

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 9, 2020 二零二零年二月九日

5th Sunday in ordinary Time

常年期第五主日

Last Sunday Collection

上主日奉獻

\$3,806.00



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.

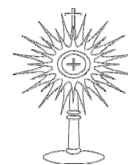
Tuesday 6:30 p.m.

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



5th Sunday in Ordinary Time

Jesus came to show us the face of God. Jesus is the face of God. When we contemplate Jesus, we contemplate the face of God.

Jesus tells us many things about himself which help us to understand him. For example:

I am the good shepherd.

I am the vine.

I am the bread of life.

I am the way, the truth, the life.

I am the gate of the sheepfold.

But every word Jesus speaks about himself is also a word about us. Every time he tells us who he is he tells us who we are.

I am the good shepherd - you are the sheep of my flock.

I am the vine - you are the branches.

Like when he asks: Who do men say I am?

- Simon answers: You are the Christ.

Jesus replies: And you are Peter ... the rock ...

Or when Saul is thrown to the ground and asks the Lord: Who are you, Lord? Jesus says: I am Jesus and you are persecuting me.

I am - you are ...

Today, in the Gospel Jesus tells us two more things that we are:

salt of the earth.

light of the world.

Salt does two things - it preserves, and it gives taste.

When Jesus says that we are the salt of the earth this is what he means.

We must preserve the earth - i.e. save it from corruption.

We must give taste to it - i.e. improve its flavour - make it acceptable.

We are meant to stop the earth from going bad. We are meant to do what salt does, to inhibit the growth of those things which cause things to spoil.

We could and we should reflect seriously on this analogy. It seems to me that there is a huge flourishing of disturbed, violent, perverted behaviour in the world at the present time. Just look at the cases before the courts in our country.

The Internet has made the proliferation of pornography of all kinds possible. What was once underground and under control has now come into the open and is aggressively 'spoiling' or corrupting the world. Violence is everywhere, especially in our hospitals and abortion clinics. We could go on and on.

A major reason for all this is that good people do nothing. The National Catholic Life Survey has made many things clear, but most frighteningly that Catholics, by and large, do not pray. The salt has lost its flavour. It is no longer capable of preserving.

Jesus also says we are the light of the world. By itself light is no good. It is only good when it shows us something other than itself. That is what Christians are called to do - to live lives that show the presence of God in the world. If we do not do this there is darkness and, without doubt, the world is today in deep darkness in many ways. We Christians must ask ourselves if we are giving out light.

Finally, I said earlier that when God tells us about himself it is always something about ourselves too. This works in reverse. When he tells us about ourselves he is at the same time revealing himself to us. What does he tell us about himself when he says: You are the salt of the earth ... the light of the world?

He is telling us about himself here because we are his light, his salt. He is telling us that He is counting on us. He has made us sharers in the coming about of His kingdom.

What good is salt if it has no flavour, or a light which cannot challenge the darkness?

Unlike real salt and real light which are dead, material things, we are living salt and living light. We can change. We can regain our flavour and we can rekindle our light.

This is my deepest wish for every Catholic community: that we may rediscover the things that make us salt for the world and that we may regain our brightness as Catholics.

by Fr John Speakman

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.

World Marriage Day

World Marriage Day, this Sunday, honors the husband and wife as head of the family and a reflection of God's love and His image. We celebrate the beauty of their faithfulness, sacrifice and joy in daily, married life. The faith which is passed on from parents to children is what helps the Church grow. We would like to hear from you about the role of prayer in your marriage. Your responses will be shared anonymously to help all married couples. Please complete the short

survey: <https://www.surveymonkey.com/r/FNCBDZ2>

40 Days for Life Lenten Prayer Campaign

On Ash Wednesday Feb. 26th starts the next 40 Days for Life campaign in more than 50 countries and 300 cities around the world delivering a message to create, preserve and respect life.

Human life begins at fertilization, when 2 cells are getting together, creating an embryo which is alive and it has rights as each of us.

Abortion is a procedure where everybody

is losing: the unborn, mother, father, siblings, family, community and the whole country.

Science studies indicates the severe impact in mental and physical health for moms who are ending the life of the unborn.

Looking for more

info <http://www.40daysforlife.com/calgary> or @ 40daysforlife.calgary@gmail.com or call us at 403-870-3905.

St. Joseph, Patron Saint of Canada, pray for us.

Physicians for Life

We believe that it must be the goal of medical science and its practitioners to preserve and protect human life, to relieve suffering, and to promote healing. The Hippocratic tradition affirms the inviolability of every human life. If you are a medical student or a physician check it out on this

website www.physiciansforlife.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) To purchase tickets visit <http://flamesgroups.com/faithandfun>

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: <http://helpourmarriagecalgary.com> | 403-879-7893.

News& Others



The XXVIII World Day of the Sick

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

Jesus repeats these words to the sick, the oppressed, and the poor. For they realize that they depend entirely on God and, beneath the burden of their trials, stand in need of his healing. Jesus does not make demands of those who endure situations of frailty, suffering and weakness, but offers his mercy and his comforting presence. He looks upon a wounded humanity with eyes that gaze into the heart of each person. That gaze is not one of indifference; rather, it embraces people in their entirety, each person in his or her health condition, discarding no one, but rather inviting everyone to share in his life and to experience his tender love.

What is needed is a personalized approach to the sick, not just of curing but also of caring, in view of an integral human healing. In experiencing illness, individuals not only feel threatened in their physical integrity, but also in the relational, intellectual, affective and spiritual dimensions of their lives. For this reason, in addition to therapy and support, they expect care and attention. In a word, love. At the side of every sick person, there is also a family, which itself suffers and is in need of support and comfort.

In him, you will find light to brighten your darkest moments and hope to soothe your distress. He urges you: "Come to me". In him, you will find strength to face all the worries and questions that assail you during this "dark night" of body and soul. Christ did not give us prescriptions, but through his passion, death and resurrection he frees us from the grip of evil.

Details at Vatican or www.myolph.org

Words of Life Reflection



Do not love the world or the things of the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, sensual lust, enticement for the eyes, and a pretentious life, is not from the Father but is from the world. (1 John 2:15, 16)

Weekly Activities



Wed, Fri Feb 12, 14

OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri Feb 14

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 15

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLP Church

R.C.I.A (Mandarin)

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

Place: OLP Lower Hall

Sun Feb 16

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

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

Place: OLP Church Lower Hall

Let There Be Light



A poem loved by Mother Teresa hung in a Calcutta orphanage

People are unreasonable, illogical, self-centred

... love them anyway.

If you do good, people will accuse you of selfish, ulterior motives

... do good anyway.

If you are successful, you win false friends and true enemies

... be successful anyway.

The good you do today may be forgotten tomorrow

... do good anyway.

Honesty and frankness will make you vulnerable

... be honest and frank anyway.

People love underdogs but follow only top dogs

... follow some underdog anyway.

What you spend years building may be destroyed overnight

... build anyway.

People really need help but may attack you if you try to help

... help people anyway.

If you give the world the best you have, you may get kicked in the teeth

... but give the world the best you have
... Anyway.

Faith Stories Sharing



Taking Charge

Each stage of life has its own beauty...and its own tasks.

A young priest was asked by a tired looking husband to visit his wife who was critically ill at home. Standing in the bedroom, filled with the paraphernalia for the gravely ill, the pastor noticed the husband's gentle care for his wife. But even in sickness, the wife seemed to be concerned for her husband. "Jim, you look tired. Are you getting enough sleep?"

Soon she turned this care to the visiting priest when she discovered that he was new to the parish. "I hope everyone is making you feel at home Father? She listened to the prayers, received the Sacrament of the Sick and the Eucharist, and felt blessed by her husband and the pastor. The young priest went away feeling equally anointed by this encounter with a person who was sick and by her caregiver. Illness may sometimes make us feel we are losing control, or may even challenge some of our long held beliefs.

It can force us to grapple with fear, anger, and the unknown. Still, we need not see ourselves as victims.

We can take charge of our illness. We can find small ways to continue to live life fully and meaningfully with the people we encounter each day. A smile, a kind word, a concern even for those who are concerned for us, brings peace.

We never lose the power to influence another person. Relatives, nurses, medical Technicians, and cleaning staff, often report how they are encouraged by the courage and goodness they observe in a person who is sick. Our own pain can make us more willing to forgive others, so it may be a good time to reach out to someone who has something against us. Gracious God, through our own troubles may we grow more sensitive to the suffering of others. Help us to show them your compassion.

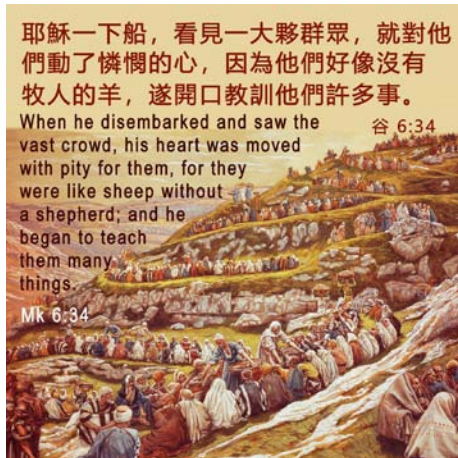
Daily Words 每日聖言



耶穌一下船，看見一大夥群眾，就對他們動了憐憫的心，因為他們好像沒有牧人的羊，遂開口教訓他們許多事。

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

Mk 6:34



February 8 2月8日



Mt 5:14

瑪 5:14

You are the light of the world. A city set on a mountain cannot be hidden.

February 9 2月9日

上主，請你和你威嚴的約櫃，
起來駕臨到你安息的住宅。

詠 132:8

Ps 132:8
Arise, LORD,
come to your
resting place,
you and your
mighty ark.



February 10 2月10日

'Honor your
father and
your mother.'

Mk 7:10

谷 7:10

『你該孝敬你的
父親及母親。』

February 11 2月11日

你們都要聽我，且要明白！不是
從人外面進入他內的，能污穢人，
而是從人裏面出來的，才污穢人。

谷 7:14-15



Hear me, all of you, and understand.
Nothing that enters one from
outside can defile that person;
but the things that come out from
within are what defile. Mk 7:14-15

February 12 2月12日

遵守誡命的人
真是有福！
時時行義的人，
真是有福！

詠 106:3

Blessed those who do
what is right, whose
deeds are always just.

Ps 106:3



February 13 2月13日

在你中間不應有別的神，
千萬不可崇拜外邦的神！

詠 81:10



There shall be no
foreign god among
you: you shall not
bow down to an
alien god. Ps 81:10

February 14 2月14日

主日分享



常年期第五主日 鹽與光的比喻

本主日，常年期第五主日的彌撒福音，記述耶穌所講「鹽與光」的比喻。鹽和光都是耶穌的聽眾十分熟悉的事物。「鹽」在猶太人的語言中，有智慧的意思。失了味的鹽，便是愚笨的人。「光」是舊約聖經中常見到的象徵。它一般意味著天主的臨在，及其對於祂的子民的特別照顧；而有時也形容人的德行，特別是愛德。基督徒是新約時代的先知。在本主日彌撒福音中，耶穌用鹽和光的比喻，來強調他們的先知使命。

彌撒中的讀經二，取自聖保祿宗徒致格林多人前書。在這篇讀經中聖保祿宗徒談基督徒的智慧，說它超越世俗的見解，是一種天主的德能。聖保祿宗徒並稱它為「十字架的道理」。

鹽若失了味，怎麼能再鹹呢？燈若不放在燈臺上，怎麼能照耀屋內的人呢？基督徒若是不修愛德，履行正義，不實踐「十字架的道理」，怎麼能在他們所處的社會中，盡他們的先知任務呢？

基督徒的固有德行是愛德和公義。這是不容置疑的。對我們今日的中國基督徒來說，尤其應該切記。這是天主與我們同在的標記，也是教會在我們國家繼續存在和發展的保證。"節錄自梵崗電台主日聖道禮儀"

新聞及其他



第 28 屆世界病人日文告

「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)

教宗闡明，「面對苦於自身脆弱及沉痛處境的人，耶穌基督並未把法律強加在他們身上，而是提供祂的慈悲」，也就是祂寬慰人心的臨在。耶穌注視著受傷的人類，接納人的整體，包括他的健康狀況，並「邀請每個人進入祂的生命來體驗溫柔」。耶穌懷有這些

情操，是因為「祂親自成了弱小者，體驗了人的痛苦煎熬，並從天父那裡得到安息」。因此，只有親身經歷的人，才懂得安慰他人。

接著，教宗談起各種痛苦和「人性匱乏」的情況，鼓勵「採用因人制宜的方式」照顧病患，因為患者不僅可能會身體受損，他的人際關係、智力、情感和靈性幅度恐怕也會陷入困境。病人需要「支持、關懷和愛」，他們的家屬也需要「安慰與關心」。

耶穌在黑暗時刻帶來光明，在沮喪之中送上希望。儘管陷入身心靈的黑夜，萌生不安和困惑，但是病人必能在耶穌身上找到克服這一切的力量，因為「耶穌以祂死而復活的奧跡，使我們擺脫罪惡的壓迫」。

詳細內容請參閱梵蒂岡電臺訊或堂區網頁 www.myolph.org

活動一週



星期三、五 2月12, 14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14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15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

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16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

聖言反思



不與世同化

你們不要愛世界，也不要愛世界上的事；誰若愛世界，天父的愛就不在他內。原來世界上的一切：肉身的貪慾，眼目的貪慾，以及人生的驕奢，都不是出於父，而是出於世界。(若一 2:15,16)

心靈小品



天堂來的接駁車

人生是一條道路，我們買的都是單程票，至於要什麼時候在那裏下車，我們都不知道。有的人含混度日，有的人追根究底，不斷探索生命的本質。但是主總帶著些神秘，不讓我們完全看清楚，然而主的能力我們卻清楚地感受到。

我們不知道這趟旅程的任務何時能盡完，任務的標準也不由我們決定，我們所能做的，就是全然接受我們的責任，視之為天上掉下來的禮物。

靈修小故事



責任

五歲的漢克和爸爸媽媽哥哥一起到森林幹活，突然間下起雨來，可是他們祇帶了一塊雨披。

爸爸將雨披給了媽媽，媽媽給了哥哥，哥哥又給了漢克。

漢克問道：“為什麼爸爸給了媽媽，媽媽給了哥哥，哥哥又給了我呢？”爸爸回答道：“因為爸爸比媽媽強大，媽媽比哥哥強大，哥哥又比你強大呀。我們都會保護比較弱小的人。”漢克左右看了看，跑過去將雨披撐開來擋在了一朵風雨中飄搖的嬌弱小花上面。

這個故事告訴我們，真正的強者不一定是多有力，或者多有錢，而是他對別人多有幫助。責任可以讓我們將事做完整，愛可以讓我們將事情做好。



MEMORARE ARMY

TO HELP BUILD THE SHRINE OF OUR LADY OF THE ROCKIES CHURCH, CANMORE

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.

Prayers are now requested to 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.

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。

托付聖母誦

吁！至仁慈的童貞瑪利亞，請記憶：總未有人向妳求保護、求救援、求轉達，而未得到所求的。吁！童身之聖童身者，我們的母親，我懷著這依恃的心，投奔於妳。我雖有罪，但我現在懺悔，俯伏於妳台前。吁！降生的聖言之母，別拒絕我的請求，但求妳仁慈地俯聽我。亞孟。

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession, was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my Mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.

為響應收集誦唸此經文數目 (目標為八百萬次)，請閣下把唸此經文的數目寫在紙條上，並投入收集盒子內。

Please enter the number of Memorare that you pray, and put it in the collection box.

I pledge to pray _____ Memorares to build new Shrine of Our Lady of Rockies in Canmore to end of May, 2020 (you may add your personal intension)

我願意頌唸 _____ "托付聖母誦" 為 Canmore 落磯山聖母堂祈禱 至 2020 年五月尾

(可另加個人意向)

Thank you for your sponsorship! 謝謝你的贊助!



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ANNOUNCEMENTS
5TH SUNDAY IN ORDINARY TIME
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WORLD MARRIAGE DAY

World Marriage Day, this Sunday, honors the husband and wife as head of the family and a reflection of God's love and His image. We celebrate the beauty of their faithfulness, sacrifice and joy in daily, married life. The faith which is passed on from parents to children is what helps the Church grow. We would like to hear from you about the role of prayer in your marriage. Your responses will be shared anonymously to help all married couples. Please complete the short

survey: <https://www.surveymonkey.com/r/FNCBDZ2>

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) To purchase tickets visit <http://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. For more information visit www.cgsac.ca or contact Paula at paula.sabatini@st-peters.ca

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.catholiccycc.ca/pcc.html>.

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: <http://helpyourmarriagecalgary.com> | 403-879-7893.

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; Liz Gibson, Director of the RESET Society of Calgary. A survivor will share a testimony. 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

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>

CAREER OPPORTUNITIES

New career opportunities are posted on the Diocese of Calgary website. For more information visit <https://www.catholiccyyc.ca/careers.html>

RETREATS

- **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
- **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
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- **Israel Our Holy Land Pilgrimage with Fr. Wayne Poile and Fr. Dan Stevenot**
Dates: May 16-30, 2020. Contact Brian at 1-877-465-3442 | info@Christian-Journeys.com
- **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
- **Portugal, Spain, France and Italy Pilgrimage with Fr. Anthony Poul Narisetti**
Dates: May 27 - June 11, 2020. Contact 905-412-2242 | group@qstours.com
- **Medjugorje Pilgrimage with Fr. David Meadows**
Dates: May 30 – June 14, 2020. Contact: Angie at 403-803-3085 | asteciw@telus.net
- **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.

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第 28 屆世界病人日文告

願患者在教會內品嚐到基督的寬慰

教宗方濟各在第 28 屆世界病人日文告中闡述了《瑪竇福音》的一句經文，即耶穌說：「凡勞苦和負重擔的，你們都到我跟前來，我要使你們安息。」（十一 28）教宗以此勉勵病患和醫護人員，呼籲世界各國在考慮經濟層面時，別忽略社會正義。

（梵蒂岡新聞網）「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。本屆世界病人日將於 2020 年 2 月 11 日舉行，文告於元月 3 日耶穌聖名瞻禮公布。

教宗闡明，「面對苦於自身脆弱及沉痛處境的人，耶穌基督並未把法律強加在他們身上，而是提供祂的慈悲」，也就是祂寬慰人心的臨在。耶穌注視著受傷的人類，接納人的整體，包括他的健康狀況，並「邀請每個人進入祂的生命來體驗溫柔」。耶穌懷有這些情操，是因為「祂親自成了弱小者，體驗了人的痛苦煎熬，並從天父那裡得到安息」。因此，只有親身經歷的人，才懂得安慰他人。

接著，教宗談起各種病苦和「人性匱乏」的情況，鼓勵「採用因人制宜的方式」照顧病患，因為患者不僅可能會身體受損，他的人際關係、智力、情感和靈性幅度恐怕也會陷入困境。病人需要「支持、關懷和愛」，他們的家屬也需要「安慰與關心」。

耶穌在黑暗時刻帶來光明，在沮喪之中送上希望。儘管陷入身心靈的黑夜，萌生不安和困惑，但是病人必能在耶穌身上找到克服這一切的力量，因為「耶穌以祂

死而復活的奧跡，使我們擺脫罪惡的壓迫」。病患需要憩息，而教會渴望成為慈善撒瑪黎雅人比喻中的客店（參閱：路十 34），讓病人能在其中找到基督的恩寵，遇見那些在天主的慈悲中脆弱獲得醫治的人。他們「懂得讓自己的傷疤化為天窗，讓人看見疾病以外的視野，領受生命的光明和氣息」。

在協助病人休憩方面，醫護人員和志工等人的付出至關重要。他們行事專業，讓人感受到基督的臨在，提供慰藉，對病患盡責，醫治他們的傷口。教宗寫道：

「親愛的醫護人員，每個診斷、預防、治療、研究、照護和復健行動的對象都是病人，『人』這個名詞始終先於『病』這個形容詞。因此，你們要不斷維護人的尊嚴和生命，絕不可對安樂死、協助自殺或殺害生命的行徑作出絲毫退讓，即使病情已經無法逆轉也不例外。」

面對醫學可能發生的失敗，教宗勉勵醫護人員「向超性的幅度開放，以領會醫學專業的完整意義」。生命屬於天主，它是神聖不可侵犯的；從出生到死亡，各階段的生命都應當受到接納、保護、尊重和服務。為此，「在某些病例中，良心異議是醫護人員的必要抉擇」。教宗期許醫護人員的專業素養「受到基督徒愛德的鼓舞，能為真正的人權，也就是為生命權作出最佳服務」。

不幸的是，在戰亂中，醫護人員和醫療機構有時成了襲擊目標；在某些地區，政治勢力試圖操縱衛生醫療領域，「使得醫療專業的適當自主權受到限制」。再者，世界上仍有許多窮人無法獲得醫療資源。因此，教宗籲請「世界各國的醫療機構和政府，在考慮經濟層面的同時，切莫忽略社會正義」。「願團結和輔助的原則相結合，同心協力促使人人得以享有充分的醫療資源，以期維護和恢復健康」。

教宗最後向服務病人的志工表達由衷感謝，讚許他們「藉著溫柔又親切的舉動反映出基督的樣貌，宛如慈善的撒瑪黎雅人」。教宗也將「所有背負疾病重擔的人，以及他們的家屬和每位醫護人員都託付給病人之痊聖母瑪利亞」，並為他們祈禱，向他們頒賜宗座降福。

MESSAGE OF HIS HOLINESS POPE FRANCIS

FOR THE XXVIII WORLD DAY OF THE SICK 2020

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

Dear brothers and sisters,

1. 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. How many people suffer in both body and soul! Jesus urges everyone to draw near to him – “Come to me!” – and he promises them comfort and repose. “When Jesus says this, he has before him the people he meets every day on the streets of Galilee: very many simple people, the poor, the sick, sinners, those who are marginalized by the burden of the law and the oppressive social system... These people always followed him to hear his word, a word that gave hope! Jesus’ words always give hope!” (Angelus, 6 July 2014).

On this XXVIII World Day of the Sick, Jesus repeats these words to the sick, the oppressed, and the poor. For they realize that they depend entirely on God and, beneath the burden of their trials, stand in need of his healing. Jesus does not make demands of those who endure situations of frailty, suffering and weakness, but offers his mercy and his comforting presence. He looks upon a wounded humanity with eyes that gaze into the heart of each person. That gaze is not one of indifference; rather, it embraces people in their entirety, each person in his or her health condition, discarding no one, but rather inviting everyone to share in his life and to experience his tender love.

2. Why does Jesus have these feelings? Because he himself became frail, endured human suffering and received comfort from his Father. Indeed, only those who personally experience suffering are then able to comfort others. There are so many kinds of grave suffering: incurable and chronic diseases, psychological diseases, situations calling for rehabilitation or palliative care, numerous forms of disability, children’s or geriatric diseases... At times human warmth is lacking in our approach to these. What is needed is a personalized approach to the sick, not just of curing but also of caring, in view of an integral human healing. In

experiencing illness, individuals not only feel threatened in their physical integrity, but also in the relational, intellectual, affective and spiritual dimensions of their lives. For this reason, in addition to therapy and support, they expect care and attention. In a word, love. At the side of every sick person, there is also a family, which itself suffers and is in need of support and comfort.

3. Dear brothers and sisters who are ill, your sickness makes you in a particular way one of those “who labour and are burdened”, and thus attract the eyes and heart of Jesus. In him, you will find light to brighten your darkest moments and hope to soothe your distress. He urges you: “Come to me”. In him, you will find strength to face all the worries and questions that assail you during this “dark night” of body and soul. Christ did not give us prescriptions, but through his passion, death and resurrection he frees us from the grip of evil.

In your experience of illness, you certainly need a place to find rest. The Church desires to become more and more the “inn” of the Good Samaritan who is Christ (cf. Lk 10:34), that is, a home where you can encounter his grace, which finds expression in closeness, acceptance and relief. In this home, you can meet people who, healed in their frailty by God’s mercy, will help you bear your cross and enable your suffering to give you a new perspective. You will be able to look beyond your illness to a greater horizon of new light and fresh strength for your lives.

A key role in this effort to offer rest and renewal to our sick brothers and sisters is played by healthcare workers: physicians, nurses, medical and administrative professionals, assistants and volunteers. Thanks to their expertise, they can make patients feel the presence of Christ who consoles and cares for the sick, and heals every hurt. Yet they too are men and women with their own frailties and even illnesses. They show how true it is that “once Christ’s comfort and rest is received, we are called in turn to become rest and comfort for our brothers and sisters, with a docile and humble attitude in imitation of the Teacher” (Angelus, 6 July 2014).

4. Dear healthcare professionals, let us always remember that diagnostic, preventive and therapeutic treatments, research, care and rehabilitation are always in the service of the sick person; indeed the noun “person” takes priority over the adjective “sick”. In your work, may you always strive to promote the dignity and life of each person, and reject any compromise in the direction of euthanasia, assisted suicide or suppression of life, even in the case of terminal illness.

When confronted with the limitations and even failures of medical science before increasingly problematic clinical cases and bleak diagnoses, you are called to be open to the transcendent dimension of your profession that reveals its ultimate meaning. Let us remember that life is sacred and belongs to God; hence it is inviolable and no one can claim

the right to dispose of it freely (cf. *Donum Vitae*, 5; *Evangelium Vitae*, 29-53). Life must be welcomed, protected, respected and served from its beginning to its end: both human reason and faith in God, the author of life, require this. In some cases, conscientious objection becomes a necessary decision if you are to be consistent with your “yes” to life and to the human person. Your professionalism, sustained by Christian charity, will be the best service you can offer for the safeguarding of the truest human right, the right to life. When you can no longer provide a cure, you will still be able to provide care and healing, through gestures and procedures that give comfort and relief to the sick.

Tragically, in some contexts of war and violent conflict, healthcare professionals and the facilities that receive and assist the sick are attacked. In some areas, too, political authorities attempt to manipulate medical care for their own advantage, thus restricting the medical profession’s legitimate autonomy. Yet attacking those who devote themselves to the service of the suffering members of society does not serve the interests of anyone.

5. On this XXVIII World Day of the Sick, I think of our many brothers and sisters throughout the world who have no access to medical care because they live in poverty. For this reason, I urge healthcare institutions and government leaders throughout the world not to neglect social justice out of a preoccupation for financial concerns. It is my hope that, by joining the principles of solidarity and subsidiarity, efforts will be made to cooperate in ensuring that everyone has access to suitable treatments for preserving and restoring their health. I offer heartfelt thanks to all those volunteers who serve the sick, often compensating for structural shortcomings, while reflecting the image of Christ, the Good Samaritan, by their acts of tender love and closeness.

To the Blessed Virgin Mary, Health of the Sick, I entrust all those who bear the burden of illness, along with their families and all healthcare workers. With the assurance of a remembrance in my prayers, I cordially impart my Apostolic Blessing.

From the Vatican, 3 January 2020