

## Theme Sharing

### Jesus Cures the Leper

#### (6th Sunday in Ordinary Time)

We hear from today's first reading how lepers would be treated in biblical times and then how Jesus in the gospel of Mark cured a leper. In those days, a person with a leprous disease was considered unclean. He must leave his community and live in isolation from the ordinary folks. The notion of divine punishment and the feeling of abandonment and loneliness would no doubt be more difficult to bear than the physical pain of the disease. In the second reading, Paul exhorts us to do everything for the glory of God, just like Jesus who had cured and cleansed the leper to glorify God. But take note that the leper did not ask Jesus to cure his disease: his plea to Jesus was to "make him clean". Jesus obliged and instructed him to go, show himself to the priest and make offering for his cleansing as a testimony according to the laws of Moses.

For the second week in a row, Paul asks us to imitate Christ: "Take me as your model, just as I have modelled on Christ". By saying so, Paul wants us to follow his own examples to imitate Jesus who had done everything for the glory of God. We should always try to be helpful to others in all that we do, not seeking our own advantage but for the good of others so that they may be saved. We must live our lives in the spirit of the gospel with the twofold commandment of Love: love God and glorify Him in everything we do; and love our neighbours as God has loved us.

## Parish News & Activities

### ASH Wednesday & Ash Sunday

We shall celebrate Ash Wednesday on February 22 at 9:00 a.m. Mass. Please be observant of fasting and abstinence. February 26 will be Ash Sunday.

### Fasting and Abstinence Summary:

1. Among Catholics, fasting is a reduction in the normal amount of food consumption per day: one regular meal plus two other smaller meals without the provision of snacks during the Holy Days of observation.
2. Among Catholics, abstinence is the omission of meat and other meat products, except fish, in the diet during the Holy Days of observation.
3. Abstinence is practiced by a wider age

group of Catholic individuals 14 and up as opposed to fasting which is practiced by Catholics aged 18 to 59.

4. Abstinence is also practiced during all Fridays of the Lenten Season on top of its observance during Ash Wednesday and Holy Friday. Fasting is only observed during Ash Wednesday and Holy Friday.

## 2011 Together In Action

We appreciate your generosity in making it a very successful 2011 TIA (Together In Action) for our parish. Under the great leadership of St. Gabriel Choir, we raised a total of \$61,200 for our Diocese including TIA envelopes and the church parking lot bazaar. The parish portion of the TIA and the fundraising activities including talent shows in our Chinese New Year banquet collected a total of \$48,600 for two Handicapped Washroom, and Upgrading of Side Church Entrance project. We would like to thank our brothers and sisters in Christ for your action in making this project a step closer to reality.

## Diocese & Other News

### Stewardship Office

Saturday, March 24, 2012 from 7:00 to 10:00pm join us at St. Mary's Cathedral Hall for an evening of fun, food and music! The Stewardship Office in partnership with the University of Calgary Catholic Community is hosting a benefit concert featuring local artists to raise funds and awareness in support of the Feed the Hungry Program. Sponsorship opportunities are available. Please call Eden D'Souza at 403-218-5520.

**40 Days for Life** Come out and pray for an hour a day, a week, or whenever you can, to end abortion during the 40 Days for Life Prayer Vigil, occurring every day from Feb 22 - April 1, 2012, 8am - 8pm, across from the Kensington Clinic, 24th St and 5th Ave NW. Many available hours. Peaceful, prayerful, loving, public witness.

For details and sign-up go to: [www.40daysforlife.com/calgary](http://www.40daysforlife.com/calgary) or call Dave & Kay'd at 403-453-2084.

## Weekly Activities



Mon, Wed, Fri 13, 15, 17

### OLPH Senior Centre

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

Place: OLPH Church Upper Hall

### **Friday 17**

#### Faith Sharing Group ( Sacred Heart)

Time: 7:30p.m.-10:00p.m.

Contact: Doris Ho 403-271-6884

### **Saturday 18**

#### Legion of Mary ( meeting )

(Immaculate Heart of Mary Praesidium )

Time: 9: 45 a.m.

Place: K of C Room

#### Wing Kei Care Centre ( Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

#### Young Adults choir practice

Time: 5:00 p.m. - 7:00p.m.

Place: OLPH Upper Hall

### **Sunday 19**

#### R. C.I.A

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

#### RCIA monthly sharing

(Mandarin group)

Time: 12:30p.m.-3:00p.m

Place: OLPH Church Lower Hall

## Imitating Christ

### Chapter 16 : Bearing With The Faults Of Others

If all were perfect, what should we have to suffer from others for God's sake? But God has so ordained, that we may learn to bear with one another's burdens, for there is no man without fault, no man without burden, no man sufficient to himself nor wise enough. Hence we must support one another, console one another, mutually help, counsel, and advise, for the measure of every man's virtue is best revealed in time of adversity -- adversity that does not weaken a man but rather shows what he is.

To Be Continued

## Let There Be Light

### A Simple Path

The fruit of silence is PRAYER.

The fruit of prayer is FAITH.

The fruit of faith is LOVE.

The fruit of love is SERVICE.

The fruit of service is PEACE.

An Indian admirer of Mother Teresa, a businessman, once had five lines printed for her on small yellow cards. These she called her "business cards" and she offered them freely to people because they clearly explained the direction of her work, her simple path. This path is one that she has distilled from her long experience of working for the love of God with her fellow human beings. It is composed of six essential steps:

- Silence
- Prayer
- Faith
- Love
- Service
- Peace

Familiarity with one will naturally lead on to another. If one surrenders to the nature of the process, life will inevitably run more smoothly, more joyfully, and more peacefully.

## Stories Faith Sharing

### Taking Charge

**Each stage of life has its own beauty...and its own tasks.**

A young priest was asked by a tired looking husband to visit his wife who was critically ill at home. Standing in the bedroom, filled with the paraphernalia for the gravely ill, the pastor noticed the husband's gentle care for his wife. But even in sickness, the wife seemed to be concerned for her husband. "Jim, you look tired. Are you getting enough sleep?"

Soon she turned this care to the visiting priest when she discovered that he was new to the parish. "I hope everyone is making you feel at home Father? She listened to the prayers, received the Sacrament of the Sick and the Eucharist, and felt blessed by her husband and the pastor. The young priest went away feeling equally anointed by this encounter with a person who was sick and by her caregiver. Illness may sometimes make us feel we are losing control, or may even challenge some of our long held beliefs.

It can force us to grapple with fear, anger, and the unknown. Still, we need not see ourselves as victims.

We can take charge of our illness. We can find small ways to continue to live life fully and meaningfully with the people we encounter each day. A smile, a kind word, a concern even for those who are concerned

for us, brings peace. We never lose the power to influence another person. Relatives, nurses, medical Technicians, and cleaning staff, often report how they are encouraged by the courage and goodness they observe in a person who is sick. Our own pain can make us more willing to forgive others, so it may be a good time to reach out to someone who has something against us.

Gracious God, through our own troubles may we grow more sensitive to the suffering of others. Help us to show them your compassion.

An excerpt from Living with Hope in Times of Illness.

John Paul II, Letter to the Elderly, 1999

## Read More Know More

### What is Prayer

It has been said that the Christian has only one problem and that is prayer. Today I want to speak about prayer.

The first thing we have to understand as an absolute essential, if we are to grow in prayer, is the pivotal place of time because that's what prayer demands, and somehow it's the one thing we find hard to give to God. We can go to a movie and spend an entire afternoon looking at the big screen, we can spend hours on the golf course chasing that little white ball, we can drive for an hour to get to a football game, but we cannot give daily time to God in prayer. For some reason, our day seems to arrange itself in such a way that there is room for everything else except our prayer time; we always have this awful trouble finding time for prayer.

Some people solve this problem by just writing in their diary a specific time during which they have to be in the church, or in the bungalow, or in their bedroom. As the years go by these people find that their routine becomes a habit and their spiritual life 'takes off' and grows stronger day by day.

Other people solve their problem by saying it's all too difficult and just give up. One thing's for sure, their spiritual life is not going anywhere.

Most of us, however, want to make prayer a regular part of our lives, we just need encouragement and to be shown a 'way' to pray fruitfully.

When we find ourselves in the presence of God we have to remember that there is nothing really that we can give him that he

hasn't already got. Like money, for example. God does not have an account at the bank; he does not have a credit card; he doesn't go bargain hunting at K-Mart. The whole cosmos is his; he made it all and the whole lot belongs to him.

All God wants from you is your time. He needs your time so that you can be with him and so that he can be with you. Only you can give God your time.

Isn't it funny how often we will do other things, charity work, 40 hour famines, collect money at major intersections, we will do virtually anything, even give money, so long as we don't have to pray. We try to buy God off. 'Lord, you know how I would love to spend time with you in prayer but I'm so busy doing good things for you, you know.' And we forget that God can get lots of other people to collect that money or do that charity work, but he can't get our time from anyone else but us.

So an important fact to remember is that we can't substitute anything else for time with God. Even reading holy books or gaining a degree in theology will not substitute for giving time to prayer.

When we give God time we give God access to our inner selves, to our hearts. We place ourselves on the operating table of God's divine surgery and he can get to work on us. There he can deal with our problems, our weaknesses, our fears, our bad habits, our hardness of heart, our confusions and uncertainties, our angers and lack of forgiveness, our jealousies and insecurities, our lack of self esteem, our sexual urges, our compulsions, our lack of faith - our whole journey to maturity. Only God can do this for us and only if we give him time.

Now how much time would you say is a fair thing? 5 minutes a day? 10 minutes? Half an hour? An hour a day?

I can't tell you how much time for prayer you need to set aside but I do know ten minutes a day just won't do it.

Ten minutes exercise won't give you a healthy body; ten minutes study won't give you a pass in your exams; ten minutes practice on the golf course won't lower your handicap; 10 minutes practice on the footy field won't get you a game on Saturday. Can you imagine watching 10 minutes a day of your favourite TV show? Or worse still, can you imagine spending just 10 minutes a day with your boyfriend or your girlfriend, or your fiancé or you spouse?

The time you spend at prayer each day must tell God that you are serious about him and that you are putting him first.

Our world values activity, achievement, profit. In this kind of world where time equals money, prayer makes no sense at all. In this kind of world time spent on prayer is wasted time.

If you are a child of this secular, material world you will never pray. If you allow the world to give you your set of values and to dictate the meaning of your life you will never pray. Prayer will not hold any meaning for you.

So we seriously have to question ourselves. We have to ask: *Where does our lifestyle come from? Who sets our agenda? What drives our life? Is it our fitness program? Is it our work? Is it our recreation? Is it our hobby? Or is it our desire for union with God?*

by Fr John Speekman

## 主日分享

### 常年期第六主日

本主日的第一篇讀經告訴我們舊約時代如何看患癩病的人。癩病人的處境的確非常痛苦，因為他覺得天主在懲罰他，他也因為遠離其他的人而寂寞孤單。這種痛苦比疾病本身帶來的痛苦更加厲害。

本主日的福音向我們敘述了一個癩病人痊癒的事蹟。福音記述，當耶穌看到那癩病人，便動了憐憫的心。我們很容易瞭解耶穌為什麼動了憐憫的心，這是因為癩病人狀況非常悲慘，教人望而生憐。耶穌的心充滿了對那人的憐憫。

在耶穌撫摸那癩病人的這件事上，不是癩病人影響耶穌，將不潔的狀況和癩病傳染給耶穌，而是耶穌影響癩病人，痊癒了他。耶穌的聖潔具有非常好的傳染力，那癩病人因為與耶穌接觸而獲得潔淨。

從另一方面來說，罪也真是一種癩病，罪令人在天主面前不潔。因此，我們必須潔淨。我們可以也應該像那癩病人一樣向主耶穌說：「你若願意，就能潔淨我！」

第二篇讀經中，保祿要我們效法基督。他用以下的話間接地向我們作了這個邀請，他說：「你們該效法我，如我效法了基督一樣。」保祿宗徒說自

己是基督的效法者，來推使信友們效法主基督。

因此，我們要學習耶穌的榜樣，「一切都要為光榮天主而作。」此外，也要像保祿所做的，「在一切事上使衆人喜歡，不求我自己的利益，只求大眾的利益。」我們要常常生活在福音的雙重愛的精神中：愛天主，一切事為光榮天主而作，並和天主結合在一起來愛他人。

節錄自梵蒂岡廣播電台講稿

## 堂區活動

### 2011 年教區公益金經完滿結束

2011 年教區公益金經已完滿結束，多謝各堂區主內兄弟姊妹慷慨捐獻，連同義賣所得款項，共籌得\$61,200。在此衷心感謝佳播聖詠團領導所得成果。

扣除教區的部份，堂區所得公益金及新春團拜共籌得\$48,600 用作建造二個殘障人士衛生間及同時改善教堂側面入口設施工程，多謝你的行動使這工程能早日實現。

### 聖灰瞻禮四旬期封齋期

2月 22 日星期三是聖灰瞻禮。本堂將於當日九時彌撒為教友施放聖灰。教友當日要守大小齋。

2月 26 日是聖灰主日，本堂將會為未能在星期三領聖灰的教友施放聖灰。  
大小齋的規則

守齋的用意是：第一是彌補罪過；第二是促進教友皈依基督的心愈益成長，引導教友思想像基督，行動肖似基督。

小齋：教會規定凡已足十四歲的教友，在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋，即在那兩天放棄取用熱血動物的肉類食物。

大齋：教會要求年齡已滿十八至五十九歲的教友在每年的聖灰禮儀及聖週內星期五紀念基督聖死日，應守小齋外，還要守大齋，即在那兩天只可飽食一餐，其他兩餐只可進食少許食物，其餘時間可飲流質飲品，但不能進食其他食物（藥物除外）。此外，在四旬期內，可每天參與彌撒、朝拜聖體或拜苦路。

## 活動一週

星期一、三、五 13, 15, 17

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

星期五 17

信仰小團體（Sacred Heart）

時間：晚上 7 時 30 分至 10 時

聯絡：Doris Ho 403-271-6884

星期六 18

聖母軍

（聖母軍聖母無玷聖心支團）

時間：上午 9 時 45 分（開會）

地點：聖堂二樓騎士會室

榮基護老中心（彌撒）

時間：上午 11 時至正午 12 時

地點：1212 Centre Street, NE.

大專青年團練習聖詩

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

星期日 19

成人慕道班（粵語、國語及英語）

時間：上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

成人慕道班（國語）每月分享

時間：下午 12 時 30 分至 3 時

地點：永援聖母堂下禮堂

## 師主篇

### 第十六章 忍耐他人的缺點

天主如此安排，為的是叫我們學習彼此忍耐：任何人都有缺點，都有毛病；任何人都需要別人，需要向別人領教。所以我們當彼此忍耐，彼此安慰，彼此幫助，彼此教導，彼此勸誡。況且，人究竟有多大的德行，惟獨逆境才能試驗出來。逆境能揭露各人的本來面目，卻不會使人軟弱無能。

待續

## 心靈小品

### 不管怎樣，你還是要...

人們經常是不講道理的、沒有邏輯的和以自我為中心的，

不管怎樣，你還要原諒他們。

即使你是友善的，人們可能還是會說

你自私和動機不良，  
不管怎樣，你還是要友善。  
當你功成名就，你會有一些虛假的朋友和一些真實的敵人，  
不管怎樣，你還是要取得成功。  
即使你是誠實的和率直的，人們可能還是會欺騙你，  
不管怎樣，你還是要誠實和率直。  
你多年來營造的東西有人在一夜之間把它摧毀，  
不管怎樣，你還是要去營造。  
如果你找到了平靜和幸福，他們可能會嫉妒你，  
不管怎樣，你還是要快樂。  
你今天做的善事，人們往往明天就會忘記，  
不管怎樣，你還是要做善事。  
即使把你最好的東西給了這個世界，也許這些東西永遠都不夠，  
不管怎樣，你還是要把最好的東西給這個世界。  
看，說到底，它是你和天主之間的事，而決不是你和他人之間的事。

德蘭修女

## 靈修小故事

### 荒島消失了

從前在太平洋彼岸的一個荒島上，有一批隱修士。他們靠捕魚為生，野果裹腹，他們中年長者在山洞專務祈禱，年青者出外捕魚。他們都生活在天主的寵光照耀下。可是青年總有些看不慣年老者，覺得他們不做事多哆嗦，總是指責管教他們，出於禮貌在家聽著不做聲，出外就把老者的話忘得乾乾淨淨。年青修士們最喜歡白天，他們可以自由自在投入大自然懷抱，逍遙在外工作真快樂，他們齊聲讚美天主，讚美大自然優美環境，感謝天主寵光照耀，使人心情舒暢。他們在喜樂中盡情地歌唱，可是每當太陽西下，要回山洞家時，情緒就大落，因為回家又要面對老修士們的沒完沒了的盤問，然後指責這不對，那得罪了天主，有時還要罰他們補贖不准睡覺。

有一位青年修士連著幾天受罰，罰得他心裡煩燥，在受罰跪在十字架前時，他祈禱全能的天主快快收了這些

老修士的靈魂，如果不能，他願意天主收了他青年靈魂作抵押，這樣我的壽命和老修士壽命平衡了，好天主您一同收了我們靈魂吧，好使我們青年伙伴再沒煩惱。這時天主開口說：“你的壽命祇能抵押你自己年老時給後代人的煩惱，不能為現在抵押什麼。”青年修士說：“你看我們白天那麼的好心情，被這些老者搞得憂愁滿面，這也不符合和諧的修道生活呀，我們應該是一個充滿愛充滿和睦氣氛的集體生活才對，老的不死，我們不可能生活在喜樂的日子裡。”天主說：“神樂是發自內心的超性喜樂，在任何環境，任何人面前都能保持喜悅的心情，這才是真正修道人的思想，如果沒有達到，你修道的功夫就沒到家。你要接觸不同的人，不同環境，你才能修好道，不然你拿什麼禮物去見天主呢？我是派遣老的，幫助你們修全道，你可代我去看老修士們誰修全道了。怎麼看？就是你們平日對他們冷眼，冷語是否能激怒他。”

青年聽了第二天去觀察，大多數老者都不氣不惱，好似冷語是敬稱，他們都不急不慢溫和地說話，唯獨罰他跪在十字架前的老修士冷眼一次，罰一次。他變換溫柔向老修士打招呼，老修士樂呵呵地說：“今晚特別為你祈禱。”這樣他連著一陣子都這樣做，噫，自己怎麼沒有那樣怒氣？在外，回家心情一樣好。一天晚上他在祈禱，天使告訴他，這是天主的加賞，因為當初你願意為同伴的快樂去順命。天主特派老修士天天為你祈禱，你看你祇有意向，天主就加賞，如果你能行動，報酬會更豐富。青年修士聽了天使一席話，決定要把快樂給同伴分享，他告訴同伴們多與刁難的老修士打交道，你們就會更喜樂。同伴們聽了，說他有精神病，你平日躲都躲不及，還要我們去學做，沒人聽，沒人做。他深深陷入默想中。他終於明白天主極好的安排，祂上智的安排年青與老者互相磨擦，互相提高，互相修全道。沒有對手怎能進步？沒有逆耳話，怎能修好忍德？沒有苦怎能修快樂？沒有經過艱難，怎能立功勞？這修德行的路活到老，修到老。人生是無止境修德地方，一寸光陰，

一寸金，黃金難買寸光陰，我一定要抓緊這自由之人世時間，多修德，修全德。感謝天主讓我在煩躁困難中提示我，使我彷彿看到天堂的賞報。一段時間內同伴們不理解他，覺得他變了，變得精神不正常了。可是過更長一段時間，他滿面紅光，精神煥發，成天喜氣洋洋，同伴們開始疑惑迷茫轉為羨慕他。問他這好心情，好身體有何秘訣？他回答說：“謙讓，忍耐，找苦吃。”同伴們更是不理解，這也許是天主的奧秘吧。誰能去探索這奧秘呢？那手潔心靜的謙卑人一定能解開這迷，驕傲的人，永遠不會明白從苦中尋找快樂秘訣。荒島上的老修士們一個個去見天主了，留下這批曾經厭棄老者的青年人，如今他們也淪為老者站在海邊迎接遠道而來的一批新修士們的船。這樣周而復始過了多少年代，這荒島造就了多少聖人和平常的人，為天國，送了多少大功臣，也為世人立下了不朽芳表。墮入地獄者幾乎為零。可這美麗荒島現代已消失得無影無蹤。

(在這追求突出自我的世界上，還能找到修謙卑的人嗎？)

## 知多一點點

### 祈禱是什麼—

### 我有十分鐘用來祈禱嗎？

有人說，基督徒只有一個問題，就是祈禱。今天，我想談談祈禱。如果我們要在祈禱中成長，關鍵就是時間。因為這是祈禱必須的，但不知為何，也總是一樣我們很難給天主的東西。

我們可以去看電影，花上整個下午瞪著大銀幕；我們可以用幾小時在高爾夫球場上追逐小白球；我們可以駕車一小時去看一場球賽，但我們不能每天讓出一些時間向天主祈禱。我們的每天似乎能自我安排到有時間給所有的事情，除了祈禱；找時間祈禱，往往是困難重重的。

為解決這問題，有些人就在日記中劃出固定的時間到教堂或到臥室祈禱。漸漸的，這些人發現祈禱已成為習慣，他們的靈性生活“起飛”並日漸強壯。有些人說這太困難了，就乾脆放棄。

有一件事是肯定的，當我們面對天主時，我們必須記住，我們沒有什麼祂缺乏，而我們可以給祂的。例如金錢，天主沒有銀行帳戶，祂沒有信用卡，祂不會到百貨公司揀平價貨。整個宇宙是祂的，祂創造萬物，所有的一切都屬於祂。

天主想要的，是你的時間。

祂需要你的時間，好使你可以與祂，祂也可以與你在一起。只有你可以給天主你的時間。

有趣的是，我們做很多事，愛德工作，飢餓四十，募集善款；我們幾乎做盡所有事情，甚至捐錢，只要我們不用祈禱。我們試圖與天主做交易。“主啊，你知道我喜歡與你在祈禱中相遇，但我要處理這些為你做的好事，你明白的。”我們忘記了，其實天主能找很多人來收集善款，或做慈善工作，但祂不能讓別人把我們的時間給祂。

因此，要記住的是，我們不能以任何其他的東西代替與天主共處的時間。即使讀屬靈書籍或攻讀神學都不能取代祈禱的時間。

當我們給天主時間時，我們就讓天主進入我們的心和內裡的我。我們把自己放在天主神聖的手術台上，讓祂可以作工。在那裡，祂可以處理我們的問題，我們的軟弱，我們的恐懼，我們的壞習慣，我們的硬心，我們的混亂和不明確，我們的憤怒和缺乏寬恕，我們的嫉妒和不安，我們的缺乏自尊，我們的性慾，我們的衝動，我們的缺乏信心----我們整個通往成熟的旅程。只有天主可以做到這些，而祇有如果我們給祂時間的話。

現在你會問，多少時間是恰當的？每天五分鐘？十分鐘？半小時？一小時？

我不能告訴你，多少時間禱告才足夠。但我知道一天十分鐘是不夠的。

\* 十分鐘的運動不會給你一個健康的身體；

\* 十分鐘的研究不會令你考試及格；

\* 十分鐘的練習不會提高你的球技；

\* 你能想像一天看十分鐘你最喜愛的電視節目嗎？或者更糟的是，你能想像一天只有十分鐘與你的男友或女友，或你的配偶一起嗎？

你每天用在祈禱的時間必須能告訴天

主，你是認真的，你把祂放在第一位。我們的世界重視活動，成就，利潤。在這時間等於金錢的世界裡，祈禱成了沒意義的事。在這樣的世界，花時間祈禱就是浪費時間。

如果你是這世俗，物質世界的孩子，你將永遠不會祈禱。如果你讓世界給你一套價值觀和支配你的生活的含義，你永遠不會祈禱。祈禱不會給你任何意義。

因此，我們必須認真的問自己。我們不得不問：我們的生活方式從何而來？誰規定我們的日程？究竟推動我們生活的是什麼？是我們的健身計劃嗎？是我們的工作嗎？是我們的娛樂嗎？是我們的興趣嗎？抑或是我們願與天主結合的期望？

by Fr John Speekman

## 生活甘泉

### 背好自己的十字架

人不能離開自己背負的十字架，誰若捨棄自己的十字架，必自取滅亡。每個人的十字架，都是自己人生中最寶貴的經驗，背好了，天主的賞報自在其中。年輕人容易鑽牛角尖，碰到挫折時不易清醒，不妨帶他們到教堂唱聖歌，感受不一樣的氣氛，讓基督的愛填滿，就不再空虛。

耶穌被釘在十字架上，仍記得把母親託付給門徒，他從不教導我們不仁道、不孝順，而是希望我們不要讓愛的牽掛分散了力量。我們要為天主服務時，必須放下所有的牽掛，不操過多的心，轉而全心全意地為天主做事。

### 警醒！不要睡著了

在身體健康上，年輕時靠營養，壯年靠保養，老年靠修養。這「三養」的道理，同樣可以用在心靈健康上，年輕時心靈需要天主的話，才能長大茁壯，懂得真理；到了中年，外界的物質誘惑太多，要小心，不要讓原有的寶貝流失。