

Advent Reflections

Fourth Sunday of Advent

Mary, do not be afraid. (Luke 1:30)
Are you afraid of being a true disciple of Jesus? To express this discipleship through good stewardship is a radical and counter-cultural life choice. Do not be afraid. The Lord is with you.

Theme Sharing

Emmanuel

(God is With Us)

(The Fourth Sunday of Advent)

Let the clouds rain down the Just One, and the earth bring forth a Saviour" (Entrance Antiphon). "The Virgin is with child and shall bear a son, and she will call him Emmanuel" (Communion Antiphon).

Today is the Fourth Sunday of Advent and the above renowned prophesies of Isaiah promptly lead us to the festive mood of Christmas.

In the first reading, prophet Nathan conveyed God's message to David, while the second reading summarized the essence of Paul's teaching. In a nutshell, they show that it is the divine plan of God the Father, right from the beginning of time, to let his only Son born of this world and become man for the salvation of humankind. Paul says that everyone can be saved through faith in Jesus Christ, and he invites us to give praise to God: "God is the only wisdom; and glory be to God through Jesus Christ forever and ever. Amen."

Parish Activities

Mission Mexico Day

Last Sunday, we collected totally \$1,259.70 and will forward to the Diocese for the mission in Mexico.

May God bless you!

2012 Chinese New Year Banquet Performance/Talent Show

Fundraising

In an effort to increase donations for the project of handicapped washroom and the addition to parish reception area, there would be a sponsored Performance/Talent Show during the Banquet, to be performed by our Priests and Sisters, as well as other parishioners. Catholic Family Fellowship will take on the responsibility of lining up the

2011 年慶祝基督聖誕及新年彌撒時間表

2011 Christmas and New Year Mass Schedule

12月24日 (聖誕夜)	星期六	晚上7時 晚上8時30分	聖誕短劇『上禮堂』 英、國、粵語彌撒
Dec 24 (Christmas Eve)	Saturday	7:00 p.m. 8:30 p.m.	Christmas Play (Upper Hall) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)	星期日	彌撒時間照常	
Dec 25 (Christmas Day)	Sunday	Mass as usual	
12月31日 (除夕) 歲末謝主彌撒	星期六	晚上5時	國語彌撒
Dec 31 (New Year's Eve Thanksgiving Mass)	Saturday	5:00 p.m.	Mandarin Mass
1月1日 (元旦求恩彌撒)	星期日	彌撒時間照常	
Jan 1 (New Year's Mass)	Sunday	Mass as usual	

necessary sponsorship fees for the program to go ahead. They are already starting to take up sponsorships, and parishioners who are interested in supporting this meaningful event, please contact Simon Lau (Tel: 403-472-0002) for further details. Your support in this project is greatly appreciated.

Christmas Play

This year's Christmas play "A Christmas Carol" will be held on Christmas Eve December 24th, 2011 in OLPH Upper Hall at 7:00 pm.

The play tells the story of Ed, whose selfish and cold-hearted ways have ruined his closest relationships. On Christmas Eve, he falls into a deep sleep with troubling dreams. Will he wake up and change his ways or will it be too late?

Participating in the play are the Sunday School, Catholic Family Fellowship, Young Adult Group, Youth Choir, St. Gabriel Choir, and the Mandarin Choir.

All parishioners, relatives and friends are welcome to come for a great night!

Together in Action



"WE HAVE THIS HOPE, A SURE AND STEADFAST ANCHOR OF THE SOUL" (Hebrews 6:19)

The target of our 2011 Diocese's Appeal campaign is \$50,000. Donation envelopes can be picked up from both the front and the side entrances. As of November 22, our campaign has received a total of \$45,255. Let's continue to take action now to respond to Christ's love and sacrifice for the salvation of mankind.

Diocese & Other News

Youth Office

2012 ONE ROCK Tickets can be purchased on line at www.onerock.ca. These make a wonderful Christmas present/stocking stuffer for next year's event to be held August 17 & 18th, 2012. You can also book your campsite early through the website.

Chalice - A Catholic Child Sponsorship Program with a mission to share Christ with

those in need.

During this Advent Season, consider making a difference in the life of a child by choosing to become a sponsor. Chalice is rooted in Catholic Social Teaching and looks to affirm the dignity of every child. Currently, Chalice has 45, 000 sponsored children in 15 countries. For more information, please call Chalice at 1-800-776-6855 or visit their website at www.chalice.ca.

Project Rachel offers a journey of healing and reconciliation for people suffering distress from a past abortion experience. Two options are available: individual counseling or a small group retreat.

For more information call Project Rachel at 218-5506 or toll-free 1-877-597- 3223.

Weekly Activities

Mon, Wed, 19, 21

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Wednesday 21

St. Angela School Advent Mass

Time: 9:00a.m.

Place: OLPH Church

Saturday 24

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

K of C Room at OLPH Church

Christmas Eve Mass

7:00 p.m. Hymns & Prayers/

Christmas play

8: 30 p.m. English / Mandarin/ Cantonese

Mass

Sunday 25

Christmas Day Masses as usual

Let There Be Light

A Different Christmas

Last Christmas we were thinking about all the things we didn't have; this Christmas we are thinking about all the things we do have.

Last Christmas we were counting our money; this Christmas we are counting our blessings.

Last Christmas we paid lip service to the real meaning of the holidays; this Christmas we are paying homage to it.

Last Christmas we were trying not to let annoying relatives get the best of us; this Christmas we are trying to give the best of ourselves to them.

Last Christmas we thought it was enough to celebrate the holidays; this Christmas we know we must also find ways to consecrate them.

Last Christmas we were thinking about the madness of the holidays; this Christmas we are thinking about the meaning of them.

Last Christmas we were getting on one another's nerves; this Christmas we are getting on our knees.

Last Christmas we were giving thanks for gifts from stores; this Christmas we are giving thanks for gifts from God.

Last Christmas we were wondering how to give our children all the things that money can buy - the hottest toys the latest fashions, the newest gadgets; this Christmas we are wondering how to give them all the things it can't - a sense of security, safety, peace.

Last Christmas we were thinking about all the pressure we are under at the office; this Christmas we are thinking about the people that no longer have an office to go to.

Last Christmas we were thinking how good it would feel to be affluent; this Christmas we are thinking how good it feels to be alive.

Last Christmas we thought angels were in heaven; this Christmas we know some are right here on earth.

Last Christmas we were contemplating all the changes we wanted to make in the New Year; this Christmas we are contemplating all the changes we will have to make in this new reality.

Last Christmas we believed in the power of the pocketbook; this Christmas we believe in the power of prayer.

Last Christmas we were sharing/spreading/listening to gossip; this Christmas we are sharing/spreading/listening to the gospel.

Last Christmas we were complaining about how much of our earnings went to pay taxes; this Christmas we comprehend that freedom isn't free.

Last Christmas we valued things that were costly; this Christmas we value things that are holy.

Last Christmas "peace on earth" is something we prayed for on Sunday mornings; now it is something we pray for every day.

Imitating Christ

Chapter 14 :

Avoiding Rash Judgment

An old habit is hard to break, and no one is willing to be led farther than he can see. If you rely more upon your intelligence or industry than upon the virtue of submission to Jesus Christ, you will hardly, and in any case slowly, become an enlightened man. God wants us to be completely subject to Him and, through ardent love, to rise above all human wisdom. To Be Continued

Advent Know more

Secret of True Joy in the Manger

The Holy Father said : " It is necessary to try to live every day what the crèche represents, that is, Christ's love, his humility, his poverty."

The "secret of true joy," he affirmed, "does not consist in having a lot of things, but in feeling loved by the Lord,

in making oneself a gift for others, in loving." The Pope explained: "The Madonna and St. Joseph do not seem to be a very fortunate family; they had their first child in the midst of great hardships; and yet they are full of deep joy, because they love each other, they help each other and above all they are certain that God is at work in their history,

God who made himself present in the little Jesus."

God's promises

As well, he added, the shepherds have a special reason to rejoice, even though "that newborn certainly would not change the facts of poverty and marginalization in their lives."

Rather, the Pontiff said, "faith helps them to recognize in the 'child wrapped in swaddling clothes, lying in a manger' the 'sign' of the accomplishment of God's promises for all men, 'whom he loves,' even them!"

True joy, he affirmed, consists in "feeling that our personal and communal existence is visited and filled by a great mystery, the mystery of God's love."

The Holy Father said: "To be joyful we do not just have need of things, but love and truth: We need a God who is near, who warms our heart, and responds to our profound desires.

"This God is manifested in Jesus, born of the Virgin Mary. This is why that Baby, whom we place in the stable or the cave, is the center

of everything, the heart of the world."

Benedict XVI

Stories Faith Sharing

Moving Rocks

A little boy was spending his Saturday morning playing in his sandbox. He had with him his box of cars and trucks, his plastic pail, and a shiny, red plastic shovel. In the process of creating roads and tunnels in the soft sand, he discovered a large rock in the middle of the sandbox.

The boy dug around the rock, managing to dislodge it from the dirt. With a little bit of struggle, he pushed and nudged the rock across the sandbox by using his feet. (He was a very small boy, and the rock was very large.) When the boy got the rock to the edge of the sandbox however, he found that he couldn't roll it up and over the little wall. Determined, the little boy shoved, pushed, and pried, but every time he thought he had made some progress, the rock tipped and then fell back into the sandbox. The little boy grunted, struggled, pushed, & shoved; but his only reward was to have the rock roll back, smashing his chubby fingers.

Finally he burst into tears of frustration. All this time the boy's father watched from his living room window as the drama unfolded. At the moment the tears fell, a large shadow fell across the boy and the sandbox. It was the boy's father. Gently but firmly he said, "Son, why didn't you use all the strength that you had available?"

Defeated, the boy sobbed back, "But I did, Daddy, I did! I used all the strength that I had!"

"No, son," corrected the father kindly.

"You didn't use all the strength you had. You didn't ask me."

With that the father reached down, picked up the rock and removed it from the sandbox.

Do you have "rocks" in your life that need to be removed? Are you discovering that you don't have what it takes to lift them? There is One who is always available to us and willing to give us the strength we need. Isn't it funny how we try so hard to do things ourselves.

將臨期反省

將臨期第四主日

瑪利亞，不要害怕。(路 1:30)

你害怕做一個真正耶穌的門徒嗎？以好的行動來表達這種門徒性，是一種根本的及對抗文化的生命選擇。不要害怕，天主與你同在。

主日分享

將臨期第四主日

過了這個主日，馬上就是聖誕節。因此，今天的福音選讀了有關天使向瑪利亞報喜訊的這一段。

這段福音告訴我們，天主要將達味的御座賜予他的後裔瑪利亞的兒子。第一篇讀經則談了納堂先知向達味王說的神諭，為天使的這個預言鋪了路。第二篇讀經談的是耶穌基督宣講福音，為了使萬民都「服從信德」。我們應該懷著信德接納天主子降生成人並成為達味之子、默西亞、救世主的事實。

天使向瑪利亞報訊時說，這個神諭和這個對默西亞來臨的期望即將實現：瑪利亞的兒子將是達味的繼承人。天使這樣向瑪利亞宣報說：「上主天主要把他祖先達味的御座賜給他。他要為王統治雅各伯家，直到永遠。」就這樣，完美並永遠地完成了實現了天主的許諾；納堂先知的的神諭於是以前一種事先無法預見的方式實現了。天主向人做的每一個承諾，在實現時，總比人所能想像的更加美好，更加完善。瑪利亞的兒子不僅僅是達味的繼承人，更是真正的天主子。

我們欽慕瑪利亞，也為她對天主的計畫做出如此慷慨的美好回答而滿心歡喜。我們可以也應該祈求天主賜給我們恩寵，使我們也能夠每人按照天主對自己的召叫，在自己的生活中謙遜、慷慨地接納天主的計畫，並不斷地為這個計畫努力。

節錄自梵蒂岡廣播電台講稿

堂區活動

墨西哥傳教日

在上主日的墨西哥傳教日，我們共籌得\$1,259.70元，將全數交給教區作墨西哥傳教工作之用。

願主降福您們!

2012 堂區新春團拜晚宴

才藝表演籌款

為籌募興建傷殘人士洗手間及擴建聖堂接待大堂的經費，堂區 2012 年新春團拜晚宴上，神父及修女們、還有數位教友將表演才藝籌款。以上項目將由公教家庭負責，如欲支持這項有意義的籌款活動，請立即聯絡 Simon Lau 403-472-0002

誠意多謝你的慷慨支持！

聖誕話劇—「主題聖誕夢幻曲」

今年聖誕話劇的主題「聖誕夢幻曲」將於十二月二十四日平安夜當晚七時在永援聖母堂上禮堂演出。

該話劇講述一名男子名叫 ED，由於他冷酷和自私的性格使他和家庭及朋友的關係很惡劣！但在平安夜的晚上他落入一個很不安的夢中！不知當他夢醒後他會否改變以往的性格或為時已晚？

主日學同學，公教家庭，大專青年團，青年聖詠團，聖佳播聖詠團及國語聖詠團現正積極排練。

並誠意邀請各位教友及其親友於平安夜當晚七時前來觀賞「聖誕夢幻曲」的演出，一起尋找天父的愛，並一同分享基督降生的喜訊！

堂區小巴接載時間

平安夜，堂區小巴將於六時三十分在保祿樓開出，六時四十五分在香港花園接載教友，彌撒後堂區小巴將接載教友回保祿樓及香港花園。

12月25日(聖誕日)及1月1日(元旦求恩彌撒)，堂區小巴接載時間照常。

教區公益金，齊來獻愛心



「我們拿這希望，當作靈魂的安全而又堅固的錨，深深地拋入帳幔的內部(希伯來

書第六章十九節)

2011 年教區公益金「讓我們一起來行動(TIA)」，籌募經已展開。本堂今年的目標是\$50,000元，捐款信封可在聖堂入口處拿取。截至十一月二十二日，捐款已累積至\$45,255元。

活動一週

星期一、三 19, 21

永援聖母松柏軒

時間：上午 9 時至正午 12 時

地點：永援聖母堂上禮堂

星期三 21

St. Angela School 將臨期彌撒

時間：上午 9 時

地點：永援聖母堂

星期六 24

聖母軍

(聖母軍聖母無玷聖心支團)

時間：9 時 45 分(開會)

地點：聖堂二樓騎士會室

聖誕夜彌撒

晚上 7 時聖誕劇

晚上 8 時 30 分英、國、粵語彌撒

星期日 25

聖誕日彌撒時間照常

將臨期知多些

聖誕馬槽的真義

教宗曾談到耶穌聖嬰時說：“每日活出聖誕馬槽所象徵的意義，也就是基督的愛、祂的謙遜、以及祂的貧窮。聖誕馬槽乃是生活的學校，在這個學校裏我們可以學習到真正喜樂的秘訣。喜樂不在於擁有許多東西，而在於感受到天主的愛，在於把自己奉獻給他人，在於彼此相親相愛。我們看看聖誕馬槽：

聖母瑪利亞和聖若瑟不像是富裕的人，他們的孩子出生在諸多不便當中。雖然如此，他們的心充滿喜樂，因著他們彼此相愛，互相幫助，尤其知道天主在他們的生活歷史中的施展作為，這位天主就臨在小耶穌身上”。

至於聖誕馬槽四周的牧童呢？教宗說：“他們有什麼理由喜樂呢？那位剛誕生的嬰兒當然無法改變他們貧困的生活環境。但信德卻能幫助他們看出裹著繃襪、躺在馬槽中的嬰兒，乃是天主給祂所愛的眾人、包括牧童在內的許諾已經實現的標誌”。

親愛的朋友們，看，真正的喜樂在於什麼：在於感受到我們個人和團體的存在蒙受一個偉大的奧跡所眷顧，所充滿，這個偉大的奧跡就是天主的愛。要能夠歡欣喜悅，我們需要的不僅是東西，更包括愛和真理的事物；我們需要接近我們的天主，祂能夠溫暖我們的心，能夠回應我們內心的期

待。這位天主顯示在生於童貞瑪利亞的耶穌身上。因此，我們安放在聖誕山洞馬槽中的耶穌聖嬰像乃是一切的中心，是世界的中心。所以，讓我們祈禱，好使每個人，就如童貞瑪利亞一樣，能夠接納成為嬰兒的天主為生活的中心，祂是真正喜樂的泉源”。

(梵蒂岡電臺訊)

心靈小品

你生活得真實嗎？

我在與朋友的一次談話中開始反思人生所缺少的本該有的“真實”。朋友的話是這樣的：“我覺得有很多人特別虛偽，每天看到人與人之間虛偽的交往，不真誠的言談時，我都感覺人活著沒有意義。現在我看不到人的真實，我已經累了，我需要一個真實的自己，一個原原本本的我，一個對生活充滿希望的我！”

人生感慨，何須多言！這些言詞已經足夠表達一個真正追求人生真實價值，腳踏實地做好一個天主以祂意願所造的人。我讀著這一段話，開始反省自己的生活和所在環境。我很清楚的知道，我與這段充滿斗志的言詞產生了共鳴。我覺得我在漸漸地追求這種真實。的確，人無完人，更好說人心虛偽。即使在一個所謂的宗教奉獻團體中生活，身邊的人，也不排除我自己，很多都在拼命地掩飾自己，表裡不一，討好長上，為的是在團體中能為自己安排一個較好的職分，甚至未來；為的是自己繼續保留屬於自己的那片舒暢、寬闊、蔚藍、自由的天空。與此同時，流露出的是那樣的虛偽與自私。耳邊聽到他/她的話語都是：“好姐妹，好兄弟，大家都是那麼可愛，有大家在一起，覺得很幸福”。然而，卻不能接納團體給與的短期人員或地方調動，沒有辦法做些犧牲，沒有辦法戰勝內在的自私，也忘記自己所說的“無論誰，大家都是那麼可愛”的話。這是真實的奉獻生活嗎？欺騙自己？欺騙別人？或是欺騙天主呢？我問自己，假如耶穌來了，祂會為此說些什麼呢？

孫守輝修士

師主篇

第十四章、不要妄斷別人的是非

改毛病難，叫人不隨私意更難。若你但倚靠自己的明悟、能幹，而不聽主命，雖然能得光照，一定很遲也很少；因為天主願意我們全順從祂的命令，並為愛祂的緣故，拋棄私情和私見。

待續

靈修小故事

生命的珍貴

你有沒有感受到，生命並不好過，而你希望你不在那個環境中？

以下的故事，可能令你改變對生命的看法：

我和一位朋友傾談，他說雖然有兩份工作，而每月的收入僅僅稍逾一千元，但他已很高興了，我很奇怪他還可以那麼開心，因為他的收入微薄，要節衣縮食才可以供養他年邁的父母，他的岳父母，太太，兩個女兒，還有一般家庭的各項開支，他解釋說，是因為一次在數年前他在印度目睹的事件，當時他因為一次重大的挫折、心情低落。所以到印度散心，他說他親眼看到一個印度婦人用割肉刀將她的兒子的右手切下了。那婦人無助的眼神，那四歲的稚童痛苦的呻吟，至今仍令他難以釋懷。

你可能會問：為什麼那母親要這樣做？是否她的孩子太頑皮，或是他的手受到感染？都不是，原來只是為了行乞！

那絕望母親特意把孩子弄成傷殘，使她可以在街上行乞，我的朋友嚇呆了，他把他吃到一半的麵包放下，隨即有五六個小孩湧至，爭著這片佈滿沙石的麵包，就如面對飢餓時的自然反應。他對這情景很吃驚，他跟著他的導遊開車把他送到最近的麵包店，他去到其中兩家，把它們所有的麵包都買下來，麵包店的老闆很愕然，不過還是願意把所有都賣給他。

他花了不足一百元，就買到約四百塊麵包(即每塊少於 25 仙)，又用了一百元買一些日用品。

於是，他坐在一部載滿麵包的貨車往街上去，當他分發麵包和日用品給那些大部份是傷殘的兒童時，他們都報

以歡喜和鞠躬，就是這樣，他在生命中第一次想到人們怎麼可以為一片價值不足 25 仙的麵包而放棄自己的尊嚴。

他開始對自己說他是多麼的幸運—他有個完整的身軀，有一份工作，有個家庭，有機會抱怨食品的好與壞，有機會穿衣服，有機會擁有很多這些人沒有的東西。現在，我開始想到，和感受到！

我的生命是否真的，那麼差？

也許...我就覺得不是那麼差，你呢？

『滿足感』不是來自滿足於你想要的，而是了解到你所擁有的是那麼多。

當快樂之門關上時，另一道門就會打開，但很多時我們只盯著已關的門而沒有看到已為我們打開的那道門。

的確，我們要到失去時才知道我們擁有，但我們亦要等到東西來臨時才知道我們沒有它們。

對人付出所有的愛並不能確保他們同樣愛你！

不要期望愛人會有回報；只管讓愛在他們的心中成長，但如果沒有成長，那便滿足於愛已在你心中成長。

一分鐘便可以摧毀一個人，一小時便可以喜歡一個人，一天便可以愛一個人，但要一生的時間才可以忘記一個人。

不要只看外表，因為它會欺騙你；不要只看財富，因為它會褪色。

有時候，你對一個人的掛念，足以令你從夢想中抓他們出來，擁抱他們！

祝你有足夠的快樂令你甜蜜，足夠的嘗試令你堅強，足夠的傷感令你有血有肉，足夠的希望令你快樂。

常常從別人的角度去想，如這角度令你受到傷害，它一樣在傷害對方。

最快樂的人不一定擁有最好的東西，他們只是把握和珍惜所有他們得到的東西。

那些會哭、會受傷害、曾經尋覓、曾經嘗試的人是快樂的，因為他們珍惜那些曾經擦過他們生命的人的重要性。

請將這訊息傳至那些對你重要、在某方面影響過你、在你失落時令你看到正面、和你想令他們知道你珍惜與他們的友誼的人。

Intercession 通功

Please join us to pray for

Mrs. Anna Stein, she passed away on December 14, 2011.

Vigil Prayer :Tuesday (Dec. 20)

7 p.m. at Mclinnis & Holloway Funeral Home-Chapel of the Bells

Funeral Mass: Wednesday (Dec. 21)

11 a.m. at Our Lady of Perpetual Help Church

May her soul and the souls of all the faithful departed, through the mercy of God, rest in Peace.

通功

請為 Mrs. Anna Stein 祈禱，她在 12 月 14 日去世。

守靈祈禱：12 月 20 日(星期二)

晚上 7 時 Mclinnis & Holloway Funeral Home-Chapel of the Bells

殯葬彌撒：12 月 21 日(星期三)

上午十一時永援聖母堂

願她安息主懷並祈求主賜力量及安慰其家人!