



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



二零一三年二月二十四日

四旬期第二主日

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

堂區通訊 Parish Newsletter

親愛的教友們：

「耶穌上山去祈禱」(路 9:28)

我們渴求美好的生活, 努力工作, 好能支付各項所需。我們當中有些工作時間是瘋狂的, 幾乎連進食和睡覺的時間都不足夠。我們的孩子要應付功課、中期考試、課餘活動、體育項目。有時候, 我們真的希望每天有多過廿四小時, 但我們真的要這麼忙嗎?

人畢竟是需要休息的。但當我們不許身體有充分的休息, 就會造成疲勞、焦慮、壓力而最終病倒。就算是一部車子, 也要更換機油、維修等。所以不單是人類需要休息, 一切受造之物皆然。

我們總會在渡假前好好計劃, 預留及訂購較廉宜的機票和酒店住宿, 但我們可有細想在我們的工作、功課、體育活動、渡假中, 天主處於何處。

今天耶穌邀請我們到山上去祈禱, 作為四旬期的休假。因為耶穌與我們同在, 在祈禱中, 我們才能體驗耶穌的聖容的顯現。祈禱能使我們與雜念、煩惱、壓力隔離, 好使我們能與天主更接近一起。

在這四旬期, 你會藉祈禱留給天主更多一點時間嗎?

艾朗日神父 C.S.Sp

「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。

整日告解

這個主日的聖詠宣告, 「上主是我的光明, 我的救援。」數天之後, 整個教區將有機會, 在修和聖事中頌揚基督的啟示之光。基督的光喚醒我們, 拋開一切妨礙我們與天主、與人交往的事物。

請緊記, 在三月六日, 教區內每一個堂區, 將會提供整日的懺悔聖事(告解)。本堂區當日的告解時間為上午九時至晚上九時, 同時, 本堂區亦會安排整日明供聖體, 請大家善用這機會, 準備心靈, 妥善渡過四旬期, 迎接救主的復活。

三月份特別彌撒

三月一日(星期五)是首瞻禮六, 明供聖體時間, 改為上午十時正; 敬禮耶穌聖心彌撒, 時間改為十時三十分開始, 歡迎各位教友踴躍參加。

四旬期公拜苦路

3月01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, 一起追憶和默想主耶穌為救贖人類所受的苦難。

祈禱宗會新委員

於去年十一月週年大會中選出以下十位委員。經過委員自選程序後, 確定了以下各職位的成員:

會長: 馮煜祥

副會長: 蕭鍾艷霞

英文秘書: (由會長暫代)

中文秘書: 容何艷玲

財政: 馬周淑儀

正康樂: 馮羅綺梅

副康樂: 劉鄭慕鈴

總務: 馬添強

公關: 馬黃金芳

探訪: 鄧惠玲修女

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。希望大家預先保留該日, 參加退省, 為自己的裨益並以妥善的心靈來迎接救主的踰越節。

主日及其他捐獻

主日捐獻 \$2523.80

聖若瑟修院基金會 \$30.00

其他捐獻 \$214.41

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

「以球會友慶銀禧」

「以球會友慶銀禧」本星期繼續接受羽毛球和乒乓球組報名, 截止報名日期為三月三日(星期日), 之後, 就會開始排球、籃球和硬地曲棍球組的報名, 歡迎教友邀請親友一同參加, 費用每位五元, 切勿錯過這歡樂共融的好機會, 請從速到詢問處報名。



名譽顧問(由神父委任): 黃曾珏珮
通常的會員大會原定每月的第一個星期六舉行, 由於新會長外出, 下次復會定為三月十六日下午二時舉行。並於當日的提前彌撒感恩祭中進行新委員及新會員宣誓儀式。



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堂區通訊 Parish Newsletter

February 24th, 2013

Lent C 2st Sunday

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

Dear Parishioners,

"Jesus . . . Went up on the mountain to pray" (Lk. 9:28)

In our crave for a good life, we work hard to be able to pay the bills. For some of us, our schedules are crazy, hardly enough time to eat and sleep. Even for our kids, mid-term exams, homework, sports, and lots more. Sometimes we wish there are more than 24 hours in a day. Do we really need to be so busy?

What is true is that human beings need rests, from time to time. When we refuse our bodies sufficient rest, they breakdown in the form of stress, illness, fatigue. Indeed, our cars too breakdown for want of oil change, servicing, etc. So, rest is not only for human beings but also for creation as a whole.

Yes, we always plan our vacations way ahead of time, maybe because tickets are cheaper, and reservations needed. But where is God in all our working, homework, sporting and vacationing?

Jesus invites us today to the mountain of prayer - the Lenten vacation time. It is in the context of prayer that we experience transfiguration, because Jesus is with us. Prayer is the moment to shut out all our distractions, stress, and troubles, so to spend some quality time with God. Will you give God some portion of you time in prayer this Lent?

Ayodele Ayeni, C.S.Sp.

"All-day Confessions"

This Sunday's psalm proclaims "The Lord is my light and my salvation." In a few days, our whole Archdiocese will have opportunity to celebrate the revealing light of Christ in the Sacrament of Reconciliation. The light of Christ calls us to let go of all that hinders relationship with God and one another.

Remember that on **March 6, the Sacrament of Penance (confession)** will be available all day in every parish of the Archdiocese. **In our parish**, the schedule for this "all-day confessions" event is **9 A.M. to 9 P.M.** There will also be an all-day Exposition of the Blessed Sacrament at the Chapel. Please don't miss this chance. Prepare yourself in Lent for the coming of Easter.

Fr Ayo would also like to respond to the Archdiocese' naming March 6th the Day of the Sacrament of Penance (confession) for the Archdiocese of Edmonton.

On that day, priests throughout Edmonton would sit in the confessionals from 9am to 9pm for anyone who would celebrate the beautiful Sacrament of Reconciliation. At the Chinese Catholic Parish, Fr Ayo suggested Adoration from 9am to 9pm to spend some time keeping our Lord company when he really need us. We need your response by your sign up to be with our Lord between 9am to 9pm at the information desk.

Special Mass for March

On March 1st Friday, the Adoration of the Eucharist will take place at 10:00 a.m. And the First Friday Mass for the Secret Heart of Jesus, will change to 10:30 a.m.

All parishioners are welcome!

The Way of the Cross

The Way of the Cross will take place *this Friday, March 01st at 7:30 pm* 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.

"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.

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.

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-dui'
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



Last Sunday Donations

Sunday Collection	\$2523.80
The Foundation of St. Joseph Seminary	\$30.00
Others	\$214.41

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.