

Theme Sharing

Rejoice in the Lord (3rd Sunday of Advent)

Rejoice in the Lord always! This is the message of today's Liturgy of the Word. Who else can we turn to for unfailing love and mercy but to our Lord Jesus Christ? Let our hearts be filled with joy in this season of advent as we prepare for Our Lord's coming. The first reading begins with: "Rejoice, O daughter Zion; shout, O Israel!" The message is similar to that delivered by archangel Gabriel to Mary: "Hail, full of grace!" This is the joy of salvation and so let Mary's joy echo in our hearts as well. "Rejoice in the Lord always! The Lord is near!" proclaims Paul in the second reading. Nothing can keep us apart from Christ except our sinfulness. However, even when we have sinned against him, our merciful lord is still at hand, hoping and waiting for us to turn back to him. In his letter to the Philippines, Paula imparts to them the peace of the Lord, which surpasses all understanding and which will guard their hearts and minds in Christ Jesus. In today's gospel, John proclaims that the Lord is near. We need not fear him coming. Instead, we should prepare for his coming with joy and eager anticipation. "Rejoice in the Lord!" "The Lord is near!" "The Lord your God in your midst is a mighty Saviour!" These statements from today's three readings deliver a clear message to us. That God wishes to fill our hearts with joy so that we can always sing glory and praise to him in all things.

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"

15. Having reached the end of his life, Saint Paul asks his disciple Timothy to "aim at

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 |

faith" (2 Tim 2:22) with the same constancy as when he was a boy (cf. 2 Tim 3:15). We hear this invitation directed to each of us, that none of us grow lazy in the faith. It is the lifelong companion that makes it possible to perceive, ever anew, the marvels that God works for us. Intent on gathering the signs of the times in the present of history, faith commits every one of us to become a living sign of the presence of the Risen Lord in the world. What the world is in particular need of today is the credible witness of people enlightened in mind and heart by the word of the Lord, and capable of opening the hearts and minds of many to the desire for God and for true life, life without end.

"That the word of the Lord may speed on and triumph" (2 Th 3:1): may this Year of Faith make our relationship with Christ the Lord increasingly firm, since only in him is there the certitude for looking to the future and the guarantee of an authentic and lasting love. The words of Saint Peter shed one final ray of light on faith: "In this you rejoice, though now for a little while you may

have to suffer various trials, so that the genuineness of your faith, more precious than gold which though perishable is tested by fire, may redound to praise and glory and honour at the revelation of Jesus Christ. Without having seen him you love him; though you do not now see him you believe in him and rejoice with unutterable and exalted joy. As the outcome of your faith you obtain the salvation of your souls" (1 Pet 1:6-9). The life of Christians knows the experience of joy as well as the experience of suffering. How many of the saints have lived in solitude! How many believers, even in our own day, are tested by God's silence when they would rather hear his consoling voice! The trials of life, while helping us to understand the mystery of the Cross and to participate in the sufferings of Christ (cf. Col 1:24), are a prelude to the joy and hope to which faith leads: "when I am weak, then I am strong" (2 Cor 12:10). We believe with firm certitude that the Lord Jesus has conquered evil and death. With this sure confidence we entrust ourselves to him: he,

present in our midst, overcomes the power of the evil one (cf. Lk 11:20); and the Church, the visible community of his mercy, abides in him as a sign of definitive reconciliation with the Father.

Let us entrust this time of grace to the Mother of God, proclaimed "blessed because she believed" (Lk 1:45).

Come, sit in this chair— Rejoice in God's mercy!

The baptised are called to clothe the naked, shelter the homeless, feed the hungry, and set captives free. The sacrament of Reconciliation invites us to consider not only the sins we have committed but also what we have failed to do. From our comfortable vantage point it is easy to become indifferent to the suffering of others. Self-sufficiency and independence is an illusion because everything we have and are comes from God. Gratitude for our blessings reminds us to share and do more for others. As you consider your sins of omission, remember to also *rejoice in God's mercy*.

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—Rejoice in God's mercy!*
Action: Apologise or make reparation for something you failed to do.

Parish Activities

The Sacrament of Reconciliation – will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Advent December 19 from 7:30 pm– 8:30pm. Our Parish will cancel the Advent Penitential Service.

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.

According to the Year of Faith, we enthusiastic participation in the Mass, Retreat, Eucharistic Adoration and Sacrament of Reconciliation will be able to acquire a Plenary Indulgence.

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 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.

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.

Bible/Catechism Quiz

In response to Pope Benedict XVI's proclamation of the Year of Faith starting October 11, 2012 to November 24, 2013, OLPH has decided to have a Bible/Catechism Quiz to bring the awareness of the importance of studying the Bible and to broaden our faith knowledge. The contest will have representatives from various Parish Groups and please mark the date and time down in your calendar and make sure you do not miss out this important fun filled event.

Date: Sunday January 20, 2013

Time: Lunch – 12:30pm to 1:15pm

Quiz: 1:15pm to 3:15pm

Venue: Upper Hall

Mission Mexico Day

Last Sunday, we collected totally \$2,275.75 and will forward to the Diocese for the mission in Mexico.

May God bless you!

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 17, 19, 21

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Fri: Christmas party, Pastoral Care visit,

Blood pressure potluck lunch.

Wednesday 19

The Sacrament of Reconciliation

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

Place: OLPH Church

Friday 21

St. Angela school Advent Mass

Time: 9:00am

Place: OLPH Church

Faith Sharing Group (Sacred Heart)

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

Contact: Doris Ho 403-271-6884

Saturday 22

Advent Retreat

Time: 9:00 a.m. - 4:30 p..m.

Place: OLPH Church, Upper Hall

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

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Sunday 23

R. C.I.A.

Adult Catechumenate Class

(Cantonese, Mandarin and English)

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

Place: OLPH Church Lower Hall

Youth Choir & Young Adult Choir

Christmas Caroling

Time: 2:00 p.m.

Place: Aspen Lodge

Carewest Dr. Vernon Fanning

Imitating Christ

Chapter 22 :

Thoughts On The Misery Of Man

WHEREVER you are, wherever you go, you are miserable unless you turn to God. So why be dismayed when things do not happen as you wish and desire? Is there anyone who has everything as he wishes? No -- neither I, nor you, nor any man on earth. There is no one in the world, be he Pope or king, who does not suffer trial and anguish. To Be Continued

Let There Be Light

God alone can forgive sins. How can you claim that a priest can forgive?

We know that Jesus himself forgave sins (see Luke 5:17-26), that he gave his Church authority to do likewise (see John 20:22-23), and that the early Church exercised this authority in various ways (see Matthew 18:15-20; Luke 7:47; 1 Corinthians 5:1-5; 2 Thessalonians 3:14-15; James 5:15-16; 1 Peter 4:8). During the second through the fifth centuries, reconciliation developed into a public process, due largely to the Church's need to deal with serious sins such as murder, apostasy, and adultery. The penitent received absolution and reincorporation into the community only after the bishop and the community were satisfied with the depth of the penitent's new conversion. During the sixth to twelfth centuries the practice of one-to-one confession by lay people to monks was prominent. This practice provided the benefit of private spiritual counseling. During the twelfth to the fifteenth centuries the Church spelled out doctrinal and moral matters with great precision; it was during this period that theologians such as Thomas Aquinas stated that confession of sins to a lay person – a practice in the Church from the earliest times – was not a formal sacrament in the way that confession to a priest was. During the sixteenth century, Martin Luther broke with the Roman Church and seems gradually to have stopped believing that confession to a priest was a sacrament instituted by Christ. Even after that, however, Luther wrote: "We teach that confession is an excellent thing... If you are a Christian you will go on your own... If, on the other hand, you despise it, and if you are too

proud to confess your sins, we conclude that you are no Christian... So when I urge the practice of confession, I am but urging every man to be a Christian."

The Catholic Church does not ask members of other Christian traditions to confess to a priest. But we could reasonably ask that they view the sacrament as a valid and valuable Christian practice – a source of deeper conversion to Christ, a means of becoming more deeply reconciled with God, others, and self – an act of worship praising God for his unending mercy and forgiveness.

Stories Faith Sharing

The Interview with God

I dreamed I had an interview with God.

So you would like to interview me?"

God asked.

"If you have the time" I said.

God smiled. "My time is eternity."

"What questions do you have in mind for me?"

"What surprises you most about humankind?"

God answered...

"That they get bored with childhood, they rush to grow up, and then long to be children again."

"That they lose their health to make money... and then lose their money to restore their health."

"That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future."

"That they live as if they will never die, and die as though they had never lived."

God's hand took mine and we were silent for a while. And then I asked...

"As a parent, what are some of life's lessons you want your children to learn?"

"To learn they cannot make anyone love them. All they can do is let themselves be loved."

"To learn that it is not good to compare themselves to others."

"To learn to forgive by practicing forgiveness."

"To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them."

"To learn that a rich person is not one who has the most, but is one who needs the least."

"To learn that there are people who love them dearly, but simply have not yet learned how to express or show their feelings."

"To learn that two people can look at the same thing and see it differently."

"To learn that it is not enough that they forgive one another, but they must also forgive themselves."

"Thank you for your time," I said humbly.

"Is there anything else you would like your children to know?"

God smiled and said,

"Just know that I am here... always."

主日分享

常常喜樂將臨期第三主日

在這將臨期的第三主日教會邀請我們常常喜樂。誰能比得上耶穌基督更使人心愛呢？更寬宏大量呢？所以在將臨期，讓喜樂進入我們的心中是理所當然的事。

讀經一這樣開始說：“熙雍女子，你應歡樂！以色列，你應歡呼！”這句話很相似聖母領報中天使所說的：

“萬福，充滿恩寵者”讓我們把瑪利亞的喜樂接受到我們心中吧！這是得救的喜樂。

在第二篇讀經裡保祿說“你們在主內應當常常喜樂！因為上主臨近了！”

除了罪惡，沒有任何情況能使我們遠離祂。即使是當我們犯了罪，祂仍舊繼續以祂的慈悲接近我們，等候我們求祂寬恕。最後保祿祝望斐理伯人，願天主那超乎各種意想的平安，必要在基督耶穌內固守你們的心思念慮。今天的福音邀請我們繼續以喜樂的心情準備祂的來臨。最後若翰宣報耶穌基督的來臨。為此我們以莫大希望，而不是以恐懼害怕的心情，等待耶穌的來臨。

讓我們將福音與本主日其它兩篇讀經的主題聯係起來：“你們在主內喜樂吧！”；“上主臨近了！”；“上主你的天主在你中間是一位大能的救世主”。祂願意我們的心充滿喜樂。如此我們能以美妙的方式光榮天主。

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

15. 當聖保祿抵達生命終點時，他要求他的弟子茂德，以他從小就一直秉持的堅忍（參弟後三 15）去追求信德（參弟後二 22）。我們感覺到，這也是對我們每個人的邀請，好使沒有人在信德中變得怠惰。信德是我們一生的伴侶，使我們能察覺到天主在我們身上所行的奇事。每當我們縱觀現世的時代徵兆，信德就束縛我們每個人，在這個世界成為復活主現世臨在的生活的標記。世界今日特別需要的，是可信的見證——作見證的人的心靈被天主聖言光照，能讓許多人敞開心門，渴望天主和無盡的生命。

「主的聖道，順利展開，並得到光榮」（參得後三 1）：願信德年使我們與天主基督的關係越發堅定，因為只有在祂內，才能確定展望將來，並有真正而永久的愛的保證。聖伯多祿的這番話以最後的一道光線照亮信德：「為此，你們要歡躍，雖然如今你們暫時還該在各種試探中受苦，這是為使你們的信德，得以精煉，比經過火煉而仍易消失的黃金，更有價值，好在耶穌基督顯現時，堪受稱讚、光榮和尊敬。你們雖然沒有見過祂，卻愛慕祂；雖然你們如今仍看不見祂，還是相信祂；並且以不可言傳，和充滿光榮的喜樂而歡躍，因為你們已把握住信仰的效果：靈魂的救恩。」（伯前一 6-9）
基督信徒在生活上體驗到喜樂和痛苦。多少聖賢曾在孤獨中度日！多少信徒，即使今日，受到天主緘默的考驗，而他們本來想要聽到祂慰藉的聲音！生活的考驗，一方面幫助我們解十字架的奧蹟，並分擔基督的苦痛（哥一 24），但也是信德引領而來的喜樂和望德的前驅：「因為我幾時軟弱，正是我有能力的時候。」（格後十二 10）我們堅信，主耶穌戰勝

罪惡及死亡。由於這確實的信念，我們將自己託付給祂：祂在我們中間，戰勝邪惡的勢力（參路十一 20）；而教會——天主慈悲的可見團體，在祂內成為與父修好的最終標記。我們將這恩寵的時刻託付給天主之母——她「信」了，因而被稱為是「有福的」。（參路一 45）

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。

信德年內，我們熱心參與彌撒領聖體、避靜、顯供聖體、真誠悔改並妥當辦告解，可得全大赦。

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.

聖誕報佳音

青年會和永援聖母青年團將於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。

信德年聖經教理問答比賽

為響應教宗本篤十六宗座文告，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。卡城永援聖母堂將舉辦信德年聖經教理問答比賽以提升各教友對聖經的認識及加深對信仰的知識，各堂區善會將派代表與比賽，歡迎各位教友踴躍參加這項難得的盛事，既有趣亦能加深信仰，可謂一舉兩得，何樂而不為。

日期：星期日，2013年1月20日

時間：

午餐-下午12時30分至1時15分

問答比賽 -

下午1時15分至3時15分

地點：永援聖母堂上禮堂

墨西哥傳教日

在上主日的墨西哥傳教日，我們共籌得\$2,275.75元，將全數交給教區作墨西哥傳教工作之用。

願主降福您們！

堂區小巴接載時間

平安夜，堂區小巴將於六時四十五分在保祿樓開出，七時在香港花園接載教友，彌撒後堂區小巴將接載教友回保祿樓及香港花園。

12月25日（聖誕日）及1月1日（元旦求恩彌撒），堂區小巴將於十時十五分在保祿樓開出，十時三十分在香港花園接載教友，彌撒後堂區小巴將接載教友回保祿樓及香港花園。

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拿取。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 17, 19, 21

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：聖誕聯歡會，牧靈關愛組探訪，測量血壓，大食會聚餐

星期三 19

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

星期五 21

St. Angela School 將臨期彌撒

時間：上午 9 時

地點：永援聖母堂

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 22

將臨期退省

時間：上午 9 時至下午 4 時 30 分

地點：永援聖母堂上禮堂

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

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 23

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 分至

地點：永援聖母堂下禮堂

青年會和永援聖母青年團報佳音

時間：下午 2 時

地點：Aspen Lodge

Carewest Dr. Vernon Fanning

師主篇

第二十二章 世人之苦

你若不專心歸向天主，任憑你在那裏，任憑你往那裏，總是可憐者。你為什麼事不順心，就心煩意亂呢？你想在世上，誰能事事順心呢？不是你，也不是我；世人當中，沒有一個人事事順心的。人在世上，不能全脫免艱難困苦：縱然是皇帝，是教宗，也不能全脫免。 待續

靈修小故事

悔改就在今朝

兩個年輕人結伴去向一位聖人求教：「我們做了錯事，良心不安。您是否能告訴我們該怎麼做，才能得到寬恕，不再有罪惡感？」

「來，孩子們，把你們做錯的事說給我聽聽。」年邁的聖人鼓勵他們。第一個年輕人說：「哦！我犯了一個很大很重的罪……」

第二個年輕人說：「我做了一堆錯事，不過都是些微不足道的小事。」

聖人思索片刻，便向兩個年輕人說：「這樣吧！你們去為自己所做的每一件錯事，分別找到相稱的石頭帶回來。」

兩個年輕人遵照聖人的囑咐，各自去尋找石頭。第一個年輕人回來扛著一塊又大又重的石頭，舉步維艱地來到聖人面前放下石頭。

不一會兒，第二個年輕人背著一袋小石頭，輕輕鬆鬆地拿到聖人的跟前放下，心想終於大功告成了。

聖人開口道：「很好，現在我要你們再做一件事，就是將這裏所有的石頭，分別放回原先發現石頭的地方。」

第一個年輕人立刻扛起他的巨石，蹣跚地步回原處放下來。然而，第二個年輕人卻記不清楚每個石頭的來處。過了一段時間，第二個年輕人十分挫折地回來對聖人說：「我真的很難辦到！」

聖人說：「孩子，你們的罪就像這些石頭。如果一個人犯了大罪，他的良心會不勝負荷。但若真心感到後悔，他就會得到寬恕，負擔也就無形中減輕了。可是，一個人如果不斷地做一些

看起來無足輕重的錯事，他並不會有太大的罪惡感，也不真正覺得後悔，就會一直做個罪人。所以，我們看待小罪要像大罪一樣，小心翼翼地避免才是。」