



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 3 月 22 日 (甲年)

四旬期第五主日



Sunday, 22th March, 2026 (Year A)

Fifth Sunday of Lent



神父片語

李志雄神父 (耀漢小兄弟會)
Fr. Chi Hung Ly, CSJB

我就是復活，就是生命。

各位親愛的主內弟兄姊妹：

今天是四旬期第五主日，我們也為候洗者舉行第三次考核禮。福音中，耶穌宣告一句極為重要的話：「我就是復活，就是生命。」(若 11:25) 這不只是一句安慰的話，而是一個邀請—邀請我們進入一份真實而轉化生命的關係。讓我們用三個方向來默想，也與我們堂區八年牧民計劃「從自己開始的信仰更新之路」彼此呼應。

第一：請主到我們的「家」做朋友；

福音告訴我們，耶穌與瑪爾大、瑪利亞和拉匝祿是親密的朋友。當拉匝祿病了，她們傳話說：「主啊，你所愛的人病了。」今天，耶穌同樣渴望進入我們的「家」不只是外在的家庭，更是我們的內心、生活、關係。候洗者們，你們正在學習把生命的門打開；而我們已領洗的信友，也要問自己：我是否仍把耶穌當作真正的朋友？還是只在需要時才想起祂？

第二：完全信賴；

即使在看似遲來的時候當耶穌來到時，拉匝祿已經死了四天。瑪爾大說：「主！如果你在這裡，我的兄弟決不會死。」這句話裡有信德，也有遺憾。很多時候，我們也會這樣想：天主似乎來得太遲，沒有照我們的時間行事。但耶穌讓我們明白：天主的時間，總是為了更大的生命、更深的轉化。祂邀請瑪爾大相信：「你信嗎？」這正是我們信仰更新的關鍵—從控制走向交託，從焦慮走向信賴。不是只相信天主能做事，而是相信祂在我生命中的計劃。

第三：讓主帶來真正的生命；

耶穌呼喊：「拉匝祿，出來！」死去的人真的走出來了。但耶穌也說：「解開他，讓他行走。」這提醒我們：復活不只是未來的事，而是今天的生命更新。我們每個人都有自己

的「墳墓」可能是罪、冷淡、習慣、傷害，甚至失望與無力感。耶穌今天也在呼喚我們的名字，要我們走出來。而教會團體，就像那群幫

助解開裹布的人，彼此陪伴，彼此扶持，一起走向自由與新生命。

親愛的弟兄姊妹們，這也是我們再次更新信仰的時刻—從自己開始，讓基督成為我們生命的中心。讓我們在這四旬期，再一次學習三件事：請主到我家中做朋友，在一切中完全信賴祂，讓祂帶領我走向真正的生命。因為祂親自對我們說：「我就是復活，就是生命；信從我的，即使死了，仍要活著。」我邀請堂區的教友們，再繼續為候洗者祈禱，直到復活節他們領洗成為天主的子女和堂區一分子，參與堂區的福傳工作。因為有成熟的教友，才有成熟的教會。讓我們勇敢為主基督復活的信仰作見證。

願天主的平安常與你們同在！

李志雄神父 CSJB

“I am the resurrection and the life”

Dear brothers and sisters in Christ,

Today is the Fifth Sunday of Lent, during which we celebrate the Third Scrutiny for the catechumens. In the Gospel, Jesus proclaims a profoundly important statement: “I am the resurrection and the life” (John 11:25). This is not merely words of comfort, but an invitation—an invitation to enter into a real relationship that transforms our lives. Let us reflect on this in three ways, in harmony with our parish’s eight-year pastoral plan, “A Path of Faith Renewal Beginning with Ourselves.”

First: Invite the Lord into our home as a friend

The Gospel tells us that Jesus was a close friend of Mary, Martha, and Lazarus. When Lazarus was ill, they sent word to Him: “Lord, the one you love is ill.” Today, Jesus likewise desires to enter our home—not only our physical household, but also our hearts, our daily lives, and our relationships. To our catechumens, you are learning to open the door of your lives; and we who are already baptized must also ask ourselves: Do I still treat Jesus as a true friend, or do I only turn to Him when I am in need?
...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

預報救主降生 節日

The Annunciation of the Lord Solemnity

3月25日
(星期三)

March 25
(Tuesday)



7:30pm 中文彌撒 Chinese Mass

溫哥華聖方濟堂
St. Francis Xavier Parish
439 Great Northern Way, Vancouver, B.C. V5T 4S5



信仰小團體領袖培育 網上課程

報名及詳情



【單元一】

共七課

- 甚麼是教會
- 教會學脈絡中的團體神學
- 香港教區牧民方向, 信仰團體的五項要素
- 小團體的內外福傳
- 實用牧民心理學
- 人際關顧與溝通1
- 人際關顧與溝通2



- 課程日期
4月1日 - 6月30日
- 小組聚會日期
4月11, 25日,
5月9, 23日
(HKT) 傍晚5:30-7時
- \$ 900/單元

全報四個單元

八折!

4-6月

單元一
神學基礎
與
心理關顧

7-9月

單元二
小組
聖經分享
系列

10-12月

單元三
團體靈修
系列

明年1-3月

單元四
小團體
領導系列

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



天主教聖方濟堂 ST. FRANCIS XAVIER PARISH

義賣 BAZAAR SINGATHON 百萬唱 2026 MAY 30, 2026 10AM-8PM



- Merchandise Sale 物品義賣
- Delicious Food 多款美食
- Raffle Draw 獎券抽獎
- Online Auction 網上拍賣
- Carnival Games 攤位遊戲
- Inflatable Games 吹氣遊戲
- Live Performance 精彩表演

FUNDRAISING GOAL:

\$300,000

ALL PROCEEDS SUPPORT ST. FRANCIS XAVIER PARISH AND SCHOOL ROOFTOP MAINTENANCE.
用作支持教堂和學校維修屋頂

ST. FRANCIS XAVIER PARISH & SCHOOL
428 GREAT NORTHERN WAY, VANCOUVER



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22日	為全體信友 追悼 梁賢盛 為伍琪明 & Joseph 健康 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 Nelissa Chik 求恩 謝恩 求恩	本堂神父們 Clare Chan 梁德笑 Janice Ip Janice Ip & Family Teresa Au Yeung 高華金 聖若瑟會 德蘭
星期一 Monday 3月23日	追悼 父母親 俞啟聰 何煥珍 謝恩 追悼 谷林秀英 為伍琪明 & Joseph 健康 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	Katherine Leung 聖若瑟會 谷愛蘭 Janice Ip Clare Chan 梁德笑 Janice Ip & Family
星期二 Tuesday 3月24日	為伍琪明 & Joseph 健康 追悼 谷林秀英 追悼 Teresa Woo 謝恩 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	Janice Ip 托比特善別組 Elaine Chia 聖若瑟會 Clare Chan 梁德笑 Janice Ip & Family
星期三 Wednesday 3月25日	為伍琪明 & Joseph 健康 謝恩 追悼 谷林秀英 追悼 Li Ying 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 馮天強 追悼 陳路捐	Janice Ip 聖若瑟會 谷祖港, 谷陳少華 Virginia Ip Clare Chan 梁德笑 Janice Ip & Family 聖母軍中華聖母支團 Emily and Francis
星期四 Thursday 3月26日	為伍琪明 & Joseph 健康 追悼 Clement Chung Yin Law 追悼 姚傳義 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英 謝恩	Janice Ip Law's Family Francis Ng Clare Chan 梁德笑 Janice Ip & Family 聖若瑟會
星期五 Friday 3月27日	追悼 姜春奇 追悼 谷林秀英 謝恩 為伍琪明 & Joseph 健康 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英	姜濤 聖母軍中華聖母支團 聖若瑟會 Janice Ip Clare Chan 梁德笑 Janice Ip & Family
星期六 Saturday 3月28日	為伍琪明 & Joseph 健康 謝恩 追悼 梁賢盛 追悼 父母親 葉樹鏞, 葉盧惠英 追悼 Mary 吳鉞行 為媽媽健康謝恩及求恩	Janice Ip 聖若瑟會 Clare Chan 梁德笑 Janice Ip & Family 朱方明, 朱佳嘉 Chan's Family

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

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

Second: Trust completely

When Jesus arrived, Lazarus had already been dead for four days; it may appear as if he was too late. Therefore, Martha said, "Lord, if you had been here, my brother would not have died." In these words, there is both faith and regret. Often, we may feel the same way: that God seems to come too late or does not act according to our timetable. Yet Jesus shows us that God's timing is always for a greater life and a deeper transformation. He asks Martha, "Do you believe this?" This is the key to renewing our faith—moving from control to surrender, from anxiety to trust. It is not only believing that God can act, but trusting in His plan for our lives.

Third: Let the Lord bring us true and everlasting life

Jesus calls out, "Lazarus, come out!" And the dead man came out. But Jesus also says, "Untie him and let him go." This reminds us that resurrection is not only a future reality—it is a renewal of life here and now. Each of us has our own "tomb": it may be sin, indifference, habits, wounds, or even discouragement and helplessness. Today, Jesus calls each of us by name, asking us to come out. And the Church community is like those who help remove the burial cloths—accompanying and supporting one another as we walk toward freedom and new life.

Dear brothers and sisters, this is also a time for us to renew our faith once again—beginning with ourselves, and placing Christ at the centre of our lives. During this Lenten season, let us relearn three things: to invite the Lord into our homes as a friend, to trust Him completely in all things, and to allow Him to lead us into true life. For He says to us: "I am the resurrection and the life; whoever believes in me, even if he dies, will live."

I also invite all parishioners to continue to pray for our catechumens, until they are baptized at Easter and become children of God and members of our parish, sharing in its mission of evangelization. A mature Church depends on mature parishioners, so let us courageously bear witness to our faith in the risen Christ.

May the peace of God be with you always.

Fr. Chi Hung Ly, CSJB

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.



堂區及教區消息

Parish and Archdiocesan News



* 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。

* 信仰小團體領袖培育"網上課程"

為推行堂區八年牧民計劃，李志雄神父鼓勵教友踴躍參加「信仰小團體領袖培育」課程，好能協助堂區推動相關牧民工作。

此課程由香港「小團體中心」、「塔冷通心靈書舍」及「信仰生活互動坊」合辦，以粵語於網上進行。課程為期一年，共分四個單元。每單元費用為港幣 \$900，可選擇個別單元報讀；報讀全部四個單元可享八折優惠。

李神父邀請堂區秘書 Helen Wong (604-254-2727 內線 101) 協助報名及繳費。由於第一單元將於 4 月 1 日開始，請有意參加者盡早報名。詳情請參閱第 2 頁海報。

* 3 月 25 日 (星期三) 預報救主降生節日

⌚ 7:30pm 中文彌撒

請各位教友參與彌撒，同慶節日。

* 4 月 2 日 (聖週四) 主的晚餐

晚上 8 時：舉行建立聖體彌撒(中英文)及彌撒後朝拜聖體至晚上 11 時。

* 4 月 3 日 (聖週五) 救主受難紀念

下午 2 時：苦路善工 (中英文)。

下午 3 時：苦難禮儀。(中英文)。

- 是日須守大小齋；14 歲及以上守小齋，18 歲及以上但未達 60 歲守大齋。
- 每年耶穌受難紀念日，全球教友都特別為聖地捐獻，敬請慷慨解囊，支持天主教會於聖地的福傳和牧民使命。
- 開始奉獻慈悲九日敬禮

* 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.

* Online Course: Faith Small Group Leaders Formation

To support the Parish Eight-Year Pastoral Plan, Fr. Joseph Ly encourages parishioners to participate in the Faith Small Group Leaders Formation program, equipping them to assist in the parish's pastoral initiatives.

This online course is jointly organized by the Small Group Centre, Talentum Bookshop, and Faith Life Interactive Workshop in Hong Kong, and will be conducted in Cantonese. The program lasts one year and is divided into four modules. Each module costs HKD \$900. Participants may enroll in individual modules, or receive a 20% discount when registering for all four modules.

Fr. Ly invites parish secretary Helen Wong (604-254-2727 ext. 101) to assist with registration and payment. As the first module begins on April 1, interested participants are encouraged to register as soon as possible. Please refer to the poster on page 2 for more details.

* March 25 (Wednesday) The Annunciation of the Lord Solemnity

⌚ 7:30pm Chinese Mass

Encourage all parishioners to celebrate the Mass。

* April 2 (Holy Thursday) The Lord's Supper

8:00pm: Mass of the Lord's Supper (Chinese & English)
Solemn adoration until 11:00pm

* April 3 (Good Friday) The Passion of the Lord

- 2:00pm: Stations of the Cross (Chinese & English)
3:00pm: Celebration of the Lord's Passion (Chinese & English)
- A day of fasting and abstinence from meat.
 - Holy Land collection on Good Friday! Our parishes are called to support Christians in the Holy Land. Many Christians in the Holy Land depend on the collection for their lives.
 - Remember to start the Divine Mercy Novena on Good Friday.

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。

* 4月4日(聖週六)復活慶典夜間禮儀

晚上 9 時：在學校操場集合祝福火焰及點燃復活蠟燭遊行至聖堂舉行光的慶典、逾越頌、聖道禮、入門聖事、聖祭禮。(中英文)

* 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。

* 2026 義賣 - 抽獎券

2026 年的抽獎券已經預備好,請在主日彌撒後領取。教友可以使用同一信封將已售出獎券的票根和款項裝好並投入我們的獎券收集箱內(該收集箱於主日會放在 PLC,平日則放在堂區辦公室前)。如果教友可以幫忙銷售額外更多的獎券,歡迎到我們的服務台領取。感謝各位的慷慨支持!

* 為生命祈禱九日敬禮

哥倫布騎士會「為生命祈禱九日敬禮」是一項為期九天的祈禱活動,旨在維護並尊重每一個人的生命尊嚴,從受孕直到自然終結。

誠邀您參與我們的玫瑰經祈禱:在接下來連續九個星期日(3月29日、4月5日、4月12日、4月19日、4月26日、5月3日、5月10日、5月17日及5月24日),於上午 11:15 彌撒後,在朝拜小堂舉行。



* April 4 (Holy Saturday) The Easter Vigil in the Holy Night

9:00pm: Celebration of the Holy Night of Easter

* 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.

* 2026 Bazaar Raffle Tickets

The 2026 raffle tickets are available for you to pick up after each Sunday Mass. Parishioners can use the same envelope for returning of the sold ticket stubs and money. A collection box will be placed at PLC on Sundays or at the Parish Office during weekdays. Extra tickets are also available at our service counter if you can help to sell more. Your kind and generous supports are greatly appreciated!

* Novena for Life

The Knights of Columbus Novena for Life is a nine-day prayer initiative focused on the dignity and protection of every human life, from conception to natural death.

Please join our Rosary prayer for the following nine consecutive Sundays (March 29, April 5, April 12, April 19, April 26, May 3, May 10, May 17 and May 24th) after the 11:15am mass in the Adoration Chapel.

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

SFX Parish Bulletin, email: 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 and a copy (cc) 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.

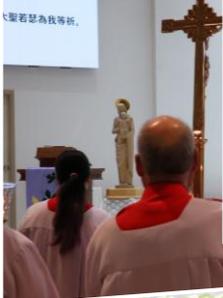
Feast Day of St Joseph

慶祝大聖若瑟瞻禮日 · 聖若瑟會許諾禮

St Joseph Sodality Promise Declaration Ceremony

- 3月19日

- March 19th



Celebrating Divine Mercy

Welcoming Newly Baptized Gathering
歡迎新領洗教友聚會



April 12, 2026 四月十二日

9am - 1pm 早上九時至下午一時

SFX - Parish Life Center

For more photos / 更多照

<https://photos.app.goo.gl/B5Lk3qci1HAe6VSR7>

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