

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

October 27, 2019 二零一九年十月二十七日

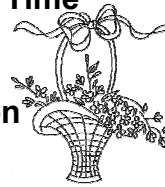
30th Sunday in Ordinary Time

常年期第三十主日

Last Sunday Collection

上主日奉獻

\$3,570.00



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.

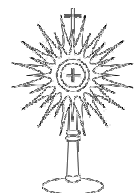
Tuesday 6:30 p.m.

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



30th Sunday in Ordinary Time Prayer of the Poor

“The Lord hears of the cry of the poor.” (Psalm 34) This refrain to the Responsorial Psalm sums up the teachings of today’s scriptures.

In the Old Testament, the term “the poor” may carry three different meanings. First and foremost, the Israelites did not look upon poverty in a favourable light. They treated the poor as a calamity, a consequence of laziness and an occasion of sins. Secondly, the poor were considered victims of an unjust society. In the Old Testament, their advocates were found in the prophets. In fact, one of the perceived missions of the long-awaited Messiah was to deliver the poor out of their sorrowful plight. Thirdly, “the poor” were regarded as friends or servants of God who had placed their whole trust in the Lord. Poverty and trials would neither dampen their spirits nor affect their inner peace. Rather, these would make them more humble and trusting in God. The prayers of such people who were poor at heart would readily be heard by God.

Today’s first reading, from the book of Sirach, identifies the poor with the oppressed, orphans and widows. It praises them as pious, humble and righteous people whose prayers would pierce the clouds and receive God’s hearing. The Responsorial Psalm that follows truly echoes the same message that the Lord hears the cry of the poor.

The gospel reading, from Luke 18:9-14, is on the Parable of the Pharisee and the tax collector. It depicts two different kinds of prayers, one by the Pharisee and the other by the tax collector, with an entirely different result.

In Jesus’ time, the Pharisees

belonged to the elite class in the Jewish society, while the tax collectors were considered traitors, outcasts and rejected by their own people. In the parable, the tax collector does not protest his innocence nor complain the unfair treatment suffered by him. Instead, he acknowledges his own sinfulness and asks for God’s forgiveness. Thus, his contrition and humility render him a man “poor in spirit” and a friend and servant of God. His prayers have been accepted by God, in the word of Jesus: “he went home a justified person.”

As Christians and a minority in today’s secular world, we live in the fringe of the society. We should be poor in spirit and be God’s friends and servants. Poverty and hardships should not disturb our inner peace. On the contrary, they should make us more humble, and help us to put our trust in the Lord our God. That is why the Church, through today’s scripture readings, comforts and reminds us that the Lord hears the cry of the poor.

Diocese & Other News



TWO LITURGICAL MUSIC WORKSHOPS IN BROOKS

When: Saturday, **Nov. 9** at *St. Mary’s Church* (511 4 St W, Brooks, AB). 10 am to Noon: Liturgy Basics for Choir Directors. Learn what the Church teaches about the role of music in the liturgy, how to select music, how to build a parish repertoire and more!

1 pm to 3:30 pm: Psalmist & Cantor Workshop. Learn the tools to sing the Psalm with solemnity, beauty, authenticity, and meaning. Participants will also learn effective techniques for leading the assembly when there is no choir present.

Each workshop costs \$25 and

attendance is limited to 15 participants in order to give personalized attention.

DYING HEALED – A PALLIATIVE CARE WORKSHOP

The Dying Healed Program is a project of LifeCanada. This workshop will provide comprehensive education on palliative care/end of life issues and preliminary training for palliative and hospice care volunteers and is suitable for anyone wishing to provide compassion and support to those in need, particularly at end of life. When: Saturday, **Nov. 16** from 9 am to 4 pm at the *Catholic Pastoral Centre* (120 17 Ave SW, Calgary).

To register, visit

<http://events.calgarydiocese.ca>

RED MASS WITH BISHOP MCGRATTAN

The Saint Thomas More Lawyers’ Guild of Calgary is pleased to invite all judges, lawyers, paralegals, assistants, clerks, and other members of the legal profession and related professions, as well as family and friends, to Calgary’s annual Red Mass, to be held at 5 pm on Wednesday, **Oct. 30**, at *St. Mary’s Cathedral* with Bishop William McGrattan. A ticket is required for those who wish to attend the catered reception following the Mass. Visit: <http://events.calgarydiocese.ca>

EFFECTIVE CO-PARENTING: PUTTING KIDS FIRST

Effective Co-Parenting is a 5-week education program for parents seeking support after separation and divorce. Sessions begin on Wednesday, Oct. 30, from 7 to 9 pm. Next dates: Nov. 6, 13, 27 and Dec. 4. To register, contact alida.allen@calgarydiocese.ca or call 403-218-5505

FILM SCREENING: OVER 18

You are invited to come to the

screening of "OVER 18" - a feature length documentary to help combat pornography addiction, especially among children and teens. When: Saturday, **Nov. 9** at 2 pm. Where: *St. Pius X* (2424 24 Ave NW, Calgary).

Parish Activities



World Mission Sunday- Thank You

Thank you for your generous support of World Mission Sunday last week. We collected a total amount of \$3,612.95 in donation. Your prayers and donations will make a huge contribution to the growth of the Church and to the well-being of the poor of our world. Please continue to pray for all those who serve in mission countries that they may remain steadfast in their vocation to bring Christ's message of love to those they serve, the world's most vulnerable.

May God bless you and your family!

November is the month for all souls:

All Souls Day is on **November 2**
"Comfort my people" Is.40:1

Remembering our loved ones and those who feel their loss. Fr. Nguyen will pray for the deceased during Masses in November.

A Registration Book will be placed at the side entrance of the church. Parishioners who wish to pray for their ancestors are invited to write down the names of their deceased ancestors.

Plenary Indulgence

To obtain the plenary indulgence on November 1-November 8, we must receive Communion and sacramental Confession (and have no attachment to sin, even venial). Communion must be received each day we wish to gain the indulgence,

but we only need to go to Confession once during the period. And, as with all plenary indulgences, we must pray for the intentions of the Holy Father (one Our Father and one Hail Mary) each day we perform the work of the indulgence.

Free bus goes to four cemeteries on Nov.1 (Friday)

Father Joseph Nguyen and Pastoral Care Team member will visit cemeteries to pray for Fr. John Mak and all departed parishioners on:

November 1, Friday to St. Mary's Cemetery, Eden Brook Memorial Gardens chapel after 9 a.m. Mass. In the afternoon, they will go to Queen's Park cemetery Columbarium chapel and Mountain View Memorial Gardens. There will a free bus to take the parishioners to the four cemeteries.

If anyone would like to join them, please contact Sr. Magdalena Chan (403-690-2973) or Parish Office.

Exposition of the Blessed Sacrament on November 2

The November's Exposition of the Blessed Sacrament will be led by Sunday School & Young Adults Group on **November 2** from 10am to 11am.

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Flu Vaccination

Flu shot immunization will be available to parishioners - thanks to Dr. John Poon.

Date: November 3

Time: 9:15 a.m. and 11:15 am.

Place: Parish office

Price: Free for those who are Albertans aged 9 years and up. Alberta Health Card is needed.

Catholic Education Sunday- November 2 & 3

November 2 & 3 is Catholic Education Sunday. There will be a special collection at each mass. Please give generously to support.

2020 Sunday Missal

2020 Sunday Missals will be available for purchase from **November 2** at the church front entrance for \$5.00.

YAG Operation Christmas Child Volunteering

OLPH Young Adult Group will be spreading some Christmas spirit on **December 14th** from 4:30pm - 7:00pm by packing gift shoe-boxes at the *Operation Christmas Child Warehouse*. All Young Adults and High School Youth are welcome to attend. For more information and to sign up for the event please visit YAG website at www.olphyoungadults.weebly.com. Please RVSP by **November 3rd**.

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 Oct 10, 2019, our campaign has received a total of \$ 46,984.05.

We plead for your ongoing support

Weekly Activities

Wed Oct 30

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

Perpetual Harmony Choir Practice

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

Place: OLPH Church Upper Hall

Thu Oct 31

Perpetual Harmony Choir Practice

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

Place: OLPH Church Upper Hall

Fri Nov 1

OLPH Senior Centre

Time: 9:00am-12:00 noon

Place: OLPH Church Upper Hall

OLPH Scout

Time: 7:00 p.m.- 8:30 p.m.

Place: Upper Hall & Lower Hall

Sat Nov 2

Exposition of the Blessed Sacrament

Time: 10:00a.m. -11:00 a.m.

Place: OLPH Church

Legion of Mary (meeting)

Time: 11:00 a.m.

Place: OLPH Church K of C room

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

Time: 9:00 a.m. - 10:00p.m.

Place: OLPH Lower Hall

Young Adults Choir practice

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

Place: OLPH Upper Hall

Sun Nov 3

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.-12:30p.m.

Place: Office Building & K of C room

K of C Matteo Ricci 10119 meeting

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

Place: OLPH Church K of C room

Queen of China meeting

Time: 12:30p.m.-2:30p.m

Place: OLPH Board Room

Catholic Education Sunday – Nov 2 & 3, 2019

On November 3, 2019, we celebrate Catholic Education Sunday across the Roman Catholic Diocese of Calgary. It is a day to recognize the gift of Catholic education that is ours to cherish and support so that it remains vital for today's students who will become tomorrow's community leaders.

This Sunday is a day for us, as the Calgary Catholic community, to come together to give thanks for Catholic education. Our schools are an expression of our faith and a gift to future generations. Catholic education is the permeation of God in everything we do.

On the weekend of November 2nd & 3rd, a special collection will occur at each mass. The community is called to support our gift of Catholic education in our community and to ensure the present and future needs of our students. The Calgary Catholic Education Foundation is a charitable organization dedicated to enhancing the learning experience for the over 58,000 students in the 116 schools of the Calgary Catholic School District. A portion of the collection is committed to St Mary's University, St Joseph's Seminary at Newman Theological College as well as the Catholic schools of the Franco-sud school board.

Thank you for believing in Catholic Education.

Pope at World Mission Day Mass:**Life as mission and as gift****A noun, a verb and an adjective**

In his homily during Mass for World Mission Day, Pope Francis chose to reflect on three words taken from this Sunday's readings: "a noun, a verb and an adjective".

The noun: "mountain"

"The mountain tells us we are called, to draw near to God and to others, in silence and in prayer, avoiding the rumors and gossip that diminish us".

"The mountain unites God and our brothers and sisters in a single embrace of prayer. Mission begins on the mountain, To what peaks do I want to ascend?" he said.

The verb: "to go up"

"We were born to reach the heights and there to meet God and our brothers and sisters. To resist the force of gravity caused by our self-centredness. Going up takes effort." He added, "but it is the only way to get a better view of everything".

The adjective: "all"

"All" reappears constantly in this Sunday's readings: Isaiah speaks of "all peoples", which is repeated in the Psalm; God desires "all to be saved", writes Saint Paul; "Go and make disciples of all nations", says Jesus in the Gospel. "The Lord knows we are always using the words 'my' and 'our'", explained Pope Francis, but He uses the word "all": because "no one is excluded from His heart; because everyone is a precious treasure, and the meaning of life is found only in giving this treasure to others".

This is our mission, said the Pope: "to go up the mountain to pray for everyone and to come down from the mountain to be a gift to all".

主日分享



常年期第三十主日

耶穌在福音中給予許多有關祈禱的教導，他一而再地訓示需要祈禱，且要堅持不懈地祈禱。本主日他又給了我們一個有關祈禱的教導，明確指出為能好好祈禱並得到應允，需要有純正的心態。

耶穌在他所講的這比喻中，把兩個祈禱的人：法利塞人和稅吏作了對比。他們兩人之間的態度完全相反：法利塞人站立在殿內，而稅吏卻遠遠地站著，連舉目望天都不敢，只是捶著胸膛。

法利塞人驕傲自大，且為他與別人不同而感謝天主。他十分鄙視他人，而說：“天主，我感謝你，因為我不像別人那樣貪贓枉法，淫亂放蕩，也不像這個稅吏。”

他把自己同別人區分開來，以為這樣會悅樂天主。

而後他又提出他的優點：“我每週禁食兩次，我一切的收入都捐獻十分之一”。他想這樣天主會垂允他。

那個稅吏的祈禱卻簡短而謙遜，他捶著胸說：“天主，可憐我這個罪人吧！”

這是兩個截然不同的祈禱態度。耶穌警惕我們不要想同法利塞人一樣的祈禱，自以為是義人，而輕視他人。如果我們要獲得天主的垂允，就必須對別人十分仁慈、寬宏、與同情，而且即使他們是罪人，也不和他們分隔，反而同他們一起站立在天主台前。

耶穌經常教導的是這樣的成聖方式：不可經由分隔，而是通過分享，共融和慈善寬仁。

所以我們需要與他人結合，彼此不分地立於天主台前，即使他們有缺失或

錯誤。耶穌為了肩負世人的罪而來到世上。我們祈禱的時候，也必須肩負世人的罪，否則不符合天父的旨意。比喻結束時耶穌說：“自高自大的必被貶抑，自謙自卑的，必被高舉”。聖經的另一章節也強調：“天主拒絕驕傲人，卻賞賜恩寵於謙遜人。”（雅各伯四，6；參閱箴言三，34）

驕傲是個最嚴重的缺失，為靈性生活及同天主的關係都有害。如果一個人自滿自大，那就是對天主關閉，沒有地方來接納天主的恩寵，卻只有孤芳自賞的空間。反而謙遜的人，承認自己的軟弱和罪過的人，可獲得上主的慈愛的恩寵。

多少次我們判斷別人，把自己同他們分開，認為這樣可確保我們的尊嚴與聖善！事實上我們獲得的結果正好相反。

讀經一正好給福音作了個補充。經文指出“謙卑人的祈禱，穿雲而上”也就是說上達天主。反之，驕傲者的祈禱被自命為義人所中斷，達不到天主，這我們在福音中已留意到了，事實上這是缺乏誠意的祈禱。

我們非常需要謙卑地祈禱，而謙卑是與信德相偕的。凡謙卑祈禱的人，一定會得到天主垂允。

讀經二是聖保祿宗徒致弟茂德後書的結尾部分，它也與兩種祈禱的主題有關。

保祿在監獄裡，他的生命受到威脅，他即將被判處死刑。雖然如此，他沒喪失對天主的信心；他知道天主不是這樣，就是那樣來救他脫離凶惡。天主可以保護他免於死亡，亦可經由死亡和殉道，使他安全地進入天國。無論如何保祿宗徒持守住了他的信仰，因此他的祈禱上達於天主。

保祿還表達了相稱於基督徒祈禱的另一面，他這樣說：“眾人都離棄了我，願天主不要歸罪於他們。”在此保祿宗徒採取了一個對他人，也對那些漠不關心和充滿敵意的人寬大為

懷的態度。他採取了寬大、同情、與原諒的態度：“眾人都離棄了我，願天主不要歸罪於他們。”

保祿的這些話與耶穌在十字架上所說的相符：“父啊，寬恕他們吧，因為他們不知道他們做的是什麼”（路二十三，34）。

首位基督徒致命者斯德望被人用石頭砸死時，也採取了同樣態度，說：“主，不要向他們算這罪債。”（宗七，60）

節錄自梵崗電台

堂區活動



感謝支持普世傳教節

多謝大家在上週的普世傳教節的慷慨奉獻，我們共籌得\$3,612.95。您的祈禱及奉獻對教會的成長及普世的貧困者都有巨大的貢獻。請繼續為所有福傳國家傳播福音的人祈禱，使他們都能堅持他們的聖召，將基督愛的信息傳給那些在世上福傳地方最軟弱的人們。願主與你們同在！

十一月為煉靈月

十一月二日為追思亡者日「你們安慰，安慰我的百姓罷」十一月為煉靈月，為追思已亡之信友，阮神父會於彌撒中為亡者祈禱，如教友想為先人獻上祈禱，請在教堂側門入口處的名冊上寫上先人之名字。

在煉靈月裏，特別是11月1-8日，教會給我們特殊的恩典，在聖堂、家中、墓地為煉獄靈魂祈禱，每天都能得到一個全大赦。但必須符合得大赦的條件：第一，辦一個妥當告解；第二，得大赦的當天恭領聖體；第三，按教宗的意向祈禱，念天主經、聖母經各一遍，而且沒有犯罪的傾向，沒有思戀和傾向小罪的意思，這樣才能得到一個全大赦。

阮神父及牧靈關愛組成員將於煉靈月往墓地為已亡麥神父及教友祈禱：

十一月一日(星期五)早上九時彌撒後,十時有免費巴士接送教友前往四個墓園為已亡教友祈禱。

先到聖瑪利墓地為麥神父祈禱及伊甸墓園 (Eden Brook Memorial chapel) 小聖堂祈禱。

午膳後到女皇公園墓地骨灰菴小聖堂 (Queen's Park Cemetery Columbarium chapel) 及山景紀念花園小聖堂 (Mountain View Memorial Gardens chapel) 祈禱。

任何教友想參與祈禱,或想牧靈關愛組在墓地為你的親友祈禱,請提供地段號碼並請聯絡陳修女(403-690-2973) 或堂區辦事處。

十一月顯供聖體

永援聖母堂十一月份的顯供聖體由主日學及大專青年團帶領,時間為十一月二日上午十時至十一時。當天除了朝拜聖體外,阮神父將為教友聽告解。

請各位教友盡量參與!

預防感冒注射

多謝潘醫生將於十一月三日為教友注射預防感冒疫苗

時間: 9時 15分及 11時 15分

地點: 堂區辦事處

凡亞伯達省居民,年齡為 9 歲或以上,費用全免。請攜帶醫療卡。

天主教教育日第二次捐獻

十一月三日為天主教教育日,我們將進行第二次捐獻以支持天主教教育經費之用,籌得善款將給與我們教區的天主教教育局。請大家踴躍支持!

2020 主日彌撒經書

2020 年主日彌撒經書會於十一月二日開始在教堂正門入口處出售,售價為\$5.00。

大專青年團聖誕孩子行動 (Operation Christmas Child) 義工活動

大專青年團將於 12 月 14 日下午 4:30 至晚上 7:00 抵達 聖誕孩子活動 Operation Christmas Child Warehouse 幫忙包裝聖誕鞋盒。歡迎所有堂區的青年及朋友參加。若有興趣參與,請到大專青年團網站 www.olphyoungadults.weebly.com 查詢及報名。請在 11 月 3 日前報名。

2019 教區公益金,齊來獻愛心



『上主給我傅了油,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 10 月 10 日,捐款已累積至 46,984.05 元。懇請各位教友繼續支持,慷慨解囊

活動一週



星期三 10 月 30 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

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 11 月 1 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: 晚上 7 時至 8 時 30 分

地點: 永援聖母堂上下禮堂

星期六 11 月 2 日

顯供聖體

時間: 上午 10 時至 11 時

地點: 永援聖母堂

聖母軍(聖母軍聖母無玷聖心支團)

時間: 早上 11 時(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 11 月 3 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

利瑪竇騎士會 10119 開會

時間: 下午 12 時 30 分至 3 時

地點: 聖堂騎士會室

聖母會開會

時間: 下午 12 時 30 分至 3 時

地點: 永援聖母堂會議室

生活甘泉



人生不是都稱心,生活不是都如意。想留的,留不住;想要的,得不到;想躲的,躲不開;想放的,放不下。

人生的許多無奈,需要以平和的心態正確對待,才能從困惑中掙脫出來。

既然,歲月給了我們生活的過程,命運給了我們生存的機遇,就要懂得去珍惜,學會用加法的方式去愛人;用減法的方式去怨恨;用乘法的方式去感恩。

不為自己曾煩惱,不為別人添負擔。任世界紛擾喧鬧,我自淡泊安靜,心若不動,風又奈何?

唯一能做的,就是踏著生活的瑣碎,撿拾快樂的碎屑;踩著人生的煩惱,預覽未來的美好。

生命太短,歲月太長,活著,并快樂著,才是幸福所向。

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- 亞省教育部認可國語(繁體字/簡體字班)及粵語課程: 設幼稚園、小學、初中各級、高中 G10 至 G12 (即 CH10, CH20, CH30) 及高中(老師指導獨立研習 IS)課程, 每級 5 個學分, 共可獲十五學分, 幫助學生申請入讀大學及申請獎學金
- 初學中文班 Chinese for Beginners: 初學粵語或國語中、小學各級及學分班
興趣小組(非學分班): 英文強化、數學補習、中學數學強化、國語口才訓練、雅思培訓課程、日語文化、韓語文化、美術、兒童合唱團、棋藝、國語親子、中國繩結、空手道、武術、羽毛球、乒乓球、足球、網球
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- 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

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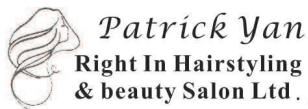
校務處及通訊地址 Office & Mailing Address:

維德廣場 Madison 191, 1518 Centre St. NE., Calgary AB T2E 2R9 電話 Telephone: 403-777-7663

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彌撒時間

國語: 星期六下午五時

英語: 星期日早上八時半

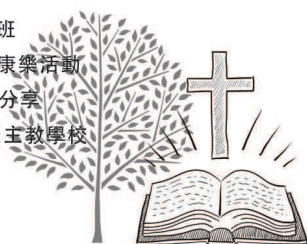
英/粵語: 星期日早上十時

粵語: 星期日早上十一時半

服務項目

- 主日學
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- 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
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ANNOUNCEMENTS
30TH SUNDAY IN ORDINARY TIME
OCTOBER 26/27, 2019

CATHOLIC EDUCATION SUNDAY

On November 3, we will celebrate Catholic Education Sunday across the Roman Catholic Diocese of Calgary. It is a day to recognize the gift of Catholic education that is ours to cherish and support, so that it remains vital for today's students who will become tomorrow's community leaders. On the weekend of **November 2/3**, a special collection will occur at each mass. A portion of the collection is committed to St Mary's University, St Joseph's Seminary at Newman Theological College as well as the Catholic schools of the FrancoSud school board.

SACRED HEART PARISH ANNUAL DINNER & AUCTION FUNDRAISER IN STRATHMORE

Sacred Heart Parish invites you to their annual Dinner & Auction Fundraiser as part of the effort to build a new church in Strathmore. Featuring: live entertainment and silent auction. When: **Saturday, Nov. 2 at 5 pm**. Where: Strathmore Civic Centre (120 Brent Blvd., Strathmore, AB). For tickets, call 403-934-4817 or email sacredhc@shaw.ca

TWO LITURGICAL MUSIC WORKSHOPS IN BROOKS

| When: **Saturday, Nov. 9** at St. Mary's Church (511 4 St W, Brooks, AB).

10 am to Noon: *Liturgy Basics for Choir Directors*. Learn what the Church teaches about the role of music in the liturgy, how to select music, how to build a parish repertoire and more!

1 pm to 3:30 pm: *Psalmist & Cantor Workshop*. Learn the tools to sing the Psalm with solemnity, beauty, authenticity, and meaning. Participants will also learn effective techniques for leading the assembly when there is no choir present. Each workshop costs \$25 and attendance is limited to 15 participants in order to give personalized attention.

DYING HEALED – A PALLIATIVE CARE

WORKSHOP | The Dying Healed Program is a project of LifeCanada. This workshop will provide comprehensive education on palliative care/end of life issues and preliminary training for palliative and hospice care volunteers and is suitable for anyone wishing to provide compassion and support to those in need, particularly at end of life. When: **Saturday, Nov. 16 from 9 am to 4 pm** at the Catholic Pastoral Centre (120 17 Ave SW, Calgary). To register, visit <http://events.calgarydiocese.ca>

DIOCESAN MEMORIAL LITURGY FOR THOSE GRIEVING THE LOSS OF A CHILD THROUGH A MISCARRIAGE OR STILLBIRTH

| It is difficult to put pain adequately into words. However, rituals speak beyond words alone as they sanctify our experiences and entrust them to God's loving care and compassion. The Diocese of Calgary invites you to come to the Memorial Liturgy for those mourning the loss of a child through miscarriage or stillbirth. When: **Friday, Nov. 22 at 6:30 pm** (registration at the site for parents) **7 pm** (liturgy). Please share this with your family and friends. More info: miscarriageliturgy.ca

PROJECT RACHEL

Project Rachel offers forgiveness, healing and hope to those suffering from the effects of an abortion. Their network of trained counsellors and professionals are waiting to compassionately journey towards healing with anyone who has experienced the pain and loss of abortion. Access the free services anytime by calling 587-323-6001 or 877-597-3223 (toll free).

SAVE THE DATE: CHRISTMAS DINNER & DANCE

| An evening of fellowship, food and Christmas fun. Featuring: turkey dinner with all

the trimmings, followed by a dance. Adults only.
When: **Saturday, Dec. 7 at 6 pm** at Camp
Chestermere (1041 East Lakeview Rd.,
Chestermere). For tickets, call 403-455-0196 or
email office@saintgabrielparish.ca

SUNG VESPERS & ADORATION

St. Joseph's Church invites you to set aside one hour
for the Lord in a sung Vespers and Adoration of the
Blessed Sacrament on **Tuesday, Oct. 29 at 7:30 to
8:30 pm**. Where: St. Joseph's Parish (640 19 Ave
NW, Calgary).

RED MASS WITH BISHOP MCGRATTAN

The Saint Thomas More Lawyers' Guild of Calgary
is pleased to invite all judges, lawyers, paralegals,
assistants, clerks, and other members of the legal
profession and related professions, as well as
family and friends, to Calgary's annual Red Mass,
to be held **at 5 pm on Wednesday, Oct. 30**, at St.
Mary's Cathedral with Bishop William McGrattan.
A ticket is required for those who wish to attend
the catered reception following the Mass. Visit:
<http://events.calgarydiocese.ca>

EFFECTIVE CO-PARENTING: PUTTING KIDS

FIRST | Effective Co-Parenting is a 5-week
education program for parents seeking support
after separation and divorce. Sessions begin on
Wednesday, Oct. 30, from 7 to 9 pm. Next
dates: Nov. 6, 13, 27 and Dec. 4. To register,
contact alida.allen@calgarydiocese.ca or call
403-218-5505

FILM SCREENING: OVER 18

You are invited to come to the screening of "OVER
18" - a feature length documentary to help combat
pornography addiction, especially among children
and teens. When: **Saturday, Nov. 9 at 2 pm**.
Where: St. Pius X (2424 24 Ave NW, Calgary).

TRANSCENDENT

St. Mary's University invites you to the
"Transcendent" series, to learn how Liturgy
points us to the truth, beauty and goodness of
God with speaker Dr. Simone Brosig. When:

**Tuesdays, 6 to 8:30 pm on Nov. 12, Nov. 26 &
Dec. 3** (Talk + Liturgy + Food). Where: St. Mary's
University, Calgary (McGivney Hall). Register at
stmu.ca/transcendent | 403-254-3724

LIVING WELL AND LEAVING WELL

Join us on **Wednesday, Nov. 13** for our upcoming
Planting a Future Seminar "Living Well & Leaving
Well." Our speaker will cover what you, your
spouse, your children and executor need to know
about estate planning. Where: St. Luke Parish (1566
Northmount Dr NW, Calgary). Registration at 6:15
pm. Session runs from 6:30 – 8 pm. Contact 403-
218-5531 | <http://events.calgarydiocese.ca>

FINDING FAITH FOR MENTAL HEALTH

Two out of five Canadians suffer mental health
issues. Can faith make a difference? The Catholic
Pastoral Centre invites you to a 3-session
workshop on Mental Health. When: **Thursdays, 7
to 9 pm on November 14, 21 & 28**. Where:
Catholic Pastoral Centre (120 17 Ave SW,
Calgary). To register, contact 403-218-5523 or
online at <http://events.calgarydiocese.ca>

CATECHIST SCHOOL AT 2019 WESTERN CONFERENCE FOR THE CATECHUMENATE

Mary Birmingham and Nick Wagner of TeamRCIA
will be delivering 2 full days (Friday/Saturday) of
Catechist School where you will gain confidence
in your ministry, understand the principles of the
RCIA journey and the practice of proven adult
learning models. When: **Nov. 22 & 23** at St.
Anthony's Parish in Calgary. Register online at
<http://western-catechumenate.blogspot.com/>

SAVE THE DATE: LIVING NATIVITY WITH ST.

JAMES IN OKOTOKS | Save the date for the
Living Nativity with St. James in Okotoks. When:
Saturday, Dec. 14 from 4 to 8 pm (Mass at 5:30
pm in the church). Where: St. James' Church
parking lots (338060 32 St. East, Okotoks). Cost
is free. For more information, contact 403-938-
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