

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

January 19, 2020 二零二零年一月十九日

2nd Sunday in Ordinary Time

常年期第二主日

Last Sunday Collection

上主日奉獻

\$3,050.00



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



Second Sunday in Ordinary Time

Two thoughts dominate this Sunday: first, John's dramatic call to behold the Lamb of God; second, that we have just finished Christmas and are beginning a new year. With regard to beginning the new year there is the sense of the need to take stock, to look at where we are going, and to make the inevitable "resolutions" that might raise the quality of this coming year.

The Baptist asks us to take stock and make changes; to ask what are we fundamentally about and then seek to reset our lives. As active Christians are we able to recognize Jesus Christ? Is he a focus in our lives or just out on the edges? Is he the one we look to for help in time of need, for guidance in our doubts?

An honest stock-taking of our fundamental situation that is offered here may contrast with the ego-centric way we usually conduct our lives. We need to recognize something outside of and larger than us, the God who cares for us, and for the whole human community in which we are involved. Can we listen to John's call to restore what is broken, and Jesus' call, to bring light to the world? Do we see that it is with our willing help that the Lamb can remove the "sin of the world?"

Facing deeper truths is always difficult; it calls us to not just drift along with this world's evil, as the line of least resistance. Discipleship is urgent and costly, but it is also possible and is the way towards the deeper joy and fulfilment that we seek. If we properly hear the Baptist in his solemn act of witnessing to Christ, then our response will be a stock-taking that goes to the root of our being. It may even reveal to us the truth that sets us free. Association of the priest (Patrick Rogers)

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. Service of Prayer for Christian Unity. When: Jan 21 at 11:15a.m. with Rev. Darranne Harris, Calgary Council of Churches. Where: Ambrose University, 150 Cir SW, Calgary
2. Ecumenical Taizé Prayer for Christian Unity. When: Wednesday, Jan 22 at 7 pm. Where: FCJ Centre (219 19 Ave SW, Calgary)
3. Service of Prayer for Christian Unity with Rev. Adrian Martens. When: Jan 23 at 11:15 am. Where: Ambrose University, 150 Cir SW, Calgary
4. 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



Physician-assisted Suicide

The Bishops of Alberta and the Northwest Territories have released a Pastoral Letter on the federal government's two-week public consultation on legislation to expand eligibility for physician-assisted suicide. Please pick up a copy of this Letter on your way out.

Word of God Sunday (Jan. 26)

On September 30, 2019, Pope Francis issued an Apostolic Letter (issued Motu Proprio) *Aperuit Illis* declaring the Third Sunday in Ordinary Time to be Sunday of the Word of God. This year, it falls on January 26. The Office of Liturgy has prepared five suggestions on how this may be observed at the Sunday Masses on the Third Sunday in Ordinary Time. The last suggestion is meant for use at home, school or parish group. You will also find the printable booklet material on "Enthroned the Bible in Your Home" and a pdf of *Aperuit Illis*. Visit our website to see these resources:

<http://liturgy.calgarydiocese.ca>.

Men of Integrity Conference

Catholic Family Ministries invites all men to come to the Men of Integrity Conference, Your Divine Mission: Encounter, Empower, Evangelize. When: Jan 31 to Feb 1. Where: Holy Trinity Parish (200 Boundary Road, Spruce Grove, AB). Cost: \$50. To register, contact 780-961-3346 | catholicfamilyministries.com

Share Lent Workshop

Save the date for a workshop on the new materials to help us reaffirm our commitment to our common home. When: Saturday, Feb 1, Catholic Pastoral Centre, 10 am - 3 pm. Speaker: Carmen Michaud AB/NWT Animator. Contact Carol carol.hollywood@shaw.ca

Parish Activities



Chinese New Year's Chinese

Thanksgiving and Blessing Mass

Date: Saturday, January 25, 2020
Time: 9:00a.m.

All parishioners are welcome to join in and Thank God for His care in the past and the New Year!

Chinese New Year Snack & Chat Gathering

Date: Saturday, January 25, 2020
Time: 9:30a.m. – 11:30a.m.

(After 9:a.m. Mass)

Venue: Upper Hall

All parishioners, with their family and friends are welcome!

Snack & Tea provided.

Celebrate Chinese New year

To celebrate the Chinese New Year, Fr. Joseph Nguyen, Fr. Hubka, Deacon John Wu and Deacon Edward Lam will give the traditional Red Packet to all parishioners after Masses on January 25 and January 26 in giving you the blessings for the Chinese New Year!

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 two fundraisers for this charity-

1. Our first fundraiser will be selling Asian snacks like pan-fried dumplings, siu mai (燒賣) and more...

Date: Sunday, January 26, 2020

Time: After 8:30 a.m. Mass

Where: church main entrance.

2. Our second fundraiser will be a "Western Style Breakfast" on February 9.

We will sell tickets for \$8 each on

January 26 and February 2

Date: Sunday, February 9, 2020

Time: After 8:30 a.m. Mass

Where: OLPH Upper Hall

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!

Exposition of the Blessed

Sacrament on February 1

The February's Exposition of the Blessed Sacrament will be led by Knights of Columbus on February 1 from 10am to 11am.

Fr. Nguyen will listen to Confession.

Parishioners are encouraged to attend.

Mass Liturgy Leader

John Lu: 5:00pm

e-mail: johnlu099@gmail.com

Ada Yam: 8:30am Mass

e-mail: ada.choung@gmail.com

Corwin Chung: 10:00am

e-mail: olphyouthgroup1@gmail.com

Margaret Ho : 11:30am

e-mail: tonyho60@gmail.com

For any concern or suggestion for each Mass, please refer to the Mass Liturgy Leader

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 24

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Jan 25

Chinese New Year's Chinese

Thanksgiving and Blessing Mass

Time: 9: 00 a.m.

Chinese New Year Snack & Chat

Gathering

Time: 9:30a.m. - 11:30a.m.

(After 9:00a.m. Mass)

Place: Upper Hall

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 26

Coldest Night of the Year Fundraiser

Time: After 8:30 a.m. Mass

Place: church main entrance.

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

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

Place: OLPH Church Lower Hall

Sunday School

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

Place: Office Building & K of C room

Youth Birthday Party

Time: 11:00am - 12:00pm

Place: OLPH Upper Hall

Let There Be Light



In Whose Hands

A basketball in my hands is worth about \$19.

A basketball in Michael Jordan's hands is worth about \$33 million.

It depends whose hands it's in.

A baseball in my hands is worth about \$6.

A baseball in Mark McGuire's hands is

worth \$19 million.

It depends whose hands it's in.

A tennis racket is useless in my hands.

A tennis racket in Pete Sampras' hands is

a Wimbledon Championship.

It depends whose hands it's in.

A rod in my hands will keep away a wild animal.

A rod in Moses' hands will part the mighty sea.

It depends whose hands it's in.

A sling shot in my hands is a kid's toy.

A sling shot in David's hand is a mighty weapon.

It depends whose hands it's in.

Two fish and 5 loaves of bread in my hands is a couple of fish sandwiches.

Two fish and 5 loaves of bread in God's hands will feed thousands. It depends whose hands it's in. Nails in my hands might produce a birdhouse.

Nails in Jesus Christ's hands will produce salvation for the entire world. It depends whose hands it's in. As you see now it depends whose hands it's in.

So we can put our concerns, our worries, our fears, our hopes, our dreams, our families, and our relationships in God's hands because --

It depends whose hands they're in. May God Bless you and those you love, and keep you safe. Father Pat

Faith Sharing Stories



Equipment

Figure it out for yourself my lad. You've got all that the great have had. Two arms, two legs, two hands, two eyes, and a brain to use if you'd be wise. With this equipment they all began, so start for the top and say "I Can."

Look them over the wise and the great. They take their food from a common plate. With similar knives and forks they use, with similar laces they tie their shoes. The world consider them brave and smart, but you know - you've got all they had, when they made their start.

You can triumph and come to skill, you can be great if you only will. You're well equipped for the fight you choose, you have arms and legs and brains to use.

And people who have risen, great deeds to do, started their lives with no more than you.

You are the handicap you must face. You are the one who must choose your place. You must say where you want to go. How much you'll study the truth to know. God has equipped you for life, but he lets you decide what you want to be.

The courage must come from the soul within, you must furnish the will to win. So figure it out for yourself my lad, you were born with all the great have had. With your equipment they all began, so start for the top and say "I Can."

By Edgar A. Guest

Daily Words 每日聖言



願恩寵與平安，由我們的父天主和主耶穌基督賜給你們。格前 1:3

Grace to you and peace from God our Father and the Lord Jesus Christ.

1Co 1:3



January 19 1月19日

伴郎豈能在新郎還與他們在一起的時候禁食？他們與新郎在一起的時候，決不能禁食。谷 2:19

Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them they cannot fast. Mk 2:19



January 20 1月20日

安息日是為了人立的，並不是人為了安息日。

谷 2:27

The sabbath was made for man, not man for the sabbath.



Mk 2:27

January 21 1月21日

安息日許行善呢，或作惡呢？
許救命呢，或害命呢？

谷 3:4

Is it lawful to do good on the sabbath rather than to do evil, to save life rather than to destroy it?

Mk 3:4



January 22 1月22日

邪魔一見了他，就俯伏在他面前，喊說：「你是天主子。」

谷 3:11



Mk 3:11

And whenever unclean spirits saw him they would fall down before him and shout, "You are the Son of God."

January 23 1月23日

撒烏耳便放聲大哭，然後對達味說：「你比我正義，因為你以善對我，我竟以惡報你！」撒下 24:18



Saul then said to David: "You are in the right rather than I; you have treated me generously, while I have done you harm." 1S 24:18

January 24 1月24日

Then he said, 'The God of our ancestors designated you to know his will, to see the Righteous One, and to hear the sound of his voice; for you will be his witness before all to what you have seen and heard.' Ac 22:14-15



宗 22:14-15
我們祖先的天主，預簡了你，叫你認識他的意願，看見那位義者，並由他口中聽到聲音，因為你要向眾人，對你所見所聞的事，為他作證人。

January 25 1月25日

主日分享



天主的愛子

(常年期第二主日)

鴿子和羔羊是舊約聖經經常出現的兩個形像。鴿子象徵天主聖神。據聖路加福音的記載，耶穌在納匝肋會堂講道，誦讀了依撒意亞先知的預言「上主的神臨於我身上，因為祂給我傳了油，派遣我向貧窮人傳報福音，向俘虜宣告釋放。」之後，便自認：這段聖經在祂身上應驗了。

對洗者若翰來說，這些預言的意義格外生動有力。他不但曾親眼看見聖神藉著白鴿的形像，從天降下，臨在耶穌身上，並且更在內心聽到天主的聲音說：「你看到聖神降下，停在誰身上，誰就是那要以聖神施洗的人。」所以，他毫不猶豫地作証說：「我看見了，我便作証：這人是天主子。」

洗者若翰的見証包括耶穌的天主性。他說耶穌是「後我而來，走在我前」的那位。洗者若翰又稱耶穌為「除免世罪的天主羔羊。」羔羊意味著無罪，也意味著贖罪。依撒意亞和耶肋米亞都會以羔羊比擬耶穌為我們所作的犧牲。

依撒意亞說：他如同被牽去待宰的羔羊；又像母羊在剪毛的人前不出聲，他也同樣不開口。

耶肋米亞說：我好像一只馴服被牽去宰殺的羔羊，竟不知他們對我蓄意謀害。

但是，把洗者若翰所說的「除免世罪的羔羊」這句話的意義，說得最淋漓盡致的，是依撒意亞先知書中詠「上主僕人」的詩歌。上主的僕人，原來無罪，上主卻把我們的罪過歸到祂身上，讓祂背負我們的疾苦，承擔我們的罪過。祂是天主所喜愛的兒子，因為祂承行了天主的旨意。無疑地，洗者若翰把祂視為耶穌的預像。

主內的兄弟姐妹們，

聖若望宗徒這樣記憶了他先前的導師、洗者若翰的教導。天主聖父稱自己的唯一聖子為羔羊，為僕人，讓祂承擔了我們的罪過。天主聖神降臨到

耶穌身上，祝聖祂為默西亞。天主聖子降生成人，結果被釘死在十字架上；這一切無非是為了救贖我們，使我們成為天主的子女。

本主日彌撒中的福音前歡呼說的好：聖言成了血肉，居住在我們中間，凡接受祂的，祂就賜給他們權能，成為天主的子女。

在聖若望宗徒的筆墨下，「凡接受祂的」是指我們基督信徒。我們除了感激天主外，更要珍惜我們「天主子女」的身分，因為這是天主聖子降生成人，受難而死，為我們爭取來的。基督我們讚美你。亞孟。

節錄自梵蒂岡電台

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：

Service of Prayer for Christian Unity

日期：1月21日

時間：早上11時15分

地點：Ambrose University,
150 Cir SW, Calgary
Rev. Darranne Harris 帶領

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)

Service of Prayer for Christian Unity

日期：1月23日

時間：早上11時15分

地點：Ambrose University,
150 Cir SW, Calgary
Rev. Adrian Martens 帶領

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



農曆新年中文感恩及求恩彌撒

日期：二零二零年一月二十五日
年初一（下星期六）

時間：早上九時

歡迎所有教友一同參加，共同感謝天主過去一年及新一年的眷顧！

庚子鼠年春節團拜

日期：二零二零年一月二十五日
年初一（下星期六）

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。

慶祝農曆新年

為了慶祝農曆新年、阮神父，

Fr. Hubka, 鄺執事及林執事將在一月二十五日(年初一)及二十六日(年初二)主日彌撒後派贈紅封包與教友，以表示對大家在農曆新年的祝福！

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。

「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。我們將舉行兩個籌款活動。

1. 售賣各種亞洲小食日

包括有班戟、鍋貼、燒賣及其他

日期：1月26日

時間：早上8時30分彌撒後

地點：聖堂正門入口處

2. 西式早餐日

日期：2月9日

時間：早上8時30分彌撒後

地點：上禮堂

門票為 \$8 一張（將於1月26日及2月2日發售）

我們也歡迎隨意的捐款。任何20元或以上的捐款將可以獲得由Coldest Night of the Year發出的退稅收據。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！

顯供聖體（二月一日）

永援聖母堂二月份的顯供聖體由騎士會帶領，時間為二月一日上午十時至十一時。請各位教友盡量參與！

彌撒禮儀負責人

John Lu：晚上5時

電子郵件：johnlu099@gmail.com

Ada Yam：早上8時30分

電子郵件：ada.choung@gmail.com

Corwin Chung：早上10時

電子郵件：

olphouthgroup1@gmail.com

Margaret Ho：早上11時30分

電子郵件：tonyho60@gmail.com

有關每堂彌撒的任何關注或建議，請聯絡彌撒禮儀負責人。

活動一週



星期五 1月24日

永援聖母堂堂軍

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25日

農曆新年中文感恩及求恩彌撒

時間：早上9時

庚子鼠年春節團拜

時間：9時30分至11時30分

地點：上禮堂

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26日

「最寒冷的一夜」籌款活動

時間：早上8時30分彌撒後

地點：聖堂正門入口處

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

青年會生日派對

時間：早上11時至中午12時

地點：永援聖母堂上禮堂

心靈小品



如何親近天主：委身

「將身體獻上，當作活祭，是聖潔的，是天主所喜悅的……」

「生命的重心不是在你！」新年伊始，我們要謹記，在這一年當中，生命的重心不在我們，而是在於天主，以及祂在我們生命中的旨意，在於我們如何明白這個旨意。

若要與天主親近，我們必須明白天主賜我們新的一年，是叫我們可以為祂而活。我們要將身體獻給天主，當作活祭。把你每天的生活——睡覺、吃喝、工作，及一切活動——交給天主，當作獻祭。

與天主親近，需要一個降服天主的心。我們必須願意把生命的主權交給天主，必須把我們的盼望、我們的渴求，以及我們的需要都交給天主。我們必須學習如此說：「不要成就我的意思，只要成就你的意思」。

要做到這一點，是需要天主的恩典的。對我們大多數人來說，把絕對的主權交給天主，是一生的掙扎，因為我們都喜歡自己作主。我們需要聖神叫我們願意向天主委身，而這是我們真正經歷天主與我們親近的唯一方法。所以，今天就求天主施恩，叫你把主權交給祂吧。

禱告

主啊，求禱幫助我們把生命交給禱，又施恩給我們，叫我們知道，生命的重心不是在我們，而是在於奉行禱的旨意。求禱幫助我們每天的生活都能榮耀禱，阿們。

靈修小故事



我曾經聽過一個故事

有一個小朋友告訴他的老師，說：“老師，我討厭班上的同學。”老師便對他說：“明天上學的時候，你討厭多少位同學，就從路上撿多少塊石頭放進書包，每天都帶著。”日子一天一天地過去，小朋友覺得上學的路很難行，很辛苦，便走去告訴老師。老師便對他說：“祇要你不再討厭你的一位同學，就把一塊石頭放回路邊吧！”小朋友照著老師的方法去做，自此以後，他覺得上學的路變得很輕鬆，很愉快。如果我們都像這個小朋友一樣，少一點仇恨，多一點愛，世界不就會變得可愛嗎？

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ANNOUNCEMENTS
2ND SUNDAY IN ORDINARY TIME
JANUARY 18/19, 2020

WORD OF GOD SUNDAY (JAN. 26)

On September 30, 2019, Pope Francis issued an Apostolic Letter (issued Motu Proprio) *Aperuit Illis* declaring the Third Sunday in Ordinary Time to be Sunday of the Word of God. This year, it falls on January 26. The Office of Liturgy has prepared five suggestions on how this may be observed at the Sunday Masses on the Third Sunday in Ordinary Time. The last suggestion is meant for use at home, school or parish group. You will also find the printable booklet material on "Enthroned the Bible in Your Home" and a pdf of *Aperuit Illis*. Visit our website to see these resources:
<http://liturgy.calgarydiocese.ca>.

CALGARY CATHOLIC EDUCATION

FOUNDATION (CCEF) RAFFLE | The CCEF is running its biennial raffle. Cash prizes of \$75,000 all in support of the Calgary Catholic schools. Early bird draw of \$20,000 on Jan. 31 and the grand prize draw including \$25,000 prize on Feb. 28. Tickets can be purchased online at theccef.ca/raffle

SHARE LENT WORKSHOP

Save the date for a workshop on the new materials to help us reaffirm our commitment to our common home. When: **Saturday, Feb 1**, Catholic Pastoral Centre, 10 am - 3 pm. Speaker: Carmen Michaud AB/NWT Animator. Contact Carol carol.hollywood@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.

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. **Service of Prayer for Christian Unity.** When: Jan 21 at 11:15 am with Rev. Darranne Harris, Calgary Council of Churches. Where: Ambrose University, 150 Cir SW, Calgary
2. **Ecumenical Taizé Prayer for Christian Unity.** When: **Wednesday, Jan 22 at 7 pm.** Where: FCJ Centre (219 19 Ave SW, Calgary)
3. Service of Prayer for Christian Unity with Rev. Adrian Martens. When: **Jan 23 at 11:15 am.** Where: Ambrose University, 150 Cir SW, Calgary
4. **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)

MARRIAGE PREPARATION DATES

Catholic Family Service provides Marriage Preparation programs for the Diocese of Calgary. When: **Jan 31-Feb 2**, at St. Albert the Great, Calgary. More info at <https://www.cfs-ab.org>

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.

MEN OF INTEGRITY CONFERENCE

Catholic Family Ministries invites all men to come to the Men of Integrity Conference, *Your Divine Mission: Encounter, Empower, Evangelize*. When: **Jan 31 to Feb 1**. Where: **Holy Trinity Parish** (200 Boundary Road, Spruce Grove, AB). Cost: \$50. To register, contact 780-961-3346 | catholicfamilyministries.com

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

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

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

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

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). 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

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 | asteciw@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. Information night: **Tuesday, Jan 28** from 7:30 pm. Where: St. Joseph Church, Calgary.
5. **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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***Remaining True to Christ
Now and at the Hour of our Death***

**A Pastoral Letter
from the
Catholic Bishops of Alberta and the Northwest Territories**

Introduction

The legalization in Canada of euthanasia and assisted suicide occurred in 2016. Now, people can request their own death in certain circumstances, and in advance of possibly intolerable pain or difficult situations. Since legalization, and as of the end of December 2019, more than 900 people in Alberta have chosen to die by these procedures. Nearly all of them have been euthanized.

In response to a recent ruling of the Superior Court of Quebec, the federal government is now planning to change the law to expand eligibility for assisted suicide or euthanasia beyond people who are nearing the end of their lives. Further review of the legislation could well lead to allowing advance consent, and extending access to euthanasia and assisted suicide to people who suffer from dementia or other mental illnesses, and even mature minors. As we see this unfold, the Bishops of Alberta and the Northwest Territories wish to encourage our people to remain steadfast in fidelity to the teachings of our faith. Although euthanasia and assisted suicide, commonly referred to as “MAiD,” are in some circumstances legally allowed, nevertheless they are never morally permissible according to the commandments of God.

Euthanasia and assisted suicide stand in stark opposition to the Christian way of living and our belief in the sanctity of human life. The Cross of Jesus Christ reveals that death and dying is a process to be accepted in obedience to the will of the Father. In contrast, euthanasia, which is the deliberate act of killing a person with the intention of ending their suffering, and assisted suicide, which consists in helping someone to take his or her own life, are self-willed and intended to end that life prematurely. Neither is permissible, since they violate the prohibition against taking innocent human life and stand as a rejection of God’s absolute sovereignty over life and death.

Surrender in Faith

Our foundational point of reference in all things is the life, death, and resurrection of our Lord Jesus Christ. Following Jesus means that, just as he did, we surrender the entirety of our lives to the Father, including our death, trusting in God's nearness at every moment and in the goodness of His sovereign will. By the self-offering of Jesus on the Cross and his rising from the dead, God has rendered our human death the gateway to eternal life in the blessedness of heaven. Therefore, having lived in communion with Jesus through Baptism, and placing our hope in the mercy of God, we can face the end of our earthly journey and the judgment that awaits us with faith, serenity, and courage. As Christians who pray daily to the Father "thy will be done," we acknowledge that it is not for us to determine when our lives will end, nor to bring about our own death or ask others to end our lives for us.

Much of the messaging today concerning euthanasia and assisted suicide, which are morally wrong acts, presents these procedures as compassionate, dignified, and loving. Even the terminology chosen in Canada, "Medical Assistance in Dying (MAiD)," sounds caring, gentle and helpful. It is therefore necessary to be vigilant and on guard not to allow euphemisms to mislead us by masking reality. All of us are in need of support and welcome assistance at the time of our dying. Assistance *to hasten* our death, though, is a very different matter. By engaging in the acts of euthanasia and assisted suicide, one is terminating innocent human life. This is never morally permissible.

Preparing for a Holy Death

From a Christian perspective, dying is one of the most important moments in our journey with God. We look forward in hope to being in the House of the Father, and so desire to be prepared and ready for that moment when God will call us to Himself. The sacraments given to the Church by Christ are a source of great spiritual comfort and assistance at this time. The mercy God bestows in the confession and absolution of our sins, the Sacrament of the Sick, and the Eucharist received as *Viaticum* ("food for the journey"), leads us to the grace of a holy death. We also prepare well by reconciling with others and taking leave of our families, trusting that after our death they will remember and pray for us as we go forward to our eternal rest.

Having the support of family, friends, pastors and health care professionals who acknowledge these spiritual realities is of great importance during this stage of our journey. Indeed, the Christian community earnestly desires to draw near to those who are preparing to die. Pope Francis strongly urges us to accompany people in all circumstances of life. This is especially significant as one enters the end stages of life and is near death. To persons at the end of their lives or experiencing severe suffering, the offering of consistent and loving support affirms their inestimable value and dignity as human beings created and loved by God.

A Call to Advocacy

Among the ways to accompany people and assist them to die well, and that do not deliberately or intentionally bring about their death is the offering of excellent quality palliative care. The Catholic Church strongly advocates for this holistic medical care – physical, emotional and spiritual – at the end of life, and that all people have access to it for the alleviation of their suffering. This medical care is generally available in most large jurisdictions in Canada, but not everywhere across the country. Therefore, we urgently need to remind our lawmakers that palliative care – which by its very nature does not include assisted suicide or euthanasia – is of vital human importance for people who are dying and their family members. We must encourage them not only to extend the availability of palliative care to the whole population of our land, but also to guarantee that palliative care providers will not be forced to participate in MAiD.

Our advocacy must also embrace the need to protect the conscience rights of healthcare professionals, who give their lives to accompany and care for the sick and suffering but conscientiously object to cooperating in euthanasia and assisted suicide on moral or religious grounds. They know these procedures are ethically wrong, and contrary to their reasons for choosing the medical profession in the first place. Canada is a democratic country that, in its *Charter of Rights*, proclaims liberty of conscience and freedom of religion as first among all rights. Let us urge our lawmakers to uphold the *Charter* by preserving these freedoms, which are essential for maintaining the common good in our pluralistic society.

Pope Francis reminds us in his message for the XXVIII World Day of the Sick (February 11, 2020): “Life must be welcomed, protected, respected and served from its beginning to end: both human reason and faith in God, the author of life, require this.” The most effective way in which to express our consistent opposition to assisted suicide and euthanasia, and advocate for excellent quality palliative care and the protection of conscience rights, is by direct contact with our Members of Parliament. We strongly encourage you to reach out to your elected representative in defense of the dignity and sanctity of human life.

Conclusion

The Catholic Church, faithful to Christ her Founder, teaches and gives witness to the reverence that is due to every human life. She believes and affirms that life in all its mystery is a gift to us from God our Creator, never to be rejected but always protected from beginning to end, from conception until natural death. Let us lift up our prayers on behalf of anyone who may be in danger of seeking to die by euthanasia or assisted suicide. With the help of our prayers and the support of our accompaniment, may they choose instead to surrender to the mystery of God’s sovereign and loving will. We must pray, too, for their families, anguishing over the suffering of their loved one and sometimes forced to grapple with this immoral legal option.

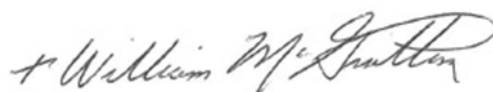
May they seek and find the Lord's presence with them, and know his gift of peace and consolation as they place their trust in him. Our prayers must also embrace all the healthcare professionals who, faithful to the witness of their conscience, promote the dignity of every human life, especially as they care for the dying. Let us ask the Lord to keep all of us true to him, in every moment of life and at the hour of our death.

Yours in Christ,

Catholic Bishops of Alberta and NWT



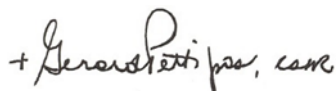
Most Reverend Richard W. Smith
Archbishop of Edmonton



Most Reverend William McGrattan
Bishop of Calgary



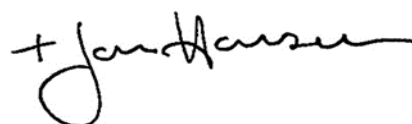
Most Reverend Paul Terrio
Bishop of St. Paul



Most Reverend Gerard Pettipas CSsR
Archbishop of Grouard-McLennan



Most Reverend David Motiuk
Bishop of the Ukrainian Eparchy of
Edmonton



Most Reverend Jon Hansen, CSsR
Bishop of Mackenzie-Fort Smith

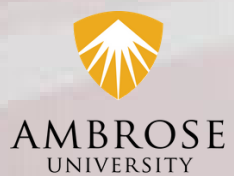
15 January 2020

They Showed Us Unusual Kindness

(cf. ACTS 28:2)



WEEK OF PRAYER FOR CHRISTIAN UNITY 2020 IN CALGARY

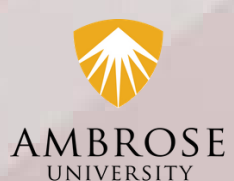


January 21 - 11:15 am
Service of Prayer for Christian Unity- Rev. Darranne Harris, Calgary Council of Churches
Ambrose University, 150 Cir SW, Calgary

January 22 - 7:00 pm- 8:00 pm
Taize Candlelight Service of Prayers, Song & Contemplation
FCJ Retreat & Conference Centre, 219 19 Ave. SW, Calgary



January 27 - 6:30 pm- 7:30 pm
Evening of Prayer for Christian Unity
Ascension Catholic Parish, 1100 Berkshire Blvd. N.W, Calgary



January 23 - 11:15 am
Service of Prayer for Christian Unity
Rev. Adrian Martens
Ambrose University, 150 Cir SW, Calgary

WEEK OF PRAYER FOR CHRISTIAN UNITY

"They Showed us Unusual Kindness" | Acts. 28:2



Evening of Prayer TO PRAY FOR CHRISTIAN UNITY

Preacher: Fr. Mathew Perreault
Curator of All Saints Anglican Church, Cochrane

WHEN

MONDAY

JAN. 27, 2020

SERVICE 6:30-7:30 PM
REFRESHMENTS TO
FOLLOW

WHERE

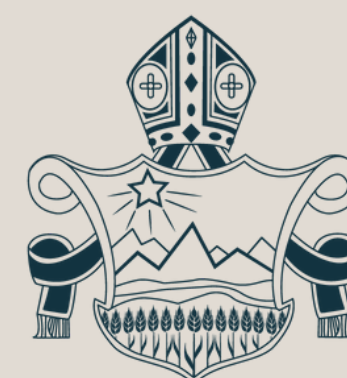
ASCENSION CATHOLIC PARISH

**1100 Berkshire BLVD NW
Calgary, AB T3K 3M3**

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INFORMATION

For more information, contact:
403-218-5501 or email
meaghan.dessailly@calgarydiocese.ca



ROMAN CATHOLIC
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of Calgary



WEEK OF PRAYER FOR CHRISTIAN UNITY

"They showed us unusual kindness" ~ Acts 28:2

MASSES FOR CHRISTIAN UNITY

During the Week of Prayer for Christian Unity

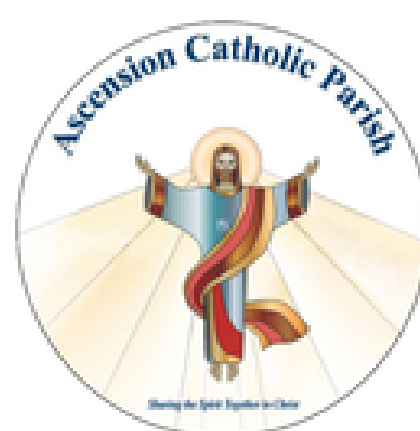
WHEN

Tuesday Jan, 21-
Friday Jan. 24

Mass- 6:00 pm
Confessions 6:30 pm

WHERE

ASCENSION CATHOLIC PARISH
1100 Berkshire BLVD NW
Calgary, AB T3K 3M3



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A PLACE FOR LISTENING AND PRAYER

Now that the Bible is enthroned in your home, this spot is a place to come regularly to read the Bible, individually and as a family. Choose a book of the Bible to read over a period of time, the Sunday Mass readings, or a Bible study book. Then follow the five stages of the ancient practice of *Lectio Divina* to guide you.

1. READING

Read the verses aloud, slowly and carefully, realizing that God is speaking through the sacred text. Imagine the scene, notice the feelings evoked by the text, and consider the type of writing used by the author. If done in a group, members share with the others what they have discovered in the text.

2. MEDITATION

Considering what particular phrases or images have caught your attention, ask yourself what the text is saying personally to you. What insight, comfort, or challenge is God offering you? If in a group, feel free to share your thoughts with the others.

3. PRAYER

Respond to God who has spoken to you in the text. In words of thanks, praise, repentance, or petition, speak to God from the heart. In a group, this could be prayed aloud or in silence.

4. CONTEMPLATION

Simply rest in God's presence. Trust God to work within you and form you in the divine image. Stay in silence and savor the Holy Spirit.

5. ACTION

Determine how you can turn your prayerful reflection into practical experience. Let the power of God's word have an effect in your life, making you a more committed disciple of Jesus.

Written by Stephen J. Binz, Catholic biblical scholar and author of numerous Bible studies. See Bridge-B.com.

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CATHOLIC
INITIATIVES



ENTHRONE THE BIBLE IN YOUR HOME



Throughout our Catholic tradition, the book of sacred Scripture has been the honored symbol of God's living word present among us. Processions, bowing, candles, and incense express our church's reverence for the inspired word as it is enthroned, opened, and proclaimed in Catholic worship. This prayer service brings the ancient practice of Bible enthronement to Catholic homes, so that it may be a continual reminder to seek and live God's word each day.

"I would like so much for all Christians to be able to comprehend 'the surpassing worth of knowing Jesus Christ,' through diligent reading of the Word of God, for the sacred text is nourishment of the soul and the pure and perennial source of spiritual life for all of us."

- POPE FRANCIS

Reverently place the open Bible on a mantle, table, shelf, or bookstand. You may adorn the space with a candle, crucifix, icon, or flowers. It will serve as a spot for regular Bible reading and prayer.

As you pray this enthronement service together, different family members may volunteer for different reader parts.

READER: We begin in the name of the Father, and of the Son, and of the Holy Spirit. We gather together to enthrone the Holy Bible, the sacred book of our church. Since ancient times, the open book of Scripture has been enthroned at church councils and in cathedrals and parish churches. Since every Catholic home is a “domestic church,” we continue this tradition in the place of our ordinary lives, asking that this enthroned Bible remind us that God teaches, encourages, and challenges us through its open pages.

READER: Let us pray:

Ever-living God, send your Holy Spirit so that this Bible may be for us a source of strength, comfort, inspiration, and guidance. Give us a deeper love for sacred Scripture, a desire to read and reflect upon it, and a longing to follow more faithfully the way of Jesus.

READER: Let us listen to Jesus as he offers us truth and freedom through his Word. A Reading from the Gospel according to John:

Jesus then said to those who believed in him, “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.” (John 8:31–32)

Pause for a moment of silent reflection.

READER: Let us all respond: “O God, teach us your word.”

ALL: O God, teach us your word.

READER: The psalmist prays to God: “Your word is a lamp for my feet, a light for my path” (Psalm 119:105). Show us how to travel through the dark places of life with the light of your word.

ALL: O God, teach us your word.

READER: The prophet Isaiah proclaims, “The grass withers, the flower wilts, but the word of our God stands forever” (Isaiah 40:8). Show us how to trust your word as our eternal source of life.

ALL: O God, teach us your word.

READER: In his parable of the sower, Jesus explains, “The sower sows the word” and “the ones that hear the word and accept it” are like rich soil that bears fruit (Mark 4:14, 20). Show us how to let the seed of your word take root within us and bear a rich harvest.

ALL: O God, teach us your word.

READER: The Letter of James urges us: “Be doers of the word and not hearers only” (James 1:22). Show us how to listen to your word and then put it into action.

ALL: O God, teach us your word.

READER: Let us each approach the Bible, one by one, place our hands on its open pages, and pray a silent prayer of personal commitment.

Pray in your heart for each person as they approach the Bible.

READER: Let us pray:

Come Holy Spirit, open our eyes, our ears, our minds, and our hearts to the living word of Scripture. May it always be the center of our home and our lives. As you have inspired that word with power and truth, now give us confidence to read the Bible in ways that form us into disciples. Fill our hearts and kindle in them the fire of your love, so that you may renew the face of the earth.

READER: Let us pray together as Jesus taught us.

ALL: Our Father, who art in heaven ...

READER: Let us offer one another a sign of Christ’s peace.

(This enthronement service may be easily adapted to a classroom, community room, or whatever space you wish to dedicate to the sacred Scriptures.)