

## Theme Sharing

### Prepare the Way of the Lord (2nd Sunday of Advent)

Today is the Second Sunday of Advent, and the Church reminds us to have faith in God and to be ready for the coming of the Lord. In the first reading, prophet Baruck reaffirms God's faithfulness to his people. He assures the Israelites in exile in Babylon that the Lord will pave the way for their eventual return to their homeland.

Today's gospel shows that God is fulfilling his promise to send the Messiah to his people. Echoing Isaiah's prophecy, John the Baptist exhorts us to prepare ourselves for the Lord's coming. We should heed his advice to prepare the way of the Lord, straighten his paths and fill up the valleys. During Advent, we need to reflect upon ourselves how we can change our wayward or indifferent attitudes and mend our way of life.

In the second reading, Paul asks the Philippians to trust in God. "I am confident," says Paul, "that the one who began the good work among you will bring it to completion by the day of Jesus Christ."

He wishes that all of us, through Christ, may produce the harvest of righteousness and give glory and praise to God. We trust that, by the grace of God, our effort and good work will bear fruit in due time. We also recognize with humility that we can hardly bear any fruits of faith without God's graces. At this time of the year, let us make better preparation for the coming of Christ through our lively faith and generous acts of charity towards our brothers and sisters.

## 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.  
Faith of itself, if it does not have works, is dead. James 2:17

#### Apostolic Letter-"Year of Faith"

14. The Year of Faith will also be a good opportunity to intensify the witness of charity. As Saint Paul reminds us: "So faith, hope,

## 2012 年慶祝基督聖誕及新年彌撒時間表 2012 Christmas and New Year Mass Schedule

12月24日 (聖誕夜)	星期一	晚上 7 時 晚上 8 時 30 分	聖誕短劇『上禮堂』 英、國、粵語彌撒
Dec 24 (Christmas Eve)	Monday	7:00 p.m. 8:30 p.m.	Christmas Play ( Upper Hall ) English / Mandarin/ Cantonese Mass
12月25日 (聖誕日)	星期二	早上 9 時 30 分 早上 11 時	英文彌撒 中文彌撒
Dec 25 (Christmas Day)	Tuesday	9:30am 11:00am	English Mass Chinese Mass
12月31日 (除夕) 歲末謝主彌撒	星期一	早上 9 時	英文彌撒
Dec 31 (New Year's Eve Thanksgiving Mass)	Monday	9:00 a.m.	English Mass
1月1日 (元旦求恩彌撒)	星期二	早上 9 時 30 分 早上 11 時	英文彌撒 中文彌撒
Jan 1 (New Year's Mass)	Tuesday	9:30am 11:00am	English Mass Chinese Mass

love abide, these three; but the greatest of these is love" (1 Cor 13:13). With even stronger words – which have always placed Christians under obligation – Saint James said: "What does it profit, my brethren, if a man says he has faith but has not works? Can his faith save him? If a brother or sister is ill-clad and in lack of daily food, and one of you says to them, 'Go in peace, be warmed and filled', without giving them the things needed for the body, what does it profit? So faith by itself, if it has no works, is dead. But some one will say, 'You have faith and I have works.' Show me your faith apart from your works, and I by my works will show you my faith" (Jas 2:14-18).

Faith without charity bears no fruit, while charity without faith would be a sentiment constantly at the mercy of doubt. Faith and charity each require the other, in such a way that each allows the other to set out along its respective path. Indeed, many Christians dedicate their lives with love to those who are lonely, marginalized or excluded, as to those who are the first with a claim on our

attention and the most important for us to support, because it is in them that the reflection of Christ's own face is seen. Through faith, we can recognize the face of the risen Lord in those who ask for our love. "As you did it to one of the least of these my brethren, you did it to me" (Mt 25:40). These words are a warning that must not be forgotten and a perennial invitation to return the love by which he takes care of us. It is faith that enables us to recognize Christ and it is his love that impels us to assist him whenever he becomes our neighbour along the journey of life. Supported by faith, let us look with hope at our commitment in the world, as we await "new heavens and a new earth in which righteousness dwells" (2 Pet 3:13; cf. Rev 21:1). To Be Continued

### Come, sit in this chair—

#### Lay your burden down.

When we go out to meet others we take care to put on the right clothes, wash our face, style our hair, and look our best. John the Baptist looked rough on the outside but the

message of Jesus was heard through his words and actions. All who have been baptised have a responsibility to proclaim the Gospel and witness the Christian life. This Advent, consider not only your physical appearance but whether your words and actions set an example of Christian discipleship for others to follow. The sacrament of reconciliation is an opportunity to *prepare the way of the Lord* by preparing ourselves to be more authentic witnesses to the Gospel.

In addition to the regular parish schedule, the sacrament of Reconciliation will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent and Lent from 7:30 – 8:30pm. Come, sit in this chair—Prepare the way of the Lord!  
Action: This week, go proclaim the Gospel with your actions. Become an agent of love; commit a random act of kindness.

### Adopt a Family for Christmas –

Families living at Acadia Place, an affordable housing complex, are in need of adoption this Christmas. If your parish or organization is interested in providing these families with gifts this Christmas, please contact Michelle Louisy (CUPS Community Developer on site) at [michelle@cupscalgary.com](mailto:michelle@cupscalgary.com) or by telephone at 403-671-6537. Thank you for your generosity and involvement!

### Religious Education Office

The Diocesan Religious Education Office will host a weekend Level I – Part 1 Training Seminar on the Catechesis of the Good Shepherd presented by the Catechesis of the Good Shepherd Association of Canada. Level I deals with early childhood catechesis and invites the learner to discover and deepen their relationship with God, by exploring The Word of God, The Liturgy and many hands-on materials that initiate the first stages of contemplation. If you feel called to become a Catechist for pre-schoolers, join us for this formation process on February 15<sup>th</sup> to 18<sup>th</sup> 2013 at the Catholic Pastoral Centre in Calgary. For more information and to register: Contact Rachel at 403-470-5668 or email [rhuebert@gmail.com](mailto:rhuebert@gmail.com).beforeDec.17<sup>th</sup>2012.

Calgary Pro-Life gives free educational programs to raise awareness of respect for all life. To continue spreading this important message we need your help. Please, support us by becoming a member and/or making a

donation.

Call 403-243-0691 or visit [www.calgaryprolife.com](http://www.calgaryprolife.com). Donations maybe made through PayPal.

## Parish Activities

### The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent (December 5, 12, and 19) from 7:30 pm– 8:30pm.  
Our Parish will cancel the Advent Penitential Service.

### Sunday School, Youth Group, Young Adult Group & RCIA

#### Christmas Party

Sunday School, Youth Group, Young Adult Group & RCIA Christmas Party will be held on Sunday, December 16<sup>th</sup> from 11:00 to 1:30pm at the Upper Hall.

We offer free admission, delicious lunch. All parishioners are welcome to join in the celebration of the coming of our Lord Jesus Christ. Gifts donation for Lucky Draw are greatly appreciated. Please drop gifts off at the parish office or give them to Chrissy Leung.

### 2012 Advent Retreat

#### “The Beauty of Love”

Fr. Joseph will conduct Cantonese Advent Retreat for all our parishioners.

Fr. Nguyen will use a new and interesting approach to help us reflect on life, and rediscover our Faith and Church.

In response to Pope Benedict XVI's proclamation of the Year of Faith, through prayers, reflection, silence and words during retreat, we can step through the threshold into a deeper relationship with God and deepen our knowledge of the faith.

You are strongly encouraged to take this opportunity which Fr. Joseph prepares for us to turn closer to Jesus Christ, encounter him in the Eucharist and take this last opportunity during Advent to have the Sacrament of Reconciliation.

Date: Saturday, December 22

Time and Place: 9:00 am - Mass (church)

10:00 am to 12 noon- Retreat (Upper Hall)

12 noon to 1:00pm - lunch (Upper Hall)

1:00 pm to 3:30 pm - Retreat (upper hall)

3:30 pm to 4:30 pm –

Eucharistic Adoration and Sacrament of

Reconciliation (Church)

### Christmas Caroling

Youth Choir and Young Adult Choir will go Christmas Caroling on Sunday Dec 23 to Aspen Lodge and Carewest Dr. Vernon Fanning from 2pm. All Youths and Young Adults are welcome to join.

### Christmas play

We are presenting our annual Christmas play called 'A Christmas Carol' on Monday, December 24 at 7pm at Upper Hall. Please come join us to celebrating the joy of Christmas. Everyone is welcome. For further details, please contact Abigail Wong.

### 2013 Calendar

2013 Parish Calendars are available now. Parishioners can pick them up at church entrances.

### 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 November 27 our campaign has received a total of \$52,800.

May God bless you for your generous support!

## Weekly Activities

Mon Wed, Fri 10, 12, 14

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wednesday 12

The Sacrament of Reconciliation

Time: 7:30p.m.-8:30 pm

Place: OLPH Church

Saturday 15

Legion of Mary ( meeting )

( Immaculate Heart of Mary Praesidium )

Time: 9:45a.m.

Place: K of C Room

Tai Chi Lesson

Time: 10:00 a.m. - 11:00 a.m.

Place: OLPH Church Lower Hall

Mandarin Bible Study

Time: 2:30p.m.-4:30p.m

Place: OLPH Church K of C Room

Yoga beginner class

Time: 2:00 p.m. - 3:30 p.m.

Place: OLPH Church Upper Hall

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Sunday 16

Sunday School, Youth Group, Young Adult Group & RCIA Christmas Party

Time: 11:00 a.m. - 1:30p.m.

Place: OLPH Church Upper Hall

## Imitating Christ

### Chapter 21 : Sorrow Of Heart

I do not doubt that you would correct yourself more earnestly if you would think more of an early death than of a long life. And if you pondered in your heart the future pains of hell or of purgatory, I believe you would willingly endure labor and trouble and would fear no hardship. But since these thoughts never pierce the heart and since we are enamored of flattering pleasure, we remain very cold and indifferent. Our wretched body complains so easily because our soul is altogether too lifeless. Pray humbly to the Lord, therefore, that He may give you the spirit of contrition and say with the Prophet: "Feed me, Lord, with the bread of mourning and give me the drink of tears in full measure." To Be Continued

## Let There Be Light

### What is a retreat?

A retreat is a withdrawal from ordinary activities for a period of time to commune with God in prayer and reflection. A retreat might be designed around a theme of scripture or some spiritual writing that seems suited to the needs of the individuals involved. The Spiritual Exercises of St. Ignatius of Loyola enable retreatants to consider creation, repentance for sin and redemption. They contemplate the life of Christ, his passion and resurrection. Through prayer and discernment they come to a realization of and surrender to God's great plan of salvation in Christ. This structure follows the three traditional ways of spiritual growth: the purgative, the illuminative, and the unitive way. Another form of retreat is based on the daily Scripture readings assigned in the Lectionary of the Roman Missal. Some make charismatic retreats opening themselves to the gifts of the Spirit. In Cursillos an overview of the Catholic way of life is given,

and community is formed.

There are three general formats for retreats: preached, directed, and private. In a preached retreat, there is a leader who offers conferences each day, leads prayer and is available for private counseling. In directed retreats, each person meets with a spiritual director who may suggest scripture passages for prayer and reflection. Private retreats are made without a leader or director.

In most retreats, some degree of silence is maintained and there is an emphasis on the practice of a healthful lifestyle in regard to food, relaxation, and exercise. Many enter a retreat in order to make a serious decision or commitment, or to take the opportunity to examine the quality of their spiritual lives. Retreatants hope for a deeper conversion, purification, and spiritual growth.

## Stories Faith Sharing

### The Devil's Beatitudes

If the devil were to write his beatitudes, they would probably go something like this:

1. Blessed are those who are too tired, too busy, too distracted to spend an hour once a week with their fellow Christians.  
-- they are my best workers.
2. Blessed are those Christians who wait to be asked and expect to be thanked  
-- I can use them.
3. Blessed are the touchy who stop going to church.  
-- they are my missionaries.
4. Blessed are the trouble makers  
-- they shall be called my children.
5. Blessed are the complainers.  
-- I'm all ears to them.
6. Blessed are those who are bored with the minister's mannerisms and mistakes  
-- for they get nothing out of his sermons.
7. Blessed is the church member who expects to be invited to his own church.  
-- for he is a part of the problem instead of the solution.
8. Blessed are those who gossip  
-- for they shall cause strife and divisions that please me.
9. Blessed are those who are easily Offended.  
-- for they will soon get angry

and quit.

10. Blessed are those who do not give their offering to carry on God's work  
-- for they are my helpers.
11. Blessed is he who professes to love God but hates his brother and sister  
-- for he shall be with me forever.
12. Blessed are you who, when you read this think it is about other people and not yourself.  
I've got you too!

## 主日分享

### 預備主的道路(將臨期第二主日)

在這將臨期的第二主日，教會邀請我們滿懷信心並承擔義務。

第一篇讀經取自巴路克先知書，他邀請我們滿懷信心。天主給流亡的以色列人準備了路途，為的是能安穩喜樂地回到自己的家園。

在今天福音中我們可以看見天主的許諾正在完成。依照依撒意亞先知的預言，聖若翰的聲音促使著一種認真的準備義務。我們應在這聖誕前的幾星期內聽取這聲音。應該準備上主的道路，修直彎路，填滿深谷。聖若翰所宣講的道理邀請我們作個反省：在這幾個將臨期主日內，在什麼事上我們該糾正態度？

在第二篇讀經裡，保祿也邀請我們要有信心。他說：「我深信，在你們內開始這美好工作的那位，必予以完成，直到耶穌基督的日子。」最後保祿祝望斐理伯人「賴耶穌基督滿結義德的果實，為光榮讚美天主」我們應該意識到，我們的一切努力和作為，因天主的聖寵皆可成為可能的。同時這種意識也使我們謙虛並持有信心。謙虛是因為我們不能把保祿論及的「信德果實」歸功於我們自己。而應該歸功於天主的聖寵。本主日的禮儀邀請我們加強準備過聖誕節，方法是懷有信心地生活，且寬宏大量地努力去。 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

14. 信德年也是加強愛德見證的好機會。聖保祿提醒我們：「現今存在的，有信、望、愛這三樣，但其中最大的是愛。」(格前十三 13) 聖雅格以更強烈的話語，表達基督徒應有的義務，他說：「我的弟兄們，若有人說自己有信德，卻沒有行為，有什麼益處？難道這信德能救他嗎？假設有弟兄或姊妹赤身露體，且缺少日用糧，即使你們中有人給他們說：『你們平安去吧！穿得暖暖的，吃得飽飽的！』卻不給他們身體所必需的，有什麼益處呢？信德也是這樣：若沒有行為，自身便是死的。也許有人說：你有信德，我卻有行為；把你沒有行為的信德指給我看，我便會藉我的行為，叫你看我的信德。」(雅二 14-18) 沒有愛德的信德結不出果子來，而沒有信德，愛德會是一種不斷受到疑問困擾的情感。信德和愛德相生相成，而彼此又允許另一方各奔前程。許多基督信徒奉獻一生給那些孤獨的、邊緣的或被排斥的人，以及給那些馬上需要我們關心和支援的人，因為基督本身的面目在他們身上反映出來。由於信德，我們能在那些需要我們的愛的人們身上辨別出復活的基督的面容。「凡你們對我這些最小兄弟中的一個所做的，就是對我做的。」(瑪廿五 40) 我們不該忘記這一番警告的話和持續的邀請——要以愛報愛對主。是信德使我們能認出基督來，是祂的愛催促我們，當祂在我們的生命旅途中成為我們的近人時去幫助祂。讓我們依恃信德，滿懷希望投身於這世界的服務，「等候正義常住在其中的新天新地。」(伯後三 13； 默廿一 1) 待續

## 堂區活動

### 將臨期悔罪禮

卡加利教區內所有教堂在將臨期內逢星期三(12月5、12、19日)晚上7時30分至8時30分，將開放給教友辦告解聖事。教友應盡量參與與天主修合，以準備

主基督的來臨！

本堂將臨期集體悔罪禮將取消

### 2012年將臨期退省「愛美」

阮神父將會以廣東話為我們教友主持將臨期退省。阮神父會用一種新穎及充滿趣味性的手法帶領我們從生活中進行反思，尋找我們的信仰。

為響應信德年的開始，我們就藉著將臨期的這次退省，多作祈禱，反思，使我們的信仰及靈修得以更新，多接近主，與主在聖體相遇。

請大家要好好把握這次大好機會，一同參與這次阮神父為我們準備的退省活動！在顯供聖體期間更有將臨期最後辦修和聖事的機會。

日期：12月22日星期六

時間及地點：上午9時-彌撒(教堂)

上午10時至12時-退省(上禮堂)

正午12時至1時-午餐(上禮堂)

下午1時至3時30分-退省(上禮堂)

下午3時30分至4時30分-

顯供聖體及修和聖事(教堂)

### 聖誕報佳音

青年會和大專青年會將於12月23日，星期日下午2時去 Aspen Lodge and Carewest Dr. Vernon Fanning 聖誕報佳音。現歡迎堂區各青年及成人參加。

### 主日學、青年會及成人慕道班聖誕聯歡會

#### 聖誕聯歡會

主日學，青年會，大專青年會及成人慕道班聖誕聯歡會將於12月16日星期日上午11時正至下午1時30分在上禮堂舉行。包括豐富午餐，精彩節目表演及遊戲，費用全免，歡迎各教友參加，齊來迎接普天同慶的聖誕節。大會需要捐贈禮物作抽獎之用，請各位熱心支持，禮物可交給堂區辦事處或 Chrissy Leung.

### 聖誕話劇

我們將於12月24日，晚上7時在上禮堂舉行聖誕話劇，‘A Christmas Carol’，現歡迎堂區所有弟兄姐好來觀賞。詳情請聯絡 Abigail Wong.

### 2013年月曆

本堂2013年月曆開始派發，教友可於教堂入口處領取。

### 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11月27日，捐款已累積至\$52,800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、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

### 將臨期悔罪禮

時間：下午7時30分至

下午8時30分

地點：永援聖母堂

星期六 15

### 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

### 楊式太極班

時間：上午10時至上午11時

地點：永援聖母堂下禮堂

### 國語組聖經研習

時間：下午2時30分至4時30分

地點：聖堂二樓騎士會室

### 瑜珈初班

時間：下午2時至下午3時30分

地點：永援聖母堂上禮堂

### 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 16

主日學，青年會，大專青年會及成人慕道班聖誕聯歡會

時間：上午11時至下午1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

你若常想著死，不希望長壽，那改過

的心自然就誠懇了。若把地獄煉獄的苦思量得親切，我想你即便有了勞苦艱難，也必定甘心忍受，什麼都不怕了。然而因為這些善念未曾深入內心，我們還是貪戀本性的歡樂，所以到如今我們還是冷淡懈怠。往往由於缺乏內修功夫，我們這卑鄙的肉身就輕易地抱怨。

你該謙遜地求天主賞你愧悔的心。當用達味聖王的話祈求說：「主！求禱痛哭的淚養育我的靈魂，並且用多量的淚水來供飲我罷！」（詠：捌拾、六）

待續

## 心靈小品

### 避靜

“避靜”兩字，是讓我們暫時到一個安靜的地方，專心致志地反省自己的思言行爲是否符合主耶穌基督的教誨。做避靜而不是聽避靜。避靜是深入沉思天主的聖言和祈禱。及在天主的鑑臨之下，反省過去、發現錯誤和缺點，並請求天主寬恕。在避靜過程中會晤瞻仰耶穌、認識耶穌，好能愛慕他，並在愛內更好地事奉他。耶穌也逐漸地顯示他對我們的旨意和期待，藉著神師的幫助和祈禱，確認天主的旨意，而定出合適的志向，作出自我更新的方向。

避靜應該做到“四靜”：心靜、耳靜、眼靜、口靜。我們做“避靜”者，若不如此，就難以做到《大學》中所說的：“靜而後能安，安而後能慮，慮而後能得”及“心毋妄思，意毋妄動，惟使我憶主愛主”的避靜神益。在靈魂休息中尋求更需要的神恩。

避靜的目的應在於改良我們的生活，認識自我，認識天主在我們身上的計劃。解剖自我，看看我們有什麼善意、缺點、惡習，恢復我們聖召的精神。“在基督耶穌內成爲新的受造物”（格後 5：17）。爲使避靜的目的更爲有效，應當在天主台前仔細反省，這次避靜：我究竟要達到什麼目的？例如：在守規矩、行愛德、克己等方面怎樣改變過去的生活。 宋宏斌神父

## 靈修小故事

### 第一封電報的內容

經文：耶穌說，“你回家去、傳說天

主爲你作了何等大的事”（路 8：39）。

“上主阿，榮耀不要歸與我們，不要歸與我們。要因你的慈愛和誠實歸在你的名下”（詠 115：1）。

發明電報的，是美國科學家塞約爾·莫爾斯。在一八四四年應用自製的電磁式電報機，通過漫長的電報線路，拍發了人類史上第一封電報。

科學家塞約爾·莫爾斯，是一位虔誠基督教徒，他不敢把這發明電報的功勞歸於自己，他乃是榮耀天主。在一八四四年五月廿四日，莫爾斯親自在國會大廈最高法院會議室，首次通過這條電報線，同正在巴爾的摩的艾爾弗雷德維爾，互相拍發了第一封電報。他們發出第一封電報的內容爲：

“天主行了何等的大事”此話完全是引自《新約聖經》路加福音第八章卅九節。爲此表現他對天主虔誠的心情。誰都知道發明電報，是一件造福全人類，了不起的偉大功績。科學家在實驗室不知熬過多多少少日日夜夜辛勤勞動，不知付出多少精力與物力，一旦成功，他並沒有忘乎所以，他謙卑自己，正如詩人所說的：“上主阿，榮耀不要歸與我們，不要歸與我們，要因你的慈愛和誠實歸在你的名下。”

反觀我們多少時候，略有一點成就，便沾沾自喜，目空一切，飄飄然大有不可一世之概。豈不知我們在造化主面前，“有什麼不是領受的呢？若是領受的，爲何自誇，仿佛不是領受的呢”（格前 4：7）？

我們應該牢記雅各一句名言：“你們應當說，主若願意，我們就可以活著，也可作這事，或作那事”那還有什麼值得我們自誇呢？