

彌撒時間	Mass Schedule :
星期六下午四時卅分 (粵語)	Saturday 4:30 p.m. (Cantonese)
星期日上午九時卅分 (英語)	Sunday 9:30 a.m. (English)
上午十一時正 (粵語 / 國語)	11:00 a.m. (Cantonese / Mandarin)
平日彌撒:	Weekday Masses :
星期二至星期五上午十一時 (粵語)	Tuesday to Friday 11:00 a.m. (Cantonese)

堂區辦事處辦公時間:	Parish Office Operated Hours:
星期二 至 星期五 上午十時至下午二時	Tuesday to Friday 10:00 a.m. to 2:00 p.m.
星期六、日及一 休息	Saturday, Sunday & Monday Close
公眾假期 休息	Statutory Holidays Close

主日彌撒捐獻			
Weekend Collections		Nov 23rd	
主日彌撒捐獻	Sunday Collection	\$	2,045.00
特別捐獻	Special Offering	\$	735.00
「齊心合力, 事主事人」	Together We Serve	\$	105.00
聖堂維修	Building Fund	\$	270.00

Be Watchful and Be Prepared

Today is the First Sunday in Advent: There are five seasons in the Liturgical year: Christmas, Lent, the Triduum, and Easter. Ordinary time marks the time between the seasons of the Liturgical year. The season of Advent begins on the eve of the fourth Sunday before Christmas and ends on Christmas Eve. The Christmas Season then begins with the vigil of the Feast of the Nativity of our Lord. Advent is like awaiting the birth of a child with an odd mixture of happiness and contentment accompanied by nervousness and even anxiety concerning. We can describe Advent as a season of waiting. The entire community of the Church is waiting for the day when God will remove the veil that separates people and nations from one another and establish perfect unity with Him prophesied in Isaiah 25:7. When that day comes, God will "wipe away the tears from every cheek," and we shall see all things as they are in Heaven where there is no more death, and no more mourning, sadness or pain (Is 25:8; Rev 7:17; 21:4). In this season of the Liturgical Year, we not only prepare to look back in time to Jesus's First Advent, when He came to earth as God enfleshed to defeat sin and death, but we are also looking forward in time to His promised Second Advent, at the end of time as we know it when Jesus returns as King and divine Judge to gather all His Church into His heavenly Kingdom. Christians believe that death is not the end but a new beginning. At the end of our earthly lives, or if Christ's Second Advent precedes that event, we will be stepping out into an eternity of blessings or sorrow. In the First Advent of Jesus the Messiah, both covenant blessings and judgments for the first time became eternal, unlike the temporal blessings and judgments of the Old Covenants in which both the righteous and the sinners awaited the coming of the Redeemer-Messiah in Sheol.

*** Agape***

愛民頓瑪利亞進教之佑華人天主堂

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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

二零二五年十一月三十日
 November 30th, 2025

將臨期第一主日
 First Sunday of Advent

耶穌基督的兩次來臨

我們宣告基督來臨：他不僅來了一次，且將再度來臨；而這第二次來臨遠比第一次更光榮。因為第一次來臨，以受苦為特徵，而第二次，是為帶來神國的王冠。原來有關我們的主耶穌基督的一切，多次都是雙重的：雙重的誕生，一次在萬代之前，從天主誕生；一次在預定的世代，從貞女誕生；雙重的降臨，第一次是隱密無聲的，猶如細雨落在羊毛上；第二次是眾目昭彰的，那仍是在將來。他初次來臨時，被裹以襁褓，躺在馬槽裡；他再度來臨裡，將身披光明作外氅。他第一次來臨時，不畏人之輕謾凌辱，忍受了十字架苦刑；他再度來臨時，將有天使的隊伍隨侍左右，光耀無比！因此我們不以他第一次來臨為已足，還要期待他再度來臨。我們在他第一次來臨時，曾向他說過：「奉主名而來的，應受讚頌。」當他第二次來臨時，我們要偕同天使們、去迎接他，朝拜他，仍要向他歡呼說：「奉主名而來的應受讚頌！」救主將要來臨，不是為再受審判，而是為審判那些曾審判過他人們。他從前是受審訊的，沉默不語；將來他指責那竟敢陷害他，判他受十字架苦刑的惡人；提醒他們說：「你們做了這些事，而我卻緘口不言。」…………他的第一次來臨是為實行他愛的計劃，總是用溫良的勸語教訓人；他再度來臨時，人無論願意或不願意，都將隸屬於他的王權之下。先知瑪拉基亞，對他的兩次來臨，都曾預言過。他論及第一次來臨時說：「你們所尋求的主宰，必要忽然進入他的殿內。」他又論及他第二次來臨時說：「看哪！你們所想要的盟約使者 --- 全能的上主，將要來臨；但是他來臨之日，有誰能支持得住？或在他顯現時，有誰能站立得住？因為他像煉金者用的爐火，又像漂布者用的鹼汁。他必要坐下，像個溶化和煉淨銀子的人。」聖保祿致弟鐸書中，亦提到基督的雙重來臨，他說：「天主拯救眾人的恩寵已經出現，教導我們棄絕不虔敬的生活和世俗的貪欲，在今世度一個公正、虔敬的生活，期待所希望的幸福，和我們偉大天主及救主耶穌基督光榮的顯現。」你已看到，保祿如何講述基督的首次來臨，並表示感恩；但對他第二次來臨，我們仍要期待。因此我們所承認的信仰用以下的話傳授給我們，使我們相信：「他升了天，坐在聖父的右邊；他將在光榮中降來，審判生者死者；他的王國，萬世無疆。」所以，我們的主耶穌基督將（自）天降來。他將在世界終窮的時候，在最後一日，帶著光榮降來；因為這個世界將會終結，然後這個被創造的世界將被改造，煥然一新。



*** 聖濟利祿《要理》 ***

朝聖與將臨期退省

隨著禧年 2025 即將圓滿結束，本堂誠邀各位教友於 12 月 14 日（主日）前往 Mount Carmel 靈修中心參加朝聖與將臨期退省。當日行程包括上午十時英語感恩祭，隨後由 Fr. Frank Sharma 帶領的英語退省由上午十一時三十分至下午四時三十分。讓我們以「希望的朝聖者」心態，一同回顧禧年所領受的恩典，並在將臨期中預備心靈，迎接基督的降臨。活動當天將提供午餐，堂區亦會為有需要的教友安排共乘交通。報名可掃描堂區海報上的 QR Code，或登陸本堂網站首頁或前往詢問處登記，歡迎大家踴躍參加，共同度過這充滿恩寵、祈禱與反思的恩典之日。

Pilgrimage and Advent Retreat

As we draw near to the conclusion of the Jubilee Year 2025, all parishioners are invited to join the parish Pilgrimage and Advent Retreat at Mount Carmel Spirituality Centre on Sunday, December 14. The day begins with Mass at 10:00am, followed by a guided retreat in English from 11:30am to 4:30pm, led by Fr. Frank Sharma. Together, we will reflect on our journey as Pilgrims of Hope, enter more deeply into Advent, and prepare our hearts for the coming of Christ. Lunch will be provided, and the parish will coordinate carpooling for those needing transportation. To register, please visit the parish homepage, sign up at the information desk, or scan the QR code on the event poster.

重宣婚姻盟誓

本年度重宣婚姻盟誓儀式將於 12 月 28 日聖家節舉行。為了方便教友所需，今年我們嘗試在九時半及十一時彌撒中均舉行宣誓儀式，夫婦們可以選擇英文，粵語或普通話說出誓辭。歡迎結婚五年或五年倍數年份的夫婦參加。婚配是耶穌建立的聖事，是我們生活中一個非常重要的部份。神父及堂區鼓勵大家能夠趁這個機會把你對配偶的承諾再次宣誓出來。希望各年齡層的夫婦都踴躍參加，藉此可以得到天主的祝福及教友的見證，並在婚姻路上得到支持。參加表格可於詢問處索取，報名截止日期為 12 月 21 日，多謝各位留意。

Renewal of marriage vows

This year's ceremony for the renewal of marriage vows will be held on December 28th, the Feast of the Holy Family. To better accommodate the needs of our parishioners, we will be conducting the vow renewal ceremony during the 9:30am and 11:00am Masses. Couples may choose to recite their vows in English, Cantonese, or Mandarin. Those who have been married for five years or multiples of five years are warmly invited to participate. Marriage is a sacrament instituted by Jesus and holds a very important place in our lives. Fr. Qin and the parish encourage everyone to take this opportunity to reaffirm your commitment to your spouse. We hope couples of all ages especially young couples will actively take part in this ceremony. Through it, may you receive God's blessings and the support of fellow parishioners as witnesses, to strengthen you on your marital journey. Registration forms are available at the information desk. The deadline for registration is December 21. Thank you for your attention.

教友問卷調查

本堂正推出「教友問卷調查」，以更深入了解我們團體的靈性需要、期盼與牧民經驗。誠邀所有教友踴躍參與。問卷提供網上版及紙本版：網上版可在本堂網站首頁取得，或掃描教堂內張貼海報上的 QR Code；紙本問卷可在詢問處索取，填寫後請交回堂區辦事處。提交問卷的截止日期為十二月二十一日。感謝各位的寶貴意見，這將協助堂區更好地規劃未來的牧民方向，並支持我們信仰團體的成長。謝謝大家的參與！

Parish Survey

Our parish is launching a Parishioner Survey to better understand the spiritual needs, hopes, and experiences of our community. We warmly invite everyone to take part. Both online and paper versions are available. You can access the online survey through the parish website homepage or by scanning the QR code on the posters in the church. Paper copies can be picked up at the Information Desk and returned to the parish office when completed. The deadline for submitting the survey is December 21.

捐獻信封及收據

由於加拿大稅務局規定在捐款退稅收據內必須註明捐款人的英文全名和地址，教友如有任何地址或姓名之更正，請儘早聯絡堂區辦事處。此外，為確保教友們能準時收取捐款退稅收據，財務組亦懇請各位，無論用捐獻信封或通過電子轉賬捐款，都必須提供在本堂區登記的捐獻信封號碼或捐款人的英文全名和地址。如有任何查詢，請聯絡 Catherine Chang (catherine.chang@mhocp.ca)。

Donation envelope and receipt

As Canada Revenue Agency requires that an official donation receipt must include the full name and address of the donor, the Parish Finance group would like to ask those parishioners who need to update their names and / or addresses to contact the parish office as soon as possible. In addition, to ensure that parishioners will get their donation receipts with no undue delay, the Parish Finance group also asks that, at a minimum, either the registered donation envelope number or the full name and address of the donor be provided on the donation envelope or in the e-Transfer memo. For any enquiries, please contact Catherine Chang at catherine.chang@mhocp.ca.

食物庫 (Food Bank) 收集食物

為表示基督徒相親相愛，彼此服侍，本堂已開始為本市食物庫收集食物，獻給有需要者以表示愛心。教友可帶回一些可久存的食物，投入置於詢問處前的收集箱內。教友如欲以現金或支票方式捐贈，請用詢問處的特設信封，支票捐贈抬頭請寫 Mary Help of Christians Chinese Catholic Parish。有關信封請投入聖堂內的捐款箱。

Food Bank Collection

To express our Christian love and generosity to those in need, we are collecting food and money donation for the Food Bank during Advent and Christmas. Please drop any non-perishable food into the collection box in front of the information desk. For any cash or cheque donation, please put in the specific envelope provided at the information desk and drop into the collection box at the church. Cheque should be made payable to “Mary Help of Christians Chinese Catholic Parish”.