



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

電話 Tel: 604-254-2727 傳真 Fax: 604-254-7557

電郵 Email: parish.sfx@rcav.org 網址 Website: <http://sfx.rcav.org>

主曆 2026 年 3 月 8 日 (甲年)

四旬期第三主日

Sunday, 8th March, 2026 (Year A)

Third Sunday of Lent



神父片語

李志雄神父 (耀漢小兄弟會)
Fr. Chi Hung Ly, CSJB



各位親愛的主內弟兄姊妹：這也正與我們堂區正在推動的八年牧民計劃 (2025 - 2033) 的方向一致——「從自己開始的信仰更新之路」。

耶穌是活水，更新我們的生命

各位親愛的主內弟兄姊妹：

在四旬期第三主日的福音中，耶穌在井邊遇見一位撒瑪黎雅婦人。她原本只是來打水，但在與耶穌的對話中，她逐漸發現，站在她面前的不只是普通的人，而是能賜下「活水」的救主。耶穌對她說：「誰若喝了我賜給他的水，將永遠不渴；我賜給他的水，必要在他內成為湧到永生的水泉。」

今天的福音在四旬期中特別具有深刻的意義，因為「水」象徵著洗禮的新生命。耶穌就是那真正的活水，祂要滋潤我們的心，使我們得到真正的生命。今年對我們堂區來說，是一個特別喜樂與充滿恩寵的時刻。我們共有 60 位候洗者準備在復活節領受洗禮，其中 29 位是成人。在今天的禮儀中，我們為成人候洗者舉行考核禮。這表示教會正式接納他們，確認他們的信德與準備，並陪伴他們走向復活節的洗禮。我在這裡謝謝修女和各位慕道班的老師，亦謝謝大家為福傳工作祈禱，服務，支持和奉獻。

他們的信仰旅程，其實就像福音中的撒瑪黎雅婦人一樣。起初也許只是帶著好奇或渴望來到教會，但在慕道的過程中，他們逐漸認識耶穌，體會到天主的愛。慢慢地，他們發現：真正能滿足人心深處渴望的，不是世界上的事物，而是基督這活水的泉源。

同時，這福音也提醒我們每一位已經領洗的基督徒。雖然我們早已領受洗禮，但生活中仍可能感到心靈的乾渴。四旬期正邀請我們重新回到主的面前，透過祈禱、悔改與愛德生活，讓基督的活水再次更新我們的生命。

各位親愛的主內弟兄姊妹：這也正與我們堂區正在推動的八年牧民計劃 (2025 - 2033) 的方向一致——「從自己開始的信仰更新之路」。信仰的更新不是只停留在口號，而是從每一個人的心開始。當我們願意回到耶穌面前，讓祂的活水滋潤我們的生命，我們的家庭會更新，我們的團體也會更新。因此，在這個

四旬期中，我們不僅為這些候洗者感恩，也邀請整個堂區團體陪伴他們、為他們祈禱。同時也讓我們再次問自己：我是否每天都來到主的泉源前，讓祂更新我的心？在生活中仍然會感到心靈的乾渴：對愛的渴望、對平安的渴望、對生命意義的尋找呢？

願我們都像福音中的撒瑪黎雅婦人一樣，勇敢地對主說：「主，請給我這水吧！」讓基督的活水在我們心中湧流，更新我們的生命，也帶動整個堂區走上從自己開始的信仰更新之路；在我們的生活中成為泉源，帶來永生的喜樂和平安。

願主祝福我們的堂區，並祝福所有準備領洗的弟兄姊妹
李志雄神父 CSJB

“Jesus is the Living Water Who Renews Our Lives”

Dear brothers and sisters in Christ,

In the Gospel for the Third Sunday of Lent, Jesus meets a Samaritan woman at the well. She originally came simply to draw water, but through her conversation with Jesus she gradually discovers that the one standing before her is not just an ordinary man, but the Saviour who can give her a “living water.” Jesus says to her: “Whoever drinks the water that I shall give will never thirst; the water that I shall give will become in him a spring of water welling up to eternal life.”
...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



2025-2033

天主教聖方濟堂 「八年牧民計劃」 簡介會

St. Francis Xavier Parish “8-Year Pastoral Plan” Information Session

為堂區成立100週年作準備
Preparing for the
100th Anniversary of the Parish

March 8, 2026 (Sunday)
11:00am - 12:30pm

誠邀各位教友參與簡介會，攜手拼砌堂區的未來。
All parishioners are warmly invited to the information session,
let us shape the future of our parish - together.

由李志雄神父
親自講解
Presented by:
Fr. Joseph Ly, CSJB

Presented by SFX Family Ministry & Knights of Columbus Council 10500

Easter Sunday 復活節 | April 5, 2026

Join us for 聖方濟堂

SFX EASTER

LUNCH + EGG HUNT + GAMES

家庭同樂日 及復活蛋尋寶遊戲

Register here!



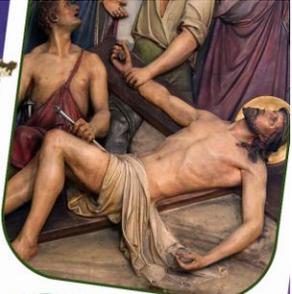
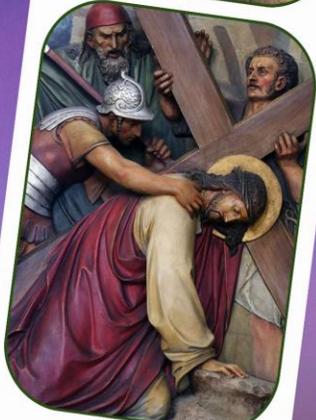
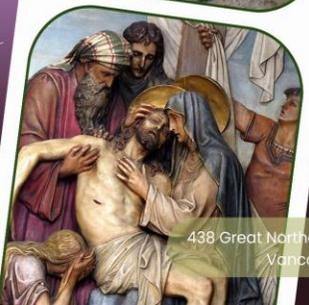
or after Mass in the PLC

Egg hunt, crafts, games & prizes for children 10 and under

Ticket includes lunch & Games

\$15 Adult, \$5 Child

12:30PM in the PLC

苦路善工 Stations of the Cross

星期五 Friday: 7pm - 7:40pm
拜苦路後舉行彌撒
Stations of the Cross, followed by Mass

星期三 Wednesday: 10am - 11:30am

誠邀您一同參與，藉彌撒與苦路善工更深結合基督的苦難，陪伴主耶穌同行苦路，領受神形的益處。

Join us in the Mass and the Way of the Cross - walk with Jesus and receive spiritual and physical grace.

溫哥華天主教聖方濟堂
St. Francis Xavier Parish

438 Great Northern Way, Vancouver, BC

SFX FAMILY MINISTRY
Invites
GRADE 7 - UNIVERSITY

THE CALL TO HOLINESS: A WALK WITH ST. GIANNA MOLLA

Friday, March 20, 2026
6:30 pm - 8:50 pm
SFX Parish Life Centre

RSVP Simon
simtse@gmail.com



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 3月8日	為全體信友 求恩 為 Johnson Chung 求恩 求恩 追悼 黃培文 追悼 龍金山 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	本堂神父們 Wendy Chen & Family Josephine Chung 9:30am Usher Group 妻子 Christina Wong 龍文伯 Clare Chan 梁德笑 Janice Ip & Family
星期一 Monday 3月9日	追悼 張小玲 追悼 張小玲 追悼 張小玲 追悼 張小玲 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	郭淑儀 郭淑琮 郭淑卿 郭淑霞 Clare Chan 梁德笑 Janice Ip & Family
星期二 Tuesday 3月10日	求恩 Frances Health 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	Ivy Lee Clare Chan 梁德笑 Janice Ip & Family
星期三 Wednesday 3月11日	求恩 為 Joe Ng 健康 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	Ivy Lee Clare Chan 梁德笑 Janice Ip & Family
星期四 Thursday 3月12日	追悼 胡陳壁媛 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	托比特善別組 Clare Chan 梁德笑 Janice Ip & Family
星期五 Friday 3月13日	為 陳泉清姊妹健康求恩 為 Ming Wan 今日的手術成功求恩 為 張瑞賢及家人求恩 追悼 父親 李炳輝 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	Maria Lee Louie and Cecilia Lui SFX Photo Team Frances Wong & Family Clare Chan 梁德笑 Janice Ip & Family
星期六 Saturday 3月14日	謝恩 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 Mary 吳鉅行	Agathe Chu Clare Chan 梁德笑 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

二零二六年教宗三月份的祈禱意向

請為裁軍與和平祈禱

願各國邁向真正的裁軍，尤其是核裁軍，願世界領導人選擇對話和外交，而非訴諸暴力。

**Pope's prayer Intention for March 2026
For Disarmament and Peace**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

.....Continued from page 1.....

This Gospel has a particularly profound meaning during Lent, because “water” symbolizes the new life of Baptism. Jesus is the true Living Water who comes to refresh our hearts and give us real life. This year is a moment of special joy and grace for our parish. A total of 60 catechumens are preparing to receive Baptism at Easter, including 29 adults. In today’s liturgy we celebrate the Rite of Scrutiny for the adult catechumens. Through this rite, the Church formally welcomes them, affirms their faith and readiness, and accompanies them as they journey toward Baptism this Easter. I would like to take this opportunity to thank our Sisters and all the catechists of the RCIA program. I also thank everyone who has supported the work of evangelization through prayer, service, encouragement, and generosity.

The journey of faith for these catechumens is very much like that of the Samaritan woman in the Gospel. At first, they may have come to the church out of curiosity or a longing in their hearts. Yet through the process of learning in RCIA, they gradually come to know Jesus and experience God’s love. Slowly, they discover that what truly satisfies the deepest thirst of the human heart is not the things of this world, but Christ—the source of the Living Water.

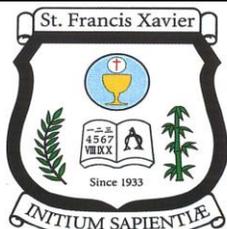
At the same time, this Gospel is also a reminder for all of us who have already been baptized. Even though we have received the grace of Baptism, we may still experience spiritual thirst in our daily lives. Lent invites us to return once again to the Lord through prayer, repentance, and works of charity, so that the Living Water of Christ may renew our lives.

Dear brothers and sisters, this message also affirms our parish’s Eight-Year Pastoral Plan (2025–2033)—“A Path of Faith Renewal Beginning with Ourselves.” Renewal in faith cannot remain merely a slogan; it must begin in each person’s heart. When we return to Jesus and allow His Living Water to refresh our lives, our families will be renewed, and our parish community will also be renewed. Therefore, during this Lenten season, we not only give thanks for these catechumens, but we also invite the entire parish community to accompany them and pray for them. At the same time, let us ask ourselves: Do I come each day to the source of the Lord, allowing Him to renew my heart? Do I still feel the thirst within my life—the thirst for love, for peace, and for the true meaning of life?

May we all be like the Samaritan woman in the Gospel and courageously say to the Lord: “Lord, give me this water.” May the Living Water of Christ flow within our hearts, renewing our lives and leading our whole parish along the path of faith renewal that begins with each of us. May it become a spring within our lives, bringing the joy and peace of eternal life.

May the Lord bless our parish and all our brothers and sisters who are preparing to receive Baptism.

Fr. Chi Hung Ly, CSJB



堂區及教區消息

Parish and Archdiocesan News



通功代禱 In Memoriam

教友 胡陳璧媛 姊妹(Teresa) 於二月十八日蒙主寵召。享年九十二歲。(她是前聖方濟小學，中文老師) 家人謹擇於三月十一日(星期三) 上午十一時舉行殯葬逾越聖祭；彌撒後靈柩移往火化。

懇請諸位神長，修女，主內弟兄姊妹，為胡陳璧媛姊妹代禱；求主賜予永安，息止安所。

* 聖方濟堂「八年牧民計劃」簡介會

📅 3月8日(星期日)

🕒 11:00 AM - 12:30 PM

📍 聖約瑟房

為迎接堂區成立 100 週年，誠邀各位教友參與簡介會，攜手拼砌堂區的未來。簡介會後設有答問環節。

* 四旬期(星期五)苦路善工

- 在四旬期期間，從2月20日開始，每星期五晚上7時舉行拜苦路和彌撒。
- 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。

* 三月十一日，祈禱會取消拜苦路禮儀

鑑於在三月十一日，星期三上午，有殯葬逾越聖祭舉行；當天祈禱會的團體拜苦路禮儀取消。在三月十八日，星期三 上午十時，繼續有團體拜苦路。

* 三月十九日(星期四)慶祝大聖若瑟瞻禮日

本堂將於三月十九日晚上七時三十分舉行彌撒聖祭慶祝這大瞻禮。同時，聖若瑟會會員也在當晚進行許諾禮，請各位教友踴躍一同參與及見證。彌撒後備有茶點招待。同時，也歡迎各教友帶備茶點與眾人分享。

* St. Francis Xavier Parish 8-Year Pastoral Plan Information Session

📅 March 8th (Sunday)

🕒 11:00 AM - 12:30 PM

📍 St Joseph Room

As we prepare for the Parish's 100th Anniversary, all parishioners are warmly invited to attend this session as we shape the future of our parish together. A Q&A session will follow the presentation.

* Lenten Season (Fridays) 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.
- 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.

* March 11th - Prayer Group Cancels Stations of the Cross Ritual

Given that a funeral Passover Mass will be held on Wednesday morning, March 11, the Stations of the Cross prayer service for that day is cancelled. Stations of the Cross will continue on Wednesday, March 18, at 10am.

* March 19 (Thursday) Celebrate Feast Day of St Joseph

Our Parish will celebrate this great feast at Mass on March 19 at 7:30pm. The members of St Joseph Sodality will declare their promise during the Mass. We cordially invite you to witness the ceremony. Refreshment will be served in the PLC after Mass. Parishioners are most welcome to bring their treats to share with everyone.

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。

* **三月二十日(星期五) - 青年牧民聚會**
親愛的青年朋友們(七年級至大學生)及家長:
我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 3 月 20 日
(星期五)晚上 6:30 在教會 PLC 舉行。
本次活動將以真福八端中的「哀慟的人是有福的,因為他們要受安慰」為主題,帶領大家認識 聖珍安娜·莫拉。在四旬期的旅程中,我們將一起從她作為醫生、妻子與母親的生命中學習,看看她如何以愛心與關懷陪伴他人的痛苦,活出基督徒的信德與希望。當晚將有晚餐、互動活動及反思祈禱時間,也能與領袖團隊交流,一同在四旬期中加深對信仰的體會。報名請聯絡 Simon (simtse@gmail.com) 或掃描二維碼登記。

* **堂區教育委員會宣布: 聖方濟小學新任校長**
堂區教育委員會宣布, Mrs. Anne Yam 將於本學年結束時榮休。我們衷心感謝她多年來對學校忠誠而無私的領導與服務。
同時,我們欣然宣布 Mrs. Cathy Lorenz 已獲委任為聖方濟小學新任校長,並將於今年九月正式上任。我們期待歡迎她加入聖方濟小學。

* **4 月 5 日(星期日)家庭同樂日及復活蛋尋寶遊戲**
家庭牧民組和哥倫布騎衛會 10500 分會,在 4 月 5 日(復活節主日)聯合舉辦家庭同樂日及復活蛋尋寶活動。現在邀請有 10 歲及以下兒童的年輕家庭參加,當日上午 11:15 彌撒後,我們將於堂區活動中心(PLC)共聚並享用午餐,然後進行各類有趣的遊戲。費用為成人或青少年每位\$15.00 元,10 歲以下兒童每位\$5.00 元。費用包括午餐、遊戲和獎品!報名截止日期為 2026 年 4 月 1 日。有興趣參加的家庭可登入以下網址作預先登記:
<http://www.tinyurl.com/sfxeaster2026>. 並在主日彌撒後親自為您的家人付款,或在 4 月 1 日之前透過電子轉帳至(amyyyl@gmail.com) 歡迎 11 歲以上的青少年參加!目的為 7-12 年級的青少年提供做義工服務的機會,有興趣者請發電郵給 Amy Leung (amyyyl@gmail.com) 聯繫以了解更多資訊。

* **4 月 12 日(星期日) - 堂區開放日**
📅 4 月 12 日(星期日)
誠邀各善會設立展位,向新受洗的教友及其家人介紹善會團體,彼此交流,共建堂區團體。
有關活動的簡介及答問環節將於 2026 年 3 月 8 日「八年牧民計劃」簡介會後舉行。

* **Mar 20th (Friday) - Youth Event**
All youth (Grade 7 to University) are invited to join us for our next Youth Night: Walking with the Saints on Friday, March 20, 2026 — 6:30 PM at the Church PLC.
This month, we reflect on the Beatitude: “Blessed are those who mourn, for they will be comforted.”
During this Lenten season, we will learn from the life of Gianna Beretta Molla — a doctor, wife, and mother who lived her faith through compassion and care for others. Her example reminds us that even in moments of suffering, Christ calls us to bring comfort, hope, and love to those around us.
Join us for dinner, sharing, prayer, and fun activities with our leadership team as we journey through Lent together.
Register with Simon (simtse@gmail.com) or scan the QR code.



* **PEC Announcement: New Principal of SFX School**
PEC wish to inform you that Mrs. Anne Yam will retire at the end of this school year. We give thanks for her faithful leadership and dedicated service to our school community.
We are also pleased to share that Mrs. Cathy Lorenz has been appointed as the new principal of St. Francis Xavier School starting in this September. We look forward to welcoming her to the SFX community.

* **April 5 SFX Family Lunch and Easter Egg Hunt**
SFX Family Ministry & Knights of Columbus Council 10500 invites you to a Family Lunch and Games for families with children 10 years and younger on Easter Sunday, April 5! Lunch will be served after 11:15am Mass in the Parish Life Centre. Cost is \$15 per adult/youth and \$5 per child under 10. Cost includes lunch, crafts, games & prizes! Register online here: <http://www.tinyurl.com/sfxeaster2026> and pay for your family either in person after Mass or via eTransfer to (amyyyl@gmail.com) before April 1. Youth 11 and older are also welcome to attend! Volunteer opportunities available for youth in Grades 7-12 - please contact Amy Leung at amyyyl@gmail.com for more information!

* **April 12th - SFX Parish Open Day**
📅 April 12th (Sunday)
Each sodality is warmly invited to host a booth to introduce your group to newly baptized parishioners and their families, building community within our parish.
A brief introduction and Q&A session will be held on March 8, 2026, following the 8-Year Pastoral Plan Information Session.

3月9日-聖婦方濟加瞻禮 (St. Frances of Rome)



1384年，聖婦方濟加在羅馬誕生。她的家庭原是意大利望族，家道富有。她自幼很熱心，於十一歲時，請求父母准她出家修道，但是她的請求未獲接納。

過了一個時期，雙親為她擇配，丈夫是一個富家子弟。她礙於父母之命，放棄了原定的志願。出嫁後，常鬱鬱不歡，背人流淚，被她的嫂嫂看見，就問她原委。出乎她的意料，這位嫂嫂本來也有意棄俗修道。妯娌二人同病相憐，立志以已嫁婦女的身分，全力做敬主愛人的工作。她們二人常同往貧民窟探訪窮人，散發賑濟物品。她們的丈夫也是很熱心的教友，所以對於這種救濟工作大力支持。

過了一個時期，方濟加突患重病，遍請各名醫診治，毫不見效。有一天，聖亞肋叔顯現給她，問她希望立即死亡，還是希望痊癒。聖婦答道：「一切隨從天主的聖意。」聖亞肋叔就告訴她，天主要她病癒，繼續作榮主教靈的工作。她的病果然立刻就好了。

自這時起，妯娌二人加倍熱心看護病人。她們的家姑擔憂她們的健康勢將大受影響，而且她們往往因照顧病人，無暇參加社交應酬。可是兩人的丈夫深明大義，不干涉她們的行動。

1400年，方濟加生了一個男孩，翌年家姑逝世，她主理家政，待僕人很仁慈，視他們如弟兄姊妹，並注意照顧他們的靈魂。她與丈夫共度了四十年的婚姻生活，從未有過一次反目。祈禱時，如有緊要的家務需要處理，立即暫停祈禱，先將家務辦妥，再繼續祈禱。有一天，她正打開了經書，念聖母小日課，傭人又來打斷她，這樣一連五次。第五次回來，打開經書，只見經書上的文字，都變成金字了。

其時意大利時有內戰，民不聊生，農田歉收，疫癘叢生。她和她的嫂嫂，全力救濟災民，個人資力有限，她們出外挨戶乞討，受盡眾人揶揄譏諷，二人毫不灰心。後來又將首飾全部變賣，撥充賑款。

1408年，奸黨篡奪教宗聖職，擁兵入侵羅馬。方濟加的丈夫，素對教宗效忠，力圖抵抗無效，倉皇出走，僅以身免。他的哥哥被奸黨俘虜，方濟加和兒女來不及逃走，房屋財產均遭破壞。方濟加與嫂嫂二人雖然經濟拮据，仍設法救濟貧苦的災民。三年後，羅馬發生大瘟疫，她的幼子染疫身亡，她對救濟工作更為積極，將自己住屋一部分改為醫院。

幼子死後第十二天，顯現給方濟加，他全身發光，旁有天神相伴。幼子告訴她：自己在天國享受永福，同時預報方濟加的女兒不久也將患病身死。可是幼子也安慰她說：「如今在我身旁的那位天神，將奉派與你為伴。」

方濟加的女兒不久真的患病身死，年僅十六歲。自此，天神常在她身傍，形狀如一個八歲的孩童。但是除了她自己外，別人都看不見。有時她偶犯些微過失，天神頓即隱沒。等到她懺悔後，天神又再顯現。

1414年，方濟加的丈夫獲准重返羅馬，家產亦全部發還。但是她經過這場重大的打擊，變得體弱多病，深懼在世歲月無多，決定為她的兒子娶親，以了向平之願。可是媳婦性情很暴戾，傲慢無禮，常常譏笑方濟加。有一天，她正在當眾大罵方濟加時，突患重病，方濟加不念舊惡，悉心侍候，她的仁愛精神，使媳婦大為感動；病癒後，痛改前非，待翁姑非常孝愛。

其時，她的聖德和治病的神能，業已遐邇聞名。各處的人都來求治，和仲裁各項爭端。她丈夫對她的敬愛與日俱增，囑她卸去家政，一心作救靈的工作。方濟加組織了一個在俗婦女的善會。加入這善會的婦女，不必發任何聖願，但立志獻身事主，救濟窮人。這善會迅速發展，購得房屋一所，作為會址。方濟加有暇，即往該善會服務。三年後，丈夫逝世，她正式加入該善會。

自此，她與天主的結合較以前更密切。在苦行方面，她已無法增加，因為許多年以來，她只吃乾麵包和蔬菜，腰束苦帶和有刺的鐵鍊，並以苦鞭笞打自己的身體。可是她神魂超拔的次數，以及神視的次數，較前頻繁。她常通宵不睡，念經祈禱。

1440年，方濟加患病臥床，七日後，於3月9日傍晚，她容光煥發，歡呼道：「伴隨我的天神，業已完成任務，他囑我隨他同去。」方濟加親手創立的在俗婦女善會，至今還存在（在意大利），入會婦女擔任教育工作，會衣式樣，即為當年羅馬貴家女子的服飾。

方濟加於1608年榮列聖品。

資料來源 <https://slmedia.org/ch/blog/the-feast-of-st-frances-of-rome>

LENT & EASTER

DAYS OF FASTING

ASH WEDNESDAY
GOOD FRIDAY

WHAT IS FASTING?

One full meal and two smaller meals.

DAYS OF ABSTINENCE

ASH WEDNESDAY
GOOD FRIDAY
EVERY FRIDAY DURING LENT

WHAT IS ABSTINENCE?

No meat.

ASH WEDNESDAY LENT BEGINS



Emphasizes our mortality and our need for ongoing repentance.

PALM SUNDAY



Commemorates Jesus' triumphal entry into the city of Jerusalem.

HOLY THURSDAY



Celebrates the Last Supper with the disciples and Passover.

GOOD FRIDAY



We remember the Passion and Jesus' sacrifice for us on the cross.

40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

EASTER SUNDAY HE HAS RISEN!



Alleluia!
The principal feast of the ecclesiastical year. Jesus has risen!

Easter is an 8 day celebration leading to Easter Season, which ends on Pentecost.

PILLARS OF LENT

PRAYER
FASTING
ALMSGIVING

The key to understanding the meaning of Lent is simple: Baptism.



四旬期退省 - 2月27日至3月1日 Lenten Retreat - Feb.27 to Mar.1

English Retreat, by Deacon Tony Gray – March 1st



粵語退省, 龔家仁執事 - 2月28日



輔祭會退省, 張世協神父 - 2月27日



For more photos / 更多照

<https://photos.app.goo.gl/Ev5b7jVAU473q9ky8>



天主教徒遺產與紀念規劃研討會 - 3月4日 Estate and Memorial Planning Seminar - Mar.4



For more photos / 更多照片:

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 On solid rock the house stands firm; with protection, your home is secure. -Matthew 7:25
 磐石之上, 風雨不動; 保障在側, 家裏無憂。-馬太福音 7:25

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