

## Theme Sharing

### Healing of the Lepers (28th Sunday in Ordinary Time)

Today's gospel and the first reading speak about the healing of leprosy. In both cases, the miracles happened to Gentiles (non-Jews), who were looked upon in those times as outsiders by the Jews. In Luke's gospel, ten lepers asked Jesus for mercy. Jesus had compassion for them and healed them. However, after they were cleansed, only one of them returned to give thanks to God. In so doing, this man, a Samaritan and considered an "outsider", got healed not only bodily, but also spiritually.

Jesus was born to a Jewish family, and his first disciples were also Jews. He once said, "I was sent to seek the lost sheep of Israel." He had told his disciples not to follow the Gentile way of life, presumably because the Jews were the chosen people and, according to God's plan, salvation would come from the Jews. Nevertheless, this did not suggest that non-Jews would be shut out and condemned for all eternity. It would be difficult to imagine that the Son of God would come to this world only to save part of the human race, with the rest left out in the cold! Quite the contrary, Jesus did mention many times during his public ministry that salvation would come to the Gentiles as well. On one occasion, he delivered this stern warning to his fellow Jews: "there will be wailing and grinding of teeth when you see Abraham, Isaac, Jacob and all the prophets in the Kingdom of God and you yourselves cast out. And people will come from the east and the west, and from the north and the south, and will recline at the table in the Kingdom of God. For behold, some are last who will be first, and some are first who will be last." (Luke 13:28-30)

In biblical times, quite a lot of people in the Middle East region suffered from leprosy. The disease was then regarded as a form of punishment by God. Lepers, considered by the Jewish people as "unclean", were banned from religious worship in the synagogues. They were treated as outcasts by the society, often banished to the wilderness and kept away from the ordinary people. To the Jews, a leper could only be healed by the grace of God nothing short of a miracle.

The first reading, from the Second Book of Kings, details the conversion of Naaman, a

prominent military officer from the neighbouring kingdom of Aram who was suffering from leprosy. During a war with the Israelites, Naaman captured a young Jewish girl and made her a servant to his wife. One day, the girl said to her mistress: "If only my master would present himself to the prophet in Samaria, he would be cured of his leprosy." Naaman took her words and brought sumptuous gifts to the prophet Elisha. He followed Elisha's instructions and dipped himself seven times in River Jordan. Thereupon, his flesh became as clean as a little child. He returned to Elisha, giving thanks and vowing to henceforth abandon all other gods and to worship only the God of Israel.

Today's scripture readings clearly affirm that God's salvation is for all people, showing as well the important relationship between thanksgiving and faith. Our faith, just like the healing of leprosy, is a gift from God. We should always give praise and thanksgiving to God and treasure in our hearts his gift of faith to us.

### Stewardship

Remember Jesus Christ, raised from the dead, a descendant of David—that is my gospel. (2Tim 2.8)

The words and deeds of Jesus are our Good News, just as they formed the gospel for Timothy. As stewards of the gospel we must make it a priority to study, pray, and live the life of Jesus.

### 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

#### Year of Faith Passport by

#### Centennial Committee

Have You Got your Passport? Pick up your Year of Faith Passport from your parish or the Catholic Pastoral Centre, and take time to visit any of the 7 churches, along with special events in the diocese. Have your

passport stamped at any of these churches or events, and then follow the instructions on the inside back cover of your passport. If you have questions please call the Pastoral Centre at 403-218-5500.

Parishioners can pick up the passport at Church entrances.

### Pope Francis's words

We need to model our lives on the life of Jesus, so as to share his sentiments and his thoughts.

### Let There Be Light

#### Thanksgiving

On this beautiful Thanksgiving Day,  
May this time of fellowship be good,  
And may we all remember to pray,  
With thanks - giving for all the food  
And the many blessings of this day.  
And may we be in a thanks - giving mood.  
Thanks - giving for the miracle of birth,  
Thanks - giving for the blessings of life,  
Thanks - giving for the sky, sea and earth,  
Thanks - giving for help in times of strife,  
Thanks - giving for laughter and myrth,  
Thanks - giving for eternal life.

### Diocese of Calgary

#### Mission Council

Abba Kidane Yebio, Bishop of Keren in Eritrea, will be visiting our diocese mid October and is planning to celebrate Mass on Sunday October 13th for the Eritrean Catholics of the Geez Rite (Orientals) at the Assumption of the BVM Ukrainian Church 611 – 7th Ave NE at 4.00 pm. For several years our Diocesan Mission Council has financed projects in the Keren Diocese. All are welcome.

#### Office of Vocation

COME AND SEE WEEKEND: A priestly vocation discernment weekend will take place at St Joseph Major Seminary in Edmonton on the weekend of November 1-3. (It will begin at 7 p.m. Friday evening and end on Sunday at 12 noon). For further information and to register please contact Fr. Gaffney at 403-245-2753 or [mjgaffney@telusplanet.net](mailto:mjgaffney@telusplanet.net)

**HIGH HOPES**, a special concert to raise funds for flood relief in High River. Performers include:

Eswina Ngai & Antonio Rino. Silent Auction, door prizes and light refreshments; Friday, October 25, 2013 at 7:30 pm at Canadian Martyrs Parish. Tickets \$20/advance, \$25/door, available at: Canadian Martyrs Church 403-284-3311, St Luke's Church 403-282-9488, St Stephen Protomartyr Church 403-249-4818 or online. For details: [www.eswina.com](http://www.eswina.com).

## Parish Activities

### Share the Faith Bring Hope World Mission Sunday October 20th, 2013

Next Sunday is World Mission Sunday. Every parish across the world will celebrate World Mission Sunday next week. It is a global sign of the Universal Church and Mission. Your prayers and donations will help support churches, hospitals, schools and vocations in countries where the Church is beginning, where it is new. Please be as generous as possible to the collection for the Propagation of the Faith.

### World Mission Sunday Calendar/Prayer Card...

Useful, inspirational, and consolidating The Missionary Prayer Intention make us one. A gift for shut-ins, those in hospital, nursing homes...

Parishioner can pick up the prayer card at the main and side entrances.

### Donation on World Mission Sunday

There will be a special collection on World Mission Sunday, October 20. Please give generously to support. May God's blessings be with you!

### OLPH Parish Pastoral Council

#### Election of Lay Councilors

OLPH Parish Pastoral Council Election of Lay Councilors will be held on Sunday, November 17, 2013.

Nominations Forms to fill these positions are now available at the Church entrances/or through Parish Groups. Parish groups may nominate their members to stand for election. A parishioner may "self-nominate" or nominate another parishioner as a lay councilor to the Council. Please note that a written Consent from the nominee is required. Deadline for nomination is

November 3, 2013 but the duly completed Nomination/Consent Form must be submitted to the Parish Office under confidential cover by Friday, November 01, 2013 at office hours.

Article 4.2 of the Council's Constitution, which sets out the requirements of council membership (lay councilor), states as follows:

Any member of the parish who satisfies the following requirements is eligible for appointment as a lay councilor. For the effective discharge of the Council's mandate, a parishioner wishing to serve on the Council must be:

- (a) Registered with the parish as a parishioner;
- (b) Over the age of 18;
- (c) Willing to serve on the council at least for a full term of two years;
- (d) Comfortable to work with his or her peers as a team and not be self-seeking;
- (e) Willing to attend, and contribute to, the meetings of the Council and its committees; and
- (f) Willing to attend training sessions, camps or programs intended for his or her spiritual or management development.

A copy of the Council's Constitution and its Bylaws is placed on the Notice Board at the back of the church for general information.

The documents are also available on the parish website. For further enquiries, please call OLPH Parish Secretary (403-265-7926).

### The OLPH Senior Centre 15th Anniversary Banquet

Date: October 18 (Friday) 6:00pm.

Place: Central Grand Restaurant

Price: Ticket price is \$30.00 per person.

All seniors and their relatives are welcome. Tickets are available at the OLPH upper hall on Monday, Wednesday, Friday, 10am-12.00 noon

### "Efficient and Effective use of the Health Care System"

CFF is hosting an information session on "Efficient and Effective use of the Health Care System" being conducted by Deacon Wu in Chinese on Sunday, October 20<sup>th</sup> at 2 PM in the Upper Hall. The session will touch base on topics such as "how to get the help you need and work with your doctor, case studies and the role of Physician, etc". All parishioners are welcome.

### Youth Night October 19, 2013

The first youth night of the year will be held on Saturday October 19 (next Saturday) evening from 6pm -10pm at Upper Hall. Complimentary dinner will start at 6pm and the talk will be at 7pm. Afterwards, we will be going to the Talisman Centre for some fun with basketball, badminton and swimming! All youth and young adults are encouraged to attend this event.

### Together in Action 2013

Theme: "You will be my witnesses"

Our parish's final target is \$50,000. As of September 8, our campaign has received a total of \$ 32,821.25. We plead for your ongoing support. Donation envelopes can be picked up from both the front and the side entrances. Let's take action now!

## Weekly Activities

Wed, Fri 16, 18

### OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed 16

### Perpetual Help Harmony Choir

Time: 7:00p.m.-9:00p.m.

Place: OLPH Church, Upper Hall

Friday 18

### Faith Sharing Group ( Sacred Heart)

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

Contact: Doris Ho 403-271-6884

### The Senior Centre Anniversary Banquet

Date: October 18 ( Friday) 6:00pm.

Place: Central Grand Restaurant

Saturday 19

### 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.

### Tai Chi Lesson

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

Place: OLPH Church Lower Hall

### Yoga beginner class

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

Place: OLPH Church Lower Hall

### Youth Night

Time: 6:00 p.m. - 10:00p.m.

Place: OLPH Church Upper Hall

### Young Adults choir practice

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

Place: OLPH Upper Hall

Sunday 20

#### 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: OLPH Church, Office Building

#### Catholic Family Fellowship

Meeting: 12:30 pm - 2:00 pm

Efficient and Effective use of the Health Care System

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

Place: OLPH Church Upper Hall

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

The religious who concerns himself intently and devoutly with our Lord's most holy life and passion will find there an abundance of all things useful and necessary for him. He need not seek for anything better than Jesus.

To Be Continued

## Stories Faith Sharing

### Barriers to God

The Master would insist that the final barrier to our attaining God was the word and concept "God."

This so infuriated the local priest that he came in a huff to argue the matter out with the Master.

"But surely the word 'God' can lead us to God?" said the priest.

"It can," said the Master calmly.

"How can something help and be a barrier?" Said the Master, "The donkey that brings you to the door is not the means by which you enter the house."

[Read More Know More](#)

[Ten Commandments](#)

[The Sixth Commandment](#)

### "You shall not commit adultery."

1. What is the sin of adultery? Adultery is the sin of a married person who is unfaithful to his or her marriage vow. The common term used is "cheating" on one's marriage partner. "But he who commits adultery has no sense; he who does it destroys himself."

2. Can adultery be committed any other way? Everyone who looks at a woman lustfully has already committed adultery with her in his heart." What God has joined together, let not man put asunder."

3. Does this Commandment apply to anyone besides married people? Yes, it forbids fornication by unmarried persons, and all actions, alone or with others, of the same or different sex, that are contrary to chastity, decency, and modesty. "Fornication" means sexual intercourse between partners who are not married to each other.

"Do you not know that wrongdoers will not inherit the kingdom of God? Do not be deceived; fornicators, idolators, adulterers, male prostitutes, sodomites, thieves, the greedy, drunkards, revilers, robbers - none of these will inherit the kingdom of God."

"Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do these things will not inherit the kingdom of God." [Gal. 5:19-21]

4. Do we break this Commandment by sins of speech and of sight? Yes.

a. Conversations and stories that offend against modesty are forbidden by this Commandment.

b. It is also forbidden to read bad books, or to witness suggestive plays and pictures, or to yield to sinful curiosity of the eyes.

"Blessed are the pure of heart, for they will see God." "But fornication and impurity of any kind, or greed, must not even be mentioned among you, as is proper among saints. Entirely out of place is obscene, silly, and vulgar talk; but instead, let there be thanksgiving."

To Be Continued

## 主日分享

十個癩病人

(常年期第二十八主日)

彌撒中的福音和讀經一，都談到癩病痊愈的奇蹟，而且兩個奇蹟都發生在以色列人認為是外邦人的身上。聖路加福音講述由於耶穌的憐憫，十個癩病人都痊愈了，但是祇有一個回來感謝耶穌；也只有他一人，不但獲得了身體上疾病的痊愈，而且也獲得了靈魂上的救恩。聖路加福音記述耶穌的感慨，說：「除了這個外邦人，竟沒有別人回來光榮天主嗎？」讀經一記述納阿曼歸化的故事。納阿曼也是一個外邦人。他是一位在國內很有權勢的軍官，但是他患了癩病。在一次戰爭中，他從以色列俘虜了一個小女孩，帶回家來伺候他的妻子。這女孩對自己的主母說：「如果我的主人到那位住在撒瑪黎雅的先知那裡去，那位先知一定會治好他的癩病。」帶著隆重的禮物到撒瑪黎雅來見厄里叟先知。先知打發他到約旦河去沐浴七次。他去了，在河裡浸了七次，身體果然復原，如同小孩子的一樣。無疑的，本主日彌撒的福音和讀經一都說明了天主救恩的普遍性，但是它們也同時強調了「對天主的感恩」與「人的信仰」的密切關係。我們對天主的信仰，好比癩病的痊愈，也是天主對我們的恩賜。我們也要以對天主的萬分感恩來保持這份極其珍貴的禮物。

節錄自梵崗電台

## 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

#### 卡加利教區信德年朝聖團護照

卡加利教區所編制的教區朝聖團護照，有助於教友獲得此恩寵，詳細資料，請聯絡教區百年籌備委員會。電話(403) 218-5500 或電郵

[receptionist@calgarydiocese.ca](mailto:receptionist@calgarydiocese.ca)

教友可在教堂入口處拿取教區朝聖團護照，作為防身之用！

## 教宗方濟各的話

我們要使自己的生活相稱於耶穌的生

活，好能分享他的情感和思想

## 心靈小品

在這感恩節裏，大家有沒有想到時常誦念以下經文呢：

### 五謝經

- 一 謝天主生養照顧之恩。
- 二 謝天主降生救贖之恩。
- 三 謝天主赦罪賜寵之恩。
- 四 謝天主賜我進教，引我升天之恩。
- 五 謝天主自生至今無數之恩。

## 堂區活動

### 普世傳教節

十月二十日

#### 「分享信德、以福音傳遞希望」

下週是普世傳教節。世界各地每個教區將在下週慶祝世界傳教節。

這是普世教會及福傳的全球標誌。您的祈禱及奉獻將可支援新而又剛開始福傳的國家之教會、醫院、學校及聖召。普世傳教節是我們幫助全世界天主教團體成爲一家的機會。藉著所獲信仰恩寵的分享，我們將希望與愛心帶給那些有需要的人們。

#### 普世傳教節主日日曆/祈禱咭

既有用處，又能啓發及團結心靈，傳教的祈禱意向能使我們合一，是探訪家居、醫院及護老院的好禮物。歡迎教友在正門及側門入口處索取。

#### 普世傳教節捐獻

10月20日將進行第二次捐獻作普世傳教節之用，請慷慨支持及回應。

主佑！

### 永援聖母堂堂區牧民議會

#### 平信徒委員選舉

本堂堂區牧民議會平信徒委員選舉將於本年十一月十七日(星期日)舉行。本堂現已開始接受提名，提名表格可在聖堂正門及側門入口處索取。堂區各善會可提名會員參選；堂區教友可提名另一教友或自我提名參選。所有被提名者(參選人)必須簽署參選同意書。提名截止日期爲十一月三日但填妥的提名表格及參選同意書需於本年十一月一日(星期五)前或當日，在辦

公時間內以密件方式交回堂區辦事處。

會章 4.2 節說明作爲一個堂委會委員所需具備的條件，現轉載如下：

- 已在本堂區註冊的教友
- 已年滿十八歲
- 願意完成堂委會兩年的任期
- 不標榜自己，認同團隊精神，樂意與其他委員合作
- 願意出席及服務堂委會及屬下小組
- 願意出席拓展牧靈及行政管理的訓練課程或訓練營

有關區委會的會章及則例，教友可參閱放在聖堂後面的佈告板，或登入堂區網頁瀏覽。

### 永援聖母堂松柏軒

[十五週年] 記念晚宴

日期:二零一三年十月十八日(星期五)

時間: 六時恭候

地點: 亞洲軒酒家

票價: 每位三十元 (包括抽獎禮物)

購票地點: 上禮堂, 星期一、三、五, 十時至十二時

歡迎各耆英及親友參加。

### 如何有效地使用醫療系統

本堂區公教家庭協會將會在本月二十日星期日下午二時在上禮堂，協助鄔執士舉辦一個座談會。講題爲「如何有效地使用醫療系統」內容著重於和家庭醫生的溝通而得到所須的醫療服務、有關的個案分析以及醫生在醫療系統上的角色等等。歡迎各堂區教友參加。

### 青年晚會

今年第一次青年晚會將於十月十九日星期六晚上六時至十時於上禮堂舉行。活動包括晚餐及講座,其後往 Talisman Centre 玩羽毛球、籃球及游泳，歡迎堂區所有青年參加。

### 2013 教區公益金，齊來獻愛心

主題:「...爲我作證人...」

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 9 月 8 日，捐款已累積 32,821.25 元。捐款信封可在聖堂入口處索取。就讓我們立即行動，慷慨解囊。

## 活動一週

星期三、五 16, 18

### 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 16

### 永援聖母歌詠團

時間: 晚上 7 時至晚上 9 時

地點: 永援聖母堂上禮堂

星期五 18

### 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

### 永援聖母堂松柏軒記念晚宴

時間: 6 時恭候

地點: 亞洲軒酒家

星期六 19

### 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.

### 楊式太極班

時間: 上午 10 時至 12 時 30 分

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 15 分

地點: 永援聖母堂下禮堂

### 青年晚會

時間: 晚上 6 時至晚上 10 時

地點: 永援聖母堂上禮堂

### 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

星期日 20

### 成人慕道班 (粵語、國語及英語)

時間: 上午 9 時 30 分至 1 時 30 分

地點: 永援聖母堂下禮堂

### 主日學

時間: 上午 10 時至 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 12 時 30 分

地點: 寫字樓大廈

### 公教家庭開會

時間: 下午 12 時 30 分至 2 時

如何有效地使用醫療系統

時間: 下午 2 時至 3 時 30 分

地點: 永援聖母堂上禮堂

## 師主篇

### 第二十五章、勤於改過自新

一位修道人盡心默想耶穌的行傳以及祂的苦難，為靈魂不論什麼有益處的事情都可以找得著。所以耶穌以外什麼也不必尋求。 待續

## 靈修小故事

### 你的心應當讚美天主

英國已故首相邱吉爾，曾講述一個故事說，在英國的不來茅斯港，有一個小孩子失足掉下海裡，一個水手立刻跳下水中救起他，過了數天，小孩的母親牽著兒子在街上行走遇到水手，小孩子提醒母親說：「是這個人救了我。」

那位母親不但未說一聲感謝反而變臉問水手說：「我兒子那天所戴的帽子，你是丟到那裡！」這婦人不但沒有感恩反而對施恩生氣。

是否你也曾經有過這種經驗呢？若你也是一位被責備的施恩者有何感想呢？你向天主是否也犯了這種毛病嗎？我的心哪，不可忘記祂的一切的恩惠！祂赦免你的罪，醫好你靈魂的病。

祂救贖你的生命脫離死亡，以仁愛及慈悲賜給你，你是否時常感恩呢？

## 知多一點點十誡

### 第六誡 毋行邪淫

人應按照自己的明悟和良心，檢束自己的性行為。在參與種族繁殖的任務時，首要目的是為養育自己（吃飯）與延續子孫。

人人都要持守貞潔

已婚者被召叫以節制持守貞潔，即是守夫妻間的貞潔；

那些為了大眾福利事業、天國、基督福音的緣故而獨身的人士、教宗、主教、神父、修士、修女……，已訂婚者也被召節制持守貞潔。

- 1.任何異性、同性、獸性、手淫或獨自滿足性欲的任何方式都是不道德的。
- 2.自由結合是當一對男女達到性親密

的關係，卻拒絕給予法定和公開的儀式，行淫是指有自由身份，即是未婚的男女之性交行為，嚴重地違反人的尊嚴和性。

3.通奸是指二人發生性關係，其中至少一人是已婚者。

4.亂倫是指血親或姻親之間，所發生的親密關係。

5.色情產品使人沉浸在邪淫幻覺的世界中，無論它是真實的或是偽裝的，都是一種嚴重的罪過。

6.賣淫是出賣自己的靈魂與肉身，傷害自己的尊嚴，使其淪為肉慾的快樂，即發泄的工具。買淫者、賣淫者，即是雙方都玷汙自己的身體。但賣淫者若是因為窮困、社會壓力、被迫、受騙、受威脅……，情有可原的，可減輕罪責。

7.強姦是指以暴力強行與一個人有性關係，它深深地、嚴重地傷害每一個人對尊重、自由、身體、道德完整的權利。這種邪惡的、破壞正義與愛德的行為，已烙印在受害者的身心上，甚至是終身的。如果這種行為是由父母所犯（亂倫），或是育人者對所托付教養的人進行性侵犯，其罪過更為嚴重。 待續