

Ash Wednesday – February 14

Take inspiration for your Lenten journey from **prayer** and the reading of Scripture, from **fasting** and from **giving alms**. The fasting that we all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is an effort to share this world equally—not only through the distribution of money, but through the sharing of our time and talents. The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.

REFLECT

"By the sweat of your brow you shall eat bread, Until you return to the ground, from which you were taken; For you are dust, and to dust you shall return." (Gn 3:19)

~ <http://www.usccb.org> ~

主日彌撒捐獻	Weekend Collections	Feb 04 th , 2017
主日彌撒捐獻	Sunday Collection	\$ 2,358.00
特別捐獻	Special Offering	\$ 320.00
「齊心合力，事主事人」	Together We Serve	\$ 1,220.05
聖堂維修	Building Fund	\$ -----

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 (粵語)
下午二時卅分 (國語)

辦告解時間：

星期六及每主日彌撒 30 分鐘前
神父會為教友辦告解

平日彌撒：

星期二至星期五上午十一時

每月首星期五耶穌聖心彌撒：

下午五時三十分
彌撒後進行明供聖體及聖體降福

Mass Schedule：

Saturday 4:30 p.m. (Cantonese)
Sunday 9:30 a.m. (English)
11:00 a.m. (Cantonese)
2:30 p.m. (Mandarin)

Sacrament of Reconciliation：

30 minutes before 4:30 p.m. Saturday mass and
9:30 a.m., 11:00 a.m. and 2:30 p.m. Sunday masses

Weekday Masses：

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

Mass of the Sacred Heart of Jesus - First Friday of every month-:

5:30p.m. (Cantonese)
Adoration of the Blessed Sacrament & Benediction will be followed
after mass

辦公時間：

星期一 休息
星期二至星期五 上午十時至下午二時
公眾假期 休息

Office Hours:

Monday Close
Tuesday to Friday 10:00 a.m. to 2:00 p.m.
Statutory Holidays Close

愛民頓瑪利亞進教之佑華人天主堂 Mary Help of Christians Chinese Catholic Parish

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堂區通訊

Parish Newsletter

主任司鐸：秦英神父 Pastor: Rev. Dominic Qin

二零一八年二月十一日
February 11th, 2018

常年期第六主日
Sixth Sunday in Ordinary Time



各位兄弟姊妹：

今天是常年期第六主日，我們堂區慶祝華人的新春佳節，這是我們傳統的除舊迎新的節日。正符合這個主日讀經的意思。福音中的麻瘋病人因耶穌的憐憫得到潔淨，由被隔離的麻瘋病人成為潔淨的正常人，是耶穌改變了他的生活，使他重新融入團體中。我們華人也要處理一下年前的生活陋習，對新的一年充滿憧憬，整裝出發，希望有一個好的開始。在信仰生活上我們也必需清理一下自己的心靈，使自己輕裝上陣，去面對新的挑戰。就如聖保祿在格林多前書中對信徒所說的：“你們或吃或喝，或無論做什麼，一切都要為光榮天主而作。”

Dear Brothers and Sisters,



Today is the Sixth Sunday in Ordinary Time. Our parish celebrates the Chinese New Year. Our festive tradition of cleanup of the old is consistent with the meaning of this Sunday Scriptures reading. Moved with pity, Jesus cleansed the man suffered from leprosy and he no longer needs to be separated. With Lord's mercy, his life was changed and able to reintegrate into the community. We have the traditions to do cleanup for preparations of New Year and hoping for a good start. For our spiritual life, we should cleanup our souls and our mind to get ourselves ready to face with new challenges. As St. Paul said to Corinthians, "Whether you eat or drink, or whatever you do, do everything for the glory of God."

聖灰禮儀日 (2016 年 2 月 10 日)

二月十四日 (星期三) 是聖灰禮儀日。秦神父於當日上午十一時舉行聖灰禮儀。禮儀包括感恩祭及領受聖灰。請各位教友熱心參加，展開神聖的四旬期。還未領受聖灰的教友，亦可於二月十七日 (星期六) 下午四時半及二月十八日 (星期日) 上午九時半、上午十一時及下午二時半彌撒後領受聖灰。按照教會的規定：在聖灰禮儀日，年滿十四歲之教友，應守小齋；年滿十八至五十九歲之教友，應守大齋。謹請教友特別留意。

大小齋

- [小齋]：教會規定，凡已足十四歲的教友，在每年的聖灰禮儀日及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天不吃喝熱血動物的肉類食品及湯水。不過，可喝牛奶或吃雞蛋。
- [大齋]：教會也要求年齡由十八至五十九歲的教友，在上述兩個日子，除守小齋外，還要守大齋，即在那兩天只可吃飽一餐，並在其他兩次不同時間取用小許食物 (不可等於一餐飽)。
- [守齋] 的用意：第一是彌補罪過；第二是催使教友歸依基督的心愈益成長，引導教友思想像基督，行動肖似基督。

Ash Wednesday - February 10th

Ash Wednesday falls on February 14th this year. It also marks the beginning of Lent. Ashes will be blessed and “imposed” on the faithful as a sign of conversion during 11:00am Mass on that day. Ashes will also be distributed during Masses on the following Saturday and Sunday as well.

Abstinence and Fasting

Abstinence and Fasting are required of all faithful on Ash Wednesday and Good Friday. All persons who are aged fourteen or older are bound to keep Abstinence while Fasting binds all who are aged eighteen and fifty-nine. Abstinence is to refrain from meat with the exception of egg, milk and seafood. Fasting means to take one full meal plus two smaller meals enough to maintain strength. Eating between meals is not encouraged, but liquid is allowed.

四旬期恭拜苦路 - 二月十六日至三月三十日

從二月十六日至三月二十三日逢星期五下午七時半為恭拜苦路時間。三月三十日 (星期五) 會於下午二時恭拜苦路，救主受難紀念禮儀則卡下午三時開始。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 16th to March 30th

The Way of the Cross will take place every Friday at 7:30pm during Lent with the first one starting on February 16th. On Good Friday (March 30th), 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.

第二次奉獻 下個主日將會收取兩次奉獻。第二次奉獻是為「聖堂維修」收取。請大家慷慨捐獻。

Second collection Next weekend, there will be a second collection for the “Building Fund”. Thank you for your generosity.

教宗方濟各勉勵我們眾人應當將自己領洗的日子銘記於心

主受洗日邀請每個基督徒記得聖洗聖事。有人如果不知道或是忘記自己領洗的日子，就該詢問自己的親人或代父代母。教宗解釋道：「那是我們應當永遠銘記於心的日子，因為那是個喜慶的日子，是我們開始成聖的日子。天父在那一天賜予了我們聖神，敦促我們前行；那是一個莫大寬恕的日子。你們切莫忘記自己領洗的日子。」

教宗接著論及耶穌的無比謙卑：祂沒有罪，卻跟悔罪者們一同排隊，在約旦河受洗，以彰顯祂樂意「浸身於謙卑之河」，承擔世人的軟弱，與他們共同渴望克勝一切使人遠離天主、與弟兄形同陌路的事物。簡而言之，「如同在白冷城那樣，天主在約旦河畔也信守諾言，背負人類的命運，而耶穌則是其可觸摸又明確的標記。祂在生活中每天背負著我們所有的人。」

教宗最後強調，聖神是耶穌和我們洗禮的工匠。正是聖神「使我們的心靈眼目向真理敞開」，催促我們踏上「愛德之路」，「向我們通傳天主寬恕的溫柔」。

~ 節錄自梵蒂岡電台 ~

農曆新年特別感恩祭

二月十六日 (星期五) 為農曆大年初一。秦神父鼓勵教友踴躍參加當日十一時之『農曆新年』感恩祭。

Mass for the Chinese New Year

February 16th (Friday) is Chinese New Year. There will be a special mass at 11am to celebrate Chinese New Year. Everyone is welcome.

病人傅油禮

二月十一日 (星期日) 為世界病患者日。秦神父將會延後一星期，於二月十七日 (星期六) 下午四時半及二月十八日 (星期日) 上午九時半、上午十一時及下午二時半彌撒後，為堂區年老體弱或患病的教友施行「病人傅油聖事」。

World Day of the Sick

February 11th (Sunday) is World Day of the Sick. Fr. Qin will administer the Sacrament of the Sick on Saturday, February 17th after the 4:30pm mass and on Sunday, February 18th after the 9:30am, 11:00am and 2:30pm masses.

聖神內更新祈禱會

聖神內更新祈禱會將於二零一八年二月二十五日 (星期日) 下午三時四十五分，即普通話彌撒後於本堂會議室以粵語舉行。會後舉行農曆新年 Potluck 聚餐，歡迎大家邀請親友參加。有興趣教友請到詢問處登記。也敬請出席祈禱會的教友攜帶聖經或手機電子聖經。如有任何查詢，請與 Andy Lok 聯絡。

Charismatic Prayer Meeting

The next Charismatic Prayer Meeting will be held in Cantonese on Sunday, February 25 2018 (3:45pm ~ 5:15pm) in Church conference room. After the prayer meeting, a Chinese New Year Potluck dinner will. Please sign up at the information desk or contact Andy Lok. Everyone is welcome.