

Theme Sharing

Easter Sunday

Today is Easter Sunday. The Church celebrates the resurrection of Jesus Christ as well as the rebirth of Christians at their baptism.

Easter commemorates that Jesus has risen from the dead. It also reminds us that we have regained our life in Christ. The first reading, from the Acts of the Apostles, recounts the baptism of Cornelius by Peter. Cornelius, a non-Jew, was a centurion with the Roman Legion. His baptism signifies that salvation would also extend to the Gentiles and all men. In his letter to the Colossians in today's second reading, Paul exhorts us to live a new life together with the risen Christ and set our minds on "things that are above". In the gospel, John emphasizes that the apostles "as yet did not understand the scriptures that Jesus must rise from the dead". We need to ask ourselves if we also understand this part of the scriptures. The true meaning of Easter perhaps may be reflected in the Opening Prayer: "God our Father, by raising Christ your Son, you conquered the power of death and opened for us the way to eternal life. Let our celebration today raises us up and renew our lives by the Spirit within us Amen". Alleluia!

Stewardship Bulletin Reflections

"I have seen the Lord." (John 20.18)

Alleluia! Christ is risen! The risen Lord is in our midst. May our lives proclaim the glory of the resurrection.

Parish News & Activities

Tuesday evening Mass Cancelled

Tuesday Evening Mass (7:00 pm) will be cancelled on April 10.

Divine Mercy Sunday, April 15

As a further sign of His forgiving love, Jesus called for a Feast of Divine Mercy to be celebrated in the whole church. Jesus said to sister Faustina, "I want this image to be solemnly blessed on the first Sunday after Easter, that Sunday is to be the Feast of Divine Mercy. On that day, the depths of My Mercy will be open to all. Whoever goes to confession and Holy Communion on that day will receive complete forgiveness of sin and punishment. Mankind will not enjoy peace until it turns with confidence to My Mercy." According to Guidelines for Divine Mercy Observances from Bishop F. B. Henry., no Novenas at all may take place in parishes during the three-day period of the Easter Triduum. Parishioners are encouraged to pray at home. The pamphlets for the Novena of the Divine Mercy can be picked up at the church main and side entrances.

7-days Public Praying of the Novena of the Chaplet of Mercy

Date: April 9 to April 15

Time: will be prayed at 15 minutes before mass or the day's liturgical celebration.

Divine Mercy Sunday:

Date: April 15, 2012

Time 2:00 pm– 3.30 pm

Place: Our Lady of Perpetual Help Church
It will be celebrated with prayers, hymns, scripture reading, homily, Act of Entrustment to the Divine Mercy and Exposition of the

Blessed Sacrament. Priest is available for the Sacrament of Reconciliation.

Family Rosary during the month of May

The month of May is traditionally dedicated to the Blessed Virgin Mary.

Fr. Nguyen or Sr. Chan, along with representatives from different church groups, will bring the Statue of the Blessed Virgin Mary on pilgrimage from home to home and pray family rosary in the month of May. Fr. Nguyen will also bless the home during the visit upon request by the family.

Parishioners are encouraged to invite their godchildren or godparents, friends and relatives to join the family rosary. To participate as a host family in this devotion, please call the Parish Office.

We will pray the Rosary 20 minutes before each Sunday Mass. and we will pray the Rosary and sing hymns with Choir in front of the Cove of Mary before 11:30 a.m. Mass. Parishioners are encouraged to take part in the Rosary and sing together in dedication to Mother Mary.

Together in Action

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

The 2012 Diocesan's Appeal campaign, "Together in Action", has commenced.

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 !

Diocese & Other News

Centennial Committee

Interested in the history of our church in Southern Alberta? Would you like to be part of a team to promote local church history for our Centennial Year? The Committee is seeking volunteers to:

- work on creating a travelling display
- conduct and process oral history interviews.

Many tasks available – large and small! Training will be given. Please contact: 100years@calgarydiocese.ca or 403-218-5502.

Youth Office

Rally

Calling all youth in grades 7-12 to this year's Youth Rally. The Rally will be held in Lethbridge on Saturday May 5th. Please check with the youth coordinator at your parish, or visit the website www.youthrallycalgarydiocese.com for how you can be a part of this year's Rally. For further information you can also contact Mary Ann in the Youth Office at maryann.donaleshen@calgarydiocese.ca or 403-218-5516.

One Rock

August 17th and 18th, 2012 is the 3rd annual One Rock Festival. Come join youth from across Alberta for an amazing weekend of music, worship, Mass, food, camping, and an inspiring encounter with Jesus Christ. Get refreshed before heading back to school. All ages welcome. Tickets only \$10 at www.onerock.ca Follow us on Twitter: @One_Rock or 'like' us on Facebook at One Rock.

Many volunteers will be required.

Please email

maryann.donaleshen@calgarydiocese.ca if

you can help. Visit our website at

www.onerock.ca.

Religious Education Secretariat

The Catechesis of the Good Shepherd reaches out to children from early childhood on and invites them to discover and deepen that relationship, using the Bible, liturgy and physical materials that invite contemplation and exploration. Come and see how this Montessori approach to religious formation can enrich the faith lives of children and adults together. Our workshop will run on Saturday, April 28, 12:30pm at the Catholic Pastoral Centre. Please register before April 23rd. Contact Rachel at 403-239-4456 or rhuebert@gmail.com.

Liturgy Office

Catechist Formation. An opportunity for formation and renewal for RCIA ministers. Celebrating ALL the Rites and the Assembly with Dr. Jerry. The Twenty-Second Annual Western Conference for the Catechumenate will be on Friday and Saturday, May 25 and 26, 2012 at Holy Spirit Church in Saskatoon. Registration information is available at www.calgarydiocese.ca/liturgy/initiation.

Fine Arts Orientation and Open House at St. Dominic School

Beginning in September for the 2012-2013 school year, the elementary Fine Arts program in the NW will be moved to St. Dominic School and will expand to include programming for K-6. Parents are invited to attend an open house on Thursday, April 19,

2012 from 7 - 9 p.m., to find out more information about the new Fine Arts program that will be offered at St. Dominic (4820 Dalhart Road NW). For more information please contact the school at 403-500-2058.

Imitating Christ

Chapter 18 : The Example Set Us By The Holy Fathers

How great was the fervor of all religious in the beginning of their holy institution! How great their devotion in prayer and their rivalry for virtue! What splendid discipline flourished among them! What great reverence and obedience in all things under the rule of a superior! The footsteps they left behind still bear witness that they indeed were holy and perfect men who fought bravely and conquered the world. To Be Continued

Weekly Activities

Wed, Fri 11, 13

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Easter Monday close

Saturday 14

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

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

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

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 15R. C.I.A

Catechumen class

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 Service weekChoir

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

Place: OLPH Church, Upper Hall.

Divine Mercy Sunday

Time: 2:00pm – 3:30 pm

Place: OLPH Church

Let There Be Light**God's Holding Pattern**

Many times God will allow a painful situation or a painful circumstance in our life to "swallow us up." This season in our spiritual growth is a holding pattern. We can't move to the left or the right. All we can do is sit, like Jonah sat in the belly of that great fish, so God can have our undivided attention and speak to us.

God put Jonah in a holding pattern because He needed to speak to his heart. Jonah was all alone. There were no friends to call, no colleagues to drop by, no books to read, no food to eat, no interference, and no interruptions. He had plenty of time to sit, think, meditate, and pray.

When we're deep down in the midst of a difficult situation, God can talk to us. When He has our undivided attention, He can show us things about ourselves that we might not otherwise have seen.

A Few of God's Holding Patterns:

When you are sick in your physical body and you have prayed but God has not healed you yet, you are in a holding pattern.

When you are having problems with your children and you have put them on the altar, but God has not delivered them yet, you are in a holding pattern.

When you have been praying for the salvation of a loved one and they have not been saved yet, you are in a holding pattern. When you are in a broken relationship and you have given it over to God, but it has not been restored yet, you are in a holding pattern.

When the doors slam shut before you can knock on them, you are in a holding pattern.

When we are deep in the belly of a difficult situation, there are no interruptions. God has our undivided attention. All we can do is sit, think, meditate, and pray. We cannot run from God because there are no mountains that are high enough, valleys low enough, rooms that are dark enough, or places that are hidden enough from Him.

We must remember to praise Him while we're waiting and remember three things: The pattern has a purpose.

The pattern has a plan.

The pattern has a process.

So stop struggling and start listening, praying and trusting. He'll keep you right where you are until you can clearly hear Him say, "I love you."

Prayer:

Father, forgive my unbelief. I know You love me and will turn anything around to benefit me. You have planned nothing for me but victories and I am ready to receive them regardless of how difficult the path. Amen The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.

Stories Faith Sharing**Jesus' Death 60 Seconds to Understand**

At the age of 33, Jesus was condemned to the death penalty. At the time crucifixion was the "worst" death. Only the worst criminals condemned to be crucified. Yet it was even more dreadful for Jesus, unlike other criminals condemned to death by crucifixion Jesus was to be nailed to the cross by His hands and feet.

Each nail was 6 to 8 inches long. The nails were driven into His wrist. Not into His palms as is commonly portrayed. There's a tendon in the wrist that extends to the shoulder. The Roman guards knew that when the nails were being hammered into the wrist that tendon would tear and break, forcing Jesus to use His back muscles to support himself so that He could breathe.

Both of His feet were nailed together. Thus

He was forced to support Himself on the single nail that impaled His feet to the cross. Jesus could not support himself with His legs because of the pain so He was forced to alternate between arching His back then using his legs just to continue to breath. Imagine the struggle, the pain, the suffering, the courage. Jesus endured this reality for over 3 hours.

Yes, over 3 hours! Can you imagine this kind of suffering?

A few minutes before He died,

Jesus stopped bleeding. He was simply pouring water from his wounds.

From common images we see wounds to His hands and feet and even the spear wound to His side. But do we realize His wounds were actually made in his body. A hammer driving large nails through the wrist, the feet overlapped and an even large nail hammered through the arches, then a Roman guard piercing His side with a spear. But before the nails and the spear Jesus was whipped and beaten.. The whipping was so severe that it tore the flesh from His body. The beating so horrific that His face was torn and his beard ripped from His face. The crown of thorns cut deeply into His scalp. Most men would not have survived this torture.

He had no more blood to bleed out, only water poured from His wounds.

The human adult body contains about 3.5 liters (just less than a gallon) of blood.

Jesus poured all 3.5 liters of his blood; He had three nails hammered into His members; a crown of thorns on His head and, beyond that, a Roman soldier who stabbed a spear into His chest.

All these without mentioning the humiliation

He passed after carrying His own cross for almost 2 kilometers, while the crowd spat in his face and threw stones (the cross was almost 30 kg of weight, only for its higher part, where His hands were nailed). Jesus had to endure this experience, so that you can have free access to God. So that your sins could be "washed" away. All of them, with no exception! Don't ignore this situation. JESUS CHRIST DIED FOR YOU!

Read More_Know More

The Image of The Divine Mercy

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. She gazed intently at the Lord in silence, her soul filled with awe, but also with great joy. Jesus said to her:

Paint an image according to the pattern you see, with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory (*Diary*, 47, 48). I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You (327). I desire that this image be venerated, first in your chapel, and [then] throughout the world (47). At the request of her spiritual director, St. Faustina asked the Lord about the meaning

of the rays in the image. She heard these words in reply:

The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him (299). By means of this image I shall grant many graces to souls. It is to be a reminder of the demands of My mercy, because even the strongest faith is of no avail without works (742).

These words indicate that the Image represents the graces of Divine Mercy poured out upon the world, especially through Baptism and the Eucharist. Many different versions of this image have been painted, but our Lord made it clear that the painting itself is not what is important. When St. Faustina first saw the original image that was being painted under her direction, she wept in disappointment and complained to Jesus: "Who will paint You as beautiful as You are?" (313).

In answer, she heard these words: "Not in the beauty of the color, nor of the brush lies the greatness of this image, but in My grace" (313).

So, no matter which version of the image we prefer, we can be assured that it is a vehicle of God's grace if it is revered with trust in His mercy.

主日分享

復活主日

今天，我們慶祝主的復活。復活節是整個禮儀年中最重要的節日。是一個光的節日：復活了的主光照我們，在我們的心中注入了無限的喜樂、無限的希望，並使我們的心充滿了愛。福音告訴我們在復活主日早上發生的事。這段福音要我們知道，門徒們並沒有預料到耶穌復活。他們想，一切都隨著耶穌的去世而完了，他們沒有明白耶穌有關復活的願望。

在第一篇讀經中，伯多祿宣報了耶穌復活的信息。伯多祿進入百夫長科爾乃略家中，發言宣佈：耶穌巡行各處，施恩行善，治好一切受魔鬼壓制的人，因為天主與他同在而卻被人不公平地殘酷地殺死，但第三天，天主使他復活，現給許多的人。

在第二篇讀經中，保祿向我們顯示基督的復活為我們的生命所帶來的效果：他斷言我們和基督一同復活了。因此，我們有義務度符合所得到的這非凡恩典的生活。保祿這樣斷言：「你們既然與基督一同復活了，就該追求天上的事，在那裏有基督坐在天主的右邊。你們該思念天上的事，不該思念地上的事。」

我們應該追求的天上的事，都是一些非常具體的事。追求天上的事，是要慷慨、要有服務精神、要關注別人的需要，我們的生活要能相稱於耶穌，因為我們獻出了性命。

我們要因這非凡的恩典而全心感謝天主。節自梵蒂岡廣播電台講稿

堂區活動

週二彌撒更改

復活主日週二(4月10日)
上七時彌撒取消。

神聖慈悲瞻禮

教宗若望保祿二世按照耶穌顯現給聖女傅天娜時的指示，在二零零一年將規定在復活主日後的第一個星期日舉行神聖慈悲瞻禮。那正是基督復活後的第八天。從主耶穌顯現給聖女傅天娜的訊息中，教友在當天參與神聖慈悲瞻禮、領聖體及辦告解，可得全大赦。

為回應亨利主教的指示，所有教堂在逾越節三天慶典期間，不可在教堂舉行其他慶典。

因此本堂誦念慈悲串經的日期有以下更改：

本堂將從四月九日(星期一)至四月十五日(星期日)連續七天，在中、英文彌撒或當天禮節前十五分鐘向慈悲的天主作七日敬禮，誦念慈悲串經。此外，教友可在家中作神聖慈悲敬禮九日祈求，經文小冊子可在教堂正門及側門人口處拿取。

並於四月十五日(星期日)下午二時至下午三時三十分在永援聖母堂慶祝神聖慈悲瞻禮，內容包括祈禱、歌詠、聖經誦讀、講道、托對救主慈悲禱文及願供聖體，並舉行修和聖事，希望各教友以積極投入的精神，參與祈禱，來回應基督在聖死與復活的奧跡中對人類所顯示的無限仁愛。

聖母月家庭玫瑰經聚會

五月是聖母月，阮神父或陳修女，及堂區善會代表，將於五月帶同聖母像探訪教友家庭，誦念家庭玫瑰經。如有需要，阮神父會同時為教友家庭舉行聖屋儀式。

我們並鼓勵主持家庭玫瑰的家庭，邀請其代子女或代父母參與家庭玫瑰。有意邀請聖母、阮神父或陳修女到家中誦念家庭玫瑰經的教友，請致電堂區辦事處。

我們特別恭敬聖母，並在主日彌撒前 20 分鐘公唸玫瑰經，並在十一時三十分彌撒前於外聖母岩前誦唸玫瑰經。

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 年奉獻退購條一起分發 立即行動！

活動一週

星期三、五 11, 13

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

復活節聖週一休息

星期六 14

聖母軍(開會)

(聖母軍聖母無玷聖心支團)

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

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

大專青年團練習聖詩

時間：下午 5 時至 7 時

這些特殊許諾與臨終時有關，也就是善終的恩寵。除了懷著信心堅持不懈地念誦慈悲串經的人外，臨終的人只要床邊有人為他誦念串經，也能獲得這恩寵。

主耶穌：「司鐸該把這慈悲串經推薦給罪人，作為他們最後的希望。就連最心硬的罪人，如果他只念一次這串經，也會從我無限的慈悲中獲得恩寵。」

對那些一生最少誦念了一遍慈悲串經的人，主耶穌許諾都賜給他們恩寵，只要他們作這祈禱時，懷著完全的信心，態度謙遜誠懇，並深深痛悔自己的罪過。

一九九三年四月十八日，復活節後首主日，教宗若望保祿二世於羅馬聖伯多祿廣場宣告列她為真福品。翌日，他向群眾講話時表示：「天主借著真福傅天娜修女豐富的靈修經驗向我們講話。她留給世界神聖慈悲的偉大訊息；鼓勵我們向創造者完全地交付自我。天主賜她非凡的恩寵，使她能藉著與天主神秘的相交以及默觀祈禱的特殊恩賜，經驗祂的仁慈。」

「真福傅天娜修女，謝謝你提醒世界神聖慈悲的偉大奧秘，這是使人驚嘆的奧秘，是屬於天父，且不能言說的奧秘，是今天一個人和整個世界也極之需要的。」