

## Theme Sharing

### Cure of Deaf-Mute

(23<sup>rd</sup> Sunday in Ordinary Time)

Today's gospel is about Jesus curing a deaf-mute, a miracle which has an important bearing on our lives as Christians. Prophet Isaiah foretells in the first reading the coming of a Messiah who will perform miracles and do wondrous things. In the second reading, James exhorts every Christian to lead a life free from bias and discrimination.

A deaf-mute is one who is unable to communicate with others. Quite often he is considered an outcast of the society. The pain of rejection, abandonment and despair is surely hard to bear. This was especially so in biblical times when cure and resources of support were non-existent.

The gospel tells us that a deaf and dumb man was brought to Jesus. Jesus put his fingers into the man's ears, spat and touched the man's tongue. Looking up to heaven, he said: "Be opened!" Thereupon, the man's ears were opened and his tongue was released and he could now talk clearly and freely. The Church has attached great significance of this healing ritual to the Sacrament of Baptism.

For a long time it was part of the baptism liturgy for the priests to touch the ears and the tongue of the person being baptized. This signifies the healing of deafness and the gift of healing and understanding of God's Word. It also confers the gift of speech, the ability to bear witness for God and gives glory to God.

Let us ask for God's graces that we can put to good use the gifts we received at our baptism, that we won't be deaf to Christ's teachings nor dumb to spread the gospel to others. As good Christians, we should live in faith, truth and love in constant thanksgiving to, and communion with, God.

### Eco-Thought

The profound sense that the earth is 'suffering' is also shared by those who do not profess our faith in God. ~John Paul II Schedule some time this week to get reconnected to nature. Be in the forest, the mountains, by the lake. Just get away briefly to see, smell, and touch the physical world that was created for us. Then tell somebody else about the wonder of creation.

## Year of Faith

Oct 11, 2012-Nov 24, 2013

Pope Benedict XVI declared that a "Year of Faith" will begin on October 11, 2012 and conclude on November 24, 2013.

In the Acts of the Apostles, we learn that God has opened the door of faith for the early Church. But did you know that God has opened the door of faith for each one of us and he invites us to step through the threshold into a deeper relationship with him. The upcoming Year of Faith is an opportunity for every Catholic to turn towards Jesus Christ, encounter him in the Sacraments, especially the Eucharist and rediscover the Faith and Church.

### For the Indiction of the year of Faith

1. The "door of faith" (Acts 14:27) is always open for us, ushering us into the life of communion with God and offering entry into his Church. It is possible to cross that threshold when the word of God is proclaimed and the heart allows itself to be shaped by transforming grace. To enter through that door is to set out on a journey that lasts a lifetime. It begins with baptism (cf. Rom 6:4), through which we can address God as Father, and it ends with the passage through death to eternal life, fruit of the resurrection of the Lord Jesus, whose will it was, by the gift of the Holy Spirit, to draw those who believe in him into his own glory (cf. Jn 17:22). To profess faith in the Trinity – Father, Son and Holy Spirit – is to believe in one God who is Love (cf. 1 Jn 4:8): the Father, who in the fullness of time sent his Son for our salvation; Jesus Christ, who in the mystery of his death and resurrection redeemed the world; the Holy Spirit, who leads the Church across the centuries as we await the Lord's glorious return.

To Be Continued

## Parish Activities

### Emergency Appeal for Food Crisis in West Africa

The Diocese is participating in an appeal to assist those affected by the Food Crisis in West Africa and accepting financial donations. All funds will be forwarded to the Catholic Organization for Development and Peace (CCODP). Also, the Government of Canada will match all donations made until September 30th.

Donations can be made in the following ways:

- Parishioners can donate cash or make your cheque payable to OLPH, and earmarked "Sahel (West Africa Food Crisis)" put it in an envelope (with your Sunday collection envelope number OR name and address marked) and drop it into the Sunday Mass collection basket. The amount will be added to your year-end donation tax receipt issued by the parish.

- by sending a cheque payable to the RC Diocese of Calgary, earmarked "Sahel (West Africa Food Crisis)" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2

### Philippines Floods Appeal –

Flooding in Manila, Philippines - The Diocese is accepting financial donations for emergency relief efforts to assist victims affected by massive flooding in Manila and surrounding areas in the Philippines. All monies collected will be forwarded to the Canadian Catholic Organization for Development and Peace (CCODP), which is working with local organizations on site to bring aid to flood victims. Donations can be made as follows:

- Parishioners can donate cash or make your cheque payable to OLPH, earmarked "D&P - Philippines Floods" put it in an envelope (with your Sunday collection envelope number OR name and address marked) and drop it into the Sunday Mass collection basket. The amount will be added to your year-end donation tax receipt issued by the parish.

- by sending a cheque payable to the RC Diocese of Calgary, earmarked "D&P - Philippines Floods" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2

### Syrian Crisis Relief Effort

CNEWA - Canada, the Canadian Catholic Near East Welfare Association is collecting funds to assist refugees fleeing Syria. Our Diocese is accepting financial donations to assist Syrian refugee victims and all funds will be forwarded to CNEWA-Canada. Donations can be made as follows:

- Parishioners can donate cash or make your cheque payable to OLPH, and earmarked "Syrian Relief Effort" put it in an envelope (with your Sunday collection envelope number OR name and address marked) and

drop it into the Sunday Mass collection basket. The amount will be added to your year-end donation tax receipt issued by the parish.

- by sending a cheque payable to the RC Diocese of Calgary, earmarked "Syrian Relief Effort" and sent to the Pastoral Centre at 120 17th Ave S.W., Calgary, AB T2S 2T2 May God bless you abundantly for your generosity and compassion!

### OLPH Fundraising Bazaar

OLPH will be hosting a TIA fundraising bazaar. Proceeds will again be allocated to help finance the following project: addition of a handicapped Ramp, 2 Handicapped Bathrooms, and Upgrading of Church Side Entrance. It will be held on Next Sunday – September 16<sup>th</sup> 2012 at the parking lot from 9:00 am to 2:00 pm.

This Bazaar will include breakfast, lunch, selling of different household items, tools, crafts, art, food and beverages. We sincerely urge all parishioners to donate their good condition used or new items for this purpose! Donations can be forwarded to church group representatives or drop off at the church religious articles counter on Sept. 9. For details contact Parish Office. Don't miss out an opportunity to find great deals and to support our Parish!

### RCIA Adult Catechumenate Class – New Class Notice

The 2012 adult Catechumenate classes are now accepting new applications for enrolment. Any interested party, or adult Catholics who have not yet received the Sacrament of Confirmation, or Christians from other ecclesial communities considering to join the Catholic Church, please contact :

- The parish office 403-265-7926, or  
- Joseph Yip 403-547-0618 (in the evening).

They may also pick up a 'RCIA Adult Catechumenate Class Application Form' at the Church entrances, complete it and return to the parish office.

All parishioners are earnestly encouraged to play their role in evangelization and invite their friends and relatives to join.

### New Sunday School Teachers

Do you like to work with children or just want to gain some experience for your resume? Sunday School is looking for young adult and adult volunteers who want to serve the

church community and share their faith, no experience necessary. Please contact Chrissy Leung, Sunday School Coordinator by phone (403) 500-1218 or email, [chrissy@gmail.com](mailto:chrissy@gmail.com)

## **Diocese & Other News**

### Calgary Diocesan Country Fair - The Palio

The Fair, happening on Saturday September 15, 2012 at the Strathmore Rodeo Grounds, will feature an open air mass with Bishop Henry, the running of the horses, inter-parish baseball games and children's activities. Entertainment will include local artists and Oscar Rubio from El Salvador. Purchase your tickets in your parish or purchase online. See [www.palio.ca](http://www.palio.ca) for details.

### Family and Life Resource Centre

Transitions, a 15-week program for those newly separated/divorced is offered starting Tuesday, September 25, 2012 at the Pastoral Centre in Calgary. For more information or registration contact 403-218-5504.

Retrouvaille, a weekend retreat for couples experiencing difficulty in their **marriage**, will be offered on September 28-30<sup>th</sup>. For more information please call Gabriele at 403-218-5504.

## **Weekly Activities**

Mon, Wed, Fri 10, 12, 14

OLPH Senior Centre

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

Place: OLPH Church Upper Hall

Wed 12

St. Angela School Opening Mass

Time: 9:00a.m.

Place: OLPH Church

Friday 14

Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 15

Legion of Mary ( meeting )

( Immaculate Heart of Mary Praesidium )

Time: 9:45a.m.

Place: K of C Room at OLPH Church

Wing Kei Care Centre ( Mass)

Time: 11:00 a.m.-12:00 noon

Place: 1212 Centre Street, NE.

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Sunday 16

TIA fundraising bazaar

Time: 9:00 a.m. - 2:00p.m.

Place: OLPH Parking Lot

## **Imitating Christ**

### Chapter 20 :

### The Love Of Solitude And Silence

If only a man would never seek passing joys or entangle himself with worldly affairs, what a good conscience he would have. What great peace and tranquility would be his, if he cut himself off from all empty care and thought only of things divine, things helpful to his soul, and put all his trust in God.

To Be Continued

## **Stories Faith Sharing**

### Crossing the Water by Sri

### Ramakrishna

A farmer's daughter duty was to carry fresh milk to customers in various villages, one of whom was a priest. To reach his house, the milkmaid had to cross a good-sized stream. People crossed it by a sort of ferry raft, for a small fee.

One day the priest, who performed worship daily with the offering to God of fresh milk, finding it arrived very late, scolded the poor woman. "What can I do?" she said, "I start out early from my house, but I have to wait a long time for the boatman to come."

Then the priest said (pretending to be serious), "What! People have even walked across the ocean by repeating the name of God, and you can't cross this little river?" This milkmaid took him very seriously. From then on she brought the priest's milk punctually every morning. He became curious about it and asked her how it was that she was never late anymore.

"I cross the river repeating the name of the Lord," she replied, "just as you told me to do, without waiting for the ferry." The priest didn't believe her, and asked, "Can you show me this, how you cross the river on foot?" So they went together to the water and the milkmaid began to walk over it. Looking back, the woman saw that the priest had started to

follow her and was floundering in the water. "Sir!" she cried, "You are uttering the name of God, yet all the while you are holding up your clothes from getting wet. That is not trusting in God!"

*This story was written by [Sri Ramakrishna](#).*

## Faith of Saints

### St. John Chrysostom

feast day September 13

St. John, named Chrysostom (golden-mouthed) on account of his eloquence, came into the world of Christian parents, about the year 344, in the city of Antioch. His mother, at the age of 20, was a model of virtue. He studied rhetoric under Libanius, a pagan, the most famous orator of the age.

In 374, he began to lead the life of an anchorite in the mountains near Antioch, but in 386 the poor state of his health forced him to return to Antioch, where he was ordained a priest.

In 398, he was elevated to the See of Constantinople and became one of the greatest lights of the Church. But he had enemies in high places and some were ecclesiastics, not the least being Theophilus, Patriarch of Alexandria, who repented of this before he died. His most powerful enemy, however, was the empress Eudoxia, who was offended by the apostolic freedom of his discourses. Several accusations were brought against him in a pseudo-council, and he was sent into exile.

In the midst of his sufferings, like the apostle, St. Paul, whom he so greatly admired, he found the greatest peace and happiness. He had the consolation of knowing that the Pope remained his friend, and did for him what lay in his power. His enemies were not satisfied with the sufferings he had already endured, and they banished him still further, to Pythius, at the very extremity of the Empire. He died on his way there on September 14, 407.

Ephesians - 4:1-7, 11-13

to knit God's holy people together for the work of service to build up the Body of Christ, Psalms - 40:7-8

then I said, 'Here I am, I am coming.' In the scroll of the book it is written of me, my delight is to do your will; your law, my God, is deep in my heart.

Mark 4:1-10, 13-20

'Listen! Imagine a sower going out to sow.

## The Words of God

### Proverbs 30:5-9

Every word of God is fire tried; he is a buckler to them that hope in him. Add not anything to his words, lest thou be reproved, and found a liar. Two things I have asked of thee, deny them not to me before I die. Remove far from me vanity and lying words. Give me neither beggary nor riches: give me only the necessities of life, lest perhaps being filled, I should be tempted to deny, and to say: Who is the Lord? Or being compelled by poverty, I should steal, and forswear the name of my God.

## 主日分享

### 痊癒聾啞人

#### (常年期第二十三主日)

本主日的聖道禮儀在福音中為我們敘述了聾啞人痊癒的事蹟，這個事蹟為我們的基督信徒生活有很深刻的意義。在第一篇讀經中已經為這件奇事作了準備，依撒意亞的章節宣佈了天主行的奇跡。他向流放者說：“鼓起勇氣來，不要畏懼！”希伯來人被流放到巴比倫，但是，先知現在看到因百姓的罪過造成的這個痛苦即將結束。依撒意亞所宣告的在耶穌的使命中實現了，耶穌本著無限的仁慈治癒所有的病人和殘疾者。本主日的福音段落敘述了有人給祂帶來一個又聾又啞的人，求祂給他覆手。

第二篇讀經是雅各伯宗徒對具有基督徒該當有的態度作出的勸勉。第二篇讀經同福音中的敘述沒有直接關係，但同基督徒的生活，同信德和愛德生活有關。這兩個品德之間有密切的關係。因為我們相信天主的愛，我們就會付出愛。福音中的話向我們傳遞信德，推動我們去行愛德。雅各伯告誡我們在我們的舉止態度上缺少信德和愛德的表現，他說：“你們既信仰我們已受光榮的主耶穌基督，就不該按外貌待人。”我們該保持純潔完整的信德，不沉溺於個人的偏愛，它既不符合信德，也不符合愛德。

我們該當更好地聆聽使徒們傳給我們的天主的話，不要聽而不聞，但把這話放在心內。那麼，讓天主的話指引我們，讓我們在信德和愛德中不斷成

長。（錄自梵蒂岡電台）

## 信德年

2012 年 10 月 11 日-2013 年 11 月 24 日

**教宗本篤十六於 2011 年 10 月 11 日發佈了《信德之門》宗座文告**

為召開信德年，即從 2012 年 10 月 11 日，梵蒂岡第二屆大公會議召開五十周年之際開始，到 2013 年 11 月 24 日，耶穌基督普世君王節結束。

**宗座手諭《信德之門》**

1. 「信德之門」（宗十四 27）一直為我們敞開，引領我們進入與天主共融的生命，並讓人進入祂的教會。當天主聖言廣傳各地，而人心被恩寵塑造時，人就能穿越這門檻。穿越此門檻，意思就是要踏上一終身信仰的途徑。此途徑自聖洗開始（羅六 4），我們藉由聖洗能稱天主為父，其終點為死亡——前往永生的通道；永生乃是主耶穌復活的成果。祂要將所有相信祂的人藉著聖神所賜的恩惠導入祂本有的光榮（若十七 22）。宣認對天主聖三一——聖父、聖子及聖神的信仰，就是相信那唯一、是愛的天主（若壹四 8）；相信時期一滿，聖父為我們的得救派遣聖子來；相信耶穌基督以祂的死亡和復活救贖了世界；相信聖神世代代在期待著主光榮的來臨中引導教會。 待續

## 堂區活動

### 西非的糧食危機

西非現正面臨嚴重的糧食危機。加拿大天主教推動發展及和平組織（The Canadian Catholic Organization for Development and Peace）現正發起募捐，作為緊急援助西非的糧食短缺之用。凡於 9 月 30 日前的捐款，加拿大政府將以同等金額捐贈予西非。

請大家慷慨解囊！捐款方法：

—請以現金或支票抬頭“OLPH”，附註“Sahel (West Africa Food Crisis)”，放入信封內（請寫上捐獻信封號碼，或姓名及地址），然後放進主日奉獻籃內。捐款數目將加入堂區發給你的年終捐獻報稅收條總額內。

—直接寄支票到教區中心，支票抬頭“RC Diocese of Calgary”\_



附註 "Sahel (West Africa Food Crisis)"  
地址：120 17th Ave S.W., Calgary, AB  
T2S 2T2

### 援助菲律賓水災災民

菲律賓現正面臨嚴重的水災。加拿大天主教推動發展及和平組織 (The Canadian Catholic Organization for Development and Peace) 現正發起募捐，作為緊急援助菲律賓水災之用。請大家慷慨解囊！捐款方法：

—請以現金或支票抬頭"OLPH"，附註 "D&P - Philippines Floods"，放入信封內(請寫上捐獻信封號碼，或姓名及地址)，然後放進主日奉獻籃內。捐款數目將加入堂區發給你的年終捐獻報稅收條總額內。

—直接寄支票到教區中心，支票抬頭 "RC Diocese of Calgary" \_

附註 "D&P - Philippines Floods"

地址：120 17th Ave S.W., Calgary, AB  
T2S 2T2

### 援助敘利亞危機的救援工作

Canadian Catholic Near East Welfare Association (CNEWA) 現正發起募捐，作為援助敘利亞危機的救援工作之用。請大家慷慨解囊！捐款方法：

—請以現金或支票抬頭"OLPH"，附註 "Syrian Relief Effort"，放入信封內(請寫上捐獻信封號碼，或姓名及地址)，然後放進主日奉獻籃內。捐款數目將加入堂區發給你的年終捐獻報稅收條總額內。

—直接寄支票到教區中心，支票抬頭 "RC Diocese of Calgary" \_

附註 "Syrian Relief Effort"

地址：120 17th Ave S.W., Calgary, AB  
T2S 2T2

願你的慷慨及愛心獲得天主豐厚的祝福！

### 永援聖母堂 TIA 籌款賣物會

本堂將於 九月十六日(下主日)上午九時至下午二時，於本堂停車場舉行永援聖母堂 TIA 籌款賣物會，目的加建殘疾人士斜坡路徑，兩個殘疾人士衛生間，及同時改善教堂側面入口。內容包括早餐、午餐、義賣各類物品。此外，歡迎教友捐贈各類精緻耐用的新舊物品以作籌款之用，衣服除外。物品可交予各善會代表或可於九月九日主日彌撒前後交往聖物部，詳情請聯絡

絡堂區辦事處。請大家萬勿錯過這個做善事於娛樂的好機會！

### 主日學老師招募

堂區現正招募青少年或年輕成年人參加主日學老師行列的隊伍！

有興趣者請與主日學 Coordinator

Chrissy Leung 403-500-1218

Email :chrissy@gmail.com

或堂區辦事處 403-265-7926 聯絡。

### 成人慕道班新班報名

2012 新一屆成人慕道班現正接受報名。有興趣者，或已領洗但仍未領受堅振聖事的成人教友，或正考慮加入天主教會的任何基督徒團體人士，皆請聯絡堂區辦事處 403-265-7926 或 Joseph Yip 403-547-0618 (晚間)

亦可在教堂入口處拿取「成人慕道班申請表」，填妥後交回堂區辦事處。期盼教友能善盡本份，熱心介紹親友參加，為傳福音出一分力。

### 活動一週

星期一、三、五 10, 12, 14

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 12

St. Angela 開學彌撒

時間：上午 9 時

地點：永援聖母堂

星期五 14

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 15

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.

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

太專青年團練習聖詩

時間：下午 6 時

地點：永援聖母堂上禮堂

星期日 16

TIA 籌款賣物會

時間上午 9 時至下午 2 時

地點：永援聖母堂停車場

### 新聞及其他

#### 單國璽樞機預錄

#### 殯葬彌撒講道詞擇要：

「人生如戲，我曾扮演各種角色，有貧窮、有富裕，有無名小卒、有風雲人物，所有一切就如煙霧般很快過去，現在我躺在棺木裡兩手空空，只帶走一生的功過，人生美好的仗已經打過，賽跑也到了終點，有勝利、有失敗、有跌倒，透過信仰讓我從跌倒中爬起來，向目標邁進。」

「我一生最正確的抉擇就是信仰天主，當天主與人的橋樑、為天主賣命，這輩子未能美滿的地方，希望大家做得更美滿，以彌補我的不足，不要因為我的死去而悲傷，只要禱告，不久之後都會在天堂再見。」

### 師主篇

#### 第二十章、愛清靜寡言

唉！人若不貪瞬息的安樂，同世俗斷絕來往，他的良心是多麼平安啊！  
哎！如果他把管閒事的心一概斷絕了，但想事主救靈的大事，專心倚靠天主，他的心又是多麼平安呢！待續

### 靈修小故事

#### 一個古老的小故事

從前，有一條大河，河邊生長著一片茂密的樹林，在樹林裡和河岸邊，住著一隻啄木鳥和一隻田鵲。那時，大地虫蛹豐盛，它們根本不知什麼是飢餓，總是吃得飽飽的，長得腦滿腸肥。它們頌揚著大地的恩賜，在養育者身上游來蕩去。

隨著時光的流逝，大地上的虫蛹越來越稀少了。

這時，住在河邊的田鵲對棲息在樹上的啄木鳥說：“啄木鳥兄弟，世上許多人都認為這塊土地年輕肥沃，妖嬈

多姿，但是，我看它倒是衰老貧瘠，不堪入目。”

“田鵲兄弟，”啄木鳥附和道，“好多人認為，這樹林生機勃勃，優美動人。但在我看來，它是死氣沉沉，徒有其表。”

於是，它倆決定一起來証實自己的看法。田鵲跳到河邊，用嘴啄那柔軟的污泥，以証明大地是如何的老朽。啄木鳥用嘴不斷地啄那堅硬的樹幹，試圖宣揚樹林的極度空虛。

這兩隻頑固的鳥兒，對歌唱藝術天生地一竅不通。因而，當杜鵑一次又一次地預報大地即將春暖花開，當雲雀反復贊頌樹林晨曦復蘇的時候，這兩隻飢餓的啞鳥，仍然滿腹牢騷地堅持自己的見解，無休止地埋怨著。

你們喜歡這個故事嗎？也可能無所謂喜歡不喜歡。不過，這個故事的最大長處就是言簡意賅。

也許你們並不認為這是一個古老的故事。因為事實上，它既是最古老的，又是永遠常新的。很久很久以來，忘恩負義的啄木鳥，就對大地堅定不移的高尚品質，嘮叨抱怨不已。田鵲對大地豐盛富饒的溫柔美德，也喋喋不休地指責。直到今天，它們還在沒完沒了地埋怨哩！

你們可能會問，故事中有什麼可悲和可喜的事情嗎？有的！既有可悲的，也有可喜的！可悲的是，盡管大地如此慷慨，樹林如此廣闊，但那渺小的嘴巴，一旦找不到可口的食物，就會開始惡毒地中傷誹謗。可喜的是，盡管經歷了億萬年，大地依然年輕，樹林仍然茂盛。

你們現在明白這個故事的中心意思了嗎？其實，它並不難理解！或許你們年齡再大一點就會懂得的。難道這一切與你們毫無關係嗎？不！這是毋庸置疑的。

## 聖人的信德

**金口聖若望 St. John Chrysostom**

時代：第四世紀 (349-407)

地區：君士坦丁堡

職務：主教

類別：牧者、聖師

紀念日：九月十三日

事跡：若望的父親在他年幼時去世，在母親的養育下接受極良好的教育，之後善度隱修生活。三九七年獲選為君士坦丁堡主教，上任後將主教公署的陳設拍賣，削減經費至最低額，並調濟窮人；隨後以言以行勸誨神職人員重整生活，好能捨己犧牲、善盡牧職；最後是對信友進行革新，他以講道勸導信友踐行信仰，因著出色的宣講，人們以「金口」的美譽來稱讚他。若望對希臘禮儀貢獻良多，並且是著作最多的希臘教父。他譴責權貴人的自私生活，引起鄰區主教及權貴人士的不滿，金口若望曾被多次驅出教區，在最後一次流徙時去世。

天主要求的少，但他賜予的多。

God asks little, but He gives much.

(金口聖若望 St. John Chrysostom)

祈禱：天主，仰望禰的人必獲得力量。禰曾恩賜金口聖若望卓越的口才，以及在磨難中堅定不移的毅力；求禰使我們得到他訓導的薰陶，效法他百折不撓的精神和堅忍的榜樣，為禰勇敢作証。因禰的聖子、我們的主耶穌基督，禰和禰及聖神，是唯一天主，永生永王。亞孟。

聖言選讀：

弗 4:1-7, 11-13 為成全聖徒，使之各盡其職；為建樹基督的身體。

詠 40:7-8 於是我說：「你看，我已到來！關於我，書卷上已有記載：

我的天主，承行你的旨意為我所喜愛，你的法律常存於我的心懷。」

谷 4:1-10, 13-20 「你們聽：有個撒種的出去撒種。

## 聖言分享

### 信德是我們主要的戰場

恭讀箴言 三十 5 ~ 9

天主的每一句話，都是經火精煉的；凡托庇於祂的人，祂必要做其護盾。對祂所說的話，不可加添什麼；免得祂指責你，證明你在說謊。在我未死以前，我求你兩件事，請不要拒絕我：令虛偽和欺詐遠離我，貧乏或富裕勿賜與我，只供給我必需的食糧，免得我吃飽了，背叛你說：「誰是上主？」或是過於貧乏，因而行竊，羞辱我天主的名。