

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

January 12, 2020 二零二零年一月十二日

Baptism of the Lord

主受洗節

New Year &
Last Sunday Collection

新年及上主日奉獻

\$7,322.00



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.

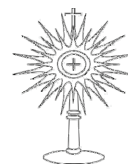
Tuesday 6:30 p.m.

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



Baptism of the Lord (First Sunday in Ordinary Time)

Today is the Sunday following the Epiphany of our Lord, and the first Sunday in Ordinary Time in Year A of the liturgical 3-year cycle. We celebrate the Feast of Baptism of our Lord, and commemorate Jesus' baptism at River Jordan. According to the Fathers of the early Church, this event has threefold meaning. Firstly, God the Father reveals himself and proclaims Jesus as his Son by saying, "This is my beloved Son, in whom I am well pleased." Secondly, the Holy Spirit, in the form of a dove, descends upon Jesus signifying the anointing of Christ to begin his mission as our Saviour. Thirdly, by receiving baptism from John, Jesus shows his solidarity with the sinful humanity, and confirms baptism by water as a sin-cleansing ritual and the means to obtain forgiveness of our sins.

In the first reading, Jesus is portrayed as "Servant of the Lord". In the book of Isaiah, this is the title given to the Messiah: "I have put my spirit upon him; and I have given you as a covenant to the people, a light to the nations, to open the eyes of the blind, to free captives from prison and those living in darkness from the dungeon."

The second reading is on Peter's speech to those assembled in the house of Cornelius, the Roman centurion, immediately prior to his baptism. Peter said it was now clear to him that God intended salvation for all. He declared Jesus as the Messiah and explained how Jesus so carried out his mission to save all men.

One may ask why Jesus in today's gospel insisted to be baptized by John. In reply to John's query, Jesus simply said, "It is proper for us in this way to fulfill God's Will." So exactly what does this mean? According to Hong Kong Biblical Institute, Jesus was sinless and there would be no need for him to get baptized. Regardless, he still received baptism from John for the sole purpose

of fulfilling the Will of his Father. His baptism was part of God's plan of salvation. Through baptism, Jesus identified himself as part of the human race, dwelling among sinners in order to save them. If Jesus, who is God, associates with sinners, then how should we act to fulfill the Will of God? Make no mistake about it: we must acknowledge our sinfulness, have true repentance for our sins, follow the teachings of the Church founded by Christ and, with humility, accept our salvation from our Lord through the guidance of the Church.

We know well that we Christians are also part of the sinful and fallen human race. By our own power and account, we are never able to please God and secure our own salvation. Jesus is the beloved Son of God. It is only through Christ and our total dependence on him that we can expect mercy and compassion from God. And the best way of showing our submission to Christ is to follow the teachings of the Church founded by him. We are then able to obtain in his holy Church the salvation brought to us by Christ.

Prayer for Christian Unity



WEEK OF PRAYER FOR CHRISTIAN UNITY

This year's theme for the Week of Prayer for Christian Unity (Jan. 18-25) calls us to move from shared prayer to shared action: They showed us unusual kindness (Acts 28:2). The Theme reflects on the historic shipwreck of Paul on the island of Malta and calls us to a greater generosity to those in need.

List of events in Calgary to pray for Christian Unity:

1. Ecumenical Taizé Prayer for Christian Unity. When: Wednesday, Jan. 22 at 7 pm. Where: FCJ Centre (219 19 Ave SW, Calgary)
2. An Evening of Prayer to pray for Christian Unity. Program leader: Fr. Mathew Perreault (Curator of All Saints Anglican Church, Cochrane). When: Monday, Jan. 27 from 6:30 to 7:30 pm at

Ascension Parish (1100 Berkshire Blvd NW, Calgary)

Diocese & Other News



New Career Opportunities Available

On our website. For information on job description and application details, please

visit: <http://careers.calgarydiocese.ca>

Program Assistant, Elizabeth House, Calgary

Support Staff, Elizabeth House, Calgary
Family Youth Coordinator, Holy Family Parish in Medicine Hat

Casual Worker for Reception/Kitchen Duties, FCJ Centre in Calgary

The Momentum Tour

"We're creating an abortion free generation... Be a part of it." Young adults are invited to The Momentum Tour, to hear an inspiring talk by Ruth Shaw, National Campus Life Network Executive Director. When: Friday, Jan. 31 from 6:30 pm to 9 pm. Where: St. John the Evangelist (1423 8 Ave SE, Calgary. For more information, contact 403-218-5523

News & Others



Pope Francis: For the Celebration Of The 53rd World Day of Peace

Peace is a Journey of Hope: Dialogue, reconciliation and Ecological Conversion

1. Peace, a journey of hope in the face of obstacles and trial
Peace is a great and precious value, the object of our hope and the aspiration of the entire human family.
2. Peace, a journey of listening based on memory, solidarity and fraternity
3. Peace, a journey of reconciliation in fraternal communion
4. Peace, a journey of ecological Conversion.

5. "We obtain all that we hope for"

The grace of God our Father is bestowed as unconditional love. Having received his forgiveness in Christ, we can set out to offer that peace to the men and women of our time. Day by day, the Holy Spirit prompts in us ways of thinking and speaking that can make us artisans of justice and peace.

May the God of peace bless us and come to our aid.

May Mary, Mother of the Prince of Peace and Mother of all the peoples of the earth, accompany and sustain us at every step of our journey of reconciliation.

And may all men and women who come into this world experience a life of peace and develop fully the promise of life and love dwelling in their heart.

From the Vatican

Parish Activities



Heartfelt Thank You From Our Pastor Fr. Joseph Nguyen

I would like to sincerely thank Deacon John Wu, Deacon Edward Lam, Sisters, Parish Pastoral Council, Parish Lay Groups and all parishioners for their continued support to our parish throughout the year.

Your generosity and sharing with others of God's gifts, is a perfect example of our response to the call of Jesus: "You are my witnesses." Love is the soul of mission and we are first and foremost invited to be credible witnesses by the way we live as Disciples of Christ. Keep up your good work!

May the grace of the Lord Jesus Christ be with your spirit and wishing you a joyful and peaceful New Year!

Chinese New Year Snack & Chat Gathering

Date: Saturday, January 25, 2020

Time: 9:30am – 11:30am (After 9am Mass)

Venue: Upper Hall

All parishioners, with their family and friends are welcome!

Snack & Tea provided.

2020 Chinese New Year Banquet

Date: Saturday, February 1st, 2020

Time: Reception from 6 pm

Dinner at 6:30 pm

Venue: Regency Palace Seafood Restaurant

Ticket: \$38 /adult, \$15/Child (aged 12 and below)

Banquet tickets will be sold from December 21st to January 26th.

Donation of gifts for Banquet Draw would be much appreciated.

Family Day Ski Trip

Youth Group will be hosting the annual Family Day Ski Trip at Nakiska on Monday February 17. Registration will be on Sunday January 12th, 19th and January 26th after 10:00 AM Mass and 11:30 AM Mass at Upper Hall. The deadline for registration will be on January 26. Please contact Corwin or Marcus for further details.

Weekly Activities



Fri Jan 17

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Jan 18

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room

Tai Chi Lesson

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

YAG Band Practice

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

Place: OLPH Upper Hall

Young Adults choir practice

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

Place: OLPH Upper Hall

Sun Jan 19

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



The Power Of Compassion

Francis Schaeffer, author and Christian apologist, struggled to spell words correctly because of dyslexia. At the college he attended, spelling errors lowered the grade on all written assignments. During his first year, a professor told Schaeffer, "This is the best philosophy paper I've ever read, but it's the worst spelling. What am I going to do? I can't pass you."

Francis replied, "Sir, I could never spell. Could you please just read what I'm saying and not worry about the spelling?"

After a long pause, the professor replied, "You know, Mr. Schaeffer, I think we'll do that." His wise, compassionate response encouraged a gifted young man who would later help many of the searching generation during the 1960s and 70s to find their way to faith in Christ.

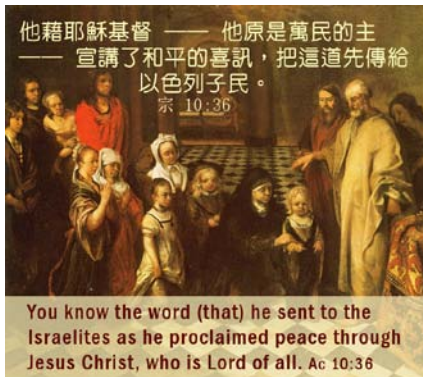
Isaiah said of the promised Messiah, "A bruised reed He will not break, and smoking flax He will not quench; He will bring forth justice for truth" (Isa. 42:3). The image is of a gentle, yet powerful Person who sets prisoners free and encourages those who are fainthearted and tempted to despair.

Jesus came to free us from sin, not to condemn us for our condition. Today, He offers salvation and encouragement to all who turn to Him.

No condemnation now I dread,
I am my Lord's and He is mine;
Alive in Him, my living Head,
And clothed in righteousness divine. —Wesley

When we come to Christ in our brokenness, He makes us whole.

Daily Words 每日聖言



January 12 1月12日



January 13 1月13日



January 14 1月14日



January 15 1月15日



January 16 1月16日



January 17 1月17日

不是上主給你傅油，立你作他百姓以色列的首領嗎？是你統治上主的百姓，從四周的仇人手中解救百姓。撒 10:1



January 18 1月18日

主日分享



主受洗節

上主的僕人

(常年期首主日)

今年是教會禮儀年曆上的甲年，常年期的主日彌撒福音一般取自聖瑪竇。本主日是主顯節後的主日，我們舉行主受洗節，紀念耶穌在約旦河的受洗。據教父們的解釋，耶穌在約旦河從若翰手中受洗的事件，具有三種深層的意義。第一、在這事件中天主聖父顯示了自己，並且啓示耶穌為祂的聖子。祂說：這是我的愛子，我所喜悅的。第二、天主聖神以鴿子的形像降在耶穌身上，意味著給祂傅油，派遣祂去執行救世主的職務。第三、耶穌本人由若翰手中受洗，表示祂與有罪的人類認同，並且以水作為洗滌罪過、獲得罪赦的標記。

本主日的讀經一把耶穌比作「上主的僕人」。在依撒意亞先知書中，「上主的僕人」是默西亞的稱呼。據依撒意亞先知的講解，天主要在默西亞身上傾注祂的神，要藉著祂跟世人立約，使祂成為萬民之光。祂要開啓盲人的眼睛，把被囚禁的人領出監牢，使黑暗中的人得見光明。讀經二記述聖伯多祿宗徒給外邦人科爾乃略付洗前的講話。在這篇講話中，宗徒之長聖伯多祿表示，他終於明白了天主要所有的人都得救的道理。他宣佈耶穌是默西亞，並說明耶穌怎樣執行了祂作默西亞的使命，使萬民獲得救恩。

在本主日的彌撒福音裏耶穌為什麼要堅持受洗呢？耶穌說：這是為了「完全履行天主的旨意。」

「完全履行天主的旨意。」這句話值得我們特別注意。香港天主教聖經學會編寫的《清泉掬水》解釋它的意義說：耶穌是無罪的，本來不須受洗。祂所以要受洗，純粹是為了滿全祂父親的計劃。祂的受洗是這計劃的一部分。藉著受洗祂與人類打成一片，做了罪人的一份子！目的是要拯救世人。接著，《清泉掬水》提出一個問題說：耶穌就是與罪人打成一片的天

主。那麼，我們應怎樣做，來完全履行天主的旨意呢？無疑的，我們也應投入罪人的行列。那就是說，應該悔改，信奉耶穌所創立的教會，謙遜地從教會手中接受耶穌給我們帶來的救恩。

原來，我們基督徒都知道我們是有罪的人類的一部分。憑我們自己的能力，我們無法博得天主的歡心。耶穌是天主所喜悅的愛子。我們依賴耶穌，才能蒙受天主的愛憐。信奉教會是我們依賴耶穌的具體表現。我們在教會內領受耶穌給我們帶來的救恩。

"節錄自梵崗電台主日聖道禮儀"

新聞及其他



教宗方濟各世界和平日文告

2020年1月1日

「希望作為和平的途徑：

交談、和好及生態歸依」

1. 和平——障礙和考驗時希望的途徑
和平是珍貴和美善的，是我們希望得到和整個人類都渴求的。
- 2、和平的途徑——基於記憶、精誠關懷及兄弟情誼的聆聽。
- 3、和平——在兄弟情誼共融中和好的途徑。
- 4、和平——生態歸依的途徑。
- 5、「我們盼望的一切，必得到滿足」
天主父所賜的恩寵是一種無條件的愛。既然我們已在基督內獲得了祂的罪赦，我們就能起身，將祂的罪赦帶給在我們時代的一眾男女。聖神日復一日督促我們的思想、態度，好使我們成為正義與和平的締造者。
願和平的天主降福我們，並前來扶助我們。
願瑪利亞——和平之王的母親和世上眾人的母親，陪伴我們，並在和好之路上步步扶持我們。
願世上眾人都能在和平中生活，並充分實現他們心中對生命與愛的許諾。

基督徒合一



2020年基督徒合一週

(1月18日至25日)

主題：宗徒大事錄一

第廿八章二節

「土人待我們非常友善，因為當時正在下雨，天又寒冷，他們就生起一堆火來款待我們眾人。」
今年基督徒合一祈禱週的主題要求我們從共同祈禱轉向共同行動：它們向我們展示了與眾不同的仁慈。該主題反映了保祿沉船事故，並呼籲我們向有需要的人們慷慨解囊。

卡加里教區為基督徒合一祈禱週：

Ecumenical Taizé Prayer for Christian Unity

日期：1月22日

時間：晚上7時

地點：FCJ Centre

(219 19 Ave SW, Calgary)

An Evening of Prayer to pray for Christian Unity.

Program leader: Fr. Mathew Perreault

日期：1月27日

時間：晚上6時30分至7時30分

地點：Ascension Parish

(1100 Berkshire Blvd NW, Calgary)

堂區活動



阮明聰神父的衷心感謝

我誠意感謝鄒執事、林執事、所有修女、堂區牧民議會、所有善會及各位教友對堂區的支持及付出。
在過去的一年，大家的付出，慷慨地與他人分享天主的恩賜，正如主耶穌基督教導我們，為主作見證，在愛德的引領下，善盡宗徒的使命，共同用行動去見證基督，以彰顯天主的愛。大家繼續努力吧！
願主耶穌基督的恩寵與你們的心神同在，並祝大家新年平安快樂！

庚子鼠年春節團拜

日期：二零二零年一月二十五日

(星期六)

時間：九時三十分至十一時三十分
(九時彌撒後)

地點：上禮堂

略備春節茶點招待！

歡迎堂區教友及家庭和朋友們參加。

庚子鼠年新春團拜晚宴

日期：2月1日(星期六)

時間：晚上6時恭候，

6時30分入席

地點：富麗官海 大酒家

票價：成人每位38元、

12歲或以下小童每位15元。

餐券發售於每台彌撒後在聖堂正門入口處售賣或直接與各善會代表購票。春茗晚宴將設有大抽獎助興，盼望教友熱烈捐贈及贊助抽獎禮物。

家庭滑雪同樂日

青少年團將於2月17日(星期一)到Nakiska 舉行家庭滑雪同樂日。請於1月12日, 1月19日及1月26日(星期日) 10時及11時30分彌撒後到上禮堂報名登記。截止報名日期為1月27日。詳情請與青少年團 Corwin 或 Marcus 聯絡。

活動一週



星期五 1月17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 1月18日

聖母軍(聖母軍聖母無玷聖心支團)

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午10時至12時30分

地點：永援聖母堂下禮堂

成人慕道班(國語)

時間：下午3時至5時

地點：永援聖母堂下禮堂

大專青年團樂隊練習

時間：下午6時至8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 1 月 19 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

心靈小品**耶穌會神父的十二句話**

- 1.別憂慮那麼多，那是沒有用的。
- 2.要做聖人，就是要做你自己。停止扮演任何人，只要好好地做好你自己，這會讓你避免許多的痛心疾首。
- 3.沒有「最好」的祈禱法則，正如沒有金科玉律令我們結交一位朋友，對你來說，最有效的方式就是「最好」...
- 4.記住三件事，能夠幫你省卻不少煩惱：你，不是天主；這裡，不是天堂；行為，不要犯渾。
- 5.你心底裡最深處、最真心的渴求，就是天主對你的渴求。反過來亦然。好好聆聽。跟隨他。
- 6.在你心中，早已有一個概念——「最理想的我」是個怎樣的人。你就當自己是「那個人」去生活，你就會成為那個人——靠著天主的恩寵。
- 7.不要太擔心「最壞的事」如果發生會怎樣怎樣，就算那事真的發生了，天主還是與你一起，你自會感覺到。真的。
- 8.你不能夠強迫任何人同意你、誇獎你、仰慕你、喜歡你，甚至愛你。不要枉費心機！
- 9.當我們跟別人比較，我們通常錯誤地幻想別人的生活，我們現實的生活也就輸掉了——即是說：人比人，只會沮喪。
- 10.就算你終於明白何謂對的事，何謂基督徒應該做的事，要生活出來還是會很困難。無論如何還是要生活出來。
- 11.七句要常常說的話：我愛你！多謝你！天主，多謝你！寬恕我吧！我為

你高興！為什麼不？好！

12.想要平安、喜樂，先要祈求天主，在一切阻礙著你去愛、去憐憫的事情中，釋放你、讓你自由。

靈修小故事**祝福滿滿**

每天在上下班的路上，我都有不少時間，可以讀一讀貼在前方車子保險桿上的標語。有的語氣傲慢，有的充滿了智慧，還有的簡直令人反感。然而，最近我看到的一張貼在車尾的標語，卻讓我們心自問：自己的人生態度到底如何。這貼紙寫著：「有福到無可抱怨」。

我必須坦白地承認，當我深思這句話時，心裡感到愧疚。我發現自己常常在事與願違時哀怨感嘆，卻未專注於天父已經賜給我的美好恩典。那天讀到的那句簡短信息，讓我重新立志，願意更加主動並一心向上主獻上感恩。因為我的上主一直以來都很恩待我，這些恩惠不僅止於我所能數算的，還有更多是我所不能數算的。聖詠 107 篇糾正人們缺乏感恩的心態。聖詠的作者（許多人認為是達味王），四次如此呼籲：「但願人因上主的慈愛和祂向人所行的奇事，都稱讚祂（8、15、21、31 節）。他勸勉那些不知感恩、逐漸冷淡的人要回轉。因為即使在最糟的時刻，我們仍有許多可以感謝的。願我們學習為著上主的慈愛而感謝祂！」

主的恩典，樣樣都要數，
主的作為都要記清楚，
主的恩典，樣樣都要數，
必能叫你驚訝主奇妙看顧。
當常存感恩之心，別等到擁有更多才感恩。

知多一點點**基督徒的真福**

1.對天主召人享受真福，新約用了許多說法，為標示此真福的特色：天國的臨近；看見天主：「心裡潔淨的人是有福的，因為他們要看見天主」（瑪 5:8）；

進入主人的福樂；進入天主的安息（希 4:7-11）：在那裡，我們將安息，我們將看見；我們將看見，我們將愛慕；我們將愛慕，我們將頌揚。看，這將是沒有終結的終結。除了抵達沒有終結的王國，我們能有別的終結嗎？

2.因為天主把我們安置在世界上，是為認識祂，事奉祂，愛慕祂，因此而抵達樂園。真福使我們分享天主的性體（伯後 1:4）和永生。得到了永生，人便進入基督的光榮和天主聖三生命的福樂。

3.這樣的真福超越人的理解和人自身的能力。真福是天主無條件賞賜的恩典。因此人稱真福是超性的，猶如稱那準備人進入天主福樂的恩寵是超性的一樣。

「心裡潔淨的人是有福的，因為他們要看見天主」。固然，天主的偉大和祂神妙無比的榮耀，「誰也不能見到天主而仍然活著」，因為父是不可捉摸的；但天主因祂對人的慈愛、寬容及全能，祂竟恩賜敬愛祂的人得以享見祂；因為「在人所不能的，在天主卻是可能的」。

4.預許的真福使我們正視決定性的倫理抉擇。真福邀請我們清洗我們的心靈，消除不良的本能，以求愛天主在萬有之上。真福教導我們真正的幸福不在財富或安逸，不在人間的光榮或權勢，不在任何人的事業，縱使非常有用，如：學術、科技、藝術，也不在任何受造之物，而只在萬善、諸愛之源的天主：

財富是今日偉大的神明；對它，芸芸眾生，大批人群，本能地叩首膜拜。人們以富貴來衡量幸福，甚至也以富貴來釐定尊卑。……這一切乃出自一個信念，就是財富能成就一切。於是財富成了今日的一個偶像，另一個偶像便是聲譽。……所謂聲譽，就是名滿天下，稱譽世界（也可以稱為新聞人物），已被認同為善的化身，善的至尊，也成了真正崇拜的對象。

5.天主十誡、山中聖訓、宗徒的傳授，都給我們描繪了導向天國的道路。我們以每天的行為，藉著聖神的恩寵，逐步努力前進。又藉著基督聖言的灌溉，在教會內，為了天主的光榮，慢慢地結出果實。

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• **興趣小組(非學分班):** 英文強化、數學補習、中學數學強化、國語口才訓練、雅思培訓課程、日語文化、韓語文化、美術、兒童合唱團、棋藝、國語親子、中國繩結、空手道、武術、羽毛球、乒乓球、足球、網球。
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ANNOUNCEMENTS
BAPTISM OF THE LORD
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WEEK OF PRAYER FOR CHRISTIAN UNITY

This year's theme for the Week of Prayer for Christian Unity (Jan. 18-25) calls us to move from shared prayer to shared action: *They showed us unusual kindness* (Acts 28:2). The Theme reflects on the historic shipwreck of Paul on the island of Malta and calls us to a greater generosity to those in need. List of events in Calgary to pray for Christian Unity:

1. **Ecumenical Taizé Prayer for Christian Unity.**
When: **Wednesday, Jan. 22** at 7 pm. Where: FCJ Centre (219 19 Ave SW, Calgary)
2. **An Evening of Prayer to pray for Christian Unity.** Program leader: Fr. Mathew Perreault (Curator of All Saints Anglican Church, Cochrane). When: **Monday, Jan. 27** from 6:30 to 7:30 pm at Ascension Parish (1100 Berkshire Blvd NW, Calgary)

OPEN HOUSE SERIES

Calgary Interfaith Council invites you to the **Open House Series**, which focuses on building bridges through education and relationships. The first of the series will be hosted on **Tuesday, Jan. 21 at 7 pm at St. Stephen Protomartyr Church** (4903 45 St SW, Calgary). You will have the opportunity to visit a sacred space of another belief, see a presentation and participate in a Q & A.

YOUR DIFFERENCE HAS A PURPOSE

You are invited to a 2-day conference and workshop with Jeff and Donna Garrett. This workshop will employ your gifts to strengthen your marriage, reaffirm effective team building, and transform your Catholic community outreach. When: **Jan. 24 (7-9 pm) - Jan. 25 (8:30 am to 4 pm)**. Where: Sacred Heart Church (1307 14 St. SW, Calgary). Cost: \$80 per person or \$140 per couple. To register, contact 403-244-2741 | secretaries@sacredheartcalgary.ca

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

THE MOMENTUM TOUR

"We're creating an abortion free generation... Be a part of it." Young adults are invited to The Momentum Tour, to hear an inspiring talk by Ruth Shaw, National Campus Life Network Executive Director. When: **Friday, Jan. 31 at from 6:30 pm to 9 pm**. Where: St. John the Evangelist (1423 8 Ave SE, Calgary). For more information, contact 403-218-5523

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on our website. For information on job description and application details, please visit: <http://careers.calgarydiocese.ca>

- o **Program Assistant**, Elizabeth House, Calgary
- o **Support Staff**, Elizabeth House, Calgary
- o **Family Youth Coordinator**, Holy Family Parish in Medicine Hat
- o **Casual Worker for Reception/Kitchen Duties**, FCJ Centre in Calgary

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

USED OR UNUSED CHRISTMAS CARDS

The Diocesan Mission Council sends its sincerest blessings and ask that you consider putting aside your used and unused greeting cards for donation to our card making program which supports overseas missions. All donations can be dropped off to the Catholic Pastoral Centre (120 17 Ave SW, Calgary) in the New Year.

TAKE CHARGE AT HOME: GROWING UP

DIGITAL | St. Michael Catholic Community invites parents and grandparents to a session on how to raise kids in the digital age. Topics include Internet safety, healthy digital boundaries, and building trusting relationships with your kids, among many others. When: **Thursday, January 16 at 6:30 pm** at St. Michael Catholic Community (800 85 Street SW). For more info, visit saintmichael.ca/events

NEW PILGRIMAGES

1. **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
2. **Portugal, Spain, France and Italy Pilgrimage with Fr. Anthony Poul Narisetti**
Dates: May 27 - June 11, 2020. Contact 905-412-2242 | group@qstours.com.
3. **Medjugorje Pilgrimage with Fr. David Meadows**
Dates: May 30 – June 14, 2020. Contact: Angie at 403-803-3085 | asteciww@telus.net
4. **Medjugorje Pilgrimage with Fr. Yarek Dziuba**
Dates: June 13-25, 2020 with St. Joseph's Parish Community. Contact Orlando at 403-245-5010

YOU: LIFE, LOVE & THEOLOGY OF THE BODY

St. Michael's Catholic Community invites teens, youth and adults to YOU: Life, Love and the Theology of the Body program on **Wednesdays, Jan 22 to Feb. 26, 2020** from **6:30 to 8 pm**. Where: St. Michael's (800 85 St. SW, Calgary). Open to anyone 13+, especially teens and their families. YOU introduces participants to the truth that life is not, in fact, all about them; it is about going out of themselves to be a sincere gift for others. Sign up at saintmichael.ca/faithformation

GIFT OF HOPE: A RETREAT FOR THE UNEMPLOYED PERSON | LOSS

of employment can be trying to our souls and our emotional balance, not just our financial health. FCJ Retreat & Conference Centre invites you to Gift of Hope: A Retreat for the Unemployed Person. When: **Jan. 24-25, 2020** (Live In). Where: FCJ (219 19 Ave SW, Calgary). This retreat is free of charge (limited to 20 participants). Register at <https://www.fcjcentre.ca>

COLDEST NIGHT OF THE YEAR (CNOY) WALK

Save the date: **Saturday, Feb. 22, 2020**. 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). This is the 7th year for the Diocese, in partnership with KAIROS Calgary, to host this event in Downtown Calgary. Join 400 others in walking 2, 5 or 10-km routes and raise funds for these two worthy programs. More info at cnoy.org/location/calgarydowntown

MARRIAGE PREPARATION DATES

Catholic Family Service provides Marriage Preparation programs for the Diocese of Calgary. **Next dates: Jan 10-12**, at St. Mary's Cathedral and Jan 31 to Feb. 2 at St. Albert the Great, Calgary. More info at <https://www.cfs-ab.org>

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

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