

Because of love, 2014 CNYC

4 years ago, I had only two arms and one leg to work for CNYC, leading the group to do all the preparation work for the food department and started providing free lunch for the volunteers.

4 years after, I have two arms and two legs to work. I do the same things as usual in the past for the CNYC, and started to prepare simple dinners for volunteers who're coming to help in the evening. Some people asked me why I needed to do that? Would that be too much work for me? Would that be too hard on my body? Why I insisted?

Honesty, without the help of the volunteers, just by myself, I won't be able to get all the job done like that. I insist because of "love". I love to see you guys smiling, I wish to hear your laughter. I enjoy to see the spirit of our unity. Happy to see you working hard, eating well, feeling good and chatting nicely. This is a beautiful scene of a big family with love, with grandparents, parents and kids. This is the family of God in unity of love and sharing.

I hope that we will continue to build this loving family, I hope that we can serve our Lord in peace and harmony. Overcome all difficulties, willing to forgive, willing to support, to share and to learn together. Live in the spirit of God and spread His love and His kingdom to every corner of the world.

Let us promise our God together:

Dear Lord, no matter life is good or bad, health or illness, we will trust you and lift up our hearts to you. Be your good instrument of the world, follow the pathway you like and fulfill your will forever.

Thank you for all your support and help, the success of the carnival belonged to all of the volunteers and the blessings from our Lord. May glory and praise to our Father, the son and the Holy Spirit, Amen!

May peace and blessings be with you always!

Agnes Yip

主日彌撒捐獻 Sunday Collections

二月二十二及二十三日 February 22 & 23

主日彌撒捐獻 Sunday Collection	\$2,448.55
堂區還款基金 Loan Repayment	\$ 920.22
聖堂維修 Building Fund	\$ 20.00
特別捐獻 Special Offering	\$ 20.00



主任司鐸: 曾若瑟神父 Pastor: Rev. Joseph Tsang

二零一四年三月二日 常年期第八主日 March 2, 2014

2014 年新春後感之「只因我太痴」

四年前，我只有一雙手，一條腿來擔起新春嘉年華食物部統籌一職，在籌備活動期間，除了做賀年糕品，我開始了做免費午餐供給義工們享用。

四年後，我有雙手雙腳繼續做嘉年華，與往時一樣，我們做賀年糕品，做免費午餐給義工享用，還做簡便晚餐給夜班義工們一個方便。有義工們問我為何要這樣做，做了午餐，還要做晚餐，由早做到晚的我還累不透嗎？有人勸阻我，有人提醒我，希望我懂得拒絕，能看顧自己多一點。其實，沒有各義工們同行的協助，我做不到。但我有這份堅持，答案可有一個：「只因我太痴」。

我痴戀著大家的笑臉，盼望多聽到大家的歡笑聲，喜歡享受著大家共融合作的精神。我高興見到大家做得起勁，食得開心，肚子得到溫飽及暢談愉快溫馨的情景。就好像一個大家庭，有公公婆婆、爸爸媽媽、仔子女女共聚一起，歡聚在上主的庭院，齊心事奉。我盼望我們能齊心建立這個家，我盼望我們可以繼續和諧共融在一起，跨越風浪困阻。

願意彼此寬待，彼此支持，多分享，多學習。活出主的精神，把祂的愛和天國傳揚到每一角落。

在此，更盼望大家能與我一起向上主誠諾，父呀！無論環境順逆，疾病健康，我們願意信靠依賴禰，凡事交托。做禰地上的一個好工具，行禰喜悅的路，成就禰的意旨。終身不渝，此志不變。求主垂顧我們的意願！

多謝你們的支持與協助，一切的驕傲成果是歸於大家的努力，天主的恩賜。願光榮讚美全歸於父，及子及聖神。

祝安好，主寵滿溢！

念，麗珊 (Agnes Yip)

聖灰禮儀日

三月五日（星期三）是聖灰禮儀日。曾神父於當日上午十一時舉行聖灰禮儀。禮儀包括有感恩祭及領受聖灰。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，應守大齋。謹請教友特別留意。

大小齋

〔小齋〕：教會規定，凡已足十四歲的教友，在每年的聖灰禮儀日及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天不吃喝熱血動物的肉類食品及湯水，及作一些生活上的犧牲。

〔大齋〕：教會也要求年齡已滿十八歲至五十九歲的教友，在上述兩個日子，除了守小齋外，還要守大齋，即在那兩天只可吃飽一餐，並在其他兩次不同時間取用小許食物（不可等於一餐飽），其餘時間只可飲用清水（除藥物外）。

〔守齋〕的用意：第一是彌補罪過；第二是催使教友歸依基督的心愈益成長，引導教友思想像基督，行動肖似基督。

本月首星期五「敬禮耶穌聖心」

三月七日是本月的首星期五，聖堂將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。

真相及和解

在加拿大歷史裏，由於國家政策，有無數的原居民兒童，曾被發配到不同地域的寄宿學校就讀，這些學校大多數委托天主教團體管理，此政策實行了超過一百二十年之久，其間，有很多學童受到不公平甚至暴力的對待。

真相及和解專責小組的工作，主要是處理上述受害者的個案，該小組將於三月廿七至三十日，在 **Shaw Conference Centre** 召開聽證大會，讓受害人有機會把經歷和感受公開分享，同時接受宗教領袖們的道歉，使真相得以表白，紛爭得以和解。詳細資料，請參閱網址 www.trc.ca。

總主教 Richard Smith 呼籲我們，出席是次大會，積極參與義務工作，同時藉著祈禱，祈求這大會得以順利完成，獲得預期的成果。

夏令時間將於三月九日星期日開始，請於星期六晚上臨睡前將時鐘撥快一小時。

Ash Wednesday

March 5th is Ash Wednesday. There will be a special mass at 11:00 a.m. All parishioners are encouraged 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 years old and older. Fasting is for those who are between 18 and 59 years old.

Fasting and Abstinence

The Catholic Church requires that all faithful of 14 years old and above to observe “Abstinence” and those between 18 and 59 years old to observe “Fasting” on Ash Wednesday and Good Friday to remind ourselves the suffering and death of our Lord Jesus Christ.

Abstinence means: no food and drinks from warm blood animal meat and offer minor sacrifices in our daily lives. Fasting means: one full meal is allowed per day and two smaller meals (not equal to one full meal). The rest of the day only water can be drunk.

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

March 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.

Truth and Reconciliation Commission

The Truth and Reconciliation Commission (TRC) will hold its final National Event at the Shaw Conference Centre in Edmonton, **March 27-30**. The TRC is documenting the history and legacy of Indian Residential Schools in Canada as a necessary step in the long-term process of healing and reconciliation with Aboriginal peoples, government, churches and the Canadian people. The schools, which operated for over 120 years, were instituted and funded by the Federal Government, and administered by Canadian church organizations.

Archbishop Smith is inviting all in the Archdiocese (clergy, religious, laity) to support this historic event through prayer and if possible through attendance at all or part of the sessions. All parishes in the Archdiocese are being asked to offer public prayers at Sunday worship for the success of the Edmonton TRC event and to pray for true reconciliation and healing with Aboriginal peoples. For further information, please check the TRC website www.trc.ca.

Daylight saving will begin on Sunday, March 9. Make sure you move your clock an hour forward before you go to bed Saturday night.