

Healing Mass Cancelled

Please note that the February 15th Healing Mass with Father Clair Watrin CSB at St. Andrew's Parish has had to be cancelled because Father Watrin suffered some broken bones in an accident. We pray for his speedy and complete recovery.

Heart Spa: Retreats For Women

Star of the North Retreat Centre St. Albert
To Register or for information
call: 780-459-5511 www.starofthenorth.ca

Self-Care: Learn the Art of Taking Good Care of You

An overnight retreat designed with you in mind. Take a day out from the rush of life to discover new ways to take care of your self, nourishing your mind, body and spirit. Learn ways to honour your self with the lifestyle you choose to live and discover how amazing it feels to be restored to a balanced state of being. Participants will enjoy personal growth sessions, guided reflections and private break-out reflection times. Give your self the gift of care.

6:30 pm Fri. Feb. 25 to 4:00 pm Sat. Feb. 26
Cost: \$159.00

(Includes Friday night accommodation, and breakfast and lunch Saturday.)

Lenten Mission and Retreat for Young Adults and WYD Pilgrims

March 12, 10:30 a.m.

St. John Bosco Parish

"Come Away... and rest awhile" (Mark 6:31)

This retreat, led by Archbishop Richard Smith, will be an excellent way to begin Lent. Additional details will be announced soon! Registration \$5, including lunch.

RSVP to yam@caedm.ca.

Workshop on Moral & Ethical Issues

Our Lady of Perpetual Help Parish in Sherwood Park is pleased to extend an invitation to a workshop on moral ethical issues presented by ethicist Father Mark Miller CSsR on **Saturday, February 26**. Father Miller will lead us through an interactive session dealing with the Church's actual teaching on such issues as homosexuality, euthanasia, cloning, stem cell research and biomedical ethics. The \$20 registration fee includes lunch. You are asked to register by **February 20**. Contact Bonnie at the parish office 780-467-5470 or bkirk@olph.ca for more information. A followup evening will be held **Monday, February 28**, free of charge with

1st Annual Central Alberta Youth Rally

Saturday, March 5, 9:30 a.m.- 9 p.m.

Notre Dame High School, Red Deer

Our theme is "Founded on Rock" (Matthew 7: 25), with special guests Popple! – a duo with unique blend of comedic-acoustic-fun-loving music and a passion for their faith. The rally features music, small group discussions, lunch, Mass with Archbishop Richard Smith, supper, XLT Adoration and Benediction. For more information contact youth@caedm.ca.

On your mark, get set, go!

Registration is now open for the 6th Annual Faith, Fitness & Fun 5K Run/Walk & 10K Run in support of the Foundation of St. Joseph Seminary & Newman Theological College, on **Saturday, April 30** at Rundle Park. Register today to enjoy early bird rates! Registration includes T-shirt, hospitality, prizes & fun. To register, volunteer or for more information, call Lianne at 780-469-1010, ext 2260, email events@caedm.ca or go online at www.runningroom.com.



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
Email address: maryhelpofchrist@interbaun.com Website: www.chinesecatholicparish.ca
Phone: (780) 482-7481 Fax: (780) 482-7488

堂區通訊 Parish Newsletter

二零一一年二月十三日 February 13, 2011 常年期

『不可發虛誓！凡向上主所許的誓願，必要實踐！』

在今天三篇經文的光照下，我們做出以下的三點反思：

(一) 信仰和生活是一體的兩面

我們信仰真誠與否完全會反映在我們的生活中。信仰幫助我們在生活中做出正確的抉擇，并以一個正確的態度去面對生活。如果我們不能認真地生活出我們信仰的教導，那麼我們就像那些經師和法利塞人一樣，說一套，做一套。或者我們只是在做一些表面功夫，完全不能活出信仰的深度。這樣的信仰只不過是騙人騙己罷了，完全毫無意義。

(二) 主耶穌更好地詮釋法律

主耶穌並沒有廢除法律，反而更清楚地向我們解釋法律的意義。他直接進入法律的中心點，談到法律對人的要求。主耶穌所強調的是憐憫，而不是法律形式上的細節；他所強調的是愛，不是具有破壞性的小細節；他更強調的是積極投身的關係，而不是所禁止的行為。主耶穌的到來使法律和先知得到滿全，給人們呈現出舊約法律的富饒。因為他看到當時宗教領導人的盲目，他們錯誤地詮釋法律，給人民增加宗教生活的負擔。他要求人們有一顆皈依的心，以便能夠更深一層地去活出信仰的要求，而不只是外在敷衍地遵守法律。

(三) 基督的教導是否會幫我做出門徒性的生活抉擇？

基督徒并不需要介入任何大型宣傳活動，更不需要在社會上挑起人們的情緒以便進行改革。然而，基督徒的生活必須顯示出，在我們的生命中是不能沒有天主的。我們要自問，我們在日常生活中是否非常明確地把主耶穌放在生命的中心點呢？我們的真誠有多深？我們的愛有多廣？我們的敬拜有多真？這些問題都是誠心的基督門徒所該經常自問的。

常年期第六週讀經、福音章節

6th Week of the Year Daily Reading

- 主日 S 德 Sir 15:15-20;
格前 I Cor 2:6-10;
瑪 Mt 5:17-37
- 一 M 創 Gn 4:1-15,25; 谷 Mk 8:11-13
- 二 T 創 Gn 6:5-8;7:1-5,10;
谷 Mk 8:14-21
- 三 W 創 Gn 8:6-13,20-22;
谷 Mk 8:22-26
- 四 T 創 Gn 9:1-13; 谷 Mk 8:27-33
- 五 F 創 Gn 11:1-9;
谷 Mk 8:34-38;9:1
- 六 S 希 Heb 11:1-7; 谷 Mk 9:2-13

主日彌撒捐獻 Sunday Collection

二零一一年二月五、六日

February 5 & 6, 2011

主日捐獻 Sunday Collection	\$2,647.03
還款基金 Building Fund	\$2,179.51
主日茶座 Sunday Café	\$ 787.44
特別捐獻 Special Offering	\$ 90.00
其他捐獻 Other Offering	\$ 420.00

教宗向華人拜年

(梵蒂岡電台訊) 教宗本篤十六世一月三十日在梵蒂岡祝賀中國和亞洲幾個即將度農曆新年的國家。祝願人們生活平安、快樂和繁榮。他說這是家庭慶團圓的慶節：「我衷心祝賀你們康泰興旺。」

堂區廿五週年紀念家庭相簿

家庭相簿製作小組會在每台彌撒後在圖書館內為堂區教友拍攝家庭照，請已登記教友按預約時間前往拍照。致於未登記的教友請盡快往圖書館內登記，以便工作小組安排拍攝時間。大家也可以電郵 ccpdirectory@gmail.com 或致電 780-935-3903 直接與工作小組聯絡。

領洗信徒 務必福傳

教宗本篤十六世說，傳教是個複合的過程，亦包含關顧別人的友愛之情，而事實上，每位信徒更受召去支持海外傳教工作和推動人性發展。

教宗稱，傳福音是教會的主要工作，現世受世俗化影響，許多人不要把天主放在眼內，福傳變得更為迫切。

他提醒，基督誕生兩千年後，仍有人未認識他的救贖喜訊，信徒不能把這現象置之不顧。與此同時，他說好些傳統基督宗教國家經歷文化轉變後，部份人忘記或放棄了基督信仰，以及拒絕向宗教信仰開放。

談到社會處境，教宗指全球化和相對主義鼓吹「享受和賺快錢，以及把事業和成功作為生活目標，有違道德亦所不惜」的思潮。他說，傳福音正是「教會給予人類提供的最珍貴服務，幫助他們尋求重大的理由讓生命邁向圓滿」。

本篤又引述先教宗保祿六世稱，傳教不能忽視人類發展、正義、讓人從壓迫中取得自由等問題。他期望傳教節能夠鼓勵信徒帶著喜悅和渴望走向人群，把基督帶給所有人。

25th Anniversary Parish Family Photo Directory

The production team for Parish Photo Directory will be hosting the photo sessions in the library after each mass. For all the registered families please arrive your photo session at the reserved time, or you can reserve your photo session time with the production team in the library if you have yet to register. The production team can also be contacted by email ccpdirectory@gmail.com or phone 780 9353903.

NMB Webcast

We are moving ahead on the goal of webcasting our *Nothing More Beautiful* encounters live on the Internet! A test webcast is planned for February 17, and we will be asking a number of people around the Archdiocese, especially those outside the Edmonton area, to login that night, watch the live webcast, and report back with some feedback. If you are interested in being one of our webcast testers, please let me know at communications@caedm.ca and we will send you the information you need.

Calling all Singers

Current and new members of the Archdiocesan Choir are invited to participate in the following upcoming events at St. Joseph's Basilica.

Monday, April 18, 7 p.m.: Chrism Mass (Rehearsals on Tuesday April 5, 6:30 – 9 p.m., Saturdays April 9 & 16, 9 a.m. - 12 noon)

Please register to sing at the Rite of Election or Chrism Mass by contacting Jean Sult at 780 469-7137 or je-sult@yahoo.com

Nothing More Beautiful

Come, nourish your faith with music, evening prayer and inspiring speakers from Caritas Internationalis, the umbrella organization for 165 Catholic agencies that promote international development and provide humanitarian disaster relief around the world. Cardinal Oscar Rodriguez Maradiaga and Lesley-Anne Knight will speak on the theme "The Church We Believe in is Catholic" on **Thursday, February 17, 7 p.m., St. Joseph's Basilica, 10044 – 113 Street.**

Stewardship

February 13th – 6th Sunday in Ordinary Time

Stewardship – Faith on Fire, Hearts & Minds Transformed

The first reading today reminds us that *acting faithfully is a matter of our own choice*. Likewise, making stewardship a way of life is also a choice. In fact, the stewardship lifestyle is lived through a continuous number of freely made choices. The good steward chooses to live simply, chooses to be grateful every day, and chooses to be generous. These are just three of the virtues of the Disciple and Christian Steward. What lifestyle choices are you making?

Stewardship

Stewardship Day 2011

March 18-19, 2011 (Friday evening and all day Saturday)

St. Theresa Parish, Edmonton

Mark your calendar for Stewardship Day 2011: The Evangelizing Parish - Vision, Passion, Practice More details to follow soon!