

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

June 23, 2019 二零一九年六月二十三日

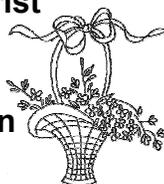
Body and Blood of Christ

基督聖體聖血節

Last Sunday Collection

上主日奉獻

\$3,424.00



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.

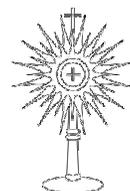
Tuesday 6:30 p.m.

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



Body and Blood of Christ

Today we celebrate the Feast of Body and Blood of Christ. Originally, there were two separate feasts: Body of Christ (Corpus Christi), and Precious Blood of Jesus. The Feast of Corpus Christi was first celebrated in 1247 in Liege, Belgium at the instance of Sister Juliana of the Augustinian nuns of Mont Cornillon. However, the Feast of Precious Blood of Jesus started as a local celebration in Spain in the 6th century, and later extended to Italy. To commemorate his return to Rome from exile, Pope Pius IX proclaimed in 1847 that the celebration of this Feast be extended to the universal Church. The liturgy of the Church has now consolidated the two feasts into one: Body and Blood of Christ.

The first reading, from the Book of Genesis, recounts the blessing of Abram by King Melchizedek of Jerusalem. Also priest of God Most High, Melchizedek's offering of bread and wine foreshadows Jesus and the Sacrament of the Eucharist.

In the second reading, Paul explained to the Corinthians how Jesus instituted the Eucharist at the Last Supper. In this sacrament, we commemorate the sacrifice Christ made by his suffering and death so that, through Christ, humanity can be one and in communion with God once again. Hence the Eucharist is also known as the Sacrament of Holy Communion.

The gospel is on the miracle of multiplication of loaves and fish. This miracle has been recorded in all four gospels. It happened right after the return of the apostles from their first mission. Jesus took the apostles to a deserted place for a rest, but the crowd caught up with them; and Jesus had compassion for the crowd, as they were like "sheep without a

shepherd". In today's gospel, Luke highlights the fact that Jesus took care of the spiritual and temporal needs of the crowd. He spoke to them about the Kingdom of God, cured the sick and fed the hungry crowd. Luke shows how the apostles, fresh from their mission as representatives of Jesus, had faith in their Lord, thereby in a way partaking in the miracle. They knew well that they were in a deserted place and that food would be difficult to come by. However, they had faith in Jesus, and so when Jesus asked them to get the people sit down in groups, they obliged. Again at Jesus' order, they distributed the loaves and fish to the crowd. When all had eaten and were filled, the apostles gathered the leftover pieces and these filled twelve baskets. So the apostles were truly rewarded for their trust in their Lord. The miracle no doubt strengthened their faith. According to John, another gospel writer, Jesus was preparing the apostles for a more important miracle – the institution of the Sacrament of the Eucharist (Holy Communion).

The Feast of Body and Blood of Christ exhorts us to place greater reverence to the Eucharist. It encourages us to live up to what the Eucharist symbolizes: sacrifice, sharing and communion with others. Pope John Paul II once said, "There is a real need for the Church and the whole world to adore the Eucharist. Jesus at all times is eager to receive and embrace us in this Sacrament of Love. Hence we should make effort to come to Jesus, pay him homage and adoration, pledge our complete trust in him, and atone for the sins of the whole world. Together, let us offer him the following prayer: "Lord Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. May our worship of this sacrament of your body and blood help us to experience the salvation you won for us and the peace of your kingdom

where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen."

Diocese & Other News



IGNITE SUMMER CAMP ALBERTA

The Diocese of Calgary has partnered with Face to Face Ministries to offer Ignite Summer Camp Alberta from July 21 – 26 at Our Lady of the Snows School, in Canmore, AB. Ignite is a 5-day Catholic Summer Camp for teens in Gr. 9 to 12 who want to grow in holiness. Participants will listen to great talks, participate in epic large group activities, daily prayer, Adoration, praise and worship and so much more.

For more information, contact Harriett Cariaga at 403-218-5507 | <https://f2f.ca/ignite>

CEMETERY MASSES

Dates for 2019 Cemetery Masses:

- August 13, Tue., 7:30 pm Queen's Park Cemetery
- August 14, Wed., 7:30 pm Mountain View Cemetery

BIBLE WORKSHOP WITH FR. JOHN KOHLER

St. Paul's First Letter to the Corinthians gives us a view of the early Christian community and helps us understand how God is working in our time. In the upcoming Bible workshop, Fr. John Kohler will highlight key passages of the letter and lead reflection on the Church's teaching around its important themes: vocations, the Eucharist, sexuality and the resurrection of the body. Please bring your Bible.

- **Wednesday, July 3 at St. Thomas More Parish** (15 Templebow Road NE, Calgary) from 7 to 8:30 pm
- **Thursday, July 4 at St. Luke's Parish** (1566 Northmount Drive

NW, Calgary) from 7:30 to 9 pm.
Mass at 7 pm with Fr. Kohler.

- **Monday, July 8 at Holy Family Parish** (1451 Strachan Road SE Medicine Hat) at 7 to 8:30 pm
- **Tuesday, July 9 at Holy Family Parish** (1451 Strachan Road SE Medicine Hat) from 7 to 8:30 pm – on the Gospels of Matthew, Mark and Luke. Mass at 6:30 pm with Fr. Kohler.
- **Sunday, July 14 at All Saints Parish** (Our Lady of Assumption Parish Hall, 2405 12 Ave S, Lethbridge) from 2 to 4 pm

Parish Activities



Exposition of the Blessed Sacrament on July 6

The July's Exposition of the Blessed Sacrament will be led by Faith Sharing Groups on July 6 from 10am to 11am.

Parishioners are encouraged to attend.

OLPH Summer Mass schedule

Mass schedule in July and August will be revised as follows:

Saturday: 5:00pm (in Mandarin)

Sunday: 9:30 am (in English)

11:00 am (in Cantonese)

Tuesday (6:30 pm) English Mass will be suspended

Normal Mass schedule will be resumed from September 1.

Summer Bulletin Break

The last bulletin before summer will be on June 30. The bulletin will be resumed in the week of September 1.

5th Sunday Rosary

Matteo Ricci Council 10119 will be hosting Rosary, 20 min. before the 10:00 & 11:30 Mass on Sunday, June 30, 2019.

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 26

Perpetual Harmony Choir Practice

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

Place: OLPH Upper Hall

Fri Jun 28

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Sat Jun 29

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

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

Stories Faith Sharing



Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with

few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed. Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew.

So, he raised his wings and flew off into his joyous new life!

A Camino voyage in the 21st



What happens when a writer, two musicians, an artist and a stonemason embark on the Camino by sea, in a traditional boat? An Irish film documentary captures their sea voyage as they make the journey to the famed pilgrimage route.

The Camino de Santiago or Way of Saint James is a journey that has been attracting pilgrims for hundreds of years.

Chose a route and it is possible to walk, cycle or even horseback ride on the paths that lead ultimately to the Cathedral of St James.

But how about embarking on the Camino in a traditional boat?

An Irish film documentary, that has won praise at various European film festivals, recounts the journey of four men as they set sail from Ireland on an inspiring but at times perilous expedition to Northern Spain.



Boarding their boat known as a Naomhóg, which they built themselves, the documentary charts the path of the crew over 3 years from 2014 to 2016.

Modern home comforts are left behind as they set sail, but as the film shows, what they gain along the way are new friendships, strengthened creativity and renewed spirituality.

The Executive Producers of the film, Pádraig and Síle Ó Laighin were in Rome recently to talk about the film entitled, [The Camino Voyage: an epic 2500km Modern Day Celtic Odyssey](http://www.anupictures.com/project/camino/).

They came into the studios of Vatican Radio to discuss a documentary which they describe as accidental but also unique.

www.vaticannews.va

The Camino Voyage Official Website : <http://www.anupictures.com/blog/>

主日分享



基督聖體聖血節

本主日我們舉行基督聖體聖血節。這是由原來耶穌聖體和耶穌寶血兩個瞻禮合併而成的一個瞻禮。耶穌聖體瞻禮成立較早，於 1247 年第一次在比利時、列日舉行，是在一位奧斯定會修女儒麗安的請求下而開始慶祝的。耶穌寶血瞻禮於第六世紀起源於西班牙，後來傳入意大利。1847 年，教宗庇護九世由流亡中重返羅馬，為感謝基督，詔令普世教會，慶祝耶穌寶血節。

現今教會禮儀已把耶穌聖體和耶穌寶血兩個瞻禮，合併為基督聖體寶血一個瞻禮。

本瞻禮的彌撒讀經一取自創世紀，敘述耶路撒冷王默基瑟德的祭獻，默氏既是國王又是司祭，和他所奉獻的餅酒，是耶穌和聖體聖事的預像。

讀經二取自聖保祿宗徒致格林多人前書，是保祿宗徒講述耶穌建立聖體聖事的史實，這聖事的主要目的是為紀念基督為人流血犧牲，使人在他內與主和人共融合一（故又稱為「共融聖事」）。

彌撒福音取自聖路加福音。這次增餅的奇跡，四部福音都有記載。聖路加福音所獨有的，是說耶穌雖然躲開群眾，但一見他們跟來，就又憐憫他們神形的可憐：一面給他們宣講天國的福音；一面治好那些病人。路加在敘述奇跡時，特別彰顯出宗徒對師傅的信賴；他們雖然知道在曠野地方，為這許多人難以供應食物，但耶穌一出命令，他們即刻服從，叫百姓分伙坐下，等待耶穌的安排。他們既然以前已做過耶穌的代表，被派遣過，這一次，耶穌使門徒也參與行這奇跡：即是叫十二宗徒給百姓分配餅和魚。眾百姓吃飽後，收集了十二筐碎塊；這為他們一定有其重要性，因為藉這奇跡，他們信賴耶穌的心受到了報酬，

同時也更加鞏固了。按聖若望福音的記載，耶穌願意藉著這個奇跡準備他們領受更大的奇跡，那就是後來建立的聖體聖事（共融聖事）。

基督聖體寶血瞻禮鼓勵我們敬禮聖體聖事，並生活在其中的含義：犧牲、分享和共融。教宗若望保祿二世說得好：「教會和整個世界都極其需要聖體敬禮。耶穌在祂愛的聖事中等候我們，我們要不惜花費工夫，到祂面前去朝拜祂，去瞻仰祂，向祂表示我們全心信賴祂，並為世人的重大罪惡做補贖。」

讓我們以今日的集禱經祈求說：上主，你藉奧妙的聖體寶血的聖事，留下了你苦難的紀念；求你使我們虔誠地欽崇你聖體聖血的神聖奧跡，好能時常體驗你救恩的實效。你是天主，和天主聖父及聖神，永生永王。阿們。

節錄自梵蒂岡電台

堂區活動



七月顯供聖體

永援聖母堂七月份的顯供聖體由信仰小團體帶領，時間為七月六日上午十時至十一時。請各位教友盡量參與！

暑期主日彌撒

七、八月之主日彌撒將更改如下：

星期六主日提前彌撒：五時(國語)

星期日早上彌撒：九時三十分(英文)

十一時(粵語)

星期二黃昏彌撒暫停

九月一日開始，主日早上彌撒及星期二黃昏彌撒將照以往時間舉行

暑期堂區通訊

六月三十日的堂區通訊將為本暑期前最後一期，堂區通訊將於九月一日再刊。

第五主日頌念玫瑰經

利瑪竇騎士會于六月卅十日主日，十時正及十一時半彌撒前十分鐘帶領頌念玫瑰經。

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 26 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 28 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

星期六 6 月 29 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

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

利瑪竇：第一位有心的尋覓者

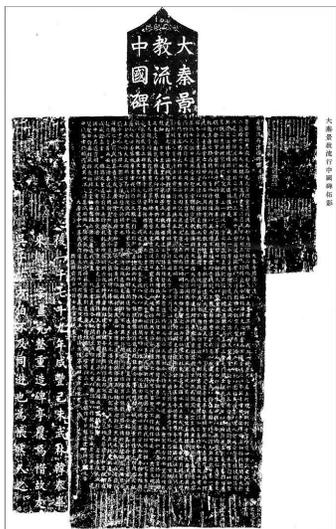
四百年前，利瑪竇神父（意大利文：Matteo Ricci；1552年10月6日—1610年5月11日）和他的會友同伴，經過無數的艱難困苦，來到了我國；藉著他和藹可親的態度，堅毅不拔的信德，在天主的助佑下，終於敲開了神州的門戶，奠定了近代中國天主教的基礎。

利瑪竇神父於一六零一年在北京定居後，就深深體會到，中國是一個崇尚文化，愛好歷史的民族，對於一切文物思想，尤其是宗教，如果能證明它是中國固有的生活方式，有悠久的歷史，便很容易獲得國人的信任和尊敬。由於缺乏有力的證據，當時的學者都把天主教當作外國來的洋教，甚至批評它是標新立異。面對這種情勢，利瑪竇神父和初期的教友們，是多麼希望能在我國悠遠的歷史中，找到福音的蹤跡啊！利神父在歐洲時，就曾聽說東方的契丹國裡有基督徒，他認為契丹就是中國。因此利神父在北京定居後，就不斷搜尋有關教會的史料，尋找古代信友和他們曾經活動過的地區，希望能證實他所傳揚的宗教—天主教在中國已有深遠的傳統。



利瑪竇 Matteo Ricci

不久利神父獲得了一項小證據，那是他個古代獻彌撒時用的祭鈴，上面還有希臘文刻的字句，確是教會的文物。一六零五年利神父又在北京寓所，接見了一位奇特的客人，自稱信奉猶太教，來自開封，他們的宗教信仰已歷代相傳數百年了。這引起利瑪竇神父極大的興趣。不禁想到：數百年前，猶太教就已傳到中國；那麼同樣源於西南亞洲巴勒斯坦地區的天主教，不是也可能早已傳入我國了嗎？利神父隨即派了一位中國修士，到開封調查。可惜只知道那裡和山西有一些恭敬十字的人，被稱為十字教，是從西域遷入中國，詳情無法了解。



大秦景教流行中國碑拓本

搜索的工作從未間斷，直到一六二五年終於有了重大的發現，證實基督福音已傳入華夏。原來在西安近郊，掘出一塊石碑。高有九尺，寬約四尺，碑額頂上刻有十字架，立在蓮台上面，左右刻著飄浮的白雲。十字架下面刻有「大秦景教流行中國碑」九個大字，分成三行。碑上佈滿了文字，有一些是漢文，但非常深奧，難以了解；另有些是古怪的外國文字，更是令人高深莫測。然而從碑文中所提到的皇帝，可以確定大約是八百多年前，唐朝所雕刻的。由於這塊碑石的年代久遠，出土以後，立刻吸引了許多民眾圍觀；尤其是讀書人，更是努力研究碑文的意義。幸好有幾位了不起的教友，介入這件事，否則，這次的發現可能始終是個未解的謎題。

原來在長安有一位舉人，他在北京和利瑪竇神父是好朋友，看到了碑文的內容，使他想起了利神父所講解的教理，立刻連想到這塊石碑和天主教有關。那時候，利瑪竇神父已經去世，於是這位舉人把紙拓的一份碑文，寄給杭州的老朋友李之藻。李之藻非常興奮，認為以前從未聽說過景教，想來就是利瑪竇神父所傳的天主聖教了，便把這個好消息通知神父們。有「中國教會柱石」之稱的李之藻和徐光啟，更把碑文加上必要的註釋，印發全國各地，使得多年來，在華夏尋找福音蹤跡的努力，有了眉目。

碑文經過辨認以後，有關早期福音傳入我國的資料，遠較利瑪竇神父所期望的，更為詳盡。這石碑高九尺，寬三尺餘；碑的左右兩側和正面下方，刻有敘利亞文與漢文對照的景教傳教士姓名；碑面左邊刻有「大唐建中二年」等字樣，也就是公元七八一年建立此景教碑。正面的漢字，除上下款和具名外，共有一千六百九十五個字，首先敘述景教的教義和禮儀，然後有一段宗徒時代的描寫；接著便敘述自公元六三五年，第一位傳教士阿羅本到長安，蒙受唐太宗禮遇，建寺講經，至七八一年建立碑石為止，在中國傳教的概略經過。

這塊碑石雖然是景教所立的，碑文倒用了不少佛家和道教的詞彙，但是所記載的教理，和天主教最重要的基本教義，大體上並沒有不合。因此可以說，景教碑是聖教流行中國的古蹟，是華夏史上最早的福音蹤跡。

梵蒂岡電台

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Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST | JUNE 22/23, 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!

FAMILY LIFE CONFERENCE AT LAC STE. ANNE

Catholic Family Ministries invites you to join them for this year's Family Life Conference on the Canada Day long weekend (**June 28 - July 1**) at Lac Ste. Anne. Experience a host of inspiring speakers, including Tim Gray, President of the Augustine Institute; Sister Helena Burns of the Daughters of Saint Paul and Ryan Topping. For more information and to register, visit catholicfamilyministries.com

IGNITE SUMMER CAMP ALBERTA

The Diocese of Calgary has partnered with Face to Face Ministries to offer Ignite Summer Camp Alberta from **July 21 - 26** at Our Lady of the Snows School, in Canmore, AB. Ignite is a 5-day Catholic Summer Camp for teens in Gr. 9 to 12 who want to grow in holiness. Participants will listen to great talks, participate in epic large group activities, daily prayer, Adoration, praise and worship and so much more. For more information, contact Harriett Cariaga at 403-218-5507 | <https://f2f.ca/ignite>

BIBLE WORKSHOP WITH FR. JOHN KOHLER

St. Paul's First Letter to the Corinthians gives us a view of the early Christian community and helps us understand how God is working in our time. In the upcoming Bible workshop, Fr. John Kohler will highlight key passages of the letter and lead reflection on the Church's teaching around its important themes: vocations, the Eucharist, sexuality and the resurrection of the body. Please bring your Bible.

- **Wednesday, July 3** at St. Thomas More Parish (15 Templebow Road NE, Calgary) from 7 to 8:30 pm
- **Thursday, July 4** at St. Luke's Parish (1566 Northmount Drive NW, Calgary) from 7:30 to 9 pm. Mass at 7 pm with Fr. Kohler.
- **Monday, July 8** at Holy Family Parish (1451 Strachan Road SE Medicine Hat) at 7 to 8:30 pm

- **Tuesday, July 9** at Holy Family Parish (1451 Strachan Road SE Medicine Hat) from 7 to 8:30 pm – on the Gospels of Matthew, Mark and Luke. Mass at 6:30 pm with Fr. Kohler.
- **Sunday, July 14** at All Saints Parish (Our Lady of Assumption Parish Hall, 2405 12 Ave S, Lethbridge) from 2 to 4 pm
- **Wednesday, July 17** at St. Bernard's Church (7624 39 Ave NW, Calgary) from 7:30 pm to 9 pm. Mass at 7 pm.

ORGAN WORKSHOP

Sacred Heart Parish, in collaboration with Sacred Arts Guild of Alberta and the Diocese of Calgary, is hosting an "Introduction to the Organ for Pianists" workshop. Two dates available: **Monday, Sept. 16 or Sept. 23 from 6:30 to 9 pm**. Attendees will be given a brief lecture on the mechanics and registrations of the organ, playing techniques, demonstration and a private 15-minute lesson on the organ. At the end of the workshop, a list of area organ teachers currently accepting students will be provided, along with a list of recommended organ books. Workshop cost is \$25. Space is very limited. To register, contact Alane at alanemarie@shaw.ca

CEMETERY MASSES

Dates for 2019 Cemetery Masses:

- **August 13, Tue.**, 7:30 pm | Queen's Park Cemetery
- **August 14, Wed.**, 7:30 pm | Mountain View Cemetery

CAREER OPPORTUNITIES

1. Part-time Case Worker, Level 2 – Elizabeth House, Calgary
2. Account Receivable/Account Payable Clerk – Catholic Pastoral Centre, Calgary
3. Part-time Sacrament Coordinator – Holy Name, Calgary
4. Youth Ministry Coordinator – St. Albert the Great, Calgary

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

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: **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.

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). 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

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. Contact Peta, Pastoral Care Coordinator at Foothills Hospital: 403-944-1681.

SUMMER RETREATS

- **July 21 - 28** at Mt. St. Francis, Cochrane | 7-Day Directed Retreat "Presence" facilitated by the retreat team and individual spiritual director. Registration: 403-932-2012 | mountstfrancis.ca
- **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). Registration: 587-755-1019 | sistersofdivinemeracy.org
- **Aug. 2 - 10** at FCJ Retreat Centre, Calgary | Spiritual Exercises: 8-Day Directed Ignatian Retreat facilitated by Sr. Madeleine Gregg and FCJ team. Registration: 403-228-4215 | fcjcentre.ca
- **Single Women's Retreat with the Sisters of Providence**. The retreat is for single woman age 22-38 years exploring a call to religious life. When: **August 11-17**. Where: Providence Centre

(3005 - 119 St., Edmonton). Registration: 587-432-2088 | sistersofprovidence.ca | vgutierrez@sistersofprovidence.ca

- **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). Registration: sistersofdivinemeracy.org

RETROUVAILLE CALGARY WEEKEND

RETREAT | Two people are joined together in marriage. Along life's journey, we may lose our way and start to grow apart. Retrouvaille provides a 'road map' to help us find our way again by teaching communication skills and providing the tools to improve our relationships. The next weekend retreat is from **Friday, Sep. 6 to Sunday, Sept. 8**. Contact 403-879-7893 | coordinator@RetrouvailleCalgary.com

OUTDOOR FAMILY CELEBRATION

Come to the Outdoor Family Celebration with the Divine Mercy Sisters and Bishop McGrattan on **Saturday, Sep. 7**. Rosary prayer at **11:30 am**, outdoor Mass with the Bishop at **Noon**, followed by BBQ lunch & entertainment. Confessions will be available before the Mass.

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). Contact Lucille at 403-479-1211 | paplawski@hotmail.com

PASS IT ON - CLOTHING GIVEAWAY

The Pass it On Clothing Giveaway is asking for donations of clean, gently-used winter coats and boots for children, women and men. The diocesan goal is to collect 700 coats and 700 boots for the Giveaway. The Giveaway will take place on **Saturday, October 19** at Father Lacombe High School (3615 Radcliffe Drive SE, Calgary). To donate, contact Theresa Lewchuk at 403-815-6055 | lewchukt@hotmail.com