

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
農曆新春感恩中文感恩祭

丙午年新春大年初六
Lunar New Year Cantonese, Mandarin & English
Trilingual Mass & Rite of Honouring Ancestor
2月22日(星期日) 上午10時 Feb 22 (Sunday) 10:00AM
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，歡迎教友攜同買年糕點與神父、
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.

四旬期粵語退省

LENTEN RETREAT IN CANTONESE

常是一樣。
昨天、
今天、
直到永遠，

耶穌基督

主講神師：**龔家仁執事**
Deacon Andrew Kung



日期：2026年2月28日(星期六)
上午9時 - 彌撒聖祭
上午10時至下午3時45分 - 退省

退省內容：講座、拜苦路、朝拜聖體、
修和聖事、聖體降福

請各位參加退省的教友自備午餐及有蓋水杯

溫哥華天主教聖方濟堂 St. Francis Xavier Parish

438 Great Northern Way, Vancouver, BC V5T 4S5

查詢：Lisa Leung (604) 781-5405

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
熟血動物的肉類食品。所有十八至五十九歲的教友須
守大齋，即除了放棄取用熟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)



LENTEN RETREAT



THE TEMPTATION OF JESUS IN THE DESERT
AS A GUIDE FOR OUR LENTEN JOURNEY

Spiritual Director: Deacon Tony Gray

March 1, 2026 (Sunday)

11:15am Holy Mass

1:15 - 4:45pm Retreat

St. Francis Xavier Church

438 Great Northern Way, Vancouver BC

Contact: Pamela Ho (604) 763-7782



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 15 日	為全體信友 為 Stephen & Ivy Lee 健康求恩 恭祝 Margaret, Joseph, Peter 福壽康寧 為父母親人求恩(主寵滿溢, 身體健康) 為 Christina Yau 健康求恩 謝恩 為 Josephine Chow 謝恩 追悼 父母親 葉樹鏞, 葉盧惠英	本堂神父們 Janice Ip 堂區活動中心 Teresa Lu Eleanor Ko Ken, Rose Wong Sam Wong Janice Ip & Family
星期一 Monday 2月 16 日	為 Stephen & Ivy Lee 健康求恩 為父母親人求恩(主寵滿溢, 身體健康) 為王孝天 求恩 謝恩 為 Johnson Chung 求恩 追悼 Amy Chau 追悼 父母親人煉靈 追悼 杜元培, 杜志彬 追悼 林平陸及祖先 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Teresa Lu 姜濤 Alice & Joseph Josephine Li 前攝影會 杜美美家庭 David Hsieh & Family 林麗馨及家人 Janice Ip & Family
星期二 Tuesday 2月 17 日	為 Stephen & Ivy Lee 健康求恩 為父母親人求恩(主寵滿溢, 身體健康) 為 Johnson Chung 求恩 求恩 求恩 為組員們 求恩 謝恩 追悼 父母親友煉靈 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Teresa Lu Josephine Li Ken, Rose Wong Alice & Joseph SFX 乒乓球組 王少群 蔡榮佳家庭 Janice Ip & Family
星期三 Wednesday 2月 18 日	為 Stephen & Ivy Lee 健康求恩 求恩 追悼 姊夫 周鑑超 追悼 Josephine Chan 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Yvonne Chan Amy Wong Joseph Chan & Family Janice Ip & Family
星期四 Thursday 2月 19 日	為 Stephen & Ivy Lee 健康求恩 為身體健康 求恩 追悼 葉少玲婆婆 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Joseph Chung Maria Vuong Janice Ip & Family
星期五 Friday 2月 20 日	為 Stephen & Ivy Lee 健康求恩 追悼 Robert Au 追悼 David Wong 追悼 陳文祥, 葉美玲 追悼 容美燕 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip Betty Ho Amy Wong Maria Vuong 家人 Janice Ip & Family
星期六 Saturday 2月 21 日	為 Stephen & Ivy Lee 健康求恩 求恩 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 Mary 吳敘行	Janice Ip 高华金 Janice Ip 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

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Are we able to put down our natural tendency to judge and criticize others? Are we passionate outwardly but inwardly lukewarm? Are we honest in our speech and conduct? Do we like to exaggerate and boast about ourselves? Jesus reminds us today that true virtues start with our hearts. We often notice other people's shortcomings and ignore our own weaknesses. We hope that the renewal of our parish is an authentic renewal and not just an exterior display; and that this renewal is not waiting for other people to change, but rather to invite the Holy Spirit to change ourselves. The transformation of our family will lead to the sanctification of our parish community, and the starting point is always ourselves.

In today's Second Reading, Saint Paul feels us that "we speak a wisdom to those who are mature, not a wisdom of this age, nor of the rulers of this age who are passing away." Paul says, "What eye has not seen, and ear has not heard, and what has not entered the human heart, what God has prepared for those who love him." True wisdom isn't simply intelligence, but the conformity of our will to God's will. This wisdom does not come through human effort but through the gift of the Holy Spirit. The wisdom of God is the way of the Cross marked with humility, sacrifice and faithful love.

Dear brothers and sisters in Christ, our eighty year pastoral goal is a pilgrimage towards holiness. God has already prepared our way, he is simply waiting for us to open the door of our hearts, so that the Holy Spirit may be able to guide us. Today, let us ask ourselves: which kind of wisdom do we seek? The wisdom of the world or the wisdom of God? If we use a secular lens to evaluate the future of our parish, we would only care about our attendance, our activities and our infrastructure. But if we use the lens of God, then we will consider how much we are praying, listening to God's words, repenting for our sins and receiving the Blessed Sacrament at mass. If we are doing all these things, then the Holy Spirit will be working within us, and slowing reshaping our lives.

I hope that our parish would not only have a plan but truly live out the wisdom of God. May each of our parishioner be a witness of this wisdom. God has already prepared a glorious future for those whom he loves. Let us start with ourselves and walk confidently on this journey of renewed faith.

May God bless us with wisdom and peace.

Fr. Chi Hung Ly, CSJB

Rite of Christian Initiation of Adults (RCIA)

Coordinator email: rcia.sfx@gmail.com

成人慕道班

負責人聯繫: rcia.sfx@gmail.com



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。

* 2025 退稅收據

2025 退稅收據已經準備好，堂區辦事處員工將在星期日（2月 15 日和 2 月 22 日）於堂區辦事處派發退稅收據。如果您無法在週日領取，請幫助我們節省郵費，可以在堂區辦事處於辦公時間領取（星期一至星期五，上午八時半到下午四時），若你有什麼問題，請與堂區辦事處聯絡，電話 604-254-2727。

* 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。學校彌撒後，祈禱會帶領拜苦路禮儀。

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

* 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.

* 2025 Tax Receipts

2025 Tax receipts are ready for pick up. Parish office staff will be distributing the tax receipts on Sundays Feb 15 and Feb 22 at parish office. If you cannot pick up by these Sundays and please help us to save the postage, kindly pick up the tax receipts at parish office during regular hours (Monday to Friday 8:30am - 4pm). If you have any questions, please contact parish office at 604-254-2727.

* Feb 16 (Mon) 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.

After School Mass, Chinese Prayer group will lead the Stations of the cross at the Church.

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.

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。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 及副件(cc) 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 20 日(星期五) 苦路善工

- 在四旬期間，從 2 月 20 日開始，每星期五晚上 7 時舉行拜苦路和彌撒。3 月 6 日即每月的首個星期五彌撒後，我們將舉行明供聖體。
- 此外，四旬期內，逢星期三上午 10 時至 11 時 30 分，星期三祈禱會有拜苦路，玫瑰經及慈悲串經。我們誠摯邀請教友們一同參與，藉參與彌撒和拜苦路，更深刻地與基督的苦難相連，陪伴主耶穌走我們共同的苦路，以獲得神形的益處。

* 2 月 20 日(星期五) SFX 青年活動

親愛的青年朋友們（七年級至大學生）：們誠邀您參加本年度的青年活動——「與聖人同行」！活動將於 2026 年 2 月 20 日（星期五）晚上 6:30，在堂區 PLC 舉行。本次活動將以真福八端中的「饑渴慕義的人是有福的，因為他們要得飽饑」為主題，帶領大家認識聖女小德蘭（St. Thérèse of Lisieux），學習她如何在平凡的生活中，懷著對聖德與天主旨意的渴望，以愛與信任走向成聖之路。

當晚將設有晚餐、互動活動與反思祈禱時間，並可與領袖團隊交流分享。歡迎青年參與，共度一個溫馨而有意義的晚上。報名請聯絡 Simon (samtse@gmail.com) 或掃描二維碼登記。



* 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。

* 2 月 28 日(星期六) - 粵語四旬期退省

主題：「耶穌基督---昨天，今天，直到永遠，常是一樣。」
主講神師：龔家仁執事 (Deacon Andrew Kung)
彌撒：上午 9 時
退省內容：上午 10 時 至下午 3 時 45 分
(講座、拜苦路、朝拜聖體、修和聖事、聖體降福)
查詢/登記：Lisa Leung (604) 781-5405
請各位 *自備午餐及有蓋水杯*

* 3 月 1 日(星期日) - 英語四旬期退省

主題：“The Temptation of Jesus in the desert as a guide for our Lenten Journey”
神師：Deacon Tony Gray
彌撒：上午 11 時 15 分
退省：下午 1 時 15 分 至下午 4 時 45 分
查詢/登記：Pamela Ho (604) 763-7782

* Feb 20 (Friday) The Stations of the Cross

- During the Lenten season, starting from February 20, we will hold the Stations of the Cross and Mass every Friday at 7pm. March 6th, the first Friday Mass of each month, we will have Adoration of the Blessed Sacrament.
- In addition, throughout Lent, Wednesdays from 10:00am to 11:30am, Wednesday Prayer Group will lead the Stations of the Cross, recitation of the Rosary, and the Chaplet of Divine Mercy. Sincerely invite our parishioners to participate, as through attending Mass and the Stations of the Cross, we can more deeply connect with the sufferings of Jesus, accompanying Jesus on our common path of suffering, and gaining the spiritual benefits of God's grace.

* Feb.20 (Friday): SFX Youth Event

All youth (Grade 7 to University) are invited to join us for our next Youth Night: Walking with the Saints on

⌚ Friday, February 20, 2026, 🏛 6:30 PM, 🏔 Church PLC

This month, we reflect on the Beatitude: "Blessed are those who hunger and thirst for righteousness, for they will be satisfied." Together, we will learn from the life of St. Thérèse of Lisieux, who teaches us that a deep desire for holiness and justice can be lived out through love, trust, and faithfulness in the small moments of daily life.

Join us for dinner, sharing, prayer, and meaningful activities with our leadership team. Register with Simon (samtse@gmail.com) or scan the QR code.

* 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.

* February 28 (Saturday) – Cantonese Retreat

Theme : 「耶穌基督---昨天，今天，直到永遠，常是一樣。」

Spiritual Director : 龔家仁執事 (Deacon Andrew Kung)

Mass : 9:00 am.

Retreat : 10:00 am to 3:45 pm.

(Retreat Content : Lecture, the Stations of the Cross, Eucharist Adoration, the Sacraments of Reconciliation and Benediction.)

Inquiry/Registration : Lisa Leung (604) 781-5405

Please * Bring your own lunch and a covered water bottle *

* March 1 (Sunday) – English Retreat

Theme: “The Temptation of Jesus in the desert as a guide for our Lenten Journey”

Spiritual Director: Deacon Tony Gray

Mass 11:15am

Retreat : 1:15 pm to 4:45 pm.

* 哥倫布騎衛會會員卡發放

哥倫布騎衛會將於二月十五日（星期日）在早上每台彌撒後在堂區服務中心派發會員卡，如果你還未交會費或其他需要，可前來與當值兄弟接觸。

* 哥倫布騎衛會銀玫瑰 一 維護生命和敬禮瓜達盧佩聖母

哥倫布騎衛會的銀玫瑰花途經加拿大多個有分會的教堂後，將於2月27日抵達我們的堂區。它到達的堂區，以朝聖，祈求尊重生命，從受孕到自然死亡，並敬禮美洲的守護聖母：瓜達盧佩聖母。銀玫瑰花將於2月27日晚上7:30的彌撒中展示在我們聖堂，我們誠邀所有哥倫布騎衛會成員和教友前來參與，並為寶貴生命的恩賜祈禱。

* 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

* 都靈聖殮布展覽

聖若望保祿二世學院現正舉辦「都靈聖殮布展覽」，展出與真品等比例之高質素複製品，並由國際聖殮布學者 Dr. Cheryl White 導覽講解，結合歷史、科學與信仰。此為展覽退展前在本區最後一次舉行，機會難得。團體參觀需預約。

詳情及報名：shroud@sjp2foundation.com

或 604-560-8210 Ext. 1

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，永失去力量和希望。

* K of C Membership card distribution

Knights of Columbus membership cards will be distributed in the PLC on Sunday, February 15th instead of 8th after the morning masses.

* Knights of Columbus Silver Rose - Pro Life & Honour Our Lady of Guadalupe

Knights of Columbus Silver Rose arrives our church after travelling across Canada on February 27. It promotes respect for life from conception to natural death and honours Our Lady of Guadalupe, the patroness of the Americas. The Silver Rose will present during the Mass at 7:30pm on February 27. All Knights of Columbus members and parishioners are encouraged to pray for the precious gift of human life.

* 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

* The Shroud of Turin Exhibition

Saint John Paul II Academy is hosting The Shroud of Turin Exhibition, featuring a full-size, museum-quality replica of the Shroud. Guided presentations by international Shroud scholar Dr. Cheryl White integrate history, science, and faith in a compelling experience. This is the final opportunity to view the exhibition in our region before it retires. Group visits require reservation.

For information and registration: shroud@sjp2foundation.com or 604-560-8210 Ext. 1

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.

聖灰禮儀

瑪竇福音 6:1-6,16-18



那時候，耶穌對門徒說，「你們應當心，不要在人前行你們的仁義，為叫他們看見；若是這樣，你們在天父之前，就沒有賞報了。所以，當你施捨時，不可在你前面吹號，如同假善人在會堂及街市上所行的一樣，為受人們的稱讚；我實在告訴你們，他們已獲得到了他們的賞報。當你施捨時，不要叫你左手知道你右手所行的，好使你的施捨隱而不露，你父在暗中看見，必要報答你。當你祈禱時，不要如同假善人一樣，愛在會堂及十字街頭立著祈禱，為顯示給人；我實在告訴你們，他們已獲得到了他們的賞報。至於你，當你祈禱時，要進入你的內室，關上門，向你在暗中之父祈禱；你的父在暗中看見，必要報答你。幾時你們禁食，不要如同假善人一樣，面帶愁容；因為他們苦喪著臉，是為叫人看出他們禁食來。我實在告訴你們，他們已獲得到了他們的賞報。至於你，當你禁食時，要用油抹你的頭，洗你的臉，不要叫人看出你禁食來，但叫你那在暗中之父看見；你的父在暗中看見，必要報答你。」

主內的弟兄姊妹們，從聖灰禮儀開始我們正式的進入了四旬期。中文字「旬」，一旬為十天，四旬期也就是四十天。在這四十天中，教會邀請我們度悔罪和補贖的生活，以迎接耶穌基督的逾越奧蹟。

四十這個數字在聖經中出現過很多次，多數與準備或淨化有關。例如：洪水滅世時，大雨在地上下了四十天四十夜，或者以色列子民在曠野裡漂泊了四十年，再或者耶穌曾在曠野禁食、祈禱、受試探四十晝夜等等。同樣四旬期也是一個準備和淨化的時期，準備和淨化我們的心靈來迎接耶穌基督的逾越奧蹟。禮儀中，神父會給大家頭上撒聖灰。撒聖灰的時候會說一句話，「人啊！你要記住，你原來是塵土，將來還要歸於塵土」。這無非是在提醒我們，人生本來就是過客，空手而來，空手而去。訓道篇說：「虛而又虛，萬事皆虛」。我們現在放不下的，在生死面前也許什麼都不是？所以，常常默想死亡的人是有智慧的，因為默想死亡常能幫助他看見生命的本質。

我們的人生就像一場演練（綵排），透過人和事，去經驗愛情，去接受愛，去學會愛，愛天主和愛人。只有愛是真愛的，其他的都是假的。因為只有愛與不愛（罪），可以跟著我們到天主面前。主內的弟兄姊妹，不要讓我們的心依戀這個世界，肉身的貪欲，眼目的貪欲以及人生的驕奢。聖若望教導說，這些貪欲是出於世界，而不是出於聖父。

在這個四旬期裡，我們要常常反省自己哪些行為違反了愛德？例如別人對你說話，你是否用心聆聽，是否回覆別人的電郵？聊天是不是喜歡說自己的事，但是對別人的事就沒興趣聽？是不是很晚睡，第二天沒有精神去愛主愛人？是不是自我中心，堅持自己的意見，不關心別人的需要？喜歡別人的讚美，但是從來不讚美別人，甚至嫉妒人？做事沒有耐心、不遵守時間、喜歡發脾氣傷人、亂花錢買東西而看不到別人的需要等等。

讓我們善用這個四旬期，改變自己，多行愛德，做一個有愛的人。

The Shroud of Turin

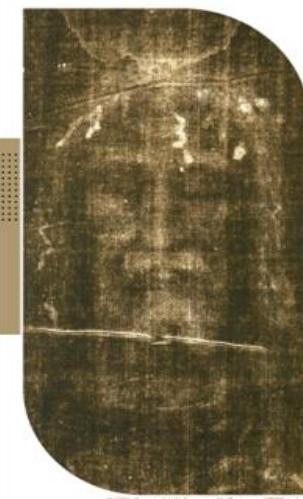
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All donations appreciated

These age appropriate presentations invite guests to explore the history, science, and meaning of the Shroud in an engaging and thought-provoking way, supporting both academic learning and spiritual reflection.

Adult Talks with Scholar Dr. Cheryl White, Ph.D.

Thursday & Friday, March 5th - 6th
6:30 PM
Saturday March 7th
2:00 pm and 6:30 pm

Parking
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Student Presentations

MARCH, 2026

THUR 5TH - FRI 6TH

10:00 AM and 1:30 PM

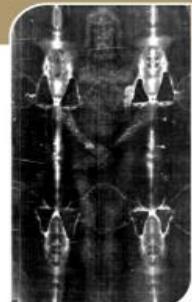
Reserved Seating

Exhibition Hours

THUR 5TH - FRI 6TH
10:00 am - 4:00 pm
6:00 pm - 9:00 pm

Saturday 7TH
10:00 am - 4:00 pm
6:00 pm - 9:00 pm

Sunday 8TH
11:00 am - 4:00 pm



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