

Holy Week Schedule 聖週禮儀時間表		
March 24* 3月 24 日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
March 28* 3月 28 日	Holy Thursday 聖週四 – The Lord's Supper 主的晚餐	Tri-lingual Mass at 7:30 pm (English, Cantonese and Mandarin) 英語、國語、粵語彌撒在晚上七時三十分舉行
March 29* 3月 29 日	Good Friday 聖週五 – The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Cantonese and Mandarin) 英語、國語、粵語禮儀在下午三時舉行
March 30* 3月 30 日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00 pm (English, Cantonese and Mandarin) 英語、國語、粵語彌撒在晚上九時舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
March 31 3月 31 日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常

There will only be one Mass in The *Paschal Triduum*

逾越節三日慶典只有一台彌撒

Tuesday Evening Mass on March 26 & April 2 at 7:00pm will be suspended
週二晚上 3月 26 日及 4月 2 日七時彌撒取消

The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on Holy Thursday, and includes Good Friday, Holy Saturday, and Easter Sunday, with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners could obtain a plenary indulgence during the Triduum:

Goes to confession and receive Holy Communion

Holy Thursday– The Lord's Supper

Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning.

The church will open at 9:00am on Good Friday.

Good Friday– Adoration of the Cross

Fasting and Abstinence

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

Holy Saturday and the Easter Vigil

Renew one's baptismal promises

The Easter Vigil is also called the Paschal Vigil. In Roman Catholic Church, the Easter Vigil is the most important Mass of the liturgical year. The full meaning of Vigil is a

waiting for the coming of the Lord. All Catholics should try to attend this beautiful service.

逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜間禮儀及基督復活主日結束。

根據教會的傳統，在這三天內，信友可用下列任何一種方式獲得全大赦：
領聖體及辦告解

聖週四彌撒—主的晚餐

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

聖週五參與朝拜十字聖架

教友當日要守大小齋

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。

聖週六晚「復活慶典夜間禮儀」

重發領洗誓詞

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

Theme Sharing

Palm Sunday-A Glorious Sacrifice

Today is Palm Sunday. Also known as Passion Sunday, the gospel helps us to contemplate the Passion of Christ with reverence, devotion and thanksgiving. Luke's version of the gospel shows his special respect and admiration for our Lord's Passion. He omits details of the scourging and humiliation suffered by Jesus. At the same time, he portrays Jesus as a righteous man who accepts suffering and death in complete obedience to his Father's Will and

who is reconciling sinners with God. The whole purpose of the Passion is unfolded at the Last Supper when Jesus tells his apostles that he is earnestly expecting his suffering and death, "I have eagerly desired to eat this Passover with you before I suffer."

In the first reading, Isaiah speaks about the Servant of the Lord who gives his back to those hitting him and his cheeks to those pulling his beard. The Servant does not hide his face from insult and spitting. He submits himself to God, as children do to their parents, in order to reveal the greatest love on earth and in heaven. Isaiah reiterates that the Servant will not be disgraced, foretelling that the suffering and death of Jesus is a triumph, not a defeat, against forces of the evil.

The second reading carries a similar message. Jesus has been highly exalted for his humility and submission to his Father's Will. "Christ humbled himself and became obedient to the point of death, even death on the cross;" says Paul, "God therefore highly exalted him, gave him the name above every other name, so that at the name of Christ every knee must bend, in heaven and on earth, and under the earth; and every tongue shall confess that JESUS CHRIST IS LORD, to the glory of God the Father."

There is another message for us at the very end of the Passion of Christ. The words spoken by Jesus before he breathes his last are: "Father, into your hands I commend my spirit." He tells us that he is going back to his Father. The Roman centurion, witnessing all that have happened at Calvary, praises God and says, "Certainly, this man is innocent." And all the crowds gathered there beat their breasts upon seeing all the things that have unfolded before their eyes.

It is thus evident that Jesus' death leads to conversion of the centurion and those present. His death brings forth a living spring and a new life; and, through his love and complete trust in God, he reconciles us with our heavenly Father. The Passion of Christ is the treasury of graces; each set of event carries special messages, and reveals to us the infinite love of God. Specifically, it exhorts us to deny ourselves and be humble. When we follow the reading of the Passion, let us not focus too much on grief and sadness. No doubt, the Passion of Christ is extremely brutal and tragic, but love is triumphant ultimately. So the most important

message of the Passion is that GOD IS LOVE, and we should really rejoice in God's love for us.

Let us praise God for all his saving graces that have changed the face of the earth.

Year of Faith

Oct 11, 2012

Nov 24, 2013

Open the Door of Faith

The Goal for Year of Faith

in our parish:

Catechetical Studies Refresher;

Spend ten minutes a day to meditate on the Bible and to study the Catechism.

Faith of itself, if it does not have works, is dead. James 2:17

Calgary Diocese

Come, sit in this chair—receive God's love.

Come, sit in this chair—Rejoice in God's Mercy.

With Passion Sunday we begin the final week of Lent and prepare ourselves to celebrate the Paschal Triduum. The Rejoice in God's Mercy program that runs in Advent and Lent has aimed to invite you to participate more readily and more easily in the sacrament of Reconciliation. However, the sacrament of Reconciliation is not only for Advent and Lent; it is a sacrament that Catholics can receive at any time. In addition to Rejoice in God's Mercy on Wednesdays and scheduled diocesan penitential services, most parishes have a regularly scheduled time for Reconciliation throughout the year. If you are not available at the scheduled time or if your situation is complicated and you think you might need more time than usual the sacrament is always available by appointment with the priest. Jesus never said it would be easy to follow him but he also gave us this sacrament to help us own up to our failings, receive his strength, and start anew. Whenever you need to experience God's forgiveness and love, come, sit in this chair—rejoice in God's mercy.

In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent from 7:30 – 8:30pm. Come, sit in this chair—rejoice in God's mercy.

Action: Take concrete steps to make the sacrament of Reconciliation an integral part of your life as a disciple of Christ.

Outdoor Way of the Cross –

Everyone is invited to attend this year's Outdoor Way of the Cross on Good Friday, March 29th, 2013 from 9:30am - 12:30pm. This solemn and meditative procession will start and end at St. Mary's Cathedral (219 – 18 Ave SW, Calgary). Please dress according to the weather as this is an outdoor event.

Parish Activities

Chrism Mass - March 25 (Monday)

Chrism Mass will be held at St. Mary's Cathedral on Monday March 25, 7:30pm. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens, the oil of the sick, and the oil of chrism. The chrism is freshly prepared for the baptizing of catechumens at the Easter Vigil and for convenience, the other oils are blessed on this day as well. This unique liturgy is an expression of unity of the diocesan Church with her Bishop in preparation for all liturgies throughout the year. All are welcome to attend.

The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent.

March 27 from 7:30pm–8:30pm.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

Divine Mercy Sunday, April 7

"According to the teaching of Jesus Christ we human beings not only receive and experience God's mercy but also are commanded to 'show mercy' to others."

—Pope John Paul II

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter, that Sunday is to be the Feast of Divine Mercy. On that day, the depths of My

Mercy will be open to all. Whoever will go to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy." According to Guidelines for Divine Mercy Observances from Bishop F. B. Henry., no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Novena Of The Chaplet of Mercy

Date: April 1 to April 7

Time: This will be prayed 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 7, 2013

Time: 2:00 – 3.30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Special Donation on Good Friday (March 29)

There will be a special collection on Good Friday, March 29 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests. Let us give generously to respond to the needs of the Church in the land of Jesus.

Together in Action 2013

Theme: "You will be my witnesses.."

Our parish's final target is \$50,000. We plead for your ongoing support.

Let's take action now!

Weekly Activities

Mon 25

Chrism Mass

Time: 7:30p.m.

Place: St. Mary's Cathedral

Wed 27

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm

Place: OLPH Church

Thurs 28

Holy Thursday – The Lord's Supper

Time: 7:30p.m

Fri 29

Good Friday – The Lord's Passion

(Fast & Abstinence)

Time: 3:00p.m

Sat 30

Holy Saturday – Easter Vigil

Time: 9:00 pm

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9: 45 am

Place: OLPH Board Room

Easter Sunday 31

Mass as usual

Imitating Christ

Chapter 23: Thoughts On Death

If you have ever seen a man die, remember that you, too, must go the same way. In the morning consider that you may not live till evening, and when evening comes do not dare to promise yourself the dawn. Be always ready, therefore, and so live that death will never take you unprepared. Many die suddenly and unexpectedly, for in the unexpected hour the Son of God will come. When that last moment arrives you will begin to have a quite different opinion of the life that is now entirely past and you will regret very much that you were so careless and remiss.

To Be Continued

Let There Be Light

1. Brethren, in the event of someone falling into a sin, you who are spiritual shall set him aright with the spirit of kindness. Take care for you, too, may be tempted.
2. Carry each other's burdens and so fulfill the law of Christ.
3. If anyone thinks he is something, when in fact he is nothing, he deceives himself.
4. Let each one examine his own conduct and boast for himself, if he wants to do so, but not before others.
5. In this, let each one carry his own things.
6. He who receives the teaching of the Word ought to share the good things he has with the one who instructs him.
7. Do not be fooled. God cannot be deceived.

You reap what you sow.

8. The person who sows for the benefit of his own flesh shall reap corruption and death from the flesh. He who sows in the spirit shall reap eternal life from the Spirit.

9. Let us do good without being discouraged; in due time we shall reap the reward of our constancy.

10. So while there is time, let us do good to all and especially to our family in the faith.

Faith Sharing Stories

Can't Do Everything

Four-year-old Eliana was helping her mom pick up some of Eliana's things before bedtime. When Mommy told her to put away the clothes on her bed, Eliana hit her limit. She turned around, put her little hands on her hips, and said, "I can't do everything!" Do you ever feel that way with the tasks God has called you to do? It's easy to feel overwhelmed with church involvement, witnessing, and raising a family. We might sigh in exasperation and pray, "Lord, I can't do everything!"

Yet God's instructions indicate that His expectations are not overwhelming. For instance, as we deal with others, He gives us this qualifier: "As much as depends on you, live peaceably with all" (Rom. 12:18). God understands our limitations. Or this: "Whatever you do, do it heartily, as to the Lord" (Col. 3:23). He's not asking for perfection that we might impress people, but simply to honor Him with the work we do. And one more: "Let each one examine his own work, and then he will have rejoicing in himself alone, and not in another" (Gal. 6:4). We are not doing our work as a competition with others, but simply to carry our own load. In wisdom, God has equipped us to do just what He wants us to do—and that's certainly not everything! He gives me work that I may seek His rest, He gives me strength to meet the hardest test;

And as I walk in providential grace, I find that joy goes with me, at God's pace. —Gustafson

When God gives an assignment, it comes with His enablement.

主日分享

聖枝主日光榮的犧牲

本主日是聖枝主日。我們懷著恭敬、

愛慕和感謝的心情默想耶穌的苦難。今年是教會禮儀年曆上的丙年，默想由路加聖史來領導。

路加聖史記述的耶穌苦難有兩點特色，就是他對主耶穌的尊敬和欽佩。我們可以在他的忌諱上看出他對耶穌的尊敬。他迴避不談耶穌苦難中殘忍和羞辱的情節。聖路加也表示了他對耶穌的欽佩。耶穌是義人受苦，順從天主旨意，接受所有苦難，幫助別人悔改並與天主和好的表率。

全部苦難史的意義在最後晚餐這第一件事上說得一明一白。在這件事上我們看見耶穌怎樣懷著熱烈的期望迎接祂的所有苦難。他不是說嗎：“我渴望而又渴望，在我受難以前，同你們吃這一次逾越節晚餐”（22, 15）。

讀經一講上主的僕人，祂將自己的背轉給打擊祂的人，自己的面頰轉給抓祂鬚鬚的人，面對侮辱和唾汙，沒有遮掩自己的臉。祂是順從聽話的僕人，像兒女順從父母般，讓天父引領祂去顯示世上最大的愛。因此，先知預言說祂“不會受侮辱”。把這段話拍合在耶穌身上，意思是耶穌受難，是勝利，而不是擊敗。

讀經二也如此。它概括耶穌一生的生活，強調祂的高高舉揚。保祿肯定說：“祂自謙自卑，服從至死，且死在十字架上。因此，天主高高舉揚祂，賜給祂一個名號，超越一切名號”。從此衆人都應當承認耶穌是主，以光榮天主聖父。

耶穌苦難史結束有一個啓示。耶穌大聲呼喊說：“父啊！我把我的靈魂交託在你手中。”說完這話，便斷了氣（23, 46）。這叫我們知道耶穌的死是回到父那裡。百夫長看見所發生的事，遂光榮天主說：“這人實在是一個義人”（23, 47）。群衆們見了這些情形，都捶著胸膛（23, 48）。

耶穌的死亡引起悔改，是生命的泉源，是人的重生，是在愛和信賴內與天主和好。耶穌苦難是取之不盡的恩寵寶庫，其中所有情節都有深邃的意義，都可使我們目睹天主聖愛的驚人顯現。耶穌苦難促使我們謙虛。我們知道，我們是頑強地抗拒天主的人類的一分子。當我們聆聽耶穌苦難史，不應該只顧悲傷和沮喪，而應當滿心

喜樂，苦難是天主的愛的最大顯現，是天主的最大啓示：天主是愛。苦難的情況固然是悽慘，但是已被愛所超越了。

因此，我們一面感謝天主，一面接受那可以轉變整個世界的責責恩寵。

節錄自梵蒂岡電台

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在復活期三天內的主日，不可在教堂內舉行其他慶典，但教友可於家中誦念。因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月一日(星期一)至四月七日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門人口處拿取。

並於四月七日(星期日)下午二時至三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱，歌詠，聖經誦讀，講道，托付救主慈悲禱文及顯供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

基督苦難日捐獻 (3月29日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！

2013 教區公益金，齊來獻愛心

主題：「...為我作證人...」
本堂今年的目標是\$50,000。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。

活動一週

星期一 25

教祝聖聖油彌撒

時間：晚上七時三十分

地點：St. Mary's Cathedral

星期三 27

四旬期悔罪禮

時間：晚上 7 時 30 分至 8 時 30 分

地點：永援聖母堂

永援聖母松柏軒

信德年

打開信德之門

本堂為教友實行再慕道的金句：

每日十分鐘默想聖經及研習教理；
信德若沒有行為，自身便是死的。
雅各伯書 2:17

堂區活動

四旬期悔罪禮 — 卡加利教區內所有教堂在四旬期內逢星期三(3月27日)晚上7時30分至8時30分，將開放給教友辦告解聖事。根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。

主教祝聖聖油彌撒

日期：三月二十五日 (星期一)

時間：晚上七時三十分

(晚上六時三十分開放)

地點：St. Mary's Cathedral

教會在每年聖週四或提前幾天在主教座堂，由主教祝聖聖油。通常教區全體神父也都參加祝聖禮。祝聖聖油是在隆重的彌撒中進行。這表示教會對聖油的重視。

信友的主要靈性生活是聖事生活。而與聖事生活有關的並且必須用的一些物質有水（為洗禮）、麵餅與葡萄酒（為彌撒、聖體聖事）、聖油等。這其中，聖油用途也很廣。洗禮、堅振、聖秩、病人傅油聖事以及祝聖人、地、和物品時都需要用聖油。

請各位教友盡量參與。

神聖慈悲瞻禮

時間：上午 9 時至正午 12 時

地點：永援聖母堂上禮堂

星期五 27 聖週五休息

星期四 28

聖週四-主的晚餐

時間：晚上 7 時 30 分

星期五 29

聖週五-基督苦難日(守大小齋)

時間：下午 3 時

星期六 30

聖週六

(復活慶典的夜間禮儀)

時間：晚上 9 時

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 9 時 45 分(開會)

地點：寫字樓會議室

星期日 31 復活主日

彌撒時間照常

就是欺騙自己。

4 各人只該考驗自己的行為，這樣，對自己也許有可誇耀之處，但不是對別人誇耀，

5 因為各人要背負自己的重擔。

6 學習真道的，應讓教師分享自己的一切財物。

7 你們切不要錯了，天主是嘲笑不得的：人種什麼，就收什麼。

8 那隨從肉情撒種的，必由肉情收穫敗壞；然而那隨從聖神撒種的，必由聖神收穫永生。

9 為此，我們行善不要厭倦；如果不鬆懈，到了適當的時節，必可收穫。

10 所以，我們一有機會，就應向衆人行善，尤其應向有同樣信德的家人。

祂的恩典一路供應；
因祂同行喜樂不離。
當上主指派任務，
祂也賜下執行的能力。

靈修小故事

做不了？

上床睡覺前，四歲大的伊蓮娜正幫忙媽媽收拾一些她自己的東西。當媽媽要她把床上的衣服拿走時，伊蓮娜不耐煩了，她轉過身，把小手叉在腰間，說：「我怎能做所有的事呢？」

對上主指派給你的任務，你是否會有類似的感受？教會事奉、傳福音、養家糊口，往往使我們忙得喘不過氣來。為此，我們可能無奈地嘆息，禱告說：「主啊，我怎能做所有的事呢？」

但聖經告訴我們，上主對我們的期望決不會讓我們負荷過重。例如：當我們與他人交往時，祂告訴我們「若是能行，總要盡力與衆人和睦」（羅馬書 12 章 18 節）。上主知道我們的能力有限，祂也說：「無論做甚麼，都要從心裡做，像是給主做的，不是給人做的」（歌羅森書 3 章 23 節）。祂沒有要求我們達到完美，讓人刮目相看，乃是單單要我們透過所做的來榮耀祂。除此之外，「各人應該省察自己所作的，這樣，他引以為榮的，就只在自己而不在別人了」（迦拉達書 6 章 4 節，新譯本）。我們做事不是要與他人競爭，而是應當做好自己的本分。

滿有智慧的上主，會裝備我們去完成祂要我們做的事——當然不是要我們做所有的事！

祂賜任務使我學習；
重大考驗靠祂能力；

師主篇

第二十三章、默想死亡

若見別人死，就該想曰後你也要走這條路。清晨，你應想你活不到黃昏。黃昏，應不敢保你有明晨。所以該常預備著，勉勵善生，別叫死期正在你不預備的時候來臨。有許多人猝然死了。耶穌說過：「在你們想不到的時候，人子要來」（瑪：貳拾肆、四四）。死期來到，你便開始對你過去整個的生活方式發生和已往大不相同的感想，並且深痛從前的冷淡鬆懈。待續

心靈小品

- 弟兄們，如果見一個人陷於某種過犯，你們既是屬神的人，就該以柔和的心神矯正他；但你們自己要小心，免得也陷入誘惑。
- 你們應彼此協助背負重擔，這樣，你們就滿全了基督的法律。
- 人本來不算什麼，若自以為算什麼，