

# 堂區通訊

卡城永援聖母堂  
暨華人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵件 olph@telus.net

堂區辦事處時間  
星期二至星期五  
上午 10 時至下午 4 時

主任司鐸

阮明聰神父

鄺維揚執事

林偉良執事

堂區牧民議會主席  
曾煒森

Website 網址  
www.mylolph.org



## Bulletin

Our Lady of Perpetual Help  
Catholic Church

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

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

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

Pastor

Fr. Joseph Nguyen

Deacon John  
Wu

Deacon Edward Lam

Parish Pastoral Council Chairman  
William W. Tsang

March 1, 2020 二零二零年三月一日

First Sunday of Lent

四旬期第一主日

Last Sunday Collection

上主日奉獻

\$3,388.00



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.

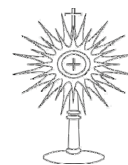
Tuesday 6:30 p.m.

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



### Repel Temptation and Reject the Devil (The First Sunday of Lent)

The Lenten Season is the period of forty days before Easter (the feast of Passover), during which Christians will devote themselves to prayers, mortification, penance, fasting, abstinence and acts of charity. They will strive for inner conversion so that they can attain a better relationship with God and with one another.

Lent is also the time when catechumens actively prepare themselves for baptism. In a way, today's scriptures serve as the first of many important sessions for these catechumens to build up a solid foundation for their faith to become good Christians.

The first reading is on the story of the "Fall of Man" in which Adam and Eve, our first parents, succumbed to the Devil's temptation and ate the fruit from the forbidden tree. On the other hand, we hear in the gospel how Jesus repelled temptation and rejected the devil. The second reading connects the two stories by comparing the sinfulness of our first parents with the righteousness of Christ, and teaches us how we should act in the face of temptations.

Paul says, "If death has dominion over the world by the sin of one person, how much more will those who receive the abundance of grace and the free gift of righteousness have dominion in life through one person, Jesus Christ." His statement has a twofold meaning, namely: human is weak but God's grace is abundant. Human weakness is manifest in one's inclination to sin by following one's own desires. It is also the cause of a lot of social evils in our time. No wonder Paul laments that death reigns over the world through our sinfulness. However, by the grace of God, we are able to be released from the bondage of our sins and to have "dominion in life."

Today's scriptures teach us to deny ourselves and overcome temptations in

our lives. This is aptly said in the Preface: "Jesus Christ's fast of forty days make this a holy season of self-denial. By rejecting the devil's temptation, he has taught us to rid ourselves of the hidden corruption of evil." So we have to imitate our Lord Jesus Christ, repel any temptation that may come our way and reject the devil resolutely. At the Rite of Election in today's mass, we are asked to join with the catechumens to pray for our inner conversion, strength and for the Holy Spirit's guidance so that we can overcome all evil temptations and gain a new lease of life.

As Jesus is being tempted in today's gospel, we will also be tempted by the devil relentlessly during the course of our lives. Christ has triumphed over Satan; likewise we will, by the grace of God!

O Lord, let us imitate you, and follow every step of your way. Amen.

## Diocese & Other News



### Outdoor Way of the Cross

Put it in your calendar: Good Friday, April 10, at 9 am. The stations begin at St. Mary's Cathedral.

### Lenten Events & Resources

We prepare ourselves to enter once again into Jesus' Paschal mystery and to renew it in our lives. Find Lenten events, reconciliation services, parish missions and various family resources to accompany your journey in this season of prayer and penance: [catholicyc.ca/lent](http://catholicyc.ca/lent)

### The Catechesis of The Good Shepherd Training For The Adults

Based on Montessori principles, this program teaches scripture and liturgy for children ages 3-6. The training will be held Apr. 20-25. Where: Catholic Pastoral Centre. Deadline to register: Mar. 15. For more information Contact [cgsac.ca](http://cgsac.ca) | [paula.sabatini@st-peters.ca](mailto:paula.sabatini@st-peters.ca)

## Parish Activities

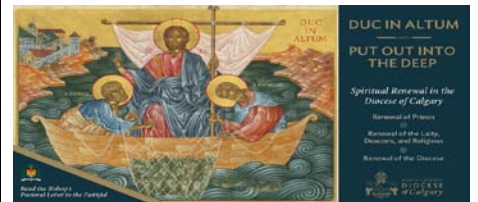


## Fr. Nguyen will voluntarily self isolate

Fr. Joseph Nguyen was scheduled to return from Vietnam to OLPH on Wednesday February 26, 2020. According to the guidelines from the Alberta Health Services regarding the current outbreak of novel coronavirus (COVID-19), travelers who have not been to mainland China, were not exposed to a source of COVID-19, not having flu-like symptoms, do not need self isolation for 14 days. However, since some parishioners expressed concerns, Fr. Nguyen will voluntarily self isolate for 14 days for pastoral reasons. The Diocese has been notified and other priests will be invited to celebrate mass.

Fr. Nguyen will return to church on Thursday March 12, 2020. God bless!

## Spiritual Renewal in the Diocese of Calgary



In collaboration with the Presbyteral Council, Bishop McGrattan is launching a spiritual renewal initiative in the Diocese of Calgary – *Duc in Altum*, beginning with the Renewal of Priests and culminating with the Renewal of the entire Diocese.

## Together in Action 2020



Our The 2020 "Together in Action" has officially commenced. parish's target is \$28,618 as designated by the Diocese. This year's TIA is led by Catholic Family Fellowship. We plead for your generous support. Donation envelopes are being distributed with your 2019 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

## 2019 Donation Tax Receipts

Tax Receipts are ready for parishioners to pick up at the church main entrance now. Please contact parish office if you have any concern on your donation record.

## Exposition of the Blessed

### Sacrament on March 7

"The Church and the world have great need of Eucharistic adoration. Jesus waits for us in this sacrament of love. Let us be generous with our time in going to meet Him in adoration and contemplation full of faith. And let us be ready to make reparation for the great faults and crimes of the world. May our adoration never cease." ~ Pope John Paul II

The March's Exposition of the Blessed Sacrament will be led by St. Gabriel Choir on March 7 from 10am to 11am. Fr. Hubka will listen to Confession. Parishioners are encouraged to attend.

## Words of Life Reflection



For everything in the world – the craving of the flesh, the greed of eyes and people boasting of their superiority – all this belongs to the world, not to the Father. The world passes away with all its craving but those who do the will of God remains for ever. (1 John 2:16 - 17)

## Weekly Activities



Wed, Fri Mar 4, 6

### OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri Mar 6

### Way of the Cross in Lent

English: every Friday 8:30 a.m.

### OLPH Scout

Time: 6:30pm.-8:30pm

Place: Upper Hall & Lower Hall

Sat March 7

### Exposition of the Blessed Sacrament

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

Place: OLP Church

### Legion of Mary (meeting)

Time: 11:00 a.m.

Place: K of C Room at OLP Church

### Faith Sharing Group ( Sacred Heart)

Time: 11:00a.m.-12:30 p.m.

Place: OLP Church Board Room

### Tai Chi Lesson

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

Place: OLP Church Lower Hall

### R. C.I.A (Mandarin)

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

Place: K of C Room

### Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

Sun Mar 8

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

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

Place: OLP Church Lower Hall

### Sunday School

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

Place: OLP Church Office Building

## Lent



## What Is The Purpose of Lent

Forty days and forty nights make up the bulk of Lent. A famous comedian once said, "I do not know why they call it a fast, when it goes so darn slow." Fasting is an essential key to the Lenten experience. What is the purpose of fasting? It teaches us patience. It teaches us discipline. It teaches us the value of mortification. All three are so badly needed in our Church today. Jesus chose to fast from all food for 40 days. At the end of the fast, Satan manifested himself in order to tempt Our Lord. He offered him control, praise and power. Everyone of these are eagerly sought by contemporary man.

### Satan Hates Fasting

Who wouldn't want complete control of your own life and that of others? Who doesn't like to seek the praise and attention of others? Who wouldn't want an endless supply of money? These Satan has to offer, because he has temporal authority right now, over the things of the Earth. Fasting is an essential defense against Satan. He hates our fasting, especially for the sake of our growth in the Holy Spirit. Church law

requires those between the ages of 18 and 59 to fast in between meals, and abstain from meat on Ash Wednesday and Good Friday. All Fridays during Lent require us to abstain from meat. And the Catechism indicates that we abstain from meat on all of the other Fridays of the year, unless you perform an act of charity or mercy in its place. These acts include working at the soup kitchen, working in a place taking care of the poor and other acts of mercy. Hardly ever, do I hear of Catholics keeping the latter discipline. Seek the Lord while He may be found. Call to Him while He is still near. Run to Him in times of trial and tribulation. And know that He waits for all of us to return fully to HIM.

Entrusting you to the care of Our Lady,  
Fr. Mark Bozada

## Let There Be Light



### Faith

In a world full of greed  
Dishonesty and despair  
Never lose faith  
God is there!  
When you feel alone  
And lose sight  
The devils strong but he  
Won't win this fight  
God is there to guide  
You through!  
Pray from the heart  
He has room for you!  
Pray for forgiveness  
And God to come into your heart!  
He'll guide you and show you  
It's the right start  
God will help you!  
Fight the temptation  
But make the effect  
And pray for salvation  
If you think you're lost  
You'll act like it too  
But when God's on your side  
You'll feel brand new  
Things can get hard  
And be pretty rough  
God is the answer!  
He'll make you tough  
No matter your trouble  
Or tribulation  
Leave it to God and He'll

Show you, your destination!

## Faith Stories Sharing



## Heaven and Hell

One day while walking down the street a highly successful person was tragically hit by a bus and she died. Her soul arrived up in heaven where she was met at the Gates of Heaven by St. Peter himself.

"Welcome to Heaven," said St. Peter. "Before you get settled in though, it seems we have a problem. You see, strangely enough, we've never once had someone like you make it this far and we're not really sure what to do with you."

"No problem, just let me in" said the woman. "Well, I'd like to, but I have higher orders. What we're going to do is let you have a day in Hell and a day in Heaven and then you can choose whichever one you want to spend an eternity in."

"Actually, I think I've made up my mind, I prefer to stay in Heaven", said the woman. "Sorry, we have rules..." And with that St. Peter put the executive in an elevator and it went down down down to hell. The doors opened and she found herself stepping out onto the putting green of a beautiful golf course. In the distance was a clubhouse and standing in front of her were all her friends - fellow executives that she had worked with and they were all dressed in evening gowns and cheering for her. They ran up and kissed her on both cheeks and they talked about old times. They played an excellent round of golf and at night went to the clubhouse where she enjoyed an excellent steak and lobster dinner. She met the Devil who was actually a really nice guy (kinda cute, he always is) and she had a great time telling jokes and dancing. She was having such a good time that before she knew it, it was time to leave. Everybody shook her hand and waved good-bye as she got on the elevator. The elevator went up-up-up and opened back up at the Gates of Heaven and found St. Peter waiting for her.

"Now it's time to spend a day in heaven," he said. So she spent the next 24 hours

lounging around on clouds and playing the harp and singing. She had a great time and before she knew it her 24 hours were up and St. Peter came and got her. "So, you've spent a day in hell and you've spent a day in heaven. Now you must choose your eternity," he said. The woman paused for a second and then replied, "Well, I never thought I'd say this, I mean, Heaven has been really great and all, but I think I had a better time in Hell." So St. Peter escorted her to the elevator and again she went down down down back to Hell. When the doors of the elevator opened she found herself standing in a desolate wasteland covered in garbage and filth. She saw her friends were dressed in rags and were picking up the garbage and putting it in sacks. The Devil came up to her and put his arm around her.

"I don't understand," stammered the woman, "yesterday I was here and there was a golf course and a clubhouse and we ate lobster and we danced and had a great time. Now all there is a wasteland of garbage and all my friends look miserable."

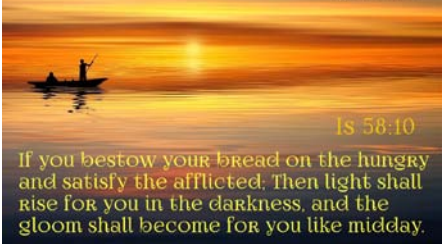
The Devil looked at her and smiled. "Yesterday we were recruiting you, today.....you're staff."

That story reminds me of a fact of life. Sin is always attractive, if it wasn't we wouldn't commit sin, but what is sinful attracts momentarily and we fall into the trap of believing it will satisfy our needs. But the following day we are still dissatisfied. Why? Because what is sinful never satisfies. The devil is attractive too, he's kinda cute, as that story said. If he wasn't we could keep well away from him. The woman in the story was deceived. That's the way it is with the devil and sin. The devil deceives us to make us think that sin is attractive but we discover afterwards that sin damages and did not bring the joy we wanted. The woman in the story was confused, and we in our times we are confused. We do not seem to know anymore that sin is sin. Sin is inviting us and God is inviting us, we have to choose.

Daily Words  
每日聖言

你若把你的食糧施捨給飢餓的人，  
滿足貧窮者的心靈；那麼，你的光明  
要在黑暗中升起，你的幽暗將如中晝。

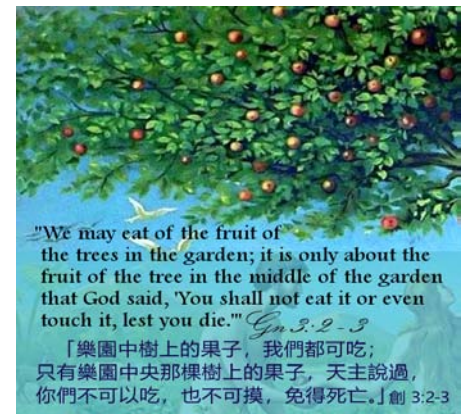
依 58:10



Is 58:10

If you bestow your bread on the hungry  
and satisfy the afflicted, then light shall  
rise for you in the darkness, and the  
gloom shall become for you like midday.

February 29 2月29日



"We may eat of the fruit of  
the trees in the garden; it is only about the  
fruit of the tree in the middle of the garden  
that God said, 'You shall not eat it or even  
touch it, lest you die.'" Gen 3:2-3

「樂園中樹上的果子，我們都可吃；  
只有樂園中央那棵樹上的果子，天主說過，  
你們不可以吃，也不可摸，免得死亡。」創 3:2-3

March 1 3月1日

「不要奉我的名妄發虛誓，  
而褻瀆你天主的名字：

**我是上主。**」肋 19:12

"You shall not swear falsely by my name,  
thus profaning the name of your God.

**I am the LORD.**" Lv 19:12



March 2 3月2日

你們應當這樣祈禱：  
我們在天之父！願你的名被尊  
為聖，願你的國來臨，願你的  
旨意承行於地，如在天上一樣！  
瑪 6:9

THIS IS HOW YOU ARE TO PRAY:  
Our Father in heaven, hallowed be  
your name, your kingdom come,  
your will be done, on earth as  
in heaven.  
Mt 6:9

March 3 3月3日

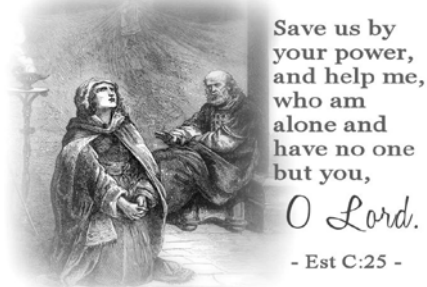


尼尼微人便信仰了天主，  
立即宣佈禁食，從大到小，  
都身披苦衣。納 3:5

When the people of Nineveh  
believed God; they proclaimed  
a fast and all of them, great  
and small, put on sackcloth.  
Jon 3:5

March 4 3月4日

上主！求你援助我這  
孤苦無告的人，除你以外，  
我沒有別的依靠。艾4補丙:19



Save us by  
your power,  
and help me,  
who am  
alone and  
have no one  
but you,  
O Lord.  
- Est C:25 -

March 5 3月5日

上主，你若細察我的罪辜，我主，  
有誰還能站立得住？可是，你以  
寬恕為懷，令人對你起敬起愛。

詠 130:3-4

If you, LORD, keep account  
of sins, Lord, who can stand?  
But with you  
is forgiveness and  
so you are revered.  
Ps 130:3-4



March 6 3月6日

## 主日分享



### 退卻誘惑，克勝魔鬼 (四旬期第一主日)

今天是四旬期第一主日。四旬期是指逾越節（耶穌復活瞻禮）前的四十天準備時期。在這個時期內，基督信徒為不斷皈依，而特別祈禱、克己、作補贖，尤其禁食、守齋和行愛德；為能改善與天主、與自己，和與他人的關係。

今天彌撒中的福音內容雖然有關耶穌四十晝夜的禁食，它的主旨卻是在說明耶穌退卻誘惑，克勝魔鬼。為了突出這克勝魔鬼和誘惑的主題，我們要先從今天彌撒中的讀經二開始。今天彌撒中的讀經二，選自聖保祿宗徒致羅馬人書，在這篇讀經中，聖保祿宗徒拿耶穌來與亞當相對比，給我們解釋了耶穌戰勝罪惡和死亡的救世工程的意義：內容雖然有關耶穌四十晝夜的禁食，聖保祿宗徒所說的「一個人的罪」，無疑地是指亞當的過犯。今天彌撒中的讀經一內容記述：魔鬼藉著蛇的形像，引誘人類的原祖：亞當與厄娃，在地堂裏偷吃禁果的故事。總之，正如彌撒中的頌謝詞所指示的，今天的彌撒給我們這樣的一個教訓。「基督四十天的嚴齋，樹立了克己順命的典範。祂摧毀了魔鬼的陷阱，以教導我們戰勝罪惡的誘惑。」是的，追隨基督，退卻誘惑，克勝魔鬼：這原是我們基督信徒，在這個世界的旅程上的重要課題。因此，今天教會舉行候洗者甄選禮，並要求教友與候洗者一起，再度藉著良心的反省、福音的光照，加強力量，克勝魔鬼的誘惑，以獲得逾越新生。

## 堂區活動



### 阮神父基於牧民原因自願隔離

阮神父原定於2月26日（星期三）由越南返回到卡城永援聖母堂；根據亞省醫管局對於新冠肺炎的指引，阮神父並沒有到過中國疫區，亦沒有發燒及咳嗽等病徵，無需隔離。由於有部

分教友感到不安，阮神父基於牧民原因，自願隔離14天。此事已經知會主教府，及邀請其他神父幫忙。阮神父將會於3月12日（星期四）返回聖堂工作。主佑！



### 卡加里教區的靈修更新大行動

威廉主教與卡加里神父牧民議會將在卡加里教區發起一項靈修更新的大行動，首先是神父的更新，最後是整個教區的更新。

### 2020 教區公益金，齊來獻愛心



2020 年教區公益金

TIA 籌款正式展開。

本堂所須籌募的數目為教區指定的

28,618 元，今年公益金將由公教家庭負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與2019年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

### 2019 年退稅收條

教友可在教堂正門入口處領取。教友如有任何查詢，可與堂區辦事處聯絡。

### 顯供聖體（三月七日）

永援聖母堂三月份的顯供聖體時間為三月七日上午十時至十一時由佳播聖詠團帶領。當天除了朝拜聖體外，Fr. Hubka 將為教友聽告解。請各位教友盡量參與！

## 活動一週



星期三、五 3月4, 6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 3月6日

四旬期苦路善功

早上8時30分

永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 3月7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

### 信仰小團體 (Sacred Heart)

時間：上午 11 時至 12 時 30 分

地點：永援聖母堂會議室

### 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：聖堂二樓騎士會室

### 四旬期苦路善功

時間：下午 4 時 30 分

星期日 3 月 8 日

### 成人慕道班(粵語及英語)

時間上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

### 主日學

時間：上午 10 時至 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

## 聖言反思



原來世界上的一切：肉身的貪慾，眼目的貪慾，以及人生的驕奢，都不是出於父，而是出於世界。這世界和他的貪慾都要過去，但那履行天主旨意的，卻永遠存在。(若壹 2:16、17)

## 四旬期



### 善度四旬期

四旬期內的星期五，大部分堂區都舉行苦路儀式，我們可以在這大家庭共同祈禱，如果不能出席堂區的苦路善工時，可在家中祈禱、思過悔罪、多做克己，藉苦路圖像默想重溫基督的救贖工程，並配合今天生活作反省等，都能幫助我們作好心靈準備，步武基督，與他共死同生，一同復活。四旬期是否有意義，全在於我們是否重視傳揚福音、慕道及謹守慕道各階段的禮儀精神。成人的皈依是指心靈轉向天主的過程，領洗使他們得到一

個新的身分，成為天父的子女，教會的成員，他們要死於舊我，即放棄世俗的人生觀及行為。同時在思想上要順從聖經及教會的講授，且在生活上實踐所領受的真理，並與主密切交往；成為教會的一員。

善度四旬期的先決條件是堂區內要有真正反映今日教會入門聖事各階段精神的培育和禮儀，及教友對傳福音方面的參與及對慕道者的支持。以四旬期內的禮儀作為樞紐。四旬期也是罪人願意與教會修好，做補贖的時期，基督徒需要不斷認識自己的軟弱，承認己罪、抓緊四旬期的機會，再一次自我更新，視自己為「再慕道」的人，再一次聯同候洗者走上皈依的道路。

## 心靈小品



### 敵人

魔鬼非常害怕十字架、聖人的名號(尤其是聖母)。

魔鬼的能力是有限的。如果他們想要而且也被允許攻擊我們時，我們就不再能自由了。雖然他們強而有力，但是他們都是「帶著鏈條的狗」。然而，在他們所能及的範圍內，我們沒有人能逃出牠們的魔掌，因為我們總需要祈求天主的幫忙。或許這在某種程度上是要給我們一個警告，基督也曾經容許自己受誘惑。聖人們也經常到麻煩和試探——不是附魔，而是受騷擾。聖若望維雅奈有時也受到肉體的攻擊。他說他知道，當有一個大罪人要來向他告解時，魔鬼總是給他找麻煩。像在魔鬼崇拜和附魔這類可怕的事件，對我們是一記當頭棒喝，它提醒我們失落園和墮落天使的存在。它也提醒我們，我們有善用天賦自由意志的嚴重責任。因為由於自由意志的濫用，人能夠走向可怕的極端，即選擇將他的意志向終極的惡投降。我們已受到警告。許多世紀以前，聖保祿就向我們提出忠告：「要穿上天主的全副武裝，為能抵抗魔鬼的陰謀，因為我們戰鬥不是對抗血和肉，而是對抗率領者，對抗掌權者，對抗這黑暗世界的霸主，對抗天界裡邪惡的鬼神。」(弗六 11-12)

教宗保祿六世說魔鬼是一個「活生生的精神存在，他曾經墮落而且不斷在引入墮落……他是頭號敵人，舉世無雙的誘惑者，他一直在人類歷史中播種錯誤和災難。」

魔鬼的影響力圍繞在我們四周，我們生活在被敵人佔領的疆域。許多人被「撒謊者的父親」(若八 44)所欺騙，開始相信他不再存在。有些人不再相信精神世界，不再相信有善天使和惡天使，雖然聖經和基督自己清楚提到牠們。

「但救我們免於凶惡」，是天主經的最後一個祈求，我們更應該經常這樣熱切地祈求。聖西比廉說：「當我們要求天主的保護去抵抗邪惡，並已經獲得回應之後，那麼我們就立於穩固和安全的地位，來抵抗魔鬼和世界所能做的任何反對我們的事。因為如果天主看顧我們，我們此生還何懼之有？」

## 靈修小故事



### 罪的俘虜

“你們應當謹慎，免得你們的心為宴飲沉醉，及人生的掛慮所累時，那意想不到的日子臨於你們。”(路：廿一：34)

據探險家說：“非洲獵人捉拿森林中的小猴，並不須安置圈套或陷阱，他們祇要帶一壺摻蜜的啤酒到樹林去，把壺蓋打開，自己藏躲附近就行了。猴子因好奇，一個個從樹上跳到壺前，開始祇想嚐一嚐那甜味，以後越喝越多，就亂打亂鬧，亂跑亂跳，直到醉倒為止。這時獵人就開始行動，不到幾分鐘，酣睡的猴子們，就都被繩子堅牢的縛住，及至醒來，才知道自己已成了獵物，這時任憑你亂叫亂咬，總是徒勞無益”。

魔鬼對付世人也是這樣，他在罪中摻些蜜糖，使你先嚐試“罪中之樂”，直到你沉醉入迷，才把罪惡打成的鐵鏈緊緊地套在你的頸項上，使你成為它手中的俘虜，落在痛苦難熬之中。正如聖經所說：因為人不知道自己的時期，當凶險猝然而至的時候，人子為不幸的時運所獲，就像魚被網捕住，又像鳥被圈套套住。(訓九：12)

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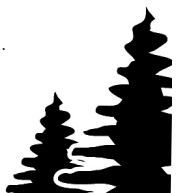
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**ANNOUNCEMENTS**  
**FIRST SUNDAY OF LENT**  
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## THE OUTDOOR WAY OF THE CROSS

Put it in your calendar: **Good Friday, April 10, at 9 am.** The stations begin at St. Mary's Cathedral.

## LENTEN EVENTS & RESOURCES

We prepare ourselves to enter once again into Jesus' Paschal mystery and to renew it in our lives. Find Lenten events, reconciliation services, parish missions and various family resources to accompany your journey in this season of prayer and penance: [catholiccyyc.ca/lenet](http://catholiccyyc.ca/lenet)

## ST. PATRICK'S FEAST DAY WITH BISHOP

**MCGRATTAN** | The Irish Cultural Society (ICS) invites you to celebrate the Feast day of St. Patrick at St. Mary's Cathedral on Tuesday, **Mar. 17 at noon** with Bishop McGrattan. Following mass, a light community lunch will be served in the parish hall. Kindly bring a tray of sandwiches or baked goods to contribute to the lunch.

## TRANSITIONS PROGRAM

The Transitions Program is a 15-week peer support program for those recently separated or divorced. The program began Tuesday, Feb. 18 at Sacred Heart Parish (1307 – 14 St. SW, Calgary) but will remain open until **Mar. 3**. Register at 403-218-5505 | [alida.allen@calgarydiocese.ca](mailto:alida.allen@calgarydiocese.ca)

## LENTEN RETREATS / MISSIONS

- **St. Patrick's Lenten Mission**  
St. Patrick's in Calgary invites you to join Fr. Jerome, Fr. Cristino and Fr. Poul on a Lenten Series on "The 7 Last Words of Christ". When: **Thursdays in Lent, at 7:15 pm until 8 pm.**
- **Lenten Mission with St. Paul's, Airdrie** with Fr. Adrian Martens. When: Monday to Wednesday, **Mar. 9-11, at 7 pm** (start with Mass). Where: St. Paul's Church (1305 Main St., Airdrie).

- **Lenten Mission with St. Anthony's, Calgary** with Fr. Edmund Vargas. When: **Mar. 4, 11, 18 & 25 at 7:30 pm** (following 7 pm Mass). Where: St. Anthony's Church (5340 4 St SW, Calgary)
- **Lenten Mission with St. Gabriel's Parish, Chestermere**, with Sisters of Divine Mercy. When: **Monday (Mar. 16) to Wednesday (Mar. 18), from 6:30 pm to 8:30 pm.** Where: St. Gabriel's Rectory (316 Windermere Dr. Chestermere, AB T1X 0B9). The mission includes rosary prayer, Mass, adoration, inspirational talk and music.
- **SFXC Young Adult Lenten Retreat** (18-35) at Camp Chestermere (1041 East Lakeview Rd., Chestermere, AB). When: **Friday, Mar. 20** (all day). To register, contact 587-232-9728 | [sfxc@calgarydiocese.ca](mailto:sfxc@calgarydiocese.ca) | [sfxc.ca](http://sfxc.ca)
- **St. Agnes' Lenten Mission**  
St. Agnes invites you to their parish Lenten Mission with speaker Fr. Daniel Gurnick. When: **Monday (Mar. 22) to Wednesday (Mar. 24) - at 7 pm.** All are welcome!

## RETRouvaille PROGRAM

Help your marriage and family by taking the Retrouvaille program. Learn to use practical communication tools to bring greater intimacy to your relationship. When: **Friday, Mar. 6.** Register at [helpourmarriagecalgary.com](http://helpourmarriagecalgary.com) | 403-879-7893.

## BRUNCH WITH THE BISHOP

The Calgary Catholic Medical Association (CCMA) invites you to have brunch with Bishop McGrattan at the Canmore Opera House at Heritage Park (1900 Heritage Dr SW, Calgary). When: **Saturday, Mar. 7.** This event is open to everyone. Tickets: \$30 each. For any questions or to register, contact [catholicmedyyyc@gmail.com](mailto:catholicmedyyyc@gmail.com)

## WOMEN' RETREATS

- **Religious Vocation retreat for single women (16-35) at Our Lady of the Assumption Parish** (7624-39 Ave. NW Calgary). When: **Mar. 7.** Contact Sr. Terry Smith at 403-228-3623 | [terry@fcjcentre.ca](mailto:terry@fcjcentre.ca)
- **TotusTuus for Young Women (18-45)** at the Divine Mercy Centre (15206 Township Road 262, Calgary) for a life deeply rooted to Mary, the Mother of Mercy. When: **Mar. 8 at 2-4 pm.** Contact 587-755-1019.

## FREE TAX CLINICS

Holy Spirit Parish will be hosting free Tax Clinics for Income Tax Returns. When: **Mar. 14 & 28, Apr. 18 & 25 (2 to 5 pm).** Where: Holy Spirit Parish, 10827 24 St. SW, Calgary. For more information about eligibility or to register, contact [taxfreeclinic@holyspiritparish.net](mailto:taxfreeclinic@holyspiritparish.net).  
Note: *This is a service offered by Holy Spirit Parish done by volunteers. Both Holy Spirit Parish and the Diocese of Calgary are not responsible to the CRA for the income tax return prepared and filed.*

## FINE ARTS POSTER CONTEST

The Secular Franciscan Fraternities of Western Canada invite all children and youth to participate in their annual fine arts and poster contest. Theme: Reaching Out to My Community. Official entry must be submitted before **Mar. 20.** To submit artwork, visit [olota.org](http://olota.org) | 403-358-4530 | [catherineofs@gmail.com](mailto:catherineofs@gmail.com)

## FAMILY COMPASS

Schoenstatt Apostolic Movement of Calgary invites Spanish-speaking couples to *Family Compass*, a series of workshops designed for couples who want to enrich their relationship and connect on a deeper level with God and their family. The series begins on Saturday, **Mar. 21 at 6:30 pm** happening at St. Michael Catholic Community (800 85 Street SW, Calgary). Visit [saintmichael.ca/faithformation](http://saintmichael.ca/faithformation)

## FAITH AND FUN FLAMES GAME

Join Bishop McGrattan and the Catholic Community in the Diocese of Calgary at a hockey game - Calgary Flames vs Tampa Bay Lightning. The first one hundred purchasers will be entered into a draw for an autographed hockey stick. For each ticket sold we raise \$5 for the Diocesan youth ministry. There will be a pre-game meet & greet with Bishop McGrattan. When: **Saturday, Mar. 21.** Cost: \$56 (discounted tickets). Get tickets at [flamesgroups.com/faithandfun](http://flamesgroups.com/faithandfun)

## MARRIAGE PREPARATION WITH CEE

Catholic Engaged Encounter (CEE) invites engaged couples to a marriage preparation weekend. When: **Mar. 28-29.** To register, call 403-240-0103 | [ceewest.com/calgary](http://ceewest.com/calgary) |

## LIVE-IN RETREAT

You are invited to a Live-In weekend retreat to grow in faith with Jesus. When: **Mar. 27-29** near Okotoks (starts Friday evening and ends Sunday afternoon). To register, please contact [calgarylivein@telus.net](mailto:calgarylivein@telus.net) | 403-239-0979. If you have attended your own Live-In, please consider serving at the retreat.

## THE CATECHESIS OF THE GOOD SHEPHERD TRAINING FOR ADULTS

| Based on Montessori principles, this program teaches scripture and liturgy for children ages 3-6. The training will be held **Apr. 20-25.** Where: Catholic Pastoral Centre. Deadline to register: **Mar. 15.** For more information Contact [cgsac.ca](http://cgsac.ca) | [paula.sabatini@st-peters.ca](mailto:paula.sabatini@st-peters.ca)

## JOIN US AT BISHOP'S DINNER

Join friends, family and the Catholic community for the 20th Bishop's Dinner. When: **Friday, May 8,** at Telus Convention Centre (120 9 Ave SE., Calgary). Funds raised will support the St. Francis Xavier Chaplaincy Program and the continued spiritual formation of young adults throughout our Diocese. More information: [bishopsdinner.ca](http://bishopsdinner.ca)