

**From the Facebook fan page:
Mary Help of Christians Chinese Catholic Parish, Edmonton**

December 12th is the Feast of our Lady of Guadalupe, the patroness of the Americas.

If we feel bad because we are hurt unjustly, which is the easier, most effective, fastest and safest way to deal with the problem? There are 3 possible responses: 1) Attack ourselves by practising patience, but the end point can be depression, even suicide and despair. 2) Attack others including using others to attack our enemies, stirring up unnecessary and irrational conflicts involving our enemies, but the end point can be psychosis or even irrational killing of people. 3) Imitate our Blessed Mother by realizing that the awareness of oneself is always impermanent. For this reason, we can close our eyes and ask: “What’s aware of this experience?” When we are near self-forgetfulness or after the insight that self-awareness is always impermanent even in our subconscious, we can invoke the Spirit of Wisdom of Jesus for discerning between good and evil and the Spirit of Joy of Jesus from doing good and rejecting evil. This will lead to perfect fulfillment in the Life of the Holy Spirit.

主任司鐸：曾若瑟神父 Pastor: Rev. Joseph Tsang

二零一三年十二月十五日 將臨期第三主日 December 15, 2013

從臉書粉絲專頁：加拿大愛民頓瑪利亞進教之佑天主堂

十二月十二日是紀念美洲主保瓜達盧佩聖母的慶日。

若果心情壞，因受到不公義的傷害，哪一種解決困難的方法是 1) 最容易，2) 最有效，3) 最快，與 4) 最安全的？可有以下的 3 種回應：1) 攻擊自己，例如忍耐，但結局可是憂鬱症，甚至絕望與自殺。2) 攻擊他人，包括用借刀殺人，或挑撥離間的方法，但結局可是躁鬱症，甚至濫殺他人。3) 模倣聖母瑪利亞，先領悟自我經驗的本質是永遠無常，故此閉起眼睛，自問：「甚麼察覺這經驗？」，深呼吸最少 3 次，靜觀其變，不接受，也不拒絕此受傷經驗。當接近忘我經驗，甚至連潛意識都領悟自我經驗的本質是永遠無常後，可進行最後一步：呼喚耶穌智慧的靈氣，以便明辨甚麼應盡快完成，甚麼應棄絕，再可呼喚耶穌喜悅的靈氣，以得到神賜的最圓滿的滿足。



堂區還款基金

小耶穌的誕生，為我們帶來天父的大愛，讓我們學習去分施別人，在這將臨期內，但願我們都能夠以實際的行動，回應天父，請慷慨捐助堂區還款基金，捐款請用特備的捐獻信封。

聖誕子夜茶會

堂區於十二月廿四日聖誕子夜彌撒後，在禮堂舉行茶會，讓教友共聚一堂，互祝聖誕快樂。特此呼籲大家預備一份糕餅小食，到時在茶會中彼此分享，食物可於當晚彌撒前交到廚房。並懇請各位帶同親友來參與彌撒及茶會。

「聖誕及新年」彌撒時間表

堂區慶祝「聖誕及新年」彌撒時間表經已張貼於堂區各處及刊印於堂區通訊內，請各位留意及出席。

2014年捐獻信封

2014年捐獻信封已經準備妥當，請教友於彌撒後到圖書館領取。

除夕聯歡晚宴

堂區除夕聯歡晚宴，繼續接受餐券預訂，晚宴地點為喜萬年酒家，當晚將會有現場樂隊演奏，及豐富節目，座位有限，欲免向隅，請從速到詢問處預訂餐券。

主日彌撒捐獻

Sunday Collections
十二月七日及八日
December 7 & 8

主日彌撒捐獻	
Sunday Collection	\$2,962.25
聖堂維修Building Fund	196.00
特別捐獻 Special Offering	\$150.00

Parish Loan Repayment

Christmas brings the gift of love from our Heavenly Father. Through Christmas, we learn to share with others. For this Advent, may we all take action to share. Please give donation to support our loan repayment. You can use the envelop specially designed for this intention.

Christmas Eve Tea Party

There will be a tea party after the Christmas Midnight Mass on December 24. Everyone is welcome to come. Please bring some goodies to share. Food can be dropped off at the kitchen before Mass. Please invite your friends and relatives to join us for Mass and the Tea Party.

Christmas & New Year Mass Schedule

The Christmas & New Year Mass schedule has been posted and is included in this Parish Newsletter.

2014 Offertory Envelopes

The 2014 Offertory Envelopes are ready. Please pick them up after mass in the Library.

New Year's Eve Party

Ticket reservation for our parish New Year's Eve party at Cha for Tea Palace is still going at the Information Desk. There will be live music and performance for the evening. Book your tickets early and don't miss this.

彌撒時間:

星期六下午四時卅分 (粵語)
星期日上午九時卅分 (英語)
上午十一時 (粵語)
下午二時卅分 (國語)

平日彌撒: 星期一、星期三及星期五上午十一時
星期二及星期四下午五時卅分
彌撒後明供聖體半小時與聖體降福

明供聖體及聖體降福: 每月首星期五上午十時至十一時

耶穌聖心彌撒: 每月首星期五上午十一時

Masses Schedule:

Saturday 4:30 p.m. (Cantonese)
Sunday 9:30 a.m. (English)
11:00 a.m. (Cantonese)
2:30 p.m. (Mandarin)

Weekday Masses: Monday, Wednesday & Friday 11:00 a.m.
Tuesday & Thursday 5:30 p.m.

After mass: Adoration of the Blessed Sacrament for ½ an hour and Benediction

First Friday of every month:
10:00 to 11:00 a.m. Adoration of the Blessed Sacrament & Benediction
11:00 a.m. Mass of the Sacred Heart of Jesus

2013 聖誕節及2014 新年彌撒時間

12月24日 星期二	耶穌聖誕節子夜感恩祭	晚上九時正 (粵語)
12月25日 星期三	耶穌聖誕節日間感恩祭	上午九時半 (英語) 上午十一時 (粵語) 下午二時半 (國語)
12月31日 星期二	除夕謝主感恩祭 (天主之母瑪利亞節日提前感恩祭)	下午四時半 (粵語)
2014年1月1日 星期三	天主之母瑪利亞節日感恩祭 (是日為當守節日信友有責任參與)	上午九時半 (英語) 上午十一時 (粵語) 下午二時半 (國語)

Mass Schedule for Christmas 2013 & New Year 2014

December 24 Tuesday	Christmas Midnight Mass	9:00 P.M. (Cantonese)
December 25 Wednesday	Christmas Mass during the Day	9:30 A.M. (English) 11:00 A.M. (Cantonese) 2:30 P.M. (Mandarin)
December 31 Tuesday	New Year's Eve Thanksgiving Mass	4:30 P.M. (Cantonese)
January 1, 2014 Wednesday	Mary, the Holy Mother of God (Solemnity, Day of Obligation)	9:30 A.M. (English) 11:00 A.M. (Cantonese) 2:30 P.M. (Mandarin)