

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		Weekend Collections		Sept 7th
主日彌撒捐獻	Sunday Collection		\$	2,764.00
特別捐獻	Special Offering		\$	250.00
「齊心合力, 事主事人」	Together We Serve		\$	495.00
聖堂維修	Building Fund		\$	130.00

少青組消息

少青組快要步入新的一年！我們誠邀堂區內所有六年級或以上的青少年來參與少青組的靈修及康樂活動。我們將於九月二十八日（主日）進行第一次例會，報名表格已放置於詢問處。如想聯絡少青組導師報名及查詢，可至電堂區辦事處。期待與各位新舊組員相聚！

Adolescence Group Registration

The Adolescence Group is ready for another year of spiritual fun! All youth from grade 6 and up in our Parish are invited to join in our year of spiritual growth and recreational activities. We will have our first monthly meeting on Sunday, September 28<sup>th</sup>. Registration forms are available at information desk. Please contact the Parish Office to reach the Adolescence Group Coordinator for registration or more information. We hope to see all our returning and new members!

牧職人員：主任司鐸 秦英神父 執事 劉贊願

Pastor : Rev. Dominic Qin  
Deacon : Francis Lau

二零二五年九月十四日  
September 14<sup>th</sup>, 2025.

光榮十字聖架節  
Feast of the Exaltation of the Cross

光榮十字架節

我們不應害怕將十字架視為失敗的時刻。當保祿反思耶穌基督的奧秘時，他說了一些強而有力的話語。他告訴我們，耶穌使自己空虛，他貶抑自己，最終成為罪人，並將我們所有的罪孽，世間所有的罪孽，都轉嫁到了自己身上：他就像一塊“破布”，一個被定罪的人。保祿不懼展現這種失敗，即使如此，這也能照亮我們黑暗的時刻，照亮我們失敗的時刻。但十字架對我們基督徒來說，也是勝利的記號。

我們的勝利是耶穌的十字架，戰勝了我們的敵人，戰勝了那古蛇，戰勝了那位控告我們的敵人。我們因十字架而得救，因耶穌選擇沉淪到最低谷，卻擁有天主神性的力量。

十字架教導我們，人生有失敗，也有勝利。我們必須能夠容忍失敗，耐心地承受我們的失敗，即使是我們罪的失敗，因為祂為我們付出了代價。我們必須在祂內包容，在祂內祈求寬恕，但絕不能允許自己被這隻邪惡的狗引誘。今天，當我們回家時，最好花五分鐘、十分鐘、十五分鐘在十字架前，無論是我們家中的十字架，還是玫瑰念珠上的十字架：看看它，它是我們失敗的標誌，它引發迫害，它摧毀我們；它也是我們的勝利標誌，因為這是天主得勝的地方。



\*\*教宗方濟各\*\*

## Feast of the Exaltation of the Holy Cross

We must not be afraid to contemplate the cross as a moment of defeat, of failure. When Paul reflects on the mystery of Jesus Christ, he says some powerful things. He tells us that Jesus emptied himself, annihilated himself, was made sin to the end and took all our sins upon himself, all the sins of the world: he was a 'rag', a condemned man. Paul was not afraid to show this defeat and even this can enlighten our moments of darkness, our moments of defeat. But the cross is also a sign of victory for us Christians.


Our victory is the cross of Jesus, victory over our enemy, the ancient serpent, the Great Accuser. We have been saved by the cross, by the fact that Jesus chose to sink to the very lowest point, but with the power of divinity.

The cross teaches us that in life there is failure and victory. We must be capable of tolerating defeat, of bearing our failures patiently, even those of our sins because He paid for us. We must tolerate them in Him, asking forgiveness in Him, but never allowing ourselves to be seduced by this chained dog. It will be good if today, when we go home, we would take 5, 10, 15 minutes in front of the crucifix, either the one we have in our house or on the rosary: look at it, it is our sign of defeat, it provokes persecutions, it destroys us; it is also our sign of victory because it is where God was victorious.

**\*\*Pope Francis\*\***

## I Believe Nicene Cree Series Sept. 25

Mark your calendar today! Watch the first four sessions on the Archdiocese of Edmonton YouTube channel.



# "I Believe"

A seven-part catechesis series on the Nicene Creed, marking the 1700th Anniversary of the First Council of Nicaea.

**SESSION 5:**  
**"I Believe in the Holy Spirit"**  
**Thursday, September 25 | 7 pm**  
**Our Lady of Perpetual Help, Sherwood Park**

Join us to learn...  
**Who is the Holy Spirit? What ministry does this Third Person of the Trinity carry out in advancing the Kingdom of God? How does the Creed answer these questions?**

**Presenter: Fr. Matthew Hysell, OP**  
Pastor, St. Emeric (Hungarian)  
Pastor, St Mark's (Catholic)  
Community of the Deaf  
Lecturer and Campus Chaplain,  
Newman Theological College

