

Theme Sharing

5th Sunday in Ordinary Time

'Oh, she is the salt of the earth,' we often say when we are referring to a person who is straightforward, honest and without guile: in the words of another saying, in such an individual 'what you see is what you get'. In today's reading, Jesus' description of his disciples as 'the salt of the earth' (v. 13) would have struck a chord and meant something very specific to his listeners. In Jesus' day salt was a valuable commodity. In order to preserve food from decay in the heat salt was applied as a preservative. It also served to enhance the flavour of the food. The ancient tradition of salting the sacrificial offerings (Ezek. 43:24) denoted a purifying function; it was perhaps for this reason that newborn babies were rubbed with salt to denote purification of the addition to God's people and as a reminder of the covenant.

Those who heard Jesus speak would have understood the meaning and tradition behind the idea of being 'salt of the earth'. In the same way as salt prevents decay and corruption, so the witness of Christians who live a life in the power of the Holy Spirit protects the world and society from decay and corruption. It also adds much-needed flavour to society.

Too much salt in our food can make us thirsty. St Augustine once wrote, 'O Heavenly Father, you have put salt in our mouths that we may thirst for you.' The work of the Holy Spirit is to create within us a thirst for the things of God: for union with God, for communion with him and for grace to live a life which is holy and pleasing to him.

Jesus also calls us to be 'the light of the world' (v. 14). In this way we are to be like our Master, for in John 8:12 Jesus describes himself as 'the light of the world'. We are to be countercultural, signs of contradiction, heralds of the gospel of life in a world which, in so many respects, has lost its way.

'What does light give me compared to what Christ's light and love gives? The light is useful to me in my present life, but your light and love weaves for me a crown in the future.'

News & Others

FOR THE 22nd WORLD DAY OF THE SICK 2014

Faith and Charity: "We Ought to Lay Down Our Lives for One Another" (1 Jn 3:16)
Pope Francis in 2014 is commending the 22nd World Day of the Sick to the intercession of Mary, so that she will help sick people to live their own suffering in communion with Jesus Christ.

The theme for this world day is Faith and charity: " We too must give our lives for the brethren" and in his message to mark this occasion, the Holy Father turns his attention especially to the sick and all those who provide them with care and treatment. The Pope begins his five point message by saying "the Church sees in you, dear sick people, the special presence of the suffering Christ" and he goes on to say that God gives us the courage to face each adversity with him and united to Him

In his second point, Pope Francis underlines the fact that although the Son of God made man has not taken away human disease and suffering, he has taken them on to himself, transforming and reducing them because, as the Holy Father explains, they no longer have the last word. The true test of faith in Christ, continues the Pope is the gift of oneself to spread the love for one's neighbour, especially for those who do not deserve it , for those who suffer, and for those who are marginalized.

In the third part of his message Pope Francis highlights that we should approach those who are in need of care with tenderness. He continues this theme in the penultimate part of his message saying that "to grow in tenderness , and charity, we have a model Christian".

She, Pope Francis says, is the Mother of Jesus and our Mother, attentive to the voice of God and the needs and difficulties of his children. Concluding his message the Holy Father turns to the figure of St. John, the disciple who was with Mary at the foot of the Cross.

It is this Saint, he stresses, that takes us back to the source of faith and charity, to the heart of God who " is love" and he reminds us that we cannot love God if we do not love our neighbour. Listen to Lydia O'Kane's report

Details at www.vatican.com

Let us pray for the Sick

God of healing and compassion,
We pray for your presence to be felt among us today.

In the places where we see only sadness,
inspire us with your hope.

In the times we are lonely, be our comforter.
In times where we do not know which way to turn, be our guide.

We pray for all who are sick, may God grant them gifts of faith, hope and love.

We pray for caregivers, may God grant them courage to carry out their healing ministry with skill and compassion.

We pray for family and friends who are companions of the sick, may God grant them strength as they journey with their loved one.
God, we need your wisdom and love to do what we are called to do today.

Bless us and give us your peace
Amen.

Gospel of joy

Evangelii Gaudium

«Gospel of Joy»

Church to open the door, issuing prophetic voice

5. The Gospel, radiant with the glory of Christ's cross, constantly invites us to rejoice. A few examples will suffice. "Rejoice!" is the angel's greeting to Mary (Lk 1:28). Mary's visit to Elizabeth makes John leap for joy in his mother's womb (cf. Lk 1:41). In her song of praise, Mary proclaims: "My spirit rejoices in God my Saviour" (Lk 1:47). When Jesus begins his ministry, John cries out: "For this reason, my joy has been fulfilled" (Jn 3:29). Jesus himself "rejoiced in the Holy Spirit" (Lk 10:21). His message brings us joy: "I have said these things to you, so that my joy may be in you, and that your joy may be complete" (Jn 15:11). Our Christian joy drinks of the wellspring of his brimming heart. He promises his disciples: "You will be sorrowful, but your sorrow will turn into joy" (Jn 16:20). He then goes on to say: "But I will see you again and your hearts will rejoice, and no one will take your joy from you" (Jn 16:22). The disciples "rejoiced" (Jn 20:20) at the sight of the risen Christ. In the Acts of the Apostles we read that the first Christians "ate their food with glad and generous hearts" (2:46). Wherever the disciples went, "there was great joy" (8:8); even amid persecution they continued to be

"filled with joy" (13:52). The newly baptized eunuch "went on his way rejoicing" (8:39), while Paul's jailer "and his entire household rejoiced that he had become a believer in God" (16:34). Why should we not also enter into this great stream of joy? To Be Continued
Apostolic Exhortation Evangelii Gaudium of The Holy Father Francis.

Pope Francis' words

Christ's love and friendship are no illusion. On the Cross Jesus showed how real they are.

Let There Be Light

A poem loved by Mother Teresa hung in a Calcutta orphanage

People are unreasonable, illogical, self-centred

... love them anyway.

If you do good, people will accuse you of selfish, ulterior motives

... do good anyway.

If you are successful, you win false friends and true enemies

... be successful anyway.

The good you do today may be forgotten tomorrow

... do good anyway.

Honesty and frankness will make you vulnerable

... be honest and frank anyway.

People love underdogs but follow only top dogs

... follow some underdog anyway.

What you spend years building what may be destroyed overnight

... build anyway.

People really need help but may attack you if you try to help

... help people anyway.

If you give the world the best you have, you may get kicked in the teeth

... but give the world the best you have

... Anyway.

Parish Activities

22nd World Day of The Sick February 11, 2014

It will be on February 11, the annual celebration of the Feast of our Lady of Lourdes. On this day, the ill are encouraged to reflect on the Christian meaning of

suffering. The occasion also provides an opportunity for those involved in health care to recall the roots of their healing mission. Please pray for the sick!

On Feb 16 all the masses will be dedicated to the sick. Fr. Joseph will anoint those sick parishioners attending the 11:30am Mass. We will reserve seats for parishioners who would like to be anointed on that day.

Family Ski Trip

Youth Group invites all youths and families to join the annual Family Day Ski Trip on Saturday, February 15 at Nakiska in Kananaskis. Registration and collection of the forms will be at Upper Hall after 10am Mass. Deadline to register is Feb 9. Please contact John (johnld.guo@gmail.com) or Chelsea (chelsealau@gmail.com) for further information and registration.

Weekly Activities

Wed, Fri 12, 14

OLPH Senior Centre

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

Place: OLPH Church, Upper Hall

Wed 12

Perpetual Help Harmony Choir

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

Place: OLPH Church, Upper Hall

Fri 14

OLPH Scout

Time: 6:30pm.-8:30 pm

Place: Upper Hall & Lower Hall

Saturday 15

Legion of Mary (meeting)

(Immaculate Heart of Mary Praesidium)

Time: 9: 00 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.

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

Sunday 16

R. C.I.A.

Adult Catechumenate Class

(Cantonese, Mandarin and English)

Time: 9:30 a.m. - 1:30p.m.

Place: OLPH Church Lower Hall

Fr. Joseph anointing of the sick

Time: 11:30 a.m. Mass

Imitating Christ

Chapter 25 :

Zeal In Amending Our Lives

If the Crucified should come to our hearts, how quickly and abundantly we would learn! A fervent religious accepts all the things that are commanded him and does them well, but a negligent and lukewarm religious has trial upon trial, and suffers anguish from every side because he has no consolation within and is forbidden to seek it from without. The religious who does not live up to his rule exposes himself to dreadful ruin, and he who wishes to be more free and untrammelled will always be in trouble, for something or other will always displease him.

To Be Continued

Stories Faith Sharing

Situation Excellent

At the First Battle of the Marne during World War I, French lieutenant general Ferdinand Foch sent out this communiqué: "My center is giving way, my right is retreating. Situation excellent. I am attacking." His willingness to see hope in a tough situation eventually led to victory for his troops.

Sometimes in life's battles we can feel as if we are losing on every front. Family discord, business setbacks, financial woes, or a decline in health can put a pessimistic spin on the way we look at life. But the believer in Christ can always find a way to conclude: "Situation excellent."

Look at Paul. When he was thrown in prison for preaching the gospel, he had an unusually upbeat attitude. To the church at Philippi he wrote, "I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel" (Phil. 1:12). Paul saw his prison situation as a new platform from which to evangelize the Roman palace guard. In addition, other Christians became emboldened by his situation to preach the gospel more fearlessly (vv.13-14).

God can use our trials to work good in spite of the pain they bring (Rom. 8:28). That's just one more way He can be honored. Comfort us, Lord, when life's trials assail—

we fail and stumble so often. Renew us, and help us to grow so that others may also know Your goodness and comfort. Trials can be God's road to triumph.

Prayer for Christian Unity

2014 Prayer for Christian Unity Theme: Has Christ been divided? (cf. 1 Cor 1:1-17)

12. As Canadian Christians, we have a strong history of co-operation and mutual support. Our history includes examples of common efforts, shared ministries, and even the union of several churches. Where organic unity of churches has not been possible, we have often achieved common agreements and shared ministries that witness to our growing unity in Christ. Our churches have acted together on issues related to poverty and social justice, and together many of our churches are beginning to take responsibility for our un-Christ-like attitudes towards indigenous peoples in our country. And yet, despite these encouraging movements towards the unity that Christ desires for us, we maintain the divisions and disunity that distort our proclamation of the gospel.

13. We also hear of Chloe's people. It is under Chloe's leadership that this group identifies and names the conflicts and divisions in the Corinthian church. We continue to need such witnesses, both women and men, from all of our churches, and their ministry of reconciliation and unity. Giving voice to such witness will draw us closer to realizing Paul's vision of a community having "the same purpose and mind in Christ."

14. How will you and your church discern the same purpose and mind in Christ with other churches? How will your appreciation and experience of the different approaches and forms of worship among the churches in your community or country bear fruit in efforts towards visible Christian unity? What common mission will you share with other Christians to help make the world a better place for others?

15. To conclude, when we consider the many blessings and gifts of God made manifest in our country and peoples, we begin to recognize that we must treat one another, and the very land from which we derive our living, with dignity and respect. This recognition has called us to confession

and repentance, and to the seeking of new and sustainable ways of living on the earth. It has raised our consciousness about how God has blessed us all, and that no one group can decide how to use the country's resources without hearing and including the voices of our fellow Canadians.

主日分享

常年期第五主日

鹽與光的比喻

本主日，常年期第五主日的彌撒福音，記述耶穌所講「鹽與光」的比喻。鹽和光都是耶穌的聽眾十分熟悉的事物。「鹽」在猶太人的語言中，有智慧的意思。失了味的鹽，便是愚笨的人。「光」是舊約聖經中經常見到的象徵。它一般意味著天主的臨在，及其對於祂的子民的特別照顧；而有時也形容人的德行，特別是愛德。基督信徒是新約時代的先知。在本主日彌撒福音中，耶穌用鹽和光的比喻，來強調他們的先知使命。

彌撒中的讀經二，取自聖保祿宗徒致格林多人前書。在這篇讀經中聖保祿宗徒談基督信徒的智慧，說它超越世俗的見解，是一種天主的德能。聖保祿宗徒並稱它為「十字架的道理」。

鹽若失了味，怎麼能再鹹呢？燈若不放在燈臺上，怎麼能照耀屋內的人呢？基督信徒若是不修愛德，履行正義，不實踐「十字架的道理」，怎麼能在他們所處的社會中，盡他們的先知任務呢？

基督信徒的固有德行是愛德和公義。這是不容置疑的。對我們今日的中國基督信徒來說，尤其應該切記。這是天主與我們同在的標記，也是教會在我們國家繼續存在和發展的保證。"節錄自梵崗電台主日聖道禮儀"

教宗方濟各的話

基督的愛和友誼不是幻覺。耶穌在十字架上表明它們是如此的真實。

新聞及其他

教宗世界病人日文告：耶穌與我們一起背負痛苦並揭示其意義

教宗方濟各在 2 月 11 日露德聖母紀念日，也是第 22 屆世界病人日文告中指出：“教會確認受苦的基督以特殊的方式臨在於患病者身上。”其文告的主題為：“信德與愛德：我們也應該為弟兄姐妹捨命。”

文告包含希望的訊息，因為在天主愛的計劃裡，即使是痛苦的黑夜也導向復活的光輝，如此，偕同基督並在基督的陪伴下就能勇敢地面對所有的逆境。教宗方濟各指出：“耶穌背負了疾病和痛苦，以新生命的光輝將消極的經驗轉變為積極的經驗。跟隨基督為了愛而交出道路，我們也能愛他人如同天主愛了我們一樣，並為弟兄姐妹捨命。”教宗寫道：“在善良天主內的信德將成為仁慈；在被釘基督內的信德將成為愛到底的力量，對仇人也如此。因此，我們要為近人交出自己，特別是對那不堪當者、受苦者和被邊緣化者。”

教宗接著說道：“我們要以親切的情懷走近那些需要關心的人，把天主的希望與微笑帶給這個衝突的世界，並且為他人慷慨的獻身服務應該是我們生活行動的風格。為了加深對他人的同情心、愛心和體貼，聖母瑪利亞是信友的楷模。童真瑪利亞是病人和受苦者之母，伴隨我們走向復活及圓滿的生命。”

最後，教宗說：“十字架是天主對我們的信實愛情的表露，並教導我們常常以仁慈和愛心注視他人，特別是那些受苦者和需要幫助者。”

梵帝岡電台網址

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

福傳手冊【一】愛的使徒

第三講 福傳員的神聖地位

【一】福傳員職責神聖

福傳員是一位宣佈救恩的和平使者，肩負著成己成人的雙重使命，故福傳員的使命是神聖的。福傳並不是聖職人員的專利，不是主教神父修士修女的權利，每一位教友都分享基督的大祭司職責，所以福傳是每一位基督徒

的本分。實在，聖伯多祿宗徒在致教友的光公函中也會說“你們乃是特選的民族，王家的司祭，聖潔的邦國，屬於天主的民族，為使你們宣揚那由黑暗中召叫你們，進入祂奇妙之光者的榮耀。”[聖經—新約—聖伯多祿前書 2:9]

〔二〕福傳員是聖教會初期輔祭團的接班人

教友福傳不是新鮮事，初期教會就有很多完全獻身教會福傳事業的普通信友們。他們為了基督的神國開疆拓土，使當時的教會迅速發展。[宗徒大事錄]記載，“於是十二位宗徒召集眾門徒說，我們放棄天主聖言而操管飲食，實在不相宜，所以，弟兄們，當從你們中揀選七人，有好聲望，且充滿聖神和智慧的人，派遣他們管理這些事物。至於我們，我們要專務祈禱，並為真理服役。[宗徒大事錄 6:2—4] 我們可以說，這就是教會初期，教友們輔助傳教的最好代表，是我們當代福傳員們的先驅。教宗比約十二世在他頒佈的[傳教士]通諭中，也曾經把歷代教友們傳教的偉績介紹過。教宗說，‘教會歷代的熱心信友們，對於開拓基督神國，貢獻良多。……任何時代，也不乏為福傳鋪路，為傳教士作前驅的無名英雄。……他們的英名雖然不為後世間所知，但是他們的祈禱，犧牲，以及他們的嘉言懿行，卻使無數同胞棄暗投明，皈依聖教會。他們為基督，為聖教會，建立了偉大功德。 待續

堂區活動

22 屆世界病人日

2月11日

世界病人日於每年 2 月 11 日舉行，這天正是露德聖母顯現日。請大家為所有病人祈禱！

本堂將於 2 月 16 日的主日彌撒中特別為病患者祈禱，而阮神父將在十一時三十分彌撒中為有需要的病人教友傳油祝福。

當天本堂將預備部分座位給予傳油的教友。

請為病人祈禱

求主的醫治和憐憫！

我們祈求天父每天都臨到我們中間；當我們遇到悲傷的時候，求主賜予我們希望；

當我們孤獨的時候，求您安慰我們；當我們迷失方向時，求您引導我們。

我們為所有的病患者祈禱，求主賜給他們信德，愛德和望德來追隨您；

我們也為所有照顧病患者的人祈求，求主賜給他們勇氣和愛心來繼續他們的工作。

我們並為所有病人的家屬朋友祈禱，願天父給予他們毅力及恩寵來扶持他們。

天父，求您恩賜我們您的智慧和恩寵，使我們每天都能奉行您的旨意。

求您護佑我們，並賜給我們您的平安！ 亞孟。

家庭滑雪同樂日

青少年團將於 2 月 15 日（星期六）到 Kananaskis Nakiska 滑雪聖地，舉行每年一度的家庭滑雪同樂日，我們誠意邀請所有青少年與家人一起參加。請於今天十時彌撒後在上禮堂報名登記，截止報名日期為 2 月 9 日。

詳情請與青少年團 John (johnld.guo@gmail.com) 或 Chelsea (chelsealau@gmail.com) 聯絡。

活動一週

星期三、五 12, 14

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 12

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 14

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 15

(聖母軍聖母無玷聖心支團)

時間：早上 9 時(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 8 時

地點：永援聖母堂上禮堂

星期日 16

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

阮神父為有需要的病人教友

傳油祝福

時間：上午 11 時 30 分

地點：永援聖母堂

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。

熱心修道人什麼也能承當，命他的事，無不順從。冷淡修道人，心裏沒有神樂，外面的樂趣又不許他貪，所以常常憂愁，處處有受拘束的苦。修道人不可守規矩，常有墮落的危險。他既然求著鬆懈，必定常覺著愁悶，因為無論什麼事都不能稱他的心。

待續

心靈小品

人生就是一列開往天堂的列車

※人生就是一列開往天堂的列車。路途上會有很多站口，沒有一個人可以至始至終陪著你走完，包括親人，友人，愛人。你會看到來來往往、上上下下的人。如果幸運，會有人陪你走過一段，當這個人要下車的時候，即使不捨得，也該心存感激，然後揮手道別，因為，在下一站會有另外一個人陪你繼續走遠。

※同時追著兩隻兔子的人，一隻也不會追到。不要貪圖無所不有，不要試圖無所不知，不要企圖無所不能，做你最擅長的！

※同樣一瓶水，便利店裡十塊錢，五星級酒店裏卻 50 塊。很多時候，一個人的價值取決於所在的位置。

請珍惜朋友，親人，伙伴在您身邊的時光，錯過就過了！

※感恩天地，感恩父母，感恩兄弟姐妹！因這輩子相遇就是一份極大的緣份！

靈修小故事

把握今天

不久前，一位在中國服侍孤兒的年輕西教士，跟一位支持他事奉的華人信徒說：「我不是明白你們中國人，為甚麼老著要積穀防饑，賺到足夠金錢做保障才可以專心事奉天主？

結果年華遠去，很多事也做不了。」華人信徒好奇地反問：「我也想不通你們為甚麼可以拋開一切，盡獻所有給那些小孩子？」

西教士回答：「因為我知道明日不在我手中——我不知自己明日是否還能有生命氣息去服侍這些小孩子，又或者他們是否還有生命可以接受我的服侍。

故此我把握今天，將一切能作的作在他們身上！」華人信徒是我的好友，把這番話告訴我和一群相識多年的朋友，對我們是極大的提醒。

基督徒合一

2014 年基督徒合一

主題「基督被分裂了嗎？」

12. 身為加拿大的基督徒，我們有良好的合作與互助的經歷。這些經歷包含了共同的努力及共有的使徒工作，甚至還有教會間的合一活動。雖然有些教會無法達到合一，我們仍時常達成共識，並一起分擔工作，為我們在基督內逐步的合一作見證。我們的教會也一起討論關於貧窮和社會正義的議題，之前我們會以不符合基督信仰精神的態度來對待原住民，很多教會團體也開始為此事負起責任。然而，儘管這些篇章激勵我們邁向基督所渴望的合一，我們卻仍在分裂、不團結，導致我們所宣揚的福音受曲解。

13. 同時，我們也傾聽黑羅厄的家人所說的話。在黑羅厄的領導之下，這個團體察覺並陳述格林多教會中發生的衝突和分裂。我們仍需要來自所有教會的男女信友作見證，也需要全體的好與合一。為這樣的見證發聲，能讓我們更了解保祿對教會團體的憧憬——「在基督內有相同的目標與信念。」

14. 你和你的教會是如何分辨在基督內與其他教會有共同的目標與信念呢？在你的教會團體或國家中，對於不同禮儀形式和態度的鑑賞及經驗，你如何讓基督徒合一開花結果呢？你會和其他基督徒分享什麼共同的使命，使這個世界更加美好呢？

15. 總而言之，當我們細想天主賜與我們國家和人民的恩寵與恩賜時，我們不得不承認，必須用莊嚴和尊敬的心來看待我們賴以維生的每個人、每片土地。這些體認使我們開始告明和痛悔，並且在地球上尋求全新、永續的生存方式。這讓我們知道天主是如何降福於我們，也使我們了解沒有任何一個團體能先聆聽其他人的聲音，就決定如何使用國家的資源，當然也包含我們加拿大人。