

彌撒時間

星期六下午四時卅分（粵語）

星期日上午九時卅分（英語）

上午十一時正（粵語 / 國語）

平日彌撒：

星期二至星期五上午十一時（粵語）

Mass Schedule :

Saturday 4:30 p.m. (Cantonese)

Sunday 9:30 a.m. (English)

11:00 a.m. (Cantonese / Mandarin)

Weekday Masses :

Tuesday to Friday 11:00 a.m. (Cantonese)

堂區辦事處辦公時間：

星期二至星期五 上午十時至下午二時

星期六、日及一 休息

公眾假期 休息

Parish Office Operated Hours:

Tuesday to Friday 10:00 a.m. to 2:00 p.m.

Saturday, Sunday & Monday Close

Statutory Holidays Close

主日彌撒捐獻		(Online Donation)	
Weekend Collections		Feb 11th	Feb 1st - 9th
主日彌撒捐獻	Sunday Collection	\$ 1,785.00	\$ 1,070.00
特別捐獻	Special Offering	\$ 140.00	\$ 250.00
「齊心合力, 事主事人」	Together We Serve	\$ 50.00	\$ 195.00
聖堂維修	Building Fund	\$ 45.00	\$ 425.00
神父宿舍重建	Rectory Rebuild	\$ 50.00	\$ -
聖誕及新年捐獻	Christmas & NY Offering	\$ 20.00	\$ -

SEPARATED FROM JESUS THE MOON HAS NO LIGHT OF ITS OWN - CELEBRATES LUNAR NEW YEAR

Pope Benedict XVI says the following words in his encyclical letter “God is Love”: “In sacramental communion I become one with the Lord, like all the other communicants. As Saint Paul says, “Because there is one bread, we who are many are one body, for we all partake of the one bread” (1 Cor 10:17). Union with Christ is also union with all those to whom he gives himself. I cannot possess Christ just for myself; I can belong to him only in union with all those who have become, or who will become, his own. ... Love of God and love of neighbour are now truly united: God incarnate draws us all to himself. ... Here the usual contraposition between worship and ethics simply falls apart. “Worship” itself, Eucharistic communion, includes the reality both of being loved and of loving others in turn. A Eucharist which does not pass over into the concrete practice of love is intrinsically fragmented” (n. 14). These words remind us of our calling to love all our neighbors, born and unborn.

Source : Vatican News

愛民頓瑪利亞進教之佑華人天主堂

Email: edmontonchineseeparish@gmail.com Website: edmontonchineseeparish.org

堂區通訊 Parish Newsletter

牧職人員：主任司鐸 秦英神父 Pastor : Rev. Dominic Qin  
執事 劉贊願 Deacon : Francis Lau

二零二四年二月十八日 四旬期第一主日  
February 18<sup>th</sup>, 2024. First Sunday of Lent

《首先屬於天主：與教宗方濟各一起避靜》

教宗強調，基督徒的避靜絕非「舒適的假期」，而是一段重生的時期。教宗開門見山地指出，聖依納爵清楚看見「每個基督徒都處在一場定義自己生命的戰役中」，掙扎著要「克服自我封閉的誘惑」。雖然，「耶穌早已通過祂的聖死與復活為我們打贏了這場戰役」，但是「我們持續受到誘惑，對天主的恩寵關上心門，以世俗的方式生活，幻想著我們是主宰者、自得其滿」。

為了克勝這個誘惑，「教會以多種方式幫助我們」，包括「聖傳和訓導、祈禱與告解、勤領聖體」。教宗稱之為「恩寵的渠道」，讓我們得以領受「天父要傾注在我們身上的恩典」。同時，教宗也點出，其中一項傳統是靈修避靜，涵蓋了聖依納爵的《神操》。

在冷酷無情的壓力和高度競爭的緊張氣氛下，那幫助我們恢復活力的避靜廣受歡迎。然而「基督徒的避靜與舒適的假期截然不同。前者關注的焦點不是我們自身，而是天主、是善牧。祂從不把我們當做機器看待，卻把我們視為鍾愛的兒女，回應我們最深的渴望。」

在避靜期間，「造物主直接對祂的受造物說話，以祂的『愛與讚頌』，點燃我們的心靈之火，讓我們將來能更好地事奉上主」。教宗表明，「耶穌來與我們相遇，打破我們的鎖鏈，讓我們能以門徒和同伴的身份與祂同行」。

教宗提起耶穌在貝特匝達水池對一名癱瘓病人說的話：「起來，拿起你的床，行走吧！」（參閱：若五 1-16）教宗解釋道：「這個人的內心癱瘓了。他在一個充滿對手和競爭者的世界裡感到失敗。其他人都比他強健又迅速，他陷入了絕望。可是在那裡，耶穌走出來仁慈地與他相遇，召叫他走出自我。他向耶穌治癒的力量開放的那一刻，他內心和外在的癱瘓立即痊癒了。他能站起來、向前走，讚美天主，為天國奉獻，擺脫自我滿足的迷思，學習每天更信賴天主的聖寵。如此一來，這個人變成門徒，不僅能更好地應對這世界的挑戰，更能催促世界依照恩典和愛的邏輯來運作。」

教宗鼓勵眾人「首先」屬於天主，然後才屬於受造界和人類。因此，教宗邀請關注我們時代的兩大危機，分別是：我們共同家園的衰退，人們流離失所的現象。這些都是「歸屬感危機」的症狀。正因如此，教宗希望「教會重新發現同道偕行傳統的恩典，因為當教會對那在天主子民中間發言的聖神開放時，整個教會就能站起來、向前走，讚美天主，為天主國度的實現盡一份心力」。

教宗祝願眾人能領悟聖依納爵所說的愈顯主榮（Magis）的真諦，「在愈加奉獻自我的過程中，愈加發現天主的愛有多深」。

（節錄自：梵蒂岡新聞網）

## **四旬期恭拜苦路 – 二月十六日至三月廿二日**

拜苦路是與「基督受難史」相連的熱心敬禮，今年將由二月十六日至三月廿二日，每逢星期五下午七時開始恭拜苦路。三月廿九日（救主受難紀念日）則於下午二時恭拜苦路，隨後三時開始救主受難紀念禮儀。請各位教友熱心參加，一起追憶和默想主耶穌為救贖人類所受的苦難。

### **Way of the Cross – February 24<sup>th</sup> to April 7<sup>th</sup>**

The Way of the Cross will take place every Friday at 7:00pm during Lent with the first one starting on February 16<sup>th</sup>. On Good Friday (March 29<sup>th</sup>), the Way of the Cross will begin at 2:00pm, with the Lord's Passion starting at 3:00pm. Please take this opportunity to meditate on Our Lord's passion and his death on the cross for the salvation of mankind.

### **四旬期粵語退省**

二月二十五日（星期日）舉行的四旬期粵語退省報名截止日期為二月二十二日（星期四），主講神師是卡加利永援聖母堂的終身執事林偉良。堂區將會提供簡單午餐。退省當天，剛好是秦神父六十五歲的唐曆生辰，亦是他晉鐸三十五週年的前夕。為慶祝神父生日及晉鐸的大日子，我們將會在皇城大酒家舉行聯歡晚宴，票價每位五十元，希望教友能踴躍參加，共慶神父這歷史性的時刻。

### **Cantonese Lenten Retreat**

The Cantonese Lenten retreat this year is scheduled to be held on Sunday February 25<sup>th</sup>. Deacon Edward Lam will be our spiritual facilitator. Father Qin encourages everyone's active participation to better prepare for the resurrection of Jesus Christ and our ultimate salvation. Registration deadline will be Thursday, Feb 22<sup>nd</sup>. On the same date of the retreat, is Father Qin's 65th birthday and the eve of his 35th anniversary of priesthood ordination. We are celebrating these milestone events at Emperor's Palace Restaurant. Tickets are available at the Information Desk at 50 dollars each.

### **四旬期英語退省**

堂區將於三月十七日星期日舉行英語四旬期退省。神師是 St Teresa parish 的 Sister Cristina Naranjo。登記詳情將於下週末公佈。

### **English Lenten Retreat**

The parish will host the English Lenten retreat on March 17, Sunday. We have invited Sister Cristina Naranjo from St Teresa Parish to be our spiritual director. Registration will start on next weekend.

### **「主的晚餐」- 濯足禮**

在聖週四（三月二十八日）晚上八時，「主的晚餐」感恩祭中，將舉行「濯足禮」，現需要十八歲或以上的教友協助。願意參與「濯足禮」的教友，請到詢問處留下姓名及聯絡電話。多謝參與！

### **Holy Thursday Lord's Supper - "Washing of Feet"**

Parishioners 18 years old and up are invited to participate in the "Washing of Feet" during the Holy Thursday Lord's Supper at 8 p.m. on March 28<sup>th</sup>. If you would like to participate, please put down your name and contact number at the Information Desk.

## **捐贈洗衣機**

堂區存放於地庫機房，用來清洗抹布及圍裙的洗衣機於兩星期前經已壞了，如果您擁有一台舊的洗衣機可以捐贈，請與堂區辦事處聯絡。電話 780-482-7481。

### **Washing Machine**

The washing machine located in the basement machine room broke down two weeks ago. This is mainly used to clean towels and aprons. If you have an old washing machine that can be donated, please contact the parish office at 780-482-7481.

### **暫停非宗教性之活動**

由二月十四日聖灰禮儀日開始至三月三十一日復活主日，即四旬期及聖週期間，堂區內一切非宗教及神修性活動將會暫停，請各位教友留意。

### **Non-Spiritual activities will be halted during Lent and Holy Week**

Starting from Ash Wednesday, February 14<sup>th</sup> to Easter Sunday March 31<sup>st</sup>, all non-religious and non-spiritual activities will be halted during Lent and Holy Week.

### **堂區外的乞討者**

最近在堂區外等待並向個別教友尋求幫助的人數有所增加。重要的是我們不要向乞討者提供援助。愛民頓警方對一般民眾有以下的提示。

向乞討者提供金錢可能導致：

- 妨礙乞討者取得可以提供幫助的社區資源
- 支持成癮行為
- 鼓勵他們在特定區域（教區）等地方活躍，並最終導致警方的干預

我們的教區內有許多地方為有需要的人提供免費食物、住所及其它支援等服務。處理乞討者的最佳方法是，引導他們使用這些服務。電話號碼 211 是亞省社區和社會服務的求助熱線和線上資料庫。由訓練有素的專家接聽和更新，並有多種語言提供服務。

### **Panhandlers outside parishes**

There has been an increase in the number of individuals waiting outside our parishes and seeking help from our individual parishioners. It is important that we not give to panhandlers. Advice we have received from the Edmonton Police is as follows.

Giving money to panhandlers may:

- Discourage panhandlers from accessing community resources that can help
- Support addictions
- Encourage them to work specific areas (parishes) and eventually lead to police intervention

There are many places in the Archdiocese for people who need free food, shelter and support. It is best that we direct these individuals to these services. In addition, the phone number 211 can provide access to a variety of resources (in multiple languages).

### **主日讀書會**

您是否想過從閱讀聖經接近聖言卻又擔心不明白？或者您有其他義務工作而沒有太多時間閱讀聖經？主日讀書會或許能幫助你接近聖言，增強您對聖經啟示的理解。第一次聚會將於三月二十四日上午十一時彌撒後以 Lunch & Learn 形式進行。歡迎大家於接待處報名。