

# 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

November 10, 2019 二零一九年十一月十日

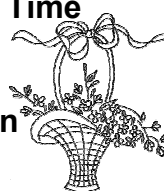
32nd Sunday in Ordinary Time

常年期第三十二主日

Last Sunday Collection

上主日奉獻

\$4,535.00



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.

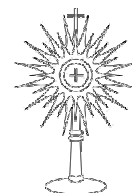
Tuesday 6:30 p.m.

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



### 32nd Sunday in Ordinary Time Resurrection of the Body

The first reading and the gospel both touch on the subject of resurrection. The first reading, from 2 Maccabees 7:1-2 & 9-14, is about a family of eight who suffered martyrdom for the sake of their faith. The story shows that, even before the time of Jesus, the Israelites did believe in the resurrection of the body as well as life after death. And today's gospel, from Luke 20:27-38, contains a dialogue between Jesus and the Sadducees (who did not believe in the resurrection of the dead).

There is an old Chinese saying: "Life is a mystery; and even more so for life after death." Critics therefore say that the Chinese don't care much about what happens after one dies. However this is quite wrong, since all cultures in the world including the Chinese, do have certain views on life after death. In Jesus' time, there were two main schools of thought on this subject. The Pharisees believed in the resurrection of the body, but the Sadducees believed otherwise. Jesus clearly stated his position when he spoke to Martha before raising her deceased brother, Lazarus, to life again. He said: "I am the resurrection and the life; whoever believes in me, even if he dies, will live; and everyone who lives and believes in me will never die." This is the basis of our Christian faith, and we confirm this belief each time we recite the Apostles' Creed: "I believe in the resurrection of the body, and the life everlasting. Amen."

The first reading, which is an extract from Chapter 7 of the second book of Maccabees, records the martyrdom of a mother and her seven sons. It details their brutal

execution by King Antiochus of Syria because they refused to renounce their faith. The brothers met with increasing cruelty and brutality as they died one by one. The most touching part relates to the mother's last words to her youngest son (which however does not form part of today's reading, since it deals primarily with the theme of resurrection). In the other two synoptic gospels, Matthew and Mark, Jesus rebuked the Sadducees by quoting from the scriptures. He said, "You are wrong, because you understand neither the scriptures nor the power of God." In Luke's gospel, Jesus referred to Moses who spoke of the Lord as "God, not of the dead, but of the living." In other words, if Abraham, Isaac and Jacob had not risen from the dead, why would Moses speak of the Lord as God of the living? This simply shows that there is resurrection of the body after one's death.

St. Augustine, the great Doctor of the Church, said of the mother and sons in today's first reading: "They were true Christians. Even before the Church was established, their willingness to die for the faith foreshadowed the true spirit of the Church." And commenting the same story, the Franciscan Biblical Society said that, in the history of the Church, in China and elsewhere around the world, there had been numerous mothers who, like the Jewish mother, had displayed tremendous courage and faith in the face of religious persecutions. In the words of St. Paul, all such heroic acts by men and women of faith can be attributed to the work of the Holy Spirit who has conferred an abundance of divine graces on each and every one of us.

## Diocese & Other News



### FEED THE HUNGRY GIFT CARD DRIVE

Once again, we request your help to make our 500+ guests' Christmas a little brighter. Please donate \$10 restaurant gift cards or money for us to purchase on your behalf. This will help our guests get a meal during our Christmas break. Your gift can be dropped off to a coordinator at St. Mary's Cathedral Hall on Sundays or the Catholic Pastoral Center during business hours or mailed by **December 1**. Thank you for your continued generosity to make our Christmas special. Contact: [development@calgarydiocese.ca](mailto:development@calgarydiocese.ca)

### SAVE THE DATE: ONCE UPON A GRECCIO CHRISTMAS

Mount St. Francis invites you to Once Upon A Greccio Christmas celebration on Sunday, **Dec. 8**, from 2 to 4 pm. Where: Mount St. Francis (41160 Retreat Road, Cochrane, AB). There will be bonfire, caroling, refreshments, sleigh rides (weather permitting) and a Christmas Pageant.

### 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 three-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). Contact 403-218-5523

<http://events.calgarydiocese.ca>

## Parish Activities



### November is the month for all souls

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.

### Breakfast Corner and Movie

Date: **Nov 24** (Sunday)

Place: *OLPH Upper Hall*

Sponsor: Faith Sharing Group

After 8:30 am mass – Free Coffee and Muffin

After 10:00 am & 11:30am mass : breakfast in Hong Kong style

Ticket is \$5 each, sale at Church main entrance.

### Movie Sharing

**Bakhita : From Slave to Saint**

From a little black slave to a great Saint! A dramatic life of Bakhita who was kidnapped at 8, treated cruelly and sold numerous times as slave to becoming a Canossian Sister and a Great Saint.

Pope John Paul II declared her a saint in the year 2000.

Movie: Bakhita (In English with Chinese Sub-Titles)

Date: Nov 24

Time: (after Breakfast Corner) 1:00pm to 3:00pm

Light refreshments are provided. All Parishioners, families and friends are welcome.

### 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](http://www.olphyoungadults.weebly.com).

Please RVSP by **November 3rd**.

### K of C Charity Appeal Raffle

#### Ticket 2020

The annual charity appeal raffle tickets are now on sale. Each ticket is \$5.00, a book of 8 costs \$40. The proceeding is helping the Alberta Charity Foundation and 50% of the net proceeding would be reimbursed to the Council which in turn will all be donated to our OLPH Church. Please see our poster for details. Also, contact Council 10119 and/or your group leader for tickets.

### Youth Group and Young Adult Group Advent Retreat 2019

Date: Sunday **December 1st**

Time: 12:30-5:30pm

Location: *Upper Hall*

Cost: Free!

We will be exploring about the topics of faith and science and spending time in song and prayer.

Light lunch will be provided. We encourage all youths and young adults to attend to prepare our hearts and minds for the coming of Jesus.

Please RSVP with Youth Group or YAG representatives.

### Why Do I Sing About Jesus Concert – Perpetual Harmony Choir

Date: **December 8, 2019** 7:00 PM

Venue: *OLPH Church*

50+ members from Perpetual Harmony Choir will be hosting a concert of hymn songs for you.

Free admission, tickets will be available from December 16 before and after the weekend masses at church entrances.

Please contact Lisa Ma @ 403-828-3693 for details.

### 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 Nov 13

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

Fri Nov 15

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 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. - 12:30 a.m.

Place: OLPH Church Lower Hall

R.C.I.A (Mandarin)

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

Place: OLPH Lower Hall

Young Adults Band practice

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

Place: OLPH Upper Hall

Young Adults Choir practice

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

Place: OLPH Upper Hall

Sun Nov 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.-12:30p.m.

Place: Office Building & K of C room



# 聖母頌 — 舒伯特

舒伯特的《聖母頌》Ave Maria 又名《萬福瑪利亞》，許多人都以為這是頌揚聖母瑪利亞的，很自然地把它歸到宗教音樂一類。

弗朗茲·舒伯特(Franz Schubert 1797.1.13-1828.11.19)奧地利作曲家，是德國近代藝術歌曲的創始人。造成的 600 多首歌曲顯示出卓越超群的曲調在自然音體系和聲基礎上轉換運用變化音；鋼琴伴奏風格多樣，他把和聲，伴奏提高到與詩歌同等重要的幅度。曲調樸素自然，和聲新穎，大小調交替，充滿戲劇性。在詩與歌之間建立均衡的關係。

這首膾炙人口的名曲，是舒伯特在 1825 年根據蘇格蘭大文豪華特·史考特 (Walter Scott, 1771-1832) 的著名長詩《湖上美人》(Lady Of The Lake) 中的一段《愛倫之歌》譜成的。內容是在戰火瀰漫的黃昏，士官羅德利在野外散步，無意聽到了動人的歌聲，原來是一個叫愛倫的姑娘，因為她父親犯了罪而感到悲傷。在傍晚，她來到湖邊，對著岩石上的聖母像虔誠的祈禱，請求主要寬恕父親。這裡主要表現的是父女之間的真摯情感。是達格拉斯的公主愛蓮 (Ellen)，在向聖母禱告的聲音。舒伯特將這首歌稱為《愛蓮的第三首歌》(德: Ellens dritter Gesang; 英: Ellen's third song)。



弗朗茲·舒伯特(Franz Schubert)

事實上，這部作品原本只是歌曲，而不是聖樂。但因為原詩中有部分內容，與《聖母頌》的拉丁經文頗為神似，再加上虔誠的曲調中，充滿聖潔祥和的氣息，於是當時許多人認為這首深受歡迎的曲子，是針對《聖母頌》的禱文所寫的。

不知何時，有某人用這首曲子的音樂填上了《聖母頌》的經文，並將它廣為流傳。久而久之《愛蓮的第三首歌》和《聖母頌》就在人們的穿鑿附會下被合而為一，成為今日廣為流傳的曠世名曲～舒伯特的《聖母頌》了。

《聖母頌》，很多作曲家寫過，其中以奧地利作曲家舒伯特和法國作曲家古諾(Charles Gounod, 17 June 1818 - October 1893)寫的兩首最著名。

舒伯特的這首《聖母頌》作於 1825 年，作者當時 28 歲。當年演出時，是由他的好友，名歌唱家 Johann Michael Vogl 演唱，並由作者本人親自為這曲伴奏。

本作是維也納少年合唱團的成名曲之一，迪士尼經典動畫《幻想曲》的主題配樂，也是《金色琴弦》最終話，女主角日野香穗子所拉的曲子，據說還是韓國偶像劇《天國的階梯》裡，從頭至尾伴隨著主人翁車誠俊的主題曲。

Ava Maria youtube music : <https://www.youtube.com/watch?v=pwp1CH5R-w4>



## 主日分享



常年期第三十二主日

肉身的復活

彌撒中的讀經一記述瑪加伯母子八人壯烈殉道的故事，內容涉及舊約時代以色列子民對人的肉身死後復活的信仰。

我們基督信徒相信耶穌的話，在我們日常頌念的信經中，我們宣誓說：「我信肉身之復活，我信常生，阿們。」

本主日福音記述耶穌與否認復活的撒杜塞人的對話。在這篇對話中，耶穌明白地肯定了人死後肉身復活的道理。

聖瑪竇和聖馬爾谷福音也記載了上面的對話。兩部福音的記載都強調耶穌援引聖經的權威來駁斥撒杜塞人的詭辯說：「你們錯了，不明了經書，也不明了天主的能力。」在我們剛才聽到的彌撒福音中，聖路加祇加上一句解釋說：「天主不是死人的天主，而是活人的天主。」

最後，我們援引聖奧斯定稱讚瑪加伯母子八人殉道壯舉的這句話：「他們是真正的基督信徒！以他們的偉大精神，在基督的教會尚未成立以前，預先發揚了基督的教會精神。」思高聖經學會的編者，在談到同一故事時，也這樣注釋說：在我國的教會中「也有不少母親像瑪加伯七兄弟的母親那樣」，接著又說：「聖教會的歷史到處可以見到如此勇敢的母親，原因是，正如聖保祿宗徒所說的：『都是出於一個天主聖神所賜給的豐富的恩寵。』」

節錄自梵崗電台

## 堂區活動



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。

早餐交流會及電影欣賞

日期: 11月24日(星期日)

地點: 永援聖母堂上禮堂

早餐交流會 - 早上八時三十分有免費咖啡及 Muffin、十時及十一時三十分彌撒後有港式車仔麵 - 牛腩、蘿蔔、魚旦、麵，每位五元。

聚會將包括以上美食、生活交談及信仰分享。

售票時間: 11月3日開始每拾彌撒前後、或與善會聯絡。

此次活動由信仰小團體負責、詳情可向聯絡人 Annie Mok 403-383-9616 或 Elaine Wong 403-870-6268 查詢

免費電影欣賞

黑奴聖女 - 聖若瑟芬.柏姬達

蘇丹聖女若瑟芬.柏姬達約從八歲擄至遠方，從此展開了她的悽慘奴隸生涯，在奴隸生活的殘酷中，飽受了身心靈上的迫害。

然而，誰也料想不到，她竟然有幸獲得基督信仰，並成為聖女瑪大肋納嘉諾撒仁愛會(Canossian Daughters of Charity)修女；她於1947年2月8日在義大利威尼托(Veneto)的斯基奧(Schio)逝世，享年七十八歲。

聖女柏姬達無論在本性或靈性方面，都是那樣獨特，她因著過人的德行與生命的奇蹟，使教宗真福若望保祿二世於2000年冊封她為聖人。

電影欣賞: 黑奴聖女 - 聖若瑟芬.柏姬

達(語言: 英語, 中文字幕)

日期: 11月24日(星期日)

時間: 下午一時至三時。

免費茶點招待，歡迎各教友，家人及朋友參加。

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](http://www.olphyoungadults.weebly.com) 查詢及報名。請在 11月3日 前報名。

2020 騎士會慈善獎卷發售

每張獎卷售五元，一本八張共肆拾元正。所得款項主要協助騎士會基金會運作，餘下百分之五十淨收入，則回饋 10119 分會，而全數捐獻永援聖母堂。請教友們大力支持。詳情參閱張貼報告版海報，聯絡本分會或各組善會代表。

青年及大專青年 將臨期避靜 2019

為準備聖誕的來臨，永援聖母堂青年及大專青年團將舉行避靜。

日期: 12月1日(星期日)

時間: 下午 12時 30分至 5時 30分

地點: Upper Hall

費用: 免費

當晚會有不同的講座，遊戲和聖歌。歡迎堂區所有青年及大專青年來參加。若有興趣報名參加或查詢請與 Youth Group 或 YAG 各代表聯絡。

Why Do I Sing About Jesus Concert - Perpetual Harmony Choir

日期: 2019年12月8日(星期日)

時間: 下午7時

地點: 永援聖母堂

由 50 多人組成的永援聖母堂 Perpetual Harmony Choir 將於 2019 年 12月8日(星期日)七時正，假座

永援聖母堂聖堂內舉行讚美詩歌音樂會。

歡迎大家齊來欣賞，免費入場。11月16日開始，入場券將在週日每台彌撒前後，在教堂入口處派發，讓我們齊來讚美主。

詳情請聯絡 Lisa Ma @ 403-828-3693

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 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 11 月 13 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 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

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 16 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 11 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

## 聖座文化委員會在梵蒂岡舉行國際會議 聖樂詠唱者的角色

聖座文化委員會 11 月 7 日至 9 日在梵蒂岡召開第 3 屆以聖樂為題的國際會議，與會的音樂家、大學教師、神學家和聖經學家一起討論聖樂詠唱的意義與詠唱者的角色。拉瓦西

(Gianfranco Ravasi) 樞機致開幕詞，論述聖樂的釋義與詠唱。樞機表示：“音樂作品的存在並非毫無生氣的樂譜，而是活潑的表演，但絲毫不損害音樂作品的完整性。”



這位聖座文化委員會的主席向本新聞網表示，為了確保禮儀神聖性，“需要重新釐清與聖樂詠唱者對話的思路，避免發生俗化的情況，尤其應努力把與現代音樂的對話重新帶到相稱、高品質的層面，就如以往那樣。只要我們想想 16 世紀發生的事，就會明白從額我略聖歌，哥特式主教座堂典型的單調聖詠到更適合文藝復興的和旋音樂所出現的轉變，後者更需要多種音調的加入”。

談到“釋義與詠唱”，拉瓦西樞機解釋道，這個主題的真意在於“神學釋義，即與聖樂詠唱平行的神學正確解釋。在技術上的忠誠始終是必不可少的，即熟知原作，但也應謹記原作隨後要成為創作，要演唱出來：這是一個活躍的事實，用聲音來表達。二者應予以保存，它們最終要成為《聖詠》中的讚嘆：“你們應歌頌，歌頌我們的天主，……你們都應該以詩歌讚揚（四七 7-8）”。

在聖樂詠唱的運用上是否也會有令人擔憂之處？拉瓦西樞機對這個問題回答說：“靈性音樂儘管有靈修基礎，卻絕對是自由發揮的；聖樂用於詠禱，是根據聖經內容譜寫的，有傳授要理的目的；禮儀音樂則首先要完全忠於禮儀本身的規則，例如必須以禮儀書的內容作為禮儀音樂的基本要素。因此，我們必須區分上述三者之間的不同。”

“禮儀音樂必須依據這些基本要素，與禮儀氣氛相稱，但也應考慮到時代的變化。一方面保持禮儀音樂的神聖性，另一方面也要與時俱進。因此，我認為過去要與現代文化掛鉤的想法乃是忽略了禮儀本身的特性。我們需要讓禮儀音樂具有現實意義，但也應保持它的神聖性、它的結構和獨特性。”

梵蒂岡新聞網



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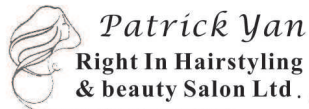
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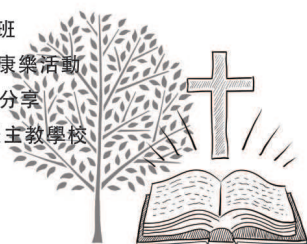
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### ADVENT DAY RETREAT

The Sisters of Divine Mercy invite adults (18 years & older) to an Advent Day Retreat to enrich, renew, and strengthen your faith. There will be an opportunity for Confession, Holy Mass and Adoration. When: **Saturday, Nov. 30** from **10:30 am to 4 pm**. Where: Divine Mercy Centre (15206 Township Road 262, Calgary). Registration: 587-755-1019 | [dmccalgary@gmail.com](mailto:dmccalgary@gmail.com) |

### SAVE THE DATE: ONCE UPON A GRECCIO CHRISTMAS

| Mount St. Francis invites you to Once Upon A Greccio Christmas celebration on **Sunday, Dec. 8**, from **2 to 4 pm**. Where: Mount St. Francis (41160 Retreat Road, Cochrane, AB). There will be bonfire, caroling, refreshments, sleigh rides (weather permitting) and a Christmas Pageant.

### 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's Parish (1566 Northmount Dr NW, Calgary). Registration at **6:15 pm**. The session runs from **6:30 - 8 pm**. Register online: 403-218-5531 | <http://events.calgarydiocese.ca>

### 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. Speaker: Dr. Simone Brosig. When: **Tuesdays, Nov. 12, Nov. 26 & Dec. 3** from **6 to 8:30 pm** (Talk + Liturgy + Food) at St. Mary's University, Calgary (McGivney Hall). Register: [stmu.ca/transcendent](http://stmu.ca/transcendent)

### 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 three-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). Contact 403-218-5523 | <http://events.calgarydiocese.ca>

### NAVIGATING GRIEF & LOSS IN THE HERE AND NOW

| FCJ Centre invites you to a weekend retreat of peaceful exploration and tending of the soul through creative expression with Suzanne Clease & Sr. Ger Curran, FCJ. When: **Nov. 15-17**. Where: FCJ Centre, Calgary. Cost: \$285. Register at <http://ficcentre.ca>

### 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. It is suitable for anyone wishing to provide compassion and support to those in need at the end of life. When: **Saturday, Nov. 16 from 9 am to 4 pm** at the Catholic Pastoral



Centre (120 17 Ave SW, Calgary). Register at [catholicyyc.ca/dyinghealed.html](http://catholicyyc.ca/dyinghealed.html)

**PILGRIMAGE: IN THE FOOTSTEPS OF THE ENGLISH MARTYRS** | Fr. David Meadows, Pastor of Holy Spirit Church, invites you to a pilgrimage with his parish through England from April 27 to May 6, 2020, visiting the places where St. Thomas More experienced incidents in his life, where St. John Henry Newman taught, the Canterbury Cathedral, a boat ride along the River Thames and visits to other sites. Contact: Ryan at 1-800-481-9739 ext. 1 | [reservations@tripmerchant.com](mailto:reservations@tripmerchant.com)

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**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 Sacred Heart Church (1307 14 St SW, Calgary) **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](http://miscarriageliturgy.ca)

**PROJECT RACHEL**  
Project Rachel offers forgiveness, healing and hope to those suffering from the effects of an abortion. Access free services anytime by calling 587-323-6001 or 877-597-3223 (toll free).

**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 at <http://western-catechumenate.blogspot.com/>

**VOLUNTEERS NEEDED FOR SSVF CONFERENCE** | Various volunteer roles are now available in preparation for the Society of St. Vincent de Paul Annual General Assembly (AGA) conference next year in June at SAIT, Calgary. Volunteers don't have to be active members. Contact [ssvf.cdcc.president@outlook.com](mailto:ssvf.cdcc.president@outlook.com)

**EUCCHARISTIC ADORATION IN AIRDRIE**  
St. Paul's Parish in Airdrie has started a monthly (First Friday) Eucharistic Adoration for its parish community and those who live in the area. The next Adoration will be held on **Friday, Dec. 6** at 3:30 pm to 8 pm. All are welcome!

**CHRISTMAS DINNER & DANCE**  
St. Gabriel Parish in Chestermere invites you to their community's Christmas Dinner & Dance for an evening of fellowship, food and Christmas fun. Adults only. When: **Saturday, Dec. 7 at 6 pm**. Where: Camp Chestermere (1041 East Lakeview Rd., Chestermere). Tickets: 403-455-0196 or email [office@saintgabrielparish.ca](mailto:office@saintgabrielparish.ca)

**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). Free admission. For more information, contact 403-938-3122 or email [office@stjamesparishrc.com](mailto:office@stjamesparishrc.com)

**WEEKLY MASS AT ST. PATRICK'S FOR PEOPLE WITH DISABILITIES** | Every **Sunday at 5 pm** St. Patrick's (1414 Shawnessy Blvd SW, Calgary) celebrates this special Mass as a loving and open environment of acceptance, inclusion and understanding. This Mass is dedicated to people with intellectual/developmental disabilities and their families, caregivers, teachers and friends.

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