

# 堂區通訊

卡城永援聖母堂  
暨華人天主教牧民中心

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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

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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 8, 2020 二零二零年三月八日

Second Sunday of Lent

四旬期第二主日

Last Sunday Collection

上主日奉獻

\$4,349.00



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



### The Second Sunday of Lent God's Calling

The first reading recalls the calling of Abram by God. From the land of Haran, Abram promptly answered God's calling, left his home village, and migrated to the land of Canaan. He later became known as Abraham, ancestor of the Israelites.

God often calls a person to leave his familiar and secure position in life to face what appears to be an uncertain and challenging future. Therefore, one has to face certain risks in accepting God's calling; but for sure these will not be blind, meaningless or harmful risks. As today's scriptures tell us, God's calling is really a grace and gift to us. Paul explains in the second reading that, in order to receive such grace, we have to "rely on the power of God." And this power has been revealed to us through the appearance of our Lord Jesus Christ.

In today's gospel, Jesus took Peter, James and John to a high mountain where he revealed his glory. In so doing, Jesus manifested himself to the apostles, strengthening their hope and consolidating their faith.

Many of us were baptized during our infancy through our parents' decision. Although our baby baptism was God's free gift and grace to us, some of us might lament that we took no part in the decision and that the choice was not ours. It is however important to know that as we are growing up, and even unto this day, we constantly face challenges to our faith. We have to decide on numerous occasions whether or not we should continue to follow Christ, keep our faith and abide by the teachings of Christ. In the midst of all these challenges and struggles, God calls us to follow him, but he leaves the choice to us. In fact, during the course of our lives, God speaks unceasingly to our hearts. We face challenges to our faith all our lives and it is at times difficult for us to rely on our own to deal with them. Today's scriptures exhort us to rely on God, whose power has been fully revealed in the death and resurrection of our Lord Jesus Christ.

So we need not be afraid of God's calling, since it is a grace and special gift for us. Because he loves us, God chooses and invites us to be faithful followers of his Son, Jesus Christ. It is entirely up to us to respond to his calling and his love for us. In this regard, we have to rely on our Almighty God and not just on ourselves. To be a good and faithful Christian, we need to know just one thing: love! It is God who first loved us, and we must love him in return. It is only then that we can grow in faith, hope and love, the three pillars in our Christian life.

"God our Father, help us to hear your Son. Enlighten us with your word, that we may find the way to your glory. We ask this through Christ, our Lord. Amen."



### Together in Action 2020

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.

TIA Letter From Most Rev. William T. McGrattan ( Bishop of Calgary)

Dear brothers and sisters in Christ, The Blessed Mother has been honoured as the first and the greatest of all disciples. United with the heart of God, she became the New Eve who opened the path of grace through the New Adam, the path that was once shut at the fall of Adam and Eve.

At the Visitation of Mary to her cousin Elizabeth, she rejoiced in God as she recognized her lowliness and relied on the strength and righteousness of God in bringing justice to the lowly especially to the oppressed and the disadvantaged. When we think of Mary's earthly life, while exalted by the Church as Queen of Heaven and Earth, she always had an outward focus - assisting others and leading souls to her Son. While she experienced the greatest joy in the plan

of God, she also bore the deepest pain. But in all these, she was only known for one purpose, God's mission. May we look to our Blessed Mother for guidance and inspiration as we strive to be missionary disciples. May we imitate her in aligning ourselves to the plan of God and hopefully be known for our participation in His mission.

May Together in Action be for us a way to bring His mercy and compassion to others. May it be for us a way of exalting God, relying on his strength and righteousness as we recognize our total and complete dependence on Him. Thank you for your generosity.

Sincerely yours in Christ,  
Most Rev. William T. McGrattan

## Diocese & Other News



### Way of the Cross Pilgrimage

St. Patrick's Parish in Calgary invite you to their one-day Lenten "pilgrimage" of visiting 14 churches in the Diocese of Calgary. When: Saturday, Apr. 4, starting at St. Patrick's at 7:30 am. Cost: \$30/person. Travel will be by coach. Bring your own lunch/snacks. For more details, contact the Parish Office at 403-254-6878.

## Parish Activities



### Proper Hand Hygiene Helps Prevent The Flu From Spreading

General Guidelines during the Influenza Season:

- Those who are ill or suspect illness should refrain from receiving from the chalice; Christ is fully present in each species.
- At this time, we share the Sign of Peace using the second option, a bow, instead of shaking hands. In the dioceses of Canada, the sign of peace is given by a handshake or a bow. However, it is appropriate that each person offer the sign of peace only to those who are nearest and in a sober manner.

(The General Instruction of the Roman

## Missal no. 82)

- Extraordinary Ministers of Holy Communion should practice good hand hygiene through frequent hand washing with soap and water and/or the use of alcohol-based rub (ABHR) and find a replacement for themselves if they are not feeling well.
- All the faithful are encouraged to practice good hand hygiene for the sake of others.
- The obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from a contagious illness; those with flu-like symptoms may choose to remain at home in order not to spread the virus to others. While televised Masses do not fulfill the Sunday obligation, those who are ill are dispensed from the Sunday obligation.
- The Diocese of Calgary has been monitoring the current situation in Alberta through updates from Alberta Health Services

2020 youth Lenten retreat

Come join us and learn more about encountering Jesus in our everyday life! Youth group is hosting an overnight Lenten retreat at camp Chestermere with the theme of Faith and Science. For grade 6 to university students, this retreat is the perfect opportunity to get closer to God through prayers, praise and worship, and talks from our guest speakers, Fr. James Hagel and Aames Abanto. For more details, please contact Jenny Lam. Date & time: March 28, 2020 5pm to March 29, 2020 4pm  
Place: Camp Chestermere  
Cost: \$30/per youth

**News & Others**Pope Francis Message for Lent

Theme : "We implore you on behalf of Christ, be reconciled to God" (2 Cor 5:20)  
Dear Brothers and Sisters,  
This year the Lord grants us, once again, a favourable time to prepare to celebrate with renewed hearts the great mystery of the death and resurrection of Jesus, the cornerstone of our personal and

communal Christian life. We must continually return to this mystery in mind and heart, for it will continue to grow within us in the measure that we are open to its spiritual power and respond with freedom and generosity.

1. The paschal mystery as the basis of Conversion

Christian joy flows from listening to, and accepting, the Good News of the death and resurrection of Jesus.

2. The urgency of conversion

It is good to contemplate more deeply the paschal mystery through which God's mercy has been bestowed upon us. That is why prayer is so important in Lent.

3. God's passionate will to dialogue with his children

The fact that the Lord once again offers us a favourable time for our conversion should never be taken for granted

4. A richness to be shared, not kept for oneself

Putting the paschal mystery at the centre of our lives means feeling compassion towards the wounds of the crucified Christ present in the many innocent victims of wars, in attacks on life, from that of the unborn to that of the elderly, and various forms of violence. I ask Mary Most Holy to pray that our Lenten celebration will open our hearts to hear God's call to be reconciled to himself, to fix our gaze on the paschal mystery, and to be converted to an open and sincere dialogue with him. In this way, we will become what Christ asks his disciples to be: the salt of the earth and the light of the world (cf. Mt 5:13-14).

Details at Vatican or [www.myolph.org](http://www.myolph.org)

**Words of Life Reflection**

Do not be anxious about anything. In everything resort to prayer and supplication together with thanksgiving and bring your requests before God. Then the peace of God, which surpasses all understanding, will keep your hearts

and minds in Christ Jesus (Philippians 4:6 - 7)

**Weekly Activities**

Wed, Fri Mar 11, 13

OLPH Senior Centre

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

Place: OLP Church Upper Hall

Fri Mar 13

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 14

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLP Church

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

Time: 4:30 p.m.

Faith Sharing Group (NW)

Time: 7:30p.m.-10:00p.m.

Contact: Maria Leung

Young Adults choir practice

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

Place: OLP Church Upper Hall

Sun Mar 15

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****Stations of the Cross**

While this devotion certainly has a place in Lent, the overemphasis given to it in the past tended to distort the meaning of the season. Because the stations were prayed publicly throughout the whole season, the impression was given that

Lent was primarily about commemorating the passion and death of Christ. Vatican II strongly endorsed the use of devotions as part of Catholic spirituality, but it also called for their renewal, to harmonize them with the sacred liturgy (see Liturgy #13).

The liturgy of Lent focuses on the passion and death of the Lord only near the end of the season, especially with the proclamation of the Passion on Palm (Passion) Sunday and again on Good Friday. The weekday readings between the Fifth Sunday of Lent and Palm Sunday also point toward the coming Passion, so that might also be an appropriate time to pray the Stations. The earlier weeks of Lent, however, focus much more on Baptism and covenant than on the Passion.

When we do pray the Stations of the Cross, we can also connect them with the baptismal character of Lent if we place the stations themselves in the context of the whole paschal mystery. In Baptism we are plunged into the mystery of Christ's death and resurrection, and our baptismal commitment includes a willingness to give our life for others as Jesus did. Recalling his passion and death can remind us that we, too, may be called to suffer in order to be faithful to the call of God.

One limitation with the traditional form of the Stations is the absence of the second half of the paschal mystery. The liturgy never focuses on the death of Christ without recalling his resurrection. Some forms of the Stations of the Cross include a 15th station to recall the resurrection as an integral part of the paschal mystery. Some contemporary forms of the Stations also make clear the link between the sufferings of Christ in the first century and the sufferings of Christ's body in the world today. Such an approach can help us to recognize and admit the ways that we have failed to live up to our baptismal mission to spread the gospel and manifest the love of Christ to those in need.

**Let There Be Light**



**Why would God want ME?**  
I'm not perfect. I have all kinds of

problems. I have no ability. I have no gifts. I'm just not worthy. Why would God want me?

Well, did you know that Moses stuttered.

David's armor didn't fit.

John Mark deserted Paul.

Timothy had ulcers.

Hosea's wife was a prostitute.

Amos' only training was in the school of fig-tree pruning.

Jacob was a liar.

David had an affair.

Solomon was too rich.

Jesus was too poor.

Abraham was too old.

David was too young.

Peter was afraid of death.

Lazarus was dead.

John was self-righteous.

Naomi was a widow.

Paul was a persecutor of the church.

Moses was a murderer.

Jonah ran from God's will.

Miriam was a gossip.

Gideon and Thomas both doubted.

Jeremiah was depressed and suicidal.

Elijah was burned out.

John the Baptist was a loudmouth.

Martha was a worry-wart.

Noah got drunk.

Did I mention that Moses had a short fuse?

So did Peter, Paul - well, lots of folks did.

But God doesn't require a job interview for salvation. He's our Heavenly Father.

He doesn't look at financial gain or loss.

He's not prejudiced or partial, not judging, grudging, sassy, or brassy, not deaf to our cry, not blind to our need. He knows who we are and what we are and loves us in spite of ourselves

SATAN SAYS, "YOU'RE NOT WORTHY."

JESUS SAYS, "SO WHAT? I AM."

SATAN LOOKS BACK AND SEES OUR MISTAKES.

GOD LOOKS BACK AND SEES THE CROSS.

He doesn't calculate how you failed in '99.

It's not even on the record.

Sure, there are lots of reasons why God shouldn't call us. But if we are in love with Him, if we hunger for Him, He'll use us in spite of who we are, where we've been, what we have done, or the fact that we are not perfect!

**Faith Stories Sharing**



### The Little Soul and the Sun

There once was a soul who knew itself to be the light. This was a new soul and so, anxious for experience.

"I am the light" it said. "I am the light"

Yet all the knowing of it and all the saying of it, could not substitute for the experience of it. And in the realm from which this soul emerged, there was nothing but the light. Every soul was grand and every soul was magnificent and every soul shone with the brilliance of God's awesome light. So the little soul was as a candle in the sun. In the midst of the grandest light, of which it was part, it could not see itself, nor experience itself as Who and What it really is.

Now it came to pass that this soul yearned and yearned to know itself. So great was its yearning that God one day said, "Do you know little one, what you must do to satisfy this yearning of yours?"

"Oh, what, God? What? I'll do anything!" the little soul said.

"You must separate yourself from the rest of us" God answered, "and then you must call upon yourself the darkness"

"What is the darkness, oh Holy One?" the little soul asked.

"That which you are not" God replied and the soul understood.

And so this the soul did, removing itself from the 'All' going even unto another realm. And in this realm the soul had the power to call into it's experience all sorts of darkness. And this it did.

Yet in the midst of all the darkness did it cry out, "Father, Father, why hast thou forsaken me?"

God replied: "Even has have you, in your blackest times. Yet I have never forsaken you, but stand by you always, ready to remind you of Who You Really Are; ready always ready, to call you home.

Therefore be a light unto the darkness and curse it not. And forget not who you are in the moment of your encirclement by that which you are not. But do praise to the creation even as you seek to change it. And know that what you do in the time of your greatest trial can be your greatest triumph.

For the experience you create is a statement of Who You Are - and Who You Want to Be.

## 主日分享



### 四旬期第二主日

#### 天主的召喚

今天彌撒中的讀經一，講天主召喚亞巴郎的故事。亞巴郎原是哈蘭人。他聽從了天主的召喚，離開故鄉，來到客納罕，而成為後來以色列人的先祖。天主的召喚叫人離開自己所熟悉的生活環境，去面臨一種陌生的挑戰。所以，接受天主的召喚，在本質上是含有冒險成分的。但是這決不是一種盲目的冒險。今天彌撒中的讀經二和福音，都給我們說明這一點。在讀經二裏，聖保祿宗徒把天主的召喚看作恩寵，接受這恩寵須「依賴天主的德能」，其效果已藉著耶穌基督的顯現而啓示出來了。

今天彌撒的福音記述：耶穌帶著伯多祿、若望和雅各伯三位宗徒上山；在山上顯現了祂的光榮。這是耶穌的自我啟示，同時也有激勵祂門徒的望德和堅定他們信德的意義。

我們中有些人是在嬰孩時代，由於父母親的選擇，而領洗進教的；雖然這也可以說是白白的恩寵和召喚，但始終個人仍未在接受聖洗聖事之前，作過決定。但是後來在長大的過程中，我們也曾不斷面臨決定跟隨或不跟隨基督的機會，或是否要繼續信仰生活和遵守天主的誡命的挑戰。在這樣的機會和挑戰中，天主不斷地向我們作出召喚，我們也不斷抉擇。在我們的一生中，天主的召喚還要不斷地在我們的心中響著。基督信徒的一生原來是充滿挑戰的，要應付並克勝它們，就人的能力來說，是很難的，但是今天的彌撒讀經給了我們一個寶貴的教訓：接受天主的召喚不是一種盲目的冒險，而是「依賴天主的能力」，其效果已在耶穌的死亡與復活中顯現出來了。它告訴我們天主的召喚是一種恩寵。所謂「恩寵」，就是天主特別的恩賜。天主愛我們，所以挑選我們，召叫我們作祂聖子耶穌基督的忠實信徒。我們接受天主的召喚，是回報天

主的愛。我們並不依賴我們自己的能力，而是「依賴天主的能力」，而天主能力是無窮無盡的。換句話說，要做忠實的基督信徒，首先要知道愛：知道天主先愛了我們，知道回報天主對我們的愛。這樣，我們才會有堅強的信德和熱切的望德。而信、望、愛三德是我們基督信徒生活的根基。

「天主，你命令我們聽從你聖子的教導，求你使我們由你的聖言中領悟生命之道，得到心靈的淨化，享見你的榮耀。」



### 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！

## 新聞及其他



### 教宗四旬期文告：與天主同在永遠有心靈的對話

主題為「我們如今代基督請求你們：與天主和好吧！」聖保祿宗徒致《格林多後書》5 章 20 節。文告籲請信友擁抱逾越奧蹟作為悔改的基礎，強調祈禱的重要性，並敦促信眾致力於愛德行為。

教宗在文告中首先指出，逾越節的奧蹟，即耶穌苦難、聖死和復活的奧蹟是悔改的基礎。教宗表示：「基督信仰的喜樂從聆聽並接受耶穌死亡和復活的喜訊流露出來。此一初傳

（kerygma）綜合了一個愛的奧秘：這愛「如此真實，如此真誠，如此實在，並邀請我們與祂建立真誠的關係，與祂進入可結出果實的交談」。凡相信這訊息的人，就不會接受「人生是自

己的，任由我們隨己意度過」此一不實謊言。」在 2020 年四旬期，教宗希望信友將目光投向被釘十字架的基督，「讓自己一再得救」。教宗強調，耶穌的逾越奧蹟不是過去的事件，而因聖神的德能永存不滅，「使我們以信德能在受苦的人身上看見和觸摸到基督的血肉」。

教宗接著強調祈禱的重要性，指出祈禱「是為表達我們需要回應天主的愛，這愛時時引領和支持著我們」。我們還蒙召聆聽並回應天主的聖言，以「能體驗到祂無條件賜予的慈恩」。

教宗表明，儘管我們有軟弱和失敗的時候，但天主始終「不中斷與我們的救恩對話」。天主拯救我們的決心，就是「讓祂的聖子背負我們罪的重擔」。

教宗最後祈求聖母瑪利亞為我們轉禱，他說：「讓四旬期能開啟我們的心，聽見天主要我們與祂和好的呼聲，定睛注視逾越奧蹟，並轉向與祂開放及誠懇的交談。這樣，我們會成為基督要求祂的門徒所成為的：地上的鹽、世上的光（參閱瑪五 13-14）。」

詳細內容請參閱梵蒂岡電臺訊

或堂區網頁 [www.myolph.org](http://www.myolph.org)

## 堂區活動



### 正確的個人衛生可以幫助防止

#### 流感蔓延

流感季節的一般準則：

- 那些生病或懷疑生病的人應避免從聖杯中領受聖體聖血。
- 我們在互祝平安時，會採用鞠躬的方式，而不是以握手來互祝平安。在加拿大的教區中，鞠躬或握手也是互祝平安的標記。如果彼此是近親，也可以根據個人意願以握手或其他方式互祝平安。
- 送聖體員應經常用肥皂和水洗手和/或使用酒精消毒液（ABHR）來保持手部衛生，如果感覺不適，請自行找人代勞。

—所有教友都應為他人著想，應養成良好的個人及手部衛生習慣。

—參加主日彌撒是每位教友的義務，但不適用於生病的人仕，尤其是患有傳染病的病人；有流感症狀的教友可選擇留在家中以避免將病毒傳播給他人。教友在觀看電視或網上轉播的主日彌撒，也並不代表履行主日彌撒的義務，但生病的教友可被免除參與主日彌撒。

卡加里教區一直通過亞伯達省衛生組織的最新消息來監測亞伯達省的當前狀況。

以上內容，將以卡加里教區的通告為準。

## 2020 青年四旬期避靜

青年團將在 Camp Chesternere 舉辦兩日一夜的四旬期避靜，讓大家分享和學習如何和耶穌在日常生活中交流。今年的主題是科學和信仰。歡迎各位六年級至大學學生參加。此避靜包括 Fr. James Hagel 和 Aames Abanto 的講座，遊戲，祈禱和 praise and worship。若有查詢請聯絡 Jenny Lam。

日期和時間：3月28日下午5時至  
3月29日下午4時

地點：Camp Chesternere

費用：每人30元

## 活動一週



星期三、五 3月11, 13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13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14日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午10時至12時30分

地點：永援聖母堂下禮堂

成人慕道班(國語)

時間：下午3時至5時

地點：聖堂二樓騎士會室

四旬期苦路善功

時間：下午4時30分

信仰小團體(NW)

時間：晚上7時30分至10時

聯絡：Maria Leung

大專青年團練習聖詩

時間：下午6時至8時

地點：永援聖母堂上禮堂

星期日 3月15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



你們什麼也不要掛慮，只在一切事上，以懇求和祈禱，懷著感謝之心，向天主呈上你們的請求；這樣，天主那超乎各種意想的平安，必要在基督耶穌內固守你們的心思念慮。(斐 4:6、7)

## 四旬期



## 拜苦路

四旬期的「拜苦路」，就是重回當年耶穌背負十字架的時候，陪伴耶穌走苦路，用以激發我們內心得救的渴望。聖良納德(St. Leonard of Port Maurice, OFM 1676-1751)是方濟會神職的弟兄，他一方面參加傳教工作，另一方面利用獨居時間默想祈禱。他常說：「第一種生

活是為天主」而生活，第二種生活是「在天主內」生活。

聖人經年奔波於外地，到處去講道，由於他態度誠懇，非常令人感動，使人發出悔罪的心，所以經常是座無虛席，為了感動頑固的大罪人，有時在講道之際當眾以苦鞭答身。但是他最常用的方法是拜苦路。他每到一處講道就設立十四處苦路。據聞光是他在義大利所設的苦路就達571座之多。1750年教宗本篤十四世特准他在羅馬競技場豎立十四處苦路。現在每年聖週五教宗偕教友們到達競技場舉行拜苦路。許多的地方堂區也常在四旬期每週五舉行公拜苦路。

## 靈修小故事



## 為信仰作見證

有一位總教區的神父最近慶祝他晉鐸六十周年。在彌撒的証道中，他一開始就向聽眾懺悔，並吸引大家的注意：“當我在法國小修院，還是個年輕的修生時，我很怕成為一個傳教士。我不要被派遣，離開我的國家和文化。我看到其他傳教士晉鐸後都被派到遙遠的地方，我變得害怕並告訴自己將無法承受。”

但是他說，當時有細微的聲音在他心裡說：“你今天不會去，先完成你的學業。”這使他平靜；然後在時機成熟後，他離開自己的國家，被派到緬甸，接著柬埔寨、台灣，以及最後來到新加坡。雖然開始他會害怕，但在天主愛的力量下，他最後還是離開了家鄉。

這位年長的神父也談到他其他的恐懼和病痛，但每次當他掙扎和捨不得放手時，內心總有細微呼喚在堅定他，使他繼續勇往直前。他提到最後的恐懼是面對自己的死亡。他要求會眾為他祈禱，讓他能在那一刻到來時，會有聲音給他足夠的信心去走信德的下一步。

你自己有什麼恐懼阻止你去走信德的下一步

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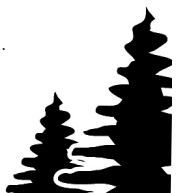
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**ANNOUNCEMENTS**  
**SECOND SUNDAY OF LENT**  
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## LENTEN EVENTS & RESOURCES

We prepare ourselves to enter once again into the 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/lent](http://catholiccyyc.ca/lent)

## THE HITMEN PLEDGE

"The Hitmen Pledge" is an initiative led by the Calgary Hitmen and ENMAX to raise 25,000 hours of community service in Calgary and surrounding area. For every 25 volunteer hours submitted, the volunteer will receive one entry in a draw to win \$25,000 to donate to any registered Southern Alberta charity of their choice (including the Roman Catholic Diocese of Calgary). Volunteer hours worked **between Sept. 21, 2019 to Mar. 15, 2020** are eligible for submission. The deadline for submission is Mar. 15. Register your parish volunteer hours by visiting [hitmenhockey.com/pledge](http://hitmenhockey.com/pledge) or submit in person to the ticket booth or concierge at any Calgary Hitmen home game.

## LENTEN RETREATS / MISSIONS

- **St. Bonaventure's Lenten Mission** with speaker Peter Thompson. When: **Thursdays in Lent, at 7pm**, except for March 26, which will be moved to Monday, March 30. Theme: When your mind wanders at Mass. Where: 1600 Acadia Dr. SE, Calgary.
- **St. Patrick's Lenten Mission** with Fr. Jerome, Fr. Cristino and Fr. Poul on "The 7 Last Words of Christ". When: **Thursdays in Lent, at 7:15 pm until 8 pm**. Where: 1414 Shawnessy Blvd. SW, Calgary.
- **St. Paul's, Airdrie Lenten Mission** with speaker Fr. Adrian Martens. When: Monday to Wednesday, **Mar. 9-11, at 7 pm** (start with Mass). Where: 1305 Main St., Airdrie.

- **Ladies Lenten Mission** with St. Mark's CWL and speaker Fr. Hyginus Ezugwu. When: **Saturday, Mar. 14 at 9 am to 1 pm**. Where: St. Mark's Church (5552 Madigan Drive NE, Calgary). Cost is \$10, includes lunch. Register by Mar. 9.
- **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.
- **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 | [sfxcc@calgarydiocese.ca](mailto:sfxcc@calgarydiocese.ca) | [sfxc.ca](http://sfxc.ca)
- **St. Agnes' Lenten Mission** with speaker Fr. Daniel Gurnick. When: **Monday (Mar. 22) to Wednesday (Mar. 24) - at 7 pm**. Where: 302 Veterans Way NW, Carstairs.
- **Lenten Mission with St. Mary's in Cochrane** with speaker Br. Michael Perras, OFM. When: **Monday (Mar. 23) to Thursday (Mar. 26), at 6:30 pm**. Where: 10 River Heights Dr., Cochrane.

## THE OUTDOOR WAY OF THE CROSS

The Diocese of Calgary invites all the faithful to walk the Outdoor Way of the Cross, a path characterized by 14 'stations' depicting moments and places of importance during Jesus' last walk from condemnation to death. When: **Good Friday, April 10**. The procession will start from St. Mary's Cathedral at **9 am** | For more information, visit <http://wayofthecross.ca>

## WAY OF THE CROSS PILGRIMAGE

St. Patrick's Parish in Calgary invite you to their one-day Lenten "pilgrimage" of visiting 14 churches in the Diocese of Calgary. When:

**Saturday, Apr. 4**, starting at St. Patrick's at **7:30 am**. Cost: \$30/person. Travel will be by coach. Bring your own lunch/snacks. For more details, contact the Parish Office at 403-254-6878.

### 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.*

### 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.

### 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)

### 2020 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)

## 教宗四旬期文告：與天主同在永遠有心靈的對話

聖座發表教宗方濟各《2020 年四旬期文告》，主題為“我們如今代基督請求你們：與天主和好吧！”。文告籲請信友擁抱逾越奧蹟作為悔改的基礎，強調祈禱的重要性，並敦促信眾致力於愛德行為。文告也提及教宗將於 3 月底參加在亞西西召開的“方濟各的經濟”國際會議。

（梵蒂岡新聞網）聖座新聞室 2 月 24 日舉行記者會，介紹教宗方濟各《2020 年四旬期文告》，文告主題取自聖保祿宗徒致《格林多後書》5 章 20 節，即“我們如今代基督請求你們：與天主和好吧！”

教宗在文告中首先指出，逾越節的奧蹟，即耶穌苦難、聖死和復活的奧蹟是悔改的基礎。教宗表示：“基督信仰的喜樂從聆聽並接受耶穌死亡和復活的喜訊流露出來。此一初傳（*kerygma*）綜合了一個愛的奧祕：這愛‘如此真實，如此真誠，如此實在，並邀請我們與祂建立真誠的關係，與祂進入可結出果實的交談’（《生活的基督》宗座勸諭，117 號）。凡相信這訊息的人，就不會接受‘人生是自己的，任由我們隨己意度過’此一不實謊言。”在 2020 年四旬期，教宗希望信眾將目光投向被釘十字架的基督，“讓自己一再得救”。教宗強調，耶穌的逾越奧蹟不是過去的事件，而因聖神的德能永存不滅，“使我們以信德能在受苦的人身上看見和觸摸到基督的血肉”。

教宗接著強調祈禱的重要性，指出祈禱“是為表達我們需要回應天主的愛，這愛時時引領和支持著我們”。我們還蒙召聆聽並回應天主的聖言，以“能體驗到祂無條件賜予的慈恩”。

教宗表明，儘管我們有軟弱和失敗的時候，但天主始終“不中斷與我們的救恩對話”。天主拯救我們的決心，就是“讓祂的聖子背負我們罪的重擔”。

“把復活奧蹟作為我們生活的中心，意思是在戰爭、各種打擊生命的行為，包括從未出生的胎兒到老年人，以及各種形式暴力的受害者身上看到被釘基督的創傷。”教宗表示，這就意味著要親自努力並投入建設“更美好世界”的工作。隨後，文告提到教宗將於“3 月 26 日至 28 日在亞西西與青年經濟學家、企業家和改革者召開一次會議”，旨在“塑造一個更富於正義、更有包容心的經濟環境”。

教宗最後祈求聖母瑪利亞為我們轉禱，他說：“讓四旬期能開啟我們的心，聽見天主要我們與祂和好的呼聲，定睛注視逾越奧蹟，並轉向與祂開放及誠懇的交談。這樣，我們會成為基督要求祂的門徒所成為的：地上的鹽、世上的光（參閱瑪五 13-14）。 ”

# **Pope's Message for Lent 2020**

**“We implore you on behalf of Christ, be reconciled to God” (2 Cor 5:20)**

**Dear Brothers and Sisters,**

This year the Lord grants us, once again, a favourable time to prepare to celebrate with renewed hearts the great mystery of the death and resurrection of Jesus, the cornerstone of our personal and communal Christian life. We must continually return to this mystery in mind and heart, for it will continue to grow within us in the measure that we are open to its spiritual power and respond with freedom and generosity.

## **1. The paschal mystery as the basis of conversion**

Christian joy flows from listening to, and accepting, the Good News of the death and resurrection of Jesus. This kerygma sums up the mystery of a love “so real, so true, so concrete, that it invites us to a relationship of openness and fruitful dialogue” (ChristusVivit, 117). Whoever believes this message rejects the lie that our life is ours to do with as we will. Rather, life is born of the love of God our Father, from his desire to grant us life in abundance (cf. Jn 10:10). If we listen instead to the tempting voice of the “father of lies” (Jn 8:44), we risk sinking into the abyss of absurdity, and experiencing hell here on earth, as all too many tragic events in the personal and collective human experience sadly bear witness.

In this Lent of 2020, I would like to share with every Christian what I wrote to young people in the Apostolic Exhortation ChristusVivit: “Keep your eyes fixed on the outstretched arms of Christ crucified, let yourself be saved over and over again. And when you go to confess your sins, believe firmly in his mercy which frees you of your guilt. Contemplate his blood poured out with such great love, and let yourself be cleansed by it. In this way, you can be reborn ever anew” (No. 123). Jesus’ Pasch is not a past event; rather, through the power of the Holy Spirit it is ever present, enabling us to see and touch with faith the flesh of Christ in those who suffer.

## **2. The urgency of conversion**

It is good to contemplate more deeply the paschal mystery through which God’s mercy has been bestowed upon us. Indeed, the experience of mercy is only possible in a “face to face” relationship with the crucified and risen Lord “who loved me and gave himself for me” (Gal 2:20), in a heartfelt dialogue between friends. That is why prayer is so important in Lent. Even more than a duty, prayer is an expression of our need to respond to God’s love which always precedes and sustains us. Christians pray in the knowledge that, although unworthy, we are still loved. Prayer can take any number of different forms, but what truly matters in God’s eyes is that it penetrates deep within us and chips away at our hardness of heart, in order to convert us ever more fully to God and to his will.

In this favourable season, then, may we allow ourselves to be led like Israel into the desert (cf. Hos 2:14), so that we can at last hear our Spouse’s voice and allow it to resound ever more deeply within us. The more fully we are engaged with his word, the more we will experience the mercy he

freely gives us. May we not let this time of grace pass in vain, in the foolish illusion that we can control the times and means of our conversion to him.

### 3. God's passionate will to dialogue with his children

The fact that the Lord once again offers us a favourable time for our conversion should never be taken for granted. This new opportunity ought to awaken in us a sense of gratitude and stir us from our sloth. Despite the sometimes tragic presence of evil in our lives, and in the life of the Church and the world, this opportunity to change our course expresses God's unwavering will not to interrupt his dialogue of salvation with us. In the crucified Jesus, who knew no sin, yet for our sake was made to be sin (cf. 2 Cor 5:21), this saving will led the Father to burden his Son with the weight of our sins, thus, in the expression of Pope Benedict XVI, "turning of God against himself" (*Deus Caritas Est*, 12). For God also loves his enemies (cf. Mt 5:43-48).

The dialogue that God wishes to establish with each of us through the paschal mystery of his Son has nothing to do with empty chatter, like that attributed to the ancient inhabitants of Athens, who "spent their time in nothing except telling or hearing something new" (Acts 17:21). Such chatter, determined by an empty and superficial curiosity, characterizes worldliness in every age; in our own day, it can also result in improper use of the media.

### 4. A richness to be shared, not kept for oneself

Putting the paschal mystery at the centre of our lives means feeling compassion towards the wounds of the crucified Christ present in the many innocent victims of wars, in attacks on life, from that of the unborn to that of the elderly, and various forms of violence. They are likewise present in environmental disasters, the unequal distribution of the earth's goods, human trafficking in all its forms, and the unbridled thirst for profit, which is a form of idolatry.

Today too, there is a need to appeal to men and women of good will to share, by almsgiving, their goods with those most in need, as a means of personally participating in the building of a better world. Charitable giving makes us more human, whereas hoarding risks making us less human, imprisoned by our own selfishness. We can and must go even further, and consider the structural aspects of our economic life. For this reason, in the midst of Lent this year, from 26 to 28 March, I have convened a meeting in Assisi with young economists, entrepreneurs and change-makers, with the aim of shaping a more just and inclusive economy. As the Church's magisterium has often repeated, political life represents an eminent form of charity (cf. Pius XI, Address to the Italian Federation of Catholic University Students, 18 December 1927). The same holds true for economic life, which can be approached in the same evangelical spirit, the spirit of the Beatitudes.

I ask Mary Most Holy to pray that our Lenten celebration will open our hearts to hear God's call to be reconciled to himself, to fix our gaze on the paschal mystery, and to be converted to an open and sincere dialogue with him. In this way, we will become what Christ asks his disciples to be: the salt of the earth and the light of the world (cf. Mt 5:13-14).