

## 祝新年快樂

**May the God of hope fill you  
with all joy and peace...  
all year through!  
在新的一年  
願主的喜樂與平安  
充滿你的每一天！**

### New Year Mass Schedule

Dec 31 Monday (New Year's Eve  
Thanksgiving Mass)

9:00 a.m. English Mass

Jan 1 Tuesday (New Year's Mass)

9:30 a.m. English Mass

11:00 a.m. Chinese Mass

Tuesday 7:00 pm evening Mass will be cancelled.

### 慶祝新年彌撒時間表

12月31日 星期一

(除夕-歲末謝主彌撒)

早上 9 時英文彌撒

1月1日星期二 (元旦求恩彌撒)

早上 9 時 30 分英文禮儀

早上 11 時中文彌撒

星期二晚上 7 時彌撒取消

## Theme Sharing

### Feast of the Holy Family

Today's celebration of the above Feast is a timely reminder that we need to follow the examples of the Holy Family and to live in intense family love which is rooted in our heavenly Father.

All the readings of today's Liturgy of the Word touch upon the family. In the first reading, Hannah's incessant prayers to God for a male child are answered. She gives birth to a son, Samuel and then offers the child in the Temple for the service of God. In the second reading, John reminds us that we are not just members of our own family. We are children of God and we belong to his big family as well, and this status confers immense dignity on us. In the gospel, we see how Jesus, as a human, grows up like one of us. From his birth until his death on the cross, Jesus faces challenges in life as we all do with obstacles, joy, hope, understanding as he matures in age, wisdom, and increases in divine and human favour. In the words of the Opening Prayer, let us pray

to our heavenly Father: "Help us to live as the Holy Family, united in respect and love; and bring us to the joy and peace of your eternal home. Amen."

### Pope Monthly Prayers intention January General and Missionary Intention

General: That in this Year of Faith Christians may deepen their knowledge of the mystery of Christ and witness joyfully to the gift of faith in him.

Missionary: That the Christian communities of the Middle East, often discriminated against, may receive from the Holy Spirit the strength of fidelity and perseverance.

### 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

### Pope Christmas Message "Truth has sprung out of the earth" (Ps 85:12)

Pope Benedict XVI has urged people never to lose hope in peace this Christmas, even in situations of conflict such as Syria, or nations afflicted by terrorism such as Nigeria, because the "Truth has sprung out of the earth", with the birth of Christ.

Dear brothers and sisters in Rome and throughout the world, a happy Christmas to you and your families!

In this Year of Faith, I express my Christmas greetings and good wishes in these words taken from one of the Psalms: "Truth has sprung out of the earth". Actually, in the text of the Psalm, these words are in the future: "Kindness and truth shall meet; / justice and peace shall kiss. / Truth shall spring out of the earth, / and justice shall look down from heaven. / The Lord himself will give his benefits; / our land shall yield its increase. / Justice shall walk before him, / and salvation, along the way of his steps" (Ps 85:11-14). Today these prophetic words have been fulfilled! In Jesus, born in Bethlehem of the

Virgin Mary, kindness and truth have indeed met; justice and peace have kissed; truth has sprung out of the earth and justice has looked down from heaven. Saint Augustine explains with admirable brevity: "What is truth? The Son of God. What is the earth? The flesh. Ask whence Christ has been born, and you will see that truth has sprung out of the earth ... truth has been born of the Virgin Mary" (En. in Ps. 84:13). And in a Christmas sermon he says that "in this yearly feast we celebrate that day when the prophecy was fulfilled: 'truth shall spring out of the earth, and justice shall look down from heaven'. The Truth, which is in the bosom of the Father has sprung out of the earth, to be in the womb of a mother too. The Truth which rules the whole world has sprung out of the earth, to be held in the arms of a woman ... The Truth which heaven cannot contain has sprung out of the earth, to be laid in a manger. For whose benefit did so lofty a God become so lowly? Certainly not for his own, but for our great benefit, if we believe" (Sermones, 185, 1).

"If we believe". Here we see the power of faith! God has done everything; he has done the impossible: he was made flesh. His all-powerful love has accomplished something which surpasses all human understanding: the Infinite has become a child, has entered the human family. And yet, this same God cannot enter my heart unless I open the door to him. Porta fidei! The door of faith! We could be frightened by this, our inverse omnipotence. This human ability to be closed to God can make us fearful. But see the reality which chases away this gloomy thought, the hope that conquers fear: truth has sprung up! God is born! "The earth has yielded its fruits" (Ps 67:7). Yes, there is a good earth, a healthy earth, an earth freed of all selfishness and all lack of openness. In this world there is a good soil which God has prepared, that he might come to dwell among us. A dwelling place for his presence in the world. This good earth exists, and today too, in 2012, from this earth truth has sprung up! Consequently, there is hope in the world, a hope in which we can trust, even at the most difficult times and in the most difficult situations. Truth has sprung up, bringing kindness, justice and peace. Details at [www.vatican.com](http://www.vatican.com)

### Christian Unity

The Week of Christian Unity takes place

January 18 – 25, 2013. This year all Christians are asked to consider the prophet Micah's question: *What Does God Require of Us?* (*Micah 6:6-8*). The path of Christian discipleship involves walking the path of justice, mercy, and humility. The metaphor of walking has been chosen to link together the eight days of prayer because it communicates the dynamism which characterises Christian discipleship. Christians of all denominations are encouraged to engage in prayer with one another and for the unity of Christians during this week. The Roman Catholic Diocese of Calgary is hosting an evening of worship for the week of Christian unity January 24, 2013 at 7pm at St. Mary's Cathedral, Calgary. Bishop Frederick Henry will be presiding and preaching. All are welcome and encouraged to attend. For more information please contact Simone Brosig at 403-218-5524 or Lia O'Hara at 403-218-5511.

### Calgary Meals on Wheels

Do you know someone who needs help with meal preparation? Calgary Meals on Wheels can prepare and deliver nutritious and affordable meals to your door providing you with meals 7 days a week regardless of your age or finances. To order meals for yourself or someone you love, give our Client Services Department a call at 403-243-2834 or email us your name and phone number to [signup@mealsonwheels.com](mailto:signup@mealsonwheels.com).

## Parish Activities

### A Heartfelt Thank You From Our Pastor Fr. Joseph Nguyen

I would like to sincerely thank Fr. John Mak, Fr. Bill Trienekens, Deacon John Wu, Sisters, Parish Pastoral Council, Parish Lay Groups and all parishioners for their continued support to our parish throughout the year. According to the Year of Faith, your generosity and sharing with others of God's gifts, is a perfect example of our response to the call of Jesus: "You are my witnesses." Love is the soul of mission and we are first and foremost invited to be credible witnesses by the way we live as Disciples of Christ. Keep up your good work! May the grace of the Lord Jesus Christ be with your spirit and wishing you a joyful and peaceful New Year!

### Movie Night - Noah's Ark

The story of the flood is closely connected with the story of the creation. God gives Noah detailed instructions for building the ark to save himself, his family and a remnant of all the world's animals as God decides to destroy the world because of mankind's evil deeds. Please come and also invite your friends and relatives to enjoy this movie.  
Date: January 5, 2013 (Saturday)  
Time: 6:00pm Potluck and  
6:30pm start of movie  
Place: Upper Hall of OLPH

### January's Exposition of the Blessed Sacrament

The January's Exposition of the Blessed Sacrament will be led by the Pastoral Care Team on January 5. Pastoral care Team would like to invite all parishioners join with them to thank God and pray to Him that we follow His will in the coming year. Father Nguyen will be available for the Sacrament of Reconciliation.

### Bible/Catechism Quiz

Pastoral Care Team will organize two different kinds of Vietnamese noodle soup for all parishioners at Upper Hall on January 19 after 5:00pm Mandarin Mass and January 20 after 8:30 am Mass until 1:00 p.m. at a price \$5.00 each. Please come to support Bible /Catechism Quiz. From this week, you can buy the noodle soup tickets at the front & back entrances. Thank you for your support.

## Weekly Activities

Monday December 31

New Year's Eve Thanksgiving Mass  
9:00 a.m. English Mass

Tuesday January 1

New Year's Mass  
9:30 a.m. English Mass  
11:00 a.m. Chinese Mass  
Tuesday 7:00 pm evening Mass will be cancelled.

Friday January 4

OLPH Senior Centre  
Time: 9:00a.m.-12:00 noon  
Place: OLPH Church Upper Hall

Saturday January 5

Exposition of the Blessed Sacrament  
Time: 10:00a.m. -11:00 a.m.  
Place: OLPH Church  
Legion of Mary ( meeting )

( Immaculate Heart of Mary Praesidium )

Time: 11:00a.m.  
Place: K of C Room at OLPH Church  
Movie Night – Noah's Ark  
Time: 6:00 p.m. potluck  
6:30 p.m. movie  
Place: OLPH Upper Hall  
Young Adults choir practice  
Time: 6:00 p.m.  
Place: OLPH Lower Hall

Sunday January 6

New PPC Members Commissioning Ceremony

Time: 10:00a.m. Mass

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  
K of C Room at OLPH Church

Youth Choir-choir practice

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

Place: Office Building

Queen of China Meeting

Time: 12:30p.m.-2:00p.m.

Place: Board room

K of C Matteo Ricci 10119 meeting

Time: 12:30p.m.-2:30p.m.

Place: OLPH Church K of C room

## Imitating Christ

### Chapter 22 :

### Thoughts On The Misery Of Man

Living on earth is truly a misery. The more a man desires spiritual life, the more bitter the present becomes to him, because he understands better and sees more clearly the defects, the corruption of human nature. To eat and drink, to watch and sleep, to rest, to labor, and to be bound by other human necessities is certainly a great misery and affliction to the devout man, who would gladly be released from them and be free from all sin.

Truly, the inner man is greatly burdened in this world by the necessities of the body, and for this reason the Prophet prayed that he might be as free from them as possible, when he said: "From my necessities, O Lord, deliver me."

To Be Continued

## Read More Know More

### The virtues and grace

Human virtues acquired by education, by deliberate acts and by a perseverance ever-renewed in repeated efforts are purified and elevated by divine grace. With God's help, they forge character and give facility in the practice of the good. The virtuous man is happy to practice them.

It is not easy for man, wounded by sin, to maintain moral balance. Christ's gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues.

Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us, and that Holy Church proposes for our belief, because he is truth itself. By faith "man freely commits his entire self to God." [78]

For this reason the believer seeks to know and do God's will. "The righteous shall live by faith." Living faith "work[s] through charity." [79]

The gift of faith remains in one who has not sinned against it. [80] But "faith apart from works is dead": [81] when it is deprived of hope and love, faith does not fully unite the believer to Christ and does not make him a living member of his Body.

The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it:

"All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks." [82] Service of and witness to the faith are necessary for salvation: "So every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven." [83]

## Stories Faith Sharing

### Whose life would you like to be living

A spiritual leader got very tired of her flock

arguing about whose sufferings was worst. Week after week, not only did they proclaim the supremacy of their own suffering, but they demeaned their neighbors as not being justified in their personal suffering.

They each thought, "If my pain was as little as theirs, I could laugh and be joyous, rather than be forced to go about with this pained look in my eye."

The leader called her flock together around a gnarly little tree one winter day and handed each person a pencil and an envelope with a string through a hole in the corner, and a blank piece of paper inside.

"I have been very troubled that many of you feel that Spirit has given you a more severe burden to carry than your neighbors. I took this heartfelt concern to prayer with me, and Spirit has offered a solution.

We will each take the blank paper out of the envelope, write down our personal suffering, and put the paper back in the envelope.

Write your name on the front of the envelope and find a limb to tie your envelope on.

This is our suffering tree. When you tie your envelope, your suffering, onto the tree, Spirit has promised that you will be free of it.

However, as you have left a suffering on the tree, you must take one from the tree. Every person will be allowed to exchange their suffering for any other that they pick off this tree as we walk around it. Once all the sufferings have been taken back from this tree, we will be done, and Spirit promises that each of us will then be more content with the suffering we bear."

It took quite a long time of walking around the tree before anyone took any suffering to be their own. But eventually, the first envelope was claimed. Little by little, every envelope came off the tree, each person claiming the suffering of their choice.

And each person claimed the very same suffering they had hung on the tree... but Spirit was correct. Each one was more content with what was theirs to bear.

*by C.G. Walters.*

## 主日分享

### 聖家節

今天我們慶祝聖家庭節。我們的家庭也應該追隨聖家家庭的榜樣，生活在

強烈的家庭之愛內，建立於由天主父那裏得到的愛。

今天的三篇讀經都向我們宣講家庭關係的問題。第一篇讀經介紹亞納向天主堅持不斷的祈禱，而得到天主的恩賜，生了一個男孩，撒慕爾，現在她將孩子抱到聖殿，把他獻給聖殿服務天主。第二篇讀經提醒我們：我們是天主的子女——我們不只是人類家庭的成員，我們還是天主家庭的成員，這個身份給以我們無上的尊嚴。福音則告訴我們，耶穌真正的吸取了我們人性的存在，從懷孕到死亡，他經歷了所有的我們每一個人應該經歷的成長過程。他竟然也是慢慢成長起來的，不僅是年齡方面，而且在智慧和恩寵各方面。這樣的耶穌是一個真正的人耶穌；他也經驗了我們所有的人一樣的困難和喜樂、希望和人在成長過程中特有的穎悟。

讓我們用今天彌撒的集禱經向天父祈求：天主，你以聖家作我們家庭生活的美好榜樣。求你賞賜我們，一生追隨聖家互愛互助的美德，將來也能歡聚天庭，共享永福。亞孟。

錄自梵蒂岡電台

## 教宗及福傳祈禱意向

### 一月祈禱及傳教意向：

**祈禱意向：**為基督徒能在此“信德年”深化對基督奧跡的認識、滿懷喜悅地見證基督信仰的恩典祈禱

**傳教意向：**為常常遭到歧視的中東基督教信仰團體從聖神那裡獲得忠貞與堅韌的力量祈禱

## 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

教宗 2012 年聖誕文告

為世界各大洲的和平祈禱

在羅馬和全世界親愛的弟兄姊妹們，祝你們和你們合家聖誕快樂！

我在這信德年期內的聖誕節用聖詠的



這句話來表達我的祝賀：「忠誠從地下出生。」其實，這句話在聖詠裡是未來式的：「忠誠將會從地下出生」：這是一個宣告、一個許諾，有其它句子的陪襯，全部念起來是這樣的：「慈愛和真誠要彼此相逢。正義與和平將彼此相擁。天主的正義由天上俯視，世人的忠誠從地下出生。上主必會賜下甘，我們的土地必會豐收。平安緊隨祂的脚步，正義在上主面前開。」（詠八五 11-14）

今天，這句先知性的話語得以實踐了！慈愛和真誠在由童貞瑪利亞誕生、出生於白冷城的耶穌身上相逢了，而正義與和平彼此相擁了；忠誠從地下出生了，而天主的正義由天上俯視了。聖奧斯定用相稱和精準的詞匯解釋說：「真理是指什麼呢？那是指天主子。土地是指什麼呢？那是指肉身。你要自問，基督是從那裡誕生的，而你就看出忠誠是怎樣地從地下出生… 真理是從童貞瑪利亞誕生的」（聖奧斯定《聖詠八五 13 詮釋》）。而在一個有關聖誕節的講道裡，他確認說：「藉由這每年都有的慶日，我們慶祝這預言實踐的日子：忠誠從地下出生了，而正義由天上俯視了。那在天父懷抱中的真理從地下出生了，爲了也要從一個母親的胎中出生。那統御普天下的真理從地下出生了，爲了要被一個女人的雙手抱著… 那蒼天容納不起的真理從地下出生了，爲了要被人置放在一嬰兒床上。如此崇高的天主爲了誰的利益自我貶抑呢？對祂自己肯定是毫無利益的，但我們若相信，對我們利益就可大了。」（《道理 185, 1》）

「我們若相信。」這就是信德的大能！天主一切都做了，祂做了不可能的事：祂取了肉軀。祂愛的大能實踐了遠超人所能了解的事：無限的那一位變成了嬰兒，進入了人類。可是，如果不向祂敞開心門，這同一位的天主無法進入我的心。「Porta fidei」！因此，盡管在最困難的時刻和情況之下，在世界上是有希望的一——一個值得信靠的希望。忠誠從這土地出生了，同時帶來慈愛、正義與和平。

詳細內容請參閱梵帝岡電台網址

## 堂區活動

### 阮明聰神父的衷心感謝

我誠意感謝麥神父、Fr. Bill Trienekens、鄔執事、所有修女、堂區牧民議會、所有善會及各位教友對堂區的支持及付出。

爲響應信德年，大家的付出，慷慨地與他人分享天主的恩賜，正如主耶穌基督教導我們，爲主作見證，在愛德的引領下，善盡宗徒的使命，共同用行動去見證基督，以彰顯天主的愛。大家繼續努力吧！願主耶穌基督的恩寵與你們的心神同在，並祝大家新年平安快樂！

### 一月份顯供聖體

永援聖母堂一月份的顯供聖體將由牧靈關愛組帶領，時間爲一月五日。牧靈關愛組誠意邀請所有教友一起參與，籍以感謝天主恩賜給我們的主耶穌基督，並祈求天父在新的一年賜與我們更多的恩寵，跟隨祂及奉行祂的旨意。阮神父將爲教友聽告解。

### 電影晚會「諾厄方舟」Noah's Ark

天主創造天地萬物，是爲了使人類分享祂的美善。但人類卻因罪惡背叛天主、破壞了同天主的「係」。「諾厄方舟」這舊約聖經故事、教我們認識到罪惡所帶來的禍害、我們要時常警醒。歡迎大家前來欣賞！

日期：一月五日(星期六)

時間：晚上六時 Potluck、六時半放映

地點：永援聖母堂上禮堂

### 信德年聖經教理問答比賽

牧靈關愛組爲支持信德年聖經教理問答比賽及方便各位教友參予此項活動，特別精心泡製(兩種越南粉)，給各位教友品嚐。爲了預計食物，由本週起，可在聖堂入口處向牧靈關愛組成員或堂區辦事處購買餐券，每碗 \$5。

週六國語彌撒後，教友也可以品嚐。請各位教友鼎力支持。

日期：1月19日(星期六) 國語彌撒後 6時及1月20日(星期日) 上午8時

30分彌撒後至下午1時

地點：永援聖母堂上禮堂

## 活動一週

星期一 12月31日

除夕-歲末謝主彌撒

時間：早上9時英文彌撒

星期二 1月1日

元旦求恩彌撒

時間：早上9時30分英文禮儀

早上11時正中文禮儀

星期二晚上7時彌撒取消

星期五 1月4日

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

星期六 1月5日

顯供聖體

時間：上午10時至11時

地點：永援聖母堂

聖母軍

(聖母軍聖母無玷聖心支團)

時間：上午11時(開會)

地點：聖堂二樓騎士會室

電影晚會 — 「諾厄方舟」

時間：下午六時 (potluck)

約六時半放映

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：永援聖母堂下禮堂

星期日 1月6日

堂區牧民議會宣誓祝福禮

時間：上午10時彌撒

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

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

青年聖詠團練習聖詩

時間：上午11時至下午12時30分

地點：寫字樓大廈，

佳播聖詠團

邀請教友一同參與練習聖詩

時間：上午11時

利瑪竇騎士會 10119 開會

時間：下午12時30分

地點：聖堂騎士會室

聖母會開會

時間：下午12時30分至下午2時

地點：聖堂會議室

## 師主篇

### 第二十二章 世人之苦

從此看來，人生此世，真是受罪。人越專務神修、越覺著現世苦惱，越懂得本性的軟弱。因為喫、喝、醒、睡、歇息、勞苦、以及別種本性的需要，在真心願意脫免諸罪、獲得解放的人看來，真是苦痛與磨難。

在這世上，肉身的需要，為專務內修的人是極大的煩惱。所以先知(達味)熱心求主，救自己於諸需要說：「吾主！從我的一切需要中救出我罷！」(詠：貳拾伍、十七) 待續

## 知多一點點

### 德行與恩寵

人的德行是通過教育、自主的行為和努力不懈的恆心而逐漸修成的，因天主的恩寵而得到淨化和提昇。在天主的助佑之下，德行鍛鍊性格、使人易於行善。有德行的人視實踐德行爲一樂事。

為罪惡所傷害的人，保持道德的平衡，不是一件易事。基督的救恩賜給我們為恆心追求德行必要的恩寵。每一個人應時常祈求這光明和勇毅的恩寵，領受聖事，並與聖神合作，隨從祂的召喚，熱愛美善，戒避邪惡。信德是超性的德行，藉著信德我們信天主，信祂所說過的和啓示給我們的一切，並且信聖教會為我們提出的當信的道理，因為天主自己就是真理。因著信德，「人自由地把自己整個託付給天主」。因此，信者尋求認識和實踐天主的聖意。「義人因信德而生活」(羅 1:17)。生活的信德「以愛德行事」(迦 5:6)。

誰不犯違反信德之罪，信德的恩寵就常存留在他內。但是「信德沒有行為也是死的」(雅 2:26)：缺少了望德和愛德，信德並不使信者與基督完全結合，也不使他成為基督身體上生活的肢體。

基督的門徒不該只是保持信德，活出信德，還該宣認信德，滿懷著信心為信德作証，並傳揚信德：「所有的人都要準備好在人前承認基督，並在教會屢屢遭遇的迫害之中，追隨基督走十字架苦路」。為信德服務，為信德作見証，是獲救的條件。「凡在人前承認我的，我在我天上的父前也必承認他；但誰若在人前否認我，我在我天上的父前也必否認他」(瑪 10:32-33)。

## 靈修小故事

### 你懂得感恩嗎？

“凡事要奉我們主耶穌基督的名，常常感謝父天主。”(弗五：20)

著名學者麥沙亨利的家，曾遭到盜賊掄劫，他不但不像一般人那樣難過，竟然在他日記中寫下這樣一段感恩的話：讓我感謝天主恩，因為：

(一) 我以前從未被搶劫過。

(二) 他們雖然掄了我的金錢，但未奪去我的生命。

(三) 我的資財沒有被完全搶光。

(四) 我是被偷，而不是偷人的。

另有一對姓朱的夫婦，生有一男一女，生活貧窮，熱心愛主，有一日幼女忽然急病而死，丈夫口口聲聲感謝天主，太太不服，朱君就說：“天主若今天取去你或我的性命，你我就成了寡婦或鰥夫，孩子就成為半個孤兒，生活難處就很大，如果天主取去大兒子，眼看他過幾年就能幫助我們，也令我們捨不得，天主在四人之中取走幼女，雖然捨不得，但她是回天家享樂，也減輕了我們的經濟負擔，太太聽了言之有理，就同心感謝天主。