

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.mylolph.org



Bulletin

Our Lady of Perpetual Help
Catholic Church

400 Edmonton Trail N.E. Calgary, Alberta
Canada T2E 3S4

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

Parish Office Hours
Tuesday - Friday
10:00 am - 4:00 pm

Pastor

Fr. Joseph Nguyen

Deacon John
Wu

Deacon Edward Lam

Parish Pastoral Council Chairman
William W. Tsang

February 2, 2020 二零二零年二月二日

Presentation of the Lord

獻耶穌於聖殿慶日

Last Sunday Collection

上主日奉獻

\$5,025.00



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



Presentation of the Lord

The parents of Jesus, faithful to the prescriptions of the law given to Moses, bring their child Jesus to Jerusalem in order to present him to the Lord through the observance of the appointed temple ritual. A man named Simeon, also a faithful Jew inspired by the Holy Spirit, came to believe that he would not die before he had seen the Messiah. He took the baby Jesus in his arms recognizing him to be the promised one who would bring salvation not only to Israel, but to all people. Simeon blessed them, and said to Mary that she would know a deep sorrow.

In the story of the Presentation, Luke gives us a preview of the major themes he will develop in his gospel. The first one that strikes us is that God is not always present with us in the story of our lives in the way we expect. Jesus, the long awaited Messiah, is born poor. His parents are not even able to offer the customary lamb of the well-to-do, but only "a pair of turtle doves, or two young pigeons." Then Simeon, inspired by the Holy Spirit, recognizes the child Jesus to be the promised one of God, yet sensed that the child's mother would know deep sorrow. Michelangelo's famous marble sculpture expresses the meaning of this sorrow as we see the grieving Mary holding the crucified, lifeless body of her son on her lap. That God's way of bringing salvation would bring such a painful death to the Messiah and such sorrow to his mother is surely contrary to our human logic and expectation.

Luke juxtaposes the event of the Presentation of the Lord with prayer, another major theme of his gospel. Mary and Joseph offer their child to God in prayer. Simeon and the prophetess Anna bless God for the redemption this child Jesus will one day bring to an oppressed people. Prayer is a means by which we can be freed from the ways of thinking of a fallen humanity, and be in touch with God's way of thinking. All of us probably at times have succumbed to a superficial, self-serving kind of prayer in which we

explain to God exactly how and when the divine power must resolve a difficult situation in our favor. When our expectation is not realized, we tend to doubt whether God really cares about us when more suffering seems to be the only outcome of our prayer. For this reason, Luke takes special care to show us the way Jesus prays, particularly when he realizes that his death is at hand. At this moment, Jesus also realizes what deep grief his suffering and death will bring to his mother.

When Jesus realized that his arrest by Roman soldiers was imminent, he went to the Mount of Olives to pray alone, saying: "Father, if you are willing, take this cup away from me; still, not my will but yours be done" (Luke 22:42). Only his faith, beyond human logic, enabled him to trust that his Father's will for him could only be love, even though he would suffer and be killed. The cup of suffering, in fact, was not taken away. Jesus, dying an excruciating death on a cross, cried out in a loud voice: "Father, into your hands I commend my spirit" (Luke 23:46). The trust of Jesus in his Father's love, when every logical reason for trust had been lost, was vindicated in the resurrection. Human and divine love proved to be more powerful than evil and death, and transformed suffering and death to become life-giving for all of us. The special grace of the Eucharist today, through our deeper communion in the life of the Risen Lord, is the gift of praying with unconditional trust in our Father's love in our time of distress and suffering. This is the bond of love in Christ which will transform our meaningless suffering into life-giving grace for others.

Diocese & Other News



Pastoral Care Course

The diocesan pastoral care course will be held on Mondays. 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 the pastoral care ministers. Registration is limited, but additional courses are planned. When:

Feb. 24 to March 30 from 6:30 pm to 9 pm.
Where: St. Peter's Church (541 Silvergrove Drive NW Calgary). Please note priority will be given to those who are taking the course for volunteer purposes. To register, visit <https://www.catholicyc.ca/pcc.html>.

Retreats

1. Vocation retreat for single women 16-35 at Our Lady of Assumption Parish (7624-39 Ave. NW Calgary)
Date: March 7. Contact Sr. Terry Smith at 403-228-3623 | terry@fcjcentre.ca
2. Weekend live-in retreat for single women ages 20-40 at Providence Calgary, (150 Providence Blvd. SE, Calgary)
Dates: Feb. 21- Feb. 23. Contact Sr. Mae Valdez, SP at 587-432-2088 | mvaldez@sistersofprovidence.ca

Parish Activities



Candlemas (Blessing of Candle)

Candlemas Day is another name for the feast of the Presentation of the Lord. The Presentation is a proclamation of Christ — Messiah and Priest, Lord and Savior. He is the light who came into this world to dispel sin and darkness. For this reason, traditionally at least since the seventh century, candles have been blessed at Mass this day that will be used throughout the year, hence coining the term "Candlemas." On this day, many Christians bring candles to the church to be blessed. They can then light these candles at home during prayer or difficult times as a symbol of Jesus Christ, the Light of the World. We will have the procession for Blessing of Candle before Mass today.

The World Day for Consecrated Life

The World Day for Consecrated Life was instituted by Pope John Paul II in 1997, a day of prayer for those women and men who have devoted their lives to God in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day; the day on which

candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect light of Jesus Christ to all peoples. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

The 28th World Day of Sick February 11, 2020

Theme: "Come to me, all you who labour and are burdened, and I will give you rest" (Mt 11:28)

Jesus' words, "Come to me, all you who labour and are burdened, and I will give you rest" (Mt 11:28) point to the mysterious path of grace that is revealed to the simple and gives new strength to those who are weary and tired. These words of Christ express the solidarity of the Son of Man with all those who are hurt and afflicted.

On Feb 9 all the masses will be dedicated to the sick. Our parish will anoint those sick parishioners attending the 11:30 am Mass.

We will reserve seats for parishioners who would like to be anointed on that day.

Coldest Night of the Year Fundraiser

The Young Adults Group will be participating in the diocese involved Coldest Night of the Year Charity where we will walk outside on February 22. We tend to think about the less fortunate countries or big natural disasters around the world, but we forget about those who are in need around us. Therefore, this fundraiser will be raising money for the hurting, homeless, hungry and isolated individuals and families in our community. We believe that together, we can make a difference whether big or small, and to spread that awareness in our community while helping them with their needs.

We will be hosting our second fundraisers "Western Style Breakfast" for this charity on February 9 at OLPH Upper Hall. We will sell tickets for \$8 each. Free donations are welcome;

Tax receipts for \$20 or more will be issued by the Coldest Night of the Year. Please come and support this meaningful event to help others at this first beginning of Chinese New Year! We hope to see you there!

Words of Life **Reflection**



Do not fear : I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand. (Isaiah 41:10)

Weekly Activities



Wed, Fri Feb 5, 7

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Feb 7

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 8

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

Youth Night

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

Place: OLPH Upper Hall

Faith and Pilgrimage sharing

Time: 6:00p.m.-10:00p.m.

Place: OLPH Upper Hall

Sun Feb 9

Coldest Night of the Year Fundraiser
Western Style Breakfast

Time: After 8:30 a.m. Mass

Place: OLPH Church Upper Hall

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

Faith Stories Sharing



Voice Mail

Most of us have now learned to live with "voice mail" as a necessary part of our daily lives. But have you ever wondered what it would be like if God decided to install voice mail? Imagine praying and instead of hearing God speaking to your heart you hear the following:

Thank you for calling Heaven.

For English, press 1.

For Spanish, press 2.

For all other languages, press 0.

Please select one of the following options:

Press 1 for Requests.

Press 2 for Thanksgiving.

Press 3 for Complaints.

I am sorry. All of our angels and saints are busy helping other sinners right now. However, your prayer is important to us, and we will answer it in the order it was received. Please stay on the line.

If you would like to speak to:

God, press 1.

Jesus, press 2.

Holy Spirit, press 3.

If you would like to hear King David sing a Psalm while you are holding, press 4. To find a loved one that has been assigned to Heaven, press 5, then enter his or her social security number, followed by the "pound" sign. (If you receive a negative response, please hang up and dial 666.)

For reservations at Heaven, please enter J-O-H-N, followed by the numbers 3-1-6. For answers to nagging questions about dinosaurs, the age of the earth, life on other planets, and where Noah's Ark is, please wait until you arrive.

Our computers show that you have already prayed today. Please hang up and try again tomorrow. The office is now closed for the weekend to observe a religious holiday. Please pray again on Monday after 9:30 am.

If you are calling after hours and need emergency assistance, please contact your local pastor.

Thank you and have a heavenly day!

**Read More
Know More**



Anointing of the Sick

Who may receive the Sacrament?

Canon 998

The anointing of the sick by which the Church commends to the suffering and glorified Lord the faithful who are dangerously sick so that He relieves and saves them, is conferred by anointing them with oil and using the words prescribed in the liturgical books.

Canon 1004

1. The anointing of the sick can be administered to a member of the faithful who, after having reached the use of reason, begins to be in danger due to sickness or old age.

2. This sacrament can be repeated whenever the sick person again falls into a serious sickness after convalescence or whenever a more serious crisis develops during the same sickness. These canons can be summarized as follows. Those who satisfy three conditions may be anointed:

1. A baptized Catholic,
2. Reached the age of reason,
3. Begun to be in danger from illness or the infirmities of age, or have become sick again or underwent a further crisis. It should be noted that the danger need only have begun to exist. The person does not have to be "in extremis" (in imminent danger of dying). This is a change from the pastoral practice before the Second Vatican Council.

The ritual gives the following examples:

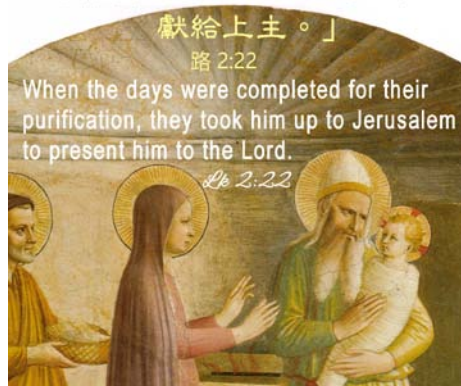
- "those who are dangerously ill through sickness or old age"
- "a sick person...before surgery whenever the surgery is necessitated by a dangerous illness"
- "elderly people...if they are weak, though not dangerously ill"
- "sick children...sufficiently mature to be comforted by the sacrament"
- "sick people who have lost consciousness or who have lost the use of reason...if ...they would have requested it if they had been in possession of their faculties"

**Daily Words
每日聖言**



February 1 2月1日

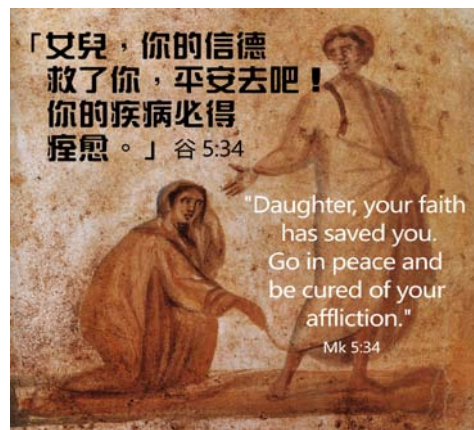
「一滿了他們取潔的日期，
他們便帶著孩子上耶路撒冷去



February 2 2月2日



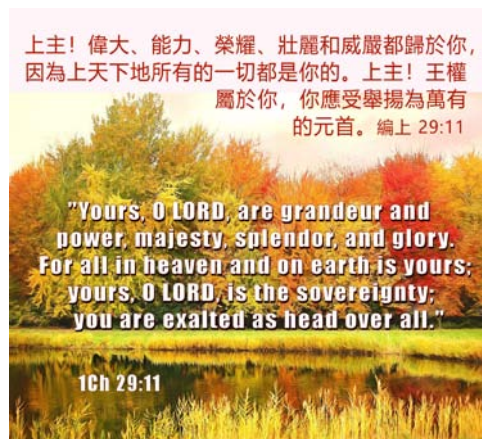
February 3 2月3日



February 4 2月4日



February 5 2月5日



February 6 2月6日



February 7 2月7日

主日分享



獻耶穌於聖殿慶日

慶日的福音選自路加福音，敘述瑪利亞和若瑟一滿了取潔的日期，便帶耶穌上耶路撒冷把他獻給上主，因為梅瑟的法律要求：「凡開胎首生的男性，應祝聖於上主」。當他們來到耶路撒冷聖殿時，正義虔誠的西默盎正在那裡等候迎接他們；因為他曾受聖神啓示，在他死前必要看見上主的默西亞。他一看見耶穌就雙臂接過他來，高聲讚美天主。正在那時刻，女先知亞納也前來聖殿稱謝天主，並向一切希望耶路撒冷得救贖的人講論這孩子。

瑪利亞和若瑟就在耶路撒冷聖殿中把耶穌奉獻給天主。這種奉獻不祇是交出而已，更是向天主承認耶穌是天主的兒子，並向天主保證他們會盡心盡力扶養他長大成人。

西默盎受聖神感動，明認耶穌就是依撒意亞先知預言的實現：「啓示異邦的光，以色列子民的榮耀」。耶穌是啓示普世萬邦的光與榮耀，不祇是為以色列而已。其實，作為真光的耶穌不可能被一個民族限制，祂必須向普世萬民開放。誰接納祂，必要獲享真光的照耀，在光中生活。那些在光中生活的人則必須反映真光，把真光帶給所有人；即或不然，至少不阻礙真光。

在這春節新年，我們有幸慶祝光的節日實在是一項天主的恩寵。讓我們立志做光明之子，成為有福的人，與耶穌同享福樂。祝福大家在新的一年前途光明，真光高照！阿們。

堂區活動



祝聖蠟燭禮（今天我們將在彌撒前舉行祝聖蠟燭禮）

蠟燭與獻主節息息相關。獻主節也有「Candlemas」的英文名稱，意思是「蠟燭的彌撒」。在這天的蠟燭遊行其實自公元 450 年已經有記載。第八世紀末，教宗在這天的彌撒穿著黑色祭

衣，帶領群眾，手持蠟燭，由古羅馬廣場遊行至聖母大殿。第十世紀，教會更在這節日增添了蠟燭祝聖禮。遊行讓我們記得，我們都是正在前往天國的旅程中，去與耶穌相遇。今天羅馬教會彌撒中，也要求各人手持蠟燭，如果情況許可，彌撒前可以有蠟燭遊行。可惜，華人堂區甚少舉行這禮儀部份。

在這一天，許多基督徒會將蠟燭帶到教會內接受祝福。然後，他們可以在祈禱或困難時期在家中點燃這些蠟燭，作為世界之光耶穌基督的象徵。祝福蠟燭時，可用這禱詞：天主，你是一切光明的泉源，你今天把照耀萬民的真光，顯示給正義虔誠的西默盎；為此，我們手持蠟燭，前來讚頌你。求你降福這些蠟燭，並幫助我們踏上聖德的坦途，進入永存不滅的光明。因主耶穌基督之名，求你俯聽我們的祈禱。阿們。

世界獻身生活日

教宗若望保祿二世，由 1997 年起，把每年獻主節定為「世界獻身生活日」（World Day for Consecrated）

獻身生活者包括屬於修會或隱修會的神父、修士及修女，以及獻了身的貞女。「世界獻身生活日」是要令教會更加重視度獻身生活的人。這些獻身生活者像耶穌基督一樣，在聖殿內奉獻自己給天主，終身投身為主服務，值得我們敬仰。

請大家為度獻身生活的人祈禱！

2月11日(第28屆世界病人日)

主題：「凡勞苦和負重擔的，你們都到我跟前來，我要使你們安息。」（瑪十一 28）

耶穌的這句話貫穿了第 28 屆世界病人日文告，指示出「恩寵的奧妙之路，給辛勞疲憊的人提供安息」。教宗方濟各在這份文告中表明，病人即為勞苦和負重擔的人，他們吸引耶穌的目光、牽動祂的心。

本堂將於 2 月 9 日的主日彌撒中特別為病患者祈禱，並將在十一時三十分彌撒中為有需要的病人教友傳油祝福。

當天本堂將預備部分座位給予傳油的教友。

世界病人日於每年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

信仰及墨西哥瓜達盧佩朝聖分享

各位主內的兄弟姊妹：新年伊始，萬象更新！願賜我們新的一年平安快樂，主恩日增！

二月份的信仰分享聚會，將於 2/8/2020 星期六舉行，亦是元宵佳節，是次聚會，是西北信仰小團體及聖心小團體聯合舉辦，除聖經分享外，亦有 Potluck 晚餐，希望彼此能歡聚和共度一個愉快的晚上，誠意邀請大家參加，更歡迎大家邀請朋友同來！

此次並希望能邀請到墨西哥瓜達盧佩朝聖的兄弟姊妹，作信仰分享。歡迎堂區所有教友參加，詳情請與林執事或 Maria Leung 聯絡。

地點是聖堂下禮堂，六時 Potluck，七時聖經分享，能出席的請通知一聲，並請預備一點食物。（為避免重複、請預早告知）謝謝！

「最寒冷的一夜」籌款活動

大專青年團將於 二月二十二日 參與教區舉辦的「最冷的一夜」步行籌款活動。我們在現今社會中常常幫助世界各地有需要的人，但是我們會忽略我們本地的無家可歸者、受傷害、貧窮及其他有需要的人。所以，這個冬天我們將為這些有需要幫助的人出一分力。我們希望透過這個活動提高對本地的貧窮人士及家庭的關注。

我們將在 2 月 9 日早上 8 時 30 分彌撒後在上禮堂舉行「西式早餐日」第二個籌款活動。門票為 \$8 一張。

我們也歡迎隨意的捐款。任何 \$20 或以上的捐款將可以獲得退稅收據。請在這個農曆新年與我們一起參與這個滿有愛和意義的活動！

活動一週



星期三、五 2月5, 7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7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8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

青年晚會

時間:下午 6 時至 8 時

地點:永援聖母堂上禮堂

信仰及墨西哥瓜達盧佩朝聖分享

時間:晚上 6 時至 9 時 30 分

地點:永援聖母堂下禮堂

星期日 2月9日

「最冷的一夜」西式早餐籌款活動

時間:上午 8 時 30 分彌撒後

地點:永援聖母堂上禮堂

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

聖言反思



你不要害怕，因為我與你在一起；你不要驚惶，因為我是你的天主；我必堅固你，協助你，用我勝利的右手扶持你。(依 41:10)

心靈小品



時間鑽戒

據說，偉大的所羅門王有一天晚上做了一個夢，一位先聖在夢裏告訴他

一句話，這句話涵蓋了人類的所有智慧，讓他高興的時候不會忘乎所以，憂傷的時候能夠自拔，始終保持勤勉，兢兢業業。但是，醒來後卻怎麼也想不起那句話來，於是，他召來了最有智慧的幾位老臣，向他們說了那個夢，要他們把那句話想出來，並拿出一顆大鑽戒，說："如果想出來那句話，就把它雕刻在戒面上。我要把這顆戒指天天戴在手上。"

一個星期後，幾位老臣來送還鑽戒。戒面上已刻上了一句簡單的話："這也會過去。"

是的，無論是痛苦與快樂、成功與失敗，一切都將在時間無聲的脚步中成為過去。我們不必為暫時的不如意而痛苦不休，因為"這也會過去"，我們更不必為一時的成功而自命不凡，因為"這也會過去"；成功時不必驕矜，失意時也不必氣餒，因為一切終將成為過去。時間如流水，流走的是光陰和生命，它比任何鑽石都寶貴，鑽石可以在這世界留住，但是生命不能。

珍惜現在的光陰，珍愛短暫的生命。樂觀豁達地對待生命中的潮起和潮落，從從容容地度過人生中的每個冬日和春天，以積極的心態面對生活，你的人生會更加美好。

靈修小故事



你們願意人怎樣待你們 你們也要怎樣待人

每年在德州奧斯丁市舉辦的圖書節，吸引成千上萬的人前來。他們享受瀏覽叢書的樂趣，參加名作家主持的研討會，以及搜集專業作家的智慧錦囊。有一回，有位撰寫青年小說的作家，對一群有志於寫作的人說："寫一本你想要在架上找到的書！"不管是對寫作或對生活來說，這都是一項相當有力的建議。試想，若是我們決定活出自己想要他人活出的樣式，會是什麼情況呢？

在路加福音 6 章 27-36 節裡，耶穌勸誡祂的跟隨者，追求能夠展現上主恩慈的生活方式："你們的仇敵，要愛

他！恨你們的，要待他好！咒詛你們的，要為他祝福！凌辱你們的，要為他禱告！"祂也提到，對於無理的對待，我們應當以寬容與不報復的行為作為回應。耶穌如此說："你們願意人怎樣待你們，你們也要怎樣待人。"你認為不可能？是的，倘若我們倚靠自己的能力和決心，的確無法辦到。能力是由聖神而來，謹記上主如何對待我們可以幫助我們下定決心，聖經說："祂恩待那忘恩的和作惡的。你們要慈悲，像你們的父慈悲一樣"。這就是我們渴望看見的生命。

知多一點點



病人敷油聖事 誰可領敷油？

任何人如在病重、或遇有意外、或年老體弱等，都可領受傳油聖事。這聖事最好能在家中或聖堂，與家人及教友共同舉行。開始的時候，先誦讀一段聖經，再由神父給病人覆手，然後把聖油擦在病人額上及手上說："藉此神聖的傳油，並賴天主的無限仁慈，願天主以聖神的恩寵助佑你。(亞孟。)赦免你的罪，拯救你，並減輕你的痛苦。(亞孟。)"信徒團體也可藉此機會來陪伴病者以減輕獨自受苦的感覺。敷油聖事對病人有甚麼益處？

藉著敷油及祈禱(基督建立這聖事的目的)，是為恢復病人的健康："主必要使他起來"(雅 5:15)，並為減輕人的痛苦。所以病人不可把這聖事視為「催命符」。事實上，是基督藉神父之身來臨病榻，醫治人的病痛，增強他的精神力量，使能忍受病痛、堅心信賴天主；基督也赦免病人的罪過，減輕或免除病人的痛苦，甚至有時使病人完全痊癒。這些都是敷油聖事的功效。病人欲獲得聖事的效果，應有信德和悔罪的心情。

此外，若病人已有一段很長的時間被纏在病榻中，他可以要求在家領修和及聖體聖事。生命垂危的信徒，可從領聖體中得到精神的力量及安慰。所以，如可能的話，病者應領臨終聖體，以獲得永生的保證。

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ANNOUNCEMENTS
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PASTORAL CARE COURSE

The diocesan pastoral care course will be held on Mondays. 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 the pastoral care ministers. Registration is limited, but additional courses are planned. When: **Feb. 24 to March 30 from 6:30 pm to 9 pm**. Where: St. Peter's Church (541 Silvergrove Drive NW Calgary). Please note priority will be given to those who are taking the course for volunteer purposes. To register, visit <https://www.catholicyyc.ca/pcc.html>.

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 from 1 pm**. Where: **St. Michael Catholic Community** (800 85 ST. SW, Calgary). Speakers: Detective Paul Rubner of Calgary Police Service and Liz Gibson, survivor. For more information, visit <http://saintmichael.ca/iwininitiative/>

COLDEST NIGHT OF THE YEAR (CNOY) WALK

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 and raise funds for these two worthy programs. When: **Saturday, Feb 22**. For more information visit cnoy.org/location/calgarydowntown

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

WORLD MARRIAGE DAY

The Diocese of Calgary is inviting all couples, parishes and communities to celebrate World Marriage Day on **Sunday, Feb. 9**. The purpose of observing Marriage Sunday is to recognize the importance of the Sacrament of Marriage and to affirm couples who by their witness, strengthen the faith of their parishes and communities.

WEDDING ANNIVERSARY CELEBRATION

Sacred Heart Parish in Strathmore invites you to celebrate your wedding anniversary with their community. When: **Saturday, Feb 8 at 5 pm**. Where: Strathmore Civic Centre (120 Brent Blvd., Strathmore). Tickets are \$40, includes buffet supper, professional photography, etc. To register, contact 587-581-1595 | sacredhc@shaw.ca

MARRIAGE VOWS RENEWAL

Couples are invited to the First annual Renewal of Marriage Vows celebration at Holy Trinity Parish (13126 – 21st Ave, Blairmore). When: **Friday, Feb 7**. Mass at 6 pm and dinner at 7 pm. Cost: \$30 per couple. There will be a cash bar.

Deadline to register is Feb. 1. For more information, email htrinity@shaw.ca | 403-562-2103.

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. For more information, visit <https://catholiccyyc.ca/bishopsdinner>

CREMATION GUIDELINES FROM CCCB

The Canadian Conference of Catholic Bishops has updated the pamphlet "Cremation and Funeral Liturgies" that is intended to assist and advise the bereaved or others involved in planning funerals. The pamphlet provides information on:

- the Church's perspectives on death
- praying for the deceased
- mourning
- funerals and cremation

For more information, visit <https://catholiccyyc.ca/liturgy>

RETREATS

1. **Vocation retreat for single women 16-35 at Our Lady of Assumption Parish** (7624-39 Ave. NW Calgary)
Date: March 7. Contact Sr. Terry Smith at 403-228-3623 | terry@fcjcentre.ca
2. **Weekend live-in retreat for single women ages 20-40 at Providence Calgary**, (150 Providence Blvd. SE, Calgary)
Dates: Feb. 21- Feb. 23. Contact Sr. Mae Valdez, SP at 587-432-2088
| mvaldez@sistersofprovidence.ca

NEW PILGRIMAGES

3. **Medjugorje, Croatia, Austria, Hungary, Czech Rep., and Poland with Fr. Vincent TuanHa**
Dates: Apr. 24 – May 7, 2020. Contact Michael at 647-887-4069 ext 367
4. **Portugal, Spain, France and Italy Pilgrimage with Fr. Anthony Poul Narisetti**
Dates: May 27 - June 11, 2020. Contact 905-412-2242 | group@qstours.com.
5. **Medjugorje Pilgrimage with Fr. David Meadows**
Dates: May 30 – June 14, 2020. Contact: Angie at 403-803-3085 | asteciw@telus.net
6. **Medjugorje Pilgrimage with Fr. Yarek Dziuba**
Dates: June 13-25, 2020 with St. Joseph's Parish Community. Contact Orlando at 403-245-5010. Information night: **Tuesday, Jan 28** from 7:30 pm. Where: St. Joseph Church, Calgary.
7. **Shrines of Italy with Fr. Bob Dielissen**
Dates: June 23 – July 30, 2020. **Information night: Thursday, Jan 23** at 6:30 pm. Where: **St. Mary's Cathedral, Calgary**. Contact 403-228-417

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

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