

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

曾煒森

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
William W. Tsang

March 15, 2020 二零二零年三月十五日

Third Sunday of Lent

四旬期第三主日

Last Sunday Collection

上主日奉獻

\$3,324.00



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.

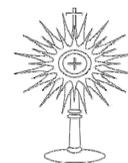
Tuesday 6:30 p.m.

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



Third Sunday of Lent

Slaking our thirst at the fountain of life
The thirsting soul: Our need to drink regularly is obvious; without water we would quickly die. Not so easily recognized is the soul's thirst for meaning, for vision and purpose in life. We can be fully preoccupied with the surface of things, and quite neglect our spirit's obscure longing for eternal life. Like the Israelites, we worry constantly about physical needs, but are often unmindful of God who supplies them. Today, Jesus offers us the refreshing water of eternal life, a power of faith and union-with-God which is our deepest need, and can satisfy the thirst of our soul. How the desert blossoms, when water is brought to it. (We may cite dramatic examples of successful irrigation in Israel, Egypt, California.) The same miracle of growth can take place in the parched soul, if God lets his Spirit flow over me. All the ravages of doubt, fear and sin will yield to the new life of grace.

A sacramental washing: Already in baptism, the sacramental washing with water by the Christian Church was a first contact with the grace of Christ. I was given a good start, planted well in the garden of God, with room to put down roots, and draw vital nourishment from the living spring of the Saviour. Yet, I need continuing help, to keep my spirit alive and pleasing to God as life goes on. Like the desert-wandering Jews, I suffer from thirst; I grow weary in confronting problems and temptations. Jesus guarantees me the "living water" I need. His own Spirit is always at hand, as a force of encouragement and fidelity. "To dwell in the house of the Lord": Our deep desire remains, something not confined to Christians but shared by the mystic tradition in other religions: namely, the yearning to come into the presence of God, and be welcomed by God. All of us are called by him to drink of that "fountain of water, springing up to everlasting life." In times of widespread

religious scepticism, the hope of heaven as eternal life after death is often cast in doubt as wishful thinking. But we cling to this hope, relying on the word of Jesus. For Paul and the early Christians, the hope of eternal life breathed joy into all their efforts and sacrifices. Fidelity until death seemed well worthwhile, "for the weight of glory that will be revealed in us." Our part to play is turning aside from sin, and trying to live by the gospel. God can be absolutely relied on to fulfil his promise, and will in time satisfy the deep thirst of our spirit.



Together in Action 2020

The 2020 "Together in Action" has officially commenced. Parish's target is \$28,618 as designated by the Diocese. This year's TIA is led by Catholic Family Fellowship. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes are being distributed with your 2011 donation tax receipts. Let's take action now!

Diocese & Other News



Help save St. Angela School and inner-city education!

We are in the early stages of organizing and we need your help.
Step 1: Register your concern today on our website. Here, you will also find links to important information and letter templates for our city councillors, MLAs, and school board trustees.
Website: www.savestangelaschool.ca

Step 2: Call or e-mail all the school trustees and voice your support for St. Angela. Every trustee has one vote, so it is critical that all the trustees hear from you. You can e-mail all of them at trustees@cssd.ab.ca. Or leave phone messages for them

Parish Activities



The sacrament of Reconciliation

The sacrament of Reconciliation will be available in our church all the Saturdays of Lent (March 21, 28, April 4) after morning mass to 4:30 pm.



40-day 10 minute On Line Lenten Retreat



Foundation of Love and Life -Farmer of Hearts
Please go to our website lent.fll.cc and spend 10 minutes

introspection! We will pray for you along the way, knowing that thousands of farmers in heart around the world are your travel companions during this Lent spiritual journey. You will never forget this journey!
Enter now and enjoy this journey!

Coronavirus (COVID-19) Preventive Measures in Place Immediately

The Diocese of Calgary continues to monitor Alberta Health Services directives and our local situation regarding active cases of the coronavirus (COVID-19). At this time, Bishop McGrattan is requesting that all parishes immediately implement the following measures:

- At the Sign of Peace, refrain from shaking hands – a simple bow, nod, or "Peace be with you" to your neighbour is appropriate.
- Baptismal and Holy Water fonts are to be emptied and are to be sanitized with water and bleach.
- Holy Communion will only be distributed under the Body of Christ (Host).
- Only priests may distribute Holy Communion to those who choose to receive on their tongue at a designated area apart from the main aisle. Note: It has been shared by some public health experts that there is no indication of increased risk of infection in receiving the host either on the tongue or in the

hand.

-Those who choose to receive Holy Communion in the hand will be asked to approach the Extraordinary Ministers of Holy Communion or a priest who is not distributing Communion to those receiving on the tongue.

-Only priests are to consume the Precious Blood.

-Extraordinary Ministers of Holy Communion who feel uncomfortable distributing Holy Communion should be excused from this ministry.

Please also continue to practise healthy hygiene – wash your hands with soap or use hand sanitizer regularly, remain at home if you are sick, sneeze or cough into your sleeve, and avoid touching your eyes, nose or mouth. Let us continue to care for ourselves and one another as we pray for all those affected worldwide by COVID-19.

These measures are effective immediately and will remain in place until notified otherwise by the Diocese.

Build Your Own Pizza Night!

The Young Adults Group will be hosting a "Build Your Own Pizza" night on March 22 at Upper Hall from 5:00pm-9:00pm. The cost is free! Come join us on this fun night! For more information or to RSVP, please visit our Young Adults Group website (<http://olphyoungadults.weebly.com/>)!

2020 youth Lenten retreat

Come join us and learn more about encountering Jesus in our everyday life! Youth group is hosting an overnight Lenten retreat at camp Chestermere with the theme of Faith and Science. For youths ages 13 and above, this retreat is the perfect opportunity to get closer to God through prayers, praise and worship, and talks from our guest speakers, Fr. James Hagel and AamesAbanto. For more details, please contact Jenny Lam. Date & time: Saturday March 28, 2020 at 5pm to Sunday March 29, 2020 at 4pm Place: Camp Chestermere Cost: \$30/per youth

Weekly Activities



Wed, Fri Mar 18, 20

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Fri Mar 20

Way of the Cross in Lent

English: every Friday 8:30 a.m.

OLPH Scout

Time: 7:00pm.-8:30pm

Place: Upper Hall & Lower Hall

Sat Mar 21

Legion of Mary (meeting)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

R. C.I.A (Mandarin)

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

Place: K of C Room

Way of the Cross in Lent

Cantonese & Mandarin: 4:30 p.m.

Sun Mar 22

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 Office Building

YAG Band

Time: 2:00 p.m. - 4:00p.m.

Place: OLPH Church Upper Hall

Young Adults Pizza Night

Time: 5:00 p.m. - 9:00p.m.

Place: OLPH Church Upper Hall

Lent



With Christ Through Lent

Preparing for Lent, The Example of Christ PRAYER

Christ went into the desert not only to do penance, but also to pray. The greater part of those forty days Christ spent in prayer. Would you be Christ's follower? Then you too must pray, especially during Lent.

MASS

The best prayer is Holy Mass. It is the best prayer and the best sacrifice combined. It is the uniting in one service all the sufferings, all the teachings of our Lord. No one can measure the value of a

single Mass. Yes, we Catholics appreciate the Mass. Most of you deserve a pat on the back for your faithfulness to Sunday Mass.

But, during Lent we want to do more.

Many of you can come during the week. Mass reminds us of the desert; Mass is the Last Supper all over again; Mass is Gethsemane; Mass is the passion; Mass is Calvary; Mass is the crucifixion; and Mass is Easter Sunday - all made present to us again.

MEDITATION

In that first Lent Christ not only did penance and prayed, He also thought and meditated. Meditation is simply prayer without words, prayer of the soul and mind and heart. It is talking to God with the tongue of the spirit, and hearing Him answer with the ears of the soul. Men who meditate will be masters of their souls. Am I asking you to spend hours doing nothing but sit with your head in your hands, gazing over the ocean of thought? No, but I am asking everyone of you to sit down each day - and think. Sisters and priests have a definite time set apart daily for spiritual thinking.

by Fr. Arthur Tonne, OFM

Words of Life Reflection



He who did not spare his own Son but handed him over for us all, how will he not also give us everything else along with him? (Romans 8:32)

My God will fully supply whatever you need, in accord with his glorious riches in Christ Jesus. (Philippians 4:10)

Faith Stories Sharing



A Piece of My Heart

One day a young man was standing in the middle of the town proclaiming that he had the most beautiful heart in the whole valley. A large crowd gathered and they all admired his heart for it was perfect. There was not a mark or a flaw in it. Yes, they all agreed it truly was the most beautiful heart they had ever seen. The young man was very proud and

boasted more loudly about his beautiful heart.

Suddenly, an old man appeared at the front of the crowd and said "Why, your heart is not nearly as beautiful as mine." The crowd and the young man looked at the old man's heart. It was beating strongly, but it was full of scars. It had places where pieces had been removed and other pieces put in, but they didn't fit quite right and there were several jagged edges. In fact, in some places there were deep gouges where whole pieces were missing.

The people stared -- how can he say his heart is more beautiful, they thought? The young man looked at the old man's heart and saw its state and laughed. "You must be joking," he said. "Compare your heart with mine. Mine is perfect and yours is a mess of scars and tears." "Yes," said the old man, "yours is perfect looking but I would never trade with you. You see, every scar represents a person to whom I have given my love - I tear out a piece of my heart and give it to them, and often they give me a piece of their heart which fits into the empty place in my heart, but because the pieces aren't exact, I have some rough edges, which I cherish, because they remind me of the love we shared."

"Sometimes I have given pieces of my heart away, and the other person hasn't returned a piece of his heart to me. These are the empty gouges -- giving love, is taking a chance. Although these gouges are painful, they stay open, reminding me of the love I have for these people too, and I hope someday they may return and fill the space I have waiting. So now do you see what true beauty is?" The young man stood silently with tears running down his cheeks. He walked up to the old man, reached into his perfect young and beautiful heart and ripped a piece out. He offered it to the old man with trembling hands. The old man took his offering, placed it in his heart and then took a piece from his old scarred heart and placed it in the wound in the young man's heart. It fit, but not perfectly, as there were some jagged edges. The young man looked at his heart, not perfect anymore but more beautiful than ever, since love from the old man's heart flowed into his heart.

Daily Words 每日聖言



我的靈魂，
請向上主讚頌，
請你不要忘記他的恩寵。
就如上天距離下地有多麼高，
他待敬畏他者的慈愛也多高。

詠 103:2,11

Bless the LORD, my soul; and do not forget all his gifts. For as the heavens tower over the earth, so his mercy towers over those who fear him! Gn 103:2,11

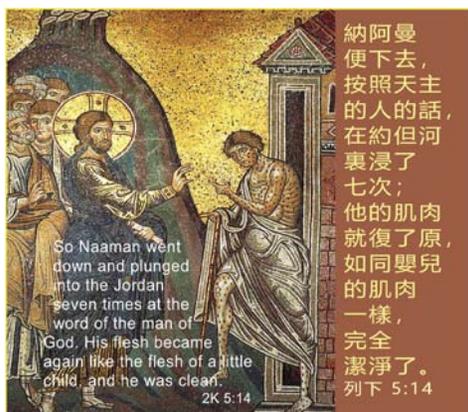
March 14 3月14日



望德不叫人蒙羞，因為天主的愛，
藉著所賜與我們的聖神，
已傾注在我們心中了。羅 5:5

Hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us. Rm 5:5

March 15 3月15日



So Naaman went down and plunged into the Jordan seven times at the word of the man of God. His flesh became again like the flesh of a little child, and he was clean. 2K 5:14

納阿曼便下去，按照天主的人的話，在約但河裏浸了七次；他的肌肉就復了原，如同嬰兒的肌肉一樣，完全潔淨了。列下 5:14

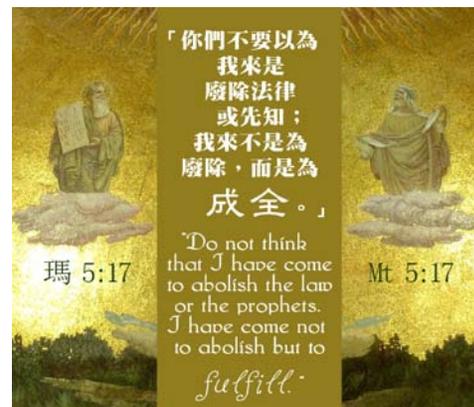
March 16 3月16日

現在我們全心隨從你，敬畏你，尋求你的慈顏，望你不要使我們羞慚。



And now we follow you with our whole heart, we fear you and we pray to you. Deliver us by your wonders, and bring glory to your name, O Lord. Dn 3:41,43

March 17 3月17日



「你們不要以為我來是廢除法律或先知；我來不是為廢除，而是為成全。」

Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill.

瑪 5:17

Mt 5:17

March 18 3月18日



『你是我的大父，是我救恩的磐石，是我的天主。』詠 89:27
'You are my father, my God, the Rock of my salvation!' Ps 89:27

March 19 3月19日



誰明智，就會明瞭；誰聰敏，就會領會，因為上主的道路是正直的；義人在上面暢行。

歌 14:10

Hos 14:10
Let him who is wise understand these things; let him who is prudent know them. Straight are the paths of the LORD, in them the just walk.

March 20 3月20日

主日分享



四旬期第三主日

使人得到永恆生命的活水

水可以止渴，是生命所必須的。在今天四旬期第三主日的彌撒中，慈母教會便藉著水的象徵，向候洗者（望教者）闡明天主聖神在聖洗聖事中所起的作用，並強調天主對待世人的無窮恩愛。

今天彌撒中的讀經一內容講述：以色列百姓，在梅瑟的領導下，逃出了埃及，在曠野裏漂泊，走得精疲力盡，找不到水喝，便開始埋怨梅瑟和天主。在不得意時，怨天尤人，原是人的常情，不足為奇。但是，以色列人看見過天主為拯救他們而顯的奇蹟，仍然如此，則不免意味著對天主缺少信賴，大不恭敬。雖然天主當時照顧了他們，命令梅瑟擊石取水，讓他們喝，後來卻嚴重地懲罰了他們，連梅瑟也未能倖倖。

今天的彌撒福音記述耶穌在雅各伯井旁邊與一位撒瑪黎雅婦女的對話。這對話是由要水喝而引起的。那位婦女認為是眼前的雅各伯井裏的水。人喝了這水，仍會再渴。耶穌要給人的，卻是使人喝了，不會再渴，並且使人得到永恆生命的水。

耶穌所說的水，無疑地是指天主聖神。今天彌撒中的讀經二選自聖保祿宗徒致羅馬人書。在這篇讀經中，聖保祿宗徒闡述聖洗聖事的功效。領聖洗的人，因信德而成義，藉著基督跟天主和好了，有分享天主光榮的盼望。聖保祿宗徒用水比擬天主聖神，說：「這希望不會使我們失望，因為天主通過祂賜給我們的聖神，已把祂的愛傾注在我們心中了。」

四旬期主日彌撒的讀經和福音，原來是為準備候洗者領受聖洗聖事的。但是，已經受過聖洗的老教友，也可從中取得教訓。那就是：一、藉以紀念領洗的宏恩，而感謝天主的無窮仁慈；二、可以重申我們的信仰，增進我們對天主的依賴和信任。

節錄自梵蒂岡電台廣播稿節

Together IN ACTION

Annual Bishop's Appeal

2020 教區公益金，齊來獻愛心 「讓我們一起來行動」

2020 年教區公益金 TIA 籌款正式展開。本堂所須籌募的數目為教區指定的 28,618 元，今年公益金將由公教家庭負責統籌，懇請各位慷慨解囊，繼續支持教區公益金，合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封現正與 2019 年退稅收條一起發出。讓我們無私奉獻，活出信仰，攜手一起行動！

堂區活動



卡加里教區因應冠狀病毒的蔓延而採取的最新預防措施

卡加里教區繼續監視亞伯特省的衛生服務指令，以及冠狀病毒 (COVID-19) 在我們省內的活躍病例。威廉主教要求所有教友立即採取以下措施：

我們在互祝平安時，不要握手-簡單的鞠躬，點頭或“祝你平安”是最合適的。

聖水盆不放聖水並用水和漂白劑進行消毒。

彌撒中祇派發聖體。

以舌頭接受聖體的教友，祇可在領聖體通道以外的指定範圍內，由神父分發聖體。注意：一些公共衛生專家認為，通過舌頭或用手接收聖體並沒有增加感染的風險。

所有用手接收聖體的教友，將由送聖體員及神父分發聖體（該神父並沒有分發聖體給予以舌頭領受聖體的教友）。

祇有神父可領受聖血。送聖體員應經常用肥皂和水洗手和 / 或使用酒精消毒液 (ABHR) 來保持手部衛生，如果感覺不適，請自行找人代勞。教友請繼續保持良好的衛生習慣，用肥皂洗手或定期使用洗手液。打噴嚏、咳嗽或患有傳染病的教友，請盡量留在家中以避免將病毒傳

播給他人。並避免觸摸眼睛、鼻子或嘴巴，請讓我們繼續為自己和其他人，特別為所有受 COVID-19 影響的人祈禱。這些措施將立即生效直到教區另行通知為止。

四旬期悔罪禮

本堂於四旬期內逢星期六(3月21、28日, 4月4日)

早上彌撒之後至4時30分, 將開放給教友辦告解聖事。教友應盡量參與與天主修合, 以準備主基督的來臨!



四旬期網上避靜，每日 10 分鐘

《生命恩泉》-

心田的農夫

請進入我們的網頁

lent.fil.cc, 用整整 10 分鐘

時間投入反省! 沿途我們會為您祈禱, 要知道世界各地數以千計心田的農夫都是您在此四旬期的靈修之中的旅伴。您將永遠不會忘記這個旅程! 請立即進入, 享受這個旅程!

大專青年團自製薄餅之夜

大專青年團將於 3 月 22 日晚上五時至晚上九時在上禮堂舉行自製薄餅之夜, 費用全免。快來加入我們, 度過這個有趣的晚上, 有關更多詳情或任何查詢, 請參閱大專青年團網站! <http://olphyoungadults.weebly.com/>

2020 青年四旬期避靜

青年團將在 Camp Chestermere 舉辦兩日一夜的四旬期避靜, 讓大家分享和學習如何和耶穌在日常生活中交流。今年的主題是科學和信仰。歡迎各位 13 歲或以上的青年參加。此避靜包括 Fr. James Hagel 和 Aames Abanto 的講座, 遊戲, 祈禱和 praise and worship。若有查詢請聯絡 Jenny Lam。日期和時間: 星期六 3 月 28 日下午 5 時至星期日 3 月 29 日下午 4 時
地點: Camp Chestermere
費用: 每人 30 元

活動一週



星期三、五 3月18, 20日

永援聖母松柏軒

時間：上午9時至正午12時

地點：永援聖母堂上禮堂

星期五 3月20日

四旬期苦路善功

早上8時30分

永援聖母堂董軍

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 3月21日

聖母軍(聖母軍聖母無玷聖心支團)

時間：上午9時45分(開會)

地點：聖堂二樓騎士會室

楊式太極班

時間：上午10時至12時30分

地點：永援聖母堂下禮堂

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

四旬期苦路善功

時間：下午4時30分

星期日 3月22日

成人慕道班(粵語及英語)

時間：上午9時30分至

下午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

大專青年團樂隊練習

時間：下午6時至8時

地點：永援聖母堂上禮堂

大專青年團自製薄餅之夜

時間：下午5時至9時

地點：永援聖母堂上禮堂

聖言反思



祂的豐賜

祂既然沒有憐惜自己的兒子，反而為我們眾人把祂交出來了，豈不也把一切與祂一同賜給我們嗎？(羅 8:32) 我的天主必要以自己的財富，在基督耶穌內，豐富滿足你們的一切需要。(斐 4:19)

四旬期



懺悔

「浪子回頭金不換」，言傳幾許「失而復得」幸福的故事。

懺悔的行動都是感人的。心境並不灰暗，反而積極、樂觀、喜悅和解脫。當你說你錯了，那是光明的一刻。你見到自己不對，那是最寶貴不過的，為你帶來最強有力的一股力量，去革新自己。

試想，即使和你最要好的朋友相處，也不容易見到他們直言不諱，道出你的缺點。表白的一方不難，接受的一方總是不易。甚至自己能說出：請隨意批評、指點的話，也不一定見得度量就大。人家說個真實以後，自己或許能打個圓場；究竟尚耿耿於懷，或以別人對自己的看法有偏差，或因一己之缺陷不快，大不乏人。

一個信徒在懺悔禮儀中，心如止水，不慌不忙，不偏不倚，不浮誇，不失實，把自己心靈的光暗面，描繪得「濃淡總相宜」，輪廓既清晰，層次又分明，成而不驕，敗而不餒，整個人不知不覺存在聖三之中，悲歡交集。既有自知之明又能懺悔的人可有福了！「求你寬恕我們的罪過」，這是扣心弦的經句。

心靈小品



耶穌打開了天門

不是領了洗就沒事了，領了洗之後要在職進修，神父是講師，聖經是一本必須終身閱讀的教科書，彌撒則一定要參與。領洗是把人領進門，能不能畢業，能不能進天國，這是一條漫長的路，需要一點一點灌溉。領洗之後是告訴我們，心裡沒有罪了，可以跟著耶穌一起走。

耶穌如何升天？是靈魂升天，還是肉體升天？耶穌明明是人，祂幾次給門徒看，祂是人不是鬼，也不是靈，那麼祂如何升天？耶穌升天是在告訴我

們，祂打開了天門，這條路通了，我們可以跟著祂的脚步走。

靈修小故事



名實相符

經文：“他們是基督的僕人麼，(我說句狂話)我更是，我比他們多受勞苦，多下監牢，受鞭打是過重的，冒死是屢次有的，被猶太人鞭打五次，每次四十，減去一下。被棍打三次，被石頭打了一次，遇著船壞三次，一晝一夜在海裏……”(格後 11:23-30)。在古時亞歷山大軍隊中，有一個士兵的名字也叫亞力山大。一天，亞力山大將軍把那個同名的士兵叫來對他說：“我聽到關於你的兩件事：第一是你的名字與我相同，第二，你是一個膽小的懦夫。現在有兩件事任你選擇一件，要麼，你成爲一個勇敢的戰士，敢於衝鋒陷陣，不避艱險像你的將軍一樣。要不，就馬上更換你的名字，你決不可使你的主人的名字，遭受到羞辱”。

身爲基督徒沒有理由不嚴格；高度要求自己效法基督那樣純潔，公義，慈愛，謙卑，溫柔，信實，種種品德。否則，基督的名必因我們遭到羞辱。保祿說：“祇要凡事放膽，無論是生是死，總叫基督在我身上顯大”(斐 1:20)。保祿自從悔改以後，抱定宗旨，活爲主活，死爲主死，爲了主的名，他並不貪生怕死。祇要在他的身上能把基督照常顯大，則生死都能置之度外。因爲“他活著就是基督”。可惜我們雖然也稱爲基督徒，但不過是掛名而已，有如撒狄教會的信徒一樣：“按名是活的，其實是死的”(默 3:1)。以致於有的走上了底馬的道路，“貪愛現今世界”(弟後 4:10)。更有甚者，有的走上了猶大的道路賣主賣友。主的名焉能不在他們身上大受羞辱？

求天主憐憫我們，使“我們結出果子來，與悔改的心相稱”。真正成爲名實相符的基督徒，願榮耀歸給父天主。保祿勸勉說：“你們該效法我，像我效法基督一樣”(格前 11:1)。

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GENERAL DIRECTIVES IN PREVENTING THE SPREAD OF THE COVID-19 VIRUS

March 11, 2020

As of March 11 at 3:30 pm, there are 19 cases of Coronavirus reported in Alberta from a total of 98 confirmed cases in Canada. This week we also had the first person in Canada to die from the Coronavirus. All those infected are travel-related and there is no evidence of spread from within the community. While Alberta Health Services assesses the current risk in Alberta as low, the World Health Organization has declared this a pandemic. Therefore, the Diocese of Calgary is putting in place the following measures to prevent the spread of the COVID-19 virus.

LITURGICAL MEASURES

- At the Sign of Peace, refrain from shaking hands – a simple bow, nod, or “Peace be with you” to your neighbour is appropriate.
- Baptismal and Holy Water fonts are to be emptied and are to be sanitized with water and bleach
- Holy Communion will only be distributed under the Body of Christ (Host).
 - Only priests may distribute Holy Communion to those who choose to receive on their tongue at a designated area apart from the main aisle. Note: It has been shared by some public health experts that there is no indication of increased risk of infection in receiving the host either on the tongue or in the hand.
 - Those who choose to receive Holy Communion in the hand will be asked to approach the Extraordinary Ministers of Holy Communion or a priest who is not distributing Communion to those receiving on the tongue.
- Only priests are to consume the Precious Blood.
- Extraordinary Ministers of Holy Communion who feel uncomfortable distributing Holy Communion should be excused from this ministry.

These measures are effective immediately and will remain in place until notified otherwise by the Diocese.

PASTORAL CARE MINISTERS

Pastoral care ministers who bring Holy Communion to shut-ins should refrain from visiting homes or facilities where cases of influenza or COVID-19 have been reported.

GENERAL DIRECTIVES IN PREVENTING THE SPREAD OF THE COVID-19 VIRUS

PUBLIC GATHERINGS

We are in communication with the City of Calgary and will continue to monitor daily the Alberta Health Services directives on public gatherings.

INTERNATIONAL TRAVEL & PILGRIMAGES

The Provincial Chief Medical Officer has advised that persons over 65 not travel outside Canada. There are always health risks when you travel. Please check the following destinations that have travel health notices for COVID-19: China, France, Germany, Hong Kong, Iran, Japan, Italy, Singapore, South Korea, Spain. Be aware of evolving travel advisories to different regions.

You should expect increased health screening measures at points of entry for international destinations, including airports. Some airports are imposing control measures, including quarantines. Public health services advise that if you become sick while travelling, contact a health professional to explain your symptoms. If you become sick upon your return, call Health Link at 811 for instructions.

Upon your return to the Diocese from international travel, even if you are feeling well, the Diocese now requires you to voluntarily self-isolate until 14 days have passed since your trip. We are taking the necessary precautions to safeguard the health of our parishioners and the public at this time.

If you are taking a group for a pilgrimage, if at all possible, the Diocese recommends postponing or cancelling as the best possible precaution. Please discuss this option with your operator.

To continue to support and maintain community health safety, the following reminders are to be shared with parishioners so that we reduce the risk to seniors and those with underlying conditions who are the biggest risk groups:

- Frequently and properly wash hands with soap and water
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth
- Cleaning staff in churches are to sanitize surfaces that are frequently touched
- The obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from a contagious illness; those with flu-like symptoms may choose to remain at home so as to not spread the virus to others.



WASH YOUR HANDS



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PREVENTING THE SPREAD OF THE COVID-19 VIRUS
MARCH 11, 2020

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A MESSAGE FROM THE



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卡加里教區因應冠狀病毒的蔓延而採取的 最新預防措施

卡加里教區繼續監視亞伯特省的衛生服務指令，以及冠狀病毒（COVID-19）在我們省內的活躍病例。威廉主教要求所有教友立即採取以下措施：

我們在互祝平安時，不要握手簡單的鞠躬，點頭或“祝你平安”是最合適的。聖水盆不放聖水並用水和漂白劑進行消毒。

彌撒中祇派發聖體。以舌頭接受聖體的教友，祇可在領聖體通道以外的指定範圍內，由神父分發聖體。注意：一些公共衛生專家認為，通過舌頭或用手接收聖體並沒有增加感染的風險。所有用手接收聖體的教友，將由送聖體員及神父分發聖體（該神父並沒有分發聖體給予以舌頭領受聖體的教友）。

祇有神父可領受聖血。

送聖體員應經常用肥皂和水洗手和/或使用酒精消毒液（ABHR）來保持手部衛生，如果感覺不適，請自行找人代勞。教友請繼續保持良好的衛生習慣，用肥皂洗手或定期使用洗手液。打噴嚏、咳嗽或患有傳染病的教友，請盡量留在家中以避免將病毒傳播給他人。並避免觸摸眼睛、鼻子或嘴巴，請讓我們繼續為自己和其他人，特別為所有受COVID-19影響的人祈禱。

這些措施將立即生效直到教區另行通知為止。

洗手



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- 那些生病或懷疑生病的人應避免從聖杯中領受聖體聖血
- 我們在互祝平安時，會採用鞠躬的方式，而不是以握手來互祝平安。在加拿大的教區中，鞠躬或握手也是互祝平安的標記。但是，如果彼此是近親，也可以根據個人意願以握手或其他方式互祝平安。(The General Instruction of the Roman Missal no. 82)
- 送聖體員應經常用肥皂和水洗手和/或使用酒精消毒液 (ABHR) 來保持手部衛生，如果感覺不適，請自行找人代勞。
- 所有教友都應為他人著想，應養成良好的個人及手部衛生習慣。
- 參加主日彌撒是每位教友的義務，但不適用於生病的人，尤其是患有傳染病的病人；有流感症狀的教友可選擇留在家中以避免將病毒傳播給他人。雖然教友在觀看完電視或網上轉播的主日彌撒後，也並不代表履行主日彌撒的義務，但生病的教友可被免除參與主日彌撒。

卡加里教區一直通過亞伯達省衛生組織的最新消息來監測亞伯達省的當前狀況。

A MESSAGE FROM THE



ROMAN CATHOLIC
DIOCESE
of Calgary



ROMAN CATHOLIC
DIOCESE
of *Calgary*

Catholic Pastoral Centre
120 17 Avenue SW
Calgary, Alberta T2S 2T2
Canada

ANNOUNCEMENTS
THIRD SUNDAY OF LENT
MARCH 14/15, 2020

PREVENTING THE SPREAD OF COVID-19

The Diocese of Calgary continues to monitor Alberta Health Services directives and our local situation regarding active cases of the coronavirus (COVID-19). At this time, Bishop McGrattan is requesting that all parishes immediately implement the following measures:

- At the Sign of Peace, refrain from shaking hands – a simple bow, nod, or “Peace be with you” to your neighbour is appropriate.
- Baptismal and Holy Water fonts are to be emptied and are to be sanitized with water and bleach.
- Holy Communion will only be distributed under the Body of Christ (Host).
 - Only priests may distribute Holy Communion to those who choose to receive on their tongue at a designated area apart from the main aisle.
Note: It has been shared by some public health experts that there is no indication of increased risk of infection in receiving the host either on the tongue or in the hand.
 - Those who choose to receive Holy Communion in the hand will be asked to approach the Extraordinary Ministers of Holy Communion or a priest who is not distributing Communion to those receiving on the tongue.
- Only priests are to consume the Precious Blood.
- Extraordinary Ministers of Holy Communion who feel uncomfortable distributing Holy Communion should be excused from this ministry.

Please also continue to practise healthy hygiene – wash your hands with soap or use hand sanitizer regularly, remain at home if you are sick, sneeze or cough into your sleeve, and avoid touching your eyes, nose or mouth. Let us continue to care for ourselves and one another as we pray for all those affected worldwide by COVID-19.

These measures are effective immediately and will remain in place until notified otherwise by the Diocese.

VOLUNTEER FOR THE OUTDOOR WAY OF THE CROSS

| The Diocese of Calgary invites you to volunteer for the Outdoor Way of the Cross on Good Friday (Starts at St. Mary’s Cathedral). To sign up as a volunteer, you must attend an Orientation Session associated with the role you wish to fill. A list of Orientation sessions are available on the website for you to sign up: <http://wayofthecross.ca> or email wayofthecross@calgarydiocese.ca

FAITH AND FUN FLAMES GAME ON MARCH 21 IS POSTPONED

| “In light of ongoing developments resulting from the coronavirus, and after consulting with medical experts and convening a conference call of the Board of Governors, the National Hockey League is announcing today that it will pause the 2019-20 season beginning with tonight’s games.”
<https://media.nhl.com/public/news/13911>

LENTEN EVENTS & RESOURCES

We prepare ourselves to enter once again into the Paschal mystery and to renew it in our lives. Find Lenten events, reconciliation services, parish missions and various family resources to accompany your journey in this season of prayer and penance: catholiccyc.ca/len

LENTEN RETREATS / MISSIONS

- **Lenten Family Fish Fry** with André Regnier (co-founder of Catholic Christian Outreach). When: **Wednesday, Mar. 18 at 5 pm to 8:30 pm**. Where: Clear Water Academy (2521 Dieppe Avenue SW, Calgary)
- **Lenten Mission with St. Gabriel's Parish, Chestermere**, with Sisters of Divine Mercy. When: **Monday (Mar. 16) to Wednesday (Mar. 18), from 6:30 pm to 8:30 pm**. Where: St. Gabriel's Rectory, 316 Windermere Dr. Chestermere.
- **SFXC Young Adult Lenten Retreat** (18-35) at Camp Chestermere (1041 East Lakeview Rd., Chestermere, AB). When: **Friday, Mar. 20** (all day).

To register, contact 587-232-9728 | sfxc@calgarydiocese.ca | sfxc.ca

- **St. Agnes' Lenten Mission** with speaker Fr. Daniel Gurnick. When: **Monday (Mar. 22) to Wednesday (Mar. 24) - at 7 pm**. Where: 302 Veterans Way NW, Carstairs.
- **Lenten Mission with St. Mary's in Cochrane** with speaker Br. Michael Perras, ofm. When: **Monday (Mar. 23) to Thursday (Mar. 26), at 6:30 pm**. Where: 10 River Heights Dr., Cochrane.
- **St. Bonaventure's Lenten Mission** with speaker Peter Thompson. When: **Thursdays in Lent, at 7pm**, except for Mar. 26, which will be moved to Monday, Mar. 30. Theme: *When your mind wanders at Mass*. Where: 1600 Acadia Dr. SE, Calgary.
- **St. Patrick's Lenten Mission** with Fr. Jerome, Fr. Cristino and Fr. Poul on "The 7 Last Words of Christ". When: **Thursdays in Lent, at 7:15 pm until 8 pm**. Where: 1414 Shawnessy Blvd. SW, Calgary.

2020 BISHOP'S DINNER

Join friends, family and the Catholic community for the 20th Bishop's Dinner. When: **Friday, May 8**, at Telus Convention Centre (120 9 Ave SE., Calgary). Funds raised will support the St. Francis Xavier Chaplaincy Program and the continued spiritual formation of young adults throughout our Diocese. More information: bishopsdinner.ca

INVITATION FROM REGNUM CHRISTI

- **Evening of Reflection for Men** with Fr. Daniel Wilson, LC. When: **Tuesday, March 24 at 7 pm to 9 pm**. Where: Clear Water Academy (2521 Dieppe Ave SW, Calgary). There will be Mass, confession and reflection.
- **Men's Breakfast Series - Elements of Inspired Leadership**. When: **Tuesday, March 31 at 7 am to 9:30 am**. Where: Sacred Heart Church (1307 14 St SW, Calgary). Cost: \$10.
- **Women's Ignatian Spiritual Exercises Silent Directed Retreat**. When: **Thursday, Apr. 30 at 4 pm to May 3**. Where: Entheos Retreat Centre, Calgary.

For more information or to register to these events, contact (403) 992-4748 | rccalgary.com

WOMEN CONFERENCE - FEMININITY:

TEARING OF THE VEIL | Beloved Daughters Women's Ministry invites all women to attend their first annual Women's Conference with speakers Heather & Jake Khym from *Life Restoration*. When: **Friday, May 15 & Saturday, May 16**. Where: St. Mary's Cathedral (219 18 Ave SW, Calgary). For more information or to get tickets, visit femininity.eventbrite.ca

ST. PATRICK'S FEAST DAY WITH BISHOP

MCGRATTAN | The Irish Cultural Society (ICS) invites you to celebrate the Feast day of St. Patrick at St. Mary's Cathedral on **Tuesday, Mar. 17 at noon** with Bishop McGrattan. Following mass, a light community lunch will be served in the parish hall. Kindly bring a tray of sandwiches or baked goods to contribute to the lunch.

THE CATECHESIS OF THE GOOD SHEPHERD TRAINING FOR ADULT CATECHISTS |

Based on Montessori principles, Catechesis of the Good Shepherd teaches scripture and liturgy for children ages 3-6. This is an opportunity for adults to be trained as Catechists for the Catechesis of the Good Shepherd, working with 3-6 year-old children in a parish/school setting. Training will be held **Apr. 20-25** at the Catholic Pastoral Centre. Register by **Mar. 15**. Visit: cgsac.ca | paula.sabatini@st-peters.ca

MARRIAGE PREPARATION WITH CEE

Inviting couples preparing for the sacrament of marriage:

- Catholic Engaged Encounter (CEE) marriage preparation weekend. When: **Mar. 28-29**. To register, call 403-240-0103 or visit ceewest.com/calgary
- Catholic Family Services Marriage Preparation Weekends will be held on **May 22-24** (St. Mary's Cathedral); June 19-21 (Holy Name, Calgary); July 24-26 (St. Peter's, Calgary). To register, visit cfs-ab.org

WAY OF THE CROSS PILGRIMAGE

St. Patrick's Parish in Calgary invites you to their one-day Lenten "pilgrimage" of visiting 14 churches in the Diocese of Calgary. When: **Saturday, Apr. 4**, starting at St. Patrick's at **7:30 am**. Cost: \$30/person. Travel will be by coach. For more details, contact 403-254-6878.