



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
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堂區通訊 Parish Newsletter

四旬期

二零零六年三月十二日
 March 12, 2006

Pastor: Fr. James H. Jeffcoat, S.D.B.
 週一休假 Office closed on Monday

『這是我的愛子，你們聽從祂！』

彌撒時間表 Mass Timetable

* 主日彌撒 Sunday Mass

星期六：下午四時半(雙語)

Saturday: 4:30 pm(Bilingual)

主日：上午九時半(英語)上午十一時(雙語)

Sunday: 9:30 am (English) 11:00 am (Bilingual)

* 平日彌撒

星期二至五：中午十二時正(雙語)

Weekday Mass: Tuesday-Friday 12:00 noon (Bilingual)

* 耶穌聖心彌撒

每月首星期五：中午十二時正(雙語)

Mass of The Sacred Heart of Jesus

First Friday of each month 12:00 noon (Bilingual)

- 修和聖事：可隨時與神父預約(告解)

Sacrament of Reconciliation

- By appointment with the Pastor.



堂區及教會消息



四旬期苦路善功

堂區在四旬期內逢星期五，將舉行苦路善功，時間是晚上八時，舉行苦路善功的日期、時間如下：

三月十七日〈星期五〉 晚上八時正

三月廿四日〈星期五〉 晚上八時正

三月三十一日〈星期五〉 晚上八時正

四月七日〈星期五〉 晚上八時正

四月十四日〈星期五〉〈救主受難紀念日〉
 下午五時正

請各位教友熱心參加，一同默想及追憶耶穌為救贖人類所受的苦難。

特別消息

三月十九日為堂區週年退省日，是日上午九時半及十一時的主日彌撒，將改於下午四時半以中英雙語舉行，作為退省的結束，請各位留意！

二零零六年堂區週年退省

本年堂區週年退省，訂於三月十九日〈星期日〉舉行，地點在華人天主堂，時間由上午八時半至下午五時半。粵語組的神師是耶穌會士周守仁神父，主題是「在萬物中尋找天主」，英語組的神師是Fr. Michael Bechant O.M.I.，主題是「If you Want to Walk on Water, You Have to Get Out of the Boat」

為了鼓勵大家踴躍參加這項有益的神修活動，費用全免，堂區並為參加者提供簡單的午餐。歡迎年滿十六歲或以上的兄弟姐妹參加。

退省報名表截止日期是本主日三月十二日。請大家將填妥的報名表交回詢問處，以便籌備小組能有準確人數，預備食物和安排一切。期望大家踴躍參與週年退省，更新我們基督徒的信仰生活，準備慶祝即將來臨的逾越節。



請為主任司鐸健康祈禱

主任司鐸Fr. Jim 日前接到醫生報告，神父患上胃癌，影響神父消化功能，祇可以進食流質食物。目前神父留在宿舍休養，等候醫生為他安排療程與及日常護理。堂區議會呼籲大家在彌撒之中、日常生活中特別為神父祈禱。

四旬期青少年靈修活動

堂區在今年的四旬期，再次舉辦一項專為九歲至十五歲青少年而設的靈修活動，在三月十八日〈星期六〉時間是中午十二時半至五時半，主題 “The Joshua in You”由堂區週年退省的粵語組神師，耶穌會士周守仁神父 (Fr. Stephen Chow S.J.)主持。費用全免，堂區並為參加者提供簡單的午餐。請各家長鼓勵子女參與這項有意義的活動，報名表可在詢問處領取，請盡快報名，勿失良機。

特敬聖若瑟

三月份是聖若瑟聖月，教友請在三月份內誦念以下經文，熱心敬禮聖若瑟這位中國、愛民頓、勞工及臨終者的主保聖人。

求聖若瑟垂佑禱文

大聖若瑟，我們在困難中奔赴你面前，特來求你護佑。求你在我們困難急需中用你的大能幫助我們。大聖若瑟，聖家的勤奮守護人，請你保佑耶穌基督所選的後裔。一如你從前在耶穌聖嬰性命有危險時救了他，現在也求你同樣地保護聖教會，使她脫免仇敵的惡計和其他的危險困難。請你也常常保護我們每一個人，使我們效法你的榜樣。靠著你的助佑，使我們在世聖善地生活，妥善地去世，得享天國永福。亞孟。

堂區日誌

日期	星期	時間	地點	活動
三月十六日	四	下午七時半	聖堂	聖詠團練習

Fr. Jim 近況

由於Fr. Jim的身體虛弱及疲倦，需要更多的休息。請各位教友暫時不要前往探望，多謝合作，並為Fr. Jim祈禱。

四旬期修和聖事

堂區為使各位教友能妥善準備心靈，迎接基督的苦難、聖死與復活，特於三月十八日〈星期六〉下午三時至四時，舉行個人修和聖事，請各位善用這段時間，以免在退省日因人多輪候，錯失妥辦告解的良機。

退省前夕講座

三月十八日晚上八時至九時，舉行退省前夕的靈修講座，由粵語組神師周守仁神父主持。幫助各位妥善準備心靈，使在翌日退省中，能獲更大的神益，請踴躍參與。

楊家太極拳健身班

《簡化二十四式》

導師：馬偉生師傅

新班開課日期：二零零六年四月二日

上課時間：逢星期日上午九時十五分至十時四十五分

上課地點：本堂區大禮堂

學費：\$40 / 十二堂

報名：請到詢問處或與簡程敏兄弟 (Michael Kan) 聯絡，

電話 438-7222。

備註：扣除部分支出外，其餘學費收入將撥作捐助聖堂之用。

堂區財政簡報 Parish Financial Summary

二零零六年三月四日、五日

March 4 & 5, 2006

主日捐獻 Sunday Collection \$2,727.53

還款基金 Parish Loan Repayment Fund \$3,516.28

Thank you very much for your generous contribution.

詳情請參閱壁報板上的財政月報

Please refer to the Monthly Financial Report on the Bulletin Board for details.



Parish & Church News



2006 Parish Annual Retreat

2006 Parish Annual Retreat will be held on Sunday, March 19th at the church from 8:30 a.m. to 5:30 p.m.. The Spiritual Director for the Cantonese session is Fr. Stephen Chow, S.J.. The topic is "Finding God in All Things". The Spiritual Director for the English session is Fr. Michael Bechant, O.M.I.. The topic is "If You Want to Walk on Water, You Have to Get Out of the Boat".

There is no charge for the retreat and a light lunch will also be provided. Parishioners who are over 16 years old are welcome to attend.

The registration deadline is March 12th. Please make sure you return your completed registration form to the Information Desk on or before the deadline so the organizing committee has the correct headcounts to place the food order. Please do not miss this invaluable opportunity to renew our faith and to prepare ourselves for the Holy Week.

Sacrament of Reconciliation

In order to help parishioners prepare for the Easter celebration, the Parish will hold a session of Sacrament of Reconciliation on Saturday March 18th from 3:00 p.m. to 4:00 p.m. Please use this opportunity and avoid the line up for confession next day during the Parish retreat.

Station of the Cross

Devotion to Stations of the Cross will take place every Friday at the church at 8:00 p.m. during Lent. Please take this opportunity to meditate on the suffering and death of Jesus for the salvation of all mankind.

Special Arrangement

On Sunday March 19th 2006 the 9:30 a.m. Mass (English) and 11:00 a.m. Mass will be combined and rescheduled to 4:30 p.m. This bilingual Mass will also conclude the Parish Annual Retreat.

Pray for Our Pastor

Fr. Jim has been told by the doctor that he has stomach cancer. There are also a few complications in the digestive system and he can only take liquid diet. Father is resting in his residence. He is in good spirit, waiting for the doctor to arrange a treatment and home care program. Please always remember him in our prayers.

Fr. Jim's Condition

At this time, Fr. Jim is very tired and weak and he needs more rest. Please do not visit him at this time as he needs to recover his energy. We ask that you please pray for Fr. Jim.

Adolescence Lent Spiritual Gathering

The Parish is again organizing a spiritual gathering for young parishioners aged 9 to 15 on Saturday March 18th from 12:30 p.m. to 5:00 p.m. The title is "The Joshua in You". Fr. Stephen Chow S.J. has agreed to lead the session.

There is no charge for this event and a simple lunch will also be provided. We ask parents to encourage their children to attend this gathering. Please get your registration form from the Information Desk and register today.

Catholic Conference 2006

The Alberta Conference of Catholic Bishops and the Alberta Catholic School Trustee' Association (ACSTA) invite you to Catholic Conference 2006 and celebrate the theme "Hearts on Fire: Light to the World". The event will be held at the Shaw Conference Centre in Edmonton from March 17-19. Speakers include Archbishop Thomas Collins, Bishop Frederick Henry, Jesse Manibusan, Mark Pickup, Sister Jose Hobday and Dr. Rebecca Davis Mathias.

Registration books are available from your parish office or by calling ACSTA at (780) 484-6209 (Edmonton number). For more information call ACSTA or log onto www.catholicconference2006.ab.ca

四旬期第二週 (二零零六年三月十二日至三月十八日) 讀經、福音章節

主 日	四旬期第二主日		
	創世紀 22:1,2,9,10-13,15-18	羅馬書 8:31-34	馬爾谷 9:2-10
星期一	達尼爾 9:4-10		路加6:36-38
星期二	依撒意亞 1:10,16-20		瑪竇 23:1-12
星期三	耶肋米亞 18:18-20		瑪竇 20:17-28
星期四	耶肋米亞 17:5-10		路加 16:19-31
星期五	創世紀 37:3-4,12-13,17-28		瑪竇 21:33-43,45-46
星期六	米該亞 7:14-15,18-20		路加 15:1-3,11-32

四旬期第三主日(考核禮) (二零零六年三月十九日)讀經、福音章節

2nd Week of Lent (March 12 - March 18, 2006) Daily Readings

Sun.	2nd Sunday of Lent Genesis 22:1,2,9,10-13,15-18	Romans 8:31-34	Mark 9:2-10
Mon.	Daniel 9:4-10		Luke 6:36-38
Tue.	Isaiah 1:10,16-20		Matthew 23:1-12
Wed.	Jeremiah 18:18-20		Matthew 20:17-28
Thur.	Jeremiah 17:5-10		Luke 16:19-31
Fri.	Genesis 37:3-4,12-13,17-28		Matthew 21:33-43,45-46
Sat.	Micah 7:14-15,18-20		Luke 15:1-3,11-32

3rd Sunday of Lent (1st Scrutiny) (March 19, 2006) Readings

聖灰禮儀開展四旬期教宗談皈依與行愛德

(綜合梵蒂岡電台·辛力社訊) 教宗指出，四旬期是促請信徒開放心靈，懷著不斷皈依的心，並要以愛德關懷近人。

一萬二千多位朝聖者三月一日上午聚集在梵蒂岡聖伯多祿廣場，聆聽教宗本篤十六世給他們講解有關四旬期的要理。當天正好是教會的聖灰禮儀日，是四旬期的開始。教宗邀請他們以具體關懷貧苦者的行動，來善度四旬時期。

教宗說：「今天，以聖灰禮儀，開始四十天封齋期的旅途，這段齋期將引導我們走到我們得救的奧跡中心，也就是紀念上主的苦難、死亡與復活的巴斯卦三日慶典。」

「四旬封齋期尤其邀請我們與耶穌重溫他在曠野所度過的四十晝夜，他在開始度公開生活之前，先在那裡守齋祈禱。今天，我們也和全球的基督徒開始走反省和祈禱的路，默想信仰中的主要奧跡，在心靈上朝著加爾瓦略山前行，準備在體嘗十字架奧跡之後，也體

驗復活巴斯卦的喜樂。」

「在聖灰禮儀日，全球各堂區都為信友點聖灰。點聖灰是個象徵性的舉動，表示簡樸刻苦的生活，禮儀包括兩句意味深長的話，一句取自舊約創世紀：『你要記住：你既是灰土，你還要歸於灰土』。聖經這句話在指出人的有限和脆弱性，並激發我們把希望完全寄託在天主那裡；禮儀的另一句話取自耶穌開始出外傳教時，對群眾所發出的呼籲：『你們悔改，信從福音吧！』。這句話在邀請個人和團體把自己更新的基礎建立在服膺基督的福音上。」

教宗於是談到四旬期的具體行動說：「四旬期的生活讓我們接近天主之際，也叫我們以新的眼光來看待我們的弟兄和他們的需要……就如我在四旬期文告中所提醒的一文告的主題是：『耶穌見到群眾，對他們動了慈心』。」