

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，及作一些生活上的小犧牲。

『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，其餘時間只可飲用清水(藥物除外)。

『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。

Parish Activities During the Holy Week

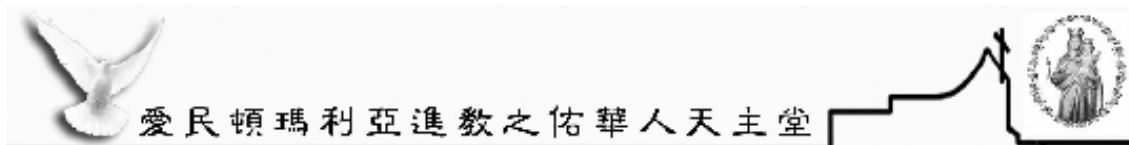
The Parish Pastoral Council had decided that every year, during Triduum in Holy Week, i.e. March 20 to 22 this year, all non-religious Parish activities to be suspended. Such arrangement would help parishioners to concentrate in their participation in all solemn liturgies in this most sacred period of the Liturgical Year. .

聖週內特別事項

- 一. 為表示基督徒相親相愛，彼此服侍，在聖週四(三月二十日)主的晚餐感恩祭中，除了舉行濯足禮外，本堂區將會為本市食物庫(Food Bank)收集食物，獻給有需要者以表示愛心。請各位支持。
- 二. 為響應教宗的呼籲，在聖週五(三月二十一日)，紀念救主受難禮儀中，將特別為支持在聖地推行牧民、福利、教育等工作所需的經費，而收集一次奉獻。請各位慷慨捐獻。
- 三. 聖週六(三月二十二日)復活慶典夜間禮儀中，燭光禮所用的蠟燭，堂區已為各位準備妥當，請於當日禮儀前在 詢問處領取。

聖週期內堂區活動

堂區議會曾決定：每年聖週四至聖週六三天期間，即今年的三月二十日至廿二日，暫停所有非宗教性的堂區活動，以便教友在這禮儀年內的至聖時期，專心一意參與堂區各項隆重的禮儀。



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堂區通訊 Parish Newsletter

二零零八年三月十六日 March 16, 2008

『他謙益自下，服從至死！』

四旬期

SUNDAY REFLECTIONS

“When he entered Jerusalem the whole city was shaken and asked, ‘Who is this?’”

What kind of event would have to occur for an entire city to be shaken in our day and age? The arrival of a rock star might offer some excitement. The unexpected death of a major political figure might do it. The arrival of foreign troops or terrorist invasion would certainly do it. But the arrival of a simple man on a farm animal? Surely not.

What kind of people have we become that fame, fortune or even misfortune are the primary things that grab our attention?

What kind of individual has the kind of power that not only grabs our attention but shakes us so that we stand still in awe, and then allow that awe to turn to hosannas? Who indeed is this man? And why do we still shout “Hosanna”

Placing myself in the scene that unfolds in Jerusalem when Jesus enters, what are my fears and what are my hopes?

FROM FR. STAN'S DESK

WELCOME!

With open arms and hearts we welcome Fr. Francis Hung SDB, who arrived on Friday, March 14th and will stay with us till Saturday, March 29th!

聖枝主日講道

當耶穌進入耶路撒冷的時候，全城鬨動，說：「這人是誰？」今時今日，有什麼大事發生足以震撼全城。名歌星到訪，或許帶來些興奮；某政要突然身故，或有些驚異，外國軍隊入侵或恐怖主義的突襲故會有驚震。但一個騎着驢駒的普通人？絕無可能。

我們因何故受那名聲，機遇或那些不幸事件所吸引？有誰有這般力量不單攝住我們的注意，更使我們起哄，並肅然起敬高呼「賀三納」。這人到底是誰？為何我們仍然高呼賀三納，呼求坐於高天之上的天主賜福。

容我們置身於當日耶路撒冷，當耶穌進入聖城時，我有何所懼，我有何所望。

He will lead us in our Parish Lenten Retreat in Cantonese, he will listen confession in Cantonese during the Penitential Service on Palm Sunday and on Tuesday of Holy Week and half hour before the daily Mass during the Holy Week and during the week after Easter, he will celebrate all the Masses and preach in Cantonese during my “winter brake”. We wish him all the blessings of the Risen Lord!

二零零八年聖週禮儀時間表

TIME TABLE FOR HOLY WEEK LITURGY (2008)

三月二十日(星期四) March 20 (Holy Thursday)	主的晚餐感恩祭及濯足禮 Evening Mass of the Lord's Supper	晚上八時正 (中文) 8:00 p.m. (Chinese)
三月二十一日(星期五) March 21 (Good Friday) (應守大小齋) (Fast and Abstinence)	紀念救主苦難禮儀 Celebration of the Lord's Passion	下午三時正 (中文) 3:00 p.m. (Chinese)
	恭拜苦路 Way of the Cross	下午五時正 (中文) 5:00 p.m. (Chinese)
三月二十二日(星期六) March 22 (Holy Saturday)	復活慶典的夜間禮儀 Liturgy of Easter Vigil	晚上八時半 (中文) 8:30 p.m. (Chinese)
三月二十三日(星期日) March 23 (Easter Sunday)	復活主日日間感恩祭 Easter Sunday Mass	上午九時半 (英文) 9:30 a.m. (English)
		上午十一時正 (中文) 11:00 a.m. (Chinese)

福傳 2008 籌備工作概況

相信近來大家已察覺到「萍水相逢」2008 福傳活動是我們堂區今年的一個重要項目。這是堂區聯同由恩保德神父帶領的「逾越知音」〔一個國際性的天主教青年團體〕合作舉辦的。整個福傳活動包括探訪點城華埠護理中心、舉辦青年聚會和八月九日〔星期六〕晚上在本堂舉行的「福傳音樂會」。

簡單而言，整個 2008 福傳活動是爲了向尚未認識耶穌的親友和公眾推介天主教信仰並藉此更新我們自己的信仰。

我們現正趕緊爲是次福傳活動設計宣傳海報和單張，望能趕及在四月學期結束前在大學及專上學院張貼。

我們現在迫切徵募更多堂區的青年加入我們的工作行列。若你是願意或有興趣，請與 Ernest Siu (707-3441) 聯絡。如欲得知更多有關 2008 福傳活動的資料，歡迎登入以下網迎接：

chinesecatholicparish.ca/ev2008 或電郵至 ev2008edmonton@yahoo.ca 查詢

聖週修和聖事

三月十八日(星期二)晚上七時慈幼會士孔智剛神父，Fr. Stan 及 Fr. Frank 將為教友主持修和聖事。請各位教友勿失良機，籍此機會與主修和，踴躍出席參加。迎接基督的復活

國語班招生

教授老師：張潔及郭新生夫婦
開課日期：三月二十五日〈星期二〉
上課地點：聖堂大會議
上課時間：晚上七時至八時三十分
教授內容：以輕鬆的手法學習拼音、閱讀、會話、唱歌及小組討論
學費：三十元 / 十二堂
報名：請到詢問處或陳謝秀蘭姊妹(Sara Chan) 聯絡，電話478-0894。

聖週六復活前夕晚上慶祝茶會

爲慶祝耶穌基督的光榮復活，在聖週六(三月二十二日)復活慶典夜間禮儀後將會在大禮堂一同分享這份喜悅。

堂區會準備飲品小食，並邀請各位教友帶來簡單食物或糕點在感恩祭前交到廚房，到時將有負責人員接收。多謝各位支持！

楊家太極拳健身班 《108式》

導師：馬偉生師傅

新班開課日期：二零零八年三月三十日
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：扣除部份支出外，其餘學費收入將撥作捐助聖堂之用。

聖週讀經、福音章節 Holy Week Daily Reading

聖枝主日 Passion Sunday
依 Is 50:4-7; 斐 Phil 2:6-11; 瑪 Mt 26:14-27:66
聖週一 Mon of Holy Week
依 Is 42:1-7; 若 Jn 12:1-11
聖週二 Tue of Holy Week
依 Is 49:1-6; 若 Jn 13:21-33,36-38
聖週三 Wed of Holy Week
依 Is 50:4-9, 瑪 Mt 26:14-25
聖週四主的晚餐
Thur of Holy Week The Lord's Supper
出 Ex 12:1-8,11-14; 格前 I Cor 11:23-26;
若 Jn 13:1-15,34-35
聖週五救主受難紀念
Good Friday The Lord's Passion
依 Is 52:13-53:12; 希 Heb 4:14-16,5:7-9;若 Jn 18:1-19:42
聖週六復活慶典夜間禮儀
Sat of Holy Week Easter Vigil
歐 Hos 6:1-6; 路 Lk 18:9-14

EV 2008 Highlight and March Update

As you may be aware by now, EV2008 "Moments of Light" is the most important event for our Parish in 2008. Our Parish will be co-hosting EV2008 "Moments of Light" with The Friends of Jesus' Passover, an international group of Chinese Catholic Youth led by Fr. Giovanni. Highlight of the event is the inspiring Evangelization Concert to be held in our Parish on Saturday, August 9. Other activities include visitations to Chinese Seniors' Homes, and a youth rally. Simply put, the main purposes of EV2008 are to promote the Catholic faith to non-Catholic relatives and friends and community at large, and to rejuvenate our own belief.

We are currently working on the design of an eye-catching promotion poster and an information pamphlet. We aim to have them ready for posting at the University and Colleges before their academic term ends in April. If you are able to help, have suggestions, or are interested in EV2008, please contact Ernest Siu at 707-3441. We are desperately searching for more youthful representation for our Parish! For more information, please visit chinesecatholicparish.ca/ev2008 or e-mail to ev2008edmotnon@yahoo.ca.

LENTEN RECONCILIATION SERVICE

PALM SUNDAY: 3:00 PM—4:00PM

Fr. Francis will listen confession in Cantonese
Fr. Stan, Fr. Matthias & Fr. Andrew in English

TUESDAY, March 18th at 7:00 PM

Fr. Francis will listen confession in Cantonese and Fr. Stan & Fr. Frank in English. If you wish to rejoice with the Risen Lord on Easter you have to rise from the Tomb of your sins making a good Easter Confession.

Holy Saturday Easter Vigil Party

On March 22, during the day of the Holy Saturday, the Church is silent and we all wait in silence. At sunset however, the Church explodes in joy and celebration of Jesus' Resurrection. Apart from refreshment prepared by the Parish, we invite you to bring along some light snacks to share among brothers and sisters in the Hall after the ceremony. Kindly leave your food with the stewards in the kitchen before attending the Vigil. Thank you for your cooperation and support.

Fast and Abstinence

The Catholic Church requires that all faithful of fourteen years old and above to observe 'Abstinence' 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 animals' meat and offer minor sacrifices in our daily lives.

The Church also demands those between eighteen and fifty-nine years old to observe 'Fasting' on those two days mentioned above. That is, on those two days one full meal is allowed. Only a small portion of food during two other mealtimes and pure water is permitted for the rest of the day.

MASS TIMES & INTENTIONS

ST. JOSEPH, husband of Mary, Saturday, 15 March 2008:
10:00 am - 1. in thanksgiving to St. Joseph - *Tung Shu Wah*
2. for my relatives & friends living & deceased - *Fr. Stan*
4:30 pm (C) -
PALM SUNDAY OF THE LORD'S PASSION, March 16th
9:30 am (E) - for all parishioners - *Fr. Stan*
4:30 pm (C) -
Monday of Holy Week, March 17th -
7:30 pm (C) - CHRISM MASS at St. Joseph Basilica - for all parishioners - *Fr. Stan*
Tuesday of Holy Week - 12:00 (Noon) (C) -
Wednesday of Holy Week - 7:30 pm (C) - + Fr. James Jeffcoat - *StephanieYeung*

HOLY THURSDAY, March 20th:
8:00 pm (C) - + Fr. James Jeffcoat - 2nd death anniversary - *Wendy Hong & all parishioners*

GOOD FRIDAY, March 21st:
NO MASS but SOLEMN LITURGY:
3:00 PM (C) - Celebration of the Lord's Passion
5:00 PM (C) - The Way of the Cross

HOLY SATURDAY, March 22nd - EASTER VIGIL:

8:30 PM (C) - ...
EASTER SUNDAY - RESURRECTION OF THE LORD, March 23, 2008:
9:30 am (E) - for parishioners - *Fr. Stan*
11:00 am (C) -

NB. Fr. Stan is accepting Mass intentions and Fr. Francis Hung is accepting too!

If you wish the Mass to be said on a specific date - you have to ask Fr. Stan at least 2 weeks ahead. Thanks - Fr. Stan