



愛民頓瑪利亞進教之佑華人天主堂



Mary Help of Christians Chinese Catholic Parish 10140 — 119 Street, Edmonton, AB T5K 1Y9
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堂區通訊 Parish Newsletter

四旬期

二零零六年三月五日
March 5, 2006

Pastor: Fr. James H. Jeffcoat, S.D.B.
週一休假 Office closed on Monday

彌撒時間表 Mass Timetable

* 主日彌撒 Sunday Mass

星期六：下午四時半(雙語)

Saturday: 4:30 pm(Bilingual)

主日：上午九時半(英語)上午十一時(雙語)

Sunday: 9:30 am (English) 11:00 am (Bilingual)

* 平日彌撒

星期二至五：中午時正(雙語)

Weekday Mass: Tuesday-Friday 12:00 noon (Bilingual)

* 耶穌聖心彌撒

每月首星期五：中午十二時正(雙語)

Mass of The Sacred Heart of Jesus

First Friday of each month 12:00 noon (Bilingual)

- 修和聖事：可隨時與神父預約(告解)

Sacrament of Reconciliation

- By appointment with the Pastor.



堂區及教會消息



二零零六年堂區週年退省

本年堂區週年退省，訂於三月十九日〈星期日〉舉行，地點在華人天主堂，時間由上午八時半至下午五時半。粵語組的神師是耶穌會士周守仁神父，主題是「在萬物中尋找天主」，英語組的神師是Fr.

Michael Bechant O.M.I.，主題是 “If you Want to Walk on Water, You Have to Get Out of the Boat”

爲了鼓勵大家踴躍參加這項有益的神修活動，費用全免，堂區並爲參加者提供簡單的午餐。歡迎年滿十六歲或以上的兄弟姐妹參加。

退省報名表已開始在詢問處派發，並接受報名，截止日期是三月十二日。請大家將填妥的報名表於截止日期之前交回詢問處，以便籌備小組能有準確人數，預備食物和安排一切。期望大家踴躍參與週年退省，更新我們基督徒的信仰生活，準備慶祝即將來臨的逾越節。

四旬期苦路善功

堂區在四旬期內逢星期五，將舉行苦路善功，時間是晚上八時，舉行苦路善功的日期、時間如下：

| | |
|---------------------|-------|
| 三月十日〈星期五〉 | 晚上八時正 |
| 三月十七日〈星期五〉 | 晚上八時正 |
| 三月廿四日〈星期五〉 | 晚上八時正 |
| 三月三十一日〈星期五〉 | 晚上八時正 |
| 四月七日〈星期五〉 | 晚上八時正 |
| 四月十四日〈星期五〉〈救主受難紀念日〉 | 下午五時正 |

請各位教友熱心參加，一同默想及追憶耶穌爲救贖人類所受的苦難。



堂區及教會消息



四旬期青少年靈修活動

堂區在今年的四旬期，再次舉辦一項專為九歲至十五歲青少年而設的靈修活動，在三月十八日〈星期六〉時間是中午十二時半至五時半，主題 “The Joshua in You” 由堂區週年退省的粵語組神師，耶穌會士周守仁神父 (Fr. Stephen Chow S.J.) 主持。費用全免，堂區並為參加者提供簡單的午餐。請各家長鼓勵子女參與這項有意義的活動，報名表可在詢問處領取，請盡快報名，勿失良機。

特別消息

三月十九日為堂區週年退省日，是日上午九時半及十一時的主日彌撒，將改於下午四時半以中英雙語舉行，作為退省的結束，請各位留意！

請為主任司鐸健康祈禱

主任司鐸 Fr. Jim 日前接到醫生報告，神父患上胃癌，影響神父消化功能，祇可以進食流質食物。目前神父留在宿舍休養，等候醫生為他安排療程與及日常護理。堂區議會呼籲大家在彌撒之中、日常生活中特別為神父祈禱。

堂區財政簡報 Parish Financial Summary

二零零六年二月十八日、十九日
February 18 & 19, 2006

主日捐獻 Sunday Collection \$2,798.27
Thank you very much for your generous contribution.
詳情請參閱壁報板上的財政月報
Please refer to the Monthly Financial Report on the Bulletin Board for details.

退省前夕講座

三月十八日(星期六)晚上八時至九時，舉行退省前夕的靈修講座，由粵語組神師周守仁神父主持。幫助各位妥善準備心靈，使在翌日退省中，能獲更大的神益，請踴躍參與。

四旬期修和聖事

堂區為使各位教友能妥善準備心靈，迎接基督的苦難、聖死與復活，特於三月十八日〈星期六〉下午三時至四時，舉行個人修和聖事，請各位善用這段時間，以免在退省日因人多輪候，錯失妥辦告解的良機。

慕道者甄選禮

堂區本年度二位慕道者將於三月五日〈四旬期首主日〉十一時主日彌撒中參加甄選禮，慕道者並於當日下午二時半前往聖若瑟主教座堂，出席由高多默總主教主持的教區甄選禮，請各位教友多為本屆慕道者祈禱。

慕道者名單如下：陳國泉、王陳靜嫻

探望時間

為免影響主任司鐸 Fr. Jim 的休息時間，如教友希望探訪 Fr. Jim，請先到堂區辦事處登記以安排適當的時間，多謝合作！

收集瓶罐運動

堂區上月舉行的瓶罐收集運動，得到很多教友的支持，瓶罐回收共得到 \$333.40，多謝各位！

堂區日誌

| 日期 | 星期 | 時間 | 地點 | 活動 |
|------|----|-------|----|-------|
| 三月九日 | 四 | 下午七時半 | 聖堂 | 聖詠團練習 |



Parish & Church News



2006 Parish Annual Retreat

2006 Parish Annual Retreat will be held on Sunday, March 19th at the church from 8:30 a.m. to 5:30 p.m.. The Spiritual Director for the Cantonese session is Fr. Stephen Chow, S.J.. The topic is "Finding God in All Things". The Spiritual Director for the English session is Fr. Michael Bechant, O.M.I.. The topic is "If You Want to Walk on Water, You Have to Get Out of the Boat".

There is no charge for the retreat and a light lunch will also be provided. Parishioners who are over 16 years old are welcome to attend.

Registration form can now be picked up at the Information Desk. The registration deadline is March 12th. Please make sure you return your completed registration form to the Information Desk on or before the deadline so the organizing committee has the correct headcounts to place the food order. Please do not miss this invaluable opportunity to renew our faith and to prepare ourselves for the Holy Week.

Station of the Cross

Devotion to Stations of the Cross will take place every Friday at the church at 8:00 p.m. during Lent. Please take this opportunity to meditate on the suffering and death of Jesus for the salvation of all mankind.

Special Arrangement

On Sunday March 19th 2006 the 9:30 a.m. Mass (English) and 11:00 a.m. Mass will be combined and rescheduled to 4:30 p.m. This bilingual Mass will also conclude the Parish Annual Retreat.

Visiting Hour

Father Jeffcoat has recommended times for visitation from parishioners. Please phone the Parish Office to arrange a time to visit. Thank you for your attention.

Bottle Drive

The Bottle Drive run by the Parish last month raised a sum of \$333.40. Thank you for your support.

Pray for Our Pastor

Fr. Jim has been told by the doctor that he has stomach cancer. There are also a few complications in the digestive system and he can only take liquid diet. Father is resting in his residence. He is in good spirit, waiting for the doctor to arrange a treatment and home care program. Please always remember him in our prayers.

Sacrament of Reconciliation

In order to help parishioners prepare for the Easter celebration, the Parish will hold a session of Sacrament of Reconciliation on Saturday March 18th from 3:00 p.m. to 4:00 p.m. Please use this opportunity and avoid the line up for confession next day during the Parish retreat.

Adolescence Lent Spiritual Gathering

The Parish is again organizing a spiritual gathering for young parishioners aged 9 to 15 on Saturday March 18th from 12:30 p.m. to 5:00 p.m. The title is "The Joshua in You". Fr. Stephen Chow S.J. has agreed to lead the session.

There is no charge for this event and a simple lunch will also be provided. We ask parents to encourage their children to attend this gathering. Please get your registration form from the Information Desk and register today.

Catholic Conference 2006

The Alberta Conference of Catholic Bishops and the Alberta Catholic School Trustee' Association (ACSTA) invite you to Catholic Conference 2006 and celebrate the theme "Hearts on Fire: Light to the World". The event will be held at the Shaw Conference Centre in Edmonton from March 17-19. Speakers include Archbishop Thomas Collins, Bishop Frederick Henry, Jesse Manibusan, Mark Pickup, Sister Jose Hobday and Dr. Rebecca Davis Mathias. Registration books are available from your parish office or by calling ACSTA at (780) 484-6209 (Edmonton number). For more information call ACSTA or log onto www.catholicconference2006.ab.ca

四旬期第一週 (二零零六年三月五日至三月十一日) 讀經、福音章節

| | | | |
|-----|---------------------|-------------|-------------|
| 主 日 | 四旬期第一主日 (甄選禮) | | |
| | 申命紀 26:4-10 | 羅馬書 10:8-13 | 路加 4:1-13 |
| 星期一 | 肋未紀 19:1-2,11-18 | | 瑪竇 25:31-46 |
| 星期二 | 依撒意亞 55:10-11 | | 瑪竇 6:7-15 |
| 星期三 | 約伯傳 3:1-10 | | 路加 11:29-32 |
| 星期四 | 艾斯德爾傳 4:10-12,17-19 | | 瑪竇 7:7-12 |
| 星期五 | 厄則克耳 18:21-28 | | 瑪竇 5:20-26 |
| 星期六 | 申命紀 26:16-19 | | 瑪竇 5:43-48 |

四旬期第二主日(二零零六年三月十二日)讀經、福音章節

1st Week of Lent (March 5 - March 11, 2006) Daily Readings

| | | | |
|-------|---------------------------------------|----------------|------------------|
| Sun. | 1st Sunday of Lent (Rite of Election) | | |
| | Deuteronomy 26:4-10 | Romans 10:8-13 | Luke 4:1-13 |
| Mon. | Leviticus 19:1-2,11-18 | | Matthew 25:31-46 |
| Tue. | Isaiah 55:10-11 | | Matthew 6:7-15 |
| Wed. | Job 3:1-10 | | Luke 11:29-32 |
| Thur. | Esther 4:10-12,17-19 | | Matthew 7:7-12 |
| Fri. | Ezekiel 18:21-28 | | Matthew 5:20-26 |
| Sat. | Deuteronomy 26:16-19 | | Matthew 5:43-48 |

2nd Sunday of Lent (March 12, 2006) Readings

特敬聖若瑟

三月份是聖若瑟聖月，教友請在三月份內誦念以下經文，熱心敬禮聖若瑟這位中國、愛民頓、勞工及臨終者的主保聖人。

求聖若瑟垂佑禱文

大聖若瑟，我們在困難中奔赴你面前，特來求你護佑。求你在我們困難急需中用你的大能幫助我們。大聖若瑟，聖家的勤奮守護人，請你保佑耶穌基督所選的後裔。一如你從前在耶穌聖嬰性命有危險時救了他，現在也求你同樣地保護聖教會，使她脫免仇敵的惡計和其他的危險困難。請你也常常保護我們每一個人，使我們效法你的榜樣。靠著你的助佑，使我們在世聖善地生活，妥善地去世，得享天國永福。

亞孟。

楊家太極拳健身班

《簡化二十四式》

導師：馬偉生師傅

新班開課日期：二零零六年四月二日

上課時間：逢星期日上午九時十五分
至十時四十五分

上課地點：本堂區大禮堂

學費：\$40 / 十二堂

報名：請到詢問處或與簡程敏兄弟
(Michael Kan) 聯絡，

電話 438-7222。

備註：扣除部分支出外，其餘學費收入將撥作捐助聖堂之用。