

## Holy Week Schedule 聖週禮儀時間表

April 9 4月9日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 13* 4月13日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Bi-lingual Mass at 7:30 pm (Mandarin and Cantonese) 國語、粵語彌撒在 晚上七時三十分舉行
April 14* 4月14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, Mandarin and Cantonese ) 英語、國語、粵語禮儀在 下午三時舉行
April 15* 4月15日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 9:00pm (English, Mandarin and Cantonese ) 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)
April 16 4月16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 April 11 & April 18 at 7:00pm will be suspended  
週二晚上 4月11日及 4月18日晚上七時彌撒取消

### 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

#### Fifth Sunday of Lent

In the place of Lazarus (Alex McAllister)  
It seems a bit strange that the Church presents us with this gospel reading today on the Fifth Sunday of Lent, it seems to be clearly about the resurrection and yet we haven't got there yet, we are still plodding through Lent and have to get through Maundy Thursday and Good Friday before we get to the resurrection. What's going on; have the Church's liturgical engineers got it all wrong?

Can I suggest that this text is more about death than resurrection? After all, Lazarus isn't walking around today; he had to undergo another death. This text is more about our life and death here and now rather than about the resurrection. We will have time enough to consider the resurrection when we get to Easter Sunday and the weeks of celebration afterwards.

St Ignatius in his book on the Spiritual Exercises suggests that when we come to consider a particular Gospel passage we should put ourselves in the place of each character in turn and use our imagination to see how we would feel in the circumstances. This can be a most revealing exercise. How about putting yourself in the place of Lazarus? You are dead to everything and then you hear a voice: 'Come out, Lazarus.' You look around and there you are lying in a tomb swathed in bandages and surrounded by darkness. If we ask ourselves how we would feel the answer, of course, would be different for everyone but I think we might be surprised at how many would say: Thanks Lord, but I'd prefer to stay where I am. But putting ourselves in Lazarus's place we might feel we are unable to move or perhaps we might become aware of how tomb-like our present way of life really is. This exercise might arouse in us a sense of hope; rekindle a longing for freedom which has perhaps been buried for years.

Putting ourselves into the place of a character from scripture can awake all kinds of thoughts within us and lead us to turn to God in prayer with new words on our lips. And yet it is something so simple that we are surprised that we never thought about it ourselves.

I think that this Gospel reading is placed here in Lent to help us to realise that we have to live this life to the full and that it is often only through experiencing death that we are shocked into it. This can happen to us in all sorts of ways; often it can happen through a loss or bereavement, it might be through a religious experience, or a meeting with someone significant. It may be a terrible mistake that we have made or an experience of suffering. It is amazing how often it takes something negative to make us realise how much there is that is truly positive and worth living for.

## Rejoice in God's Mercy

Jesus says, "I am the resurrection and the life." Just as he raised Lazarus from the dead he can bring you to life. Reconciliation helps us turn away from sin and be faithful to the Gospel by removing the obstacles that hold us back. Action: On the path to Easter and the celebration of Christ's resurrection, reflect on the words of Ash Wednesday, "Turn away from sin."

## Diocese & Other News

### Thanks from the Vatican regarding the 2016 Good Friday Collection

We have recently received a thank you letter from the Vatican for last year's Good Friday Collection for the Holy Land informing us how they have used the funds for an astonishing number of conservation, improvement, and pastoral projects in the Holy Land including:

- Basilica of the Holy Sepulchre - partial restructuring of the convent there in collaboration with other communities and the civil authorities.
- Garden of Olives, Gethsemane – upkeep and restoration of the site.
- Basilica of the Nativity in Bethlehem – restoration work in collaboration with other ecclesial communities.
- Work to benefit parish communities in Jericho, Amman, Jerusalem, Cana and Haifa

## Parish Activities

### Chrism Mass 2017

Monday April 10, 7:30 pm, St. Mary's Cathedral. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens and the oil of the sick. He also prepares and consecrates the oil of chrism that is used in the sacraments of baptism, confirmation, and holy orders. As the Bishop is the only minister who can consecrate the oil of chrism, this liturgy ritualises his presence through the chrism that will be used for baptisms by priests and deacons throughout the diocese all year.

### The sacrament of Reconciliation

The Diocese of Calgary invites you to re-discover the meaning of the sacrament of Reconciliation in your life. 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 (April 5 and 12) from 7:30 – 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.

You cannot receive the Sacrament of the

Eucharist if you fail to go to Confession within one year.

### Special Donation on Good Friday (April 14)

There will be a special collection on Good Friday April 14 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

### Pennies for Heaven Campaign

You are invited to join our Council Campaign for Pennies for Heaven.

Date: Palm Sunday, April 09, 2017

Time: 12:30p.m. – 4:30p.m.

Venue: OLPH Church Upper Hall

Program: Free Lunch

Movie "The Passion of the Christ" with Chinese sub-title

Sharing (Chaplain/Deacons)

Campaign: Freewill donation "Pennies for Heaven" in Alberta

For details, please refer to the flyer.

### Together in Action 2017

The 2017 "Together in Action" commences on the first Sunday of Lent (March 5). The theme this year is:

"Blessed are the merciful, for they will obtain MERCY." (Matthew 5:7)"

Our parish's target is \$22,607 as designated by the Diocese. This year's TIA is led by Pastoral Care Team. We plead for your generous support.

### Divine Mercy Sunday, April 23

"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 goes 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 Diocese, 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 entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: April 17 to April 23

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

Divine Mercy Sunday:

Date: April 23, 2016

Time 2:00 pm– 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.

## Weekly Activities

Wed, Fri April 5, 7

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri April 7

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

Time: 6:30pm.-8:30pm

Place: Upper Hall & Lower Hall

Sat April 8

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

Young Adults Faith Sharing

Time: 5:00p.m.-8:00p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

Time: 7:30p.m.-10:00p.m.

Contact: Anna Tam 403-285-5023

Grace Chan 403-208-1806

Sun April 9

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Sunday School

Time: 10:00a.m.-12:30p.m.

Place: OLPH Church Office Building

Pennies for Heaven Campaign

Time: 12:30p.m. – 4:30p.m.

Venue: OLPH Church Upper Hall

Free Lunch

Movie "The Passion of the Christ"

Catholic Family Fellowship meeting

Time: 12:30p.m.-3:00p.m.

Place: OLPH Lower Hall

## Stories Faith Sharing

Sultan and the Sheikh

Many years ago the sultan of the Ottoman Empire visited one of the great sheikhs of Istanbul. He was deeply impressed with the wisdom and sincerity of the sheikh and began coming regularly to the sheikh's gatherings.

After some time the sultan said, I have come to love you and your teachings. If there is ever anything you want or need, please ask me and I will provide it for you if it is in my power. That was, in effect, a blank check from one of the wealthiest and most powerful men on earth.

The sheikh replied, Yes, there is one thing you can do for me. Please do not come back.

The astonished sultan asked, Have I done anything to offend you? If so, please accept my apologies.

The sheik replied, No, the problem is not you; it is my dervishes. Before you began visiting us, they would pray and chant to God, seeking only God's blessings. Now their minds are occupied with thoughts of pleasing you and receiving a reward from you. I have to ask you not to come back because we are not spiritually mature enough to handle your presence here.

Read More Know More



Maundy Thursday, or Holy Thursday

It is a day Christians commemorate the Last Supper shared by Christ with his disciples. On this day four events are commemorated: the washing of the Disciples' feet by Jesus

Christ, the institution of the Mystery of the Holy Eucharist at the Last Supper, the agony of Christ in the Garden of Gethsemane, the betrayal of Christ by Judas Iscariot.

After the Holy Thursday celebration, the communion bread and wine is taken from the altar with no formal closing. Instead, the parish is invited to worship the (holy Body of Christ).

## 主日分享

四旬期第五主日

拉匝祿，出來！

上兩主日的福音提到耶穌基督是活水、是光明，今日的福音講耶穌是復活與生命，彼此都是相關連的。水是屬靈生命的開始，光是生命的指示，復活是生命的最終目的。這一切都指向基督，以基督為中心。若望刻意安排耶穌是生命最圓滿的答案，這個奇蹟是在他福音中的第七個，也是最後一個；復活的日子，是耶穌聽到拉匝祿生病的消息後的第七日，復活帶來新創造、新生命的開始。此事蹟給信仰帶來很大的啓示。

1. 痛苦是信仰歷程中少不了的因素：面對著痛苦，人自然轉向天主祈求，像瑪爾大、瑪利亞兩姊妹對耶穌說：“主啊，您心愛的人病了！”她們讓耶穌知道彼此的關係是如何密切，祈求的東西盡在不言中。故事讓我們看出，連耶穌心愛的人，也不能免除生活上的痛苦。我們的信仰主要非在現世生命中求福免禍，逢凶化吉。瑪爾大代表不少人的心態，渴求奇蹟發生，但耶穌提升她到另一境界：“我就是復活，就是生命……”，然後挑戰她：“你相信嗎？”。

2. 痛苦的經驗使人接觸到憐憫人的天主：耶穌對人的痛苦，並非無動於衷，祂傷感、流淚。祂的淚，不像那時職業性的哭喪婦女，陪著主人家哭，但求營造哀傷氣氛。耶穌的傷感是由人的痛苦而引發的，痛苦當然不好受，但痛苦深處蘊藏著天主的救援。天主不一定以奇蹟使人離開痛苦，但祂總會在痛苦中拯救信祂的人，讓他感受到祂的安慰。

3. 信仰已死的人，耶穌基督也能帶來復活：故事中的奇蹟本是指耶穌為生

命與死亡帶來答案。孔子沒有這份啓示，故謙稱：“未知生，焉知死。”耶穌卻以天主性的權威宣稱：“我就是復活，就是生命。”答案就在祂身上。故事若引用在信仰生命上，耶穌能使信仰已死的人復生。死了四天，身體發臭，確定了死亡的事實；手脚被布條纏著，面被汗巾遮著，洞口被石頭堵塞著，象徵著信仰受到內在外在的限制，但這一切都不能阻擋天主的能力。耶穌大聲喊叫：“拉匝祿，出來！”耶穌喊叫人的名字有極大的能力，應驗了祂說過的話：“羊聽祂的聲音，祂按著名字呼喚自己的羊。”信仰已死的人聽到祂的呼喊，也能復生。在四旬期中，讓我們注意耶穌呼喚我們每人的名字，叫我們“出來”！生活中我們總有不自由的地方，受很多東西支配，像拉匝祿一樣是個被布條纏住不能行動的怪物；面上的汗巾使我們看不清楚方向，不知生活為了甚麼或往何處去；生活在像墳墓一樣的環境裡，冷冰冰的沒有生氣，沒有溫暖，沒有愛心。祇有基督的呼喚，才能使我們蘇醒過來。另一方面，讓我們也為失去信仰的人祈禱，聆聽耶穌召喚我們幫助他：“解開他，讓他行走吧！”祂藉我們的手，恢復別人的信仰，使他們自由。在反省信仰之餘，讓我們靜聽耶穌的呼喚：“拉匝祿，出來！”。

## 堂區活動

### 主教祝聖聖油彌撒

日期：四月十日（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。請各位教友盡量參與。

### 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（4月5及12日）晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備

主基督的來臨！

### 「該告解、每年至少一次」

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。現凡於一年內未有妥當辦告解聖事的教友，不可領受聖體聖事。

### 基督苦難日捐獻（4月14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！

### 天上善糧

誠意邀請堂區教友及家人參加騎士會主辦活動。

日期：聖枝主日-四月九日

時間：12時30分-4時30分

地點：上禮堂節目：午餐供應

電影-受難曲（中文字幕）

分享（神師/執事帶領）

慈善活動：自由奉獻，多謝支持聖省教區神職人員

詳情請參閱海報

### 2017 教區公益金，齊來獻愛心

2017年教區TIA籌款的主題為：『憐憫的人是有福的，因為他們要受憐憫。』瑪竇福音：第五章七節  
本堂所須籌募的數目為教區指定的22,607元，今年公益金將由牧靈關愛組負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，讓我們無私奉獻，活出信仰，攜手一起行動！

### 神聖慈悲瞻禮四月二十三日

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。為回應教區的指示，所有教堂在逾越節三天慶典期間，不可在教堂內舉行其他慶典。

因此本堂誦念慈悲串經的日期有以下更改：本堂將從四月十七日（星期一）至四月二十三日（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人口處拿取。並於四月二十三日（星期日）下午二時至下午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。

## 活動一週

星期三、五 4月5, 7日

### 永援聖母松柏軒

時間：上午9時至正午12時

地點：永援聖母堂上禮堂

星期五 4月7日

### 四旬期苦路善功

早上8時30分

### 永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 4月8日

### 聖母軍

時間：上午9時45分（開會）

地點：聖堂二樓騎士會室

### 東北區信仰小團體聚會

時間：早上10時30分至12時

聯絡：施修女 403-230-3801

### 楊式太極班

時間：上午10時至12時30分

地點：永援聖母堂下禮堂

### 瑜珈初班

時間：上午11時30分至12時45分

地點：永援聖母堂上禮堂

### 成人慕道班（國語）

時間：下午3時至5時

地點：聖堂二樓騎士會室

### 四旬期苦路善功

時間：下午4時30分

### 大專青年團信仰分享

時間：下午5時至8時

地點：永援聖母堂上禮堂

### 信仰小團體（西北區）

時間：晚上7時30分至10時

聯絡：Anna Tam 403-285-5023

Grace Chan 403-208-1806

星期日 4月9日

成人慕道班(粵語及英語)

時間上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

主日學

時間：上午 10 時至 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

天上善糧

時間：12 時 30 分- 4 時 30 分

地點：上禮堂

午餐供應；電影-受難曲

公教家庭開會

時間：下午 12 時 30 分至 3 時

地點：永援聖母堂下禮堂

## 靈修小故事

### 內在的自由

有一位住在孟買的耶穌會士騎著摩托車從城的一頭到另一頭。有一天，他出了一個車禍，腿被壓成碎片。他被送往醫院，在急診室中由一位非基督徒醫師診治。當痛苦難忍的時候，這位耶穌會士會轉向牆壁，緊握住脖子上的小木質十字架，然後轉回身來微笑。

那位醫生治療他幾近一個月，企圖保留住他的腿。有一天晚上，醫生來到他床前說：“神父，我們已盡了一切努力，我很抱歉告訴你，我們必須把你的腿鋸掉。”耶穌會士說：“那沒問題。”然後便平安地入睡。這位一向活躍的人即將失去他的腿，然而他說：“把我的腿鋸掉好了，我沒問題。”那位醫生與他成了好朋友。有一天這位非基督徒醫生問這位耶穌會士：“神父，是什麼內在的東西給了你這樣的自由？當我在急診室中看見你的時候，我看著你說，你不是聖人就是惡魔的兒子。我見過傷得不如你嚴重，也不如你痛苦的人，他們尖叫、大喊、高呼、詛咒神，而你是那樣平安。那晚當我來到你面前，試圖把你將截肢的消息告訴你時，你祇是平靜地說：‘鋸吧！然後就入睡了。’”耶穌會士容光煥發地回答：“噢，醫生，我知道有腿無腿天主都愛我如故。”這個耶穌會士傻瓜，竟然如此相信著！你和我也會說，有腿無腿天主都愛我

如故然而我們會加上，但是不要鋸我的腿！而這位耶穌會士順著生命前行，因為他相信天主總是一樣愛他。他所相信的天主的愛，是他生命的意義與目的。祇要擁有天主的愛，他可以失去其它一切。

那就是我們在耶穌基督的十字架中所看見的。十字架不會挽救你的腿，十字架不會使你免於動手術，十字架不會使你不成為跛子。但是耶穌基督的十字架能給你內在的自由，使你能夠說“有腿無腿天主都愛我如故，如果事在必行，就把它鋸掉，而我能夠平安入睡。”你能接受這樣的自由嗎？你願意生活在天主對你無條件的愛中嗎？

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對我而言，那是關於“耶穌的十字架究竟為何？”的一個頓悟。不是免於死亡的自由，不是免於受苦的自由，不是免於痛苦的自由。而是我們在經歷磨難時，在痛苦中、在死亡面前的內在自由。而這樣的自由人人可得，那就是耶穌基督的喜訊。體驗天主是在背負十字架的時候完全安息在天主的愛內——一個在生命所有時刻中都得自由與釋放的經驗，即使是在受苦、疾病和死亡當中。

## 知多一點點

### 聖週四

聖週四彌撒是在晚間舉行，主要是為紀念主的最後晚餐，祂建立感恩祭，以及祂出自愛心的服務榜樣為門徒洗腳：是耶穌要我們相親相愛的命令，彼此洗腳，亦即彼此服務和彼此相愛的具體表現。

### 遷供聖體

在唸完「領聖體後經」以後，主禮及輔祭等隆重地將聖體恭迎到一特設的祭台或聖堂內的一小聖堂中，在此供奉，讓信友來朝拜。本日彌撒後，要撤去祭台上的一切裝飾和用具。