

LENT & EASTER

大斋期

ASH WEDNESDAY

圣灰日

Ash Wednesday marks the first day of Lent, and emphasises our mortality and our need for ongoing repentance.

圣灰日是大斋期的第一日。这节日强调我们生命的短暂，以及需要不断悔改的重要性

LENT

四旬期/大斋期

40 DAYS

BEFORE EASTER

复活节前 40 天

PALM/ PASSION SUNDAY

棕枝主日/受苦驻日

Commemorates Jesus' triumphal entry into the city of Jerusalem

纪念主耶稣光荣地进入耶路撒冷圣城

MAUNDY/ HOLY THURSDAY

圣四日/濯足日

Celebrates the Last Supper with the Disciples and Passover

与门徒同庆最后的晚餐和逾越节

GOOD FRIDAY

受难日

Remembering the Passion and Jesus' sacrifice for us on the cross

纪念耶稣的受难以及为我们死在十字架上

HOLY WEEK 圣周

Week before Easter Celebration.

The Holy Week recalls Jesus' suffering and death.

复活节的前一周。圣周是为了纪念耶稣的受苦和受难。

EASTER SUNDAY

复活节

Jesus has risen!

Hallelujah!

耶稣基督已复活!

哈利路亚!