「齊心協力,事主事人」

愛民頓總教區現已為我們在主日彌撒中收取的特別捐獻,制訂了一個新的做法。

教區會先從堂區收集全年的特別捐獻,然後按教區自定比例,分發給各慈善組織(惟 Sign of Hope 籌款暫時是例外)。假如堂區捐出之數目超過定額,則可以於年底獲得回贈。

在今年內,大家可以繼續使用在捐獻信封包中提供的黃色特別捐獻信封。2015年起,堂區將 印製新的特別捐獻信封。關於以上的改變,愛民頓教區亦印備小冊子可供索取。有關資料亦可 在教區的網站(www.caedm.ca/we Serve) 閱覽。如有任何問題,可向 Bill Fung (780) 964-2402 查

Sharing through TOGETHER WE SERVE

The Archdiocese has launched a new way of giving through our special donation to the most poor and vulnerable in the world. Instead of sending each individual parish's donation directly to the charitable organizations (with the exception of the SIGN OF HOPE campaign), the Archdiocese will collect all the funds and decide what proportion to give each charity on behalf of the donors. If the amount donated by each individual parish exceeds the guota, there will be rebates returned to the parish at year-end.

You may continue to use the special donation envelopes (yellow) provided in your envelope package this year. New envelopes will be issued as of 2015. Pamphlets and information are available for distribution. You may also access the Archdiocese's website (www.caedm.ca/We Serve) or contact Bill Fung, Appeal Coordinator at 780-964-2402 if you have any questions.

彌撒時間:

星期六下午四時卅分 (粤語) 星期日上午九時卅分(英語) 上午十一時 下午二時卅分 (國語)

辦告解時間:

星期六及每一台主日彌撒 30 分鐘前 神父會為教友辦告解

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) 9:30 a.m. (English) Sunday 11:00 a.m. (Cantonese) 2:30 p.m. (Mandarin)

Sacrament of Reconciliation:

30 minutes before 4:30 p.m. Saturday mass and 9:30 a.m., 11:00 a.m. and 2:30 p.m. Sunday masses

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 1/2 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 (Cantonese)



Mary Help of Christians Chinese Catholic Parish 10140 — 119 Street, Edmonton, AB TSK 1Y9 Email address: maryhelpofchrist@interbaun.com Website: www.chinescatholicparish.ca Phone: (780) 482-7481 Fax: (780) 482-7488

Parish Newsletter 堂區通訊

主任司鐸:曾若瑟神父 Pastor: Rev. Joseph Tsang

二零一四年四月十七日

主的晚餐

April 17,

2014



耶穌復活了!墓穴打開了!是空的!

Jesus is risen! The tomb is open and empty!

2014 堂區復活節慶典暨 歡迎台北教區榮休狄剛總主教到訪

狄剛總主教將於 4 月 20 (復活節) 及 21 日到訪我們天主堂,期間將主持復活節主日下午二時半及復活周星期一上午十一時之普通話平日彌撒 (有廣東話即時翻譯)。4 月 20 日 (星期日)晚上五時,堂區將於皇城大酒家 (Emperor's Palace, 10638 - 100 Street) 設宴歡迎狄剛總主教,費用每位三十元 (大小同價),每席三百元。參加者請於堂區詢問處登記。愛民頓總主教 Richard Smith 亦將蒞臨晚宴。另外,4 月 21 日 (星期一)平日彌撒後,狄剛總主教亦會與本堂教友在金漢龍廷大酒樓共進午餐茶聚 (206-9700-105 Avenue)。歡迎各位踴躍參與該兩天之彌撒聖祭及彌撒後與狄剛總主教共進餐。

鑑於狄剛總主教探訪愛民頓的行程延至復活週星期二早上才返回卡加利,堂區將於復活週星期一(四月二十一日)晚上六時在本堂舉行 POTLUCK 歡送晚宴。現誠意邀請大家踴躍參加,請各位到詢問處登記。

復活節茶會

堂區於四月十九日復活前夕感恩祭後於禮堂舉行茶會,讓教友可以共聚一堂,互祝復活節快樂。特此呼籲大家預備一份糕餅小食,到時在茶會中彼此分享,食物可於當晚彌撒前交到廚房。歡迎各位踴躍參加。

燭光禮所用的蠟燭

聖週六(四月十九日)復活慶典夜間禮儀中,燭光禮所用的蠟燭,堂區已為教友準備妥當,請於當日禮儀前在詢問處領取。

2014 亞省 "March for Life"

總主教 Richard Smith 在 2014 亞省 "March for Life" 的邀請信中寫道:「人的生命是天主的奇妙美麗的恩賜。天主依照祂的肖像造了人,不論男女老幼都被賦予不可剝奪的尊嚴。然而在這國家,我們目睹的是人類尊嚴不被經常重視的事實。我們必須明言,為尊重人類尊嚴,唯一選擇就是生命!齊來參與五月八日(星期四) 的 "March for Life"。當日上午十時半,總主教在聖若瑟座堂主祭彌撒,中午十二時在省議會前集會,集禱後於下午一時半遊行至Churchill Square 後折返。請自備午膳及飲品。歡迎各界人仕參加。

請 與 他 人 分 享 總 主 教 Richard Smith 的 邀 請 信 , 詳 情 可 瀏 覽 網 站 http://www.caedm.ca/Portals/0/documents/archbishops%20office/2014-04-07
MarchForLife2014.pdf.

主日彌撒捐獻 Sunday Collections 四月十二及十三日 April 12 & 13

主日彌撒捐獻 Sunday Collection \$2,778.05 發展及和平組織 籌款 D & P Donation\$1,484.25 聖堂維修 Building Fund \$ 384.79

特別捐獻 Special Offering \$ 140.00

2014 Parish Easter Celebration & Welcoming Archbishop Emeritus Ti Kang Visits our Parish

Archbishop Emeritus Ti Kang will be visiting our parish from April 20 to 21. On Sunday, April 20, the Archbishop will celebrate mass at 2:30 p.m. (Cantonese translation will be provided). After mass, there will be an Easter dinner celebration at 5:00 p.m. at Emperor's Palace, 10638 - 100 Street. The cost for the dinner is \$30 per person (same price for children) and \$300 per table. A sign-up sheet for the dinner is available at the Information Desk. We are honored that Archbishop Richard Smith will be attending the celebration. Please invite your friends and relatives to join us for this special event.

On Monday, April 21 Archbishop Ti Kang will celebrate mass with us at 11:00 a.m. After mass, the Archbishop will join us for lunch at Dynasty Century Palace Restaurant, #206, 9700 – 105 Avenue. All parishioners are welcome.

As Archbishop Ti-Kang has extended his stay in Edmonton till Tuesday morning, the Parish will be hosting a Potluck Farewell Dinner at our church on Easter Monday, April 21st at 6:00pm. Everyone is invited to come, please register at the Information desk.

Holy Saturday Tea Party

Please join us for the tea party on Holy Saturday, April 19 after the Easter Vigil in the Parish Hall. Please bring a snack if you could to share with everyone. Food can be dropped off in the kitchen. Everyone is welcome.

Easter Vigil – Candles of the Faithful

Please pick up the candles of the faithful at the Information Desk on Saturday, April 19. The candles of the faithful are for the Service of Light during the Easter Vigil.

2014 Alberta "March for Life"

"Human life is a wondrous and beautiful gift of God," Archbishop Smith writes in a letter of invitation to the 2014 Alberta "March for Life". "Since God has created members of the human race in His image and likeness, every man, woman and child is endowed with an inalienable dignity. In our country, we are witnesses to the sad truth that human dignity is not always honoured. We must assert clearly and respectfully that, in keeping with human dignity, the only choice is life!" Join us at the "March for Life" on Thursday, May 8. We begin at 10:30 a.m. with "Mass for Life celebrated by Archbishop Smith at St. Joseph's Basilica. Rally starts at 12 noon at the Alberta Legislature: bring lunch and a beverage. At 1 p.m. there is an opening prayer, followed at 1:30 by a peaceful march to Churchill Square and back. People of all ages are welcome to attend any or all of the events.

Please share the Archbishop's letter, which can be downloaded at:

http://www.caedm.ca/Portals/0/documents/archbishops%20office/2014-04-07 MarchForLife2014.pdf.

得到全大赦機會最大的上等痛悔經:

因父及子及聖神之名,聖母瑪利亞,聖若瑟,及其他聖人天使,為我等祈福,使我們為愛天主, 痛悔,憎惡,棄絕一切罪,並棄絕所有犯罪的吸引,作應該的補償,以領全大赦。

Perfect contrition prayer for maximizing the chance to gain a plenary indulgence:

In the name of the Father, the Son and the Holy Spirit, Mary, Joseph and other saints and angels, pray for us! Make sure that out of love of God, we are sorry for, hate and reject all sins as well as the attractions to sin, and that we do due penance - in order to gain a plenary indulgence.

聖週禮儀時間表(四月十七日至廿日) Holy Week Liturgy Schedule (April 17th to 20th)

四月十七日(星期四)	主的晚餐感恩祭及濯足禮	晚上八時正 (粵語)
April 17 Holy Thursday	Evening Mass of the Lord's Supper	8:00 p.m. (Cantonese)
四月十八日(星期五) April 18 Good Friday (應守大小齋) (Fast and Abstinence)	恭拜苦路 Way of the Cross 紀念救主苦難禮儀 Celebration of the Lord's Passion	下午三時正(粵語) 3:00 p.m. (Cantonese)
四月十九日(星期六)	復活慶典的夜間禮儀	晚上九時(粵語)
April 19 Holy Saturday	Liturgy of Easter Vigil	9:00 p.m. (Cantonese)
四月廿日(星期日) April 20 Easter Sunday	復活主日日間感恩祭 Easter Sunday Masses	上午九時半(英文) 9:30 a.m. (English) 上午十一時正(粵語) 11:00 a.m. (Cantonese) 下午二時半(普通話) 2:30 p.m. (Mandarin)

星期五紀念基督聖死日守大小齋

四月十八日(星期五)是紀念基督聖死日。按照教會的規定:年滿十四歲之教友,應守小齋;年滿十八歲至五十九歲之教友,應守大齋。謹請教友特別留意。

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 (不可等於一餐飽),其餘時間只可飲用清水(除藥物外)。

〔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。

支持聖地捐獻

為響應教宗的呼籲,在聖週五(四月十八日)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,收集一次奉獻。請各位慷慨捐獻。

Call to Protect 工作坊

按照愛民頓總教區最新指示,凡年滿十八歲,在本堂區內服務的所有義務人員及職員,都必須參加將於本月底舉行的 Call to Protect 工作坊,這些人士包括:主日學導師、少青組導師、慈幼中文學校老師、輔祭督導人員、慕道班導師、聖事籌備人員、財務組、牧民議會、探訪組、祈禱宗會輔助人員、聖母軍、禮儀組核下所有小組(讀經、送聖體、輔祭、聖詠團與及司儀)、還有堂區秘書與及管理員,以前曾經參加過這工作坊的,可以豁免。

Call to Protect 工作坊舉辦日期為四月廿六日(星期六),時間下午一時至三時半,地點是大會議室,期望大家盡量抽空參與,使我們懂得如何時常提高警惕,好好保護我們的堂區教友。請到詢問處報名。

Good Friday (April 18) Abstinence & Fasting

The Catholic Church requires that all faithful of 14 years old and above to observe "Abstinence" and those between 18 and 59 years old to observe "Fasting" on Good Friday to remind ourselves the suffering and death of our Lord Jesus Christ.

Abstinence means: no food and drinks from warm blood animal meat and offer minor sacrifices in our daily lives. Fasting means: one full meal is allowed per day and two smaller meals (not equal to one full meal). The rest of the day only water can be drunk.

Good Friday (April 18) Collection

At the request of the Holy Father, the Catholic faithful of the world and our country are invited on Good Friday (April 18) to spiritually and financially support the Christian communities in the Holy Land and the keepers of the Holy Sites, support the Franciscans. Thank you for your generous support.

Call to Protect Workshop

In compliance with the new direction from the Edmonton Archdiocese, all parish volunteers and staff need to attend the "Call to Protect" workshop. These personnel include: Sunday School teachers, AG leaders, Salesians Chinese School teachers, Altar Servers supervisors, Catechism teachers, Sacramental preparation personnel, Finance Committee members, PPC members, Visitation Group, Prayer Group helpers, Legend of Mary, all Liturgy sub-groups, i.e. lectors, Eucharistic ministers, altar servers, choir and commentators, and also parish secretaries and custodian. For those already attended before, they do not have to come this time.

The Call to protect workshop will be held on April 26 (Sat), 1:00 - 3:30 pm, at the Conference Room. From this workshop, you will expect to learn ways to better protect our parishioners. Please try your best to come.