



# 天主教聖方濟堂 · 華人教務中心

## St. Francis Xavier Parish · Chinese Catholic Centre

438 Great Northern Way, Vancouver, B.C. V5T 4S5

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主曆 2026 年 2 月 1 日 (甲年)

### 常年期第四主日



#### 神父片語

李志雄神父 (耀漢小兄弟會)  
Fr. Chi Hung Ly, CSJB



Sunday, 1st February, 2026 (Year A)

### Fourth Sunday in Ordinary Time

每天的選擇。讓我們在這生命中，把自己的心交給主，求祂更新我們，使我們在家庭、學校、工作、堂區與社會中，活出屬於天國的生命。

願主的平安常與你們同在！

李志雄神父

### 「從自己開始，活出福音真福八端的使命」

親愛的兄弟姊妹們：

今天的福音中，耶穌登上山，坐下來，向門徒和群眾宣講祂心中天國子民的樣貌。這段我們熟悉的真福八端，並不是一套理論，也不是只供欣賞的理想，而是耶穌親自邀請我們進入的一種全新的生命方式。

耶穌所描繪的幸福，與世界的標準很不一樣。祂沒有說：有能力的人是有福的、掌控一切的人是有福的，反而指出：在天主面前謙卑、願意為愛付出、願意為正義忍耐、在困境中仍然信靠天主的人，才是真正活在天國中的人。這不是逃避現實，而是在現實中活出福音的力量。在世人的眼中，幸福常常等於：成功、有錢、有權、不受苦。但耶穌卻說：神貧的、哀慟的、溫良的、為義受迫害的，才是真正有福的。

親愛的弟兄姊妹：這正好回應我們堂區正在走的方向——八年牧民計劃「從自己開始的信仰更新之路」。信仰的更新，不是先要求別人改變，也不是只靠活動或計劃，而是從我這個人開始，讓福音真正進入我的生活、我的選擇、我的態度之中。

當耶穌宣講真福時，祂首先面對的是門徒。換句話說，福音的精神不是先用來衡量他人，而是先照亮自己的心。我是否願意在忙碌中為天主留出空間？在衝突中選擇溫柔而不是對立？在失望時仍然相信天主的臨在？在不被理解時，仍然堅持行善？

若每一位教友都願意在日常生活中，這樣回應福音，我們的堂區自然會改變。更新的堂區，不是因為完美，而是因為越來越多人願意謙卑、憐憫、真誠地活出基督的心。

親愛的弟兄姊妹，真福八端，其實就是耶穌自己的生命寫照。祂自己活出神貧、溫良、憐憫，也為愛付出代價。今天，耶穌同樣邀請我們跟隨祂，不只是來彌撒的人，而是成為活出福音的人。「從自己開始」不是一個口號，而是一個

### “Starting with Yourself, Live Out the Beatitudes”

Dear brothers and sisters in Christ,

In today's Gospel, Jesus went up the mountain, sat down and preached to the crowd about the ideal life of a disciple. Among this famous proclamation, is the famous Eight Beatitudes. These are not simply a philosophy or a lofty ideal, but rather a mindset and a lifestyle that Jesus himself invites us to live.

Jesus' standard for blessing is completely different from the standard of the world. He didn't say, "blessed are the powerful and those who are in charge." Instead, he said, "Blessed are the meek". Blessing is not in receiving, but in giving, it is also found in enduring in trial and trusting in God. Those who are able to live in detachment from the world and attachment to God are those who inherit his kingdom. This is not an escape from reality, but bringing the spirit of the Gospel into the reality of the world. In the eyes of the world, blessing is equated to success, wealth, power and comfort. But rather, Jesus says blessing is found in poverty, in sadness, in meekness and in persecution.

Dear brothers and sisters in Christ, this piece of scripture reminds us of the vision of our parish. We have an eight year pastoral plan of personal faith renewal. The renewal of our faith isn't a demand for others to change, nor does it depend on activities or functions; rather, it is the transformation of our hearts. We must allow the Gospel to penetrate into our lives and influence our decisions and our attitude.

The apostles were the first to hear Jesus' beatitudes. In other words, the spirit of the Gospel isn't used to measure others, but rather to illuminate our hearts.

...To be continued on p.3

#### 堂區司鐸

李志雄 神父 (主任司鐸)

張世協 神父 (助理司鐸)

#### Pastor

Rev. Chi Hung (Joseph) Ly, CSJB

#### Assistant Pastor

Rev. Thomas Truong, CSJB

#### 感恩禮時間

星期六提前感恩禮: 下午四時半 (國語)

主日感恩禮: 上午八時正 (粵語)

上午九時半 (粵語)

上午十一時十五分 (英語)

下午二時 (國語)

平日感恩禮: 頤園 星期一至星期六上午八時

聖方濟堂 星期一至星期六上午九時

修和聖事 彌撒後或預約: 604-254-2727

明供聖體小堂, 每日上午八時至晚上七時

#### Mass Schedule

Saturday Anticipated Mass: 4:30pm (Mandarin)

Sunday Masses: 8:00am (Cantonese)

9:30am (Cantonese)

11:15am (English)

2:00pm (Mandarin)

Weekday Mass : Happy Manor 8am Monday to Saturday

SFX Parish 9am Monday to Saturday

Reconciliation After Mass or By appointment: 604-254-2727

The Adoration Chapel is open from 8am to 7pm every day

溫哥華天主教聖方濟堂  
St. Francis Xavier Parish

# 新春彌撒及團拜

## Lunar New Year Celebration

農曆除夕團圓感恩祭

Lunar New Year Eve Chinese Mass

2月16日(星期一) 上午10時

Feb 16 (Monday) 10:00AM

家庭日公眾假期

Family Day Statutory holidays

丙午年新春大年初一

Lunar New Year Day Chinese Mass

2月17日(星期二) 上午9時

Feb 17 (Tuesday) 9:00AM

農曆新春求恩中文感恩祭

丙午年新春大年初六

Lunar New Year Cantonese, Mandarin & English  
Trilingual Mass & Rite of Honouring Ancestors

2月22日(星期日) 上午10時

Feb 22 (Sunday) 10:00AM

新春生日廣東話、普通話、英文三語  
感恩祭及敬拜天主、紀念祖先大典

彌撒後舉行春節團拜，歡迎教友攜同賀年糕點與神父、  
修女們互相祝福，分享新一年到來的喜悅。

請注意：當日早上11時15分及下午2時彌撒將會取消

After Mass, parishioners are welcomed to bring festive treats  
to share blessings with priests and sisters in Lunar New Year  
Tea Party, expressing mutual joy for the upcoming year.

Please note: 11:15am and 2:00pm Masses will be canceled.







# 平日感恩祭意向 Intentions For Daily Eucharist

日期 Date	意向 Intention	奉獻者 Offered by
主日 Sunday 2月1日	為全體信友 為 Stephen & Ivy Lee 健康求恩 謝恩 謝恩 追悼 莊錦創 追悼 弟弟 曾仲強 追悼 鄧欣明老先生 追悼 父母親 葉樹鏞, 葉盧惠英	本堂神父們 Janice Ip 盧伯泉夫婦 Robert Lo 潘寶珠, 張綺華 Vivian Sun 黃志堅, 朱瑞華 Janice Ip & Family
星期一 Monday 2月2日	為 Stephen & Ivy Lee 健康求恩 追悼 梁潤 追悼 鄧欣明老先生 追悼 弟弟 曾仲強 追悼 盧允鏞 追悼 梁敏活, 陳銀屏 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Irene Lee & Pamela Ho 黃志堅, 朱瑞華 Vivian Sun 盧榮及家人 盧榮及家人 Janice Ip & Family
星期二 Tuesday 2月3日	為 Stephen & Ivy Lee 健康求恩 追悼 方盧慧中 追悼 楊愉 蔡芬 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip 盧榮及家人 盧榮及家人 Janice Ip & Family
星期三 Wednesday 2月4日	為 Stephen & Ivy Lee 健康求恩 求恩 追悼 梁桂芳, 梁梅芳 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip 高華金 盧榮及家人 Janice Ip & Family
星期四 Thursday 2月5日	為 Stephen & Ivy Lee 健康求恩 求恩 追悼 七姐夫婦 追悼 梁妍芬, 梁妍貞 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Belinda Lin & Family 盧榮及家人 盧榮及家人 Janice Ip & Family
星期五 Friday 2月6日	為 Stephen & Ivy Lee 健康求恩 為 May Way 健康求恩 For Anita Chan's Intention 追悼 父親 林若瑟 追悼 德肋撒 陳靖芝 追悼 吳冰夫婦 追悼 梁煥靈 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Josephine Chung Chan's Family 林碧英 林碧英 盧榮及家人 盧榮及家人 Janice Ip & Family
星期六 Saturday 2月7日	為 Stephen & Ivy Lee 健康求恩 為 Oliver Anthony Wong 求祝福 追悼 John 譚醒雄 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 Mary 吳敏行	Janice Ip SFX Parish Photo Team Salina Chow Janice Ip & Family 朱方明, 朱佳嘉

若要查詢或發現錯漏之處, 請與敬雅潔修女聯絡:  
604-254-2727 內線 105或電郵 [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com)

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Are we willing to leave room for God in our hearts amidst our busy lives? Are we able to choose gentleness and meekness amidst conflict? Are we able to seek for God at moments of disappointment and grief? Are we able to continue to love even when we are misunderstood by others?

If every Christian can live out the spirit of the beatitude, our parish community and the entire world would be transformed. This new community would reflect the heart of Jesus and live out humility, mercy and genuine love.

Dear brothers and sisters in Christ, the Eight Beatitudes is a direct reflection of the life of Jesus. He lived out meekness, mercy and love. Today, Jesus is sending each of us the same invitation; not only to come to mass, but to be a living witness of the Gospel. "Starting with myself" is not just a sentiment, but an action that we make each day. Let us entrust our whole life to God and let him renew us, so that our families, our school, our workplaces, our parish and the community be a place overflowing with the life of the kingdom of God.

May the peace of God be with you always!

Fr. Chi Hung Ly, CSJB

Feb. 7-8, 2026  
Saturday Morning to Sunday Afternoon

**SEMINARY OF  
CHRIST THE KING**  
VOCATION LIVE-IN

**HIGH SCHOOL**  
Grades 7-11

**TO SERVE IS TO REIGN**

**Are You Interested...**  
in the priesthood or the life of a religious brother, and want to see for yourself what seminary life is like? Come and see!

**Spend Two Days...**  
at the Seminary and become acquainted with other young men who have the priestly or religious vocation in mind.

**Arrive...**  
any time Saturday morning, preferably between 8:00-9:00 am.

**Bring...**  
a sleeping bag, school clothes, and some old clothes for sports, a towel, etc.

**PLANNING TO ATTEND:**

**SCAN THE QR CODE TO REGISTER OR SEND AN EMAIL FOR A LINK TO THE APPLICATION FORM:**  
[RECTOR.MINORS@SCK.CA](mailto:RECTOR.MINORS@SCK.CA)

**SCAN THE QR CODE TO CHECK OUT A VIDEO ON THE SEMINARY**

The High School Live-In will include interaction with priests, brothers and seminarians, daily Mass and prayer, recreational activities, sports, and some reflective reading.  
The suggested fee is \$40

**FUTURE LIVE-IN: July 4-5, 2026**

Vocation Live-in  
Seminary of Christ the King  
PO Box 3310  
Mission, BC V2V 4J5

Phone: 604 826 8715  
Fax: 604 826 8725

Rector: Fr. Anthony Nguyen, osb  
Email: [rector.minors@sck.ca](mailto:rector.minors@sck.ca)  
[www.sck.ca](http://www.sck.ca)



# 堂區及教區消息

## Parish and Archdiocesan News



### \* 聖方濟堂八年牧民計劃：

天主教聖方濟堂正式推動「八年牧民計劃（2025–2033）」，期望在祈禱、培育、共融與福傳中，陪伴教友穩步前行，在基督內不斷更新。

為堂區成立 100 週年作準備應從自身開始，李神父為教友預備了八年牧民計劃的第一個步驟的資料，彌撒後請大家在聖堂門口領取一份中文版或英文版的八年牧民計劃之「從自己開始的信仰更新之路」。李神父誠邀並鼓勵堂區善會及小組積極參與及支持此牧民計劃的推行。敬請各位負責人將《堂區八年牧民計劃之「從自己開始的信仰更新之路」》轉發予各成員，並安排時間一同閱讀、分享及反思其內容。謝謝。

### \* 2月2日(星期一) 獻主節 (慶祝全球修道者奉獻日)

上午 9 時：中文彌撒

晚上 7 時 30 分：中文彌撒及為獻身生活聖召祈禱

晚上彌撒將以祝聖蠟燭和遊行開始，我們誠意邀請教友攜帶蠟燭一同參與祝聖儀式和遊行。

### \* 2月14日(星期六) 病人傅油彌撒及年廿七迎春長者宴

李神父將於 2 月 14 日（星期六）上午 11 時為病弱者及 60 歲以上長者舉行病人傅油彌撒，在彌撒中施放傅油聖事。10 時 30 分開始頌唸玫瑰經。彌撒後於堂區活動中心(PLC)舉行年廿七迎春長者宴，歡迎教友帶同長者一同出席，費用每位\$15，70 歲或以上的長者費用全免。如欲參與者請於主日彌撒後到堂區活動中心(PLC)登記。若長者需要接送，請於登記時提供接送地址，堂區會作出安排。

另外，此次活動需要義工在當天幫忙接送長者。如有意為長者服務的兄弟姐妹或查詢長者宴詳情，請聯絡：Vivian Chan 604-992-0636 或

Louie Lui 604-318-2668

### \* SFX Parish 8-Year Pastoral Plan:

St. Francis Parish has officially launched the Eight-Year Pastoral Plan (2025–2033), with the hope that, through prayer, formation, communion, and evangelization, we may accompany our parishioners as they move forward steadily and be continually renewed in Christ.

In preparation for the 100th anniversary of our parish, we are invited to begin this journey with personal renewal. Father Ly has prepared materials for the first step of the Eight-Year Pastoral Plan. After Mass, please pick up a copy of the Chinese or English version of the Eight-Year Pastoral Plan resource entitled “A Journey of Faith Renewal Beginning with Oneself” at the church entrance.

Father Ly sincerely invites and encourages all parish sodalities, ministries, and small groups to actively participate in and support the implementation of this pastoral plan. Leaders are kindly asked to forward “A Journey of Faith Renewal Beginning with Oneself” to all members, and to arrange time to read, share, and reflect on the contents together.

Thank you for your cooperation and support.

### \* February 2 (Monday) Presentation of the Lord – (World Day of Prayer for Consecrated Life.)

9:00 AM: Chinese Mass

7:30 PM: Chinese Mass, prayers for consecrated life

The evening Mass will commence with the blessing of candles and procession. We sincerely invite parishioners to bring candles and join us for this celebration.

### \* February 14 (Sat) Anointing of the sick Mass and Senior Luncheon

There will be a special mass with Anointing of the sick celebrated by Fr. Ly. The date will be Saturday, February 14 at 11:00 am. All parishioners with sick and weak, and over 60 years of age are welcomed. 10:30 am will start to recite the Rosary. It will be followed by a luncheon at Parish Life Centre (PLC). You are welcome to take your senior family members to attend. The fee is \$15 per person. Seniors over 70 years are free of charge. Those who like to attend, please register at the PLC after Sunday Masses. For seniors who need to be picked up, please provide the address when registering. The parish will make arrangements for the pick up.

In addition, the parish needs volunteers to help pick up and drop off the seniors on the day. If you are willing to serve the seniors or inquire about the details of the Senior Luncheon.

Please contact: Vivian Chan 604-992-0636,

Louie Lui 604-318-2668

本通訊歡迎各團體及善會刊登活動消息，雙語為佳，並於每星期四晚上八時截稿，如欲刊登照片或圖片，請於星期三晚上八時投稿，

稿件請電郵至 [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com)。本堂神父保留刊登稿件的一切權利，不得異議。

請注意：非本堂的團體或其將舉行的活動不在聖方濟堂行事曆中，請預先發電郵提交申請：[parish\\_sfx@rcav.org](mailto:parish_sfx@rcav.org) 及副件(cc)

[sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com)，經本堂神父批核後，堂區辦事處會發電郵回覆及堂區通訊小組會安排刊登。



\* 2月6日 首瞻禮六 (每月第一個星期五)

**特別恭敬耶穌聖心及明供聖體**

晚上 7:30 中文彌撒恭敬耶穌聖心，彌撒後朝拜聖體到 9 時。

\* 2月7日至8日基督君王神學修院 (Seminary of Christ the King) 聖召體驗住宿週末

2月7日至8日 在 卑詩省 Mission 的基督君王修院 (Seminary of Christ the King) 舉行聖召體驗住宿週末。歡迎計劃於未來幾年內考慮進入修院的青年男士報名參加。欲了解更多詳情，請致電 604-826-8715。電郵: rector.minors@sck.ca

\* 2月16日(星期一) 農曆除夕(家庭日假期)

上午 10 時: 舉行農曆除夕團圓彌撒  
請注意: 當日早上 9 時彌撒將會取消

\* 2月17日(星期二) 丙午年新春大年初一

上午 9 時: 舉行農曆新春求恩中文感恩祭

\* 2月18日(星期三) 四旬期聖灰禮儀日

上午 9 時 05 分: 學校英語彌撒及聖灰禮儀，彌撒中舉行施放聖灰

晚上 7 時: 團體修和聖事

晚上 8 時: 中文彌撒及聖灰禮儀，彌撒中舉行祝福及施放聖灰，鼓勵教友踴躍參禮

**《守齋》**

當日教友須按教會規定守大、小齋。

所有十四歲以上的教友須守小齋，即當天應放棄取用熱血動物的肉類食品。所有十八至五十九歲的教友須守大齋，即除了放棄取用熱血動物的肉類食品外，當天只可以飽食一餐，其餘時間只可飲用流質飲品，但不能進食其他食物。(藥物除外)

\* 2月22日(星期日) 丙午年新春大年初六

上午 10 時: 舉行新春主日廣東話、普通話、英文三語感恩祭及敬拜天主、紀念祖先大典  
彌撒後舉行春節團拜，歡迎教友攜同賀年糕點與神父，修女們互相祝福，分享新一年到來的喜悅。  
請注意: 當日早上 11 時 15 分及下午 2 時彌撒將會取消。

\* Feb 6th First Friday Devotion to the Sacred Heart of Jesus and Eucharistic Adoration

7:30 pm Chinese Mass and Eucharistic Adoration until 9:00 pm.

\* Feb 7<sup>th</sup> to 8<sup>th</sup> Vocation Live-In at Seminary of Christ the King

A Vocation Live-In Weekend will be held on February 7-8 at the Seminary of Christ the King in Mission, BC. Young men who are considering entering the Seminary within the next few years are warmly invited to attend.

For information: 604-826-8975, Email: rector.minors@sck.ca

\* Feb 16 (Monday) Lunar New Year Eve (Family Day Holiday)

10:00AM: Lunar New Year Eve Chinese Mass (No Mass at 9am)

\* Feb 17 (Tuesday) Lunar New Year Day

9:00AM: Lunar New Year Day Chinese Mass

\* February 18th Ash Wednesday

9:05 AM English School Mass with distribution of Ashes

7:00 PM Communal Penitential rite

8:00 PM Chinese Mass with distribution of ashes.

**《Fasting》**

For members of the Catholic Church, the norms on fasting are obligatory from age 18 to 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

\* Feb 22 (Sunday) Lunar New Year Celebration

10:00AM: Lunar New Year Cantonese, Mandarin & English Trilingual Mass & Rite of Honouring Ancestor

After Mass, parishioners are welcomed to bring festive treats to share blessings with priests and sisters in Lunar New Year Tea Party, expressing mutual joy for the upcoming year.

Please note: 11:15am and 2:00pm Masses will be canceled.

\* K of C Membership card distribution on February 8th

Knights of Columbus membership cards will be distributed in the PLC on Sunday, February 8th after the morning masses.

二零二六年教宗二月份的祈禱意向

**請為身患不治之症的兒童祈禱**

願身患不治之症的兒童及其家人得到必要的醫療照護和支持，永不失去力量 and 希望。

Pope's prayer Intention for February 2026

**For Children with Incurable Diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

SFX Parish Bulletin, email: [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com). **Deadline of Submission: Thursdays at 8pm** for announcement, **Wednesdays at 8pm** for photos

\*\*\* Bilingual submissions are preferred. The parish pastor reserves all rights to publish submissions without objection.\*\*\*

Please note: If an organization or its event is not listed in the SFX Parish Church calendar, please submit an application in advance by email:

[parish.sfx@rcav.org](mailto:parish.sfx@rcav.org) and a copy (cc) [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com). After approval by the parish pastor, the parish office will reply by email and the Parish Bulletin Committee will arrange for publication.

## \* 聖方濟中文學校

### 招聘 2026 – 2027 學年度中文老師

聖方濟中文學校現誠聘 2026 – 2027 學年度中文老師，歡迎對中文教育及兒童教育充滿熱誠的人士申請。

#### 應聘條件：

- 喜歡小朋友，具愛心與耐心
- 虛心受教，願意學習及配合教學安排
- 持有有效工作簽證
- 國語流利，能以英文或廣東話輔助教學
- 由即日起至五月期間，能到校觀摩中文課 12 次

#### 工作時間：

- 任期：2026 – 2027 學年度  
(2026 年 9 月至 2027 年 6 月)
- 每週一、二、四、五：3:45 PM – 5:00 PM
- 每週三：2:45 PM – 5:00 PM

#### 查詢及申請：

如有興趣，請盡快聯絡 Sister Mary @ 604-356-7605

## \* 聖堂插花組誠意招募志願者

現誠邀有插花經驗的弟兄姊妹，加入聖堂插花組，每週五上午奉獻約 2 – 3 小時，一同為聖堂準備鮮花，以美麗的花藝光榮天主。服務內容包括：

✿ 購買鮮花

✿ 插聖堂鮮花

✿ 清理舊花及搬運花盆

您的雙手，能讓聖堂更溫馨、讓祈禱更美好。有意參與者，請聯絡 Florence Cheng ☎ 604-649-2829

🙏 感謝您以行動回應召叫，無私奉獻！

## \* 愛♥廚房

為慶賀馬年來臨，提供蘿蔔糕，芋頭糕，焗年糕，歡迎訂購，每盤售價\$20。詳情如下：

每星期有兩日的取糕時段。由二月一日至十五日：

- 星期六：下午 3：00 至 5：00
- 星期日：早上 8：30 至 11：30。

取糕地點：學校廚房

取糕時請自備環保袋。星期四為每週的訂糕限期。

請 WhatsApp 聯絡：Susan: 778-838-3912 /

Maria: 778-230-3902 / Petty: 236-778-8042

### Rite of Christian Initiation of Adults (RCIA)

Coordinator email: [rcia.sfx@gmail.com](mailto:rcia.sfx@gmail.com)

#### 成人慕道班

負責人聯繫: [rcia.sfx@gmail.com](mailto:rcia.sfx@gmail.com)

## \* St. Francis Xavier Chinese School

### Recruitment: Chinese Language Teachers for the 2026–2027 Academic Year

St. Francis Xavier Chinese School is currently seeking Chinese Language Teachers for the 2026–2027 academic year. We welcome applications from individuals who are passionate about Chinese language education and working with children.

#### Qualifications:

- Enjoy working with children; caring and patient
- Open to guidance; willing to learn and follow teaching arrangements
- Hold a valid work permit
- Fluent in Mandarin; able to assist instruction in English or Cantonese
- Available to observe 12 Chinese language classes at the school from now until May

#### Work Schedule:

- Term: 2026–2027 academic year  
(September 2026 – June 2027)
- Mondays, Tuesdays, Thursdays, Fridays: 3:45PM – 5:00PM
- Wednesdays: 2:45 PM – 5:00 PM

#### Enquiries & Applications:

If interested, please contact Sister Mary as soon as possible at 604-356-7605.

## \* Parish Flower Arrangement Ministry – Volunteers Needed

We warmly invite brothers and sisters with experience in flower arrangement to join our Parish Flower Arrangement Ministry. Volunteers are asked to serve 2–3 hours every Friday morning, assisting with:

✿ Purchasing flowers

✿ Arranging flowers for the church

✿ Carrying flower pots around the church and cleaning up old flowers.

Your service will help beautify our parish and support our community's prayer life. If you are interested, please contact:

Florence Cheng ☎ 604-649-2829

Thank you for your generous spirit and loving service!

## \* Caring ♥ Kitchen

Cake Sales to celebrate the Year of Horse with Lo Bak Go, Taro Go and baked CNY cake, (\$20 each).

Ordering details are as follows : There are 2 days per week to pickup your orders : From Feb 1 to 15.

Pickup time: Sat: 3pm to 5pm; Sun: 8:30am to 11:30am

Pickup at: School Kitchen \*please bring your own recycle bags\*

**Order deadline is Thursday of the week.**

Contact Persons WhatsApp at: Susan : 778-838-3912 /

Maria 778-230-3902 / Petty : 236-778-8042

本通訊歡迎各團體及善會刊登活動消息，雙語為佳，並於每星期四晚上八時截稿，如欲刊登照片或圖片，請於星期三晚上八時投稿，稿件請電郵至 [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com)。本堂神父保留刊登稿件的一切權利，不得異議。

請注意：非本堂的團體或其將舉行的活動不在聖方濟堂行事曆中，請預先發電郵提交申請：parish. [sfx@rcav.org](mailto:sfx@rcav.org) 及副件(cc) [sfx.parish.bulletin@gmail.com](mailto:sfx.parish.bulletin@gmail.com)，經本堂神父批核後，堂區辦事處會發電郵回覆及堂區通訊小組會安排刊登。



天主教聖方濟堂  
華人教務中心

# 病人傅油彌撒及 年廿七迎春長者宴

2026年2月14日(星期六) 年廿七  
上午11時 病人傅油彌撒  
Feb 14, 2026 at 11:00am Anointing of the Sick Mass

病人傅油彌撒後隨即舉行《年廿七迎春長者宴》，  
歡迎教友陪同長者一同出席。  
費用每位 \$15，70歲或以上長者費用全免。  
有意參加者請於主日彌撒後，到堂區活動中心(PLC)登記。  
如長者需要接送，請於登記時提供接送地址，堂區會作出安排。

Mass followed by luncheon at the Parish Life Centre (PLC). You are invited  
to accompany your senior family members. Tickets are \$15 per person.  
Seniors over 70 years old are free of charge. Please register at the PLC after  
Sunday Masses. For seniors who need to be picked up, please provide the  
address when registering. The Parish will make arrangements for the pickup.

如有意於當天協助接送長者的兄弟姊妹，  
或查詢長者宴詳情，請聯絡：  
Volunteers willing to offer senior pick up service on the day  
of or other inquire regarding the luncheon, please contact:  
Vivian Chan 604-992-0636  
Louie Lui 604-318-2668

天主教聖方濟堂：  
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聖母軍 (Legion of Mary)  
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溫哥華天主教聖方濟堂  
St. Francis Xavier Parish

# Ash 聖灰 WEDNESDAY 禮儀

FEB 18, 2026 (WEDNESDAY)  
2026年2月18日 (星期三)

9:05 am English School Mass with distribution of ashes  
學校英語彌撒及聖灰禮儀，彌撒中舉行施放聖灰

7:00 pm Communal Penitential Rite  
團體修和聖事

8:00 pm Chinese Mass with distribution of ashes  
中文彌撒及聖灰禮儀，彌撒中舉行祝福及施放聖灰

**Fasting**  
For members of the Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

**《守齋》**  
當日教友須按教會規定守大、小齋。所有十四歲以上的教友須守小齋，即當天應放棄取用熱血動物的肉類食品。所有十八至五十九歲的教友須守大齋，即除了放棄取用熱血動物的肉類食品外，當天只可以飽食一餐，其餘時間只可飲用流質飲品，但不能進食其他食物。(藥物除外)



## 二月二日：獻主節

### 所有的人都期待祂，只有西默盎與亞納認出祂

聖誕節過去已有四十天了，也許你現時仍還陶醉在聖誕節的歡樂氣氛中，甚或還在默想嬰孩耶穌帶給我們的喜悅，來自天上的星辰照耀著我們的生命。「這是出於我們天主的慈懷，使旭日由高天向我們照耀，為光照那坐在黑暗和死影中的人，並引我們的腳步，走向和平的道路」（路 1:78-79）。為甚麼教會在今天讓我們再次慶祝這個嬰兒的節日呢？

這是個古老的節日。在東方，第四世紀時就以「與主相遇」之名開始慶祝，就是嬰兒耶穌在聖殿內與天父及與西默盎和亞納相遇。他們是代表對亞巴郎的天主保持忠信的人。第七世紀時，這個節日傳到羅馬，名為「聖母取潔」，在晚上會舉行蠟燭遊行，稱之為「燭光禮」。

聖誕夜，慶祝基督是光。在白冷，上主的光榮通過光明照耀在牧羊人身上。在東方，上主的光照耀在賢士們身上。在耶路撒冷的聖殿裡，耶穌被宣認為「照耀普世的真光」。四十天過去了，現在白冷的光已不像那時充滿光亮，不像從前那樣吸引人前來朝拜，也不是唯一吸引人們目光的了。也許我們被其餘的星迷惑了，也許別的星辰能反映我們的夢想和期望。這就是為甚麼教會在今天幫助我們重新與嬰兒耶穌相遇：邀請我們以雙臂迎接祂，像西默盎與亞納、以色列的窮人及專注聖神聲音的人一樣。

為了更好地理解這樣的信息，現在讓我們重複以下的話：

現在的光明是易逝的，耶穌才是「照耀普世的真光。」

資料來源 <https://www.bibleclaret.org/cn-celebrating-the-word-of-god/159-cn-blogs/cn-celebrating-the-word-of-god/3334-cwg-presentation-of-the-lord>



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On solid rock the house stands firm; with protection, your home is secure. -Matthew 7:25  
磐石之上, 萬物不動; 保障在側, 家業萬全。-瑪竇福音 7:25

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