



# 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 Chong, CDD

**助理司鐸**  
王天偉神父  
王新亮神父

**Associate Pastors**  
Fr. Matthew Wang, CDD  
Fr. John Wang, CDD

**堂區修女**  
楊永芬修女

**Parish Sister**  
Sr. Magdalena Yang, OP

### 告解時間 Sacrament of Reconciliation



星期二、四  
Tuesday and Thursday  
晚上七時三十分  
7:30pm

星期六  
Saturday  
下午四時至四時三十分  
4:00pm - 4:30pm

星期日  
Sunday  
下午六時至六時三十分  
6:00pm - 6:30pm

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.



### 彌撒時間 Mass 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 早上八時正、十時正、正午十二時(粵語)、下午二時正(英語)

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

#### 平日彌撒 Weekday Masses (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

### 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

#### 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   | 1) Sunday School                  |
| 2) 初領聖體預備班 | 2) First Communion Preparation    |
| 3) 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.



## 四旬期第五主日 主曆二零二六年三月二十一、二十二日

(甲年) 讀經一：則 37:12-14；讀經二：羅 8:8-11；福音：若 11:1-45



### 靈修片語 地獄永苦

#### 【預備】

- 一、存想自己就在天主跟前。
- 二、自謙自卑祈求天主幫助。
- 三、想像自己，進入一個暗無天日的死城，那裡的居民受著硫磺火的煎熬，聞著腥膩的臭味，卻不能越此雷池一步。

#### 【默想】

##### (一) 感官的痛苦

被判入地獄的惡人，就如那死城中的居民一樣，四體百肢都受到不可名言的刑罰：以往，他們用四體百肢犯罪，而今，他們因四體百肢受苦。在世界上，他們視其所不當視，看其所不應看；在地獄裡，呈現在他們眼前的，只是魔鬼的猙獰，和儕輩的仇視。在生前，他們享盡了耳福，聽慣了淫樂；到死後，充塞於他們耳鼓的，僅有淒切的悲哭，和失望的哀號。其餘官能，亦類乎此。

##### (二) 喪失天主的痛苦

除了上述的刑罰，還有一種更大的痛苦，那就是永遠不得享見天主的慈顏為不可忍。天主啊，下了地獄，不僅是長期的放逐，而且從此以後，永遠不得再睹您的天顏，其為痛苦更將如何！

##### (三) 永恆的痛苦

「痛苦」而又加上「永遠」，這兩個字便是一個令人難熬的地獄。哎呀，一個跳蚤，或幾度體溫，便攪得你輾轉反側，而令你感到夜長漫漫；在地獄裡，有那麼多虐人的刑具，漫漫的永夜，又該是多長多煩惱啊！

#### 【陳情與立志】

- 一、你且用依撒意亞（以賽亞）的名言來警惕自己：我的靈魂，你豈能與吞噬之火同居？你豈能與不滅的烈焰共處？難道你真心願意永遠離開天主嗎？
- 二、你也承認，曾經走向地獄的下坡路，而且還不止一次！但是，從今以後，我要轉移方向前進，我又何必跳進地獄的深淵呢？
- 三、因此，我立志要躲避某某罪過，因為只有它才會致我於永遠的死亡。

#### 【結語】

謝恩，奉獻，祈求。

你們的

王新亮神父

<選自《成聖捷徑》（人德之門）第一卷 聖方濟各·沙雷氏著>

### 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：2月20日至4月3日逢星期五晚上7時

國語：3月21日星期六晚上7時45分

英語：4月3日（聖週五）上午9時30分

鼓勵家長帶領家中孩童來參與。

### 四旬期堂區告解日

為讓我們作好準備，迎接復活慶節，教區內所有聖堂將安排為教友聽告解，使我們能真正更新悔改，體驗天主的愛。本堂的特定修和聖事時間為3月25日（星期三）晚上7時至9時。屆時將會有位神父為教友聽告解。希望大家能安排時間前來與主、與人修和，準備過一個有意義的復活節。

### 成人補領堅振班

成人補領堅振班將於4月22日及29日晚上8時至9時30分上課。請到辦事處報名。

### 兒童聖經歡樂營

本年度兒童聖經歡樂營將於8月10日至8月14日舉行，6至12歲可以參加歡樂營，15歲或以上可以申請義工。現已開始接受登記，名額有限，報名從速。歡樂營截止日期5月3日。義工申請截止日期6月7日。

### 輪椅捐贈籌款活動

哥倫布騎士會衷心感謝各位堂區弟兄姊妹的熱心支持與慷慨捐助。在2月份連續兩個週末舉行的輪椅捐贈籌款活動中，共籌得超過\$31,200.00，足以捐出160張輪椅，創下本會歷年來最高的籌款紀錄。在此，加拿大輪椅基金會感謝大家的祈禱、克己與善行。

## 聖週及復活節特別禮儀時間

日期	項目	時間
3月28日 (星期六)	聖枝主日	主日提前彌撒時間如常
3月29日 (主日)	聖枝主日	主日彌撒時間如常
3月30日 (聖週一)	平日彌撒	上午8時
3月31日 (聖週二)	平日彌撒 聖彌額爾主教座堂聖油彌撒，在彌撒中總主教將會祝聖聖油，所有司鐸會重新宣發鐸職之誓願。	上午8時 <b>**晚上7時彌撒暫停**</b> 上午11時
4月1日 (聖週三)	平日彌撒	上午8時
4月2日 (聖週四)	主的晚餐感恩祭 (國、粵語)	晚上8時 <b>**早上8時彌撒暫停**</b>
4月3日 (聖週五) 守大、小齋	苦路善功 (英語) 救主受難禮儀 救主受難禮儀 (國、粵語) 苦路善功	上午9時30分 上午11時 下午3時 晚上7時
4月4日 (聖週六)	逾越節守夜禮 <b>**下午4時30分及6時30分主日提前彌撒暫停**</b>	下午4時30分 (國) 及晚上9時 (粵) <b>**早上8時彌撒暫停**</b>
4月5日 (復活主日)	復活主日彌撒	主日彌撒時間如常
4月12日 (復活第二主日)	慈悲主日敬禮	下午3時30分至5時30分

### 本週彌撒意向

<p>3月22日 (星期日) 8:00am 追思：Robert Jim；Dennis KK Tsui；梁羅其嫻；伍奕英；Flora Jim 謝恩：Anthony Yung；Daisy Kenny；陸麗芬；Leopold Cheung 求恩：Suen Family；Daisy</p> <p>10:00am 為本堂眾教友祈禱</p> <p>12:00pm 追思：劉合心、李敬忠；Nip Lai Peng Christina；潘月嬋；Tsang Chi Pak Maria；李傑 Tony；陳觀蓮 謝恩：Rose Li；Candy &amp; Savio Lo 求恩：梁江惠珍家人；Hidi Lee</p> <p>2:00pm 追思：Thomas Chung</p>	<p>3月24日 (星期二) 8:00am 追思：高陳轉娣 7:00pm 追思：鄧天樂 Joy 謝恩：Raymond Lai；Cammy &amp; Family</p> <p>3月25日 (星期三) 8:00am 謝恩：Gabriel Chiu；Inez Tung</p> <p>3月26日 (星期四) 8:00am 追思：大埔宏福苑火災亡者煉靈；無人追念的煉獄靈魂 7:00pm 追思：游彩玲 謝恩：Raymond Lai；Victor Chan</p> <p>3月27日 (星期五) 8:00am 追思：Holy Souls 謝恩：Gabriel Chiu</p> <p>3月28日 (星期六) 8:00am 追思：Eva Mui Chi Wah 4:30pm 求恩：Keith Lam 6:30pm 追思：陳逢貴；張若望 求恩：岑務本；Amy Xu</p>
<p>3月23日 (星期一) 8:00am 謝恩：Gabriel Chiu 求恩：Hidi Lee</p>	

四旬期第四主日奉獻 主曆二零二六年三月十四、十五日

建堂奉獻 \$ 2,643.00 彌撒奉獻 \$ 8,946.00

感謝你們對堂區的熱心支持和慷慨的奉獻。

Thank you for your support and generosity to our Parish!





## The Fifth Sunday of Lent – Mar.21 & 22, 2026

(Year A) Ez 37 : 12-14 ; Rom 8 : 8-11 ; Jn 11 : 1-45



### Spiritual Corner Perpetual Pains in Hell

#### Preparation

1. Place yourself in the Presence of God.
2. Humble yourself, and ask His Assistance.
3. Represent to yourself a dark city, all burning with brimstone and stinking pitch, full of inhabitants who cannot make their escape.

#### Considerations

1. **The Pains of the Senses:**  
The damned are in the depth of hell as within this woeful city, where they suffer unspeakable torments in all their senses and members; because as they have employed all their senses and members in sinning, so shall they suffer in each of them the punishment due to sin. Their eyes, for having looked with unlawful and wicked looks, shall endure the horrible sight of hell and devils. Their ears, for having delighted in vicious discourse, shall hear nothing but wailings, lamentations, and cries of despair; and so of the rest.
2. **The Loss of God:** Beyond all these torments, there is one yet greater: the privation and loss of God's glory, from which they are excluded for ever. If Absalom found the privation of his father David's face more grievous than his banishment, O God, what a grief will it be to be for ever deprived of the sight of Thy most sweet and gracious Face!

#### Stations of the Cross During Lent

Starting from February 20 and throughout Lent, there will be 'Stations of the Cross'. Parishioners are encouraged to take part.

Cantonese : Feb.20—Apr.3, every Friday evening at 7:00pm

Mandarin : March 21 at 7:45pm

English : Apr.3 (Good Friday) at 9:30am

#### Parish Lent Confession

The Parish Lent Confession will take place on Wednesday, March 25, 7:00pm—9:00pm. Let us grasp this opportunity to make a good confession, to reconcile with God and our neighbors, and to prepare ourselves for Easter.

#### Parishioners' Registration

If you have not registered with the Parish or need to update your information on file, kindly do so at the office.

3. **The Eternity of Pains:** Consider, above all, the eternity of these pains, which alone makes hell insupportable. If a little flea in one's ear, or the heat of a slight fever, makes a short night seem long and tedious to us, how terrible will the night of eternity be, accompanied with so many torments! From this eternity proceeds eternal despair, infinite blasphemy, and rage.

#### Affections and Resolutions

1. Terrify your soul with the words of the Prophet Isaiah: "O my soul, canst thou dwell with everlasting burnings? Canst thou abide with devouring fire?" Dost thou desire to quit the sight of thy God for ever?
2. Confess that you have deserved hell, yea, many times. But from henceforth I will take a new course; for why should I go down into this bottomless pit?
3. I will therefore make efforts to avoid such or such a sin, which is the cause of my death.

#### Conclusion

Give thanks; Offer; Pray.

Yours,  
Fr. John Wang

*<An Excerpt from The Seventh Meditation,  
(St. Francis de Sales) Chapter 15>*

#### Adult Confirmation Class

The Adult Confirmation Class will be held on April 22 & 29, 2026, from 8pm to 9:30pm. Please obtain an application form from the Parish Office.

#### Summer Bible Camp

Summer Bible Camp will be held from August 10 to August 14 this year. Children ages 6 to 12 may register for the Summer Bible Camp. Those age 15 or older may register as volunteers. Registration is now open. Space is limited. The registration deadline for Summer Bible Camp participants is May 3. The volunteer registration deadline is June 7.

#### Offering of Bread and Wine

Parishioners are invited to participate in bread and wine offerings at Saturday and Sunday Masses. Those who are interested may sign up in the registration book.



## Lenten Season

<u>Date</u>	<u>Event</u>	<u>Time</u>
March 21 (Saturday)	Cantonese RCIA Retreat	9:30am ~ 3:00pm
March 21 (Saturday) March 22 (Sunday)	RCIA Rite of Scrutiny (3)	6:30pm Mass 8am; 10am & 12:00pm Mass
March 25 (Wednesday)	Parish Community Penitential Service	7:00pm ~ 9:00pm
March 28 (Saturday)	Mandarin RCIA Retreat	9:30am ~ 3:00pm

## Holy Week and Easter Season

<u>Date</u>	<u>Event</u>	<u>Time</u>
March 28 Saturday	Palm Sunday	Mass schedule as usual
March 29 Sunday	Palm Sunday	Mass schedule as usual
March 30 Holy Monday	Holy Week Weekday Mass	8:00am
March 31 Holy Tuesday	Holy Week Weekday Mass  The Chrism Mass at St. Michael Cathedral There will be consecration of Holy Oils by the Archbishop and the priests' renewal of their priestly promises.	8:00am Mass only <i>**7:00pm Mass Cancelled**</i>  11:00am
April 1 Holy Wednesday	Holy Week Weekday Mass	8:00am
April 2 Holy Thursday	Mass of the Lord's Supper (Mandarin & Cantonese) Exposition of the Blessed Sacrament until Midnight	8:00pm <i>**8:00am Mass Cancelled**</i>
April 3 Good Friday Fasting & Abstinence	Stations of the Cross (English) Celebration of the Lord's Passion Celebration of the Lord's Passion (Mandarin & Cantonese) Stations of the Cross	9:30am 11:00am 3:00pm 7:00pm
April 4 Holy Saturday	Easter Vigil (Mandarin & Cantonese) <i>**4:30pm &amp; 6:30pm Saturday Vigil Mass Cancelled**</i>	4:30 (M) & 9:00pm (C) <i>**8:00am Mass Cancelled**</i>
April 5 Easter Sunday	Mass of the Resurrection of the Lord	Mass schedule as usual
April 12 Second Sunday of Easter	Divine Mercy Sunday	3:30pm – 5:30pm