

主任司鐸: 曾若瑟神父 Pastor: Rev. Joseph Tsang

二零一三年十二月二十九日 聖家節 December 29, 2013

From the Facebook fan page: Mary Help of Christians Chinese Catholic Parish, Edmonton

What is the most popular Christmas and New Year wish? It is most likely to be related to physical and spiritual health. But what is the 1) easiest, 2) most effective, 3) fastest and 4) safest way to promote physical and spiritual health? There are 3 possible ways: 1) Attack oneself, for example, with patience, but the end result can be depression, even despair and suicide. 2) Attack others, including continual use of the psychological defense mechanism of denial of blame and projection of blame onto others. 3) Follow the example of the Blessed Mother Mary: contemplate in silence all changes with the objective of gaining the insight that the nature of all self-centered experiences is impermanent. We need, therefore, to close our eyes and ask ourselves: "What is aware of this experience?", and then take 3 deep breaths while observing changes without accepting or rejecting them. When we are near self-forgetting experiences, if even our subconscious is aware that the nature of self-centered experiences is impermanent, then we are invoke: 1) the Spirit of Wisdom of Jesus, Mary and Joseph for discernment between good and bad, 2) the Spirit of Joy of Jesus, Mary and Joseph from doing good and rejecting evil, 3) and the Spirit of Healing of Jesus, Mary and Joseph for healing all spiritual and even physical sicknesses, if this is according to God's plan for us personally.

從臉書粉絲專頁：加拿大愛民頓瑪利亞進教之佑天主堂

最普遍的聖誕與新年願望很可能是與身心健康有關，哪一種促進身心健康是 1) 最容易，2) 最有效，3) 最快，與 4) 最安全的？可有以下的 3 種方法：1) 攻擊自己，例如忍耐，但結局可是憂鬱症，甚至絕望與自殺。2) 攻擊他人，包括怨天尤人，但結局可是躁鬱症，甚至濫殺他人。3) 模倣聖母瑪利亞，靜觀其變。先領悟自我經驗的本質是永遠無常，故此閉起眼睛自問：「甚麼察覺這經驗？」，深呼吸最少 3 次，靜觀其變，不接受，也不拒絕任何毛病或自我的經驗。當接近忘我經驗，甚至連潛意識都領悟自我經驗的本質是永遠無常後，可進行最後一步：1) 呼喚耶穌，瑪利亞和若瑟智慧的靈氣，以便明辨甚麼應盡快完成，甚麼應棄絕，2) 再可呼喚耶穌，瑪利亞和若瑟喜悅的靈氣，以得到神賜的最圓滿的滿足。3) 最後，可呼喚耶穌，瑪利亞和若瑟治癒的靈氣，給我們身心健康，若果這是神的計畫。



「除夕謝主」及「天主之母瑪利亞」節日感恩祭

一月一日是瑪利亞天主之母節日，是日為當守節日，信友有嚴重責任參與一台彌撒，彌撒如主日，請特別注意。彌撒時間表經已張貼於堂區各處及刊印於堂區通訊內。

本月首星期五「敬禮耶穌聖心」

一月三日是本月的首星期五，聖堂將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。

二零一四年堂區堅振班

二零一四年堂區堅振班現已接受報名，開課日期為一月五日，凡年滿十二歲，就讀grade 6或以上之兒童，均可報名參加，請到詢問處領取報名表，同時留下姓名及電話號碼，以便導師與各位家長聯絡，表格填妥後可以交回辦事處。

2014年堂區月曆

月前，堂區特別從北美華人天主教團體聯合組織訂製了一批2014年的堂區月曆。月曆中包含本堂區的宣傳資料。堂區訂製該批月曆的目的是為使本堂區更加融入北美華人天主教團體，令其他北美華人天主教團體認識本堂區。這個月曆亦給予本堂教友一些方便，在前往北美各地旅行的時候，可以掌握各北美華人聖堂的詳細資料，參與彌撒或其他的特別敬禮。

現在，該批月曆經已送抵本堂，免費供所有教友取用。由於每個月曆的成本需要五元，堂區歡迎教友隨意捐獻，幫助堂區減輕印製月曆的支出。捐獻善款請投入詢問處領取月曆旁邊的收款箱內。多謝各位！

除夕聯歡晚會

堂區除夕聯歡晚會，三百個座位已全部售罄，感謝大家的支持，晚會將於七時開始，到時必將有一番熱鬧。

New Year's Eve Thanksgiving & Mary, the Holy Mother of God Masses
January 1st is a Holy Day of Obligation. Parishioners have a serious duty to attend one mass. The 3 masses on that day are as on Sunday.
The Mass schedule is posted and is included in this Newsletter.

Devotion of the Sacred Heart of Jesus
January 3rd is the First Friday of the month. As usual, there will be Adoration of the Blessed Sacrament at 10:00 AM and Mass at 11:00 AM. Everyone is welcome.

Parish Confirmation Class

The Parish Confirmation Class is going to start on Jan 5, 2014. Children who are 12 years old or older studying in grade 6 or higher, are welcome to join. Registration forms are available at the Information Desk. Please leave your name and a contact number, so that the instructor can contact you. Completed forms can be dropped off at the Office.

2014 Parish Calendar

Months ago, our Parish ordered the 2014 Calendar from the North America Chinese Catholic Apostolate. Inside the calendar there are pictures of our Parish and mass information. The purpose of this calendar is to promote our relationship with the North America Chinese Catholic community. The calendar also gives information of other North America Chinese Catholic Parishes. This helps our parishioners if they travel to North America and wish to attend masses and other special celebrations.

Each calendar costs \$5.00 to produce. Parishioners are welcome to take one free of charge. If you wish to make a donation to cover the printing and shipping cost, please drop it off in the Collection Box. Thank you for your generosity.

New Year's Eve Party

The 300 seats for the Parish New Year's Eve Party are all sold out. Thank you for your support. The program will start at 7 PM. It is going to be a lot of fun.

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)

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)

Weekday Masses: Monday, Wednesday & Friday 11:00 a.m.
Tuesday & Thursday 5:30 p.m.
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

「除夕謝主」及「天主之母瑪利亞」節日感恩祭時間		
12月31日 星期二	除夕謝主感恩祭 (天主之母瑪利亞節日提前感恩祭)	下午四時半 (粵語)
2014年1月1日 星期三	天主之母瑪利亞節日感恩祭 (是日為當守節日信友有責任參與)	上午九時半 (英語) 上午十一時 (粵語) 下午二時半 (國語)

Mass Schedule for New Year 2014		
December 31 Tuesday	New Year's Eve Thanksgiving Mass	4:30 P.M. (Cantonese)
January 1, 2014 Wednesday	Mary, the Holy Mother of God (Solemnity, Day of Obligation)	9:30 A.M. (English) 11:00 A.M. (Cantonese) 2:30 P.M. (Mandarin)

主日彌撒捐獻

Sunday Collections

十二月二十一日及二十二日

December 21 & 22

主日彌撒捐獻 Sunday Collection	\$2,501.25
堂區還款基金 Loan Repayment	\$2,910.00
特別捐獻 Special Offering	\$ 140.00
聖物部捐獻 Parish Gifts Shop	\$ 150.00
交際舞班捐獻 Ballroom Dance Class	\$ 797.00
健康舞班捐獻 Line Dance Class	\$ 329.98

聖誕節子夜及聖誕節彌撒捐獻

Christmas Eve & Christmas Day Collections

十二月二十四日及二十五日

December 24 & 25

彌撒捐獻 Mass Collection	\$5,518.00
堂區還款基金 Loan Repayment	\$8,111.00
聖堂維修 Building Fund	\$ 60.00
菲律賓風災 Philippines Hurricane	\$ 10.00