



# 天主教聖曹桂英堂

## St. Agnes Kouying Tsao Catholic Church

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**主任司鐸**  
張少麟神父

**Pastor**  
Fr. Francis Shaw Lean Chong, CDD

**助理司鐸**  
陳聰敏神父  
王天偉神父  
王新亮神父

**Associate Pastors**  
Fr. Philip Chong Men Tan, CDD  
Fr. Matthew Tianwei Wang, CDD  
Fr. John Xinliang Wang, CDD

**榮休執事**  
龔焯執事

**Deacon Emeritus**  
Rev. Mr. Thomas Kung

**堂區修女**  
楊永芬修女

**Parish Sisters**  
Sr. Magdalena Yung-Fen Yang, 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

星期二至五 / Tuesday to 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  
Tuesday and Thursday 7:30pm

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 Arrangements

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，務必先與神父聯絡，然後才與殯儀館安排。

For the anointing of the sick, please contact the priests or the Parish Office. Funeral arrangements 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
- 2) 初領聖體預備班
- 3) 堅振預備班等
- 1) Sunday School
- 2) First Communion Preparation
- 3) Youth Confirmation Preparation

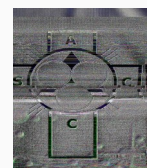
\*\* 尚未在本堂區登記的教友，請到辦事處登記。

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



## 常年期第八主日 主曆二零二五年三月一、二日

(丙年) 讀經一：德 27:5-8 讀經二：格前 15:54-58 福音：路 6:39-45



### 靈修片語 「望德不叫人蒙羞」

各位主內的兄弟姐妹，教宗期望我們在慶祝禧年中，可以達到三個核心的目標：（一）強化我們的信德、（二）皈依與悔改、（三）更新我們的信仰。

在這一期的靈修片語，我邀請大家一起細讀天主教要理中有關「望德」的一些教導。祈望藉著溫故知新，可以幫助我們善度禧年，還有即將開始的四旬期。

望德是超性的德行，藉著望德我們期盼天國和永生，視之為我們的幸福；我們所信靠的是基督的許諾，所依賴的不是我們自己的力量，而是聖神恩寵的助佑。「應該堅持所明認的望德，毫不動搖，因為應許的那位是忠信的」（希 10:23）。「這聖神是天主藉我們的救主耶穌基督，豐富地傾注在我們身上的，好使我們因祂的恩寵成義，本著希望成為永生的繼承人」（鐸 3:6-7）。（天主教要理，1817 號）

望德是回應人對幸福的嚮往，這嚮往是天主放置在人心內的；望德接受那激發人行動的各種希望，並予以淨化，使之導向天國；望德保護人不致陷於敗興；望德在無依無靠中給予支持；望德使期待永福的人心花怒放。望德的熱情奔放預防自私，導向愛德的幸福。（天主教要理，1818 號）

基督徒的望德重振並滿全選民的希望。這希望始於亞巴郎，並以亞巴郎的希望為典型，亞巴郎在依撒格身上蒙

受天主很多的許諾，並因祭獻獨子的試探得到淨化。「他在絕望中仍懷著希望而相信了，因此便成了萬民之父」（羅 4:18）。（天主教要理，1819 號）

基督徒的望德自耶穌傳道之初，即在宣告真福之時，就開始展開。真福引起我們對天鄉的盼望，一如嚮往新的預許之地；真福為耶穌的門徒指出到達天鄉之路，他們須經歷各種試探。但是，因著耶穌基督的功績和苦難，天主在望德中保護我們，「望德不叫人蒙羞」（羅 5:5）。望德是「靈魂的鐵錨」，既穩妥又堅固，「深深地拋入了……作前驅的耶穌已為我們進入了的那帳幔的內部」（希 6:19-20）。望德也是一種武器，在爭取救恩的戰鬥之中保護我們：「穿上信德和愛德作甲，戴上得救的望德作盔」（得前 5:8）。即使在試探中，望德也帶給我們喜樂：「論望德，要喜樂；在困苦中，要忍耐」（羅 12:12）。望德在祈禱中得以表達並獲得滋養，尤其在主禱文（天主經）中，「我們的天父」是望德教我們想望的一一切的綱要。（天主教要理，1820 號）

各位主內的兄弟姐妹，在望德的光照下，我們將在星期三領受聖灰，開始一個信仰更新和皈依的旅程。但願我們都能藉著祈禱、齋戒和愛德的善功，在信、望、愛三德上更上一層樓。

你們的本堂神父  
張少麟

### 青年組藝術品拍賣籌款活動

為了更好活出 2025 禧年「希望的朝聖者」，本堂青年組將於本主日及下週主日（3 月 8、9 日）舉行藝術品拍賣。這個籌款活動是為了支持堂區首屆青年聯歡晚會，一個有助於帶領青年對自己信仰的希望和信賴的氛圍作出肯定和深入的了解。誠邀各位教友踴躍支持這項希望的工作。謝謝！

### 愛心雞飯

哥倫布騎士會為 Good Shepherd 籌集愛心雞飯。3 月 15 及 16 日彌撒後在大堂特設攤位派發空盒，並於 3 月 22 及 23 日收集愛心雞飯飯盒。請教友鼎力支持，謝謝！

### 成人補領堅振班

成人補領堅振班將於 5 月 7 日及 5 月 28 日晚上 8 時至 9 時 30 分上課。尚未領堅振的成年教友，請到堂區辦事處報名。

### 2024 年之退稅收據

教友如需領取 2024 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](mailto:mchan@archtoronto.org)，堂區將會把收據電郵給教友。教友亦可致電或親臨堂區辦事處預約領取。如需領取 2024 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。

## 聖灰禮儀

3月5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年進入四旬期，教會鼓勵教友在四旬期內多行克己、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。

## 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。

## 四旬期國、粵語避靜

四旬期國語避靜將於3月8日(星期六)上午9時45分至下午3時30分在地庫陸之樂堂舉行。神師是馮二會神父，主題為「全心歸主，效法基督」。備簡餐；飲料，請自備餐盤，水杯。四旬期粵語避靜將於3月15日(星期六)上午9時45分至下午3時30分在地庫陸之樂堂舉行，神師是李家銘執事，主題為「在四旬期內怎樣破地獄」。將於本主日及下週主日的各台彌撒後接受登記報名。國、粵語避靜費用全免，歡迎教友踴躍參與。

## 苦路善功

四旬期內藉著拜苦路，我們能默想主耶穌為我們所受的苦難，並反省在生活中如何實踐耶穌的教導。鼓勵教友踴躍前來參與。苦路善功日期時間如下：

粵語：四旬期內由3月7日起逢星期五晚上7時有苦路善功。

國語：3月8、22及4月5日星期六晚上7時45分

英語：3月15及29日星期六晚上7時45分

鼓勵家長帶領家中孩童來參與。

3月7日及4月4日(3月及4月第一個星期五)早上8時彌撒後朝拜聖體至下午6時。7時開始拜苦路。四旬期內首瞻禮六晚上彌撒取消。

## 本週彌撒意向



3月2日 8:15am 追思：梁鳳娟；丁蘇；黃鳳英；馮若婷  
(星期日) Roderick Woo；湯錦富、歐陽連  
謝恩：Ada & Bismark's Families；  
Mak Wai Yee  
求恩：Margaret & Herman Lee  
10:00am 為本堂眾教友祈禱  
12:00pm 謝恩：Elaine Chung  
求恩：教宗方濟各；梁少珠；楊榮輝；  
陳標夫婦；劉宅  
2:00pm 追思：The Souls in Purgatory  
謝恩：Chiu's Family；Sylvia Leung  
3月3日 8:00am 追思：丁蘇；Ping Lo 及親人  
(星期一) 謝恩：Gabriel Chiu

3月4日 8:00am 追思：丁蘇  
(星期二) 謝恩：Gabriel Chiu  
求恩：黃金漢  
7:00pm 追思：諸眾煉靈  
3月5日 8:00am 聖灰禮儀(粵語)  
(星期三) 7:00pm 聖灰禮儀(國、粵語)  
3月6日 8:00am 追思：Roderick Woo  
(星期四) 7:00pm 求恩：RCIA/RCIC 傳道組員  
3月7日 8:00am 追思：Joseph Cheung  
(星期五) 謝恩：Gabriel Chiu  
求恩：Paul Cheng & Miranda Mak；Oscar Lai；  
C & H Members & Families  
3月8日 8:00am 追思：諸眾煉靈；陳美蓮  
(星期六) 4:30pm 求恩：Keith Lam  
6:30pm 求恩：陳達貴、岑務本

常年期第七主日 主曆二零二五年二月二十二、二十三日

建堂奉獻 \$ 1,956.00 彌撒奉獻 \$ 6,586.00

感謝你們對堂區的熱心支持和慷慨的奉獻。

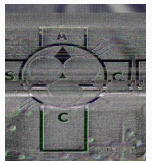
We thank you for your support and generosity to our Parish!





## The Eighth Sunday in Ordinary Time – March 1 & 2, 2025

(Year C) Sir 27:4-7 ; 1 Cor 15:54-58 ; Lk 6:39-45



### Spiritual Corner “Hope Confounds Not”

Brothers and sisters in Christ, Pope Francis hopes that we can reach three core targets in our celebration of the Jubilee Year: 1. Strengthen our faith, 2. Convert and repent, and 3. Renew our belief.

In this week’s Spiritual Corner, I invite all of you to carefully study “Hope” in the Catholic Catechism. In retrospection of the past, and learning more about the new, we will be able to well live the Jubilee Year and the forth coming Lent.

Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ’s promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. “Let us hold fast the confession of our hope without wavering, for he who promised is faithful. (Hebrews 10:23)” “The Holy Spirit . . . he poured out upon us richly through Jesus Christ our Savior, so that we might be justified by his grace and become heirs in hope of eternal life. (Titus 3:6-7)” (Catechism of the Catholic Church #1817)

The virtue of hope responds to the aspiration to happiness which God has placed in the heart of every man; it takes up the hopes that inspire men’s activities and purifies them so as to order them to the Kingdom of heaven; it keeps man from discouragement; it sustains him during times of abandonment; it opens up his heart in expectation of eternal beatitude. Buoyed up by hope, he is preserved from selfishness and led to the happiness that flows from charity. (Catechism of the Catholic Church #1818)

Christian hope takes up and fulfills the hope of the chosen

#### Ash Wednesday

March 5 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.

people which has its origin and model in the hope of Abraham, who was blessed abundantly by the promises of God fulfilled in Isaac, and who was purified by the test of the sacrifice. “Hoping against hope, he believed, and thus became the father of many nations. (Roman 4:18)” (Catechism of the Catholic Church #1819)

Christian hope unfolds from the beginning of Jesus’ preaching in the proclamation of the beatitudes. the beatitudes raise our hope toward heaven as the new Promised Land; they trace the path that leads through the trials that await the disciples of Jesus. But through the merits of Jesus Christ and of his Passion, God keeps us in the “hope that does not disappoint.” Hope is the “sure and steadfast anchor of the soul . . . that enters . . . where Jesus has gone as a forerunner on our behalf.” Hope is also a weapon that protects us in the struggle of salvation: “Let us . . . put on the breastplate of faith and charity, and for a helmet the hope of salvation.” It affords us joy even under trial: “Rejoice in your hope, be patient in tribulation.” Hope is expressed and nourished in prayer, especially in the Our Father, the summary of everything that hope leads us to desire. (Catechism of the Catholic Church #1820)

Brothers and sisters in Christ, under the light of Hope, we shall receive the Ash on Wednesday, and begin a journey of renewal and conversion in our belief. Let us pray that through prayer, fasting and good acts of love, we will thus grow further in faith, hope and charity!

Your Pastor,  
Fr. Francis Chong

#### Stations of The Cross during Lent

Starting from March 7 and throughout Lent, there will be ‘Stations of the Cross’ in Cantonese on Friday evenings at 7:00pm; Mandarin on March 8, 22 & April 5 and English on March 15 & March 29 at 7:45pm. Through making the spiritual pilgrimage of prayer, we meditate on Christ’s sufferings and death and examine how we practise the teachings of Jesus in our daily lives. Parishioners are encouraged to take part in this devotion. On the first Friday of March & April (March 7 & April 4), the exposition of the Blessed Sacrament will begin after the 8:00am mass and finish at 6:00pm. Evening Mass will be cancelled on those two Fridays.

#### Fundraising Art Auction

The 2025 Art Auction is to help fundraise for St. Agnes’ Youth Ministry’s first Youth Gala. This event is a great opportunity to recognize the achievements of our youth while bringing everyone together to connect and have fun. More details coming soon.

#### Chicken Rice

Knights of Columbus will be collecting chicken rice for Good Shepherd. Distribution of empty boxes will be on March 15 & 16 and chicken rice will be collected on March 22 & 23. The complete schedule can be found on the Knights of Columbus notice board. Thank you for your continuing support!