

# 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 26, 2020 二零二零年一月二十六日

3rd Sunday in Ordinary Time

常年期第三主日

Last Sunday Collection

上主日奉獻

\$4,023.00



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





## 新春祝福

造生萬物的真主，仁慈的天父，感謝禱恩賜我們歡度新春佳節，在這新一年開始的時刻，我們願將未來的一切，無論是吉凶禍福，歡樂憂苦，都交託在禱手中，求禱保佑我們穩走天國之路；求禱的聖子基督常作我們人生旅途中的嚮導；

求賜聖神光照我們、扶助我們，使我們的思、言、行為常符合禱的旨意；求賜我們全家身心康泰、和睦相處。以上所求是靠我們的主基督。阿們。

## Prayer for Blessings in the New Year

O sacred and adorable Trinity, hear our prayers on behalf of our holy Father the Pope, our Bishops, our clergy, and for all that are in authority over us. Bless, we beseech Thee, during the coming year, the whole Catholic Church; convert heretics and unbelievers; soften the hearts of sinners so that they may return to Thy friendship; give prosperity to our country and peace among the nations of the world; pour down Thy blessings upon our friends, relatives, and acquaintances, and upon our enemies, if we have any; assist the poor and the sick; have pity on the souls of those whom this year has taken from us; and do Thou be merciful to those who during the coming year will

be summoned before Thy judgment seat. May all our actions be preceded by Thy inspirations and carried on by Thy assistance, so that all our prayers and works, having been begun in Thee, may likewise be ended through Thee. Amen.

## Theme Sharing



### Third Sunday in Ordinary Time

#### A Light Has Dawned

The first reading, from the Book of Isaiah, recalls the time when Assyrian King's army invaded northern Palestine, conquered Zebulun and Naphtali, took the inhabitants as captives and brought them to the distant land of Babylon. The southern Kingdom of Judah had not yet fallen, but its people were all living in fear. It was then that Isaiah made this prophecy: "At first, the Lord humbled the land of Zebulun and the land of Naphtali; but in the end he will glorify the way of the sea, the land beyond River Jordan, and Galilee of the Gentiles. The people in darkness have seen a great light; on those living in the land of gloom, a light has dawned. You have enhanced their rejoicing and brought them abundant joy."

The theme of today's scriptures is that Jesus, besides being the Messiah for the Israelites, is also a Saviour for the whole world. Following his baptism, Jesus went to Galilee to begin his public ministry, in the region where Zebulun and Naphtali spoken of by Isaiah were located and inhabited by both the Jews and non-Jews. In today's gospel, Jesus started preaching all over the region of Galilee. With simple and yet persuasive words, he proclaimed to the people that the Kingdom of God was near. He called for conversion of hearts; and he also healed all the sick. This truly fulfilled Isaiah's prophecy that people in darkness had seen a great light.

By saying that Jesus is both the long-awaited Messiah for the Jews and the Saviour for all humanity, we acknowledge two things in common between us and the Jews: namely, we both long for the coming of Christ and yet fail to accept him. In Isaiah, we the

Gentiles were depicted as people "walking and living in darkness" but we would be able to see light in Jesus the Messiah and our Saviour. We rejoice as Christ "has broken the yoke of our burden, the pole across our shoulders and the rod of our oppressors". However, we also fail to accept Christ at his coming. The scripture says that the Gentiles will enter the Kingdom ahead of the Jews; but it was really intended to deliver a stern warning to the Jews about token, there must also be a complete conversion of heart on our part before we can gain access to Christ's Kingdom. The Jews in biblical times gained the Lord's favour by abandoning false gods and remaining faithful to God. So if we want to be real Christians and faithful followers of Christ, we must be willing to get rid of all the false gods and idols of our times, be they power, fame, wealth, material possessions or extravagant lifestyle. These are the things that can corrupt our minds, and affect our loyalty and devotion to God. Let us reject with courage and determination these false gods and idols in our lives so that they will never be allowed to block the light of Christ upon us. All glory and praise be to you, O Lord, forever and ever. Amen.

## Diocese & Other News



### Medical Assistance In Dying

The Bishops of ABT/NW Tencourage the faithful to share their views with the government on legislation to expand eligibility for medical assistance in dying (MAID). Pastoral letter: English [www.shorturl.at/lsIVZ](http://www.shorturl.at/lsIVZ) French: [www.shorturl.at/bjqDW](http://www.shorturl.at/bjqDW)

### Join A Lay Association

The Diocese has updated a comprehensive list of Lay Associations that are available to be joined by the Christian faithful. We encourage you to take a look and prayerfully consider what the Lord is calling you to as a member of his Holy Body. To see the list of Lay Associations,



visit <https://www.catholicyc.ca/layassociations.html>

## News& Others



### Pope Sends Greeting for Lunar New Year

"This January 25th, in the Far East and in various other parts of the world, many millions of men and women will celebrate the Lunar New Year," the Pope recalled. "I send you," the Argentine Pontiff continued, "my cordial greetings, wishing that families in particular may be places of education in the virtues of welcome, wisdom, respect for every person and harmony with creation."

The Holy Father in concluding, invited "everyone to pray also for peace, dialogue and solidarity among nations: gifts very much needed in today's world."

## Parish Activities



### The 28th World Day of Sick February 11, 2020

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

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

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

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

### 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. 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 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!

### 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

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

## Words of Life Reflection



If you have faith even the size of a mustard seed, you may say to this tree: 'Be uprooted and plant yourself in the sea,' and it will obey you. (Luke 17:6)

## Weekly Activities



Wed, Fri Jan 29, 31

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri Jan 31

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Feb 1

Exposition of the Blessed Sacrament

Time: 10:00a.m.-11:00 a.m.

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00 a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

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

Place: OLPH Lower Hall

Chinese New Year Banquet

Time: Reception from 6 pm

Dinner at 6:30 pm

Place: Regency Palace Seafood Restaurant

Sun Feb 2

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

K of C Matteo Ricci 10119 meeting

Time: 12 :30p.m.-3:00p.m

Place: OLPH Church K of C room

## Faith Stories Sharing



We Can Only Bring Love In the

## Heart

In one of the schoolrooms of a school there were several children. One of them asked, "Teacher, what is love?" The teacher felt that the little one deserved an answer that would be up to the intelligent question she had formulated. Since they were already in recess time, she asked her students that they went around the school patio and brought with them what more awoken in them the feeling of love.

The children rushed out and, when they returned, the teacher told them, "I want each one of you to show me what you bring with you." The first student answered, "I brought this flower, isn't it pretty?"

When his turn came, the second student said, "I brought this butterfly. See the color of her wings; I am going to place it in my collection."

The third student added, "I brought this little pigeon that fell from the nest."

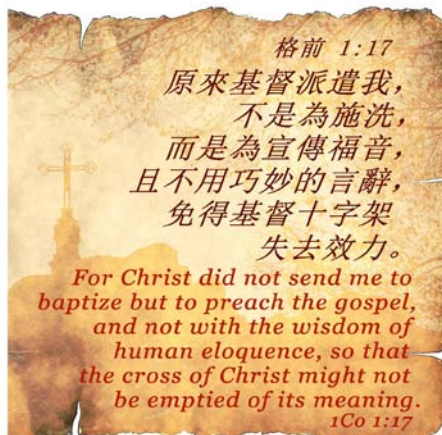
And so on the little ones, one by one, were placing on the table what they had picked up from the patio.

After finishing with the exposition, the teacher noticed that one of the girls had brought nothing, and remained quiet all the time. She was feeling ashamed because she had not brought anything. The teacher turned to her and asked her, "Very well, and you? Have you gotten anything?"

The little one, timidly, answered, "Excuse me, teacher. I saw a flower and felt its perfume; I thought to pull it up but preferred to leave it so it would give off its aroma for more time. I saw the butterfly, soft, colorful, but it looked so happy that I did not have the courage to imprison it. I also saw the little fallen pigeon among the leaves, but ... when climbing the tree, I noticed the sad look of his mother and preferred to return it to the nest. Therefore, teacher, I bring with me the flower perfume, the sensation of freedom of the butterfly and the gratitude I observed in the eyes of the birdie's mother. How can I show you what I brought?"

The teacher thanked the student and gave her the highest grade, considering that she had been the only one who was able to perceive that we "can only bring love in the heart."

## Daily Words 每日聖言



January 26 1月26日



January 27 1月27日



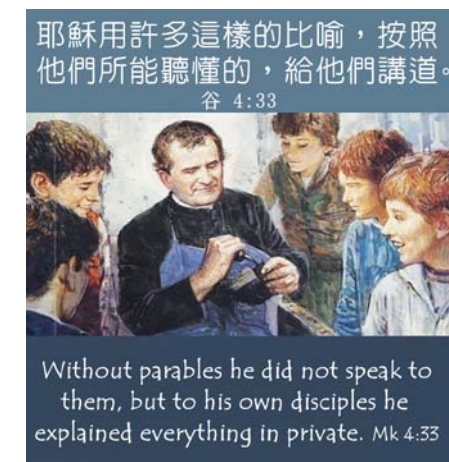
January 28 1月28日



January 29 1月29日



January 30 1月30日



January 31 1月31日



## 主日分享



### 常年期第三主日 看見一道亮光

今天讀經一記述當時亞述王提格拉特三世的軍隊侵入巴勒斯坦北部的則步隆和納斐塔里，把那裏的居民俘虜到遠方的巴比倫。南國猶大雖然尚未滅亡，但是民心也已恐慌不安。就在這情況下，依撒意亞先知就講了以下的預言：以往，上主曾貶抑了則步隆和納斐塔里，但是後來卻要光榮這沿海之路、約旦河東岸、外邦人的加黎利。生活在黑暗中的人民，看見了一道亮光。住在幽暗中的人們，已有光輝照耀他們。你增加了他們的喜慶，加深了他們的歡樂。

本主日彌撒禮儀的主題是：耶穌是猶太民族所期待的默西亞，也是全人類的救主。在本主日的彌撒福音裏，聖瑪竇記述，耶穌在洗者若翰介紹了他之後，來到加黎利，就是依撒意亞先知預言中所談到的則步隆和納斐塔里兩支派住的地區。在耶穌時代，這裏是猶太人和外方雜居的地方。耶穌就在這裏開始了他的公開宣講。他的宣講很簡單，卻十分有力。他報告天國的來到；他呼籲人們悔改。他在加里肋亞全境，宣講天國來臨的喜訊，並治好民間各種疾病，這正應驗了今日讀經一依撒意亞先知所說：生在黑暗中的人民，看見了一道亮光。

耶穌是猶太民族所期待的默西亞，也是全人類的救主。在這句話中，我們認出我們與猶太民族有二個相同點。第一、我們像猶太民族一樣，也期待著耶穌。在第一篇讀經裡，依撒意亞先知稱外邦人爲“生活在黑暗中的人民”和“住在幽暗中的人們”。但是，他同時也預言了這些外邦人將看見一道亮光。這道亮光就是默西亞，他也是我們的救主。在他面前我們都要歡欣，因爲，照依撒意亞先知說來，他粉碎了我們所負的枷鎖，折斷了我們肩上的橫木，摧毀了壓迫我們者的短棍。第二、我們也像猶太民族一樣，雖然期待救主，卻並沒有都接納他。

所謂“外邦人先猶太人進入天國”，是激勵猶太人悔改的話。事實上，外邦人也像猶太人一樣，必須悔改才能進入天國。

總之，原來不是天主子民的我們，若要信仰基督，作基督的忠誠信徒，也要像原是天主子民的猶太人一樣，以自由的心靈、必要的勇氣來擺脫本國傳統和社會上的種種偶像，不讓它們阻礙我們對基督的皈依及忠誠。基督我讚美你。亞孟。

節錄自梵蒂岡電台

## 新聞及其他



### 教宗向慶祝農曆新年的人們致以新春問候和祝福

教宗在元月 25 日慶祝農曆新年的人們致以誠摯的問候，並籲請各人爲和平、對話與團結互助祈禱。

教宗方濟各特別問候了元月 25 日在遠東及世界各地慶祝農曆新年的人們，祝賀他們新年快樂。

教宗說：“我向他們致以親切的問候，尤其祝願家庭成爲傳授款待、智慧、尊重每個人，以及與受造界和諧相處諸美德的場所。我籲請大家爲和平、對話和各國之間的團結互助祈禱：今天的世界比以往更需要這些恩典。”

## 堂區活動



### 2月11日(第28屆世界病人日)

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

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

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

當天本堂將預備部分座位給予傳油的教友。

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

### 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，時間爲二月一日上午十時至十一時。請各位教友盡量參與

### 「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，這個冬天我們將爲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. 售賣各種點心小食日

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

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

### 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：

olphyouthgroup1@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



星期三、五 1月29, 31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 1月31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1日

顯供聖體

時間：上午10時至11時

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午11時 (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

庚子鼠年新春團拜晚宴

時間：晚上6時恭候，

6時30分入席

地點：富麗官海 大酒家

星期日 2月2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

利瑪竇騎士會 10119 開會

時間：下午12時30分至3時

地點：聖堂騎士會室

## 聖言反思



如果你們有信德像芥子那樣大，即使你們給這棵桑樹說：你連根拔出，移植到海中去。它也會服從你們的。(路 17:6)

## 心靈小品



### 時間的價值

想像有一家銀行每天早上都在你的帳戶裡存入 \$ 86,400，

可是每天的帳戶餘額都不能結轉到明天，一到結算時間，銀行就會把你當日未用盡的款項全數刪除。

這種情況下你會怎麼做？

當然，每天不留分文地全數提領是最佳選擇。

你可能不曉得，其實我們每個人都有這樣的一個銀行，她的名字是「時間 (TIME)」。

每天早上「時間銀行」總會為你在帳戶裡自動存入 86,400 秒；

一到晚上，她也會自動地把你當日虛擲掉的光陰全數註銷，沒有分秒可以結轉到明天，你也不能提前預支片刻。

如果你沒能適當使用這些時間存款，損失掉的只有你自己會承擔。

沒有回頭重來，也不能預提明天，你必須根據你所擁有的這些時間存款而活在現在。

你應該善加投資運用，以換取最大的健康、快樂與成功。時間總是不停地在運轉，努力讓每個今天都有最佳收穫。

\*\*\*\*\*

要體會「一年」有多少價值，你可以去問一個失敗重修的學生。

想要體會「一月」有多少價值，你可以去問一個不幸早產的母親。

想要體會「一週」有多少價值，你可以去問一個定期週刊的編輯。

想要體會「一小時」有多少價值，你可以去問一對等待相聚的戀人。

想要體會「一分鐘」有多少價值，你可以去問一個錯過火車的旅人。

想要體會「一秒鐘」有多少價值，你

可以去問一個死裡逃生的幸運兒。想要體會「一毫秒」有多少價值，你可以去問一個錯失金牌的運動員。請珍惜你所擁有的美好時光，特別是你可以和一些值得付出的人來分享這些時光。

別忘了....時間不等人。

昨天已成為歷史，

明天則遙不可知，

而今天是一個禮物，

所以英文把「現在」稱為 Present，

請珍惜這份禮物(Present)。

## 靈修小故事



### 站在天主這一邊

「真理是天主的另一個名字。」 -----

海明威

某個天主堂的理事會與隔壁的回教堂團體的領袖發生了衝突，衝突的起因是回教團體控告該堂侵佔了他們的土地。

該堂區的理事會主席非常的不滿，覺得他們無理取鬧；因為該堂的籬笆是早在五十年前就圍上的，所以

確認不會有錯。結果雙方鬧上了法庭。

「我希望天主站在我們這一邊！」理事會主席對神父說。

「不過，我並不希望如此！」神父回答。

「為什麼??？」理事會主席大吃一驚，對一向虔誠熱心的神父如此的回答感到非常困惑。

神父以一貫慢條斯理的口吻說道：「因為我知道，天主永遠站在正義這一邊。我所擔心的是，我們是否站在天主這一邊！」

默想：

當我們遇到困難或考驗時，我們總希望天主站在我們這一邊，然而我們知道，我們無法左右天主，因為祂永遠站在真理的那一邊。

所以當我們希望天主站在我們這一邊時，先想一下，我究竟站在真理的哪一邊？

你所站的位置往往決定天主的眷顧與否。



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



**GSL Realty Ltd. 加利地產**

#208, 111-3rd Avenue S.E.  
Calgary, Alberta, Canada T2G 0B7



**Goretta Law 羅蕭定端**

百萬經紀會會員

Cell Phone #: 630 6087

Fax #: 255 8798

Email: goretta@gslgroup.com

物業投資●房屋買賣●專業誠信●服務可靠

**The Real Estate Company**  
LIMITED



11 5080 12A St. S.E. Calgary, AB T2G 5K9

Office: 403-270-4060 Fax: 403-476-5217

地產專才為你服務

Peter Leung 梁煜寧

手機

403-880-8822

Email: pleung16@yahoo.com  
www.tred.com



Jewels  
By

**Lisa**

六天營業  
(逢週二休息)  
11a.m. - 6p.m.



本店專營珠寶鑽石  
珠寶鑽石鑑定證書  
代客設計，精工鑲作  
各類珠寶首飾修理  
手錶修理換電

#125, 1623 Centre St. NW Calgary  
新亞洲廣場地下125室  
電話: 403-277-8018

**Dr. John Poon**  
in  
family medicine

潘振鵬醫生診所

For appointment 預約  
403-275-5300



## Church Groups 堂區善會

松柏軒 Senior Centre  
牧靈關愛組 Pastoral Care Team  
聖母會 Queen of China Club  
聖母軍 Legion of Mary  
公教家庭協會 Catholic Family Fellowship  
信仰小團體 Faith Sharing Group  
利瑪竇騎士會 Knights of Columbus  
鮑思高同學會 Don Bosco  
成人慕道班 Adult Catechism Class  
主日學 Sunday School  
青少年團 Youth Group  
永援聖母青年團 Young Adult Group  
國語基信團 Mandarin Group  
英文聖詠團 English Choir  
佳播聖詠團 St. Gabriel Choir

任何查詢，請聯絡堂區辦事處。

Please contact Parish office for details  
403-265-7926 olph@telus.net



**Sponsor a Child**

Sponsorship provides for a hungry  
child, medical care and the  
opportunity to to school -  
reached out

Sharing Christ with those in need



**助養兒童**

你的助養  
改寫一個貧困  
孩子的生命



www.chalice.ca  
1-800-776-6855

## EVAN J. STRONG FUNERAL SERVICES COMMEMORATIVE SERVICES

Serving the Catholic Community of Calgary

Providing a full range of Personalized Burial and Cremation Services at Affordable costs



**EVAN J. STRONG 艾凡先生**  
President and Catholic Funeral Directors

265-1199 (24 Hours)

Family owned and operated  
Website www.evanjstrong.com

豐儉由人・保證滿意

服務  
經驗  
老練



**Mountain View Memorial Gardens**

**山景墓園・山景殯儀館**

提供殯儀、墓地、墓碑服務

查詢及預約電話

伍太 Joana Ng 818 9975



**LEYDEN'S FUNERAL HOME  
CALGARY CHAPEL**

Funeral Home, Cremation & Reception Centre

304-18th Avenue S.W. Calgary

www.leydens.com

Over 75 Years Of Service In Our  
Catholic Community.

For a FREE information kit  
Call 403 228 4422

**禮頓殯儀館**

查詢及預約電話

**Joana Ng 伍太**  
403-818-9975

**McINNIS & HOLLOWAY**  
FUNERAL HOMES

Website: www.mcinnisandholloway.com  
Email: info@mcinnisandholloway.com

**Chapel of the Bells**  
2720 Centre Street North  
276 2296



**Eastside Memorial Chapel**  
5388 Memorial Drive N.E.  
248 8585

**Park Memorial Chapel**  
5008 Elbow Drive S.W.  
243 8200





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



查詢電話  
277 3888

**St. Paul's Anglo-Chinese Pre-School**  
**天主教聖保祿中英文幼兒園**  
園址: 202-204, 28th Ave. N.E. Calgary, AB T2E 2B1



**Fall Workshop**

STEM +  
CODING +  
3D PRINTING

at all four locations

North: 23-41 Chelsea St SW  
North: 210-1829 Ranchlands Blvd NW  
South: 100L-9705C Horton Rd SW  
West: 102-3515 17 Ave SW

www.mathpro.ca/fall 2019



**亞省中文學校 The Chinese Academy**

榮膺中華人民共和國「世界華文教育示範學校」(1900+名學生)

校長: 陳杜綺玲 法律顧問: 黃群大律師

**國、粵語幼稚園(2歲起)至12年級及 IB 課程** 設有獎學金及助學金

本校是唯一與卡城公立教育局合作, 提供中文 International Baccalaureate (I.B.) Program 課程  
John G. Diefenbaker, Sir Winston Churchill, Henry Wise Wood, Western Canada, Lester B. Pearson

上列高中學生考畢 I.B. 試合格者可於當年內申請退回學費, 多間大學接受中文 I.B. 學分作為該大學學分

• **亞省教育部認可國語(繁體字/簡體字班)及粵語課程:** 設幼稚園、小學、初中各級、高中 G10 至 G12 (即 CH10, CH20, CH30) 及高中(老師指導獨立研習 IS) 課程, 共可獲 5 個學分, 共可獲 15 學分, 幫助學生申請入讀大學及申請獎學金。

• **初學中文班 Chinese for Beginners:** 初學粵語或國語中、小學班及學分班。

• **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。

成人班: 交誼舞、健康舞、武式太極拳健身、瑜珈、親子瑜珈、普通話會話、粵語會話、日語文化、韓語文化、親子教育技巧。

• **International Certificate:** 學生可在英文或中文學校修讀三班中文課加 Project (項目), 可得卡城公立教育局國際證書, 可申請獎學金及幫助入大學。

校舍 Campuses: John G. Diefenbaker High School 6620-4 Street NW Calgary 星期六 Saturday 9 am - 4 pm  
Sir John A. Macdonald School 6600-4 Street NW Calgary 星期六 Saturday 9 am - 4 pm  
St. Mary's High School 111-18 Ave SW Calgary 星期五 Friday 3pm - 6pm

校務處及通訊地址 Office & Mailing Address:

維德廣場 Madison 191, 1518 Centre St. NE., Calgary AB T2E 2R9 電話 Telephone: 403-777-7663

校務處辦公時間 Office Hours: 星期二至四 Tuesday to Thursday 9 am - 4 pm 星期五 Friday 9 am - 1 pm

電郵 E-mail: thechineseacademy@gmail.com

網址 Website: www.chineseacademy.ca

亞省中文學校 誠聘國粵語老師有意者請發簡歷到 thechineseacademy@gmail.com



星期一休息  
Monday off

星期二至六 Tue-Sat  
10 a.m.-7 p.m.

720 Edmonton Tr. N.E.  
Tel: 403-230 1628

(由 C-Train 站乘搭5號巴士  
北上直達7 Ave NE 落車)

星期日 Sun  
9 a.m.-4 p.m.  
**慧妍髮型屋**

**豪華裝修公司**

Wonderful House Renovation

土庫 舊廚 瓷圍 水內 家大 一律  
庫屋 房磚 欄電 外居 小工 歡  
裝翻 浴地 陽安 油維 修程 迎  
修新 室板 台裝 漆修 程迎

200 萬工程保險

電話 587-998-1919 粵-國-英



**真善美旅行社**

GO-GO TRAVEL & TOURS (ALTA.) LTD.

Specializing in Cruises, Orient, Las Vegas

107, 1518 Centre Street NE  
Calgary, Alberta, Canada T2E 2R9

電話 Tel: (403) 263 4033

傳真 Fax: (403) 261 8882

電子郵件 Email: gogotravel@yahoo.com



**方程式**  
汽車服務有限公司

● 主理各類型  
● 入口及本地汽車  
● 維修、保養  
● 代客檢查汽車  
● 專業執照技師  
● 經驗豐富  
● 先進儀器

**Ken Chhan**

291 0801

手機 650 6502

4623 12th Street N.E.



Authorized Agent  
for  
Alberta Registries

Our services include:

- Vehicle Registrations
- Operator License Renewals
- Corporate Registry (Full Service)
- Land Title Searches (Spin)
- PPR (Personal Property Registration & Search)
- Birth, Marriage & Death Certificates
- Marriage Licenses
- Road & Knowledge Testing
- Commissioner For Oaths

North Hill Centre Mall

282-3820

#1841, 1632-14 Avenue N.W.



**天主教華人永援聖母堂**  
Our Lady of Perpetual Help Parish

400 Edmonton Trail N.E. Calgary  
辦事處電話: 403-265-7926  
辦事處時間: 星期二至星期五

彌撒時間

國語: 星期六下午五時

英語: 星期日早上八時半

英/粵語: 星期日早上十時

粵語: 星期日早上十一時半

服務項目

- 主日學
- 道理班
- 探訪病人
- 耆英康樂活動
- 童軍
- 信仰分享
- 輔助青少年入讀天主教學校

網頁: www.myolph.org



**Driving School Inc.**

5924-53 Street NW Calgary Alberta T3A 1M2

403-202-0868

駕駛學校

CLASS 5 DRIVING LESSON  
FULL COURSE OR BRUSH UP COURSE AVAILABLE  
FOR MORE INFORMATION  
PLEASE CONTACT IVAN or JENNY LAI

五號車牌練習班  
十小時或精速課程  
詳情請致電  
賴師傅查詢



卡誠保險

**馮栢明 Pete Fung** CIP FCIP CRM  
Insurance Broker

手機

403-850-2883

Email: pete@clearcutinsurance.ca  
www.clearcutinsurance.ca/pete

1911 - 34 Avenue SW, Calgary, AB T2T 2C2

Office: 403-455-2260 Fax: 1-855-447-0922

保險專才為你服務







ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*

**Catholic Pastoral Centre**  
120 17 Avenue SW  
Calgary, Alberta T2S 2T2  
Canada

**ANNOUNCEMENTS**  
**3RD SUNDAY IN ORDINARY TIME**  
JANUARY 25/26, 2020

### MEDICAL ASSISTANCE IN DYING

The Bishops of ABT/NWT encourage the faithful to share their views with the government on legislation to expand eligibility for medical assistance in dying (MAID). Pastoral letter: English [www.shorturl.at/lslVZ](http://www.shorturl.at/lslVZ) | French: [www.shorturl.at/bjqDW](http://www.shorturl.at/bjqDW)

### 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> | 403-879-789.

**JOIN A LAY ASSOCIATION** | The Diocese has updated a comprehensive list of Lay Associations that are available to be joined by the Christian faithful. We encourage you to take a look and prayerfully consider what the Lord is calling you to as a member of his Holy Body. To see the list of Lay Associations, visit <https://www.catholiccyyc.ca/layassociations.html>

### PRE-LENTEN RELIGIOUS ART/ICON TOUR

Tour the world of religious art in Calgary. The tour includes eight Eastern churches from Greece, Romania, Antioch, Eretria and Ukraine. When: **Feb 15 and Feb 22** from 9 am - 12 noon. Cost: no fee. Contact Sub-Deacon Bill at <mailto:kc4life@telus.net> or 403-850-5859 | <https://www.saintstephencalgary.ca/religious-art-tour.html>

### SEE THE LIFE OF FRANCISCANS

Franciscans of Canada invites you to come and see the life of the Franciscans. When: **Feb 20-23**. Where: St. Francis Friary (8106 Jasper Ave., Edmonton, AB). For more information, contact

Bro. Carlos, ofm at (780) 476-2338 | [carlos\\_ona.ofm08@yahoo.ca](mailto:carlos_ona.ofm08@yahoo.ca)

### CALGARY LIVE-IN

Calgary Live-In Retreat Society invites you to a Live-In weekend retreat to grow in faith with Jesus. When: **March 27-29**. For more information, contact 403 271 7365 | [calgarylivein@telus.net](mailto:calgarylivein@telus.net)

### 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](http://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](mailto: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](mailto:htrinity@shaw.ca) | 403-562-2103.

### FAITH AND FUN NIGHT

Join Catholics in the Diocese at a Flames game. When: **Saturday, March 21** from 8 p.m. Cost:

\$56. To purchase tickets visit  
[www.flamesgroups.com/faithandfun](http://www.flamesgroups.com/faithandfun)

### 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. **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>

### 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](http://catholicfamilyministries.com)

### TRANSITIONS PROGRAM

The Transitions Program is a 15-week peer support program for those recently separated or divorced. Participants meet every week to reflect upon and discuss topics such as self-esteem, stress, anger, guilt, blame, loneliness, forgiveness, blended families and more. When: **Tuesday, Feb 18** at Sacred Heart Parish (1307 – 14th St. SW,

Calgary). Registration: 403-218-5505 | [alida.allen@calgarydiocese.ca](mailto: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](mailto:sacredhc@shaw.ca)

### COLDEST NIGHT OF THE YEAR (CNOY) WALK

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). When: **Saturday, Feb 22**. 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](http://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](mailto: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](mailto: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](http://NEWS.CalgaryDiocese.ca) | FIND OUT WHAT'S HAPPENING in the DIOCESE. Contact: 403-218-5500 | [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca)

CALGARYDIOCESE.CA  
f t i @CALGARYDIOCESE



# Faithfully

FAITH. LIVED. FULLY.



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*



# New beginnings - nunc coepi (now I begin)

Lord to that perfection of sanctity by which the Father himself is perfect." (CCC, 825.)

The path of our holiness weaves through many ordinary life events. In his Apostolic Exhortation, *Gaudete et Exsultate* (GE), Pope Francis encourages the faithful to see life's challenges as opportunities for new growth saying, "At times, life presents great challenges. Through them, the Lord calls us anew to a conversion that can make his grace more evident in our lives, "in order that we may share his holiness" (Heb 12:10). At other times, we need only find a more perfect way of doing what we are already doing: "There are inspirations that tend solely to perfect in an extraordinary way the ordinary things we do in life." (GE, 17.)

The beginning of a New Year is a time associated with taking stock of the past, looking forward to the future, and making resolutions. Actually this is a continual practice in our lives. Events such as the birth of a child, changing jobs, or simply moving, entail at some level making a new beginning. The embracing of change can be difficult at the time, yet in hindsight, the new beginning is often an event which inspires positive growth in our life.

This process of beginning and growing in new ways is also a part of our spiritual journey. Beginning in Baptism, "the person baptized is configured to Christ. Baptism seals the Christian with the indelible spiritual mark (character) of his belonging to Christ." (Catechism of the Catholic Church (CCC), 1272.) Baptism begins the journey of holiness "to be perfect as your Heavenly Father is perfect" (Matt. 5: 48) and it is restored through the grace received in the Sacrament of Reconciliation which has sometimes been referred to as the sacrament that renews this baptismal state of grace or a type of "Second Baptism".

In the spiritual life, embracing the path of change in our life and seeking sacramental forgiveness involves ongoing reflection and prayer. St. Ignatius of Loyola developed the daily Examen recognizing the importance of beginning anew each day. The Catechism of the Catholic Church speaks about the perseverance to seek continual growth in holiness, saying, "The Church on earth is endowed already with a sanctity that is real though imperfect." In her members perfect holiness is something yet to be acquired: "Strengthened by so many and such great means of salvation, all the faithful, whatever their condition or state - though each in his own way - are called by the

Persevering in our spiritual life has also been expressed by a few saints as *Nunc Coepi* or *Now I Begin*. The experience of beginning over and over again is a common path for each of us when we grow in faithful holiness. The emphasis on "Nunc" or "Now" affirms the importance of the present moment and the Grace of God that it holds for each one of us. St. Rose Phillipine Duchesne known for her faith-filled courage and humility, wrote, "Do not look back to the past, or forward to the future. Claim only the present for it holds God's will."

In *Gaudete et Exsultate*, Pope Francis writes about the Spirit revealing the Will of God in the present moment - "Always ask the Spirit what Jesus expects from you at every moment of your life and in every decision you must make, so as to discern its place in the mission you have received." (GE, 23.)

As this new year and a new decade begin, my prayer for you is to embrace the mission God entrusts to you and to live the fullness of the present moment so that you will "allow the Spirit to forge in you the personal mystery that can reflect Jesus Christ in today's world." (GE, 23.)

Most Rev. William T. McGrattan, *Bishop of Calgary*  
January, 2020



# Table of Contents

BRIDGES TO NEW YEAR'S TRADITIONS	05
UPCOMING EVENTS	08
PEACE IN THE PARKS	08
MAY THE BABY JESUS BLESS YOU	09
FAMILY UNITY IS INTEGRAL	10
PRAYING FOR CHRISTIAN UNITY	12
CANADA AND THE WORLD - NEWS	14
FEBRUARY LITURGICAL CALENDAR	15

---

## Submit your stories

Share stories of your faith in action within your parishes, community, lay associations or at work.

Send your photos and write-ups to [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca) by the 15th of each month.

## Contact us

Roman Catholic Diocese of Calgary  
120 17 Ave SW, Calgary, AB  
T2S 2T2

Office of Communications | Faithfully  
Phone 403-218-5500  
[communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca)

## REGISTER ONLINE

To get Faithfully by email, go to  
<http://FAITHFULLY.calgarydiocese.ca>

Faithfully gives a snapshot of faith at work in the lives of everyday people. It features stories and events that deepen our connection with God through others.

This monthly online publication is sent by email to all subscribers. A print version may be available in your parish.

# Bridges of New Year's traditions

Written by Joy Gregory



*Photo credit: St. Anne's Korean Parish, Calgary*

Many Calgary Catholics are pushing through the coldest week of the new year by holding onto fond memories of the Christmas past. Others in the city's East Asian communities keep themselves warm by anticipating the opportunity to celebrate the Lunar New Year on Saturday, Jan. 25. Ditto for parishioners at other ethnic parishes in the Diocese, where being Catholic and Canadian means you can commemorate important secular events with festivities that include prayerful appreciation of the cultural traditions that moved to Canada with their families.

Calgary's Korean, Chinese and Vietnamese communities celebrate the Lunar New Year on the second new moon after the winter solstice. At St. Anne's Korean Catholic Church in the community of Ramsay, parishioners will welcome the Lunar New Year with special prayers at the 11 a.m. mass on Sunday, Jan. 26, says parishioner and parish spokesman Nes (Luke) Noh. That service will be followed by a traditional New Year's Day meal of rice cakes and soup in the parish hall. The rice cakes will come from a Korean market, the soup from parishioners. "We expect about 300 people," says Noh. "No matter what the weather, people like to get together to celebrate. It's tradition."

Culturally, the Lunar New Year is also a good time to honour the memory of ancestors, so Korean Catholics will also offer prayers for their deceased family members, says Noh.

*Continued on page 5*



## WEEK OF PRAYER ABOUT A SHARED FAITH

This year's Lunar New Year falls at the end of the Week of Prayer for Christian Unity, says Theodorick Nowak, Director of Social Justice and Outreach Ministries with the Calgary Catholic Diocese. This year's Week of Prayer, set for Jan. 18 to 25, calls for Christians to move from shared prayer to shared action. The theme also challenges Christians to show greater generosity to people in need. "In a Diocese as diverse as Calgary's, it's always important to remember the different backgrounds which people come from and the traditions they hold," says Nowak. "The Week of Prayer for Christian Unity reminds us that despite the differences which exist between cultures and denominations, we find unity in our love of Christ and commitment to achieving the common good." In addition to prayers for the faithful being offered for Christian Unity, the FCJ Centre and Ascension Parish will each host prayer events, adds Nowak.



*Tryzub Dancers at the Malanka celebration at St. Stephen Protomartyr Church, Calgary.*

## CULTURAL AND SPIRITUAL TRADITIONS

New Year celebrations at St. Stephen Protomartyr Church also reflect cultural and spiritual traditions, says Fr. Gregory Faryna. The Jan. 1 liturgy at this Ukrainian Catholic church in Glamorgan, celebrated the naming of Jesus and the feast of St. Basil the Great. An early Church father who defended the orthodox faith, St. Basil the Great is especially important to Albertans of Ukrainian heritage. At Fr. Albert Lacombe's request, St. Basil sent Basilian priests to the Edmonton area to serve European Catholics who came from the Byzantine tradition, explains Fr. Faryna.

As the Ukrainian people historically followed the Julian calendar, Fr. Faryna's parish also marked the Ukrainian New Year. While the actual date was Jan. 13, St. Stephen held a Ukrainian New Year banquet and dance on Friday, Jan. 8. About 200 people filled the parish hall for the event, which included a performance by a local Ukrainian dance group. Since many parish families are comprised of Ukrainians who married outside that ethnic group, events like these are an important way of sharing cultural traditions, says Fr. Faryna.

*Continued on page 6*

The Ukrainian New Year was also part of the Sunday liturgy on Jan. 12. There, the community offered special prayers for world peace and prayers for lives lost in the Ukrainian airliner shot down in Iran earlier this month.

Ukrainian Catholics approach each new year with prayers that honour the past year and help people prepare for the year to come, adds Fr. Faryna. Some families also commemorate the new year by performing or attending a traditional Malanka (which means new year) play. The play reminds people living through the long nights of winter that spring is on its way. "It's that anticipation of new life that's coming around the corner," says Fr. Faryna.

Over at Ste. Famille Church just south of the downtown core, Msgr. Noel Farman says the arrival of 2020 got him thinking about how important his parish is to the local francophone community. Ste. Famille is the only French-language parish in Calgary. Many of the children Msgr. Farman met when he arrived at Ste. Famille 11 years ago are now adult parishioners attending post-secondary schools or working. "This Christmas I told them, 'I consider myself as your grandfather.'"

As with Korean-speaking parishioners at St. Anne's parish, Msgr. Farman knows many of his parishioners make a special effort to attend a French-language mass for special events, including Christmas and New Year's.




*Children's Christmas celebration at Ste. Famille's Parish, Calgary.*

At this year's Christmas Eve mass, children gathered around the priest's chair and treated mass attendees to a special performance. "It was like a dialogue between three candles representing faith, hope and love," says the priest. The recitation ended with the candles representing faith and love declaring that hope brought them together to help each other.

This Christmas season, Ste. Famille weathered the deaths of four people with close ties to the parish. Msgr. Farman says he was touched by how so many of his parishioners travelled to funerals in Edmonton and Claresholm to show their solidarity to each other and to their faith. "I was thinking, this is how we show our belief in eternity, we pray for those who have passed."





*We are here for you*

15-week peer support  
program for those recently  
separated or divorced.

Topics of discussion: self-esteem, stress, grief,  
anger, guilt and loneliness; growth after divorce;  
blended families

# TRANSITIONS

for those recently **SEPARATED/DIVORCED**

## WHEN

**TUESDAYS**

**7 to 9 pm**

**Beginning  
February 18, 2020**

## WHERE

**SACRED HEART PARISH**

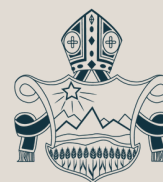
**1307 14 St SW  
Calgary, AB**

FOR MORE INFORMATION  
**CALGARYDIOCESE.CA**

## REGISTRATION

Contact Alida Allen  
403-218-5505  
[alida.allen@calgarydiocese.ca](mailto:alida.allen@calgarydiocese.ca)

Register online at:  
<http://news.calgarydiocese.ca>



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*

# Peace in the parks

By Dr. Sonya Jakubec

We all feel it – whether looking outside, in a field, at a beach, or on a mountain – nature gives us perspective about life and death. There is growing evidence of how natural environments impact our physical, mental and spiritual well-being. Little is known, however, about the place of parks and nature at the end of life, or the impact of parks and nature on quality of life during palliative care or in grief and loss...until now!



*"Pilgrimage, Sanctuary and Peace in the Parks": A research snapshot and public talk on parks and nature at the end of life.*

A recent 2018 study discovered that experiencing "Peace in the Parks" was an opportunity for: Personal Exploration, Social Discovery and Institutional Transformation. Despite the challenges to get to parks and natural places, it was always "worth it." Even brief opportunities were an opportunity to "park palliative care", and to have sanctuary from the stream of appointments and persistent identity as a "dying patient" or "caregiver."

Research participants shared, "here [in the park] we can just be ourselves". The experiences were both calming and energizing – providing patients and family members a sense of their strength and the courage to take other journeys they had been previously cautious about undertaking. Everyone can make the connection with nature. Ultimately there is value in even parking or sitting in areas with views of nature or short walks or strolls with a stretcher or adaptive equipment.

Access does take planning, information and communication, and the research team discovered that supporting access to parks and nature for those in palliative care and caregivers is not a call for a new program per se, but rather an invitation, and a mindset that can be influenced by training, information and coordination of services. Further program and study is underway now to extend and expand the discoveries made – the pilgrimage and the pursuit of sanctuary continues.

To learn more about Parks & Nature at the End of Life, to hear the stories and to be inspired by the pilgrimage of palliative patients and caregivers to Alberta Parks, join Dr. Sonya Jakubec (MRU) and co-researcher Jennell Rempel (Alberta Parks) for a free public talk and short documentary film screening with the Calgary Public Library on Thursday Jan 23, 2020 from noon to 1:30 pm at the Central Library's Patricia A. Whelan Performance Hall.

## UPCOMING EVENTS



### Masses for Christian Unity

Jan 21 - Jan 24 at 6 pm

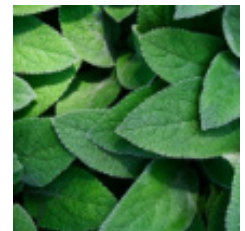
Ascension Catholic Parish at  
1100 Berkshire Blvd. NW. Calgary



### Ecumenical Taize Prayer at FCJ

Jan 22 at 7 pm

FCJ Retreat & Conference Centre at  
219 19 Ave SW Calgary, AB



### Transitions

Begins Feb 18

Sacred Heart Church at  
1307 14th St. Calgary



### Coldest Night of the Year

Walk with us Feb 22

Eau Claire Market, Calgary

View all events at  
<http://news.calgarydiocese.ca>



# May the Baby Jesus bless you

Written By: Bonnie Annicchiarico



An early family Christmas weekend this year brought special blessings to our family. My three children, their spouses, our seven grandchildren, my husband and I gathered at our family cabin at Pigeon Lake for some time together, exchange of presents and Christmas fun. On the agenda was mass at 10 a.m. Sunday morning at St. Theresa's Church in Mameo Beach. Even though the little ones (seven children under five years old) were up at 6 a.m., it was still a scramble to get us all dressed, strapped into car seats and to the church on time. With just minutes to spare, we walked through the doors of St. Theresa where the ushers met us with warm smiles and a sincere welcome. "Would you like to bring up the gifts?" they asked. My husband agreed and said he would bring the four boys (all 3-4 years old) with him.

We seated ourselves at the front in the hopes that the kids would be more attentive. Armed with coloring pages, stickers and some goldfish snacks we settled in. Mass was beautiful and the gathering of parishioners was intimate. There were a few squawks and cries from

the front row but all in all the kids did pretty well. During the offertory, my husband took the four boys to the back of the church. Never one to be left behind, within seconds little Abby (19 months) was on her way as well, so her mom moved quickly to follow her.

The parishioners beamed as my husband and daughter walked up the aisle with the bread and wine. The kids followed. During communion, Father blessed every child individually as he placed his hand on each little head and said, "May the Baby Jesus bless you." As mass came to a close, the usher came to the front and asked if there was anyone with an upcoming birthday. One of the ladies raised her hand, and he responded that we would now sing the blessing song to the birthday girl. In the same breath, he turned to us and he added, "And I think we should bless this family and all the little ones who have brought us such joy this mass." The entire congregation raised their hands and sang the blessing song to us and the special parishioner. Amazing!

As Father began his closing prayer he turned to our family and said, "These children are the future of the church, and we are so glad that you brought them all to mass today." The entire congregation applauded, and we were invited to stay for cookies and coffee and the decorating of the Church for Christmas. As a mother and an educator, I know that early childhood experiences form children. I also know that children are spiritual beings who instinctively love God and all of His creation. Having my whole family together at this mass and to be so warmly welcomed by St. Theresa's community was a gift beyond words. Thank you, St. Theresa's for embracing us and blessing us so kindly.

# Family unity: An integral piece of spiritual life

Written By: Anthony Banka, Family & Youth Coordinator

My most enduring memories of youth have to do with the place of faith and prayer in my family. I didn't fully appreciate the gift that was given to me then. Now I do. And in all honesty, neither did I fully grasp, in my first years as a husband and dad, the beautiful gift, the responsibility, and the opportunities family prayer was. I still remember the prominent weekly ritual of our family getting ready for Sunday mass and the privileged role of Mary in our Polish home. I fondly recall the persevering prayer life of my mother, the power prayer had for my dad when dealing with cancer, the image of my grandfather in prayer, so often with a rosary in hand and ever so contemplative.

A perfect family? Far from it. There were moments of harmony, but also conflict. Unity and cohesion, but also misunderstanding, hurt and pain. There was health, but also sickness and death. Rejoicing with successes, crying with betrayal, and conflict followed by repentance, conversion and forgiveness. How did we ever get through it all? Now, after all those years, I look back and see that it was all grace.



In *Amoris Laetitia*, Pope Francis writes: "A positive experience of family communion is a true path to daily sanctification and mystical growth, a means for deeper union with God" (No. 316). He goes on to say, "If a family is centred on Christ, he will unify and illumine its entire life. Moments of pain and difficulty will be experienced in union with the Lord's cross, and his closeness will make it possible to surmount them" (No. 317). Given the conviction of the Holy Father and Tradition of the Church on the power of prayer in the life of individuals and families, you may also find relief knowing that there is scientific support to Fr. Patrick Peyton's maxim, "The family that prays together, stays together."

One study, published in the *Journal of Family Psychology*, explored this adage and identified 7 themes.

- A family's ritual practice of prayer and the worship of God creates space for its members to interact with each other and experience closeness and intimacy;
- Family prayer creates a safe space for members to share their own individual struggles and worries. Members show support, understanding and provide comfort. They learn to ask for prayer. and pray for one another;
- It passes on the faith. Children learn how to pray by watching their parents;
- It becomes a means for families to address and deal with familial issues and concerns;
- Conflict is mitigated and can contribute to its overall management and resolution and appears to foster self-examination;
- It increases the sense of connectedness and unity;
- However, the experience of discontent, often times due to differing views, makes family prayer more difficult. Hence the need to address conflict.

There is value in creating a culture of family prayer. To do this means prioritizing time for prayer and intentionally setting aside distractions. Jesus said, "where two or three are gathered in my name, there am I in the midst of them (Matthew 18:20). In essence, that is what prayer is all about. Responding to His initiative, and inviting Jesus, who loves me and my family in an intimate and unrepeatable way, into our homes and hearts.



# 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

# Praying for Christian Unity

Written By Nadia Hinds



*Fr. Adrian Martens (left) and Archbishop Gregory Kerr-Wilson  
(Anglican Diocese of Calgary)*

Christian unity was a chief goal of the Second Vatican Council and signified the lowering of barriers that caused pain within families, between spouses, and in the workplace. The significance of this ecumenical movement is not lost on Rev. Adrian Martens of the Roman Catholic Church and Anglican Archbishop Gregory Kerr-Wilson.

So, have we been successful in attaining Christian unity?

Archbishop Kerr-Wilson, Anglican diocesan bishop of Calgary and metropolitan of the ecclesiastical province of Rupert's Land says there has been some success. There is a consensus that "we believe the same things. We have the same God. These similarities weren't seen 50 or 60 years ago. However, the work is ongoing. Our goal should be to share at one table."

Rev. Martens, Ecumenical and Interreligious Affairs Coordinator in the Roman Catholic Diocese of Calgary says, "there have been wonderful strides and some dark periods in the history of Ecumenism. At times, we vary in our degree of Ecumenism. However, if we focus on being joined with Christ, other denominations will want to share much more."

So, while there seems to be some success in terms of dialogue and mutual understanding of other Christian denominations, has there been any tangible gains?

Kerr-Wilson says "there have been many benefits to diverse Christian traditions. Different traditions have different strengths and emphasise different things. The Anglican Church went through several centuries with no Eucharist or mass unless you went to the early service for the most devout.

*Continued on page 13*

Do we still need to pray for Christian Unity?

The annual Week of Prayer for Christian Unity will begin Saturday, Jan. 18. In many countries, Christians will gather in one another's churches to pray. Since the 1960s, prayers and readings for the week have been jointly planned by the Vatican and the World Council of Churches.



The ecumenical relationship helped us to recover the benefit of seeing the Eucharist as the heart of Church worship. This is an example of receptive ecumenism, what we can receive from you that can deepen our own life in Church and faith in Christ. The gift of the other.”

“...We need to realise that the other’s gift is our gift as well,” says Martens.

In the eyes of both Kerr-Wilson and Martens, various Christian traditions and values from different areas and places around the world have helped the abundance of faith.

Martens has seen a marked increase in the number of Christians from other countries. “There is also an increase in the number of Anabaptists, Hutterites and Mennonites.”

One aspect of this growth is the level of fluidity between denominations. Kerr-Wilson notes that “some Anglicans from different countries find that the way they worshiped is more similar to a different denomination here e.g., the Nigerian Anglican expression is similar to a Pentecostal church. There are some positive and hopeful aspects of this fluidity as well as some troubling things. The positive is that we see Christian faith in the other. The negative is that we are leaning towards consumerism, ‘if I am not happy with what is going on, I can move somewhere else.’ There isn’t that commitment to persevere in the midst of the struggle, which is an essential part of the discipleship.”

The looming question for Kerr-Wilson seems to be not whether we still need to pray for Christian unity, but rather, how can we act more together?

“When we talk to each other, we need to recognize that we are not talking to a Catholic, Anglican or Presbyterian. We are talking to a brother in Christ, a sister in Christ. I have seen that when people engage in prayer and bible study together more regularly, that brings them closer together. I would love to see a monthly service where we gather as Christians to pray for others to come to the knowledge of Jesus Christ. We should be fueled by our faith to act together on social justice initiatives.”

Martens agrees that such joint actions will help remove barriers in families of mixed Christian denominations. “We can do more to make other denominations feel welcomed. Prayer is the best thing. We can lead the Prayer of the Faithful to pray for local churches.”

## MASSES FOR CHRISTIAN UNITY

*During the Week of Prayer for Christian Unity*

WHEN	WHERE
Tuesday Jan. 21- Friday Jan. 24	ASCENSION CATHOLIC PARISH
Mass- 6:00 pm Confessions 6:30 pm	1100 Berkshire BLVD NW Calgary, AB T3K 3M3

CALGARYDIOCESE.CA  
f t i @CALGARYDIOCESE



## INFORMATION

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



# Canada & the World

This section compiles the top four news of interest to the Catholic community.



## Edmonton pays tribute to victim of Tehran crash

More than 2,500 people filled the Saville Community Sports Centre at the U of A on Jan 12 to remember the lives of 13 Edmontonians and 163 others lost when PS752 was shot down by a missile shortly after takeoff from Tehran.



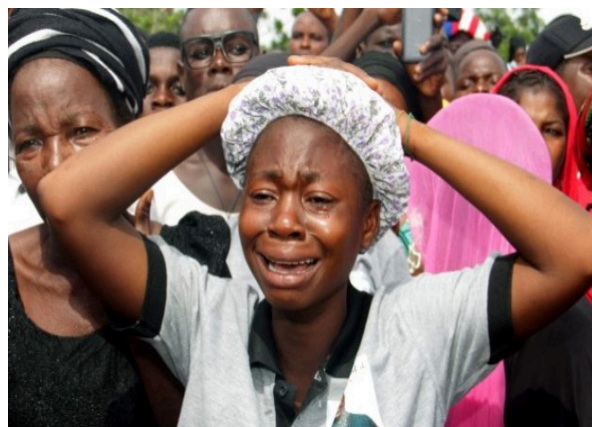
## The church never tires of announcing God's love

Pope Francis, concluding his catechesis on the Acts of the Apostles tells pilgrims that even if the Church is persecuted and chained, it never tires of welcoming with a motherly heart.



## Catholic population of S. Korea grows by 50% in 20 years

A study by the Catholic Church in South Korea shows that the number of Catholics in the past 2 decades has increased by 48.6 per cent, and today accounts for 11.1% of the nation's population.



## Christians persecuted in Nigeria

A priest in Nigeria releases an appeal as Christians continue to be persecuted and murdered in his country. "Please help us not be silent in the face of this immense extermination that is taking place in silence."



# FEBRUARY 2020

## Liturgical Calendar

## 2019-2020 Year - A Series II

(S) Solemnity, (F) Feast, (M) Memorial, (M>OM) Memorial reduced to an Optional Memorial (OM) Optional Memorial (\*) no assigned rank  
 Lect., Wkday, A-B: *Lectioary, Weekday, A* (1993) or *B* (1994)  
 Lect., S&S: *Lectioary, Sunday and Solemnities* (2009)  
 BG: *Book of Gospels* (2015)  
 RL: *Lectioary: Ritual Masses, Masses for Various Needs and Occasions, Votive Masses, Masses for the Dead* (2014)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Lectioary: Weekdays references will change upon publication of the revised Lectioary for Weekdays.*

Given delays at the Congregation for Divine Worship and the Discipline of the Sacraments, as of June 2018, there is no estimated date for the publication of the revised Lectioary.

## 2 THE PRESENTATION OF THE LORD (F)

Readings: Lect., S&S, no. 524, p. 635;  
 BG, no. 17, p. 40  
 1st Reading: Malachi 3:1-4  
 2nd Reading: Heb 2:10-11, 13b-18+  
 Gospel (longer): Luke 2:22-40  
 or Gospel (shorter): Luke 2:22-32  
 OM: St. Ansgar

~ World Day for Consecrated Life ~

## 9 5<sup>th</sup> SUNDAY IN ORDINARY TIME

Readings: no. 73, p. 449; BG, p. 270  
 1st Reading: Isaiah 58:6-10+  
 2nd Reading: 1 Corinthians 2:1-5  
 Gospel: Matthew 5:13-16

## 3

ferial  
 Readings: no. 323, p. 287  
 1st Reading: 2 Samuel 15:13-14, 30; 16:5-13a  
 Gospel: Mark 5:1-20  
 OM: St. Blaise  
 OM: St. Ansgar

## 10

ST. SCHOLASTICA (M)  
 Readings: no. 329, p. 303, or  
 no. 530, p. 639  
 1st Reading: 1 Kings 8:1-7, 9-13  
 Gospel: Mark 6:53-56

## 4

ferial  
 Readings: no. 324, p. 290  
 1st Reading: 2 Samuel 18:9-10, 14b, 24-26a, 30 - 19:3+  
 Gospel: Mark 5:21-43

## 11

ferial  
 Readings: no. 330, p. 305  
 1st Reading: 1 Kings 8:22-23, 27-30  
 Gospel: Mark 7:1-13  
 OM: Our Lady of Lourdes

## 17

ferial  
 Readings: no. 335, p. 317  
 1st Reading: James 1:1-11  
 Gospel: Mark 8:11-13  
 OM: The Seven Holy Founders of the Servite Order

## 16 6<sup>th</sup> SUNDAY IN ORDINARY TIME

Readings: no. 76, p. 452;  
 BG, p. 271 or p. 274  
 1st Reading: Sirach 15:15-20  
 2nd Reading: 1 Corinthians 2:6-10  
 Gospel (longer): Matthew 5:17-37  
 or Gospel (shorter): Matthew 5:17, 20-24, 27-28, 33-34, 37+  
 OM: Our Lady of the Sign

## 23 7<sup>th</sup> SUNDAY IN ORDINARY TIME

Readings: no. 79, p. 457; BG, p. 276  
 1st Reading: Leviticus 19:1-2, 17-18  
 2nd Reading: 1 Corinthians 3:16-23  
 Gospel: Matthew 5:38-48

## 5

ST. AGATHA (M)  
 Readings: no. 325, p. 293, or  
 no. 527, p. 638  
 1st Reading: 2 Samuel 24:2, 9-17  
 Gospel: Mark 6:1-6

## 12

ferial  
 Readings: no. 331, p. 308  
 1st Reading: 1 Kings 10:1-10  
 Gospel: Mark 7:14-23

## 6

ST. PAUL MIKI and Companions (M)  
 Readings: no. 326, p. 296, or  
 no. 528, p. 639  
 1st Reading: 1 Kings 2:1-4, 10-12  
 Gospel: Mark 6:7-13

## 13

ferial  
 Readings: no. 332, p. 310  
 1st Reading: 1 Kings 11:4-13  
 Gospel: Mark 7:24-30

## 7

ferial  
 Readings: no. 327, p. 298  
 1st Reading: Sirach 47:2-11  
 Gospel: Mark 6:14-29

## 14

ST. CYRIL and ST. METHODIUS (M)  
 Readings: no. 333, p. 312, or  
 no. 532, p. 641  
 1st Reading: 1 Kings 11:29-32; 12:19  
 Gospel: Mark 7:31-37

## 8

ferial  
 Readings: no. 328, p. 300  
 1st Reading: 1 Kings 3:4-13  
 Gospel: Mark 6:30-34  
 OM: St. Jerome Emiliani  
 OM: St. Josephine Bakhita  
 OM: Our Lady's Saturday

## 15

ferial  
 Readings: no. 334, p. 314  
 1st Reading: 1 Kings 12:26-32; 13:33-34  
 Gospel: Mark 8:1-10  
 OM: Our Lady's Saturday

## 21

ferial  
 Readings: no. 339, p. 325  
 1st Reading: James 2:14-24, 26  
 Gospel: Mark 8:34-38 — 9:1  
 OM: St. Peter Damian

## 20

ferial  
 Readings: no. 338, p. 323  
 1st Reading: James 2:1-9  
 Gospel: Mark 8:27-33

## 19

ferial  
 Readings: no. 337, p. 321  
 1st Reading: James 1:19-27  
 Gospel: Mark 8:22-26

## 18

ferial  
 Readings: no. 336, p. 319  
 1st Reading: James 1:12-18  
 Gospel: Mark 8:14-21

## 22 THE CHAIR OF ST. PETER THE APOSTLE (F)

Readings: no. 535, p. 643;  
 BG, no. 591, p. 437  
 First Reading: 1 Peter 5:1-4  
 Gospel: Matthew 16:13-19

## 27

ferial  
 Readings: no. 220, p. 377  
 1st Reading: Deuteronomy 30:15-20  
 Gospel: Luke 9:22-25

## 26

*Lent Begins*  
 ASH WEDNESDAY  
 Readings: Lect., S&S, no. 219, p. 112;  
 Lect., Wkday, A, p. 374;  
 BG, p. 56  
 1st Reading: Joel 2:12-18  
 2nd Reading: 2 Corinthians 5:20 - 6:2  
 Gospel: Matthew 6:1-6, 16-18

## 25

*Ordinary Time Ends*  
 ferial  
 Readings: no. 342, p. 332  
 1st Reading: James 4:1-10  
 Gospel: Mark 9:30-37

## 24

ferial  
 Readings: no. 341, p. 330  
 1st Reading: James 3:13-18  
 Gospel: Mark 9:14-29

## 29

ferial  
 Readings: no. 222, p. 381  
 1st Reading: Isaiah 58:9b-14  
 Gospel: Luke 5:27-32

## 28

ferial  
 Readings: no. 221, p. 379  
 1st Reading: Isaiah 58:1-9a  
 Gospel: Matthew 9:14-15



## *Diocesan Course for* **PASTORAL CARE**

### **WHEN**

**MONDAYS**  
**Feb 24 - Mar 30**  
**6:30 to 9 PM**

### **WHERE**

**ST. PETER'S CHURCH**  
**541 Silvergrove Dr NW,**  
**Calgary**

**FOR MORE INFORMATION**

**<http://EVENTS.CALGARYDIOCESE.CA>**

## **REGISTRATION**

**Call 403-218-5523**

**or email**

**[healthcareprograms@calgarydiocese.ca](mailto:healthcareprograms@calgarydiocese.ca)**



**ROMAN CATHOLIC**  
**DIOCESE**  
*of Calgary*