

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

October 20, 2019 二零一九年十月二十日

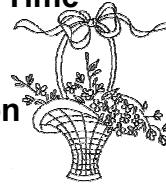
29th Sunday in Ordinary Time

常年期第二十九主日

Last Sunday Collection

上主日奉獻

\$4,277.00



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.

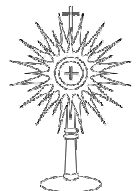
Tuesday 6:30 p.m.

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



29th Sunday in Ordinary Time

Pray with Persevering Faith

The scripture readings dwell on prayers in the Christian life. Prayer draws one to God, and raises one's mind and heart to God. Depending on the circumstances of one's life, the prayer may be expressed in the form of blessing, petition, repentance, thanksgiving or giving praise to God. Simply put, the prayer embodies one or more of the above intentions. The four gospels record numerous instances of Jesus at prayers. Jesus also taught his disciples how to pray and explained to them why they need to pray constantly.

In today's parable of the Unjust Judge and the Widow, Jesus tells his disciples that they need to pray at all times without losing heart. The story goes with a poor widow pleading relentlessly to a judge for justice. Although the judge is corrupt and unjust, and fears neither God nor man, he ultimately grants justice to the widow in view of her persistence. Again in the first reading, from Exodus 17:8-13, the Israelites were at war with the Amaleks. In the end, the Israelites won, not because they had a superior army but because of the incessant prayers of Moses to the Lord, symbolized by the raising of his hands towards heaven.

The message from today's scripture readings is clear. If we pray with faith and patience, God will listen to our prayers. He may not give us what we "want", but he will surely give us what we "need". Elsewhere in the gospel, Jesus states in no uncertain terms the effect of prayers: "Ask and you shall receive; seek and you shall find; knock and the door shall be opened to you. Whoever asks receives, whoever seeks finds and whoever knocks will have the

door opened to him." So if we pray with perseverance, and in conformity with God's Will, we can rest assured that our prayers will be answered.

At the end of the parable, Jesus asks: "and yet, when the Son of Man comes, will he find faith on earth?" Evidently, Jesus teaches us that, apart from praying with perseverance, we must also have faith in God's Goodness. We have to pray constantly so that we can maintain a lively faith. Then when the journey of our life is over, we can be considered as God's people worthy to receive eternal happiness in his Kingdom.

The Church today encourages us, as did the priests in our childhood days, to pray constantly and say some special prayer(s) to Our Lady before we go to bed each night. In fact, daily recitation of the Hail Mary helps to remind us of the shortness of our life and the certainty of our death. In this beautiful prayer, we ask Our Blessed Mother to intercede for us today and at the end of our life :

"Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen."

Diocese & Other News



RED MASS WITH BISHOP MCGRATTAN

The Saint Thomas More Lawyers' Guild of Calgary is pleased to invite all judges, lawyers, paralegals, assistants, clerks, and other members of the legal profession and related professions, as well as family and friends, to Calgary's annual Red Mass, to be held at 5 pm on Wednesday, **Oct. 30**, at *St. Mary's Cathedral*. Bishop William McGrattan will preside, with a reception to follow in the St. Mary's Cathedral Hall.

A ticket is required for those who

wish to attend the catered reception following the Mass. To register, visit <http://events.calgarydiocese.ca>

ONE ROCK EVENING PROGRAM FOR ALL AGES

Don't miss out on the evening program for all ages at One Rock. When: Saturday, **Oct. 26** from 7:30 to 9:30 pm. Guest speakers: Paul J. Kim, Emily Wilson and Ken Yasinski. There will be Adoration with praise and worship, and a chance to check out the *Vendor Exhibition Hall*. Tickets: Adults \$20, Children \$10 (under 12 is free). Register online at onerock.ca

ONE ROCK 2.0

One Rock 2.0 Young Adult Conference (18-35 years old) is happening on Saturday, **Oct. 26!** Launch party on Friday, **Oct. 25** at the *Calgary Italian Cultural Centre*. Main Event on Saturday, **Oct. 26** at *St. Michael Catholic Community*. Featuring: Paul J. Kim, Emily Wilson, Joe Melendrez and Ken Yasinski! For more information, go to: onerock.ca | Facebook or Instagram @onerockyycc

DIOCESAN PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on Saturdays, from **October 26 to December 7** from 1 pm to 3 pm, at *St. Patrick's Parish* (1414 Shawnessy Blvd, SW, Calgary) in the Fr. Lacombe Room. This course equips participants with the understanding necessary to meet the pastoral care needs of the lonely, shut-ins, the sick and dying, as well as the visiting skills that the Diocese requires of Pastoral Care ministers.

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

Parish Activities



November is the month for all souls:

All Souls Day is on **November 2**
“Comfort my people” Is.40:1

Remembering our loved ones and those who feel their loss.

Fr. Nguyen will pray for the deceased during Masses in November.

A Registration Book will be placed at the side entrance of the church. Parishioners who wish to pray for their ancestors are invited to write down the names of their deceased ancestors.

Plenary Indulgence

To obtain the plenary indulgence on November 1-November 8, we must receive Communion and sacramental Confession (and have no attachment to sin, even venial). Communion must be received each day we wish to gain the indulgence, but we only need to go to Confession once during the period. And, as with all plenary indulgences, we must pray for the intentions of the Holy Father (one Our Father and one Hail Mary) each day we perform the work of the indulgence.

Free bus goes to four cemeteries on Nov.1 (Friday)

Father Joseph Nguyen and Pastoral Care Team member will visit cemeteries to pray for Fr. John Mak and all departed parishioners on:

November 1, Friday to St. Mary's Cemetery, Eden Brook Memorial Gardens chapel after 9 a.m. Mass .

In the afternoon, they will go to Queen's Park cemetery Columbarium chapel and Mountain View Memorial Gardens.

There will a free bus to take the parishioners to the four cemeteries.

If anyone would like to join them, please contact Sr. Magdalena Chan (403-690-2973) or Parish Office.

Exposition of the Blessed Sacrament on November 2

The November's Exposition of the Blessed Sacrament will be led by Sunday School & Young Adults Group on **November 2** from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Catholic Education Sunday- November 3

November 3, 2019 is Catholic Education Sunday. It is a day meant for all of us - parents, grandparents, alumni, students, friends, and community members to come together to celebrate and give thanks for Catholic education. Our schools are an expression of our faith and a gift, both to our children and to our community.

On November 2 & 3, there will be a special collection at each mass. It only takes one person, or one action, to make a difference in many lives. Let that person be you. Thank you.

2020 Chinese Daily Gospel

2020 Chinese Daily Gospel (每日聖言) are **now** on sale at the church front entrance for \$8.00

2020 Sunday Missal

2020 Sunday Missals will be available for purchase on **November 2** at the church front entrance for \$5.00.

Together in Action 2019

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

This is the slogan for **2019 TOGETHER IN ACTION**. At the



start of Lent, the 2019 TIA starts. This year our target is \$24,357. We have always been blessed. As of Oct 10, 2019, our campaign has received a total of \$ 46,984.05.

We plead for your ongoing support

Weekly Activities



Wed Oct 23

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Perpetual Harmony Choir Practice

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

Place: OLPH Church Upper Hall

Fri Oct 25

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

OLPH Scout

Time: 7:00 p.m.- 8:30 p.m.

Place: Upper Hall & Lower Hall

Sat Oct 26

Legion of Mary (meeting)

Time: 9:30 a.m.

Place: OLPH Church K of C room

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

Time: 9:00 a.m. - 10:00p.m.

Place: OLPH Lower Hall

Young Adults Band practice

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

Place: OLPH Upper Hall

Young Adults Choir practice

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

Place: OLPH Upper Hall

Sun Oct 27

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

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

Place: OLPH Church Lower Hall

Sunday School

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

Place: Office Building & K of C room

Youth Group – Birthday Party

Time: 11:00 a.m.- 12:00 p.m. .

Place: OLPH Lower Hall

Sunday School Teacher Meeting (English)

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

Place: OLPH Church Lower Hall

Wasting the bread of the poor

我們在浪費 窮人的食糧



Pope Francis sends a message to the FAO Director General, Qu Dongyu, for World Food Day, expressing his concern for the **“distorted relationship between food and nutrition”**.

Pope Francis begins his message by referring to the theme for this year’s World Food Day: **“Our Actions Are Our Future. Healthy Diets for a #ZeroHunger World”**. The Pope notes that “despite efforts made in recent decades, the 2030 Agenda for Sustainable Development is yet to be implemented in many parts of the world”.

Food wasted or consumed in excess

Pope Francis calls attention to the “distorted relationship between food and nutrition”. He cites the fact that while **820 million people suffer from hunger in the world, “almost 700 million are overweight”**. He calls it a “cruel, unjust and paradoxical reality” that there is food for everyone and yet not everyone has access to it. The Pope laments the fact that *“food is wasted, discarded and consumed in excess, or destined for other purposes than nutrition”*.

Poor nutrition gives rise to pathologies caused by “excess”, says the Pope, giving the examples of “diabetes, cardiovascular diseases and other forms of degenerative diseases”, but also by “deficiency”, as documented by “an increasing number of deaths from anorexia and bulimia”.

By adopting a more “simple and sober lifestyle”, continues Pope Francis, we “grow in a fraternal solidarity that seeks the common good and avoids the individualism and egocentrism that serve only to generate hunger and social inequality”.

Role of the Family

“Within the family, and thanks to the particular sensitivity and wisdom of women and mothers, we learn how to enjoy the fruits of the earth without abusing it”, he writes.

The bread of the poor

“the battle against hunger and malnutrition will not end as long as the logic of the market prevails and profit is sought at any cost”. Our first concern should always be the human person, writes the Pope: **“We must come to realize that what we are accumulating and wasting is the bread of the poor”**.

在舉行世界糧食日之際，教宗致函糧農組織總幹事，指出食物已不再被用來維生，而是變成毀滅人的管道。10月16日是世界糧食日，今年的主題為**“行動造就未來，健康飲食實現零饑餓”**。在此機會上，教宗致函糧農組織總幹事屈冬玉。他在信函中寫道，**“儘管近幾十年作出很多努力，但2030年達到可持續發展的議程仍未在世界許多地方落實”**。

教宗呼籲眾人留意“食物與營養之間遭到扭曲的關係”。他引用一個事實說，**全球有8.2億人挨餓，但是“約有7億人超重”**。他稱這是“殘酷、不公正和自相矛盾的實況”。有足夠的食物供人人享用，然而卻不是每個人都能得到食物。教宗譴責糧食遭到浪費和丟棄，以及過度攝取。

到下一頁..

..續 (我們在浪費窮人的食糧)

教宗指出，我們需要改變我們的生活和行為方式，“藉由對我們所獲得的恩賜心存感激，並養成節制、克制、自我控制和互助的精神，才能克服飲食失調的問題”。教宗表示，如果我們度一種更加“簡單和樸素的生活方式，就能在兄弟般的團結互助中成長，尋求公益，避免個人主義和利己主義”，後者只會造成“饑餓和社會不平等”。

談到家庭扮演的重要角色時，教宗指出，“在家庭中，藉著婦女和母親的關注和智慧，我們學會如何享受大地上的果實而不濫用它”。

教宗在信函最後總結道，“只要市場邏輯和不惜一切代價尋求利潤的思維盛行一天，那麼與饑餓和營養不良抗爭就不會結束”。我們首先要關注的應該是人，“我們必須要意識到，我們積累和浪費的是窮人的食糧”。

Vatican News

<https://www.vaticannews.va/en/pope/news/2019-10/pope-message-world-food-day-wasting-bread-poor.html>

梵蒂岡新聞網

<https://www.vaticannews.va/zht/pope/news/2019-10/pope-message-world-food-day-wasting-bread-poor.html>

主日分享



常年期第二十九主日

祈禱是人投靠天主的一種方式，它包括人生各方面的情況；分開來說，有祈福的祈禱，有求情的祈禱，有悔罪的祈禱，有感恩的祈禱，和讚頌的祈禱。

本主日彌撒中的福音包括一個「比喻」和這個比喻的「解釋」。比喻是講恆心祈禱的效果；在比喻的解釋中，耶穌卻加上下面這句話，說：

「但是人子來的時候，在世上能找到這樣的信德嗎？」這樣，又把有關祈禱的教訓，和對世界末日來臨的警惕聯在一起了。

在本主日彌撒中的讀經一，內容記述以色列人和阿瑪肋克人的作戰。在那次戰爭中以色列人打了勝仗。但是以色列人之所以得勝，並不是由於它的兵力強盛，而是由於梅瑟所伸開而高舉的雙手。伸開而高舉的雙手象徵祈禱。以色列人的那次勝利，是梅瑟恆久不懈的祈禱的效果。

保祿在讀經二裡也強調信德。他肯定指出聖經能夠教導人得救，但為得到救恩需要通過信仰基督耶穌。

聖經是天主賜給他的子民，我們眾人的一個非凡禮物。但這禮物要通過信德去接受。如果一個沒有信德的人唸聖經，聖經就成了死的文字，不是活生生的經文；相反的，如果一個人懷著信德去唸，那麼聖經就變得生氣盎然，為大家都有用，“為教訓人、督責人、矯正過錯、並為教導人成聖，都是有益的，它使天主的人得到充分的準備，適合做各種善事。”

讀經一和福音中所記載的不義的法官和寡婦的比喻一樣，都強調了恆心祈禱的功效。耶穌曾說過：「你們求，必會給你們；你們尋找，就會找到；你們敲門，就會給你們開。所以，祈禱的效果是不容置疑的。祈禱而又能

恆心，當然必定會奏效。不但是恆心祈禱，而且也是堅持信德，更好說是以恆心祈禱來堅持信德。這樣當天主收我們的靈魂的時候，我們將被認作是屬於耶穌的人。

本主日禮儀給我們提出的兩個教訓，是相輔相成的：堅持不懈的祈禱和滿懷信德祈禱，是我們同天主個別關係的基礎。

信德是望德和愛德賴以建立的基礎。因著信德我們可以在望德與愛德中成長；為能經常更好地得到天主的這些奇妙恩典，則需要常常祈禱。

節錄自梵崗電台

堂區活動



十一月為煉靈月

十一月二日為追思亡者日「你們安慰，安慰我的百姓罷」十一月為煉靈月，為追思已亡之信友，阮神父會於彌撒中為亡者祈禱，如教友想為先人獻上祈禱，請在教堂側門入口處的名冊上寫上先人之名字。

在煉靈月裏，特別是 11 月 1-8 日，教會給我們特殊的恩典，在聖堂、家中、墓地為煉獄靈魂祈禱，每天都能得到一個全大赦。但必須符合得大赦的條件：第一，辦一個妥當告解；第二，得大赦的當天恭領聖體；第三，按教宗的意向祈禱，念天主經、聖母經各一遍，而且沒有犯罪的傾向，沒有思戀和傾向小罪的意思，這樣才能得到一個全大赦。

阮神父及牧靈關愛組成員將於煉靈月往墓地為已亡麥神父及教友祈禱：

十一月一日(星期五) 早上九時彌撒後，十時有免費巴士接送教友前往四個墓園為已亡教友祈禱。

先到聖瑪利墓地為麥神父祈禱及伊甸墓園 (Eden Brook Memorial chapel) 小聖堂祈禱。

午膳後到女皇公園墓地骨灰菴小聖堂 (Queen's Park Cemetery)

Columbarium chapel) 及山景紀念花園 小聖堂(Mountain View Memorial Gardens chapel) 祈禱。

任何教友想參與祈禱, 或想牧靈關愛組在墓地為你的親友祈禱, 請提供地段號碼並請聯絡陳修女(403-690-2973) 或堂區辦事處。

十一月顯供聖體

永援聖母堂十一月份的顯供聖體由主日學及大專青年團帶領, 時間為十一月二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!

天主教教育日第二次捐獻

十一月三日為天主教教育日, 我們將進行第二次捐獻以支持天主教教育經費之用, 籌得善款將給與我們教區的天主教教育局。請大家踴躍支持!

2020 每日聖言

2020 每日聖言現在開始在教堂正門入口處出售, 售價為\$8.00。

2020 主日彌撒經書

2020 年主日彌撒經書會於十一月二日開始在教堂正門入口處出售, 售價為\$5.00。



2019 教區公益金, 齊來獻愛心

『上主給我傅了油, 派遣我向貧苦的人傳報喜訊。』依撒意亞 61: 1 這是本年度教區公益金的口號。關愛貧窮弱少的社群是我們教徒一貫的使命, 亦是見證分享我們的寶藏。今年教區公益金本堂分擔的數目為\$24,357。截至 10 月 10 日, 捐款已累積至 46,984.05 元。懇請各位教友繼續支持, 慷慨解囊

活動一週



星期三 10 月 23 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

Perpetual Harmony Choir 練習

時間: 下午 6 時 30 分至 9 時

地點: 永援聖母堂

星期五 10 月 25 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: 晚上 7 時至 8 時 30 分

地點: 永援聖母堂上下禮堂

星期六 10 月 26 日

聖母軍(聖母軍聖母無玷聖心支團)

時間: 上午 9 時 30 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 10 月 27 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 12 時

地點: 永援聖母堂上禮堂

主日學教師會議

時間: 下午 12 時 30 分至 2 時 30 分

地點: 永援聖母堂下禮堂

生活甘泉



人生, 是一種責任, 既然活著, 就應擔起生存的職責, 不是因為執著, 而是因為值得。

人生的路, 深一腳, 淺一腳, 悲傷在路上, 希望也在路上; 疲憊在路上, 歡喜也在路上。

沒有誰的一生, 陽光朗月永相隨; 沒有誰的一生, 歡聲笑語永相伴, 總有一些困難, 一些痛苦, 需要我們去經受, 去承擔。

人生如河, 苦是轉彎; 人生如葉, 苦是漂泊; 人生如戲, 苦是相遇。思量和抉擇, 得到和失去, 要拿得起, 要放得下。

也許你的生活並不富裕; 也許你的工作不夠好; 也許你正處在困境中; 也許你被情所棄。

不論什麼原因, 一定要讓自己面帶微笑, 從容自若地去面對生活。

只要你自己真正撐起來了, 別人無論如何是壓不垮你的, 內心的強大才是真正的強大。笑容、優雅、自信, 是最大的精神財富, 擁有了他們, 你就擁有了全部。

工作的壓力, 生活的瑣碎, 總給人一種應接不暇的感覺, 總想擇一處清靜, 躲在無人打擾的角落裡與世隔絕, 不過, 只是想而已, 該面對的還得面對, 該扛起的時候, 就要扛起。

沒有誰腳下的路, 一生平坦到頭; 沒有誰胸中的心, 一生純粹到底; 沒有誰頭頂的天, 一生永遠蔚藍。

無論如何, 都要活得優雅些, 活得快樂些, 人生活法千萬種, 選一種適合的姿態, 讓自己活的輕鬆愉快。

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- 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學各級及學分班
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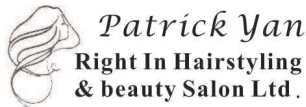
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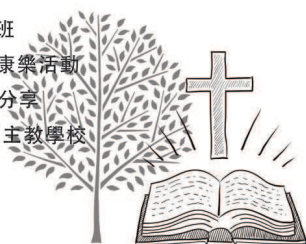
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ANNOUNCEMENTS
29TH SUNDAY IN ORDINARY TIME
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RED MASS WITH BISHOP MCGRATTAN

The Saint Thomas More Lawyers' Guild of Calgary is pleased to invite all judges, lawyers, paralegals, assistants, clerks, and other members of the legal profession and related professions, as well as family and friends, to Calgary's annual Red Mass, to be held at **5 pm on Wednesday, Oct. 30**, at St. Mary's Cathedral. Bishop William McGrattan will preside, with a reception to follow in the St. Mary's Cathedral Hall. A ticket is required for those who wish to attend the catered reception following the Mass. To register, visit <http://events.calgarydiocese.ca>

ONE ROCK EVENING PROGRAM FOR ALL

AGES | Don't miss out on the **evening program for all ages at One Rock**. When: **Saturday, Oct. 26 from 7:30 to 9:30 pm**. Guest speakers: Paul J. Kim, Emily Wilson and Ken Yasinski. There will be Adoration with praise and worship, and a chance to check out the Vendor Exhibition Hall. Tickets: Adults \$20, Children \$10 (under 12 is free). Register online at onerock.ca

CATECHESIS OF THE GOOD SHEPHERD ASSOCIATION OF CANADA NATIONAL GATHERING

| You are invited to attend the Catechesis of the Good Shepherd Association of Canada (CGSAC) National Gathering on the weekend of **Nov. 1 & 2**, at St. Mary's University, Calgary. Catechesis of the Good Shepherd is a children's faith formation ministry rooted in Montessori principles. Come and learn how we share the Good News with children starting at the age of 3. Principles of this catechesis can enhance your own catechetical ministry with all children. If you have any questions, please contact paula.sabatini@st-peters.ca. Registration deadline is Oct. 25. To register online, visit www.cgsac.ca

CATECHIST SCHOOL AT 2019 WESTERN CONFERENCE FOR THE CATECHUMENATE

Mary Birmingham and Nick Wagner of TeamRCIA will be delivering 2 full days (Friday/Saturday) of Catechist School where you will gain confidence in your ministry, understand the principles of the RCIA journey and practice proven adult learning models. When: **Nov. 22 & 23** at St. Anthony's Parish in Calgary. Register online at <http://western-catechumenate.blogspot.com/>

FINDING FAITH FOR MENTAL HEALTH

Two out of five Canadians suffer mental health issues. Can faith make a difference? The Catholic Pastoral Centre invites you to a 3-session workshop on Mental Health. When: **Thursdays, 7 to 9 pm on November 14, 21 & 28**. Where: Catholic Pastoral Centre (120 17 Ave SW, Calgary). To register, contact 403-218-5523 or online at <http://events.calgarydiocese.ca>

SAVE THE DATE: LIVING NATIVITY WITH ST. JAMES IN OKOTOKS

| Save the date for the Living Nativity with St. James in Okotoks. When: **Saturday, Dec. 14 from 4 to 8 pm** (Mass at 5:30 pm in the church). Where: St. James' Church parking lots (338060 32 St. East, Okotoks). Cost is free. For more information, contact 403-938-3122 or email office@stjamesparishrc.com

TRANSCENDENT

St. Mary's University invites you to the "Transcendent" series, to learn how Liturgy points us to the truth, beauty and goodness of God with speaker Dr. Simone Brosig (Liturgy Consultant / Director, Diocese of Calgary). When: **Tuesdays, 6 to 8:30 pm on Nov. 12, 26 & 23** (Talk + Liturgy + Food). Where: St. Mary's University, Calgary (McGivney Hall). Register at stmu.ca/transcendent | 403-254-3724

WORLD DAY OF MIGRANTS AND REFUGEES

MASS WITH THE BISHOP | The Diocesan Mass for the 105th World Day of Migrants and Refugees will be celebrated at St. Mary's Cathedral (219 18 Ave SW, Calgary) on **Thursday, Oct. 24 at 7 pm**. All the Faithful who wish to dress in their national costume are encouraged to do so. If you have any questions, please contact Theodoric at Theodoric.Nowak@CalgaryDiocese.ca

DIOCESAN PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on **Saturdays, from October 26 to December 7 from 1 pm to 3 pm**, at St. Patrick's Parish (1414 Shawnessy Blvd, SW, Calgary) in the Fr. Lacombe Room. This course equips participants with the understanding necessary to meet the pastoral care needs of the lonely, shut-ins, the sick and dying, as well as the visiting skills that the Diocese requires of Pastoral Care ministers. Register online at <http://events.calgarydiocese.ca> | 403-218-5501

ONE ROCK 2.0

One Rock 2.0 Young Adult Conference (18-35 years old) is happening on **Saturday, Oct. 26!** Launch party on **Friday, Oct. 25** at the Calgary Italian Cultural Centre. Main Event on Saturday, Oct. 26 at St. Michael Catholic Community. Featuring: Paul J. Kim, Emily Wilson, Joe Melendrez and Ken Yasinski! For more information, go to: onerock.ca | Facebook or Instagram @onerockyyc

DEVELOPMENT & PEACE FALL ACTION WORKSHOP - UPDATED DATE: OCT. 26

Please note that the date for the "Care for Our Common Home" D&P Fall Action Workshop is now **Saturday, Oct. 26 from 10 am to 2 pm**, including a potluck lunch. Presenter: Monica Nino, Animator for D&P-Caritas Canada. Special guest speaker: Sr. Marieangel Marco. Where: Catholic Pastoral Centre (120 17 Ave SW, Calgary). To RSVP, email carol.hollywood@shaw.ca

CORPUS CHRISTI ROAST BEEF SUPPER

Corpus Christi Parish invites you to their CWL Roast Beef Supper. When: **Sunday, Oct. 27**, seatings at 4 pm and 6:30 pm. Where: Corpus Christi Parish Hall (5931 4 St NW, Calgary). Tickets are \$15 for adults (12 and over), \$7 for youth (5-11

years), and free for children 4 and under. To get tickets, call Mary at 403-274-4304. All are welcome.

CHOIR DIRECTOR BASICS

Parish music ministry poses a challenging mixture of resources and demands. Sing the Liturgy: Choir Director Basics will offer concrete tools and practical strategies to build confidence and get the best results. When: **Monday, October 28, 2019 at 7 to 9 pm**. Where: Sacred Heart Church (1307 14 St. SW, Calgary). To register, contact 403-218-5505 | <http://events.calgarydiocese.ca>

FILM SCREENING: OVER 18

You are invited to come to the screening of "OVER 18" - a feature length documentary to help combat pornography addiction, especially among children and teens. When: **Saturday, Nov. 9 at 2 pm**. Where: St. Pius X (2424 24 Ave NW, Calgary).

SUNG VESPERS & ADORATION

St. Joseph's Church invites you to set aside one hour for the Lord in a sung Vespers and Adoration of the Blessed Sacrament on **Tuesday, Oct. 29 at 7:30 to 8:30 pm**. Where: St. Joseph's Parish (640 19 Ave NW, Calgary).

EFFECTIVE CO-PARENTING: PUTTING KIDS

FIRST | Effective Co-Parenting is a 5-week education program for parents seeking support after separation and divorce. Sessions begin on **Wednesday, Oct. 30, from 7 to 9 pm**. Next dates: Nov. 6, 13, 27 and Dec. 4. For more information or to register, email alida.allen@calgarydiocese.ca or call 403-218-5505

LIVING WELL AND LEAVING WELL

Join us on **Wednesday, Nov. 13** for our upcoming Planting a Future Seminar "Living Well & Leaving Well." Our speaker will cover what you, your spouse, your children and executor need to know about estate planning. Where: St. Luke Parish (1566 Northmount Dr NW, Calgary). Registration at 6:15 pm. Session runs from 6:30 - 8 pm. To register, contact Samantha at 403-218-5531 or online at <http://events.calgarydiocese.ca>

NEWS.CalgaryDiocese.ca | FIND OUT WHAT'S HAPPENING in the DIOCESE. Contact: 403-218-5500 | communications@calgarydiocese.ca