



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
Email address: maryhelpofchrist@interbaun.com Website: www.chinesecatholicparish.ca
Phone: (780) 482-7481 Fax: (780) 482-7488

堂區通訊 Parish Newsletter



二零一三年二月十日

常年期第五主日 (農曆年初一)

彌撒	時間	語言
星期六	4:30 pm	粵語
星期日	9:30 am	英語
星期日	11:00 am	粵語

親愛的教友們：

「他們捨棄了一切，跟隨了耶穌」 (路 5: 11)

作為一個基督徒，並不是一件容易的事。對我們來說，要承認罪過，應如今天第一篇讀經裏的依撒意亞先知一樣，從煉淨與寬恕開始。對某些人來說，一個基督徒須仿效聖保祿宗徒在第二篇讀經中所提及的不再戀棧安逸與財富。

可以肯定的是，沒有十字架的生活，不太可能成為基督徒。但可以肯定的是我們的安慰是來自我們的主耶穌基督。祂是與我們這麼的親近。在我們感到沮喪的時刻，祂會像在今天福音裏對伯多祿宗徒的一樣說，「划到深處去，撒你們的網去捕魚。」當然豐盛的收穫，在於聽從主的說話。

這個星期，你會去探訪一位冷淡的基督徒甚或一位外教的友人，同事，家人嗎？

艾朗日神父 C.S.Sp.

聖灰禮儀日應守事項

二月十三日 (星期三) 是聖灰禮儀日。Fr. Ayo 於當日上午十時半舉行聖灰禮儀。禮儀包括有感恩祭、祝福及領受聖灰。請各位教友熱心參加，開展神聖的四旬期。

按照教會的規定：在聖灰禮儀日，年滿十四歲之教友，應守小齋；年滿十八歲至五十九歲之教友，應守大小齋。謹請各位教友特別留意。

病人傅油禮

二月十一日 (星期一) 為世界病患者日。Fr. Ayo 將於二月十六日 (星期六) 四時半主日提前彌撒中及 二月十七日 (星期日) 九時半及十一時兩台主日彌撒中，為堂區年老體弱或患病的教友施行「病人傅油聖事」。

四旬期公拜苦路

本堂舉行之公拜苦路日期及時間如下：

- | | | |
|-------|-------|------------|
| 2月15日 | (星期五) | 下午七時半 |
| 2月22日 | (星期五) | 下午七時半 |
| 3月01日 | (星期五) | 下午七時半 |
| 3月08日 | (星期五) | 下午七時半 |
| 3月15日 | (星期五) | 下午七時半 |
| 3月22日 | (星期五) | 下午七時半 |
| 3月29日 | (星期五) | 救主受難紀念禮儀之前 |

請各位教友熱心參加，一起追憶和默想主耶穌為救贖人類所受的苦難。

與長者們共慶新年

新年快樂! 堂區「新春嘉年華 — 表演組」會在二月十六日星期六晚上六時至七時，往「華埠護理中心」及「華人安老院」探訪，有醒獅，太極和歌舞助慶，並致送禮物，向公公婆婆們恭賀新年。「探訪組」及「聖母軍」會參與這次活動。歡迎教友參與，請聯絡 Ben Lau 780-909-8812



主日及其他捐獻

主日捐獻	\$2,864.45
其他捐獻	\$1,395.00
聖堂保養	\$1,887.64

堂慶年「以球會友」

為使教友在堂慶年內，有更多機會共融互愛、分享歡樂，堂區特別於未來數月內舉辦一連串的運動比賽項目，包括籃球、排球、乒乓球、羽毛球、硬地曲棍球、高爾夫球、以及全家大細均可參與的「一分鐘挑戰」，歡迎教友及其帶同的非教友參加，報名費每位五元，本週開始接受乒乓球及羽毛球項目報名，請重速到詢問處報名，齊齊玩一玩啦！

祝新春快樂  主寵日增!



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堂區通訊 *Parish Newsletter*



February 10th, 2013
 Ordinary Time 5th Sunday

Mass	Time	
Saturday	4:30 pm	Cantonese
Sunday	9:30 am	English
Sunday	11:00 am	Cantonese

Dear Parishioners,

"They left everything and followed Jesus" (Lk. 5:11)

Being a Christian is not an easy venture. For some of us, who recognize our sinfulness, it begins with purification and forgiveness, as it was the case with Isaiah in today's first reading. For some others, being a Christian is abandoning our wealth and positions of comfort, like St. Paul in today's second reading.

What is sure is that, a cross-less life is unlikely to be Christian. Our consolation, though, comes from the knowledge that Jesus, our Master, is always near; always ready to say to us, in our moments of frustration, as he says to Peter in today's gospel: "Put out into the deep water and let down your nets for a catch." Of course abundance comes with obedience!

For this week, can you go to visit a lapsed Christian or an unbelieving friend, colleague or family member?

Ayodele Ayeni, C.S.Sp.

Ash Wednesday

February 13th is Ash Wednesday. Fr. Ayo will celebrate Mass at 10:30 A.M. in our church. He will also give blessing and distribution of ashes in the Mass. Please try your best to attend to mark the beginning of this holy period of Lent.

The Catholic Church requires that fasting and abstinence from meat to be observed on Ash Wednesday by all faithful. Abstinence is for those who are 14 and older. Fasting is for those who are between 18 and 59 years old.

"all-day confessions"

As part of our Jubilee 100 celebration of the establishment of the Archdiocese of Edmonton, on **Wednesday, March 6, 2013**, the Sacrament of Penance (Reconciliation) will be celebrated throughout the entire day by every priest in every parish in the archdiocese. In today's Gospel, the first disciples left everything to follow the Lord. To follow the Lord with integrity, we must leave sin behind and start fresh.

In our parish, the schedule for this "all-day Confessions" event is from 6 am—6 pm.

The Way of the Cross

The Way of the Cross will take place *every Friday during Lent at 7:30 pm starting from February 15th till March 22nd* in the church. *On Good Friday, March 29th, The Way of the Cross will start before the Celebration of the Lord's Passion.*

Please take this opportunity to meditate on Christ's Passion and Death for the salvation of all mankind.

Celebrate the Chinese New Year with the seniors

Happy Chinese New Year! The CNYC's performance group will visit the Chinatown Care Centre & Chinese Seniors Lodge to celebrate CNY with the seniors at 6pm – 7pm on Feb.16, Sat. Program includes Lion Dance, Tai Chi, singing, dancing & gift packs to the seniors. The "Visitation group" & "Legion of Mary" will participate in this activity.

All parishioners are welcome to join, please contact Ben Lau at 780 – 909 - 8812.



Sacrament of the Anointing of the Sick

Next Monday, February 11th, is World Day of the Sick. Father Ayo will celebrate the Sacrament of the Anointing of the Sick for any parishioners who are sick or of old age within the 4:30 p.m. Mass on Saturday, February 16th as well as the 9:30 a.m. and 11:00 a.m. Masses on Sunday, February 17.

Parish Jubilee Sport Events

To promote unity and fun in the Parish, we proudly present to you a series of sport games over the next 3 months. The items include basket ball, volley ball, table tennis, badminton, floor hockey, golf and the famous anybody-can-do "one minute challenge". All parishioners and the non-parishioners they bring are welcome. There is a \$5.00 entry fee per person. We are starting to sign up for table tennis and badminton this week. Please sign up at the Information Desk and join us for these fun events.

Donations

Sunday Collection	\$2,864.45
Others	\$1,395.00
Building Maintenance	\$1,887.64

Special Bible Study Session with Fr. Ayodele Ayeni

Topic: Our Myths about Ghosts and Spirits

Date: February 16, 2013

Time: 1000hrs to Noon

Place: The Church , Mary Help of Christians