



天主教聖曹桂英堂

St. Agnes Kouying Tsao Catholic Church

2130 Rodick Road, Markham, Ontario L6C 1S7

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<https://stagneskouyingsao.archtoronto.org>

主任司鐸
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Pastor

Fr. Thomas Loh, CDD

Associate Pastor

Fr. Philip Tan, CDD

Fr. Matthew Tianwei Wang, CDD

Fr. John Xinliang Wang, CDD

Deacons

Rev. Mr. Thomas Kung

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 晚上七時三十分至八時

Tuesday and Thursday 7:30pm - 8:00pm

星期六 下午四時至四時三十分

Saturday 4:00pm - 4:30pm

下午六時至六時三十分

6:00pm - 6:30pm

星期日 下午一時三十分至一時五十分

Sunday 1:30pm - 1:50pm

其他時間可與神父預約。

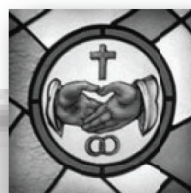
Or contact priests for appointment.



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 主曆二零二四年一月二十七、二十八日
(乙年) 讀經一：申 18:15-20 讀經二：格前 7:32-35；福音：谷 1:21-28



靈修片語 生活在當下

以前讀過一篇文章說，人的一生有「三天」：昨天、今天、明天。昨天已經過去了，明天還沒有來到，只有今天才是最重要的，因為只有「今天」是正在進行中的。所以，要生活在「今天」，也就是生活在「當下」。所謂「當下」，指的就是我們此時此刻正在發生的一切：正在做的事情、所處的環境、周圍的人。生活在當下，就是要將自己全部的身、心、靈投入到此時此刻，用心體驗和關注當下的人、事、物。

人生，不是過去，也不是將來，而是每一個當下。過去的已經過去了，無論是充實度過了每一天，還是虛度了時間，過去的都已經不會重新再來。如果一個人不能放下，而是一直牽掛著過去，那麼，此刻的當下也很快就會成為他放不下的另一個過去。所以，在福音裡，耶穌寬恕人的罪過，就是為了將人由過去的失敗和罪惡中解脫出來。如果一個人一直擔心將來，生活在對未來的憂慮裡，他會忽略現

在面前的生活。所以，在福音裡，耶穌又說：「你們仰觀天空的飛鳥，它們不播種，也不收穫，也不在糧倉裡屯積，你們的天父還是養活它們；你們不比它們更貴重嗎？」所以，有天主的照顧，不需要為將來而擔憂，「明天有明天的憂慮，一天的苦足夠一天受了。」

生活在當下，就是體驗天主此時此刻的臨在，因著這份喜樂，而放下過去的一切，並且，用小孩子那種無憂無慮的心去信賴天主，以此信賴取代對未來的憂慮擔心。正如耶穌教給我們的祈禱：求你今天賞給我們日用的食糧，不是明天的，也不是昨天的，而是今天的食糧。所以，我們要在耶穌內生活在當下，將一切事情都交托在祂的手中，盡力做好自己的本職工作，善度生活，珍惜身邊的人。

你們的
王天偉神父

成人補領堅振班

成人補領堅振班將於 5 月 8 日及 5 月 15 日晚上 7 時至 8 時上課。尚未領堅振的成年教友，請到堂區辦事處報名參加。

新春早餐會

聖若瑟耆樂會將於 2 月 10 日農曆大年初一(星期六)早上 8 時彌撒後在陸之樂堂舉行一家一菜新春團拜，歡迎教友參加。敬請帶來美食分享並自備餐具。

2023 年之退稅收據

教友如需領取 2023 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，堂區將會把收據電郵給教友。教友亦可致電堂區辦事處預約領取。如需領取 2023 年籌款綜合晚會贊助神父演出及場刊金句之退稅收據，請到堂區辦事處索取。贊助善會表演者請向節目負責人領取退稅收據。

耶穌聖心瞻禮

2 月 2 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。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。

YOSAC 青年避靜義賣

聖曹桂英青年會將於 2 月 3 日(星期六)和 2 月 4 日(主日)在彌撒後售賣藝術及手工藝品，包括精美的蠟燭、手提袋及農曆新年裝飾品等。這些蠟燭及手提袋很多都是由我們的青年義工親手製作和裝飾的。此次義賣的所有收益將用於 5 月份的 YOSAC 青年避靜。希望你們到時前來購買。謝謝！

愛心雞飯

哥倫布騎士會為 Good Shepherd 於本主日彌撒後在大堂特設攤位收集愛心雞飯盒。

聖灰禮儀

2月14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，教會鼓勵教友在此四旬期內應多行克己、守齋的神功，同時辦妥善告解、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，甘願受難受死。我們守大小齋，在飲食上做些克苦，是為使我們體會到身體上的不好受，以體會到耶穌為我們受難受死，是多麼不容易。現在我們藉守齋刻苦，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、為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。

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。



本週彌撒意向

1月28日 (星期日) 8:15am 追思：Anna 陳素蓉；Wong Kit Ling Teresa；
Bismark Yu；陳球、李琮；陳瑛、周發；
陳堯；麥國榮；黃蔡對英；周瑞瓊 Teresa；
Mary Suk-Ling Foo
謝恩：Gabriel Chiu；Suen Family；
Diana & Francis Chow
求恩：Cheng's Family
10:00am 為本堂眾教友祈禱
追思：劉加榮神父；楊碧玉；Tony Ma 馬鵬；Luna Ko
求恩：許國偉；Shirley Leung & Family；Jackel Wong
12:00pm 追思：Christina Lai Peng Nip；陳漢；Tracy 何淑儀
求恩：楊榮輝；Agnes 及家人；Corinna Lee；
Wong Lai Man
2:00pm 謝恩：Jaylen Keung
1月29日 (星期一) 8:00am 追思：Bismark Yu；黃蔡對英；陳漢；Tracy 何淑儀
1月30日 (星期二) 8:00am 追思：Bismark Yu；陳兆葵；陳漢；Tracy 何淑儀
謝恩：Gabriel Chiu
求恩：Helen Ng

1月30日 (星期二) 7:00pm 追思：諸眾煉靈
1月31日 (星期三) 8:00am 追思：Bismark Yu；陳漢；蘇張娣；
Tracy 何淑儀
2月1日 (星期四) 8:00am 追思：陳錦鴻；陳漢；Tracy 何淑儀
謝恩：Winnie Leung
求恩：Gabriel Chiu
7:00pm 追思：Bismark Yu
2月2日 (星期五) 8:00am 追思：Bismark Yu；Ann 陳英；陳漢
謝恩：Fr. Thomas Loh；Au's Family
7:30pm 追思：諸眾煉靈
2月3日 (星期六) 8:00am 追思：Ann 尤玉珍；Bismark Yu；陳漢
求恩：米申神父；Gabriel Chiu
4:30pm 追思：謝德珍；Joseph Lo；梁羅其嫻
謝恩：Yuk-Chung Wong
求恩：Ching's Family；Keith Lam
6:30pm 追思：楊敬之、楊黃菊如
求恩：Jian Fang Jiang



常年期第三主日奉獻 主曆二零二四年一月二十、二十一日

建堂奉獻 \$ 2,204.00 彌撒奉獻 \$ 7,586.60

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 27 & 28, 2024

(Year B) Dt 18 : 15-20; 1 Cor 7 : 32-35 ; Mk 1 : 21-28



Spiritual Corner Living In The Present

Once I read an article saying that there are only 3 days in a man's life:— yesterday, today and tomorrow. Yesterday is over, tomorrow has not come yet, so only today is the most important, because today is still on-going. So, living today is living in the present. The present refers to everything happening now:— what one is doing now, the situation one is in and the people around him. Living in the present is to commit one's whole body, heart and soul into this moment, to care for the people, the happenings and things around him.

Life is not the past, nor the future but now. The passed has past whether one has achieved much or idle much. What has passed cannot be reversed. If one cannot let go of the past but linger on past happenings, the present would soon become another past that one cannot let go. From the Bible, we learn that Jesus forgives the sins of people to free them from their failures and sins in the past. If one keeps worrying about the future, living in the worries of the future, one would neglect life in the present. So

Jesus also says, "Look at the birds of the air, they neither sow nor reap nor gather into the barns, and yet your Heavenly Father keeps on feeding them. Are you not worth more than they?" So, with God's care, there is no need to worry about the future, "Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough troubles of its own."

Living in the present is to experience God's presence here and now. With this joy, let go of the past, trust God in a way like a child without worries. Let trust replace the worry about the future. As Jesus says, "Give us this day our daily bread", not tomorrow nor yesterday, but the bread of this day. Thus, we have to live in Jesus in the present, entrust everything in His hands, try our best to do our work, live well and care for the people in our lives.

Yours,
Fr. Matthew Wang

Ash Wednesday

February 14 is Ash Wednesday. Ashes will be distributed during the 8:00am and 7:00pm (Mandarin and Cantonese) masses. Shuttle bus service will begin at 6:15pm. Abstinence and fasting should be observed on that day.

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.

Adult Confirmation Class

The Adult Confirmation Class will be held on May 8 & May 15, 2024. Please obtain an application form from the Office.

World Day of Prayer for Consecrated Life 2024

The Archdiocese of Toronto will host a special Mass on February 3, at 10:30 a.m. at St. Michael's Cathedral Basilica for all women and men religious in celebration of Consecrated Life. Please pray for God's blessings upon all in Consecrated Life.

February 2, 2024 - 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.

Fundraising for YOSAC Retreat

YOSAC will be holding an Art and Craft Sale on Saturday, February 3 and Sunday, February 4 after all masses. For celebrating Chinese New Year, we will have Chinese New Year hanging ornaments, and for Lent, we will be selling religious candles and tote bags! Many of these items are handmade and decorated by our young volunteers. All proceeds from the Sale will be for our Annual Retreat that will be held in May. We hope to see you at our booth! Thank you for your support!

2023 Donation Tax Receipt Collection

If you wish to obtain your 2023 donation tax receipts, please email the name on the account, address, phone number and envelope number to mchan@archtoronto.org. We will email you the receipts. They can also be picked up at the office. Please contact the office at 905-887-7922 to schedule an appointment. If you wish to collect your 2023 Variety Show Tax Receipts for Clergy performances and Golden Quotes, please visit the Parish Office. For sponsoring the Variety Show Ministry Group programs, please obtain the tax receipts from the contact person of the Ministry Group. Thank you for your generous donations!

Marriage Sunday

The Toronto Archdiocese has designated the weekend of February 10 & 11 to be the annual "Marriage Sunday" to highlight the importance of the sacrament of marriage. As part of celebrations, Archbishop Francis Leo will preside a Mass at St. Michael's Cathedral Basilica at 3:00pm on February 11. Registration and information can be found at : www.archtoronto.org/marriage