

<div>二零一二年聖週禮儀時間表</div> <div>SCHEDULE FOR HOLY WEEK LITURGY 2012</div>		
<div>四月五日(星期四)</div> <div>April 5</div> <div>(Holy Thursday)</div>	<div>主的晚餐感恩祭及濯足禮</div> <div>Evening Mass of the Lord’s Supper</div>	<div>晚上八時正 (中文)</div> <div>8:00 p.m. (Chinese)</div>
<div>四月六日(星期五)</div> <div>April 6 (Good Friday)</div> <div>(應守大小齋)</div> <div>(Fast and Abstinence)</div>	<div>拜苦路</div> <div>Way of the Cross</div> <div>紀念救主苦難禮儀</div> <div>Celebration of the Lord’s Passion</div>	<div>下午三時正 (中文)</div> <div>3:00 p.m. (Chinese)</div>
<div>四月七日(星期六)</div> <div>April 7 (Holy Saturday)</div>	<div>復活慶典的夜間禮儀</div> <div>Liturgy of Easter Vigil</div>	<div>晚上九時 (中文)</div> <div>9:00 p.m. (Chinese)</div>
<div>四月八日(復活主日)</div> <div>April 8</div> <div>(Easter Sunday)</div>	<div>復活主日日間感恩祭</div> <div>Easter Sunday Mass</div>	<div>上午九時半 (英文)</div> <div>9:30 a.m. (English)</div>
		<div>上午十一時正 (中文)</div> <div>11:00 a.m. (Chinese)</div>

**2012 Outdoor Way of the Cross**

The 32nd annual Edmonton Outdoor Way of the Cross invites people to think about the continued relevance and importance of the Gospel message to our world by taking part in a prayer walk on **Good Friday, April 6**. The walk begins at 10 a.m. at Hope Mission, 9908-106 Avenue, and returns there about noon. This year’s theme arises from concern about the increasing income disparities locally, in Canada, and the world; and the social implications of this; and asks the question, “In the midst of inequality and injustice, what does God require?” The words of Micah 6 -- “And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”- - offer a foundation for this theme. The stations will offer reflections on a wide range of social issues, woven together with music as participants move from station to station. At the conclusion of the walk there will be light refreshments. The walk follows paved streets and lanes and should not be difficult for most children or those with mobility challenges.

Participants are invited to bring a donation of non-perishable food. The Outdoor Way of the Cross is a community event sponsored by the Edmonton and District Council of Churches. Everyone is welcome.

More information is available from Linda at 780-466-6327.



愛民頓瑪利亞進教之佑華人天主堂

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堂區通訊
Parish Newsletter

二零一二年四月一日 April 1, 2012

基督苦難主日（聖枝主日）

Dear Parishioners,

**Hosanna . Crucify Him – the drama of Unity!**

The drama of human salvation reaches its theatrical peak with Palm Sunday: the same people shouting “Hosanna to the Son of David” today will be the ones shouting, on Good Friday, “crucify him, crucify him . . . away with him!” How hypocritical, how ambivalent! If the parishioners of Mary Help of Christians’ Chinese Parish had been there, would they have acted differently?

Our parish, to my mind, is the best in the Catholic world: we volunteer to drive our seniors (popo and gongon) to Mass every Saturday evening; we sacrifice a lot for our annual Chinese New Year Carnival; we sacrifice to give ourselves some treats to light lunch and coffee, thanks to the Sunday Café group; and on and on. Yes, we have contributed thousands of dollars for our stain-glass project, but how much love are we ready to expend in order to win back lapsed foes and neighbours?

The drama of Christian Unity cost Christ his blood on the cross: he saved his friends and enemies, at no cost to them! And you, what are you doing about those parishioners who no longer come to our parish because either you or others have wronged them? What are you doing about those parishioners to whom you no longer talk because they wronged you or because they are poorer, richer, uglier, prettier, more pugnacious and garrulous than you?

May our enmities cease and unity restored this Lent: with God everything is possible, get to work to restore unity with all, be no hypocrite!

Ayodele Ayeni, C.S.Sp.

親愛的教友們：

賀三納          釘死祂          團結的劇目

整個拯救人類的戲劇在聖枝主日進入了高潮。今天那些高喊「賀三納，達咪之子」的人，過不了幾天的聖週五却叫喊着「釘死祂在十字架上」。多麼虛偽，多麼矛盾。假如我們堂區教友身在其中，不知會不會不會有所不同。

在我看來，我們是天主教世界裏最好的堂區。我們自發接載我們的公公婆婆，來參與主日提前彌撒，每年的新春嘉年華，我們積極參與投入各項工作。主日茶座小組努力為我們妥備午膳茶水，真是說之不盡。再說為聖堂內裝置彩色玻璃窗，捐獻為數千萬，但有多少是為了愛背離我們的仇敵和比鄰而做的。

基督徒的團結成就於基督在十字架上所流的寶血。祂義無反顧的救了朋友，也救了仇敵。你呢，對那些因你或其他人受了委屈而不再來我們堂區的教友，對那些比較富裕的，清貧的，標致的，難看的，好鬥的，喋喋不休的，甚或委屈了你的教友，你再也不跟他們說一句話，你會怎樣做呢？

願我們在四旬期重新出發，終止怨憤，一起努力，不再偽善，重新團結，為天主一切都是可能的。

Ayodele Ayeni, C.S.Sp.

## 聖週內特別事項

1. 為表示基督徒相親相愛，彼此服侍，在聖週四(四月五日)主的晚餐感恩祭中，除了舉行濯足禮外，本堂區將會為本市食物庫(Food Bank)收集食物，獻給有需要者以表示愛心。請各位支持。
2. 為響應教宗的呼籲，在聖週五(四月六日)，紀念救主受難禮儀中，將特別為支持在聖地推行牧民、福利、教育等工作所需的經費，而收集一次奉獻。請各位慷慨捐獻。
3. 聖週六(四月七日)復活慶典夜間禮儀中，燭光禮所用的蠟燭，堂區已為各位準備妥當，請於當日禮儀前在詢問處領取。

## 聖週讀經、福音章節 Holy Week Daily Reading

聖枝主日	Passion Sunday	依 Is 50:4-7; 斐 Phil 2:6-11; 谷 Mk 14:1-15:47
聖週一	Mon of Holy Week	依 Is 42:1-7; 若 Jn 12:1-11
聖週二	Tue of Holy Week	依 Is 49:1-6; 若 Jn 13:21-33,36-38
聖週三	Wed of Holy Week	依 Is 50:4-9, 瑪 Mt 26:14-25
聖週四	主的晚餐 Thursday of Holy Week The Lord's Supper	出 Ex 12:1-8,11-14; 格前 I Cor 11:23-26; 若 Jn 13:1-15
聖週五	救主受難紀念 Good Friday The Lord's Passion	依 Is 52:13-53:12; 希 Heb 4:14-16,5:7-9; 若 Jn 18:1-19:42
聖週六	復活慶典夜間禮儀 Sat of Holy Week Easter Vigil	歐 Hos 6:1-6; 谷 Mk 16:1-8

## 大小齋

『小齋』：教會規定，凡已足十四歲的教友，在每年的聖灰禮儀日及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天不吃喝熱血動物的肉類食品及湯水，及作一些生活上的小犧牲。

『大齋』：教會也要求年齡已滿十八歲至五十九歲的教友，在上述兩個日子，除了守小齋外，還要守大齋，即在那兩天只可吃飽一餐，並在其他兩次不同時間取用小許食物，其餘時間只可飲用清水(藥物除外)。

『守齋』的用意：第一是彌補罪過；第二是催使教友歸依基督的心愈益成長，引導教友思想像基督，行動肖似基督。

## 聖週期內堂區活動

堂區議會曾決定：每年聖週四至聖週六三天期間，即今年的四月五日至七日，暫停所有非宗教性的堂區活動，以便教友在這禮儀年內的至聖時期，專心一意參與堂區各項隆重的禮儀。

## 聖週六復活前夕晚上慶祝茶會

為慶祝耶穌基督的光榮復活，在聖週六(四月七日)復活慶典夜間禮儀後將會在大禮堂一同分享這份喜悅。

堂區會準備飲品小食，並邀請各位教友帶來簡單食物或糕點在感恩祭前交到廚房，到時將有負責人員接收。多謝各位支持！

## Holly Thursday Food Bank Collection

To express Christian love, and dedicate to those in need, on Holly Thursday (April 5), the parish will collect money and food donation for The Food Bank, please support generously.

## Good Friday Collection 2012

At the request of the Holy Father, the Catholic faithful of the world and our country are invited on Good Friday to support spiritually and financially the Christian communities in the Holy Land and the keepers of the Holy Sites, the Franciscans. The annual Good Friday collection, a Canadian tradition of solidarity that dates back to the 1880s, supports the Commissary of the Holy Land in Canada, which strengthens ties between dioceses and the Holy Land through prayer, pilgrimage, service and financial support.

## Parish Activities During the Holy Week

The Parish Pastoral Council had decided that every year, during Triduum in Holy Week, i.e. April 5-7 this year, all non-religious Parish activities to be suspended. Such arrangement would help parishioners to concentrate in their participation in all solemn liturgies in this most sacred period of the liturgy.

## 主日彌撒捐獻

### Sunday Collection

二零一二年三月廿四、廿五日

### March 24 & 25, 2012

主日捐獻	Sunday Collection	\$	2,665.45
彩色玻璃	Stained Glass	\$	370.00
堂慶捐獻	Silver Jubilee	\$	300.00
特別捐獻	Special Offering	\$	70.00
Developments and Peace		\$	1,623.00

## Fast and Abstinence

The Catholic Church requires that all faithful of fourteen years old and above to observe 'Abstinence' on Ash Wednesday and Good Friday to remind ourselves the suffering and death of our Lord Jesus Christ.

Abstinence means: no food and drinks from warm blood animals' meat and offer minor sacrifices in our daily lives.

The Church also demands those between eighteen and fifty-nine years old to observe 'Fasting' on those two days mentioned above. That is, on those two days one full meal is allowed. Only a small portion of food during two other meal-times and pure water is permitted for the rest of the day.

## Holy Saturday Easter Vigil Party

On April 7, during the day of the Holy Saturday, the Church is silent and we all wait in silence.

At sunset however, the Church explodes in joy and celebration of Jesus' Resurrection.

Apart from refreshment prepared by the Parish, we invite you to bring along some light snacks to share among brothers and sisters in the Hall after the ceremony.

Kindly leave your food with the stewards in the kitchen before attending the Vigil. Thank you for your cooperation and support.

## Beauty of Stewardship

### April 1 – Palm Sunday

The second reading today speaks of Christ's humility. We too are called to be humble. Being humble does not mean we think less of ourselves; that serves no purpose. Christian humility simply means that we think of ourselves less. We can do this by putting God and others first. As Christian stewards we acknowledge God as the source of all our talents and abilities, and everything we possess.

Setting aside self gives the steward a certain 'God-grounded' confidence while still remaining humble.

*Courtesy Stewardship Office, The Archdiocese of Winnipeg*