

## Theme Sharing

### Baptism of the Lord (First Sunday in Ordinary Time)

Today is the Sunday following the Epiphany of our Lord, and the first Sunday in Ordinary Time in Year A of the liturgical 3-year cycle. We celebrate the Feast of Baptism of our Lord, and commemorate Jesus' baptism at River Jordan. According to the Fathers of the early Church, this event has threefold meaning. Firstly, God the Father reveals himself and proclaims Jesus as his Son by saying, "This is my beloved Son, in whom I am well pleased." Secondly, the Holy Spirit, in the form of a dove, descends upon Jesus signifying the anointing of Christ to begin his mission as our Saviour. Thirdly, by receiving baptism from John, Jesus shows his solidarity with the sinful humanity, and confirms baptism by water as a sin-cleansing ritual and the means to obtain forgiveness of our sins.

In the first reading, Jesus is portrayed as "Servant of the Lord". In the book of Isaiah, this is the title given to the Messiah: "I have put my spirit upon him; and I have given you as a covenant to the people, a light to the nations, to open the eyes of the blind, to free captives from prison and those living in darkness from the dungeon."

The second reading is on Peter's speech to those assembled in the house of Cornelius, the Roman centurion, immediately prior to his baptism. Peter said it was now clear to him that God intended salvation for all. He declared Jesus as the Messiah and explained how Jesus so carried out his mission to save all men.

One may ask why Jesus in today's gospel insisted to be baptized by John. In reply to John's query, Jesus simply said, "It is proper for us in this way to fulfill God's Will." So exactly what does this mean? According to Hong Kong Biblical Institute, Jesus was sinless and there would be no need for him to get baptized. Regardless, he still received baptism from John for the sole purpose of fulfilling the Will of his Father. His baptism was part of God's plan of salvation. Through baptism, Jesus identified himself as part of the human race, dwelling among sinners in order to save them. If Jesus, who is God, associates with sinners, then how should we act to fulfill the Will of God? Make no mistake about it: we must acknowledge our sinfulness, have true

repentance for our sins, follow the teachings of the Church founded by Christ and, with humility, accept our salvation from our Lord through the guidance of the Church.

We know well that we Christians are also part of the sinful and fallen human race. By our own power and account, we are never able to please God and secure our own salvation. Jesus is the beloved Son of God. It is only through Christ and our total dependence on him that we can expect mercy and compassion from God. And the best way of showing our submission to Christ is to follow the teachings of the Church founded by him. We are then able to obtain in his holy Church the salvation brought to us by Christ.

### Gospel of joy

#### Evangelii Gaudium

#### Pope Francis advised "Gospel of joy" (Evangelii Gaudium) for 2014 «Gospel of joy»: Church to open the door, issuing prophetic voice

The fifth point: Let the Church be the prophetic voice, not only being able to speak out bravely, but also to counteract opposing forces. The Pope stressed that the Church should choose the poor as its target. He condemned the current economic system which gives privileges to the "rulings of the strong", pointing out that those Christian groups that forsake the poor are destined to collapse. The Pope mentioned that the vulnerable population which the church takes care of, would include defenseless babies to be born and all the innocent people. Those who think that getting rid of people's lives will solve problems are not people who would make progress. The Pope also condemned the new developing situation whereby Christians are facing persecution.

Finally, the Pope's advice is to pray to "the mother of evangelization", our Blessed Mother Mary: Looking up to the Mother of God, "we once again believe in the innovative power of gentleness and kindness". Vatican Radio News

### Pope Francis' words

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

## Prayer for Christian Unity

### 2014 Prayer for Christian Unity Theme: Has Christ been divided?

#### (cf. 1 Cor 1:1-17)

1. Canadians live in a country that is marked by diversity in language, culture, and even climate, and we also embody diversity in our expressions of Christian faith. Living with this diversity, but being faithful to Christ's desire for the unity of his disciples, has led us to a reflection on Paul's provocative question in 1 Corinthians: "Has Christ been Divided?" In faith we respond, "No!" yet our church communities continue to embody scandalous divisions. 1 Corinthians also points us to a way in which we can value and receive the gifts of others even now in the midst of our divisions, and that is an encouragement to us in our work for unity.

2. Canada is known for its natural splendour: its mountains, forests, lakes and rivers, seas of wheat and three ocean shorelines. Our land stretches from the Atlantic to the Pacific and from the U.S. border to the north pole. This is a land rich in agriculture and natural resources. Canada is also a land of diverse peoples: First Nations, Inuit, and Métis, and many people who came to settle here from around the world. We have two official languages, French and English, yet many Canadians celebrate the cultural and linguistic heritage from their ancestral homelands. Our social and political divisions frequently hinge upon linguistic, cultural, and regional distinctions, yet we are learning to understand how these national identities contribute to a healthy Canadian diversity. Within this multicultural milieu, many Christians have brought their particular ways of worship and ministry. Paul's letter addresses us within our diversity and invites us to recognize that as church in our particular places we are not to be isolated or to act over against each other, but rather to recognize our interconnectedness with all who call on the name of the Lord.

3. In the Scripture passage chosen for our reflection this year, Paul begins his letters to the Corinthians with a powerful opening. Like an overture to an opera or the opening movement to a symphony, this passage touches on themes that certainly prepare us for what is to come in these letters. There are three movements in this text. All three lay a solid but challenging foundation for our reflections as Christians living and working

together in churches and society today.  
To Be Continued

## Diocese & Other News

### Come and See Weekend - A

priestly vocation discernment weekend will take place at St. Joseph Major Seminary in Edmonton on the weekend of February 7-9, 2014 (It will begin at 6pm. Friday evening and end on Sunday at 1pm). For further information and to register please contact Fr. Gaffney at 403-245-2753 or [mjgaffney@telusplanet.net](mailto:mjgaffney@telusplanet.net).

A New Program for those recently separated or divorced will start January 28, 2014. Transitions will run for 15 weeks, every Tuesday from 7:00 – 9:00pm. Participants will meet once a week to discuss topics such as self-esteem, stress, anger, guilt, blame, loneliness, forgiveness, blended families and more. Call 403-218-5505 for more information or to register.

## Parish Activities

### Tuesday English Marian Devotion

#### Mass

Tuesday English Marian Devotion Mass will be cancelled from January 14 to February 4.

### Week of Prayer for Christian Unity

#### January 18th to 25, 2014

Theme: Has Christ been divided?

In January of every year, churches and Christian communities celebrate the Week of Prayer for Christian Unity. These ecumenical worship services offer an opportunity to draw together Christians from a variety of backgrounds into a worship experience that helps to unite us in Christ and to one another.

A Liturgy of Inter-Christian Prayer with Bishop Frederick Henry: Bishop Henry will be preaching and leading the liturgy at St. Mary's Cathedral for the Week of Prayer for Christian Unity. This year features other denominations sharing in the mutual gifts of the Holy Spirit that we all can learn from. Come join us as we explore and experience St. Paul's exhortation to the Corinthians, "Has Christ Been Divided?" Thursday, January 23, Time : 7:00pm at St. Mary's Cathedral, 219 - 18 Ave. S.W. Calgary.

### Chinese New Year Banquet 2014

Date: Saturday February 8  
Time: Reception from 6 p.m.,  
dinner at 6:30 p.m.  
Venue: Chinese Cultural Centre, banquet  
by Cultural Centre Restaurant  
Ticket: \$30 /adult, \$15/child (aged 12  
or below), \$300 for a table of 10.  
A FREE raffle ticket will be given to each  
dinner ticket holder at the banquet.  
Banquet tickets will be sold at the Religious  
Article Centre after each mass beginning  
January 5. Parishioners can contact Church  
Group representatives or Goretti Shing at  
403-295-8937 to purchase tickets. Donation  
of gifts for Banquet Draw would be much  
appreciated. Please contact Parish Pastoral  
Councillors or Parish Office for details.

### Youth Night January 18th, 2014

Youth Night will be held on Saturday January 18th, 2014 from 6pm -10pm at Upper Hall. Complimentary dinner will begin at 6pm and spiritual talk will follow at 7pm. We will be going to the Olympic Oval afterwards and the fee for entry plus skate rentals will be \$6 per youth and \$9 per adult. All youths 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 December 31, the total amount of TIA is \$ 64,292.44.  
May God bless you and your family for your generous support!

## Weekly Activities

Wed, Fri 15, 17

#### OLPH Senior Centre

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

Fri 17

#### Faith Sharing Group ( Sacred Heart)

Time: 7:30p.m.-10:00p.m.  
Contact: Doris Ho 403-271-6884

#### OLPH Scout

Time: 6:30pm.-8:30 pm  
Place: Upper Hall & Lower Hall

Saturday 18

#### Legion of Mary ( meeting ) (Immaculate Heart of Mary Praesidium )

Time: 9: 45 a.m.  
Place: K of C Room at OLPH Church  
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. - 12:00 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 Lower Hall  
Don Bosco Mass & Party  
Time: 3:00 p.m-10:00p.m.  
Place: 3pm Mass after party at Upper Hall  
Sunday 19

#### 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 Choir- choir practice

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

Place: Office Building

#### Catholic Family Fellowship meeting

Time: 12:00 p.m. - 3:00p.m.

Place: OLPH Church Upper Hall

## Imitating Christ

### Chapter 25 :

#### Zeal In Amending Our Lives

Study also to guard against and to overcome the faults which in others very frequently displease you. Make the best of every opportunity, so that if you see or hear good example you may be moved to imitate it. On the other hand, take care lest you be guilty of those things which you consider reprehensible, or if you have ever been guilty of them, try to correct yourself as soon as possible. As you see others, so they see you. To Be Continued

## Let There Be Light

### If you are right then there is no need to get angry

And if you are wrong then you don't have any right to get angry.  
Patience with family is love,  
Patience with others is respect,  
Patience with self is confidence  
And Patience with GOD is faith.  
Never Think Hard about PAST,  
It brings Tears...  
Don't Think more about FUTURE,  
It brings Fears...

Live this Moment with a Smile,  
It brings Cheers!!!!  
Every test in our life makes us bitter or better,  
Every problem comes to make us or break us,  
Choice is ours whether we become victim or victorious !!!  
Search a beautiful heart not a beautiful face.  
Beautiful things are not always good but good things are always beautiful  
Do you know why God created gaps between fingers?  
So that someone who is special to you, comes and fills those gaps by holding your hands forever.

## Stories Faith Sharing

### The Power Of Compassion

Francis Schaeffer, author and Christian apologist, struggled to spell words correctly because of dyslexia. At the college he attended, spelling errors lowered the grade on all written assignments. During his first year, a professor told Schaeffer, "This is the best philosophy paper I've ever read, but it's the worst spelling. What am I going to do? I can't pass you."

Francis replied, "Sir, I could never spell. Could you please just read what I'm saying and not worry about the spelling?"

After a long pause, the professor replied, "You know, Mr. Schaeffer, I think we'll do that." His wise, compassionate response encouraged a gifted young man who would later help many of the searching generation during the 1960s and 70s to find their way to faith in Christ.

Isaiah said of the promised Messiah, "A bruised reed He will not break, and smoking flax He will not quench; He will bring forth justice for truth" (Isa. 42:3). The image is of a gentle, yet powerful Person who sets prisoners free and encourages those who are fainthearted and tempted to despair. Jesus came to free us from sin, not to condemn us for our condition. Today, He offers salvation and encouragement to all who turn to Him.

No condemnation now I dread,  
I am my Lord's and He is mine;  
Alive in Him, my living Head,  
And clothed in righteousness divine. —Wesley

When we come to Christ in our brokenness,  
He makes us whole.

## 主日分享

### 主受洗節

#### 上主的僕人

#### (常年期首主日)

今年是教會禮儀年曆上的甲年，常年的主日彌撒福音一般取自聖瑪竇。本主日是主顯節後的主日，我們舉行主受洗節，紀念耶穌在約旦河的受洗。據教父們的解釋，耶穌在約旦河從若翰手中受洗的事件，具有三種深層的意義。第一、在這事件中天主聖父顯示了自己，並且啓示耶穌為祂的聖子。祂說：這是我的愛子，我所喜悅的。第二、天主聖神以鴿子的形像降在耶穌身上，意味著給祂傅油，派遣祂去執行救世主的職務。第三、耶穌本人由若翰手中受洗，表示祂與有罪的人類認同，並且以水作為洗滌罪過、獲得罪赦的標記。

本主日的讀經一把耶穌比作「上主的僕人」。在依撒意亞先知書中，「上主的僕人」是默西亞的稱呼。據依撒意亞先知的講解，天主要在默西亞身上傾注祂的神，要藉著祂跟世人立約，使祂成為萬民之光。祂要開啓盲人的眼睛，把被囚禁的人領出監牢，使黑暗中的人得見光明。

讀經二記述聖伯多祿宗徒給外邦人科爾乃略付洗前的講話。在這篇講話中，宗徒之長聖伯多祿表示，他終於明白了天主要所有的人都得救的道理。他宣佈耶穌是默西亞，並說明耶穌怎樣執行了祂作默西亞的使命，使萬民獲得救恩。

在本主日的彌撒福音裏耶穌為什麼要堅持受洗呢？耶穌說：這是為了「完全履行天主的旨意。」

"完全履行天主的旨意。"這句話值得我們特別注意。香港天主教聖經學會編寫的《清泉掬水》解釋它的意義說：耶穌是無罪的，本來不須受洗。祂所以要受洗，純粹是為了滿全祂父親的計劃。祂的受洗是這計劃的一部分。藉著受洗祂與人類打成一片，做了罪人的一份子！目的是要拯救世人。接著，《清泉掬水》提出一個問題說：耶穌就是與罪人打成一片的天主。那麼，我們應怎樣做，來完全履行天主

的旨意呢？無疑的，我們也應投入罪人的行列。那就是說，應該悔改，信奉耶穌所創立的教會，謙遜地從教會手中接受耶穌給我們帶來的救恩。

原來，我們基督徒都知道我們是有罪的人類的一部分。憑我們自己的能力，我們無法博得天主的歡心。耶穌是天主所喜悅的愛子。我們依賴耶穌，才能蒙受天主的愛憐。信奉教會是我們依賴耶穌的具體表現。我們在教會內領受耶穌給我們帶來的救恩。

"節錄自梵崗電台主日聖道禮儀"

## 福音的喜樂

### 教宗方濟各的 2014 年新勸諭

#### 《福音的喜樂》

#### 「福音的喜樂」：教會要敞開大門，發出先知性的聲音

第五點：讓教會成為先知性的聲音，能夠大膽說話，也能逆流而上。教宗在勸諭中強調教會以窮人為選擇對象。他譴責現行經濟體制使“強者的規則”佔優先地位，指出忘記窮人的基督信徒團體注定會瓦解。教宗提到，教會照顧的弱勢人群中包括無自衛能力的將出生的嬰兒和所有無辜的人。以為除掉人的生命就能解決問題的人，並不是進步人士。教宗在此也譴責基督信徒遭迫害的新局勢。教宗的勸諭最後是向“福傳之母”聖母瑪利亞的祈禱文：注視著天主之母，“我們再次相信溫柔和親切的革新力量。”

梵蒂岡電台訊

## 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。

## 基督徒合一

### 2014 年基督徒合一

#### 主題「基督被分裂了嗎？」

(格前一 1-17)

1. 加拿大居住在一個以多元的語言、文化、甚至氣候聞名的國家，而我們也體現了對於基督徒信仰表達方式的多元性。即使存在這樣的差異性，我們仍忠誠的支持基督渴求信徒

合一的信念，這種信念也使我們反思保祿在格林多前書中極具煽動性的問題：「基督被分裂了嗎？」我們堅定地回答：「不！」然而，我們的教會團體仍持續有分裂的情形。格林多前書也指示我們，即使處於分裂的境況下，我們仍應尊重並接受天主賜與他人的恩賜，這也是我們在追求合一時的一種鼓舞。

2. 加拿大以其天然美景聞名，群山、森林、湖泊、河流、廣大的麥田，以及三條海岸線。我們的土地從大西洋延伸到太平洋，也從美國邊界延伸到北極。這是一片農業富饒，自然資源豐富的土地。這片土地上也有許多不同民族，如第一民族、依努特人和梅蒂人，還有很多從世界各地來到加拿大定居的民族。我們有兩種官方語言——英語和法語，但許多加拿大人仍頌揚來自祖國故鄉的文化及語言遺產。我們的社會和政治分歧常常取決於語言、文化和地區的差異，但我們仍在學習瞭解這些國家特色是如何促成加拿大健全的多樣性的。這樣多元的文化環境下，許多基督徒也帶來了他們朝拜和服事天主的獨特方式。保祿在書信中期盼我們能夠理解，在如此多元的宗教文化之中，在地教會不是

讓我們被孤立或彼此爭鬥的地方，而是讓所有呼求上主之名的人彼此聯繫的地方。

3. 今年有一段聖經被我們選為省思的方向，內容是保祿以鏗鏘有力的開頭寫了一封書信給格林多人。這段文字就像歌劇的序曲，或是交響曲的開場樂章，深深觸動了我們，有如身歷其境。這段經文有三個篇章，都有著穩固卻同時具有挑戰性的基礎，可作為基督徒在教會和社會中共同生活、工作的反省方針。 待續

## 堂區活動

### 敬禮永援聖母彌撒

星期二晚上六時三十分敬禮永援聖母彌撒將由一月十四日至二月四日取

消。

### 基督徒合一祈禱週 2014

1月18日至1月25日

主題「基督被分裂了嗎？」

(格前一 1-17)

在基督徒合一祈禱週，請各位教友在這週內能盡量付出時間，為全世界的基督徒合一祈禱，並盡量參與在各教堂舉行的祈禱禮儀，以盡我們基督徒的本份！

亨利主教將於1月23日星期四晚上7時在 St. Mary's Cathedral, 219 - 18 Ave.

S.W. Calgary. 舉行基督徒合一祈禱，借助當晚的祈禱，我們都可以籍著聖神的恩賜彼此分享。請大家盡量參與！

### 永援聖母堂 2014 年新春團拜

日期：2月8日(星期六)

時間：晚上6時恭候，6時30分入席

地點：中華文化中心禮堂，晚宴由中華大酒樓安排

票價：成人每位30元、12歲以下小童每位15元、購票一席10位/300元

當天晚上，教友更可憑票換取抽獎券一張，欲免向隅，購票從速。購票詳情，請與 Gorette Shing (403-295-8937) 聯絡。

門票將於1月5日開始發售，教友可於每台彌撒後到聖物部購買，或直接與善會代表購票。春茗晚宴將設有大抽獎助興，盼望教友熱烈捐贈及贊助抽獎禮物，詳情請與堂區牧民議會各委員或堂區辦事處聯絡。

### 青年晚會

青年晚會將於1月18日星期六晚上6時至10時舉行。6時於上禮堂開始晚餐，7時是靈修講座。其後往 Olympic Oval 溜冰，入場及租用溜冰鞋青年每位6元，成人每位9元，歡迎堂區所有青年參加。

### 2013 教區公益金，齊來獻愛心

主題：「...為我作證人...」

本堂今年的目標是50,000元。截至12月31日，捐款總額為64,292.44元。在此感謝各位教友對教區公益金慷慨解囊，並願主降福您們！

## 活動一週

星期三、五 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

星期五 17

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

永援聖母堂童軍

時間：晚上6時30分至8時30分

地點：永援聖母堂上禮堂及下禮堂

星期六 18

(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時至正午12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8時

地點：永援聖母堂下禮堂

鮑思高同學會聯歡

時間：下午3時至晚上10時

地點：3時彌撒(聖堂)及上禮堂

星期日 19

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時至下午12時30分

地點：寫字樓大廈

青少年聖詠團-練習聖詩

時間上午11時至下午12時30分

地點：寫字樓大廈

公教家庭開會

時間：下午12時至3時

地點：永援聖母堂上禮堂

## 師主篇

### 第二十五章、勤於改過自新

還有，你在別人身上所憎厭的毛病，在你自己身上更當戒慎克制。你該處

處尋找那進修的機會。見了好表樣該去效法。見有可指責的事情，切勿冒犯；有時冒犯了，就當快改。你有眼看人，人也有眼看你。 待續

## 心靈小品

### 耶穌會神父的十二句話

- 1.別憂慮那麼多，那是沒有用的。
- 2.要做聖人，就是要做你自己。停止扮演任何人，只要好好地做好你自己，這會讓你避免許多的痛心疾首。
- 3.沒有「最好」的祈禱法則，正如沒有金科玉律令我們結交一位朋友，對你來說，最有效的方式就是「最好」。
- 4.記住三件事，能夠幫你省卻不少煩惱：你，不是天主；這裡，不是天堂；行爲，不要犯渾。
- 5.你心底裡最深處、最真心的渴求，就是天主對你的渴求。反過來亦然。好好聆聽。跟隨他。
- 6.在你心中，早已有一個概念——「最理想的我」是個怎樣的人。你就當自己是「那個人」去生活，你就會成爲那個人——靠著天主的恩寵。
- 7.不要太擔心「最壞的事」如果發生會怎樣怎樣，就算那事真的發生了，天主還是與你一起，你自會感覺到。真的。
- 8.你不能夠強迫任何人同意你、誇獎你、仰慕你、喜歡你，甚至愛你。不要枉費心機！
- 9.當我們跟別人比較，我們通常錯誤地幻想別人的生活，我們現實的生活也就輸掉了——即是說：人比人，只會沮喪。
- 10.就算你終於明白何謂對的事，何謂基督徒應該做的事，要生活出來還是會很困難。無論如何還是要生活出來。
- 11.七句要常常說的話：我愛你！多謝你！天主，多謝你！寬恕我吧！我爲你高興！爲什麼不？好！
- 12.想要平安、喜樂，先要祈求天主，在一切阻礙著你去愛、去憐憫的事情中，釋放你、讓你自由。

## 靈修小故事

### 憂喜參半

人在喜笑中，心也憂愁；快樂至極，就生愁苦。 — 箴言 14 章 13 節

對我和瑪琳而言，用「憂喜參半」來描述我們的婚禮，真是最貼切不過了。可別誤會我的意思，那依然是一件美妙大事，讓我們往後持續慶祝了超過 35 年之久。但由於瑪琳的媽媽在婚禮的幾週前因癌症過世，因此我們在舉行婚禮時的心情難免有點消沉。雖然瑪琳的阿姨自告奮勇地擔起「新娘母親」的角色，她也勝任有餘。然而，在歡樂氣氛中總有一些不對勁，少了媽媽，所有的事情都受到了影響。這種「憂喜參半」的狀態，正是我們處在這個敗壞世界裡的象徵。我們的人生裡，好壞交織、憂喜參半。正如撒羅滿所描述的現實「人在喜笑中，心也憂愁；快樂至極，就生愁苦」。歡樂的心也時有憂愁，因爲有時候，生命就是如此。然而，值得感恩的是，對我們這些認識基督的人而言，生命並不只有此生，還有未來的生命。上主應許我們：「要擦去他們一切的眼淚。不再有死亡，也不再有悲哀、哭號、疼痛，因爲以前的事都過去了」。耶穌再來的那一天，我們將不再憂喜參半，心中唯有上主同在的喜樂！

平安，奇妙之平安，  
這是天父所賜平安；  
求主慈愛充滿我心，  
使我永享奇妙平安。

對基督徒而言，世上的陰暗憂傷，有一日都將變爲天上的明亮歌聲。