

The loveliest masterpiece of the heart of God is the heart of a mother – St. Therese of Lisieux

母親祝福語

在此母親節，請為天下的母親祈禱。
求主賞賜她們聖神的聰敏，力量和喜樂。
願天上的母皇祝福我們的家庭！

Mother's Day Blessings

O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant all the mothers in the same Spirit to be truly wise, and ever to rejoice in their consolation. Through Christ our Lord. Amen.
May our Heavenly Mother bless our family!

Theme Sharing

Ascension of the Lord

Today is the 7th Sunday in the Easter Season; and we will celebrate the ascension of the Lord pursuant to the Liturgical Calendar Guidelines so that more faithful are able to participate in the celebration of this solemn feast.

The gospel and the first reading both give an account of Jesus being taken up to heaven. Luke, the common writer of today's gospel and the Acts of the Apostles, describes the Ascension as the end of Jesus' human life on earth and the start of apostolic work by his disciples. Both readings touch on the evangelistic mission Jesus entrusted to his apostles, not only to Jerusalem, Judea and Samaria but to the ends of the earth.

The first reading gives a vivid description of Jesus being lifted up through a cloud into heaven, and corroborated by two angels who appeared in white robes. Responsorial Psalm truly reflects the joyous mood of Christians on this feast day:

"Clap your hands, all you peoples; shout to God with loud songs of joy. For the Lord, the Most High, is awesome, the great king over all the earth. God has gone up amid shouts of joy; the Lord amid trumpet blasts. Sing praises to God, sing praises. For God is king of all the earth; sing hymns of praise. God is king over the nations; God sits upon his holy throne." (Ps. 47)

The second reading, from the letter to the Hebrews, asserts the supremacy of the High Priesthood in Jesus as evident by his ascension into heaven. In the Old Testament,

the high priest has to re-enter the Holy of Holies, a man-made sanctuary, each year to offer sacrifice with blood "not his own." However, Jesus the Eternal High Priest offers his own blood as sacrifice, once and for all, to take away our sins and the sins of all. He enters into the heavenly sanctuary, which is not built by men. The writer of Hebrews exhort us to cleanse the wickedness in our hearts, stay away from sins and put our trust in God. Jesus, as High Priest of God's family, will intercede in heaven for us; and we can rest assured that all our needs will be met.

"Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven to appear in the presence of God on our behalf. There was also no need for Christ to offer himself again and again, unlike the high priest who has to enter the Holy Place year after year with blood that is not his own; or else Christ would have to suffer over and over again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. Just as men die once, and after that comes the judgement, so Christ, too, offering himself only once to bear the sins of many, will appear a second time, not to deal with sin, but to reward with salvation those who are eagerly waiting for him." (Hebrews 9:24-28)

Having received the Body of Christ at today's mass, let us pray with confidence that we can follow Christ into heaven:

"Almighty and ever-living God, we are thankful to have shared in the divine gift of Eucharist you give to the world. Christ has embraced our human nature and has ascended into heaven, now sitting at your right hand. Help us to follow Christ with love and reach the same heavenly abode one day. We ask this through Christ our Lord. Amen."

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

47th World Communications Day

Theme: "Social Networks: portals of truth and faith; new spaces for evangelization." May 12, 2013

In social networks, believers show their authenticity by sharing the profound source of their hope and joy: faith in the merciful and loving God revealed in Christ Jesus. This sharing consists not only in the explicit expression of their faith, but also in their witness, in the way in which they communicate "choices, preferences and judgements that are fully consistent with the Gospel, even when it is not spoken of specifically". A particularly significant way of offering such witness will be through a willingness to give oneself to others by patiently and respectfully engaging their questions and their doubts as they advance in their search for the truth and the meaning of human existence. The growing dialogue in social networks about faith and belief confirms the importance and relevance of religion in public debate and in the life of society.

For those who have accepted the gift of faith with an open heart, the most radical response to mankind's questions about love, truth and the meaning of life – questions certainly not absent from social networks – are found in the person of Jesus Christ. It is natural for those who have faith to desire to share it, respectfully and tactfully, with those they meet in the digital forum. Ultimately, however, if our efforts to share the Gospel bring forth good fruit, it is always because of the power of the word of God itself to touch hearts, prior to any of our own efforts. Trust in the power of God's work must always be greater than any confidence we place in human means. In the digital environment, too, where it is easy for heated and divisive voices to be raised and where sensationalism can at times prevail, we are called to attentive discernment. Let us recall in this regard that Elijah recognized the voice of God not in the great and strong wind, not in the earthquake or the fire, but in "a still, small voice" (1 Kg 19:11-12). We need to trust in the fact that the basic human desire to love and to be loved, and to find meaning and truth – a desire which God himself has placed in the heart of every man and woman – keeps our contemporaries ever open to what Blessed Cardinal Newman

called the "kindly light" of faith. Social networks, as well as being a means of evangelization, can also be a factor in human development. As an example, in some geographical and cultural contexts where Christians feel isolated, social networks can reinforce their sense of real unity with the worldwide community of believers. The networks facilitate the sharing of spiritual and liturgical resources, helping people to pray with a greater sense of closeness to those who share the same faith. An authentic and interactive engagement with the questions and the doubts of those who are distant from the faith should make us feel the need to nourish, by prayer and reflection, our faith in the presence of God as well as our practical charity: "If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal" (1 Cor 13:1). I pray that God's Spirit will accompany you and enlighten you always, and I cordially impart my blessing to all of you, that you may be true heralds and witnesses of the Gospel. "Go into all the world and preach the Gospel to the whole creation" (Mk 16:15).

Details at www.vatican.va

Calgary Diocese

The National Week for Life and Family, May 12 – 19, 2013 Theme-The Family: Facing life's challenges together with Christ

COLF (Catholic Organization for Life and Family) is contacting you today regarding two important questions: the first National Week for Life and the Family, and euthanasia.

COLF has launched its message, titled "Celebrate Life! Celebrate Family!", on the occasion of the first National Week for Life and the Family, <http://www.colf.ca> COLF has launched a short "End of Life Vocabulary" which completes its other publications on euthanasia and assisted suicide.

Office of Liturgy

Newman Theological College is pleased to announce the expansion of its online Certificate in Catholic Studies. We offer a comprehensive selection of courses on various aspects of the Catholic faith, open to students of all backgrounds and education

levels. All courses are offered online, so you can study from the comfort of home and work around your personal schedule. Each course runs five weeks and costs just \$70. Take an individual course for interest, or work toward one of six specialized Certificates in Catholic Studies that will help you in church ministry. Registration Visit www.newman.edu for details.

Parish Activities

Youth Retreat

Youth Group annual retreat will be on Saturday and Sunday, June 1-2 at Kamp Kiwanis Centre. The cost will be \$20 per youth and deadline of registration is on Sunday May 19. All Youths are welcome. If you require additional information, please contact Abigail Wong or Winnie Yue.

Week day Mass Cancelled

Since Fr. Joseph will attend Clergy Retreat from May 20 to 24, the following Mass will be cancelled:

9:00 a.m. Mass from May 21 (Tue) to

May 24 (Fri)

7:00 p.m. Tuesday Mass on May 21

Readers, Altar Servers and Eucharistic Minister Need

8:30 am English Mass is looking for somebody who are interested in serving as Readers, Altar Servers and Eucharistic Ministers. If you are interested, please contact Mila at 403-293-7402 or Parish Office for details.

Together in Action 2013

Theme: "You will be my witnesses"
Our parish's final target is \$50,000. As of May 7, our campaign has received a total of \$12,335. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Donation envelopes can be picked up from both the front and the side entrances.

Let's take action now to respond to Christ's love and sacrifice for the salvation of mankind.

Weekly Activities

Mon, Wed, Fri May 13, 15, 17

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday May 18

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9:45a.m.

Place: K of C Room

Wing Kei Care Centre (Mass)

Time: 11:00 a.m.-12.00 noon

Place: 1212 Centre Street, NE.

Yoga beginner class

Time: 2:00 p.m. - 3:15p.m.

Place: OLPH Church Lower Hall

Young Adults choir practice

Time: 6:00 p.m-8:00p.m.

Place: OLPH Upper Hall

Imitating Christ

Chapter 23: Thoughts On Death

You must, therefore, take care and repent of your sins now so that on the day of judgment you may rest secure with the blessed. For on that day the just will stand firm against those who tortured and oppressed them, and he who now submits humbly to the judgment of men will arise to pass judgment upon them. The poor and humble will have great confidence, while the proud will be struck with fear. He who learned to be a fool in this world and to be scorned for Christ will then appear to have been wise.

To Be Continued

Let There Be Light

Happy Mother's Day

A Mother's love has a sensitive touch and she is someone you should always love very much.

A Mother's love is like a diamond so precious even when everything goes away and should always be cherished without a blemish.

A mother is so special and nice she guides us in our everyday life and tries to keep us on the straight and narrow path, teaching us not to be shallow

A mother's love goes very deep and she comforts and rocks you to help you to sleep.

A mother's energy knows no bounds and she has lots of love to go around

So tell your Mum on this her special day how much you love and cherish her and never want her to go away. HAPPY MOTHER'S DAY FOR ALL MOTHERS EVERYWHERE! ON THIS YOUR SPECIAL DAY!!!!

Faith Sharing Stories

The Mum Test

I was out walking with my 4-year-old daughter. She picked up something off of the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that. 'Why?' my daughter asked. 'Because it's been on the ground; you don't know where it's been, it's dirty, And probably has germs,' I replied. At this point, my daughter looked at me with total admiration and asked, 'Mum, how do you know all this stuff? You are so smart.' I was thinking quickly and replied, 'All mums know this stuff. It's on the Mum Test. You have to know it, or they don't let you be a Mum.' We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information. 'Oh...I get it!' she beamed, 'So if you don't pass the test you have to be the dad.' 'Exactly,' I replied with a big smile on my face.

Read More Know More

Holy Spirit

Who is the Holy Spirit?

The Holy Spirit is God and the third Person of the Blessed Trinity.

(a) The Holy Spirit is also called the Holy Ghost, the Paraclete, the Advocate, the Spirit of Truth, the Spirit of God, and the Spirit of Love.

From whom does the Holy Spirit proceed? The Holy Spirit proceeds from the Father and the Son.

(a) The Holy Spirit does not proceed from the Father and the Son by spiritual generation. Only the Son proceeds from the Father by generation. This is one of the mysterious truths that we know only from revelation.

Is the Holy Spirit equal to the Father and the Son?

The Holy Spirit is equal to the Father and the Son, because He is God.

(a) Because of the oneness of nature in the Blessed Trinity, the Father is entirely in the Son and in the Holy Spirit; the Son is entirely in the Father and in the Holy Spirit; and the Holy Spirit is entirely in the Father and in the Son. No one of the three divine Persons is outside the other, for none precedes the other in eternity, nor surpasses the other in power, nor exceeds the other in any way. This indwelling of one divine Person in the others is called circumincession.

What does the Holy Spirit do for the salvation of mankind?

The Holy Spirit dwells in the Church as the source of its life and sanctifies souls through the gift of grace.

(a) Although the sanctification of mankind, like all other outward works of God, is performed by all three Persons of the Blessed Trinity, it is attributed to the Holy Spirit, the third Person. The sanctification of mankind is attributed to the Holy Spirit because He is the love of the Father and the Son and because the sanctification of man by grace shows forth God's boundless love.

by Rev. William G. Most

主日分享

耶穌升天

(復活期第七主日)

按梵二後，1969年《禮儀年曆總則》指示，為方便信友參與，耶穌升天瞻禮可移於復活期第七主日舉行。

福音和讀經一都敘述耶穌的升天，而且都出自聖路加的手筆。聖路加記述耶穌升天，把它說作是耶穌在世生活的結束，同時也是祂的門徒傳教活動的開始。在宗徒大事錄和福音中，他都提及耶穌授給宗徒們傳教的使命，並且強調這使命的普及性。

比較讀經一，宗徒大事錄和福音，前者的記載更形像化。它描述了耶穌怎樣在一朵雲彩的遮掩下被接升天，又談到了兩位穿白衣的天使。答唱詠援引聖詠第47首，恰好唱出今日基督信徒在耶穌升天日所感覺的喜樂心情。萬民，請你們鼓掌，以歡呼的歌聲，頌揚上主，因為上主至高至尊，可敬可畏，是統治大地的偉大君王。在歡呼聲中，天主上升；在號角聲中，上主騰空。請歌頌，歌頌我們的君王。

天主是普世的君王，請詠唱詩歌讚美祂。天主坐在神聖的寶座上，天主治理天下萬國。

本節日彌撒中的讀經二取自致希伯來人書。在這裡，致希伯來人書的作者首先援引耶穌升天，來證明基督大司祭職的超越性。舊約的大司祭每年應帶著不是自己的血進入聖殿，基督的升天，是進入一座非人手所造的聖殿，祂一次而為永遠以自己作犧牲，消滅了罪過，免除了所有人的罪過。然後，書信的作者便勸勉我們清除良心邪惡，一心依賴天主，基督是天主家庭的偉大司祭，有祂在天上，在天主面前為我們說情，我們的盼望決不落空。

致希伯來人書說：基督所進入的，並不是一座人手所造的聖所。人手所造的聖所，只不過是真聖所的影像。耶穌是進入了上天，為我們親自來到天主台前。大司祭年復一年地帶著不屬於自己的血進入至聖所，基督卻無須一次又一次地奉獻自己，否則創世以來，祂就得多次受難了。事實上，基督是在如今、時代的末期方才出現，祂一次祭獻了自己，就竟全功，一勞永逸地除除了罪惡。人只死一次，死後就受審判；同樣，基督也是奉獻自己一次，就除除了眾人的罪惡。祂將再次出現，但再與罪惡無關，而是為給等待祂的人帶來救恩。

因此，我們滿懷信心，以今天的領聖體後經祈禱說：全能永生的天主，感謝你恩賜我們在現世分享你神聖的生命；基督已經帶著我們的人性升天，坐在父的右邊，求你也激發我們熱切地追隨基督，來日到達同一的居所。因主耶穌基督之名，求你俯聽我們的祈禱。阿們。 節錄自梵蒂岡電台

信德年

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

2013年國際生命和家庭週

5月12日 - 19日 - 主題：家庭 - 面對生活的挑戰與基督一起。

我們這個天主的家庭通過關愛和分享，並透過共同鼓勵和成長，將天主的愛帶給每一個人。

47 屆世界傳播日 5 月 12 日 主題：「社群網站：真理與信德的門戶——福傳新空間」

在社群網站中，信徒們分享他們希望與喜樂的深切泉源——信賴那在耶穌身上自我啟示慈悲和愛人的天主，以展示自己的真實。信徒們的分享，不只藉著明確地表達自己的信仰，也藉著他們所做的見證；他們與他人交流的方式，「如此人可以傳達與福音完全一致的選擇，喜好和判斷，即使沒有特別的說出來。有一種特別顯著的見證方式，就是甘心情願為別人付出自我，耐心並尊敬地回覆他人在尋求真理與人生意義時所遇到的問題與疑惑。在社群網站中，有關信仰和宗教發展的那些交談，確定了宗教在公開辯論和社會生活上的重要性及關連性。

為那些敞開心門去接受信德之恩的人，一些關於愛、真理與人生意義的問題——這些問題在社群網站中並不罕見，最明確徹底的答覆都在基督身上找到。而有信仰的人會自然地渴望以尊重和婉轉的方式與數位世界裡相遇的人分享。然而，如果我們分享福音的努力終於有了成果，那都是由於天主聖言本身的能力，在我們努力之前就已觸動了對方的心。我們對天主工作大能的信賴要超過對人為方法的信賴。在數位世界裡，激昂分裂的聲音極易升高，令人激動的做法偶而也會占優勢，所以我們在那裡也是一樣，需要加以注意辨明。在這方面，讓我們記憶一下先知厄里亞，他認出天主的聲音不在暴風裡，不在地震中，也不在烈火裡，而在「輕微細弱的風聲中」(列上十九 11-12)。人性的基本渴求是愛與被愛，並要找到真理與生命的意義——這是天主親自放在每個男人和女人心中的願望，我們必須因這事實擁有信心，也就是這事實讓我們同時代的人向真福紐曼樞機所稱的信仰的「微光」總是保持開放。社群網站，除了作為福傳的工具，也可以是人類發展的一個要素。比方說，某些地方的基督徒，因地理或文

化背景被隔絕了，那麼，社群網站就能增強他們確實與全世界信徒團體真正合一的意識。網路促進靈修與禮儀資源的共享，使信眾能與信仰相同的人們一起祈禱，且感覺更親近。在確實地並以互動的方式參與那些遠離信仰的人的問題與疑惑時，我們會切身感受到，必須在天主前以祈禱與反省來滋養自己的信德和具體的愛德：「我若能說人間的語言，和能說天使的語言，但我若沒有愛，我就成了個發聲的鑼，或發響的鈸。」(格前十三 1)我祈求天主聖神時常陪伴你們和光照你們，並誠摯地頒賜你們我的降福，好使你們成為福音真正的傳播者和見證人。「你們往普天下去，向一切受造物宣傳福音。」(谷十六 15)

發自梵蒂岡本篤十六世

堂區活動

青年會避靜

青年會將在 6 月 1 至 2 號於 Kamp Kiwanis Centre 舉行避靜。費用為 \$20，報名期限為 5 月 19 號。現歡迎堂區所有青會參加。詳情請聯絡 Abigail Wong 或 Winnie Yue。

平日彌撒取消

因阮神父在 5 月 20 日至 24 日參與司鐸避靜，以下彌撒將取消：

5 月 21 日(星期二)至 24 日(星期五)之早上九時彌撒

5 月 21 日之晚上七時彌撒

2013 教區公益金，齊來獻愛心

主題：「...為我作證人...」

2013 年教區公益金 (TIA)，籌募經已展開。本堂今年的目標是 \$50,000 元，截至 5 月 7 日，捐款已累積至 \$12,335 元。捐款信封可在聖堂入口處拿取。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。就讓我們立即行動，慷慨解囊，以回應基督捨命救贖人類的大愛。

活動一週

星期一、三、五 5 月 13, 15, 17

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 5 月 18 日

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.

瑜珈初班

時間：下午 2 時至下午 3 時 15 分

地點：永援聖母堂下禮堂

永援聖母青年團練習聖詩

時間：晚上 6 時至晚上 8 時

地點：永援聖母堂上禮堂

師主篇

第二十三章、默想死亡

現在你該專心痛哭罪過，盼望到審判的日子，同聖人們一起心安神樂。到那時，善人要起來責備那難為欺壓他的人；如今受惡人妄斷的，那時必定起來判斷惡人。如今貧窮謙遜的，那時大有依靠；驕傲人都在四處傍徨，戰兢失措。那時要明瞭在今世為耶穌受苦受辱，裝聾裝傻的，真是明智人。
待續

停一停...諗一諗 人的聖召

聖召是...婚姻的聖召

我可能會想：

沒有浪漫，所謂「冇 feel」，就沒有了愛情……

二人世界讓人陶醉，又何須一定要生兒育女……

我可會想：

「天主按自己的肖像造了一男一女，要生育繁殖，充滿大地……二人成為一體」(創 1：28，2：24)……其本意是我們的生命既由愛而來，亦往愛而去……具體即是將自己人生所曾接受的愛，以一生的時間，完全無私地與配偶分享，並由此孕育下一代的生命，為使人類得以在愛內繼續繁衍……

我可以怎樣為愛一個人而獻上自己的一切？我又如何以生命去傳達這份代

代相承的愛情，爲使下一代在我們身上，認識到自己的生命也是天主別出心裁的創造，有著天主的計劃和心思？
待續

心靈小品

母親祝福語

在此母親節，請爲天下的母親祈禱。求主賞賜她們聖神的聰敏，力量和喜樂。

每年五月的第二個星期天是母親節，今年母親節是 5 月 12 號。大家別忘了以各種形式給母親送去祝福哦！

摘一束美麗的鮮花，採一束清晨的陽光。送給你，親愛的媽媽！

也許，在我們這一生中，有許多人、許多事，經歷了轉身便會忘記，但在我們的心靈深處，永遠不會忘記我們的母親，永遠不會因爲歲月的流逝而消滅我們對母親那深深的愛。

得意的時候，母親不一定能在我的身邊和我一起分享成功的喜悅。失意的時候，母親一定能在我的身邊。她的鼓勵及安慰，總能讓我在逆境中找到自我。

看著母親一絲一絲的白髮，一條一條逐日漸深的皺紋，多年含辛茹苦哺育我成人的母親，在這屬於您的節日裡請接受我對您最深切的祝願：

母親節快樂，永遠年輕！

靈修小故事

自信的媽媽

『神恩雖有區別，卻是同一聖神所賜，職分雖有區別，卻是同一主所賜。』
(格前 12：4-5)

劉媽媽是個家庭主婦，她有三個兒子，個個都是博士級的醫生。他們在美國醫療界從事醫療的研究工作。某天當他們在母親家中聚餐完畢後，母親與媳婦們把餐桌清理乾淨，他們便在桌上擺起電腦，拿出一些文件，開始討論起 SARS 疫苗的問題。三個媳婦在廚房清洗碗盤時互相談論說：『他們三個男人談個不休、談得起勁，他們談的竟是我們不能想像或不能懂的事，豈不覺得自己太笨嗎？』劉媽媽在一旁聽了，發現三個媳婦蠻

自卑的，遂講了一段話，這才恢復了她們的自信。

她說：『我起先也覺得自己很笨，可是後來想起去年秋天，他們三個大男人花了整個下午才把家裡的窗簾裝好，我就不再那麼想了。』

反省：

您是不是常覺得自己不如他人，自卑、沒有用呢？

其實每個人都有長處與短處，不要被別人的長處給嚇到了，因爲你本身覺得不起眼的長處在別人眼中會是了不起的本領。

天主絕不會將所有的長處放在一個人身上。

況且人的價值不在於您擁有多少才華，而在於您善用了多少。

知多一點點

『孝敬父母的人，是有福的。』

五月第二個星期日是母親節，六月第三個星期日是父親節，其實在聖經中有很多經節提醒我們孝敬父母，可能很多教友也未必有注意到，今特節錄聖經中一些有關的經節，一方面讓我們聆聽聖經的教導，另一方面也希望藉此加添大家對聖經的興趣。

藐視父親和母親的，是可咒罵的。

(申 27：16)

你應聽你父親的教訓，不要拒絕你母親的指教。(箴 1：8)

父命是盞燈，母教是光明，嚴格的勸告是生命的道路。(箴言 6：23)

愚蠢的人，輕視父親的管教；遵守規勸的，爲人必精明。(箴 15：5)

只有愚昧人，輕視自己的母親。

(箴言 15：20)

苛待父親，迫走母親的，實是卑賤可恥的兒子。(箴 19：26)

凡是辱罵自己父母的人，他的燈必在幽暗中熄滅。(箴 20：20)

對生養你的父親，應當聽從；對你年邁的母親，不可輕視。(箴 23：22)

應使你的父親因你而喜悅，應使你的生母因你而快樂。(箴言 23：25)

孝敬母親的人，就如積蓄珍寶的人。

孝敬父親的人，必在子女身上獲得喜樂。(德訓篇 3：5-6)

敬畏上主的人，必孝敬父母。

(德 3：8a)

你父親年老了，你當扶助；在他有生之日，不要使他憂傷。

(德訓篇 3：14)

若你父親智力衰弱了，你要對他有耐心，不要因你年富力強就藐視他。

(德訓篇 3：15)

你要全心孝敬你的父親，不要忘掉你母親的痛苦。你要記住：沒有他們便沒有你。(德訓篇 7：29-30)

陳德雄神父