



天主教聖葛桂英堂

St. Agnes Kouying Tsao Catholic Church

2130 Rodick Road, Markham, Ontario L6C 1S7

Tel: (905) 887-7922 • Fax: (905) 887-7933 • stagneskouyingsao@archtoronto.org

<https://stagneskouyingsao.archtoronto.org>

主任司鐸

羅秀彪神父

助理司鐸

陳聰敏神父

執事

龔焯執事

王天偉執事

王新亮執事

堂區修女

楊永芬修女

羅明珠修女

Pastor

Fr. Thomas Loh, CDD

Associate Pastor

Fr. Philip Tan, CDD

Deacons

Rev. Mr. Thomas Kung

Rev. Mr. Matthew Tianwei Wang, CDD

Rev. Mr. John Xinliang Wang, CDD

Parish Sisters

Sr. Magdalena Yang, OP

Sr. Thomas Lo, OP



彌撒時間 Masses Schedule

主日彌撒 Sunday Masses

星期六 主日提前彌撒: 下午四時三十分(粵語)、下午六時三十分(國語)

Saturday Vigil Masses: 4:30pm(Cantonese), 6:30pm(Mandarin)

主日 早上八時十五分、十時正、正午十二時(粵語)、下午二時正(英語)

Sunday: 8:15am, 10:00am, 12:00noon(Cantonese), 2:00pm(English)

平日彌撒 Weekday Mass (粵語 / Cantonese)

星期一至星期六及公眾假期: 早上八時正

Monday - Saturday and public holidays: 8:00am

星期二及星期四: 晚上七時正

Tuesday & Thursday: 7:00pm

堂區朝拜聖體日 Parish Adoration Day

每月第三個星期四: 晚上八時正(粵語)

Third Thursday of the month: 8:00pm(Cantonese)

首瞻禮六耶穌聖心敬禮 First Friday Devotion (粵語Cantonese)

明供聖體 早上八時三十分

Exposition 8:30am

晚禱及聖體降福 晚上七時

Vespers and Benediction 7:00pm

恭敬耶穌聖心彌撒 晚上七時三十分

Mass of the Most Sacred Heart of Jesus 7:30pm

辦事處開放時間 / Parish Office Hours

星期二至四 / Tuesday to Thursday 10:00 am - 6:00 pm

星期五 / Friday 10:00 am - 6:00 pm

星期六 / Saturday 2:30 pm - 6:30 pm

星期日 / Sunday 9:30 am - 2:00 pm

星期一 / Monday 休息 / Closed

告解時間 Sacrament of Reconciliation



星期二、四

Tuesday and Thursday

星期六

Saturday

晚上七時三十分至八時

7:30pm - 8:00pm

下午四時至四時三十分

4:00pm - 4:30pm

下午六時至六時三十分

6:00pm - 6:30pm

星期日

Sunday

下午一時三十分至一時五十分

1:30pm - 1:50pm

其他時間可與神父預約。

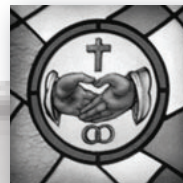
Or contact priests for appointment.

聖洗聖事 Sacrament of Baptism



有意領洗者，須修讀約一年半的慕道課程，經考核批准後方可領洗。嬰孩及七歲以下兒童領洗事宜，請與辦事處報名及查詢詳情。

Those who intend to be baptized should attend a Rite of Christian Initiation course for one and a half years and fulfill its assessment requirements. Regarding baptism for newborn babies and children under 7 years old, please register at the Parish Office and collect details.



婚配聖事 Sacrament of Matrimony

男女最少其中一方當為本堂註冊教友，並應不少於結婚壹年前，向辦事處登記及約見神父，以便準備。

At least one of the parties planning to get married must be our registered parishioner. Please contact the pastor no less than one year in advance for adequate preparation and arrangements.

病人傅油殯葬事宜事

Anointing of the Sick /
Funeral Arrangement



患病教友或其家人可與堂區辦事處或神父聯絡，安排病人傅油聖事。有關殯葬事宜，務請必須先與神父聯絡，然後才與殯儀館安排。

For the anointing of the sick, please contact the priests or the Parish Office. Funeral arrangement should first be made with the priest before contacting any funeral home.

其它有關聖事須知: Other Sacraments:

1) 兒童主日學

1) Sunday School

2) 兒童初領聖體預備班

2) First Communion Preparation

3) 青年堅振預備班等

3) Youth Confirmation Preparation

**** 尚未在本堂區登記的教友，請到辦事處登記。**

New parishioners are welcome. Please register at the Parish Office.



常年期第四主日 主曆二零二三年一月二十八、二十九日
(甲年) 讀經一：索 2:3; 3:12-13; 讀經二：格前 1:26-31; 福音：瑪 5:1-12



靈修片語 讓我們常有感恩之心及樂善好施

在當今的世界上，家庭的形態和規模各有不同，但有一件事是肯定的：若要維持一個美好的家庭，必要花費很多時間、精力，做許多工作——還要經常祈禱！

常有感恩之心

在當今“這山看著那山高”的世界里，很容易隔著籬笆牆看著鄰居，或者看著我們喜愛的電視節目，渴望也得到他們所擁有的。但是，我們最終會發現，通往一個幸福家庭的關鍵，是要經常清點和查看，天主賜給了我們什麼。非常重要，要記住（並要經常提醒我們的孩子們），我們的一切都來自天主——我們的物質生活、我們的朋友、我們的家，還有我們的天賦和才能等等，都是天主所賜。美國的政治家法蘭·克拉克曾說過：「一個人對自己得到的不知感恩，他絕不可能對他將要得到的懷有謝意。」好教友家庭都會以感恩之心，慶賀他們所得到的天主的恩賜，無論這些禮物看上去或大或小，

甚至在他們處於困難和掙扎之中，他們仍有感恩之情，不用說，在他們的好日子裡，更加心懷感激了。

要樂善好施

我們感謝天主的恩賜，感恩的一個組成部分就是要回報，要給予，要樂善好施。天主教家庭要記住，天主賞賜給我們的一切，不能貪婪地儲存起來，只進不出。天主降福我們，給了我們豐富的資源，是讓我們也說明和施予那些生活艱苦的人們。父母們的樂善好施，孩子們耳濡目染，也會把他們自己擁有的一小部分——雖然不能和父母的付出相比——施予他人，學習父母的榜樣。畢竟說來，我們都從家庭學到了很多重要的品質，在我們成立了自己小家庭的時候，我們自然也會發揚那些優良的品質。

你們的本堂神父

羅秀彪神父

(資料取自網絡)

耶穌聖心瞻禮

2月3日(首瞻禮六) 恭敬耶穌聖心。早上8時彌撒後，明供聖體。晚上7時：晚禱、聖體降福，接著舉行耶穌聖心彌撒。歡迎教友前來參與，一起默想主基督耶穌的聖愛。教友可自由選擇朝拜聖體時間。請將名字登記在設於大堂的時間表上。

2022 年退稅收據

教友如需領取 2022 年之退稅收據，請把姓名、地址、電話及堂區登記號碼電郵至：

mchan@archtoronto.org。收據將會電郵給閣下，教友亦可致電辦事處查詢並預約前來領取。詳情請瀏覽堂區網頁。

婚姻主日彌撒 (Marriage Sunday)

多倫多東區主教 Vincent Ngyuen 將會主持一台彌撒表揚於 2023 年歡渡結婚週年之夫婦，並作為慶祝婚姻主日的一部份。彌撒將於 2 月 12 日(星期日)下午 2 時 30 分假 St. Michael's Cathedral Basilica 舉行，並於當日 2 時 15 分開始網上直播，連線請到：
<https://www.stmichaelscathedral.com/live/>
詳情可瀏覽 www.archtoronto.org/marriage 網址。

約克區天主教教育局

約克區天主教學校現已開始接受 2023 -2024 幼稚園報名。詳情可參閱大堂海報或瀏覽天主教教育局網頁：
www.ycdsb.ca/admissions

聖灰禮儀

2月22日(星期三)是聖灰禮儀，上午8時及晚上7時(國、粵語)彌撒中，將為教友施放聖灰。當晚由6時15分起將有穿梭巴士服務。從該日開始教會禮儀進入四旬期，鼓勵教友在此四旬期內應多行克己、祈禱及守齋的神功，同時勤辦告解、行愛德善功，求天主寬赦眾人之罪！教友於該日當守大小齋。

守齋的意義

- 一、為紀念耶穌苦難，主耶穌為代人贖罪，甘願受死。我們守大小齋，在飲食上做些克苦，是為使我們感到身體上的不好受，才體會到耶穌為我們受難，是多麼不容易。現在我們藉守齋克己，就是紀念耶穌為我們所作的偉大犧牲，永遠感謝祂的救恩。
- 二、藉大小齋得以清心寡慾作補贖，賠補我們所犯罪惡，進而修德立功，獲得心靈的淨化，促進靈修生活的進步，永久熱愛天主。



本週特別慶日及彌撒意向

1月29日 8:15am 追思：羅文儀 Francis Loh；曾容周易；
(星期日) Thomas E Pang；廖迪、彭尚英；
陳錦、麥琮；鍾輻華
謝恩：Gabriel Chiu；Suen Family；
Tsui's Family
求恩：Fan Family
10:00am 為所有本堂教友祈禱
追思：鍾輻華
謝恩：陳小紅
求恩：楊榮輝；Kit Bing Chan & Family
12:00pm 追思：Christina Lai Peng Nip；鍾輻華
求恩：Winnie Sieto
2:00pm RIP：鍾輻華
Thanksgiving：Tse Family
1月30日 8:00am 追思：羅文儀 Francis Loh；陳兆葵
(星期一)
1月31日 8:00am 追思：羅文儀 Francis Loh
(星期二) 謝恩：Gabriel Chiu
求恩：Maverick Au；Peter Bosco Tsang
7:00pm 追思：諸眾煉靈

大小齋規則

基督徒生活中的其中一項要務，乃透過悔罪和克己實踐皈依。悔罪首先是一種信仰行為，目的是愛和皈依天主；否則就僅是形式主義和法利塞主義而已。

新聖教法典宣稱：

- 一、普世教會的悔罪日期是全年之中的每星期五以及整個四旬期。
 - 二、逢星期五守小齋，除非當日為特別慶節。守小齋的規定，適用於所有14歲以上的人士。
 - 三、每年聖灰瞻禮日及耶穌受難日守大小齋。守大齋的規定適用於年齡在18歲以上及60歲以下的人士。
- 傳統上，所稱的小齋即是放棄取用熱血動物的肉類食品。所謂大齋，即在小齋的基礎上，一天只可飽餐一頓，可選擇在早上及晚間取用少量食物，其餘時間只可取用流質飲品，但盡可能以減少享受為原則。病人、身體衰弱者及孕婦可免守大小齋。

2月1日 8:00am 追思：羅文儀 Francis Loh；莫玉葉；
(星期三) 張兆忠、吳佩貞
謝恩：Winnie Leung
求恩：Gabriel Chiu；Ryan & Aiden
2月2日 8:00am 追思：羅文儀 Francis Loh；陳錦鴻；
(星期四) 張兆忠、吳佩貞
謝恩：Fr. Thomas Loh；Au's Family
7:00pm 追思：諸眾煉靈
2月3日 8:00am 追思：羅文儀 Francis Loh；張兆忠、吳佩貞
(星期五) 羅志文 Joseph Lo
謝恩：Ada、Bismark & Family
求恩：Gabriel Chiu
7:30pm 追思：諸眾煉靈
2月4日 8:00am 追思：羅文儀 Francis Loh；陳美蓮；
(星期六) 張兆忠、吳佩貞；李瑞芳
4:30pm 追思：諸眾煉靈
求恩：Keith Lam；Jimmy Tsui
6:30pm 謝恩：Jian Fang Jiang；Shu Hua Gao



常年期第三主日 二零二三年一月二十一、二十二日

建堂奉獻 \$1,703.00 彌撒奉獻 \$6,310.00

感謝你們對堂區的熱心支持和慷慨的奉獻。

We thank you for your support and generosity to our Parish!



The Fourth Sunday in Ordinary Time – January 28 & 29, 2023

(Year A) Zap 2 : 3 ; 3 : 12—13 ; 1 Cor 1 : 26 – 31 ; Mt 5 : 1 – 12a



Spiritual Corner Let Us Always Be Grateful and Charitable

Nowadays, families are of different patterns and sizes, but one thing can be sure: in order to maintain a happy family, it requires a lot of time, effort and work and, in addition, incessant praying!

Always maintain a sense of gratefulness

In a world where “the mountain yonder always looks higher”, it would be easy to look at our neighbours through the wattle, or appreciate what’s on our favorite TV programme and fancy ourselves to be in possession of what they own. Yet, we would ultimately discover that the key to a happy family is to frequently check what God has given us. It is most important to remember, and remember to remind our children, all that we own have come from God—our material life, our friends, our family, and even our talents and abilities are conferred by God. The American politician, Frank A. Clark, had said, “If a fellow isn’t thankful for what he’s got, he isn’t likely to be thankful for what he’s going to get.” Good Catholic families are always grateful for God’s blessings, whether the gifts are big or small, and even when they are struggling in difficult

situations, they would still feel grateful, not to say how grateful they would be during fine times!

Always be charitable

We thank God for his blessings, and one of the elements of thankfulness is to requite, that is, to give and be charitable. Catholic families should remember not to greedily store up God’s blessings, only receiving but not giving. God blesses us, gives us abundant resources, He is to tell us to share with arduous people. Children will learn from the examples of charitable parents, give part of their possessions to others, though their share is not as big as their parents’. After all, we acquire a lot of important elements from our family, and when we have a family of our own, we will naturally develop such good qualities in our life.

Your Pastor,
Fr. Thomas Loh
(An excerpt from the internet)

Ash Wednesday

February 22 is Ash Wednesday. Ashes will be distributed during the 8:00 am and 7:00 pm (Mandarin and Cantonese) masses. Shuttle bus service will begin at 6:15pm. Abstinence and fasting should be observed on that day.

The True Meaning of Fasting and Abstinence:--

1. Help us remember the passion of Jesus who died for the atonement of our sins. In observing fasting and abstinence, we do a little sacrifice in our meals to remind ourselves of Jesus who suffered and died for us. This little discomfort and denial make us realize the great discomfort and denial of Jesus during His great sacrifice; it prompts us to always thank Him for His saving grace.

2. By observing fasting and abstinence, we learn to curb our wants in a penitential way to make up for the sins we committed. These deeds can also be considered as some works of piety that cleanse our souls, enhance our spiritual growth and perpetuate our love for God.

February 3, 2023 - First Friday Devotion

There will be the Exposition of the Blessed Sacrament after the 8:00am Mass, Vespers and Benediction at 7:00pm to be followed by Holy Mass. The Eucharistic Adoration schedule is located in the lobby. Please make yourself available and fill in the timeslot for Eucharistic Adoration.

Pre-Authorized Giving Plan

Parishioners who are interested in enrolling in the Pre-Authorized Giving Plan are requested to visit the parish office for registration.

The Rules for Fasting and Abstinence

One of the foremost duties of a Christian is to profess his faith through repentance and sacrifice. Repentance is an action to show one’s love and belief in God, for belief without action is, like what Jesus has once criticized the Pharisees, only outward appearance alone.

The Code of Canon Law prescribes:

1. The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.
2. Abstinence from meat is to be observed on all Fridays, unless a solemnity should fall on a Friday. The law of abstinence binds those who have completed their fourteenth year.
3. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday. The law of fasting binds those who have attained their eighteenth year, until the beginning of their sixtieth year.

Traditionally, abstinence forbids the use of meat of warm blooded animals. Fasting includes abstinence and taking only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal. The sick, the weak and the pregnant are not bound by the law of abstinence and fasting.

2022 Tax Receipt

If you wish to collect your 2022 tax receipt, please email your name, address, telephone number and parish registration number to : mchan@archtoronto.org. An electronic copy of the tax receipt will be sent to you by email. You may also contact the office to schedule an appointment to collect the receipts in person. Please visit the parish website for more information.