

## Theme Sharing

### Pray with Persevering Faith (29th Sunday in Ordinary Time)

The scripture readings dwell on prayers in the Christian life. Prayer draws one to God, and raises one's mind and heart to God. Depending on the circumstances of one's life, the prayer may be expressed in the form of blessing, petition, repentance, thanksgiving or giving praise to God. Simply put, the prayer embodies one or more of the above intentions. The four gospels record numerous instances of Jesus at prayers. Jesus also taught his disciples how to pray and explained to them why they need to pray constantly.

In today's parable of the Unjust Judge and the Widow, Jesus tells his disciples that they need to pray at all times without losing heart. The story goes with a poor widow pleading relentlessly to a judge for justice. Although the judge is corrupt and unjust, and fears neither God nor man, he ultimately grants justice to the widow in view of her persistence. Again in the first reading, from *Exodus 17:8-13*, the Israelites were at war with the Amaleks. In the end, the Israelites won, not because they had a superior army but because of the incessant prayers of Moses to the Lord, symbolized by the raising of his hands towards heaven.

The message from today's scripture readings is clear. If we pray with faith and patience, God will listen to our prayers. He may not give us what we "want", but he will surely give us what we "need". Elsewhere in the gospel, Jesus states in no uncertain terms the effect of prayers: "*Ask and you shall receive; seek and you shall find; knock and the door shall be opened to you. Whoever asks receives, whoever seeks finds and whoever knocks will have the door opened to him.*" So if we pray with perseverance, and in conformity with God's Will, we can rest assured that our prayers will be answered.

At the end of the parable, Jesus asks: "*and yet, when the Son of Man comes, will he find faith on earth?*" Evidently, Jesus teaches us that, apart from praying with perseverance, we must also have faith in God's Goodness. We have to pray constantly so that we can maintain a lively faith. Then when the journey of our life is over, we can be considered as God's people worthy to receive eternal happiness in his

Kingdom.

The Church today encourages us, as did the priests in our childhood days, to pray constantly and say some special prayer(s) to Our Lady before we go to bed each night. In fact, daily recitation of the *Hail Mary* helps to remind us of the shortness of our life and the certainty of our death. In this beautiful prayer, we ask Our Blessed Mother to intercede for us today and at the end of our life:

*"Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."*

## Stewardship

Whoever wishes to be great among you must be your servant. (Mark 10.43)  
Our service to the poor and afflicted transforms us, moulding us day by day into the likeness of Christ, who came not to be served but to serve.

## 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' words

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

## News & Others

### St. Thérèse of Lisieux (1873-1897)

Patron Saint of Missionaries

Life in a Carmelite convent is indeed uneventful and consists mainly of prayer and hard domestic work. But Thérèse possessed that holy insight that redeems the time, however dull that time may be. She saw in quiet suffering redemptive suffering, suffering that was indeed her apostolate. Thérèse said she came to the Carmel convent "to save souls and pray for priests." And shortly before she died, she wrote: "I want to spend my heaven doing good on earth."

[On October 19, 1997, Pope John Paul II proclaimed her a Doctor of the Church, the third woman to be so recognized in light of her holiness and the influence of her teaching on spirituality in the Church.]

Comment:

Thérèse, like so many saints, sought to serve others, to do something outside herself, to forget herself in quiet acts of love. Preoccupation with self separates modern men and women from God, from their fellow human beings and ultimately from themselves. We must relearn to forget ourselves, to contemplate a God who draws us out of ourselves and to serve others as the ultimate expression of selfhood. These are the insights of St. Thérèse of Lisieux, and they are more valid today than ever.

Quote:

All her life St. Thérèse suffered from illness. As a young girl she underwent a three-month malady characterized by violent crises, extended delirium and prolonged fainting spells. Afterwards she was ever frail and yet she worked hard in the laundry and refectory of the convent. Psychologically, she endured prolonged periods of darkness when the light of faith seemed all but extinguished. The last year of her life she slowly wasted away from tuberculosis. And yet shortly before her death on September 30 she murmured, "I would not suffer less." Truly she was a valiant woman who did not whimper about her illnesses and anxieties. Here was a person who saw the power of love, that divine alchemy which can change everything, including weakness and illness, into service and redemptive power for others. Is it any wonder that she is patroness of the missions? Who else but those who embrace

suffering with their love really convert the world?

## Diocese of Calgary

### Office of Vocations

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, 2013. (It will begin at 7 pm 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).

### The Syrian Refugee Crisis & Private Sponsorship of Syrian

Refugees Workshop - A FREE workshop focused on helping Syrian refugees through the private refugee sponsorship program is being offered by the Refugee Sponsorship Training Program and the Calgary Catholic Immigration Society on Wednesday, November 6th at the Catholic Pastoral Centre (120-17th Ave. S.W., Calgary) from 9:00am - 3:00pm. Come and learn about the response of Canada to the Syrian Refugee crisis, and the eligibility and criteria for sponsoring Syrian refugees through SAHs, Groups of Five, and Community Sponsors. Lunch will be served and parking is available in front of St. Mary's Cathedral (219-18th Ave S.W.). To register, please contact Antoinette Godbout at [sponsorship@ccis-calgary.ab.ca](mailto:sponsorship@ccis-calgary.ab.ca) or 403-290-5750.

## Parish Activities

### World Mission Sunday 2013

**Theme: Share the Faith;  
Bring Hope**

Today is World Mission Sunday. We, along with Catholics throughout the world, are called to offer our prayers and generous financial support through the Propagation of the Faith, for the worldwide mission of Jesus. Your gift on World Mission Sunday helps....

- People in remote villages, towns and cities through the witness and work of missionaries and local priests.
- Children, the elderly, refugees, the sick, and orphans through the service of Religious Sisters and Brothers.
- To bring the Gospel to the poorest of our human family.

•Catechists proclaim the message of hope and peace that only Christ can give. Please offer prayer for the work of the Church today in the Missions of Africa, Asia, the Pacific Islands and the remote regions of Latin America. Also, please be as generous as you can today, World Mission Sunday. May God bless you always!

### Second Donation on November 3rd Catholic Education Sunday

On Sunday November 3rd Catholics in Alberta will once again celebrate Catholic Education Sunday. Bishop Henry has invited all parishes within our diocese to participate in an annual fund-raising on Catholic Education Sunday. Each parish will be asked to have a second collection at their weekend Masses. Thank you for your support and God bless you for your generosity in helping to sustain Catholic Education in our province!

### November is the month for all souls:

All Souls Day is on November 2 "Comfort my people" Is.40:1 Remembering our loved ones and those who feel their loss. Fr. Nguyen will pray for the deceased during Masses in November. A Registration Book will be placed at the side entrance of the church in November. Parishioners who wish to pray for their ancestors are invited to write down the names of their deceased ancestors.

**Father Joseph Nguyen and Pastoral Care Team members will visit cemeteries** to pray all departed parishioners on:

November 2, Saturday to Queen's Park cemetery after adoration.  
November 9, Saturday to Mountain View Memorial Gardens after 9 a.m. mass  
If anyone would like to join with us, please contact Sr. Magdalena Chan (403-690-2973) and give her the lot number.

### 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:

- Registered with the parish as a parishioner;
- Over the age of 18;
- Willing to serve on the council at least for a full term of two years;
- Comfortable to work with his or her peers as a team and not be self-seeking;
- Willing to attend, and contribute to, the meetings of the Council and its committees; and
- 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).

### 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

Mon, Wed, Fri 21, 23, 25
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OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Saturday 26
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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. - 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

Young Adults choir practice

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

Place: OLPH Upper Hall

Faith Sharing Group (Arbour Lake)

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

Contact: Grace Chan 403-208-1806

Sunday 27

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

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

If the Crucified should come to our hearts,  
how quickly and abundantly we would learn!

To Be Continued

## Stories Faith Sharing

### Comprehension

"Every word, every image used for God is a  
distortion more than a description."

"Then how does one speak of God?"

"Through Silence."

"Why, then, do you speak in words?"

At that the Master laughed uproariously He  
said, "When I speak, you mustn't listen to the  
words, my dear. Listen to the Silence."

### Read More Know More

#### Ten Commandments

#### The Sixth Commandment(Cont'd)

#### "You shall not commit adultery."

5.All the baptized are called to chastity. The  
Christian has "put on Christ," the model for  
all chastity. All Christ's faithful are called to  
lead a chaste life in keeping with their  
particular states of life. At the moment of his

Baptism, the Christian is pledged to lead his  
affective life in chastity.

6. People should cultivate [chastity] in the  
way that is suited to their state of life. Some  
profess virginity or consecrated celibacy  
which enables them to give themselves to  
God alone with an undivided heart in a  
remarkable manner. Others live in the way  
prescribed for all by the moral law, whether  
they are married or single." Married people  
are called to live conjugal chastity; others  
practice chastity in continence:

There are three forms of the virtue of  
chastity: the first is that of spouses, the  
second that of widows, and the third that of  
virgins. We do not praise any one of them to  
the exclusion of the others.... This is what  
makes for the richness of the discipline of  
the Church.

7 What are some offenses against the virtue  
of chastity?

The following sins oppose chastity:

- Lust: an intense or obsessive sexual  
desire.
- Masturbation: the deliberate stimulation  
of the genital organs in order to derive  
sexual pleasure outside of marriage.
- Fornication: sexual intercourse between  
partners who are not married to each  
other.

-Pornography: Sexually explicit pictures,  
writing, or other material whose primary  
purpose is to cause sexual arousal.

-Prostitution: offering sexual  
acts/intercourse for pay.

-Rape: forcing another person to submit to  
sex acts, especially sexual intercourse.

-Practicing homosexuality: sexual activity  
with another of the same sex.

-Common-law relationships: living with  
and being sexually involved with another  
person outside of marriage.

-Sodomy: anal intercourse committed by  
a man with a man or woman or with an  
animal.

8. What are the offenses against the  
dignity of the marriage? They are:

-Divorce.

-Adultery.

-Polygamy: the practice of having more  
than one spouse at one time.

- Incest: sexual intercourse between  
persons too closely related to marry,  
such as between a parent and a child.

-Sexual abuse: sexual activity that is  
deemed improper or harmful, as  
between an adult and a minor or with a

person of diminished mental capacity.

-Partners making no commitment to one  
another.

-Marriage before a Justice of the Peace,  
therefore rejecting a Sacramental  
Marriage.

## 主日分享

### 恆心祈禱

#### 常年期第二十九主日

祈禱是人投靠天主的一種方式，它包  
括人生各方面的情況；分開來說，有  
祈福的祈禱，有求情的祈禱，有悔罪  
的祈禱，有感恩的祈禱，和讚頌的祈  
禱。

本主日彌撒中的福音包括一個「比喻」  
和這個比喻的「解釋」。比喻是講恆  
心祈禱的效果；在比喻的解釋中，耶  
穌卻加上下面這句話，說：「但是人  
子來的時候，在世上能找到這樣的信  
德嗎？」這樣，又把有關祈禱的教訓，  
和對世界末日來臨的警惕聯在一起  
了。

在本主日彌撒中的讀經一，內容記述  
以色列人和阿瑪肋克人的作戰。在那  
次戰爭中以色列人打了勝仗。但是以  
色列人之所以得勝，並不是由於它的  
兵力強盛，而是由於梅瑟所伸開而高  
舉的雙手。伸開而高舉的雙手象徵祈  
禱。以色列人的那次勝利，是梅瑟恆  
久不懈的祈禱的效果。

讀經一和福音中所記載的不義的法官  
和寡婦的比喻一樣，都強調了恆心祈  
禱的功效。耶穌曾說過：「你們求，  
必會給你們；你們尋找，就會找到；  
你們敲門，就會給你們開。所以，祈  
禱的效果是不容置疑的。祈禱而又能  
恆心，當然必定會奏效。不但是恆心  
祈禱，而且也是堅持信德，更好說是  
以恆心祈禱來堅持信德。這樣當天主  
收我們的靈魂的時候，我們將被認作  
是屬於耶穌的人。 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領取教區朝聖團護照，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。

## 新聞及其他

### 聖女小德蘭(德肋撒)

(1873-1897)傳教主保

一八七三年在法國出生。十五歲，正式在里雪的加爾默羅聖衣會修道，專務福音中謙遜、誠樸、以及承行主旨的美德。

聖女一生以祈禱和隱修生活，奉獻生命，拯救人靈，傳揚聖道。

聖女的信德是一條信賴及交托之路，她自幼便希望成為聖人，她勤修德行，克己苦修作為回報天主的愛情。她亦渴望作傳教士，她專務為司鐸祈禱，以祈禱及犧牲推動傳教的工作，天主賞賜她成為「教會的聖師」及「傳教的主保」。

聖女的愛德：

聖女指出「愛情就是奉獻一切，並獻上自己」，這份渾然忘我的愛，使她勤修愛德。

願我們能效法聖女小德蘭：

1. 如同小孩子一樣，全心信賴天主；
2. 對主對人滿懷熱愛；
3. 做好每件微小的職務，以平凡的生活彰顯不平凡的偉大。

## 堂區活動

### 普世傳教節

主題：分享信德、以福音傳遞希望

今天是普世傳教節。世界各地的天主教徒都被召用祈禱和慷慨的捐獻支持，以分享信德、用福音傳遞希望：

- \* 通過當地神父及傳教士為在偏遠鄉村，城鎮和城市人民的工作。
- \* 透過在教會內兄弟姐妹的服務，幫

助兒童，老人，難民，病入及孤兒。  
\* 將福音的希望帶給最貧窮的家庭。  
\* 一切的希望與和平都是來自基督，請大家繼續為在非洲，亞洲，太平洋群島和拉丁美洲偏遠地區為福傳工作的人及今天的教會祈禱。並在福傳工作上慷慨解囊。願主永遠降福您。

### 天主教教育日

11月3日為天主教教育日，我們將進行第二次捐獻以支持天主教教育經費之用，籌得善款將給與我們教區的天主教教育局。

亨利主教呼籲各位教友能踴躍支持，主佑！

### 十一月為煉靈月

十一月二日為追思亡者日

「你們安慰，安慰我的百姓罷」十一月為煉靈月，為追思已亡之信友，阮神父將於彌撒中為亡者祈禱，如教友想為先人獻上祈禱，請在十一月開始在教堂側門入口處的名冊上寫上先人之名字。

### 阮神父及牧靈關愛組成員將於煉靈月前往墓地為已亡教友祈禱：

11月2日(星期六) 明恭聖體後 11:15 a.m.到女王公園墓地(Queen's Park Cemetery)祈禱。

11月9日(星期六)九時彌撒後 9:30 a.m. 到山景紀念花園(Mountain View Memorial Gardens) 祈禱。

任何教友想參與祈禱，或想牧靈關愛組到你親友墓地祈禱，請提供地段號碼並請聯絡陳修女(403-690-2973)或堂區辦事處。

### 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。提名截止日期為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 節說明作為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。

### 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

星期一、三、五 21, 23, 25

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 26

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

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

信仰小團體 (Arbour Lake)

時間：晚上7時30分至10時

聯絡：Grace Chan 403-208-1806

星期日 27

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

## 師主篇

### 第二十五章、勤於改過自新

哎！若被釘的耶穌來到我們心中，不久我們就明白了。 待續

## 靈修小故事

### 撒旦的阻擋

撒旦和他的伙伴時常在我們左右，牠甚至膽敢阻止聖人行事。在聖經中，我們知道保祿使徒也不能避免撒旦的糾纏，當他到得撒洛尼城傳道時受盡種種磨難。

約伯這位守正不阿的賢者，受撒旦的妒忌，一生中幾乎沒有一天安寧。詩人約翰寫過一首詩，大意是說有一天他到教堂祈禱，就在途中與撒旦展開一場內心的激戰。當他到了聖壇前，撒旦已在那裡等他，撒旦說：「傻瓜，你不能真正祈禱了，很久以前你的祈禱已無效了，或者你可以跪下來說話，但是那只是說話不是祈禱。」約翰氣惱的將帽子拉低，蓋著耳朵。這時，他感到平靜多了。這時，他仔細的看看自己的身體，確定自己依然懷著信德站在天主台前，於是，因基督的名，他向天主呼救。終於，撒旦敗了，他安心的祈禱了。

很少基督徒能倖免撒旦的困擾，當撒旦來臨時，倘若穿上天主的全副武裝，藉天主的能力，必能抵抗魔鬼的陰謀。無論何時，當撒旦使我們無法享受平安時，可從得撒洛尼前書二章十八節中尋找支持力量。記得，撒旦阻止你，是因你做的事中悅天主。默想：誘惑可以包圍你，但卻不能覆蓋你。 教友生活周刊

## 知多一點點

### 十誠

#### 第六誠 毋行邪淫

8. 試婚就是男女雙方生活在一起，度夫妻般的生活，對於試婚，無論是天主教，還是中國的儒家文化，都是被譴責的、不能容忍的。因為試婚打破

了人們對於婚姻的嚴肅性，拋棄了一夫一妻婚姻制的性道德的權利。

9. 離婚是指領受了婚姻聖事的天主教徒按照民法拆散在天主前所締結的婚姻。民法離婚，是保障某些合法權利唯一可行的方法，比如子女的照顧或繼承產業的維護，則可以容忍，而不構成倫理的過失，但他們在天主前所締結的婚姻，不因為民法的離婚而被宣告無效。但要切記，離婚是對自然道德律的嚴重侵害，企圖摧毀夫婦自由同意和一起生活至死的合約。如果離婚導致更大的惡表，即是重婚或通奸或……，在道德上負更重的罪。

10. 同性戀是指男人對男人，或女人對女人，體驗著一種獨佔的或佔優勢的性吸引力。根據聖經的記載，同性戀的行為顯示嚴重的腐敗，雖然同性戀的行為是本質的錯亂、違反自然律、但我們應該以尊重、同情、體貼相待，避免對他們有任何不公平的歧視。切記，在任何情形下，同性戀的行為都是不許可的。

11. 動物戀是把專屬於人的情懷即是夫妻的情懷轉移到動物身上。這種行為本質是錯亂的、不合乎人性尊嚴的、不道德的。

12. 分居即終止同居生活，但夫妻在天主前仍是丈夫和妻子；分居不是離婚，分居後婚姻關係仍然存在，所以雙方都不得再行結婚。