

Theme Sharing

As Generous as the Widows (32nd Sunday in Ordinary Time)

Today's Liturgy of the Word exemplifies the virtue of generosity with two role models for us. Both are widows. In the first reading, to test the widow's generosity and faith, Elijah asks the widow to bring him all that she has. Accepting what Elijah says about divine providence, the widow makes him a cake from the only meal and oil she possesses. Thereupon, God rewards her with abundance and she becomes our model of faith and generosity.

In the gospel, a widow puts two small coins into the temple's treasury. Seeing this, Jesus says to his disciples: *"This poor widow has put in more to the treasury than all the other contributors; for all of them have contributed from their excess means, while she, out of her poverty, has put in everything she had, in fact all that she had to live on."* The widow could have told herself: "I am in dire straits and unable to make any contribution to the treasury; what I have can barely keep my family survive." However, the widow doesn't think twice. She offers everything she has, as she realizes that it is far more important for her to serve God and her needy neighbours than worrying about her own self. Being the source of all gifts, God will surely provide for all her needs and ours.

In the second reading, we are reminded of what Jesus has done for us: "He sacrificed himself once for all on the cross to take away our sins." So when we receive the Eucharist, we are receiving the love of Christ through his sacrifice. We truly possess more wealth than anyone when we are living in Christ partaking in his generosity.

Year of Faith

Oct 11, 2012

Nov 24, 2013

Open the Door of Faith

The Goal for Year of Faith in our parish:

Catechetical Studies Refresher;
Spend ten minutes a day to meditate on the Bible and to study the Catechism

Apostolic Letter-"Year of Faith"

10. At this point I would like to sketch a path intended to help us understand more

profoundly not only the content of the faith, but also the act by which we choose to entrust ourselves fully to God, in complete freedom. In fact, there exists a profound unity between the act by which we believe and the content to which we give our assent. Saint Paul helps us to enter into this reality when he writes: "Man believes with his heart and so is justified, and he confesses with his lips and so is saved" (*Rom 10:10*). The heart indicates that the first act by which one comes to faith is God's gift and the action of grace which acts and transforms the person deep within.

The example of Lydia is particularly eloquent in this regard. Saint Luke recounts that, while he was at Philippi, Paul went on the Sabbath to proclaim the Gospel to some women; among them was Lydia and "the Lord opened her heart to give heed to what was said by Paul" (*Acts 16:14*). There is an important meaning contained within this expression. Saint Luke teaches that knowing the content to be believed is not sufficient unless the heart, the authentic sacred space within the person, is opened by grace that allows the eyes to see below the surface and to understand that what has been proclaimed is the word of God.

Confessing with the lips indicates in turn that faith implies public testimony and commitment. A Christian may never think of belief as a private act. Faith is choosing to stand with the Lord so as to live with him.

This "standing with him" points towards an understanding of the reasons for believing. Faith, precisely because it is a free act, also demands social responsibility for what one believes. The Church on the day of Pentecost demonstrates with utter clarity this public dimension of believing and proclaiming one's faith fearlessly to every person. It is the gift of the Holy Spirit that makes us fit for mission and strengthens our witness, making it frank and courageous. Profession of faith is an act both personal and communitarian. It is the Church that is the primary subject of faith. In the faith of the Christian community, each individual receives baptism, an effective sign of entry into the people of believers in order to obtain salvation. As we read in the *Catechism of the Catholic Church*: " 'I believe' is the faith of the Church professed personally by each believer, principally during baptism. 'We believe' is the faith of the Church confessed by the bishops assembled in council or more

generally by the liturgical assembly of believers. 'I believe' is also the Church, our mother, responding to God by faith as she teaches us to say both 'I believe' and 'we believe'." [17]

Evidently, knowledge of the content of faith is essential for giving one's own *assent*, that is to say for adhering fully with intellect and will to what the Church proposes.

Knowledge of faith opens a door into the fullness of the saving mystery revealed by God. The giving of assent implies that, when we believe, we freely accept the whole mystery of faith, because the guarantor of its truth is God who reveals himself and allows us to know his mystery of love. [18]

On the other hand, we must not forget that in our cultural context, very many people, while not claiming to have the gift of faith, are nevertheless sincerely searching for the ultimate meaning and definitive truth of their lives and of the world. This search is an authentic "preamble" to the faith, because it guides people onto the path that leads to the mystery of God. Human reason, in fact, bears within itself a demand for "what is perennially valid and lasting". [19] This demand constitutes a permanent summons, indelibly written into the human heart, to set out to find the One whom we would not be seeking had he not already set out to meet us. [20] To this encounter, faith invites us and it opens us in fullness. To Be Continued

The Roman Catholic Diocese of Calgary will celebrate 100 years of existence in southern Alberta

On November 30, 2012

Theme: "Celebrate the Past. Live the Present. Become the Future."

Religious Education Secretariat

Please note the change of location for the Recognition Celebrations.

The celebrations are now scheduled as -
Nov 11th, Holy Spirit Parish at 3pm.
- Nov 13th, Sacred Heart Parish at 7pm.

Roman Catholic Diocese of Calgary Centennial Mass

Celebrant: Bishop Henry

Place: St. Mary's Cathedral,
219 - 18th Avenue SW

Time: Friday, November 30 at 7:00 p.m.

Eucharistic Miracles Exhibit at St. Michael's

Place: St. Michael's Catholic Church,
800 - 85th Street SW
Date: From Tuesday, November 13
To Sunday, November 18
Exhibition Times & Weekend Conference on
the Eucharist
can be seen at www.saintmichael.ca; Free
will offering
Contact: (403) 249-0423 ext. 126

FaithLife # 7 •

The Order of Christian Funerals

Place: St. Joseph's Church,
640 - 19th Avenue NW
Time: Friday, November 16 at 7:00 p.m.
Everyone invited, no cost
Contact: Eden, (403) 218-5520

A come and see weekend with the sisters of Providence- Dec14-16

For women who are interested in exploring
the call to a life as consecrated religious
women at Providence Centre, 3005-119 St
For information and reservations - email:
vocdir@sistersofprovidence.ca or call (780)
436-7250 Ex.104

FCJ Christian Life Centre

Please note correction on time for Nativity
Narratives to be held on Sundays,
December 2, 9, and 16 with Fr. Dennis
Macdonald.
The CORRECT time is 1:30 - 4:00pm and
NOT 9:30 - 11:30am. It was incorrectly listed
in the Carillon (vol.16, no.9 November 2012,
page 21). For more information please
contact 403-228-4512.

Parish Activities

Centennial Prayer Card

To celebrate Centennial Year for Diocese of
Calgary, our Diocese is distributing a prayer
card in English and Chinese, parishioners are
encouraged to pray for our Diocese,
ourselves and for the world to spread the
kingdom of God.
Parishioners can pick up the prayer cards at
the main and side entrances.

Christ the King Sunday Breakfast on November 25

The Pastoral Care Team, in an effort to
continue its support to TIA, will organize a
Sunday breakfast sale of Vietnamese

Noodle Soup.

Date: Nov. 24 (Saturday) after the Mandarin
Mass and Nov. 25 (Sunday)

Time: Saturday 6 p.m.;
Sunday from 9:30 a.m. to 1:30 p.m.

Place: OLPH Upper Hall

They are now taking pre-orders at front and
back entrances.

Thank you for your support.

Thank you for your support of Catholic Education Sunday

Thank you for your generous support of
Catholic Education Sunday last week.
We collected a total amount of \$2,755.00 in
donations.
May God bless you and your family!

Bulletin Advertisement

Recruitment

The placement of advertisements has
supported the weekly News Bulletin a lot
during the past years.
We have several spaces for advertisement
in our 2013 News Bulletin. Parishioners who
are interested in placing their orders please
contact the parish office 403-265-7926 or
email olph@telus.net.
Price is \$150.00 /box per year.

Together in Action

Theme is "Love Never Ends."

(1 Corinthians 13:8)

Our parish's final target will remain at
\$50,000. Donation envelopes can be picked
up from both the front and the side
entrances. As of September 16 our
campaign has received a total of
\$42,471.57.

May God bless you for your generous
support!

Weekly Activities

Monday 12

St. Angela School Remembrance

Day Mass

Time: 9:00a.m.

Place: OLPH Church

Wed, Fri 14, 16

OLPH Senior Centre

Time: 9:00a.m.-1:00p.m.

Place: OLPH Church Upper Hall

Friday 16

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 17

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.

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Sunday 18

R. C.I.A.

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Sunday School

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

Place: OLPH Church Office Building

Youth Choir- choir practice

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

Place: OLPH Church, Office Building

Catholic Family Fellowship meeting

Time: 12:15p.m.-3:30p.m.

Place: OLPH Church, Office Building

Imitating Christ

Chapter 21 : Sorrow Of Heart

It is a wonder that any man who considers
and meditates on his exiled state and the
many dangers to his soul, can ever be
perfectly happy in this life.
Lighthearted and heedless of our defects,
we do not feel the real sorrows of our souls,
but often indulge in empty laughter when we
have good reason to weep. No liberty is true
and no joy is genuine unless it is founded in
the fear of the Lord and a good conscience.

To Be Continued

Let There Be Light

When you say "I am a Christian....."

When you say "I am a Christian....."

When I say... "I am a Christian"

I'm not shouting "I'm clean living"

I'm whispering "I was lost",

Now I'm found and forgiven.

When I say..."I am a Christian"

I don't speak of this with pride.

I'm confessing that I stumble

and need CHRIST to be my guide.

When I say... "I am a Christian"

I'm not trying to be strong.
 I'm professing that I'm weak
 and need HIS strength to carry on.
 When I say... "I am a Christian"
 I'm not bragging of success.
 I'm admitting I have failed
 and need God to clean my mess.
 When I say... "I am a Christian"
 I'm not claiming to be perfect,
 My flaws are far too visible
 but, God believes I am worth it.
 When I say... "I am a Christian"
 I still feel the sting of pain,
 I have my share of heartaches
 So I call upon His name.
 When I say... "I am a Christian"
 I'm not holier than thou,
 I'm just a simple sinner
 who received God's good grace, somehow.
 How Do we Know He loves us?
 Read Romans 5:6-11
 God demonstrates His love for us...
 That while we were still sinners Christ died
 for us.

Stories Faith Sharing

A Bible For Graduation

A young man was getting ready to graduate from college. For many months he had admired a beautiful sports car in a dealer's showroom, and knowing his father could well afford it, he told him that was all he wanted. As Graduation Day approached, the young man awaited signs that his father had purchased the car. Finally, on the morning of his graduation, his father called him into his private study. His father told him how proud he was to have such a fine son, and told him how much he loved him. He handed his son a beautiful wrapped gift box. Curious, but somewhat disappointed, the young man opened the box and found a lovely, leather-bound Bible, with the young man's name embossed in gold. Angrily, he raised his voice to his father and said, "With all your money you give me a Bible?" And stormed out of the house, leaving the Bible. Many years passed and the young man was very successful in business. He had a beautiful home and wonderful family, but realized his father was very old, and thought perhaps he should go visit him. He had not seen him since that graduation day. Before he could make arrangements,

he received a telegram telling him his father had passed away, and willed all of his possessions to his son. When he arrived at his father's house, sudden (Sorry, your browser doesn't support Java.) sadness and regret filled his heart. He began to search through his father's important papers and saw the still new Bible, just as he had left it years ago. With tears, he opened the Bible and began to turn the pages. His father had carefully underlined a verse. As he read those words, a car key dropped from the back of the Bible. It had a tag with the dealer's name, the same dealer who had the sports car he had desired. On the tag was the date of his graduation, and the words... PAID IN FULL

主日分享

慷慨的寡婦

(常年期第三十二主日)

這個主日的禮儀介紹給我們兩個慷慨的楷模，她們是兩個寡婦。在第一篇讀經，厄里亞請求寡婦將她所有的都帶來給他。考驗她的慷慨和信仰。寡婦相信他，慷慨的對待他，將僅有的麵和油拿來給他做小餅。由此，寡婦成了信仰和慷慨的楷模。福音又介紹給我們另外一個慷慨的寡婦。在聖殿裡，一個寡婦，只是獻了兩個小錢，耶穌看到了，對門徒們說：“這個寡婦比所有向銀庫投錢的人，投的更多，因為眾人都拿他們所餘的來投，而這位寡婦卻由自己的不足中，把所有的一切，全部的生活費，都投上了”。這位寡婦可以這麼想：“我沒有能力奉獻獻儀，也不能向銀庫投幣，因為我自己僅有一點點剛夠生存的必需品”。但是寡婦並沒有做這樣的理論，而是給出一切。她明白能夠服務於天主和幫助自己的兄弟是非常美好的事情。因為天主是所有恩賜的起源。致希伯來人書，重新提示我們耶穌的奉獻：“祂一次性的奉獻自己，消除所有人的罪過”。當我們領受聖體時，我們同時也領受了耶穌帶給我們的勇於奉獻自己的那種愛。與耶穌合一生活在慷慨中，是一個比任何巨大財富的擁有更加珍貴的財富。
 錄自梵蒂岡電台

信德年

2012年10月11日

2013年11月24日

打開信德之門

本堂為教友實行再慕道的金句：

每日十分鐘默想聖經及研習教理；
 信德若沒有行為，自身便是死的。
 雅各伯書 2:17

《信德之門》宗座手諭

10.我想在這裡概述一條途徑——不僅能幫助我們更深入了解信仰的內涵，還能幫助我們以信仰的內涵去選擇將自己完全自由地交託給天主的行動。事實上，在我們信仰的行動和我們信仰的內容之間，有著深切的一體性。聖保祿幫助我們進入這實況，他宣告說：「因為心裡相信，可使人成義；口裡承認，可使人獲得救恩。」(羅十 10) 我們從心靈上可看見：人尋求信德走的第一步，是天主賜的禮物及恩寵的效果——它運作並沁人心脾，使人內心改變。

有關這話題，里狄雅的例子意義特別深厚。聖路加陳述說：當保祿在斐理伯時，他在安息日那天去向當地一些婦女宣講福音，里狄雅在她們中間，而「主開明了她的心，使她接受保所講的話。」(宗十六 14) 這句話文簡意深。聖路加教導我們去領悟，光是知道信仰的內容，這還不夠，人的心——內在的真正聖所，要向恩寵敞開，為能往深處看而明白到所宣講的是天主的話語。

用口舌去宣認，這表示信仰包括公開地作見證和投身其中。一個基督徒絕對不能以為信仰是私事。信仰是選擇要與主在一起、與祂一起生活。這「與祂在一起」帶領我們深入我們為什麼相信的種種理由。正因為信仰是自由的行為，信仰也要求信徒在社會上負起信仰的責任。教會在聖神降臨日清楚地彰顯出信仰公開的幅度，即相信並毫無畏懼地向所有人宣講自己的信仰。這是聖神的恩典——祂賦予我們傳教的能力、增強我們的證，同時令我們的見證坦誠又果敢。宣認信仰同時是個人和團體的行為。信仰的最先傳達者是教會。個人為能獲得救恩，才在基督信仰團體的信仰

中接受洗禮——溶入信徒團體的記號。正如《天主教教理》所確定的「我信」：是每個信徒個別所宣認的教會信仰，尤其是在受洗的時候。「我們信」：是大公會議主教們或更普遍地在信徒禮儀集會時所宣認的教會信仰。「我信」：也是我們的慈母教會，在信德中回應天主，並教導我們：「我信」、「我們信」17。

顯然，認識信仰的內涵，對個人的「信奉」，是至關重要的，就是以理性和意志，完全順服教會所曉諭的。信仰內涵的認知，帶領我們深入整個天主啓示的救恩奧蹟。我們的「信奉」，也包括當我們相信時，我們自由地接受信德的整個奧蹟，因為天主本身就是祂真理的保證人——祂自我啓示，並讓我們認識祂愛的奧蹟18。

另一方面，我們不要忘記，在我們的文化背景裡，許多人雖然不認識信仰的恩典，可是他們誠心追求他們的生命和世界的最終真理及意義。這種追求是信仰真正的「前奏」，因為它導引人們走向天主的奧蹟。人的理性本身就賦有渴求「恆而不變，久而不朽」19的需要。這渴求構成一種銘刻在人心、不可磨滅的永久召喚，邀請人起身去尋找那一位——若非祂早已向我們迎面而來，我們便無法遇見祂20。信仰就是要邀請我們接受這種相遇，並全然敞開我們的心。

18 參閱第一屆梵蒂岡大公會議《天主教信仰》信理憲章第三章：DS3008—3009；梵二《啓示憲章》5號。

19 本篤十六世（2008年9月12日）在巴黎伯爾納定學院的對話：《宗座公報》100（2008），722頁。

20 參閱聖奧斯定《懺悔錄》十三，1號。

21 同註15，115及117頁。 待續

羅馬天主教卡加利教區 11月30日慶祝成立一百年

主題：「慶祝過去。活在今天。建立未來。」

堂區活動

教區百年禱文

為慶祝卡加利教區一百週年，教區分發中英文百年禱文祈禱卡給予教友，並鼓勵教友為我們的教區，我們自己及世界祈禱，以傳揚天主的國。教友可於教堂正門及側門入口處索取。

耶穌基督普世君王節早餐

11月25日是教會慶祝[耶穌基督普世君王節]。牧靈關愛組為繼續支持TIA，特別精心泡製愛心[越南粉]。請各位教友鼎力支持。

日期：11月24日(星期六) 國語彌撒後及11月25日(星期日)

地點：永援聖母堂上禮堂

時間：星期六國語彌撒後6時
星期日 上午9時30分至下午1時30

為了方便預計食物，由本週起，開始派發預訂表格。

感謝支持天主教教育主日

多謝大家上週在天主教教育主日的慷慨奉獻，我們共籌得\$2,755.00願主與你們同在！

堂區通訊 2013 招收廣告

本堂十分感謝各位堂區通訊廣告客戶的支持。現在尚有少量廣告篇幅，有興趣者請盡快聯絡堂區辦事處：

電話：403-265-7926 或電郵
olph@telus.net

費用：\$150.00/1欄/一年
每格：6.75 x 3.25 公分。

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。本堂今年的目標是50,000元，捐款信封可在聖堂入口處索取。截至9月16日，捐款已累積至\$42,471.57元。就讓我們立即行動，繼續慷慨解囊。在此感謝各位教友，並願主降福您們！

活動一週

星期一 12

St. Angela School 榮軍紀念日彌撒

時間：上午9時

地點：永援聖母堂

星期三、五 14, 16

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

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 17

聖母軍

(聖母軍聖母無玷聖心支團)

時間：早上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.

永援聖母青年團練習聖詩

時間：下午6時

地點：永援聖母堂上禮堂

星期日 18

成人慕道班(粵語、國語及英語)

時間：上午9時30分至

下午1時30分

地點：永援聖母堂下禮堂

主日學

時間：上午10時至下午12時30分

地點：寫字樓大廈，聖堂騎士會室

青年會-練習聖詩

時間：上午11時至12時30分

地點：寫字樓大廈

公教家庭開會

時間：下午12時15分至3時30分

地點：永援聖母堂上禮堂

師主篇

第二十一章 熱情和痛悔

人在世間，若想起自己如同充軍的一樣，危害靈魂的機會是如此之多，他還有心歡樂，真是奇怪。

只因我們的心太輕浮，懶於改正缺點，所以靈魂的痛苦覺不出來，屢次正該痛哭的時候，反而歡樂。除了敬畏天主，良心純潔，任何事物也不能

叫人自由，使人安樂。 待續

靈修小故事

救救煉靈受苦的兄弟姊妹們

十一月是煉靈月，我們應該做件愛德的工作，那就是為煉靈祈禱。下面我要講兩個真實的故事，從故事中我們可以看出，為煉靈祈禱對他們很重要，不但煉靈會感激我們，天主也會賞報我們。

義大利的賈國瑞神父為我們留下一個煉靈報恩的感人故事。

在那波里有個窮人，他是全家經濟的支柱，卻因欠債而被判入獄，從此他的妻子便陷入了極大的困擾中，她不但因家庭的沉重擔子落在她纖弱的肩上，也為了她期待能早日還清丈夫的債務。於是，她寫了一封詞意懇切、文情並茂的信，向城裡一位有名的慈善家求援，然而卻只收到一枚小小的硬幣。她十分頹喪，便順步走進附近的教堂，向她篤信的天主傾訴。「主啊！只有您是窮人之父！」當她跪在祭臺前正熱烈地祈禱時，突然有個思想跳進腦海中，她想起了煉靈助人的事，當時神父正準備舉行彌撒，於是她急忙地將身上僅有的錢財傾囊倒出，告訴神父要奉獻一台彌撒，以拯救煉靈早日升天。

彌撒結束，她剛走出聖堂，一位可敬的老人愉快地迎面而來，問她什麼事讓她愁容滿面。她告訴老人家她的苦惱。老人隨即遞給了她一封信，請她轉交給城裡的某貴族，說完便離開了。這位太太依老人的指示，按圖索驥找到了收信人。這紳士一看信，馬上認出這是他已故父親的手跡，驚奇得無以附加，遂問這婦人是誰給了她這封信。正當婦人努力形容那可敬的老紳士時，突然瞧見客廳的牆上正掛著與那老人家十分肖似的一幅畫像，只是畫像更灑脫、漂亮些。於是她指著畫像告訴這房主人，就是他要自己送信來的。紳士用他顫抖的手打開信函，信裡是這樣寫的：「我兒，此時此刻我正離開煉獄而上登天國，是這位貧窮婦女所獻的一台彌撒，我才能被釋出。為感激並報答她的好心，我派遣她到你這裡來，目前她正需要你的幫助。」紳士流著淚一遍又一遍地念著

這信，他很安慰也很高興。然後大聲地喊著：「喔！我可憐的朋友，由於您的施捨，讓我的父親得到極大的福祉。為報答您的善心，今後，我將使你和你的家庭不再因缺錢而受苦！」馬可琳·巴齊是明克地方的修女院院長，在俄皇尼古拉統治俄國時，她是教難的犧牲者，然而大難未死。被釋放後，她到羅馬謁見教宗比約九世，教宗希望她將她和她的修女們七年之久所受的苦難公諸於世。以下是她的陳述。

一八四三年，我們被叛教的錫迷爾果逮捕，並關進監牢。在六天的牢獄生活中，我們的食物完全是鹹鯪魚，沒有麵包，也沒有水。他想要用「渴」來逼我們背教。開始的前兩天，我們唇乾口焦，猶如火燒，痛苦無比，從嘴唇到上額部分的皮膚都龜裂、脫落了。在這種焦渴下，修女們開始默想煉靈所受的火燒、焦渴如焚的痛苦，他們的苦要比我們所承受的大得太多了。也因此，我們俯伏在地，熱烈地為煉靈祈禱，因為祇有天主能用活水解除他們的焦渴，能早日讓他們脫免煉苦。就在我們日日夜夜、熱切地為煉靈祈禱的同時，天主竟也可憐了我們，從那以後，飢餓與焦渴的痛苦遠離了我們。

第七天，監獄的門打開了，叛徒們想修女早已渴死，然而我們卻健康得很。官方逼迫我們從事最艱苦的工作，監獄的管事想我們一定急於要水喝，可是我們仍從容悠然；祇要想到聖母的七苦，我們便似飽飲了甘甜的靈泉。在這六天裡，魏耶落與俄國的兩位教宗（東正教），一直來看望我們，如果我們不背教，便要用新的酷刑來收拾我們。魏耶落在看見我們七天不吃不喝，反而精神奕奕、更為健康時，氣沖沖地大叫：「真是的！彷彿我無法殺她們似的，她們不吃不喝卻更健康強壯，好像每個人都有個魔鬼附體，替她們受苦一樣。」

這兩個有關煉靈的真實故事，不僅告訴我們煉靈也有報恩的時候，更提醒我們煉靈受的苦有多深，天主很樂意看到我們的代禱。在這煉靈月，您應該知道要怎麼做了吧！