

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
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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

June 9, 2019 二零一九年六月九日

Pentecost

五旬節主日(聖神降臨)

Last Sunday Collection

上主日奉獻

\$4,847.00



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.

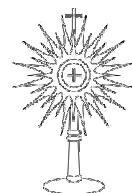
Tuesday 6:30 p.m.

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



Pentecost Sunday

Today is Pentecost Sunday and the Church commemorates the descent of the Holy Spirit upon the apostles. In the first reading, Luke uses the traditional style of expression of the Lord's appearance to describe the Holy Spirit's descent upon the apostles. He records the event as occurring in the holy city of Jerusalem and on the day of Pentecost with twofold meaning. Firstly, it symbolizes the birth of the Church as the first fruits of the Paschal Mystery of Christ. Secondly, it denotes Christians as the new Chosen People entrusted with the mission to proclaim the gospel to the ends of the earth.

Though as elder brother to his apostles, Jesus often shows his paternal love and care for them, calling them "children". And before he returns to the Father, he tells them: "I will not leave you orphans," and "I will come back to you." According to Don Bosco Biblical Institute, Jesus is neither referring to the Last Judgment when he so mentions about his "coming back", nor to his subsequent appearances to the apostles in the forty days from his resurrection to his ascension into heaven. Jesus is in fact referring to his permanent presence in the innermost of their souls. In other words, Jesus is going to send the Holy Spirit to dwell in the hearts of all the faithful.

In the second reading, Paul explains the presence and role of the Holy Spirit in our hearts. The Spirit helps us to overcome our sinfulness and weakness of the flesh; he nurtures us to become children of God so that we can cry out: "Abba! Father!" Paul further explains our rights and obligations as God's children. We are heirs and are entitled to inherit the happiness prepared for us by

our heavenly Father. We may also share in the glory reserved for Christ, but only if we are prepared to suffer with Christ.

Today's gospel speaks not only about the presence of the Holy Spirit in the hearts of Christians, but also the roles of the Spirit in the Church: "He will teach you everything and reminds you of all that I have said." Essentially, the Spirit will remind the Church about Christ's teachings. He will also guide the Church on how to apply the spirit of the gospel on the problems and situations of our times. Jesus knows well that his apostles do not fully understand everything he teaches them during his public ministry of three years. Nevertheless, once the "Spirit of Truth" comes, he will open their minds and remind them of all that Christ has said. The Holy Spirit will not teach the apostles or the Church anything new; he will just enlighten them so that they will come to understand the teachings of Christ more clearly. Because of the guidance by the Holy Spirit, the Church will never err in the interpretation of Jesus' teachings.

In conclusion, Jesus promises his Church the presence and guidance of the Holy Spirit so that the Church is able to proclaim his teachings free from errors; and she will indeed be able to understand them more fully and more clearly. Simply put, the Holy Spirit helps the Church to tap more treasures, old and new, from the Treasury (or Sacred Depository) of Faith for the spiritual benefit of all people.

Diocese & Other News



SHARE THE JOURNEY WALK

Pope Francis and Caritas Internationalis have launched Share the Journey campaign, which urges Catholics around the world to reach out to the unprecedented number of migrants and refugees.

So, on **Sunday, June 23 at 1 to 4 pm**, Development and Peace-Caritas Canada invites all members of the Diocese of Calgary to walk in solidarity with the 68.5 million children, women and men who have been forced to flee their homes.

We will gather at the **FCJ Centre** (219 - 19 Ave. SW, Calgary) for prayer, a 5 km educational pilgrimage, and a community-building reception. To join the walk, contact Peter | peter.baltutis@stmu.ca

Parish Activities



OLPH Youth Group Orchid Sale

OLPH Youth Group will be putting out some rare orchids for sale to raise funds for the parish youth activities.

Date: **June 16, 2019** (Sunday)

Time: from 10 am to 1pm

Venue: **OLPH Church Upper Hall**

All parishioners are encouraged to come and to bring home the beauty of God's creation and show your support for the parish youths.

Year End Party

Sunday School, Scouts, Youth Group, and RCIA will be holding a Year End Party on Sunday, **June 23rd** from 11am to 2:00 pm at Upper and Lower hall, and church parking lot. There will be a Sunday school awards presentation, praise and worship, fun games, and BBQ. All parishioners, family and friends are invited to join!

Together in Action 2019

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



This is the slogan for **2019 TOGETHER IN ACTION**. At the

start of Lent, the 2019 TIA starts. This year our target is \$24,357. We have always been blessed. As of May 19, 2019, our campaign has received a total of \$10,985.00. We plead for your ongoing support

Weekly Activities



Wed Jun 12

Perpetual Harmony Choir Practice

Time: 6:30 p.m.-9:00 p.m.

Place: OLPH Upper Hall

Fri Jun 14

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

OLPH Scout

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

Place: Upper Hall & Lower Hall

Sat Jun 15

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

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 Jun 16

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 K of C room

Pope's June prayer intention: "The Priests' Way of Life"



Pope Francis releases a video message accompanying his prayer intention for June, which is that priests may commit themselves to "solidarity with those who are most poor."

In his prayer intention for the month of June 2019, Pope Francis calls us to pray that priests, "through the modesty and humility of their lives, commit themselves actively, above all, to solidarity with those who are most poor."

It has become the custom of Pope Francis to release a video message detailing his prayer intention for each month.

The full text of his intention is below:

I would like to ask you to look at the priests who work in our communities.

They are not perfect, but many give it their all until the very end, offering themselves with humility and joy.

They are priests who are close to the people, ready to work hard for everyone.

Let us be thankful for their example and testimony.

Let us pray that priests, through the modesty and humility of their lives, commit themselves actively, above all, to solidarity with those who are most poor.

The Pope's [Worldwide Prayer Network of the Apostleship of Prayer](https://www.vaticannews.va/en/pope/news/2019-06/pope-francis-prayer-intention-june-2019.html#play) developed "The Pope Video" initiative to assist in the worldwide dissemination of monthly intentions of the Holy Father in relation to the challenges facing humanity.

<https://www.vaticannews.va/en/pope/news/2019-06/pope-francis-prayer-intention-june-2019.html#play>

天主教的誕生

耶穌基督所創立的唯一教會‘天主教會’，根據歷史的考證，約在公元三十年，也就是耶穌誕生後三十四年左右一個猶太人的節日‘五旬節’當天，誕生在耶路撒冷。那一天，已經被釘死在十字架上的耶穌基督的十二位大徒弟，在耶路撒冷公開向他們的同胞宣講一個聞所未聞的破天荒喜訊：天主所派遣來的耶穌基督，被當作惡棍釘死在十字架後，竟然活著，因為天主把他從死人中復活起來了。他是默西亞，是西伯來人世世代代所期待的救主。

耶穌的十二位大徒弟這一宣講，出乎他們意料之外地，竟誕生了教會。於是，至今已有兩千年生命的教會歷史從此展開。有關教會誕生的背景與事蹟，新約聖經中的‘宗徒大事錄’、‘保祿書信’、以及‘默示錄’都有記載。為此，我們給新約聖經保留一個特殊的位置，因為新約聖經是教會賴以建立的‘聖言’。

新約聖經，尤其是宗徒大事錄，是教會在第一世紀發展的歷史，是我們談教會歷史的主要根據，可是除了新約聖經之外，教會某些傳統也從別的資料流傳下來。這些資料有的是從某位宗徒聽來的，有的是從耶穌的某位徒弟或信徒小團體中傳出的。這樣的傳說和記載並沒有被教會當局認為是出於天主的啟示，所以被稱為‘神秘的書籍文件’，意思就是隱秘的、非真正的聖經，也就是通稱的‘偽經’。這些偽經的書寫方式常帶有小說的味道，主要在滿足他人對那些從聖經中找不到根據的事物的好奇。偽經的某些記載也可能有它的歷史價值，至少可以讓我們了解當時的人的宗教觀念，而且其中有些記載對當時與後人的宗教生活、宗教禮儀、宗教藝術、乃至民俗都有相當的影響。

這第一批教會的成員都是猶太人，就如耶穌一樣，他們說的是當時中東最流行的閃米特人的語言，阿拉米語，他們雖然信奉了基督，仍然恪守猶太舊教的法律規章，進聖殿祈禱，遵守食物方面的禁忌，出生的男嬰兒接受割損禮。他們的信仰為當時別的人來說，無異是一種新興的教派，這個信仰的特色是：因耶穌的名領受洗禮，熱心遵守宗徒們的訓導，舉行一種分餅的禮節儀式，互相組成一個友愛的團體。

在耶穌基督那個時代，從文化上來說，猶太人大致分兩種，一種是屬於中東一帶阿拉米文化的猶太人，另一種是屬於希臘文化的猶太人。在第一批阿拉米文化的猶太人信從耶穌後，很快地，不少希臘文化的猶太人也接受了基督的福音。不料，這兩種文化背景不同的人在某些生活習慣上彼此鬧意見，於是十二位宗徒另外選出七位有名望、而且充滿聖神和智慧的人來管理希臘文化的猶太人的信仰生活，他們的職務就叫作‘執事’，至於宗徒們，則專務祈禱和為真理服務。

宗徒們所選出的七位執事，他們有個領導人名叫斯德望，很有信德，也很有口才，能行大奇蹟，許多信奉舊教的人不喜歡他，常跟他辯論，但總敵不過他，他們于是找了一些人麻煩他，控告他，把他送到公議會對質。斯德望于是慷慨激昂地把猶太民族歷史的來龍去脈述說了一遍，譴責猶太人口是心非，不遵守天主的誠命，迫害預言默西亞要來的先知，更迫害先知曾經預言的默西亞，他強調天主所重視的是在心靈上敬拜天主，而非在人所建造的殿宇中作外表形式的禱告。



El Greco: Pentecost (1600)

斯德望這番話並不是說給非猶太宗教信仰的外國人聽的，而是說給猶太人聽的，他當時並沒有宣講教會的普世性，但從他所作的見證，已經可以發現他給當時的猶太人一種新的信仰方向。他是繼耶穌基督之後，第一位像基督一樣被誣告，並被亂石擊死的殉道者，在斷氣之前還請求上主寬恕他的兇手。

斯德望的殉道叫那些方才皈依基督的猶太人驚慌失措，他們紛紛逃往撒瑪黎雅、腓尼基、塞浦路斯和安提約基雅等地避難。

在行兇場所搖旗吶喊的人群中，有個非常兇悍、而且自以為是的青年，名叫掃祿。他認為砸死斯德望還不夠，還挨家挨戶搜捕教友，甚至要求耶路撒冷大司祭發給傳票拘捕令，讓他到各地逮捕教友，捉將監裡。怎料到他驅馬前往大馬士革迫害教友途中，被基督的一道光打落馬背。這一突發事件改變了掃祿的一生，誰也不會料到這個年青氣盛、囂張狂熱的猶太人竟從此變為宣講福音、拓展基督神國最有力的勇士。掃祿在大馬士革皈依基督後，改名保祿，便開始在那裡講道，宣講耶穌基督。

保祿在大馬士革呆不下，就前往耶路撒冷，設法與其他宗徒認識交往。在耶路撒冷，保祿同樣勇敢地講道，甚至和希臘化的猶太人辯論真道。這一行動又激起猶太人的反感，他們又想陷害他。于是在同道們的協助下，保祿便離開耶路撒冷，前往凱撒勒雅，然後又轉往塔爾索去。在塔爾索住了一段時日後，他應一位熱心傳教的塞浦路斯人巴爾納伯的邀請，兩人一同前往安提約基雅積極展開傳教工作。這是保祿第一次傳教之旅。這次傳教效果良好，皈依了許多人。

在那個時期，伯多祿在離耶路撒冷不遠、靠近海濱的約培城蒙天主啟示，看見異像，知道不僅要向猶太人、更要向天下各民族宣講福音。于是，他給一位住在凱撒勒雅、熱心事主、渴慕真道的羅馬軍官和親友付了洗。伯多祿

這一決定和作法說明：要接受基督的福音沒有必要通過猶太教這條路。伯多祿和保祿兩人的傳教經驗顯示他們很快便知道基督的福音必須傳給天下所有的人。

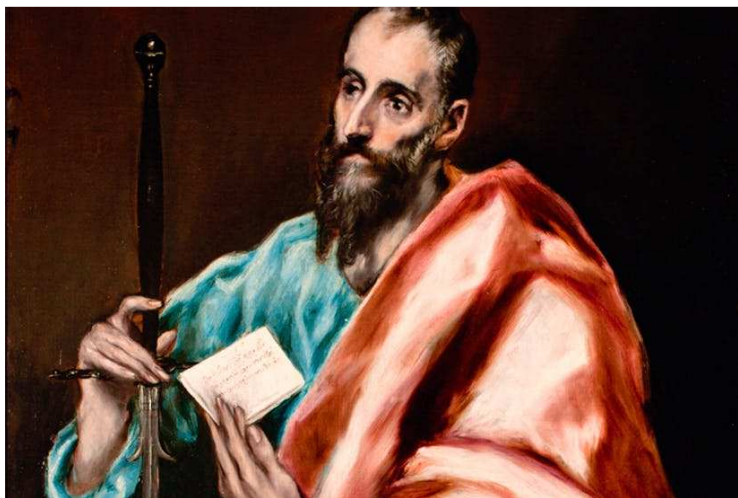
宗徒們在耶路撒冷召開的那次會議通稱之為耶路撒冷大公會議，也是教會有史以來的第一次大公會議。從此以後，教會的信仰不再受到猶太教傳統習俗的約束，任何願意接受基督福音的人，不必接受文化移植，不必改變或拋棄自己的文化背景基礎。從那時起，誕生沒有幾年的教會就已經成為普世性的教會。

約在公元五十年的時候，保祿展開第二次傳教旅行，足跡遍及近東一帶。當時他在特洛阿城見到一個異像，有個馬其頓人請求他去馬其頓幫助那裡的人（宗. 十六，9）。于是保祿便和巴爾納伯動身前往。在這次旅途中，他們建立了在歐洲地區的斐理伯、得撒洛尼和格林多等地的教會團體。此行中，保祿還到了文化都城雅典，在當地的最高法院發表演講，指出希臘哲學和福音並行不悖，他甚至引用希臘詩人的話來作證，但是希臘人不想聽保祿那一套，便給他說下次再談吧！（宗. 十七）。這次雅典的經驗使保祿有所領悟，于是他在格林多城講道時，根本不再顧慮要討好聽眾的心理，他開門見山便直接講論被釘死在十字架上的耶穌基督（格前. 二，2）。

從“宗徒大事錄”第十九到二十章的記載，我們知道保祿又有第三次傳教之旅。這次旅行所拜訪的也是近東和歐洲地區的教會團體。保祿還有第四次傳教旅行，不過這一次不出於他自願，因為他是以囚犯的身份被押往羅馬受審。



聖斯德望
St. Stephen by Carlo Crivelli



聖保祿 St Paul By El Greco

主日分享



聖神降臨

本主日是五旬節，也就是聖神降臨瞻禮。

在讀經一裡，作者聖路加採用舊約聖經描述「上主的日子來臨」的方式，敘述聖神降臨的事件，他把這事件的發生佈置在聖京耶路撒冷，並且又在五旬節那一日，是有兩個重要意義的。它意味著：第一，教會的誕生是基督逾越奧跡的初果；第二，我們基督信徒是新約時代的天主選民，負有傳揚基督救恩的使命。

耶穌是我們的長兄，然而祂對自己的門徒卻懷有慈父愛子的心腸，曾稱他們為「孩子」。祂在離別他們之前，曾安慰他們說：「我必不留下你們為孤兒」、「我要到你們這裡來」。據思高聖經學會的註釋，祂那時說的「要來」，「不是指祂於世界末日的來臨，也不是指祂復活後升天前向門徒們的屢次顯現。耶穌用這些話暗示一種長久的情況，指祂在人靈魂上的一種神秘的內在來臨。」換句話說，耶穌遣發聖神居住在祂信徒們的心內。

在本節日彌撒中的讀經二裡，聖保祿宗徒闡述天主聖神在基督信徒心內的臨在及其作用。按祂的解釋，聖神在我們心內施展的作用，第一是使我們克勝罪惡和肉身；第二是撫育我們做天主的子女，稱呼天主「阿爸，父啊！」聖保祿宗徒向我們說明我們做了天主子女以後的權利及應盡的義務。那權利「便是繼承者，能承受天主所準備的福澤，與基督同享為祂保留的榮耀」；那義務是「要我們與基督一同受苦，我們必將與祂同享光榮。」

本節日彌撒的福音也談到天主聖神在基督徒心內的臨在，但是它所強調的是聖神在教會內所施展的作用，那就是：「祂要教導你們一切，使你們想

起我對你們所說的一切。」這兩句話所表示的兩種作用，一種是教會記得耶穌在世時所宣講了的道理；另一種是使教會明白耶穌在世時不曾講過，而是此時此地極須知道的與基督福音有關的道理。耶穌知道自己的門徒到現在還不全明白在三年中給他們所講的奧跡，但「真理之神」一降來便會啟迪他們，使他們回憶起耶穌所說的一切。從耶穌的話看來：聖神不會給宗徒們另講一些標奇立異的道理，只是叫宗徒們和聖教會更清楚地懂得耶穌所講的一切道理。聖教會因為有聖神的默啟光照，故能永無錯誤地解釋耶穌的啟示。總而言之，耶穌給自己的教會應許了聖神的親臨和扶助，消極地是為使教會毫無錯誤地宣講祂的道理，積極地是為叫聖教會更清楚地懂得耶穌的道理，講得更徹底，並從這寶藏裡提取新舊的寶物來使世人獲得神益。」

節錄自梵蒂岡電台

堂區活動



青少年團蘭花義賣

為堂區青少年活動籌款，青少年團將於六月十六日上午 10 時至下午 1 時在上禮堂舉辦蘭花義賣。

歡迎所有會員、家長及有興趣之教友們前來觀賞及踴躍支持堂區青少年。

學年結束聯歡會

主日學，童軍，青年團和 RCIA 將於六月二十三日上午 11 時至下午 2 時，於上下禮堂及停車場舉辦學年結束聯歡會。當天會有讚美音樂日，主日學頒獎典禮，遊戲以及燒烤！

歡迎堂區教友家人和朋友一同參加，費用全免。

2019 教區公益金，齊來獻愛心

『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

這是本年度教區公益金的口號。關愛



貧窮弱少的社群是我們教徒一貫的使命，亦是見證分享我們的寶藏。

今年教區公益金本堂分擔的數目為 \$24,357。截至 5 月 19 日，捐款已累積至 10,985.00 元。

懇請各位教友繼續支持，慷慨解囊

活動一週



星期三 6 月 12 日

Perpetual Harmony Choir 練習

時間：下午 6 時 30 分至 9 時

地點：永援聖母堂上禮堂

星期五 6 月 14 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

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 6 月 15 日

聖母軍(聖母軍聖母無玷聖心支團)

時間：上午 9 時 30 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

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 6 月 16 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

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- 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學班及學分班
- 興趣小組(非學分班): G12 英文提高班、英文強化班、數學補習班、高中物理、化學及初中理科班、國語口才訓練班、英文演講口才班、雅思培訓課程、日語文化班、韓語文化班、中學數學強化班、美術班、空手道班、武術班、羽毛球班、乒乓球班、兒童舞蹈班、歌唱技巧班/兒童合唱團、棋藝班、國語親子班及中國繩結班
- 成人班: 普通話會話、粵語會話、韓語文化班、健康舞、交誼舞班及武式太極拳健身班、瑜伽
- International Certificate: 學生可在英文或中文學校修讀三班中文課加 Project(項目), 可得卡城公立教育局國際證書, 可申請獎學金及幫助入大學
- 校舍 Campuses: John G. Diefenbaker High School 6620 - 4 Street NW Calgary 星期六 Saturday 9 am - 4 pm
Sir John A. Macdonald School 6600 - 4 Street NW Calgary 星期六 Saturday 9 am - 4 pm

校務處及通訊地址 Office & Mailing Address:

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- 聖母會 Queen of China Club
- 聖母軍 Legion of Mary
- 公教家庭協會 Catholic Family Fellowship
- 信仰小團體 Faith Sharing Group
- 利瑪竇騎士會 Knights of Columbus
- 鮑思高同學會 Don Bosco
- 成人慕道班 Adult Catechism Class
- 主日學 Sunday School
- 青少年團 Youth Group
- 永援聖母青年團 Young Adult Group
- 國語基信團 Mandarin Group
- 英文聖詠團 English Choir
- 佳播聖詠團 St. Gabriel Choir

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

PENTECOST SUNDAY | JUNE 8/9, 2019

ORDINATION OF DEACON TROY NGUYEN TO THE PRIESTHOOD | Bishop William McGrattan has called Rev. Mr. Troy Nguyen to be ordained to the priesthood on **Friday, June 28, 7 PM** at St. Mary's Cathedral. All are welcome!

CAREER OPPORTUNITIES

1. Youth Ministry Coordinator - St. Albert the Great, Calgary
2. Youth Minister Assistant - St. Michael's Catholic Community, Calgary (Summer Part-time)
3. Assistant Custodian - St. Michael's Catholic Community, Calgary (Summer Part-time)

Visit <http://careers.calgarydiocese.ca> for more information about the positions and application details.

FEAST OF ST. ANTHONY MASS

St. Anthony's Parish (5340 4 St SW, Calgary) invites you to celebrate the Feast of St. Anthony of Padua with their parish. When: **Thursday, June 13**. Latin Mass at 9 am followed by Adoration; Benediction at 6:30 pm; English Mass at 7 pm followed by a sung Evening Prayer and a procession to St. Anthony's grotto. All are welcome!

CEMETERY MASSES

Dates for 2019 Cemetery Masses:

- June 18, Tue., 7:30 pm | St Mary's Cemetery
- June 19, Wed., 7:30 pm | Edenbrook Cemetery
- August 13, Tue., 7:30 pm | Queen's Park Cemetery
- August 14, Wed., 7:30 pm | Mountain View Cemetery

LECTIO DIVINA WORKSHOP

Immerse yourself in prayer and study of the Word! Seeds of the Word Community invites you to a series of *Lectio Divina* workshops and the study of *Verbum Domini*. When: **June 19, Sep. 4 & 19, Oct. 2, 16 & 30, Nov. 13 & 27, at 6 pm to 8 pm**. Where: 3011 29 St. SW, Calgary. For more information, contact 403-616-8579.

SHARE THE JOURNEY WALK

Pope Francis and Caritas Internationalis have launched Share the Journey campaign, which urges Catholics around the world to reach out to the unprecedented number of migrants and refugees. So, on **Sunday, June 23 at 1 to 4 pm**, Development and Peace-Caritas Canada invites all members of the Diocese of Calgary to walk in solidarity with the 68.5 million children, women and men who have been forced to flee their homes. We will gather at the FCJ Centre (219 - 19 Ave. SW, Calgary) for prayer, a 5 km educational pilgrimage, and a community-building reception. To join the walk, contact Peter | peter.baltutis@stmu.ca

PASTORAL CARE VOLUNTEERS

The Foothills Roman Catholic Pastoral Care Team needs Sunday Pastoral volunteers to help with patient visits and Mass at 3:30 pm. All interested persons can contact Peta, Pastoral Care Coordinator at Foothills Hospital: 403-944-1681.

70TH ANNIVERSARY OF MOUNT ST. FRANCIS

Mount St. Francis Retreat Centre is celebrating its 70th anniversary! You are invited to celebrate with the Franciscans and Bishop McGrattan in the Anniversary Mass on **Sunday, Aug. 18 at 2 pm**. Where: Mount St. Francis (41160 Retreat Road, Cochrane). Lunch is provided. Free-will offering. For more information, please contact 403-932-2012 | mtfrancis@shaw.ca

FR. ROLHEISER IN CALGARY

Fr. Ron Rolheiser, OMI will be giving a talk on **Wednesday, Aug. 21 at 7 pm**. Where: St. Mary's Parish in Cochrane (10 River Heights Dr., Cochrane). Cost: \$20/person. To reserve a seat, call 403-932-2012 | mtfrancis@shaw.ca

RELIEF CHOIR NEEDED

St. Bernadette's in Calgary is looking for a relief choir to help lead their worship at the 9 am Mass, one Sunday a month. If you are interested, contact the office at 403-236-2979 | stbernadettes@shaw.ca

BILLINGS OVULATION METHOD® (BOM)

WORKSHOP | The Billings method is a form of natural fertility awareness and is trusted by millions around the world. The BOM workshop will be held from **June 21-23** in Edmonton. Topics covered: Science & BOM Review, Continuum of Ovarian Activity, Cycle Variants, Diagnostic Benefits of the BOM. To register, visit billingslife.ca

DAY RETREAT WITH DIVINE MERCY SISTERS

- **Summer Retreat Day “Women for Christ”** hosted by St. Mary’s Cathedral CWL Council. When: **Saturday, June 15** at 10:30 am to 3:30 pm. Where: Divine Mercy Centre (15206 Township Road 262, Calgary).

To register contact Anthea at 403-971-8432 | anthea.berdan@gmail.com

- **Women’s Retreat Day** “Courage, my daughter, your faith has saved you.” The retreat is for women age 18 and older. When: Saturday, **Aug. 10 at 10:30 am to 4 pm**. Where: St. Luke’s Church (1566 Northmount Dr. NW, Calgary). Suggested donation of \$25.
- **Summer Retreat Day** “Come to Me, all who labor and are heavy laden, and I will give you rest,” Mt. 11:28. When: **Saturday, July 27 at 10:30 am to 4 pm**. Where: Divine Mercy Centre (15206 Twp. Road 262, Calgary).

To register, contact the Sisters at 587-755-1019 | dmccalgary@gmail.com | sistersofdivinemercury.org

SUMMER RETREATS WITH ROOM & BOARD

- **June 14 - 16** at FCJ Retreat Centre, Calgary | Directed Retreat that follows the dynamic of the Spiritual Exercises of St. Ignatius Loyola. Cost \$285. Registration: 403-228-4215 | info@fcjcentre.ca | fcjcentre.ca
- **June 17 - 23** at Mt. St. Francis, Cochrane | 7-Day Retreat "A Profound Mystery" with Fr. Robert Michell, OFM and the retreat team. Cost \$600. Registration: 403-932-2012 | mtfrancis@shaw.ca | mountstfrancis.ca
- **July 21 - 28** at Mt. St. Francis, Cochrane | 7-Day Directed Retreat "Presence" facilitated by the retreat team and individual spiritual director. Cost \$650. Registration: 403-932-2012 | mtfrancis@shaw.ca | mountstfrancis.ca

- **July 1 - 31** at FCJ Retreat Centre, Calgary | Spiritual Exercises: 30-Day Directed Ignatian Retreat facilitated by Sr. Madeleine Gregg and FCJ team. Cost: \$3,875. Registration: 403-228-4215 | info@fcjcentre.ca | fcjcentre.ca
- **Aug. 2 - 10** at FCJ Retreat Centre, Calgary | Spiritual Exercises: 8-Day Directed Ignatian Retreat facilitated by Sr. Madeleine Gregg and FCJ team. Cost: \$906. Registration: 403-228-4215 | info@fcjcentre.ca | fcjcentre.ca
- **Aug. 12 - 18** at FCJ Retreat Centre, Calgary | 6-Day Quilting Retreat "The Fabric of My Life" with Sr. Ita Connery. Cost: \$699. Registration: 403-228-4215 | info@fcjcentre.ca | fcjcentre.ca

EVENING PRAYERS & MARSHMALLOW ROAST

The FCJ Centre invites you to an Evening Prayer and Marshmallow Roast with their community. The fire pit is at the back of the property—come in through the gates and park in the parking lot—the fire pit is between the parking lot and the river. When: Fridays from 7 to 8:30 pm, on **June 21, June 28, July 19 and July 26**. Donations gratefully accepted. To register, call 403-228-4215 | reception@fcjcentre.ca

THE GREAT ADVENTURE BIBLE STUDY

St. Albert the Great parish in Calgary invites you to join “The Great Adventure” Bible Study series from author Jeff Cavin. This 3-part series will cover the Old Testament, The Gospel of St. Matthew and the Acts of the Apostles. Each session is 2 hours. When: The King & His Kingdom (**Monday, Sep. 9, 6:30 pm**, cost \$40), The Spread of the Kingdom (**Tuesday, Sep. 10 at 1:30 pm**, cost \$45) and Bible Timeline (**Thursday, Sep. 12 at 1:30 pm or 6:30 pm**, cost \$50). To register, please contact Lucille at 403-479-1211 | paplowski@hotmail.com

RED WEDNESDAY

Red Wednesday, held in November, is a series of events aimed at highlighting the persecution and injustice suffered by Christians while promoting respect and tolerance between people of different religions. To bring further awareness to this cause, we are seeking volunteers to assist in coordinating events at both the parish and Diocesan level. For more information, contact 403-218-5501 | theodoric.nowak@calgarydiocese.ca