

Theme Sharing

Your Sins are Forgiven (7th Sunday in Ordinary Time)

In this first reading, God said he would always look after his people and sustain them with good things. He would be generous and merciful to them; and he would forgive their sins even though they had repeatedly turned away from him: You have burdened me with your sins; you have deeply troubled me with your iniquities. It is I who blot out your transgressions for my own sake, and I will not remember your sins.

God's infinite love and mercy is shown in today's gospel when Jesus embraced the paralyzed man brought before him and told him that his sins were forgiven. To show that he had the authority to forgive sins, Jesus healed the paralytic's body and soul. He said, so that all may know the Son of Man has authority on earth to forgive sins. I say to you, stand up, take your mat and go to your home. He was so moved by the determination, faith and love of the four men who brought the paralytic before him that he promptly preformed the miracle on the man.

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.

OLPH Way of the Cross in Lent

(Starting from February 24)
English: every Friday 8:30 a.m.
Cantonese & Mandarin:
every Saturday 4:30 p.m.

OLPH Pastoral Care Team and Health Care Apostolate, RC

Diocese of Calgary will hold an update Workshop for Extraordinary Ministers of Communion to the Sick at OLPH Upper Hall on Friday, February 24.
Registration will start at 5:30 p.m.
The workshop will begin at 6 p.m.
Everyone is welcome.

News & Others

Pope's Message for Lent 2012

"We Must Not Remain Silent Before Evil"
"Let us be concerned for each other, to stir a response in love and good works"
(Heb 10:24)

Dear Brothers and Sisters,
The Lenten season offers us once again an opportunity to reflect upon the very heart of Christian life: charity. This is a favourable time to renew our journey of faith, both as individuals and as a community, with the help of the word of God and the sacraments. This journey is one marked by prayer and sharing, silence and fasting, in anticipation of the joy of Easter.

This year I would like to propose a few thoughts in the light of a brief biblical passage drawn from the *Letter to the Hebrews*: "Let us be concerned for each other, to stir a response in love and good works". These words are part of a passage in which the sacred author exhorts us to trust in Jesus Christ as the High Priest who has won us forgiveness and opened up a pathway to God. Embracing Christ bears fruit in a life structured by the three theological virtues: it means approaching the Lord "sincere in heart and filled with *faith*" (v. 22), keeping firm "in the *hope* we profess" (v. 23) and ever mindful of living a life of "*love and good works*" (v. 24) together with our brothers and sisters. The author states that to sustain this life shaped by the Gospel it is important to participate in the liturgy and community prayer, mindful of the eschatological goal of full communion in God (v. 25). Here I would like to reflect on verse 24, which offers a succinct, valuable and

ever timely teaching on the three aspects of Christian life: concern for others, reciprocity and personal holiness.

1. "*Let us be concerned for each other*": responsibility towards our brothers and sisters.
 2. "*Being concerned for each other*": the gift of reciprocity.
 3. "*To stir a response in love and good works*": walking together in holiness.
- In a world which demands of Christians a renewed witness of love and fidelity to the Lord, may all of us feel the urgent need to anticipate one another in charity, service and good works (cf. *Heb 6:10*). This appeal is particularly pressing in this holy season of preparation for Easter. As I offer my prayerful good wishes for a blessed and fruitful Lenten period, I entrust all of you to the intercession of the Mary Ever Virgin and cordially impart my Apostolic Blessing.

Details at www.vatican.va

Diocese & Other News

Catholic Organization for Life and Family (COLF) www.colf.ca

The Canadian Conference of Catholic Bishops decided, at our Plenary assembly last October, to make the family a major focus of our future pastoral efforts. The CCCB, working in collaboration with the Catholic Organization for Life and Family (COLF), has developed a National Pastoral Initiative for Life and the Family. In preparation for the launching of this plan in 2013, a number of activities have been designed for implementation during 2012. I strongly encourage each parish or pastoral unit in the Diocese to host a series of three workshops — sometime during the coming year — focusing on the content of the COLF publications and their workshop guides: (1) World Peace: a family recipe! Teaching our children to love Jesus, to recognize Him in each person they meet and especially in victims of injustice means gently awakening their thirst for justice and solidarity towards all humans, who are their brothers and sisters in God. (2) Families, did you know? Love is calling your children!
In God's great plan - a plan of love and unity - each person has a role to play. That person and no other, at a precise moment in the history of humanity, will be able to fulfill this role by answering "yes" to God's call ...

Christ will call every single one of our children to a very personal vocation. Their answer will depend to a great extent on the openness of heart acquired in the family.

(3) Work + Love = Holiness!

It is within families, among other places, that children, teenagers, and young adults learn about the meaning of life; it is within families that they also understand the importance and meaning of work ... Christians know that the main ingredient that gives any labour its value ... is the love with which it is performed.

If we are to be effective, we must work together and in a concerted way. Please be assured that you will have my full support as well as the support of the Catholic Organization for Life and Family (www.colf.ca) as we move forward with this plan.

If we seize the opportunity which this Initiative represents, there is no doubt that, with the grace of God, the Catholic Church in Canada will soon have a new generation of young families, living out the Christian vocation as effective agents of the New Evangelization!

Written by F. B. Henry, Bishop of Calgary on Friday, 13 January 2012

Weekly Activities

Wed, Fri 22, 24

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wednesday 22

Ash Wednesday

St. Angela School will be attending Mass

Time: 9:00a.m.

Please be observant of fasting and abstinence.

Friday 24

Way of the Cross in Lent

English: 8:30 a.m.

OLPH Pastoral Care Team and Health

Care Apostolate, RC Diocese of

Calgary Workshop

for Extraordinary Ministers of

Communion to the Sick

Time: 5:30 p.m. - 9:00p.m.

Place: OLPH Church Upper Hall

Saturday 25

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9: 45 a.m.

Place: K of C Room

Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Way of the Cross in Lent

Cantonese & Mandarin

Time: 4:30 p.m.

Young Adults choir practice

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

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sunday 26

R. C.I.A.- (Rite of Election)

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 12:00 noon

Place: OLPH Church Lower Hall

Sunday School

Time: 10:00a.m.-12:30p.m.

Place: OLPH Church Office Building

K of C Room at OLPH Church

Youth Group

Time: 11:00a.m. - 12:30 p.m.

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 17 : Monastic Life

IF YOU wish peace and concord with others, you must learn to break your will in many things. To live in monasteries or religious communities, to remain there without complaint, and to persevere faithfully till death is no small matter. Blessed indeed is he who there lives a good life and there ends his days in happiness.

If you would persevere in seeking perfection, you must consider yourself a pilgrim, an exile on earth. If you would become a religious, you must be content to seem a fool for the sake of Christ.

To Be Continued

Stories Faith Sharing

Building A Culture of Life And The Family

In a small African village, two brothers were about to set out to make their fortune in a distant country. "Go with my blessing," their father said, "but on your way put marks on the trees lest you lose your way."

So the brothers went off. The older brother proceeded through the thick forest. As he

traveled on, he cut down some trees and carve marks into others. The younger brother, however, took another route. As he journeyed on, he stopped at various houses along the way and offered to work in return for food and shelter. He returned his hosts' kindness with generosity and gratitude. The brother made many friends all along his travels.

The two brothers returned home and shared their adventures with their father. Happy to have his sons back, their father said, "I would like to see the marks you left."

So the father went off first with his older son. They followed his road, marked by all the trees the son had cut down, eventually returning to their village.

Then the father set out with his second-born. They were received warmly by all the friends the son had made. Father and son had a wonderful time and returned home with many gifts and warm memories.

After their return, the father called together his two sons. "I have seen the work you have done. Now that I am old, I must entrust the affairs of our family to one of you." To the older brother, he said: "My son, your journey was marked by many fallen trees. But what good are such marks? You must learn to care for people."

But to the second son, he said: "I have seen with great joy the marks you left on your journey You made the most important marks: friendship, kindness, understanding, generosity. Continue to make such marks as you succeed me as head of our family."

The story reminds us that we need witnesses capable of seeing farther than others because their life is so much broader. A witness is someone who first lives the life he proposes to others.

It also emphasizes family leadership. The family is the primary cell of society; we often refer to it as "the domestic church." It is in it that children learn the human and Christian values and virtues which enable them to have a constructive and peaceful coexistence. It is in the family that they learn solidarity between the generations, respect for rules, forgiveness and to welcome others. The family is "the first school" in which we are trained in justice and peace.

In his New Year's Message for Peace, Pope Benedict observes that: "We are living in a world where families, and life itself, are constantly threatened and not infrequently fragmented. Working conditions which are

often incompatible with family responsibilities, worries about the future, the frenetic pace of life, the need to move frequently to ensure an adequate livelihood, to say nothing of mere survival – all this makes it hard to ensure that children receive one of the most precious of treasures: the presence of their parents. This presence makes it possible to share more deeply in the journey of life and thus to pass on experiences and convictions gained with the passing of the years, experiences and convictions which can only be communicated by spending time together. I would urge parents not to grow disheartened! May they encourage children by the example of their lives to put their hope before all else in God, the one source of authentic justice and peace.”

Today, more than ever, we need to be encouraged and sustained as we strive to live out our Baptismal call and to create an authentic culture of life and family. We all know that the family is called to be the leaven of transformation for a world so desperately in need of the Good News. The family is not only a pillar of the New Evangelization to which we are called, but also the “main objective” of the New Evangelization. By F. B. Henry, Bishop

Read More_Know More

ASHES

Let us do a little thinking about what happens on Ash Wednesday. When the priest puts ashes on your head, he speaks the solemn, serious words: “Remember man that thou art dust and unto dust thou shalt return.”

Ashes tell us more loudly than words that death will reduce our bodies to a little handful of dust or ashes. Ashes remind us that this body, no matter how beautiful, no matter how brawny, no matter how healthy, will break down, will wither and die and turn to ashes.

FASTING

For forty days our Lord fasted. He ate nothing. For this reason Mother Church asks those who can to fast also, to cut down on food and drink, in imitation of Jesus. But, kind Mother that she is, the Church realizes that many of us, weak children of Adam, working for our bread in the sweat of our brow, or even worse, not being able to work when we want to, cannot keep the strict fast from food.

Accordingly she dispenses those who work hard, the sick and convalescent, and others who have some valid excuse. However, do not take it upon yourself to dispense yourself. Ask your priest either in or out of the confessional to dispense you and to give you some other penance as a substitute. Too often lukewarm Catholics excuse themselves from fasting and then do no penance at all. Everybody must do some penance.

主日分享

常年期第七主日

本主日的第二篇讀經鄭重地指出：保祿斷言他對格林多人所說的話，不是「是」而又「非」，而是和耶穌的話一樣總是「是」。保祿的這番話說明了今天整台彌撒禮儀的意義。我們在面對重要事物時，必須真誠，不可有任何雙重想法和猶豫不決。我們應該令自己的生活有一定的方向。如果我們同時說「是」又說「非」，我們便是處在混亂的狀況中而不能在愛上有真正的長進，我們便不能接受天主的恩寵。在第一篇讀經中，天主作了重大的許諾。天主的這些許諾都由耶穌實現了。這是我們在今天的福音中看到的。耶穌接納了被帶到祂跟前的癱子，對他說：「你的罪赦了。」而天主曾許諾說：「我免除了你的過犯。」現在，耶穌完成了天主的這個許諾。我們注意到把癱子抬到耶穌面前的四個人，他們有同樣的堅決意志，都表現出堅毅不搖的信心和愛德，由於他們，耶穌得以令那癱子痊癒。可以肯定的，這四人都非常慷慨，他們關注那癱子的處境，願意幫助他，使他得到痊癒。因此，他們毫不猶豫排除萬難把癱子抬到耶穌跟前。

對我們每一個人來說，我們內心中與天主的關係最為重要。祂曾這樣對祂的門徒說：「我把平安留給你們，我將我的平安賜給你們；我所賜給你們的，不像世界所賜的一樣。」耶穌賜給我們的平安比世界所賜的重要得多：如果我們與天主建立愛、信賴和忠貞的關係，如果我們在生活中完全接納天主的愛，並在一切行動、目標、和決定上實踐這愛，我們便能獲得這樣的平安。

節錄自梵蒂岡廣播電台講稿

堂區活動

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。

四旬期苦路善功

在四旬期內二月二十四日開始，將舉行苦路善功，以紀念主基督為拯救人類，所受的苦難聖死。請教友盡量抽出時間前來參與。

英語拜苦路：

逢週五早上彌撒前 8 時 30 分

粵語國語拜苦路：

逢週六下午彌撒前 4 時 30 分

卡城天主教牧靈部與永援聖母牧靈關愛組將會合辦公開講座

主題：為病患者服務的非常務送聖體員

日期：2012年2月24日（星期五）

時間：下午5時30分至晚上9時

地點：永援聖母堂上禮堂

歡迎堂區教友參加

新聞及其他

教宗本篤十六世四旬期文告： 善存在，善得勝

主題是：“應該彼此關懷，激發愛德，勉勵行善。”（希 10，24）

教宗在文告中指出，四旬期是反省愛德，這一基督信仰生活中心的大好時機，以便重新走上“個人”或“團體”的信德旅程。這段時期的特點是：祈禱、分享、靜默、守齋、期待復活的喜悅。教宗首先囑咐信友們關懷他人，對以尊重別人的私人空間掩飾，實則出自利己主義的漠不關心和沒有興趣的風氣，加以指責。教宗說，當代文化似乎失去了善與惡的意識，因此需要大力調，善是存在的，善要得勝，因天主是善，天主行善。文告進一步指出，物質富有和飽食終日不僅阻礙人用和藹的目光看待兄弟，也會將自己的利益和憂慮放在一切之上。如果說，今天的人一般都關注別人的身體健康和物質利益，對這些兄弟的精神益處幾乎“緘口不言”。對那些出於人性或只是為了方便舒適而順應一般人，卻不提醒自己的兄弟們提防與真理背道而馳和不順從善的思言行，的基督信徒，教宗提出批評。教宗勉勵信友們，在自私自利大行其道的今日世界上，需要重新發現善意糾正自己弟兄的重要性，好一起走上成聖的道路。對待兄弟始終需要有一種愛和糾正的目、認識和感激的目、分辨和寬恕的目，如同天主對待我們每一個人那樣。然後，教宗叮囑信友們要彼此賜予。他說，目前的社會可能成對人身體上的痛苦和精神、道義上的需求無動於衷的社會，基督信徒團體卻不能如此！無論好壞，我們的生存與他人是相互關聯的；無論罪惡還是愛的作，也都有一個社會幅度。最後，教宗邀請基督信徒一起走上“成聖的旅程”。他說，靈修導師們提醒我們，在信仰生活上，誰不前進就是後退。教宗在今年四旬期文告結束時勉勵信徒們：“大家都要有在愛德、服務和行善方面爭先恐後的迫切感。” 梵蒂岡電台訊

活動一週

星期三、五 22, 24

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 22

聖灰瞻禮彌撒

St. Angela School 將和我們一同參與

時間：上午 9 時

教友當日要守大小齋

星期五 24

英語拜苦路

早上彌撒前 8 時 30 分舉行

卡城天主教牧靈部與永援聖母

牧靈關愛組將會合辦講座：

為病患者服務的非常務送聖體員

時間：下午 5 時 30 分至晚上 9 時

地點：永援聖母堂上禮堂

星期六 25

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

楊式太極班

時間上午 10 時至下午 12 時 30 分

地點：永援聖母堂下禮堂

粵語國語拜苦路

下午彌撒前 4 時 30 分舉行

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

信仰小團體 (西北區)

時間：晚上 7 時 30 分至晚上 10 時

聯絡：Wendy Tai 403-208-2268

星期日 26

成人慕道班-(甄選禮)

(粵語、國語及英語)

時間：上午 9 時 30 分至 12 時

地點：永援聖母堂下禮堂

主日學

時間：上午 10 時至 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

青年會

時間：上午 11 時至 12 時 30 分

地點：永援聖母堂上禮堂

師主篇

第十七章、修道的生活

你若願意同人和睦平安，當在許多事情上，學習抑制自己。在修院修會中，度團體生活，相處無忤，忠心到死，不是一件小事。在那裏善生善終的人，真是有福的；

若是願意善生，在神修上前進，當看自己在世上如同充軍的、行遠路的人一樣。若是願意度修道人的生活，就該為耶穌的緣故變成愚魯的。 待續

心靈小品

何者為重

曾經看過一段短文寫著：「高莫高於天主的光榮，大莫大於人靈的得救，急莫急於福音的傳播」。也看過一副對聯：「得普世失己靈何益之有，求功名棄真福再愚也無」。相信有信仰的兄弟均能接受以上的觀念，畢竟人生之終極目的就是為得永生。教會要理問答第一條就問：你為什麼生在世上？答：為恭敬天主救自己靈魂，並福傳救他人靈魂。教友兄弟們當彼此共勉，不可讓自己家人受世俗、魔鬼、肉身三仇之影響，而使自己或家人偏離了永生之路。主耶穌在公開傳教前在曠野守了四十天的嚴齋，受魔鬼三種人世間最嚴厲的誘惑，一個是把石頭變餅，這是「需要」的誘惑，要填飽肚子是天經地義的事，其二是「從聖殿頂上跳下去」，這是「名」的誘惑，一跳成名，這是從沒有人試過的，其三是「世上的一切國度及榮華」給你，這是「利」的誘惑。

兄弟們仔細默想，你會發現人世間追求的一切均在這三種「誘惑」之內，而且常常是「擋不住的」、「天經地義」的誘惑。我們不認為它是什麼不對的，這就是魔鬼最厲害的地方。兄弟們應當很小心，求天主讓我們能分辨是救靈為重？或是「需要」「名」「利」為重？讓我們反觀自己及家人，有否有為了這些「天經地義」的事，而忘了天主遠離了教會，而我們還渾然不知？

靈修小故事

牆壁上的塗鴉

一位疲倦不堪的母親從賣場購物回家，拖著一堆雜貨穿過廚房的門。他

八歲大的兒子已經在等著她，焦急的向媽媽告狀一關於弟弟作的「好事」。「那時，我正在外面玩，爸爸剛好在講電話，弟弟拿了蠟筆在牆壁上寫字，就寫在妳才剛貼好新壁紙的小房間裡。我已告訴他了：『害媽媽又要重新再貼一次壁紙的話，媽媽一定會抓狂的！』」

這位母親繃起眉頭，嘀咕抱怨的問：「你弟弟現在躲在哪裡？」她放下東西，果斷的邁開步伐，趕到惹下大麻煩、正藏在衣廚裡的小男孩面前，當她進入房間，喊著小男孩名字的時候，小男孩想到那將受到的懲罰，禁不住的顫抖起來。接下來的十分鐘，她大聲咆哮、叫嚷，述說自己如何費盡心思存錢，才能買下這麼昂貴的壁紙。

這位氣急敗壞的母親想到難以處理的善後工作時，忍不住抱怨連連，她指責小兒子的行為，完全不給孩子任何一點寬忍與關愛，她越喋喋不休地責罵，她的態度就越怨毒，這位生氣的母親離開孩子的房間時已經完全的抓狂。

她走到壁紙被亂畫的房間，去證實自己所害怕發生的事，當這位母親看到牆壁時，她淚如雨下，牆壁上的字、像利刃刺痛她的心，上面寫著「我愛媽咪」，旁邊還畫了一顆心圍繞在字的四週。喔！這片壁紙依舊保持原樣，就像媽媽當初看到的一樣，還用了一個空的畫框圈住它，不祇提醒媽媽、也提醒所有的人，花點時間用心去看清每件事情呢。

知多一點點

聖灰禮儀有什麼意義

“聖灰禮儀”是四旬期的第一天。這一天舉行聖灰禮儀。

神父用聖灰在信友前額上劃十字聖號，同時念說：“人哪！你要記住：你原來是灰土，將來仍要歸於灰土。”教會定了四旬期，以聖灰禮儀開始，表示在四旬期教友們應多追思默想耶穌的苦難與死亡，與耶穌同悲同傷，在頭上抹灰，放棄娛樂，穿上喪服，猶如孝子孝女為慈父守喪一樣。整個教會猶如基督的淨配（參閱格後十一

2；默十九7），在四旬期內為紀念基督的苦難與死亡而守喪，以期待復活節的來臨，與他同歡同樂。

聖灰禮儀也提醒教友要謙誠認罪、悔改、做補贖。

謙誠認罪及悔改最好的方式，就是辦一妥當告解，真心實意和天主、他人、自己的良心以及受造之物合好，痛改前非，並以具體的行動補償已往的過犯缺失。如果侵犯了他人的名譽、權利、財物，就應該求人原諒寬恕，並以適當的方式，彌補別人的損失。教會要求成年教友在聖灰禮儀當天守大小齋，以補償罪惡缺失。

此外，教會也勸告教友多行愛德工作，以彌補過犯缺失。

為何要禁食

人們悔改時用禁食的方法來轉化天主的義怒。由於這個時代太注重物質、利益、財富和貪婪。聖母邀請我們祈禱和禁食。藉著祈禱，我們依附天主；藉著禁食，我們從束縛我們的世物中釋放出來。禁食可以令我們心靈自由，禁食是幫助肉身的歸依。私慾偏情令我們內心受束縛。當我們不受身外物束縛時，便是由私慾偏情中釋放出來。這種自由會讓位給一些更高的價值，至令我們平安快樂。

當我們自以為是生命的主人，好像不需要天主時，我們便顯示了無神主義的危險記號。當我們禁食時，便更加認識到自己的軟弱和不足之處，同時也更易明白天主的旨意。

禁食時一定需要用祈禱來配合。因為禁食是一種掙扎，當我們加強了精神力量後，我們對心理和生理上的病更有抵抗力。我們更加空虛自己的心，更易接近天主和鄰人，更易寬恕別人的侮辱。當我們的肉身得到淨化後，我們的靈性對積極的影響更開放。我們禁食是要懷著正確的意向；對天主主要信賴，因為我們相信天主藉著禁食來令我們靈魂得到益處。禁食的痛苦可以令我們自由，增長對天主的愛和走上聖善的道路