

堂區通訊

卡城永援聖母堂
暨華人天主教牧民中心

電話 403-265-7926 傳真 403-234-8480

電子郵件 olph@telus.net

堂區辦事處時間
星期二至星期五
上午 10 時至下午 4 時

主任司鐸

阮明聰神父

鄺維揚執事

林偉良執事

堂區牧民議會主席

何漢輝

Website 網址
www.myolph.org



Bulletin

Our Lady of Perpetual Help
Catholic Church

400 Edmonton Trail N.E. Calgary, Alberta
Canada T2E 3S4

Tel 403-265-7926

Fax 403-234-8480

Email olph@telus.net

Parish Office Hours

Tuesday - Friday

10:00 am - 4:00 pm

Pastor

Fr. Joseph Nguyen

Deacon John Wu

Deacon Edward Lam

Parish Pastoral Council Chairman

Arthur Ho

March 10, 2019 二零一九年三月十日

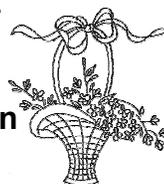
1st Sunday of Lent

四旬期第一主日

Last Sunday Collection

上主日奉獻

\$5,574.65



彌撒時間

主日彌撒

星期六 下午五時 國語主日提前彌撒

星期日上午八時三十分英語彌撒

上午十時英/粵語彌撒

上午十一時三十分中文彌撒

平日彌撒

星期一至星期六上午九時

公禱玫瑰經及敬禮聖母英語彌撒

星期二晚上 6 時 30 分

Mass Schedule

Sunday Mass

Saturday : 5:00 pm Mandarin mass

Sunday : 8:30 a.m. English Mass

10:00 a.m. Bi-lingual Mass (English and Chinese)

11:30 am Cantonese mass

Weekday Mass

Monday to Saturday 9:00 a.m.

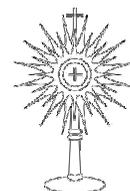
Tuesday 6:30 p.m.

Rosary and English Marian Devotion mass

Exposition of the Blessed Sacrament
1st Saturday of each month 10:00 a.m.

顯供聖體

每月首個星期六 上午十時



Theme Sharing



First Sunday of Lent

Lent is a most opportune time for us to strengthen our faith and devotion to God. Let us pray for graces from our Lord so that we can receive the good news and the fruits of salvation, since Jesus has exemplified his teachings by laying down his life on the cross for us. Therefore we must deepen our faith and trust in Christ as he brings God's love into our lives.

Faith in God is the central message in today's scripture readings. In Deuteronomy, Moses teaches the Israelites how they should honour their God. And in his letter to the Romans, Paul reminds us that **"everyone who calls on the name of the Lord shall be saved."**

In the first reading, the Israelites were told that they should give thanks and praise to God for having delivered them out of Egypt into the Promised Land. They had been treated as slaves in Egypt, suffering from affliction, toil and oppression. They cried out to the Lord, and the Lord listened to their plea and had mercy on them. God worked great wonders and brought them out of Egypt with his "mighty hand and outstretched arm."

In today's gospel, Jesus overcomes the devil's tests three times, from temptations of material comfort to false idols (worldly power and glory) to manipulation of God. The devil says to Jesus, "If you are the Son of God, command this stone to become a loaf of bread!" To this, Jesus quoted a passage from the scriptures, "One does not live by bread alone." In essence, this simple reply teaches us that it is more important to follow God's Will than to mind our own interests. The devil then offers Jesus glory and authority over the whole world if the latter

agrees to worship him. Jesus dismisses the devil by saying, "You shall worship the Lord your God, and shall serve no other gods."

He is referring to the First Commandment which stipulates that the world belongs to God, that the Lord is the only God and Lord of all and that we must not worship other false gods. Again the devil tries to persuade Jesus to jump from the top of the temple, quoting from the psalm that "God will command his angels to protect you; and they will bear you up so you won't dash your foot against a stone." In other words, he is trying to force God to make a divine intervention to make Jesus look good. However, Jesus has no wish for personal glory and rebukes the devil: "Do not put the Lord your God to the test."

In the second reading, Paul reminds the Israelites and all Christians that salvation has come to all. And the key to salvation is faith: "If you confess with your lips that Jesus is Lord and believe in your hearts that God raised him from the dead, you will be saved."

Diocese & Other News



VOLUNTEERS WANTED FOR THE OUTDOOR WAY OF THE CROSS

The 36th annual Outdoor Way of the Cross takes place at 9 am on Good Friday, Apr. 19 at St. Mary's Cathedral, Calgary. To volunteer, contact 403-218-5519 wayofthecross.ca

MARRIAGE PREPARATION COURSES

Catholic Family Service provides Marriage Preparation programs. Upcoming sessions: **March 22-24, April 12-14, May 10-12.** For more information or to register, contact 587-896-2891 www.cfs-ab.org

PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on Wednesdays, **May 1 to June 5**, from 6:30 pm to 9:30 pm, at **St. Luke's Parish** (1566 Northmount Dr. NW, Calgary). This course offers participants a better understanding of pastoral care given to the lonely, shut-ins, the sick and dying, as well as the visiting skills required for a Pastoral Care minister. To register, call 403-218-5501 or email healthcareprograms@calgarydiocese.ca

DIOCESAN PALLIATIVE CARE PROGRAM

Learn how to minister God's unfailing love for the terminally ill and the dying through the Palliative Care Education Program. When: **April 26 & 27** (Part 1), and **May 3 & 4** (Part 2). Where: **Holy Spirit Parish** (10827 24 St SW, Calgary). Contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

EFFECTIVE CO-PARENTING: PUTTING KIDS FIRST

A five-week parents education program to cope with separation and divorce. Learn how to manage shared parenting situations, resolve family conflicts, participate in support groups and improve communications between separated/divorced parents. Session dates: Wednesdays, **Apr. 24, May 1, 8, 15 & 22.** Register: <http://events.calgarydiocese.ca> 403-218-5505

ALZHEIMER WORKSHOP

Learn about the Alzheimer's disease and related dementias, along with tools and strategies for interaction with persons with dementia and their caregivers. When: Saturday, **April 6 from 9 am to 2:30 pm** at **St. Paul's Anglican Parish** (7 Sunmills Green SE, Calgary). To register: 403-218-5501 <http://events.calgarydiocese.ca>

Parish Activities



OLPH Way of the Cross in Lent

(Starting from March 8)

English: **Every Friday 8:30 a.m.**

Cantonese & Mandarin:

Every Saturday 4:30 p.m.

The sacrament of Reconciliation

The sacrament of Reconciliation will be available in our church all the Saturdays of Lent

(March 9, 16, 23, 30, April 6 & 13)

after morning mass to 4:30 pm.



OLPH Church Parish Retreat

Lead by : Bishop Henry

Date : **March 16th 2019**

Time : Saturday 9:00am - 4:00pm

Place : OLPH Church

Topic : The Way of Truth and Life

All parishioners are welcome! Please visit the OLPH's web site, Facebook Page and Poster for more details.

Mental Health And Illness Workshop

OLPH Pastoral Care Team and Health Care Apostolate, Diocese of Calgary will have a workshop "Basic Understanding of Mental Health Issues and Illness & Spirituality"

Date: Saturday, **April 13, 2019**

Time: 9:30 a.m. to 2:30 p.m.

Venue: OLPH Church Upper Hall

Registration fee \$40.00

(Include manual, breakfast & lunch)

Registration or further information, please contact Sr. Magdalena Chan (403-690-2973) or (403-265-7926)

Together in Action 2019

The 2019

"Together in Action" commences on the

Isaiah 61:1

THE LORD

HAS ANOINTED ME TO BRING

good news
TO THE POOR.

first Sunday of Lent (March 10). The theme this year is:

"The Lord has anointed me to bring Good News to the poor."
(Isaiah 61:1)

Our parish's target is \$24,357 as designated by the Diocese. This year's TIA is led by St Gabriel Choir. We plead for your generous support. Donation envelopes are being distributed with your 2018 donation tax receipts. Let's give sacrificially, act out our faith, and join Together in Action.

Weekly Activities



Wed, Fri Mar 13, 15

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Fri Mar 15

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

Time: 6:30p.m.-8:30p.m.

Place: Upper Hall & Lower Hall

Sat Mar 16

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: OLPH Church K of C room

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Way of the Cross in Lent

Chinese: 4:30 p.m.

R.C.I.A (Mandarin)

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

Place: OLPH Lower Hall

Young Adults Band practice

Time: 4:00p.m.-6:00p.m.

Place: OLPH Upper Hall

Young Adults Choir practice

Time: 6:00 p.m.-8:00 p.m.

Place: OLPH Lower Hall

Sun Mar 17

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

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

Place: OLPH Church Lower Hall

Sunday School

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

Place: OLPH Church K of C room

CFF Meeting

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

Place: OLPH Upper Hall

Pope at Audience urges Christians to open their hearts

Pope Francis on Wednesday urged Christians to open their hearts pointing out that Christ's victory has not yet been fully achieved.

Pope said Jesus has come, and there are multiple signs of the kingdom, yet the world is still marked by sin and the hearts of many remain closed, which compels us to implore the Lord: "your kingdom come!"

The world, he said, continues to be populated by so many people who suffer, by people who do not reconcile and do not forgive, by wars and by many forms of exploitation: "Let's think, for example of the trafficking of children".

All of these facts, he said, are proof that many men and women still live with their hearts closed.

'Father: we need you!'

It is above all in these situations, he said, that we turn to the second invocation of Our Lord's Prayer: "Your kingdom come!" with which we say, 'Father, we need you, Jesus, we need you everywhere' and forever Lord, be among us!"

Recalling Christ's words when he began his preaching in Galilee and proclaimed: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel", the Pope explained that these words do not contain a threat; to the contrary, they are an announcement and a message of joy.

<https://www.vaticannews.va/en/pope/news/2019-03/pope-francis-general-audience-our-father.html>

The Twelve Apostles

十二宗徒



From Left to Right : Bartholomew, James (son of Alphaeus), Andrew, Judas Iscariot, Simon Peter, John, Jesus, Thomas, James , Philip, Matthew, Jude Thaddeus, Simon the Zealot

從左到右: 巴爾多祿茂, 阿耳斐的兒子雅各伯, 安德肋, 猶達斯, 伯多祿, 若望, 耶穌, 多默, 雅各伯, 斐理伯, 瑪竇, 達陡(猶達), 熱誠者西滿

MATTHEW 瑪竇福音 10:2-4

Simon Peter 伯多祿的西滿
 Andrew 安德肋
 James 雅各伯
 John 若望
 Philip 斐理伯
 Bartholomew 巴爾多祿茂
 Matthew 瑪竇
 Thomas 多默
 James (Son of Alphaeus) 阿耳斐的兒子雅各伯
 Thaddeus 達陡
 Simon (the Cananean) 西滿
 Judas Iscariot 猶達斯

MARK 馬爾谷福音 3:16-19

Simon Peter 伯多祿
 Andrew 安德肋
 James 雅各伯
 John 若望「波納爾革」
 Philip 斐理伯
 Bartholomew 巴爾多祿茂
 Matthew 瑪竇
 Thomas 多默
 James (Son of Alphaeus) 阿耳斐的兒子雅各伯
 Thaddeus 達陡
 Simon (the Cananean) 熱誠者西滿
 Judas Iscariot 猶達斯依斯加略

LUKE 路加福音 6:14-16

Simon Peter 伯多祿
 Andrew 安德肋
 James 雅各伯
 John 若望
 Philip 斐理伯
 Bartholomew 巴爾多祿茂
 Matthew 瑪竇
 Thomas 多默
 James (Son of Alphaeus) 阿耳斐的兒子雅各伯
 Judas (Son of James) 猶達
 Simon (the Zealot) 「熱誠者」的西滿
 Judas Iscariot 猶達斯依斯加略

主日分享



四旬期第一主日

耶穌三退魔鬼試探

四旬期是適合加深信仰和朝拜天主的時期。讓我們祈求主賜予恩寵，使我們能接受祂的救恩喜訊，或更好說，自基督不再滿足於他的話語，而為我們的得救交付了祂的生命時，他的救恩工程。為此我們必須有一個深厚的信德，因為他把天主的愛帶入我們的生命。

彌撒的兩篇讀經表達對天主，唯一救主的信德。在申命紀的篇章中，梅瑟曉諭以色列民向主致敬的方式。在致羅馬人書中，保祿告訴我們“**主對一切呼號祂的人，都是富有慈惠的。**”第一篇讀經把這感激的態度提示給經過可憐、痛苦、和受壓迫的生活，來到預許的福地的以色列民。他們在埃及像奴隸一樣受到了虐待、屈辱、和壓迫。於是他們向上主、祖先的天主呼號，上主俯聽了他的哀聲。上主看到了他們的痛苦和所受的壓迫，就“以強力的手，伸展的臂”，藉行神跡奇事，介入了此事。

福音給我們指出耶穌受洗後，被聖神領到曠野裏去。魔鬼來到他面前，說：“你若是天主子，就命這塊石頭變成餅吧！”耶穌回答魔鬼說：“人生生活不只靠餅”。這句簡短的答覆使人知道，為耶穌還有比本身利益更重要的事，那就是承行天主的旨意。第二個誘惑，魔鬼把一切權勢許諾給耶穌。耶穌引用了聖經上的一段話，退卻這第二個誘惑，就如他為第一個誘惑所做的一樣：“經上記載：‘你要朝拜上主，你的天主；唯獨奉侍他’”這裏耶穌講的是十誡中的第一誡。世界只屬於天主，他是一切的主人，是唯一的主。第三個誘惑，魔鬼自己引用聖經上的一段話，對耶穌說：“你若是天主子，從這裏跳下去吧！因為經上記載：”他為你吩咐了自己的天使保護你，他們要用手托著你，免得你的腳碰在石頭上。”這是勸人信賴上主的一篇美麗聖詠中的一節。這裏魔

鬼建議耶穌去“試探天主”，若耶穌做了魔鬼建議他做的，就是試探天主，如此去做，便強迫天主為了他而介入。

第二篇讀經給我們指出，基督信徒生活其中的情況與以色列人的那個情況相同。他們也因十字架和耶穌的復活，得到拯救。保祿使我們明白被拯救的秘密是信德。他肯定地說：“如果你口裏承認耶穌是主，心裏相信天主使他從死者中復活起來了，你便可獲得救恩。”

(節錄自梵蒂岡電台)

堂區活動



四旬期苦路善功

在四旬期內三月八日開始，按教會傳統，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分。

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分。

四旬期悔罪禮

本堂於四旬期內逢星期六(3月9、16、23、30日，4月6、13



日)早上彌撒之後至4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！

永援聖母堂—四旬期退省

主講：亨利主教

日期：2019年3月16日

時間：星期六，早上九時至下午四時

地點：聖堂

主題：The Way of Truth and Life

真理、生命之道

歡迎各位教友踴躍參加。詳情請參閱本堂區網頁, Facebook Page 及海報。

精神健康, 情緒及靈性工作坊

卡城天主教牧靈部與永援聖母牧靈關愛組將會合辦公開講座

主題：精神健康, 情緒及靈性工作坊 (粵語)

日期：2019年4月13日(星期六)

時間：上午9時30分至下午2時30分

地點：永援聖母堂上禮堂

費用：\$40.00 (包括講義, 早點及午餐)

歡迎堂區教友參加。詳情請向 Sr. Magdalena 陳修女(690-2973) 或 (265-7926)報名及查詢。

2019 教區公益金, 齊來獻愛心

2019 年教

區 TIA 籌

款的主題

為：『上

主給我傳

了油，派遣我向貧苦的人傳報喜

訊。』依撒意亞 61: 1

籌款運動將於 3 月 10 日正式展開。

本堂所須籌募的數目為教區指定的 24,357 元，今年公益金將由聖佳播聖詠團負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，捐款信封現正與 2018 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！



活動一週



星期三、五 3 月 13, 15 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 3 月 15 日

四旬期苦路善功(英語)

時間：早上 8 時 30 分

永援聖母堂童軍

時間：下午 7 時至 8 時 30 分

地點：永援聖母堂上下禮堂

星期六 3 月 16 日

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：聖堂二樓騎士會室

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

四旬期苦路善功(中文)

時間：下午 4 時 30 分

成人慕道班(國語)

時間：下午 3 時至 5 時

地點：永援聖母堂下禮堂

大專青年團樂隊練習

時間：下午 4 時至 6 時

地點：永援聖母堂上禮堂

大專青年團練習聖詩

時間：下午 6 時至 8 時

地點：永援聖母堂上禮堂

星期日 3 月 17 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 時至下午 12 時 30 分

地點：聖堂二樓及聖堂騎士會室

講座 - Fr. Edmund Lo 主講

時間：上午 11 時至下午 2 時 30 分

地點：永援聖母堂上禮堂

公教家庭開會

時間：下午 12 時 30 分至 3 時 30 分

地點：永援聖母堂上禮堂

靈修小故事

一位白人婦女帶著 6 歲大的兒子出遠門，叫來了計程車，司機是位黑人。這 6 歲的兒子從未見過黑人，心中非常的害怕，問媽媽：「這人是不是壞人，怎麼會長得那麼黑？」

黑人司機聽了很難過。

此時白人婦女告訴兒子：「這位司機叔叔，不是壞人，他是一個很好的人。」

兒子沉默半晌再問道：「既然他不是壞人，那他是不是做了什麼壞事，所以天父在懲罰他？」

黑人聽了淚水在眼眶中打轉，他很想知道這白人婦女怎樣回答？

媽媽說：「他是個很好的人，也沒有做壞事。咱們家花園的花，有紅，有

白，有黃...是不是？那花的種子是不是都黑色的？」

孩子想一想，「對啊！都是黑的。」

母親微笑著回答說：「黑色的種子，開出色彩鮮美的花朵，讓這世界多姿多姿，是不是？上帝為了讓世界繽紛，創造了不同顏色的人。」

「是啊！」孩子恍然大悟地說：「那司機叔叔不是壞人嘍！感謝司機叔叔，您讓這世界多姿多彩，我要為您祈禱。」

天真的孩子在一旁禱告著，黑人司機的淚水奪眶而下，心想：「黑人總被世人瞧不起身，今日，這位白人婦女

如此溫婉地教導孩子，解除孩子心中對我的恐懼，為我祈禱與祝福，真得好好的謝謝她。」

此時，目的地到了，黑人司機堅持不收錢，他說：「小時曾問過母親同樣的問題，母親說我們是黑人，註定低人一等，如果她換成你的回答，今天我定會有不同的成就。」

我們說的話都在撒著不同的種子，善良的語言成就他人一生！

父母是孩子的第一任老師，啟蒙作用決定著他今後的一生！與孩子溝通更是一門藝術。家長應該學會教育技巧和溝通藝術。

聖灰瞻禮

教宗若望保祿二世講解聖灰禮儀的意義：

教宗在 2000 年 3 月 8 日星期三聖灰禮儀日講解有關聖灰瞻禮和四旬期的意義。

教宗表示：星期三聖灰瞻禮帶領信友進入一條走向巴斯卦的旅途中，所以必須用守齋來走這條皈依的道路，並借著懺悔與補贖的武器來對抗罪惡的神。教宗又說：「聖灰禮儀這一天在頭上撒聖灰並不是要給教友製造悲觀消極、聽天由命的氣氛，而是要邀請大家不要受到物質世界的約束，因為物質世界固然有它的價值，畢竟是要消失的。只有在天主內，人才能重新完全找到自己，並發現自己存在的最後意義」。

以聖灰禮儀開啟的封齋期邀請人悔改皈依，因此教宗強調：「聖門為眾人敞開著，誰知道自己被罪過所壓迫，也承認自己毫無功德可言，就請進入聖門吧！誰覺得自己虛無得像灰塵，就請進入聖門吧！虛弱、缺乏信心的人請從基督的心中汲取新的活力吧！」。「守齋刻苦不僅僅是外表的規矩或外在的禮節行為，更是感到需要改變生活的有力標記；守齋刻苦要求人放棄合理的物質享受，使內心獲得更多的自由，以便更容易聆聽天主的聖訓，也更能夠慷慨地幫助有需要的人」。

用「灰燼」是表達出這禮儀所欲表達的精神。當主禮者把灰抹在信眾額上時說：「你要回頭改過，信從福音！」言簡意賅的促使人開始「行動」。

四旬期首主日(三月十日)

甄選禮是四旬期首主日的禮儀的重點，彌撒中的講道及信友禱文都該以此為主題，好使這禮儀深入各人的腦海及團體的祈禱中，幫助信友在生活中不斷反省和革新。

當天的福音不論甲乙丙年都是耶穌在曠野抗拒魔誘的記述，繼續顯示四旬期的意義。透過在耶穌身上的三次誘惑，我們得到更具體及更深入的反省：與天主同在（曠野經驗），以唯一天主為中心（基督拒誘），走犧牲的道路（基督在誘惑中辨別了自己的使命，拒以世俗的威權拯救世界）。

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

THE FIRST SUNDAY OF LENT | MARCH 9/10, 2019

TRANSITIONS

This is a 15-week peer support program for those recently separated or divorced. The program started in February (Wednesday evenings), but there is still availability to participate. Contact 403-218-5505.

VOLUNTEERS WANTED FOR THE OUTDOOR WAY OF THE CROSS

| The 36th annual Outdoor Way of the Cross takes place at **9 am on Good Friday, Apr. 19** at St. Mary's Cathedral, Calgary. To volunteer, contact 403-218-5519 | wayofthecross.ca

YOUNG ADULTS KNIGHTS OF COLUMBUS

Bishop McGrattan invites Catholic men between the ages of 18 and 40 to a special meeting to start a core group of young men in the Calgary area to serve their Church and Community. Date: **Monday, March 11**, from **6:30 pm – 8:30 pm**. Where: St. Mary's Cathedral Rectory Hall (219 18 Avenue S.W., Calgary). Contact Ricky Finzel | membershipdirectorsouth@kofc.ab.ca

MARRIAGE PREPARATION COURSES

Catholic Family Service provides Marriage Preparation programs. Upcoming sessions: **March 22-24**, April 12-14, May 10-12. For more information or to register, contact 587-896-2891 | www.cfs-ab.org

FOUNDATIONS OF A SOCIAL JUSTICE SPIRITUALITY ONE-DAY WORKSHOP

You are invited to a workshop with Bishop Emeritus Frederick Henry on "Foundations of a Social Justice Spirituality." When: **Saturday, April 13** from **8:30 am to 2:30 pm**. Where: Corpus Christi Parish Hall (5931 4 St NW, Calgary). Cost: \$40/person, including lunch. For more information or to register, contact 403-218-5505 | socialjustice@calgarydiocese.ca | <http://events.calgarydiocese.ca>

MENTAL HEALTH AND ILLNESS WORKSHOP

This is a one-day workshop on a basic understanding of mental health, illness and spirituality. When: **Saturday, April 13** from 9 am to 2:30 pm. Where: Our Lady of Perpetual Help (400 Edmonton Trail NE, Calgary). Contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

PASTORAL CARE COURSE

The Diocesan Pastoral Care Course will be held on Wednesdays, **May 1 to June 5**, from 6:30 pm to 9:30 pm, at St. Luke's Parish (1566 Northmount Dr. NW, Calgary). This course offers participants a better understanding of pastoral care given to the lonely, shut-ins, the sick and dying, as well as the visiting skills required for a Pastoral Care minister. To register: <http://events.calgarydiocese.ca> | 403-218-5501

ALZHEIMER WORKSHOP

Learn about the Alzheimer's disease and related dementias, along with tools and strategies for interaction with persons with dementia and their caregivers. When: Saturday, **April 6** from **9 am to 2:30 pm** at St. Paul's Anglican Parish (7 Sunmills Green SE, Calgary). To register: 403-218-5501 | <http://events.calgarydiocese.ca>

EMPLOYMENT OPPORTUNITY - ST. PETER SACRAMENT PREPARATION COORDINATOR

The individual will share in the Church's teaching on the Sacraments of First Reconciliation, First Eucharist and Confirmation by preparing for the gatherings, leading the preparation sessions and providing hospitality and a welcoming environment. For more information about this position and application details, visit: <http://careers.calgarydiocese.ca>

DIOCESAN PALLIATIVE CARE PROGRAM

Learn how to minister God's unfailing love for the terminally ill and the dying through the Palliative Care Education Program. When: **April 26 & 27 (Part 1)**, and **May 3 & 4 (Part 2)**. Where: Holy Spirit Parish (10827 24 St SW, Calgary). Contact: 403-218-5501 or register online at <http://events.calgarydiocese.ca>

EFFECTIVE CO-PARENTING: PUTTING KIDS

FIRST | A five-week parents education program to cope with separation and divorce. Learn how to manage shared parenting situations, resolve family conflicts, participate in support groups and improve communications between separated/divorced parents. Session dates: **Wednesdays, Apr. 24, May 1, 8, 15 & 22**. Register: <http://events.calgarydiocese.ca> | 403-218-5505

FILM SCREENING: IN THE SPIRIT OF RECONCILIATION

| How do we forgive? The question is explored through the personal accounts of residential school survivors in Canada's NWT. In the Spirit of Reconciliation confronts the history of the residential school system in the North, and bears witness to the courageous efforts of survivors who strive towards reconciliation and healing. When: **Thursday, March 14 at 6:30 pm to 9:30 pm.** Where: St. Mary's University, McGivney Hall (14500 Bannister Rd SE, Calgary). Free of charge. Registration link: <http://events.calgarydiocese.ca>

IRISH-CANADIAN COMMUNITY MASS

The Irish-Canadian Community of Calgary welcomes all members of Calgary's Interfaith and their families and friends to the annual Mass for Peace on St. Patrick's feast day, **Saturday, March 16** at noon. Irish hymns and songs at 11:30 am. Where: St. Mary's Cathedral (219 18 Ave SW, Calgary). A buffet lunch will be served in the St Mary's Parish Hall following Mass. Donations of sandwiches, vegetables, fruits and squares, gratefully accepted. Please deliver food items before Mass at the Parish Hall.

FILM SCREENING OF "OVER 18"

St. Martha's CWL in Lethbridge will be hosting a screening of the "Over 18" documentary. The screening will take place at St. Martha's Parish (355 Columbia Boulevard West, Lethbridge) on **Friday, March 15 at 7:30 pm** right after the Stations of the Cross. There will be a Q&A following the film.

FILM SCREENING: SEXUAL REVOLUTION

St. Michael's (800 85 St. SW, Calgary) invites everyone on **Friday, March 15 at 7 pm** for a screening of *Sexual Revolution: 50 Years Since Humanae Vitae*, which documents the effects of the "free-love experiment of the 1960s hippie generation" and Pope Paul VI's prophetic encyclical.

NOT IN OUR TOWN TRAINING (NIOT)

An educational workshop facilitated by Not In Our Town (NIOT). Participants will explore practices and ideas on how to create a culture of inclusion, how to effectively stand up to intolerance, and how to use storytelling to inspire action. When: **Tuesday, March 19 at 8:30 am to 3:30 pm.** Where: Best Western Premier Plaza Hotel & Conference Centre (1316 33 St. NE, Calgary)

FIRST ANNUAL MASS FOR THE ARTISTIC COMMUNITY IN CALGARY | The Sacred Arts Guild of Alberta invites all artists, composers, musicians and their friends and family to attend Mass on **Saturday, March 16 at 1:30 pm.** Where: Sacred Heart Church (1307 14 St. SW, Calgary). Reception and art show to follow. For more information, contact 403-703-7688 or kkiss@telus.net | sacredartsguildofalberta.com

RAISING KIDS IN DIGITAL AGE SEMINAR

Parish groups and registered Lay Associations are encouraged to book your seminar at (403) 218-5501. Sponsored by the Diocese of Calgary and the Calgary Pregnancy Care Centre. TakeCharge@HOME is a workshop that equips parents with the necessary skills and resources to help their children navigate the internet.

FILM SCREENING: LIGHT OF THE DARKNESS

This film tells the story of how a town came together after an incident of anti-immigrant violence. The screening will be followed by a community discussion led by Patrice O'Neill, filmmaker and founder of NIOT. When: **Monday, March 18 at 6:30 pm - 8:30 pm.** Where: Best Western Premier Plaza Hotel & Conference Centre (1316 33 St. NE, Calgary). Free.

22ND ANNUAL GOD SQUAD MEN'S

CONFERENCE God Squad invites all Catholic men (14 and up) to attend the upcoming Men's Conference on **March 15 & 16.** Theme: Be Not Afraid...To Be A Saint. Keynote speakers: Bishop Scott McCaig, Jeff Cavins and Deacon Troy Nguyen. Where: St. Peter's Catholic Church. More info at godsquad.ca

LENTEN DAY SILENT RETREAT

Theme: Take up your cross and follow me. When: **Saturday, March 30**, begins with Rosary at 10:30 am and Mass at 11 am. Where: Divine Mercy Centre (15206 Township Road 262, Calgary). Contact: 587-755-1019 | www.sistersofdivinemersey.org

GRIEF TO GRACE

A spiritual journey for anyone who has suffered degradation or violation through sexual abuse, psychological or emotional abuse, neglect or other forms of traumatic violation in childhood, adolescence, or as an adult. When: **May 2-5.** Where: Kelowna, BC. Contact 1-250-878-7603 | griefftoGrace.org