## 太極拳班

太極拳班將於本星期六下午 2:30-4:00 開始,由馬偉生師父親自教授,學費是\$50 三個月歡迎教友或非教友參加。如有興趣請到堂區辦事處報名。

#### 〔學習普通話〕班

〔學習普通話〕班於三月十九日(星期三)開始,時間是下午 7:30 至 9:00 時,學費是\$50 三個月。歡迎教友或非教友參加。如有興趣請到詢問處登記。

#### Tai Chi Class

Tai Chi classes will begin this Saturday, March 8 from 2:30 to 4:00 p.m. Master David Mah is the instructor. The fee is \$50 for 3 months. Parishioners or non-parishioners are welcome to participate. If you are interested, please register with the Parish office.

#### **Learning Mandarin Class**

If you are interested to learn Mandarin, the beginner class will start on Wednesday, March 19 from 7:30 p.m. to 9:00 p.m. in our Parish. The fee is \$50 for 3 months. Parishioners or non-parishioners are welcome to participate. Please register at the Information Desk.

#### Marriage Encounter Edmonton Spring Weekend March 14-16

Are you, family or friends looking to take your marriage from good to great?

The ME Spring Weekend is a great opportunity to make that happen. This weekend couple retreat that starts at 7PM on Friday, March 16th has the potential to transform your relationship with your spouse. Give the gift of time and spend the weekend together. Come join our ME Team at our Spring weekend, March 14 (7PM) to March 16 (4PM).

Registration closes on March 9th. Registration forms are available at the Information Desk.

ME Edmonton Weekend Pillar Leaders

Nicole & Gavin VanKuppeveld

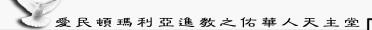
780.464.2874

# 主日彌撒捐獻 Sunday Collections

三月一及二日 March 1&2

主日彌撒捐獻 Sunday Collection\$2,409.39聖堂維修 Building Fund\$1,761.00特別捐獻 Special Offering\$ 20.00二月份堂區還款基金總共:\$1,290.22

The total amount of Loan Repayment for February: \$1,290.22





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) 482-7481

# 堂區通訊 Parish Newsletter

主任司鐸: 曾若瑟神父 Pastor: Rev. Joseph Tsan

# 二零一四年三月九日 四旬期第一主日 March 9, 2014

本主日的禮儀提醒我們,我們的人性傾向於背離天主。我們的原祖父母,選擇了 把自己放在天主之上。聖保祿告訴我們,當我們活在耶穌基督內,天主會平白 野我們恩寵和正義。今日福音敘述耶穌曠野之行,與及撒殫擺在祂面前的種種 探。在每一種情況中,凡是與天主心意相通的人,必獲救援。教宗方濟各提醒 門,天主孜孜不倦,寬恕我們。

總主教 Richard Smith 頒佈了一個特別邀請,呼籲我們於 三月十八日 (星期二),一起參與修和聖事。主教在函件說到:「能夠與上主的大愛和寬恕相 遇,是一種無可比擬的美好:既在我們的生命中注入了一份新鮮感,也使我們每個人從 心底裏感受到,我們如何深深地被天主所愛。」「無論甚麼罪惡,無論我們做了甚麼, 我們都是軟弱和脆弱,我們都犯錯,我們都需要轉向上主,得到祂的大愛與仁慈。」

This Sunday's liturgy reminds us of our human tendency to turn away from God. Our first parents chose to put themselves first, rather than God. Saint Paul tells us God offers us a free gift of grace and righteousness when we live our lives in Jesus Christ. The gospel relates the journey of Jesus into the desert and the temptations that Satan put before him there. In each case, those whose hearts are attuned with God are saved. Pope Francis reminds us that God never tires of forgiving us.

Archbishop Richard Smith has issued a special invitation to all to celebrate the Sacrament of Reconciliation on **Tuesday, March 18**. "There is nothing more beautiful than encountering the Lord's love and forgiveness; it gives a new freshness to our lives and it helps us to experience personally, deep down, how much we are loved by God," Archbishop Smith writes. "It doesn' matter the sin, it doesn't matter what we've done. We are all weak and vulnerable, we all make mistakes, and we all need to turn to the Lord for his love and mercy."

#### 三月十一日及十二日平日彌撒暫停

由於主任司鐸曾神父將於下個星期二及星期三(三月十一日及十二日)出席教區主持的 〔教化思想促進〕研討會,所以下個星期二及三日的平時彌撒將會暫停。謹請各位教友 留意。

#### 四旬期公拜苦路

從三月七日至四月十一日逢星期五下午七時半為公拜苦路時間。四月十八日(星期五)公拜苦路是於救主受難紀念禮儀前。請各位教友熱心參加,一起追憶和默想主耶穌為救贖人類所受的苦難。

#### 整日告解及整曰明供聖體

三月十八日(星期二)教區內每一個堂區,將會提供整日的懴悔聖事。當日曾神父將會為本堂教友辦告解,時間是上午九時至晚上九時,同時亦會安排整日明供聖體。請大家到詢問處登記陪伴耶穌聖體的時間。而當日的下午 5:30 彌撒照常舉行。請大家善用這機會,準備心靈,妥善渡過四旬期,迎接救主的復活。

#### 2014年堂區四旬期退省

主題:我們要悔改信從福音 – Repent & Believe in Gospel

神師: 曾若瑟神父

日期:三月二十三日(星期日)

時間:下午一時至下午四時三十分

(請留意:十一時彌撒改為三時半,二時半國語彌撒取消)

#### 李陳文瑛姊妹(Teresa Chan) 蒙主寵召

本堂區祈禱宗會會員李陳文瑛姊妹(Teresa Chan) 於三月七日〔星期五〕旱上蒙主寵召,安息主懷,守靈祈禱將訂於三月十三日〔星期四〕,晚上七時至九時在 Connelly-McKinley Funeral Home, 10011-114 Street 舉行,而喪禮彌撒將於翌日三月十四日〔星期五〕,上午十時正在本堂舉行,請各教友屆時出席,共同為亡者祈禱。

## (當日十一時平日彌撒取消。)

#### March 11 & 12 Daily Mass will be CANCELLED

Please note that the daily mass for next Tuesday & Wednesday (March 11 & 12) will be **CANCELLED** as Fr. Joseph will be attending the Enculturation Enhancement Seminar organized by the Edmonton Archdiocese.

#### Way of the Cross

The Way of the Cross will take place on every Friday at 7:30 p.m. during Lent, starting from March 7 until April 18.

On Good Friday (April 18), the Way of the Cross will start before the celebration of the Lord's Passion. Please take this opportunity to meditate on Christ's passion and death for the salvation of all mankind.

# **All-Day Confessions**

Once again priests in every parish across the Archdiocese will be devoting a special day to hearing confessions over extended hours. This year's Day of Confessions is set for **Tuesday, March 18.** For our parish, Fr. Joseph will be hearing confessions from 9:00 a.m. to 9:00 p.m. (except during the 5:30 p.m. daily mass). There is also Adoration of the Blessed Sacrament from 9:00 a.m. to 9:00 p.m. A sign-up form will be available at the Information Desk. Please make use this opportunity to let go of all that hinders our relationship with God and one another.

## 2014 Parish Lenten Retreat - March 23 (Sunday)

**English Group:** 

Date: Sunday, March 23

Topic: Repent & Believe in Gospel

Retreat Director: Fr. Joseph Tsang

Time: 9:30 a.m. to 12:00 noon (Starts with 9:30 a.m. mass)

## In Remembrance of 李陳文瑛姊妹 (Teresa Chan)

Prayer vigil will be held on Thursday, March 13 at Connelly-McKinley Funeral Home, 10011-114 Street in remembrance of 李陳文瑛姊妹(Teresa Chan) who passed away on Friday, March 7. Funeral mass will be held on Friday, March 14 at 10:00 a.m. in the Mary Help of Christian Chinese Catholic Parish.

(THE 11:00 A.M. DAILY MASS WILL BE CANCELLED.)