

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	二零二四年一月一日至二月二十九日捐款總額			
Weekend Collections	YTD Donation as of February 29th, 2024			
		March 5th 2024	Online donation Feb 10th - 29th	
主日彌撒捐獻	Sunday Collection	\$ 2,165.00	\$ 710.00	\$ 11,075.00
特別捐獻	Special Offering	\$ 950.00	\$ -	\$ 2,050.65
「齊心合力, 事主事人」	Together We Serve	\$ 535.00	\$ 35.00	\$ 1,465.00
聖堂維修	Building Fund	\$ 165.00	\$ 90.00	\$ 1,780.00
神父宿舍重建	Rectory Rebuild	\$ -	\$ -	\$ 1,030.00
聖誕及新年捐獻	Christmas & NY Offering	\$ -	\$ -	\$ 640.00

四旬期英語退省

三月十七日（星期日）舉行的四旬期英語退省報名截止日期為三月十四日（星期四）。主講神師是 St Teresa parish 的 Sister Cristina Naranjo。主題是 Journeying Together in the Season of Love and Sacrifice。堂區將會提供簡單午餐。當日亦同時會舉行青少年四旬期退省，所有已初領聖體的十三歲或以下的青少年均可參加。報名可在詢問處的報名表登記或登陸堂區網站作在線報名。其他詳情，請參閱張貼於堂區內的海報。

English Lenten Retreat

The English Lenten retreat this year is scheduled on Sunday, March 17<sup>th</sup>. Sister Cristina Naranjo from St. Teresa parish will be our spiritual director. The theme is Journeying Together in the Season of Love and Sacrifice. On the same day, the parish will also host a youth retreat for children aged 7 to 13. Both retreats can be registered at the parish information desk or through parish website. Deadline for registration is Thursday, March 14<sup>th</sup>. Free lunch will be provided. Please refer to the poster at the parish for other details.

神父鐸區會議

秦神父將於三月十四日（星期四）出席鐸區會議，當日的平日彌撒將會取消，請教友留意。

Deanery meeting

Father Qin will attend the Deanery meeting on Thursday March 14<sup>th</sup>, the weekday mass will be cancelled.

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

二零二四年三月十日

March 10<sup>th</sup>, 2024.

四旬期第四主日

Fourth Sunday of Lent

讓我們善用這四旬期，來與我們的驕傲作爭鬥。

驕傲是毒害手足情誼的罪。教宗強調，這個惡行的後面藏著一宗根本的罪，即：「自認為有如天主」這個荒謬想法。「驕傲是自誇、傲慢、虛榮」：教宗方濟各以這句話為主軸，展開了以「惡習與德行」為主題的要理講授。

驕傲是所有惡習中的「霸王」

「驕傲在上主及人前是可憎恨的。塵埃灰土的人，有什麼可驕傲的？……上主推翻傲慢君主的寶座，使謙遜的人坐上他們的寶座。」（德訓篇 10:7, 9, 14, 15, 17）談到驕傲之人的特徵，教宗說：「他想像中的自己比現實中的自己來得更加高大；他狂熱地堅持人們要把他看得比其他人更為重要」，認為別人卑微低賤。

「古代的隱修士分析人的瘋狂，指明各種罪惡有其特定的順序：從最粗鄙的罪過開始，首先是貪吃」。而驕傲在所有惡習則是「霸王」。「驕傲的人遠離天主。為改正這個罪，它所需要的時間和辛勞比基督徒蒙召投入的其它任何一場戰役需要的更多」。

耶穌教我們絕對不可判斷他人

在驕傲罪的後面，藏著「自認為有如天主」的荒謬想法，因此它背後藏的是原罪。它摧毀人與人的關係，毒害所有人本該共有的「手足情誼」。驕傲也顯露在肢體語言和特定態度上。

「這樣的人很容易作出輕蔑的判斷：無緣無故對他人作出不可改變的論斷，在他看來，那些人是無可救藥的愚鈍和無能。在他的假設中，他忘記了福音記載，耶穌只交給我們極少的幾條道德誡命，卻對其中一條展現出不妥協的態度，即：絕不可判斷他人。」

以伯多祿宗徒為例

對於驕傲之人，連一丁點的批評或觀察都不能提出。這樣的人規勸不了，只需要耐心以對，因為「總有一天他的大廈會傾頹」。教宗引用了伯多祿宗徒的例子：當時他自信滿滿地對耶穌說：「即使所有的人都遺棄了你，我也不會！」（參閱：瑪廿六 33）後來，他發現自己和他人一樣，在死亡的危險前也擔驚受怕。如此一來，「伯多祿不再揚起下巴，卻淚流滿面。他得到耶穌的治癒，最終能挑起教會的擔子」。

救恩經由謙遜而來

「治療每個驕傲舉動的真正解藥」是謙遜，救恩正是由此而來。在這方面，聖母瑪利亞樹立了芳表。她在《讚主曲》中為天主做了見證，讚揚天主「驅散了驕傲人內心病態的思想」。

此外，雅各伯宗徒致函給一個因內部紛爭而受傷的團體時，寫道：「天主拒絕驕傲人，卻賞賜恩寵於謙遜人。」（雅四 6）教宗最後總結：「因此，親愛的弟兄姊妹，讓我們善用這四旬期，來與我們的驕傲作爭鬥。」（節錄自：梵蒂岡新聞網）

## Combat pride with humility

### The vice of pride

"Of all vices," Pope Francis said, "pride is the 'great queen.'"

He said "it is no accident" that, in the Divine Comedy, Dante places it in the very first level of purgatory. "Those who give in to this vice are far from God," the Pope observed, "and the correction of this evil, requires time and effort, more than any other battle to which the Christian is called."

"Within this evil," he explained, "lies the radical sin, the absurd claim to be like God." The sin of Adam and Eve, recounted in the book of Genesis, "is for all intents and purposes," the Pope said, a sin of pride, for the tempter tells them, "When you eat of it your eyes will be opened, and you will be like God" (Gen. 3:5).

Writers on spirituality, he added, are especially attentive in describing the consequences of pride in everyday life, frequently illustrating how it ruins human relationships.

### Impossible to correct

The Pope observed that proud people are easy to recognize. "You realize that you are dealing with a proud person," Pope Francis said, "when, on offering him a little constructive criticism, or making a completely harmless remark, he reacts in an exaggerated manner, as if someone had offended 'his majesty.'"

There is little one can do with a person suffering from pride, he suggested. "It is impossible to talk to them, much less correct them," he explained, "because ultimately they are no longer present to themselves."

"One just has to be patient with them," he said, "because one day their edifice will collapse."

In the Gospels, the Holy Father recalled, Jesus deals with a lot of proud people, as he remembered how the Lord often exposed this vice "even in people who hid it very well."

### Remedy for pride

"Salvation," the Pope said, "comes through humility," calling it "the true remedy for every act of pride." In this context, the Holy Father reminded the faithful that God opposes the proud, but gives grace to the humble.

Pope Francis calls on all Christians to fight against their pride this Lenten season.

*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 30<sup>th</sup> 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。堂區將於下星期日，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藤籃收取。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 next Sunday, March 17<sup>th</sup>, 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](http://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 29<sup>th</sup>. 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](mailto:terresainte@bellnet.ca), or online at [Commissariat.ca](http://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 19<sup>th</sup> - The Sacrament of Reconciliation

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