



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



二零一三年二月十七日

四旬期第一主日

彌撒 時間

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：

「魔鬼離開了耶穌，再等待時機。」(路 4: 13)

常言道遇強越強。這句話在基督徒與四旬期有特殊意義。耶穌在今天的福音裏受到試探，但祂取得了勝利。祂致勝的原因有二：一，是祂恆常祈禱。二，耶穌是個在肉體和思想上都能克制的人。

只有祈禱才能與天主保持緊密的接觸，並得到祂的力量對抗誘惑。因著祈禱，耶穌戰勝了誘惑。祈禱確是一個基督徒生命裏不可或缺的。四旬期正好是我們獨自，又或與我們的家人，甚或整個教會大家庭一起祈禱的時候。

面對著具體的、物質的誘惑，最好的解決方法是克制。像耶穌一樣，我們的生活必須能超越身體的慾望。

四旬期內，讓我們藉著齋戒和祈禱，使我們遇強越強。

願我們都能在與罪惡和誘惑的鬥爭中，得到勝利。

艾朗日神父 C.S.Sp.

候洗者甄選禮

本年度堂區成人慕道班六位慕道者 Connie Chan 陳根玲, Frederick Chan 陳耀宗, Po-Yin Cheung 張寶賢, Ivan Ma 馬文毅, Tony Tsang 曾建邦及 Jackson Yeung 楊浩驥，於二月十七日下午二時半在聖若瑟主教座堂接受由總主教 Richard Smith 主持的候洗者甄選禮 (Rite of Election)。他們並將於三月三十日晚上復活慶典領受入門聖事。謹請各位教友熱心為這六位候洗者祈禱。

「接受呼召，致力維護」工作坊，

堂區將於二月二十七日（星期三）下午七時至九時半於堂區會議室舉行另一次「接受呼召，致力維護」工作坊，歡迎尚未參與這工作坊的兄弟姐妹參加。

參加者將會學習如何以最佳的實踐方法，保護那些因基督之聖名接受我們服務的人仕。工作坊將使用英語講授，部份內容會有粵語旁述。報名請與堂區辦公室聯絡。

2013 年 堂區四旬期退省

今年堂區「四旬期退省」訂於三月十七日（星期日）全日舉行。退省分粵語組及英語組；粵語組神師是卡加里永援聖母堂的阮明聰神父，而英語組神師是本堂主任司鐸 Fr. Ayo。期望大家預先保留該日，參加退省，為自己的神益並以妥善的心靈來迎接救主的踰越節。

四旬期公拜苦路

2月22日（星期五）下午七時半為本週公拜苦路時間。請各位教友熱心參加，一起追憶和默想耶穌為救贖人類所受的苦難。

主日及其他捐獻

主日捐獻	\$3371.78
聖若瑟修院基金會	\$1801.00
其他捐獻	\$190.00
聖堂維修	\$90.00

美食烹飪齊齊學

為慶祝堂區銀禧年及培養各兄弟姐妹烹飪興趣，現舉行為期三堂的中式小點烹飪班。



日期（星期六）	導師	主題
三月九日	Pauline Fung	豆沙角 & 煎堆仔
四月六日	Flora Yan	精美肉崧包
五月十一日	Cinda Lau	北方餃子

收費：每位每堂十元

請到詢問處報名，名額十五人，先報先得，額滿即止。

詳情請查詢：Josephine Sin (780) 903-5553

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之運動比賽項目，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！



齊步向前 感恩常樂
愛民頓華人天主堂 Mary Help of Christians 2012



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堂區通訊 *Parish Newsletter*



February 17th, 2013

Lent C 1st Sunday

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

Dear Parishioners,

"He [Devil] departed from him until an opportune time" (Lk.4:13)

"When the going gets tough, the tough gets going," goes an American saying. This American saying has a Christian and Lenten perspective. Yes, Jesus was tempted today, but he was victorious: how come? Two reasons: 1. Jesus was a man of prayer. 2. Jesus was a man of discipline - corporal and intellectual.

The only way to keep in contact with God, so as to receive the stamina to resist temptations, is prayer. Jesus prayed and he overcame temptations. Prayer is indispensable in the life of a Christian. Lenten period is the time to pray alone, but also as biological and church families.

Temptations come in concrete and physical desires: discipline is the only solution. Like Jesus, we need to be able to live beyond bodily desires. Fasting leads us to this mastery of bodily desires through discipline.

Can we fast and pray this Lent, so that we may be among the tough that get going when the going is tough?

May we be victorious in our struggles with sin and temptations!

Ayodele Ayeni, C.S.Sp.

February 17 (First Sunday of Lent)

This Sunday's Liturgy reminds us of our need for God. The Israelites cried out to God in their affliction, toil, and oppression. The gospel relates the journey of Jesus into the desert and the temptations that Satan put before him there. In each case, those whose hearts are attuned with God are saved.

On Wednesday, March 6, we will all have the opportunity to celebrate the Sacrament of Penance (Reconciliation).

In our parish, the schedule for this "all-day confessions" event is 6 A.M. to 6 P.M.

2013 Parish Lenten Retreat

The Parish Lenten Retreat will be held on March 17th, Sunday. It will be a whole day event. Our Pastor, Fr. Ayo will be the retreat director for the English speaking group, while Fr. Joseph Nguyen from Calgary will be the retreat director for the Cantonese speaking group. Please mark this day, March 17th, on your calendar. Come to join the retreat and renew your faith.

"Called To Protect" Workshop

For those who missed the opportunity to attend the last one, there will be a "Called to Protect" workshop scheduled for Wednesday, February 27 from 7 - 9:30 pm. in the Parish Conference Room.

Participants will learn the best practices for protecting those we serve and care for in Christ's name. While the workshop will be conducted in English, some Cantonese narration will be provided. To attend please contact Parish Office.

Rite of Election

Six catechumens, Connie Chan, Frederick Chan, Po-Yin Cheung, Ivan Ma, Tony Tsang and Jackson Yeung, from our parish will attend the 2013 Rite of Election at St. Joseph's Basilica on Sunday, February 17th at 2:30 P.M.. They will receive the Sacraments of Baptism, Confirmation and the Eucharist in the coming Easter Vigil on March 30th. Please remember them in your prayers.

To foster a spirit of ongoing fun & celebration throughout our Parish Jubilee year and promote cooking interest among our parishioners, we have lined up three (3) sessions of cooking classes in March, April, and May this year.

Date (Saturday)	Tutor	Cooking Topic
March 9	Pauline Fung	Fried Red Bean Pastry & Sticky Rice Flour 'Gin-duit'
April 6	Flora Yan	Shredded Pork Bun
May 11	Cinda Lau	Northern Chinese Style Dumpling

Time: 12:30 pm tot 4:00 pm
Class Size: max. 15 persons, First-come-First-serve
Fee: \$10 per person each session, including ingredients & recipes (snacks too if funds permitted)
Registration: Enroll, complete form & pay at Information Desk after Mass
Contact: Josephine Sin, Cell# 780-903-5553



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	\$3371.78
The Foundation of St. Joseph Seminary	\$1801.00
Others	\$190.00
Building Fund	\$90.00