

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				(Online Donation)
Weekend Collections			Mar 12th	March 1st ~ 7th
主日彌撒捐獻	Sunday Collection		\$ 1,408.05	\$ 1,070.00
特別捐獻	Special Offering		\$ 1,520.00	\$ 250.00
「齊心合力, 事主事人」	Together We Serve		\$ 320.00	\$ 70.00
聖堂維修	Building Fund		\$ 655.00	\$ 200.00
神父宿舍重建	Rectory Rebuild		\$ -	\$ -
聖誕及新年捐獻	Christmas & NY Offering		\$ -	\$ -

聖週禮儀時間表（三月廿八日至三十一日）

三月廿八日（聖週四）	主的晚餐感恩祭	晚上八時正（粵語，國語）
三月廿九日（聖週五） （應守大小齋）	恭拜苦路 紀念救主苦難禮儀	下午二時正（粵語） 下午三時正（粵語，英語）
三月三十日（聖週六）	至聖之夜逾越節守夜禮	晚上八時正（粵語、國語，英語）
三月三十一日（復活主日）	復活主日日間感恩祭	上午九時三十分（英語） 上午十一時正（粵語，國語）

Holy Week Liturgy Schedule (March 28th to 31st)

March 28 th Holy Thursday	Mass of the Lord’s Supper	8:00 p.m. (Cantonese, Mandarin)
March 29 th Good Friday (Fast and Abstinence)	Way of the Cross The Lord’s Passion	2:00 p.m. (Cantonese) 3:00 p.m. (Cantonese, English)
March 30 th Holy Saturday	Easter Vigil	8:00 p.m. (Cantonese, Mandarin, English)
March 31 st Easter Sunday	Easter Sunday Masses	9:30 a.m. (English) 11:00 a.m. (Cantonese, Mandarin)

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

二零二四年三月十七日
March 17th, 2024.

四旬期第五主日
Fifth Sunday of Lent

天主寬恕我們從不厭倦，我們應不厭其煩地祈求祂的寬恕

教宗方濟各指出，在懺悔聖事中，懺悔者應有的三個態度：即，在天主前悔過、信賴祂和不再犯罪的決心。你們要把“每一次的告解聖事都當作獨特且不可重複的恩典時刻”，並“以父親的慈愛和母親的溫柔給予懺悔者上主的慷慨寬恕”。

教宗解釋道，首先是悔過，“這不是自我分析的結果，也不是感到內疚的結果”，而是“意識到我們在天主無限的愛和無限的憐憫前的卑微不幸”。這個意識驅使我們“請求祂的寬恕”，並如此祈禱：“我的天主，我全心全意地懺悔我所犯的諸罪，因為我冒犯了無限美善的祢”。這樣的祈禱促使懺悔者改過遷善，並反思自己和自己的行為。“讓我們謹記，天主寬恕我們從不厭倦，而我們也應不厭其煩地祈求祂的寬恕。”

接著，教宗講到懺悔者的第二個態度。他指出，懺悔者通過承認冒犯了“無限美善”的天主，從而認識到“愛天主在萬有之上”，就是把天主置於一切的中心，作為旅途上的明燈和所有價值秩序的基礎，並將一切託付於天主。教宗指出，這對天主的信賴“激發出所有其他的愛：即對人類和對受造物的愛，因為那愛天主的，也該愛自己的兄弟（參閱若一：四 19-21）”。

教宗講到懺悔者立志“不再犯罪”的態度。教宗指出，這是一個志向，而不是一個諾言。他解釋道：“事實上，我們沒有人能向天主保證不再犯罪，而獲得寬恕所需要的並不是無罪的保證，而是時下的決心意志。另外，我們應始終以謙卑的態度承擔這一責任，正如“在祢神聖的助佑下”這句話所強調的。”

最後，教宗提到懺悔者的祈禱詞“上主啊，求祢憐憫，寬恕我吧”，這祈禱文把“上主”和“憐憫”放在一起，強調“上主是憐憫，憐憫是祂的名字”。教宗最後總結道：“在每一個憐憫的行動中，在每一個愛的行動中都顯示出了天主的面容。”

（節錄自：梵蒂岡新聞網）

God embraces us and frees us from our sins

Pope Francis acknowledges that God loves us so much that He is not interested in putting us on trial to condemn us, but rather to embrace and save us all, as to ensure that none of us is lost.

Even if we feel weighed down by sin or mistakes, Jesus is ready to comfort and save us.

Pope Francis said, "Jesus came not to condemn, but to save. It's beautiful... no one is perfect," and that "we are all sinners," but that does not interfere with God's incredible love for us.

"There are no secrets before the Lord", the Lord does not point the finger at us, but "embraces our life," wishing "to free us from sins and save us."

"Jesus is not interested in putting us on trial and subjecting us to judgment; He wants none of us to be lost".

The Holy Father asked everyone to think of the many times we condemn others or gossip, and encouraged us to ask the Lord going forward to instead look at others mercifully, as Christ does.

"The Lord's gaze on each one of us," the Holy Father said, "is not a blinding beacon that dazzles and puts us in difficulty, but the gentle glow of a friendly lamp, which helps us to see the good in us and to realise the evil, so that we can convert and be healed with the support of His grace."

Pope Francis concluded by calling on the faithful to imitate God's love for others, and praying to the Blessed Mother that we may desire the good of one another.

Source : Vatican News



至聖之夜逾越節守夜禮茶會 堂區於三月三十日逾越節守夜禮後在禮堂舉行 Pot Luck 聚餐，讓教友可共聚一堂，慶祝主耶穌的復活。特此呼籲教友們各預備小食一份於茶會中彼此分享，食物可於當晚彌撒前交到廚房。歡迎教友們攜同親友踴躍參加。

Easter Vigil Tea Party Please join us for a tea party on Holy Saturday, March 30th after the Easter Vigil in the Parish Hall. Please bring a snack if you could to share with everyone. Food can be dropped off in the kitchen before mass. Everyone is welcome.

彌撒奉獻

在過去兩年多以來，為著防止病毒的傳播，彌撒期間的奉獻都是由教友直接投入放置在聖堂內的捐款箱，隨著疫情持續放緩，堂區教友活動亦漸漸回復正常。堂區將於本星期日，即三月十七日起恢復過往的收奉獻方式，即由引座員於彌撒聖祭中傳遞籐籃收取。電子支付奉獻的方式，將會持續使用。教友可按自己方便的方式進行捐獻。多謝各位留意！

Donation during Masses

In order to prevent the spread of the virus, offerings during Mass have been made personally by you in the donation box placed inside the chapel. As the pandemic continues to subside, the activities of our parishioners have gradually returned to normal. Starting this Sunday, March 17th, the previous collection method will be restored, in which ushers pass out baskets during Masses. Electronic payment methods like E-transfer for donations will continue to be used. Parishioners can donate according to their own convenience. Thank you for your attention!

聖週五特別捐獻

聖座呼籲普世教會於三月廿九日（星期五）紀念救主苦難禮儀中為聖地收取特別捐獻以協助聖地教會。所籌集的資金用於支持聖地的牧靈、教育和社會事工，及幫助保養世界各地基督徒信仰至關重要的基督宗教聖地遺址。為了我們受苦的弟兄姊妹，請大家慷慨解囊。教友可於當天使用堂區特備的信封作出捐獻。無法出席救主苦難禮儀的教友，[可電郵轉帳至 terresainte@bellnet.ca](mailto:terresainte@bellnet.ca)，或登陸 Commissariat.ca 作在線捐款。聖地監護人 Fr. Robert Mokry 衷心感謝大家慷慨支持有關聖地的事工。

Good Friday Collection

The annual Good Friday Collection is the only yearly request asked by the Holy See of diocese and parishioners throughout the world to assist the Church in the Holy Land. The monies collected support its pastoral, educational, and social works and help to maintain the Holy Places so important for the faith of Christians everywhere. For the sake of our brothers and sisters enduring hardships, please give generously during the Good Friday celebration on March 29th. Envelopes for this collection are ready at the information desk. If you are unable to attend the service, it is possible to contribute by Interact e-transfer to terresainte@bellnet.ca, or online at Commissariat.ca – receipts will be issued. On behalf of the Franciscan Custody of the Holy Land, Fr. Robert Mokry would like to extend his sincere thanks to those who support.

三月十九日（星期二）- 修和聖事日

今年本堂的修和聖事日，定於三月十九日（星期二）舉行。秦神父會於當天上午九時三十分至十時三十分，下午二時三十分至四時三十分正為教友辦理修和聖事。

Tuesday, March 19th - The Sacrament of Reconciliation

This Lenten season, the Sacrament of Reconciliation is scheduled on Tuesday, March 19th. Father Qin will be hearing your confession from 9:30 am to 10:30 am and from 2:30 pm to 4:30 pm.