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



Easter Sunday

"This is the day the Lord has made; let us rejoice and be glad. The Lord's right hand has triumphed; his right hand raised me. I shall not die; I shall live and recount his deeds." (Ps. 118:16-17 & 24)

The above psalm aptly reflects the meaning of our Easter celebrations today: Christ has conquered death, and his resurrection brings us new life. We must therefore stay away from sin, lead a new life to follow Christ and set our minds on things that are above. The resurrection of Jesus is the fundamental faith of all Christians upon which we are baptized. By faith, we die with Christ and are buried with him, but we also rise from the dead with him when we receive our new life in baptism.

As we celebrate Easter today, we also commemorate the baptism of all Christians. Our faith is built on two solid foundations: scriptural prophecies and testimony from eye-witnesses. The apostles are eye-witnesses personally chosen by our Lord. In the first reading, Peter testifies about the Risen Christ when he baptized Cornelius and his family (Acts 10:34 & 37-43).

The apostles initially failed to understand the meaning of the Passion of Christ. They were frightened, bewildered and disheartened when Jesus was arrested, tried, scourged and put to death. They practically deserted Jesus, and Peter even denied him three times. Following the resurrection of Christ, the apostles suddenly had the courage to proclaim the Risen Christ to the people. They were willing and ready to suffer persecution and death for the sake of the gospel. So what brings such a drastic change in them?

Well, Jesus appeared to them on numerous occasions after he had risen from the dead. The apostles experienced so much joy in their encounters with the Risen Lord that they felt obliged to share the experience with others. Today's gospel vividly describes the events that had unfolded on that very morning of Easter Sunday, and shows how the minds of John and Peter were abruptly opened when they saw the empty tomb. Today's second reading is taken from Colossians 3:1-4, with alternative reading from 1 Corinthians 5:6-8. Both passages exhort us to abandon our past sinful or imperfect ways of life, to look upon our Risen Christ and to set our minds on things that are above. Christ's resurrection signals the end of darkness and the beginning of a new dawn.

No doubt, we will still face trials and tribulations in our lives, but let the following prayer be our encouragement and consolation amid all the struggles and turmoil that we may encounter: "Heavenly Father, by raising Christ your Son, you conquered the power of death and opened for us the way to eternal life. Let our celebration today raise us up and renew our lives by the Spirit that is within us. Grant this through our Lord Jesus Christ your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen."

Diocese & Other News



LIFE WEEK 2019

1 Mass for Life. On Monday, **May 6**, you are invited to **St. Mary's Cathedral** for Eucharistic Adoration from 5:30 to 7 pm followed by the annual Mass for Life at 7 pm presided by Bishop William McGrattan.

For more information, please call 403-218-5516

2 March for Life in Edmonton, May 9. 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 twelfth Annual 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.

3 Hike for Life, May 11. Come support Calgary Pro-Life Association on Saturday, May 11 from 8:30 am to noon at Prince's Island Park.

For more information, visit calgaryprolife.com

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>

Parish Activities



Divine Mercy

Divine Mercy Sunday, April 28 According to Guidelines for Divine Mercy Observances from Diocese, no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: **April 22 to April 28**

Time: Will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday

Date: **April 28, 2019**

Time 2:00 pm– 3:30 pm

Place: Our Lady of Perpetual Help Church

It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation

Exposition of the Blessed Sacrament on May 4

The May's Exposition of the Blessed Sacrament will be led by Queen of China on May 4 from 10am to 11am. Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend

2019 The Hike For Life

This is an annual event organized by Calgary Pro Life, to financially support their Respect Life programs.

Venue: **Prince Island Park**

Date : **Saturday, May 11, 2019**

Time : 8:30 a.m. - 12:30 p.m.

Join them after 10Km Walk for complimentary lunch, music and prizes.

Everyone with family and friends can attend. See the poster for more details and registration.

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 Apr 24

Perpetual Harmony Choir Practice

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

Place: OLPH Upper Hall

Fri Apr 26

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Apr 27

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 Apr 28

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

Youth Group – Birthday Party

Time: 11:00 a.m.-1:00 p.m.

Place: OLPH Upper Hall

Sunday School Liturgy Meeting

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

Place: OLPH Lower Hall

主日分享



耶穌復活瞻禮

這是上主選定的一天，我們要歡欣鼓舞。上主高舉右手，大顯威能。我不會死亡，必要生存，我要宣揚上主的豐功偉業。（詠 118）

以上是耶穌復活瞻禮彌撒中的答唱詠。它給我們指出了本瞻禮的意義。那就是：基督戰勝了死亡。他從死者中復活，給我們帶來了新生命。為此，我們要潔身自好，度一個新生活；要效法復活了耶穌，一心向往天鄉。

耶穌自死者中復活，是基督信徒的基本信仰；也是我們因而受洗的信仰。藉此信仰，在洗禮中，我們與基督同死、同葬，也與祂一起復活，在新生活中度生。正因為如此，今天耶穌復活的瞻禮，也就是所有基督徒洗禮的紀念日。這信仰有兩個基礎。一個是聖經上的預言，另一個是目擊證人的見證。宗徒們是天主所特別揀選的見證人。

本瞻禮彌撒中的讀經一選自宗徒大事錄第 10 章第 34 以及 37 到 43 節，內容是聖伯多祿宗徒在給外邦人科爾乃略全家施行洗禮前的講話。宗徒們原來也不很懂得耶穌受難的意義的。耶穌受難時，他們都害怕、沮喪，各自分散了。聖伯多祿宗徒甚至三次否認了耶穌。他們後來怎樣又會以死作見證來宣佈耶穌的復活呢？這是因他們曾與復活的基督相遇，並體驗了基督的復活。本瞻禮的彌撒福音選自聖若望福音第 20 章第 1 到 9 節。在這幾節福音中，聖若望宗徒描寫耶穌復活日的清晨所發生的事，以及這事在他和聖伯多祿宗徒的心靈上所產生的效果。

本瞻禮有兩篇讀經二，可以任意選擇其中之一。兩篇都取自聖保祿宗徒的書信。第一篇是聖保祿宗徒致格林多人前書第 5 章第 6 到 8 節，它勸我們過復活節要用純潔和真誠的無酵餅，

SEVEN WORDS OF JESUS ON THE CROSS

十架七言

Father, forgive them, for they know not what they do. Luke 23:34:

At the height of his physical suffering, his love prevails and He asks His Father to forgive! Luke is the only gospel writer to record this saying. "Be good and understanding, mutually forgiving one another as God forgave you in Christ." Ephesians 4:32

Truly, I say to you, today you will be with me in paradise. Luke 23:43:

Being with the Lord is the greatest blessing. Blessed are the merciful, for they shall obtain mercy. Although the criminal is not baptized, he is a truly saved person. The condition of salvation is repentance. It is never too late to return to the Lord Jesus.

Woman, behold your son. Behold your mother. John 19:26–27

Jesus spoke it directly to Mary, and to John. And having heard it, John knew that no one ever loved, cared like Jesus!

My God, My God, why have you forsaken me? Matthew 27:46 & Mark 15:34

Jesus was forsaken by the Father for our benefit. "Destroyed because of our sins, he was crushed for our wickedness. Through his punishment we are made whole; by his wounds we are healed." Isaiah 53:5

I thirst. John 19:28:

Why did He say that? Jesus said, "I thirst," because He knew that all things were now accomplished. The Old Testament predicted that He would be a Suffering Messiah. "They put gall in my food and gave me vinegar for my thirst." Psalms 69:22.

It is finished. (From the Greek "Tetelestai" which is also translated "It is accomplished", or "It is complete".) John 19:30:

The other three Gospels do not record Jesus saying, "It is finished." They mentioned that Jesus cried out loudly (Matthew 27:50; Mark 15:37; Luke 23:46). However, John only said the last words of Jesus were "It is accomplished". The sixth word is Jesus' recognition that his suffering is over and his task is completed. Jesus is obedient to the Father and gives his love for mankind by redeeming us with His death on the Cross.

Father, into thy hands I commit my spirit. Luke 23:46

Jesus died unlike any other person. His life was not taken. He gave it up. Just like He said in John 10:18, "No man takes My life from Me, but I lay it down of Myself. I have POWER to lay it down, and I have POWER to take it again."

Since the 16th century The Seven Words Of Jesus On The Cross have been widely used in sermons on Good Friday. They are an integral part of the liturgy in the Anglican, Catholic, Protestant, and other Christian traditions.

Haydn wrote The Seven Last Words of Christ on the Cross in 1786 in response to a commission from the bishop of Spain's Cadiz Cathedral. The bishop requested music to accompany the cathedral's Good Friday service that year. In addition to introductory and concluding sections, Haydn wrote a movement for each of Jesus' last sayings or utterances from the cross, creating a total of nine sections.

「父啊！寬赦他們罷！因為他們不知道他們做的是什麼。」（路加福音 23:34）

主雖然在極端痛苦之中，但祂對十字架下面的人充滿了寬恕的心，求父赦免他們的無知。當我們的內心因未能饒恕人而痛苦掙扎的時候，就讓我們再一次聆聽我們的主，為釘祂十字架的人祈求赦免，也讓我們看看宗徒保祿如何向他的朋友訴說：「彼此相待，要良善，要仁慈，互相寬恕，如同天主在基督內寬恕了你們一樣。」（厄弗所書 4:32）

「我實在告訴你：今天你就要與我一同在樂園裏。」（路加福音 23:43）

與主同在，是最大的福份。強盜雖然沒有受洗，卻是一個真正得救的人。得救的條件是悔改重生。我們要知道，歸向主耶穌是永不會太遲的。

「女人，看，妳的兒子！看，你的母親！」（若望福音 19:26-27）

耶穌從十字架上往下看，看到他的母親站在附近。據我們所知，在十字架腳下只有十二位宗徒中的一位：“耶穌所愛的宗徒”，通常被稱為若望。在痛苦中，他所關心的不是他自己，而是他的母親。

「厄里、厄里，肋瑪撒巴黑塔尼！」（「我的天主，我的天主，你為什麼捨棄了我？」）（瑪竇福音 27:46）；「厄羅依，厄羅依，肋瑪，撒巴黑塔尼？」（瑪爾谷福音 15:34）

如依撒意亞先知說：「可是他被刺透，是因了我們的悖逆；他被打傷，是因了我們的罪惡，因他受了懲罰，我們便得了安全；因他受了創傷，我們便得了痊癒。」（依撒意亞 53:5）

「我渴。」（若望福音 19:28）

當然是耶穌因大量失血而產生的生理需要，但更讓我們感動的，不止於此。經文指出，這事以後，耶穌知道各樣的事已經成了，為使應驗舊約詩篇 69: 22 的預言（他們拿苦膽給我當食物；我渴了，他們拿醋給我喝。），就說：「我渴了。」耶穌身心也處於最痛苦的一刻，與神隔絕，承受歷世歷代人的罪，神一切的忿怒。說完這話，祂便說：成了，表示一切有關祂的事情也成就了。

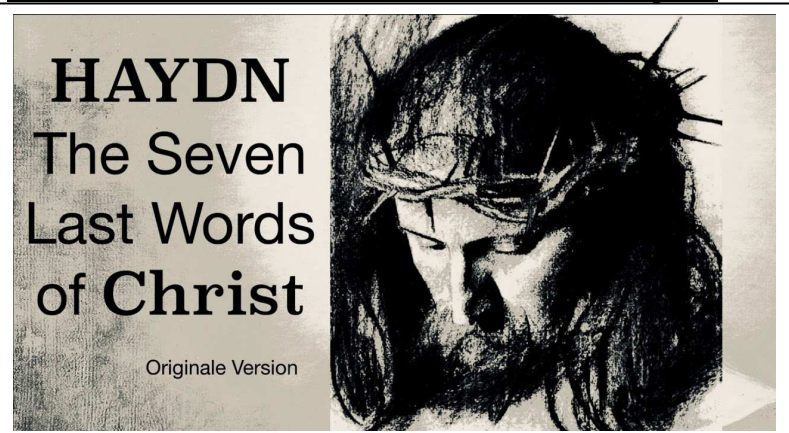
「完成了。」（若望福音 19:30）

其餘三本福音書都沒有記載耶穌說：「成了。」只是說耶穌大聲喊叫氣就斷了（瑪竇福音 27:50；馬爾谷福音 15:37；路加福音 23:46）。而若望卻沒有記載耶穌大聲喊叫，他只是說耶穌最後的話是「成了！」因此我們知道耶穌大聲喊叫和祂說成了是同一件事。祂不是疲憊失敗地說「成了！」而是歡欣大叫「成了！」因為祂知道祂得勝了。表面看來祂在十字架上失敗的，不過祂清楚地知道已經得勝了。

「父啊！我把我的靈魂交托在你手中。」（路加福音 23:46）

主自己甘心地將生命交出來，甘願為人捨棄生命。「誰也不能奪去我的性命，而是我甘心情願捨掉它；我有權捨掉它，我也有權再取回它來：這是由我父所接受的命令。」（若望福音 10:18）

The Seven Last Words of Christ - Haydn



<https://www.youtube.com/watch?v=tnNjsAGkgNo>

自 16 世紀以來，十架七言在耶穌受難日被廣泛用於佈道，同時也是聖公會，天主教，新教和其他基督教傳統中禮儀的一個組成部分。關於十架七言最有名的音樂，非是海頓 Joseph Haydn 的作品莫屬。

有「交響曲之父」及「弦樂四重奏之父」之稱的奧地利音樂家海頓於 1786 年接受西班牙加地斯大主教（Cathedral of Cádiz）的委託，為耶穌受難日中午教堂內舉行之彌撒，創作出一套根據主耶穌在十字架之最後的七句話的管弦樂曲。最原始的版本為管弦樂編制，於 1787 年 3 月 26 日首演於加地斯大教堂。

就是要潔身自好，度一個新生活。第二篇是聖保祿宗徒致哥羅森人書第3章第1到4節，它勸我們效法復活的耶穌，度復活者的生活，常向往天上的事。耶穌復活標誌了雨過天晴。對我們尚在風雨中掙扎和奮鬥的基督徒，下面的集禱經是一個鼓勵和安慰：

天父，今日你的聖子戰勝了死亡，引導我們踏上永生之路。我們歡欣慶祝祂的逾越奧跡，求你以聖神更新我們，使我們與祂一同復活，並生活在光明中。以上所求，是因你的聖子，我們的主耶穌基督，祂和你及聖神，是唯一天主，永生永王。阿們。

節錄自梵蒂岡電台

堂區活動



神聖慈悲瞻禮

神聖慈悲瞻禮四月二十八日 本堂誦念慈悲串經的日期將從四月二十二日(星期一)至四月二十八日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂入口處拿取。

並於四月二十八日(星期日)下午二時至下午三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱、歌詠、聖經誦讀、講道、托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

顯供聖體(五月四日)

永援聖母堂五月份的顯供聖體由聖母會帶領，時間為五月四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！

2019 10 公里步行籌款

每年一度由「卡城生命權益會」主辦步行活動，財政上支持其現有[尊重生命]項目。

地點：皇子島公園

日期：星期六，五月十一日

時間：早上八時半至中午十二時半
步行活動後，免費午餐招待，及音樂會和獎品助慶。

誠意邀請個人，家庭和朋友們報名參與。詳情請閱海報，致電堂區辦事處(403 265 7926)或各組聯絡人

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 4 月 24 日

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 26 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

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 27 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 4 月 28 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

青年生日派對

時間：上午 11 時至下午 1 時

地點：永援聖母堂上禮堂

**I crave not the Grace
bestowed on Paul
Nor the remission
granted to Peter
Only forgive me, I
fervently pray
As thou forgavest the
crucified thieves.**

Copernicus epitaph

我不求祢(耶穌基督)賜
我聖保祿的恩賜，惟求祢
以祢的仁慈赦免我，像祢
赦免聖伯多祿和(與祢同
釘十字架)在祢右邊的強
盜一樣。

哥白尼的墓誌銘

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主日學 Sunday School
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永援聖母青年團 Young Adult Group
國語基信團 Mandarin Group
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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

HOLY WEEK & EASTER SUNDAY | APRIL 20/21, 2019

CAREER OPPORTUNITIES

1. **Human Resources Manager and Volunteer Coordinator | Catholic Pastoral Centre.** The successful candidate will be responsible for providing transactional HR support to the Human Resources Manager and employees as well as coordinating assigned aspects of the Strengthening Our Parish Communities (SOPC) program within the CPC and Parishes.
2. **Program Coordinator | St. Francis Xavier Chaplaincy for Young Adults.** The successful candidate will coordinate the overall day-to-day operations, services, events and programs of both the Chaplaincy and volunteers.

Visit <http://careers.calgarydiocese.ca> for more information about the positions and application details.

LIFE WEEK 2019

1. **Mass for Life.** On **Monday, May 6**, you are invited to St. Mary's Cathedral for Eucharistic Adoration from 5:30 to 7 pm followed by the annual Mass for Life at 7 pm presided by Bishop William McGrattan. For more information, please call 403-218-5516.
2. **March for Life in Edmonton, May 9.** 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 twelfth Annual 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.
3. **Hike for Life, May 11.** Come support Calgary Pro-Life Association on **Saturday, May 11 from 8:30 am** to noon at Prince's Island Park. For more information, visit calgaryprolife.com

INVITATION TO THE D&P REGIONAL

ASSEMBLY | Please join us for this opportunity to learn about, and take part in, our Church's work of social justice in the world. The theme for this year's gathering comes from Revelation 22:2 – "And the leaves of the trees are for the healing of the nations..." Speakers include Bishop William McGrattan, Dr Lance Dixon, Jeremie Clyde, and Development and Peace Deputy Executive Director, Romain Duguay. **When: April 26-28** at St. Bonaventure Parish (1600 Acadia Drive SE, Calgary), starts at 6 pm on Friday. Registration: \$75 – includes conference fees and meals (\$25 student pricing). For more information, contact: 403-218-5519.

MARRIAGE PREPARATION COURSES

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

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

ST. MICHAEL'S 60TH ANNIVERSARY

St. Michael Catholic Community will be celebrating their 60th anniversary! Everyone, especially current and past parishioners, are invited to the 60th anniversary Mass on **Friday, May 3, at 7 pm** to celebrate this joyful occasion. It will be followed by a social. For more information, visit saintmichael.ca/diamond

ROSARY FOR RENEWAL OF LIFE

May is the month of the Blessed Virgin Mary and St. Pius X Parish invites you to an evening of Rosary for Renewal of Life with professional harpist Gianetta Baril. **When: Tuesday, May 7 at 7:30 pm.** **Where: St. Pius X (2424 24 Ave NW, Calgary).** For more information, contact 403-700-7124 or email ztl2020@shaw.ca

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>

SUPPORT VOCATIONS TO CONSECRATED LIFE WITH FINANCIAL DONATION

| A message from the Assembly of Women Religious (AWR): Would you like to see more religious sisters in Calgary? Help us. Vocations come from families like yours. We need both your prayers and financial support in promoting vocations for young women in this diocese. Contributions can be made to: The Assembly of Women Religious (attention Vocations Committee) c/o Sr. Theresa Smith, FCJ, Sacred Heart Convent (219 19 Ave SW, Calgary, AB T2S-0C8) or call 403-228-3623.

CELEBRATING, HONOURING & REMEMBERING THE WOMEN WHO HAVE SHAPED OUR LIVES

We invite you to consider making a charitable donation in the name of your loved one to the fundraising campaign to build "Our Lady of Providence" chapel at the Providence Care Centre: *Celebrating, Honouring & Remembering the Women Who Have Shaped Our Lives*. Each woman will be honoured in a permanent commemorative book intended for the narthex of the Chapel. Donate at ficcfoundation.ca or by mail to Providence Care Centre (149 Providence Blvd SE, Calgary AB T2X 0X2).

OPEN HOUSE AT ST. MARY'S UNIVERSITY

St. Mary's University is hosting an Open House for all prospective students on **Wednesday, May 15 from 6 to 8 pm** in McGivney Hall. In Fall 2019, St. Mary's will launch its newest degree, a four-year B.A. in Social Justice and Catholic Studies. More information at stmu.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

29TH ANNUAL BISHOP'S GOLF TOURNAMENT

Funds raised support our unsponsored dinners at Feed the Hungry, ensuring we do not miss a Sunday dinner. This year's golf tournament is **Monday, June 10** at Silvertip Resort, Canmore. For more information, visit feedthehungrycalgary.ca or contact Doreen at 403-218-5522

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

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

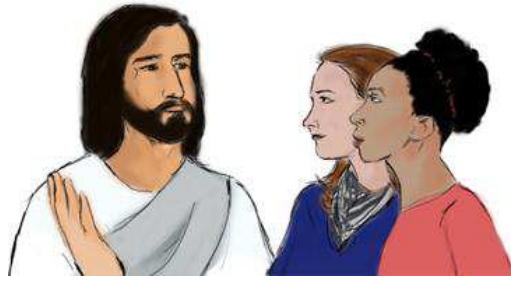
THE URSULINE SISTERS OF PRELATE 100TH ANNIVERSARY

| The Ursuline Sisters invite you to their centennial celebration at the Cathedral of the Holy Family (123 Nelson Rd, Saskatoon, SK) on **Saturday, June 1**. For more information, contact 306-653-2966 or email osu.associates@sasktel.net

NATIONAL WEEK OF LIFE AND FAMILY

The National Week for Life and the Family will be celebrated from **Sunday, May 12 (Mother's Day) until Sunday, May 19**. This is an initiative of the Canadian Conference of Catholic Bishops. The theme for 2019 is "Listening to the Gospel as a Family". For more information go to cccb.ca, and participate in your parish family activities.

Vocations Retreat for Women



“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.”

—Romans 12:2

Women ages 16-40: Come meet Religious Sisters from various Religious Communities in our diocese. Where: **Convent of the Sisters of Providence**

Providence Residence in Midnapore 150 Providence Boulevard, SE Calgary

When: Saturday, May 25; 8:30 a.m.—4:00 p.m.

Contact & Registration: Sr. Theresa Smith, FcJ 403-228-3623 | tksmithfcj@yahoo.ca PROGRAM: -Mass & Adoration-Opportunity for Sacrament of Reconciliation-Talks & Vocation Testimonies-Reflection by Fr. Julian Studdan-Special opportunity for one-on-one time with the Sisters

\$10 contribution requested to cover cost of meals & refreshments.