

Holy Week Schedule 聖週禮儀時間表		
April 1* 4月1日	Passion (Palm) Sunday 基督苦難主日 (聖枝主日)	Mass Time as usual 彌撒時間照常
April 5* 4月5日	Holy Thursday 聖週四 - The Lord's Supper 主的晚餐	Tri-lingual Mass at 7:30 pm (English, Cantonese and Mandarin) 英語、國話、粵語三語彌撒在 晚上七時三十分舉行
April 6* 4月6日	Good Friday 聖週五 - The Lord's Passion (Fast & Abstinence) 基督苦難日(守大小齋)	Tri-lingual Rite at 3:00 pm (English, Cantonese and Mandarin) 英語、國話、粵語三語紀念祭在 下午三時舉行
April 7* 4月7日	Holy Saturday 聖週六 Easter Vigil (復活慶典的夜間禮儀)	Tri-lingual Mass at 7:30 pm (English, Cantonese and Mandarin) 英語、國話、粵語三語彌撒在 晚上七時三十分舉行 (Celebration of Baptism, Confirmation & Eucharist) (施放聖洗、堅振及聖體聖事)
April 8 4月8日	Easter Sunday 基督復活主日	Mass Time as usual 彌撒時間照常
Tuesday Evening Mass on April 3 at 7:00pm will be cancelled 週二晚上四月三日七時彌撒取消		

Cathedral on Monday April 2, 7:30pm. Doors open at 6:30pm. During this Mass, the Bishop blesses the oil of catechumens, oil of the sick, and oil of chrism. During the Chrism Mass, all priests are invited to renew their commitment to service and to receive the prayers of the people. This unique liturgy is an expression of unity of the diocesan Church with her Bishop in preparation for all liturgies throughout the year. All are welcome.

The Paschal Triduum

The *Paschal Triduum* begins with The Lord's Supper on Holy Thursday, and includes Good Friday, Holy Saturday, and Easter Sunday, with the Great Easter Vigil as the high point of the Triduum. According to church tradition, parishioners to obtain a plenary indulgence during the Triduum:

- Goes to confession and receive Holy Communion
- Following Holy Thursday's mass, remain behind to adore the Blessed Sacrament for at least half an hour.
- Participate in the Adoration of the Cross, on Good Friday.
- Renew one's baptismal promises during the Easter Vigil.

Adoration of the Blessed Eucharist on Holy Thursday

Father Nguyen encourages all parishioners to spend time in Adoration of the Blessed Eucharist. You are invited to stay after mass (Holy Thursday evening) or come in the next morning. The church will open at 9:00am on Good Friday.

Good Friday Fasting and Abstinence

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.

Good Friday Veneration of the Cross

Only one cross should be used for the veneration. If the number of people makes it

A Covenant With All Peoples (5th Sunday of Lent)

Today's gospel is a moving passage that recounts the spreading of Christian faith to the Gentiles. It tells us that it was the Greeks, not the Jews, who wished to see Jesus. The prospect of salvation is repeated in the second reading which says that Jesus, through his obedience in suffering and death, becomes the source of eternal salvation for all those who obey his teachings. The first reading proclaims a new covenant - a universal covenant - between God and all men: "All shall know me, from the least of them to the greatest". The universality of this new covenant is based on a close relationship with God, not confined to a particular race or nation. In this covenant, all geographical boundaries or barriers have been removed. Filled with God's love deep in their heart, all may get to know God and to embrace one another.

Jesus responded to the Greeks' request to see him by declaring that the hour had come for him to be glorified. Jesus promised everlasting life to those who believed in him;

and he would be glorified with the spreading of faith to non-believers. Hence, evangelization and man's salvation through faith may contribute to his glory. On the other hand, Jesus knew well that his hour of glory would also be the hour of his suffering. No doubt, his glory was attained through his Passion. And he so loved us that he gave up his life for our sake. Therefore, let our mind and heart be completely transformed so that we can truly be in communion with God and with our fellow brothers and sisters in Christ.

Parish News & Activities

Exposition of the Blessed Sacrament in March 31(9:30a.m)

Due to the Holy Week, April's Exposition of the Blessed Sacrament will be held on March 31 from 10:00am change to 9:30a.m to 10:30a.m

Fr. Nguyen will listen to Confession. Parishioners are encouraged to attend.

Chrism Mass 2012- April 2

Chrism Mass will be held at St. Mary's

impossible for everyone to venerate the cross individually, the priest may take the cross, after some of the faithful have venerated it, and stand in the center in front of the altar. In a few words he invites the people to venerate the cross and then holds it up briefly for them to worship in silence.

(From Roman Catholic Liturgy book)

Holy Saturday and the Easter Vigil

The Easter Vigil is also called the Paschal Vigil. In [Roman Catholic Church](#), the Easter Vigil is the most important [Mass](#) of the [liturgical year](#). The full meaning of Vigil is a waiting for the coming of the Lord. All Catholics should try to attend this beautiful service.

You shall confess your sins at least once a year

The Second Precept of the Church ("You shall confess your sins at least once a year.") ensures preparation for the Eucharist by the reception of the sacrament of reconciliation, which continues Baptism's work of conversion and forgiveness.

You cannot receive the Sacrament of the Eucharist if you fail to go to Confession within one year.

Parishioners who wish to make special arrangements for confession can contact the parish office or Fr. Nguyen direct.

Good Friday Outdoor Way of the Cross

with Young Adults Group

April 6th from 9:30 a.m.-12:00noon

It will be a prayerful meditation through the inner city, reflecting on the suffering and death of Jesus Christ. Just as God reached out to us in Christ, we are called to reach out to our neighbour in mercy, love and justice. Young Adults Group invite all parishioners can join with them for this solemn and meditative walk.

We will meet at OLPH at 8:30am on Good Friday (April 6) and carpool our way down to St. Mary's Cathedral. For carpool or other details, please contact Candy Lam (olphyoungadults@gmail.com).

Special Donation on Good Friday (April 6)

There will be a special collection on Good Friday, April 6 for the Holy Land in support of Christian communities, the works of the Holy Land, the upkeep of the Holy Sites and the formation of future Priests.

Let us give generously to respond to the needs of the Church in the land of Jesus.

Movie Night – The Passion

Explore the history and meaning of the Holy Week from the arrival of Jesus in Jerusalem on [Palm Sunday](#), the events from the [Last Supper](#), the trial and judgment, the [Crucifixion](#), and finally the [Resurrection of Jesus](#). The film is in English with Chinese sub-titles.

Date: Saturday March 31

Time: 6:00 p.m. potluck,

Movie starts at 6:30 p.m.

Place: OLPH Upper Hall

Together in Action

Theme is " Love Never Ends." (1 Corinthians 13:8)

The 2012 Diocesan's Appeal campaign, "Together in Action", has commenced. This year's Diocesan's target is set at \$2,000,000 while our parish's portion is \$26,344. Our parish's final target will remain at \$50,000, which is identical to last year's.

We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes are being distributed with your 2011 donation tax receipts.

Let's take action now !

Imitating Christ

Chapter 18 : The Example Set Us By The Holy Fathers

They renounced all riches, dignities, honors, friends, and associates. They desired nothing of the world. They scarcely allowed themselves the necessities of life, and the service of the body, even when necessary, was irksome to them. They were poor in earthly things but rich in grace and virtue. Outwardly destitute, inwardly they were full of grace and divine consolation.

Strangers to the world, they were close and intimate friends of God. To themselves they seemed as nothing, and they were despised by the world, but in the eyes of God they were precious and beloved. They lived in true humility and simple obedience; they walked in charity and patience, making progress daily on the pathway of spiritual life and obtaining great favor with God.

To Be Continued

Weekly Activities

Wed, Fri 28, 30

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Fri 30: Blood Pressure check, activities, visit by Pastoral care team, potluck lunch.

Friday 30

Way of the Cross in Lent

English: 8:30 a.m.

Saturday 31

Exposition of the Blessed Sacrament

Time: 9:30a.m to 10:30a.m

Place: OLPH Church

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time:11:00a.m.

Place: K of C Room at OLPH Church

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.

Movie Night – The Passion

Time: Movie starts at 6:30 p.m.

(optional potluck starts at 6:00 p.m.)

Place: OLPH Upper Hall

Sunday April 1

R. C.I.A 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

Stories Faith Sharing

Flower In The Desert

This happened many, many summers ago. There was a young flower in the desert where all was dry and sad looking. It was growing by itself enjoying every day and saying to the sun "When shall I be grown up"? And the sun would say "Be patient, each time I touch you, you grow a little". And she was so pleased because she would have a chance to bring beauty to this corner of sand. And this is all she wanted to do---bring a little bit of beauty to this world.

One day the hunter came by and stepped on her. She was going to die and she felt so sad, not because she was dying but because she would not have a chance to bring a little bit of beauty to this corner of the desert.

The great spirit saw her, and was listening. "Indeed", he said, "she should be living". And he reached down and touched her and gave her life.

And she grew up to be a beautiful flower...and this corner of the desert became so beautiful because of her.

Read More Know More

I. The Sacrament of Confirmation

CCC1285: Baptism, the Eucharist, and the sacrament of Confirmation together constitute the "sacraments of Christian initiation," whose unity must be safeguarded. It must be explained to the faithful that the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed."

II. The Signs And The Rite Of Confirmation

1293 In treating the Rite of Confirmation, it is fitting to consider the sign of *anointing* and what it signifies and imprints: a spiritual *seal*. Anointing, in Biblical and other ancient symbolism, is rich in meaning: oil is a sign of abundance and joy; it cleanses (anointing before and after a bath) and limbers (the anointing of athletes and wrestlers); oil is a sign of healing, since it is soothing to bruises and wounds; and it makes radiant with beauty, health, and strength.

1294 Anointing with oil has all these meanings in the sacramental life. The pre-baptismal anointing with the oil of catechumens signifies cleansing and strengthening; the anointing of the sick expresses healing and comfort. The post-baptismal anointing with sacred chrism in Confirmation and ordination is the sign of consecration. By Confirmation Christians, that is, those who are anointed, share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit with which he is filled, so that their lives may give off "the aroma of Christ."

1295 By this anointing the confirmand receives the "mark," the *seal* of the Holy Spirit. A seal is a symbol of a person, a sign of personal authority, or ownership of an object. Hence soldiers were marked with their leader's seal and slaves with their master's. A seal authenticates a juridical act or document and occasionally makes it secret.

1296 Christ himself declared that he was marked with his Father's seal. Christians are also marked with a seal: "It is God who establishes us with you in Christ and has commissioned us; he has put his seal on us and given us his Spirit in our hearts as a guarantee." This seal of the Holy Spirit marks our total belonging to Christ, our enrollment in his service for ever, as well as the promise of divine protection in the great eschatological trial.

III. The Effects of Confirmation

1302 It is evident from its celebration that the effect of the sacrament of Confirmation is the special outpouring of the Holy Spirit as once granted to the apostles on the day of Pentecost.

1303 From this fact, Confirmation brings an increase and deepening of baptismal grace:

- it roots us more deeply in the divine filiation which makes us cry, "Abba! Father!";
- it unites us more firmly to Christ;
- it increases the gifts of the Holy Spirit in us;
- it renders our bond with the Church more perfect;
- it gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross;

Catechism of the Catholic Church

主日分享

四旬期第五主日

本主日彌撒中的福音段落頗為感人，宣告也在外邦人當中傳佈基督的信仰。聖使若望述說，有些希臘人上來過節。他們一定是些虔誠的人，被猶太人崇敬唯一天主的信仰所吸引，並且聽人說到耶穌，現在渴望拜見祂。他們來到十二位門徒之一的斐理伯前，這些希臘人請求斐理伯說：“先生！我們願拜見耶穌。

第一篇讀經宣佈訂立新盟約，一個普世盟約，因為天主說：“不論大小，人

人都必認識我。”這篇讀經為我們顯示了這是天主的計畫。在以色列子民歷史上最可怕的時刻，屢次出現反叛，招致災難臨頭（聖殿被摧毀，耶路撒冷被攻佔和流亡），上主放棄了同以色列結的盟約的計畫，宣佈同它訂立新盟約，比西奈山的盟約還要美很多。上主說：“看，時日將到，我必要與以色列家和猶大家訂立新約。”第二篇讀經取自希伯來人書信，為我們揭示了耶穌面臨祂的苦難的態度。祂處在一個死亡逼近的極度焦慮的狀況，向天主獻上祈禱和懇求。耶穌不僅祈禱，也大聲哀號和哭泣：“以大聲哀號和眼淚”向天主獻上祈禱和懇求。祂不僅在這一極端痛苦的時候這樣做，也在十字架上同樣做了，祂大喊一聲，就斷了氣。

耶穌的苦難是項卓越事件，改變了人的信仰處境，並且是個愛的事件：耶穌愛我們竟然為我們獻出自己的性命。祂的愛是普世性的，願意徹底改變我們的思想和我們的內心，使我們切實同天主同我們的一切兄弟共融。

節錄自梵蒂岡廣播電台講稿

堂區活動

顯供聖體（三月三十一日）

四月份的首星期六為聖週六，該月份顯供聖體時間改為三月三十一日由上午十時改為九時三十分至十時三十分，當天除了朝拜聖體外，阮神父將為教友聽告解。請各位教友盡量參與！

主教祝聖聖油彌撒

日期：四月二日（星期一）

時間：晚上七時三十分

地點：St. Mary's Cathedral

教會在每年聖週四或提前幾天在主教座堂，由主教祝聖聖油。通常教區全體神父也都參加祝聖禮。祝聖聖油是在隆重的彌撒中進行。這表示教會對聖油的重視。

請各位教友盡量參與。

逾越節三日慶典

逾越節三日慶典以主的最後晚餐開始，並以基督苦難日、復活慶典的夜間禮儀及基督復活主日結束。

根據教會的傳統，在這三天內，信友可用下列任何一種方式獲得全大赦：
領聖體及辦告解

- 聖週四彌撒後，花半小時或以上朝拜聖體；
- 聖週五參與朝拜十字聖架；或
- 聖週六逾越慶典中，重發領洗誓詞。

聖週四朝拜聖體

阮神父邀請各位教友，在聖週四彌撒後及聖週五早上，能騰出時間朝拜聖體，作特別默想和敬禮耶穌在十字架上的犧牲。教堂大門將於聖週五上午九時開放。

聖週五教友當日要守大小齋

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）。

聖週五朝拜十字聖架

按照禮儀，如果教友逐一朝拜十字聖架而過分延長禮儀，主禮可拿起十字聖架，站在祭台前中央，以簡短的話邀請教友在原位朝拜十字聖架，以紀念基督的救世犧牲；然後將十字聖架稍微舉起，全體靜默朝拜片刻。

(取自聖週禮儀書)

聖週六晚「復活慶典夜間禮儀」

聖週六，教會靜默的守候在基督的墓穴旁祈禱，默想基督的苦難和死亡，直到舉行「復活節夜間慶典」，這個是禮儀年中最高峰的慶典。

「該告解、每年至少一次」

根據教會規條的第二規，「該告解、每年至少一次」，是為督促信友們通過修和聖事妥當地準備領聖體。現凡於一年內未有妥當辦告解聖事的教友，不可領受聖體聖事。教友如需作特別安排辦理告解聖事，請直接與阮神父聯絡或致電堂區辦事處。

大專青年團耶穌受難日

朝拜苦路

室外朝拜苦路—這個莊嚴的步行路程，讓我們默想到基督為我們受苦而被釘在十字架上的偉大。大專青年團誠意邀請堂區內的教友與我們一起參與。

日期：四月六日(星期五)

時間：上午八時三十分在教堂停車場集合，一同結伴用車到 St. Mary's Cathedral. (在 St. Mary's Cathedral 開始拜苦路的時間是上午九時三十分，大約於正午十二時結束)

教友如需要接載，請聯絡 Candy Lam (olphyoungadults@gmail.com).

基督苦難日捐獻(4月6日)

是日所收的奉獻，將全部呈上羅馬教廷以支持及培育聖地未來的神父。請慷慨支持及回應！

電影晚會-The Passion

描寫聖週歷史及其意義，敘述耶穌在聖枝主日騎騾進入耶路撒冷，與門徒共進最後晚餐，經審判並定罪，被釘十字架，死而復活。英語對白，中文字幕。

日期：三月卅一日(星期六)

時間：下午六時 Potluck 六時半放映

地點：永援聖母堂上禮堂

教區公益金，齊來獻愛心

主題是「愛永存不朽」(格林多人前書第十三章八節)

2012年教區公益金「讓我們一起來行動」(TIA)，籌募經已展開。今年教區的目標為 2,000,000 元，而我們堂區的配額 26,344 元。懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封現正聯同 2011 年奉獻退稅收條一起分發。請立即行動！

聖週堂區小巴接載時間表

日期	時間	地點
聖週五 4月6日	2:30pm	保祿樓
	2:45pm 彌撒後	唐人街 回程先到保祿樓後到唐人街
聖週六 4月7日	7:00pm	保祿樓
	彌撒後	回保祿樓

活動一週

星期三、五 28, 30

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 16：大食會聚餐，牧靈關愛組探訪-運動及遊戲，測量血壓

星期五 30

英語拜苦路

早上彌撒前 8 時 30 分舉行

星期六 31

顯供聖體

時間：上午 9 時 30 分至 10 時 30 分

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午 11 時 (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

電影晚會---The Passion

時間：下午六時 Potluck

六時半放映

地點：永援聖母堂上禮堂

星期日 4月1日

成人慕道班 (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

佳播聖詠團

邀請教友一同參與練習聖詩

時間：上午 11 時

地點：永援聖母堂

師主篇

第十八章、聖人們的善表

富貴爵位，體面光榮，親戚朋友，他們一概棄絕；世物一點也不貪，養身的事物，實在要緊了才用，用的時候，他們還是難受。所以在世物方面，他

們是貧窮的，然而在聖寵和德行上，卻是很富足的。外面貧窮，一無所有，在內裏卻滿被了聖寵和神聖的安慰。他們離世俗遠，離天主近，成了天主的密友。他們看自己不算什麼，在世上受輕賤，但在天主眼裏，卻是可愛的，貴重無比的。他們真心謙遜，老實聽命，忍耐愛人；為這個緣故他們的德行天天長進，在天主跟前，也很得寵愛。

待續

靈修小故事

名實相符

經文：“他們是基督的僕人麼，(我說句狂話)我更是，我比他們多受勞苦，多下監牢，受鞭打是過重的，冒死是屢次有的，被猶太人鞭打五次，每次四十，減去一下。被棍打三次，被石頭打了一次，遇著船壞三次，一晝一夜在海裏……”（格後 11：23-30）。在古時亞歷山大軍隊中，有一個士兵的名字也叫亞力山大。一天，亞力山大將軍把那個同名的士兵叫來對他說：“我聽到關於你的兩件事：第一是你的名字與我相同，第二，你是一個膽小的懦夫。現在有兩件事任你選擇一件，要麼，你成爲一個勇敢的戰士，敢於衝鋒陷陣，不避艱險像你的將軍一樣。要不，就馬上更換你的名字，你決不可使你的主人的名字，遭受到羞辱”。

身爲基督徒沒有理由不嚴格；高度要求自己效法基督那樣純潔，公義，慈愛，謙卑，溫柔，信實，種種品德。否則，基督的名必因我們遭到羞辱。保祿說：“祇要凡事放膽，無論是生是死，總叫基督在我身上顯大”（斐 1：20）。保祿自從悔改以後，抱定宗旨，活爲主活，死爲主死，爲了主的名，他並不貪生怕死。祇要在他的身上能把基督照常顯大，則生死都能置之度外。因爲“他活著就是基督”。可惜我們雖然也稱爲基督徒，但不過是掛名而已，有如撒狄教會的信徒一樣：“按名是活的，其實是死的”（默 3：1）。以致於有的走上了底馬的道路，“貪愛現今世界”（弟後 4：10）。更有甚者，有的走上了猶大的道路賣主賣友。主的名焉能不在他們身上大

受羞辱？

求天主憐憫我們，使“我們結出果子來，與悔改的心相稱”。真正成爲名實相符的基督徒，願榮耀歸給父天主。保祿勸勉說：“你們該效法我，像我效法基督一樣”（格前 11：1）。

知多一點點

堅振聖事

1285. 堅振和聖洗及感恩（聖體）聖事共同組成「基督徒入門聖事」，我們必須維護這三件聖事的一體性。因此，我們應向信徒解釋，爲使聖洗的恩寵達到圓滿，接受堅振聖事是必要的。事實上，「因著堅振聖事，他們（受過洗的人）與教會更完善地連結起來，又因受到聖神特別力量的充實，更責無旁貸地以言以行，去宣揚並維護信仰，作基督真實的見證人」。

堅振聖事的標記和儀式

1293. 在堅振聖事的儀式中，該細想傳油的標記，以及它所象徵的和所蓋下的屬神印記。傳油，就聖經上和古代的象徵來說，含義豐富：油是富裕和喜樂的標誌，它潔淨（在沐浴前後的傳油）和滋潤身體（爲運動員和角力者的傳油）；它是治癒的標記，因爲它紓解瘀腫和傷口的痛楚；它也帶來美麗、健康和力量的光彩。

1294. 在聖事生活裡，「傳油」也有上述的含意。在洗禮前，傳上「候洗聖油」，象徵淨化和強化；給病人傳油表示治療和安慰。洗禮後，在「堅振禮」和「聖秩授予禮」中傳以「聖化聖油」，是祝聖的標記。藉著堅振聖事，即那些接受了傳油的基督徒，更圓滿地分享耶穌基督的使命，充滿聖神的富饒，使他們的生命更能散發出「基督的馨香」。

1295. 藉著傳油，領受堅振者接受了一個「記號」，就是聖神的印記。印記代表個人的印信，是他權力的標記，是他擁有某物的標記。因此，士兵蓋上他們將領的印記，奴隸蓋上他們主人的印記。印記証實一個法律行爲，或一分文件，並在某些情況下，有保密作用。

1296. 基督宣稱自己是天父所印証的。同樣，在基督徒身上也蓋了印：

「那堅固我們同你們在基督內的，並給我們傳油的，就是天主；他在我們身上蓋了印，並在我們心裡賜下聖神作爲保証」（格後 1:22）。這聖神的印記標示出我們整個屬於基督，永遠加盟爲祂服務，也標示出天主的許諾，要在末世的重大考驗中，保護（我們）。

堅振聖事的效果

1302. 從堅振聖事慶典的舉行，可知此聖事的效果是：聖神圓滿地傾注在接受堅振者身上，正如昔日五旬節那天，傾注在宗徒身上一樣。

1303. 從這一事實，可知堅振聖事帶來聖洗恩寵的加增與加深：

- 它使我們更深入地扎根在與天主的父子關係裡，使我們呼號：「阿爸，父呀」（羅 8:15）；
 - 它使我們更緊密地與基督結合；
 - 它在我們內加增聖神的恩賜；
 - 它使我們與教會的連繫更趨完美；
 - 它賦予我們聖神的特別力量作基督的真實見證人，以言以行傳揚並維護信仰，勇敢宣認基督的名字，且決不以十字架爲恥。
- 天主教教理