

All Masses will be cancelled

All Masses will be cancelled throughout the Diocese of Calgary from Tuesday, March 17 to Sunday, April 5, 2020

Weekday Masses will be live-streamed from St. Peter's Church

Visit: <https://st-peters.ca/live/> - Masses will be recorded and posted for playback.

Sunday Mass will be live-streamed from St. Mary's Cathedral with the Bishop as celebrant.

整個卡加里教區所有彌撒立即取消

整個卡加里教區所有彌撒即將由 2020 年 3 月 17 日

星期二至 2020 年 4 月 5 日星期日取消:

平日彌撒將由聖彼得教堂(St. Peter's Church)直播
<https://st-peters.ca/live/>

週日彌撒將由聖瑪利 (St. Mary's Cathedral)大教堂直播

鹽與光天主教傳媒S+L Chinese

《鹽與光天主教傳媒》為您網上播放由《天主教香港教區視聽中心》製作的廣東話「主日彌撒」及《天主教亞洲真理電台》製作的國語「主日講道」。同時，歡迎您收看「平日彌撒講道」。

登入收看:<https://saltandlighttv.org/chinese/mass/>

Confession and Individual Worship of the Eucharist

The Sacrament of Penance may be celebrated in a manner that fulfils the requirements mandated by Alberta Health Services:

Confessions from behind a screen: the required distance needs to be maintained between the penitent and confessor and the confessional screens should be sanitized after each use.

There should be no physical contact between the penitent and the confessor.

For Confession and Individual worship of the Eucharist, please call the parish office to make an appointment.

Tel: 403-265-7926

修和聖事及個人朝拜聖體

卡加里天主教教區通過亞伯特省衛生服務局的規定，教友可以進行修和聖事，

但神父與教友之間必須保持所需的距離，並不可有任何身體接觸。屏風每次使用後，都要進行消毒。

教友如欲作個人朝拜聖體或請阮神父聽告解，請聯絡堂區辦事處，電話: 403-265-7926

Spiritual Communion

When we receive the sacrament of Holy Communion, “we unite ourselves to Christ, who makes us sharers in his Body and Blood to form a single body,” (CCC 1331). Those who are unable to attend Mass or to receive the Sacrament are encouraged to unite themselves to Christ in prayer through what is known as a spiritual communion. As Pope St. John Paul II explained in his encyclical *Ecclesia de Eucharistia* (no. 34), when it is not possible to receive communion it is beneficial to cultivate in your heart a constant desire for the Sacrament. This prayer from St. Alphonsus of Liguori can help you to make this act of spiritual communion:

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there and unite myself wholly to You.
Never permit me to be separated from You. Amen.

神領聖體

任何不能實領聖體的人， 都可以神領聖體。
我們相信領聖體是最好與耶穌共融的方法，
但天主的慈悲不限於聖事的規範，祇要我們真心想邀請耶穌進入
我們內心，祇管求，祂就會來。

神領聖體經文

我的耶穌，我真心想信祢在聖體聖事內，我愛祢超過一切，我渴望領祢到我的心中。
既然我現在不能實領祢，請賞我至少神領祢的恩典！
我擁抱祢，完全與祢結合，像祢實在到了我的心中一樣，別讓我再與祢分離！
亞孟。

Update Information For Our Lady of Perpetual Help Parish

Please refer to our website: www.myolph.org

(Bulletin and announcement) or

follow Our Lady of Perpetual Help Calgary facebook

For any concern, please call Parish office at 403-265-7926

永援聖母堂最新消息

請參閱永援聖母堂網站: www.myolph.org

(堂區通訊及堂區報告)

或參閱永援聖母堂facebook .

如有任何查詢，請致電堂區辦事處 403-265-7926