

Theme Sharing

Third Sunday of Lent

Need of Repentance

The themes of today's scripture readings are on God's mercy and compassion with particular emphasis on the need of repentance on our part.

The first reading shows God's compassion on his people suffering from oppression in Egypt and also his readiness to deliver them out of Egypt to a land of milk and honey. In the second reading, Paul warns us about the possible effects of our sinfulness by quoting from *the Book of Exodus* the story of many Israelites perishing in the desert and unable to enter into the Promised Land. In the gospel, Jesus stresses on the need of repentance. Indeed, God's mercy cannot find its way to us if we shut him out and refuse to admit our sinfulness and to turn away from sin. Although God is always faithful in his promise of mercy and compassion, we still have to respond to his love by true repentance of our sins and omissions.

The stories from *Exodus* perhaps have been specially written for us so to remind us how we can live a true Christian life. In the words of Paul, they serve as stern warnings to us: "*These things occurred as examples for us, so that we might not desire evil as they (the Israelites) did.*"

Jesus makes it very clear in the gospel that we must mend our way of life. Some people come to Jesus and tell him how some Galileans have been brutally killed by Pilate, believing that the punishment is meted out by God. Jesus then refers to another incident in which 18 people have been crushed to death by the collapsing Siloam Tower. He says to them: "*Do you think that these Galileans suffered in this way because they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did!*" Jesus emphasizes that repentance is necessary for the sake of love and mercy. We are doomed if we fail to take stock of our sins and iniquities and convert our sinful attitudes.

Today's gospel ends with the parable of the fig tree, affirming God's mercy while posting a warning. God is patient with us and, although we have time and again sinned against him, he waits for us to repent. Our lives have failed to bear fruit, but God still

gives us the chance to change and be productive again. In the parable, the vineyard owner intends to put down the barren fig tree. However the gardener pleads with his master not to cut the tree down but to give it another year to bear fruit. This is a serious warning that the time for us to repent and turn over a new leaf is not indefinite and may well run out anytime. In fact, we may not live another day and may not have another chance to repent.

Relying on God's mercy does not mean that we sin to our heart's content and then sit back for God's forgiveness. No! We must be truly sorrowful for our sins and omissions, and return his love with our filial love for him. The Church reminds us, through select passages from both the Old and New Testaments, that Lent is a time for repentance. Some of us may feel that we are law-abiding Catholics and that the warnings in the scriptures are only intended for sinners. We must guard ourselves against such self-righteousness, since this is extremely dangerous and deadly to our spiritual lives. Each one of us should feel the need for conversion. In this Season of Lent, God invites us to examine our attitudes and change for the better. This may have to do with our prayer life, our work and our ways of doing things or our personal relationship with those we come into contact with in our daily lives.

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 Benedict XVI's Lenten

Message

2. Charity as life in faith

The entire Christian life is a response to God's love. The first response is precisely faith as the acceptance, filled with wonder and gratitude, of the unprecedented divine initiative that precedes us and summons us. And the "yes" of faith marks the beginning of a radiant story of friendship with the Lord,

which fills and gives full meaning to our whole life. But it is not enough for God that we simply accept his gratuitous love. Not only does he love us, but he wants to draw us to himself, to transform us in such a profound way as to bring us to say with Saint Paul: "it is no longer I who live, but Christ who lives in me" (cf. Gal 2:20).

When we make room for the love of God, then we become like him, sharing in his own charity. If we open ourselves to his love, we allow him to live in us and to bring us to love with him, in him and like him; only then does our faith become truly "active through love" (Gal 5:6); only then does he abide in us (cf. 1 Jn 4:12).

Faith is knowing the truth and adhering to it (cf. 1 Tim 2:4); charity is "walking" in the truth (cf. Eph 4:15). Through faith we enter into friendship with the Lord, through charity this friendship is lived and cultivated (cf. Jn 15:14ff). Faith causes us to embrace the commandment of our Lord and Master; charity gives us the happiness of putting it into practice (cf. Jn 13:13-17). In faith we are begotten as children of God (cf. Jn 1:12ff); charity causes us to persevere concretely in our divine sonship, bearing the fruit of the Holy Spirit (cf. Gal 5:22). Faith enables us to recognize the gifts that the good and generous God has entrusted to us; charity makes them fruitful (cf. Mt 25:14-30).

To Be Continued

Calgary Diocese

**Come, sit in this chair—
come to the waters.**

"What did I do to deserve this?" When misery befalls us it is human nature to look for a cause and wonder if the suffering is a punishment for sinful behaviour. However, we also often find ourselves asking why bad things happen to good people. Jesus explains in today's Gospel that while suffering is not a punishment for sin, all sin eventually results in suffering. It would be false to assume that if you aren't suffering you have no need for repentance. Today's parable of the fig tree reminds us that by our baptism we are called to be fruitful. St. Ambrose taught that the Church offers us two kinds of water: the water of baptism and the tears of penance. God is a patient gardener and knows that conversion of heart takes time but if your life is not bearing fruit, come, sit in this chair—come to the waters.

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 Lent from 7:30 – 8:30pm. Come, sit in this chair—repent.

Action: God is a kind and patient gardener, who desires that we bear fruit. Take steps to name, use, and nurture your gifts and the gifts of others.

Parish Activities

Visit of the Centennial Statue of Mary Immaculate

The Centennial Statue of Mary Immaculate and the Historical Display will be visiting our parish between March 5 and 10. Reception mass will be held at 6:30 pm on Tuesday the 5th. All parishioners are encouraged to come and pray for the universal Church and our diocese. To facilitate the adoration of the statue, our church will be open at the following times:

March 6 - 9 from 8:30 am to 9:30 am

March 6 from 7:30 pm to 8:30 pm

Rosary will also be recited before every Sunday mass on March 9 and 10.

The Sacrament of Reconciliation –

will be available at parishes throughout the Diocese of Calgary all the Wednesdays of Lent

March 6, 13, 20, 27 from 7:30 pm–8:30pm.

Our Parish will cancel the Lent Penitential Service.

Lenten Retreat

Lenten Retreat in English by Father Ayodele Ayeni c.s.sp. (Pastor of Edmonton Mary Help of Christians Chinese Catholic Parish)

Topic: "Dying to sin in Lent, and Rising to new life at Easter"

Date: Friday March 8th, 2013 –

Youth and Young Adult

Time: 7:00pm ~10:00pm

Place: OLPH Upper Hall

Date: Saturday March 9th, 2013 –

All Parishioners and family & friends

Time: 10am to 4:30pm

Place: OLPH Upper Hall/Church

Together in Action 2013

Theme: "...You will be my witnesses.."

Acts 1:8

The 2013 Diocesan's Appeal campaign, "Together in Action", has

commenced. This year's Diocesan's target is set at \$2,000,000 while our parish's portion is \$25,428.89. Our parish's final target is \$50,000. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes are being distributed with your 2012 donation tax receipts.

Let's take action now!

Weekly Activities

Wed, Fri 6, 8

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wednesday 6

The Sacrament of Reconciliation

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

Place: OLPH Church

Friday 8

Youth and Young Adult Lenten Retreat

Time: 7:00pm ~10:00pm

Place: OLPH Upper Hall

Saturday 9

Lenten Retreat

Time: 10am to 4:30pm

Place: OLPH Upper Hall/Church

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room

Faith Sharing Group (N.E)

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

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

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

Place: OLPH Church Lower Hall

Yoga beginner class

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

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m.

Place: OLPH Upper Hall

Faith Sharing Group (N.W.)

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

Contact: Wendy Tai 403-208-2268

Sunday 10

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: Office Building

Youth Group

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

Place: OLPH Church Upper Hall

Imitating Christ

Chapter 23: Thoughts On Death

VERY soon your life here will end; consider, then, what may be in store for you elsewhere. Today we live; tomorrow we die and are quickly forgotten. Oh, the dullness and hardness of a heart which looks only to the present instead of preparing for that which is to come!

To Be Continued

Faith Sharing Stories

A Basket of Water

An old man lived on a farm in the mountains of eastern Kentucky with his young grandson. Each morning Grandpa was up early sitting at the kitchen table reading his Bible.

His grandson wanted to be just like him and tried to imitate him in every way he could.

One day the grandson asked, "Baba, I try to read the Bible just like you but I don't understand it, and what I do understand I forget as soon as I close the book. What good does reading the Bible do?"

The Grandfather quietly turned from putting coal in the stove and replied, "Take this coal basket down to the river and bring me back a basket of water." The boy did as he was told, but all the water leaked out before he got back to the house. The grandfather laughed and said, "You'll have to move a little faster next time," and sent him back to the river with the basket to try again.

This time the boy ran faster, but again the basket was empty before he returned home. Out of breath, he told his grandfather that it was impossible to carry water in a basket, and he went to get a bucket instead.

The old man said, "I don't want a bucket of water; I want a basket of water. You're just not trying hard enough," and he went out of the door to watch the boy try again.

At this point, the boy knew it was impossible, but he wanted to show his grandfather that even if he ran as fast as he could, the water would leak out before he got back to the house. The boy again dipped the basket into river and ran hard, but when he reached his grandfather the basket was again empty.

Out of breath, he said, "See Baba, it's

useless!"
 "So you think it is useless?" The old man said, "Look at the basket."
 The boy looked at the basket and for the first time realized that the basket was different. It had been transformed from a dirty old coal basket and was now clean, inside and out.
 "Son, that's what happens when you read the Bible. You might not understand or remember everything, but when you read it, you will be changed, inside and out. That is the work of God in our lives."

Read More Know More

Reflections at the Beginning of Lent

2. Why six weeks?

- Six weeks is about 40 days
- And Jesus spent 40 days in the desert, preparing for his work and mission.

3. How are we to prepare for Easter?

- The Gospel suggests three areas: prayer, fasting and giving alms.
- These practices are common to all Major religions: Judaism, Hinduism, Buddhism, Islam and Christianity.
- In practice, how are we to do these things?
 Each one of us needs to make our own choice.

Prayer can include:

- (a) Taking part in a Eucharist every morning
- (b) Setting aside a short period for meditation or reflection
- (c) Do some Bible reading or study
- (d) If an Internet surfer, visit a prayer

Fasting can involve:

- (a) Traditionally people have given up some nice thing they like but don't really need like sweets, chocolate, dessert
- (b) Many can cut down on alcohol or Nicotine or any other addictive substance, perhaps as part of a permanent giving up. It can help to motivate if we remember these things are not very good for us anyway.

Alms-giving:

- Can be linked to fasting
- Money saved from giving up Superfluities may be redirected to helping those who do not have necessities for life.

In general, Lent is a time:

- to become more aware of what life is about,
 - becoming more aware of how I want to use my life, my gifts, my education,
 - becoming more aware of the needs of others and to realise that real fulfillment comes in making my contribution to building a more just society for all.
- Let us use this Lenten time in a really constructive way. Fr. Frank Doyle, SJ

主日分享

四旬期第三主日

悔改的必要

今天的禮儀跟我們談天主的仁慈與我們的悔改，特別再三地講到這第二個主題。

第一篇讀經表示天主的仁慈，因祂憐憫祂在埃及受壓迫的子民。第二篇讀經提出出谷紀的幾個故事，為我們那是警誡。在福音裏耶穌堅持必須悔改。的確，天主的仁慈不能施展出來，如果我們向它封閉，如果沒有悔改。可是基本要素常是天主的寬仁與慈悲。因此悔改成爲一個堅固的希望的基础。

“現在——保祿解說——這些事都是我們的鑒戒，爲叫我們不貪戀惡事，就如他們貪戀過一樣”我們基督徒應該留意這些故事，這些警誡爲我們的生命非常有用。事實上，所有這些事正是爲我們寫的，爲了光照我們基督徒的聖召生活。

在福音中耶穌更加堅持悔改的必須性。史羅亞塔倒塌，壓死十八個人。人們把這些事看成神對那些受害者的一個懲罰，耶穌斥責這種態度是幻想。“你們以爲這些加里肋亞人，比其他所有的加里肋亞人更有罪，才遭此禍害嗎？不是的。我告訴你們：如果你們不悔改，你們都要同樣喪亡。”耶穌強調悔改的必需是爲了愛，爲了憐憫：因爲如不悔改，就會沉淪。本篇福音的結尾又談到仁慈的前景。耶穌講了一個種植在葡萄園中的無花果樹的比喻。

這裏展示出調整的仁慈，祂讓人有時間悔改。儘管我們生命不結果子，天主有耐心，祂還給我們一個改變和進步的機會，

此外，這裏也展示出悔改的緊急性。園丁對主人說：“主人，再容它這一年罷！”悔改的機會不是無限期的。所以需要立刻接受悔改；否則可能會永遠失去。

我們可以依賴天主的仁慈，其意義不在原諒我們靈性的懶惰，而在增長我們對天主以兒女孝愛之情回應天主如此仁慈的憂慮。

總之，整個總結在此意義上：天主滿懷仁慈，我們應該以誠心努力悔改來回報。

我們在四旬期內，這是教會叫我們悔改的一個時期，不斷以舊約和新約聖經中的話呼籲悔改。我們可能傾向於認爲這些呼籲不是爲了我們，只對罪人有用。這是危險的態度。我們每個人都必須覺得受到悔改的召喚。在四旬期內我們每人都受到天主的邀請去改正他的生活形式中的某些事情，修正一些他祈禱、行動、和工作的方式，以及跟他人的生活關係。

(節錄自梵蒂岡電台)

信德年 打開信德之門

本堂爲教友實行再慕道的金句：

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

2013 年教宗四旬期文告：

相信仁愛便激發愛德

二、愛德是在信德內的生活

基督信徒的整個生命就是在回應天主的愛。第一個響應是滿懷贊嘆及感恩之心接受信仰——天主史無前例地先主動召喚我們。對信仰的正面「響應」標明了我們與上主光芒四射的友誼故事開始，這友誼充滿了我們的人生，也使我們整個人生意義得以圓滿。但天主不因我們接受祂不求回報的愛就滿足。祂不但愛我們，還要吸引我們歸向祂，如此徹底地改變我們，使我們能跟聖保祿一起說：「我生活已不是我生活，而是基督在我內生活。」(參 迦二 20)

當我們爲天主的愛騰出空間，我們就會相似祂，作爲分享祂仁愛的人。向祂的愛自我開放，就是讓祂住在我們內，使我們同祂一起去愛，在祂內和像祂一樣；祇有這樣，我們的信仰才

真正成為「以愛德行事」(迦五 6); 祇有這樣, 祂才居住在我們內。(參若壹四 12)

信德就是認識真理及投向真理(參弟前二 4); 愛德是在真理中「行走」(參弗四 15)。我們借著信德與上主為友; 這友誼借著愛德能生存茁長(參若十五 14)。信德使我們欣然接受吾主上主的誠命; 愛德賦予我們實行這誠命的福樂(參若十三 13-17)。在信德中, 我們成為天主的子女(參若一 12 以下); 愛德使我們具體地保持我們「天主兒女」的身份, 堅定不移, 結出聖神的果實(參迦五 22)。信德使我們認清仁慈慷慨的天主所交托給我們的恩賜; 愛德則使這恩賜結出豐盛的果實。(參瑪廿五 14-30) 待續

堂區活動

百年慶典無玷聖母像到訪堂區

百年慶典無玷聖母像及教區歷史展覽將於三月五日至十日到訪本堂區, 歡迎彌撒將於五日(星期二)晚上六時三十分舉行。誠意邀請各位教友參加, 為普世教會及卡城教區祈禱。聖堂並將於下列時間開放, 方便教友向聖母像敬禮。

日期及時間: 六、七、八、九日
上午八時三十分至九時三十分
六日下午七時三十分至八時三十分
另於九及十日每主日彌撒前二十分鐘, 將誦唸玫瑰經。

四旬期英語退省

四旬期英語退省由愛民頓瑪利亞進教之祐主任師鐸艾朗日神父主講
講題:「今夕寧死不犯罪, 他朝復活得永生。」

日期: 三月八日星期五 -

青年及大專團

時間: 晚上七時至十時

地點: 永援聖母堂上禮堂

日期: 三月九日星期六 -

所有堂區教友及親友

時間: 早上十時至

下午四時三十分

地點: 永援聖母堂上禮堂/教堂

四旬期悔罪禮

卡加利教區內所有教堂在四旬期內逢星期三(3月6、13、20、27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!

本堂四旬期集體悔罪禮將取消

2013 教區公益金, 齊來獻愛心

主題:「...為我作證人...」

(宗徒大事錄第一章八節)

2013 年教區公益金「讓我們一起來行動」(TIA), 籌募經已展開。今年教區的目標為\$2,000,000, 而我們堂區的配額是\$25,428.89。本堂今年的目標是\$50,000。懇請各位教友繼續支持, 合力幫助本土社區及國外成千上萬的勞苦大眾。捐款信封現正聯同 2012 年奉獻退稅收條一起分發。請立即行動!

活動一週

星期三、五 6, 8

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 6

四旬期悔罪禮

時間: 下午7時30分至8時30分

地點: 永援聖母堂

星期五 8

青年及大專團四旬期英語退省

時間: 晚上7時至10時

地點: 永援聖母堂上禮堂

星期六 9

四旬期英語退省

時間: 上午10時至下午4時30分

地點: 永援聖母堂上禮堂/教堂

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

東北區信仰小團體聚會

時間: 早上10時30分至12時

聯絡: 施修女 403-230-3801

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

瑜珈初班

時間: 下午2時至下午3時30分

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: 永援聖母堂下禮堂

信仰小團體(西北區)

時間: 晚上7時30分至10時

聯絡: Wendy Tai 403-208-2268

星期日 10

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

青年會

時間: 上午11時至下午12時30分

地點: 永援聖母堂上禮堂

師主篇

第二十三章、默想死亡

死亡的時刻來得很快, 你該省察你的良心怎麼樣。今天你還是人, 明天也許就不在人世了(加上: 貳、六三)。趕你遠離了人的眼目, 人也就想不起你來了。哎! 人心糊塗頑固, 只顧眼前, 不管將來。 待續

心靈小品

懺悔

「浪子回頭金不換」, 言傳幾許「失而復得」幸福的故事。

懺悔的行動都是感人的。心境並不灰暗, 反而積極、樂觀、喜悅和解脫。當你說你錯了, 那是光明的一刻。你見到自己不對, 那是最寶貴不過的, 為你帶來最強有力的一股力量, 去革新自己。

試想, 即使和你最要好的朋友相處, 也不容易見到他們直言不諱, 道出你

的缺點。表白的一方不難，接受的一方總是不易。甚至自己能說出：請隨意批評、指點的話，也不一定見得度量就大。人家說個真實以後，自己或許能打個圓場；究竟尚耿耿於懷，或以別人對自己的看法有偏差，或因一己之缺陷不快，大不乏人。

一個信徒在懺悔禮儀中，心如止水，不慌不忙，不偏不倚，不浮誇，不真實，把自己心靈的光暗面，描繪得「濃淡總相宜」，輪廓既清晰，層次又分明，成而不驕，敗而不餒，整個人不知不覺存在聖三的氛圍，悲歡交集。既有自知之明又能懺悔的人可有福了！「求你寬恕我們的罪過」，這是扣心弦的經句。

靈修小故事

天機不可洩

話說太初衆天神造天地萬物時，把人造得和自己一樣，人也有很了不起的本性和能力。可是，不知怎樣很快就後悔起來，但是已來不及改了。

衆天神遂討論如何把有神性的靈魂藏起來：有建議把它藏在世界的最高的山上，也有建議藏在世界最陰暗的山洞裡……但是都覺得不安全，因為人很聰明，不甘心失去自己的靈魂，會用盡辦法把它找回來，冒險犯難在所不惜。

當大家在七嘴八舌，莫衷一是的時候，年紀最大，經驗最豐富的神說話了：「諸位弟兄，我們不必如此煩惱，把腦袋想破。其實最容易找的地方，就是最安全的地方：我們把人的靈魂藏在他自己的心底裡。」

於是從那時開始，人表面上生活像一般的動物一樣，但卻上天下海，翻山越嶺地到處找自己的靈魂。

基督徒也傳頌著一個相仿的故事，而且也是教會年復一年每主日慶祝的「奧跡」，裡面的角色類似，但情節卻是反過來的。在基督徒的故事裡，是人自己迷失了；反而是造他的主宰大發慈悲，來到人間，親身教導人如何找回自己的靈魂：重新回到祂的恩寵和生命中。

天主竟這樣愛了世界，甚至賜下了自己的獨生子……因為天主沒有派遣子

到世界上來審判世界，而是為叫世界藉著祂而獲救。」(若 3: 11.13.16)

知多一點點

四旬期伊始的反思

- (2) 四旬期為期六個多星期，原因何在？
- 顧名思義，四旬期為期整整四十天；
 - 聖經記載，耶穌在公開傳教生活前，在曠野度過四十天，為祂的傳教工作和使命作好準備。
- (3) 我們應如何在四旬期準備迎接復活節？
- 聖經提示，三種通常的做法是祈禱，齋戒和做愛德工作；
 - 所有主流宗教例如猶太教，印度教，佛教，回教及基督教都認同這樣做法；
 - 我們實際上應如何在四旬期內，做好上述工作？- 無標準答案；每人要自行選擇適當的做法。

祈禱可包括：

- 每天參與彌撒及領聖體；
- 每天騰出一段短時間作默想或反思；
- 閱讀聖經；
- 電腦上網人士，可覽閱各天主教的祈禱網頁，
- 除一般守齋及節食外，可放棄喜愛但不必要的事物，例如小吃，甜品，看電影，電視肥皂劇等；
- 嘗試戒酒，戒煙，電腦遊戲等等，可令人沉迷的生活方式，藉此鼓勵我們對於這些不良習慣，放棄也罷！

做愛德工作：

- 在四旬期守齋戒之餘，亦可兼做愛德工作；
 - 捨棄喜愛的事物而節省的時間，金錢，可幫助或接濟其他有需要的人
- 總括來說，四旬期是一個十分適當的時期讓我們：

- 反省人生的真正意義；
- 反省我們應如何善度一生，善用我們的恩寵，學識去幫助別人；
- 了解他人的需要，盡自己所能，協助建設一個公義，和平的社會。

讓我們好好地利用這個四旬期，愛主愛人。