

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
曾煒森

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
William W. Tsang

February 16, 2020 二零二零年二月十六日

6th Sunday in ordinary Time

常年期第六主日

Last Sunday Collection

上主日奉獻

\$3,493.00



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.

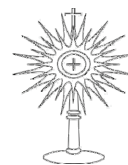
Tuesday 6:30 p.m.

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



6th Sunday in Ordinary Time Making good choices

The first reading suggests the importance of human choice as a theme for a homily. It has been said that we do not make big choices, only a whole series of little ones. The fundamental choice in life according to our first reading is that between fire and water, life and death. That fundamental choice finds concrete expression in the multiple choices of daily life. Each day we try to make choices which are life-giving both for ourselves and others. In the complexities of daily living it is not always easy to discover the way which leads to life. In retrospect, we often realise that we have made bad choices, even though, at the time, we acted in good faith. Both the first and second readings speak about the wisdom of God. We need that wisdom to choose well, a wisdom which comes through the Spirit. Paul reminds us that "the Spirit reaches the depths of everything, even the depths of God." It is the Spirit who enables us to choose "in depth," to make the kind of choices which are most in tune with what is deepest in us and, therefore more life-giving.

Choices which come from what is deepest and best in us will be life-giving, both for ourselves and others. In the gospel reading, Jesus proposes a virtue which goes deeper than that of the scribes and Pharisees, a virtue in depth, from the heart. If our depths are sound, if the heart is good, then the choices which come from the heart will be good. The converse is also true. If we harbour bitterness in our heart towards someone, we will inevitably make choices which damage and hurt them. If we cultivate envy in our heart towards someone, we will tend to make choices which devalue them. Beyond our behaviour lie our choices and beyond them lies the heart in which our choices are rooted. Only the Spirit who reaches the depths of God can really reach our own depths. It is the Spirit who renews and transforms our heart. "God has poured out his love into

our hearts by the Holy Spirit, whom he has given us" (Rom 5:5.) If we keep on opening our hearts to the Spirit of God's love they will be recreated in his love. Then our choices will be rooted in love and will have something of the life-giving quality of Jesus himself.

Diocese & Other News



Meeting for The Closure of St. Angela School

The Calgary Catholic School District Board of Trustees passed a motion at the January 29, 2020 regular board meeting to consider the closure of St. Angela School at the end of this school year. The final motion regarding whether or not to close the school will be considered at the April 8, 2020 board meeting. In keeping with the mandates of the Education Act, Board Policy, and the round table format of the district's Help Plan Our Future process, the district invites all stakeholders to a meeting on February 25, 2020 from 7-8:30 p.m. This meeting will take place at St. Angela School (231 – 6th Street NE). All parents are invited to attend. In order to ensure sufficient facilitators are present, we ask that you please RSVP to St. Angela School at 403-500-2011, if you plan to attend.

Lenten Day Retreat with the Sisters of Divine Mercy. Adults (18 & older)

are invited to a Lenten Day Retreat.
When: Saturday, Feb. 29 at 10:30 am to 4 pm. Register at: sistersofdivinemercy.org

Where To Find Evening Adoration St. Bonaventure

1600 Acadia Dr. SE, Calgary
Monday: 9:30 am - Midnight
Tuesday: 7 am - Midnight
Wednesday: 7 am - Thursday, Midnight
Friday: 9:30 am - Midnight
St. Anthony's Church
5340 4 St SW, Calgary- Perpetual Eucharistic Adoration takes place in the Chapel.
St. Luke's Church
1566 Northmount Dr NW, Calgary
Monday to Friday 8:30 am – 10 pm
First Sundays 8:30 pm to 8 am Monday

St. Joseph's Church

640 19 Ave NW, Calgary -Come and spend one hour with the Lord with sung Vespes and Adoration: Thursday, Feb. 27 at 7 to 8 pm.

Parish Activities



ASH Wednesday

Our parish will celebrate Ash Wednesday on:

February 26 at 9:00 am Mass(English) and 6:30pm Mass (Chinese)
It is time to get ready for a new Lenten journey. Parishioners are encouraged to join daily mass and Way of the Cross in Lent.

Ash Wednesday and Good Friday Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

OLPH Way of the Cross in Lent

Starting from February 28
English: every Friday 8:30 a.m.
Cantonese & Mandarin:
every Saturday 4:30 p.m.

The Shrine Church of Our Lady of the Rockies

The Shrine Church of Our Lady of the Rockies, which is a Marian shrine of the Diocese of Calgary, is currently under construction in Canmore (target completion date May 2020). The Legion of Mary in Calgary is

promoting the praying of "the Memorare" to Our Lady, for this special intention, as well as to increase our devotion to our Blessed Mother. We encourage you to join in our prayers to Mother Mary, at your own time and convenience. Prayer sheets are placed in church entrances. Prayers are now requested to help obtain donations to build the new Shrine of Our Lady of the Rockies Church in Canmore. It is our goal to reach 8 million Memorares.

2019 Donation Tax Receipts

2019 Tax Receipts will be distributed to parishioners next week (February 23). Parishioners can pick them up at the church main entrance next week. Please contact parish office if you have any concern on your donation record.

Words of Life Reflection



If I had the gift of prophecy, knowing secret things with all kinds of knowledge, and had faith great enough to remove mountains, but had no love, I would be nothing. (1 Corinthians 13:2)

Weekly Activities



Wed, Fri Feb 19, 21

OLPH Senior Centre

Time: 9:00 a.m.-12:00 noon

Place: OLPH Church Upper Hall

Fri Feb 21

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 22

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00 p.m.

Place: OLPH Lower Hall

Sun Feb 23

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

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

Place: OLPH Church Lower Hall

Sunday School

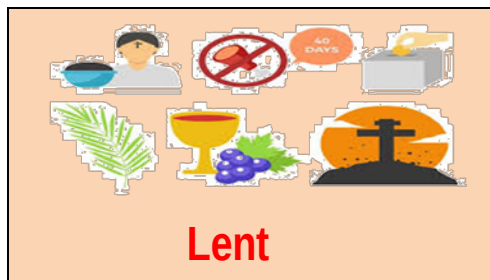
Time: 10:00 a.m.-12:30 p.m.

Place: Office Building & K of C room

Youth Birthday Party

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

Place: OLPH Upper Hall



Lent Called a Time to Strip Away Masks

It is a Season for Truth

Lent is a good time for self-discovery -- a season to live "without masks."

A pastor of souls has a special role, since people come to him "without masks," in their truth, without hiding behind the role they have in society.

Lent should be lived in this spirit. It is a time for presenting ourselves to God without masks, to try to put our relationship with him back at the center of each of our lives and to simplify our interests and words, returning them to what is truly important.

The spokesman recalled how on Ash Wednesday, Jesus is in the depths of our heart. Our relationship with him is present even when we speak and act in our professional duties. ... This relationship sometimes becomes explicit prayer."

And in his Lenten message, Father Lombardi recalled the value of fasting, inviting the faithful to find appropriate forms for it in daily life, as an exercise of freeing ourselves from attachment to ourselves to open ourselves to the love of God and charity in solidarity with others.

"Thus," Father Lombardi concluded, "this is a time to rediscover the right place for

God and attention to others with the help of simple concrete and daily gestures: prayer, fasting, almsgiving. It is a time to rediscover ourselves too and our truth, without masks. Let us not miss these opportunities!" Father Lombardi

Let There Be Light



The Holy Alphabet...

Continue in thanksgiving....."I AM Too blessed to be stressed!"

This is the best..... The Holy Alphabet...

This is Beautiful

Whoever came up with this one must have had some Divine guidance!

Although things are not perfect

Because of trial or pain

Continue in thanksgiving

Do not begin to blame

Even when the times are hard

Fierce winds are bound to blow

God is forever able

Hold on to what you know

Imagine life without His love

Joy would cease to be

Keep thanking Him for all the things

Love imparts to thee

Move out of "Camp Complaining"

No weapon that is known

On earth can yield the power

Praise can do alone

Quit looking at the future

Redeem the time at hand

Start every day with worship

To "thank" is a command

Until we see Him coming

Victorious in the sky

We'll run the race with gratitude

X alting God most high

Yes, there'll be good times and yes some will be bad, but...

Z ion waits in glory...where none are ever sad!

"I AM Too blessed to be stressed!" The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything. Love and peace be with you forever, Amen.

Faith Stories Sharing



A Love Story

Once upon a time, there was an island where all the feelings lived; Happiness, Sadness, Knowledge, and all the others, including Love. One day it was announced to the feelings that the island would sink, so all repaired their boats and left.

Love wanted to persevere until the last possible moment. When the island was almost sinking, Love decided to ask for help. Richness was passing by Love in a grand boat. Love said "Richness, can you take me with you?" Richness answered, "No, I can't. There is a lot of silver in my boat. There is no place here for you."

Love decided to ask Vanity who was also passing by in a beautiful vessel. "Vanity, please help me!" "I can't help you Love. You are all wet and might damage my boat," Vanity answered.

Sadness was close by so Love asked for help, "Sadness, let me go with you." "Oh....Love, I am so sad that I need to be by myself." Happiness passed by Love too, but she was so happy that she did not even hear when Love called her!

Suddenly there was a voice, "Come Love, I will take you." It was an elder. Love felt so blessed and overjoyed that he even forgot to ask the elder his name. When they arrived at dry land, the elder went his own way.

Love realizing how much he owed the elder, asked Knowledge, another elder. "Who helped me?" "It was Time," Knowledge answered. "Time?" asked Love. "But why did Time help me?" Knowledge smiled with deep wisdom and answered, "Because, only Time is capable of understanding how great Love is."

Daily Words
每日聖言

耶穌就吩咐群眾坐在地上，拿起那七個餅來，祝謝了，擘開，遞給他的門徒，叫他們分開；他們就給群眾分開。谷 8:6
He ordered the crowd to sit down on the ground. Then, taking the seven loaves he gave thanks, broke them, and gave them to his disciples to distribute, and they distributed them to the crowd. Mk 8:6

February 15 2月15日

你們的話該當是：

是就說是，
非就說非；
其他多餘的，
便是出於邪惡。
瑪 5:37

Yes

Let your
'Yes' mean 'Yes.'
and your
'No' mean 'No.'
Anything more is
from the evil one.
Mt 5:37

No

February 16 2月16日

因為你們應知道：

你們的信德受過考驗，纔能生出堅忍。
但這堅忍又必須有完美的實行，
好使你們既成全而又完備，毫無缺欠。
雅 1:3-4

For you know that
the testing of your
faith produces
perseverance.
And let perseverance
be perfect, so that
you may be perfect
and complete,
lacking in nothing.
Jm 1:3-4

February 17 2月17日



February 18 2月18日

誰若自以為虔誠，卻不箝制自己的唇舌，反而欺騙自己的心，這人的虔誠便是虛假的。雅 1:26

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, his religion is vain. Jm 1:26

February 19 2月19日



「撒彈，退到我後面去！因為你所體會的，不是天主的事，而是人的事。」谷 8:33
"Get behind me, Satan. You are thinking not as God does, but as human beings do."
Mk 8:33

February 20 2月20日



正如身體沒有靈魂是死的，同樣信德沒有行為也是死的。
雅 2:26

For just as a body without a spirit is dead, so also faith without works is dead. Jm 2:26

February 21 2月21日

主日分享



常年期第六主日

繼常年期第四主日福音選讀的真福八端，以及第五主日鹽與光的比喻之後，接下來的兩個主日，我們恭聽主耶穌如何以新的精神成全舊的法律。「即使天地過去了，一撇或一劃也絕不會從法律上過去，必待一切完成。所以，誰若廢除這些誠命中最小的一條，也這樣教訓人，在天國裡，他將稱為最小的；但誰若實行，也這樣教訓人，這人在天國裡將稱為大的。」（瑪 5:18-19）主耶穌強調，祂絕不是來廢除或取代法律，而是教導民衆體現法律的真精神——天主的誠命，藉以成全法律。祂超越經師和法利塞人，是真正具有權威的法律詮釋者。瑪 5:21-48，聖史瑪竇以六組「對仗」，即「你們一向聽說過……，我卻對你們說……」的句型，引入誠命的真精神。本主日探討前四個主題：憤怒、姦淫、休妻和發誓，不可報復和愛仇的教導，留待下個主日聆聽。天主頒給梅瑟「不可殺人」的誠命。耶穌要求門徒在關係還未惡化到殺人之前，就要消除憤怒，努力和解。耶穌以三個例證，明確指出實行的方向。其一，「誰若向自己的弟兄說『傻子』，就要受議會的裁判，誰若說『瘋子』，就要受火獄的罰」（22），意思是要避免互相侮辱。其二，在獻祭之前，必須先去跟兄弟姊妹們和好（23-24）。其三，「當你和你的對頭還在路上，趕快與他和解，免得對頭把你交給判官，判官交給差役，把你投在獄裡」（25），是警告不要讓衝突加深；讓憤怒醞釀滋長，最後闖下大禍的人，將要接受天主的審判。如同憤怒導致殺人，貪戀女色的眼神，是姦淫的前奏。關於「不可姦淫」的誠命，耶穌的教導超越行為的層面，要求的是內心的潔淨。十誡禁止的不祇是姦淫，還包含了貪戀他人的配偶和財產。「若是你的右眼使你跌倒，剷出它來，從你身上扔掉，因為喪失你一個肢體，比你全身投入地獄裡，為你更好」（29），主耶穌以放

縱貪慾的下場——地獄的永罰，告誡門徒們心思要純潔，不要貪戀非份的人、事、物。

31-32 節，耶穌禁止人休妻，但除了受姦污、犯姦淫的理由之外，沒有更進一步的說明。瑪 19:1-12 提出了耶穌關於不准休妻的教導：婚姻是天作之合，夫妻雙方結為一體，因此天主所結合的，人不可拆散；而梅瑟准許休妻，祇是因為民衆心硬，不能以此為休妻背書，忽略天主的教導。

關於發誓，誠命說：「不要奉我的名妄發虛誓，而褻瀆你天主的名字」（肋 19:12），但耶穌的教導是「總不可發誓」，因為基督徒之間的關係當真誠、透明，所以不需要以發誓，讓他人相信自身言語的可信度。「你們的話該當是：是就說是，非就說非」（37），這句話是基督徒光明磊落、心中無欺詐的具體寫照。

天主賜下理智，無非是要人探究天主的奧秘，但可惜「今世的智慧」並不如此，否則就不會將基督釘在十字架上（參閱：讀經二，格前 2:6-10）。今世的智慧，傾向於鞏固自身的利益，隱藏行為背後真正的意圖，為自己的惡行合理化；甚至不惜曲解上主的話語，刻意忽略誠命的真義。因此，耶穌闡明誠命真正的精神，以成全法律，彰顯了天主奧秘的智慧。讀經一上說，「生死善惡，都在人面前；人願意那樣，就賜給他那樣」（德 15:18），又說：「祂從未吩咐人作惡，祂從未准許人犯罪。」（21）讓我們隨從聖神的推動，在福音真光的引導下，走上生命之道。

反省與行動：

- 1.我如何化解憤怒和仇恨，與兄弟姊妹和好？
- 2.我努力保持心思的純潔，不貪戀世俗的人、事、物，看重天主結合的婚姻嗎？
- 3.我是否言行一致，為人真誠正直，遵行天主誠命的真精神？

堂區活動



聖灰瞻禮

二月二十六日（星期三）是聖灰瞻禮。本堂將於當日九時彌撒（英文）為教友施放聖灰。此外，阮神父將於聖灰瞻禮當天晚上六時三十分加開中文彌撒，以方便教友領受聖灰，請各位教友能盡量參與。

在四旬期內，我們可作特別的努力，每天參與彌撒、每天朝拜聖體或拜苦路。

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

四旬期苦路善功

在四旬期內二月二十八日（星期五）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。

落磯山聖母堂

一間命名為落磯山聖母堂 (Shrine Church of Our Lady of the Rockies) 的教堂現正在鏡磨市 (Canmore) 興建，落成後將成為卡加利教區核准的聖母朝聖聖地。為使教堂能儘早順利落成，及鼓勵熱心恭敬聖母，卡城教區聖母軍請求一眾信友多多頌唸聖教會恆久使用的「托付聖母誦」(Memorare)。該禱文已放置在本聖堂各入口處，歡迎各位教友取用；誦唸地點場合時間，悉隨尊便。我們的目標是籌集 800 萬頌念此經文次數，藉 "Memorare Army of Prayer" 祈禱力量使該新教堂籌得債務經費。教堂預計 2020 年 5 月落成。

2019 年退稅收條

2019 年退稅收條將於下主日(二月二十三) 派發,教友可於下主日在教堂正門入口處拿取。
如有任何查詢,可與堂區辦事處聯絡。

活動一週



星期三、五 2月19, 21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

星期五 2月21日

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 2月22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

星期日 2月23日

成人慕道班(粵語及英語)

時間:上午9時30分至

下午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

青年會生日會

時間:上午11時至12時

地點:永援聖母堂上禮堂

聖言反思



我若有先知之恩,又明白一切奧秘和各種知識、我若有全備的信心,甚至能移山;我若沒有愛,我什麼也不算。

(格前 13:2)



四旬期

除去面具

四旬期是幫助我們探索我們自己是誰的時期:哲學家帕斯卡爾說過:“世界分成兩種人:認為自己是罪人的義人和認為自己是義人的罪人。”在現今社會,教會建議我們走改過遷善的道路,除去外表,重新發現生命的本質:愛天主和愛近人。

靈魂牧人的任務很特別,因為人們在他面前“不戴防護面具”,揭開他們的真相,不以在社會中扮演的角色來隱藏或保護自己。如果宣講信德的人用自己生活的經歷來宣講,用純樸的方式來宣講,而不用淵博的學問使它過於沉重,對今天男男女女的宣講才會有效力。

四旬期是要本著這個精神來渡過。這段時期是要除去防護面具,來到天主面前,重新把與他的關係放在我們每個人生命的中心,簡化我們的行為和語言,把它們引向確實重要的方向上。耶穌在我們的心底。同祂的關係即使我們按照自己的職業本分說話、行動時,也存在著...這種關係逐漸也變成了明確的祈禱。”在四旬期文告中他提醒我們守齋的價值,邀請我們在日常生活中重新發現它的適當形式,把它作為擺脫我們私慾偏情的一種操練,好使自己向天主的愛和關懷他人的愛德開放。

可以說,這是一段重新找到天主的正確位置和關注他人的時期,經由祈禱、刻苦、行哀矜這些日常具體簡單舉動的幫助。也是一段重新發現我們自己和我們的真相,除去防護面具的時期。我們不可失去這個機會。

隆巴爾迪神父

靈修小故事



如果我不大聲……

二十世紀初,俄羅斯帝國境內一個小村落裡,住著一個猶太小男孩。那時候,沙皇的軍隊——哥薩克人,正在各地對少數民族的猶太人進行大規模的迫害。每天市集上熱鬧時,全村的人都聚集在大廣場上交易買賣,哥薩克人就會在這個時候,騎著高大驕悍的馬來到市集上,打翻猶太人的貨物、商品,接著宣佈沙皇限制猶太人自由的最新敕令,然後騎著馬揚長而去。

小男孩和祖父的感情非常親密,他的祖父正好是這個村子裡的老教士。村子裡的猶太人都相信,他們的教士和猶太人的祖先亞伯拉罕或摩西一樣睿智。小男孩每天都會陪祖父從他們簡樸的家散步到集市去。哥薩克騎兵總是揮鞭而至,掀起漫天塵土,宣讀當天的事物命令:“今天起,任何猶太人購買馬鈴薯,一次不得超過五個。”或是:“沙皇有令,所有猶太人必須將他們最好的牛立刻賣給國家。”

每天,同樣的故事不斷重演——老教士和其他人一起聽著沙皇的敕令,然後他向那些哥薩克人揮舞著他的拐杖,大聲叫道:“我抗議!我抗議!”然後其中一個哥薩克人就會騎著馬過來,用馬鞭狠狠地抽向老教士,臨走之前還要吼一聲:“閉嘴,你這老蠢貨!”老教士捱不住鞭子,就會倒在地,他的教徒們會沖過去扶他起來,幫他拍掉衣服上的泥土,然後他的小孫子再攙著他回家。

日復一日,月復一月,小男孩驚悚地看著這一幕再三重演。終於他再也忍不住了,有一天,他送滿身烏泥的祖父從集市回家時,小男孩鼓起了勇氣問:“親愛的老教士,”小男孩的聲音帶著點微微的顫抖:“您明知道那些士兵一定會打您,為什麼還要每天在他們面前抗議沙皇呢?您為什麼不能保持沉默呢?”

老教士對孫子慈祥地笑道:“因為明知是錯的事情,如果我不大聲抗議,我就會漸漸和他們一樣了……。”

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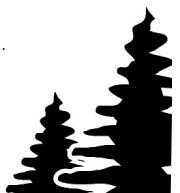
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ANNOUNCEMENTS
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BRUNCH WITH THE BISHOP

The Calgary Catholic Medical Association (CCMA) invites you to have brunch with Bishop McGrattan at the Canmore Opera House at Heritage Park (1900 Heritage Dr SW, Calgary). When: **Saturday, March 7**. This event is open to everyone. Tickets: \$30 each. For any questions or to register, contact catholicmedyyyc@gmail.com

ANNIVERSARY RAFFLE

The Calgary Catholic Education Foundation is in the final days of the 10th Anniversary Raffle with \$55,000 in cash prizes to be won. With only 18,000 tickets available to purchase, you may win \$1,000 or \$5,000 or even the grand prize of \$25,000. Tickets are limited, purchase online at theccef.ca/raffle

FAMILY COMPASS

Schoenstatt Apostolic Movement of Calgary invites Spanish-speaking couples to *Family Compass*, a series of workshops designed for couples who want to enrich their relationship and connect on a deeper level with God and their family. Our monthly encounters include prayer, a short talk, and discussion. The series begins on Saturday, **March 21 at 6:30 pm** happening at St. Michael Catholic Community (800 85 Street SW, Calgary). For more information, visit saintmichael.ca/faithformation

FINE ARTS POSTER CONTEST

The Secular Franciscan Fraternities of Western Canada invites all children and youth to participate in their annual fine arts and poster contest. Theme: Reaching Out to My Community. Official entry must be submitted before **March 20**. For more information or to submit artwork, please visit olota.org | call 403-358-4530 or email catherineofs@gmail.com.

LIVE-IN RETREAT

You are invited to a Live-In weekend retreat to grow in faith with Jesus. When: **March 27-29** near Okotoks (starts Friday evening and ends Sunday afternoon). To register, please contact calgarylivein@telus.net | 403-239-0979. If you have attended your own Live-In, please consider serving at the retreat.

WHERE TO FIND EVENING ADORATIONS?

- **St. Bonaventure** (1600 Acadia Dr. SE, Calgary)
Monday: 9:30 am - Midnight
Tuesday: 7 am - Midnight
Wednesday: 7 am - Thursday, Midnight
Friday: 9:30 am - Midnight
- **St. Anthony's Church** (5340 4 St SW, Calgary) -
Perpetual Eucharistic Adoration takes place in the Chapel.
- **St. Luke's Church** (1566 Northmount Dr NW, Calgary)
Monday to Friday 8:30 am - 10 pm
First Sundays 8:30 pm to 8 am Monday
- **St. Joseph's Church** (640 19 Ave NW, Calgary) -
Come and spend one hour with the Lord with sung Vespes and Adoration: **Thursday, Feb. 27 at 7 to 8 pm.**

TRANSITIONS PROGRAM

The Transitions Program is a 15-week peer support program for those recently separated or divorced. Participants will meet every week to reflect upon and discuss topics such as self-esteem, stress, anger, guilt, blame, loneliness, forgiveness, blended families and more. The next program will begin **Tuesday, Feb. 18** at Sacred Heart Parish (1307 - 14th St. SW, Calgary). Registration: 403-218-5505 | alida.allen@calgarydiocese.ca

COLDEST NIGHT OF THE YEAR (CNOY)

This is a family-friendly fundraiser to support Feed the Hungry (a Diocesan program) and Bankview Apartments (low-income housing for

those at risk of, or previously experiencing homelessness). Join 400 others in walking 2, 5 or 10-km routes, raise funds or volunteer for these worthy programs. When: **Saturday, Feb. 22.**

Visit: cnoy.org/location/calgarydowntown

LENTEN RETREATS

- **Lenten Day Retreat with the Sisters of Divine Mercy.** Adults (18 & older) are invited to a Lenten Day Retreat. When: **Saturday, Feb. 29 at 10:30 am to 4 pm.** Register at: sistersofdivinemercy.org
- **SFXC Young Adult Lenten Retreat** (18-35) at Camp Chestermere (1041 East Lakeview Rd., Chestermere, AB). When: **Friday, March. 20 (all day).** To register, contact 587-232-9728 | sfxc@calgarydiocese.ca | sfxc.ca

HELP END HUMAN TRAFFICKING

St. Michael's CWL is launching *I'm Worth It Now*, an initiative to assist human trafficking survivors by providing backpacks and raising awareness about this issue. When: **Saturday, Feb. 22 at 1 pm.** Where: **St. Michael Catholic Community** (800 85 ST. SW, Calgary). Speakers: Detective Paul Rubner of Calgary Police Service and Liz Gibson, Director of the RESET Society of Calgary. A survivor will share a testimony. Visit: saintmichael.ca/iwininitiative/

RETROUVAILLE PROGRAM

Help your marriage and family by taking the Retrouvaille program. Learn to use practical communications tools to bring greater intimacy to your relationship. When: **Friday, March 6.** Register at helpyourmarriagecalgary.com or call 403-879-7893.

JOIN US AT BISHOP'S DINNER

Join friends, family and the Catholic community for the 20th Bishop's Dinner. When: **Friday, May 8,** at Telus Convention Centre (120 9 Ave SE., Calgary). Funds raised will support the St. Francis Xavier Chaplaincy Program and the continued

spiritual formation of young adults throughout our Diocese. More information: bishopsdinner.ca

WOMEN RETREATS

- **TotusTuus for Young Women** (18-45) at the Divine Mercy Centre (15206 Township Road 262, Calgary) for a life deeply rooted to Mary, the Mother of Mercy. When: **Mar. 8 at 2-4 pm.** Contact 587-755-1019.
- **Religious Vocation retreat for single women** (16-35) at **Our Lady of the Assumption Parish** (7624-39 Ave. NW Calgary). When: **March 7.** Contact Sr. Terry Smith at 403-228-3623 | terry@fcjcentre.ca
- **Weekend live-in retreat for single women ages 20-40 at Providence Calgary** (150 Providence Blvd. SE, Calgary). When: **Feb. 21-23.** Contact Sr. Mae Valdez, SP at 587-432-2088 | mvaldez@sistersofprovidence.ca

FAITH AND FUN FLAMES GAME

Join Bishop McGrattan and the Catholic Community in the Diocese of Calgary at a hockey game -Calgary Flames vs Tampa Bay Lightning. The first one hundred purchasers will be entered into a draw for an autographed hockey stick. For each ticket sold we raise \$5 for the Diocesan youth ministry. There will be a pre-game meet & greet with Bishop McGrattan. When: **Saturday, March 21.** Cost: \$56 (discounted tickets). Get tickets at flamesgroups.com/faithandfun

FORMATION EXPERIENCE FOR ADULTS

WORKING WITH KIDS | Training on *The Catechesis of the Good Shepherd* will be provided for adults working with kids 3-6 years old. This program provides Christian religious formation for children and is based on Montessori principles. It also brings scripture and liturgy to life in the teaching of the Catholic faith. When: **April 20-25.** Where: Catholic Pastoral Centre. More information at cgsac.ca or contact paula.sabatini@st-peters.ca