

From the Facebook fan page:

Mary Help of Christians Chinese Catholic Parish, Edmonton

(53,968 Facebook fans have seen this post written by Fr. Joseph Tsang.
2,068 fans have pressed "Like")

St John of the Cross, today widely regarded as the top authority on the Catholic theology of contemplation, says those who experience the highest contemplation in this life BEFORE reaching Heaven may already think the Thought of God, speak the Word of God and do the Act of God to some extent. In fact, he says these people in the highest contemplation BECOME God BEFORE death by participation. According to this Mystical Doctor of the Church, everyone can pray for the highest stage of contemplation and cooperate with the grace concerned. He maintains that there is moral or relative certainty that people in the highest stage of contemplation will not commit serious sin again and there is therefore also moral certainty there will go to heaven.

In the face of temptations, accepting any one of them is sin, rejecting them may cause unnecessary conflict and in the case of sexual temptations, the consensus of the saints is that a direct attack against them may lead to a counter-productive backlash, at least a subconscious rebound eventually.

There is a THIRD WAY: watch the dominant experience such as temptations change to another experience, especially the transition between two experiences AND/OR dispose ourselves for an insight into the subject of the dominant experience by asking: "What is aware of this experience?" According to official teaching of the Catholic Church, in agreement with the Common Doctor of the Church, St Thomas Aquinas, the subject is the soul, whose substance can never occupy space or be extended in space, although its power of knowing and loving can be discerned in space. If the substance of the soul occupies space, according to the laws of particle physics, it must be made up of particles and over time, according to the second law of thermodynamics, the particles will become more and more disorganized until random motion or death and decomposition occurs. But the soul is immortal because it is of the same nature of the abstract ideas it experiences. As a result, the soul cannot be made up of particles or be extended in space.

In this Christian self-emptying, we can forget where we are, just like St Paul and the Doctor of the Church St Teresa of Avila when they were in ecstasy (they did not know whether they were in the body or out of it) or forgot who they were (St Teresa, and many Catholic contemplative saints, said there was no conscious awareness of any idea DURING levitation in ecstasy, according to her auto-biography). This self-forgetfulness can be stable even in the subconscious mind. The more we let go of stubborn, limited, unstable experiences, the more we open ourselves to the Holy Spirit who knows and loves each of us.

When we are near self-forgetfulness or after a deep self-forgetfulness and abandonment of stubborn selfish satisfactions, even what St John of the Cross calls spiritual gluttony due to visions and ecstatic feelings, we can be more open to the Holy Spirit when we ask Mary to pray for the Spirit of Wisdom of Jesus to discern clearly between good and evil, the Spirit of Joy of Jesus to do good and avoid evil as well as the Spirit of Healing of Jesus to cure the illnesses of our soul and our body. This full satisfaction is heaven on earth, or heaven before death.

二零一四年一月二十六日 常年期第三主日 January 26, 2014

從臉書粉絲專頁：加拿大愛民頓瑪利亞進教之佑天主堂

(已有53,968名粉絲瀏覽曾若瑟神父臉書此上載內容，其中2,068名粉絲按"讚")



按天主教宗徒後，默觀祈禱公認最高權威，聖師聖十字若望，我們在此生已可在某程度分享在天堂時，神的特徵：每人可求主恩，與主恩寵合作，到達在此生的默觀祈禱最高境界。聖十字若望說在此境界，我們所想的是神的思想，所講的是神的話，所行的是神的行為。讓我們每個人求耶穌瑪利亞為我們祈禱，幫我們不接受引誘，不與引誘作不必的對抗，令引誘反彈倍增，在靜觀其變中：1)領悟甚麼察覺此刻的經驗（例如：悶，亂，累，快感，憂心等等）或者觀察此刻的經驗轉變為另外一種經驗的轉捩點。這樣，我們可接近忘記自己在那裡，自己是誰，甚至連潛意識都忘我或掏空自己，空虛自己的經驗，或在此經驗之後，呼喚聖神如下。2)讓每人都求瑪利亞為我們祈禱，呼喚耶穌聖神明辨善惡的智慧靈氣降臨，行善避惡喜悅的靈氣降臨，治癒身心的靈氣降臨。聖神此三大靈氣可：1) 認識我們及與我們溝通。2) 此至善的靈氣，可犧牲愛每人。

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)	Mass Schedule: Saturday 4:30 p.m. (Cantonese) Sunday 9:30 a.m. (English) 11:00 a.m. (Cantonese) 2:30 p.m. (Mandarin)
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	Weekday Masses: Monday, Wednesday & Friday 11:00 a.m. (Cantonese) Tuesday & Thursday 5:30 p.m. (Cantonese) After mass: Adoration of the Blessed Sacrament for ½ an hour and Benediction
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	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 (Cantonese)

一月三十日（星期四）平日彌撒將被取消

由於主任司鐸曾若瑟神父須於一月三十日（星期四）出席「聖若瑟大殿」奠基一百年下午七時舉行的感恩祭,及同時當日為農曆年除夕，該日的下午5:30彌撒將被取消，謹請各位教友留意。

愛民頓總教區教務署有關「愛民頓聖若瑟大殿建立百週年慶典」通諭

愛民頓總教區教務署於本月十三日向各堂區發出電郵，敦促各堂區將此「愛民頓聖若瑟大殿建立百週年慶典」消息刊載於本周的堂區通訊內，通諭全體教友：

「愛民頓聖若瑟大殿建立百週年慶典」是一個「美麗的信仰之旅」、一個在醞釀慶祝的百年盛事。

愛民頓總教區將在2014年舉行紀念主教座堂「聖若瑟大殿」建立100週年慶典。總主教誠意邀請全體教區神父和有緣與共同行這百年之旅的每一位教友參加這個具有里程碑意義的慶祝活動。

以下是慶祝活動的詳情：

一月三十日（星期四）剛巧正是「聖若瑟大殿」奠基一百年的日子。當日，總主教Richard Smith 將偕同總教區的代表們於下午七時舉行感恩祭，在感恩祭禮儀之中，會祝福新造的 馬賽克聖體聖像。之後，在聖堂的O’ Leary Hall 備有茶點招待全體出席的教友。

二月一日（星期六）下午七時在主教座堂「聖若瑟大殿」舉行聚會，共聚重溫「聖若瑟大殿」從1923年開始建造乃至1963年 落成祝聖 的過程。屆時，總主教Richard Smith、聖若瑟堂區的歷任主任司鐸、該堂區教友以及其他人士會將大殿內諸如從教堂頂的大鐘，以至大殿內的彩色繪圖玻璃等等形貌裝置，向與會的教友闡述其特色及含義。總主教誠意邀請教友參加這個逾越時光的靈性之旅活動，從而對「聖若瑟大殿」加深瞭解和連系。聚會結束之後，在聖堂的O’ Leary Hall 備有茶點招待。

January 30th (Thursday) Mass at 5:30 p.m. will be CANCELLED

Please note that there will be NO mass on Thursday, January 30th because Fr. Joseph will be attending the Mass in celebrating the 100th Anniversary of St. Joseph's Basilica at 7:00 p.m. in St. Joseph’s Basilica. Also on that day it is Chinese New Year's Eve.

100th Anniversary Celebration of St. Joseph's Basilica, Edmonton

It's a Beautiful Faith Journey - A Story 100 years in the making

St. Joseph's Basilica parish will mark its 100th anniversary in 2014! Each of us has been part of the journey over the past 100 years, and we are all invited to join in the celebration of this milestone.

Thursday, Jan. 30, 2014:

The date marks exactly 100 years since the parish of St. Joseph was founded. Celebrate together with Archbishop Richard Smith and representatives of the Archdiocese, beginning with Mass at 7:00 p.m. including the blessing of the Blessed Sacrament Mosaic and followed by a reception in O'Leary Hall.

Saturday, Feb. 1, 2014:

Relive the journey of the Basilica itself, from the start of construction in 1923 through its consecration in 1963. Archbishop Smith, Parishioners, former Rectors and others will reflect on the features of the Basilica and the meaning they hold for them - from the Cathedral bells to the stained glass windows. Join in this moving, spiritual journey through time and develop a greater understanding and connection with St. Joseph's Basilica, beginning at 7:00 p.m. followed by a reception in O'Leary Hall.

主日彌撒捐獻 Sunday Collections 一月十八及十九日 January 18 & 19

主日彌撒捐獻 Sunday Collection	\$2,415.05
堂區還款基金 Loan Repayment	\$ 50.00
特別捐獻 Special Offering	\$ 40.00
2014年月曆捐獻 2014 Calendar	\$ 20.00