

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)

辦告解時間:

星期六及每一台主日彌撒 30 分鐘前
 神父會為教友辦告解

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

每月首星期五:

上午十時至十一時 明供聖體及聖體降福
 上午十一時 耶穌聖心彌撒

Mass Schedule:

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

Sacrament of Reconciliation:

30 minutes before 4:30 p.m. Saturday mass and
 9:30 a.m., 11:00 a.m. and 2:30 p.m. Sunday masses

Weekday Masses:

Monday, Wednesday & Friday 11:00 a.m. (Cantonese)
 Tuesday & Thursday 5:30 p.m. (Cantonese)
 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 (Cantonese)

二零一四年二月二日 獻主節 February 2, 2014

從臉書粉絲專頁：加拿大愛民頓瑪利亞進教之佑天主堂
 From the Facebook fan page: Mary Help of Christians Chinese Catholic Parish, Edmonton



一切在世無常，但神無限美的靈氣恆常在我們忘我經驗中。

The material life is limited and unstable, but in the deepest centre of our soul, when we forget ourselves, there is always the presence of God, Infinite and Eternal Beauty.



主日彌撒捐獻
Sunday Collections
 一月二十五及二十六日
January 25 & 26

主日彌撒捐獻 Sunday Collection	\$2,991.66
特別捐獻 Special Offering	\$ 100.00
聖堂維修 Building Fund	\$ 40.00

十二月份堂區還款基金總共:

Loan Repayment for December: \$16,967.00

Update of the Influenza from the Archdiocese Edmonton

On January 28, we received a letter from Archbishop Richard Smith regarding the update of the influenza. We are now advised that influenza activity has subsided to the point where the risk of acquiring respiratory infection has returned to background levels.

In terms of our liturgical practices, **effective Wednesday, January 29**, Archbishop is removing the TEMPORARY RESTRICTIONS that was imposed in the communication of January 8. While we are relieved that incidents of infection appear to be decreasing, we must remain vigilant in maintaining good hygiene practices, especially during the winter months and traditional flu season.

Devotion of the Sacred Heart of Jesus on the First Friday of the Month

February 7th is the First Friday of the month. As usual, we will have Adoration of the Blessed Sacrament at 10:00 a.m. and Mass at 11:00 a.m. Please come and let us praise the Lord together.

Adolescence Group Bottle Drive

The Adolescence Group will be arranging our next bottle drive on Sunday, February 9th. When you bring in your cans, bottles, milk jugs, juice tetra packs, and other refundables before and after each Mass on that day, AG members will help you collect them. For those attending the Saturday Mass on February 8th, please leave your refundables near the collection bin next to the kitchen door in the Parish Hall. The proceeds from this bottle drive will go to help fund our youth projects. We hope that you will support our efforts by collecting and bringing in all your refundables!

Celebrate Chinese New Year with the Seniors at the Chinatown Care Centre & Chinese Seniors Lodge

The CNYC's performance group will be celebrating Chinese New Year with the seniors by visiting them at the Chinatown Care Centre & Chinese Seniors Lodge on Saturday, February 8 from 6 p.m. to 7 p.m. The celebrations will include Lion Dance, Tai Chi, singing, and gift packs given out to the seniors. The "Legion of Mary" & "Visitation Group" will also participate in this event. Parishioners are welcome to join. If you are interested, please contact Ben Lau at 780-909-8812.

Chinese New Year Carnival 2014 Revisit Volunteers Appreciation February 23

Over 5,000 guests took in 2 days of fun at our 15th annual CNYC last weekend. In order to express our appreciation, all volunteers are cordially invited to attend a Volunteers Appreciation Luncheon at 12:30 p.m. on Sunday, February 23 in the Parish hall. A light lunch will be served. Please contact your non-parishioner friends who have volunteered at the CNYC.

We will be showing a video clip to recap the fun and highlights of CNYC 2014. There are interesting footages you may have missed during the event. As we also plan on reporting the financial result, volunteers who have expense claims are urged to submit all receipts to Peter Leung or Richard Fong by February 16. Your cooperation is very much appreciated. Have a wonderful Year of the Horse!

有關總教區取消流感特殊措施的消息

曾於月初肆虐本市的 H1N1 流感經已減弱，愛民頓總主教日前函告所有堂區，頒令在舉行彌撒時，應恢復執行正常的彌撒禮儀。惟總主教仍勸勉教友，不要鬆懈，應注重個人健康及公共衛生，發揮基督徒的愛德精神。

本月首星期五「敬禮耶穌聖心」

二月七日是本月的首星期五，聖堂如常於該日上午十時舉行明供聖體，並於十一時舉行「敬禮耶穌聖心」彌撒，歡迎各位教友踴躍參加。

少青組舉辦瓶罐回收

少青組將於 2 月 9 日星期日舉辦瓶罐回收。教友可在彌撒前後將瓶罐交給少青組會員，由他們代您將瓶罐投入卡車內。參望 2 月 8 日星期六彌撒的教友亦可將瓶罐留放於禮堂 (近廚房門口) 的瓶罐收集箱附近。而瓶罐收入將用於為少青組經營活動和添加物資。希望教友們多多支持!

與長者們共慶新年

堂區「新春嘉年華 — 表演組」會在二月八日星期六晚上六時至七時，往「華埠護理中心」及「華人安老院」探訪並向公公婆婆們恭賀新年。節目有醒獅，太極和歌舞助慶，並致送禮物。「聖母軍」及「探訪組」會參與這次活動。歡迎教友參與，請聯絡 Ben Lau 780-909-8812。

「馬到功成迎新歲」新春嘉年華順利完成 2 月 23 日義工答謝大會重溫歡樂時光

逾五千名來賓與堂區內兄弟姊妹傾力參與，共迎新春的「馬到功成迎新歲」新春嘉年華於上週末順利完成，義工答謝大會將於 2 月 23 日（星期日）下午 12 時 30 分舉行，誠邀所有參與的義工朋友齊來出席。

「馬到功成迎新歲」新春嘉年華義工答謝大會備有簡便午餐，接著將進行財政簡報，並放映全新構思、嶄新手法演繹的新春嘉年華錄像概要，期中部分精彩片段大家可能從未有機會欣賞過。製作精彩，萬勿錯過!

尚未提交支出收據的兄弟姊妹，請盡快與 Peter Leung 或 Richard Fong 聯絡，截止日期為 2 月 16 日。祝大家馬年馬到功成!